

Dayton's Bluff District Forum

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daytonsbluffdistrictforum.org

"The Voice of the Community"

Meet Pastor and Author Lee Ann Pomrenke

Mark Gallagher
Associate Editor

Lee Ann Pomrenke has been a resident of Dayton's Bluff since 2008, where she lives with her husband and two daughters. She always wanted to be a mom and later, in high school, discovered she had an affinity for being a pastor. Pomrenke attended high school in Ohio and did a mentorship program there in which a student could get out of school at noon to volunteer. She signed up and was asked where she was going to volunteer, and Pomrenke said, "I don't know, how about my church?"

She was mentored by her pastor and started taking on leadership roles in the church. At the end of the year the pastor said, "Look, I realize you're not looking for a confirmation of a call here, you were just trying to get out of school, but you have the gifts, and you should be a pastor."

"Okay, thanks, bye-bye," Pomrenke said.

"He saw that I had some gifts for becoming a pastor from seeing me in action," Pomrenke said. "I led the youth group, I preached, and did all the different church things. But I wasn't interested — primarily because the only models I had ever seen were male pastors and they did not, in my opinion, spend enough time at home or with their children.

"I've always known I wanted to be a mother, so it seemed to me that even though women had been ordained in the Lutheran church for 50 years, I didn't personally have any role models. So, I thought this is not the road for me. I knew of one female pastor who was also a mother, but when I did the mentorship, she was across town. I wanted to be at her church, but my pastor found out about it."

He said, "Hey, hey, hey, you need to volunteer here, so I went back over to his church."

When Pomrenke was growing up and a certain church was searching for a pastor, she

heard the members of the church say that they didn't think they were ready for a woman pastor. "Ready," Pomrenke would think. "What does that even mean? Ready? My mother is running your church. The church mothers are always running your church."

When Pomrenke was a junior in high school, her uncle gave her the book *Bird by Bird* by Ann Lamott. Pomrenke thought she wanted to be a writer, so that was her college trajectory. "I was an English major," she said. "I had a minor in writing, and it has always been my aim. I started writing in earnest and trying to get articles published about five years ago. All my articles are church related because you have to know your audience, and this is my greatest expertise."

In college, Pomrenke facilitated the campus Bible study for her dorm and was doing all these things, which later evolved into leadership, but eventually it was a matter of doing for a living what she was doing anyway. When Pomrenke came home, she told the pastor she had worked with in high school, "I think I'm going to go to seminary."

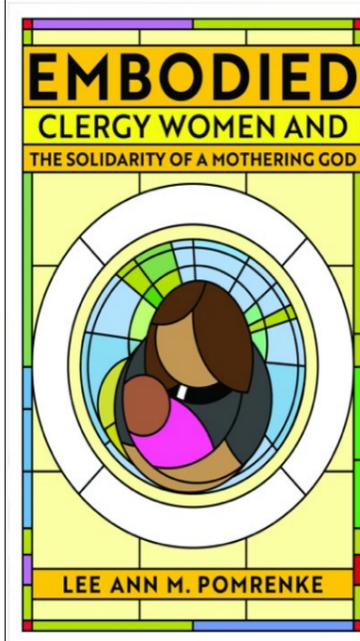
He said, "Uh-ha, yes." He was not at all surprised by that.

"I am a 'pipeliner' as they say," said Pomrenke. "I went straight from college into seminary. Maybe *pipeliner* is a word that we (pastors) use. Right now, in the Lutheran Church, in the United States, about half the people who go to seminary are second career and half go straight through (first career). The two groups certainly behave in different ways. I mean, people who come with a previous career want their expertise in that field to be appreciated."

Following her bachelor's degree, Pomrenke enrolled in a Master of Divinity (MDiv) — a four-year program with one of those years being an internship.

"I have an MDiv with a concentration in Youth and Family Ministry," Pomrenke said, "which is just like an add-on because I took different courses. It's like getting another college degree in four more years, and usually you have to take Greek the summer before the program starts. In the ELCA, you are required to do Clinical Pastoral Education (CPE) to be ordained. It is an internship in an institutional setting, like a hospital or a chaplaincy."

See Pastor, page 6



Mark Gallagher

Pictured above is the book Pastor and author LeeAnn Pomrenke recently wrote.

Holiday Events Happening in St. Paul

Listed below are some holiday events that are going on in the area in December. For the full list and to ensure these events haven't been canceled, please visit: visitsaintpaul.com/blog/our-holiday-event-picks/ unless there is a website within the events below.

December 1

2020 Run Run Rudolph Virtual 5k Run Walk

Your choice of location.

It's that time of year again. Time to don our Santa hats, elf ears, or in this case our Rudolph antlers! Our Run Run Rudolph Virtual 5k Run is fun for all ages. Participants Receive: Run Run Rudolph Finisher Medal (Nose Lights Up), Tyvek Race Bib, Reindeer Antlers, Rudolph Running Buff, Long Sleeve Finisher Shirt. Participants must register for the event, it is limited to 1500 runners. Go to thevirtualrun-challenge.com/virtual-race-event/run-run-rudolph-virtual-5k-run-walk/.

December 1 through January 30

Glow Holiday Festival

MN State Fairgrounds

GLOW Holiday Festival is a one-mile drive-thru with a dozen seasonal scenes featuring over a million holiday lights, a 100-foot illuminated tree, icicle and art installations, a festive gingerbread house, and other attractions. The event goes from 4:30 to 9:30 p.m.

December 1 through 24

Keg & Case Holiday Market

928 7th St W., Saint Paul, MN 55102

Keg & Case West 7th Market is your one-stop-shop for holiday shopping and more. In addition to all the usual market favorites, the holiday market will include 20 local pop-ups, weekend photos with Santa, a tree farm, and ice rink.

December 5, 12, 19, 26

Pop-Up Produce Shop by Storehouse Grocers from 9-11 a.m.

851 East Seventh St., Suite B, St. Paul. We will have collard greens, mustard greens, kale, cucumbers, squash, and

tomatoes for sale. Come support Black Farmers!

December 5-7

Landmark Center Old Fashioned Holiday Bazaar

75 W 5th St, Saint Paul, MN 55102

In its 41st year, this holiday tradition is your go-to for finding unique and handcrafted merchandise. With over 75 of the area's best artists, there's a wide variety of what you'll find at the Landmark Center's Bazaar with holiday music and refreshments.

December 5-24 (select days, matinees and evenings)

It's a Wonderful Life: St. Paul Hotel

350 Market St, Saint Paul, MN 55102

See the classic Christmas movie brought to life through a live radio performance at The Saint Paul Hotel. The ticket price includes a three-course luncheon or dinner, the performance, coat check and a social hour.

December 6

Tree Lighting and Movie Night

214 4th St E, Suite 300, Saint Paul, MN

Join Union Depot for their annual tree lighting and movie night, hosted by Colleen and Bradley from myTalk 107.1. Stick around following the tree lighting for showings of *Elf* and *Polar Express*.

December 6

Katie McMahon's Celtic Christmas, The O'Shaughnessy

2004 Randolph Av, Saint Paul, MN 55105

Celebrate Christmas in Celtic style at The O'Shaughnessy with Katie McMahon's family-friendly program of traditional carols, stories, and Irish dance.

December 6-February 22

Destination Winter Saint Paul

CHS Field

Destination Winter Saint Paul is bringing a one-of-a-kind experience to Lowertown this winter. There's excitement for all ages in one place with the relocation of Wells Fargo WinterSkate from Landmark Plaza to the playing surface at CHS Field and the return of the Securian SuperSlide for the first time since Super Bowl LII.

We Have Three Easy Ways for You to Donate!

We were able to print the November issue, due to the generous donations made by our community. If you'd like to see future issues printed again, please consider donating. We have three ways for you to do so:

-Donate electronically via PayPal at: daytonsbluffdistrictforum@gmail.com

-Make checks payable to Dayton's Bluff District Forum and mail to: 668 Greenbrier Street, Saint Paul, MN 55106

-Donate on our website at: givemn.org/organization/Hopewell-Communications-Incorporated-0p

Be sure to keep up with us online in one of four ways:

-**Website** at daytonsbluffdistrictforum.org

-**Facebook** at Dayton's Bluff District Forum

-**Instagram** at Dayton's Bluff District Forum

-**Nextdoor** at Dayton's Bluff District Forum.

Minnesota Offers Saliva COVID Testing

Minnesota is proud to offer at-home COVID-19 saliva testing for any person who wants to be tested, with or without symptoms, at no cost.

When you are ready to take the test, you will log in to access the the Vault virtual waiting room and do a video visit with a Vault test supervisor. They can give you instructions and

make sure you do the test the right way. You will then send the test to the lab in Oakdale, MN, using the prepaid package. Once it arrives at the lab, you will get your test results by email in 24 to 48 hours.

This saliva test is just as accurate as the nasal swab test and is available at no cost for every Minnesotan, whether or not you have insurance.

Go to learn.vaulthealth.com/state-of-minnesota/ or health.state.mn.us/diseases/coronavirus/test-sites/athome.html to learn more

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. 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.

Due to COVID-19, hikes are canceled. Please check back for more information at a later date.

If you have any questions email karindupaul@comcast.net

Friends of Swede Hollow

Friends of Swede Hollow watch over, restore, and celebrate the history of Swede Hollow Park. Join the Swede Hollow community at their monthly meetings. We have changed our meeting date to the second Thursday of each month.

Due to the COVID-19 virus, there will be no meetings until further notice. Please check back at a later date for more information. Email karindupaul@comcast.net or call 651-776-0550 for more information and the meeting's location.

Dayton's Bluff District Forum Board Meeting

The *Forum* is seeking writers and help with online content, idea generation, and ad sales – join us at our next meeting on **Thursday, December 3, at 11:00 a.m.** If you'd like to attend, call 651-776-0550 or email daytonsbuffdistrictforum@gmail.com for more information. We are currently meeting at the Cambic for in-person, safe, socially distanced meetings.

Police Community Meetings

The Eastern District Saint Paul Police hosts 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 meetings are intended as a time to learn, listen and address people's concerns about crime and other issues on the East Side. Policing meetings held at **9:30 a.m. or 6:30 p.m.** on the third Wednesday of each month. Bring your neighbors!

Due to COVID cases rising, please email Robyn to ensure **December's** meetings are still being held.

Email: robyn.brewin@ci.stpaul.mn.us for more information.

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 cali-

ficar. 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 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 your family.

Twin Cities Mobile Market

The Twin Cities Mobile Market is a grocery store on wheels that brings affordable, healthy food directly into 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.**



THE HISTORIC
MOUNDS
THEATRE

December 4 and 20: The Historic Mounds Theatre brings you our Klingon Holiday Tradition in a brand new way! As a way to raise funds to get our non-profit theatre (and you) through this long winter, our cast of talented Klingons is offering two LIVE online readings of the script of our original production, *It's An Honorable Life: A Star Trek Fan Production*.

Friday, Dec. 4 at 8 p.m. and Sunday, Dec. 20 at 3 p.m. Price: \$20 & \$40. See our Facebook page at Mounds Theatre or website (moundstheatre.org) for details and tickets.

The Historic Mounds Theatre is located at 1029 Hudson Road, St. Paul, MN 55106; 651-772-2253; historicmoundstheatre@gmail.com

Dayton's Bluff Library

While the Dayton's Bluff Library building is closed, they are still offering resources to the public. Be sure to check out their family fun virtual events!

For more information 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.

Wish List Care Packages

Help East Side Elders distribute food, hygiene items, and more to seniors on the East Side by shopping their Amazon Wish List!

Visit www.amazon.com/registry/wish-list/3KK0010GFO5NJ to have these much-needed items sent right to their office. From there, a team of volunteers will distribute them to seniors in need.

With the help of supporters like you, East Side Elders is able to supply groceries and personal care items to seniors in the community at no charge to them. These items help stretch their monthly budgets and give them access to healthy food and much-needed personal care products. Donations can also be dropped off at East Side Elders, 463 Maria Avenue Suite 201, St. Paul, MN 55106.

Landmark Center Open

Landmark Center is pleased to welcome visitors back to its work of art, serving people to browse exhibits, and peruse its history. Guests can book advance appointments to visit the building by reserving tickets online

Appointments allow visitors to safely browse Landmark Center for one and a half hours. In addition to regular building exhibits, the American Association of Woodturners Gallery of Wood Art will be open during Landmark Center's visitor hours, and the Schubert Club Museum is scheduled to reopen this fall.

Entry times are **Wednesday through Friday, 11 a.m., 1 and 3 p.m.;** and **Sunday, 12 and 2 p.m.** (Sunday reservations close at 12 p.m. on Fridays).

Free Masks Available

Ramsey County launched a new initiative – A Mask for Everyone – to ensure that individuals and families have access to cloth face masks to help slow the spread of COVID-19.

Led by the county's COVID-19 Racial Equity and Community Engagement Response Team (RECERT), the program will prioritize distributing homemade cloth masks to racially, ethnically, and culturally diverse communities.

Individuals and families in Ramsey County who are in need of masks can visit ramseycounty.us/AMaskforEveryone to request a mask. Each recipient will be provided with a homemade cloth mask to help slow the spread of COVID-19, accurate and up-to-date information about the importance of wearing a mask, and instructions on proper use and care of homemade masks.

Business Classes

The Dayton's Bluff Neighborhood Microentrepreneur Class program helps startup and young businesses on the East Side. All East Side entrepreneurs are welcome. Class training lasts eight weeks and includes topics such as operations management, marketing, financial management, one-on-one assistance with creating a successful business, 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. Some examples of businesses started by people who have previously taken this course include graphics, landscaping, photography, food service, restoration of wood furniture, art, custom floral design, 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 based on a sliding scale. Class sizes are limited, so enroll now. Please call 651-379-8432 for a current application.

Free Help for East Side Pets

The Animal Humane Society's Community Outreach program offers special

clinics for pets on the East Side. The events provide free wellness exams, vaccines, nail trims, spay/neuter appointment scheduling, guidance from the AHS behavior team and St. Paul Animal Control, free pet food, and more.

For upcoming events and locations call 651-788-4685 or visit <http://animal-humane-society.org/outreach-services-frogtown-and-east-st-paul>.

Learn About Medicare and Help Others

Help the Metropolitan Area Agency on Aging provide one-on-one counseling to Medicare beneficiaries at community partner sites.

Make a difference in your community by becoming a State Health Insurance Assistance Program certified Medicare Counselor. Help people understand their Medicare options. Visit Metroaging.org/volunteer to learn more.

Need Groceries?

If you are 60 or older, you may be eligible to receive a box of nutritious food every month from Second Harvest.

This box is part of a program called NAPS, and we can help you apply!

Give us a call at 651-683-2326 and someone will assist you with your application.

Some examples of what might be included in a NAPS box are: milk, meat, canned goods, peanut butter, grains, and produce.

Just a Call Away

Did you know that East Side Elders has friendly phone volunteers who can call to check in or just to chat? If you or a loved one would like to sign up, just contact us at 651-683-2326 or Info@EastSideElders.org. You can sign up for weekly calls, or as often as you would like — our volunteers are standing by for your call!

Financial Assistance

Increased financial assistance is available for Ramsey County residents who lost income due to COVID-19 and need help paying for housing costs.

Residents may be eligible for Emergency Assistance that can help pay for past due rent/mortgage, a damage deposit, or prevent utilities including water, electricity, and heat, from being disconnected.

Go to ramseycounty.us/EmergencyAssistance_for_an_application or call the Emergency Assistance hotline at 651-266-4884.

East Side Learning Center Seeking Volunteer Tutors

East Side Learning Center is seeking a virtual volunteer tutor to be part of their literacy program.

If you're interested, call Shoua Khang, the volunteer coordinator, at 651-808-8107

Recipe

Easy Goodie Bars

Anne Lund
Special to the Forum

Oven: 300 degrees
Time: 25 to 30 minutes

- Ingredients:**
- ½ cup butter
 - 1 1/3 cup coconut
 - 1 ½ cup crushed graham crackers
 - 1 cup chopped nuts
 - 1 four-ounce can condensed milk
 - 1 cup M&Ms

Directions:
Preheat the oven to 300 degrees
-In a 13 x 9 pan, melt the butter.

- Sprinkle the graham cracker crumbs over the bottom of the pan and pat into the bottom
- Add the condensed milk
- Add coconut
- Add nuts
- Add M&Ms
- Press all ingredients down into the pan
- Bake for 25-30 minutes



If you'd like to submit your favorite recipe, please send it to daytonsbuffdistrictforum@gmail.com.

Please make sure everything is correct in the recipe.

You got somethin' to say? Say it here!

The Dayton's Bluff District Forum welcomes all opinions and neighborhood anecdotes – send yours to:

daytonsbuffdistrictforum@gmail.com

Opinions expressed in contributed articles may not represent the views of the Forum.

Deadline for the February issue of the Forum is January 10, 2021.

Trust: Part One

Clara Martin
Forum Staff

Every human is called upon at some point in life to trust in something. As children we trust our parents, our teachers, other adults in our life, and the systems we are part of on a regular basis. For example, refugee children across the planet must trust their parents to lead them to safety when lives and livelihoods are being threatened. We ask few questions when we're young. Parents are our protectors and decision-makers. Our world is relatively small at that point and fairly uncomplicated. A child puts her hand in her mother's hand and trust lies in the connecting of their palms and the interlacing of their fingers.

As adults, trust sometimes has to be worked at and a conscious decision has to be made about whether or not to trust. By the time we have grown out of the cocoon of home and let go of our mother's hand; moved beyond the safety net of a school schedule; and into a career and/or marriage and family; we have encountered challenges, and at times, trauma leading us to rethink our willingness and naivete about being one-hundred percent trusting. We have put away childish things and childish ways of thinking once we are introduced to the real world of adulthood. We may be saddened by the loss of our youth and innocence, and many are. We may yearn for the comfort of a parent's hand to guide us, but time marches on and we find ourselves on the precipice of adulthood: Fall off the cliff or move up the steep mountain.

Trust comes into play in every area of our lives whether it's family, friends, romantic relationships, business, or education. We find we must even trust the drycleaners, the bankers, our boss, our colleagues, and our landlords. The one area of our lives which is the most important for trusting is in our partnership with a romantic partner, and it is also the cause of the most pain if that trust is broken and betrayal happens.

A SINGLE LIE DISCOVERED IS ENOUGH TO CREATE DOUBT IN EVERY TRUTH EXPRESSED" (lifehack-s.io)

We learn as we mature, that trust is a two-way street. We are willing to trust someone if they are trustworthy. And, yet when they betray that trust in some way, trust is naturally eroded. In other words, trust is my decision, proving me right is yours. It's about choices, values and willingness to do the hard work of preserving our integrity while investing in our relationships. Relation-

ships without trust are meaningless and painful. A decision to trust or not is not an easy decision once someone has betrayed the trust you've given. Certainly, we can choose to ignore the betrayal at our own peril. Working together, we can re-evaluate our relationships and decide on a path forward. A commitment to change involving both parties in the work can be agreed upon in order to move forward.

Trusting is not easy. Working to be trustworthy makes trusting easier. It's a two-way street — lots of roadblocks to encounter, but the destination can feel like holding your mother's hand and feeling her fingers intertwined in yours.

Blessing for the Brokenhearted
BY JAN RICHARDSON

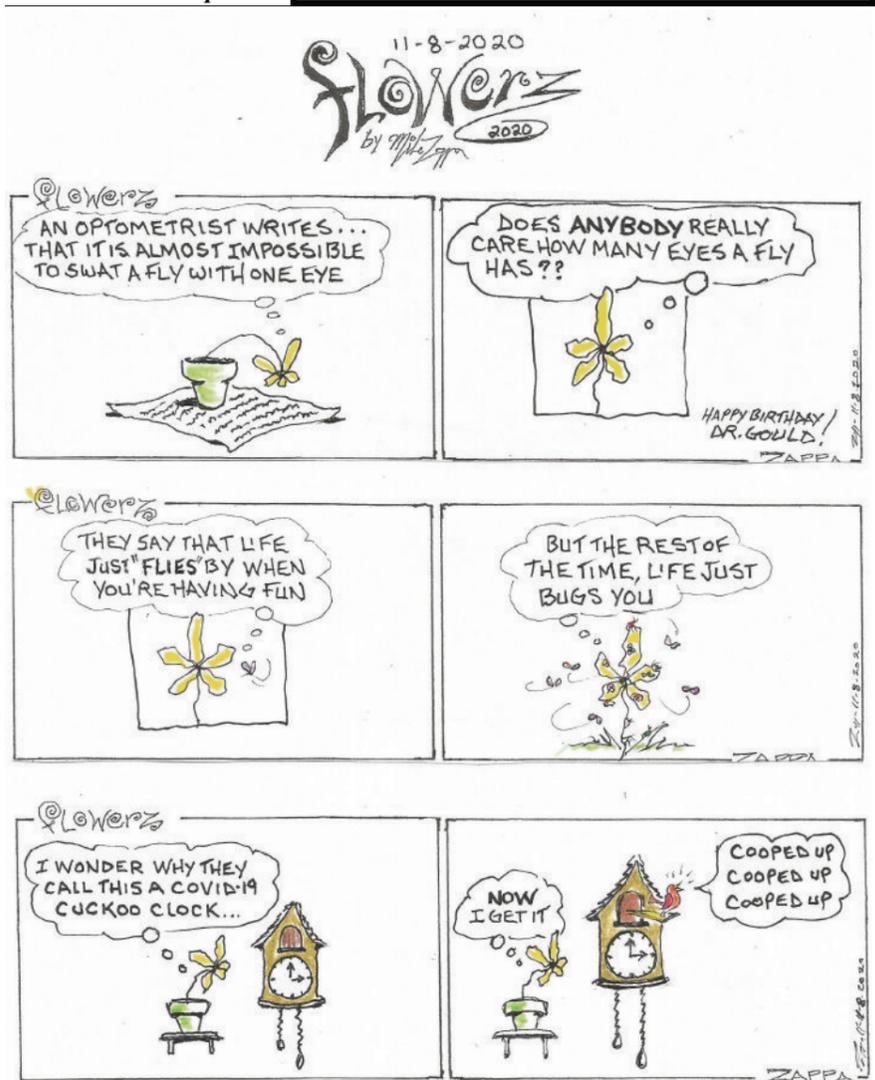
There is no remedy for love but to love more— Henry David Thoreau

Let us agree for now that we will not say

the breaking makes us stronger or that it is better to have this pain than to have done without this love

Let us promise we will not tell ourselves time will heal the wound, when every day our waking opens it anew. Perhaps for now it can be enough to simply marvel at the mystery of how a heart so broken can go on beating, as if it were made for precisely this—

as if it knows the only cure for love is more of it, as if it sees the heart's sole remedy for breaking is to love still, as if it trusts that its own persistent pulse is the rhythm of a blessing we cannot begin to fathom but will save us nonetheless.



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Board of Directors: Greg Cosimini, Karin DuPaul, Jennifer Gascoigne, Sage Holben, Steve Trimble

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Photographer: Lou "The Photo Guy" Michaels

Next issue: February 2021. **Deadline for material: January 10, 2021.**

Within the Snow Globe

*Mandy Okonek
Forum Staff*

My favorite thing to do on a winter morning is to slide down the hill next to the stairs leading to lower Swede Hollow Park on my butt, with my furry best friend running along beside me. My well-groomed butt slide is a great way to avoid the treachery of the winter stairs.

As an adult child, snow is one of my favorite things, and when Swede Hollow Park becomes an Arctic paradise that glitters and shines when the sun reflects on the snow, it becomes my favorite playground.

As I got to thinking of my beloved winter activities, I couldn’t help but realize that all of them are free (sans the gear needed not to freeze) and can be enjoyed at a social distance or solo. Don't let the icy UN-maintained stairs leading into the park dissuade you. A pair of boot cleats or Yak Tracks give you the traction needed to descend safely, although I can't stress enough the joy of my butt slide.

A walk down and around the lower hollow is roughly .9 miles, and the spring fed creek flows all winter providing views that are picturesque. For a slightly more intense workout, the hike from Swede Hollow and around the Bruce Vento Nature trail is roughly 3.5 miles from lower Swede Hollow to the Wakan Tipi, the second cave with the large pond and back. When the snow gets really deep, snowshoes make this particular walk a breeze, allowing you to float over the top of snow drifts with ease. This trail is also great for Skijoring, the sport of cross-country skiing with one or two dogs. From the nature sanctuary you can view downtown, the river, watch the trains go by, and marvel at the small planes flying into the Saint Paul airport, all from the comfort within nature's snow globe. If you have small children who like to sled, the hill at Swede-Henge offers a mellow slope perfect for younger kiddos.

Getting outside is a safe way to enjoy the company of a few friends at a social distance or an amazing way to enjoy the solitude of winter on a solo hike.



Kristenza Nelson

The photo above was taken by Kristenza Nelson. Swede Hollow has some beautiful scenery and trails for all kinds of winter activities!



St. Paul High School Students can Save Thousands of Dollars by Taking Free College Credit Courses

*Joe Nathan
Special to the Forum*



Joe Nathan

The photos above were provided by Joe Nathan. The top photo is student Anaa. The photo underneath pictures students Zeke (left) and Asiya (right) testifying at the legislature.

Saving up to \$20,000 in college costs sounded good to St. Paul high school students Anaa Jibicho, Brook LaFloe, Khalique Roger, and Asiya Browne. So they used Minnesota’s amazing laws, allowing them to earn up to two free years of technical and/or academic credit while still in high school. Incoming ninth through twelfth grade students might want to study options soon. That is because many schools will ask students to register in January or February for fall 2021 – regardless of COVID-19 developments. Here is what students say about these programs, and how they work:

Asiya Browne, who graduated from STEP Academy, a charter public school in Dayton’s Bluff, took Postsecondary Enrollment Options (PSEO) courses on the University of Minnesota campus. She wrote, “PSEO was an extremely valuable and positive experience for me. It gave me an opportunity to challenge myself academically, explore my interests, possible majors, and make many important connections. I... recommend it to anyone... interested in getting a head start on post-secondary education.”

Brook LaFloe, who took “College in the Schools” courses at Johnson High School says, “college classes in high school gave me the opportunity to challenge myself. A first year college writing class, taken in high school...prepared me mentally for college and the college work load.” These courses prepare you to “manage your time and believe in yourself.”

Anaa Jibicho, who graduated from Washington High School and earned two free years of college, wrote that PSEO at the University of Minnesota “provided me with opportunities to take up interests and passions...and stay awake for in the classroom.”

Khalique Rogers took college writing and speaking courses while at Gordon Parks Academy. He was “surprised and pleased” that he could do college level work.

Short YouTube videos about these courses are available in Arabic, English, Hmong, Karen, Somali, and Spanish on Center for School Change’s (CSC) website. Anaa and Brooke have essays here: peopleforpseo.org/testimonials.

There are three basic ways for high school students to earn free college credit. Take courses offered by a high school teacher. Some, like College in the Schools, base credit on performance throughout the course. Others, like Advanced Placement and International Baccalaureate, award college credit based on student’s score on the final exam. PSEO allows students, beginning in the tenth grade, to take “career technical” and (in eleventh), academic courses on college campuses, or on-line. State and national tests like college level examination program (CLEP) allow someone who knows something well, like Spanish, to earn free college credit just by earning a high score.

Start by asking your high school counselor which “In school” options are available. All students may apply for PSEO and also contact colleges like Century, St. Paul College, and the University of Minnesota. Darren Ginther, Director of the St. Paul District’s Office of College and Career Readiness explained, “We don't offer all possible AP, IB, and CLEP exams. There is no student charge for exams we offer.”

Taking applied and/or academic courses can save thousands of dollars. They also help students be more informed and better prepared.

Joe Nathan is a parent of three St. Paul students who earned free college credit. He directs the Center for School Change. Questions welcome, joe@centerforschoolchange.org

Featured Pet of the Month: Cole

*Donnelle Burlingame
Special to the Forum*

Let me introduce to you my only companion and roommate, my feline, Cole Burlingame. He is a neutered male, five years young. He looks like a breed of cat called the Russian Blue. He has an adorable, white heart shaped marking on his abdomen. He came into my life when I was a department manager at Petco. A coworker needed a place for a young adult cat that was abandoned and left outside by his neighbors when they moved. By the way, *Minnesota statue 343.21 makes abandoning animals a criminal act.* Because I had no cat at the time, my plan was to house him until a rescue would accept him. Yah, so five years later, he is my world. I want to mention a fantastic community program through the Animal Humane Society. They help qualified residents with pets living on the East Side of St Paul. They made neutering, vaccinating, and microchipping Cole affordable to me.

Cole is comfortable being around other animals and enjoys their company. He has had a playful relationship with a foster chicken named Penny and a hooded rat. He lived with a yellow Lab named Bobby, and a Boston terrier named Max. He also made friends with abused and neglected cats that were fostered in a private home. He befriended, from a distance, two foster cats Baby and Fancy while they spent their last days on earth in hospice care in our home. He really enjoys other animals being around. So much so he has twice brought me two uninjured live mice,

dropped them at my feet then curled up around them affectionately, really Cole? Speaking of friends, I have to say, my neighbor Johnny watches out for Cole and knows how important he is to me. He nicknamed him Four Corners Cole and is one of Cole's favorite people. Whenever Johnny is doing anything outside Cole will supervise.

Cole models the stereotypical independent behavior pinned on cats. He is noticeably confident, solid, and does enjoy people's company, but he's not really a cuddler. I do admit that is difficult, having had a lifetime of very affectionate cats. He will lay near me or against my legs, which is a sign of affection. He DOES enjoy brief pettings, being held, and kisses. When he has had enough, I respect him by paying attention to his actions telling me, "I'm done, please stop", so I do. I think that builds trust and positive interactions, and consent is everything, right?! Maybe once a month he will crawl onto my chest, loudly purring while kneading the blanket. That welcomed affection lasts about 40 seconds and that's it for week. Another way Cole shows affection is putting his back end next to my leg and wrapping his tail around it. This behavior happens almost every time I enter the kitchen, funny huh? His way of saying, "I like you" and "It's time to open the fridge." I also trained him (I use that loosely, for he is a cat) to walk me to the fridge, rub his face on the



edge of the door when I ask him to "show me." A slow eye blink from a cat is a form of affection towards their person. Cole will sit at my feet patiently while we blink back and forth to each other. We make di-

rect eye contact until I verbally work my way through his list of his possible needs.

A cat's affectionate behavior, or lack of it, towards people can be shaped between the ages of one to eight weeks: for example, if they are not socialized to people, separated from Mom too soon, or experience trauma at any time in their younger years. I often wonder "what happened" to Cole or other cats that determines their level of showing affection to people. I have had cats that sleep on my head, constantly lay in my lap, and demand touching all the time.

Some of Cole's favorite activities are being outside in the garden, supervised of course, playing in piles of leaves in the fall, laser, mouse toys, and meowing to my neighbor's kitten, Gretel, through the window, which is heartwarming. I can tell his absolute favorite thing is our walks together. After dark, when the activity of cars and people have subsided, Cole and I will stroll up and down the block. With cheeky energy, he will bound across front yards, steps, and a favorite retaining wall as I stroll alongside. We will stop at a favorite spot on some steps, he will sit above and behind me. We decompress silently by the light of the streetlamps and chorus of crickets, just a cat and his human companion.

What makes your pet endearing? Frightening?
How do you and your pet communicate with each other?
Share with readers how you talk with each other?
How did you choose each other in the beginning?
Is there a life lesson you have learned from your non-human companion?

The Forum staff invite all readers to share their photos and stories/comments about their pets and/or pet theories.

E-mail to:
daytonsbuffdistrictforum@gmail.com

The Start of My Swede Hollow Journey

*Karin DuPaul
Forum staff*

In 1977 our family decided to buy a beautiful, older home in Dayton's Bluff. When we told my father about it, he said it must be by Swede Hollow. I had never heard of Swede Hollow and asked him what that was. My dad said it was a place where Swedish immigrants lived, just off Payne Avenue. He explained that as time went by the Swedish moved up out of the hollow to nearby streets and immigrants from Italy and later Mexican Americans moved into the hollow. The next time we were driving on Payne Avenue we looked and looked but did not find any indication of a hollow.

My father's next suggestion was to park by the Clark Gas Station at East 7th and Payne Ave and walk down to the railroad tracks and head north. We headed over on another search for Swede Hollow. We went down the hill to the railroad tracks and came up to the "East 7th Street Improvement Arches." What a magnificent structure! It was built for the railroads for trains to go through to get to the Saint Paul train depot.

We walked through the arches into Swede Hollow. It was a rather unkempt forest in the middle of the city. Being a family that liked State Parks, hiking, and so on, a place like Swede Hollow was perfect for us.

At that time, the hollow was blighted by discarded tires and other trash. Yet it had a beauty that we loved from the start. It was a great piece of nature and history in the heart of the city. It had a small stream, a pond, lots of birds and later we found it was home to deer and other critters.

A railroad line ran along the western edge of Swede Hollow and was one of the early railroads in Minnesota, carrying people to and from St. Paul from Duluth. (In a future article, there will be more about the rail line.)

Just north of Swede Hollow is the old Hamm Brewery, which began operating in 1865. The vacant brewery buildings eventually became home to a number of businesses including Saint Paul Brewing Company and 11 Wells Distillery.



Karin DuPaul

These are the 7th Street Improvement Arches built in the 1880s for the trains to go under East 7th Street. William Truesdell was the engineer. The construction is called a helicoidal arch, the stones all the same size set in a spiral pattern. It is on the National Register of Historic Places. It is under East 7th Street between Payne Ave and Mounds Blvd. It's one of the entrances into Swede Hollow.

Meal Program Offered for COVID Affected

Ramsey County

Ramsey County announced a new home meal delivery program for those residents who have been adversely impacted by COVID-19 and are challenged to leave their homes. Five community partners have been selected to provide healthy home-delivered meals to qualifying residents free of charge.

Applicants are encouraged to review each partner's options which include medically tailored, vegetarian, culturally-specific, and Halal-only meals at ramseycounty.us/HomeMealDelivery or by calling providers directly. Each community partner will screen applicants directly based on common county-established criteria – service in multiple languages is available from each partner. Applicants will be required to provide regular information about their participation in the program through interviews and surveys with county staff.

Up to \$1.9 million in meals will be provided based on demand throughout 2020. All providers will follow public health guidelines. Home meal delivery is one of several programs funded by Ramsey County Investment and Support Efforts (ramseycounty.us/RISE) through the federal CARES Act.

The five home meal delivery partners are: Senior Services Consortium of Ramsey County- 651-266-4107; Open Arms of MN- 612-767-7333; Karing Neighbor-651-321-8697; Fairview Health Services- 651-815-3389; and Afro Deli & Grill-651-621-0914.

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Pastor, Cont'd from Page 1

Working solo, Pomrenke is currently in an interim position, and has been there about nine months. The church where she is an interim pastor, All Saints Lutheran Church in Eagan, MN, has just formed a call committee, so the Bishop is going to start giving them candidates to interview. Interim pastors are usually at a church for one to three years.

"When you are an interim pastor," Pomrenke said, "you feel free to have the conversations that otherwise people might be afraid of or people getting upset. But I figure, if they are that upset, they will just say that we will outlast her — when she leaves, we won't have to deal with her anymore. So, I bring it all up."

An interim pastor is not eligible to apply for the full-time pastor position where that person is serving. Lots of times members of the congregation say, "Well, now we are used to you, why can't you just stay?"

"That is not the role," Pomrenke said. "The role is to help the congregation figure out who they are without the personality of the leader in place."

Lee Ann Pomrenke is a pastor and mother with two daughters, and they are 10 years old (fifth grade) and almost six years old (first grade). Pomrenke reflects on what she sees as the greatest challenge of trying to homogenize the two different, but sometimes similar vocations.

"First," Pomrenke said, "I will say what most of my colleagues would say — which is the guilt. The guilt that you are shortchanging someone on one side of that equation at all times. It goes hand in hand with just balancing your time well and balancing being able to compartmentalize. You know, you cannot be up all night hashing over the stinging email you got from someone because you're going to have to get up to feed the kids or whatever the issue is."

In Matthew 23:27, Jesus said, "O Jerusalem, Jerusalem... How often I wanted to gather your children together, as a hen gathers her chicks under her wings, but you were not willing!"

"That is the most famous mothering image in the Bible," Pomrenke said. "I think, in scripture, and my point is — it's not the only one. I would say that is the one people actually cite."

Pomrenke has written a book entitled "Embodied: Clergy Women and the Solidarity of a Mothering God." Many authors say the book they wrote is the book they wanted to read. "If I had read this when I was heading into college," Pomrenke said, "and seen that not only can you do both, mother and pastor, but there is a great gift in it, it would have not taken me so long to get around to making that decision. Yes, I wrote 'Embodied' because it is the book I wanted to read, and it took me about nine months to write my book."

In her brief summary or elevator speech, Pomrenke makes the case that not only do women mothering pastors have some struggles that people need to know about, but women pastors can also be a great gift to congregations. She thinks the only part of it that we need to understand is how difficult it is for families to bring their children to church. It shifts the expectations of leadership because it's a lot of work. Instead of church leaders standing apart and saying, "Oh, why are people with children coming to church anymore?" there just has to be a level of understanding and empathy that is really necessary in this age.

"Every chapter in my book," Pomrenke said, "ends with questions for reflection for clergy women and for people who would be their support network. So, it's actually designed to be read in a group, in a congregation, or maybe if your congregation is in transition and could be hiring a clergy mother — maybe you already have one, or maybe you've had a clergy mother leave and you would like to dig into that. It's meant to be for discussion."

As a women pastor, Lee Ann Pomrenke is not an authoritative figure, but she seems to have carved her niche as a nurturing mother of grace.

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



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Marian of Saint Paul

See You in February!

With the holidays just around the corner, we are taking a break to spend time with our families, friends, and neighbors.

We will not have a **January** issue, but please keep your eye out for our online-only February issue!

Stay safe during the holidays and enjoy the many events St. Paul has to offer!

Happy holidays, Dayton's Bluff!

Contest: Where in Dayton's Bluff?

Send your guess to daytonsbuffdistrictforum@gmail.com with the location of the neighborhood curiosity pictured at right. The reader who submits the correct entry will be notified, and the winner(s) will be announced in the February edition of the *Forum*.

Congratulations to our four November winners! Eric Buck, Pat Salkowicz, Christa Hunter, and Chris Dahmen. The photo was from the American Indian Magnet School which was formerly Harding High School, located on 3rd and Earl Streets



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Some St. Paul Historic Events

*Steve Trimble
Forum Staff*

I hope readers like reading about the rich and diverse history of our city. Here are just a few of them that you might want to find out about in more detail. Included are the naming of Kellogg Street, the breakthroughs of an African American woman, an institution on the West Side that is still around, a little-known St. Paul woman architect, and the amazing story of a Como Zoo event. Enjoy.

December 8, 1933: The St. Paul Municipal Opera opened its doors this day as a near capacity crowd at the St. Paul Auditorium watched "Samson and Delilah." Inside there was a German beer garden where drinks were served by Junior League members who were "barmaids" dressed in "peasant costumes." This was going to be "civic opera" that featured good music, low ticket prices, and was performed in English. It strived to use local talent and to develop young singers but eventually moved toward a modified star system, bringing in outsiders. The first, Rosa Tentoni, was a Minnesotan from the Iron Range.

There were on and off financial problems from the beginning. One response was to move toward light opera in the 1930s. There was an active Women's Opera Guild that raised money and even helped make costumes. In the 1960s, the staging of musicals was a profitable venture. Poor finances continued but, thanks to a grant from the National Opera Institute, the organization staged the world premiere of a new opera "Summer and Smoke" in 1971 and playwright Tennessee Williams attended the opening. The end came in 1975 when money dried up. The St. Paul opera merged in with an opera organization in Minneapolis.

December 12, 1956: A groundbreaking ceremony for a new building to house Our Lady of Guadalupe was held on this day. It would be a great improvement over any of the previous buildings. Completed in 1961, the new building housed a church, offices, a parish center, a kitchen, and a school. The church began when Our Lady of Guadalupe held its first masses in both Spanish and English on Saint Paul's West Side on February 22, 1931. The Mexican mission met in a former grocery store at 123 South Wabasha Street and was attended by three dozen Mexican residents. The chapel became widely known for its shrine to the Lady of Guadalupe.

The group later purchased a building at 186 East Fairfield in 1939 that was renovated with a chapel, a rectory, and social center, the mission was incorporated as a parish. By the end of the 1930s there were classes in religion, sewing, and English.

Because of river flooding on the West Side flats, the parish bought five acres along Concord Street in 1955 for its still-flourishing church. Eventually they closed the school. It was later reopened as the Guadalupe Area Project (GAP) and all-encompassing center of education for struggling youth as well as adults.

December 13, 2008: Jaya had a very special birth at Como Zoo on this day. He was the first orangutan to be delivered via cesarean section in the zoo's half a century of caring for the species and only the ninth such surgery in the world. Because of his mother Markisa's earlier still born baby, a birth management plan was written up, laying out scenarios for any problems that could have arisen. Most orangutans are in labor for less than half an hour, Elder said, so after an unnaturally long four hours in labor, Markisa was sedated and brought to the University.

The procedure was performed by the head of large animal surgery at the University of Minnesota's College of Veterinary Medicine, assisted by an OB-GYN from the Children's Hospital. Jaya was temporarily cared for around-the-clock by zoo staff while he and his mother recovered and, to simulate his mother, caretakers took turns holding and feeding the baby while wearing a special orangutan suit.

A few days later, the newborn was shown to his mother through a mesh divider and Jaya was successfully reintroduced to Markisa on Christmas Day after only twelve days— setting a new record for the fastest return of a C-section orangutan to a first-time mom.



December 20, 1932: Third Street in downtown Saint Paul was re-named Kellogg Boulevard on this day. Frank B. Kellogg was a local self-taught lawyer who led the prosecution of monopolistic companies. He served as the U. S. Secretary of State and became internationally famous as co-author of the Kellogg-Briand Peace Pact, signed in 1928. It pledged "the renunciation of war as an instrument of national policy." Kellogg became "famed for his achievements for world peace" and because of this, he was awarded the Nobel Peace Prize in 1929.

The new name had been part of a contest for a monetary prize. The ceremony included a parade, a dance number, and music program as "aerial bombs thundered" and the new name was spelled out in luminous green. According to a newspaper, "it will be completed as a street of outstanding beauty and distinction. Unfortunately, Kellogg was called out of the city and wasn't there.

View from My Porch

*Sage Holben
Forum Staff*

"The pandemic has stolen so much. So many. Tiny things. Big things. Just touching another human. Seeing smiles, frowns. Guessing what a stranger means by a vague comment because you can't see a mouth, and eyes are covered with darkened lenses. I guess one of the saddest and saving qualities of human beings is their ability, without even trying, to adapt."

Late Thursday evening I texted my sister that I was "COVID-tired." Bobbi, from the west coast, sensed in my "text voice" a growing emotional numbness. She has always had that innate talent (as well as a pen and ink artist); the most creative writer — poetry or prose — of us five siblings.

She went on: "In grade school, a world traveler visited. Gave a talk about India. The late 1950s. And she said, tragic as it is, a person who starts out horrified at the sight of bodies in the streets, live and dead, become[s] used to just stepping over them after a while."

Bobbi reminded me, "We know we will adapt at a price. Higher than money. Traditions were stolen. Movies from a year ago remind us of a time we could sit next to and across from friends and family. Grandkids. Growing up from afar even 35 miles away."

Favorite coffee shops are not available, visiting face to face, small celebrations, coffee

chats all carry a certain wariness. Christmas and Thanksgiving will not be with my son and his family this year. I'm ok with that—I had moved to enough places not knowing anyone and have spent many holidays alone. I had always seen alone-time as a way of learning about the inner me; strengthening my resilience, better understanding my motivations, learning my depths and limits. Bobbi texted: "Funny how even distanced, social contact is so necessary [I now rely on phone and Zoom. Texting is great, but I also need voices and seeing facial expressions] ..." "So why," Bobbi posed, "do we lock so many people away?"

Prison incarceration has been an unsettling topic for years, so many, many dimensions. Not too long ago my book group read *The Crusade for Forgotten Souls, Reforming Minnesota's Mental Institutions 1946-1954*. So many ways to lock a person away...in a homeless camp, in a shelter, on a public street, invisible to others, simply because people have stopped "seeing" what and who are around them. I see it in small apartments and in more populated apartment buildings. There are no physical locks on camps and apartment/shelter buildings, but isolation can be devastating with or without a lock.

The mind can close off if there isn't outside stimulation...when people around you are contending for inches of personal space; when your home is nowhere, who smiles at you? Who looks at you and sees something in your eyes? Not your face as a whole, but your eyes? When was the last time you looked someone (stranger or family or friend) fully in the eyes and saw that person for the first time, felt a connection of souls? Bobbi is right in so many ways of deeply within being lost...I think we loosened our grasps well before COVID-19 and the polarizing political climate. But it's not too late...I'll end with Bobbi's words: "It is important more than ever to look for the light shining through the cracks."

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 60 may now be found online at daytonsbuffdistrictforum.org: click on "East Side Eating" at the top of the home page. Steve Trimble can be reached at daytonsbuffdistrictforum@gmail.com.

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Phone: 651-350-7856

883 Payne Ave, St Paul

St Paul, MN 55130

Mondays-Thursdays 4 p.m. to midnight

Fridays-Sundays 11 a.m. to midnight

Facebook: @nsbarandgrill

My friend Seeley Booth has mentioned that a spot named the NorthStar Bar and Grill was going to start up in the old Louie's Bar. However, after the COVID pandemic and, while a large sign had been put up, the building remained empty. Then I got word that the doors had been opened. As one of the newest East Side restaurants, I had to visit and include it in the Taste Trek.

They allowed inside dining with a reservation, so I showed up around 6:30 on a Monday evening. The inside had six large booths with a horseshoe shaped bar with a dozen or more stools and a couple of tables with chairs. Half of the booths were shut off and had large cutouts of the Hamm's Bear to provide distancing. There were ceilings that had lights and a remnant of the original tin ceiling. Several large screen TVs graced the interior. There was a dart board, and several walls and crannies

had historic framed photos of Payne Avenue. The juke box was playing mostly oldies when I was there. There were four couples there at the time.

The menu was not huge but here are some of the offerings: Appetizers include Swedish poulaine, Dillinger Gang bacon, buttered mushrooms, Payne Avenue pounder (ribs), half-a-pound of chicken wings, Granny's chicken strips, and onion rings.

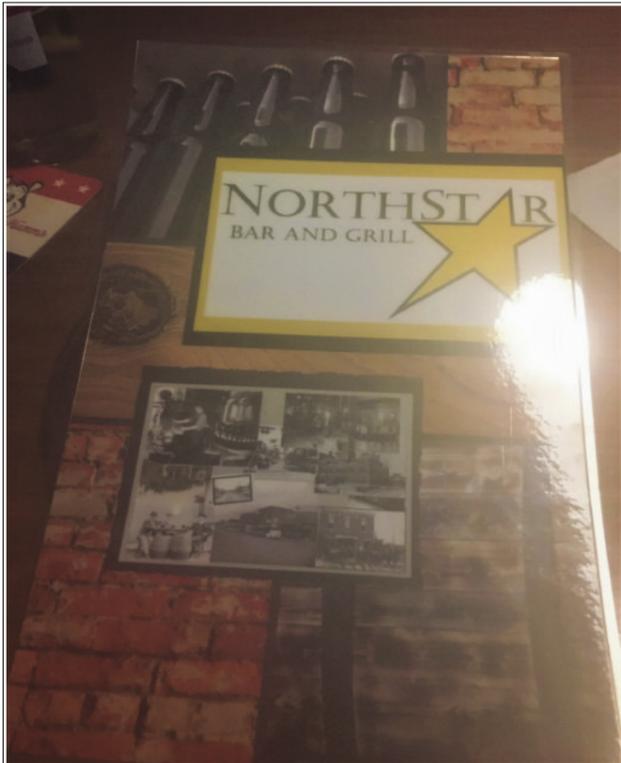
There is a good selection of burgers. The Big Louie (probably a homage to the old owner), the Polaris, the Patty Melt, the "Mikko" Meatball and the bacon cheeseburger. There is something called "Not so Secret Payne Reliever" that was comprised of two beef patties, sauce, double cheese, an onion ring, and tomato.

One of their specials is the "East Side Build your own Burger." It starts with a quarter pound beef patty and you can add extra ingredients with the cost of from fifty cents, a dollar, or two dollars. Some of the possible add-ons were mushrooms, bleu cheese meatballs, and an onion ring.

Sandwiches come with either fries or tater tots. They include a chicken sandwich on Texas toast, a classic BLT with bacon steaks, and a grilled cheese with American and Swiss cheese.

For my order, I decided to become creative (at least somewhat, since there were limited available additions). I opted for the "Build Your Own Burger" and added onions, tomato, swiss cheese, barbecue sauce, thick cut bacon, and an egg. I thought the onion rings dipped in home-made beer batter would be a nice side. I had a beer — and how could I choose anything other than Hamm's since the two booths I sat between had huge cardboard Hamm's Bears in them?

There is street parking, but there is also an adjacent parking lot to the north of the building. According to my great server and bartender Kayla, changes are coming. In December there should be pull tabs and e-tabs. There will soon be bingo on Saturdays. They will also be having, on some days, a breakfast brunch with different dishes with eggs, hash browns, bacon corned beef hash, and stuffed hash browns, or a breakfast burger with an egg and bacon served with a side of hash browns.



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