

Dayton's Bluff District Forum

Volume 32, No. 7
August 2019
daytonsbluffdistrictforum.org

"The Voice of the Community"

Another successful season for Art in the Hollow!

Karin DuPaul
Forum Staff

The weather was perfect for the 10th Annual Art in the Hollow on Saturday, June 1, in Swede Hollow Park. More than 70 artists of all types sold their art, including paintings, jewelry, photography, pottery/ceramics, textiles, woodcraft, and more. The day included music and art under the East 7th Street Improvement Arches.

Around 2,000 visitors attended this year's festival, a number of them exploring Swede Hollow for the first time. The day kicked-off with a delicious array of breakfast items for the artists: cinnamon rolls from Swede Hollow Café, coffee from The Goat Coffee House, and pastries from La Palma. Volunteers including the St. Paul Police Reserve were on hand all day and helped artists to get their art and equipment down into the hollow.

This year there were three stages featuring talent all day. The main stage was managed once again by Paul Garding, a wonderful entertainer himself. The acts included an excellent Mariachi Band, Kalpulli Yaocenoxtii, Kirk Larson, DJs from WEQY, Nancy Guertin who told Swede Hollow stories, and other great entertainers. The south stage was in the East 7th Street Improvement Arches and featured 40 performers performing poetry, music, spoken word, and dance all day from The TAP organization. This is the second year that The TAP has been part

of Art in the Hollow. The TAP is a local group that works to bridge the gap between those with disability labels and their communities. As their website proclaims, "When we come together, we ALL change. We party. We make friends. We help each other. We live better."

The third stage was at Hamm Park at East 7th and Greenbrier Streets, in celebration of the upgrades made to Hamm Park. On the stage were the Kalpulli Yaocenoxtii dancers, Esencia Mexicana, Ina Yukka, and Yes Dance Academy. Indigenous Roots Cultural Center hosted the celebration event at Hamm Park. The Hamm Park land was donated to the city of Saint Paul in 1910 by William Hamm in memory of his father, Theodore Hamm, who started the Hamm's Brewery.

Artist Diane May provided beautiful face painting in the kids tent, and youth from Indigenous Roots staffed the teen tent for young people to do art activities. The Swede Hollow history tent was staffed by historians Steve Trimble, Angela DuPaul, and Marilyn McGriff. Chee Yang from the St. Paul Parks department and Friends of Swede Hollow had visitors give input and suggestions on the Swede Hollow Master Plan.

After Art in the Hollow was over and cleaned up, artists, staff, and volunteers enjoyed an "After It's Over Meal" courtesy of Yarusso Brothers and Friends of Swede Hollow. The celebratory feast took place in a large tent on loan from Dayton's Bluff Neighborhood Housing Services. Many partners help make Art in the Hollow a great success each year.

Karin DuPaul can be reached at daytonsbluffdistrictforum@gmail.com.



Mandy Okonek

An all-ages crowd gathered on Friday, June 21, at Dayton's Bluff Community Garden to watch Open Eye Figure Theater's original production, *Katie Tomatie*. The family-friendly, community event was the perfect way to kick off summer, enjoying the beautiful weather on the longest day of the year.



Karin DuPaul

Dancers entertain visitors to the 10th Annual Art in the Hollow on June 1.

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Urban Garden Party: Dayton's Bluff Community Garden kicks off summer with outdoor theater

Mandy Okonek
Special to the Forum

To celebrate the longest day of the year, The Dayton's Bluff Community Garden hosted Open Eye Figure Theater's outdoor puppet show, *Katie Tomatie*. Open Eye Figure Theater has been facilitating roving "drive-way" performances for 17 years, encouraging neighbors to gather together and enjoy live outdoor theater in their driveways, yards, or in this case, community garden. In the digital age where most entertainment exists on screen, outdoor theater, sound-tracked with an accordion player, provided nostalgia for the time "pre-internet." The play was showcased in a prefabricated theater erected in the garden, starring hand-crafted papier mache puppets.

The story *Katie Tomatie* revolves around the relationship between Katie and her new pal Mr. Boo Boo,

a friendly, whimsical skeleton whom she meets after accidentally digging too deep in her garden planting a tomato seed. Katie and Mr. Boo Boo's adventures were engaging for the audience and sprinkled in just the right amount of carefully crafted puns and dad jokes.

The performers stayed around after the show to provide all the excited children and audience members an up-close look at the puppets. After the play, Metro State alumnus Cameron Ulmer shared his skills of circus arts with a juggling and unicycle performance.

The green space in the garden provided a perfect venue as neighbors, young and old, connected through outdoor theater. The raised garden beds provided seating and a talking point for gardeners to showcase their plots. This year, The Dayton's Bluff Community Garden has transformed from a seniors-only garden to include gardeners of all ages.

As the garden grows to include elders and children, this event provided a great opportunity to celebrate a shared love of gardening and community. More garden information is available on Facebook @daytonsbluffcommunitygarden.

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, at Earl Street and Mounds Boulevard, at 10:30 a.m. The next hike will be on Saturday, September 14 (there will be no August hike). The hike is one to two hours long and will end at Swede Hollow Park or East Side Heritage Park, depending on the desire of the hikers. Share and learn a little history along the way! Email karindupaul@comcast.net or call 651-776-0550 for more information.

Friends of Swede Hollow

Watch over, restore, and celebrate the history of Swede Hollow Park. Join the Swede Hollow community at their monthly meeting on Thursday, August 1, 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, August 3, at 10:30 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 Saint Paul Police will host their monthly meetings for community members at the Eastern District Police Office at 722 Payne Avenue, on the corner of Payne and Minnehaha.

The next meetings are on Wednesday, August 21, at 9:30 a.m. and 6:30 p.m. Meetings are intended to be a time to listen to and address concerns about crime and other issues on the East Side.

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

Saturday, August 3 and Sunday, August 4: *Scenes from Babes in Toyland and Gilbert & Sullivan* presented by Chanson Vocal & Music Academy Performing Arts Camp For Teens. Times: Saturday, August 3, 7:00 p.m. and Sunday, August 4, 2:00 p.m. Tickets: \$10 at the door.

Visit moundstheatre.org for information on upcoming events in July. The Historic Mounds Theatre is located at 1029 Hudson Road, St. Paul, MN 55106; 651-772-2253; historicmoundstheatre@gmail.com.

August at the Dayton's Bluff Library

The following events take place at the Dayton's Bluff library, 645 East Seventh Street, Saint Paul. The library will be closed on August 31, in observance of Labor Day.

Tuesday, August 13, from 6:30 p.m. to 8:30 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.

Summer Spark takes place on Wednesdays throughout the summer, featuring performances and other fun activities for kids from 3:00-5:00 p.m.

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

Wish List Care Packages

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

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

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

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 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 Dayton's Bluff Neighborhood Microentrepreneur class helps start-up and young businesses on the East Side. All East Side entrepreneurs are welcome. Class training lasts 12 weeks and includes topics such as operations management, marketing, financial management, one-on-one assistance with creating a successful business, and developing a business plan, plus eight hours of one-on-one assistance with creating and preparing a business plan.

Those who successfully complete the course are eligible for ongoing business support services (they don't have to locate their business in target neighborhoods to be eligible).

The course is sponsored by the Dayton's Bluff Community Council and the Neighborhood Development Center. There is a small registration fee based on a sliding scale. Class size is limited, so sign up now. Please call the training department at 651-379-8113.

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 information on 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, such as senior centers and libraries, in the seven-county metro area.

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.

Explore Saint Paul with a Walking Tour

Take a free Saint Paul Walking Tour from Landmark Center

Visitors and residents alike are invited to explore Rice Park, St. Peter Street, and Saint Paul's riverfront with Landmark Center's Saint Paul Walking Tours. Beginning in June and continuing through September, Landmark Center tour guides will lead three different walking tours of Saint Paul. Tours are free and operate on a rotating schedule, departing on Wednesdays at 10:00 a.m.

"Walking tours are great for both visitors and residents," said Bob Wagner, a Landmark Center volunteer and creator of the walking tours. "People take their hometowns for granted, but there's always something new to learn, whether you're a lifelong resident or a tourist."

The *Rice Park Tour*: The second Wednesday of each month, departs from Landmark Center's Visitor Information Desk. The tour circles one of Saint Paul's most iconic parks, and stops in the surrounding buildings which give the park its central role in city events and celebrations.

The *Heart of the City Tour*: The third Wednesday of each month, departs from Landmark Center's North Lobby (6th Street entrance) and travels down historic St. Peter Street highlighting some of the most famous landmarks and influential buildings in St. Paul's history, including the Hamm Building and Mickey's Dinner.

The *Great River Tour*: The fourth Wednesday of each month, departs from Upper Landing Park (Shepard Road and Eagle Parkway). The tour walks along the mighty Mississippi, highlighting buildings and locations that helped make Saint Paul the city it is today.

All tours are FREE, operate June through September, and begin at 10:00 a.m. Space is limited, reservations are required. For more information or to make a reservation please call 651-292-3276 or visit www.landmarkcenter.org/saint-paul-walking-tours.

No Dayton's Bluff Community Council August Meeting

The August 19 Dayton's Bluff Community Council (DBCC) meeting will be replaced by a working meeting for the DBCC Board. Visit daytonsbuff.org for upcoming meeting dates.

Church of St. Mary

261 E. 8th St. Saint Paul, MN 55101



UPCOMING EVENTS

NATIONAL NIGHT OUT CELEBRATION

Tuesday, August 6th, 5 - 8 p.m.

FIESTA DINNER

Saturday, September 14th, 6:00 p.m.

BLESSING OF PETS

Sunday, October 6th, 11:45 a.m.

FALL FESTIVAL & BOOYA

Sunday, October 13th, 11 a.m. to 3 p.m.

St. Mary's is a Roman Catholic Church located in downtown Saint Paul only minutes from Dayton's Bluff via Third St. or Seventh St. Ample off-street free parking - Easily accessible by bus.

Pastor: Father Jimmy Puttanickal, CFIC

Weekend Mass Schedule: Saturday 4:30 pm; Sunday 7:30 & 10:30 am

Phone: 651-222-2619; Email: office@stmarystpaul.org

Website: www.stmarystpaul.org Facebook: www.facebook.com/stmarystpaul/

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Contest : Where in Dayton's Bluff?

Send your guess to daytonsbluffdistrictforum@gmail.com with the location of the neighborhood curiosity pictured below. The reader who submits the first correct entry will be notified and the winner will be announced in the September edition of the *Forum*. Congratulations to Mark Miller, winner of the June contest. Read more about his correct guess in the article at right, "What in Dayton's Bluff."



What in Dayton's Bluff?

Casey Jones III
Special to the Forum

The object in the June "Where in Dayton's Bluff?" photo was correctly identified as being located near the edge of the bluff in Indian Mounds Park. But what is it?

Physically it is an iron stake firmly planted in the ground. The letters on the top, CBN RR, stand for the Chicago, Burlington and Northern Railroad. It was one of many regional railroads that existed in the 19th century. And like many of those railroads, the CBN had a relatively short lifespan, only existing as an independent company from 1887 to 1899.

The federal government wanted the rail system to expand as fast as possible and encouraged this expansion by giving railroads tens of millions of acres of public land, known as land grants. The railroads could build tracks and related train facilities on

this land, sell it or do anything else they wanted with this free land. These land grants were highly controversial at the time and to this day the ownership of some of this land is still a source of legal contention due to the open-ended nature of the land grants.

The CBN RR stake in Mounds Park is most likely one of many survey markers that at one time delineated the land owned by the railroad, or possibly still does own. It likely dates back to the late 1800s.

The CBN merged into the Chicago, Burlington and Quincy Railroad in 1899, eventually becoming the Burlington Northern and is now the BNSF. The BNSF continues to have a large presence in St. Paul in the area below and to the east of the bluffs along the Mississippi River. Is it possible BNSF still owns a part of Mounds Park? Or at some point in the past was that land given or sold to the city of St. Paul? That question would take much more research to answer. Is anyone up to the task?

Casey Jones III can be reached at daytonsbluffdistrictforum@gmail.com.



Casey Jones III

An iron stake firmly planted in the ground at Indian Mounds Park, displaying the letters "CBN RR," which stand for the Chicago, Burlington and Northern Railroad.

Exciting new events coming to Swede Hollow!

Karin DuPaul
Friends of Swede Hollow

Don't miss *The Clemency of Tito's Tennis Club: A Picnic Operetta*, on Saturday, September 28, at 2:00 p.m. in Swede Hollow Park. The Picnic Operetta is a yearly event in Swede Hollow.

In this adaptation of Mozart's opera, a rag-tag group of players is resurrecting a defunct tennis club. Backstabbing, bitterness, and a murderous revenge plot threaten their rise to the top of Rome's championship match. Will they find redemption before Mount Vesuvius covers them in ash? When can cheaters be forgiven? All is presented in the Picnic Operetta's trademark style of playfulness, satire, and hope. Classic arias and duets from Mozart's *La Clemenza di Tito* soar across the garden alongside new wave and synth-pop hits by Devo, Berlin, Yaz, and Pat Benatar. Operatic athletes will serve the audience some

fresh edible bites as well. For more information call 612-619-2112.

On Friday, September 27, join your neighbors for the *Annual Watch the Glow of the Setting Sun on the Red Brick Brewery* event. Starting at 6:00 p.m., followed by the annual "Chat and Chew." See the sun set and the bright glow of the brewery building. After the sun sets, the evening food and socializing begins. Former Swede Hollow residents, Hamm's employees, and everyone else are welcome. For more information, call 651-776-0550.

Finally, enjoy the *Ghost Sonata at Swede Hollow Park* on September 14, 15, 21, 22, 28, and 29. Sod House Theatre received a Knight Grant to present the *Ghost Sonata at Swede Hollow*. Through poetic dance and movement, original live music, vignettes from Strindberg's play, and re-constructed shanty house facades set within the historic Swede Hollow park, Sod House Theater will welcome audiences into an immersive experience of the immigrant community that once lived in Swede Hollow. Contact sodhousetheater@gmail.com for more information.

Dayton's Bluff District Forum

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

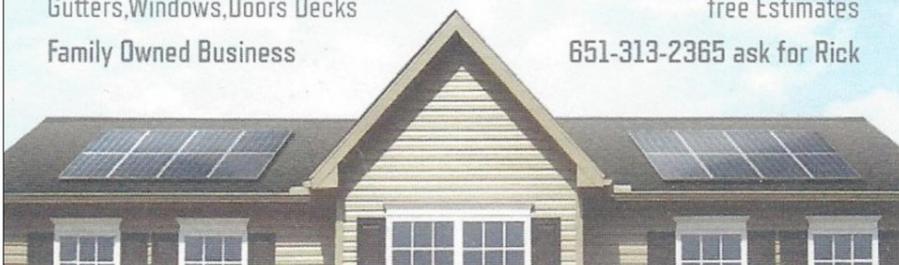
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Editor/layout: Jennifer Gascoigne; Associate Editor: Mark Gallagher
Staff: David Baker, Nick Duncan, Elizabeth Wakefield
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- Absentee voting begins in person or by mail on Sept. 20
- Early voting begins at select locations on Oct. 29

¡Estoy a Favor de Jane!

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Kuv Txhawb Jane!

See Jane run!

Contact Jane anytime! JanePrinceW7.com [@JanePrinceW7](https://twitter.com/JanePrinceW7) [JanePrinceW7](https://www.facebook.com/JanePrinceW7) [@JanePrince](https://www.instagram.com/JanePrince)

Prepared & paid by Jane Prince for Ward 7, 1004 Burns Ave., Saint Paul, MN 55106

Mississippi Market's \$3 Community Dinners return

Enjoy summer at the co-op with good food, great people, and live music

Matt Frank
 Mississippi Market

Mississippi Market is pleased to announce the return of its \$3 Community Dinners this summer. These events will be held on the **fourth Thursdays of July and August from 5:00-7:30 p.m.** at the co-op's East 7th store. Each dinner will feature an affordable market made meal, live music from local musicians, free food samples, community partners, raffle prizes, and more. Vegan and gluten-free options will be available at both dinners. Save the dates to celebrate community with good food, great people, and live music. All are welcome!

Thursday, August 22, from 5:00-7:30 p.m. at the East 7th store, don't miss the \$3 Community Dinner:

BBQ pulled pork or jackfruit sandwich and coleslaw featuring delicious free samples from Pastures a Plenty, Triple Crown Organic BBQ Sauce, and East Side Table, free giveaways and hands-on recycling activities from the City of St. Paul, live harp guitar and lap steel music by local musician Dan Schwartz, and your chance to win a bear-resistant Grizzly Cooler. A special thanks to generous sponsorships from the following businesses who contribute to the success of these events: Albert's Organics, Upton's Naturals, Co-op Partners Warehouse, Bimbo Bakeries USA, and Triple Crown Organic BBQ Sauce.

Mississippi Market Natural Foods Co-op has been offering local, organic food at a fair price to its St. Paul neighbors for 40 years. As a consumer-owned grocery store, Mississippi Market provides high-quality, fair-priced goods and services, and works toward a sustainable local economy and global environment. Mississippi Market is a food co-op open to everyone that empowers our diverse communities to be healthy, make choices that help sustain our planet, and create a more just local economy. Learn more at msmarket.coop.

The Forum needs your help!

Rosemary Thyme
 Forum Staff

Readers, we, the staff and volunteers of *Dayton's Bluff District Forum*, may have given you a wrong impression. I'd like to try and correct it.

In every issue, we list donors who have contributed during the current calendar year toward expenses (printing, mailing, and a paltry sum to our editor). Some names listed have given once, some multiple times. Some have given ten dollars, some hundreds. This list does not mean we receive contributions every month from the listed names. The names may reflect the greater community of readers who may think a foundation contributes a mega amount to the *Forum* (not true). The names do reflect a cross-section of readers who understand that a small neighborhood newspaper is a common thread that binds a diverse community through stories and pictures of amusement, humanity, education, and commonality.

Contributors on this annual list keep the *Forum* printed and available to hundreds of residents in Dayton's Bluff. My point is these donors, and our ads, are our only income resources. At this time we receive no grants or other 'free' money. (Grants become difficult because we cannot quantify our readership, as the *Forum* is not subscriber-based).

Elsewhere in each issue is a 'Friends of the *Forum*' paragraph with a plea for contributions. I wondered if our wording in this plea gives our readers a false impression of donations received and needed to keep the *Forum* printed and distributed. The truth is, our received donations barely keep the paper up and running. Though this seems to be the normal-

ization of neighborhood papers, it's neither a comfortable position nor one that is beneficial to our readers who do not or cannot access our online issues (which still require an editor for layout). When we do not meet the \$1900 for the monthly printing and mailing (as for the July issue), we print online only. When we do have \$1900, we print paper AND publish online.

I'll insert a quirky thought here - as convenient as electronic books and papers can be, it amuses me to think of a community paper being produced and presented to a community in a potentially isolating form....sort of like a National Night Out event with everyone eating alone. Do you see what I am getting at? A neighborhood paper draws people together; it's a community paper for and about the very people who are reading it, reading about their neighbors or reading material written by someone they've never met - yet the connection feels as personal as if they've been lifelong friends.

Another quirky thought: Would you or anyone you know, be able and generous enough to donate (tax-deductible) \$1,000 a month for nine months? Well ok, \$1900 to be REALLY philanthropic. Just thought I'd put it out there. Note: one issue: \$1900/11 issues \$20,900 (no issue in January).

How about 100 persons each donating \$19 a month? What if there were a contest: ten neighborhoods formed teams and each neighborhood team get at least 10 persons/families to donate \$19/month - that's only 10 neighborhoods! Feeling healthily competitive?

Feeling frisky? Write your BIG check to: Dayton's Bluff District Forum, 804 Margaret Street Saint Paul, MN, 55106, or Give online: razoo.com/Hopewell-Communications-Incorporated (a small service percentage of donation is deducted by Razoo) For further information, contact: Karin DuPaul at 651-776-0550 or daytonsbuffdistrictforum@gmail.com.



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 signed articles appearing on page 6 may not represent the views of the *Forum*.

Deadline for the September issue of the *Forum* is August 10, 2019.

View from my porch Re: Shut my mind

*Sage Holben
Forum Staff*

"You must need a thick skin to write for the general public." This observation was made shortly after the speaker had read the 'Shut my mind - View from my porch' piece which appeared in the June issue of the *Forum*. Yes, I answered, having just come from a meeting with several parks and rec people, the Dayton's Bluff rec center on-site manager, and Councilmember Jane Prince.

I'll say only that a certain amount of passion was expressed by the on-site manager. If I were in her place, I might have felt the same way - feeling her staff and her programs were attacked...except they weren't. She felt the entire article was about the Dayton's Bluff rec center. While we may feel protective and passionate about what we hold dear, it helps to call on our objective and critical thinking, and bring into balance all that is in front of us. The article was about a boy; a young boy who tries to make his way in a world where little is in his control; a world in which he balances love, fears, play, and heavy responsibilities.

I tried, and failed, to get across that his fears are his. He owns them. Even if we think he should feel safe; even if we don't see what he fears; it is not

ours to deny that he fears...no more than we can say to a woman in a violent relationship, 'Your husband/boyfriend is nice...you shouldn't be afraid.' It is not us living his (or her) life.

The flip side of developing a thick skin is hearing from the many people who have read and said they were moved to reflect on their own childhoods; on people who made a difference in their lives, the safety they felt...and how can they now help others. And they do help the children of today...sharing their compassion, helping to build dreams, and helping to make dreams a reality. From the neighbors who provide icy treats on a hot day, teach a few chords on a guitar, hire a child or two so they have spending money; permitting children to use her basketball hoop; giving safe hugs, words of caution (in love) when children are playing or wandering in the street. In short, making a difference and modeling by listening to a child, interacting directly with youth, and simply answering the door when a child wants to talk, or just visit in a quiet place with a giant cat. Many of our children's lives don't fit within a regular schedule, or programs, but with so many neighbors willing to truly meet children where they are, our children can and will flourish. We just need to provide the nourishment.

Sage Holben can be reached by email at daytonsbluffdistrictforum@gmail.com.

Re: Shut my mind

*Michelle Freeman
Dayton's Bluff Rec Center*

After reading the op-ed titled "Shut My Mind," (June issue of the *Forum*, page 6) a lot of things came to mind about the work our staff and volunteers do to make our center a welcoming, inclusive, and safe space. I have been working here for four years and I have done my best to make this a safe place for families, seniors, and kids.

We have an after school program called Rec Check that provides homework help with snacks and a variety of free activity opportunities for all ages. Popular activities include learning to play musical instruments, dance performances, cooking classes, judo, jewelry making, painting, computer labs, and a state of the art recording studio. We are open six days a week so that Dayton's Bluff residents have a place to go. We are

here so that our youth have a place to feel safe, cared for, and valued.

The workers here are social workers, arbitrators, big brothers, big sisters, cooks, and nurses. My staff and I enforce the rules of no fighting, no cussing, and no bullying. We don't catch everything but we do our best to prevent these incidents from happening. I am committed to our young people that we are here to help them prepare to be their best selves in whatever the future brings. Our number one goal is the safety of the people in our building. We want people to come back to our building to participate in sports, activities, and use the spaces that we have available.

We want to emphasize that Dayton's Bluff Recreation Center has an open door and will always continue to listen so we can improve. We love this neighborhood we are a part of and the community that surrounds us. Come visit us. We'd love to hear your thoughts and welcome you to the center. All are welcome.

Won't you be my neighbor?

*Annette Morris
Special to the Forum*

Dayton's Bluff neighbors, thinking of the old television show, *Mr. Rogers' Neighborhood*, who are the people in your neighborhood, the people that you meet each day? This is still one of my favorite songs and you may hear me belting out the lyrics at any given time. "I've always wanted to have a neighbor, just like you...I've always wanted to live in a neighborhood, with youuu...so let's make the most of this beautiful day..."

I would like all St. Paul neighborhoods to know about my neighbors. My neighbors are all AWESOME and I would like them all know how much I appreciate them. It takes a village to

raise a child and they have been part of my village. I'm a grandmother living with her daughter and grandchildren. I just had one move on to middle school, two moving up to high school, and one on her way to college. I am very proud of them and could not have done it without the support of my neighbors.

I don't know each of you by name and don't want to leave anyone out, but I want to say "Thank you!" Thank you for caring enough to keep those kids working on something positive. The baked goods, the smiles, the waves, and all of the support you all have given us. Thank you for treating us with respect and kindness!

"Would you be mine, could you be mine...won't you be my neighbor?" Thanks again, neighbors.

- *The Morris Family*

Friends of Swede Hollow Photo Contest: Photographers wanted!

*Karin DuPaul
Forum Staff*

You're invited to submit your summer Swede Hollow Park photos to Friends of Swede Hollow's Summer Photo Contest. Photos should be taken between June 21 and September 23. Swede Hollow is beautiful year-round and the Friends of Swede Hollow want to see your photos!

Judging is done by the East Side Arts Council. Contest participants allow their photos be used for Friends of Swede

Hollow fundraising and other uses. Prizes are awarded to the top three photographs.

Submit photographs to KarinDuPaul@comcast.net by or before September 27. When submitting photos, use "FOSH Photo Contest" in the subject line and include your contact information along with the name of your images within the body of the email.

Earlier this year, FOSH held both a winter and spring photo contest. Entries to the spring contest are now being judged. Watch future issues of the *Forum* for the winning photos.

Karin DuPaul can be reached at daytonsbluffdistrictforum@gmail.com.

National Night Out

*Karin DuPaul
Forum Staff*

Celebrate Dayton's Bluff with your neighbors on National Night Out, **Tuesday, August 6**. Neighborhood groups are planning a variety of activities for their NNO events. Some have a barbecue or a pot luck, others may have a magic show, live bands, and activities for kids.

This is the 36th Annual National Night Out, which is celebrated nationwide. Bring a dish to share and socialize with your neighbors! Here are some of the places where you can celebrate on the Bluff: Dellwood Gardens and Swede

Hollow neighbors at upper Swede Hollow Park, Greenbrier and Margaret, 6:00 to 9:00 p.m., and Mounds Park United Methodist Church, Earl and Euclid 6:00 to 8:00 p.m. Another way to celebrate is to get all of your neighbors to turn on outside lights from dusk to dawn.

National Night Out is a program of the National Association of Town Watch, a non-profit organization dedicated to enhancing the communities in which we live through an established network of law enforcement agencies, neighborhood watch groups, civic groups, state and regional crime prevention associations, and volunteers across the nation. Get to know your neighbors and make Dayton's Bluff an even better place to live.

The Payday Loan Debt Trap

*Sara Nelson-Pallmeyer
Executive Director, Exodus Lending*

Exodus Lending is a nonprofit started in 2015, refinancing payday loans for persons caught in what we call the "payday loan debt trap."

Payday loans are small dollar, unsecured loans with high interest rates (usually over 200%). Unlike a typical loan, payday loan borrowers are required to pay off the loan in full on their next payday. Payday lenders require direct access to the borrower's bank account and make these loans without fully investigating the borrower's ability to repay. Borrowers unable to pay off the loan by their next payday often re-borrow, leading to the payday loan debt trap. Every two weeks, trapped borrowers pay only the interest and fees to "renew," without ever being able to pay off the principal loan amount.

In 2017, nearly 49,000 Minnesotans took out more than 330,000 payday loans. Borrowers averaged eight loans each, with 58% of borrowers taking out at least five loans, and 10% taking out over 20 loans.

Minnesotans for Fair Lending esti-

mates that between 1999 and 2014, more than \$110 million in interest and fees was drained from our communities. Minnesota payday loan borrowers paid nearly \$10 million in interest and fees in 2017 alone. That is a large amount of money that is not being used for groceries, rent/mortgage payments, transportation, childcare, and other needed expenses, leading to an increase in financial distress for families, which can have devastating physical, emotional, and psychological consequences over time.

Exodus Lending responds by paying off these predatory loans. Program participants pay back their loans through manageable monthly payments over 12 months, with no interest and no fees. Participants are Minnesota residents with a steady income who have found themselves caught in the payday loan debt trap. Exodus Lending offers referrals to financial counseling, incentives for steady payments and support for personal money management. This year, Exodus Lending is adding reports on payments to the credit bureaus, so borrowers can improve their credit scores.

Persons wishing to find out more or to donate can go to exoduslending.org or call (612) 615-0067.

Don't Get Tick-Sick!

Enjoy Neighborhood Parks with Safety in Mind

*Theresa Nichols
Special to the Forum*

I write this on the Fourth of July – the peak of outdoor activities in Minnesota, people trying to cram in as much outside time as possible. With these outdoor activities come certain risks – injuries, for example, but also illness from bug-borne diseases. Since early spring, there have been a number of articles about the dangers of Lyme Disease – the illness carried by ticks that often affects people who have spent time in the woods. The images that might come to mind are of adventures deep in the Minnesota backwoods, such as camping or hunting. But did you know that there may be risks of Lyme Disease here in our own neighborhood? There are wooded areas in Indian Mounds Park, Swede Hollow Park, and Bruce Vento Nature Sanctuary, not to mention Battle Creek Park nearby. You might be surprised to learn that the Minnesota Department of Health rates Ramsey County as a moderate risk area for Lyme Disease as well as for other tick-borne diseases. Our neighbor, Washington County, is a high-risk area. Washington County is where I contracted tick-borne infections that left me seriously ill and disabled. I am recovering, but it is taking a long time. I have seen people in our neighborhood go off the trails in the parks, which causes me concern. I decided to warn Dayton's Bluff residents of the risks and also suggest some precautions to take to escape the ravages of this disease.

For those who are not familiar with Lyme Disease, here is some basic information. Lyme Disease is an infection that can cause many different symptoms and can become serious if not treated quickly. A bite from a tiny bug called a deer tick is known to cause Lyme Disease. Some experts indicate that Lyme Disease can also be transmitted by other kinds of ticks, including the American Dog Tick, also known as the wood tick.

These same experts believe that, less often, Lyme Disease might even be transferred by other bugs, such as mosquitoes, lice, fleas, and possibly spiders. Most cases, however, are caused by ticks. Ticks are not insects. They are actually more closely related to spiders. They have 8 legs, and the ones in this area have hard shells for backs. Deer ticks, also called 'black-legged ticks', are the size of a small seed. Wood ticks are larger and brown and are easier to see. Ticks can carry other diseases as well as Lyme, which can complicate diagnosis. These other diseases are commonly called 'co-infections', because they can co-occur with Lyme Disease. Not all deer ticks are infected with Lyme, but many of them are. They may also carry coinfections, such as anaplasmosis and babesia. Wood ticks are known to carry certain co-infections, such as Rocky Mountain Spotted Fever (RMSF). RMSF is reportedly rare in this area; however, a friend of mine was recently bitten by a tick and has developed symptoms of RMSF.

Lyme Disease can cause a wide range of symptoms. One of the most well-known is a red rash that looks like a target or bulls-eye. Not everyone gets this rash, however, or the rash may not look like a target. The two rashes that I found on myself were both solid red – one shaped like an oval and the other like a triangle. Lyme Disease is known as 'The Great Imitator' because it can mimic so many other diseases. Common symptoms include fever, tiredness, difficulty with thinking, pain in muscles or joints, weakness, or headache. Many other symptoms are possible as well, including heart problems and symptoms that resemble

brain injury. In children who are infected, parents might notice changes in behavior.

Treatments for this disease can vary. People who catch Lyme disease early have a much better chance of making a quick and full recovery. Treatment for Lyme Disease usually consists of antibiotics, although some people who have had the disease for a long time, such as myself, need to use gentler, more natural treatment remedies. Treatment for co-infections may require different medications. People often have more than one infection, and so may need multiple medications.

People are more likely to get bitten by ticks in certain places and at certain times of year, but ticks have also been spreading to new areas. Although the most risky time for picking up Lyme Disease is in June and July, ticks can be out whenever temperatures are over 38 degrees and snow is melted in some places. Many people get bitten in the fall – even as late as October or November. In an interview with Minnesota Public Radio, an epidemiologist from the Minnesota Department of Health stated that deer ticks in our state have the largest presence between the Twin Cities and Duluth, although they can be found in other parts of the state as well. Deer and wood ticks usually live in thick, wooded areas, and wood ticks can also live in tall grassy areas. Since ticks can ride on songbirds, it is also possible for them to show up in yards and gardens. A friend of mine recently got bitten by a tick while gardening in Columbia Heights. Another was bitten in Theodore Wirth Park in Minneapolis. Although I have had this disease since childhood, unknowingly carrying it for a long time, I got a more recent infection from hiking in northern Washington County. Since I am sensitive to chemicals, I used a homemade essential oil repellent that clearly wasn't strong enough. I stayed in the center of the trail, and although the grass was not tall, it was long and had not recently been mowed. Having the disease already had affected my memory, and I forgot to do a tick check afterwards. Several years ago, my fiancée and I encountered multiple wood ticks while hiking in Mounds Park in the springtime, in an area where the trail was narrow, and we couldn't help but brush against the shrubbery. We were able to backtrack and safely enjoy other, wider trails without finding any ticks. The following year, it appeared that park staff had cut brush from out of some of the trails.

Our city's Parks and Recreation website indicates that staff also work to reduce invasive plant species, such as Buckthorn, from areas throughout the parks. Buckthorn is a weed shrub that will provide shelter and cover to ticks. Even though park staff are helping to make the parks less friendly to ticks, there is no guarantee of safety. There will still be areas of thick brush in our parks, and therefore the risk of ticks is real.

So how can we safely enjoy the beautiful green spaces in our city and neighborhood? We can take the following precautions to protect ourselves from these creatures: When hiking, stay in the center of the trail. It may be best to avoid trails that are narrow or overgrown. If possible, wear light-colored clothing, long pants and sleeves, and tuck pants into socks. The light colored clothing makes it easier to find ticks, and the additional clothing fabric keeps them from getting on the skin.

Use repellents. A repellent containing 30% DEET is enough for adults. 7% DEET is recommended for children but may only last a couple hours, so re-apply if children are out for longer periods. A repellent with 20% Picaridin is another option that may be less toxic than DEET. For those who want to avoid chemical repellents, the Environmental Protection Agency (EPA) website lists two EPA-registered tick repellents. These are 'Bug Block Sunscreen and Insect Repellent' and 'Natrapel Sun'. Both contain Citronella as

the active ingredient. However, the Centers for Disease Control website lists Lemon Eucalyptus oil as the tick-repelling essential oil of choice. There is also a repellent especially for clothing, called 'permethrin'. It is possible to purchase clothing that is pre-treated with permethrin or to purchase a spray that can then be sprayed onto clothing. This repellent does not just keep ticks away; it actually kills them on contact. Permethrin-treated clothing might be a good option for those who want to be able to pass along the narrow, overgrown trails.

A newer suggestion that I intend to try is to carry a lint roller and roll it over clothing during and after being in wooded or grassy areas. The ticks may stick to the lint roller. This is an idea from Facebook and is not among the more standard methods of prevention.

Use caution with pets, especially dogs. Not only can dogs get sick after tick bites, but they could bring ticks into the house and put people at risk. Check with your veterinarian on the best repellents to use for pets, and avoid letting pets run into grassy or brushy areas, such as the tall grass prairie area of Indian Mounds Park.

Check yourself and children and pets for ticks after leaving the wooded area, and respond as follows: if you find a tick that has attached to the body, use a tweezers to grab the tick as close to the head as possible and pull it straight out, without twisting. Do not squeeze the belly of the tick or you could push the disease-carrying fluids from the tick into the person or pet. If possible, save the tick in a zippered plastic bag. Place a damp paper towel in the bag with the tick. Wash hands and clean the bite area. The tick can be sent to a lab to see if it carries any diseases. Find out where to send it at www.tickreport.com. You can also go to an Urgent Care clinic to get the tick removed. Be aware that not everyone who gets bitten by a tick will get sick. Genetics and the strength of an individual's immune system are factors. Although we are often told that ticks need to be attached for 36-48 hours before disease is passed, newer research indicates that transmission times can vary depending on many things. My own son got very sick with Lyme Disease from a deer tick that had been on him for less than 24 hours. If you get bitten by a tick, see your doctor, especially if you notice symptoms or if the tick tests positive for disease.

Shower and scrub off after being in wooded or grassy areas. This can help to remove ticks that are not yet attached. Remember that deer ticks are very small and might be missed in a body check. Throw clothes into either a hot water the wash or and then a hot dryer immediately upon returning home. If putting clothing straight into the dryer, leave in for at least 10 minutes, longer if clothing is wet or damp.

Keep lawns mowed to avoid creating a tick-friendly area. If you have a garden, use some of the same precautions that you would use if you were hiking in the woods. Some experts believe that the best way to prevent Lyme Disease is to develop a healthy immune system so that we can avoid getting sick even if we get bitten, or at least have a quicker, easier recovery.

Lyme Disease can be hard to diagnose if there is no rash. Lyme and other tick-borne diseases can sometimes cause very serious illness. Doctors and other experts disagree on which ticks carry which diseases, how best to test for tick-borne illnesses, and on how accurate the tests are. They also disagree on how easy or hard it is to treat the disease. It is much better to avoid getting sick in the first place than to have to deal with the disease. Please, everybody, enjoy our neighborhood parks, but be careful of the dangers that may be present there.

Theresa Nichols can be reached at daytonsbuffdistrictforum@gmail.com.

Some St. Paul August History

*Steve Trimble
Forum Historian*

August 6, 1926: After more than two years of construction, the new Robert Street Bridge was opened with a gala dedication on this day. The structure, designed by Toltz, King & Day, had monumental reinforced concrete arches and replaced an 1880s wrought-iron span that was inadequate for the demands of increased traffic and weight of streetcars. The day of the opening, a grand procession with five bands wound through the streets featuring floats and other "symbols of progress." Robert Street was decorated with red, white and blue streamers and thousands lined the streets along the parade route.

August 8, 1902: Around 100 members of various St. Paul unions, gathered at a meeting hall on Wabasha Street on this day. They were delegates from the city's working people and they made history by electing 35-year-old Charles James as the president of the Saint Paul Trades and Labor Assembly. James was the first African-American to assume that leadership post in the city and perhaps the first in the nation. He ended up being re-elected twice.

James was a leader in the Boot and Shoe Workers Union, an important labor group at the time. He was a St. Paul native, part of a prominent African American pioneer family, although they

preferred the name Afro-American at the time. James was also the labor representative to the Saint Paul Charter Commission and was involved in church work and civil rights activities. James was later elected to seven terms as recording secretary of the Assembly. He was widely mourned after his death in 1923. His home still stands at 419 Sherburne in the Frogtown neighborhood.

August 23, 1934: Gangster Homer Van Meter was shot to death by St. Paul police near the corner of Marion Street and University Avenue on this day. Unaware that he was being tracked that late afternoon, he stepped out of an auto dealership where he had been looking at new cars, fully expecting to meet a pal who was holding his money. Instead, four local policemen with two sawed-off shotguns and two machine guns were there.

At the words, "Stick Them Up" Van Meter bolted, firing shots from a 38 Colt over his shoulder. The pursuit was short-lived because the fugitive turned into a blind alley and was trapped. A shotgun blew Van Meter into the air.

Van Meter had been the right hand man for John Dillinger whom he met in prison in Indiana. They were paroled in May of 1933 and formed a gang that went on a crime spree.

The police continued to fire at Van Meter as he lay on the ground. The crowd of onlookers saw that the impact of the bullets ripped off one finger and nearly severed a thumb and finger of the criminal's right hand. He was 27 years old.

August 10, 1984: Sixty-two people came together at Macalester College on this day to found the country's first na-

tion-wide "Green" organization. It was initially called the "Committees of Correspondence," a name chosen to recall the network in America's struggle for Independence. Activists from throughout the country attended the three-day event. They divided into small groups and imagined how a future green society might work. They talked about "empowerment," "neighborliness," and "connection with the earth."

There seemed to be a shared vision but differences would become large issues. Some wanted to stay a movement while others hoped to become an independent political group — the beginning of today's Green Party. They did agree that "The Committees of Correspondence would maintain gender balance and move towards racial, ethnic and class inclusiveness."

August 26, 2000: 150 people gathered at the state Capitol's front lawn on this day to commemorate the anniversary of the passage of the constitutional amendment that gave women the right to vote in national elections. The group dedicated the Minnesota Woman Suffrage Memorial on what was a seldom celebrated Women's Equality Day.

The only tribute on the Capitol's grounds that honors any woman, this monument consists of a garden with cast-aluminum signs that look like metallic newspaper pages. Each one relates events on certain key national and local dates in the march to suffrage. The memorial is crowned by a trellis with the names of 25 Minnesota women who led the local movement.



Several readers send us pictures of themselves reading our newspaper on their travels, and around our neighborhood. If you'd like to do the same, please email photos to: daytonsbuffdistrictforum@gmail.com.

Pictured above is neighborhood favorite, mail carrier Tracy, and her diligent helper, Leo. Photo submitted by Melanie Buetow.

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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 of 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 2019. **Our goal for 2019 is \$18,000; thanks to readers like you, we've raised \$1,815 to date – will you help us reach our goal in 2019?**

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