Affordable Pet Care and Community Outreach

Mandy Okonek
Forum Staff

There is a brand-new branch of the Animal Humane Society (AHS) located at 1159 University Ave. West in Saint Paul, and they offer services on a sliding scale fee for low-income pet owners. I charted with their community outreach organiz-
er, Cassandra Macedo, via Zoom about her role engaging with communities in need of affordable care for their furry four-legged family members. Macedo’s adorable rescue dog, Olive, a Pitbull she adopted from the now-closed AHS near Como Park, slept in a tightly curled dog ball by her feet during our conversation. Macedo’s pas-

sion to serve her community reaches beyond her own love of pets to her dedication to serving her communities of pet owners, working as a bridge to connect communities, to programs offering a helping hand, to those in need is her favorite part of the job.

The new AHS location does not have adoption or surrender services but aims to provide the community with an option for affordable pet care and resources for those struggling to keep their pets in the family. The AHS’S new building is currently closed to the public due to the COVID-19 pandemic, but the halls are not empty, and services can be made by appointment. To be eligible for discounted services there are income brackets posted on the website to see if you qualify. Each service offered and the costs associated are divided into three categories: standard fees, reduced fees, and minimum fees. If you qualify for discounted services, you are required to bring documentation displaying your economic status: your past two pay stubs, a W-2, or proof of enrollment in other government assistance programs.

In addition to veterinary services, the new Saint Paul AHS location hosts summer camps for kids and various educational programming geared toward K-12 youth. Education is a huge part of the AHS’S mission and while many of their scholarly programs are paused, they do have many free activities for animal-loving youth of all age groups available on their website. Currently, a group of young AHS-affiliated animal activists have formed a group called “The Pack”, and are working on bringing awareness to lawmakers, challenging rules that bar nonservice animals on public transportation. Even popular ride share programs will only allow registered service animals in their vehicles and getting pets to regular vet appointments is an obstacle for many who do not drive or have access to a vehicle.

If you are a pet owner struggling financially to provide for your animal, a good place to start is the Pet Helpline. Call 952-635-7738, Monday through Friday from 9 a.m. to 7 p.m. and on Saturday from 10 a.m. to 6 p.m. Found a stray? Need help with training? Need food or other supplies? Not sure how to influence your mom’s cat Snarf to stop peeing by the front door? The staff at AHS are here to help. They can connect you with available resources to keep your pet healthy and happy. If only they could talk to your mom about taking back her adorable orange tabby.

I asked Macedo what her favorite thing was about the new location, and she didn’t hesitate when she mentioned all the windows facing the front of the building. It’s important for her to see the community she serves. It’s also imperative that our neighborhood of animal enthusiasts garner awareness of the services available to provide for their loved ones, even amid economic turmoil. The pandemic has been rough, but there are organizations echoing hope.

Our animal companions are our family, and it can be stressful when we can’t afford to get them the care that they need. I had my two large huskies neutered and chipped through one of the AHS’S low-income programs and I was not sure what to expect. I was nervous about dropping my boys off to strangers and leaving them for surgery. When I came to pick them up, they were laying outside in the shade under a tree, surrounded by volunteers who were rubbing their bellies. No one treated me unkindly or made me feel small due to my restricted income and I re-

main grateful for the volunteers who made my furry family feel loved.

If you are looking to adopt a pet, the closest AHS location for us east of the river is in Woodbury, but there are locations in Golden Valley and Coon Rapids that have a variety of dogs, cats, and even a few mice looking for their forever home. I’ve seen evidence of mice already in my house and am convinced my three cats are pacifists. Now that I know mice are indeed adoptable, I may have to consider some sort of relocation program. Anyone want to buy a house, or two? I promise my mice are magic, they can disappear into walls and teleport into my bag of dog food. Serious inquiries only.

I think it’s fair to say that we East Siders love our pets and The Animal Humane Society’S new location and its phenomenal services are a most welcome presence in our community. If you have any questions or would like more information on the Animal Humane Society please visit their easy-to-navigate website, animalhumanesoci-
ety.org. Cassandra Macedo can be reached directly at 612-500-7265 or via email at, cmace-do@animalhumanesociety.org. She encourages you to contact her directly and is excited to build relationships with our community members.
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 4625 Indian Mounds Boulevard. The hike is approximately one and a half to two hours long and will end at Swede Hollow Park or East Side Heritage Park, depending on the desire of the hikers. Share and learn a little history along the way.

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

If you have any questions email karindupaul@comcast.net

Friends of Swede Hollow

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

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

Dayton’s Bluff District Forum Board Meeting

The Forum is seeking writers and help with online content, idea generation, and ad sales – join us at our next meeting on Thursday, February 4, at 11:00 a.m. If you’d like to attend, call 651-776-0550 or email daytonbluffdistricterrorum@gmail.com for more information.

We are currently meeting virtually via Google Meet. You will need the link if you’d like to attend.

Polcime Community Meetings

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

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

Due to COVID cases rising, please email Robyn to ensure February’s meetings are still being held. Email: robyn.brown@ci.stpaul.mn.us for more information.

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

¿Necesita más comida saludable para la familia? El programa SNAP le puede ayudar. SNAP provee alimentos para aquellos que beneficien a familias de escasos recursos.

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

¿Llame a CLUES para saber si califi- can? 612-746-3500. Nuestro personal bilin- gue puede facilitar el proceso para usted y su familia.

Need healthy food for your family? The SNAP program provides food for low-income families to buy food. Even if you are not a citizen, your children born in this country could qualify. Par- ticipation 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 af- fordable, healthy food directly into neighborhoods. The Mobile Market stops at Payne Parker Gardens Apartments, located at 1145 Hudson Road, on Wednesdays, from 2:00 p.m. to 3:00 p.m.

Due to the COVID-19 virus, the Historic Mounds Theatre is temporarily closed and all events have either been canceled or postponed to a later date. Please visit our website at moundsTheatre.org for more informa- tion regarding the re-opening and up- coming events.

The Historic Mounds Theatre is lo- cated at 1029 Hudson Road, St. Paul, MN55106; 651-772-2253; historic- moundsTheatre@gmail.com

Grocery Shopping

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

To get help with grocery shopping, call 651-683-2326 or email Info@EastSideElders.org with a detailed list. From there, staff will schedule a day and time for delivery.

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/3KKO01OGOF5JN to have these much-needed items sent right to their office. From there, our team of volunteers will distribute them to seniors in need.

With the help of supporters like you, East Side Elders is able to supply gro- ceries 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 Av- enue Suite 201, St. Paul, MN 55106.

Landmark Center Open

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

Appointments allow visitors to safely browse Landmark Center for one and a half hours. In addition to regular build- ing exhibits, the American Association of Woodturners Gallery of Wood Art will be open during Landmark Center’s normal hours. The Seuhub Club Museum is scheduled to reopen this fall. Entry times are Wednesday through Friday, 11:00 a.m. and 1:00 p.m.; and Sun- day, 12 and 2 p.m. (Sunday reservations close at 12 p.m. on Fridays).

Free Masks Available

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

Led by the county’s COVID-19 Racial Equity and Community Engagement Pos- team (RECERT), the program will prioritize distributing home- made cloth masks to racially, ethnically, and culturally diverse communities.

Individuals and families in Ramsey County who are in need of masks can visit ramsco.gov/AAMaskForEvery- one to request a mask. Each recipient will be provided with a homemade cloth mask to help slow the spread of COVID-19, accurate and up-to-date in- formation about the importance of wear- ing a mask, and instructions on proper use and care of homemade masks.

Business Classes

The Dayton’s Bluff Neighborhood Microentreprenuer Class program helps startup and young businesses on the East Side. All East Side en- trepreneurs are welcome. Class train- ing lasts eight weeks and includes topics such as operations manage- ment, marketing, financial manage- ment, one-on-one assistance with creating a successful business, and preparing a business plan, plus eight hours of one-on-one time with the in- structor.

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, landscap- ing, photography, food service, restoration of wood furniture, art, cus- tom floral design, and exterior and in- terior painting.

The course is sponsored by the Dayton’s Bluff Community Council and the East Side, Inc. The Dayton’s Bluff Neighborhood Development Center. There is a small registration based on a sliding scale. Class sizes are limited, so enroll now.

Call 612-379-8432 for a current application.

Covid Saliva Tests Available

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

When you take the test, you will log in to access the the Vault virtual waiting room and do a video visit with a Vault test supervisor. They can give you in- structions. You will then send the test to the lab in Oakland, MN, using the pre- paid package. Once it arrives at the lab, you will get your results by email in 24 to 48 hours. This saliva test is available at no cost for every Minnesotan.

Go to learn.vaulthealth.com/state-of-minnesota/ or health.state.mn.us/dis- eases/coronavirus/testsites/athome.html to learn more.

Learn About Medicare and Help Others

Help the Metropolitan Area Agency on Aging provide one-on-one counsel- ing to Medicare beneficiaries at commu- nity partner sites.

Make a difference in your communi- ty by becoming a State Health Insur- ance Assistance Program certified Medicare Counselor. Help people un- derstand their Medicare options. Visit volMSP.org/volunteer to learn more.

Need Groceries?

If you’re 60 or older, you may be eli- gible to receive a box of nutritious food every month from Second Harvest.

This box is part of a program called NAPS, and we can help you apply! Give us a call at 651-683-2326 and someone will assist you with your applica- tion.

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

Just a Call Away

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

Financial Assistance

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

Residents may be eligible for Emer- gency Assistance that can help pay for past due rent/mortgage, a damage de- posit, or prevent utilities including wa- ter, electricity, and heat, from being disconnected.

Go to RamseyCounty.us/Emergen- cyAssistance for an application or call the Emergency Assistance hotline at 651-266-4884.

ESLC Seeking Volunteer Tutors

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

If you’re interested, call Shous Khang ..., the volunteer coordinator, at 651-808- 8107.
### Vaccine clinics

Animal Humane Society hosts vaccine clinics on the third Saturday of every month, from 9 AM – 4 PM at our St. Paul Veterinary Center (1159 University Ave).

A minimum fee of $10 per animal is required for individuals who qualify based on yearly income. If you do not qualify for the minimum fee, the cost is $26 per animal.

**Registration is required to attend a vaccine clinic. To register visit animalhumanesociety.org/clinics or call 651-788-4685.**

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**Dayton’s Bluff District Forum**

668 Greenbrier St., St. Paul, MN 55106

**Phone:** 651-776-0550  **E-mail:** daytonsbluffdistrictforum@gmail.com

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Staff: David Baker, Nick Duncan, Mandy Okonek, Clara Martin

Photographer: Lou “The Photo Guy” Michaels

**Swede Hollow: A Series**

**Karin DuPaul**  
*Forum Staff*

When I first went into Swede Hollow in 1977, it reminded me of my childhood and the natural areas at the northern end of Newell Park in Saint Paul’s Midway neighborhood. It had deer, chipmunks, lots of birds, and a pond that often had ducks in it. Today, much of that area is part of the Pierce Butler Road.

Swede hollow was, and still is today, a beautiful natural valley in the heart of the city, with a lot of wildlife. I loved the beauty of the hollow, but it was clear that the hollow needed attention. It was full of discarded trash and old tires. There were still a few remnants of the old Swede Hollow village and some perennial plantings around the old homesites in the hollow.

I was taking a Community Education class on Saint Paul history and needed to write a paper, and I couldn’t think of a better topic. I called to see if any of these people had ever lived in the Hollow and if information that would be useful to me. Yes, there were a couple people who had memories of Swede Hollow. Al Johnson was the first person I interviewed, and over the years I have interviewed many former Swede Hollow residents and their families. Each person’s experience added to my understanding and the history of this important neighborhood.

I found that it was not always called Swede Hollow by the residents who lived there. Some called it The Creek or The Hole or Phalen Creek. In fact, the postal addresses for Hollow residents was Phalen Creek: 10 Phalen Creek, 22 Phalen Creek, etc.

Swede Hollow was a place that, for nearly 100 years, was home to many people who had come to Saint Paul to start a better life. Over the years, families improved their lives and were able to get better jobs and move “up on the street.” This left the houses in the Hollow for other families coming to Saint Paul to start a better life for their families. First came the Swedes, then Italians, and finally Mexican Americans. Other ethnicities lived in the Hollow, as well, after coming to Saint Paul to start a better life.

The city wanted better options for these families and better access to city services (such as plumbing and water). So, by the 1950s, families still living in the Hollow were moved out and homes burned down in 1956. By the time I first came to Swede Hollow in the 1970s, there was very little left of this lively little village that was home to many generations of immigrants in our city.

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**Recipe**

Deep Dish Apple Pie

**Sage Holben**  
*Forum Staff*

**Ingredients:**
- 4 C. flour
- ¼ tsp. baking soda
- ⅔ tsp. salt
- 1 tsp. cinnamon
- 1 tbsp. sugar
- ⅓ C. butter
- 1 large egg

**Directions:**
1. Preheat oven to 425 degrees. Line a 9-inch pie plate with pastry. Mound the apple filling in the center of the pie. Fold the edge of the top crust under the bottom crust. Press/pinch the edges together to seal. Use a fork to crimp the edges. Cut several slits in the center for steam vents.
3. Roll out rest of pastry to 11 inch circle. Make several slits in center for steam vents. Adjust over apple filling. Fold edge of upper crust under bottom crust, press/pinch together, and crimp. Mix yolk and water to make egg wash.
4. Bake 40-50 minutes or until apples are tender and crust is golden.

**Signatures Requested**

**Make St. Paul’s Air Clean and Renewable Sources Available**

**Jean Comstock**  
*Grassroots Environmental Group*

Pollution from burning fossil fuels has created a global crisis and we are feeling its effects right here in Saint Paul. Health problems from bad air quality, loss of tree cover, severe flooding, and an overall increase in extreme weather events. The good news is that we can do something about it!

St. Paul 350 is collecting signatures (online) from St. Paul residents pledging to support 100% clean, renewable energy in our city and opposing new fossil fuel infrastructure. We’ll present these signatures to City officials and State agencies to send a clear message about what their constituents want and to corporate officials to show what their customers want. Our goal is to gather three thousand signatures by February 11th.

Although it’s easy to think that only powerful, influential people and money make social changes, history shows us that everyday people uniting in large numbers behind a common goal also make lasting change. We are the 307,000 citizens of St. Paul. As one of Xcel Energy’s biggest customers—St. Paul pays more than $350 million a year for energy—our city is uniquely positioned to influence Xcel Energy’s plans. We must come together and demand clean, renewable energy for everyone.

Be a champion for community-owned and locally-produced energy that is both accessible and affordable for everyone. Join us! Complete the St. Paul 350 pledge card now at stpaul350.org/get-involved/our-teams/stpaul-350/stpaul-pledge/

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**Dayton’s Bluff District Forum**

February 2021

You got somethin’ to say? Say it here!

The Dayton’s Bluff District Forum welcomes all opinions and neighborhood anecdotes – send yours to: daytonsbuffdistrictforum@gmail.com.

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

Deadline for the March issue of the Forum is February 10, 2021.
As United States citizens, as well as global citizens, we’ve all been called on to trust our system of checks and balances, our elected officials, our neighbors, and even our family members like never before. The era of COVID will live forever in our memories. Our quarantining has seemed as though it will never end; the period between the election and Inauguration seemed longer than in the past; family members seemed pricklier; and even within ourselves we could feel the need to have a good scream! The anxiety with all the news afoot has, at times, felt unbearable giving us the sense that something nefarious and intentional was destroying life as we knew it. We wondered over and over if we would ever feel normal again. Should we step out in faith and simply trust that “this, too, shall pass?”

Could we trust the scientists? Could we trust the numbers’ reports giving the chilling virus counts and death tolls? Should we mask or shouldn’t we? Were the election results accurate or were we to believe in fraudulent behavior in almost every state? We wondered where to turn for accurate reporting. Doubts began seeping into our thinking. How did we know where to put our trust?

For the past four years, we’ve seen more corruption in our government than at any other time in our history. For those of us already suspicious of Washington shenanigans, the rhetoric, and distrust only mounted. Globally, we saw our reputation tarnished; here at home we read report after report about the inequality of wealth and the violations of tax laws by large, wealthy corporations; peaceful protests by BLM supporters faced brutal, militant armies that beat them back for exercising their First Amendment Rights; COVID death tolls rose to nearly 400,000 nationwide while many refused to mask and isolate. With so much unrest, angst and loss of life, we continued to be called on to trust.

It has all seemed overwhelming, and, yet, the resilience of the human spirit continued to amaze. Record numbers of voters turned out to vote in the November Presidential election shocking pollsters and broadcasters. The determination to take part in a democratic process of voting was undeterred by a willful, unrepentant virus. Voters were not beaten back by the vitriol and spreading of false information. Nor were they cowed by the threats of militia, Proud Boys, Boogaloo Bois, or other White Supremacist groups. The democratic process of voting was undeterred by a willful, unrepentant virus. Voters were not beaten back by the vitriol and spreading of false information. Nor were they cowed by the threats of militia, Proud Boys, Boogaloo Bois, or other White Supremacist groups. The democratic process of voting was undeterred by a willful, unrepentant virus. Voters were not beaten back by the vitriol and spreading of false information. Nor were they cowed by

St. Paul and Maplewood Students Recognized on Dean's List and Honors List

The University of Wisconsin-Superior has named Alicia Thompson of Saint Paul to the Dean’s List for academic achievement during the fall 2020 semester.

The University of Wisconsin-Stevens Point honored more than 2,500 undergraduate students for attaining high grade point averages during the fall 2020 semester. This honor recognizes students who have achieved a grade-point average of 3.5 or above.

The University of Wisconsin-Eau Claire extends congratulations to the 2,986 students who earned high grade point averages during the fall semester of the 2020-2021 academic year. Personalized certificates of scholastic achievement are being sent to those who earned highest honors distinction. The university recognizes honors students Olivia Schulz of Saint Paul.

The University of Wisconsin-River Falls fall semester Dean’s List honors Rachael Bernstein, Blake Buzay, Kathryn Garhofer, Brooke Hafner, Isabelle Hammond, Pa Yee Her, PangNbia Khang, Marie Ange Kivi, Krista Lehmann, Maxwell Lewis, Jane Lindstrom, Joseph Melchikamer, An Phan, Katelyn Rick, Eh Hay Taw, Peyton Thomas, Madeline Ursino, Veronica Velez-Cuevas, Ryan Willett, Zachary Willett, CheeAh Yang.

Fault Line

Did you ever think there might be a fault line passing underneath your living room: a place in which your life is lived in meeting and in separating, wondering and telling, unaware that just beneath you is the unseen seam of great plates that strain through time? And that your life, already spilling over the brim, could be invaded, sent off in a new direction, turned aside by forces you were warned about but not prepared for? Shelves could be spilled out, the level floor set at an angle some seconds’ shaking. You would have to take your losses, do whatever must be done next.

When the great plates slip and the earth shivers and the flaw is seen to lie in what you trusted most, look not to more solidity, to weighty slabs of concrete poured or strength of cantilevered beam to save the fractured order. Trust more the tensile strands of love that bend and stretch to hold you in the web of life that’s often torn but always healing. There’s your strength. The shifting plates, the restive earth, your room, your precious life, they all proceed from love, the ground on which we walk together.

(Trist---Love---We will get through this together.

From Robert R. Walsh comes this poem:

Proudly Serving Dayton’s Bluff!!!

St. Paul and Maplewood Students Recognized on Dean’s List and Honors List

The University of Wisconsin-Superior has named Alicia Thompson of Saint Paul to the Dean’s List for academic achievement during the fall 2020 semester.

Rockhurst University has announced Sam Lindahl of Saint Paul to the Dean's list for the fall 2020 semester. This honor recognizes students who have achieved a grade-point average of 3.5 or above.

The University of Wisconsin-Stevens Point honored more than 2,500 undergraduate students for attaining high grade point averages during the fall semester of the 2020-2021 academic year. Personalized certificates of scholastic achievement are being sent to those who earned highest honors distinction. The university recognizes honors students Olivia Schulz of Saint Paul.

The University of Wisconsin-Eau Claire extends congratulations to the 2,986 students named to the fall 2020 Dean's List. Their academic performance has been outstanding, and we recognize these students with pride. The university recognizes these Maplewood students: Zachary Cambromne, Madelyn Dornfeld, and Jacob Erickson. The university also recognizes these students of Saint Paul: McKenna Campbell, Alanna Edmiston, Kathryn Henschell, Samuel Thompson, and Maisee Yang.


Trust---Part Two

Clara Martin
Forum Staff

February 2021 Dayton’s Bluff District Forum
My 21st birthday should have been one of the happiest days of my life — but it turned out to be the darkest. During the previous two school years, I had just started out on my college odyssey with a pre-business administration curriculum at the University of Minnesota. The Vietnam War was heating up and I had a low number in the draft lottery. I applied for, and received, a 2-S student deferment, so I could complete college before going into the military. But things didn’t work out the way I had planned.

In the spring quarter of my sophomore year, I lost my 2-S student deferment and got drafted, so I joined the Minnesota National Guard, which would enable me to do military service and be in college at the same time.

On the night of July 20, 1972, my 21st birthday, I was at my first annual training at Camp Ripley, Minnesota, and was coming back to the company area at 10:15 p.m. after four hours of guard duty in the field. I was the passenger in a jeep that slid off a trail and crashed into a tree during a heavy rainstorm. I was thrown headfirst into that tree and sustained a severe brain injury that left me in a coma for four weeks.

When I awoke from the coma and slowly, ever so slowly, began my recovery, darkness hung out with me like a best friend, but every once in a while I saw a glimmer of light. Just about every day of my initial recovery, I could see more and more things happening. My life seemed blank from day to day, but over time there were small increments of improvement.

After waking up from the coma, I had to relearn how to walk and talk, so I took three months of intense physical, occupational, and speech therapy at the VA. I couldn’t wait to get out of the hospital and thought to myself, “I don’t need any help; I am a strong and tough 21-year-old.” At the end of November, I finally got discharged from the hospital and said to myself, “Hey, I am free; I am finally free.”

But it wasn’t quite as simple as just “mind over matter.” I had to insert the recovery variables into the equation, and throughout that recovery process, little bits of light kept coming into my dark and broken world. Sometimes I would stumble and fall back to where I had come from. Frustration was my constant companion.

I began to get a college degree — the dream. I got a job with Deluxe Check Printers (now Deluxe Corporation) in 1974, and by virtue of their extraordinary education program, I took 44 classes in 23 years to rebuild my life. Those classes were all taken at community and technical colleges because I could not do college level work, and Deluxe paid for most of the classes. After each class, the light got a little brighter. I also took two memoir-writing classes at the Loft Literary Center through my next employer’s education program and am in the process of getting my book-length memoir about my recovery from a brain injury ready for publication.

I graduated from Metropolitan State University in May of 2010 with a Professional Writing degree. My hope continues to brighten as I am exposed to more opportunities and more of the part of life, I have written and published 55 articles for two community newspapers since 2012, and I am not done yet.

Volunteering at the Minneapolis VA Medical Center and the Minnesota Brain Injury Alliance (MBIA), where I have been a mentor to persons with brain injury, are wonderful additions to my life. Currently, I am on the MBIA Speaker’s Bureau and also go to the State Capitol with other people from MBIA to advocate for my friends with brain injury when the legislature is in session. In 2016, I received the “Volunteer of the Year” award from MBIA.

I volunteer at a number of other organizations and was selected to be a member, as a brain injury survivor, of the Legislative Sub-Committee of the State of Minnesota TBI Advisory Committee in January of 2017, which advises the Department of Human Services (DHS) on brain- injury issues. In November of 2018, I was selected to be a member of the Steering Committee for that organization.

I have since resigned from the Minnesota TBI Advisory Committee and haven’t volunteered very often with the VA or MBIA because of the Covid-19 virus, but I still try to stay engaged with those organizations and volunteer in any way I can. All this could not have happened without the support from many, many people, and the awesome Grace of God.

Mark Gallagher
Associate editor

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Dayton’s Bluff District Forum
February 2021

Dayton’s Bluff District Forum

Page 6
**View from My Porch: Community Participation**

*Sage Holhen*  
*Forum Staff*

As a Dayton’s Bluff resident, you have an organization that represents your interests to the City of Saint Paul. Whether you are an owner of a business or a home property, whether you rent an apartment or a house, the organization that represents your interests is the Dayton’s Bluff District Council. Dayton’s Bluff District Council is one of the original 17 Saint Paul city districts designated in 1975.

To quote from the city’s website: *stpaul.gov/residents/live-saint-paul/neigh-borhoods/districts/councils/district_councils.*

"The district council structure was formed as part of the city’s Comprehensive Plan, now known as the Community Engagement Program... The purpose of this program is to create opportunities for residents to learn about what is happening in their neighborhoods and collaborate with one another and city government to maintain and improve the quality of life in neighborhoods. The program includes funding allocated to each district council on a formula basis, technical assistance from city planners and other city staff regarding issues that are important to the neighborhood and non-profit management assistance from the city’s Community Engagement Coordinator.

District councils each are involved in work to improve the physical, social, and economic structures in their neighborhood. The activity common to all district councils is the development of a district plan (sometimes referred to as a neighborhood plan) that is reviewed by the Planning Commission, City Council and the Metropolitan Council — the region’s metropolitan planning organization — before being adopted as part of the city’s Comprehensive Plan. The Comprehensive Plan is a key tool used by the city to guide law-making and budgeting."

- District councils review and adopt policies and practices that intentionally create space for residents who are currently under-represented.
- District councils pursue systemic work that reflects the needs and priorities of residents who have been historically under-represented."

On a personal level, I am encouraging you, the reader, to consider actively participating in Dayton’s Bluff Community Council. With COVID-19 distancing and having to use virtual meetings we perhaps have to work more fervently at building a more connected community!

At the time of this writing, the DB Community Council website [daytons bluff.org](http://daytons bluff.org) is quite barebones, but I suggest exploring it; also the city’s site (see web address above) info on purpose and structure of how the districts and the city mesh. DB Community Council has, at this time, an interim president... it’s been a tumultuous several years with much restructuring. Jane Prince, our district council manager, can help to answer questions you may have (email or call jane.prince@ci.stpaul.mn.us or 651-266-8670) OR call the DB Council office, 651772-2075 or info@daytonsbluff.org (no contact name on the DB website).

Also, meetings are held on the third Monday of the month (Zoom meetings at this time) 6:30pm February 15 is the next, and all are open to the public. Please, also feel free to contact the Forum staff on Facebook if you have questions.

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**Book Review**

*The Leper*  
*by Steve Thayer*

*Steve Trimble*  
*Forum Staff*

Steve Thayer, the author of *The Leper*, grew up in Dayton’s Bluff on Conway Street and graduated from Harding High School. He went to college and became interested in acting and went to California but came back to St. Paul and decided to become a writer. It took a while and he initially had to self-publish *St. Mudd*, his first novel, that was set on the East Side and other St. Paul landmarks. He eventually wrote additional novels.

His latest work, *The Leper*, was set in Dayton’s Bluff, and our readers might be interested in reading the first half of the book. The short prologue to the novel sets the stage for the rest of the book. In it, John Severson, a Marine Captain during WWII, was lost in a forest during the war and happened upon a leper village where they found a young girl. Severson leaves his troops to bring the child back to the American lines and left her with a convent of nuns.

The book is set in 1920 through 1924. The main character was Severson, who grew up in a Swedish family that lived in a house on Maple and Wilson. After the war, Severson finished up college and received a teaching license. He returned to Ar- mor’s until he was hired to become a math teacher at the newly opened Harding High School at Earl and Third Street. Since he was from the neighborhood, he understood the hard lives of his students. During one class the police came and took a kid with TB to a special hospital. Several students left school to find work to help their family.

He became obsessed with one of his students, Bernice DuFresne, who lived in a large home on Bates Avenue, and the two spent time talking and flirting. Severson was the faculty acting club and Bernice played a leading role. The two had first kissed in Indian Mounds Park and finally were involved in a full-scale romance and made love in several places, including in a vacant room while at the Harding junior-senior prom. They agreed that they would soon be married.

 Shortly after that, Severson was worried about a sore on his foot. He went to Mounds Hospital, and after a skin biopsy he learned he had contracted leprosy. He evaded going to the police and was soon pursued. He hid in the overgrown area under the Mississippi River and turned and jumped out the window. He injured one of his feet but managed to make it into the trees. He hid in the overgrown area under the Mississippi River bluff for a day.

Severson decided to go downtown St. Paul to meet with Grover Mudd (a character in St. Mudd), a journalist, and another WWII veteran. The police had blocked off Third and Seventh Streets. But the fugitive met with some of his students who helped him get downtown by going through Swede Hollow. Mudd agreed to cover up the leprosy in his newspaper and convinced him to surrender to a policeman at the St. Paul Cathedral.

The rest of the novel deals with Severson being sent south to a leper colony in Louisiana and eventually in Hawaii’s Molokai Island leper colony where he spent many years. There were also some references to Dayton’s Bluff people, including the later life of Bernice. But I don’t want to be a spoiler by revealing the interesting ending. So, you will have to read the novel that is written by a man who lived in our community.

I think you will like it.

*If you’d like to write a book review about Minnesota-based stories or authors, send it to daytonsbluffdistrictforum@gmail.com.*

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**Contest: Where in Dayton’s Bluff?**

Send your guess to daytons-bluffdistrictforum@gmail.com with the location of the neighbor- hood curiosity pictured at right. The reader who submits the correct entry will be notified, and the winner(s) will be announced in the March edition of the Forum.

Congratulations to our December winner, Amy Buck! The photo was from Dayton’s Bluff Community Garden at 683 North Street.

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**Greg Cosimini**

Construction of the additions to the American Indian Magnet School located at Third and Earl has continued throughout the winter.
East Side Bar
Phone: 651-348-8450
Email: info@esb6st
858 Payne Ave, St Paul
St Paul, MN 55130
Hours: Wednesday through Saturday: 4:00- to 8:00 p.m.
(time may be added)
Facebook: @esb6st

It’s been a long time since this restaurant writer has been able to go inside a bar or eating venue. But the Governor just allowed folks to go with a few restrictions. The East Side Bar (ESB) opened back up on January 4 and I had to try it. I could have an article ready for the February issue of the Forum. So, I made a reservation for six p.m. on the first day they were open.

The new bar is located in the structure that once housed Ward 6 that was open for over five years. The new owner is Eric Foster who was a co-owner of Ward 6. There were changes made in the interior, but the classic wood bar still graced the interior wall. The bar stools were replaced with two tables for two. The five booths seating four or more and a half dozen tables for four with a total allowed 29 patrons. Most of the older decorations are gone, however, there are several interesting, framed works of art.

They are being somewhat conservative about new changes but will probably be adding days and expanded hours, other food offerings, and get many craft beers on tap. Here are some of the things on the current menu. The take-home one is a little different so look at their Facebook page.

**BITES**

- Tex-Mex Egg Rolls: Chicken, peppers, corn, black beans, spices, rolled in flour tortilla and fried with sour cream, cilantro, and salsa
- Mozzarella Sticks: Homemade Mozzarella cheese, fried, served with marinara sauce
- Rulers: made with potato dough, deep fried, served with a dipping sauce

**SANDWICHES**

- Rueben Sandwich containing corned beef, Swiss cheese, served on toasted rye bread
- Reuben: Corned beef, sauerkraut, swiss, 10,000 lakes dressing, on rye bread
- Turkey Baconca: House slow roasted turkey, bacon, avocado, swiss cheese, served on toasted white bread with fries. (All served with fries or cup of soup or house salad)

**SOUPS & SALADS**

- House Salad: Spring mix, diced tomato, onion, cucumber, ranch dressing; Poached Beet Salad: Poached beets, goat cheese, walnuts, tossed into spring mix with balsamic vinaigrette
- Spinach Salad: apple wedges, candied bacon, spiced pecans, cherry tomato, aged cheddar, honey Dijon vinaigrette; Creamy Tomato Soup: house-made, creamy tomato soup with a hint of garlic; There will also be a Soup of the Day.

**BURGERS**

- Baja California: Double quarter pound patties, avocado, pico de gallo, shredded lettuce, sweet sriracha mayo; The Eastsider: one quarter pound patty, house candied bacon, American cheese, lettuce, tomato, grilled, served with french fries with malt vinegar.
- Double quarter pound patties, bacon, pepperjack cheese, pickle, fried onion strings, house bbq, and a pickle; Reuben: Corned beef, sauerkraut, swiss, 10,000 lakes dressing, on rye bread
- Turkey Baconca: House slow roasted turkey, bacon, avocado, swiss cheese, served on toasted white bread with fries. (All served with fries or cup of soup or house salad)

**VEGETARIAN**

- Baja California: Double quarter pound patties, avocado, pico de gallo, shredded lettuce, sweet sriracha mayo; The Eastsider: one quarter pound patty, house candied bacon, American cheese, lettuce, tomato, grilled, served with french fries with malt vinegar.

**PIZZA & PARCELS**

- Key Lime Pie; Warm Turnover puff pastry, strawberry compote, cream cheese, white chocolate; Sundaes: vanilla soft serve with chocolate or caramel; Milkshakes: Vanilla alone or chocolate, caramel or lime. Also, Bananas Foster made with Giffard’s Crème de Banana and chocolate.

**DRINKS**

- Cocktails: Wine and nine kinds of Mezcal. There is also a variety of soft drinks such as coke, O.J., cranberry, and pineapple drinks
- EPOLOGUE: For my own dinner I opted for a fried pork sandwich that featured a fried pork cutlet, Dijonaise, onion and tomato that was served on toasted white bread. I ordered fries for my side and a Hamm’s in my memory of the fact that the original bar was tied with the Hamm’s Brewery. Except right now the only choice was Summit Extra Pale Ale. I asked about family food. There are no kid’s meals on the menu but I was told they can make mac and cheese, grilled cheese sandwich, and chicken nuggets. I easily found a spot on the street and was told there is parking behind ESB. Remember your face masks.

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**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 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 Dayton’s Bluff District Forum

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Many thanks to our Friends of the Forum 2021 donors:

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

Thank you for your support!