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Dayton’s Bluff parks had help this summer

These Community Design Center Conservation Corps workers spent many hours this summer improving our parks and beautifying our neighborhood. Front row (l to r): Lee Vang, Somboon Lee, Leng Xiong, Fong Lee, Ricky Lee, and Gia Lee. Back row (l to r): Eric Wickstrom - Community Design Center Conservation Corps Supervisor, Zong Lee, Mai Lee Khang, and Jennifer Lee. See the article at bottom right on this page for more about the Community Design Center and its work.

Dayton’s Bluff District 4
Community Council
798 East 7th Street
Saint Paul, MN 55106

Vote for your Community Council Representatives and stay for our Pot Luck and Annual Meeting

By Karin DuPaul, Community Organizer, Dayton’s Bluff District Council
The election for Community Council representatives will be held on Monday, October 19. Polls are open from 9:00 a.m. until 7:00 p.m. 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 can vote. Voters can cast ballots for their Sub-district Representatives and for an At-Large seat. Write-in candidates are also permitted.

The 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 Dayton’s Bluff, a business owner, or an operator of a Dayton’s Bluff business or organization.

All of the current Board openings are two (2) year terms.

Are you unavailable on October 19th? 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 will be mailed by the Council at least seven (7) days before the election to the residence of the voter requesting the absentee ballot. Absentee ballots must be received in the Community Council office by October 19, 2009.

Be sure to come for the Pot Luck Supper, which starts at 6:00 p.m. Bring a dish to share and stay for the Annual Meeting and the results of the election. It’s a great way to find out what the Dayton’s Bluff Community Council is all about and have supper with some neighbors 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, Summer Youth Sign and Clean Up Project, Greening Dayton’s Bluff free plants and plant swap, Dayton’s Bluff Neighborhood Home Tour, Dayton’s Bluff Vacant Home Tours, Arts and Culture Committee, Greenspace Committee, Vacant Building Committee, park clean ups, and Land Use issues.

If you have any questions about the Community Council, the election, the potluck, and/or the Annual Meeting email Karin@DaytonsBluff.org or call Karin at 651-772-2075.

Community Design Center

By June Bennet
Community Design Center of Minnesota is a Saint Paul-based organization whose mission is to help revitalize low-to-moderate income communities by providing technical assistance and operating programs that will enhance the physical, economic, social, ecological, and spiritual well-being of the community and its residents.

We believe that building and renewing a community requires a holistic approach that creates long-term sustainable change.

Today we operate children’s and youth programs on the East Side of St. Paul aimed at engaging young people in the civic life of their community as well as providing them with experiences that enrich their lives and develop important life skills.

Our programs are based on the following principles:
1. Children and youth are resources and citizens, not clients.
2. Communities work better when self-help is the model.

“CDC” continued on page 6
**Dayton's Bluff Community Meeting**

The next Community Meeting is Thursday, October 1st from 6:30 to 8:00 p.m. in the meeting room at the Dayton’s Bluff Community Council, 798 East 7th Street at the corner of Payne and Margaret. The Dayton’s Bluff Community Council holds its Community Meetings on the Thursday of most months. The purpose of the meeting is to work with block clubs and neighborhood residents on problem properties, criminal and nuisance behavior, code enforcement issues and any other neighborhood issues, concerns, and/or new ideas for improvement in Dayton’s Bluff

If you can get me the addresses of problem properties ahead of time I can get them to the police and code enforcement. Then they can bring information about the problems to the meeting. All Dayton’s Bluff residents are welcome to attend. If you need more information email Karin@DaytonsBluff.org or call Karin at 651-772-2075.

**Meet with the police**

The Eastern District Police host their monthly meetings for community members at 722 Payne on the corner of Payne and Minnehaha. One is on the third Wednesday of each month at 6:30 p.m. and the other on the third Friday of each month at 9:30 a.m. In October the meetings are on the 21st and 23rd.

The meetings are intended as a time to listen to and address people’s concerns about crime and other issues on the East Side.

**Take a Hike**

Dayton’s Bluff Take a Hike occurs on the first Saturday of most months. The next hike is on Saturday, October 3rd. We meet at 10 a.m. in Indian Mounds Park at Earl St. and Mounds Blvd.

We’ll hike from Mounds Park to the Bruce Vento Nature Sanctuary and then walk along Bruce Vento Recreational Trail through Swede Hollow Park to the new East Side Heritage Park. Along the way we will share stories and learn some local history of the area. The hike is about four miles long with some moderately rough terrain. Transportation will be available to return to Mounds Park, if needed.

Join us and explore some of our parks and the regional trail. For more information contact Karin at 651-772-2075 or Karin@DaytonsBluff.org.

**Get rid of a junk car**

Budget Towing of Minnesota, Minnesota’s largest towing company, is owned by Roy Carlson, an active Dayton’s Bluff Community Council board member.

Budget Towing will remove any junk car or truck—located anywhere in Saint Paul—and dispose of it at no charge to the vehicle owner or the property owner where it is located. The vehicle owner will receive paperwork for a tax deduction, and Roy will also make a small donation to the Community Council for each car he tows.

Just call Karin at 651-772-2075 to find out how you can get a junk car out of the way—and help clean up Dayton’s Bluff.

**Dayton’s Bluff business class**

We need a few more students for our fall class. The Dayton’s Bluff Neighborhood Microentrepreneur Fall Class is starting in October 2009. This program helps start-up and young businesses on the East Side. All East Side residents are welcome.

Class training lasts 8 weeks and includes topics such as operations management, marketing, financial management, one to one assistance with creating a successful business, and preparing a business plan, plus 8 hours of one on one time with the instructor. Those who successfully complete the course and locate their businesses in target neighborhoods are eligible for ongoing business support services.

Some examples of businesses started by people who have previously taken the course are: gardens, landscaping, photography, food service, restoration of wood furniture and works of art, custom floral design for weddings and events, and exterior and interior painting. The course is sponsored by the Dayton’s Bluff Community Council and the Neighborhood Development Center. There is a small registration fee based on a sliding fee scale. The next sessions will start in October 2009 and class size is limited.

Please call Karin at 651-772-2075 or email Karin@DaytonsBluff.org for an application.

**Block club meetings**

- Wilson Avenue Block Club meets on the second Wednesday of each month at Mounds Park United Methodist Church, at Earl and Euclid, at 6:30 p.m.
- * Margaret Rec Center Block Club meets on the second Thursday of each month at the Margaret Rec Center, at Margaret and Prank, at 6:30 p.m.
- * Beech/Margaret 654 Block Club meets on the last Thursday of each month at the Bethlehem Lutheran Church at Margaret and Forest at 6:30 p.m. This block club covers the area Minnehaha, Beech Margaret, 6th, 5th, and 4th between Cypress and Arcade.
- * Frank Street Block Club meets on the third Wednesday of each month at Immanuel City of Refuge Healing Temple at 815 Frank Street at 6 p.m. This block club encompasses the area, Ross, Brooklyn, and Minnehaha between Earl and Johnson Parkway.

If you wish to have your block club listed, or need information about starting your own block club, please contact Karin at 651-772-2075 or Karin@DaytonsBluff.org.
The goal of Minority Business Development and Retention (MBDR) is to increase Minority Business Enterprise (MBE), Women Business Enterprise (WBE), Small Business Enterprises (SBE), and people with disabilities participation in business and employment opportunities generated by the City of St. Paul, Department of Planning and Economic Development (PED) and HRA housing and economic development activities.

With the support of Mayor Christopher C. Coleman, MBDR is included in the innovative City of St. Paul GDP (Growing Economic Opportunities) strategy.

MBDR is one of four divisions located in the newly merged Department of Human Rights and Equal Economic Opportunity, 280 City Hall Courthouse, 15 West Kellogg Blvd.,

Saint Paul, MN 55102.

www.realhauntedtours.com to book your tickets and for more information.

Free classic horror movies

The Historic Mounds Theatre presents Free Classic B Movies Double Feature Extravaganza.

Come to the Mounds Movie Madness events at the Mounds Theatre in Saint Paul this Halloween season for back-to-back shocks and shrieks!

We are proud to present special movie event nights hosted by vampish vixens, zombie ghouls and mad scientists.

Come dressed up as your favorite fiend and win prizes. Come test your nerve and leave it up to you to make your own minds up about its validity.

Tours every Friday, Saturday and Sunday throughout October. Please visit our website at www.realhauntedtours.com to book your tickets and for more information.

October at the Mounds Theatre

Real Haunted Tours

The Historic Mounds Theatre presents for its second year: “Real Haunted Tours.”

This Halloween, why settle for a fake haunted house?

An historic building from the 1920s, the Mounds Theatre is recognized as one of Saint Paul’s most haunted locations by many psychics and ghost hunters who have visited it.

Three resident ghosts remain within its walls as well as the nameless shadows that roam the aisles and the visitng spirits who have been seen sitting in the auditorium to watch shows, alongside the living audience members.

Join us throughout October for the opportunity of a one-hour historical haunted tour of this unique venue.

Guided by professional paranormal investigators in near darkness, you will hear the history and be introduced to Ghost-hunting 101 as well as be able to take your own photographs, video or audio. We will answer your questions and you might even have a paranormal experience of your own.

While we don’t promise any activity, strange and difficult to explain things often happen on tours.

Come to the Mounds Theatre for back-to-back shocks and shrieks! It all started out in a small, single classroom on the East Side of St. Paul almost a decade ago, but today the East Side Learning Center (ESLC) has grown to be a model of what a successful tutoring program should be. In 2001, the ESLC’s tutoring program launched with a vision to help close the achievement gap in St. Paul schools by giving every primary student the opportunity for tutoring in reading. Nineteen volunteer tutors were on staff in 2001, but with the 2009 fall semester well on its way, the East Side Learning Center anticipates over 200 tutors this year.

How has the ESLC grown to be so successful? It was established in John A. Johnson Achievement Plus Elementary (740 E. York Ave.) by Sister Audrey Lindenfelser, SSND who is a member of the School Sisters of Notre Dame, a religious community devoted to education. Today, the ESLC has expanded into St. Matthew’s, North End, and Bruce F. Vento Elementary Schools while becoming one of the most successful literacy programs in St. Paul.

By Ben Stiemsma, Volunteer Tutoring Coordinator, East Side Learning Center

school students to fulfill their service learning hours and a great way for businesses or organizations to reach out into the community.

If you would like to tutor a St. Paul K-4 student at least one hour a week while “unlocking a child’s potential through the foundation of reading,” contact Ben Stiemsma, Volunteer Tutoring Coordinator, at (651) 793-7331. The ESLC provides flexibility with scheduling and school sites so don’t hesitate to start making a difference through tutoring today.

Come celebrate 100 years of Franciscans at Sacred Heart Church

It was rumored that Archbishop Ireland would ask the Franciscans to come to Sacred Heart Church. The rumor became reality on September 12, 1909. The first Franciscan Friars arrived at Sacred Heart Parish 100 years ago, 27 years after the founding of this German-speaking parish. This year we will celebrate 100 wonderful years with the Franciscan Friars at Sacred Heart Church.

Come and celebrate this joyous homecoming event with present and former parishioners, Friars and Secular Franciscans on Sunday, October 4, 2009 at Sacred Heart Church. The celebration will begin with 9:00 a.m. Mass in English and 11:00 a.m. Mass in Spanish followed by a simple Franciscan reception in the gymnasium from 12:30 to 2:30 p.m. Archbishop John Nienstedt will preside with the Friars, Provincial Minister and concelebrants. Please join our celebration.

Make a difference through tutoring

The opportunity is there for you to work alongside the living audience members.

Join us throughout October for the opportunity of a one-hour historical haunted tour of this unique venue.

Guided by professional paranormal investigators in near darkness, you will hear the history and be introduced to Ghost-hunting 101 as well as be able to take your own photographs, video or audio. We will answer your questions and you might even have a paranormal experience of your own.

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By Steve Trumble

As you may remember, the first part of this women’s history of Dayton’s Bluff walking tour was in the August issue of the Dayton’s Bluff District Forum. Here is the exciting last third or so of the heritage walk.

While on the actual trek, we realized that one site had been left out so here it is. It is located west of the Dayton’s Bluff Elementary School between Bates and Maria.

697 Surrey: Sharon Anderson House

This little residence is easy to spot if you look for the small wooden white lawn sign that says “Vote for Sharon Anderson” in red lettering. It is the home of Sharon Anderson who was probably called a “political maverick” before Sarah Palin ever got out of elementary school.

She looks after her part of the neighborhood on local matters and concerns. She has frequently run for political office and a few years ago made a sizeable showing in a statewide attorney general primary election. She recently announced that she is running to become the first woman mayor of St. Paul.

We now resume our walk. We have just exited the Dayton’s Bluff Children’s Garden at the corner of Maria Ave. and Third St. and are now walking along Maria until we reach Fourth St.

[Take a left and go to the end of Fourth Street]

654 E. Fourth: Julia Knauf House

This house is not of any unique architectural construction, but is a good example of the “four-square” style which featured a footprint with four rooms on each floor. It was a popular model when this one was built by the Knauf family in 1908. They remained there for over a decade and the 1918 city directory indicated that Mr. and Mrs. B. J. Knauf, and their daughter Julia were living at this address.

The interesting story here is the fact that Julia’s name was “Then, This, Now,” featuring a young Emilio Estevez and veteran actor Morgan Freeman, used it as a major setting. Released in the fall of 1985, it is the story of two juvenile delinquents living in this house and slowly parting ways as one starts to try to change for the better.

[Go north on the sidewalk along the bluffs]

Mounds Boulevard and Fifth St. Area: The Muench and Muench- Hinrichs Houses

Here are two homes that were part of the close-knit German-American community of Dayton’s Bluff and that reflect some aspects of nineteenth century women’s culture.

Families entertained one another. Often, the women and men from the Muench house at 653 E 5th. Be- came to the lawn when the lawn was a special treat. Families entertained one another.

During this historical period, the close-knit German-American community of Dayton’s Bluff and that of the surrounding communities was a major setting. It was a place of weaving, knitting, and crochet while their mothers read various homes on Saturdays to sew fresh eggs.” Her friends, almost all of German heritage, used to gather at various homes on Saturdays to sew and crochet while their mothers read documents that describe the lives and experiences of these women. Mrs. Hinrich of 334 Mounds Boulevard had “at home” day every Thurs- day. According to her: “There was presentation of baking and cleaning. Linen dust covers were removed from the furniture in the formal front parlor.” For many hours family and friends gathered in this house and slowly part by to talk and share refreshments.

[Take a right on East Fifth and re- turn to Maria Avenue]

348 Maria Avenue: The Miller- Marlowe Building

In 1884, the Pioneer Press noted that Catherine Miller had built a four-story grocery store and flats at Maria and Fifth. It was then common to put living units on upper floors and retail space. However, it appears that she never lived there and remained in her downtown residence. The 1885 city directory recorded that Catherine (widow of Mathias) was living at 234 West Fifth.

The same directory also showed that Caroline Miller (widow of Stephen) was running a grocery store at the northwest corner of Fifth and Maria. It is probable, but not yet known that they were related. By 1930 it was called the Marlowe Apartments. It was at the outset of the Great Depression, and a few of these units were listed as vacant.

[Take a left and continue on Maria Avenue]

700 E. 7th: St. John’s Hospital and Metropolitan State University

It is often difficult to find historic documents that describe the lives and contributions of women. But our neighbor- borhood is lucky to have the reminiscences of various women from the 1870s and 1880s, the Willius family lived in a house on the bluff where St. John’s Hospital stood and Metropolitan State now stands. The Willius family is known for their love of horses, “...we were for the horses, a pair for carriage use...and a pony which I could use.” “We had a cow and plenty of good milk, and chickens so we were in for fresh eggs.” Her friends, almost all of German heritage, used to gather at various homes on Saturdays to sew and crochet while their mothers read documents that describe the lives and experiences of these women. Mrs. Hinrich of 334 Mounds Boulevard had “at home” day every Thurs- day. According to her: “There was presentation of baking and cleaning. Linen dust covers were removed from the furniture in the formal front parlor.” For many hours family and friends gathered in this house and slowly part by to talk and share refreshments.

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Mound Park Grade School class of 1959 50th reunion

By Kathy (Continenza) Whitney and Dave Petrie

On Saturday, August 22, 2009, the 1959 8th grade class of Mound Park Grade School celebrated the 50th anniversary of their graduation with a picnic in historic Indian Mounds Park. Almost half of the class of 62 attended the reunion. The weather was pretty fair as we made our way away as south Texas, Wisconsin, and outstate Minnesota.

Members of the reunion planning committee, headed by Kathy Whitney, did their home work and found some very interesting historical data about Mound Park School. Dave Petrie provided the architect’s drawing of the 1910 addition to the original school building. He enhanced the drawing, had it matted and held a raffle for it at the picnic.

Some had not seen each other since their graduation from the 8th grade and shared memories of their days at Mound Park Grade School and the Dayton’s Bluff area.

Kathy (Continenza) Whitney happened to meet Mr. Steve Trimble at the Minnesota History Center, while searching for memorabilia to share at the reunion. He mentioned that he had several postcard photos of the Mounds Park area and would be happy to share them, so she invited him to attend the picnic. By coincidence, Mr. Trimble purchased his home on Maria from Harlan Hanson, one of the members of the Mound Park 8th grade class.

Some Memories from Mound Park School and Dayton’s Bluff:

Mound Park School Gradu...
An interview with Phoenix Market owner Ali Artoli

By Kyle Burns

Ali Artoli is the owner of the Phoeni-x Market in Dayton’s Bluff near the corner of Maria and Third. The neigh-borhood store and deli has quietly be-come a Dayton’s Bluff institution. I spoke with Mr. Artoli and store man-ager Tarig ‘Tally’ Mohamed in the spring of 2009. They would love a visit from readers to discuss the Bluff, or even better, soccer. The interview with Mr. Mohamed will appear in the next issue of the

How did the Phoenix Market come about?

Well, actually the name was a sug-gestion from a customer. We had a store here we opened up in 1991, Maria Food Market. Due to a gas ex-plosion, it was blown up. We sug-gested everybody comes up with a name for the new store. A customer came up with the word, Phoenix, which comes from a Greek myth about a bird rising up from ashes. That is how it all started.

Was this building here all along? Was this here when you started the old Maria Food Market?

No, this building, which used to be a two-floor building, used to be called Paul’s Lounge. Due to the explosion, they had to chop off the stairs. There was an empty spot where the old store was. We moved up to this building, renovated it, changed it from a bar to a store.

How long have you owned the store?

Since about the end of 1991, so all together eighteen years. We had a two-year break with the explosion with rebuilding and so on.

How’s business?

Everybody complains about the econ-omy, but I think we’re surviving. It’s okay. We just have to reinvent our-selves, we are in the process of opening a deli, to keep customers coming for dif-ferent aspects of shopping. We have been here for 20 years, or you can use that crack. We de-cided not to sell it, but you could go now to the bigger stores and buy it and no-thing would say anything, because we de-cide with what is better for the neigh-borhood. My thing is, you cannot hold the little stores responsible for every be-havior outside. I could teach people not to do drugs, but I cannot stop people who use our products to do drugs. We do our best; it is hard to implement my judgment over people when they leave the store.

How would you characterize the people who come into your store? What is your impression of the people who live in this neighborhood?

All walks of life. You’ve got older people, younger people, white, black, Mexican, Asian. You could say the East Side is America. You get people from all over, from different backgrounds. On Sunday you get a lot of people of church. Different religions, different ethnicity, ev-erything.

Do you have problems with theft or belligerent people in the store?

I think it depends on how you handle it. Some people are so ignorant, they think you just have nothing to do besides be-ing a clerk, so they go to some extent. Overall, most of the customers are nice. They come and buy their stuff and leave. The shoplifting usually is when you go to any area, if you go to Edina, you still have shoplifting. We figured out, knowing the neighborhood for a long time, if a kid steals something, like candy which is an impulsive thing, it is more productive to have the parents come down and tell them than to try to hold them or call the police. We have to handle every situation a little bit differently. I have seen other neighborhoods; I don’t think it is as bad here as people might think.

Describe your relationship with the lo-cal police over the years.

I think it is very good. Even before the explosion, when we used to have Maria Food Market, one of the officers, who is retired now. His name was Timothy. He came in here and found a lot of, I think his presence helped a lot. Overall, we haven’t needed them around a lot.

Kyle Burns is a proud Bluff transplant from Waterloo, Iowa. He earned his BA in Social Studies from Hamline Univer-sity. When he isn’t speaking with neigh-borhood characters for the District Fo-rum he is studying the intersection of His-tory and Culture, listening to records, and in returning them to storage.

Alyssa Whitesell, Dayton’s Bluff resi-dent, recently completed eight weeks of service with the Minnesota Conservation Corps MCC’s Youth Program, a youth development and natural resource restoration program, is based at St. Croix State Park near Hinckley, Minn. Whitesell was one of 85 youth, age 15 to 18, se-lected from across the state to participate. This summer, Whitesell and a crew of five other youth and two adult leaders completed many outdoor environmental restoration projects. Service projects in-clude maintaining hiking trails, planting trees, installing rain gardens and resto-ration of exotic invasive plant species.

Alyssa Whitesell and other youth also learned professional skills such as resume writ-ing and job interviewing.

Youth crews worked most of their sum-mer camping in tents at state and national parks where they work, upon completing a week-long training at St. Croix State Park. Youth complete 35 hours of hands on conservation work each week. Crews cook their own meals, wash their own dishes and enjoy outdoor recreation when not doing conservation work.

The MCC is a nonprofit that provides meaningful work for young people with hands-on environmental service projects. The Summer Youth Program un-plugs teen-agers who agree to leave iPods, cell phones and modern conveniences behind to live, work and learn in the outdoors.

For more information on the MCC pro-grams and its programs for teenagers and young adults, call (651) 209.9900 or visit www.conservationcorps.org.

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CDC

3. The strength of a neighborhood depends on the opportunities it creates for the young to become involved in a variety of aspects of community life.

4. Youth thrive when their experience is framed in a sense of place and be-longing and new skills.

5. Our physical environment forms our thinking.

6. Young people’s respect for them-selves and for their community de-pends on local adults modeling responsi-bility and achievement.

7. We create healthy and thriving com-munity through collaborative partner-ship.

The Community Design Center or-ders the plants and the students help in organizing them in the pots. There

are 15 plants per pot. Some of the plants put into the pots are: Fountain Grass, Blue Salvia, Zinnia, and Potato Virus.

It takes three and a half hours to prepare the pots and meet the owners of the businesses that get the pots. The students talk to the owners and explain how to take care of them. Each year the pots are fertilized with compost. The Sentence To Serve Pro-gram also helps in putting the pots out and in returning them to storage.

During the summer the teens are paid through the City of St. Paul Youth Job Corp. When the teens participate during the school year they receive a small stipend. Up to 43 teens work in the spring and up to 104 teens teach classes. The spring is mostly volun-teer work.

For more information go to www.cdcmm.org.
Many colleges and universities talk about their engagement with the community. And then there's Metropolitan State:

* A total of 119 community organizations and businesses participated last academic year in internships coordinated by the university's Center for Community-Based Learning (CCBL).
* In Project SHINE (Students Helping in the Naturalization of Elders), several hundred students over the years have easily provided more than 10,000 hours of tutoring at numerous community-based partner organizations.
* A Youth, Family and Library Outreach program last academic year served 2,755 K-12 youth, many of them East Side residents.

"Commitment to community is woven right into the fabric of Metropolitan State; it's not an add-on," said Susan Shumer, director of university community outreach, civic engagement and the CCBL. "It is virtually impossible for students to take classes here without having a community connection along the way."

The CCBL, anchor of the university’s multipronged community-based efforts, is the largest and most active of its kind in the Minnesota State Colleges and Universities system. Its efforts range from family and youth outreach and environmental education to academic internships and service learning programs in which students earn academic credit for their community contributions. And they include civic engagement initiatives that encourage peace building, social justice and community organizing and citizen involvement in innovative democracy-enhancing projects.

"Everything we do here is aimed at helping create some kind of social transformation that benefits the community," said Shumer. Metropolitan State’s community involvement is tied to its founding 38 years ago as an institution for urban, working adults. One of its strategic goals is to continue to institutionalize the “unwavering commitment” to civic engagement across the university.

In 1987, Metropolitan State became a charter member of National Campus Compact, which is comprised of colleges and universities committed to promoting community service. Seven years later, the university signed on as a charter member of Minnesota Campus Compact.

When Metropolitan State moved its administrative headquarters to Saint Paul's East Side, one of the university’s first actions was partnering with Dayton's Bluff Achievement Plus Elementary School. That partnership remains the university’s longest and strongest; successful strategies there include a family literacy program, reading and math tutoring, study skills training and a college-readiness program.

Further evidence of the university’s service to the East Side is the 86,000-square-foot library on the Saint Paul campus, which also contains a branch of the Saint Paul Public Library. University students tutor pupils of all ages there. Free cultural/multicultural events are also offered at the facility.

In 1996, the CCBL was launched, and community involvement deepened. More recently, the university joined the American Democracy Project, a national initiative that aims to make civic engagement a central learning outcome. Community-based initiatives will continue flourishing at the university. In 2007, the CCBL was named one of the top 20 community engagement programs in the country by the American Association of State Colleges and Universities.

"This institution is so committed to community," said Shumer, "that it's a joy to do what I do. Every day something good happens here."
By Mary Ann Cogelow

Taking a break from walking at the State Fair I witnessed this scene. A young mom pushing her little boy in a stroller met four adult acquaintances who were clearly gratified with her maternal warmth and enthusiasm. The baby, who I would have guessed to be eight or nine months old was one of the most exquisitely beautiful babies imaginable. The older people, two couples of grandparenting age, were all charmed with and aggressively friendly to the child. The little boy did not recognize them and was not charmed. He lay very properly toward the child’s stoic face, the greetings of the adults grew more aggressive with嬉戏 in the tummy, tickles, and strange adult faces push- ing too close, smiling and chattering. He remained passive and his mother gave a bottle to one of the women who offered it to him. He sucked for a few seconds, but re- mained watchful, then stopped. The friend, our “familiar” who was now talking on her cell phone. His growing anxiety and frustration finally resulted in his crying in fear, mouth squared and open in a wail. The adult who had been most invas ive in his approach to the baby now insisted in removing him from the stroller and holding him to reassure him. The baby was having none of this and arched away crying harder under his mother’s watchful eye. He took only seconds to settle and reassu re him reinforcing my impression that she was basically a competent mom. At that point I left to continue the State Fair walk, so don’t know if the “friendly fire” was renewed and the baby was again traumatized or not. It was clear to me as a bystander that the mother’s acquiescences felt very far removed from a related behavior and the mother wanted him to be happy and like him. Her mom also looked to me on the basis of brief impressions like a competent and caring mom. But in the 20 or so minutes I watched this scenario, they demonstrated clearly some of the mistakes we make over and over again with children. We don’t know enough about their development. We often act as if their needs are less important than adult needs when in fact the re- verse is true. We think that they can- not be harmed by events they will not consciously remember in later life. We treat them as if they are not fully hu- man or deserving of respect because they are infants, toddlers, or children. We forget that they are always learning and always becoming. Children need and will do everything we do with them becomes built into their brains. In elegant research at the Univer- sity of Minnesota, Megan Gunnar, PhD. demonstrated that stress such as this little boy, at a prime time in his life for stranger and separation anxi- ety, was experiencing results in the immediate release of stress hormones into the child’s blood stream. Re- peated and unmediated experiences of this kind permanently alter the brain leaving children vigilant, nervous, un- able to relax and in fact, inhibit their ready to fight or flee to take care of pro-social and healthy emotional and intellectual learning. Do I think this little boy has been damaged in any significant or permanent way by this one painful experience? Most definitely not. What builds any child’s brain are hundreds and thou- sands of incidents. Human children are, fortunately for us, highly resilient. And Gunnar’s research tells us that that having a secure attachment to a caregiver like this little boy appeared to have with his mom in fact protects the brain to a significant degree. Am I concerned by the lack of knowledge about child development and inability to see and hear the very clear signals this baby was sending? You bet I am. Someday this baby, great deterrent, experience far too many incidents which tell them in many ways that their feelings don’t matter, that their needs don’t count or that they have to be strong and tough to survive. All children inevitably experience times when they will be worried, afraid, disappointed and when their brains will be bathed in stress hormones. But realizing what is important to me to avoid any such experience when we can. I don’t go around looking for ex- emples of situations in which adults aren’t very helpful to children. I also don’t imagine that people who don’t react sensitively to children are bad people. I do observe and evaluate behavior all the time. We need to do a better job of parenting and educat- ing children than we have ever done if they are to face and solve the prob- lems they will inherit from us. All of us who make up the “village” need to learn as much as we can about child development and be as sensitive as possible to children as individuals. The world is full of resources to help any of us do a better job of supporting the best possible and happiest growth of children. Thoughtfully read a book, go on-line and think critically about what you see, join an Early Childhood Family Education Class (Dayton’s Bluff is the nearest site). Talk about what you learn with other adults. Pay sensitive and supportive attention to children of all ages. They are literally our future.

Love Grows Here Wellness Center

Community partners join together to bring wellness to East St. Paul! On Sept 9, 2009 the doors opened for our second year as the Love Grows Here Wellness Center in Dayton’s Bluff. The Center is at 463 Maria Ave. on Wednesday evenings 5:30p.m.- 8:30 p.m. The center is a collaborative of three community partner- nons: First Lutheran Church, Metropolitan State University and Dayton’ Bluff Seniors.

The services to be offered are:
*Blood Pressure Clinic
*Blood Glucose Monitoring
*Healing Touch Therapy/ Reiki Healings
*Chronic Disease Support
*Health Education
*Nutritional Education
*Medical triage and referrals
*Foot Care
*Community Supper

We welcome volunteers to assist with set up, clean up, meal prepara- tion, and sign up table. Contact Allie at First Lutheran 651-776-7210

The intention of the Center is to sup- port community folks who might not be able to afford these services and to train future community health care providers.

The Love Grows Here Wellness Center is located at 463 Maria Ave- nue, St. Paul, MN 55106. Visit our website at: www.lovegrowshere.net.

Dayton’s Bluff District Forum

The Love Grows Here Wellness Center in Dayton’s Bluff is offering a free “Movies and Popcorn Night”, every first and third Friday of the month for families. Dinner is served also. Call 651-771-5501 for more in- formation.

It’s all free and a nice opportunity for recreation, a communal meal and meeting the other community mem- bers. There will be a discussion after the film. Each film is a popular Holly- wood production that folks may be familiar with. However, we will be looking for the deeper meaning, val- ues and guidance the films can pro- vide as support for families struggling in these difficult economic times.