

East Sider Uses 3D Printer to Print Personal Protective Gear for Those in Need

Allison Lund-Zalewski
Forum Staff

Since the coronavirus pandemic hit the United States, we have seen many doctors, nurses, and care facility workers needing personal protective equipment (PPE). The Forum editor's husband, Andrew Zalewski, and several of his coworkers who work at SmartThings in Minneapolis, have been donating to the Northeast Makers group to make various PPE pieces for those who work in the hospitals.

There are many different PPE pieces people have seen throughout ads, commercials, and maybe even in person. Doctors and nurses not only wear face masks, but face shields as well. Zalewski and his coworkers have been 3D printing with their personal printers, the headbands for those who work on the frontlines in the hospitals.

Zalewski has made ear savers for people he personally knows working in the senior care facilities. For those who are unsure, ear savers are a thin piece of plastic that rests on the back of the person's neck. The person then stretches the elastic pieces that

would originally go around their ears, to the plastic instead, saving their ears from the constant pull and pressure of the elastic.

Since he has two 3D printers, he has made small plastic pieces for people he knows who work in the labs at the University of Minnesota. These pieces attach the plastic face shield to the headband. He is just starting on a new piece that will attach a hose to the back of the face mask that will encase that person's entire head.

"I've always been looking at getting a 3D printer for personal use and this was a great time to buy one," Zalewski stated.

"I've always enjoyed making things, so being able to use these printers for those in need is rewarding." He and his wife, Allison, have also seen to it that they make sure their friends and family who work in the senior care homes receive ear savers since they are required to wear masks for their entire shift.

"It's great to see how many people in the community, even my workplace, are coming together and using their personal printers to donate to the hospitals and other facilities in need," Andrew added.

Zalewski has donated 50 headbands alone to the Northeast Group. He has printed and donated over one hundred plastic pieces for the face shields, as well as 20 tube attachments for the employees working in the University of Minnesota labs. He and Allison donated a couple dozen ear savers to friends and family in Wisconsin who work in the senior care homes.

Dari-Ette Lives on for its Customers; Still on the Market

Sage Holben
Forum Staff

Judging by the enthusiasm of Dari-Ette Facebook comments, area residents and long-distant fans have hungrily welcomed this 2020 Dari-Ette season. Third generation owner, Angela Frida has been making her father's special sauce (you may want to buy your extra containers for your freezer, just in case a new owner doesn't continue the restaurant as the Dari-Ette). Angela describes the recipe as 'near and dear' as is the Italiano pork sandwich, both products of her father's creativity...and she may not part with the recipe.

I wanted to ask Angela several more questions, but she has been understandably difficult to pin down for more than a couple minutes. Talking about the Covid19 restrictions, the Dari-Ette being on the market, she sighed, "This whole thing is tough; I didn't think I'd be here." With all 'this' going on, and a constant flow of customers, and me calling and stopping to nag Angela for some time and comments, I found Angela to be a gracious, patient person.

If you haven't yet eaten at Dari-Ette this season, do it now. Enjoy it on the patio, order from your car, or take it home (with extra sauce for the freezer)! Wish Angela the very best future, whatever plans she is making. She has carried the Dari-Ette torch gamely and beautifully, making the East Side a better place, and doing her grandfather and father proud.

The windows for ordering are still closed due to the Covid19 concerns, but walkers may use the stall closest to the windows to order through the speaker box and they'll bring out the order. They also are taking car orders through the same process to ensure there is minimal contact. There is also a "how to" in how to order printed on their window for those who haven't yet visited since they're reopened.

Hours at this time are:

Tuesday through Saturday: 11 a.m. to 8 p.m

Sunday: 12 noon to 8 p.m

Closed Mondays until further notice.

Closed on all holidays

Art in the Hollow Postponed Indefinitely

Allison Lund-Zalewski
Forum Staff

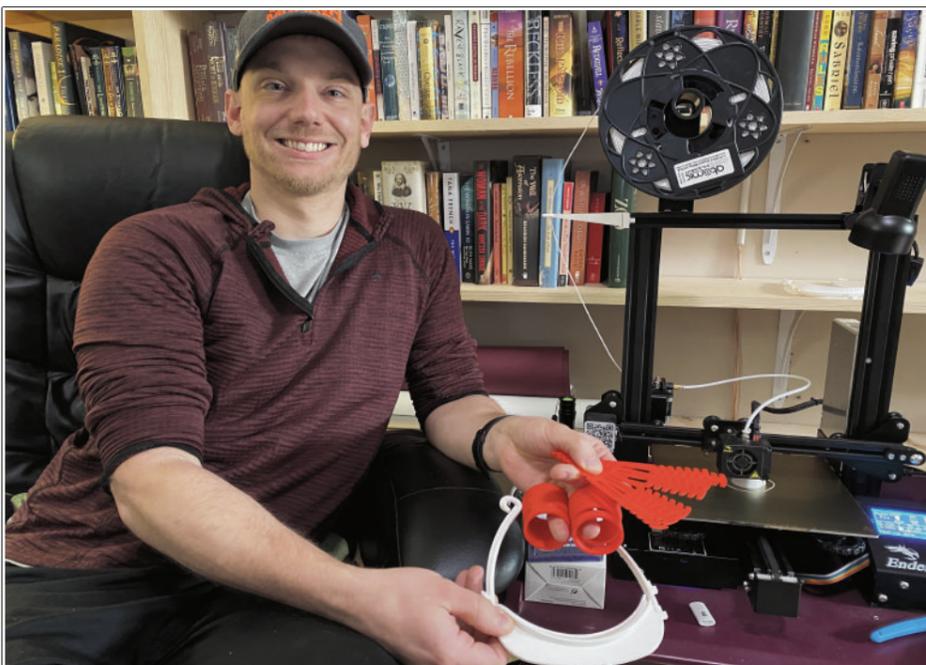
Due to ongoing COVID-19 concerns, the 11th annual Art in the Hollow has been postponed indefinitely. Currently, there is not a rescheduled date, but please check back in at artinthehollow.org for more information.

They are continuing to register artists and vendors despite the postponement. This is to ensure artists who want to participate secure a spot for when the new date is released.

If you have any more questions regarding the festival or postponement, do not hesitate to reach out on the website for more information.

Each year, the Art in the Hollow has more than 50 artists, some performing art techniques for the public.

The park is located just a few blocks east from the city's Lowertown artist area. This event is free to the public with many family-friendly events going on throughout the one-day event.



Allison Lund-Zalewski

Pictured above is Andrew Zalewski holding a face shield headband, the special tube attachment, and a handful of ear savers in front of one of his 3D printers. He is able to use his 3D printers to make different types and colors of personal protective gear for those in need.

Dayton's Bluff
Community Council
668 Greenbrier St.
St. Paul, MN 55106

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Battle Creek Waterworks and Beaches Closed for Summer

Ramsey County

Battle Creek Waterworks in Maplewood will be closed throughout the summer 2020 season to help slow the spread of coronavirus/COVID-19 and protect the health and safety of the community.

Following current social distancing guidelines, the county's swimming beaches will also remain closed and lifeguards will not be on duty at the six guarded locations.

Ramsey County Parks & Recreation and Public Health will continue to monitor guidelines and best practices to determine if and when all beaches may reopen.

Dayton's Bluff Take-a-Hike

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 the COVID-19 virus, there will be no hike for the month of June. Please check back for more information at a later date. 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. We have changed our meeting date to the second Thursday of each month.

Due to the COVID-19 virus, there will be no June meeting. 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, June 4, at 11:00 a.m.** Due to the COVID-19 virus, the meeting will take place virtually. Call 651-776-0550 or email daytonsbuffdistrictforum@gmail.com for more information.

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 next meetings are canceled due to the COVID-19 virus.

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 and 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 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

Due to the COVID-19 virus, the Historic Mounds Theatre is temporarily closed and all events have either been canceled or postponed for a later date.

Please visit our website at moundstheatre.org for more information regarding the re-opening and upcoming events.

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

Dayton's Bluff Library

The Dayton's Bluff Library is temporarily closed due to the COVID-19 virus. Please check back at a later date for more information regarding the re-opening.

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/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 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 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 ap-

pointment 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://animalhumanesociety.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 Rolene, our Client Advocate, can 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.

Cook for Kids

Every summer in Dayton's Bluff a kid misses a meal because school is out. We want to provide one hot meal daily for five days.

We need volunteers and people who love to cook for kids and provide many different options for that day.

We want to make sure kids eat hot meals. Would you consider being a part of this adventure in Dayton's Bluff?

Contact: daytonsbuffcommunity.on-microsoft.com for more information and to sign up for volunteering.

Landmark Center

Due to the COVID-19 virus, Landmark Center is closed to the general public, including all museums and galleries.

It will remain open only to office tenants at this time.

There will be virtual tours and shows to watch on their website, free to the public.

Please watch landmarkcenter.org and social media pages @landmarkcenter for status updates

Landmark Center staff will be available to answer any questions at 651-292-3225.

Yard Work Assistance

Need help raking leaves in your yard? Our volunteers are ready to help!

Contact us today and we will get you set up with spring cleanup.

Call us at 651-683-2326 or email us at Info@EastSideElders.org

The Golden Years of Aging

Clara Martin
Special to the Forum

What do we know about aging that we didn't know when our parents were in their golden years? First of all, we thought our parents were always old and we were determined to never be like them when we became old. We promised ourselves we would stay active, we would find topics to discuss that didn't concern clinic visits, funerals, ailments, medications, bunions, or sleepless nights. We would be more understanding of the younger generation and never criticize their taste in music, dress, movies, etc.

All those promises were fine until we turned 50 and received our first AARP magazine in the mail. That's when the golden years began to creep in all too quickly and began to show a little rust around our youthful self. We complained to a friend, who was also 50, and together we conversed about how it felt to be considered a senior at 50 years old. Our promises about not discussing aging fell away at that time. We began to read our monthly magazine, assured ourselves it wouldn't be a crime if we joined the organization and took advantage of some of the senior discounts. A few more visits to our doctor started adding to our social calendar and we started hearing more advice about aging from our physicians.

Our parents, if still living, began to look a little younger to us as we navigated through our aging process. Each decade of aging brought new challenges: A little stiffness in the morning; a sleepless night here and there; a need to turn the television volume up a little; a little more affection for our sweaters or turning the heat up just a bit.

Children began chiding us about our forgetfulness. They began offering their hand or arm when walking in

the winter. Holiday dinners were hosted more often at their house. They chauffeured us around so we didn't have to go out on our own. And, sometimes they made us meals to fill our freezer. They talked to us about purchasing a life alert system, a better bath mat, an adjustable bed, a shower seat, and schooled us about the advantages of closed captioning. We began to realize how fortunate we were to have them. And, we wondered if we were this good to our aging parents.

Once retired, the worry of budgeting on Social Security can be a challenge. The monthly check can be a far cry from what we lived on in our younger years and can make budgeting a challenge. We had to learn how to manage with Medicare and work our way through the endless advertisements for supplementary health insurance. It's a complicated system made more difficult than it should have to be for seniors. Thankfully, some of us have children to help make sense of it all, but there are plenty of nonprofit agencies to reach out to that also offer great services for seniors struggling with medical issues, housing issues or long-term care questions.

Stephen F. Barnes, Ph.D. San Diego State University, writes (2011) about the "Golden Years of Adulthood" and calls it the Third Age. He says, "In the Third Age, chronic diseases are among the most common and costly health problems facing older adults today. Because they are linked to lifestyle choices they can be prevented, lessened, or managed. These include weight gain, muscle mass loss, late onset diabetes, cardiovascular diseases, etc. Well into old age, biological self-repair mechanisms, neurogenesis, and neuroplasticity remain functional although at clearly reduced levels of efficiency

If aging hasn't rendered a senior with a debilitating health issue, there are plenty of volunteer activities to participate in to remain active and feel like a vital member of the community. AARP offers opportunities for seniors to be literacy mentors to students who have fallen behind in reading. There are volunteer positions with environmental groups, long-term care facilities, humane societies, legal fields, libraries and so much more. Some seniors continue to dance, sing, and play musical instruments. Many seniors find time in their golden years to participate in politics, sit on boards, use their wisdom to guide decision-making. So much is

possible if a senior citizen wants to be out and about and not sitting at home.

There is more positive evidence about aging in regard to emotional well-being. Emotional experience, expression, and physiological responsivity change little with age, and older adults self-report the same levels of emotional intensity as younger adults but with more complexity and poignancy (i.e., mixed emotions) (Carstensen, Mikels, & Mather, 2006). Emotional declines have also been reported for older adults in the magnitude of physiological reactions but with fewer negative emotional experiences overall, particularly with reductions in anger. In contrast, emotional stability and control improves with age relative to younger adults. Older adults display less negativity, a decline in emotional intensity, and a reduction in trait neuroticism (Williams, et al., 2006).

Older adults also show significant changes in the ratio of positive-to-negative emotion, with a reduction in the experience, memory, and recognition of negative emotion, but increases for positive emotion in similar situations and contexts. This emotional shift has been termed the "positivity effect" and has been observed in multiple domains, including autobiographical memory, long-term memory, working memory, and attention. Carstensen, Mikels, & Mather, 2006; Charles, Mather, & Carstensen, 2003).

These findings will vary as each of us has our own individual economic situation, lifestyle and health concerns. But the studies can give us a general sense of what the Third Age looks like and debunks some of the myths about the golden age. Growing old doesn't need to be relegating our days to the rocking chair, padding around in our comfy slippers, giving up activities we love, and leaving life to the under 50 crowd. Yes, there may be more trips to the doctor's office, and we may find we're attending more funerals, but we can still enjoy life even with all the changes and challenges.

Clara Martin (nom de plume) is a Minnesota native currently residing in the beautifully diverse neighborhood of East St. Paul's Dayton's Bluff. She is a retired English teacher, literacy mentor, editor and writer. She is the mother of four adult children and has three grandchildren.

View From My Porch Life with Covid19: Mysteries, Reflections, & Surprises

Sage Holben
Forum Staff

"Hug, Sage, hug." That was my three-year-old neighbor, on the sidewalk side of the latched gate. From my porch I told her "Not today, sweetheart." I offered air kisses, high fives, and air hugs, but she didn't understand my 'no'. I wondered who felt more wounded. Being 74, with underlying medical conditions, I had promised friends and family to better observe distancing. After having to say no, I have often chosen not to be present on my porch when my youngest neighbor kids were outside; it hurt to say no to their visits.

My opening days of Covid19 began with weird conversations about toilet tissue. Who would think TP would become THE topic among friends, strangers, and news programs? It was nicely timed that Covid19 didn't occur around high school homecoming...come to think of it, I haven't tp'd a tree since I lived in Wisconsin. The first time I found TP on a store shelf was in Target in late April. I touched it longingly, claimed it, and realized I was actually hugging the 6-roll package of Northern! I found a new meaning in 'relationship'! It was almost the way I began feeling about my bar soap. Normally, I use liquid soap, but using bar soap encouraged me to wash my hands for the full recommended time. After several days, with a bar at the kitchen sink and one in the bathroom, I found myself almost obsessed with the time it would take for the soap bars to fully 'melt'.

My bathroom relationships hadn't completely overtaken my Covid19 life. A dear friend from my five years in Iowa called me a couple weeks ago - we had lost touch when he moved to Pennsylvania and I moved to Minnesota. We had worked together in Iowa and made sanity-saving overnight trips from Oskaloosa to Cedar Rapids, searching for hot toddies, and so much laughter; we've since spent hours on the phone and Jason sent a huge arrangement of roses last week. Covid19 has encouraged many of us to think of 'lost' friendships.

I've called my share of friends with whom I've lost touch; and received calls from others. It's been an enlightening reminder of how many lives we touch, how we cherish those we love, and...how easily it is to lose someone to a death. One of my friends described the Covid19 threat as a crap shoot: 'you never know when it's going to be your time; and there'll be little you can do.'

What I can do is cherish and demonstrate that feeling; I can respect others' space and comfort level of living in the company of this virus. I contemplate what positive attitudes and behaviors I will carry with me into the 'new normal' whatever that is and whenever we make that transition.

One thing that has changed and has affected my sleep is my hypervigilance and my stress level. The amount of questionable activity in my neighborhood has increased, and it was extreme before this! During early March we lived with an eerie quiet - almost no vehicles on the street, fewer people out, and more dogs running loose. In the weeks since, traffic has picked up. The four-way stop signs have become more meaningless than ever. Twice I have seen in the last week, cars stop within a foot of hitting each other as one of them ran the stop sign. More cars than I've ever tallied run the stops at higher speeds, one, two, three cars in a row...I wait for the crash. Two cars? A car and a bike, a child? A city bus and car? Walters Waste Collection or FedEx running the stop AGAIN? I wait...with my phone charged to call 911.

Then there's the white semi. Who does drug deals in a full-sized white semi truck? Cab logo rubbed out, leaving a slight orange-red color, this semi-regularly has parked on the corner of Fourth and Bates. A truck flashes up the street, parks near the car and the semi passenger jumps into the car for half a minute, gets out, pockets something, gets back into the semi cab; the car tears off and the semi also leaves immediately...until the next Friday.

During my years here, I've observed that the intersection of Fourth and Bates, a short block off 3rd Street makes a perfect drug connection - easy in and out - to the freeway. And then, my mind is still stuck on 'a drug deal with a semi? For a while several years ago, truck drivers were picking up drugs AND prostitutes on Fourth and Maria. So, my mind wanders to what else would a semi be used for with perhaps a money exchange? As usual, I got a picture of the 'suspicious' truck (the plate was dirty, but I did get a photo and a number from the trailer itself).

Never quiet, on April 4, a shootout occurred around the corner on Fifth Street. KSTP reported that police found 47 casings; also a magazine for a Glock pistol in the house where the 'houseparty' took place. Amazingly, no one was injured. A neighbor, whose house camera caught the shootout, sent the video to KSTP, the only media to note it. It made me wonder how much of this gun violence occurs without our notice?

Many people who heard the shots at about 11:30, thought they were hearing fireworks, not rapid-fire shots. If the neighbor had not sent in the video, this would have seemed insignificant (for the East Side), as no one was injured; simply, another 'shots fired' incident in Dayton's Bluff. And what are the effects? No human bodies were damaged, but bullets went through a neighbor's windows, were embedded in a bedroom wall. No, 'no injuries', but a good neighbor is moving his family, others are nervous.

I am seeing more drug exchanges on my street during this Covid time. Another nearby house has people going in and out, from car to house, house to car every 15 to 30 minutes and people from car to car. Our block now has become a meet, greet and pocket on most evenings. Cars related to the apartment blare horns. Because my neighbor down the block tells me of another party house with youth nearby, I am tense. I have considered how I will 'fall' out of my bed, away from the window; where I will find cover in my home, checked out which walls bullets will not penetrate. I am tense, and I am waiting. I am waiting...

Sew Masks for Seniors!

East Side Elders

Calling all sewing folks! We are looking for people to make and donate fabric masks — using the pattern of your choice — to distribute to seniors and the volunteers who serve them.

If you can help, contact us at 651-683-2326 or Info@EastSideElders.org.

We serve over 600 seniors so the need for masks is very great and every donation helps!

Contest: Where in Dayton's Bluff?

Send your guess to daytonsbluffdistrictforum@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 July edition of the *Forum*. Congratulations to Eric Buck, winner of the March/April contest with a correct location of 968 E. 4th Street.



Dayton's Bluff District Forum

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Next issue: July 2020. **Deadline for material: June 10, 2020.**

Free Virtual Nature Programs Available

Ramsey County

In-person events may have been canceled, but we're still celebrating spring. Tamarack Nature Center is producing free virtual programs for everyone to enjoy from home.

A new nature topic such as making maple syrup or growing a garden will be released each week. Follow along on Facebook or tune in on YouTube.

Missing Coffee Shop Atmospheres

Sage Holben

Forum Staff

Ever since this 'sheltering-in', I've had difficulty focusing on writing. I have tried different tables and chairs- various heights. I've tried lighting, background noise — talk radio, music; various times of day....no use. I am used to writing in coffee shops.

What is missing? People coming and going of course — through them lies much of my inspiration. Well, that's something I can't replicate. What else? Aha! Day before our editor's deadline I went to Lunds & Byerlys and stocked up on all kinds and forms of dark chocolate and pastries, flaky butter croissants, Danish, and a tart lemon bar. I made a full pot of Sumatra (how I miss Kenya AA!). Five cups of coffee, one croissant, one Danish cream cheese plait, one L&B sea salt dark chocolate caramel, I was done with my writing!

I couldn't replicate a coffee shop, but I filled it with some of the available items....I stopped short of charging myself for the treats! Maybe next month I will make a quiche since I spent so much time in Swede Hollow Cafe.

MOUNDS PARK BARBER STYLISTS



(651) 771-6980

**APPOINTMENTS AVAILABLE
TUESDAY THRU SATURDAY**

1043 OLD HUDSON ROAD
SAINT PAUL, MN 55106

Judy Lee

Select Ramsey County Outdoor Activities Open Golf Courses, Archery, and More

Ramsey County

Governor Walz's recent executive order expands allowable outdoor recreational activities, encouraging Minnesotans to stay active and enjoy the outdoors while slowing the spread of coronavirus/COVID-19. Tug lub courts and archery ranges are open for players to enjoy while practicing social distancing. League or tournament play is not permitted until further notice.

The Keller Golfview parking lot is closed for construction. Access and parking can be found at the Round Lake or Lower Keller picnic areas.

In accordance with Governor Walz's Executive Order 20-38, all Ramsey County golf courses are open with modified service.

Special procedures have been established to limit contact and minimize touch points throughout the courses as preventative health measures for both golfers and course staff.

Golfers are encouraged to prepay by booking their tee times online.

*You got somethin' to say? Say
it here!*

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

daytonsbluffdistrictforum@gmail.com

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

**Deadline for the July issue of
the *Forum* is June 10, 2020.**

Standing Together Against Intolerance

*William Zajicek
Special to the Forum*

As even the faintest hint of spring begins to appear in the Twin Cities, many of us are struggling with the dual impulses of going outside and gathering with friends and family, yet still exercising physical distancing as required by state and local mandate.

At the same time, there is another situation of dual impulses we wanted to take some time to address. For the vast majority of people during this unprecedented time with COVID-19, the natural inclination is to demonstrate kindness and warmth for our fellow citizens. Perhaps it's checking in with relatives and long-lost friends to make sure they are doing all right or making the effort to wave hello to people you see across the street.

Unfortunately, the other side of that coin has been an increase nationally and locally in verbal and physical threats aimed at people and institutions of Asian descent. We speak from experience, as even friends of the Minnesota China Friendship Garden Society have been the targets of hateful insults trying to blame China and Asians in general for the pandemic.

Speaking for our organization and speaking for everyone I've known for many decades in the Twin Cities – this is not who we are.

The Twin Cities I know is a beacon of tolerance and caring. A community which seamlessly blends good old fashioned midwestern kindness, with a modern appreciation for the diversity of a world-class metropolitan region.

My sincere hope is that a misguided and vengeful few – mostly hiding behind the anonymity of message boards and online comments – will not have their voices elevated over the vast majority in our community who understand the collective nature of this crisis. No country and no particular group of people are to blame for a global pandemic. As is often heard these days by responsible elected leaders, business leaders, and community leaders – we are all in this together. And together we will rise and become even stronger than before.

For those of us who represent the St. Paul-Changsha China Friendship Garden, we are proud that this *Garden of Whispering Willows and Flowing Waters* offers a place where individuals can leave the quarantine of their homes and enjoy the solitude and splendor of the outdoors. Our garden provides a safe and beautiful place where social distancing exists in harmony with the intimacy of nature. One can sit under the beautiful open-air Xiang Jiang Pavilion and take in the sights, sounds, and smells of nature to relax and contemplate.

Further, when the pandemic abates and the quarantines lift, visiting and supporting all kinds of cultural venues throughout the Twin Cities is the most profound way for all people to show appreciation and love of our wonderfully diverse and tolerant city.

None of us know exactly when this crisis will end and what "the new normal" will look like. But I would bet my very last dollar that sometime in the near future, the good people of the Twin Cities will once again gather within our institutions, venues and public spaces and celebrate the diversity and spirit which makes this community such a wonderful place to live and work.

William Zajicek is president of the Minnesota China Friendship Garden Society. The St. Paul-Changsha China Friendship Garden of Whispering Willows and Flowing Waters is located at the northwest end of Lake Phalen in Phalen Regional Park, St. Paul, Minnesota. It is free and open year-round. More information about the organization can be found at: <http://mnchinagarden.org/>

Looking for Help with my Ancestry

Eugene Franzwa

I am seeking information on my aunts and uncles. Listed below are their children updated from my Ancestry of the Franzwa (Franciso) family. If you have any information please send it to me, Eugene Curley Franzwa (son of Anthony), 814 Paul Circle, Brainerd MN 56401.

Peter J. Franzwa's father was Anton Peter born 11/21/1885 in Baraboo, WI. Peter married Anna Braum Sept. 18, 1885 at Assumption Catholic Church in Saint Paul, MN. They had nine children listed below:

Mary:	B: 02/28/1887	D: 04/09/1902	Stove accident
Fred:	B: 07/03/1888	D: 09/25/1888	Died as an infant
George:	B: 10/29/1889	D: 10/31/1960	Married Anna Scnnabel
John:	B: 02/07/1891	D: 02/26/1960	Married – Orpha Grimes
Catherine:	B: 07/26/1895	D: 10/14/1992	Notre-Dame sister
Ann:	B: 09/21/1898	D: 06/26/1983	Married – Louis Hunn
Clara:	B: 01/23/1901	D: 01/01/1997	Married – Joseph Tacheny
Anthony:	B: 09/08/1904	D: 09/15/1989	Married – Anna Wodarz
Martha:	B: 02/14/1907	D: 06/27/1990	Married – John Schroepffer

Please send information to: Eugene Curley Franzwa (son of Anthony) to 814 Paul Circle, Brainerd MN 56401.

Send in Photos and Letters to Seniors

*Sharyl Kaase
Cerenity Senior Care*

The "GramsForGrands" program at Cerenity Marian invites children, family members and the public to send cards, letters, artwork, drawings or inspirational messages to its residents. The messages and artwork will be distributed to the center's grandmas, grandpas, and other residents as well as posted on an "art gallery" wall in the community for residents and staff to enjoy.

"Recent changes in federal and state regulations have led to restrictions in visitors to senior care centers nationwide as well as limits in group activities," said Kay Schumacher, Executive Director of Cerenity Marian.

We know that cards, drawings, and letters from their neighbors in the community would be such a day brightener for our residents and give them something special to look forward to.

Artwork, cards, letters, and other messages can be mailed to: Cerenity Marian, #GramsForGrands, 200 Earl Street, St Paul, MN 55106. Messages can be addressed to specific residents or sent to Sharyl Kaase for general distribution and posting at the center.

Emailing artwork and other creations is also a possibility. Take a photo or scan drawings and letters and email them to sharyl.kaase@bhshealth.org.

Messages without attachments can also be sent to residents by visiting the "Contact" page at www.cerentiyse-niorcare.org under "Connect With Us" menu.

For more information on the program, call Sharyl Kaase at 651-495-1819 or visit us on Facebook.

"We would like to thank the community for its support during this time, including families who have been so understanding of recent changes we've made focused on protecting residents' health, wellness and safety, as well as our frontline staff who remain dedicated to the exceptional care of our residents," Schumacher indicated.

Cerenity Marian is continuing to serve the local community at this time with a variety of services, including short-term care and rehabilitation, independent living, assisted living, memory care, long-term skilled nursing care, and end-of-life care.

Seely Sez Free Food to Those in Need

*Seeley Booth
Special to the Forum*

Here I am, still getting to know what's new on the East Side of St. Paul. Not any new restaurants being opened, but many current ones have gone to take out or curb side food. But this issue's story is about how one woman has started a growing enterprise that is helping distribute food in our neighborhood.

In April, Heather Gugusberg was looking at her kitchen and saw some food items they had too much of or her daughters weren't that fond of. So, Heather thought, why not put it out

with a sign "Free Food" and see what happens? She and her family have been living in the Dayton's Bluff neighborhood since October 2014.

She started with only one table and a cooler and people came to get food. Then, community people started bringing donations to the site at Margaret and Duluth. Word spread through Facebook sites like East Side and Dayton's Bluff Interests and things grew, with an extra table, a refrigerator, and a tent top covering. Heather doesn't like taking credit for this and says it is a community thing. However, she is usually there to help. It has been going strong and has gotten bigger since then.

The Free Food site is at the front yard of 1182 Margaret and is open 10:30 a.m. to 10:00 p.m. or even a bit later sometimes. The food is available every day, unless there is really a hard-blowing rain that could spoil the food. If you want to help out, Heather would appreciate donations.



Seeley Booth

Pictured above are Heather Gugusberg and her daughter Ariayanna in front of the free food tent. The tent is located at 1182 Margaret. They are open from 10:30 a.m. to 10 p.m.

Featured Pet of the Month Send in Your Story!

*Rosemary Johnson
Special to the Forum*

In recent issues, we have encouraged you, the reader, to place your pet or pets in the spotlight.....where have you been?! Certainly, now that many of you are 'sheltering-in' you might make time to glorify or brag about your critter(s) who welcome you home?

I've heard recently about an East Sider with two huge iguanas. What lives with you? Is it the chicken? Do you have a rabbit that is litter box trained? Is it a boa...or is that a python wrapped around Sage's neck? No, that's not really her pet...he was visiting Sage at work several years ago...but would she like a python for a pet? Well, maybe. They are sensitive creatures, smooth to the touch, and they like to hug.

Tell us? How did your pet adopt you? Have you had strange or at least interesting experiences? Do you have an 'exotic' pet? Does the city know about it? What is special about your pet relationship? C'mon, even if it's a humongous cockroach, it would be fun to hear about it!

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



Sage Holben

Pictured above is *Forum* staff Sage Holben holding a giant boa constrictor. Pictured behind her is the handler, left, and Rebecca Dixen on the right.

Worldwide June Celebrations

*Temperance Brennan
Special to the Forum*

I wonder, with the worldwide pandemic, if some, or many, of the celebrations seen below will be cancelled because of the coronavirus? As an anthropologist, this might be looked at and perhaps I could publish an academic paper on national cultures and how they have dealt with how to celebrate what are often very large gatherings. Will they turn to technology? How about our own Flag Day and Father's Day in June? What do you think?

June 5: President's Day is Teodoro Obiang Nguema Mbasogo's birthday, which is celebrated annually on June 5. He has been the political leader of Equatorial Guinea since 1979 and is known for ousting his dictator uncle, Francisco Macias Nguema.

June 10: Portugal Day, officially known as Dia de Camões, de Portugal e das Comunidades Portugues commemorates the death of Luis de Camões, a Portuguese poet and literary

icon, who died on this day in 1580.

June 14: Flag Day commemorates the adoption of the flag of the United States on June 14, 1777 by resolution of the Second Continental Congress Although Flag Day is a nationwide observance, it is not a public holiday in many parts of the United States.

June 17: Icelandic Independence Day, also called Icelandic National Day marks, Iceland's move to separate from Denmark.

June 21: Greenland National Day was first celebrated in Greenland in 1983 as a day to express cultural and national unity. It was chosen for National Day because it is the longest day of the year, in a land with many short days with little daylight.

June 28: Vidovan is a Serbian national and religious holiday, a slava (feast day) or 15 June according to the Julian calendar, in use by the Serbian Orthodox Church, to venerate St. Vitus.

June 30: Revolution Day: In 1989 there was a bloodless military coup. Its leader, Omar al-Bashir, carried out executions and purges allegedly to save the country from the "rotten political parties". He became President of Sudan in 1993.

Volunteers Needed for Various Community Jobs

Storehouse Grocers and Youth Soccer Coaches

Carl Johnson
Faith City Church

We need your help in this season amid COVID-19 closures. We need you to help us feed and minister specifically to the poor. We need help to get catered food. I am being truthful. Storehouse Grocers needs your help as well.

We are a small grocery that is facing a huge issue to stay open when distributors can't give us food. Opening up new accounts in this season is very hard.

If you would like to specifically help with the Grocery Store in this season please email carl@storehousegrocers.com

In March alone, we were able to feed 400 people with your help! We are still going forward.

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. We have a need for youth soccer players from the ages 3 to 12 years.

We want to offer our neighborhood a program that can bridge the generations.

Contact: daytonsbuffcommunity.onmicrosoft.com for more information and to sign up for volunteering



Steve Trimble

Pictured above is ongoing construction on Mounds Boulevard. The construction is to widen the trails and lay down new asphalt from Plum to Earl Street.

Considering a Move?

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(651) 263-2830 or bradgriffith@edinarealty.com

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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.

With the shut down for sit down dining, I obviously have not been able to visit some of the new restaurants. Instead, I will print some of the places that have not yet been featured in the Forum. Here is one that I have been going to for quite a while. I called them up and they are now set up for takeout meals. They are offering their regular menu except for the soups. They are available from 10:00 a.m. to 10:00 p.m.

Marquez Grill Taqueria

Phone: 651-774-7109

870 Payne Avenue
St. Paul, MN 55130

Monday-Sunday 10 a.m. to 9:30 p.m.
Website: <https://www.facebook.com/tacomarquez/>

A new month, time to make another round of visits to a variety of restaurants. I decided to treat Elliott, my neigh-

bor, who had just come back to the East Side from Massachusetts, to a dinner. He was mourning the death of his pet squirrel. We ended up going to a Latino establishment, helped by the fact that he speaks Spanish. He brought along his brother and mother - call me cheap, but I asked those two to pay for themselves.

The menu includes tacos, tortas, burritos, quesadillas, caldos, and other choices that were all pictured in photos on the wall outside the cooking area. We started out with

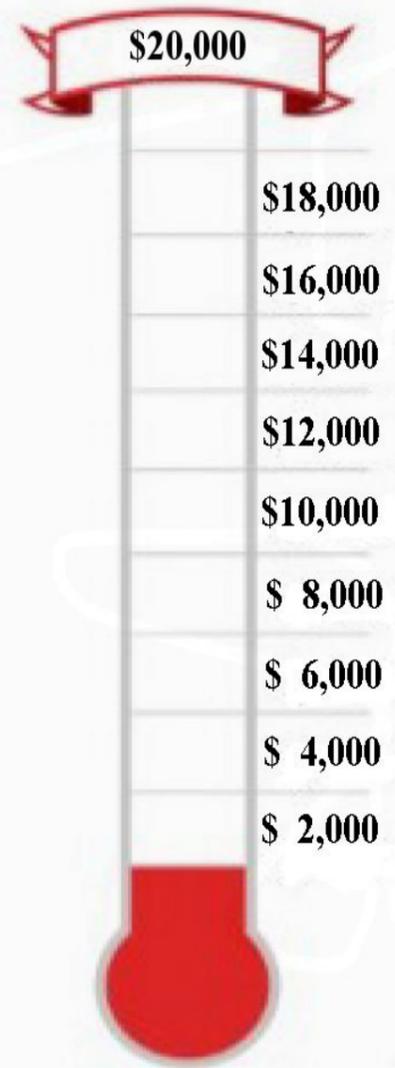


an appetizer of nachos. Then I had a plate of four enchiladas complemented with refried beans, rice, and a touch of shredded lettuce. My friends had a quesadilla, alambre, a plate of diablo shrimp, and a couple of Jarritos fruit punch. My companions were positive in their opinions.

The restaurants will cater banquets. Rodolfo Marquez and his wife are the owners. They were born in Mexico and raised in California before coming to St. Paul. His brother owns the ByMore grocery across the street. The busiest time is lunch and we were alone at a little after 8:00 p.m. Before we left, there was a group four police officers who came in for a snack. They will cater food.

Many thanks to our Friends of the Forum 2020 donors:

- MaryAnn Cogelow
- John Davidsen
- Audrey J. Harken
- Jean Rivard
- Steve Trimble
- Greg Cosimini
- David Lyons
- Sage Holben



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Greg Cosimini

On May 12th the Saint Paul School Board gave final approval to the \$51.6 million renovation of the American Indian Magnet School.

Help us raise money to print the Forum! Your name could be featured above with our 2020 donors!

Friends of the Forum

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?**

Sincerely,
The Davton's Bluff District Forum

Yes, I will become a Friend of the Forum. My tax-deductible check is enclosed, for:

\$100 \$50 \$25 Another amount _____
Or give online: razoo.com/Hopewell-Communications-Incorporated.

Name _____ Email _____ Phone _____

Address _____ City, State, ZIP _____

Make checks payable to: Dayton's Bluff District Forum and mail to 668 Greenbrier St, St. Paul, MN 55106. For more information, contact 651-776-0550 or daytonsbuffdistrictforum@gmail.com.

Thank you for your support!