

American Indian Magnet School Renovation Proposed

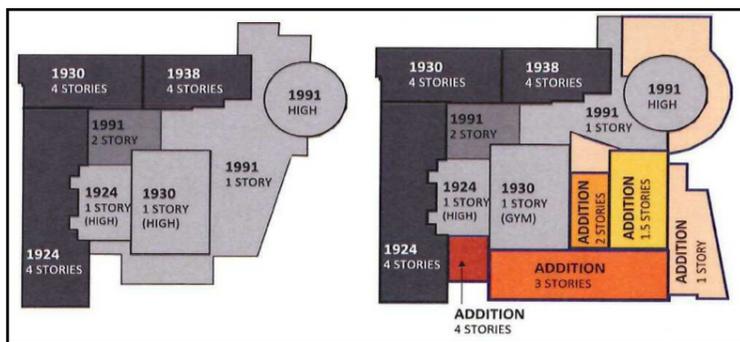
Greg Cosimini
Forum Staff

Saint Paul Public Schools (SPPS) has a plan to renovate the American Indian Magnet School located at Third and Earl Streets. The building, formerly Mounds Park Junior High and before that, the original Harding High School, was built in 1924. It has seen previous additions in 1930, 1938 and 1991.

The latest plan would add a variety of sections to the building as well as add stories to parts of the existing structure. Due to the unusual topography of the area, some of the additions would technically violate current codes for buildings in the R4 Zoning District so a variance was applied for and granted.

According to SPSS, "The project will bring the building up to educational facility standards set by the District in their Facilities Master Plan. There will be no change in educational use at the site or planned increase in enrollment, only expansion of the existing school building for equity in space and programming to align with District standards."

There is no timetable for when the renovation may begin. Currently, many of the School District's building plans are on hold due to drastic increases in their budgeted costs. The AIM School project was originally budgeted at \$23.1 million, but has now ballooned to \$53.3 million.



Swede Hollow Picture Book Available Now

Karin DuPaul
Forum Staff

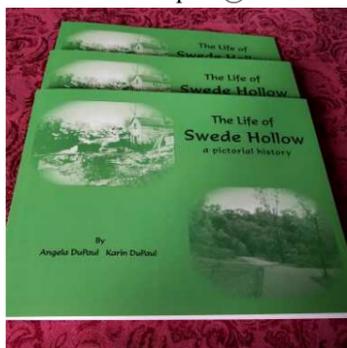
The new book *The Life of Swede Hollow: A Pictorial History* is doing well. It is on its third round of printing. The book can be purchased at the Swede Hollow Café and Yarusso's restaurant and also at a number of local book stores including Next Chapter and Subtext. The book has great pictures and stories about Swede Hollow and the people who lived there.

The book tells stories of immigrants from Sweden then from Italy and then Mexican Americans, who over a period of nearly one hundred years, came to Saint Paul for better jobs and better living conditions and, starting their Saint Paul lives in the little valley known as Swede Hollow. Swede Hollow was home for families from the 1860s to 1956.

By the 1940s many homes in Swede Hollow had electricity and some had phones. The community got their drinking water from three wells in Swede Hol-

low, but since the houses were not connected to the city sewer system, the city of Saint Paul decided that places like Swede Hollow should not be places where people lived.

Some ideas for Swede Hollow's future included filling it in for an industrial park, landing pads for Highway 212 which would have run from the state capital through Dayton's Bluff, taking out hundreds of homes, and on, out beyond the city limits. But some people thought it should become a city park. As the years went on the park idea became a reality. The book shows the Swede Hollow park development up to today. For more information about *The Life of Swede Hollow* contact Karindupaul@comcast.net



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A New Grocery in the Community

G.B. LeRoy
Special to the Forum

There are places to buy food in our community, but Storehouse Grocers is unique because there aren't any employees, according to Carl Johnson, pastor of Faith City Church in Dayton's Bluff. He spends most of his time there and people volunteer to serve in the store. "All of our profits go back into the communities so this is what we call an impactful business," he said.

Johnson points out that this neighborhood is not a "food desert" as some have said, but there is a lot of food insecurity. He has entered into a relationship with HyVee Foods, a worker-owned company, and they let him, at a reduced price, stock the stores with their generic products. If you visit there you will find most of the basics, including: juice, bread, eggs, spaghetti, cat litter, dog food, spices, applesauce, sugar, flour and oils.

There are a lot of dried and canned food such as beans, peas, and the likes. You can order online or call by phone for pick-up. They are just starting out and plan to allow EBT sales and soon there will be a part-time volunteer nutritionist for the neighborhood. They want to add meat packs and pre-made meals. This is a for-profit establishment but all proceeds will be going to Faith City Church for their various community programs. They believe in "ending every day hunger" and "changing destinies." Looking to the future: Next summer they will have farmers and gardeners bring in fresh produce to sell. There will be frequent summer food events for kids and there are plans to start a kids soccer club and maybe an expansion of the store.

Storehouse Grocers is located at 851 East Seventh Street. They are open Monday through Saturday from 9:00 a.m. to 8:00 p.m. and closed on Sundays. You may reach them by phone at 651-447-2056. For more information go to sitestorehousegrocers.com



G.B. LeRoy

Pictured above is Pastor Carl Johnson in the new Storehouse Grocery located on East Seventh Street.

Meet Our New Editor

Allison Lund-Zalewski
Forum Staff

My name is Allison Lund-Zalewski and I am the *Forum's* new editor. I feel so honored to get to know our community and neighborhood while working for the newspaper. I have learned so much about the history and the people who make Dayton's Bluff special.

I am originally from northern Wisconsin, having gone to the University of Wisconsin-Stevens Point for an English degree. I graduated in 2013.

I worked for my hometown newspaper throughout college, the *Antigo Daily Journal*, as their proofreader. While working at the *Journal* I was able to help with formatting the newspapers as well as take photos and write sports articles.

My husband and I moved to East Saint Paul four years ago. We have three dachshunds: Greta, Lucy, and Goliath. We also have two turtles and

two frogs.

Since moving over here, I enjoy going to concerts and sports events and checking out all the new events and sites of the big city.

My other hobbies include reading, going to the movies, and spending time with my family and my dogs.

Thank you all for welcoming us into your community, I can't wait to contribute to our neighborhood and become involved more!



Dayton's Bluff Take-a-Hike

Dayton's Bluff Take-a-Hike is 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, February 8.** 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!

If you have any questions KarinDuPaul@comcast.net or call 651-776-0550.

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 on **Thursday, February 6, at 6:30 p.m.** 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 **Saturday, February 1, at 11:00 a.m.,** at Swede Hollow Cafe at 725 E. 7th Street. Call 651-776-0550 or email daytonsbuffdistrictforum@gmail.com for more information.

Police Community Meetings

The Eastern District Police will host their monthly meetings for community members held at the Eastern District Police office at 722 Payne on the corner of Payne and Minnehaha Avenues. The next meetings are on **Wednesday, February 19 at 9:30 a.m. and 6:30 p.m.** The meetings are intended as a time to learn, listen to, and address people's concerns about crime and other issues on the East Side. Saint Paul Police Eastern District is committed to maintaining and growing the quality of life for all our residents. Bring your neighbors it is a great way to talk about your neighborhood nuisance issues.

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 califi-

ca! 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.**



February 21, 22, 28, & 29 and March 6 & 7: Fearless Five: Dreams. Fearless Comedy Productions is proud to present *Fearless Five Dreams*. Five new plays with five directors and one theme. Tickets: \$10 in advance, \$15 at the door. More information will be available shortly. Check our website.

Friday, March 13: Friends of Swede Hollow fundraiser. Mark your calendars. Visit our website at moundstheatre.org for more information 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.

Visit website at moundstheatre.org for more information 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

December at the Dayton's Bluff Library

The following events take place at the Dayton's Bluff Library, 645 East Seventh Street, Saint Paul.

Tuesday, February 11, from 6:30 p.m. to 8:00 p.m., Teens Know Best! Teens have exclusive access to books before they are published.

This group meets on the second Tuesday of every month to share opinions and pizza. *Teens Know Best* members write reviews of the books they read. The reviews are submitted to the publishers to help guide their decisions.

School is in session! The library's got your back. Check out sppl.org/back-to-school for information on homework help, after school snack, and other resources to make your school year a success.

For information about these and other fun 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.

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/3KK001OGFO5NJ 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.

Grocery Shopping

Did you know that East Side Elders can help you and your loved one with grocery shopping?

Let East Side Elders take a chore off your long to-do list! To get help with grocery shopping, call 651-683-2326 or email Info@EastSideElders.org with a detailed list. From there, East Side Elders staff will put a call out to their grocery shopping team and schedule a day and time that works for you and the volunteer for delivery.

Grocery shopping is a donation-based service. Donate what you can for the convenience of not having to head out to the store. Reimbursement for the groceries can be done directly with the volunteer—they will bring you a receipt when they make their delivery.

Volunteer with East Side Elders

Did you know that East Side Elders provided over 1,600 rides to seniors on the East Side last year? With the help of our incredible volunteers, we help older adults get to medical appointments, the bank, the grocery store, and other errands. Each ride helps a senior remain an active, vital part of the community.

As we receive more and more requests for help from our senior neighbors, we need to grow our team of volunteer drivers. Join our team by applying online at EastSideElders.org/Volunteer or by contacting us at 651-683-2326. Volunteer drivers have a flexible schedule and help out when they can, as often as they choose. Gas cards are also available for volunteer drivers!

Business Classes

The next 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 manage-

ment, 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 fee based on a sliding fee scale. Class sizes are limited, so enroll now. Please call 651-379-8432 for an 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.

Ice Castle

Have you heard? Ice Castle, a popular winter attraction, will take place right here in Ramsey County this season. Construction on the castle has begun at Long Lake Regional Park, and the site has been open since January, weather permitting. More information regarding tickets and the event will be available at icecastles.com/minnesota utm_medium=email&utm_source=go vdelivery.

Cross-country skiing

Check out our 25 miles of marked and groomed cross-country ski trails this winter. Ski passes are required for skiers age 16 and up and are available to purchase through the Minnesota Department of Natural Resources. Daily passes are \$10, and season passes are \$25. Trail conditions will be updated weekly online and through the Ski Trail newsletter.

Dayton's Bluff District Forum

804 Margaret Street, St. Paul, MN 55106
Phone: 651-776-0550 **E-mail:** daytonsbuffdistrictforum@gmail.com

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Board of Directors: Greg Cosimini, Karin DuPaul, Jennifer Gascoigne, Sage Holben, Steve Trimble
 Editor/layout: Allison Lund-Zalewski; Editorial Associate: Mark Gallagher
 Staff: David Baker, Nick Duncan, Elizabeth Wakefield
 Photographer: Lou "The Photo Guy" Michaels

Next issue: March 2020. **Deadline for material: February 10, 2020.**



Sage Holben

Forum writer Sage Holben pictured with Acatlan, Mexico Mayor Maria del Carmen Nava. Sage was invited by the mayor to review, with her, the parade celebrating Revolution Day on November 20th, the start of the 1910-1917 Mexican Revolution.

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St. Paul Events that Occurred in February

*Steve Trimble
 Forum Staff*

Here are several interesting events that happened in this month over the years. Three of them definitely occurred on the East Side. The first date was made into a movie, *Iron Will* in 1994. Maybe bring a group together to watch it on Netflix.

February 3, 1917: An estimated 25,000 people braved the bitter cold in Como Park on this day. They were awaiting the end of a 500-mile dogsled race sponsored by the St. Paul Winter Carnival. Many people walked four miles in knee-deep snow to escort the teams to the finish line. Because of the frigid weather, only five of the eleven teams that started in Winnipeg made it to the finish line. Most of the participants were Canadian. Eventual winner, Albert Campbell, had a French father and a Cree mother and was a hunter and trapper from Manitoba. Minnesotan Fred Hartman, the only American, came in last, but was heartily cheered when he arrived. All of the drivers were cheered and feted by a crowd at the St. Paul Auditorium, and the dogs were awarded pounds of fish to eat. A fictionalized version of the race was made into a film called *Iron Will* in 1994.

There are still a lot of East Siders who remember when one of the biggest explosions in the city happened. If you are one of them, why not share some of your memories.

February 8, 1951: The worst disaster in St. Paul occurred on this day. Residents of the East Side always called this "The Day the Mining Blew Up." A little after eight o'clock in the morning around 4,000 people showed up for work at 3M. The blast occurred in the Mineral Building, a five-story structure of the sprawling plant where rocks were crushed for

sandpaper. The trouble started when a butane storage tank was being filled and a break in the line allowed the highly flammable gas to seep into several areas through underground connections. Suddenly a huge explosion shook three buildings. Fifteen workers died and fifty others were transferred to hospitals. The owner of a gas station a few blocks away said, "suddenly there was a terrific blast and then up from the mining plant rolled a huge ball of fire." A blast followed and "it rocked me and the customer, almost knocking us off our feet." The company assigned someone to each victim's family to work with them as long as necessary. An emergency fund was set up to pay for items such as taxi fares to hospitals, babysitters, transportation of relatives from out of town, telegrams and funeral costs.

Like the 3M explosion, not all historic events are happy. The following event that happened in Swede Hollow was terrible. Surprisingly, at one of the recent Art in the Hollow events a relative who was researching the sad situation showed up to discuss what she had found.

February 11, 1914: Pietro Narcuso, a man in his twenties, had been seeing Josephine Cabuzza, a sixteen-year-old, who lived with her family in Swede Hollow. She allegedly expressed love for him and he gave her money and jewelry. Then Narcuso said, "she went to another man and said she did not care for me," laughing when he demanded the return of the gifts. He bought a revolver and waited until she was alone to shoot her down. He said he was driven to the act by the spirit of the "Italian vendetti," which says a wronged man can only avenge a wrong with blood. Narcuso admitted his wrong. "I'm glad she's dead," he stated. "Now she can marry no other." He was ready to let the law take its course, adding that he was glad he did the crime and felt "happy and at peace." It was a community tragedy for Swede Hollow and hundreds crowded in and around St. Ambrose Church during Josephine's funeral. Many said she was the pride of St. Paul's "little Italy." Pietro was convicted of first degree murder but somehow received a pardon after serving only five years of his sentence.

Here is something that a few people might remember. If you are one of them please, send the *Forum* an email.

February 15, 1925: The first ski-jumping hill in St. Paul was constructed in Indian Mounds Park near the intersection of Burns Avenue and Johnson Parkway. It was just in time for the 1925 season and the first sanctioned tournament was held there on this day. The record jump that day was 109 feet set by Anders Haugen. The Hill at Mounds Park was typical of the hills in those days. It was used by the St Paul Ski Club until 1939 when it was destroyed by a heavy August windstorm. As a replacement, a sixty-meter hill in Battle Creek Park was erected for the 1939 St. Paul Winter Carnival. Later that year it hosted the national championship meet and afterward the national ski jumping championships of 1939 were held there. It was torn down in the 1970s.

Any of our readers have any memories of being a school patrol person? If so, send this paper an email at daytonsbuffdistrictforum@gmail.com

February 21, 1921: The first school patrol crossing took place at 3:30 in the afternoon on this day at the intersection of today's Kellogg Boulevard and Summit Avenue. It was started by Sister Carmela, the principal of Cathedral School. She wanted to increase the safety of children by having older students act as police patrols at busy intersections. The experiment proved to be a success. Similar programs were adopted citywide in 1922 and later in other cities. Eventually the name of the organization changed from school police to school patrol. Frank Hetznecker also played a key role in the early years of the school patrol. He introduced Sam Browne belts and organized annual parades and picnics for participants. A patrol member had pledged "to keep myself clean, morally, mentally and physically by being honest, trustworthy, loyal, helpful, obedient and brave." A memorial school patrol flagpole was installed at 200 Summit Avenue in 1973.

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VALENTINE'S DAY DANCE
February 13 - 12pm to 2pm

East Side Elders

Save the date for the Valentine's Day Dance at the East Side Cafe! Dust off your dance moves and join friends and neighbors-all are welcome!

Not in the mood to dance? Sing along to songs from the 50s and 60s and before! Either way, we hope you will join us for a delicious meal and great conversation. The dance is Thursday, February 13 from 12 p.m. to 2 p.m. at 463 Maria Avenue, Saint Paul, MN 55106

Contest : Where in Dayton's Bluff?

Send your guess to daytons-bluffdistrictforum@gmail.com with the location of the neighborhood curiosity pictured at right. The reader who submits the first correct entry will be notified and the winner will be announced in the March edition of the *Forum*. Congratulations to Sherry Jasper, winner of the October contest with a correct location of Selby Ornamental Iron.



Community Searching for Youth Soccer Coaches and Referees

Faith City Church

We are starting a soccer club for ages 3 to 12 this summer from June 6 to August 1. We need coaches and referees. Come impact a family today by volunteer coaching.

Faith City Church is located at 1910 Upper Afton Road in Saint Paul.

Free Grocery Giveaway

Mounds Park United Methodist Church

Need some free groceries to help get you through the month? Come to Mounds Park United Methodist Church at 1049 Euclid St. on **Saturday, February 15**. Doors open at **9 a.m.** for coffee, pastries and conversation.

Food distribution begins at **10 a.m.** and goes until **noon**.

First come first served. This event is sponsored by Dayton's Bluff Community Services.

Fix-it Clinics Seek Multilingual Volunteers

Ramsey County

In order to better serve our diverse Ramsey County communities, the Fix-it Clinic program invites community members who speak a second language to consider volunteering for the clinics. Volunteer positions include:sewers for mending blankets, clothing, and other textiles. A fixer for various items such as electronics, jewelry, household appliances, and more. A greeter for welcoming newcomers at the clinics and a runner to help match the individuals to their Fixers.

Those who are interested in volunteering can email FixItClinics@ramsey-county.us or call 651-266-1199.

Ice Castles Open for Viewing

Ramsey County

Have you heard? Ice Castles, a popular winter attraction, will take place right here in Ramsey County this season. The Ice Castles have been constructed at Long Lake Regional Park.

Ice Castles is an award-winning frozen attraction located in six cities across North America. The experience is built using hundreds of thousands of icicles hand-placed by professional ice artists. The castles include breathtaking LED-lit sculptures, frozen thrones, ice-carved tunnels, slides, fountains and much more.

"The natural beauty of the park combined with the enchantment of the Ice Castles will be a wonderful event for the residents of Ramsey County and the region. We are excited to host Ice Castles at Long Lake Regional Park," said Mark McCabe, Director of Ramsey County Parks & Recreation.

Weekday ticket prices for those who are 12 years and older are \$12.99 and weekend prices are \$17.99. Tickets for those 4 to 12 years old are \$9.99 during the week and \$11.99 for the weekend.

For more information regarding parking and stand by ticket prices, please visit icecastles.com/minnesota.

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Marian of Saint Paul

Featured Pet of the Month

Sage Holben
Forum Staff

As kids my brother, Billy, and my sisters had an occasional dog. Except for our Boxer Duke, they were with us for only a week or so. I remember their arrivals, but never their departures. My brother and I (13 and 12 years old) each received, one Easter, a rabbit – Streaky and Lady Jane. We fed them and played with them – probably for a week - and then they were gone when we got home from school. My mother said they must have escaped their cages. The next night, when my mother asked me to check on the chicken in the oven, I remember commenting how small and oddly shaped the pieces were.

Other than Duke and our rabbits, Billy and I collected snakes from rock piles and starlings, fallen from trees after our violent Illinois storms. These creatures were with us for only a day or two; the last to go was a free range snake in our apartment; it died when it got squished under an ill-timed opening door. Years later, my younger son picked up on the wild animals: I came home to find a snake resting on the coffee table – the serpent quickly was carried back to the creek. Then the newt that escaped from its bowl; found two months later under a rug...dehydrated and much, much smaller in size. My son stopped me from making it into a lapel pin.

My friend Gail once had two box turtles who had a home in a large kiddie pool she kept in her kitchen. Lois, allergic to cats, had Mr. Bunny, who had an unfortunate desire to gnaw on electrical cords. As an adult, I find cats the easiest for me. I can leave them alone for a few days with minimal attention; they don't require a schedule of walks, meals, and potty outings. Tommy, about 13 years old, has been with me for about 10 years. His neighborhood nicknames

include: the furry bowling ball, Meatball, Bhudda, and 'your giant cat'. His size (a solid 35 pounds), perhaps, is why kids aren't afraid of him. He is quite mellow, allowing children to test their strength and skill in lifting him; none can.

In November I went to Mexico for a week, then six days in Madison and then another four in Madison. When I awoke at home, I opened my eyes to have Tommy looking down at me, his big round eyes three inches from mine, staring, "ARE YOU HOME NOW??!!" He and I both find it reassuring as he lies on the floor at my feet, one paw on my foot, as he sleeps and I read.

Depending on whether I stroke Tommy's chin or the back of his neck, his face narrows to a very slim vertical with melting eyes and docile demeanor or a widened, almost four inches horizontal face with round, wide eyes and a more powerful presence. He talks with his voice, the movement of his paws, his eyes; he indicates to me to follow him to give him a treat, clean his litter box, or lift him to the bathroom sink and turn on his faucet...or simply touching his paw to my leg, asking for a brief hug and hold.

The more a human verbally talks with a pet, the more trusting a relationship is built - the tone, the repetition of words, words spoken closely with the pet build on the rapport. When I say, slowly, the words "I love you", Tommy will move his mouth and tongue, always in the same motion, as if to repeat them. Even with cats, a conversation is always a two-way communication: one has to "listen" as well as "talk." With pets, 'listening' often means watching the ears, eyes, whiskers, tail, etc. They've already learned this!

Now, if only the buttons on my cell phone were a bit larger, I could teach him to "dial" a phone!!

To understand Tommy's thought processing, go to daytonsbuffdistrictforum.org/ Click on 'Past Issues' and select 'May 2018'; see page 5 for ' (Another) View from my Porch: The Feline Relationship'

Sage Holben can be reached at daytonsbuffdistrictforum@gmail.com.



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:

editordaytonsbuffdistrictforum@gmail.com

View from My Porch: The Language We Use

Sage Holben
District Forum Staff

"Too many languages being spoken." This from a young black man whose face and neck were blanketed with tattoos. The Greyhound bus from Madison, originating from Chicago, was full and I chose the empty aisle seat next to him. He was glaring ahead at a group of seven or eight high school- or college-aged students who were conversing in Spanish. As I settled in, I said, "I recently spent a week in Mexico with a family; besides me, only one person there spoke English. I speak no Spanish."

"Your family?" he asked.

"Before the end of the week they were; what the head doesn't understand, the heart translates," I answered. He seemed to accept that, and we introduced ourselves.

Gordon (not his real name), for a large part of the ride was on his phone. His first call was to a young, very pregnant woman, of whom he asked, "When I get to St. Paul, could I come over and cuddle?" A young, two-year-old was in the background, making verbal "Pow! Pow!" sounds. The woman sounded and looked (he had the phone turned my way as he spoke to her) as if she were the one who could use some pampering. He soon turned the phone totally my way and said to her, "Look, I have a new homey."

As we neared the Minnesota/Wisconsin border, he made another contact who he confronted with, "Where were you; you weren't at the crime scene; and you weren't at the funeral." This conversation touched on observations of who had a gun, who had blood on them, etc. He was speaking toward the cold window which amplified the sound. I was amused that my seatmate seemed surprised when I said, "I couldn't help but overhear your conversation..." like there's any privacy on a now half-full Greyhound bus!?

Having heard his conversation, I thought he might have some insight or give me his take on a young friend of mine. What I really wanted was a glimmer of hope. His answer, though, was that if my friend, at fourteen, was already talking about dying a violent death, and was making a lot of Facebook or phone contacts to one person, it was probably too late...already "in". I wasn't surprised, but I had been holding on to hope. I see life leaving my young friend's eyes. His voice is becoming flat, his eyes reflecting a dying spirit. It's been a long time since I've heard him laugh or seen him smile.

Earlier:

On that trip back from Mexico, visiting "family," I was on a Delta flight from Mexico City to Minneapolis. It felt like a nice group of passengers, people were introducing themselves. The man across the aisle from me was from outer Minnesota. White hair and beard, he wore a button down blue denim shirt with AFL-CIO on the breast pocket. He exuded pride in his union. Two flight attendants went past, and then a third. As she passed, handing out "special" snacks from first-class, she noted his shirt and loudly commented to no one in particular, that the unions did nothing for her and she didn't like them. The teamster and I shared aghast expressions at her outpouring. I confided to him that several years prior to my retirement, I had much the same feelings the attendant had expressed as I experienced the disintegration of my local and council. He was familiar with my council and local and we knew several of the same union activists.

The third attendant made another pass-through with refreshments, this time refusing to give me any, though she had given several to a people in front of me. She didn't offer any to the union man, either. Later she came through and said in a snarkey manner, "I tried to get you a lobster dinner, but I couldn't." Apparently she may have overheard our union conversation or simply took a disliking to me. I asked the next passing attendant for the name of her colleague, thinking I may file a complaint; within a few minutes, Lea (not her real name) came to me and asked in an acerbic tone, "Did I hurt your feelings?"

I told her no, but she appalled me with her union comments to the passenger who was her customer; I was also appalled with her behavior about handing out snacks. I told her I wondered if she was having a very bad day, or had made this Mexico City to Minneapolis flight once too often.

Lea squatted in the aisle next to me and explained Delta's negative stance of unions. She said pilots had very strong union protection and pensions, though attendants didn't; one flight attendant had recently been fired for talking positively about unions. I wondered if she was playing me, but decided to accept it on face value. She then said she missed the coming and going of her three children, who had come into Minneapolis to pick up and disperse the ashes of a relative. She wouldn't land in time to meet with them....and her daughter had another miscarriage. She shared some of that pain..."It's in God's plan, right?"

I don't know that it is, but we all need to believe in something, I told her. I gave her a hug, and offered reassurance, acknowledging she's carrying a heavy load. She added, "My husband recently said he was divorcing me. What kind of life do I have at my age, alone?"

"A whole new beginning," I offered. Start seeing and enjoying what's around you.

My two seatmates, a 30ish woman and a young teen boy, unrelated to each other, were asleep during all this and when Lea returned with the infamous first-class snack basket. She held it out and said to take whatever I want. I said I just wanted something for the teen for when he awoke. "Take anything," she said ...and I piled several items on his tray. "Add the chips," Lea said. "They're popular." Then the awakened young woman reached over and added several more to the young man's pile.

As I wasn't making any connection when we landed, I was one of the last off the plane. "Be kind to yourself," I added as I thanked Lea. She laughed and smiled as she added, "And to others, right?" Lea leaned forward, "And did you notice we had a female pilot?"

Sage Holben can be reached at daytonsbuffdistrictforum@gmail.com.

Training Opportunity - Mental Health First Aid

Allison Lund-Zalewski
Forum Staff

First aid skills aren't just meant for physical wounds or CPR, first aid is also necessary for those who appear to be in a mental crisis.

East Side Elders is joining the National Alliance on Mental Illness on **February 11** from **8 a.m.** to **5 p.m.** for Mental Health First Aid - Older Adults.

Learn basic first aid skills needed to help a person who is experiencing a mental health problem or crisis. Learn about common mental illnesses and co-occurring disorders with a focus on older adults. Understanding and recognizing the signs that someone needs help is the first step in getting that person appropriate care and treatment.

Participants will receive a course manual and certificate. This nine-hour workshop is for individuals seeking basic information on geriatric mental health issues and how to help someone in crisis. It is not intended for professionals who have a background in mental health. Participants must be present for entire curricula to receive certificate.

Training is free and lunch is provided by East Side Elders! If you are interested in attending, please join online.

Kay King is the Older Adult Program Coordinator and Community Educator for NAMI Minnesota.

King states, "Taking a mental health first aid class is like taking a CPR or American Red Cross first aid class... only this one is for the brain. It's the curriculum I wish all of us had been offered in high school health class. You learn the basics of adult mental health through the lens of older adults in this version. One in five adults manage a mental illness in a given year and the lifetime prevalence for a mental illness diagnosis is 50%. It's education you need if you're a family member, employer, neighbor or part of a faith community. Recovery happens, but we need to learn how to be the bridge to get people the help they need."

She also suggests that this course would benefit anyone who falls into the categories provided: anyone 16 or older who volunteers with seniors, senior center staff, assisted living staff, nursing home staff, senior housing staff, family members caring for an older adult, health clinic staff, faith community nurses, pastoral staff, transportation workers, etc.

Go to: mhfaolderadults-stpaul2-11.eventbrite.com to register for this course.

The course will be held at 463 Maria Avenue in St. Paul. NAMI Minnesota is located at 1919 University Ave W, Suite 400 in Saint Paul. For more information about the organization and volunteer opportunities, go to: www.namimn.org



Balkan Fest

Landmark Center
Special to the Forum

Experience cultural traditions from South-eastern Europe at "Balkan Fest," **February 16**. There will be music, dance, crafts, and exhibits that are found throughout the Balkan Peninsula. These activities will provide hours of free fun, and food and merchandise for sale will fill bellies and souvenir bags.

This year's festival will explore the tradition of Carnival, the seasonal ritual symbolizing the victory of light over darkness. According to tradition, participants wear masks, celebrating the imminent end of the winter and the coming of spring.

Ethnic Dance Theatre will perform dances from Albania, Bosnia, Bulgaria, Croatia, North Macedonia, and Serbia. There will be chances for those to join in on stage for simple traditional dances.

Admission is \$6 for those who are 13 years and older, \$4 for ages 6 to 12, and free for ages 5 and younger. Balkan Fest opens at **12 p.m.** and closes at **5 p.m.**

Visit ethnicedancetheatre.com and landmarkcenter.org for more information and upcoming events.

Non-fiction Book Review

Crisis of Conscience - Whistleblowing in an Age of Fraud
by Tom Mueller

Theresa Wanta
Special to the Forum

If you have high blood pressure, don't read this book. Initially, it piqued my interest because a friend was featured in the second chapter, a friend who as a whistleblower saved thousands of lives in Iraq. Then I couldn't stop reading.

There is a myth that whistleblowers are disloyal, have an ax to grind and reap large settlements. The truth is, they risk job loss, financial ruin, humiliation, divorce and jail, and many do not receive settlements at all. They blow the whistle only after they have exhausted all proper channels. What then, makes them jeopardize their futures to report what they know is legally and morally wrong?

Drawing on in-depth interviews with more than

two hundred whistleblowers, the author describes the pervasiveness of fraud in a different sector in each chapter; how fraud contaminates the Department of Justice, the Department of Energy, the Veterans Administration and the American Medical Association.

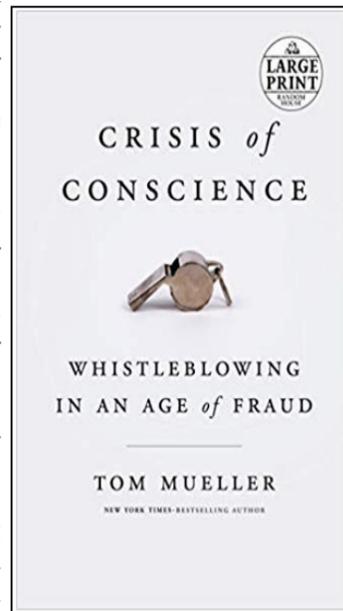
Particularly poignant is how fraud affects the healthcare industry. Medical school research is perverted by pharmaceutical and medical device grants. Big Pharma is in charge of healthcare and the FDA corporate lobbyists. In industry, a cost benefit analysis reveals manufacturers and pharmaceutical companies would rather pay the legal fees for loss of life because they are less than the cost of fixing the problem.

In the military, the shift from public service to self-dealing can be exemplified by comparing Eisenhower with General Petraeus. Many whistleblowers are produced by nuclear facilities such as Hanford but suspect contractors know the DOJ and the DOE have their backs. There is little accountability by managers and a lot of money to be made. In 1917 civil penalties against nuclear contractors were removed if they retaliated against whistleblowers

Financial institutions that violate anti-fraud laws have become too big to prosecute without affecting the national economy. U.S. intelligence is subjected to the influence of corporate contractors. CEOs run many government departments. Crimes by corpora-

tions do much more harm than those by the working class.

Campaign contributions have become shorthand for "bribe", and "legal settlement" for hush money; in foreign countries this would be labeled "corruption". The author reveals details that do not make it to the general media; how political agenda supersedes fact finding, how peer pressure dominates conscience and how money is a motivating force.



Money as an incentive can make good people do bad things. The thing is, if you have enough money, you can buy history; you can buy truth.

This is quite a tome, but compelling and very readable. It was conceived many years before the present administration came to power.



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World-Wide Holidays in February

*Temperance Brennan
Special to the Forum*

Here I am again, hopefully one of your favorite anthropologists. When East Siders consider February they may first think of Valentine's Day, Presidents Day or the lesser celebration for Groundhog Day. But why not consider learning a bit about celebrations around the world. If you have children or inquisitive neighborhood youngsters, have a little presentation of the ways of Eritrea, have a Lithuanian dinner or find a Netflix movie of Estonia. Or even a Malta expo featuring the country's famed rabbit dish and the singing "L-Innu Malti," its national hymn.

This is also your chance to find out why February has fewer days than any other month, unless

you already know.

February 2: Candlemas is a Christian holiday in Liechtenstein that commemorates the presentation of Jesus at the Temple." because I don't think Jesus ever visited Liechtenstein. The day is celebrated as a time of renewal, hope, and purification.

February 5: Unity Day started in 1988 with a vote for the new constitution for Burundi (Republique y Burundi), a landlocked country of East Africa.

February 8: Operation Fenkil is a celebrated military event that took place in 1990 in and around the coastal city of Massawa in Eritrea. The offensive was conducted against the Ethiopian Army by both land and sea units of the Eritean People's Liberation Front

February 10: Feast of St. Paul's Shipwreck is the day that commemorates when St. Paul was shipwrecked in 60 AD. This holiday is celebrated in Malta were it is called "San Pawl Nawfragu." Paul stayed on Malta for three months, healed is-

landers, and is now the patron saint of Malta.

February 16: Lithuania Restoration of the State Day marks the country's independence from Germany in 1918. The act of reinstating independence because of the Germans' loss of WWI the first cabinet of Lithuania as formed regained control over the state.

February 24: Independence Day or Estonian Declaration of Independence is also known as the Manifesto to the Peoples of Estonia. It commemorates the founding act of the republic of Estonia in 1918 after leaving Russia. The declaration was drafted by the Salvation Committee elected by the elders of the Estonian Provincial Assembly.

February 26: Kuwait Liberation Day is the holiday that marks the day when Kuwait was liberated from Iraqi occupation in 1991.

Free Community Family Night

Mounds Park United Methodist Church

Think Hawaii in the middle of a Minnesota winter.

Urban CROSS is hosting a Family Night on **Sunday, February 23** from **4 to 6 p.m.** We will be showing "Moana" on our BIG screen, providing a "Hawaiian" dinner and giving out Plaza Theater popcorn.

This is a free event. Join us at Mounds Park United Methodist Church, 1049 Euclid St.

Parents/guardians/adults are required to attend with kids and youth. Free-will donations are appreciated.



Greg Cosimini

Here is a typical Snow Emergency in Dayton's Bluff. The street is posted, the cars aren't moved, or ticketed, or towed, and the snowplows just goes around them. This picture was taken on Euclid St. near Cypress but the the situation is the same all over the Bluff and much of the East Side.

*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 March issue of the *Forum* is February 10, 2020.



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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.

Karen Thai Food

Phone: 651-771-2078

300 Larpenteur Avenue East

St. Paul, MN 55117

Monday – Saturday 11:00 a.m.-8:00 p.m.

Sundays are closed

Facebook: @serkolo1985angel1

You may remember that I did an earlier review of May's restaurant that was here, and a while ago I saw that there was a new name on the sign. Was it just a change in signage or is it a new restaurant? Of course I had to check things out. So I went up 35E and parked in the lot in front of a small strip of retail sites between Wheelock Parkway and Larpenteur Avenue. Walking in, I saw that there were a dozen booths, six tables, and a short bar for single eaters, including me. It is in a smallish area, maybe around twenty-five feet wide and forty feet deep, with a kitchen in the back. It is clean and well lit, with some decorative Asian items on the walls. The printed menu was a little unusual but helpful in my opinion. Available dishes are numbered on the left side page of the menu, and on the facing page, the ingredients are listed. One example is #11 Massanan Curry that consists of garlic, coconut milk, potatoes and roasted peanuts. There were also photos of the dishes on the north wall. Here are some of the items on the menu:

The Appetizers were spring rolls, egg rolls, and chicken wings. The noodle offerings include Pad Thai, Pad See, Drunken Noodle (Pad kee mao). There is fried rice, curry Massaman, red curry and green curry. Some of the soups are Kuay Jap, Pad Kra as well as Pad Na. There are also several kinds of Pho, such as rare steak, meatball and well done brisket. There is crispy fish, too.

I had never eaten Karen food, so I asked the owner to suggest something. He said Pad Kra Pao, a stir-fried meal. It is sometimes called basil chicken or beef or whatever meat is in it. I opted for the combination so mine had beef, chicken, and shrimp. The other ingredients were onions, red and green peppers,

chopped long green beans, chili and Thai basil in a fish sauce. They did ask if I wanted it spicy and I deferred. It was plated with a generous mound of white rice that was topped by an egg (soft-boiled, poached? with a runny yolk) that is often part of Karen cuisine. I added some beef egg rolls as a side.

There are no alcoholic beverages, but several soft drinks, including three that are from Thailand. There is Thai Tea, coconut juice and Mogu Mogu, which I bought. It has lychee juice and includes Nata de Coco, a fermented coconut juice gel that floats in the juice and is chewable. Ser Lo is the owner and greeter. He grew up in a Karen farm family in Burma, the ancestral home of the Karen people. They faced hard times because the new military government would often raid villages, sometimes burning them and sometimes killing the residents. Like many others, Ser Lo and his family fled to nearby Thailand and spent some years learning the food there until finally coming to Minnesota. This is why the restaurant features two kinds of ethnic food.



Karen Thai Food has been open around two years and it is thought to be the only spot featuring Karen dishes in the Twin Cities. On my way out, a man who had finished eating spoke to me and said, "Be sure to ask them about their Boat Noodles." I forgot to do that but I plan to find out what they are. Can any of you readers clue me in? Steve Trimble can be reached at daytonsbuffdistrictforum@gmail.com



Steve Trimble

Pictured above is the owner of Karen Thai Food, Ser Lo.

Many thanks to our 2020 donors:

MaryAnn Cogelow

John Davidsen

Audrey J. Harken

Jean Rivard

Steve Trimble

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Dear Reader,

The Dayton's Bluff District Forum has been a volunteer-run newspaper since the 1980s and has always operated on a minimal budget. Each issue costs around \$1,900 to produce and mail, per month.

For the past three years we have been soliciting donations through our *Friends of the Forum* program. Thanks to the donations from readers like you, we have been able to keep the paper up and running.

If you value this community source of information, please consider filling out the form below. Any amount is appreciated; you may also make memorial donations, or include the *Forum* in your legacy planning.

If you have been our *Friend* in the past, please renew your membership with a donation in 2020. **Our goal for 2020 is \$18,000; thanks to readers like you, we've raised \$1,815 to date – will you help us reach our goal in 2020?**

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