The leaves are starting to brown and the air has taken on an Autumn scent. As the seasons change, so do our menus. While Summer was a time of refreshing fruits, cool salads, and outdoor barbeque… it is now time to shift our menu toward cozier, warmer dishes that incorporate the fruits and vegetables of the season. One of my particular favorites is the Hatch New Mexico Green Chile. I lived about twenty minutes from the small town of Hatch where these

House on the Move: The Winslow Dunn house was moved from 397 Bates to 636 Bates attracting a crowd of area residents on lawnchairs.

And waaay back in 1998, a Children’s Parade marched its way down Earl Street from 3rd to Mounds Park. Spectators were treated to the rare site of a 12-foot Percussion Frog.

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Don’t Forget to Vote For Community Council Rep.

Election Information:
The polls are open from 9:00 a.m. until 7:00 p.m on Monday, October 17, 2005 at 798 East 7th Street at the corner of 7th and Margaret. Come and vote for your representatives. Any Dayton’s Bluff resident age 18 or over is eligible to vote. Voters can cast ballots for their Sub-district Representatives and for an At-Large seat. Write-in candidates are also permitted. Absentee ballots may be requested. All requests for absentee ballots must be made at least ten (10) days prior to the election, in writing and signed by the voter. All absentee ballots shall be mailed by the council at least seven days prior to the election.

‘Vote’ Continues on page 2

Have you ever wondered how or why a decision was made on court cases, or why a specific sentence is given to criminals? Come to the Ramsey County Judges Forum on Thursday, October 27, 2005 at Arlington Hills Lutheran Church, 1115 Greenbrier Avenue (Corner of Jessamine & Greenbrier) starting at 5:30 until 7:30 p.m. Take this unique opportunity to meet with, and ask these questions to a panel of Ramsey County Judges. Questions must be “quality of life” crimes that impact your neighborhoods such as drug dealing, problem properties, and prostitution. The meeting will begin promptly

‘Heat’ continues on page 3

For Community Council Rep.

Meet The Candidates

The Dayton’s Bluff Community Council Board of Directors totals 18 members of which 16 represent four sub-districts and two are At-Large positions. Sub-District representatives must be residents of that particular Sub-District while the At-Large Director can be either a resident of the Dayton’s Bluff, a business owner, or even the manager of a local business or organization. All of the current Board openings are for two (2) year terms. Following is a list of this year’s candidates and the information they provided about themselves.

At-Large:
Scott Van Cleave:
Scott has been a resident of Dayton’s Bluff for almost two years. He was a board member and volunteer for Minneapolis Neighborhood Elliot Park for six plus years. He has a BA in psychology and is self-employed as a consultant. While serving on the board he would like to become a better neighbor; meet more people; participate/volunteer at events; understand issues facing the community; be an active voice and encourage others to participate in the

‘Candidates’ continues on page 8

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‘Candidates’ continues on page 8

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Autumn Heats Up

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so that as much time as possible can be used to hear from the Judges.

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‘Heat’ continues on page 3

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If you have a question for the Judges you would like to have submitted, either call the Dayton’s Bluff Community Council at 651-772-2075 and leave your question, you may email your questions to Karin@DaytonsBluff.org or arrive at the meeting location between 5:00 – 5:30 p.m. to write your question on a card, which will be addressed. A panel Moderator will present questions to the Judges panel, so that as many questions as possible can be addressed.

‘Vote’ Continues on page 2

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‘Vote’ Continues on page 2

Ramsey County Judges Forum
You Are Invited to the Dayton’s Bluff Community Council Annual Meeting

The Dayton’s Bluff Community Council Annual Meeting and Election at 798 East 7th Street will be held on Monday, October 17, 2005 starting at 6:00 p.m. Come for the Pot Luck Salad Supper, bring a salad item to share, and stay for the community meeting. Find out what the Dayton’s Bluff Community Council is all about and have supper at the same time.

Some of the activities the Dayton’s Bluff Community Council has been involved in this past year include, Dayton’s Bluff Neighborhood Clean Up, Block Club Clean Ups, Block Clubs, National Night Out, Dayton’s Bluff Elementary School Spring Carnival, Dayton’s Bluff Pride Parade and Swap, Greening Dayton’s Bluff, Dayton’s Bluff Neighborhood Home Tour, Arts and Culture Committee, Greenspace Committee, a number of Land Use issues like a new trash pick up on East 7th Street, in the parks, and on some residential streets, and many other activities.

Also housed in our offices is the Housing Alliance Law Office (HALO), a program to help tenants, landlords, and homeowners with legal issues. For more information call 651-771-9323.

The Pot Luck will be between 6:00 and 7:00 p.m. and the meeting will start at 7:00 p.m. with the results of the election. For more information call 651-772-2075.

Free Handymen Services Available

If you are a Senior and/or handicapped, a Dayton’s Bluff resident, and need some help with repairs on your house. Call Karin at 651-772-2075.

Tired of Traffic?

Find out how to make streets safer and more inviting for you and your family. Free workshop with David Engwicht, an expert on creating friendly streets and the author of “Mental Speed Bumps: the Smarter Way to Tame Traffic.”

Part one: Thursday, October 13, 6:30 to 8:30 p.m. on how every person can change a street. Part two: Saturday, October 15, 8:30 a.m. to 12:30 p.m., for a hands-on session to redesign a high traffic street to be safe and inviting. Both events are at Hamline University, St. Paul.

For information: Contact the Midway TMO: 651-644-5108; midwaytmo@yahoo.com or www.moundstheatre.org.

Funded by a grant from the Metropolitan Council’s Transportation and Environment Program.

Vic Tedesco at the Mounds Theatre

The Mounds Theatre presents Vic Tedesco and his Six-Piece Band with featured vocalist Debbie Bigelow on Sunday, October 9 at 2 p.m. All tickets are $5.00.

THE VIKINGS ARE NOT PLAYING THAT DAY SO COME TO THE CONCERT!!

Debbie Bigelow, an outstanding entertaining vocalist, has been with the band for 15 years. Bigelow, 6’1” tall, and Tedesco, 5’6” tall, perform novelty numbers including their personal favorite “Making Whoopee”.

Dayton’s Bluff Branch Library

645 East 7th Street
Saint Paul, MN 55106
651-793-1699
branch.dayton bluff@ci.stpaul.mn.us

Located on the campus of Metropolitan State University, the Dayton’s Bluff Library has a family-centered collection, with approximately 70% children’s and teen material.

Mon-Thurs: 10:00am - 8:00pm
Friday: 10:00am - 5:30pm
Saturday: 11:00am - 4:00pm
Sunday: CLOSED

What’s Happening at Dayton’s Bluff? Family Storytimes: Wednesdays at 10:30 a.m.

Best Books for Young Adults Committee: Share your ideas and opinions in selecting the best book for teens and young adults. Teens (ages 12-18) are invited to join this committee and have exclusive access to the latest books, before they even reach the library or bookstores! The committee meets the first Tuesday of each month, from 6:30 - 8:00 p.m.

HealthEast inauguró una clínica para latinos en el Este de St. Paul

ST. PAUL, MN. (September 14, 2005) - HealthEast Care System inauguró una nueva clínica bilingüe y bicultural en el Este de St. Paul. La Clínica Salud Integral está ubicada en el mismo edificio del Consulado Mexicano, en 797 East Seventh Street. Esta es la primera clínica privada para latinos en St. Paul.

La Clínica Salud Integral ofrece servicios de salud completos para niños, adultos y personas de edad avanzada. Provee exámenes físicos, chequeos rutinarios y medicina familiar. La Clínica Salud Integral también ofrecerá diversas clases.

‘HealthEast’ continues on page 3

Metropolitan State University Events

Fiber Art Show (title TBA) exhibit opening reception, 4-7 p.m.; exhibit hours Monday-Thursday, 11 a.m.-7 p.m.; Friday-Saturday, 11 a.m.-4 p.m.; Sunday, 1-4 p.m.; closed Sundays; Third Floor Gallery, Library and Learning Center, Saint Paul Campus, 645 East Seventh Street. The exhibit opens Oct. 14 and runs through Nov. 4, featuring Mary Hart and Teresa Paschke.

The fall 2005 issue of Haute Dish, the Metropolitan State student arts and literary magazine, is now available for reading and viewing at http://hautedish.metrostate.edu. Take a minute out of your day to immerse yourself in the exceptionally high quality prose, poetry, and art work of Metropolitan State students.

In celebration of Hispanic Heritage Month 2005, Metropolitan State University offers a number of events and performances. (Unless otherwise indicated, all events are free, open to the public.)

- Oct. 4-Motorcycle Diaries. This free movie (Spanish with English subtitles) is based on the journals of Che Guevara, leader of the Cuban Revolution. Showtimes are 11:30 a.m.-1:40 p.m. and 4:30-6:40 p.m., Founders Hall, Auditorium.

- Oct. 12-Lou Mendoza, University of Minnesota Chicano studies department chair, will speak on “Chicano Studies in the 21st Century: Civil Engagement and Cultural Citizenship;” 1-2 p.m., Library and Learning Center, Ecolab Room 302. RSVP required: notify Lupe Sanchez at 651-773-1271 or email lupe.sanchez@metrostate.edu.

- Nov. 1-Día De Los Muertos Ofrenda (day of the dead) display; 1-6 p.m., New Main, Great Hall.

Send comments, compliments, suggestions, or complaints to The Bluff, 799 East 7th Street, Saint Paul, MN 55106
FEBRUARY 2005

800 Conway St.
651-793-3885
Director: Jody Griffin - jody.griffin@ci.stpaul.mn.us

**BASKETBALL REGISTRATION**
Registration forms available Oct. 10.

**SENIOR CARDS – 500 Friday’s**
12:30-4 pm; Fee: $2 weekly fee for the kitty.

**JUDO FOR TOTS**
Ages 5 & up; Mon., Oct. 3; 6:15-7:30 pm; Ages 4-6; $30 registration fee + $6 weights (optional). Thurs., Oct. 6; 11:30 am-1:30 pm; $1 / week; 10 weeks

**COMMUNITY CAMP FIRE COMMUNITY FAMILY CLUB**
This club offers an opportunity for families to interact together positively with experiences and activities that are structured, educational and fun. The club will meet the last Monday of each month through May of 2006. Food will be served too. 6-8 pm; $22 per family.

**IRISH DANCING**
This six-week course provides students with the basics of Irish dancing, including form, technique and timing. The class is designed for 5-12 year-olds with no previous Irish dance experience. Wed., Oct. 5; 6-7:30 pm; $5 per class; Ages: 4-6; $12; 6 weeks

**MONDAY MOVIE MYSTERY**
Join us on the second and fourth Monday of each month as we show a great movie on our big – 20x20 screen! You’ll know what the movie will be until show time. No sign up and no costs; just come and enjoy. Monday’s: 6-8 pm; Fee: 12 weeks

**AFRO-CARIBBEAN DANCING**
African Caribbean dance features dances from the West Coast of Africa to the Caribbean Islands. You will learn various techniques related to contractions, isolating parts of the body and rhythm. Ages 6-15; Sat., Oct. 1; $50 or 5 per week; 10 sessions

**BEGINNING CHESS**
We will cover setting up the chessboard, how each piece moves, basic chess concepts, and beginning strategies. This class is open to adults and children at least 12 years old. Bring a chess set to class if possible. Sat., Oct. 8; 11:15-12:15; Fee: $16; 8 sessions; Limit 12

**INTERMEDIATE CHESS**
We will work on refining the beginning, middle and end games and study tactics and positions. This class is open to adults and children at least 12 years old. Bring a chess set to class if possible. Sat., Oct. 15; 2-3:15 pm; Fee: $16; 6 sessions

**YOUNG AMERICANS SELF DEFENSE**
Ages 5 & up; Wed., Oct. 19; 6:30-7:30 pm; Cost: $15 per session; Limit 10

**PRE-BALLET**
Ages 4-6; Students will participate in exercises to learn the basic principles and steps of ballet. Students will also learn about a lesson of Pirouettes, Tights. Pink leather ballet shoes are required. Fri., Oct. 7; 9:30-10:00 am; Fee: $40; 10 sessions

**BEGINNING BALLET**
Ages 7-12; Students will participate in a traditional ballet class, including stretching, barre work, center work, and traveling steps. Students should wear a leotard and tights. Pink leather ballet shoes are required. Fri., Oct. 7; 10:15-11:15 am; Fee: $40; 10 sessions

**SCREAM SPARES & STRIKES FIELD TRIP**
Thurs., Oct. 20; 1-3 pm; Grades 6th & under; Fee: $8; Parent Permission needed.

**SCARY SPARES & STRIKES**
Sat., Oct. 22; 9 am-4 pm; Grades 6th & under; Fee: $8; Parent Permission slip must be filled out.

**HALLOWEEN HAUNTED HOUSE**
Come test your fright-o-meter in our haunted room. Volunteers needed for set design & character playing. Children under 8 must be accompanied by an adult. Thurs., Fri., Oct. 27 & 28; 5:30-8:30 pm; $5.

**AUTUMN ADVENTURES**
Two full days of “Fall Fun” will be planned, indoors & out. Hiking, movies, games, crafts, songs and lots & lots of learning & a whole lot of fun for everyone! Youth should bring a bag lunch or $2.75 for a happy meal. A field trip off site both days is included. Let us entertain your child. Thurs./Fri., Oct. 21/22; 9 am-4 pm; K-6th grade; $25 for I day or $45 for both.

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Dayton’s Bluff Community Recreation Center
800 Conway St.
651-793-3885

Amazing Grace Assembly of God
1237 Earl St.
651-778-1768
Sun 9:30 am – Sunday school all ages
Sun 10:30 am - morning Worship
Sun 6:00 pm - evening Worship

Hmong Asbury United Methodist Church
815 Frank St.
651-771-0077

Bethlehem Lutheran Church
655 Forest St.
651-776-4737
Sat 9:00 am - Morning Service
Sun 10:15-11:15 am - Sunday School & Bible Hour
Sun 11:15 - Hmong Service

Faith Temple - Temple De Fr
1510 Payne Ave
651-778-0096
Sun 10:30 am - Spanish Bilingual Service
Sun 6:00 pm – Spanish Bilingual Service

First Lutheran Church ELCA
463 Maria
651-776-7210
Sun 9:00 am – Worship service
Sun 10:15 am - Education for all ages
Fellowship following worship.

Mounds Park United Methodist
1049 Euclid St.
651-774-8736
9:15am Sunday School, 4-year-old through Adult. 10:30am worship
Our Savior’s Lutheran ‘LCMS’
674 Johnson Plwy
651-773-2396
Sun only - Sam Worship, 9:20 education hour
Sun 10:45 am - Worship

Sacred Heart Catholic Church
840 E. 6th St.
651-776-2741
Sat 4:00 pm – Mass
Sun 9:00 am – Mass
Mon, Wed, Fri 8:00 am – Wednesday Service

St. John’s Catholic Church
977 E. 5th St.
651-771-3690
Mons-Fr 8:00 am – Mass
Sat 8:00 am & 4:15 pm - Mass
Sun 9:00 a.m, 11:00 am - Mass

St. John’s Church of God in Christ
1154 E. 7th St.
651-771-7639
Sat 9:30 am - Sunday School;
Sun 10:00 am - Worship Service
Wed 7:00 pm - Bible Study

St. John Ev. Lutheran
765 Margaret St.
651-771-6406
Sun 9:30 am - Worship
Thurs 6:30 pm - Worship
The idea for the sanitarium emerged in 1904, when Payne Avenue businessman Nels Lindahl persuaded people of the need for a hospital outside downtown. The institution’s founding statement of purpose said it was created “to care for the body ills of the sick, wounded, feeble and afflicted, to do deeds of Christian charity and… to administer in the name of Christ to their spiritual needs and welfare.”

Mounds Park Sanitarium was the first general hospital in St. Paul to specialize in the diagnosis and treatment of what were then called “mental and nervous disorders,” including alcohol and drug addictions.

Dr. Robert Earl, a member of Lindahl’s Baptist church and a graduate of the University of Minnesota medical school in 1909, was the physician in residence. He was aided by his brother Dr. George Earl, a founder of the Midway Hospital and the Mounds Park Bank. George’s house, built in 1913, still stands today at 935 Hudson Road.

A second medical establishment was spearheaded by Dr. F. J. Plondke, a downtown practitioner who also felt there was a need for a community-based hospital on the East Side. He approached a group of business people, pastors and Lutheran church members and in March, 1911, they incorporated the St. Paul Lutheran Hospital Association.

The old Willius mansion at today’s Mounds and East Seventh Street was purchased and money was raised for to convert the former residence into a twenty-five bed hospital. Fund-raising consisted of donations, sale of hospital bonds and hospital tickets, an early version of pre-paid health care.

St. John’s German Lutheran Hospital opened in the fall of 1911.
with specialties that included surgery, internal medicine, obstetrics, as well as eye, ear, nose, and throat treatment. Six physicians made up the initial medical staff. The first patient, a Typhoid Fever case, arrived for treatment on the first of October. Magdalena Rau was hired as the Superintendent. Raised in North Dakota, she came to St. Paul and earned her nursing graduating in 1908. In addition to her official capacity, Rau was said to be the hospital’s general manager, administer of anesthesia and an occasional litter bearer. She lived in the hospital for many years and remained on the job over four decades.

The hospital grew quickly. A nursing school was soon established and the first class of ten graduated in 1914. Eventually it was decided to build a new structure for St. John’s. The $75,000 hospital that fronted Mounds Boulevard between Sixth and Seventh Streets was opened in 1915. The Willis mansion was then used for many years as housing for the nurses. The decades unfolded and people began dealing with the changing society, professionals began advocating new kinds of recreation areas. The first stage of urban parks had been small ones like those in today’s downtown. The streetscars spurred the development of large areas near the edge of the city that were visited by large numbers of people. As a part of a national playground movement leaders now thought that neighborhood parks would “permit retaining the characteristic features of natural scenery” in the midst of an increasingly technological city. As one put it: “A civilized community must provide playgrounds for the children, recreation grounds and playgrounds for the large working class body of citizens.”

St. Paul bought a strip of land behind Sibley School in 1907, opened a playground and commenced activities. The first of the new St. Paul sites were on the East Side, including one at Margaret and Earl. They were popular, and the Margaret Maroons won the city baseball championship in 1909.

The next year, the first shelter was built and over the next six years Margaret Playground was gradually improved. New additions included play equipment, tennis courts, furniture for the clubroom and a small kindergarten program.

Playground professionals felt that success was easier if they were able to get the cooperation of key older youth. “The aim of the playgrounds,” the superintendent said, “is to direct the thoughts and actions of these leaders,” in hopes family came to “a small kindergarten program” by the entire group into some honorable form of recreation.” He believed that fewer young people from “playground districts” were ending up in juvenile court.

Some new major employers sprung up in the era. The Seeger family came to Minnesota via Cincinnati. They first settled in New Ulm but came to St. Paul in the late 1860’s. A round the turn of the century, John A., Seeger and two of his sons, Gustav and Walter partnered with a cabinetmaker and soon established the Seeger Refrigerator Company. The business prospered in spite of protracted patent battles and inadequate facilities on East Seventh Street.

Finally, in 1910, they purchased the old Bonn sash and door factory at Arade and Wells, where they manufactured until it burned down, and then they were Whirpol in 1984. According to an account in the Pioneer Press, the company had around sixty employees but felt that the number would soon go up to 125. They died expand eastward, and began getting contracts from Marshall Field in Chicago and within a decade were manufacturing around 2,600 wooden ice boxes a year.

Business was booming in the rapidly expanding economy of the early 1900’s and new housing units sprung up as Dayton’s Bluff expanded eastward. Improved transportation followed. In 1909 a streetcar line was built off East 7th that went down Hope to 4th street and then east on 4th until it reached Cypress, then the end of the residential area. The Maria street line was up to Corners, where Burns met Hastings. It’s the location of today’s O’bbs Bar. Things were definitely changing. There was an increasing concentration of business along the two main streets of Seventh and Broadway. As and, as happened before, community political organizations were developed to try to cope with the demands of the challenging times. A salary, the Mounds Park Improvement Association was founded around 1910.

The purpose of this organization, one publication said, was the “banding together of the residents of Mounds Park and vicinity for the study and discussion of all questions relating to the advancement of their interests, such as the settling of the district, transportation facilities, fire and public protection, lighting of streets and homes, grading and improvement in streets when necessary, good roads, street crossings, the suppression of nuisances, the procuring of better educational facilities, and all matters pertaining to the general public welfare of this district.”

The older social structure that had been developed in the 1880’s and 1890’s was being stretched to the limit. But people at the time seemed confident that with a unified neighborhood effort and the cooperation of city officials, they would be able to find solutions for these new situations. Perhaps a quote from Picturesque Dayton’s Bluff best speaks for how area leaders felt about the community in the early part of the last century—and maybe for residents today.

The greatest of all opportunities are offered, health location, convenience to... the city, quiet, and the moderate price of property. The general trend of the city’s business is this such that Dayton’s Bluff will always remain distinctly a residence section, not of those who desire to live surrounded by great luxury and display, but those who desire health, comfort, quiet and convenience.

Beyond the Bluff

Remembering Emma Dieter

“At the age of fifty-six and fifty-seven respectively, grandmother and grandfather got two babies to rear from infancy through childhood... into adulthood. In July, 1911, ‘mother’ took us by train... to her home at 331 Maple. That was the last time I saw my mother. She was thin but still smiling. ‘Mother’ was a woman who never shirked what she had to do. Her will was strong and she drove herself to accomplish what she set out to do, often to the point of exhaustion. Mother was not one for outward show. She had a best dress, a good dress, and a dress for everyday, which was once a best dress... In my time she never used face powder, rouge lipstick, toilet water or perfume...

Mother was a saving woman... she saved newspapers, rags and metal to sell to the ragman who drove by the house... Every payday—the first and fifteenth of the month—grandpa would give mother $40.00 to buy groceries, pay the light and telephone bills and buy whatever clothing we needed. She read the grocery ads and buy whatever clothing we needed. Mother did not gloat over her financial acumen, but rather let you draw your own conclusions from ‘playground districts’... the city, quiet, and the moderate price of property. The general trend of the city’s business is this such that Dayton’s Bluff will always remain distinctly a residence section, not of those who desire to live surrounded by great luxury and display, but those who desire health, comfort, quiet and convenience.

In Remembrance of Emma P. Dieter, by Richard Dieter

October 2005 Dayton’s Bluff District Forum

Dayton's Bluff District Forum
Diversity is moving forward in East St. Paul

by Sean Gavere

Have you ever looked around at the diversity of East St. Paul? We have a large number of diverse groups EVERYWHERE! There’s African American, Hispanic/Latino, American Indian, Asian, Caucasian, and more celebrating.

What a GREAT place to live! We are so diverse, but there still remains an overwhelming lack of respect with regard to diversity and cultures in the world today. We need to reach out and appreciate each other, our cultures, our differences and our strengths.

Here is a great concept and definition of diversity: “The concept of diversity takes into account the acceptance and respect. It means understanding that each individual is unique, and recognizing our individual differences. These can be along the dimensions of race, ethnicity, gender, sexual orientation, socio-economic status, age, physical abilities, religious beliefs, political beliefs, or other ideologies. It is the exploration of these differences in a safe, positive, and nurturing environment. It is about understanding each other and moving beyond simple tolerance to embracing and celebrating the rich dimensions of diversity contained within each individual.”

When something seems foreign or unfamiliar to you, your natural tendency may be to ignore it, pok e at it or just hate it until it goes away. With the state of the world the way it is today, we cannot afford to turn our backs on those that believe differently than we do, have traditions that are different than ours, talk in a language different than ours and so on.

We need to embrace diversity and welcome it everyday! Go out and learn something new about a culture or group that you know nothing about. If you live near people that seem different from you, make simple conversation and get to know them. You may be surprised how alike you really are.

One particular group that is becoming more visible in East St. Paul is the GLBT (gay, lesbian, bi-sexual and transgender) community. East St. Paul is becoming a great place for the GLBT community to call home. Why is this different than any other neighborhood? I believe that it is because the community is willing to understand and appreciate the GLBT community and welcome them as “another patch in the diversity quilt” that makes up East St. Paul. I have seen rainbow flags flying brilliantly on porches and out windows that signify that a member of the GLBT community lives on the block! Show your East Side Gay Pride! So, get out there and spread a positive message about diversity and inclusion. Understand, appreciate and embrace what others can share and teach you. Educate others about you and your culture. Above all else, RESPECT AND DIGNITY are the highest priority!

‘HealthEast’ from page 2:

Sara Velasco, MD, médico familiar, será la directora médica. El personal lingüístico y bicultural también incluirá otros médicos familiares y una enfermera partera. La Clínica Salud Integral también cuenta con servicios de rayos x y de laboratorio en sus instalaciones.

La clínica está afiliada con el Hospital St. Joseph’s, de manera que los pacientes serán referidos y admitidos al Hospital St. Joseph’s cuando requieran ser hospitalizados. La Clínica Salud Integral acepta la gran mayoría de los planes de seguro.

“Crememos que esta clínica recalca el compromiso de HealthEast y del Hospital St. Joseph’s de servir a poblaciones diversas y a una variedad de culturas,” dijo Geoff Sylvester, Vicepresidente de Administración de Clínicas de HealthEast.

Para obtener más información o solicitar entrevistas, llame por favor al 651-326-4900 o visite www.healtheast.org.

The Zone at the Dayton’s Bluff Library is a homework help center where students of all ages are welcome. The Zone has comfortable chairs, a quiet space for students to do homework on their own, or to seek help if they need it.

The Zone’s hours are:
Mon- Thurs: 3:00 - 7:00 p.m.
Sunday: 1:00 - 4:00 p.m.

The Zone is open to students of all ages. No need to register, just drop in!

Chicken Green Chile Quiche

Equipment:
1 deep 9” round pan or 2 shallow pie pans

Ingredients:
1 prepared pie crust (2 if you’re using 2 shallow pans)
1 tablespoon butter
1 garlic clove, minced
½ teaspoon salt
½ cup diced white or yellow onion (or mild) green chiles (more if desired)
2 cups cooked, cubed chicken (approx. 2 breasts)
½ cup sweet corn (optional)
2 tablespoons fresh cilantro (optional)
3 eggs (lightly beaten)
½ cup half-and-half or heavy cream
½ teaspoon salt
¼ teaspoon ground cumin
Preheat your oven to 350 degrees.
1. Line your pan(s) with prepared pie crust(s).
2. Heat butter in skillet over medium-high heat.
3. Add minced garlic and cooked onion. Sauté 2-5 minutes, or until slightly browned.
4. Turn off burner.
5. Add green chile, cubed cooked chicken, cumin, and optional sweet corn if desired. Stir together.
6. Allow the mixture to cool as you lightly beat together the eggs, cream, salt and optional cilantro if desired.
7. Add the cheese into the mixture and pour into the crust-lined pan.
8. Pour egg mixture over chile and cool.
9. Bake for an hour. Check for doneness by sticking a wooden pick into the center. When the pick comes out clean, the quiche is done. The top should also appear dry and not ‘jiggle’ much when shaken. It may take an hour-and-a-half or more to cook.
10. Let the quiche cool in the pan for at least 30 minutes. Slice and serve hot. Alternatively, you may cool and freeze the quiche whole or in individual slices.

Makes six to eight servings.
Even Busier Than Usual

By Mary Petrie

We all get these ‘aha’ moments, times when we awaken to Truth. I remember one of mine quite clearly. My husband, John, was bustling the children off to school. I’d like to say that lunch boxes were flying into backpacks, homework was tucked into folders, and teeth were being brushed. In fact, pretty much the opposite was happening. The bustle was more about where to locate shoes and Lucky Charms, than real progress toward the door. I ended up following John with a spreadsheet (well, almost) and a reprimand: didn’t I realize today was a field trip to the Ordway for Stryker? Where were the extra crackers that Scarlett brought every day to share with her friend? Both children were supposed to bring canned peas for the food shelf drive; Scarlett needed permission to go home with Lia after school. Merrick had a 10 a.m. pediatrician appointment and was probably should’ve at least had a bath sometime in the past week. And, somebody had to write a note to Holly, the gym teacher, to let her know that our friend Ed’s brother-in-law, Charlie, did indeed have extra cross country ski poles for the fifth grade winter party, but would have to drop them off at her house, and not the school.

John threw up his hands and proclaimed, “This will never happen. I will never remember the diaper bag, the play dates, the grocery store list, the best friend information and the homework. I’m not hard-wired that way.”

All I could say was, “Oh.”

I knew he was right. He was never going to be the organizational, multi-tasking domestic master that I was.

And, the 1970’s feminist that lives inside me still (she’s so young, a baby!) wishes she could tell you that at that moment, I too was liberated from the workload that John so cleverly shed.

Instead, I shouldered more weight from the workload that John so cleverly shed.

Later that day, Scarlett screamed loudly, “I won’t survive this!” He raced to the bathroom scale to prove his point. Two pounds, he hollered. “I didn’t eat breakfast or dinner yesterday. I think I’ve lost weight with all this politic thing.”

“I won’t survive this!”

“Talk to Daddy,” I lissed, with the sympathy of a paid mercenary.

Later that day, Scarlett screamed from the stairway. “I’m bleeding! I’m injured!”

“You can hop?” I yelled back (matching her for volume) from my home office. “Only if I leave blood streaks.”

“Great. Hop on down to Daddy.”

So everybody hopped on down to Daddy—for food, band-aids, sympathy, clean clothes, and a kind ear (none of which were available from me).

Just when I grew accustomed to stubbing my toe on stray toys and other clutter, the junk suddenly disappeared. The dishwasher seemed to be working—without me! When I glanced at the sleeping children one late night, I noticed they looked clean. Why, two of them did have blonde hair, after all. Food magically appeared in the refrigerator. The dogs had fresh water and somebody must’ve picked up the special dog food from the vet. The gum had been scraped from the piano. A calendar, with a week worth of family commitments carefully marked out, spread across the kitchen table.

“I thought you were hard-wired differently,” I said.

“I will be on September 14th.”

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6 Days a Week
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JOY Preschool and Childcare Openings

JOY Preschool and Childcare, located in Bethlehem Lutheran Church at 655 Forest Street, has hired a new teacher! Katie Edman started with JOY at the end of August, and along with director Carol Fink, is teaching the curriculum at JOY. Katie grew up in Virginia, Minnesota and now lives here in St. Paul after graduating from St Cloud a year and a half ago. It is great to have Katie here as a part of our program, and we welcome her to JOY Preschool and Childcare! JOY Preschool and Childcare is still taking registrations for the fall program. Daily activities include exploration time, snack time, circle time, story time, music and movement, Jesus time, and self-directed play. JOY’s program encourages spiritual growth, social and emotional development, mathematical thinking, language, and the arts all in a Christ-centered environment. Children ages 33 months through 5 year are welcome, and we also have before and after school care for students in kindergarten through 4th grade. If you have any questions, please contact JOY at 651-771-6982.

Dedicated volunteers from last month’s Neighborhood Clean-up.
community. Some of the challenges he sees facing the community are: crime and livability and development in a historical neighborhood.

Sub-District A
Candice Parker:
Candice is a mom of three children. She has lived off and on in Dayton’s Bluff for twelve years. She currently resides on the 900 block of East Minnehaha Avenue and is employed at the Teachers Retirement Association as an Office Administrative Specialist. While serving on the board she would like to improve the neighborhood. Challenges facing the community include lowering crime.

Roy Carlson:
Roy is currently a board member of the District Council. He has been a resident on Reaney for over thirty years and is the owner of Budget Towing.

Emily Shively:
Emily and her husband bought a bungalow on the 1200 block of Beech in 2002 and have been continuously working to fix it up. She works at the Minnesota Senate as a Legislative Assistant. Her goals include to help build on the strengths of Dayton’s Bluff to ensure our community has a healthy balance of a vital economy, safe, attractive housing stock, clean parks and diverse cultural amenities. Our neighborhood can be a desirable place to live, work, and raise a family. Emily loves gardening and biking to work.

Sub-District B
Sharon McCrea:
Sharon is currently a board member of the District Council. She has been on board for nine years and lived in the neighborhood for 13 years. She currently resides on the 800 block of Wilson Avenue. Sharon is a high school graduate and is self-employed as a childcare provider. She believes some of the challenges facing the Dayton’s Bluff Community are: property management and renters not being held accountable by landlords. While serving on the board her goals include continue to improve the community by being a voice for the people, clean up the community, join forces to better our neighborhood and rid it of drugs and violence.

Erica Schneekloth:
Erica has lived in Dayton’s Bluff since July of 2002 and is a realtor at Coldwell Banker Burnett. She is renovating her home with help from Historic Saint Paul. She has a Bachelor of Arts Degree in Intercultural Communication. She is very proud to be a resident of Dayton’s Bluff and has a passion for revitalizing the community. Her goals include helping coordinate events to gain community support, marketing the area via real estate channels and working with local media about doing a special segment on assets in the area.

Sub-District C
Greg Auge:
Greg is a returning candidate. He has served on the board in the past. He attended Harding High School and has lived on the Eastside for 53 years. He currently resides on the 900 block of Wilson Avenue. He has a B.A. in Communications from Metropolitan State University and is employed by Saint Paul Travelers as an Accountant. While serving on the board he would like to decrease the amount of crime; upgrade the appearance of the community; and stimulate the resident participation.

Sub-District D
Jacob Dorer:
Jacob is the current Council Board President. He has lived in Dayton’s Bluff for seven years and resides on the 900 block of McLean Avenue. Jacob has a B.A. from Gustavus College and is a desktop/LAN consultant for Macalester College. He believes some of the challenges the Dayton’s Bluff Community is facing includes, preserving current lower density of housing, buckthorn removal, and adequate fundraising. While serving on the board he would like to accomplish developing more projects with the Greenspace Committee and move ahead with more community involvement.

Brian Miller:
Brian has lived on Maria in the Mounds Park neighborhood for three years and has a B.A. in Biology with Minors in Environmental Studies and American Racial and Multicultural Studies. He is a former member of Minnesota Conservation Corps Board of Directors and served as a mentor in SWAMP homework center at the Lexington library. He has experience participating in and volunteering events, committees, and work with youth and young adults. He loves Dayton’s Bluff and wants to work with neighbors to make our neighborhood even better by keeping an open dialogue about the challenges we face and our successes. His goals include better understanding and appreciation of our neighborhood and all of its residents, being an active member of the community and working to make it better for everyone.

Stephanie Harr:
Stephanie is a member of the Arts and Culture Committee and on the board of the Neighborhood Energy Consortium. She has lived in Dayton’s Bluff for seven years and currently resides on the 900 block of Burns Avenue. She is currently employed with Health East as a Senior Accountant Manager.