

Dayton's Bluff District Forum

Volume 30, No. 4
May 2017
daytonsbluffdistrictforum.org

"The Voice of the Community"



Greg Cosimini

The Archdiocese of Saint Paul and Minneapolis recently relocated to Dayton's Bluff, moving into the former 3M headquarters located at 777 Forest Street.

Archdiocese of St. Paul and Minneapolis moves to Dayton's Bluff

Greg Cosimini
Forum Staff

In early March, the headquarters of the Archdiocese of St. Paul and Minneapolis moved into a historic Dayton's Bluff building - the former 3M headquarters, more commonly known as Building 21. The move brings with it 120 employees who had previously worked in three separate buildings near the Cathedral, making it one of the largest employers in the neighborhood.

The archdiocese has a 10-year lease on the building and is its sole occupant. Among the 25 offices now located there are those of the bishops, the vicar general, the chancellors, Latino Ministry, Catholic education, Parish and Clergy Services, Marriage, Family and Life, and financial services. The Communications Office, which among other duties publishes The Catholic Spirit newspaper, and the Office of Archives and Record Management are also housed in the building.

Although the 3M headquarters building at one time had a Bush Ave. address, the official address of the Archdiocese headquarters is now 777 Forest St., with what remains of Bush now being the entrance to the parking

lot. It is entered off Forest just north of East 7th St. The headquarters is located behind the new East Side Family Clinic building which was built on the site of old 3M building 42.

Building 21 was the only building of the former 3M East Side campus to survive the St. Paul Port Authority's redevelopment of the site into what is now called Beacon Bluff. Its construction began in 1939 and it was used as the 3M headquarters until 1962 when the headquarters was moved to Maplewood. It served a variety of other purposes until 3M completely left the area in 2009.

The building's unique Art Deco/Moderne style of architecture helped it get added to the National Registry of Historic Places in 2015. The exterior and lobby of the building have remained virtually unchanged since its construction. Stepping into the lobby is like taking a trip back in time to the 1940s with the mahogany-paneled walls, semicircular receptionist station and impressive brass and glass revolving door.

The *Dayton's Bluff District Forum* welcomes the Archdiocese and its employees to Dayton's Bluff and invites you to explore the community surrounding your new home.

Greg Cosimini can be reached at editor@daytonsbluff.org.

Next up: Art in the Hollow

Andrew Stohler
Metropolitan State University

This year's East Side Cabaret at the Historic Mounds Theatre was a great success. Between the silent auction and ticket sales, a good amount of money was raised for the 8th Annual Art in the Hollow. More donations for this summer's Art in the Hollow would be welcomed and appreciated greatly. Thanks again to everyone who came to the Cabaret, and don't forget to mark your calendars for the 8th Annual Art in the Hollow on Saturday, June 3.

It's not too late to sign up for a spot at Art in the Hollow. Artists and performers are still needed to participate at this year's event. For only \$15.00, you or someone you know could set up for the day. There will be volunteers to help bring the art into the park and set up in the morning. Set up is between 8:00 a.m. and 10:00 a.m., and the festival runs from 10:00 a.m. to 5:00 p.m. If you are a musician and would like to perform on the Swede Hollow stage, there will be performers going all day.

To sign up or for more information, visit artinthehollow.org. The Friends of

Swede Hollow hope to see you down in the hollow the first Saturday of June. Contact Karin DuPaul at 651-776-0550 with questions.



Romi Slowiak

Dressed in the Sculptors Contest Costume, singer Juan Parker is helping to promote the Art in the Hollow Sculptor Contest. Independent jurists will judge the contest during this year's Art in the Hollow on June 3. \$300, \$200, and \$100 prizes will be awarded to the top three entries. To learn more about the contest, visit www.artinthehollow.org.

Dayton's Bluff
Community Council
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New American Community members tell stories; shared values

Amelia Cerling Hennes
Minnesota Senate

A listening session dedicated to learning and hearing from members of Minnesota's New American Communities was well-attended, reports one of the co-hosts, Sen. Fong Hawj (DFL-St. Paul). New Americans generate \$19 billion in income in Minnesota, and \$2.1 billion in taxes.

About 40 legislators from both the

House of Representatives and the Minnesota Senate attended the Thursday listening session. New Americans who attended the hearing expressed their thanks to all the legislators who took time out of their schedules to attend.

"This was a really wonderful opportunity for everyone to hear from some of Minnesota's newest citizens. The overall impression that I received from hearing their stories, is that these communities are not looking for a handout, but for acknowledgement and mindful accommodations to strengthen their productivity. We have many shared goals, and we all want to work towards a strong and resilient Minnesota," said Sen. Hawj.

Amelia Cerling Hennes can be reached at Amelia.Hennes@senate.mn.



Minnesota Senate

Participants of the listening session dedicated to learning and hearing from members of Minnesota's New American Communities on April 6, 2017.

Dayton’s Bluff Take-a-Hike

On the **second Saturday** of most months, the Dayton’s Bluff Take-a-Hike will begin at Indian Mounds Park, located at Earl Street and Mounds Boulevard, at **10:30 a.m.**

The next hike will be on **Saturday, May 13.** The hike is approximately one and a half to two hours long and will end at Swede Hollow Park or East Side Heritage Park, depending on the desire of the hikers. Share and learn a little history along the way! Email karindupaul@comcast.net or call 651-776-0550 for more information.

Friends of Swede Hollow

Watch over, restore, and celebrate the history of Swede Hollow Park. Join the Swede Hollow community at their monthly meeting on **Wednesday, May 3, at 6:30 p.m.** Email karin@swedehollow.org or call 651-776-0550 for more information and the meeting’s location.

Dayton's Bluff District Forum Board Meeting

The *Forum* is seeking help with writing, online content, idea generation, and ad sales. Join us at our next meeting on **Tuesday, May 9, at 1:00 p.m.,** at Swede Hollow Cafe (725 E. 7th Street). Call 651-776-0550 or email editor@daytonsbuff.org for more information.

Police Community Meetings

The Eastern District Saint Paul Police will host their monthly meetings for community members at the Eastern District Police Office at 722 Payne Avenue, on the corner of Payne and Minnehaha Avenues.

The next meetings are on **Wednesday, May 17, at 9:30 a.m. and 6:30 p.m.** Meetings are intended as a time to listen to and address concerns about crime and other issues on the East Side.

Saint Paul Art Crawl

Join your Dayton's Bluff and East Side neighbors for the annual Saint Paul Art Crawl! The crawl will take place on **Friday, April 28, from 6:00 p.m. to 10:00 p.m., Saturday, April 29, from noon to 8:00 p.m., and Sunday, April 30, from noon to 5:00 p.m.**

This year's Dayton's Bluff and East Side crawl sites are Flat Earth Brewing Company at 688 East Minnehaha Avenue, Indigenous Roots Pop Up Gallery at 804 Margaret Street, Swede Hollow Café at 725 East Seventh Street, the East Side Freedom Library at 1105 Greenbrier Street, Village on Rivoli at 681 N Rivoli Street, and J.A. Geiger Studio at 1647 Beech Street.

SNAP Food Program at CLUES (Comunidades Latinas Unidas En Servicio)

¿Necesita más comida saludable para la familia? El programa SNAP le puede ayudar. SNAP proporciona fondos para alimentos que benefician a familias de

escasos recursos.

Aún si no es ciudadano, si tiene hijos nacidos en este país ellos podrían calificar. Participar en el programa SNAP no afectará su estatus migratorio.

¡Llame a CLUES para saber si califica! 612-746-3500. Nuestro personal bilingüe puede facilitar el proceso para usted y su familia.

Need more healthy food for your family? The SNAP program provides funds for low-income families to buy food. Even if you are not a citizen, your children born in this country could qualify. Participation in the SNAP program won't affect their immigration status.

Call CLUES to find out if you qualify at 612-746-3500. Our bilingual staff can facilitate the process for you and your family.

Twin Cities Mobile Market

The Twin Cities Mobile Market is a grocery store on wheels that brings affordable, healthy food directly into under-resourced neighborhoods. The Mobile Market stops at Parkway Gardens Apartments, located at 1145 Hudson Road, on **Wednesdays, from 2:00 p.m. to 3:00 p.m.**



May 12, 18, 19 and 20: *Anxiety!* The Musical. *Anxiety!* is a comedy musical about one woman’s struggles with the ever-present depression and social anxiety one-two punch. In the heart of the city, we meet Sandy who is always accompanied by a pesky Anxiety, who is content to control Sandy’s every waking moment. Set to an original score of upbeat toe-tapping show tunes, we watch how Sandy’s job, relationships, and solitude are colored by Anxiety’s presence. Showtimes are at **7:30 p.m.**

Saturday, May 13: *Independent Wrestling International* (IWI). **Doors open at 6:45 p.m. Bell is at 7:30 p.m.** Come early to get the best seats! Tickets available at the door and online. Tickets: VIP table seat (includes one complimentary concession item) - \$20; Adult - \$10; Children - \$6; Family 4 pack - \$30.

Tuesday, May 16: Faith to the Nations presents free community dinner. Faith to the Nations will be sharing their vision and mission by creating a dialogue type survey for the needs of the neighborhood. This is a family-friendly event. Join to share our heart for the neighborhood of Dayton’s Bluff, beginning at **5:00 p.m.**

Visit moundstheatre.org for more information on these and other events not listed here, and to purchase tickets as they become available. The Historic Mounds Theatre is located at 1029 Hudson Road, St. Paul, MN 55106; 651-772-2253; historicmoundstheatre@gmail.com.

May at the Dayton's Bluff Library

The following events will be held at the Dayton’s Bluff library, 645 East Seventh Street, Saint Paul:

The last *Homework Help in the Zone* for the school year will be **Wednesday, May 24, from 4:00 p.m. to 7:00 p.m.**

There's still plenty of time to help elementary, high school, and college students with their end-of-the-year assignments!

English Conversation Circles will be moving to **Thursday** evenings starting **May 25, from 6:00 p.m. to 7:00 p.m.**

Saturday, May 6, 13, and 20, from noon to 2:00 p.m.: *Maker Space in the FunZONE!* Play computer games like Minecraft, and enjoy other hands-on fun in the Zone.

Thursday, May 11: All Saint Paul Public Libraries will be closed for staff training.

May 27-29: All Saint Paul Public Libraries will be closed for Memorial Weekend. Have a safe holiday!

For information about these and other events check sppl.org or call 651-793-1699. The Dayton's Bluff Library shares its home with Metropolitan State University at 645 East 7th Street.

May at the East Side Freedom Library

Tuesday, May 2, at 7:00 p.m., the East Side Freedom Library invites you to enjoy a free screening of the films *Red Metal* and *1913 Massacre* – two recent films which explore the Michigan Upper Peninsula copper miners’ strike of 1913. These films were made independently of each other to mark the 100th anniversary of this historic and tragic struggle. *1913 Massacre* was inspired by Woody Guthrie’s powerful song and features his son Arlo as narrator. Each film is one hour, and together, they provide multiple perspectives on this important but largely forgotten story. This event is free and co-sponsored by AFSCME Local 3800 and the St. Paul Regional Labor Federation.

Historic Payne Avenue Walking Tour, May 21, 10:30 a.m. to noon. Meet at the Arlington Hills Community Center at 1200 Payne Avenue, St. Paul, to Join Peter Rachleff, labor historian and founder of the East Side Freedom Library for a walking tour of historic Payne Avenue. The tour starts at Arlington Hills Community Center and concludes with the Saint Paul Public Library’s Story Fair. The Story Fair will focus on telling and collecting stories from our community. Sponsored by the Saint Paul Public Library. This event is free, register online at <http://arlington-hillsc.com/register-for-programs>.

The East Side Freedom Library is located at 1150 Greenbrier Street. Call 651-230-3294, email info@eastsidefreedomlibrary.org, or visit eastsidefreedomlibrary.org for details on these and other upcoming events as they become available.

Business Classes

The Dayton’s Bluff Neighborhood Microentrepreneur Class helps start-up and young businesses on the East Side. Classes last eight weeks and include operations management, marketing, financial management, one-on-one assistance with creating and preparing a business plan, plus eight 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.

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 scale. Class size is limited. Call Emma Spillman at 651-379-8432.

Dayton's Bluff on the Minneapolis & Saint Paul Home Tour

The Minneapolis & Saint Paul Home Tour will feature many Dayton's Bluff homes this year, including: 700 East Third Street, 672 Greenbrier Street, 954 Wakefield Avenue, 866 Mound Street, 433 Johnson Parkway, 845 Conway Street, and special on Sunday only: 170 Maria Avenue.

The tour runs on **Saturday, April 29, from 10:00 a.m. to 5:00 p.m., and on Sunday, April 30, from 1:00 p.m. to 5:00 p.m.**

Visit www.msphometour.com for more information and a printable tour guide.

East Side Elders presents Elder Cafe: Minnesota's Karen Community

Thursday, May 11, from noon to 2:00 p.m. at First Lutheran Church, 463 Maria Avenue, St. Paul, East Side Elders presents *Elder Cafe: Minnesota's Karen Community.*

Join the East Side Elders and staff from the Karen Organization of Minnesota to learn about the Karen community of Saint Paul while enjoying a nourishing meal and engaging conversation.

Call 651-683-2326 to make a reservation or to request a ride. Elder Cafe cannot guarantee a meal without a reservation. Admission is free for seniors age 60 and over; all other guests are invited to make a suggested donation of \$10. This event is presented in partnership between East Side Elders and First Lutheran Church of Dayton’s Bluff.

Ramsey County now hiring lifeguards

Ramsey County Parks & Recreation is now hiring lifeguards (ages 16 and older) for the 2017 summer beach season. Lifeguards start at \$12.22 per hour. Spend your summer enjoying the beach and sun! To apply, fill out a brief interest form at ramseycounty.us/lifeguard.

Baseball Clinic with Ila Borders and Saints Game

On **Friday, May 26,** join the Minnesota Girls Baseball Association at CHS Field in St. Paul for a day packed full of fun activities beginning at **10:00 a.m.** with a FREE baseball clinic with former St. Paul Saints pitcher, Ila Borders!

Stick around for lunch in the dugouts at noon (please bring your own bag lunch), pre-game catch on the field at **6:30 p.m.,** and Saints game at **7:05 p.m.** Sign up for a drawing to participate in special pre-game and in-game promotions. You could throw out the first pitch, stand with the Saints during the National Anthem, be a bat girl, or participate in a between-innings promotion! Ages 6-15, register online at ww.saints-groups.com, use password: MNGB2017



Steve Trimble

Mounds Park United Methodist Church saw an egg-cellent turnout for its annual egg hunt at Indian Mounds Park on Saturday, April 15.

Mounds Park United Methodist Church

1049 Euclid Street (corner of Earl and Euclid); 651-774-8736
Mounds Park United Methodist on Facebook

Mounds Park United Methodist Church is a multicultural, intergenerational neighborhood congregation located at 1049 Euclid Street in Dayton’s Bluff. Sunday worship begins at **10:30 a.m. On Sunday, May 14**, we’ll celebrate Mother’s Day with a special gift for every woman in the congregation. Bring your questions and openly explore your faith within a community of respect and openness. All are invited!

Weekly in May: *After-School Program for area youth*, sponsored by McVay Youth Partnership of Hamline University. This is an after-school program for all community youth grades, 5-12, at Mounds Park Church from **3:30 p.m. to 6:00 p.m., Monday, Wednesday, and Friday** of each week, offering cooking classes, games, homework help, field trips, and help learning English. Contact Jane Krentz at 612-581-6978 for more information.

Wednesday, May 13: Beginning at **noon**, *Community Friendship gathering with hot lunch*. Enjoy a hot lunch of turkey, dressing, mashed potatoes and gravy, corn, cranberry sauce, rolls, and dessert. Following the meal, JoAnn Bolles, talented singer, guitarist, and recording artist will perform her many songs. This is a community gathering – ALL are invited to come; the focus is on persons age 55 and over. A donation of \$8.00 is suggested.

Looking for some help with a home project around your place this June? Urban CROSS will have teams ready to help local residents and non-profits with projects such as indoor and outdoor painting, yard work, gardening, landscaping, simple construction, and cleanup. You may submit your request by calling the church office at 651-774-8736 or mailing in a form available on our website: www.moundsparkumc.org/urbancross.html. Deadline for project submission is **May 15**.

If you are a member of the community and would like to be a part of Urban CROSS as a partner, please call the church or check out the website for further information. Campers arrive to Indian Mounds Regional Park on **Sunday, June 11, at 3:00 p.m.** and go home on **Saturday, June 17, around 10:00 a.m.** Campers will spend the nights sleeping at a local church and all meals will be provided by Urban CROSS. The total cost for the week is \$236.00, but scholarships are available through Urban CROSS and through the Minnesota Annual Conference Camping Office. Camper registrations are also due by **May 15**.

Producer Meet & Greets
at Mississippi Market
Upcoming co-op events
highlight farmer equity,
producer stories, and
delicious foods

Matt Frank
Mississippi Market

Join Mississippi Market this spring for three meet and greets with local, fair-trade, and sustainable producers. Each event will highlight some of Mississippi Market’s favorite foods, farmers, and producers through storytelling and delicious samples. Event themes include global fair trade, organic farming, and local fermented foods. These three free events will be held at our East 7th Street location. A \$5.00 registration fee is required to attend each event, which will be reimbursed as a \$5.00 co-op voucher at the event. Space is limited; register early to ensure your seat.

Exploring Fair Trade Coffee, Chocolate, and Bananas, at 740 East 7th Street, **Thursday, April 27, from 5:30 p.m. to 7:30 p.m.**, join Mississippi Market for an evening learning about and celebrating fair trade with a few of Mississippi Market’s favorite fair trade vendors, Equal Exchange, Alter Eco, and Peace Coffee.

Hear their visions and stories, get to know their products, and learn about global fair trade practices. Fair trade samples will be provided.

Sustainable Stories: Wheatfield Hill Organics, at 740 East 7th Street. On **Thursday, May 4, from 6:30 p.m. to 8:00 p.m.**, join local farmers from Wheatfield Hill Organics for a fun, enriching evening celebrating our local food community. Meet the farmers behind your favorite Wheatfield products, hear their stories, and join them in celebrating 20 years of farming organically. Wheatfield product samples will be provided.

Taste Local: Ferments, at 740 East 7th Street, **Thursday, May 25, from 5:30 p.m. to 7:00 p.m.**, learn all about fermented foods with local makers Angelica’s Garden and Fierce Ferments! Learn how they got started, what makes them unique, and sample delicious varieties right here at your co-op.

About Mississippi Market Natural Foods Co-op: Mississippi Market Natural Foods Co-op has been offering local, organic food at a fair price to our St. Paul neighbors for nearly 40 years. As a consumer-owned grocery store, Mississippi Market provides high-quality, fair-priced goods and services, and works toward a sustainable local economy and global environment. We offer a number of classes and events each month on health, nutrition, cooking, and sustainable living.

First Native-
Indigenous/POC Cultural
Arts Center opens in Saint
Paul: Indigenous Roots
Cultural Arts Center

Melinna Saxtos
Indigenous Roots Cultural Arts Center

Indigenous Roots Cultural Arts Center, located at 788 East Seventh Street, will open its doors to the public on **Thursday, May 11**, with an intimate opening Gathering and Blessings of Community Elders.

Indigenous Roots Cultural Center is a collective of artists and organizations dedicated to building, supporting, and cultivating opportunities for Indigenous peoples and communities of color through cultural arts and activism. This community based multidisciplinary, multigenerational, multicultural center for Native-Indigenous/POC communities in Saint Paul, uniquely presents the many faces and creative expressions blossoming in the cultural scene of Dayton’s Bluff on the East Side.

The Indigenous Roots Cultural Center follows a similar model as the East Side Enterprise Center created by the Dayton’s Bluff Community Council. The East Side Enterprise Center is a collaboration focused on increasing economic development opportunities to East Side entrepreneurs and residents, especially its diverse and growing immigrant and people of color populations.

Grand opening weekend kicks-off on Thursday, May 11, from 6:30 p.m. to 8:30 p.m. with an Opening Gathering and Blessings of Community Elders. **On Friday, May 12, at 7:00 p.m.**, join the Prospección Exhibit Opening featuring Mexican Artist Emmanuel Sierra, on view until **Friday, May 19**. On **Saturday, May 13, from noon to midnight**, take part in the Grand Opening and Community Celebration Fundraiser, a day celebrating arts, culture, and community! Cultural groups including Kalpulli Yaocenoxtli, El Arco Iris, Afoutayi, Native Pride Dancers, Ina Yukka, Wash your Dome, Alma Andina, and many others will be performing on this epic opening day! Finally, on **Saturday, May 20, at 3:00 p.m., don't miss the For Directions exhibit opening.**

The *For Directions* exhibit is a partnership across the Mississippi between Indigenous Roots and All My Relations Gallery in Minneapolis. The Indigenous Roots Cultural Arts Center is hosting a variety of local artists in its gallery over the coming year – stay

tuned for details. This exhibit is open from **May 20 to July 31**. For more information about the Indigenous Roots Cultural Arts Center located at 788 East Seventh Street, visit <https://indigenous-roots.org> or call 651.366.0006.

About Emmanuel Sierra and Prospección exhibit: Emmanuel Sierra is a Mexican visual artist. He was born in Celaya, Guanajuato, but was raised and currently resides in San Miguel de Allende, Guanajuato. In 2012, he began his studies at the University of Guanajuato studying visual arts. During his studies, Sierra discovered his passion for abstract painting. He has participated in various group and personal projects, both within and outside of the Guanajuato.

In 2013, Sierra was selected to participate in the University of Guanajuato's Annual student art exhibition. In 2016, he presented a private gallery of original works in Leon, Guanajuato. His most recent exhibition was during the 36th Annual Festival of the Caribbean in Santiago de Cuba, Cuba. Prospección (Prospecting) through the art of painting. Explore, search, experiment, abstract, channel, conclusions, solutions, form, harmony, color; these are the stages and fundamental parts that are found during the process and the completion of Sierra’s artwork. Each piece reveals how Sierra has begun the constant search of the possibilities of the matter. Implementing the elements to arrive at a harmonious composition that has been sought and through the process of development it defines itself until arriving to its completion.

About the For Directions exhibit: The title of this project, *For Directions*, is a play on words meant to encompass both the cardinal directions, as well as directions on how to be indigenous in the 21st Century. The concept of this show grew from efforts at Standing Rock where people from an eclectic range of cultures banded together to oppose Big Oil. This means to inspire artists and environmental organizations from all directions to unify and urge others to live sustainably, and help us to combat the corporate entities that mean us harm.

May 20 through July 31, *For Directions* will exhibit art in multiple forms by indigenous artists from the region. Shows will take place in venues across the Twin Cities metro including All My Relations Art Gallery. Additional galleries hosting *For Directions* currently include Two Rivers Gallery, AIM Interpretive Center, Electric Machete, and Indigenous Roots Cultural Arts Center.



Steve Trimble

A group learning to make paper flowers at the Dayton's Bluff Library. Pictured from left to right are Barbara Rose, Mai Vang, library staff and teacher, and Nicole Sum, library volunteer.

Go everywhere, talk to everyone, eat everything

Jane Prince
Ward 7 City Council

On a trip to visit family in Washington DC in April, I enjoyed strolling through Eastern Market, a weekend street fair and farmer’s market near Capitol Hill, with streets lined with booths of local artists, crafters, and musicians, attracting all ages of very diverse, happy, and engaged human beings – and their dogs.

While taking in the scene, I came across a hand-painted sign that read: “GO EVERYWHERE. TALK TO EVERYONE. EAT EVERYTHING.” Thinking about life in my diverse and dynamic city of Saint Paul, I realized that these words were not just a prescription for living, but for building strong, connected communities.

Once I started to “talk to everyone” at East Market, my walk became a lot more meaningful. I met an amazing artist named “rayhart,” a warm and friendly young man who incorporated deep hues and bright colors into rural scenes of musicians and field workers. The Turkish towel vendor sold beautiful and affordable linens, and her sharp and witty banter about international politics made my day. A

jewelry artist who crafted beautiful, sophisticated designs from stainless steel nuts, bolts, screws and washers, shared his views of Minnesota craft fairs. I learned from a Tibetan vendor that Chomolungma is the Tibetan name for Mount Everest.

That’s when I decided to parse this slogan for my monthly article.

Go Everywhere. Rather than jet off to somewhere else, become a tourist right here in Saint Paul and explore the things you can walk and bike to right here on the East Side. Have you been to the Hmong Village? Pedal on up to 1001 Johnson Parkway and step inside for a glimpse of another world, complete with a fresh farmer’s market, dozens of vendors and a food court you can’t beat. From our world class network of parks and trails to our historic and cultural points of interest, it’s easy to go *everywhere* even with only a few bucks in your pocket!

Talk to Everyone. As Minnesotans, we naturally tend to mind our own business, and let other people mind theirs. But there’s no better way to make connections and build community than to smile and say hello to passersby. We’ve heard from young people in our neighborhood that they actually feel bad when we adults fail to make eye contact and extend a friendly greeting. Now that the warm weather is upon us, I’ve talked to Dayton’s Bluffers who are inspired this summer to go door to door to meet new neighbors and start getting to know each other. Perhaps our elderly neighbors could use some help with yard work, and we can match them up with

young people looking to earn a bit of spending money!

Eat Everything. It took me awhile getting over the fussy eating habits of my childhood, but the rewards for trying new foods are too good to miss. And there is no better neighborhood to explore new foods than right here on the East Side. From Italian, Mexican, El Salvadoran, African American soul food, Thai, Hmong and East African specialties, you can sample the foods of the whole world, affordably, and deliciously within a few blocks of your home. At Hmong Village alone, you can nosh on papaya salad, pho, spring rolls, Hmong sausage, pork belly, noodles dishes, whole fish, and chicken. At events like last year’s Edible Streetscape Community Meal in June and the Interfaith Intercultural Community Meal in December, neighbors met each other across the dinner table, and new friendships were launched.

Summer brings street fairs and community festivals – and lots of opportunities to “go everywhere, talk to everyone, and eat everything!” Mark your calendars for the East Side Peace Celebration set for **Saturday, July 22, 3:00 p.m. to 8:00 p.m.** at Battle Creek Recreation Center, 75 South Winthrop Street With games, a bike ride and all kind of activities for children, music, dance food for all, let’s get together and make the East Side the place to be!

Jane Prince can be reached at ward7@ci.stpaul.mn.us.

Ecocentric: Art, Ecology and Engagement – a new exhibit

Poh Lin Khoo
Metropolitan State University

In the upcoming Metropolitan State University Gordon Parks Gallery exhibit, *Ecocentric: Art, Ecology and Engagement*, the featured artists address environmental issues through their work and engage the public in their creative medium.

“Ecocentric is a term that was coined in recent years to denote a nature-centered system of values; that which directly opposes anthropocentrism (the idea that humans are the center of the universe), says gallery director Erica Rasmussen about the exhibit. “Like the development of environmentalism that seeks to protect the natural environment, ecocentrism intends to challenge Western practices associated with culture, science and politics. In the arts, there has also been an emergence of ecologically minded individuals who seek to raise our consciousness about pressing environmental issues through solution based artworks. Each of these artists not only addresses environmental issues through their work, but also engages the public in their creative practice.”

Exhibition participants include Miranda Brandon, Rachel Breen, and Mary Johnson. Brandon is an animal enthusiast and bird rehabilitator. Her *DIY Animal Populator* is a participatory series of die-cut posters that feature animals of variable levels of “conservation concern.” Accompanying the series are archival prints of the featured die-cut animals re-photographed in natural environments. These fabricated wildlife photographs model the interaction Brandon hopes for participants to have, prompting for a moment to engage with an animal and the land, creating a shared story while pondering our place and connection to this web of life and being. Viewers are encouraged to choose a

die-cut poster to participate in the practice of empathy building and artificial, photographic population bolstering, while uploading images to an electronic platform to share with others.

Breen is an advocate for the practice of saving heirloom seeds. With this work she asks “What have we inherited from the past that we hope to pass on to future generations?” Through her charcoal drawings made directly on the gallery walls and ceiling, Breen honors the ancient practice of saving seeds as a way to protect environmental diversity. Breen’s drawings are often accompanied by free heirloom seeds. Instructions are provided on how to plant and save the seeds, encouraging individuals to become active in preserving sustainability.

Johnson organizes water stewardship projects and gathers discarded materials from other public sites. The collected debris is then used in the assembly of dimensional objects that address the importance of environmental preservation. For this exhibition, Johnson will present a series of colorful sculptures entitled *Extremophiles*, constructed from storm drain trash. **The exhibit will be on display through July 13.**

Spring gallery hours are **11:00 a.m. to 7:00 p.m., Monday to Thursday, and 11:00 a.m. to 4:00 p.m., Friday and Saturday.** Summer hours are **11:00 a.m. to 7:00 p.m., Monday to Thursday, and 11:00 a.m. to 4:00 p.m., Saturday.** The gallery is located at the university’s Library and Learning Center, 645 East Seventh Street. For more information about the exhibit, contact Erica Rasmussen, gallery director, at 651-999-5942 or erica.rasmussen@metrostate.edu.

Metropolitan State University, a member of Minnesota State, is the Twin Cities public, urban, comprehensive state university providing lifelong learning, and competitive academic and professional degree programs at the bachelor, master and doctoral levels.

Indian Mounds Park Splash Pad: Let’s Rethink the Plan

Dezmond Juan
Dayton’s Bluff Community Council staff

The City of St. Paul has a master plan for Mounds Park that includes building a children’s splash pad to the existing park improvements. While some community members had input into the plan when it was created in 2011, members of the Dakota Nation were not represented in the planning process. Mounds Park is an ancient burial site and is still considered to be sacred land for the Dakota Nation. On April 11, 2017, a third meeting was held at Cerenity Senior Care Center, 200 Earl Street, to consider new construction in the park. The plans for the proposed splash pad in Mounds Park were presented for discussion and community input. In attendance were St. Paul Parks and Recreation staff, Council Member Jane Prince, many members of the Dakota Nation, members of Friends of Mounds Park, and other community residents.

Dakota Nation community members expressed deep concern and reluctance to embrace any plans that further disrupt the land, which is not just a park to them. It is a place where Dakota relatives were laid to rest and the site for many rituals honoring the seasons, elements, and all living things. For the Dakota Nation, honoring ancestral relatives includes not disrupting the earth in Mounds Park. They want the history of the Native Nations to be honored, just as the many immigrant settlers are honored in Swede Hollow Park. According to Dakota members present at the meeting, not since 1961 has the City engaged the Dakota Nation in discussions about care and use of the place named for the Indian burial mounds found there. To this point, the planning for Indian Mounds Regional Park has excluded American Indian

voices. The Dakota community wants to see the available funding be used to educate residents and visitors from the East Side and all of Twin Cities Region about who lived on this land before St. Paul was founded by settlers who brought present day housing, roads, people, buildings, and vehicles. The Dakota community favors the idea of providing a splash pad for the youth and families, but not at the expense of their sacred land clearly known to be the history of the park. They suggested other parks and areas within the Dayton’s Bluff area, so the District 4 community members can have a water element like other Districts on the East Side.

The City of St. Paul Parks and Rec listened and heard the testimonies of the Dakota Nation and other community members in support of relocating the splash pad to a place other than Mounds Park. They support pausing the project and researching how the funding can be used to honor the ancestors and serve the community that lives in Dayton’s Bluff today. The City of St. Paul and Council Member Prince have agreed to work with the four communities of the Dakota Nation here in Minnesota.

The following is an excerpt from the project notes from St. Paul Parks and Recreation Department:

The “next steps” listed in the notes include the commitment that parks will: Continue with the process required to re-scope the project from the water feature to a cultural resource study for the park and interpretive plan; relay the dates of the Metropolitan Council hearings and meetings and provide information about the most productive ways to support this reallocation of funds; work with the Tribal Historic Preservation Officers and Minnesota Indian Affairs Council to establish protocol for future decisions about parks within our system; keep relevant information updated on the city’s website; involve the community in the process for the cultural resources work and interpretive planning as we determine the next steps.

Memorandum of Understanding: Metropolitan State University and Nagasaki University

Mark Gallagher
Associate Editor

History: Back in 1945, General Dwight D. Eisenhower emerged from World War II, having seen the horrors of battle. Eisenhower tried to persuade President Truman *not to drop the atomic bombs* over Japan because Japan was already so close to surrendering. After Eisenhower became president, he started a People-to-People program wherein an American city could become sister cities with a Japanese city, *in the hope that if they got to know each other and became friends, they would avoid future wars.*

In 2015, St. Paul and Nagasaki celebrated the 60th anniversary of the St. Paul-Nagasaki Sister City relationship, the oldest Sister City relationship between a U.S. city and an Asian city.

Memorandum of Understanding: On February 15, 2017, Metropolitan State University took that Sister City friendship a step further and hosted the signing of a “Memorandum of Understanding” to become “academic partners” with Nagasaki University.

Metropolitan State University history professor Sumiko Otsubo explains, “A Memorandum of Understanding (MoU) is a formal agreement between two parties. In this case, Metropolitan State University and Nagasaki University agreed to establish an exchange program. The two universities desired to create this new partnership precisely because St. Paul and Nagasaki have been sister cities.”

Metropolitan State University already had this “community partner” theme embedded in its mission statement: Within the context of lifelong learning, the university will build on its national reputation for innovative student-centered programs that enable students from diverse to backgrounds achieve their educational goals. The university is committed to academic excellence and *community partnerships* through curriculum, teaching, scholarship, and services designed to support an urban mission.

One of the principal inspirations for

the exchange program happened in October 2015, when St. Paul Mayor Chris Coleman and Metropolitan State University Interim President Dr. Devinder Malhotra visited Nagasaki in celebration of the 60th anniversary of the St. Paul-Nagasaki sister city relationship as well as a commemoration of the 70th anniversary of the dropping of the atomic bomb. What steps could they take toward “nev-

engaged in such issues as peace and the environment. In this way, they will want to express their views while wanting to hear Metropolitan State University students’ perspectives in the topics Nagasaki University students are comfortable and familiar with.

“This year Nagasaki University is looking for up to two students to come to Metro State in June. They will be here



Photo courtesy of Caren Stelson

Those involved in the Memorandum of Understanding signing at Metropolitan State University.

er again?”

Their host, Dr. Takayuki Miyanishi, president of the Nagasaki-St. Paul Sister City Committee, is also Professor of Environmental Science at Nagasaki University.

Dr. Miyanishi discussed the idea of having a relationship between the two universities with JoAnn Blatchley, co-president of the St. Paul-Nagasaki Sister City Committee. Otsubo explained, “Once Blatchley knew of Dr. Miyanishi’s desire to have that relationship, she told me, ‘Here is an opportunity.’”

How It Works: Dr. Otsubo coordinated the MoU on this end. She explains how the exchange program works:

“Nagasaki University will select the students it wants for this exchange program. It is a requirement that the prospective students have a minimum level of English proficiency to enter the program, but the level is really basic.

“I personally asked our Nagasaki University colleagues to please send really good environmental science majors to Metropolitan State University who are

for three weeks.

“We set up two courses just for them. Those courses will be Communications 499 and Environmental Science 489. Both classes are upper-level undergraduate courses. These are essentially set up for Japanese students but are open to American students.

“Professor Michal Moskow, who will teach COMM 499, is thinking about assigning reading material that is available in both Japanese and English. Her idea is to put students from both universities together so they will interact while doing their assignments — they will have to talk.

“They’ll have to share the information because English is pretty tough for Japanese students. Most Japanese are not bilingual, but I would guess one of the motivations they have is to get better in English communication. This is a wonderful opportunity.

“Professor Julie Maxon, who will teach ESCI 489, will take a small group of students from the two universities to urban farms and a lake. They will take

soil samples to analyze chemical make-ups and sedimentation patterns.”

Sachiko Scholarship for Peace: A new scholarship has been created to facilitate student exchange between Metropolitan State University and Nagasaki University.

“The Sachiko Scholarship for Peace was created by Caren Stelson, author of the book *Sachiko: A Nagasaki Bomb Survivor’s Story*,” Otsubo says. “The scholarship’s seed money (\$1500) was generously donated by Mr. Adam Lerner, Publisher and CEO of Lerner Publishing Group and St. Paul resident. Metropolitan State University students will use the Sachiko Scholarship for Peace to travel to Nagasaki.”

“The idea of a Sachiko Scholarship for Peace to support a student exchange program was always in the back of my mind while I was writing *Sachiko*,” Stelson said. “I knew if I could get *Sachiko* published, I would want to support a St. Paul-Nagasaki youth exchange scholarship with portions of the book’s proceeds. *Sachiko* has won numerous national awards, including being long-listed for a National Book Award for Young People’s Literature.

“My intention was to offer a \$500 scholarship to each of two students selected from Metro State to go to Nagasaki University,” Stelson said. “My other intention was to encourage students who are interested in going to Nagasaki University as exchange students to think about peace and peace issues as well as their course of study.

“Sachiko’s story is a critical reminder that we must never go back to the conditions that flared into World War II. To combat populism, nationalism, propaganda, hate speeches, racism, and fanning the flames of hate, we need stories like *Sachiko* to remind us of both the horror of war and the destruction of the world should a war turn into a nuclear war. History does teach us if we pay attention.”

“This new academic exchange program is special,” Otsubo said. “It is about Metro State University’s community engagement; it is about St. Paul and Nagasaki’s interests in ‘people to people’ friendship, understanding, and peace; it is about Metropolitan State University and Nagasaki University’s interest in the environment.”

Consider the advice of one of the last surviving Nagasaki atomic bomb survivors, Sachiko Yasui: *What is peace? What kind of person should I be? Keep pursuing answers to these questions.*

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

Weekly group for parents with a son or daughter battling addiction offers hope through education and support

Robyn Koger Kidd
Parents of Addicted Loved Ones

A new support group is starting in our community at the Mounds Park United Methodist Church, 1049 Euclid Street (corner of Earl Street and Euclid Street) meeting each **Tuesday, from 7:00 p.m. to 8:30 p.m., starting April 4.** The group is open to parents of any faith or background who have a child battling addiction.

According to recent research cited by the National Institute for Drug Abuse, opioid/heroin deaths now exceed annual deaths from car crashes. An article in the New York Times notes, “The rising death rates for those young white adults, ages 25 to 34, make them the first generation since the Vietnam War years of the mid-1960s to experience higher death rates in early adulthood than the generation that preceded it,” directly tying this rise to drug overdoses. Also, former President Obama in February, 2016, requested \$1.5 billion in spending to combat the issue of opioid/heroin abuse alone, noting it is an epidemic in our country. And as is

commonly reported, the vast majority of those in our prisons are there in connection with drug or drug related offenses.

Years of working as a substance abuse counselor taught Mike Speakman that overcoming addiction isn’t just about treatment for the individual; it takes support from the family as well. “A good example is diabetes,” Speakman said. “You didn’t cause it, but if your child had it you might want to learn about it so you could help better.”

Each PAL (Parents of Addicted Loved ones) meeting, which is designed for parents or spouses of loved ones going through an addiction, begins with a prayer, followed by introductions. The group is then present with one of nine lessons; which include “*Healthy Helping*” and “*The Four Stages of Growth in Recovery*.” After some discussion of the lesson, the members of the group give an update about what’s going on in their lives and then the meeting ends with prayer. The group is designed for each individual to learn at their own pace. The challenge is that much of the education goes against natural parenting instincts.

Speakman had been offering education for families in single weekend sessions. After years though, he eventually realized the change that needs to occur with drug and alcohol addiction is a long-term change for the entire family. They may learn a lot over a weekend, but

repetition and consistency is what will cause the change. Interestingly, although PAL’s focus is on helping the family members, it indirectly seems to help their loved one. Mike notes what he began to see was that, “When the parents got help and started making changes in how the dealt with their sons and daughters, I saw the addicted loved ones eventually seeking help.” That’s why he began the PAL group. Mike is also the author of *The Four Seasons of Recovery, for Parents of Alcoholics and Addicts*.

The first meeting took place in July of 2006, at the Calvary Addiction Recovery Center, and has since spread across the Phoenix, Arizona Valley, and Tuscon. PAL also expanded out of Arizona and currently has meetings in California, Kentucky, Indiana, Montana, Ohio, Oregon, and Washington. The PAL group in Saint Paul, along with another in Rochester, also starting April 4, will be one of the first two in Minnesota.

Jerry Law, a certified interventionist, says it’s important for parents or spouses to find a support group like PAL so that they don’t feel so alone. “It’s critical,” he said. “It’s the only way to survive. You feel like, ‘What did I do wrong?’ You didn’t do anything wrong. This is reality.”

You can learn more about PAL online at PAL-Group.org.




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Dayton’s Bluff District Forum

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Monthly circulation: 7,000; also available online at daytonsbluffdistrictforum.org. This publication of Hopewell Communications, Inc., a nonprofit organization, is intended to provide a forum for the ideas and opinions of its readers and to be an instrument for developing community awareness and pride. Signed articles do not necessarily represent the views of the *Forum*. Material from this paper may be republished if it is attributed to the *Dayton’s Bluff District Forum* and to the author, if any. Articles and letters to the editor are welcome and may be emailed to editor@daytonsbluff.org, or mailed to the address above. The *Dayton’s Bluff District Forum* is delivered to every home and business in the Dayton’s Bluff neighborhood. Outside this area, subscriptions cost \$15 per year and may be arranged by calling 651-776-0550.

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Next issue: June 2017. **Deadline for material: May 10, 2017.**

East Side Eating – Trimble's Taste Trek

Forum contributor Steve Trimble has set out to eat at every locally-owned, sit-down restaurant on the East Side. He hopes to get the word out to Dayton's Bluff about the eating options here on our side of town.

There are more restaurants than there is room for in the monthly paper, but at least 59 may now be found online at daytonsbluffdistrictforum.org; click on “East Side Eating” at the top of the home page. Steve Trimble can be reached at editor@daytonsbluff.org.

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Unlike my own remembrance of bland college cuisine in the olden days, people tell me that things have changed. So, I decided to check out the food at Metropolitan State University’s new restaurant. It is one of the few places in St. Paul where you can find both African and Middle Eastern food. While designed for Metro students, the general public is welcome. A word to the wise: parking is a little difficult. There are a few one-hour spots on their side of East Seventh. Other than that, you might find spots across the street on Maria or Bates Avenues.

I went around 1:00 p.m., hoping to avoid a noon rush. I did – there were only a few people there – mostly by themselves and looked to be studying. The area inside was bright and roomy with a two-story open-feature. The front section contains eight sizable booths and numerous tables for four or ten people. There are also some places for single eaters at small tables or on stools at a ledge on the wall.

The north wall is comprised of huge windows that allow a scenic view of East Seventh Street traffic. There is also a somewhat separated area of the large room that has nine additional tables which seemed to be primarily a study spot. There is a counter where you order the food. They give you a number on a stand-up number-holder and bring the food to you. Appetizers include two sambusas with a side such as salad, fries, falafel balls served with special home made dips, rice and beans, basmati rice served with pinto beans, and hummus, which consists of chick-peas, olive oil, tahini, lemon juice, garlic, salt, and pepper.

Lunch/dinner entrees include beef or lentil sambusas served with french fries or side salad, a burger with 1/3 pound of ground lamb, “signature spaghetti,” beef curry, and a vegetarian plate with basmati rice.


There are several burgers – after all, the main diners are college students. Some are falafel served in American style buns or in gyros. The list also features a double cheese-burger, grilled chicken with hummus, and burritos. Another specialty is ground lamb gyros. There is also a “build your own salad” option. They’re also going to offer smoothies at some point in the future.

I don’t remember ever having a sambusa – a stuffed triangular pastry – so I ordered two with beef. I chose French fries for my side. They were very crispy and I found out that they are treated with spices, with added flour, and initially frozen.

They had a huge selection of juices and waters, but no alcoholic drinks. Look, this isn’t like the beer-serving student center in Madison, Wisconsin. However, they do serve Ethiopian light coffee and chai tea which (I looked it up) is a black tea with heavy milk, spices, and a sweetener.

Mohamed Omer, from the Oromo area in northeast Africa, is the owner of the grill. He’s lived all over East Africa and the Middle East. He came to the U.S. to get a degree and worked in an import-export company for a time. He wanted a business of his own – noting that when he went to company potlucks, people loved what he brought, so he decided to start a wholesale sambusa operation. They now have a food truck and the Metro location, named for an older family member, and headed up by executive chef Nasra Omer. “Our food isn’t like anyone else’s,” he says, “because it’s from here and there and from everywhere.”

Steve Trimble can be reached at editor@daytonsbluff.org.



Steve Trimble

Pictured from left to right are Jimmy Fu, Metro student, Steven Zhong, grill worker, and Arif Omer, the owner’s son and Chief Operating Officer.

There once was a Post Siding

Steve Trimble
Forum Historian

Today, the Dayton’s Bluff neighborhood includes the area in and around Earl and Seventh Streets, but that was not always the case. There once was a place known as “Post Siding.” It was sometimes called Post’s Siding because Dr. William Post, an early settler, owned a great deal of land there. The western section of today’s neighborhood was part of the walking city – close enough to downtown that people could easily walk there for work or shopping. Beyond that it was much empty space.

However, there was something called a “railroad suburb” by some urban historians. Before the streetcars came to the area, railroads allowed people to live fairly far outside of the central city and get there by setting up stops that could take residents to and from downtown. Post Siding was among them and had a train depot at Earl and East Seventh.

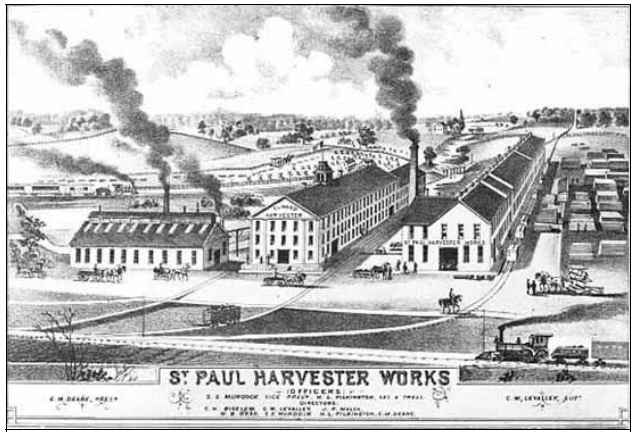


Minnesota Historical Society
Henry F. Huelster residence, 1091 Reaney Avenue, circa 1900 – a typical Post Siding home.

By the 1870s, several major manufacturing plants had grown up along the rail lines, including a lumber-

yard , a terracotta factory, the St. Paul Plow Works, and the St. Paul Harvester Plant. They employed hundreds of workers, spurring the building of homes and businesses within walking distance of the depot around today’s Bush, Reaney, Beech, Duluth, Ross, Frank, and other streets. Most of their small cottages are still there today.

In the 1880s, the *St. Paul Globe* newspaper stated that "Post's Siding was as far off comparatively as Minneapolis." It added that “there were a number of three, four, and even five story brick “blocks” as they were then called, that housed a variety of stores and businesses. These included a distillery run by Andrew Kiefer, who would later become a St. Paul mayor. "These establishments are backed by a large population," the paper remarked, "stretching back from Seventh Street in each direction, and on towards the city limits." It was almost as if "there is another city beyond the bluff," the article concluded.



Minnesota Historical Society
St. Paul Harvester Works, circa 1874.

It is hard to find extensive information about the Post Siding and its surroundings. The 1879 city directory found that Charles M. James of Post Siding was a “coremaker” a person who makes cores for foundry molds. In 1901, a woman named Hannah was a seamstress and a border at the Post Siding House. That same year a Scandinavian wrote that he was looking for any kind of work, “wages no problem.” He also wanted to learn a trade.

There were also bits and pieces in the *St. Paul*

Globe. In April 1899, the paper noted that Sidney Young was injured while jumping from a freight train at Post Siding. He was doing nicely “despite the amputation of his right arm.” Other short notices said that The Post Siding Prohibition Club would be meeting Saturday evening at 7:00 at the Presbyterian Church. There was an announcement that on “A Saturday in 1884, at 2 o'clock, a real estate man named Kavanagh would “dispose of six lots on Ross Street, corner of Earl Street, one-half block from Seventh Street, and one block from the Post Siding depot.”

Not all news in the *Globe* was good. “Of the man found dead in an orchard on Atlantic St., Post Siding, nothing was known at the time, and all the efforts of the local detective force have since failed to develop a clue,” one piece stated.

Another spoke of a dangerous prank by two boys. Leonard Bohn, living at 810 Atlantic, and Elgin Wingerd of 1208 East Seventh Street, were arrested for “loosening brakes on freight cars in the railroad yards at Post Siding.” They admitted their guilt “but pleaded that they did not realize the dangerous nature of their amusement.” They were turned over to their parents for discipline.

In September 1903, six “lads” from eleven to sixteen years old were in police court charged with “breaking into Northern Pacific freight car at Post Siding.” They had made off “with 10,000 cartridges and had placed them a few blocks away. Detective Moran “discovered the plant and watched till some of the boys came to get the cartridges.”

The longest article I found was in a June 1886 *Globe* and it showed a growing sense of civic action for the area. It said “about a hundred of the representative tax payers and citizens living at Post's Siding gathered in the rink on East Seventh street at that place last evening to form an organization similar in object to the Dayton's Bluff Citizens' Union.” They elected a temporary chairman and secretary. The object of the organization was “to look after needed improvements and the general interests of that section of St. Paul lying back of Dayton's Bluff, and a paper to that effect was placed in the secretary's hands for signatures.” A committee of five was appointed to draft a constitution and by-laws to be submitted at the next meeting “after which the assemblage adjourned to meet June 14, at 8 p. m. at the rink.”

Steve Trimble can be reached at editor@daytons-bluff.org.

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Have Forum, will travel...



“We greatly enjoy this publication, so we decided to take it with us halfway around the world,” said Lindsey and Alex Bode, who recently traveled to the Cook Islands. This photo was taken at Muri Beach in Rarotong. Several readers sent us pictures of themselves reading our newspaper on their travels. If you'd like to do the same, please email photos to editor@daytonsbluff.org.



Contest: Where in Dayton's Bluff?

Email editor@daytonsbluff.org with the location of the neighborhood curiosity pictured above for a chance to win some great prizes from local businesses. The reader who submits the first correct entry will be notified and the winner will be announced in the June Forum. Congratulations to Anne Paterson, winner of the April contest with her correct guess of the location in the photo: Taqueria Los Paisanos.

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