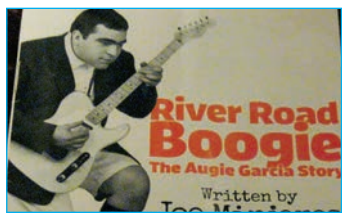




Opportunities
abound for fun
in the river gorge

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Local playwright
pens play: "River
Road Boogie"

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Music from
around the world
in our back yard

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Multi-family development still has a long road ahead

Developer modifies plans for Longfellow housing project in response to March neighborhood meeting

By JAN WILLMS

Neighbors raised concerns and discussed a proposed new multi-family development, at 3403 38th Ave. S., at a public information meeting May 14 at the Longfellow Recreation Center.

Developer Andy Bare of Key Funding LLC initially planned that the 24,000 square foot building would be 40 feet tall and house 4,000 feet of office and business space on the bottom, with apartments above.

But since he first made his presentation to the community in March, he has made some changes.

"Some valid points were made when I first presented this, one being storm water issues," he said. "I took a long look at this, and I talked about it with investors and a gardening buddy. Storm water retention made a lot



Ward 12 Council Member Andrew Johnson (left) looks on as developer Andy Bare makes a point at a neighborhood meeting May 14. (Photo by Jan Willms)

of sense to me."

"I switched to a flat roof with a green roof, maybe a rooftop

garden, that will alleviate some of the storm water issues."

Bare said the other big stick-

ing point about the development had been the height of the building. "I'm allowed to build up to 40 feet, but I shrunk it to 30 feet," he noted.

He has decided to keep the building residential with a mix of apartments. "If this doesn't work financially, we will build two single family homes there," he noted. "They would be 2,000 square foot houses. It's a 10,000 square foot lot."

He said the property falls in a C-1 building classification, and a developer would be allowed to build a lot of different products there.

Bare indicated that any commercial use of the property is not completely off the table. "If four people came to me and said they wanted 1,000 feet of retail space for the next 10 years, and gave me a check, I'd figure out a way to build that," he said. He added that when he took away the retail space, the building became shorter.

"To go for a variance for a taller building would be a pretty uphill battle," he claimed. "It didn't meet with a lot of support."

Several people raised concerns about setbacks, the distance a building or structure is set back from a street or road.

"In a C-1 zoning district, you are allowed to use zero setbacks on the front and side, whatever the market dictates," Bare explained. He also said the market would dictate who the customers of the development are.

"In my experience we typically get young urban professionals who want to live in the city," Bare said. "The younger generation is used to having more bedrooms and bathrooms than what we grew up with, and this will accommodate probably a younger crowd."

Regarding setbacks, Bare said he was talking with one of the zoning administrators, and he was encouraged to take it out to the corner because that's what the city's comprehensive plan suggests. "In C-1 zoning areas, they prefer a specific looking building," he added.

"If you guys support a variance for a third story, I'll support a setback," Bare offered.

Andrew Johnson, council member for Ward 12, said the evening's

meeting was his first opportunity to see the plans for the development.

"I'm here to listen, to work with Andy, and to advocate on behalf of the neighborhood," he told the audience. "It's important that developments fit in with the neighborhood and complement the community. When it comes to setbacks, the Planning Commission will have input on this and will work towards getting a better fit for the community."

Bare emphasized that the development plans he has set out are preliminary. "We have to do a code review, go through all that, listen to your opinions and figure out which way to go," he said. "I'm going to challenge my guys, tell them this is what I saw and this is what I heard, and what should we do? Then we'll make a decision and take it to the city and start that process."

Responding to a question about rental prices, Bare said he had done a quick search and found that the two bedrooms plus den was most popular, renting in a range of \$1,000 to \$1,300. "Singles units are a concept as well, and condo units are acceptable in this housing."

He said that although the apartments could hold up to 64 people, he is looking more at 16 to 32.

"No matter what, there will be some increased traffic," he said. "It's an empty lot right now."

At one time, the site was home to a gas station, which burned down. "Several people have looked at the property, and testing was done in 2008 for soil contamination. It showed 110 parts per million of organic vapors, and that's pretty small. It showed ground



Himalayan Restaurant hosts fundraiser

\$33,000 raised to support earthquake victims in Nepal

Pravin Shrestha (left), co-owner of the Himalayan Restaurant, presents a check to Apeckhya Karki (right), president of the Association of Nepalis in MN. (Photo courtesy of the Lake Street Council)

By JAN WILLMS

Victims of the recent devastating earthquake in Nepal received some financial assistance recently from the Himalayan Restaurant at 2910 E. Lake St.

Naveen and Pravin Shrestha, co-owners of the restaurant, and chef Neelima Shrestha, donated 100 percent of proceeds from lunch and dinner served May 5-7.

The result was a check for \$33,085.33 that was sent to the Red Cross via the Association of Nepalis in Minnesota (ANMN) to provide relief for earthquake victims. At a ceremony celebrating the amount raised, a gigantic check was donated by Big Print.

"I was surprised to see how many people cared," said

Naveen. "We had long lines, with up to a two and a half hour wait. People were extremely generous and patient."

He said some customers came for both lunch and dinner to help add to the donation.

"We knew we were going to be busy, but not that busy," Naveen said.

The restaurant serves Nepali, Tibetan and Indian food. The brothers relocated from Franklin Ave. to the Lake St. site in December 2014.

Naveen said volunteers from the ANMN helped through the hectic three days, busing dishes and serving drinks.

"They came in and saved the day," Naveen stated, "with lots of

helping hands." Normally a staff of four to five up front and four in the back provides service.

The Shresthas did not have any relatives in Nepal directly affected by the earthquake but said friends and relatives posted on Facebook and apprised them of the difficult situation there.

"It has been a long time since an earthquake of this magnitude struck Nepal," Naveen stated.

He said that as well as the ANMN, the restaurant received help from the Lake Street Council and the Longfellow Business Association.

"I just want to thank everybody who came in and supported this donation," Naveen added.



Continued on page 14



The gorge-ous Mississippi River

Summer events at the river offer opportunities for stewardship & fun

By MARGIE O'LOUGHLIN

The Mississippi River Gorge is an oasis of limestone bluffs, natural springs, oak savanna and remnant hardwood forest. It was carved by St. Anthony Falls over 10,000 years ago and extends from near Downtown Minneapolis to Crosby Park in St. Paul. Longfellow is right in the middle, and there are a number of groups partnering to keep the Gorge healthy.

The River Gorge Committee (RGC) of the Longfellow Community Council is one of those groups. A group of about 30 people gathered May 9 at the Prairie Oak Savanna, located at 36th St. and W. River Pkwy. With binoculars in hand, they listened to Lyndon Torstenson, co-director of the RGC and manager of Educational Partnerships for the National Park Service, introduce this year's leaders for the annual spring migration bird walk.

Co-leader Dave Zumeta's first words were, "Did you hear that

bzz bzz bzz? That's the Golden Winged Warbler!" Co-leader Lee Pfannmuller added, "and Minnesota is home to 48% of the global population of Golden Winged Warblers." These two have keen eyes and ears and shared a wealth of information about the many birds seen on the three-hour walk.

What other events are happening at the Gorge this summer?

The RGC will partner with Friends of the Mississippi River (FMR) to host the Share the River Gorge Ice Cream Social on Wed., July 29 from 6-8pm. The hub of activity will be the overlook near 35th St. and W. River Pkwy. Plan to take the nearby limestone steps at 34th St. down to the water, and enjoy a paddle in one of Wilderness Inquiry's 24' long Voyageur canoes.

RGC meetings take place on the second Wednesday each month (June 10) at Hiawatha Park School from 6:30-8pm. The committee, which has been going strong for 20 years, exists to engage residents of Greater Longfellow with the River Gorge and its care. "We have a world-class resource

Continued on page 8

Photo above left: Early morning bird walk with neighborhood experts at the Prairie Oak Savanna. Photo above: Prairie Oak Savanna is a grassland where the over-story of oaks form an open canopy. (Photos by Margie O'Loughlin)

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Businesses feed each other and the neighborhood with new spaces

By LOREN GREEN

In 1986, Tom and Rita Magnuson opened Carbone's Pizza near Cedar Ave. and Minnehaha Pkwy., just north of Lake Nokomis. The pizza joint has been a neighborhood institution ever since, offering in-house, take-out, and delivery options for pieces of four decades.

Back in 2012, Tom and Rita retired and sold the business to their son Dan Magnuson and wife Jess. They have kept the restaurant running with minimal change until last December, when the restaurant moved across the street.

In a modern space more focused on the dine-in experience, Carbone's has better parking lot access, more street visibility, and more customer comforts inside.

"We had a good product, a great delivery and takeout business," says Jess, "but we were missing on the dine-in. We wanted to get families in from the neighborhood with small children." They had no plans to leave Nokomis, and with the former Coldwell Banker Realty building next to Bergan's SuperValu vacant, they saw a chance to upgrade without hurting their loyal base.

The new building replaces their previously 90-seat location with room for 160, including a beer and wine bar and an outdoor patio that overlooks Hiawatha Golf Course.

The space is open, inviting, and modern. There are TVs to watch a Twins game during happy hour, a patio to take in a summer day, and a fireplace inside for the cooler months. The goal, Jess explains, wasn't to change what worked, rather it was to bring in more of the neighborhood.

While they added the bar, it's beer/wine only instead of catering to a nightlife scene. "The biggest thing for us," says Jess, "is we wanted to create the environment where people from the neighborhood come on a weeknight and grab dinner with friends and family. It's doing exactly that," she adds. Families on bikes, dog walkers, and others from the neighborhood stop by, and bike racks are on order to help draw lake traffic. They plan to add bocce ball courts

to the patio in 2016. The patio has been a popular stop for local softball teams, Jess notes.

Previously zoned for office use, the building was gutted and remodeled by Smart Associates (who also designed LynLake Brewery and The Kenwood) to give a new feel. Ripping out cubicles, they installed a commercial kitchen, a glass garage door to the patio, and a cozy bar alongside booth and family table seating options.

The Magnusons also own their new building and, while they could have used the entire structure as restaurant, they opted to rent out the adjacent space. Tenant Cork Dork wine store, who was their neighbor across the street, is leasing the 1,300 sq. ft. space, a sizable increase from their previous 550 ft. store.

"Carbone's relationship was a big factor," Cork Dork owner Russell Fay says about the move. They had shared an entryway and many customers across the street, and he was ready to add more footage to his store. They considered the corner spot a better location, and it was a natural progression to follow the pizza restaurant.

While his old store lacked windows and elbow room, Fay now has natural lighting, wider aisles, and room for a beer cooler. Still primarily a wine store, Cork Dork sells a limited selection of beer and spirits at varied price points. While the store is larger, the concept behind the store hasn't changed. Fay is a former wine purchaser for restaurants, and Cork Dork won't sell a beverage they don't personally approve.

"It's our job to weed through all the junk," he says, in what he refers to as "the world's smallest wine warehouse."

Cork Dork is uniquely anti-shelving, with makeshift displays of their products via cleverly cut wholesale boxes and signage. The product and customer service take priority.

For both parties, the move is paying dividends. "We're only five months in but it's been successful for sure," Jess reflects, noting increased business.

Cork Dork agrees. "The three of us in this parking lot—Car-

bone's, Bergan's, and myself—we all complement each other," notes Fay. "It's three businesses that are feeding off each other and feeding the neighborhood."

Firmly rooted in south Minneapolis, both the Magnusons and Fay are looking forward to what happens in their former space, currently for sale. "I do think it will be another restaurant," Jess says with no hostility toward the idea.



Carbone's interior is bright and inviting. (Photo by Loren Green)



In The Zone

By MATTHEW DAVIS

Hot batting leads to winningest season for Minnehaha softball in over a decade

Whether baseball or softball, getting a hit on three of ten at-bats means a successful hitter.

How about if your team had a few hitters who could get at least five out of ten?

That's how well Minnehaha Academy's softball team has batted this season with three batters who finished regular season play with averages of .500 or better. Sarah Kaminski went .556 for the season, and Jennifer Mrozek averaged .521 in the lead-off spot. Summer Olson went .556 in nine games played.

"They've gotten a lot of hits in a timely fashion," Redhawks coach Mike DiNardo said.

Minnehaha also had a .400 club of three batters in the lineup. Gracia Gilreath hit .470; Megan Thurow went .453, and Emily Mortenson had a .442 average.

"Every girl in our lineup has the ability to get on base," Thurow said.

Consequently, Minnehaha has shown the ability to win too with an 18-2 regular season and the first Interscholastic Metro Athletic Conference softball title. The Redhawks hit the 20-win mark for the first time since 2008-2009 when they won their first two Section 4AA tournament games on May 16.

With a .909 winning percentage, Minnehaha has enjoyed its winningest season in more than a decade. More importantly for these Redhawks, they have become the kind of team that could go to the program's first state tournament since that 2008-2009 season. The Redhawks went 23-6 that year and lost to Hermantown in the Class AA state championship game.

Minnehaha's current team, averaging ten runs per game, has been knocking on the door for state during the past couple years. The Redhawks made it to the final three teams in the Section 4AA tourney last year before falling to St. Anthony Village 2-1. In 2013, the Redhawks went 4-2 and came short of state in a loss to Visitation.

Many of Minnehaha's softball players know what it takes to get to state as they also played on the Redhawks girls basketball, which recently had two straight state tournament appearances. Kaminski, Thurow and Gilreath all play significant roles for those hoops teams.

"It made things interesting for practice early in March when all the girls basketball players—there's seven or eight on my team—weren't available for the state tournament," DiNardo said.

Angela Scharf, the team's

catcher, also played for the girls hoops team at state. She transitioned as well as her other teammates did from the court to the diamond. Scharf hit .297 and finished third on the team with 17 RBI.

The depth doesn't end there either.

"We're really getting a lot of production out of batters sixth through nine, which wasn't always the case in previous years," DiNardo said.

Seventh grader Kate Pryor batted .292 and had 15 RBI. Alison MacLeod had a .279 average and eleven RBI. Olivia DuBois went .214 at the plate and ran the base paths effectively. She scored 16 runs and stole five bases. Victoria DuBois batted .368 in 14 games played.

Minnehaha's success does not stop with their battery. Thurow turned in another stellar season in the pitcher's circle. The Northwestern-St. Paul commit had a 1.40 ERA, 181 strikeouts and ten shutouts.

Depending on how deep the Redhawks go in Section 4AA, Thurow could pitch at her future home field at Northwestern in the championship game on May 26 and fittingly lead her current team back to state.



Cork Dork more than doubled in size from its previous location across the street. (Photo by Loren Green)



Helen Ruble

Helen Ruble, daughter of Barb and Dan Ruble of the Nokomis neighborhood, and a senior at Visitation School (Mendota Heights), has been recognized for her achievements in the study of the performing arts during her four years at Visitation. Helen was honored in an awards assembly at the school on May 11.

The Sister Marie Thérèse Conaty Medal is awarded annually to a senior who has proven to be an outstanding performing artist during her four years at Visitation. The award is named for a beloved sister at Visitation, Sister Marie Thérèse Conaty, who served as the

Chamber Choir director for many years and played with the VISTA orchestra—even in retirement. Sister Marie Thérèse brought to each class a love for music that has inspired generations of students who had the privilege of playing or singing with her.

Ruble, a violinist, was one of the two recipients of the award this year. Susan Peel, Visitation's orchestra director, noted that Ruble was in Visitation's orchestra for four years, and was twice selected to be part of the Tri-Metro Orchestra. Ruble was an ambassador for her church music program by performing for senior care centers, played in the pit orchestra for school and community musicals, and was a mentor and teacher's assistant for younger orchestra students at Visitation.

Peel added that "Helen's giving spirit, undying work ethic and mature understanding of how she can best give to the music program at Visitation, and larger community, are why she stood out and was honored with this award."

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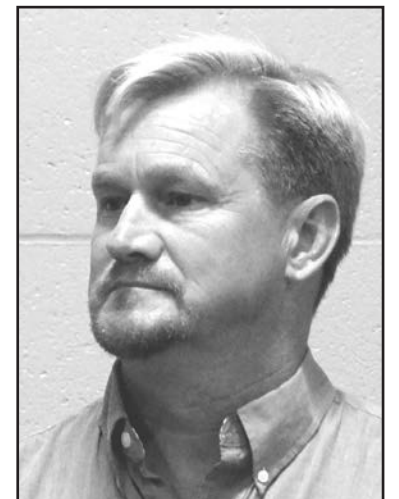
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Four join NENA Board at annual meeting

Nokomis East Neighborhood Association accepting applications for new executive director



Photo left: Volunteers collect ballots during the 2015 NENA annual meeting on Apr. 28. Photos below, top to bottom: Newly elected NENA Board of Directors members Larry Ouellet, Marian Streitz, Steve Larmon, and Mark Keeler. (Photos by Tesha M. Christensen)



By **TESHA M. CHRISTENSEN**
There are four new members on the Nokomis East Neighborhood Board.

Larry Ouellet (Keewaydin), Mark Keeler (at-large), Steve Larmon (at-large) and Marian Streitz (Morris Park) were elected during the annual meeting on Apr. 28.

Re-elected were current board members Maribel Osorio (Wenonah), Molly Donovan (Minnehaha) and Helena Pikus-Li (at-large) bringing the board to 15 members.

Meet the new NENA board members

Ouellet is a retired Air Force member who has lived near Nokomis True Value for six years. "I'm the guy who always looks out for the neighborhood," he

are transparent... I think they are starting to dig in and get some work done."

Planning for the future

NENA's Interim Executive Director Amy Arcand is in the middle of an organization assessment.

Arcand noted that she will present recommendations to the executive committee in June or July, and shared with the new executive director, when that person is found.

Board members recently attended a half-day retreat to review the organization's finances and begin visioning for the future.

"NENA leadership created a board work plan in March to help prioritize their work during the transition and has taken preliminary steps toward a more in depth planning process for the

conducting surveys, building relationships and sharing information with Latino and Somali residents in the neighborhood. "She is also building relationships with the police department, other neighborhood organizations, community leaders, local parks and other institutions," said Arcand.

Search in progress for new director

NENA has begun its search for a new executive director.

A job announcement was posted on Apr. 30 and NENA is currently accepting resumes. Interviews will begin by early June.

To apply, submit a cover letter of interest, resume, and three references to careers@nokomis-east.org.

\$ for housing available

Jim Tennesen is the chair of the newly created Housing, Commercial and Streetscape Committee.

"We're starting to get organized," said Tennesen, who noted that they began meeting two months ago. The committee currently has six members, and they intend to be sure that there are both housing and business representatives.

Tennesen noted that they are working with the Nokomis East Business Association (NEBA) to determine how best to spend \$82,000 of Neighborhood Revitalization Program (NRP) Phase I money.

Another major project is divvying up a pot of \$300,000 in loans for housing improvements. Ten-year loans of up to \$15,000 are available at a 2-3% interest rate for residents to use to improve the inside and outside of their homes.

A public meeting on this program, which will be administered by the Greater Metropolitan Housing Corporation, (GMHC) is set for June 16, 7pm, at Crosstown Covenant Church, 5540 30th Ave. S.

"I think one of the main pur-

poses of the housing committee is to help improve and preserve the housing stock that is here," observed Tennesen.

He pointed out that the Minneapolis Housing Inspections Department will be represented at the June 16 meeting, as they have loans available to help people fix up city-cited problems.

Other news:

- Community Organizer Maria Alcaraz is officially a NENA staff member and is no longer being hired on a contract basis. According to Arcand, "Maria has always been an employee of NENA. This was simply a technicality. Hiring employees on a contract basis is not a preferred best practice, so we were just correcting the situation. Maria Alcaraz is a valued employee and the intent of the organization was always to keep her employed."

- NENA has handed over the organization of the Monarch Festival to its partner, the Minneapolis Parks and Recreation Board (MPRB), for 2015. Taking the lead will be MPRB Environmental Education Coordinator Mary-Lynn Pulscher.

- The board is working on a new personnel policy that covers everything from paid time off to appropriate attire. It was expected to be approved at the May 28 meeting.

- NENA hired a new bookkeeper and is working with an accountant to revise its accounting policies and procedures.

"Our volunteer-led Facebook page is generating new interest, and we are posting board meeting highlights, event information, committee notices, and more."

NENA Interim Executive Director Amy Arcand

stated.

Keeler is a pastor of a local church and is excited to have recently moved into the neighborhood. He is particularly interested in how NENA, local churches, businesses and the community can collaborate on various programs.

Larmon has two children and said that he is committed to the neighborhood. "This organization is a good tool for making sure Nokomis East continues to be the neighborhood we all want it to be," Larmon stated.

Streitz previously served on the NENA Board from 1995 to 2013. One of her top goals is to update NENA's bylaws. As one who critiqued the board last November, Streitz observed, "I think they are trying to make sure they

future," Arcand said.

Transparency

In its goal to be more transparent, NENA has recently sent two postcards to all homes in the Nokomis East neighborhoods, generating interest, and involvement from people, remarked Arcand.

"Our volunteer-led Facebook page is generating new interest, and we are posting board meeting highlights, event information, committee notices, and more," she added.

NENA is also producing an electronic newsletter at least once a month and hopes to increase the number of subscribers in 2015.

In addition, Community Organizer Maria Alcaraz has been

Do we need bike lanes?

Residents debate neighborhood issues as Minneapolis proposes constructing 30 miles of protected bike lanes by 2020

By TESHA M. CHRISTENSEN

The biggest problem with the city's bike lanes is that things are not predictable, according to local business owner Ella Ritzman of E's Emporium (3911 Minnehaha Ave.).

"The addition of all of these different cycle paths with different layouts has made traffic more unpredictable than ever," said Ritzman.

She added, "No one knows how they are supposed to interact with the new lanes."

Minneapolis Bike Coalition Board President Amy Brugh, who resides at 17th and 45th, understands the concerns people have about the lack of consistency regarding bike routes in Minneapolis.

She agrees that it makes intuitive sense to be consistent so that both bikers and drivers know what to expect. However, she thinks it is going to take time to achieve consistency.

Brugh pointed out that the city is trying to offer different types of bike routes for different types of riders. There are bike lanes along busy roads for strong and fearless riders (see sidebar on page 15 for the definition of bike rider types). Bike boulevards are for enthusiastic and confident riders. And off-street paths, such as the Midtown Greenway and Minnehaha Creek trail, are for interested but concerned riders.

Less than 1% of city money goes towards bicycles

Right now, Minneapolis is putting the finishing touches on a plan to construct 30 miles of protected bikeways by 2020.

It will cost between \$6.4 million and \$11.6 million.

The cost of reconstructing a single mile of a major street for general traffic is estimated at more than \$8 million.

Minneapolis Council Mem-

ber Andrew Johnson (Ward 12) pointed out that less than 1% of transportation funding goes towards bicycle infrastructure despite making up nearly 5% of commutes/trips.

Others chipping in for bike routes within the city include Hennepin County (along county roads in the city) and the Minneapolis Parks and Recreation Board (on park land).

Are bike lanes being used?

Ritzman feels the city is over-building buffered bike lanes, and she doesn't think they're being used.

"We currently have more bike paths in our city than almost any other city in the country," said Ritzman. "The Minneapolis Bike Coalition has said 'if

we build it, they will come.'" But Ritzman isn't so sure that is true.

While the city is hoping that it can encourage its timid riders into biking more by creating protected bikeways she doesn't think that it will help. Ritzman says it won't change her riding habits.

"I, myself, don't enjoy riding along paths with other bikers of various skills. It is stressful when I have to worry about who is coming up behind," said Ritzman. "I much prefer to ride on a side street -- we have quite a few of these that run through the city."

Ritzman doesn't think that the existing bike lanes are being used by many riders.

"Since the addition of the bike lanes to Park and Portland I have not seen a mass of transit from bicyclists using these lanes," said Ritzman. When driving for work on Nicollet between 36th and Lake St., she notices bikers are navigating between moving and parked cars, rather than using the buffered bike lanes one block on either side along Blaisdell and 1st.

She does appreciate the bike lanes on Minnehaha Ave., although she is concerned about how they will flow once pedestrian curb extensions are built during the reconstruction project.

Ritzman is glad that a cycle

"There is a chasm between these lanes and the amount of people using them as it is. Why would we build more?"

— Ella Ritzman



Amy Brugh says she is an enthusiastic and confident biker when she's alone, but interested and concerned when she's biking with her children, ages 8 and 10. "My motto is regular people riding regular bikes with regular clothes on," Brugh remarked. (Photo submitted)

track isn't going to be installed along Minnehaha as had been proposed.

"We don't need cycle tracks. We need pedestrians, autos and cyclists to obey the rules of the road," stated Ritzman.

Charlie Casserly agrees.

He bikes nearly every day along 28th St., and is looking forward to when the bike and walking pathways go underneath the street at Minnehaha Creek due to the bridge being reconstructed.

Casserly does not support bike lanes along 28th as he doesn't think they are needed. "28th works well for bikes, cars and buses; it is a successful, multi-modal street," he said.

He added, "Drivers do speed on 28th, but I think the best defense against speeders is a moving violation ticket. We need more police ticketing speeders."

Does 38th St. need bike lanes?

Adam Weitzner lives on the River-Lake Greenway at 40th and Cedar, and while he sees bikers using the bike boulevard he doesn't think it's a good route because of the hills and stop signs along it.

He prefers to use 38th. "You can move quicker, and it is very wide, so there's plenty of room for everyone to share the road --

and it is better lit," said Weitzner.

He's not the only one who thinks that.

In fact, one of the main things expressed at the SENA Community Transportation meeting at Sibley Park on Apr.

"We need to make sure that we have an infrastructure that is working for everyone."

— Council Member Andrew Johnson

30, is the desire to make 38th St. a designated bikeway.

A bikeway could mean a bike lane, street lighting, enhanced crossings, pedestrian-level lighting, and even additional landscaping to enhance the pedestrian realm. But a bikeway would likely also mean that some parking is removed.

Nothing will be done without more community meetings that involve businesses along

Continued on page 15



As part of Minneapolis Bike Week, Council Member Andrew Johnson (third from right, back row) and others biked to work on Fri., May 15. Minneapolis Bike Week 2015 was a series of events and activities promoting all types of bicycling with a focus on encouraging those who do not normally ride to give it a try. (Photo submitted)

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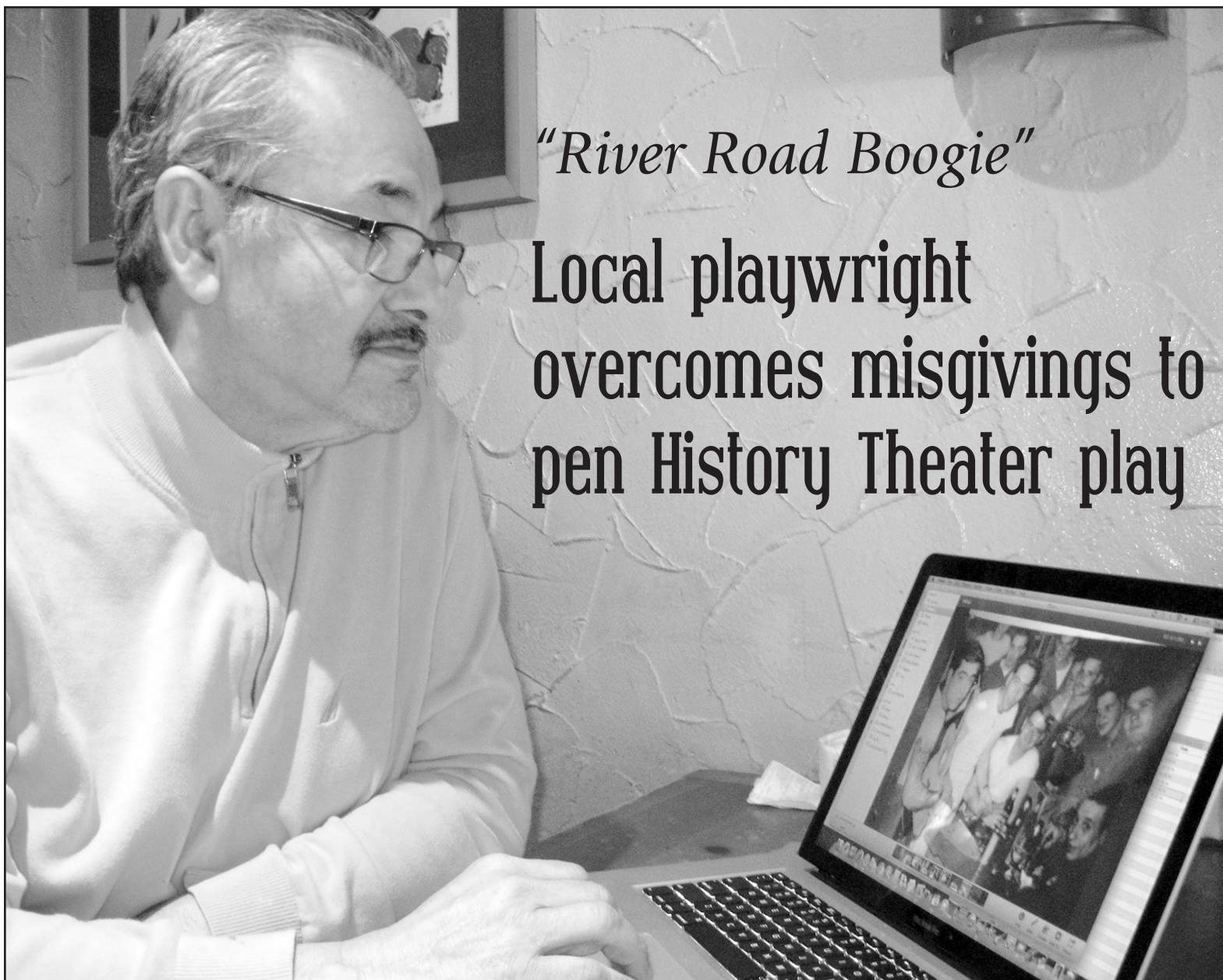
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A program of the Minneapolis Public Schools.



"River Road Boogie"

Local playwright overcomes misgivings to pen History Theater play

(Photo left) Joe Minjares said he first agreed to write the play for History Theater, but then met with the family and got cold feet. "I wasn't sure I could do it, but then I reconsidered. I did more research and started putting facts together. I think that gave me a good feel for the story."

wanted to show his band on the rise, and then at the height of their careers, I wanted to delve into issues."

The play was very difficult to cast, according to Minjares. They needed musicians who could act. "They did an unbelievable job, and the music is great," he said. He gave a lot of credit, also, to director Raul Ramos; music director Sarah Berg and set designer, Tom Hanks.

"I watch the play now, and sometimes I can't believe I wrote that," Minjares said.

The Augie Garcia Quintet stayed together after turning down the Chicago offer, but things started to change. Cornbread Harris reminisced about the big money they were making, and when that went away, things changed. "They had to get out and hustle like everyone else," Minjares said. "Guys started dropping out of the band, and Augie wanted to move more into jazz. That didn't work."

Minjares said that for a rock and roll band, the frontman is the guy. But with jazz, it's more of an ensemble.

"Cornbread said Augie wasn't a great guitar player, and he wasn't a great singer. But as a performer he was deadly. So moving into that jazz format took away that magic he had. In the end, he gave it up and went back to ironworking, putting the dream behind him."

"When he died, I don't think he fully realized how he affected people. Not just audiences, but individual people. To me, he did this by kindness and love, and that means a whole lot more than affecting an audience with your talent. Through his being who he was, and his music and his charisma, he changed lives."

By JAN WILLMS

Local businessman and actor Joe Minjares had misgivings about writing a play on Augie Garcia, a musician from the West Side Flats of Saint Paul. But he took the task on, and "River Road Boogie" is being performed at the Minnesota History Theatre through May 31.

"This was not my idea," said Minjares, who owns Pepito's Restaurant and the Parkway Theater at Chicago and 48th. "The Garcia family presented the idea to the History Theatre, and Ron Peluso, the artistic director, thought it was a good idea. He contacted Jack Reuler over at Mixed Blood Theatre and asked him if he had a recommendation for someone who could write this, and he suggested me."

Minjares said he first agreed, but then met with the family and got cold feet. "I wasn't sure I could do it, but then I reconsidered. I did more research and started putting facts together. I think that gave me a good feel for the story."

"At first I wasn't sure what the story was," Minjares continued. "A small band of great performers takes off, and then it fades away. I just didn't know how that would be very interesting to people. But the more I dug into it and met some of the performers and some of Augie's Korean War buddies, I knew I had stumbled onto somebody people could identify with. There's more about the man than superficial things."

The Augie Garcia Quintet had a fast rise to fame, and Garcia became known as the local godfather of Rock and Roll. He and his band opened for Elvis Presley, and a play date in Chicago beckoned. The play delves into what happened and also focuses on Garcia's experiences with the war and his family.

Cornbread Harris was a pianist for the Quintet, who still performs Friday nights at the Loring Pasta Parlor. Minjares spent a lot of time visiting with Harris, learning about Garcia's career path as a musician.

"I learned about how the guy used to interact, about the clubs that they played in, about the money, the club owners, the River Road and what it was like playing there," Minjares explained.

He then went to Garcia's house and met with his wife, Nancy. "We went through scrapbooks, and she told me about her life and Augie's life," Minjares said. "I got a real good sense of the man, the gentler side of him."

He got a sense of how close Garcia was to his family from his wife.

"I saw photos of his wartime outfit, and I started to ask her questions about that. She told me Augie won a Purple Heart when his bunker took a hit from a Chinese artillery shell. She told me about a friend of his who was killed over there, and she told me about another wartime buddy who was from Cleveland, but transferred with 3M to this area and lived in Blaine."

Minjares contacted Joe Leon, the man who had served in Korea with Garcia, and spent hours talking with him.

"Joe has boxes of old photos from the war, and Augie was in quite a few of them," Minjares noted. "One, in particular, showed him in the bunker, playing his guitar. Joe said he didn't remember meeting Augie; one day he was just there like he dropped from outer space. He had his own walk, his own talk, his own way about him."

Minjares said Leon related to him that everyone wanted to walk like Augie, talk like him, be

like him. Everyone wanted to be his friend.

"Now what does that tell you?" asked Minjares. "That he was a special human being. When I heard that from this guy, that's what fully converted me to being an Augie admirer, not just a fan."

Minjares said he sensed that Garcia's Korean War buddy and his family were describing the same Augie, but in different ways.

"For the guys in the military, Augie took away a lot of their pain when he played his music," Minjares said. This gave him the idea of music being used as a medicine, an idea expressed in the play.

Minjares said he started the whole process of researching and writing the play in May 2013. It was first read in December 2013. It was presented at Raw Stages, which is a reading of different plays over a course of a week.

"They liked my idea right away, and the play went to a workshop to work it into a final form," Minjares continued. "We came out of there and went into production in April 2014."

The research for the play is the most challenging part, according to Minjares, who has previously written about a half dozen others, four of which have been produced.

"One of the reasons I was thinking of backing out is that I wasn't sure I would have the time," Minjares said. "But I write pretty fast. When I sat down, I cranked out quite a few pages. I tend to write in binges, in my family room."

Minjares said it helped that he did stand-up comedy for many years, writing his own

material, and also has written for television.

"I learned about a character's needs and how to get to it," he explained. "A lot of writers fall in love with their words, but I don't. I can edit a lot of stuff to get to the point."

For the music, he drew from Garcia's song list and got the general idea of when the music was recorded. "I strung the music together like beads," Minjares said, "and then I wrote between the songs I knew a certain amount of the audience wanted that music. I pushed most of the songs toward the front because I

Resident leads Healing Waters Qigong group at Lake Hiawatha

By TESHA M. CHRISTENSEN

When Standish-Ericsson resident Emily Jarrett Hughes was diagnosed with Ewing's Sarcoma in 2006, she turned to Spring Forest Qigong to complement her doctor's treatments.

"I was willing to try anything," recalled Jarrett Hughes.

The meditation practices she learned helped her sleep and relax.

After treatment, she went into remission.

When she had a recurrence of cancer in 2009, she amped up the support she was receiving from qigong (pronounced "chee gong").

"Then I had a break-through experience and I got hooked," said Jarrett Hughes. The peace and energy she experienced through qigong practices were an important part of her recovery from cancer.

"It was the most meaningful part of my healing process," observed Jarrett Hughes.

Healing Waters group meets at Lake Hiawatha

She began taking classes at Qigong Master Chunyi Lin's Spring Forest Qigong facility in Eden Prairie in 2009. Jarrett Hughes has nearly completed her certification as a master healer.

In April 2015, Jarrett Hughes began leading the Healing Waters Spring Forest Qigong Practice Group at Lake Hiawatha Park on Wednesdays. During the summer, the class will meet



Emily Jarrett Hughes leads the Healing Waters Spring Forest Qigong Practice Group at Lake Hiawatha Park on Wednesdays.

from 9-10am among the pines overlooking the lake near Minnehaha Pkwy. and 27th Ave. S. In September, the group will resume meeting from 3:30-4:30pm in the recreation center. The suggested donation is \$5 per class.

No experience is necessary. Exercises are simple and are easy to learn, said Jarrett Hughes. Participate while either seated or standing. She welcomes beginners, monkey minds, and fidgeters.

"They leave looking brighter in their faces and more energized," said Jarrett Hughes.

The group's name, "Healing Waters," is multi-faceted. Not only does Jarrett Hughes believe that the lake generates a sense of peacefulness and connection

for practice group attendees, but they turn around and pass that energy through the lake to benefit others.

"It's just restorative to come to the lake," observed Jarrett Hughes.

What is qigong?

Qigong is a way of working (gong) with the energy of life (qi).

Spring Forest Qigong is based on the understanding that everything in the universe is energy. While many people think of energy as being only electricity or gasoline, qigong recognizes that everything in the universe is a form of energy.

As explained on Jarrett

Hughes' website, <http://www.wisdomdances.com>: "Everything is energy. Albert Einstein is famous for his elegant formula $E=mc^2$, which describes how any matter has an energy equivalent. Energy cannot be created or destroyed, only transformed."

Jarrett Hughes does not believe that there is good or bad energy—only energy that is in or out of balance. A flood or drought is a symptom of an energy imbalance. Aches and pains or illnesses are also energy imbalances.

There are many types of qigong, but Spring Forest Qigong focuses on health.

"The purpose of it is to teach movement and meditation practices that can help people feel more calm, balanced and relaxed," explained Jarrett Hughes.

She added, "It's something you can do yourself. You can go to a healer, but you can also learn these things and take care of your own health."

A life that is "more than"

Jarrett Hughes begins each qigong session by explaining what it is. Next come active exercises—gentle motions that help balance the body. These slow, meditative movements are similar to Tai Chi.

She guides participants through a meditation. Often, in a class that includes meditation people are told to sit in silence for 20 minutes. "That's hard," acknowledges Jarrett Hughes.

Recently, an attendee praised

the meditation at a Healing Waters session as the best she'd ever had, which Jarrett Hughes credits to it being guided. She pointed out that guided meditations help build a sense of inner peace.

At the end of each session, there is a group healing. Each attendee focuses on another. Most people see results; perhaps the headache or back pain they came with is gone, or they feel a sense of love, said Jarrett Hughes.

"Everybody is born a healer," remarked Jarrett Hughes. "Everyone can learn to heal themselves and can help others learn to heal."

Jarrett Hughes feels that her qigong practices have strengthened her other spiritual practices, but she points out it does not require any specific spiritual beliefs.

In addition to leading the practice group, Jarrett Hughes also offers one-on-one healing sessions.

"What I love about my healing work is that people start living a life that is more than," remarked Jarrett Hughes.

Through qigong, Jarrett Hughes is developing who she is and what she wants to do with her life.

"I'm really living my sense of purpose, and I find never-ending joy in that," she stated.

She and spouse, Elizabeth Jarrett Andrew, practice qigong with their six-year-old daughter. They frequently do five minutes of qigong active exercises before

Continued on page 11

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River Gorge

Continued from page 2

right here in our neighborhood," Torstenson said. The RGC is made up of volunteers and is open to anyone who appreciates this urban stretch of the mighty Mississippi.

The Prairie Oak Savanna, where the bird hike took place, is one of the gems of the River Gorge. Ten years ago it was a tangled mess of buckthorn, garlic mustard, litter and overgrowth--until the Gorge Stewards got their hands on it. Sue Rich, volunteer coordinator for FMR, said, "With the contribution of hundreds of volunteers and thousands of hours, we've been able to restore this area to its natural state."

There are at least three Gorge Steward programs each year at the Prairie Oak Savanna, including an Earth Day Clean-Up, an educational event in May and a Fall Buckthorn Pull. Email srich@fmr.org to get on the email list for upcoming events.

How does an ordinary person become a Gorge Steward?

The first requirement is to care about the River Gorge, and the second is to attend on or more of the hands-on or educational events sponsored by FMR. Typical activities include pulling



Columbine is one of many species of native flowers growing in the Prairie Oak Savanna. (Photo by Margie O'Loughlin)

buckthorn, monitoring invasive species, planting natives, collecting prairie seeds, cleaning up litter, or participating in natural history or plant identification walks.

There's a good chance that RGC will schedule a fall migration bird outing, and Sept. 12 is the date being proposed. Check the LCC website in August to register, and request binoculars if you don't own them. Even if you're not a birder, consider coming along.

As Torstenson said, "We sit here in Longfellow with a front row seat to the natural world. The birds that surround us are a connection to Mexico and Central America, even to the Arctic, through their paths of migration."

Ultimate winner of the "Garbage Games" is up for debate

For the last two weeks of April, student leaders from the South and Southwest High School green teams took their sports rivalry between the two schools into the environmental arena: a "Garbage Games" competition to see which school could reduce their waste the most. While Southwest High School had the biggest improvement in its waste reduction, South High School threw away less waste throughout the competition, rendering the "winner" title up for debate.

The motivation for the competition stemmed from the awareness that many students at both schools don't sort their waste correctly into the trash, recycling and organics recycling bins. In an effort to educate fellow students, the two school teams created the Garbage Games to draw attention to the different waste streams and encourage students to think more carefully about where their trash is going.

"I think there are a lot of kids who just don't know what is trash and what can be composted or recycled," said Isabel Strebe, a sophomore at South High School. "So our goal for the competition was to educate our fellow students and make them more aware in order to reduce waste in the long term."

Indigo Buntings make home in the Prairie Oak Savanna

By MARGIE O'LOUGHLIN

Since its successful restoration, the Prairie Oak Savanna has become a nesting site for a large number of Indigo Buntings. The adult female is brown with no distinctive markings, but the adult male is unmistakable: a small bird (warbler-sized at 5 1/2 inches) with vibrant blue feathers.

Like blue jays, the male buntings don't have blue pigment in their feathers. They're black birds, but sunlight refracts inside the structure of their feathers - making them appear blue. In direct sunlight, they shimmer. Indigo Buntings sing all day long into the heat of the summer.



A prairie oak savanna is a grassland where the over-story of oaks form an open canopy. (Photo courtesy of Carol Henderson, DNR)

The Garbage Games between the two schools was unique in that it was a student-driven project from idea to implementation. Student leaders received support from Climate Generation: A Will Steger Legacy (formerly the Will Steger Foundation), whose Youth Environmental Activists of Minnesota (YEA! MN) high school program empowers youth to engage in solutions to climate change.

At each of the 10 high schools that YEA! MN partners with, students design and implement action projects aimed at addressing a particular environmental issue at their school. In a past action project, South High students advocated to replace water fountains with Hydration Stations to reduce the use of plastic water bottles, and in another current effort, students are developing a plan for an on-site biodiesel converter that could power their buses.

"I often hear from student leaders that they are frustrated with their peers' lack of understanding or motivation to pursue recycling and organics re-

cycling in their schools," said Climate Generation's YEA! MN Coordinator Natalie Cook. "This competition was a great way to combat that, as student leaders had to think about, and work through, what would motivate their peers to care about recycling and organics recycling. It was a great learning experience for students all around, and I'm

proud of the work that the South Green Tigers and Southwest Green Team accomplished."

Moving forward, Garbage Game coordinators hope to see sustained progress towards reducing waste in their schools, thanks to the education and awareness of different waste streams achieved by the competition.



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Tapestry Folk Dance Center: around the world in south Minneapolis

By MARGIE O'LOUGHLIN

Just inside its stylish brick façade, Tapestry Folkdance Center invites the public to participate in the joys of music and dance from around the world. Located at 3748 Minnehaha Ave., the lively non-profit offers different dance events every night of the week.

The array of dance styles assures that there is something for everyone. Choose from contra, techno-contra, waltz, Nordic, ballroom, International, Bollywood, Gypsy, English, family, line dance and more. Don't know how to dance? No problem, instruction is provided ½ hour before most dances officially begin, and the dances are often "called" as they proceed.

A night out at Tapestry is an affordable, comfortable way to spend an evening with or without a partner. Many styles of dance don't require a partner at all, such

as Bollywood or line dancing. If you choose to come to a contra or waltz event without a partner, anyone can ask anyone to dance. The more experienced dancers often serve as "dance ambassadors," inviting those who are new to step onto the dance floor with them.

Arts administrator Mary Cummings is the executive director at Tapestry. Now in her fourth year, she formerly oversaw the operations at the Loft Literary Center, the Bloomington Theater, the Minnesota Museum of Art and Ensemble Capriccio. "I'm learning that I most enjoy serving people who want to make an art form part of their everyday lives," she said. "Dancing gives you the chance to connect in a very real way with other human beings."

Tapestry got its start in 1983 and rented several different locations before purchasing its current

building in 1999. "It's extraordinarily uncommon to have a space exist solely for the purpose of dancing," Cummings said. "We are not a community center—we are a dance center where the community is welcome. There are only one or two places like Tapestry in the country."

To hear Cummings talk, owning a building is not the easiest solution but it may be the most rewarding. She reflected on the original renovation, saying, "There was a whole lot of sweat equity that went into transforming this building from a full-service garage into a dance center. It took legions of volunteers to scrub the place down, hang drywall, level the old concrete floor and install hardwood floors suited for dancing."

While anyone is welcome to come and dance, Tapestry is a membership organization. Many functions are carried out by volunteers, such as taking admissions, planning dances, fundraising and keeping the place looking sharp. Cummings said, "I foster the values of membership and volunteering but if the soil weren't good to begin

with, nothing would grow. Tapestry could not exist without the passion and dedication of the people who dance here." There are about 350 members currently and, as Cummings added, "Anytime you join an organization, it's a nice way of expressing your commitment to the work they do."

Dancers come to Tapestry from all walks of life, from all



over the cities and beyond. They may have many things in common or only one—that they're all united on the dance floor.

Dancer Ron Williams said, "When I dance at Tapestry, I feel as if I'm holding hands not only with the people standing next to

me, but with people from centuries past." Living these traditional dances, not just learning them, is an important part of keeping the old, valued dance traditions alive.

Down to the nuts and bolts now: what do you wear for your first time out?

Comfortable shoes are a must, as is clothing that breathes. Parking will be a little more challenging this summer with the Minnehaha Ave. construction project, but you can stash your car on side streets, in the lot owned by Tapestry on the south side of the building, or across the street in the lot adjacent to Midwest Windows. Tapestry is easily accessible by bike, and the 38th St. LRT stop is only three blocks away.

Go to www.tapestryfolkdance.org to see their up-to-date schedule of music and dance from around the world. Where else can you experience the fun of a New England Barn Dance, the exuberance of Macedonia, the vibrant energy of Mumbai or the lilting rhythms of Scotland—all through the soles of your feet and without having to bring a passport?

Photo top page left: Arts Administrator Mary Cummings, executive director at Tapestry. Photo top page right: the unassuming entrance belies the energy and excitement happening behind the front door. (All photos by Margie O'Loughlin)



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LONGFELLOW COMMUNITY COUNCIL

Got a Great Idea?



The Longfellow Environment and Transportation Committee wants to hear about it. They're conducting a "GREAT IDEAS" contest.

Come up with an idea for a project that relates to the environment or transportation, enlist the help of at least 3 of your neighbors and submit it in writing to the LCC office or online at the LCC website www.longfellow.org/greatidea. You'll be entered into a contest to win \$250 to turn your Great Idea into a reality.

The Environment and Transportation Committee works on projects such as:

- Tree cover, neighborhood greening, food gardens, pollinator and bird habitat
- Rain barrels and water quality improvements
- Recycling and waste and pollution prevention
- Renewables, carbon reduction

and energy efficiency
• Promoting biking, walking and mass transit and transit safety

The contest begins June 1. All submissions must be received by June 30. The committee will judge the projects and award funding at a July 15 E&T meeting. (If your project will need more than \$250 to complete, include other funding sources.) Winners have until September 30 to complete their Great Idea project.

Proposals will be judged on the basis of:

- Number of people involved
- Impact on the community
- Significance of impact

River Gorge Ice Cream Social and Canoe Paddle

On Wednesday, July 29 from 6:00 -8:00pm, the River Gorge Committee will be hosting their 11th Annual Share the River Gorge Ice Cream Social and Canoe Paddle! Join us at 35th Street and West River Parkway to enjoy free ice cream (thanks to East Lake Dairy Queen), popsicles, and lemonade (thanks to Longfellow Market), as well as free canoe rides with the Wilderness Inquiry and the National Park Service. Friends of the Mississippi River will also be leading tours of the oak savanna restoration area. The event is free and open to the public. Donations are encouraged to ensure this event will be funded in the future. See you at the River!

Longfellow Garage sale June 12th and 13th



There is still time to get your sale on the map! Register your sale at longfellow.org/sale by Weds, June 3rd to be listed on the map.

Garage Sale Maps will be available for pick up Wednesday June 10th at these locations - Blue Moon Café, Gandhi Mahal, Fireroast Café, Dogwood Coffee, Parkway Pizza And Riverview Café. For questions please contact - Joe Sturm - 612.722.4529 or joe@longfellow.org



Calendar of Meetings and Events

JUNE 2015

Meetings are free and open to the public, and are accessible.

Check the calendar on our website www.longfellow.org

ADVANCEMENT COMMITTEE

Wednesday, June 3
7:00 - 8:30 pm
Lake Coffee House, 3223 E Lake St
FFI: communications@longfellow.org

COMMUNITY CONNECTIONS

Tuesday, June 9
6:30 - 8:00 pm
Longfellow Park, 3435 36th Ave S
FFI: joannalund@longfellow.org

RIVER GORGE COMMITTEE

Wednesday, June 10
6:30 - 8:00 pm
Hiawatha School Park, 4305 42nd St. E
FFI: joannalund@longfellow.org

NEIGHBORHOOD DEVELOPMENT

Wednesday, June 17
6:30 - 8:00 pm
Lake Coffee House, 3223 E Lake St
FFI: joe@longfellow.org

BOARD OF DIRECTORS

Thursday, June 18
6:30 - 8:30 pm
Brackett Park, 2728 39th Ave S

ENVIRONMENT AND TRANSPORTATION

Tuesday, June 23
6:30 - 8:00 pm
Lake Coffee House, 3223 E Lake St
FFI: joe@longfellow.org

President's Message

Eric Day,
President of the Board



Eric Day

The early days of summer are one of my favorite times of year. We witness the paradox of the days growing longer, yet also passing much more quickly. My family, like many people I know, tries to cram as much activity into each day as we possibly can. It can be difficult to explain, yet again, to our three year old Henry why he has to go to bed even though the sun is still up. The weather of late May and early June also tends to be some of the best of the year, crazy thunderstorms aside. In general, I think Minnesotans relish beautiful summer days in ways that just aren't possible where "Minnesota Winters" are not a fact of life. It all combines into an annual increase of energy and activity this time of year. This same pattern of increasing activity as the weather warms can also be seen on a community level.

When my wife, Patty, and I moved into the Greater Longfellow neighborhood six years ago, we did not know the value

we were getting. It only took us a short time, however, to be amazed by the many great things the community had to offer. We understood very quickly why the previous owner of our home had lived here for fifty years.

One of the best things about living in the neighborhood, in my opinion, is the ability to connect with other neighbors. A great opportunity to meet and connect with neighbors is coming up at the Longfellow Community Council's Summer Cele-

bration. The event this year will be at Longfellow Grill on June 30th from 5:30 - 7:30pm. This is a fun, family friendly event, and will include a silent auction fundraiser for the Longfellow Community Council. I hope to meet many neighbors and look forward to being able to discuss the work of the Longfellow Community Council and how people can get more involved.

This is just one of the many great events coming up in the neighborhood. To stay current and get a weekly update on goings on in the Greater Longfellow Neighborhood, visit the Longfellow Community Council's website (www.longfellow.org) and click on the "e-news sign up" tab on the top of the page. This will subscribe you to our Weekly Round Up, which arrives in your email each Thursday and lists neighborhood events and activities for the upcoming week. Additionally, if you are on Facebook, don't forget to "like" and "follow" the Longfellow Community Council's page.

As always, we welcome your feedback and ideas for improving the neighborhood. Thanks again for your continued support and I'll see you around the neighborhood!

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LONGFELLOW



HIAWATHA

Longfellow Community Council

2727 26th Avenue S., Minneapolis, MN 55406

612.722.4529 • www.longfellow.org

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2015 Longfellow Roots, Rock & Deep-Blues Festival takes shape

The 2015 Roots, Rock & Deep-Blues Festival, presented by Patrick's Cabaret, has been renamed The Longfellow Roots, Rock & Deep-Blues Festival.

The 2014 'Best of Twin Cities' (*City Pages*) and 2014 'Best of Minnesota' (*StarTribune*) summer music, arts and cultural event is back on Sat., July 18, from noon to 10pm. The most ambitious and accessible neighborhood celebration of the arts and culture of the Twin Cities is also the annual fundraiser for the non-profit community theater Patrick's Cabaret.

In addition to adding the

neighborhood name (Longfellow) to its already laborious acronym, 2015 will see the festival expand into Minnehaha Ave. with the addition of numerous neighborhood restaurants, including Gandhi Mahal, Midori's, Le Town Talk, El Nuevo Rodeo, African Paradise, Merlin's Rest and many more, representing an astonishing mix of offerings in the festival's new International Food Court.

Patrick's will present a variety of interactive activities, including; live per-

formance art, an exhibition of visual artists, and the very best local craft sodas, beers, and distilled spirits.

The 2015 festival will feature five music stages, with live entertainment throughout the day and into the night. The festival will include perennial festival favorites like Kent Burnside & The New Generation, Minneapolis' own 'Spider' John Koerner and Duluth's Charlie Parr, as well as intermittently returning acts like Indiana's gut-bucket power trio Left Lane Cruiser, local Afro-funksters Black Market Brass and award winning Iowa blues artists Joe & Vicky Price.

As always, there will be exciting fresh faces and sounds this year, including the last living Bentonian-style blues player,

Mr. Jimmy 'Duck' Holmes, from Benton, MS, the Toronto-based punk-blues duo CATL, acclaimed composer, producer (and former Squirrel Nut Zipper leader) Jimbo Mathus and The Tri-State Coalition from Oxford, MS, Minneapolis West-Bank musical legend Willie Murphy & His Angel Headed Hipsters, and local folkgrass trio Last Revel.

Other booked performers include Miss Tess & The Talkbacks, Flood Brothers, Fury Things, Fattening Frogs, Frog Leg, Jeff Ray & The Stakes, Bernie King & The Guilty Pleasures, Mike Munson, Eleganza, Savage Aural Hotbed, and Poverty Hash.

Tickets are \$20

for this fully immersive city-central festival experience, with all proceeds going towards continuing the year-round community programming offered at Patrick's Cabaret. You can purchase tickets online at <http://rootsrock-deepblues.com>.

While the outdoor festival activities conclude at 10pm, the RRDB Festival party will continue just two blocks away with some very special indoor performances in the ballroom at The Eagles Post 34!

New home improvement loan programs available

Beginning Mon., June 8, NENA is launching its new housing rehabilitation loan program. Owners of 1 to 4 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 2% or 3% depending on income. No income restriction applies. For more information or to request an application, call the Greater Metropolitan Housing Corporation's Housing Resource Center 612-722-7141, or visit www.gmhchousing.org. Loan applications are processed on a first-come, first-served basis.

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 on the sale of the property or transfer of title. If you have an emergency, contact the Housing Resource Center at 612-722-7141.

Community meeting set

The Housing, Commercial, and Streetscape Committee will host a community meeting on Tues., June 16 at 7 pm at Crosstown Covenant Church (5540 30th Ave. S.). Join us to hear more about NENA's new home improvement loan programs and how housing inspections are

NENA (Nokomis East Neighborhood Association)

3000 East 50th Street

NEW home improvement loan programs and the Neighborhood Garage Sale

done in the City of Minneapolis. Suzanne Snyder, Director of Housing Resource Centers for Greater Metropolitan Housing Corporation (GMHC), and Philip Schwartz, Housing Inspector, will be present and answer questions.

Register now for NENA Garage Sale June 20

Mark your calendars for the 2015 Nokomis East Neighborhood Garage Sales on Sat., June 20 from 8am to 4pm. Last year over 100 households participated. It is a great way to get rid of unused clutter, connect with neighbors, and make a little money. If you plan to have a sale, be sure to register at <http://nokomiseast.org/garage-sale-2015/signup> by June 7 to be included on the map. Maps will be available the week of the sale at the NENA office, on the NENA website and at local businesses. For more questions, email garagesale@nokomiseast.org.

NENA Update

Over 100 people attended the Grow Monarch Habitat workshop on May 16. Eighty-six Monarch Garden-To-Go kits

were sold ~ that is a lot of new butterfly gardens! A special thank you goes to volunteer leader and workshop coordinator Vicki Bonk for her continued dedication to NENA and the Monarch butterfly.

NENA's annual meeting on April 28 was a success with over 125 people attending, seven board members elected, and delicious food from Dominquez Restaurant. Thanks to all who attended!

NENA's Technology Committee is working hard to launch a new website this summer and to increase transparency. Since January, 3600 emails have been sent, 82 digital meeting notes have been published, and 60 IT issues have been resolved.

Highlights from the NENA Board of Directors meeting on April 23 include: adoption of a policy for accepting donations, support for MPRB's efforts to mitigate carp in Lake Nokomis, development of a task force to research consultants to help NENA prioritize and plan for the future, updates from council members Johnson and Quincy, review of draft personnel policy, support for the agreement between Minneapolis Parks and NENA to have Mary-Lynn Pulscher, Environmental Education Coordinator for the Minneapolis Parks and Recreation Board, manage the 2015 Minneapolis Monarch Festival, and an update on Dia de Los Ninos.

Nokomis Naturescape

Join volunteers at the Nokomis Naturescape most Tuesdays throughout the summer for group gardening activities. Volunteers meet from 6-8pm at the garden near 50th St. and Lake Nokomis Pkwy. All are welcome!

Gateway Garden

Volunteers met on May 9 to Spring clean the Gateway Gar-

den (50th St. and Old Hiawatha Ave.) and divided the garden into 10 plots. A couple of volunteers are needed for just 15 minutes from time to time to help keep one small plot of the garden weed free. Stop by on your own schedule with a dandelion digger and plastic bag - guidance and advice provided! Please visit the Nokomis East Gateway Gardens Facebook page and leave a message or call Linda at 612-735-0563 to get digging!

Summer meal program for children at parks

Children ages 0-17 can get free breakfast, lunch and dinner Monday-Friday at local parks this summer from June 8 to Aug. 14:

—Keewaydin Park offers breakfast from 8:30-9:30 and lunch from 12:30-1:30.

—Morris Park offers lunch from 2-2:45 and dinner from 5-5:45.

—Nokomis Park offers breakfast from 9-10 and lunch from 12-1.

Stop by your local park for more information!

Latino families host family celebrations

Familias Latinas of Weno-nah, with the support of NENA and other local sponsors, celebrated two important celebrations in April. On Apr. 26, families honored approximately 150 children on Dia de Los Ninos (Children's Day) at Bossen Terrace. Children enjoyed good food, piñatas, clowns, music, games and prizes for all!

On May 9, thirty families celebrated Mother's Day at Crosstown Covenant Church. Activities included Mariachi music, shows, gifts for the moms and delicious food. It was a sweet day for Latino moms! Congratulations to all of you!

Qigong

Continued from page 7

bedtime.

"It's a calming we can do together as a family," explained Jarrett Hughes.

Dance as meditation

In addition to qigong, Jarrett Hughes also teaches dance classes. The Hive and the Well group meets every other Tuesday night to dance on a beautiful garden labyrinth in Corcoran.

A dancer who began studying ballet as a young child, Jarrett Hughes had to stop because of tendinitis in her legs. The loss of dancing was devastating.

In college, she studied dance composition and then spent two years learning world dances with international teacher Laura Shannon.

Her search for a style of dance she could do led Jarrett Hughes to the traditional village dances of the Balkans and Asia Minor.

These dances come from a culture where people worked

hard and lived hard lives, she explained. Done in a circle, they are a way to help people connect with each other. They are dances the young and the old and everybody in between could do.

Although her heritage is Western European and is marked by Roman Catholicism, Jarrett Hughes says she connects with those traditions found in Eastern European Orthodox churches. "I see them as close cultural cousins," she observed.

As with qigong, Jarrett Hughes finds energy and vitality in these traditional dances. They sweep the dancer away, as well, and take on a meditative quality.

One Balkan dance is inspired by the honey bee, which used to be the only source of the sweetener they had. In the spring, the young women went from house to house dancing and honoring the honey bees living at each home. The Hive and the Well group recalls this tradition.

Jarrett Hughes will also be sharing her Bee Love dances and activities during the Greenway Glow and Powderhorn Independence Day celebration.

Upcoming Meetings and Events:

- 6/2/15: Housing Committee, NENA office, 6:30pm
- 6/8/15: New Home Improvement Loan Programs available
- 6/10/15: Monarch Task Force, NENA Office, 7pm
- 6/11/15: Executive Officers Meeting, NENA Office, 7pm
- 6/16/15: Community Meeting re. Housing, Crosstown Covenant Church, 7pm
- 6/20/15: Neighborhood Garage Sale, 8am-4pm
- 6/21/15: Technology Committee, NENA Office, 3pm
- 6/25/15: Board Meeting, Keewaydin Park, 7pm

Web: <http://www.nokomiseast.org>

Facebook: <https://www.facebook.com/Nokomiseast>

Twitter: <https://twitter.com/NokomisEast>

General Email: NENA@nokomiseast.org

Chair: chair@nokomiseast.org

Phone: 612-724-5652

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 for the online Event Calendar.

Fun Day slated at Trinity on June 20

Come to a free outdoor neighborhood event on Sat., June 20, 10am-1pm, on the circle drive at Trinity of Minnehaha Falls, 5212 41st Ave. S. There will be an inflatable slide and bouncy house, kids' games, a photo booth, food, prizes and lots of fun! For more details, you can call 612-724-3691.

Friends of Library meet June 20

The Friends group of East Lake Library hold their spring meeting Sat., June 20, in the Library. This meeting welcomes a new president and several new chairpersons! Topics will include volunteer memberships, ways to expand support for the Library, and summer Saturdays at the Farmers Market.

The meeting begins at 1:30pm, Sat., June 20, in the Library conference room. Everyone is welcome to attend. If you have questions, please send them to the Friends at eastlake@supportthelib.org.

Mushrooms 101 is garden meeting topic

Curious about those knobby little spongy things that poke up in the yard? Want to learn about morels — and false morels?

Longfellow Garden Club hosts Barry Beck, past president of the Minnesota Mycological Society (minnesotamycological-society.org) on Wed., June 10, 7pm. He will take us through an illustrated introduction to mushrooms to begin identifying different types such as chanterelles, porcini, black trumpets, and, of course, morels. This meeting is a great time to get answers to those questions you've always wanted to ask.

The meeting is at Epworth United Methodist Church, 3207 37th Ave. S., and is free and open to everyone.

6th annual car show planned by SCABA

The South Chicago Avenue Business Alliance (SCABA) has announced that its 6th Annual Classic Car Show will be held on Sun., June 7, from 10am-4pm at the intersection of 48th St. and Chicago Ave. As in other years, the car show will feature a wide variety of classic cars and trucks from the 1940's through the 1980's — and even some cars older than that. Also, as in other years, there will be free admission to the car show! Everyone is invited to stop by and "stroll through the past" while dream-



Michael Rogers

Risen Christ names new president

The Risen Christ Catholic School Board of Directors has named Michael Rogers as the school's second president effective July 1.

John Banovetz, board chair, stated, "Everyone involved in the process was impressed with the range of Michael's experiences, his enthusiasm for the Risen Christ mission and dual language program, and his deep commitment to Catholic education. Michael has the leadership qualities necessary to ensure Risen Christ continues to provide an outstanding bilingual, multicultural and financially accessible education for children in south Minneapolis."

Rogers earned his bachelor's degree in history from North Dakota State University. He received his master's in educational leadership from Minnesota State University, Mankato and anticipates receiving his education specialist degree from the University of St. Thomas in December. His previous professional experiences include serving as a teacher at St. Raymond High School for Boys (Bronx, NY) and St. Thomas Moore School (St. Paul), principal of Presentation of the Blessed Virgin Mary School (Maplewood), and most recently, Director of Urban Education for the Archdiocese of St. Paul and Minneapolis.

The Risen Christ School community is excited to have Rogers join them as their new school president while they continue their transformation into a dual-language immersion school: "Welcome" and "Bienvenidos!"

ing about the cars from yesterday.

Mike Kmiecik, president of SCABA, has affirmed that the Street Kings Car Club of Minneapolis-St. Paul will again co-host the car show, as it has done for the last few years.

"Last year's car show was our best car show ever in terms of the number of cars that participated," stated Kmiecik. "We had some cars displayed on Chicago Ave. for the first time, instead of just having cars on 48th St. on both sides of Chicago Ave. We like being able to spread out the car show if we can. Hopefully, this year we'll be able to spread it out even more."

Kmiecik mentioned that the car show was open to anyone who wanted to exhibit their classic cars or trucks. The car show will feature a "bounce house" for kids, as well as a D.J. who would be "spinning" classic '50's-'80's tunes, plus a "beer garden" operated by Adrian's Tavern.

Kmiecik also said that he expected the "paint car" to be

available again this year for the kids to turn into a "work of art" — for free! Of course, all of that will be in addition to the great restaurants and other businesses around the 48th and Chicago area that will be open that day.

Kmiecik noted that there was a small registration fee for each vehicle registered in the show: \$10 for pre-registered vehicles; \$20 for day-of-show registrations. Anyone interested in entering the car show should check out SCABA's website at "www.48chicago.org" for more information.

WAMM sponsors free film June 8

"The Invisible War" will be shown Fri., June 8, 7-9pm at 4200 Cedar Ave. S. The showing is sponsored by Women Against Military Madness (WAMM) and Veterans for Peace. It is free to the public. "The Invisible War" is an award-winning documentary about the epidemic of rape and sexual harassment within the

U.S. Military, and the cover-up that denies justice to the victims. Afterwards, there will be a discussion led by Chante Wolf. Wolf served 12 years in the United States Air Force and deployed to Saudi Arabia in support of Operation Desert Shield/Storm during the first Persian Gulf war. And, there will be free popcorn.

Healthy Seniors meets June 16

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a presentation on healthy bladder functioning, Tue., June 16 at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. How does a healthy bladder work and what steps can you take to keep it healthy? Mary Dierich, PhD, RN, CNP, will cover some simple treatments for common problems and explain how to talk to your health care provider about bladder issues. For questions, call Longfellow/Seward Healthy Seniors at 612-729-5799.

Second Saturday: Poop and CSI

Second Saturdays at Coldwater Spring feature free and fun opportunities to explore your national park. June's Second Saturday (June 13) at 10am will be all about exploring the park's wildlife based on what the animals leave behind. Open to the public, no registration required! Coldwater Spring is located at 5601 Minnehaha Park Dr. S.

"Christ & S'Mores" planned June 17

All ages are welcome at Minnehaha Communion Lutheran Church (4101-37th Ave. S.) for "Christ & S'Mores" on Wed., June 17 at 7:30pm on the front lawn of the church. Come and join your neighbors for some great summer fun! Also, mark your calendars for future gatherings on Wednesdays, July 15 and Aug. 19!

MN350 group to meet on June 16

Join with folks from the MN350 network on Tues., June 16 at 6:30pm in the Gandhi Mahal Community Room, 3009 27th Ave. S. This meeting is a great opportunity to meet other concerned Minnesotans, learn about MN350, and talk about climate change—why we care about it, and what actions we are taking to address it. Appetizers from Gandhi Mahal will be provided. Bring a friend! RSVP and spread the word! Find them on Facebook at "Mn350: Building a Climate

Movement in Minnesota."

LBA plans monthly meeting June 11

Longfellow Business Association hosts the 10th Annual Legislative Update with State Senator Patricia Torres Ray, State Representative Jim Davnie, and Hennepin County Commissioner Peter McLaughlin on Thur., June 11, 12-1:30pm, at the Gandhi Mahal community room, 3009 27th Ave. S. Lunch buffet is \$12/person, payable at the door. RSVP requested. The Legislative Update is co-hosted with Seward Civic & Commerce Association. For more info or to register contact Ruth at 612-722-4529 x10 or email ruth@longfellow.org. Gandhi Mahal staff will lead a tour of the aquaponics operation in the basement of the restaurant following the meeting for those interested.

Shrub and tree planting May 30

The oak savanna is the crown jewel of the River Gorge Stewards. Over the years, hundreds of volunteers have helped to turn this former buckthorn thicket into the prairie and savanna it was meant to be. Join us for a special planting with local River Gorge Stewards ecologist Carolyn Carr. These native shrubs and trees will do double-duty — providing habitat for birds, bees, butterflies and other wildlife while helping filter pollution from runoff waters before they can enter the Mississippi River.

This year the Oak Savanna Shrub and Tree Planting event will take place on Sat. May 30, 9-11am. Folks will gather near 36th and W. River Pkwy. This event is not open to group registration to make sure individuals and families can participate.

To learn more, go to <http://fmr.org/events/2015/05/30/oak-savanna-shrub-and-tree-planting-full>, or reply to sign up with FMR Registrar Amy Kilgore by emailing her at akilgore@fmr.org. She will be able to send you all the details.

Bike with a Ranger at Fort Snelling June 20

Explore the Mississippi River with one of the experts! Bring your bike, or grab a Nice Ride bike, and head out to Coldwater Spring (5601 Minnehaha Park Dr. S.) for a free, guided tour with a national park ranger on Sat., June 20, 10am. The event is free, and no reservation is required, but space will be limited to the first 20 people to arrive.

Local lake grades reflect little change

The Minnehaha Creek Watershed District (MCWD) has released the 2014 Lake Grades, an annual snapshot of the condition of the lakes and bays within the District. The grade for Lake Hiawatha stayed the same at B-, while the grade for Lake Nokomis went from C+ to B-. The 2014 grade is the first time that Nokomis went out of the "C's" since the test was established in 2005. In the same period, Hiawatha varied wildly from a D+ in 2007 and 2010, to B- in 05, 11, 13, and 14.

The grades are based on three standard water quality parameters: water clarity, algae growth, and nutrients. Staff collect data from May to September to calculate the grades, which allow the District to compare and track the health of lakes within its boundaries. Using collected data, District staff average the scores of the three parameters to determine a lake grade, on a curved scale from A to F. A "C" grade is typical of lakes in the seven-county metropolitan area.

By only measuring water clarity, algae growth, and nutrients, we only have a partial view of a lake's health. MCWD is developing a new, more holistic grading system called E-Grade to promote greater understanding of the overall health of lakes, streams and wetlands in the District. MCWD will be phasing in this new system across the District over the next several years and plans to release the first group of these reports in 2017.

St. Helena plans benefit tournament

St. Helena School is sponsoring their Benefit Golf Tournament on Sat. June 6, 9am-2pm at the Hiawatha Golf Course. The

4-Person 9-Hole Scramble is \$55 per player (\$35 for juniors), includes golf, cart, lunch and fabulous prizes. For more information contact Krysta Niznick 612-709-6467, or email krystaniznick@comcast.net.

Local winners of National History Day

The winners of the 2015 National History Day in Minnesota State Competition were announced in early May in an awards ceremony held at the University of Minnesota. The first and second-place winners from each of 18 project categories now go on to the National History Day competition at the University of Maryland, College Park, June 14-18.

Students showed off their history projects after months of research and regional competition. Projects were based on the 2015 History Day theme "Leadership & Legacy in History," and took the form of exhibits, documentary films, historical performances, websites and research papers.

One of the junior division winners was from our area. Kathleen Grube, Emma Crosby, and Megan Sumera, from Lake Nokomis Community School - Keewaydin, placed in the category Junior Group Exhibit, with their entry "Leading in Medical Education: The Legacy of the Mayo Model."

Pride events slated at local libraries

Hennepin County libraries offer a wide range of educational and cultural events to reflect and engage the county's diverse communities. During Pride month in June, Hennepin County libraries will offer free events for LGBTQA families.

Events include "Stories To-

gether" for families at Roosevelt, Nokomis, and East Lake libraries. The events lead up to and complement the Library's presence at the annual Twin Cities Pride Festival in Loring Park, June 27-28.

"Stories Together: Pride" celebrates family and self-expression during Pride month through books, stories, rhymes, music, and movement. Event times are Sat., June 6, 3pm at Roosevelt Library (4026 28th Ave. S.), Sat. June 20, 10:30am at Nokomis Library (5100 34th Ave. S.) and Fri., June 26, 11:15am at East Lake Library (2727 E. Lake St.).

Video of award ceremony now online

Local artist Taylor Payton (see May 2015 *Messenger* for full feature story), has his award winning illustration in the book "L. Ron Hubbard Presents Writers of the Future Vol. 31" which went on sale May 4. The Writers and Illustrators of the Future contest has been spoken of as the "American Idol" for writers and illustrators." You can see the video of the 2015 Achievement Awards Event at www.WritersOfTheFuture.com. This Oscar-style, red-carpet, black-tie event had over 1,000 people in attendance, including some of the premiere names in the fields of speculative fiction, sci-fi and fantasy. The event was held at the prestigious Wilshire Ebell Theater in Los Angeles. The video of the 3-hour event appears on the web site and you can see Taylor's introduction and acceptance speech at 1:40:05.

Community theater hosts garage sale

Corcoran Park Players, a south Minneapolis-based community theater, will host a garage sale Sat., May 30, 9am to 4pm, to raise money for future produc-

tions. All proceeds will go directly to the theater group. The sale will take place at 5321 43rd Ave. S.

Youth and family camp program

Campers in grades 2-12, and families of all ages and stages, are invited to enjoy overnight camp in July at Camp Patmos in Hackensack, MN. Sponsored by Trinity of Minnehaha Falls, these camps include boating, canoeing, fishing, tubing, playing crazy games, getting to know new friends, and enjoying the beauty of northern Minnesota. Each week features Bible study and worship, including campfire time. For more information, visit www.trinityfalls.org/summercamp or call 612-724-3691.

Kids Summer Club set for June 15-19

Kids from preschool through fifth grade are invited to a neighborhood Vacation Bible School at Morris Park, June 15-19 from 9:30am to noon. This free day camp, sponsored by Trinity of Minnehaha Falls, features songs, games, snacks and crafts as students learn about God's love. Morris Park is located at 5531 39th Ave. S. To register, visit www.trinityfalls.org/kids or call 612-724-3691.

Adoption support group meets monthly

The Adoption Support Network holds monthly support groups at Minnehaha Communion Lutheran Church (4101 37th Ave. S.) for parents and teens who have been adopted. Meetings are held the first Tuesday of every month (June 2) at 6:30pm. Adoptive parents are provided with a confidential, non-judgmental environment where they can support each other and share resources. Teens are invited to meet other teens who under-

stand what it's like to be adopted. The teen group is not a drop-off group—parent(s) must attend the parent support group. For more info and to RSVP, contact Ginny Blade at 651-646-5082 or gabbyblade@nacac.org (parents); or Christina Romo at 651-644-3036, ext. 17, or christinaromo@nacac.org (teens).

NA meeting open every Friday night

Faith Evangelical Lutheran Church, 3430 E. 51st St., hosts a Narcotics Anonymous (NA) meeting every Friday from 7-9pm. Everyone is welcome.

Re-Use, Recycle, RUMMAGE!

St. Albert the Great's annual Re-Use, Recycle, and Rummage sale, is scheduled for May 28-May 31. The sale's preview night is Thur., May 28, 5-8 pm, where for a \$5 entry fee, you can shop while the huge selection is best. On Fri. and Sat., May 29-30, 9am-7pm the sale is in full swing. Sun., May 31, 9am-noon is Bargain Bag Day: stuff a tall kitchen bag for \$3, or a 55 gallon trash bag for just \$5. Clothing, shoes, household items, linens, furniture, books/CDs/DVDs, jewelry, toys, craft supplies and a special area for better items and collectibles. Hot dogs and other treats are also for sale. St. Albert's is on E. 29th St. at 32nd Ave. S., one block north of E. Lake St. Call 612-724-3643 for more information.

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.

Neighborhood Churches Welcome You!

Bethany Lutheran
3901 36th Ave. S. • 612-729-9376
www.bethanyon36th.com

Pastor Jo Bauman
Sundays:
9:30 am - Worship
10:30 am - Coffee & Fellowship
Saturdays June 6 & 20
5 pm - Soul+Food Dinner Church
All are welcome!

Bethlehem Covenant
3141 43rd Ave. S. • 612-721-5768
www.bethlehemcov.org

Pastor Ryan Eikenbary-Barber
Children especially welcome
Contemporary Worship - 8:45 am
Sunday School for all ages - 10:00 am
Traditional Worship - 11:00 am
Wednesdays meals thru May 17 at 5:45 pm
Meal and activities for the family
Sunday Schedule begins 5/26 with 9:00 & 10:30 Worship

Epworth United Methodist
3207 37th Ave. • 612-722-0232
www.epworthumcpls.org

Rev. Pam Armstrong
Adult Classes: 9:45 am
Sunday Worship: 10:30 am
Sunday School (children): 10:45 am
(Childcare Provided)
(Wheelchair Accessible)

Minnehaha Communion Lutheran
4101 37th Ave. S. • 612-722-9527
www.minnehahacomunion.com

Pastors Dan Ankerfelt & Sally Ankerfelt
Sabbatical Support Pastor: (June 21-October 5, 2015) Dr. Hollie Holt-Woehl
Sunday Worship - 9:45 am
(Handicapped accessible)

St. Albert the Great Catholic
E. 29th St. at 32nd Ave. S. • 612-724-3643
www.saintalbertthegreat.org

Fr. Joe Gillespie, O.P.
Sunday Mass: 9:30 am (Childcare available)
Saturday Mass: 5 pm
M, T, Th, F: Rosary at 8 am, Daily Mass 8:15 am
Adoration of the Blessed Sacrament, First Fridays from 9 am to noon
(Handicapped accessible)

St. Peder's Evangelical Lutheran
4600 E. 42nd St. • 612-722-8000
www.stpeders.net

Julie A. Ebbesen, Pastor
Worship: 9 and 10:30 am,
Summer: 9 am only
Education for all: 9 am
(Childcare, Wheelchair Acc., Braille)
Coffee 10 am

Trinity Lutheran Church of Minnehaha Falls
5212 41st Ave. S. • 612-724-3691
www.trinityfalls.org

Pastors Derek Johnson & Matt Oxendale
Sunday Worship 10:00 am
AA Meetings Tuesdays/Sundays 7:00 pm

Projects of the Neighborhood Churches Include:

Minnehaha Food Shelf,
Serving People Tuesday
10:30 am - 3 pm

Call us at 612-721-6231
Minnehaha United Methodist,
3701 E. 50th St.



NOKOMIS EAST NEIGHBORHOOD ASSOCIATION

NEW Housing Loans Available June 8th

On June 8, NENA will launch a low interest home improvement loan program (2-3% interest up to \$15,000) and an emergency repair deferred loan program to help property owners improve and maintain their homes.

Properties located within the Nokomis East neighborhoods with 1 to 4 dwelling units are eligible. Contact the Housing Resource Center at 612-722-7141 for more information on eligibility criteria or to apply. Loans will be given to qualified applicants on a first-come, first-serve basis.

GARAGE SALE: JUNE 20th

Register your sale at www.nokomiseast.org by June 7 to be included on the garage sale map. Maps will be available to shoppers on the website, at the NENA office and at local businesses.

FOR MORE INFORMATION:
612.724.5652

monarch@nokomiseast.org • www.nokomiseast.org
f Nokomiseast • t NokomisEast

Multi-family development

Continued from page 1

water at about 14 feet with the soil samples."

Bare said that as the development moves forward, he plans to do the DRAC and ground fills enrollment program.

DRAC stands for the Development Review Advisory Committee, a citizen advisory body, representing those with interests in the outcome of policies, bud-

gets, regulations, and procedures that affect development review processes, neighborhood livability and the environment.

Bare pointed out that "the site has already been closed by the Minnesota Pollution Control Association, and we will open it up and get rid of all the dirt that was there. We will do some other building type of remediation items, put thick poly down underneath, radon rock, and a sealed embankment. We have a pretty thorough idea of what we'll do," he said.

One resident questioned

where all the snow would go, and Bare assured him that the snow will get figured out.

Another resident supported affordable housing and wanted the Longfellow community to be welcoming to everyone. Bare said that he had spent nine months ten years ago trying to create affordable housing in Minneapolis. He had stacks of thick papers. "I'm not going through nine months of paperwork without getting results again," he said. "I'm a free-market guy."

Johnson said that affordable housing is hugely important to

the city, and the City Council has put a record amount of money into an affordable housing trust fund. "On top of that, with properties owned by the city, we do strongly show a preference for affordable housing whenever we put out RFP proposals for developers," he said.

Johnson added that when it comes to individual property that is private, the city cannot require affordable housing right now.

One resident expressed that his main wish was that the developer be a good community partner.

"I don't discount anybody's opinion; these are all legitimate questions to me," Bare replied. "The whole process of being a landlord, I get it. I live next door to a building development, and I get some of the problems from a practical standpoint. Respect is what I try to present."

"I'm not going to please everybody out there; it's impossible," he said. "But I'll try to work with everybody as respectfully as I can."

Classifieds

Messenger

Want ads must be in the Messenger before June 15 for the June 25 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

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before **June 15 for the June 25 issue**. Ad copy can be e-mailed to 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

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LANDSCAPING

Bike lanes

Continued from page 5

that street, stressed Johnson.

He pointed out that bike lanes benefit local businesses because bicyclists are more likely to shop at local stores.

"There is a place for bike boulevards in addition to paths that are on the busier streets," said Johnson. When making decisions, he asks: what do we want our community to look like?

"We need to make sure that we have an infrastructure that is working for everyone," Johnson said.

Psychological studies that have been done showing that those who bike and walk are happier than those who drive, pointed out Johnson. "Not only are they healthier, but they are clinically proven to be happier," said Johnson. "You can literally walk away depression."

Is it redundant?

Weitzner isn't the only one who has questioned the bike

boulevard on 40th. Others believe it is redundant to have a bike boulevard on 40th and bike lanes two blocks south on 42nd.

This question points to the tension between different types of bikers, according to Brugh. Some want to take the quieter route and don't mind traveling over a few blocks to find that. However, others want the quickest and most direct way.

When it comes down to it, "bicyclists want to be able to ride where they want to go," observed Brugh.

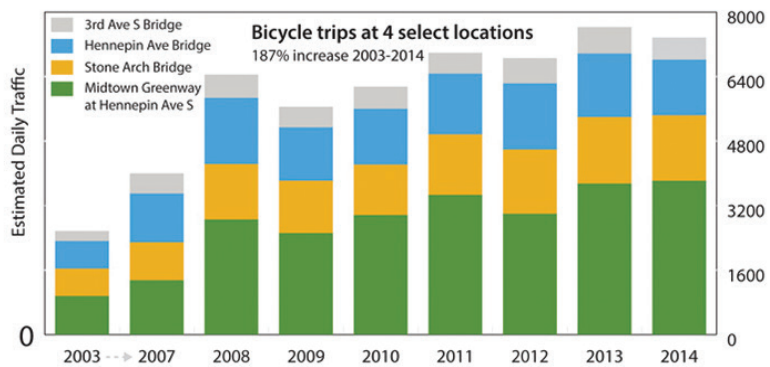
"It's hard to tell people they shouldn't be biking down a road they want to bike down," agreed Johnson.

Brugh was pulled into the city's discussion on bicycles in 2010 when her street was selected as the Southern Bike Connection. She pointed out that 17th Ave. lies two blocks from both Cedar and Bloomington, and it travels between Minnehaha Creek north to the Midtown Greenway.

The designated bicycle boulevard doesn't have bike lanes. Instead, bikers use the street. Stop signs were removed to keep bikers moving, and miniature traffic circles (concrete circles with plants slow cars down) installed at intersections. A few installed medians, including the one at 17th and 42nd Ave., restricts left-hand turns for vehicles.

By the bike count numbers

According to last year's one-day bicycle count, 40 people traveled along the Southern Bike Connection



at its intersection just south of 42nd St. There were 60 people traveling along 42nd, and 150 on the River-Lake Bike Blvd. where it connects with the Southern Bike Connection (40th St. and 17th Ave.).

This compares to 250 bikers at 38th St. and Hiawatha Ave.; 150 on 28th St. just north of 42nd; 440 at 38th and Minnehaha Ave.; 260 on Hiawatha. just north of 42nd St.; 120 on 46th St. just west of Minnehaha Ave; and 1,080 on the park-maintained trail between Hiawatha and Nokomis lakes.

The top bicycling location in the city is Washington Ave. SE bridge, which had 7,370 bikers.

The city has been collecting data on the number of bicyclists since 2007. From 2007-2014, the number of bicyclists counted at 30 benchmark locations increased 73 percent.

Improvements that are coming

After listening to citizens at the community transportation meeting at Sibley Park, Johnson is hoping to help make some small changes that will add up to better experiences.

This summer, the crossing at Hiawatha Ave. and 38th will be improved, with green bike lane

markings that direct where to go along with signal timing for pedestrians. Additionally, the stretch from Minnehaha west to Hiawatha will be smoothed, and bike lanes added.

Recognizing that all the Hiawatha east-west crossings could be improved, Johnson is also working to add markings that delineate where bikes and cars should go at 42nd and 46th, as well.

At the meeting, Johnson learned that many people in the area use 21st Ave. to connect with the Midtown Greenway, and residents are interested in that road being improved as a bikeway.

And residents pointed out that south of Minnehaha Parkway there is a complete absence of east/west bike infrastructure.

Goal: regular people riding bikes more

Brugh is an enthusiastic and confident biker when she's alone, but interested and concerned when she's biking with her children, ages 8 and 10.

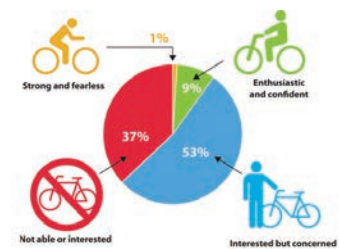
"My motto is regular people riding regular bikes with regular clothes on," Brugh remarked.

Brugh pointed out that she

doesn't demonize cars. "I'm a car driver, too," she said. Brugh believes that cars will always be used in Minnesota, but she'd like to see a multi-modal system that increases public transit rides, bicycling and walking while decreasing the use of cars. And that, she added, will make streets less congested for the vehicles that are on the road.

"I hope that people see Minneapolis as a city where they can bike," said Brugh, "and biking is something that feels like a normal option."

What kind of biker are you?



- Strong and fearless—defined by your bicycle, desiring to separate yourself more from pedestrians than vehicles, willing to bike anywhere in any weather? 1% of people
- Enthusiastic and confident—comfortable sharing the road with vehicles but prefer bikeways and willing to go slightly out of your way for a better bikeway? 9% of people
- Interested but concerned—prefer off-street paths for recreation and will ride for transportation where there are bikeways that make you feel safe. A good bike network might nudge you to be enthusiastic and confident, but a bad network will mean that you're simply not interested. 53% of people
- Not interested—no interest in biking for work or exercise, but do need to know the rules of the road for biking and driving. 35% of people

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Midtown Farmers Market welcomes new partners during construction

By MARGIE O'LOUGHLIN

The Midtown Farmers Market had humble beginnings back in 2003. The small but mighty Corcoran Neighborhood Organization (CNO), whose mission is to "unite neighbors to strengthen our community," started the Market. CNO chose the blighted, abandoned block at 22nd Ave. and E. Lake St. on which to open their market, and it has grown every year since it started.

Now, thirteen years later, that same block is poised to become a hub of commerce and vitality. Work has begun there on the multi-phase construction of a 'transit village.' Once completed there will be 100,000 square feet of community social service offices, 16,000 square feet of retail space, more than 500 affordable housing units and a one-acre public plaza for community use.

The market has always been a vibrant meeting place that connects urban residents with local growers, producers and artists. Eric Gustafson, executive director of CNO, said, "From the beginning, we saw the market as anchoring the transit village concept. We're returning to the old idea of building our cities around food systems and public spaces again."

As the market transitions from the first phase of construc-

tion, CNO has received grant money from an innovative source. The Center for Prevention at Blue Cross Blue Shield of Minnesota works to provide access to affordable, healthy food, tobacco-free air, and walkable/ bikeable neighborhoods. Funded with proceeds from Blue Cross' historic tobacco settlement, the Center for Prevention tackles the root causes of preventable disease at the community level.

With a portion of the funding, CNO has invited the Midtown YWCA to bring two of their most popular fitness classes across the street to the market parking lot at no cost to participants. Saturday mornings from 8:30-9:30am, R.I.P.P.E.D. is being offered for adults. The total body, high-intensity workout is done to lively music and boasts a high-calorie burn. Tuesday evenings starting June 2, Zumba will be offered from 5:30-6:30pm. The Latin-inspired fitness party is a great cardio-dance workout. All ages, shapes and sizes are welcome. Be prepared to move your body as you salsa, merengue and cha-cha across the asphalt.

Wear exercise shoes and comfortable clothing to either class. Since it is summer, toss a towel in your gym bag too. There will be water jugs on-hand, but you'll

need to bring a cup or bottle to make this a zero-waste effort. Class cancellations will follow market closure policies, which can be found on-line.

Ellen Cleary, Community Impact Director for the YWCA, said, "We're excited to be part of the Midtown Farmers Market, and to be able to reach more people beyond our walls." The YWCA will be asking for feedback from participants throughout the summer. Cleary said, "We are constantly trying to weave empowerment, health, wellness and racial equality into everything we do. We want to make sure our classes at the market reflect that."

An organization called the Musicant Group also received a piece of the grant funding. Founder Max Musicant is a professional 'place maker,' someone who makes a living asking others, "what do you really want to see and do?" Place making is the art of turning under-used spaces into lovely spaces. There are now several colorful, temporary installations of furniture on the slope that faces the LRT station. These are meant to encourage people to gather, to linger, to not just shop and go. It's a known fact that human interaction improves your health! There are also games to play at the market. A ping-pong table will be a regular fixture this



YWCA fitness instructor Teresa Currie leads a morning session of R.I.P.P.E.D., with the sights and sounds of the market behind her. (Photo by Margie O'Loughlin)

summer, as well as a modern version of an old arcade game called Skeeball.

Like the YWCA, the Musicant Group will be collecting written feedback from market attendees all summer, but Musicant said, "The truth is that people vote with their feet." In other words, it's obvious what works when creating a physical space because what works gets used. Their installations, called 'parklets,' can be moved from week to week, seeing which configuration people like best. This experimentation will help guide the eventual design and programming of the permanent public plaza.

All of this feedback gather-

ing has a name: citizen-driven response. It's a planning method that will lead to a very different outcome than if the community didn't have a voice. "Lake and Hiawatha has always been a difficult, high-traffic intersection," said lead CNO organizer Ross Joy. There's a lot going on and because of its visibility, it's kind of like the front porch of the neighborhood. We believe the market is where healthy food, healthy activity, and healthy living can all come together."

With the additional boost of funding from the Center for Prevention, the Midtown Farmers Market is helping to make access to better health a reality.



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