

Life of an urban musher captivates the imagination

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Local youth captures National Cyclocross Championship

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Home Energy Squad helps maximize energy efficiency

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Teen homelessness can be hard to spot; schools on the front line

By MARGIE O'LOUGHLIN

Sheri Harris has been a social worker at South High School for 22 years. She works with students in 11th and 12th grades and said, "I see the stress level of our students rising. Sometimes it's academic stress, or the stress of expectations, but for students struggling with homelessness it's definitely the stress of unmet basic needs."

Harris estimated that "over the course of a school year, our staff will recognize 50-60 students as homeless, highly mobile, or precariously housed. There are easily 20-30 more that we don't know about. Sometimes it can be hard to tell."

That's because the students themselves may not realize they have a housing disruption. If the situation is chronic, it just becomes their version of normal. There's also no one definition of homelessness. It can mean families live in shelters together or youth live in shelters alone. It can mean youth sleep on buses or trains, in metro stations or cars, or couch surf with friends or relatives. The first red flag is usually poor attendance at school.

"Everyone in our building has to work together," Harris explained. "Teachers are on the front line, as they have the most regular contact with students. If a teacher notices a student appears tired a lot, is unkempt, has a fuller backpack than usual, or is very protective of their belongings—he or she will reach out to that student."

"If the student is struggling with homelessness or related issues," Harris said, "the teacher will ask to make a referral to a social worker. Here at South, our four-person social work staff is in the business of 'resource brokering.' We find ways for students to get their basic needs met so that they can come to school classroom ready."

There are several programs in place at South to help all students succeed; these programs especially help to level the playing field for homeless and highly mobile students.

The School Based Clinic provides everything from sports physicals to reproductive health exams, to mental health counseling.

South is one of four schools in Minneapolis that offers fully licensed, on-site childcare and parenting classes for teen parents.

The Kopp Family Foun-



Sheri Harris, a senior social worker at South High School, said, "If there's one thing I would point out, it's that assumptions can be brutal. When you see a teenager, and he or she looks kind of surly or disgruntled, take a moment to remember that everyone has a story—and that sometimes those stories are tough. Every little bit of positive interaction with people in the community helps." (Photo by Margie O'Loughlin)

ation has donated generously to South High School for years through their Random Acts of Kindness Program, making it possible for students who couldn't otherwise attend field

trips and special programs, go to prom, buy a yearbook or school supplies.

Similarly, Minneapolis Public Schools provides assistance through their School Success

Fund for Students on the Move.

Students experiencing housing insecurity (as well as those receiving free and reduced lunch) are eligible for free MTC transit passes to make getting to school easier.

A valuable on-line resource for students experiencing homelessness is something called the Youth Services Network, which can be accessed at <https://ysnmn.org>. The website lists very current information about daytime and overnight shelters, drop-in centers, outreach workers, food, medical care, crisis counseling, or help with parenting. In the recent deep-freeze, a banner across the top of the website issued a cold weather warning and a list of emergency daytime shelters.

The Minneapolis Public Schools are guided by the McKinney-Vento Homeless Assistance Act. This federal law provides homeless and highly mobile students with certain rights, so they will be able to meet the same standards expected of all students in the district. One of those rights is to attend the same school consistently, even if housing in the district ceases to exist.

Ryan Strack is the Minneapolis Public School's District Li-

aison for Homeless and Highly Mobile Youth, and it's his job to make sure the provisions of the McKinney-Vento Homeless Assistance Act are met. Describing his job, he said, "A third of my time is spent cultivating relationships with outside agencies like shelters, another third is spent strengthening connections with school staff district-wide, and the rest of my time is spent with the logistics of getting homeless and highly mobile youth enrolled in schools."

Strack continued, saying, "Our youth on the move are pretty industrious. For the 2015-2016 school year, we recorded 961 9th-12th graders as homeless or highly mobile throughout the district. Some have left home on their own accord because of perceived safety issues. We think that 25-40% of the overall number are LGBTQ, and may be homeless because their parents have kicked them out."

"We need more affordable housing options and shelter spaces for homeless and highly mobile youth, and better jobs," Strack concluded. "The most challenging part of working with these kids is that so many factors are beyond our control."

Mary Hanson views show as conduit between experts and public

Nation's longest running, independently produced cable show producer calls South Minneapolis home

By TESSA M. CHRISTENSEN

Standish-Ericsson resident and television producer Mary Hanson has been giving a voice to others for over 36 years.

"The Mary Hanson Show" is the longest running independently produced cable show in the United States. It has also been on public television since 1995.

The award-winning show focusing on health and social issues started on a whim.

At age 35, Hanson, a social work consultant attended training at the University of Minnesota. As the speaker ended and the lights went up, Hanson was dismayed to see that the brilliant speaker had an audience of about only 15 people. "I thought, 'what a shame,'" recalled Hanson, now 73. "He should have had a packed house."

Mulling over the problem on her drive to work, Hanson passed by the KCHK-AM radio station she went past every day. "I didn't think about it for one



Mary Hanson (right) interviews Reatha Clark King in August 2016 for an episode about "Race Relations." Clark King grew up picking cotton. She earned her PhD and then worked as President of Metro State and V.P. at General Mills. She also was involved in research that was used with the space program, a popular topic right now due to the recently released movie, "Hidden Figures," about other African American women who were a big part of the space program. (Photo courtesy of Tracy Walsh)

minute. I careened into the parking lot," she remembered, walked in and asked to speak to the station manager.

He listened to her idea and then told her that he'd been looking for a way to connect with the community. She could

do it—if she could find a sponsor.

Back at the nursing home where she worked, Hanson asked the administrator if he'd sponsor her radio show. He, too, had been wanting to do something for the community.

And just like that, Hanson had a show. Her next step was to buy a good tape recorder.

She's always found it serendipitous that both of the men she talked to that day had been looking for a way to build community and give back.

Three good questions

Hanson's show, first with the radio station and later with the fledgling cable companies, has always provided a forum for thoughtful, in-depth conversation.

She started with a five-minute show, learning that you can ask three good questions in that time frame. Soon her station manager gave her 10 minutes and kept upping it until she had

Continued on page 5

When illness hit Blue Moon owner, neighborhood offered support

By TESHAM. CHRISTENSEN

Blue Moon coffee shop (3822 E. Lake St.) owner Lisa Berg is almost done paying off her medical bills, thanks to neighborhood residents and friends who donated \$20,000 through Go Fund Me.

"That was a godsend," stated Berg. "It blew me away."

After insurance, Berg was left with \$40,000 in bills from her hospitalization and subsequent rehabilitation. "I'm a pretty low-income person, so it was a jolt," admitted 58-year-old Berg. She dug into her life savings, but still came up short.

That's where the Go Fund Me came in.

As she wrote on the fund-raising page: "Your help will go directly to pay the bills. It means so much to me because although asking for help feels difficult, I have to."

She had to relearn everything

Two winters ago, Berg was fighting what she thought was just a cold that hung on and on. "I just thought I had a bug," recalled Berg, but she was so very tired. One day her sister and niece visited and could tell that things weren't right. They called an ambulance.

At Regions, Berg was diagnosed with influenza that led to kidney failure. Following her hospital stay, she spent five weeks at Walker Methodist Health Center.

"I had to learn everything again," said Berg. "How to walk. How to count change. Sitting up in bed. Dressing myself."

She praises both the staff at Regions and Walker Methodist for their care and hopes to be able to get to Walker Methodist soon to thank staff personally, although she's waiting until she doesn't have to maneuver through the snow. "It was kinda hard—they really work you," remarked Berg. "But the staff there is outstanding." Her wonderful occupational therapist started crying when she took her first steps.

Berg left the rehabilitation facility in a walker and returned to her second-story apartment in St. Paul. It was six months before she could make it down the stairs. Each day she practiced stepping down one step and then up. Down and up. Then she added another. Then she could make it down five steps. Finally, she made it down all 17 steps and sat on a bench. To celebrate, she posted on Facebook. "I'm outside!" she wrote.

Through her recovery, Facebook has been a solid source of support. Berg has appreciated the encouragement over each small accomplishment. "Sometimes I'd just cry out of gratitude," recalled Berg.

She hasn't been able to make it into her coffee shop much, but when she does, it's been wonderful. "It's so nice to go in there and see people," said Berg. "I just like being there."

She doesn't drink coffee at home but indulges in her favorite when she's there: a little espresso in a dark roast topped with brown sugar cubes.



The double whammy of influenza and kidney failure in 2015 left Blue Moon coffee shop owner Lisa Berg so weak that she had to learn how to walk again. Her goal for this summer is to get strong enough to go without a walker. (Photo submitted)

"Having been fortunate enough to be in good health my whole life, I'm working hard to view parts of the past year as a fleeting illness, a recuperation, and a strength-building exercise," wrote Berg in a Go Fund Me update to supporters. "And, of course, sometimes I feel sad about it and tired of it. But the coolest things for me are the healing and the good care I experienced and the love of all of you. Whether or not you are supporting me financially, you are all supporting

me in your words and good thoughts."

22 years as Blue Moon

Berg started working in the food industry when she was in graduate school earning a degree in chemical dependency. She began baking bread and croissants at night in the Gelte's kosher bakery on Hennepin Ave. in 1984, and then transferred to a day position baking pastries and tortes. Eventually, she rose to manager. Her time at Gelte's was

life-changing, and Berg points to owner Dennis Gelte as a role model for how to run a business and manage staff.

"He taught me how to be gracious and kind and also mindful of the business at the same time," said Berg.

She left in 1992 to help a friend at Cafe Weird and the offshoot, Weird Kitchen Catering, cooking simple but delicious vegetarian dishes.

Then Cindy Kangas approached her about opening a coffee shop off E. Lake St. in a building owned by John Kolstad. Cindy managed the construction while Berg focused on financing. They gutted the space to the exterior wall, tore down the suspended ceiling, and pushed out the back wall to add a bathroom.

The Blue Moon opened on Oct. 23, 1994. "It was quite an adventure," said Berg. For several years, Kangas and Berg operated a second coffee shop on Franklin, but divided the business when Berg realized she didn't like splitting her focus.

Berg has always strived to provide a quality coffee beverage that is consistent no matter who is making it. She does this in part to recognize that people pay a lot of money for their

beverages. Plus, others spend their whole lives picking coffee beans and getting them to coffee shops like hers. "That's a big deal," said Berg. "So I want to be a good caretaker for their work."

Gina Palandri was one of the first baristas at the Blue Moon. "Lisa has provided jobs for people (like myself), provided a great, safe space for all the community, supported other local businesses, and provided neighbors with coffee and lattes," she remarked.

Berg has worked hard to create a space where everyone is welcome, including the LGBT community. She's never wanted to be surrounded by people who agree with her all the time and finds the diversity stimulating.

Her staff has echoed the customer base and is an "eclectic bunch of people."

They've pitched in to keep the place running during her illness. The coffee shop has continued to stay open 365 days a year, just like always. It wasn't closed for even a day due to her illness because of the staff.

"I'm very fond of all of them," said Berg. "I hope I convey to them my gratitude every day."

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Every month, Transition Longfellow community volunteers bring interesting new programs to the neighborhood. In February, the group will host the following activities. See their website for more details: www.transition-longfellow.org.

Many of the group's activities take place at Bethany Lutheran Church, 3901 36th Ave. S., but the group will need to find a new location in June. They are looking for low-cost space for community building activities and would welcome suggestions from the community. Contact them through their website.

A program "Make and Take Personal Care Products," is planned for Sat., Feb. 11, at 1pm (location TBD). Looking for ways to save money or limit your exposure to questionable ingredients? Marie Schaefer and Peter Foster show you how they make some of their own personal care products, like shampoo, lip balm, toothpaste, lotion, and deodorant. They will have ingredients available to make some of these products that you can take home. There is a cost for materials and registration is required. See the website.

The Transition Book/Discussion Group will meet Wed., Feb. 1, 6:30pm at Moon Palace Books, 3260 Minnehaha Ave., and Wed., Feb. 15, 6:30pm at Peace Coffee, 3262 Minnehaha Ave.

February kicks off a year-long book group reading "Making Home: Adapting Our Homes and Lives to Settle in Place" by Sharon Astyk. This thoughtful, engaging book is the perfect

Transition Longfellow

By LESLIE MACKENZIE

February goes from sewing to movies and games to meditation

combination of inner focus and outer action. Part how-to, part memoir, the author helps readers consider what a "good life" really is, and how we can build it with the resources we have, while acknowledging and preparing for major changes ahead (including climate change). The group will read the chapter out loud on the first Wednesday of the month, with some discussion, and then dig deeper on the third Wednesday of the month. This is an ongoing group facilitated by Theresa Rooney.

Movie Night will screen "The Minimalists" on Fri., Feb. 17, 6:30 potluck, 7:15pm movie, at Bethany Lutheran, 3901 36th Ave. S. The documentary follows the life of Joshua Fields Millburn and Ryan Nicodemus, known to 4 million readers as The Minimalists. What is minimalism? "Minimalists don't focus on having less, less, less; rather, we focus on making room for more: more time, more passion, more experiences, more growth, more contribution, more contentment, more freedom." Movie night is a great way to learn about Transition Towns and to meet your neighbors. Share a meal and watch a movie, followed by discussion.

Meditative Movements for Health is scheduled for Fri., Feb. 17, 5:30pm, Bethany Lutheran. Meditative Movement is a practice of simple breath, body and mind exercises to improve and support mental and physical health. Deb Davis has been certified in this practice and will be leading free workshops before movie nights, from 5:30 to 6:30pm. You do not need to stay for the movie to do this activity.

Family Game Night is planned for Fri., Feb. 24, 6:30pm at Bethany Lutheran. Game night features games for kids and adults of all ages. Everyone welcome; feel free to bring a favorite game

and snacks to share. This event is free.

Learn how to Sew a Warm Window Curtain on Sat., Feb. 25 (1-4pm), Bethany Lutheran Church. The group will once again host Lee Olson's workshop on how to make an insulated curtain to reduce uncomfortable cool air coming from windows.

Participants must RSVP by Feb. 19, and provide organizers with the interior measurements of the window for which you will make a curtain. Participants will be notified of the amount of fabric they need to purchase to make their curtain. The cost of the workshop varies, depending upon the size of the curtain. See website for

Check It Out - News from East Lake Library

These events are planned during the month of February at the E. Lake Library, 2727 E. Lake St.

Childcare Group Storytime for babies, preschoolers, and toddlers is planned for Wed., Feb. 1, 10:15-10:45am. Talk, sing, read, write and play together in a format appropriate for the children in your care. Share books, stories, rhymes, music and movement.

Family Storytime is scheduled for Fridays, Feb. 3, 10 17, and 24, from 10:15-10:45am. For children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children.

Baby Storytime for babies and toddlers is set for Fridays, Feb. 3, 10, 17, and 24, from 11:15-11:45am.

K-12 Homework Help is available on many days during the month from 3:30-7:30pm. Dates include Thursdays, Feb. 2, 9, 16, and 23; Mondays, Feb. 6, 13 and 27; and Tuesdays, Feb. 7, 14, 21, and 28.

The **East Lake Chess Club**, open to all ages, kids, and teens, will meet Thur., Feb. 2, 2:30-4:30pm.

The **Teen Fandom Club** is also scheduled for Thur., Feb. 2, 6-8pm. Are you an anime and manga fan? A cosplayer? A fan of Doctor Who, Sherlock, Homestuck or Supernatural? If yes to any of these, Teen Fandom Club is for you! Watch anime, share your artwork and discuss your favorite fandoms.

The **Adult Nonfiction Book Club** meets from 6-7pm on Tues., Feb. 7.

There will be a **Roosevelt High School Choir Concert** for all ages on Fri., Feb. 10, from 9:45-10:15am. It will be followed by a **Sanford Middle School Choir Concert** from 10:15-10:45am.

The **Adult Book Club** meets on Fri., Feb. 10, from 10:30-11:30am.

The **East Lake Library Writers' Workshop** (for adults) is scheduled for Sat., Feb. 11, 1-2:30pm. Share your stories, exchange advice, and support others in the creative process with the guidance and support of more experienced writers.

The **Quick Reads Book Club** for adults focuses on shorter books

sign-up (under Energy & Transit)

Mark your calendar that sign-up begins Feb. 27 for the **Veggie Growing Basics Class**. Transition Longfellow is partnering with Hennepin County Master Gardeners to bring a five-week Veggie Growing Basics class to the Longfellow neighborhood. Sign-up ends Mar. 17. Classes will be held in the community room at Gandhi Mahal, 10-11:30am on Saturdays, April 1, 8, 15, 22 and 29. You will work in a group and one-on-one with a master gardener to plan your garden. Class size is limited; you must sign up at the Transition Longfellow website to attend (look under Food & Gardening).

and meets 6:30-7:30pm on Mon., Feb. 13.

LEGO Lab for kids and preschoolers meets 9:30-11am on Thur., Feb. 16. Calling all future engineers and architects! We've got the bricks, but we need you to bring your imagination. No experience necessary.

Winter Wellness: Tai Chi Chuan (for adults) is the program on Tues., Feb. 21, 6:30-8pm.

Small Group Computer Help is offered to adults on Wed., Feb. 15, 9:30-11am.

Conversation Circles (for adults) resumes Mon., Feb. 27, 5:30-7:30pm.

Messenger

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Now it's easier than ever to keep in touch with the *Messenger*. Letters to the editor and news releases for publication can be sent via e-mail at editorial@deruyternelson.com. Be sure to send copy in the body of the e-mail, and please mark whether the copy is a letter, a news release for publication, or perhaps just your thoughts on the last issue. Don't forget to write!

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CORRECTION TO LAST ISSUE

In the last issue of the *Messenger*, there was an error in the article "What would happen to Lake Hiawatha if dams in creek were removed?" which ran on Dec. 21. The article stated that the Park Board received \$100 million from FEMA, when, in fact, they Park Board received \$1 million. We apologize for the error.

In addition, the Park Board took issue with our statement that, "Planners acknowledge that anything done at Lake Hiawatha will affect Lake Nokomis...." The Park Board maintains that no one at the Park Board has acknowledged that. When the *Messenger* maintained that this was discussed at the public meeting on the topic (after a question was asked by an attending member of the public), the Park Board replied:

"During the meeting, we likely talked about the potential for water to back into Lake Nokomis because we (City

and Park Board staff) have talked about that. It's logical for a scenario in when the ordinary high water level at Lake Hiawatha is reduced in elevation, that there will be a lesser potential for high water in Minnehaha Creek and Lake Hiawatha to back into Lake Nokomis. But that is a speculation that we do not and cannot acknowledge as fact (which the word 'will' implies)."

Further clarification

The article also mentioned that last summer a floating curtain was installed in Lake Hiawatha in an attempt to keep trash from entering the lake from the large storm drain. It netted only four pounds of trash and failed because most trash went right underneath it, pointed out local resident Sean Connaughty, who is pushing for a permanent mitigation system at the site.

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Building community one crock-pot at a time

Bring your family and friends to the First Annual Great Nokomis East Crock-Pot Cook-Off. Better yet, show off your culinary skills and compete. All proceeds raised during this event will go towards NENA's programs and initiatives in Nokomis East.

We all know that Minnesotans know how to whip up a dish in a pot. Is your specialty a traditional cream of mushroom delight or do you have something a little bit more exotic? Let the community be the judge on who will be the 2017 Cook-Off Champ.

The First Annual Great Nokomis East Crock-Pot Cook-Off & Fundraiser will be held Sat., Feb. 4, 5:30-7:30pm, at Lake Nokomis Lutheran Church, 5011 31st Ave. S. Tickets are \$10 in advance and \$15 at the door.

For more crock-pot entry form and tickets at www.nokomiseast.org.

This is a family-friendly event. Ingredients will be listed for each entry to avoid allergies or food sensitivities. We hope to see you there!

NENA prepares for the future; proposes Plan modification

The NENA Board of Directors has scheduled a General Membership meeting on Mon., Mar. 6, to present the next steps of the strategic planning process. In December 2015, the Board passed the 2016-2018 Strategic Plan, and over the past year, has made significant progress.

As part of the Strategic Plan, NENA has developed a multi-year strategy for funding housing, commercial, streetscape, environmental and community engagement projects initiated by the neighborhood. In March, the NENA Board will share with our community this funding strategy and ask for support from the community at the General Membership meeting.

Highlights include adding \$100,000 to NENA's home improvement loan programs; housing and renter outreach programs, including the new NENA Curb Appeal Matching Grant Lottery; green initiatives such as the new 50th St. Monarch and Pollinator Corridor Project and the Minneapolis Monarch Festival; community development projects in partnership with the Nokomis East Business Association and local businesses; and continued funding for neighborhood favorites such as the Annual Nokomis East Garage Sale Day and Nights out with NENA. Join us to learn about what NENA has planned for the upcoming years to benefit our neighborhood.

As part of NENA's multi-year funding strategy, the NENA Board is also recommending an NRP Plan Modification to move \$115,000 to Environmental Programming and \$25,000 to Community Development Pro-

NENA (Nokomis East Neighborhood Association)

4313 54th St. E.

First Annual Crock-Pot Cook-Off and Fundraiser

gramming. These funds will be reallocated from overfunded program areas including Housing Initiatives, Environmental Initiatives - Tree Planting, Community Engagement Initiatives and Staff Support. The Plan Modification requires minor language changes to allow for an expanded programmatic use of NRP funds.

All residents, businesses and property owners in the four Nokomis East neighborhoods are strongly encouraged to attend the NENA General Membership Meeting on March 6, 6:30-8pm, and help NENA plan for the future. In addition to the NRP Plan Modification, the Board will present proposed amendments to NENA's Bylaws. Both proposals require a vote and approval from the General Membership. The meeting will be held at the Morris Park Recreation Center, 5531 39th Ave. S.

More details about the NRP Plan Modification and amendments to the bylaws are available at www.nokomiseast.org or call Becky Timm, NENA Executive Director at (612) 724-5652.

Liz Brophy joins the NENA Board of Directors

In December, Liz Brophy of the Wenonah neighborhood was appointed to fill a recently vacated seat on the NENA Board.

Brophy has lived almost her whole life in Nokomis East. She grew up in the Minnehaha neighborhood going to Keewaydin School and has called the Wenonah neighborhood home for the last 20 years. She is a longtime volunteer in the community, including being a block leader and working on National Night Out events. Outside of the neighborhood, Brophy volunteers with People Serving People, the Long-

fellow League of Artists (LOLA), and many other organizations, she was also a volunteer coach with the North Star Roller Girls. Brophy said she wants Nokomis East to, "continue being the friendly, safe, welcoming community that it has been my whole life."

The next election of Board members will be at the NENA Annual Meeting on Thur., Apr. 27.

It is a new year - get involved in your neighborhood

NENA has two energetic committees working on behalf of the community. Neighbors, just like you, are a part of the work and this is a rewarding volunteer experience. Come and check out the upcoming February meetings and see if one of these committees is the right fit for you:

—NENA Housing, Commercial and Streetscape Committee meeting Wed., Feb. 1, at 6:30pm.

—NENA Green Initiatives Committee meeting Wed., Feb. 8, at 6:30pm.

Both meetings will be at the NENA office at 4313 E. 54th St. Join your neighbors and be a part of creating the community we are all proud to call home.

Curb Appeal Matching Grant Lottery

NENA's Housing, Commercial and Streetscape Committee is launching a new program in early 2017 to help homeowners with small exterior projects and front lawn projects. Sign up for the Curb Appeal Grant Lottery and get your upcoming project entered to win a matching grant up to \$500! The deadline to enter is May 12, and winners will be announced right before

Memorial Day Weekend to start your summer off right. Visit www.nokomiseast.org for more information and to register.

NENA Home Improvement Loan Program available

Thinking about your next green home improvement projects, like insulation, weather stripping, solar panels, wind generator or geothermal? Check out NENA's Home Improvement Loans to see if your project qualifies!

Owners of one to four unit residences can apply for up to \$15,000 to make improvements to their properties. Owner-occupants and investors may apply. The interest rate is either two or

three percent, depending on income. No income restrictions apply.

NENA also has available a limited amount of funds for our emergency repair loan program. Only owner-occupied households are eligible, and income restrictions do apply. There is a maximum loan amount of \$7,500 at zero percent interest. The loan is due in full upon sale of the property or title transfer.

For more information or to request an application for one of the NENA loan programs, call our partner, the Greater Metropolitan Housing Corporation's Housing Resource Center at 612-588-3033, or visit www.gmh-housing.org. Loan applications are processed on a first-come, first served basis.

Sign up for NENA News

Your Guide to News, Events and Resources! Get your neighborhood news delivered to your inbox every other Wednesday. Sign up today at www.nokomiseast.org.

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2017 DEADLINES & PUBLICATION DATES

Deadline Date	Publication Date
February 13	February 23
March 20	March 30
April 17	April 27
May 15	May 25
June 19	June 29
July 17	July 27
August 21	August 31
September 18	September 28
October 16	October 26
November 13	November 27
December 11	December 21

Upcoming NENA meetings and events:

- 02/01: NENA Housing, Commercial and Streetscape Committee, NENA Office, 6:30pm
- 02/04: 1st Annual Great Nokomis East Crock-Pot Cook-Off and Fundraiser, Lake Nokomis Lutheran Church, 5011 31st Ave. S., 5:30-7:30pm
- 02/08: NENA Green Initiatives Committee, NENA Office, 6:30pm
- 02/09: NENA Executive Committee, NENA Office, 7pm
- 02/23: NENA Board Meeting, NENA Office, 7pm
- 03/06: NENA General Membership Meeting, Morris Park Recreation Center, 6:30pm

Web, www.nokomiseast.org; or Facebook, www.facebook.com/Nokomiseast
Twitter, twitter.com/NokomisEast; Email, nena@nokomiseast.org; Phone, 612-724-5652

"The Mary Hanson Show"

Continued from page 1

a half hour show. She has found that for most topics, a half hour gives her enough time to go into depth on the issue. For those that need more, she breaks the topic up into a series, such as the 10-show series on understanding depression and suicide. Hanson pointed out that it is rare these days to get a news show that focuses on one topic for a half hour.

As a trained social worker, Hanson already knew how to ask families hard questions, so it came easily during the show. She has explored psychosocial topics such as blended families and anxiety, while branching out to medical concerns such as Alzheimer's, infertility, and cancer treatments. Plus she features environmental topics and interviews local leaders.

From the start, she wasn't afraid to call experts, authors, and other well-known people for interviews. They all said yes.

For her pilot cable show in 1980, Hanson scheduled Tom Wright, a marriage and family therapist, and professor, whom she had interviewed previously for her radio show, and picked a comfortable topic. That way Hanson knew that if she got too nervous and dropped the ball, Wright could carry it.

As time went on, she started spending more time on the Mary Hanson Show and less as a



Mary Hanson (right) recently interviewed Dudley Riggs, the Founder of Brave New Workshop and man who helped launch the comedy careers of Al Franken, Jim Belushi and other. His new book, "Flying Funny: My Life Without a Net," coming out in April will be the topic of a show this spring. (Photo submitted)

social worker. However, she still works one day a week as a social worker consultant at Catholic ElderCare, leading support groups and bringing in speakers for families—many of which she's interviewed for the show.

Making a difference

One of the toughest parts of the job is finding underwriters and soliciting grants. Because she's not on anyone's staff, she is responsible for securing funding for her show. In addition to large companies such as Blue Cross and the Hennepin County Mental Health Association, individual donors help keep her show on

the air.

"I'd rather be doing something that makes a difference than working a job where I could have a large salary," stated Hanson.

The various awards and honors she's received over the years have been a shot in the arm when she's feeling on her own. One of the most special awards she received was the Hennepin County Mental Health Association's C.A.R.E. award in 1985 for excellent educational work.

Hanson strives to present a range of topics that appeal to a variety of people, and she's received comments from viewers that span Paul Wellstone's public relations staff to the clerk at Super America.

Up next

For Mary, the hard part isn't finding topics for the show...it's narrowing them down.

"In Minneapolis and St. Paul, we have this great bunch of people. You could interview someone every day and not run out," said Hanson.

The leadership interviews stretch her, as she feels that her strength is helping present complicated topics in a way that viewers can understand them. But she believes it is important to record the stories of leaders so they are part of the historical record. Of the 150 she's interviewed, about 28 have died. "I'm so thankful I had the chance to get them on film," said Hanson.

She's working on how to package past shows together by theme to have available in libraries, schools, and history centers.

Work on translating the depression awareness series into Spanish is wrapping up. It will appear on cable and TPT in the United States and possibly Mexico. Hanson would like to do more on this topic, delving into the experience of teens and veterans with depression.

Hanson's next mini-series will be on sex trafficking, a topic she's working on with the Women's Foundation of Minnesota.

Over the years, Hanson has observed some shifts on social and health issues. An interview she conducted with two men dying of AIDS in the 1980s is embedded in her memory. Back then it was a terminal condition. Today, the future is brighter.

But unfortunately, others are the same, such as child abuse and sexual abuse, and need more uncovering. Last fall, she interviewed Josie Johnson, a nationally known civil rights activist who was also the first African American woman on the Board of Regents at the U of M. When it comes to race relations, "she thinks things are actually worse now," remarked Hanson.

Over the years, Hanson has

Upcoming shows

On the schedule for Mary Hanson this next year are:

- Betty McCollum, US Congresswoman, 4th district. This environmental advocate is underappreciated in the state, according to Hanson.
- Larry Long, South Minneapolis troubadour, singer, educator who has focused his music on social justice.
- Dudley Riggs, founder of Brave New Workshop, who has written a book about his experience growing up in the circus
- James Jordan, MD, Former Medical Director of the Hamm Psychiatric Clinic
- Alzheimers in the Community, which will run as a sequel to the TPT documentary on Alzheimers

More at www.maryhansonshow.com.

interviewed thousands of people, including many who live near her 100-year-old South Minneapolis home, such as Lisa Larges, Outreach Coordinator for the Minnesota State Services for the Blind, and Jack Reuler, founder and Artistic Director of the Mixed Blood Theatre. Other South Minneapolis interviewees include: attorney Joanie Moberg; Hennepin County Commissioner Peter McLaughlin; Kelly Drummer, Tiwahe Foundation; US Congressman Keith Ellison; DFL Minnesota Representative Frank Hornstein; former US Representative Martin Sabo (now deceased); Tina Feigal, author, parent educator; Cam and Paul Rogers, talking about raising a child with disabilities; Camille Hanson on "An American Artist Abroad"; Roosevelt High School students talking about "The Teen Years" with author, Gisela Konopka, PHD; and stay-at-home dads Steve Richards and Josh Moberg.

Purpose in life and work

Hanson is 73, but she doesn't plan to retire anytime soon. This is the work that gives her purpose.

"For me, the idea of being a conduit to bring the ideas, vision, knowledge and resources from the guests to the broader population has always motivated me," remarked Hanson.

"There's also the personal reward of working with people who are brilliant and dedicated to what they're doing," she added. It makes for an enriching experience for not just Hanson, but also her crew of volunteers.

With the 20 hours of research and preparation that she puts in, each show feels like taking a mini college course. "It's an exciting benefit," said Hanson.

The Mary Hanson show just completed its 20th season on TPT 2.2 and can be viewed on public television 26 to 30 weeks a year. It is on cable year round, appearing on Channel 6, the Metro Cable Network, which interconnects the 14 cable systems in the seven-county area, as well as the St. Paul Neighborhood Network (SPNN), the Minneapolis Television Network (MTN), and the Duluth/Superior cable system (PACT). Each show that she does is broadcast at least four times on public television and 17 times on cable. For schedules, browse www.maryhansonshow.com.



Over the years, Mary Hanson (right) has interviewed thousands of leaders and experts, including Kelly Drummer, the President and CEO of Tiwahe Foundation which preserves American Indian culture and supports American Indians with micro-grants. The Foundation office is located in south Minneapolis behind Savers. (Photo submitted)

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Life of an urban musher captivates imagination of local resident

By JAN WILLMS

Longfellow resident Russell Booth had not planned to become an urban musher. "I was going to be a skier," he said. Skijoring is a sport in which an individual is pulled by a dog or by a motorized vehicle on skis.

But when Booth adopted his dog, Parker, a Red Siberian Husky, from the Humane Society, he knew skijoring with him was not going to work.

"I talked to some other people in the dog park within days of getting him. A vet tech I met told me I could get a scooter," Booth noted. "So now the scooter is the main thing we use, and I also have a kick sled."

"When I got him, he had no training," Booth continued. "He did not know his name, he was not housebroken, and he had no bonding. He did not know how to pull."

Booth said it easy in warmer weather to practice with Parker using his bike, with a 14-inch lead so that he could keep him under control. But when he tried to walk him around the neighborhood, the dog was hard to handle because he was so powerful.

Although he wanted him to pull a scooter or sled, he did not want him pulling all the time when walking him.

"He never stopped pulling, and that caused a lot of damage to my body and a lot of stress, and so I was getting very frustrated with him," Booth said.

"I used a kill collar, but I could see he was going to kill himself with that, so I took it off," he related. "I tried two kinds of gentle leaders, and he couldn't pull as hard, but he still pulled all the time."

Booth said someone in his neighborhood told him about wrapping a leash around the dog's body and then over itself. As the dog pulls, the leash tightens around its body. "That kind of worked, except it seemed no amount of pain could get him to stop pulling I could see he might damage his internal organs, so I made a modification so I could loop the leash to itself behind where it connected to his collar, squeezing only on his rib cage so he could not do as much damage to himself, but he still pulled as hard as he could all the time," Booth said.



Russell Booth, is a modern urban musher. But, Booth has garnered some additional skills in addition to mushing. He makes some of his own clothing, including the heavy mittens he wears. (Photo by Jan Willms)

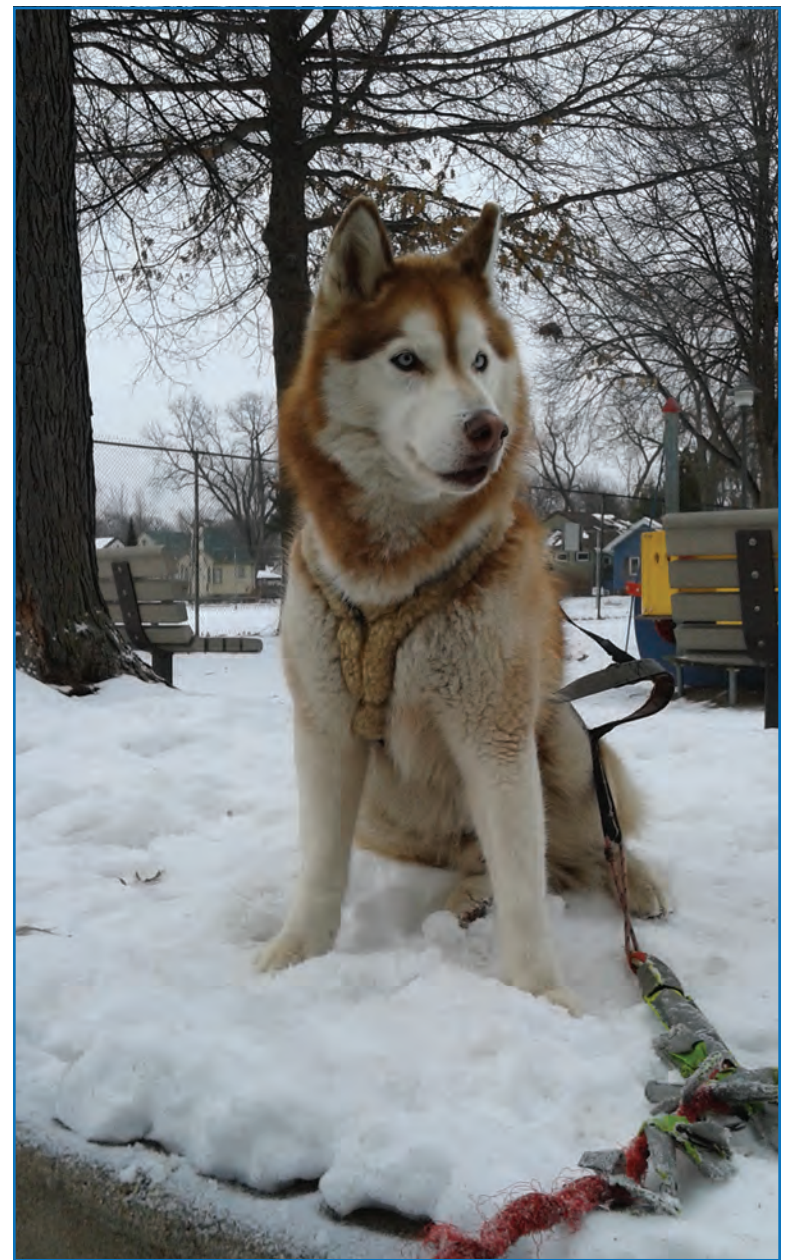
"I invented something which I later found was invented in South Africa, so I am not the first inventor," Booth said. "It's like a backpack strap in reverse. You put it on him figure 8 so part of it goes around each of his shoulders and that connects to his collar, and it slips through on his back so that as he pulls, the squeezing goes around his body more, and that seemed to work the best."

However, nothing seemed to stop Parker from pulling when Booth wanted to walk him around the neighborhood. "I was worried I was not going to be able to walk with him, and I had lived with therapy and was healed up again, but I was in chronic pain." Booth said nothing seemed to prevent his dog from pulling when walking, and he thought he would have to return him to the Humane Society. "They would probably consider him unadoptable and have to put him down," he added.

"There was one thing I had not tried to do, and that was beating him, which I don't recommend anyone do. But beating him saved his life because

he responded to me. He came around immediately. And it became mandatory for me to cuddle with him an hour every night. One thing I know about huskies, if you can save them, they are pretty emotionally needy. So my dog is pretty emotionally needy."

Booth said that when you are urban mushing with a scooter and running a draft animal, you have to have enough stopping power that can exceed the pulling power. "There are two places in North America where they manufacture these scooters," he continued. "One



It took some time, and trial and error, for urban musher Booth to get his dog Parker (above) to bond with him. Now, the Red Siberian Husky demands an hour of cuddling every night. (Photo submitted)

is in Alaska, and the other is here in Minnesota."

"The scooter is designed with a secondary braking system," Booth said. "When I set

my scooter down, resting on a tripod of three metal points, it is very hard for a dog to drag.

Continued on page 7

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Urban musher

Continued from page 6

That was intentionally designed into the scooter."

Minnesota is one of the centers of mushing, according to Booth. "It is just as good as Alaska," he claimed. He and Parker have mushed to 12 other cities. "We have gone from 694, crossed the bridge from Brooklyn Center in Fridley before we started heading back, and we have been as far as downtown St. Paul. We have been out to Hopkins, Eagan, and Bloomington."

Booth takes a walk with Parker every morning and most nights, even through the summer. "Most mushers take the summer off, but my dog doesn't have it in him to take the summer off," Booth said.

He gives him Premium Kibble and feeds him meat two times a day. "He eats more meat than I do," Booth commented. "Now he is very affectionate," he added. "He doesn't have the typical husky problem, escaping and running away."

Parker can mush up to 20 miles per hour, but he and Booth do an average speed over six miles of 4.5 to 5 miles per hour. "We go on sidewalks



Russell Booth Booth said urban mushers are limited to one dog. "Two dogs are in violation of city ordinance." (Photo submitted)

and alleys. It's okay to be on the streets, but he prefers sidewalks. And it's safer," Booth noted. He said there are lots of trails available, with over 3,000

miles of trails within Minneapolis.

Booth said urban mushers are limited to one dog. "Two dogs are in violation of city ordinance."

He said his Norwegian kiksled is designed to be operated by a person, but can also be hooked up to a dog. And with his scooter, he doesn't need snow. But he has learned a lot about staying warm in winter temperatures that he didn't know.

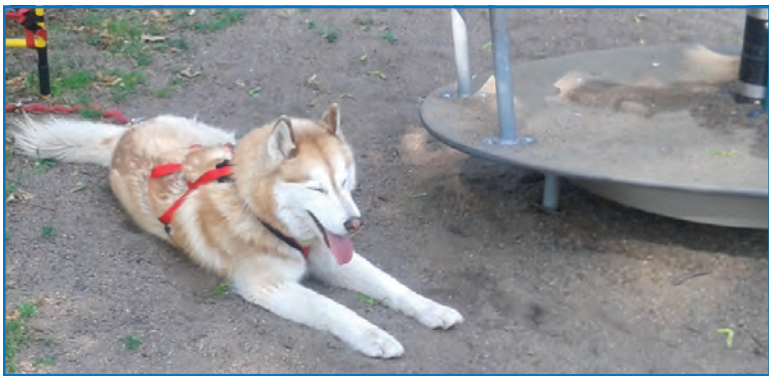
"I learned how to keep my water from freezing and dressing in layers. I knew from skiing to dress in layers, but with skiing you're always active and with mushing, you're just standing there most of the time," Booth explained. "I

wear up to eight thin layers, and every layer is like a click on your thermostat. Mushers say if you're sweating, you are working too hard and you need to have the dog work harder."

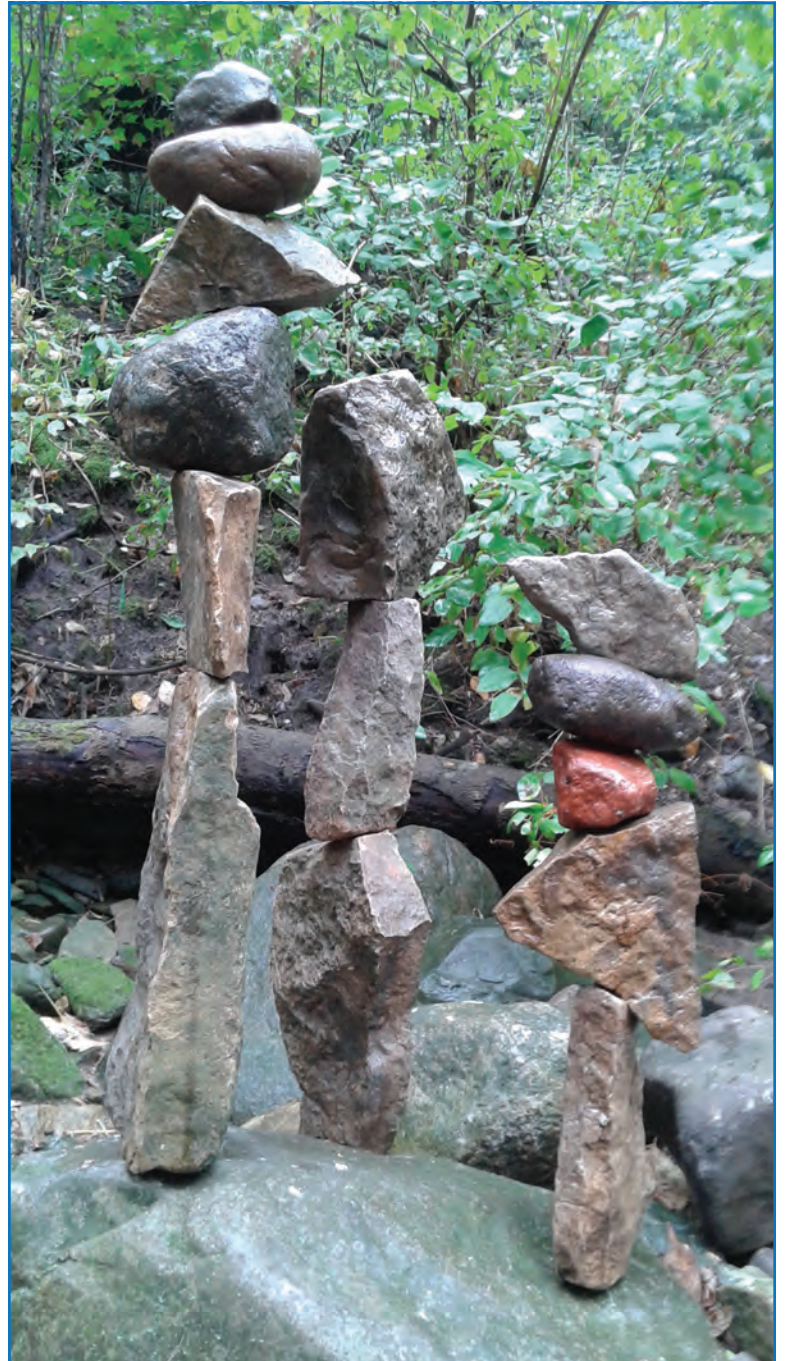
Booth has garnered some additional skills from mushing. He makes some of his own clothing, including the heavy mittens he wears. He also has spent enough time in dog

parks that he has started creating rock sculptures.

This is Booth's fourth winter of mushing, and the sport has so enthused him that he doesn't consider skjoring anymore. He said he and Parker take turns navigating. "Parker knows his way around so much he could be a cab driver," Booth joked.



Booth takes a walk with Parker every morning and most nights, even through the summer. "Most mushers take the summer off, but my dog doesn't have it in him to take the summer off." (Photo submitted)



Urban Musher Booth also has spent enough time in dog parks that he has started creating rock sculptures. He has built many of them in local park areas. (Photo submitted)

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Hook and Ladder quickly becoming metro's concert destination

There are a lot of fabulous concerts planned at the Hook and Ladder Theater Lounge in downtown Longfellow, 3010 Minnehaha Ave. All of these performances are for adults (21+). Tickets for all shows are available via Ticketfly. Some of the upcoming shows to watch:

"Dead of Winter" Featuring:
Jef Cierniak Triplet /
The Jones Gang / and
LazyLightning420
Fri., Jan. 27

Doors 7pm / Show 8:30pm
Advance \$8 / Day of Show \$10
 Jef Cierniak Triplet – Jef's performances contain mostly original material with a strong leaning on a variety of world rhythms and styles, accompanied by outstanding guitar work. He performs his blend of jam band, Latin, jazzy blues, and more with many of the areas top musicians, guaranteeing a memorable performance.

One of Jef's highlights was having Grateful Dead guitarist Bob Weir show interest in his playing. This took him once again to the San Francisco area, where he spent 8 months working on music with Grateful Dead keyboardist Vince Welnick. He also played on 2 tours with Melvin Seals and JGB (Jerry Garcia Band).

The Jones Gang – Minneapolis's Finest Grateful Dead Tribute Band! Their first show was in June, 1996. Originally Stu Allen on Jerry, currently McGanahan Skjellyfetti (lead guitar and vocals); Jim Hinkley (rhythm guitar and vocals); Lee Leonard (bass and vocals); Leif Rasmussen (drums and spacial effects); John Wolfe (keyboards and vocals); and Ann Hicks (vocals).

LazyLightning420 – Erik Berry (Trampled By Turtles) is going back on the road with his new project LazyLightning420. Partnering with Duluth-based singer-songwriter Marc Gartman (Two Many Banjos, Glitteratti), Erik is exploring the songs and sounds of the Grateful Dead. Rather than simply performing their favorite Dead tunes, Gartman and Berry are performing entire Grateful Dead concerts, drawing historical set lists.

Danny B. Harvey & His Cats
Thur., Feb. 2

Doors 8pm / Show 9pm
Advance \$7 / Day of Show \$10
 Enjoy a very special evening of vampire rockabilly and R&B royalty when Danny B. Harvey & His Cats take to the performance stage.

While Harvey is perhaps best known as the guitarist for the super group HeadCat (a band he



Danny B. Harvey and His Cats will be performing at Hook and Ladder on Thur., Feb. 2. (Photo submitted)

formed with Lemmy from Motorhead and Slim Jim Phantom from Stray Cats), he was also a founding member of the original neo-rockabilly band The Rockats. Danny has also produced, recorded and performed with Wanda Jackson, Nancy Sinatra, Johnny Ramone, Lee Rocker, Levi Dexter and The Swing Cats.

Joining Danny on vocals is Annie Marie Lewis, the niece of Jerry Lee Lewis, daughter of Linda Gale Lewis, and cousin of Mickey Gilley. Annie Marie has the genealogy, the roots and the direct blood connection to the first family of Rock & Roll and has been opening shows with her mother for Uncle Jerry since she was a teenager.

Danny's newest release with his band The 69 Cats features Jyrki 69, the singer from The 69 Eyes, along with Clem Burke from Blondie, and former Cramps bassist Chopper Franklin. Annie also has her own record due out this fall and will be joining uncle Jerry on stage for a pair of special shows at London's Palladium and Glasgow's Clyde Theater!

Freewheelin' 1st Friday:
The Belfast Cowboys
Fri., Feb. 3

Doors 7:30pm / Show 8:30pm
Advance \$6 / Day of Show \$8
 Nobool Presents is proud to announce the February edition of the Freewheelin' First Friday series featuring a special show with The Belfast Cowboys.

The Belfast Cowboys have become one of Minnesota's most popular bands, traveling only when their feet get itchy or the offer is too good to refuse. The

band features several veterans of the Minneapolis music scene, including singer Terry Walsh and sax man Vic Volare. In April of 2015, the band released the full-length CD "The Upside to the Downside," which was featured in the *Minneapolis Star-Tribune's* annual critic's poll as one of the year's best releases:

"Playing Van Morrison covers a few nights a week for the past decade made them into a thoroughbred-class band. Then singer/songwriter Terry Walsh cut loose his horn-addled ensemble to run through his own champion-breed originals, which make up half this album, including the Slim Dunlap-wry 'Rock Band' and majestic soul-tugging epic 'Looking for the Northern Lights.'" - Chris Riemenschneider, *Minneapolis Star-Tribune*

Freakers' Ball 2017
 • White Iron Band
 • Kung Fu Hippies
 • Willie Waldman & Friends
Sat., Feb. 18

Doors 7pm / Show 8pm
Advance \$12 / Day of Show \$15

The White Iron Band is a high-energy renegade American roots band specializing in foot-stompin', forget-what-troubles-ya music.

Psychedelic rock band Kung Fu Hippies formed in Minneapolis in 2001 and tours regularly through the five-state area. The band mixes "jammy" versions of classics by the likes of the Grateful Dead, Santana, Traffic, and others with great original songs written by members of the band.

For Willie Waldman every gig is like a band debut. With one important exception: every member is not only talented but vastly experienced. The band is ever-changing as Waldman pulls noted musicians from all styles and geographical locations to play free form music created on the spot.

Prohibition Swing Night

Sat., Mar. 11

Doors 8pm

Swing Lessons 8:30pm

Advance \$10 / Day of Show \$12
 Nobool Presents is proud to announce an evening of Prohibition-era swing and Gypsy Jazz with Mississippi Hot Club and The Gentlemen's Anti-Temperance League. The

venue is a positive space for both swing dancing and toe tapping. Free swing dance lessons will be available at 8:30. Era costumes and clothing is encouraged.

Mississippi Hot Club represents the traditional hot club ensemble two la pompe rhythm guitars, upright bass, and the lively improvisation of a solo guitar and violin.

Staying true to the 1930s hot club sound, MHC also expands the scope of gypsy jazz with a healthy spread of modern twists. During a live set, you can expect them to play everything from romantic ballads to European folk music to American jazz to Nintendo anthems and science fiction themes. This troupe is sure to get you swinging with their virtuosic style and expert arrangements.

Drawing their influence from almost a century of American music, The Gentlemen's Anti-Temperance League combines elegant composition, raucous enthusiasm, and virtuosic playing to provide the perfect ambiance for any social event, from comfortable dive bars to chic weddings.



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 Refugees... Biblical and Contemporary
 Group Studies: Wed Feb 1 and
 Wed Feb 12

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Video "Growing Together" now online

Gandhi Mahal recently premiered their new video, "Growing Together!" The occasion was a joyful night celebrating all that has bloomed at the Gandhi Mahal Interfaith Garden with partners First Nations Kitchen, Minnesota Interfaith Power and Light, and more than 100 friends and allies!

"Growing Together" illustrates how to reimagine a community-based food system that is equitable, culturally-relevant, and based on growing healthy food that produces healthy people and a healthy planet. You can view the video online at <http://mnipl.org/what-we-do/programs-3/interfaith-garden.html>.

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.

Hockey tournament planned Jan. 26-29

The U.S. Pond Hockey Tournament will be held from 5pm on Thur., Jan. 26th, through 6pm on Sun., Jan. 29, at Lake Nokomis. In the past, the tournament as drawn 2,000 adult players and more than 20,000 spectators over the multi-day event. There are six divisions of play including Open, Cedar, Rink Rat, AARP Minnesota 40+, Women's, and the Sundown Showdown. For more information go to www.uspondhockey.com.

Orchids topic of Feb. garden club meeting

Join the Longfellow Garden Club as Arboretum botanist David Remucal describes their difficult search to find specimens of each of Minnesota's 49 native orchids, and then to collect their small, dust-like seeds. Some orchids can survive for 25 years underground before sending stems above ground to flower and produce seed.

Because orchids are so sensitive to changes in habitat and the loss of pollinators, they are often the first species to disappear from a landscape.

The University of Minnesota Landscape Arboretum has joined the Center for Plant Conservation, a national network of botanical institutions

and gardens trying to conserve rare species by storing their seeds in deep freezers at -40 degrees so they don't become extinct.

The meeting begins 7pm on Wed., Feb. 8, at Epworth United Methodist Church, 3207 37th Ave. S. You can find out more about the club at www.facebook.com/LongfellowGardenClub.

Shrove Festival planned for Feb. 26

The traditional Shrove Festival before Lent begins on Sun., Feb. 26, 11:30-1:30pm, at Lake Nokomis Lutheran Church, 5011 31st Ave. S. The Shrove includes a pancake brunch featuring fun toppings, sausage, quiche, and juices along with carnival games for the young and young at heart. This event is in collaboration with the Hiawatha Y Service Club and Lake Nokomis Lutheran Church benefiting YMCA and Bible Camp Scholarships. Suggested giving \$7 per person or \$20 per household.

Winter Warming Party planned Jan. 26

The Longfellow Community Council is hosting its Winter Warming Party from 5:30-7:30pm on Thur., Jan. 26. The event, an open house, is a chance for residents, volunteers, and board members to get to know the Longfellow Community's staff, as well the organization's current projects. There will also be free food and beverages provided by local businesses.

This is a family-friendly event, and there will be a children's room with various activities.

Theater fundraiser planned Jan. 26

The second annual Growler Gala to benefit Roosevelt High School Theater will be held at The Hook and Ladder Theater & Lounge (3010 Minnehaha Ave.) on Thur., Jan. 26, 7-11pm.

This fundraising event is for adults 21+ and will feature local musicians, a "cake walk" with growlers from area taprooms, a silent auction, and more. Have some fun and help the theater program raise enough funds to produce a spring musical. Rocket Appliances, Grammar, and The Betsies are the musical entertainment for the evening. Hosted by Advocates of Roosevelt Theater Arts. Tickets are available at thehookmpls.ticketfly.com.

NA group meets every Friday

A Narcotics Anonymous group meets every Friday evening at 7pm

at Faith Evangelical Lutheran, 3430 E. 51st St. All are welcome to attend.

Healthy Seniors plan monthly events

"Understanding Arthritis" will be the topic of the Feb. 21 Senior Social/Health Talk for the Longfellow/Seward Healthy Seniors. The talk starts at 10:30am and meets at Holy Trinity Lutheran Church, 2730 E. 31st St. Learn about the common types and symptoms of arthritis and what you can do to become more pain-free. Presented by a representative from the Arthritis Foundation.

A follow-up session to the January Health Care Directive presentation will be provided on Feb. 7 at 10:30am. A Fairview Health Care representative will be available to answer questions you may have about developing your own health care directive. (Call us for more specific information and to register for this follow-up session.)

Winter yoga classes are held on Mondays and meet at Bethlehem Covenant Church, 3141 43rd Ave. S. The "Yoga for Structural Integrity" class meets from 9:30-10:30am, and the Gentle Yoga for Seniors class is from 10:45-11:45am. (Please note time change in both classes.) Classes from Jan. 30 to Mar. 20 are offered as an 8-week package for \$40.

A monthly Diabetes Support Group for adults of all ages will be held Feb. 8 from 6:30-8pm at Hiawatha School Park Recreation Center, 4305 E. 42nd St.

A Low Vision Support Group will be held Feb. 14, 1:30pm, at Trinity Apartments, 2800 E. 31st St.

Also, Healthy Seniors is looking for volunteer drivers and "friendly visitors" for seniors. Call Longfellow/Seward Healthy Seniors at 612-729-5799 for more information on activities, services or volunteer opportunities.

Gamblers Anonymous meets Wednesdays

Gamblers Anonymous meets Wednesdays from 6-7pm in the Hope Room at Living Table Church, 3805 E. 40th St. Anyone with a desire to stop gambling is welcome.

Adoption support group meets Feb. 7

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. Next meeting will be held on Tues., Feb. 7 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 understand 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 ginnyblade@nacac.org (parents); or Christina Romo at 651-644-3036, ext. 17, or christinaromo@nacac.org (teens).

Outreach for blind slated at Faith

A monthly fellowship outreach for the Blind will be held at Faith Ev. Lutheran Church, 3430 E. 51st St., on Sat., Jan. 27, 12-2pm.

LCC to host planning workshop Jan. 30

The Longfellow Community Council's Neighborhood Development and Transportation Committee (NDTC) is hosting a Greater Longfellow Comprehensive Planning Workshop from 6:30-8pm on Mon., Jan. 30 at Brackett Park, 2728 39th Ave. S.

This hands-on, engaging event is designed to generate community feedback and initiate conversation on the future of Greater Longfellow's neighborhoods. At the event, participants will be able to meet members of NDTC, staff from the City's Community Planning and Economic Development, and fellow neighbors to discuss transit, business growth, housing, parks, trails and other aspects of the neighborhood. Findings from the workshop will help support and inform the creation of Minneapolis' 2040 Comprehensive Plan.

For additional details on Minneapolis' 2040 Comprehensive Plan, go to www.minneapolis2040.com.

LCC plans January committee meets

The Longfellow Community Council is hosting the following regular committee meetings:

- Community Connections Committee, 6-7:30pm, Tues., Jan. 31, at Longfellow Recreation Center, 3435 36th Ave. S.
- Neighborhood Development and Transportation Committee, 7:30-9pm, Tues., Jan. 31 at Longfellow Recreation Center
- River Gorge Committee, 6-7:30pm, Wed., Feb. 1, at Hiawatha School Park, 4305 E. 42nd St.
- Environment Committee, 7:30-

9pm, Wed., Feb. 1, at Hiawatha School Park

• Board of Directors Meeting, 6:30-8:30pm, Thur., Feb. 16, at Brackett Park, 2728 39th Ave. S.

For additional details on events, go to www.longfellow.org/news-events.

MPD plans active shooter seminar

Active shooter Minneapolis Police Department Community Engagement Unit and the 3rd precinct will give a presentation on Active Shooters in an organization/business or church. Participants learn to have an active plan in place ahead of time and advice on what to do if a situation occurs. About 46% of active shooter incidents have occurred in commercial environments. Learn how to be prepared!

The presentation will be Wed., Feb. 8, 1-3pm at the 3rd Precinct Community Room, 3000 Minnehaha Ave. S. There is a maximum capacity of 30 seats available for this special presentation, so RSVP by Feb. 1 by e-mail at shun.tillman@minneapolismn.gov or by phone at 612-673-2846.

Farmers Market seeks vendors

If you are you interested in vending at the Midtown Farmers Market, now is the time to get in your application. Quality vendors are the heart of the market and they strive to create a balanced and diverse vendor mix each season. Applications from Minnesota and Wisconsin farmers, artisans, and producers are all welcome. Visit our website, www.midtownfarmersmarket.org, for more information and to access the 2017 vendor application.

Application Schedule and Deadlines:

- Mar. 3: Applications due for all vendors except arts and crafts vendors
- Mar. 10: Acceptance notification
- Mar. 31: Application deadline for arts and craft vendors
- Apr. 7: Acceptance and first half schedule notification for art and craft vendors
- Apr. 8: Annual Spring Vendor Meeting
- May 6: Opening day, Saturday market
- June 6: Opening Day, Tuesday market
- Aug. 5: Final payments due, annual vendors
- Oct. 28: Closing Day, Saturday market
- Oct. 31: Closing Day, Tuesday market

Continued on page 10

In Our Community

Continued from page 9

Cornbread Harris to stage performances

The Hook & Ladder Theater will host a pair of very special performances by one of Minneapolis' bonafide musical legends, Mr. James Samuel 'Cornbread' Harris Sr., on Feb. 8 and 9 (doors at 7pm; show at 8pm). This is an adult (21+) show.

This pair of special shows, complete with a bevy of special guests, is being recorded for his new live album, "An Intimate Evening with Cornbread, Live@The Hook," which is scheduled for release Apr. 23, Mr. Harris' 90th birthday.

Born in 1927, James Samuel 'Cornbread' Harris Sr. has certainly seen a great deal in his life. Orphaned at the age

of three, Harris arrived in Minnesota at the age of 12 after bouncing around foster families to eventually live with his grandparents. In addition to his life in music and the church, Harris worked for American Hoist & Derrick for 25 years.

As a pianist, a singer and a songwriter, Harris was recently recognized with a Sally Award in 2014, a Minnesota Blues Hall of Fame Legend Award in 2012 and his appearance on Minnesota's very first Rock & Roll record, Augie Garcia's 1955 hit "Hi-Yo Silver," and subsequently sharing the stage with Elvis, speaks for itself. Tickets for each live recording show are limited.

Cabin Fever slated for Wednesdays

Epworth UMC, 3207 37th Ave., offers space for kids 0 to 5

years old to play with other little kids from 9:30-11:30am on Wednesdays. Toys, crafts, and snacks will be provided. Kids are required to bring a caring adult with them to watch them as they play. There will also be coffee and conversation for adults. There is no cost. Cabin Fever ends in March. Contact the Epworth office at 612-722-0232 or epworthumcmpls@gmail.com if you have questions or need more info.

Funk pop focus of Feb. 11 concert

An evening with psychedelic funk pop band Dead Larry, Apollo Cobra, and The Floating Perspectives is planned Sat., Feb. 11, at the new Hook & Ladder Theater and Lounge, 3010 Minnehaha Ave. The doors for this show, for adults over 21, open at 8pm with the show starting at 9pm.

Dead Larry's powerful blend

of high energy rock, dance, and funk shakes the foundation of modern music. From rock-driven sea shanties to pulsating dance beats. From Beatle-esque harmonies to spine chilling screams. From shake-yo-booty funk jams to orchestral themes of space and time travel.

The band was formed in a basement in high school, and after nearly 10 years of writing, touring, and chasing the dream Dead Larry has a grown to be one of the most prominent independent rock bands coming out of the Midwest.

Tickets (\$10 advance; \$12 day of the show) are available via Ticketfly. More info can be found at <http://thehookmpls.com/event/dead-larry>.

Next steps for Nokomis Playground

Thank you to those who participated in the community engage-

ment process and public hearing for the Lake Nokomis Community Playground. The concept plan was approved by the Minneapolis Park and Recreation Board Planning Committee following a public hearing on Jan. 4. It went before the full Board of Commissioners for final approval on Jan. 25, just after the *Messenger* went to press.

Next steps for this project include awarding the construction contract and starting construction. If conditions look favorable for completing construction by early June, work will start as soon as weather allows in the spring. Per public input, if it does not appear construction will be able to be completed before the end of the school year, the beginning of construction will be delayed until after the Monarch Festival at the end of summer. Another notice will be sent via email and posted to the project page as soon as a decision on construction is made.

Youth STEP-UP program accepting applications until Feb. 10

The City of Minneapolis youth employment program STEP-UP has begun accepting applications for 2017 summer internship placements. Eligible Minneapolis youth ages 14-21 who are interested in participating in the 2017 STEP-UP class have until Feb. 10, to complete an application online.

"STEP-UP not only prepares our city's young people to be future leaders, but it also drives companies, nonprofits, and public agencies to become inclusive workplaces," said Mayor Betsy Hodges. "As Minneapolis continues to grow, we need to do everything we can to make sure we have a diverse workforce that is ready and prepared to join and lead our city's thriving economy."

STEP-UP is one of the country's premiere youth employment programs, serving Minneapolis youth who face some of the greatest barriers to employment, including those from disadvantaged economic backgrounds, youth of color, youth from recent immigrant families, and youth with disabilities. Since the program launched, it has provided over 24,000 internship opportunities. In addition to summer jobs with more than 230 top Twin Cities companies, nonprofits, and public agencies, STEP-UP also offers work readiness training, advanced-level internships and industry-specific career opportunities that help interns integrate their career exposure with post-secondary educa-

tion and career planning.

"My STEP-UP job was my first job in my entire life. I gained a lot of skills and experience," said Abdirkhader, STEP-UP Achieve alumnus. "I worked at Children's Minnesota with a lot of great, professional people who helped me think about my future."

"There is more hope for me in the future now that I have the experience I gained from STEP-UP," said Olivia, STEP-UP Achieve alumnus. "My job helped me to learn more about how money and banking works. I now know what career I would like to pursue and my goals are clearer."

Before being placed in their internships, youth receive work readiness training certified by the

Minneapolis Regional Chamber of Commerce that prepares them for a professional work environment. Returning interns receive advanced training that helps them deepen their professional skills. Throughout their internship, they gain valuable on-the-job skills, make strong professional connections, and become exposed to careers they may have not otherwise accessed without STEP-UP.

"I enjoyed watching our intern grow as an employee. She participated in staff activities and projects and fit right in," said Kryslye Wallace, Operations Manager for the Better Business Bureau of Minnesota and North Dakota. "It was great to watch her learn new things and get a better under-

standing of the daily job tasks."

Businesses, public agencies, and nonprofits interested in employing interns in 2016 can find information on the City of Minneapolis STEP-UP website.

STEP-UP is a City of Minneapolis program in partnership with AchieveMpls, Department of Employment and Economic Development (DEED), Minneapolis Park and Recreation Board, and Project for Pride in Living.

To learn more about STEP-UP, or to access the online STEP-UP application, visit the City of Minneapolis website. You can also follow STEP-UP on Twitter @STEPUPMpls or like them on Facebook.

Classifieds

Messenger

Want ads must be received by the Messenger by February 13 for the February 23 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 Feb. 13 for the Feb. 23 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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Local student wins Junior Men's National Cyclocross Championship

Nick Carter also won 2016 Mountain Bike Championship; has been asked to race with Team USA when he's 16

By JAN WILLMS

For Nick Carter, becoming a cyclocross racer seemed a natural step. The 14-year-old South High student lives in the Howe neighborhood with his parents, Doug and Katie Carter. And his dad was doing cyclocross racing before Nick was born.

"Cyclocross is a form of bike racing where you're on a normal road bike with wider, knobbier tires," Carter said. "The course is a mix of dirt and pavement with obstacles thrown in."

On Jan. 10, Carter won the USA Cycling Cyclocross Junior

Men's National Championship at the National Championship races in Hartford, CT. He previously won the Junior Varsity Division II Mountain Bike Championship in 2016. He was selected to attend an Olympic development session at the US Olympic Training Center in Colorado Springs. He has also been asked to race with Team USA in Europe in two summers when he will be 16.

He completed the Hartford course in 31 minutes and 53 seconds, taking the lead after the climb up Bonk Breaker Hill and holding it to the end.

"The course in Connecticut is right next to a river, and there's a dike in case the river overflows," Carter explained. "You start out at the bottom and go diagonally up it. You figure out which line to take up the dike. The hill is probably like a normal flight of stairs in height."

Carter said it had snowed the day of the race, and his practice riding in Minnesota had greatly helped him prepare



Nick Carter (left) and his coach, Charlie Townsend. (Photo submitted)

for it. "Lots of the others were falling, and it really helped to be from Minnesota," he quipped.

Carter said he got his first bike when he was three, and his father helped him get in a race when he was 9. "I watched my dad race, and he got me into cyclocross," he added.

Although his school does not offer cyclocross as a sport, mountain biking is a new addition to its sports program this year. "I've got two of my friends doing the mountain bike team, and we practice with Southwest and Washburn, so there are about 40 kids," Carter said. He is on Northstar Development, a junior development team that helps riders under the age of 18 develop into better riders.

Carter said he prepares for a race by practicing strength work-ups three to four days during the week. He then rides around three hours, getting ready. "I also get to the race

course a few days early and practice on the riding course," he said.

He said that cyclocross has been around for quite a while

Above: Carter said it had snowed the day of the race, and his practice riding in Minnesota had greatly helped him prepare for it. "Lots of the others were falling, and it really helped to be from Minnesota," he quipped. (Photo submitted)

and has gotten more popular in recent years. It is mostly based in Europe. "There was a World Cup Race in Iowa City last year, and it was broadcast in Europe," Carter noted. "More people watched it in Europe than the number who watched the Super Bowl here in the United States."

Carter said he can see himself riding as a professional. "There are a ton of scholarships through cycling in general for college," he said. Although the sport is not yet a part of the Olympics, there are many who are working to get cyclocross as a part of the competition.

And when that happens, Nick Carter hopes to be there.



Nick Carter completed the Hartford course in 31 minutes and 53 seconds, taking the lead after the climb up Bonk Breaker Hill and holding it to the end. (Photo submitted)

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Home Energy Squad helps maximize energy efficiency in every season

By MARGIE O'LOUGHLIN

The Center for Energy and the Environment (CEE) is a Twin Cities non-profit that promotes energy efficiency to strengthen the economy while improving the environment. One of the stand-out energy efficiency programs they deliver is the Home Energy Squad.

Stacy Boots Camp is the recruitment and outreach coordinator for CEE. "So many times people only think about how to save energy in the winter, but we can show you how to save energy all year long," Camp said.

CEE schedules more than 2,500 Home Energy Squad visits each year, with more than half of them in Minneapolis. The pre-scheduled visit takes 2.5 hours, and the homeowner must be present. A team of two technicians come to the home: one of them does a one-on-one consultation with the owner while taking inventory of products they can opt to have installed. The other conducts diagnostic testing, such as de-pressuring the home with a high power fan to test for air leaks.

CEE estimates that more than 300,000 homes in Minnesota have inadequate attic insulation, and more than 139,000 have no wall insulation at all. This represents a waste of energy for homeowners in the summer and the winter, as insulation reduces heat transfer from the outside in—as well as from the inside out.

In R-value, which is something most people have heard of, the "R" means resistance to heat transfer. Different kinds of insulation have different R-values. The higher the value, the more energy efficient the product. "At CEE," Camp said, "we believe that the best, most envi-



Longfellow resident Charlie Rieland safely holds a power strip with multiple cords. A power strip ensures that cords are not continuing to drain power unnecessarily. Wasting standby power, also called phantom load, is estimated to cost the average US household \$100/year. (Photo by Margie O'Loughlin)



Home Energy Squad techs will install LED light bulbs (pictured at right) during a home visit. LED stands for light emitting diode, and these light bulbs are the most energy efficient on the market. They use 85% less energy, are mercury-free, and are estimated to last 20 years with normal usage. (Photo by Margie O'Loughlin)

ronmentally friendly insulation is dense packed cellulose."

What issues are covered in a Home Energy Squad visit? For starters, measurements of insulation in the attic and walls are taken, using an infra-red camera to see what's inside.

A safety check is conducted on the heating system and the water heater. This is to make sure that if the homeowner improves the insulation, there's no risk of appliances back-drafting carbon monoxide.

"We're there to help educate homeowners," Camp said, "but also to help them prioritize. For instance, if a customer has an old octopus furnace and little to no insulation, we help them prioritize what needs doing first, so it isn't so overwhelming."

She continued, "We almost never recommend replacing windows because the payback time is so long. We strongly recommend getting storm win-

dows though; the double glass makes a huge difference in energy savings."

Testing houses of any age is recommended from a health and safety standpoint, as well as from an energy efficiency standpoint. Camp commented that "in a newer, tighter home, there has to be some way to exchange the inside air for the outside air. Rather than installing an expensive air exchanger, we recommend an energy star rated bathroom fan that runs all the time at low speed."

A Home Energy Squad visit is something of a hybrid between a direct install program and an energy audit. Camp said, "To get people started on the path to saving energy, we'll put in weather stripping, programmable thermostats, high-efficiency shower heads, faucet aerators, water heater blankets and LED light bulbs—and all are included in the \$100 cost of a Home Energy Squad visit.

All of the recommendations are compiled in an easy-to-use document called the Energy Fitness Plan (a visual representation of the home's energy efficiency level). "If a homeowner has an efficiency rating of 96%," Camp explained, "they receive an Energy Fit Home Certificate which can be used at the point of putting the home on the market for sale. This is something that is gaining popularity as people care more about energy efficiency."

Camp added, "A visit from the Home Energy Squad is a great value, and everyone always learns things about their homes that surprise them. When surveyed, 99% of our customers say they would recommend this service to a friend."

To schedule a visit, call 612-335-5874 or view the website at www.mncee/hes-mpls.

The Home Energy Squad is underwritten by CenterPoint Energy and Excel Energy, both

of which are mandated by the state of Minnesota to increase their energy efficiency by 1.5% each year. This program is one of the ways that they meet that goal.

CEE delivers the Home Energy Squad program and, as Camp underscored, "People trust us. We're a non-profit agency, and we've been around for almost 40 years. We want customers to be happy with their visit, with the service they receive, and with the energy saving products that are installed. If our techs make a recommendation for air sealing or insulation work at the time of the visit, their quote will be honored by participating insulation contractors."

She concluded, saying, "I think that more and more people have a sense of commitment to reducing their carbon foot print. Maintaining high home energy efficiency is one positive step a homeowner can take."

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