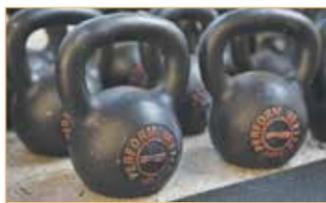




LoLa opens second annual Winter Fine Art Exhibition

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Longfellow  
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# Messenger



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February 2019 • Vol. 36 No. 12

www.LongfellowNokomisMessenger.com

21,000 Circulation

'Patron Saint of Lost Causes'

## Former Commissioner McLaughlin reflects on public service

**EDITOR'S NOTE:** This is part two of a two-part series. The first section ran in the January 2019 edition of the *Messenger*.

By TESHA M. CHRISTENSEN

If there's one thing that defines Peter McLaughlin's career as a public servant, it may be his attitude towards what others consider to be lost causes.

"I'm sort of the Patron Saint of Lost Causes," admitted McLaughlin.

There's something about certain projects that kept him searching for solutions, even over decades, observed McLaughlin, who was elected as District 4 Hennepin County Commissioner first in 1990 and left office in December 2018.

Take the Fort Snelling Upper Post, a group of 27 historic buildings that were falling apart. There wasn't a fund of money available to pay for fixing the buildings nor anyone interested in using them. But McLaughlin believed they should be saved and so he kept talking about it with others. When the site was listed as one of the top endangered historic sites in the United States, he realized



In an effort to make it more cost effective to plant trees in the county, former District 4 Hennepin County Commissioner Peter McLaughlin supported adding a tree nursery specifically focused on replacing trees lost to Emerald Ash Borer. Starting 20 years ago, the county has planted over 5,000 trees during Arbor Day celebrations. In addition to these plantings, a small food forest was planted in Adams Triangle in Longfellow, and 163 trees were planted along Hiawatha Ave in 2015 and 2016. (Photo submitted)

there might be a source of workers he could tap into. Even better, the county was already paying for the Sentence-To-Service crews so it wouldn't cost additional money.

When one of the buildings collapsed, others also started shuffling

things around, working hard to find funds to pay for building materials to stabilize the buildings.

A group began meeting to talk about the future of the site, and McLaughlin chaired the Fort Snelling Upper Post Task Force. They put to-

gether a land use plan and waited for the right opportunity.

It came in 2018 when the Plymouth-based Dominion, no stranger to historical renovation projects, and the Department of Natural Resources struck a deal to redevelop the site into 176 units of affordable housing. Soon veterans and families will be breathing new life into the 47-acre site that's the last unincorporated area of Hennepin County.

### Systematic change for libraries

Things shifted for McLaughlin 12 years ago. His daughter was born, and he battled prostate cancer. "I decided at that point to work on bigger projects," he said.

McLaughlin added, "You can do individual projects, but you have to turn them into something bigger, into systematic change."

Around the same time Minneapolis started closing libraries—an option they hadn't done even during the Great Depression, McLaughlin pointed out. And they planned to close more. Two of the three closed libraries were in McLaughlin's district, Roosevelt and Southeast.



Roosevelt Library was shuttered by the Minneapolis Public Library board but was then reopened after a Library fund was created to invest in libraries across the county. Former District 4 Hennepin County Commissioner Peter McLaughlin had supported the merger of the Minneapolis and Hennepin County library systems that made these renovations and expanded hours happen. (Photo submitted)

Continued on page 3

## Demonstrators at Hiawatha and 54th call for end to shutdown

**EDITOR'S NOTE:** The longest federal government shutdown in history ended as the *Messenger* was going to press.

By TESHA M. CHRISTENSEN

"I would like the government shutdown to end so I can go back to work and get a paycheck," stated Brian Garthwaite while standing along Hiawatha Ave. on Jan. 10.

He was among about 30 people holding signs and demonstrating at Hiawatha Ave. and 54th St. near the Veterans Affairs Health Care complex from noon to 2pm. The event was organized by the American Federation of Government Employees (AFGE). Sign slogans included, "End the Shutdown," "Do What's Right," and "Let Me Do My Job."

The demonstration was held to bring attention to the public, according to Gregg James, National Vice President of AFGE's 8th district, and was planned for the day before workers missed their first paychecks. The federal government shut down some departments on Dec. 22, 2018, a move that affects 800,000 government workers. While some are working without pay, 350,000 have been furloughed.



About 30 people holding signs demonstrated at Hiawatha Ave. and 54th St. near the Veterans Affairs Health Care complex on Jan. 10. The event was organized by American Federation of Government Employees (AFGE). (Photo courtesy of Minneapolis Labor Review)

One of those is Brain Garthwaite of Bloomington. He's been a compliance officer for the Food and Drug Administration for the past 16 years and serves as the AFGE Local 3381 President.

"My empathy is with federal employees who for reason not of their own doing, are required to work without timely pay, cannot afford the gas it takes to get them to work that they are doing without timely pay, cannot provide adequately for their family because they are not receiving their pay

timely, or are not allowed to do their job," remarked Garthwaite.

"I would ask the Senate Majority Leader if he thinks it's fair that he is drawing a government paycheck for not doing his job of advancing for a vote appropriations bills that had universal and unanimous support before the shutdown commenced? Yet he expects federal employees to do their jobs without getting timely pay. Does he think it's fair that his spouse, the Secretary of Transportation, also is drawing a government paycheck, but many

other couples who are federal workers are not both receiving timely government paychecks for work they are doing? And I would ask if he needed to watch Schoolhouse Rock's 'I'm Just a Bill' as a remedial refresher on the regular order process for how a bill becomes a law."

While Miranda Kiwelu was still working at the VA, she decided to demonstrate to show her support for those who weren't working. "It's not fair we're being used as pawns," said Kiwelu. "There are a lot of people who are being punished and will be without places to live and food to eat. It's sad."

"We want this to end quickly so they can get back to their everyday lives," agreed Ednika Dabney of AFL-CIO, who was demonstrating in solidarity with those on furlough.

A shutdown "destroys morale, creates hardship and anxiety, and cost taxpayers millions," pointed out James. As his organization represents a five-state region, they were considering holding a demonstration in Iowa next. Complicating things, however, is that "federal employees are fearful of retaliation for exercising their first amendment rights," he said.

Like many others, Garthwaite is drawing on his savings while he waits for the shutdown to end.

"Citizens should understand that, even though legislation has been signed to provide back pay to affected federal employees after the shutdown ends, bills and expenses cannot be paid with a promissory note," remarked Garthwaite. "Citizens should understand that a shutdown and furlough is not a vacation for federal employees. Citizens should understand that with very few exceptions, federal employees want to go to work to be paid for the work they are doing or are prevented from doing."

He encouraged those who want to help to donate to local food shelves.

"There are many acts of kindness that citizens are taking to help affected employees, and these acts are received with heartfelt gratitude," Garthwaite said. "There are some instances, however, when federal employees must decline assistance." These stipulations are laid out at <https://www2.oge.gov/Web/oge.nsf/Resources/Gifts+from+Outside+Sources>.

# Food Shelf fundraiser dinner raises double over last year

By STEPHANIE FOX

Many people living in southeast Minneapolis rely on local food shelves for necessities. Two of those food shelves operate out of the Minnehaha United Methodist Church, which partners with two other East Nokomis churches, Lake Nokomis Lutheran and St. James Episcopal.

Each year, the food shelves

hold a fundraiser—a popular pasta dinner—now in its eighth year.

This year, the dinner was held at Lake Nokomis Lutheran Church on Jan. 9 and brought in what organizers called ‘a substantial amount,’ twice as much as last year. The money raised from the more than 320 who attended will go to help fund MinneHarvest, a once a month food give away open to anyone

in need and to the Nokomis Food Shelf, a federal government supported program, that distributes food once a week to those eligible.

“Food shelf clients include more than 600 people, including 165 children and 107 seniors,” said George Gallagher, the Food Shelf’s Director. Last November, the Food Shelf distributed nearly 13 tons of food to those who

might have otherwise gone hungry. MinneHarvest’s client base varies, but also includes a number of seniors and children.

Local restaurant Fat Lorenzo’s donated tubs of rigatoni with a choice of red or white sauce. Other contributions came from Panera and Turtle Bread.

None of the money raised for food shelves went for door prizes, as some local business-

es provided merchandise for the drawing.

The 30 volunteers included two members of Northstar Boy Scout Troop #1 and members of the Coast Guard Auxiliary Western Rivers Division, Flotilla #8, who helped out during the two-hour event.

The Accordion Fun Club polka band provided entertainment for the seventh year.



The annual Food Shelf Fundraiser Pasta Dinner raises funds to feed food insecure individuals and families in East Nokomis and other nearby neighborhoods. (Photo by Stephanie Fox)



30 volunteers worked to serve up rigatoni, donated by Fat Lorenzo’s. ‘Fat Lorenzo’s is so fabulous,’ said volunteer Katie Carter, far right. Other food donors included Panera and Turtle Bread. (Photo by Stephanie Fox)



The cafeteria at Lake Nokomis Lutheran Church filled up quickly. The annual Food Shelf Fundraiser Pasta Dinner raises funds for the Minnehaha Food Shelf and Minneharvest, both organized through the nearby Minnehaha United Methodist Church. (Photo by Stephanie Fox)



The popular Accordion Fun Club polka band has entertained at the food shelf fundraiser for the last seven years. (Photo by Stephanie Fox)



The Accordion Fun Club, made up of veteran musicians, found a fan in Natalie Petras. (Photo by Stephanie Fox)

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## Peter McLaughlin

Continued from page 1

McLaughlin learned about the issues while attending a spaghetti dinner in the basement of a Lutheran church in his district. He didn't hesitate about taking this project on. He supports walkable, bikeable cities, and to have that one needs destinations such as libraries. "They are places that anchor neighborhoods," observed McLaughlin.

There had been discussions about merging the Minneapolis Library and the Hennepin County Library systems for years, but it had never progressed. McLaughlin believed the time had come, and he worked to make the merger happen within a few months.

There were issues, such as the suburban libraries worried their money was going into a declining system, and the city libraries worried their referendum money would be used outside Minneapolis. But a deal was struck, and the merger became official on Jan. 1, 2008.

"Libraries are one of the great democratic services we provide," stated McLaughlin. "It needed to be solid."

Since the merger, all the closed libraries have been re-opened, nearly every library in the system has been renovated (the last project just began), and hours added. For the first time since the Kennedy administration, Central Library downtown is open seven days a week.

### Fight for light rail

Neighbors stopped the freeway from going in during the 1960s, but then nothing happened along the giant swath of right-of-way along Hiawatha Ave. for years. It took until 1985 to reach a deal about what the road would look like, and until the early 1990s to finish the project. Meanwhile, discussions had gone back and forth for years about light rail lines and which one should be the first.

"I took on the fight for rail transit," McLaughlin said. He knew one of his biggest battles was to reach an agreement between Hennepin and Ramsey counties and keep that in place until federal and state funding was appropriated and work could begin. It was agreed that because right-of-way was available along Hiawatha, and the Environment Impact Statement already



Former District 4 Hennepin County Commissioner Peter McLaughlin speaks during the South Minneapolis Hub opening along Lake St. and Hiawatha Ave. The South Minneapolis Hub represents a move to decentralize human services from downtown to make it easier for people to get county social services at a site that's more accessible. (Photo submitted)

done (because of the road work), that it would be the pilot project.

Governor Carlson signed off on a \$40 million appropriation, and then Governor Ventura (who had attended Roosevelt High School) made the line a priority. A bonding bill was passed in 1999 during Ventura's first year in office that included the last \$60 million needed from the state.

"I always told people, we put all our chips on red 26 and spun the wheel," said McLaughlin.

Once the Blue Line was operating (2004), the Green Line followed in 2014, connecting Minneapolis and St. Paul along University Ave. The Southwest extension of the Green Line is next. When McLaughlin attended the Green Line groundbreaking on Nov. 30, 2018, he brought the same shovel he used at the Blue Line groundbreaking.

McLaughlin's focus on "transit ways" has also included bus lines (such as the Orange line that will be going down 35W), and he's had a whiteboard in his office for decades that shows a transit map of the region.

"Why do I care so much about this? Transit reinforces the center as the cities of Minneapolis and St. Paul," McLaughlin explained. It goes back to the lessons he learned in Trenton, N.J. and from Sears, and

the exodus of people from the city that happened across the nation. How do you keep people in the city? If you're McLaughlin, you give them something to stay for.

"It's all part of how do we attract people to the city and make a more prosperous life?" McLaughlin said.

### Development has come

Some of the light rail supporters, including McLaughlin, promised that there would be development along the lines. Every year for many years, a *Star Tribune* reporter would call him to ask when development was going to happen.

After a recession and years of planning, in 2015 McLaughlin helped broker a deal for the county to anchor a large development at Hiawatha Ave. and Lake St., and things began to snowball.

In addition to the new development on the southwest side of Lake and Hiawatha, there is a new building on the north side, and another multi-story apartment building a few blocks south. Several buildings are planned around the 38th St. Station, and Longfellow Stations was built there on the southeast side a few years ago. A major development is in the works at 46th St., and five more are in progress.

McLaughlin tries to work with existing plans to make other things happen.

Some have accused him of being too patient. "It takes a long time to work these puzzles out," he observed.

Hennepin County had already decided to decentralize its services and spread out buildings

to be more convenient the communities it serves. It needed a hub somewhere in south Minneapolis, so McLaughlin pitched the idea of putting a service center at Hiawatha and Lake. It became part of a development that will add more than 500 housing units and a permanent space for the Midtown Farmers' Market. The first housing unit opened on Dec. 1, 2018. Next year, a site that wasn't generating any tax revenue while owned entirely by Minneapolis Schools will generate \$300,000 in property taxes, and that's just a start.

"You can't do all the things you want to do with new money," said McLaughlin. "You've got to do it with money you were going to spend anyway. You have to be intentional about it."

### Battling crime and building a Greenway

The Midtown Greenway is an iconic part of south Minneapolis now, but when McLaughlin started his career it was a trench where folks threw their old mattresses and trash. The city had just been dubbed "Murderopolis" by the *New York Times*, and south Minneapolis was the epicenter of the crime issues facing the city.

"I used to say if you're going to go down to the Greenway to do an inspection, you need to be sure to get your tetanus shot up to date," said McLaughlin.

He got involved with the Midtown Community Works Partnership, and they worked to convince first Honeywell and then Wells Fargo when they took over the Honeywell facility at 600 S. 4th St. to support the Greenway project.

Construction on the line began in 2000 and the final phase was done in 2007. Organizers are now considering an extension across a rail bridge to St. Paul.

"We said there would be development along the trench, and people laughed at us 20 years ago," recalled McLaughlin. "Success will beget more success—and that's what happened."

The line has become one of the busiest bikeways in Minnesota and recognized as the best urban bike trail in the nation. Plus, new housing and retail have gone in along the trail.

The trail was one of several prongs of an approach focused on building up the neighborhood and reducing crime.

"You're not going to solve crime without a comprehensive approach," observed McLaughlin, or solve racism. For him, one part always includes adding jobs, and so he worked to build up what was already existing in the neighborhood, including Wells Fargo and Abbott hospital through work with the Phillips Partnership. They supported Abbot's heart hospital expansion, keeping it in the city versus out in the suburbs.

They offered funds to rehabilitate old homes and increase the number of owner-occupied houses, supported by the Project for Pride in Living (PPL) Selvaggio Fund.

The group worked to create the Pathways Program to provided training at the Minneapolis College for jobs at Abbott, as well as jobs within the county itself.

McLaughlin once found himself in the elevator with three women who were part of the Pathways program. As they got out, one told him, "This job changed my life."

"That's why I do this work," remarked McLaughlin.

### Entrepreneurial policymaker

McLaughlin has approached policymaking by trying to fix community problems, even when there was no clear role for Hennepin County in the solution, pointed out his principal aide Brian Shekelton.

"Life's problems aren't categorized by a series of neat silos, and he believes that silos shouldn't define the way to fix problems.

"Before Commissioner McLaughlin took office Hennepin County wasn't helping to build train lines, it wasn't helping to build permanent homes for farmers markets. It wasn't leading a partnership to build Greenways (Midtown was a community development project, not just a transportation/recreation project). It wasn't investing in Minneapolis parks or Minneapolis libraries. It wasn't creating train stations like Target Field Station, and it didn't have a tree nursery to replenish the lost Ash trees," Shekelton

Shekelton summed up, "I've always thought that of Peter McLaughlin as an entrepreneurial policymaker, and I think that's why he has been able to achieve so many goals."

### What's next?

So, what's next for the man who left office in December after 28 years?

He's not sure. "I've devoted my entire adult life to community work," he said.

He doesn't think he's done yet.

"I'm still a believer that government can play a positive role in changing people's lives," remarked McLaughlin.

# Messenger

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The Longfellow/Nokomis *Messenger* is a monthly community publication in the Longfellow and Nokomis areas of Minneapolis, owned and operated by deRuyter-Nelson Publications, Inc. All correspondence should be sent to the *Messenger*, 125 First Ave. NW, PO Box 168, Minneapolis, MN 55369. To contact the editor, call Calvin at 651-917-4182. To reach the advertising department, call Denis at 651-917-4183.

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Invest in your neighborhood through The Neighborhood Jam Fundraiser on Sat., Feb. 9, 2-6pm at Off Leash Art Box, 4200 E. 54th St.

Enjoy three bands, a Nokomis East trivia competition, the Lake Nokomis Blue Wave mocktail, cocoa and coffee with a gourmet topping bar, appetizers and a silent auction full of offerings from your favorite area businesses.

The event lineup begins with singer/songwriter Chris Herriges, moves into a 90's alternative groove with My Cousin Dallas, and finishes with a big jazz band boogie courtesy of Huge If True.

You can try out GROOVE fitness dancing midway through the afternoon, or win prizes in the Nokomis East Trivia Contest.

Proceeds will go to NENA, which will turn your dollars into projects like the Monarch Festival, low-interest home loans, the neighborhood garage sale, community gardens, and our work with renters in the Bossen area.

If you plan on attending our Neighborhood Jam, RSVP or get your tickets early so we can order food accordingly. Tickets are \$10 for adults, \$5 for ages 7-18, and kids under 6 get in free. Purchase tickets in advance at [bit.ly/NE-NAJam](http://bit.ly/NE-NAJam).

### Gateway Garden planning

A Gateway Garden planning meeting will take place Thur., Mar. 21, 6:30-7pm at the NENA Office, 4313 E. 54th St.

After eight years at the helm of Transition Longfellow, co-founders Leslie MacKenzie and Peter Foster—the last members of the initial organizing group—are stepping back from the leadership team and moving out of the area. In preparation for the change, the group has been hosting small-group brainstorming sessions.

On Sat., Feb. 9, starting at 9am, the group will host a community meeting to vision its future. (The meeting is tentatively scheduled for Hiawatha School Park building. Check the website [www.transitionlongfellow.org](http://www.transitionlongfellow.org) for confirmation.)

Fruit, coffee, and bagels will be served from 9 to 9:30am; then attendees will hear what was shared at the brainstorming sessions before engaging in a facilitated World Café exercise and committing to how the group will operate moving forward.

"I'm not sure people recognize how amazing this all-volunteer group has been," MacKenzie said. "We've done so many different programs and participated in so many events, all with volunteers and very little money. For a small community group, we've been able to work with the City of Minneapolis, with the national Transition organization, and even with international organizations."

Whether and how the group continues to operate will depend upon the community response on Feb. 9. "I certainly hope this group continues," said MacKenzie. "As we move deeper into climate change, the need for communities to come together in learning and mutual aid is more important than ever! And the opportunities to positively engage with the most critical issues of our time are huge."

# NENA (Nokomis East Neighborhood Association)

4313 E. 54th St.

## Neighborhood Jam Fundraiser scheduled Feb. 9

### Upcoming meetings and events:

2/6/19, 6:30pm: NENA Housing, Commercial, and Streetscape Committee, NENA Office, 4313 E. 54th St.

2/9/19, 2-6pm: NENA Neighborhood Jam Fundraiser, Off Leash Art Box, 4200 E. 54th St.

2/13/19, 6:30pm: NENA Green Initiatives Committee, NENA Office

2/24/19, 7pm: NENA Board Meeting, NENA Office

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Combat the effects of climate change, protect pollinators, and contribute to neighborhood beautification while you connect with other volunteers at the Gateway Garden. Join us to plan the next phase of the Gateway Garden, a native plant oasis near the 50th Street LRT station. Attendees will learn about the garden and discuss plans for future programming, volunteering, and planting. Gardeners of all experience levels are welcome! Toys and coloring activities are available to those with children.

### Green Fair

The South Minneapolis Green Fair is scheduled for Sat., Apr.

13, 12-4pm, at Roosevelt High School, 4029 28th Ave S.

Standish-Ericsson Neighborhood Association and the Longfellow Community Council are partnering with NENA to offer resources for an environmentally sustainable lifestyle to South Minneapolis residents at the South Minneapolis Green Fair. The Green Fair will offer up to 35 different exhibitors covering common topics like sustainable lawn care and gardening, solar energy, waste reduction, and transportation. Attendees looking for a more in-depth overview of environmental topics can sit in on any of the four guest presentations scheduled throughout the afternoon.

Admission to the fair is free. We encourage attendees to walk, ride their bike, or use public transportation, but parking is also available. Organizations or businesses interested in becoming a Green Fair exhibitor can contact NENA Program and Communication Manager Lauren Hazenson at [lauren.hazenson@nokomiseast.org](mailto:lauren.hazenson@nokomiseast.org) or 612-724-5652.

### Home improvement loans

Are you resolving to spruce up your home in the new year? NENA offers two home improvement loan programs to homes in the Keewaydin, Minnehaha, Morris Park and Wenonah neighborhoods. Loan applications are processed on a first-

come, first-served basis.

### Home improvement loans

Owners of one to four unit residences can apply for up to \$15,000 to make improvements to their properties. Owner-occupants and investors may apply. The interest rate is either 3.5% or 4.5% depending on income. No income restriction applies.

### Emergency repair loans

A limited amount of funds are available for emergency repairs. Only owner-occupied households are eligible. Income restrictions apply. The maximum loan amount is \$7,500. The loan is 0% interest, and there are no monthly payments. The loan is due in total upon the sale of the property or transfer of title.

### More info and how to apply

For more information or to request an application, call our project partners the Center for Energy and Environment at 612-335-5884, or visit the CEE website.

### Sign up for NENA News

Your Guide to News, Events, and Resources! Get your neighborhood news delivered to your inbox every other Wednesday. Sign up today at [www.nokomiseast.org](http://www.nokomiseast.org). Once you sign up, you'll receive updates on news and happenings for your neighborhood.

# Transition Longfellow

By LESLIE MACKENZIE

## Transition Longfellow visioning its future

### Reflecting on eight years of action

"It has been an amazing 8-plus years of involvement with Transition Towns here in Longfellow," MacKenzie said. "In that time, we learned a lot about the inter-related challenges our community, our country, and our planet face. Because of that, our household took dramatic action to reduce our carbon footprint and to learn more about resilience and climate preparedness."

"We became a one-car family—and most of the time that car was parked, and we biked and took mass transit," MacKenzie added.

She added, "We put solar electric and hot air panels on our home and worked bit by bit to make it more energy efficient. After 25 years of weatherization and efficiency projects, we recently received Energy Fit Home certification through the Center for Energy and Environment."

"We created an edible land-

scape in our yard," MacKenzie said, "and participated in every Chard Your Yard garden-build project to help many of our neighbors start growing vegetables, too."

"At the Days of Garden Skillshare events, we learned, along with everyone else, how to save seeds, prune trees, set up a compost bin and a hydroponic system, and more. At the Days of Food Skillshares, we learned to make jam and kombucha and what cilantro is and how to use it."

"There are so many generous and skillful neighbors will-

ing to share what they know: Cherylline Vaz and her Indian cooking, Annette Rondano and her jams and jellies, Quantina Beck Jones and her kombucha and chickens, Theresa Rooney and her master gardening skills. Jason Holtz helped us build Lit-

tle Free Libraries. Bruce Stahlberg helped us make rocket stoves and solar cookers.

MacKenzie concluded, "We've met so many people—probably several hundred in the neighborhood, but also across the country and the world in the time we've been involved. That is certainly one of the big benefits of being in a Transition group. We hope we can find, or create, a group in the St. Croix Valley where we'll be living. And we'll stay involved with Transition Twin Cities and the Transition Longfellow Facebook community, which is extensive."



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# Glad Creations Fabric Store to close after 43 memorable years

By MARGIE O'LOUGHLIN

Glad Creations Fabric Store has been holding down the NW corner of Bloomington Ave. and 34th St. since 1976. Its current owners, who also happen to be sisters, are ready to retire. With mixed emotions, they are moving on.

Co-owners Nancy Raschka-Reeves and Susan Dyer grew up in South Minneapolis and graduated from Southwest High School. Their unassuming little shop has been a labor of love in their family for three generations, and a haven for quilters from far and wide.

Much has changed since the shop opened 43 years ago. To understand the history of Glad Creations, you have to know something about the origin of its name. Gladys Raschka, Nancy and Susan's mother, or "Glad" for short, was involved in many creative ventures as a young woman—and excelled at all of them. Hence, the name Glad Creations.

"Our mom was a WW II bride," Susan said, "and made almost all of our clothes (there is a third sister as well). She taught us to knit and embroider. She enjoyed cake decorating and even learned to make panoramic Easter eggs out of sugar. She tooled leather and sewed lingerie, which isn't easy! Her first business venture was a made-to-order purse business called Glad Creations. My sister Nancy was an avid quilter by



Employee Jennie Baltutis (left) has been a quilter for 60 years; employee Wynn Martin (right) has been a quilter for 11 years and commutes to work from Marine on St. Croix. (Photo by Margie O'Loughlin)

the time she graduated from college, and the two of them opened Glad Creations Inc., Quilt Block together. Eventually, Mom, who celebrated her 100th birthday last summer, learned to quilt by sewing appliques. She went on to win numerous awards for her quilts in this style."

When Gladys married George Raschka in 1943, quilting was utilitarian—something women did to save money. As shirts and dresses wore out, they were cut into pieces and stitched together as quilts rather than thrown away. Quilters would gather together, so it was a social pleasure as well as a useful skill. Nancy said, "These days, quilting has become an art form, but the social aspects still live on."

According to shoppers at Glad Creations, the classes and quilting sessions have been as sought after as the fabrics. Longfellow resident Amy Swanson said, "I took a class here with my neighbor and got hooked on the place. I've got three little kids, so I hardly have any time to sew. I can't stop buying these beautiful fabrics though. There are so many ways that this shop has helped build community over the

years: by nurturing long-lasting friendships among people who love to quilt. Maybe you could find a few of these fabrics online, and maybe they'd be a little bit cheaper, but you sure wouldn't make any new friends shopping that way."

In addition to offering a full catalog of classes every quarter, Glad Creations has made a name for itself designing and distributing high-quality quilt patterns. They have over 90 patterns to their credit, which are sold in quilt shops across the country. Susan's daughter, Emily Dyer, will take over their extensive pattern line. Like her grandmother Gladys, she enjoys many artistic ventures including sewing, pottery, graphic design, writing, and publishing.

Nancy said, "We've been very open with our customers about our retirement; we didn't want it to come as a surprise. Several years ago, we came up with a five-year plan. While we've loved it, owning a small business like this takes up all your energy—in other words, it takes up your life. The closing is bittersweet for us, but time moves on. So many of our customers have said that while they're sad to see us go, they wish us well. Susan and I have really appreciated that."

Discounts are currently at 20% and climbing on fabrics and notions. Call 612-724-1079 to learn more, or visit the shop at 3400 Bloomington Ave. S. while it's still open. Hours at Glad Creations are Mon.-Sat. from 9:30am-5pm until further notice.

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Longfellow resident Amy Swanson chose quilting fabrics from stacks of neatly arranged cottons grouped by color. Glad Creation has been a quilter's dream. (Photo by Margie O'Loughlin)

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# LoLa opens second annual Winter Fine Art Exhibition

Come to see the art, stay to make a fun little item to take home during drop-in artist activities for all ages, at the second LoLa Winter Fine Art Exhibition at Squirrel Haus Arts, 3450 Snelling Ave. S. Admission is free and open to the public; a small donation is optional for make-and-take activities.

The League of Longfellow Artists (LoLa) is pleased to announce their second annual Winter Fine Art Exhibition, featuring works by local artists who are

members of LoLa. Art will be for sale at the discretion of the artists, and the full purchase price will go to the artists.

An opening reception on Sat., Feb. 16, 5-7pm, and includes wine, beer, and other beverages plus a variety of snacks; a chance to mingle with other art lovers and many of the artists; and music provided by DJ Phil Borreson of Solid State Vinyl.

New this year will be more opportunities to visit, and more

reasons to drop in and see what's happening. Open for two weekends instead of one, with the opening reception at the close of the first day. For art lovers with small budgets, some of the artists will also have small items for sale during their volunteer gallery shift, such as note cards featuring their artwork. This will be continuously changing.

Artist educators will lead informal make-and-take activities for children and adults (very small children will need an adult

helper), for a small optional donation of up to \$5 to cover the cost of materials. These will occur at various times during gallery hours, with a schedule available on LoLa's website, and announced on the event's Facebook page. See a few examples below.

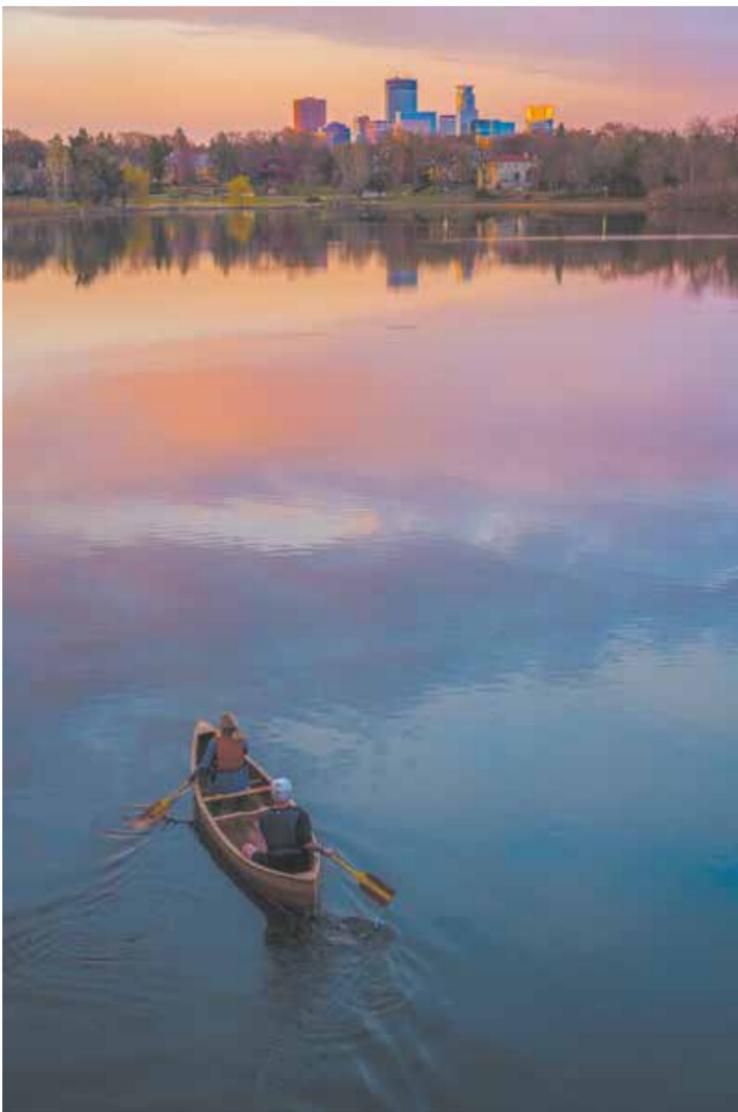
## Here are a few activities scheduled so far:

- Sat., Feb. 16, noon-2pm: make a cardboard mask with Pete Talbot, and play a cardboard pin-

ball machine.

- Sat., Feb. 16, 2-4pm: make your own zine from a single sheet of paper with Olli Johnson.
- Sun., Feb. 17, noon-2pm: make a mini alphabet book to write and sketch in, with Meg Erke.
- Sun., Feb. 24, 2-4pm: make a mini polymer clay pig (for Year of the Pig!) with Laura Burlis.

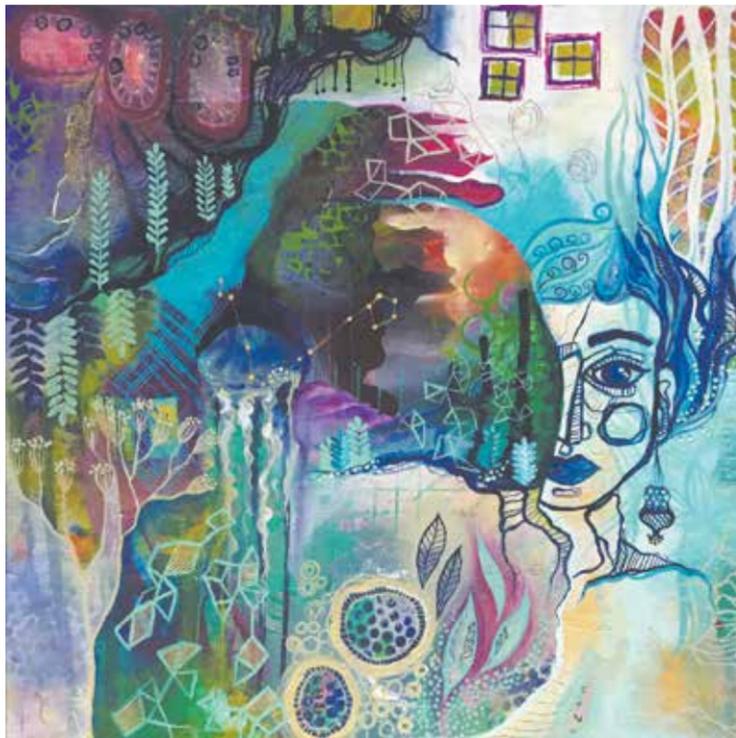
For more information visit [www.lolaartcrawl.com](http://www.lolaartcrawl.com) or the Facebook page at [www.facebook.com/LoLaArtistsMN](http://www.facebook.com/LoLaArtistsMN).



Adam Iverson's "Lake Of The Isles Canoe" (Photo provided)



Left: Parker Sharon's "White Admiral" (Photo provided)



Below: Carley Swenson's "Pisces by Birth" (Photo provided)



Pottery by Carol Pratt (Photo provided)



Art by Jean Shannon (Photo provided)

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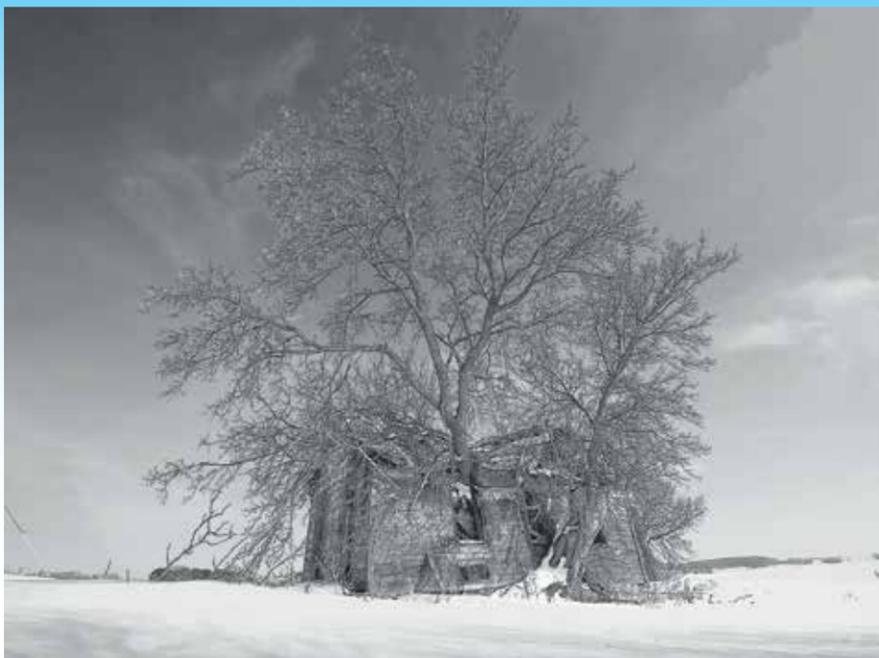
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Rachel Cain's "Tree on House" (Photo provided)



Sue Romain's "Allergy Time" (Photo provided)

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## Prep Sports Notebook

By MATTHEW DAVIS

### Latest Hill tandem a final go-around for Minneapolis South



As soon as the Morgan and Jade Hill tandem concluded for Minneapolis South girls basketball, a new one began.

Jade and her seventh-grade sister, Angel, now play together for the Tigers this winter after Morgan's graduation last spring. Morgan now plays Division I women's hoops at the University of Tennessee at Chattanooga. She scored more than 2,000 points at Minneapolis South and helped the Tigers make the Class 4A Section 6 final last year.

"I definitely have to step up and talk more to my teammates and just be a leader," Jade said.

Their oldest sister, Tayler, left the biggest legacy at Minneapolis

South with 3,894 career points and a Class 4A state title in 2009. She led the Tigers to three state title games. Since then, she starred at Ohio State and became a WBNA player. Hill played for the Washington Mystics for five full seasons but got traded to the Dallas Wings during the 2018 season.

"It's definitely a lot of pressure. A lot of pressure on us just to keep the legacy up and play hard and do good all the time," Jade said.

Tayler returned to Minneapolis during the offseason and came to many of Jade and Angel's games. The duo has the Tigers off to an 11-5 start through Jan. 22. The Tigers could make another run in Section 6 though they may get a lower seed.

"We're still young," Tigers coach Nate McGuire said. "I think we're getting better, but it's still a pretty dramatic change from what we had last year when we went to the section finals against Hopkins."

Jade, who has played point guard since eighth grade for the Ti-

gers, has become the leading scorer this year. She averages 20.4 points 4.7 assists and 5.7 steals per game. She also has been drawing Division I interest as schools such as Chattanooga and Kansas State.

"Last year, my sister scored most of the points," Jade said. "Now it's my turn to step up and score points."

Angel plays wing for the Tigers and leads the team in rebounds with 6.4 per game. She also posted 6.8 points per game and averaged 3.8 steals per game on defense. She does all of it going up against players who are often sophomores, juniors or seniors.

"Sometimes I'm nervous," Angel said about the older competition.

Nerves calm across the team though when Jade has the ball.

"That is pretty typical. When there's so much pressure on the ball, I think that everyone's heart rate does it," McGuire said. "Jade just does it so much. I think the whole team has that much confidence in her."

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# Owner of IronFlow Gym capitalizes on professional dance career

By MARGIE O'LOUGHLIN

Dan Partridge celebrated the New Year by opening his first business venture bright and early on Jan. 1. IronFlow Gym, 3020 E. 28th St., is in the heart of the residential Longfellow neighborhood. Partridge launched an eight week training challenge for members that day: to become stronger and more flexible than they've ever been before. That tall order has several elements of mastery: the deadlift, the squat, the kettle ball swing, and the pull-up. Strangely, it appears that gym members are having fun in the process.

Partridge is a native of Devon, England, and has been working as an athletic trainer in the Twin Cities for the past three years. His classes are intentionally fairly small, and his approach to training is personable.

The training schedule at IronFlow is rigorous, and it's no wonder that Partridge appears to have the strength of Superman. He leads classes Mon.-Fri. at 6:15, 7:05, 7:55, and 8:45am, as well as 12, 12:50, 3:30, 4:20, 5:10, and 6pm. On Sat., classes are at 8, 9 and 10am. On

Sunday they are closed.

Capitalizing on his longtime career as a professional dancer with the Royal Ballet of London, England, Partridge has an innate sense of body awareness.

Partridge began dancing as a child and maintains a dancer's sense of grace in his posture and carriage. "My goal is to help each person build their own strength and flexibility," he said. "The M-W-F classes are more geared toward strength, and the T-Th-S classes are more geared toward flexibility.

The philosophy at IronFlow is to work from a platform of integrated training methods. The clubs (see photo of Partridge below) strengthen grip muscles of the hands and holding muscles in the shoulders. Hanging rings gets the core abdominal muscles in shape. And the kettle balls improve just about everything from jumping higher, to running faster, to kicking harder, and having better posture.

Partridge, a certified Russian kettle ball trainer, believes that we're seeing a lot of compro-

mise in posture these days. "Just look around; people are on their cell phones all the time, curling or slumping forward. That's very hard on the vertebrae of the neck and upper back, as well as the surrounding muscles. What we want to do here is to reverse the aging process."

To learn more, call 763-600-2040 or email [info@ironflowtraining.com](mailto:info@ironflowtraining.com)—or just stop by and take a complimentary first class.

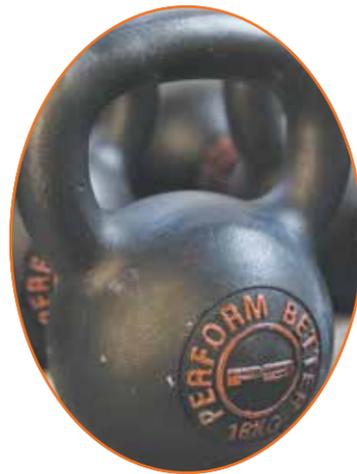


Photo left: IronFlow Gym co-owner Dan Partridge said, "Building body awareness is not only fun, but it's also necessary for health and longevity." (Photo by Margie O'Loughlin)



Photo right: Co-workers from Spye Experience (located next door) work out together regularly. Pictured are Jason Dirks (left), Paul Krumrich (center), and Margot Fleming (right). (Photo by Margie O'Loughlin)



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Traditional Worship – 11:00am  
Espanol – 1:30pm  
Wednesday Meal – 5:45pm  
Wednesday Kids choirs and bible studies  
3:45 – 5:45pm  
Youth Activities 6:30 – 8:00pm

**Epworth United Methodist**  
3207 37th Ave. • 612-722-0232  
[www.epworthmpls.org](http://www.epworthmpls.org)

Pastor Steven Reiser  
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(Wheelchair Accessible)  
Upcoming:  
February 2 - Frozen February Frolic,  
12 - 4 p.m.  
February 4 - March 11 - Epworth Pasty  
Sale Orders  
Feb 6, 13, 20, 27 - Cabin Fever,  
9:30 - 11:30 a.m.  
February 13 - Beer & Bible @ Merlin's Rest  
6:30 p.m.  
February 24 - Bagel & Bible, 9:15 - 10 a.m.

**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527  
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Julie A. Ebbesen, Pastor  
9 am Worship/Youth Faith Formation  
10 am Coffee & Fellowship  
10:30 am Adult Faith Formation  
Saturday February 2nd and 16th, 2:00-4:00  
Fiber Arts Group

Monday, February 4th at 7 pm Pub  
Theology at Parkway Pizza: What is  
the future of the church? How do we  
prepare ourselves to live in to that  
future?  
Wednesday, February 6 and 20th, 9:30 am,  
Quilters  
Friday, February 8th from 6-9, Chili Cook Off  
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# In Our Community

## Messenger

Send us your news! When you submit your press release it will be considered for both the newspaper as well as the Messenger Facebook page (Facebook.com/LongfellowNokomisMessenger). You can also go to our website, LongfellowNokomisMessenger.com and enter the information in the online Event Calendar.

### Annual Chili Cook-Off scheduled for Jan. 31

It's that time of the year again! Longfellow Community Council will hold their Annual Chili Cook-off Fundraiser at Gandhi Mahal, 3009 27th Ave. S., on Thur., Jan. 31, 6-8pm. Come, socialize, eat, and maybe even win a door prize! Tickets are \$12 at the door for adults, \$5 for ages 6-12, and under age 4 eat free.

### Frozen February Frolic planned Feb. 2

Come ring in February with some frozen fun at the Frozen February Frolic, Sat., Feb. 2, 12-4pm at Epworth United Methodist Church, 3207 37th Ave. S. They'll start with a sloppy joe lunch at the church, followed by sledding, snow sculptures, and a winter hike. Want to stay inside? Bring your favorite books to share, master a puzzle and enjoy good conversations with your neighbors. After sledding, everyone will enjoy hot cocoa and cookies at the church. Bring your entire family for a free day of winter fun!

### New exhibit opens Feb. 2 at Vine Arts

Join artist Daren Hill at "Below the Surface," an exhibition of abstract paintings and sculptures, Feb. 2-23, at Vine Arts Center, 2637 27th Ave. S. Hill's artworks explore complexity in form, creative decision-making and celebrate the creative process. An opening reception is planned for Feb. 2, 6-9pm.

After a decade away, Minneapolis-born visual artist Hill returned from Brooklyn to the Twin Cities. Inspired by street art and influenced by fine art, he explores abstract art through various media including painting, mural, sculpture, photography, and digital art.

"Below the Surface" explores the vibrant relationships between form and its deconstruction. As compositional elements begin to combine, initial decisions affect the overall composition. Deconstruction of layers and colors from each piece emphasizes the idea that nothing is fixed. "This constant evolution of texture and color is a microcosm of how our universe operates. Every part is working with one another to create a harmonious union between tool, canvas, and medium. This balance is beneficial because it highlights duality (good/bad) and the action or decision acts as a catalyst for what follows."

Gallery Hours are Thursdays 5:30-6:45pm and Saturdays 11am-5pm.

### AA and NA meets

Every Monday night there is an AA meeting at 7pm at Minnehaha Communion Lutheran Church

(4101 37th Ave. S.), and every Tuesday and Wednesday night there is an AA meeting at 7:30pm. On Thursday night, there is an NA meeting at 7:30pm. All are welcome to attend.

### Nokomis seniors plan upcoming events

Nokomis Healthy Seniors as they host a Health and Enrichment program, "Learn All the Ins and Outs of Uber and Lyft," on Thur., Feb. 7 at 11am. It will be held at Nokomis Healthy Seniors inside Bethel Lutheran Church, 4120 17th Ave. S. The program is free, and all are welcome. No reservations are required.

On Wed., Feb. 13, 1:30pm, the Health and Enrichment program "Learn All the Ins and Outs of Uber and Lyft" will be repeated at Nokomis Square Co-op, 5015-35th Ave. S. No reservations are required to this free program where all are welcome.

Join Nokomis Healthy Seniors for "Lunch and a Movie" on Thur., Feb. 14. They will share a meal at 11:15am, then watch the romantic comedy "Roxanne." The 1987 movie is based on the play "Cyrano de Bergerac." Lunch and a movie is held at Nokomis Healthy Seniors inside Bethel Lutheran Church. All are welcome, but reservations to 612-729-5499 are required.

Nokomis Healthy Seniors is looking for volunteer drivers to take seniors to doctor appointments, weekdays, in volunteer's vehicle. For more information or to volunteer, call 612-729-5499.

### Beer & Bible with Epworth set Feb. 13

Whether you're new to the Bible, new to beer, or well-versed in both, you're invited to join the Beer and Bible group once a month at Merlin's Rest, 2601 E. Lake St. The next event is Wed., Feb. 13, 6:30-8pm. All walks of life and faith are welcome. Come and enjoy great discussion and fellowship—beer is optional.

Can't make it on Wednesdays? Join the Bagel & Bible group, following the same curriculum, on the fourth Sunday of each month at 9:15am at Epworth, 3207 37th Ave. S.

### Elder Voices sets meeting for Feb. 22

Elder Voices Telling Their Stories will meet Fri., Feb. 22, 10:30-11:30am, at Turtle Bread Company, 4205-34th St. at the corner of 42nd Ave. and 34th St. There will be time for people to tell or update their Elder stories. There will be a follow-up report on the Multicultural Elder Dialogues project as well as Elder Justice related workgroups form-

ing through the Minneapolis Regional Retirees Council (AFL-CIO) for 2019.

### LGBTQ support group meets Saturdays

A support group for LGBTQ adults living with mental illness meets weekly on Saturdays, 1-2:30pm, at Living Table United Church of Christ, 3805 E. 40th St. This free support group is sponsored by NAMI Minnesota (National Alliance on Mental Illness) and led by trained facilitators who are also in recovery. For information call David at 612-920-3925 or call 651-645-2948.

### Codfish and Meatball Dinner set Mar. 1

St. Peder's Lutheran Church, 4600 E. 42nd St., will hold its Annual Codfish and Meatball Dinner on Fri., Mar. 1.

There will be seatings at 5pm and 6:30pm. The dinner also includes boiled potatoes with our famous mustard gravy, peas and carrots, Havarti cheese on pumpernickel, cupcakes and beverages.

The cost is \$12 for adults and \$5 for children 12 and under. Call the Church office at 612-722-8000 or email Jeannie at office@stpeders.org for reservations. Please state how many meatball or cod dinners, seating time preference, and phone number if leaving a message.

### NA group meets twice weekly

A Narcotics Anonymous group meets every Wednesday at 7:30pm, and every Friday evening at 7pm at Faith Evangelical Lutheran, 3430 E. 51st St. Everyone is welcome to attend.

### 8th Heart Warmer scheduled Feb. 9

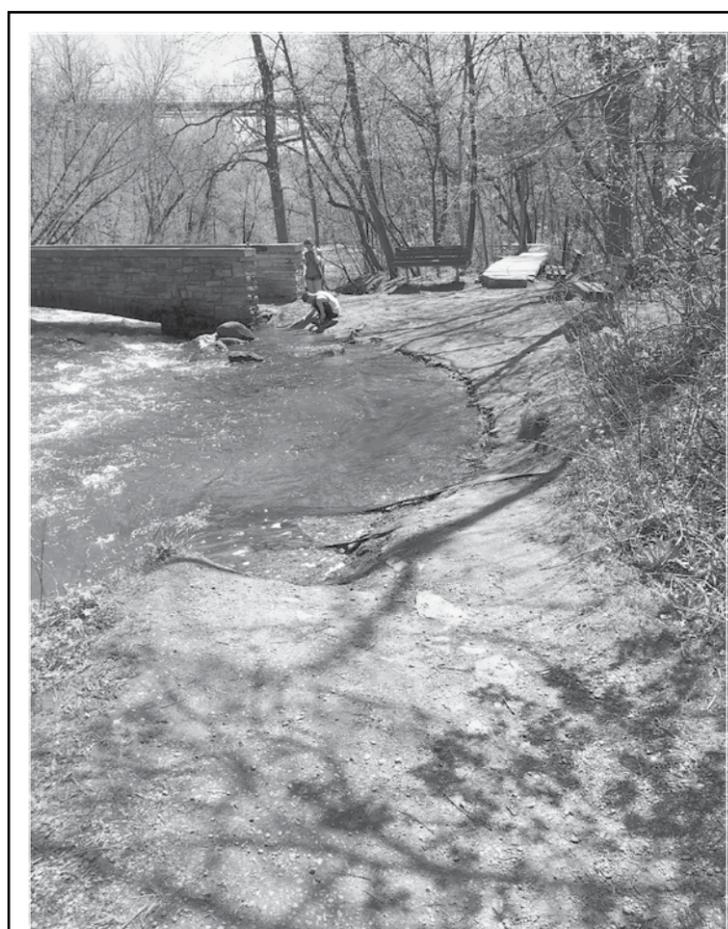
The 8th annual Hiawatha Heart Warmer will be held at Lake Hiawatha Park, 2701 E. 44th St., on Sat, Feb. 9, 12-3pm.

The whole family can participate in winter activities—skating, bonfire, horse-drawn hayride, snow sculptures, etc. When you get cold, it's time to go inside for hot drinks, music, and displays by local businesses. Children can make crafts or dance to a kids' DJ.

This local winter carnival celebrates the beautiful Lake Hiawatha area and promotes neighborhood businesses.

### 28th annual Pasty Sale planned

Join Epworth for their 28th year of making and selling pasties to the community! Warm up with



Eroded stream bank in the Minnehaha Glen is an example of the repair that the Minnehaha Creek Watershed District can start fixing with some grant money from FEMA. (Photo provided)

### Creek repair to start after damage in 2014

The Minnehaha Creek Watershed District (MCWD) is beginning repairs to sections of Minnehaha Creek in Minneapolis that were damaged by historic flooding in 2014. The high water caused more than \$1 million damage to the six major streams in the watershed. The MCWD applied for funding from the Federal Emergency Management Agency (FEMA) and was awarded approximately \$250,000 for repairs.

Over the next several months crews will repair ten sites on Minnehaha Creek in Minneapolis where sections of streambank and trails were eroded by high water in 2014. Seven of the sites are located downstream of Minnehaha Falls. The other three sites are east and west of I-35W. The work is expected to continue through spring 2019.

In 2014, the Twin Cities saw the wettest first half of the year since modern record-keeping began in 1871. During this time Minnehaha Creek achieved a new record flow, and the Gray's Bay Dam was unable to control water levels for 83 consecutive days. The prolonged high water eroded stream banks and hampered access to recreation.

Since the flood of 2014, the MCWD has partnered with the National Weather Service (NWS) to better anticipate rain events. The NWS' customized weather forecasts have helped the MCWD proactively manage the Gray's Bay Dam, preventing flooding in 2016, 2017, and 2018 in spite of record-setting precipitation.

The Minnehaha Creek repairs are being coordinated with the current Minneapolis Park and Recreation Board's master planning process for the Minnehaha Parkway Regional Trail.

the delicious hand-held savory "pocket pies."

There are options for vegetarian, no salt, gluten-free (no crust) or no rutabagas variations as well as the traditional ground beef and vegetable pies.

Order your \$6 pocket pie by Mar. 14 at epworthmpls.org/pastysale or by calling 651-645-9855 (make sure you say the quantity and type you are ordering)—you can pick up your handmade pasties during the afternoon of Sat., Mar. 16.

### Review of Trail Master Plan begins

Last summer the Minneapolis Park and Recreation Board (MPRB) launched the Minnehaha Parkway Regional Trail Master Plan. This project will set a vision and priorities for future park improvements and management along the trail for the next 20-30 years.

Continued on page 10

## In Our Community

Continued from page 9

On Thurs., Jan. 31, initial concepts for focus areas along Minnehaha Parkway Regional Trail will be published online on the Minnehaha Creek Master Plan project page ([www.minneapolisparke.org/park\\_care\\_improvements](http://www.minneapolisparke.org/park_care_improvements)) and debut at a Community Workshop, 6-8pm at Lynnhurst Recreation Center, 1345 W. Minnehaha Pkwy.

Another public event to review the Minnehaha Creek park designs and discuss them with project designers is scheduled Thur., Feb. 7, 6-8pm at Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.

Finally, the concepts will be discussed in-depth at the fourth project Community Advisory Committee (CAC) meeting on Thur., Feb. 21, 6-8pm at Morris Recreation Center, 5531 39th Ave. All CAC meetings are open to the public and anyone interested in the future of Minnehaha Creek, and the parkland and trails that surround it, is encouraged to attend.

These initial park design concepts were created after considering thoughts, ideas and opinions compiled throughout last summer and fall from public events, three CAC meetings, two online surveys that garnered hundreds of comments, and discussions with partner organizations, MPRB staff and stakeholders.

## Cabin Fever continues at Epworth

Cabin Fever continues every Wednesday at Epworth UMC, 3207 37th Ave. S. Cabin Fever offers indoor play space for kids

0-5 years old from 9:30-11:30am. Large and small motor activities, crafts, and a healthy snack are provided free of charge. Kids must bring a caring adult with them to watch them as they play. There will be coffee and conversation for adults. Cabin Fever ends in mid-March.

## Upcoming events at LS Healthy Seniors

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a free monthly Senior Social/Health Talk on Tues., Feb. 19 at 10:30am (doors open at 10am) at Holy Trinity Lutheran Church, 2730 E. 31st St. The presentation is "Bladder Control: Tips and Strategies." Gail Johnson of CommonBond Communities will share tips and strategies to manage bladder and incontinence issues.

There will be a three-part Alcohol Ink Painting series using brightly colored, fast-drying alcohol inks. They'll use different effects to create wonderful designs on tiles, synthetic paper and other media. The classes will be held the first Wednesdays from 1:30-3:30pm on Feb. 6, Mar. 6 and Apr. 3 at Trinity Apartments, 2800 E. 31st St. There is a \$5 fee per class, which includes all materials. Class size is limited, so register by calling 612-729-5799 or email [info@LShealthyseniors.org](mailto:info@LShealthyseniors.org).

Tai Chi Easy exercise classes are held on Mondays from 10:30-11:30am at Holy Trinity Lutheran Church. Classes cost \$5/each, and discounts may be available for lower-income seniors. Tai Chi is a low-impact, slow-motion exercise that's adaptable to individual abilities. Movements vary between sitting and standing and help improve breathing, coordi-

nation, flexibility and strength. Registration is not required, so come and try it!

A free monthly Diabetes Support Group for adults will be held on Wed., Feb. 13 from 1-2:30pm at Trinity Apartments. Anyone with Type 1 or Type 2 diabetes is invited to attend.

Longfellow/Seward Healthy Seniors is looking for "Friendly Visitor" volunteers and volunteer drivers to help seniors live independently. Call Longfellow/Seward Healthy Seniors at 612-729-5799 or email us at [info@LShealthyseniors.org](mailto:info@LShealthyseniors.org) for more information on activities, services or volunteer opportunities.

## Garden Club discusses the soil

The Longfellow Garden Club will meet Wed., Feb. 13, 7pm, to discuss "The Universe Beneath Our Feet: Restoring Soil Ecosystems." The meeting will take place at Epworth United Methodist Church, 3207 37th Ave. S.

Gardeners know that great soil is essential for a great garden. Kassie Brown, Founder and Educator of Renaissance Soil, will be at the February meeting to help everyone understand why soil is so important.

"Soil is one of the last truly uncharted territories," according to Brown. "It is also the key to solving most of the problems we face today. Healthy soils clean and hold water, re-mediate pollution, sequester carbon, and grow resilient plants. Healthy soil is built by countless microbes working 24/7—and they need our help!"

This presentation is for anyone interested in learning more about the vast and complex eco-

system beneath our feet.

Renaissance Soil, is a St. Paul-based non-profit dedicated to regenerating soil through education, outreach, and action opportunities.

Brown is graduate of the University of Wisconsin-Madison's College of Agriculture & Life Sciences. She has always been passionate about reconnecting people, food, and nature. After studying the soil food web in courses taught by leading soil microbiologist Dr. Elaine Ingham, Brown decided to make the amazing complexity of life below ground her primary focus. Brown lives in St. Paul with her partner and their six chickens, one cat, and innumerable microbes.

You can learn more about the Longfellow Garden Club at [www.facebook.com/LongfellowGardenClub](http://www.facebook.com/LongfellowGardenClub) and at [tinyurl.com/LGCminnesota](http://tinyurl.com/LGCminnesota).

## Gamblers Anonymous meets Wednesdays

Gamblers Anonymous meets Wednesdays from 6-7pm in the Hope Room at Living Table Church, 3805 E. 40th St.

Anyone with a desire to stop gambling is welcome.

## Grief-Share series starts Feb. 19

On Tuesdays, 2:30pm, Judy Green, parish nurse at Trinity Lutheran Church, Minnehaha Falls, will be starting a thirteen week video/group support series for those who have lost family or friends. Come share the burdens you have with grief and loss, recent or past. Everyone in the community is welcome.

Trinity is located at 5212 41st Ave. So. Come to Trinity on the corner of 52nd St. and 40th Ave. Come in the circle drive entrance door #one.

## Submit your news

If you are an organization located in the Longfellow Nokomis Messenger delivery area, you can submit your event, special program, or noteworthy news to us for consideration. Submit your item by email to [editorial@deruyternelson.com](mailto:editorial@deruyternelson.com). The deadline for the next issue is Mon., Feb. 18 for the Feb. 28 issue.

### LOST DOG

**Black Female Standard Poodle**  
Missing since Jan 3. Spotted recently near and along West River Pkwy, Mpls. She is in survival mode and is very afraid /skittish. If spotted, do NOT chase/call out;

CALL ASAP **651-236-7539**



We need your help! If you are willing & able, and live in Hiawatha, Howe, & Cooper, (especially along the river), please put out dog food or meat (no bones) & blankets or straw during this bitter cold. THANK YOU COMMUNITY!

# Classifieds

## Messenger

Want ads must be received by the Messenger by February 18 for the February 28 issue. Call 651-645-7045 for more information.

Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to Messenger Classifieds, PO Box 168, Osseo, MN 55369. Want ads must be mailed to the Messenger before Feb. 18 for the Feb. 28 issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto:denis@deruyternelson.com). Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

### APARTMENT WANTED

Seeking one or one-plus bedroom apartment for March or April. Moving date is flexible. Prefer duplex or 4-plex. Lynn - lynns@bitstream OR 651-489-9053

### HANDYMAN

Dr. House does it all: From a leaky faucet to a new addition. I can save you money on electrical and plumbing. Call John at 651-231-5652. B-19

### PAINTING

Bill's Painting. 38 years experience. Painting, wallpaper, staining and texturing. Fully insured. Free estimates. Attention to details. Call Bill 612-790-1266. 2-19

Painter Jim since 1982. Small painting jobs, wallpaper removal. 612-202-5514. B-19

### PET SERVICES

John's Dog Walking - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. [www.facebook.com/johnpetservice](http://www.facebook.com/johnpetservice). 2-19

River Birch Bark Dog Services. Training, Behavior, Consulting. [Riverbirchbark.com](http://Riverbirchbark.com) 651-605-5804. 3-19

### STORAGE

MPLS Storage located in the Longfellow neighborhood has units for rent at low rates. Locally owned and family operated. 1/2 block from Lake and Hiawatha. 612-333-7525. B-19

### WINDOW CLEANING

Larry's Window Washing - You will see the difference. Inside and out. 651-635-9228. B-19

### WOODWORKING

Old house parts replicated + new design: Balusters, spindles,

columns, column bases, newel posts, porch posts, finials, table legs and all other turned items. Can do one or 1000. Other woodworking too. The Turning Point Woodworks Inc. Ph: 612-940-7591. Email: [trgpoint@aol.com](mailto:trgpoint@aol.com) 2-19

### ROTTEN WINDOW REPAIR

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**NEXT DEADLINE:**  
February 18  
**NEXT PUBLICATION:**  
February 28

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# Fight against graffiti leads to community artwork on utility boxes

By JAN WILLMS

A combination of community efforts has provided artwork to otherwise drab utility boxes and prevented unwanted graffiti in the neighborhoods of Hale-Page-Diamond Lake (HPDL).

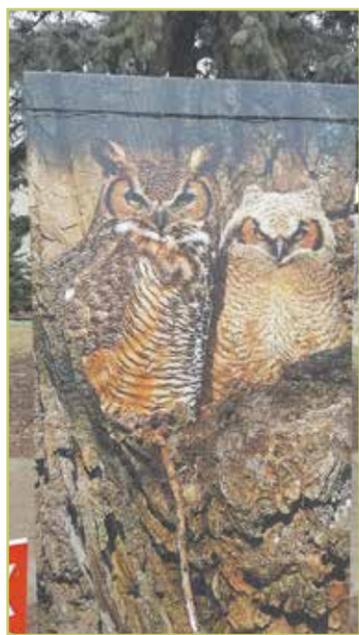
Margaret Craig, who was a long-term board member of the HPDL Neighborhood Association and has since been a part of the Safety Engagement Committee, said that graffiti on the utility boxes has been a problem. The HPDL Neighborhood Association, working with the 3rd Precinct in the area, decided to be pro-active.

"I have worked with community crime issues since 2004, and after my board term was up I stayed with the Safety Engagement Committee, serving as a liaison between the neighborhood and the 3rd Precinct," Craig said. "We talked about the utility boxes and pre-empting the graffiti on them."

The decision was made to put a wrap of artwork around the utility boxes. If any boxes were still vandalized by graffiti, it could easily be removed from the wraps.

"The HPDL Association contacted us to create artwork for the utility boxes," said Katy Tharaldson, K-4 art teacher at Hale School, 5330 13th Ave. S. "I went to a meeting where the project was discussed."

According to Tharaldson, the HPDL Neighborhood Association received a grant to purchase art supplies for the students. "The first year, the 4th graders made murals about the seasons," she said. "This was about three years ago." Then all grades created pictures of bunnies that were placed by the sculpture of the rabbit in



A picture by Mark Stonich of a mother owl and baby graces a local utility box. (Photo by Jan Willms)

Nokomis Park. Later, the students made artwork with insects and bugs as their theme.

Craig photographed all the students' artwork and sent the photos off to Sign Mind, the company that made and installed the wrappers.

"I measured the boxes and found the artwork," Craig said. "Sign Mind takes the photos of the artwork and wraps the boxes."

Craig said she was able to get beautiful art from the school kids. But there are a lot of utility boxes in the HPDL neighborhood that needed wrapping, so the Association reached out to the community searching for photos.

Stephanie Fox, who is a freelance writer and photographer,

said she saw a posting on the Nextdoor social media site.

"I was out on my deck one day, and my bulldog Quigley gave me a cute face. I grabbed my camera and shot his photo. Then I went along the Parkway and took a picture of the rabbit, a neighborhood icon." These two photos now cover utility boxes at Minnehaha Pkwy. and Cedar and at Edgewater and Cedar.

Mark Stonich lives in the area, and his wife is a part of the HPDL Neighborhood Association. So, he learned about the project and submitted some photos.

Stonich, who calls himself a bicyclist with a camera, has his photos of an egret and of a mother and baby owl covering utility boxes at East Nokomis Pkwy. and Cedar and at West Lake Nokomis Pkwy. and Cedar.

Stonich marveled at all the opportunities there are to shoot urban wildlife in the Twin Cities. He cited a family of owls in a tree near Lake Harriet, so popular with photographers the city put up barricades around the tree. He has also come across eagles, wood ducks, and possums and shot one of his favorite photos, a turtle on a log. He was also able to shoot an eagle grabbing a fish in its mouth.

"In the city, the critters have figured out that people with guns just shoot each other, and not the animals," he mused. So it is fairly easy to get near wildlife with a camera.

"My wife spots them, and I shoot their pictures," he said. "Although she has started shooting her own photos now."

Stonich, who retired 19 years ago, has a business providing antique bicycle parts and making alternative sizes of bicycle cranks, which brings him customers from all over the world.

The combination of a community organization, local photographers and young art students has proven an effective way of beautifying the neighborhood and preventing vandalism.

According to art teacher Tharaldson, the project has brought children's voices out into the community. She praised the HPDL Neighborhood Association for its efforts.

"It is important to give children an opportunity to share their art with community members. And it has been a lot of fun," she said.



Mark Stonich also provided this image of an egret. (Photo by Jan Willms)



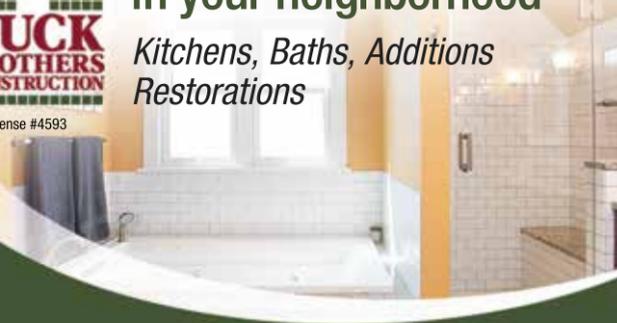
Stephanie Fox contributed a photograph of a rabbit sculpture. (Photo by Jan Willms)

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<p>Call or TEXT to 612-345-0325 or mompro@umn.edu to see if you qualify for this research study.</p>  <p>UNIVERSITY OF MINNESOTA</p>	<p>Llamada o TEXTO 612-237-1004 o mompro@umn.edu para ver si califica para éste estudio.</p>

# Nokomis Coworking welcomes new members to its ranks

By MARGIE O'LOUGHLIN

Engineer Josh Adams is used to working from home. "Many people are working non-traditionally these days—at home or in coffee shops—and both present challenges," he said. "Over the last several years, I've been envisioning a coworking space that I would want to work in: small, but with the potential for a vibrant group of professionals around me."

He recently purchased a building at 4937 28th Ave. S. to do just that. The 750 square foot main floor will house Nokomis Coworking and, according to Adams, there are several things that make his concept unique. He said, "While most coworking spaces advertise many membership options, we chose to have one primary model for our small community of full-time members. We have five desks and room for five-to-seven folks, with the possibility for two members at each of the two larger desks. In other words, your desk will be your desk: a safe, secure workspace where you can leave your things and know that they won't be bothered."

A full-time membership costs between \$350-\$500/month, depending on desk size. Included in the membership are several amenities:

- spacious, private conference room for meetings with clients and guests
- 24-7 keyed access for members
- kitchenette with refrigerator, coffee maker, tea pot, microwave, and sink



The newly renovated conference room has a butcher block table with seating for 12, dry erase board, over-sized monitor, abundant natural window light, and funky fixtures. Members can reserve the conference room for five hours each week. (Photo by Margie O'Loughlin)

- reasonable use of the common printer at no additional charge
- a permanent business mailing address
- the pleasure of congenial colleagues.

The location has free, on-street parking, easy access to neighborhood shops (including Nokomis Beach Coffee, Nokomis Yoga, Nokomis Hair Design) and, of course, Lake Nokomis. Add-on options for a small fee include renting off-street parking or extra storage space.

Adams has experience he

can lean on when it comes to designing intentional communities, and he's learned some things along the way. He and his wife bought a fourplex in the Powderhorn Park neighborhood four years ago. He said, "We had all kinds of ideas about programming and ways we could share responsibilities with our renters before they even moved in. We learned pretty quickly that letting relationships unfold naturally was really the way to go. The first members at Nokomis Coworking will help



Abbie Finger (left) and Josh Adams (right) bought the building at 4937 28th Ave. S. together. They envision Nokomis Coworking as a quiet, friendly place to work: ideal for writers, designers, graphic designers, web developers, photographers, architects, and engineers. Because of the intentionally small size, members will be able to form the positive social relationships that many freelancers say they miss. (Photo by Margie O'Loughlin)

us establish whatever the culture will become here."

Visit the website at [www.nokomiscoworking.com](http://www.nokomiscoworking.com) to

learn more. Schedule a walk-through on the website, or by emailing Josh Adams directly at [nokomiscoworking@gmail.com](mailto:nokomiscoworking@gmail.com).



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CAP-HC's Energy Assistance Program (EAP) provides financial assistance to eligible Hennepin County residents, including the city of Minneapolis, to help with home energy costs.

Energy Assistance Program offices are now open in St. Louis Park and 3 Minneapolis locations: Minnesota Council of Churches, Sabathani Community Center and Minneapolis Urban League

For more information, call **952-930-3541**  
visit us online at [www.caphennepin.org](http://www.caphennepin.org)  
E-mail [eap@caphennepin.org](mailto:eap@caphennepin.org)  
or text 4WARMTH to 555888



A program of Community Action Partnership of Hennepin County, sponsored by:  
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