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Longfellow  
Nokomis

# Messenger



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## Min Hi Line linear park becoming a reality in Longfellow

After years of talking about a protected path for biking and walking, coalition delighted to see first sections going in

By TESHAM. CHRISTENSEN

Standing in front of Longfellow House next to Minnehaha Falls Regional Park, one can see it is a straight shot up the train tracks to the Midtown Greenway and then downtown Minneapolis.

"It is an inspiring view. No great leap of imagination is required to envision how wonderful it will be to have a protected wide path for recreation—biking, walking, gardens—that connects Minnehaha Falls Park to the Midtown Greenway in that rail corridor," remarked Cora Peterson.

A few years ago, she banded together with other South Minneapolis residents to dream about a path that would do just that.

The Min Hi Line Coalition aims for a protected, purpose-built, multi-use path for walking, biking, and other moderately paced people-powered transit, as well as park space in the wider areas of the corridor, explained Peterson, who grew up in Nokomis. There are opportunities for gardens, playground equipment, and art installations along the rail bed.

The line will help green the urban landscape and provide social connectedness, Peterson



The General Mills grain elevators at 3716 Dight Ave. have been identified as a pilot of the Min Hi Line. The site was recently sold to Hayes Harlow Development, who is also working on a development at 46th St. and Minnehaha Ave. (Photo submitted by the Min Hi Line Coalition)



A pilot project identified early on is near the General Mills grain elevators at 3716 Dight Ave. This graphic illustrates what the linear path could look like in the area. (Graphic courtesy of the Minnesota Design Center)

pointed out.

"The development of the Min Hi Line is the next step to ensure that Minneapolis and the Twin Cities continue to lead in quality of life nationally," said Peterson.

She encourages people to take a look up and down the Min

Hi Line corridor at one of the intersections that cross it to get an idea of the substantial space the rail bed comprises.

"Our goal is that Minneapolis and Hennepin County preserve the full boundaries of the current corridor for the Min Hi Line linear park," Peterson stated.

### First section being installed

In the fall of 2016, Peterson and co-founder Nathan Van Wylen began collecting letters of support for the Min Hi Line from neighborhood associations and local organizations such as Squirrel Haus Arts.

They also pursued engagement with the Midtown Greenway Coalition, acknowledging the group's vast experience in developing and maintaining a successful city path. The Midtown Greenway is a 5.5-mile

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## Standish-Ericsson boy battles rare polio-like illness

Four-year-old Orville's right arm is paralyzed and both legs affected by Acute Flaccid Myelitis; benefit set Dec. 16

By TESHAM. CHRISTENSEN

Pressing on after a life-changing event takes a village, and Standish-Ericsson residents Elaine and Michael Young are so grateful for theirs.

In the aftermath of their young son's paralysis and hospitalization, the family has been amazed at how supportive and giving people have been, despite the family only having lived in Minnesota for a few years.

"Thanks to everyone for everything," stated Elaine. "Having people drop off meals and stuff has been so helpful."

### Suddenly paralyzed

The summer began like any other, and the Youngs kept busy with friends and outings.

On July 4, 2018, all four members in the family were sick with a cold, but Elaine didn't think much of it. Six-year-old



Photo left: Standish-Ericsson resident Orville Young refers to his paralyzed right arm as his "wonky arm." Orville has therapy appointments at Gillette Children's Specialty Healthcare in St. Paul four times a week, and is likely to have surgery in January to move a nerve to help stimulate movement in his paralyzed arm. A youth art show benefit to pay for medical bills is being planned for Dec. 16, 3-6 p.m., at the Public Functionary, 1400 12th Ave. NE, Minneapolis. (Photo by Tesham. Christensen)

treating it with over-the-counter medications. When it still hadn't gone away by Friday, she began debating whether or not to bring him in before she flew out of town for a visit with family in Northern California that weekend. They had spent the morning playing at the neighbors, and Or-

ville went out for the mail when they got home.

That's when Elaine noticed that his right hand was just hanging there.

"Buddy, can you raise your arm?" she asked him.

He couldn't.

Elaine moved fast, and within minutes they were in the car, heading to the only hospital the recent transplant to Minnesota knew in the area, the Masonic Children's Hospital.

Elaine says she already knew what this was—Acute Flaccid Myelitis (AFM), a rare, polio-like condition caused when enteroviruses invade the nervous system and target the spinal cord.

She had been pregnant with Orville in 2014 when there were several cases in California that hit the news, and she'd read up on it.

By July 13, the doctors also suspected AFM because of the

inflammation in Orville's spinal cord that showed up on an MRI, although it wasn't officially confirmed by the CDC until November.

None of the treatments they tried in the hospital worked.

"They sent us home with a kid who couldn't walk," recalled Elaine.

### Orville and AFM

Back home, Orville's family noticed the stark difference between what he used to be able to do and what he could do now.

His right arm wasn't working. Everything but the hand was paralyzed.

His right leg was extremely weak. He tripped and fell a lot. His right trunk muscles were weak so getting up was hard.

Because Orville's entire spine

Continued on page 7

# Metro Work Center finding new ways to connect with community

By MARGIE O'LOUGHLIN

The Metro Work Center (MWC) is a community-based day program for adults with developmental disabilities. Located on the third floor of Holy Trinity Lutheran Church at 2730 E. 31st St., the program is in its 50th year of providing services—and is looking for more ways to connect with the surrounding neighborhood.

Executive director Julie Washington explained, "We're a non-profit agency licensed for up to 57 adult participants; most participants who come to us are involved in our employment options. We have a regular crew that goes to Alexander's Import Auto Repair down the street and provides cleaning services. There are several teams that are paid to help neighborhood residents with seasonal raking, mowing, and snow removal. We're looking to partner with more neighborhood businesses and homeowners, who believe in our mission of community inclusion for people of all abilities."

Like many community programs, MWC began as a congregational effort. In 1965, Holy Trinity started an arts and crafts program for teenagers who, at the time, were labeled "mentally retarded" and not allowed to attend public school. Three years later, the congregation recognized the needs of the broader community and formalized the program as a day activity center with paid staff. By the 1970's, public schools had changed their language—and their model for accepting students with special needs. MWC began serving adults instead of teens, and their emphasis shifted to in-house vocational training.

Washington started as a direct support professional at MWC 15 years ago while she was still a college student. "At the state and federal level, there's a big push for community inclusion right now, which we're already providing," Washington said. "In the last 50 years, we've seen a shift from institutionalizing people with developmental disabilities to having full access to the benefits of community life. MWC works on a combined model of work, social involvement, leisure, and recreation."

She elaborated, "As part of our leisure and recreational programming, we take a person-centered approach and make weekly trips into the community. We enjoy walking to the many businesses in the neighborhood and, when weather permits, traveling to places such as Como Zoo, museums, parks, and baseball games."

Like all direct service organizations in Minnesota, MWC is facing a critical funding and staffing shortage. Washington, as already noted, is the executive director, but most days, she wears several other "hats." She also serves as CEO, CFO, HR director, and direct support professional when needed.

She explained, "We currently have ten direct support



Executive director Julie Washington of the Metro Work Center. MWC provides job opportunities, life skill development, and community integration for adults with developmental disabilities. On the left is a metal project made by MWC participants and artists through the Community Connects Program (see the article on page 8). (Photo by Margie O'Loughlin)

professionals and two program coordinators. We have a direct support professional position available, but it's been hard to fill. The Minnesota Department of Human Services (DHS) implemented a 7% cut to funding to critical services this summer. An estimated 32,000 people with developmental disabilities rely on that funding, as well as 300 provider organizations like ours that provide those services state-wide. We operate on a very tight budget."

She continued, "The position we have would be ideal for someone interested in a career working with people with developmental disabilities. A

college student studying psychology or special education would gain relevant experience. We could also use committed community volunteers, willing to go on vocational or recreational trips into the community with us. For instance, we used to help shelf books at the East Lake Library, but we just don't have enough staff or volunteers to take a group there right now."

To learn more about supporting MWC by hiring a crew, becoming a volunteer, or to make a donation, contact Julie Washington at [jwashington@metroworkcenter.org](mailto:jwashington@metroworkcenter.org) or call 612-729-7381.



MWC participant Rickeem (right) said, "I like hanging out with my friends here." He works two days per week at a South Minneapolis nursing home, helping to set the tables at mealtime. The person-centered programming at MWC is designed to meet the individual needs of participants. (Photo by Margie O'Loughlin)

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# Letters to the Editor

## 'Affordable housing?' Really?

To the editor:

Thank you for the informative article in the November 2018 issue regarding the proposed new housing project on 46th St. and Minnehaha Ave. However, to describe this structure as "affordable housing" is misleading and inaccurate.

\$900 - \$1,200 per month may be affordable for some people, but it will undoubtedly displace the current residents of that corner, who are paying \$450 - \$650 per month.

To Sean Sweeney of Hayes Harlow Development: when talking to the citizens of our community, be honest in your description of your proposed new building. The current residents who are living there now will likely be out on the street, competing for the increasingly hard to find truly affordable housing.

Robbie Becker

*Editor's Note: Although we agree completely with your sentiment that*

the phrase "affordable" is different depending on your viewpoint, the truth is that "affordable housing," as a phrase, is kind of defined by the U.S. Government.

According to the U.S. Department of Housing and Urban Development, "Families who pay more than 30 percent of their income for housing are considered cost burdened and may have difficulty affording necessities such as food, clothing, transportation, and medical care."

Under that definition, it is generally accepted that 30% or less than the median household income would be considered "affordable housing." In Minnesota, the median household income is \$65,599 (based on 2016 figures). In Minneapolis, the figure is even higher at \$73,231. Under the Minnesota figure 30% would equal \$1625 a month for housing for the average family in Minnesota, and in Minneapolis, \$1830 a month. Falling under those figures would then classify as "affordable housing."

Keep in mind that most developers are NOT calling their projects "low-income." That would be

totally and completely different cost standards. "In 2016, 577,196 Minnesotans, including 175,079 children under age 18, still had family incomes below the official poverty threshold in 2016 (about \$24,300 for a family of four, or \$608 per month for housing)."

The government also says, "An estimated 12 million renter and homeowner households now pay more than 50 percent of their annual incomes for housing. A family with one full-time worker earning

the mfederal inimum wage cannot afford the local fair-market rent for a two-bedroom apartment anywhere in the United States."

The truth is that the cost of these new housing projects, in the millions of dollars and designed to meet increasing demand for housing in the inner city, cannot be built as low-income housing unless we as taxpayers are willing to give substantial tax money to developers to build them. At a low-income rental payment, it would often

take well beyond the expected "life of a building" to pay for constructing it.

As a side note, the average STUDIO apartment in the Twin Cities metro area was last noted as \$945/mo. and the average ONE BEDROOM clocked in at \$1028/mo, TWO BEDROOM at \$1250. And, of the 141,518 apartments available in the metro, average vacancy rates in any one month is only about 2% of apartment stock.

## '2040' plan will forever alter neighborhoods

To the Editor:

Next time you see a purple lawn sign with a sketch of two houses squished between five apartment buildings realize that it accurately illustrates the sweeping residential rezoning goal of Minneapolis, known as the "2040" plan. It will forever alter the physical landscape of our neighborhoods.

Put simply, Mayor Jacob Frey, 12th Ward Council Member Andrew Johnson, and other council members want hundreds, if not thousands, of single-family owner-occupied Minneapolis homes to be bulldozed and replaced by apartment buildings.

I didn't totally believe this, even after reading as much as I could about the plan until I attended a meeting at Hiawatha Park in October, where a city planner described the scheme in detail.

Here's their goal—four story apartment buildings would be encouraged and permitted to be built everywhere on thoroughfares like 28th Ave. or Bloomington Ave.; two-and-one-half-story buildings would be encouraged and permitted on the next block over like 29th or 15th avenues.



The 2040 plan for Minneapolis includes increasing the density of housing within the city's neighborhoods. (Photo provided)

Triplexes could be built just about anywhere else in Minneapolis.

I asked the planner if this meant that four-story apartment buildings could be built anywhere and everywhere on 28th Ave. from 37th St. to the airport and she said "yes." She later added that there would be no requirements for off-street parking.

Additionally, homeowners, absentee landlords speculators, and flippers would be allowed and encouraged to split up existing homes into multiple unit dwellings. Again, no off-street parking would be required.

In short, current protective single-family residential zoning ordinances would be repealed and replaced. The city pitches phrases like "...regulatory policy should allow for more creation of supply..." which euphemistically means more apartment buildings.

Speculators and developers would have all the rights. Homeowners would have next to none.

The mayor and city council

hired a public relations firm for \$80,000 to "re-frame the narrative" as they put it. The PR folks came up with imaginative new phrases like "multi-generational and life-cycle housing" and other tactics to sell this deal.

But their spiffed-up words do not change how the landscape, livability, and parking in residential areas will be affected if they are victorious in rebuilding our neighborhoods with up to four-story buildings. And using excuses that multi-unit construction still requires a willing seller (who's moving away) and a speculator/developer/buyer (who probably won't ever live here) does nothing to help those who want to preserve their blocks.

City Hall officials need to realize that people who live here think there's nothing evil or old-fashioned about wanting to live in residential, owner-occupied, single-family homes on lots less than half the size of those in the suburbs. We're preservationists and minimalists who live a green lifestyle by nature.

Spread the word and politely let 12th ward Council Member Andrew Johnson 612-673-2212, 11th Ward Council Member Jeremy Schroeder 612-673-2211, and Mayor Jacob Frey 612-673-2100 know how you feel. Remember, these are good people but don't buy excuses that their votes are only preliminary and can be fixed later. All mistakes start somewhere.

Wes Skoglund



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## Messenger

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Want to celebrate the New Year with your kids but don't want the late bedtime hassle?

The Night Before New Year's Eve party is planned on Sun., Dec. 30, 5:30-7:30pm, at Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy. It is a family-oriented event chock full of activities, including a "midnight" countdown at 7:15pm. The only cost of the event is a suggested \$10 donation per family. Enjoy a kid-friendly dinner, carnival games, music, and dancing, marshmallow roasting over a bonfire, face painting, and much more! New to this year, NENA will be holding a food drive for the Minnehaha Food Shelf. Please bring non-perishable foods, toiletries, household, or baby items to donate.

Nokomis East needs volunteers for the Night Before New Year's Eve. This event is fun for everyone who attends, including the volunteers, and it cannot happen without volunteer support. Volunteers working the event, in addition to being part of the fun, will get a free pizza dinner. Opportunities for families, groups, and young adult volunteers are available. Sign up to volunteer at <http://bit.ly/NBNYE> or call 612-724-5652.

# NENA (Nokomis East Neighborhood Association)

4313 E. 54th St.

## Night Before New Year's Eve 2018 set for Dec. 30

### Upcoming meetings and events:

- 12/5/18, 6:30pm: NENA Housing, Commercial, and Streetscape Committee, NENA Office, 4313 E. 54th St.
- 12/12/18, 6:30pm: NENA Green Initiatives Committee, NENA Office
- 12/20/18, 7pm: NENA Board Meeting, NENA Office
- 12/30/18, 7:30pm: Night Before New Year's Eve, Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.

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### Annual State of the Neighborhood meeting 2019

The Nokomis East Neighborhood Association State of our Neighborhood community gathering is planned for Tuesday night, Jan. 15, 6-8pm, at Morris Park Recreation Center, 5531 39th Ave. S.

Come to hear from NENA, our business community, elected officials, and other community leaders. This neighborhood conversation will address several topics relevant to the Nokomis

East community. NENA and our guest speakers will discuss plans to continue fostering a vibrant, active Nokomis East in 2019.

### Save the date

The South Minneapolis Green Fair is being planned for Sat., Apr. 13, 12-4pm, at Roosevelt High School, 4029 28th Ave. S.

Commit to environmental sustainability as a part of your New Year's Resolution! Cut your carbon footprint, reduce your impact on landfills, keep local plants and animals thriving, care

for our lakes and streams by making some simple adjustments to your habits.

NENA, Standish-Ericsson Neighborhood Association, and Longfellow Community Council have teamed up to present the South Minneapolis Green Fair, an expansion of the popular Nokomis Green Fair introduced earlier this year. It will be an opportunity to discover sustainable lifestyle options in a relaxed, judgment-free, and interactive environment. Meet a variety of exhibitors, attend informative

presentations, or try educational activities. Environmentally focused nonprofits or local businesses interested in exhibitor opportunities can contact Program and Communication Manager Lauren Hazenson at 612-724-5652 or [lauren.hazenson@nokomiseast.org](mailto:lauren.hazenson@nokomiseast.org).

### Volunteer

Love Nokomis East? Want to meet more neighbors? Volunteer!

Meet your neighbors and shape the future of the neighborhood in just a few hours. NENA needs a variety of volunteer positions, including community photographers, newsletter volunteers, and community outreach volunteers. Some volunteer positions can be modified to fit your availability or schedule.

Interested? Want to learn more? Contact Lauren Hazenson at [lauren.hazenson@nokomiseast.org](mailto:lauren.hazenson@nokomiseast.org) or 612-724-5652.

### Sign up for NENA News

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

On Oct. 27, Transition Longfellow received national attention as a runner-up for the Community Impact Award given by Transition U.S. to groups that have made a difference in their local community. The grassroots, neighbor-led group provides education and social activities for people in South Minneapolis and beyond who are concerned about sustainability, food resilience, clean energy, climate change, and emergency preparedness.

Transition Longfellow co-founder and organizer, Leslie MacKenzie, received the Grassroots Leadership Award.

That wasn't the only recognition the group received this year. In the spring, Transition Longfellow was nominated for a health department award for its work on climate preparedness in 2017.

With a budget of about \$1,000 a year, the group delivers 4-6 activities a month, most of

# Transition Longfellow

By LESLIE MACKENZIE

## Transition Longfellow receives national recognition

them at little or no cost. Over the years, the group has:

- Installed 183 raised bed vegetable gardens in the homes of neighbors and provided food-growing and food storage education and resources
- Hosted 77 movies and potluck meals, providing neighbors with a chance to learn together and get to know one another
- Organized field trips, game nights, knitting and mending circles, and book groups
- Brought energy, climate and health speakers to the community
- Produced a weekly emergency

preparedness email series in 2018

- Worked with the neighborhood association to host a Low Energy Fair in 2016
- Built Little Free Libraries, rocket stoves, and solar cookers
- Made insulated curtains, sun-screen, candles, kombucha
- And more

### Visioning its future—engaging new volunteer leaders

"National recognition is nice, since we've been doing so much for so many years, but our focus is really on helping our local community to be more resilient. That's what's

most important to us," said Leslie MacKenzie.

She said the group is taking time this fall and winter to engage community members in visioning what Transition Longfellow could be moving forward. "We have people come to our activities from all over the Twin Cities, from the suburbs, from Duluth ... we had a group come to visit us from Washington, D.C.! Should we change our name to reflect our broader reach?"

"We have recently focused on three areas: food resilience, community building, and cli-

mate preparedness. Should we expand or become even more laser focused? How can we partner with others in the community to increase our impact?"

"And most importantly, we've developed a wonderful volunteer base over the years and our Facebook page is a phenomenal resource, but we need to expand our organizing and communications team so we can continue to deliver interesting programs and prevent burn-out of our long-term volunteers. A couple of hours of volunteer help every month—or with a specific project—goes an incredibly long way with a group like ours."

If you would like to be part of the visioning conversation, visit the group's website ([www.transitionlongfellow.org](http://www.transitionlongfellow.org)) to sign up for one of the listening sessions. If you would like to learn more about volunteering, contact Leslie through the website.

# 2019 Minneapolis & St. Paul Home Tour wants your home, or your neighbor's

Who do you know, who's both community spirited and blessed with a home they like to show off? The 2019 Minneapolis & Saint Paul Home Tour is already looking for homeowners and home improvement professionals to feature on the late-April tour of "Real Homes. Real People. Real Ideas."

Homes can be recently remodeled, expanded, or simply well-preserved examples of their architectural eras. Nominations/applications are due Jan. 20, 2019 and early submissions are encouraged. It's the Tour's 32nd year; it will be held Apr. 27-28, 2019.

"Visitors are looking for home improvement ideas," said Tour coordinator Margo Ashmore. "Homeowners on the

tour enjoy feedback and find it's also a great promotion for their neighborhoods."

Contractors often help staff the homes, and homeowners ask family, friends, and neighbors to help host. "Good support makes it fun. It's a great incentive to finish up the last few little projects," Ashmore said. "It's particularly attractive for homeowners and visitors when there are two or more homes close together on tour, so use your winter gatherings to encourage a cluster of homes and folks to help hold them open."

Contractors and other vendors may nominate and appear at homes they have worked on. Energy efficient and historically-sensitive remodels get special notice among the approximately

50 homes. It is not necessary to have remodeled the whole house.

The tour is a celebration of city living that encourages homeowners to improve existing homes and to complement the neighborhood flavor if they build new.

For more information, call Tour Coordinator Margo Ashmore at 612-867-4874 or email [mashmore@aol.com](mailto:mashmore@aol.com). There is an online submission form or downloadable options at [www.MSPHomeTour.com](http://www.MSPHomeTour.com).



## Volunteer! Hennepin County 2019 Citizen Advisory Boards

### Vacancies available on:

- Adult Mental Health Advisory Council
- County Extension Committee (University of Minnesota Extension)
- Community Action Partnership of Hennepin County
- Human Resources Board
- Library Board
- Minnehaha Creek Watershed District Board
- Mental Commitment Attorney Panel Advisory Board
- Three Rivers Park District Board of Commissioners
- Workforce Innovation and Opportunity Act Board

Application deadline: Monday, December 31, 2018

For more information and to apply online:  
[www.hennepin.us/advisoryboards](http://www.hennepin.us/advisoryboards)



# Community chats about Hiawatha Golf Course during focus sessions

By TESHA M. CHRISTENSEN

Community members shared their thoughts about the Hiawatha Golf Course during informal focus sessions in November.

The Minneapolis Park and Recreation Board (MPRB) held two of five focus session meetings on Nov. 8 at the Nokomis Recreation Center.

"The sessions are a tool for park board staff and the design team to listen to the community's conversations surrounding specific themes," explained MPRB Design Project Manager Tyler Pederson.

"Nov. 8 night's focus on 'environment' and 'neighbors' was very successful. The team heard many great comments from the community and comments from folks we had not yet heard from."

There were four tables of between six to eight community members. Each table was asked to record their comments and conversations on sheets of paper and on large maps.

Some comments revolved around watershed issues.

"The city, park board, and Minnehaha Creek Watershed want residents to see the problems as individual areas; however, we do not and cannot un-



Community Advisory Committee member Sean Connaughty (second from left) chats with community members during informal focus sessions on neighborhood and environment at the Nokomis Recreation Center on Nov. 8. (Photo by Tesha M. Christensen)

derstand how they can be separated when the whole watershed drains into Lake Hiawatha

(all 180 square miles)," stated Joan Soholt in an email following the focus session. She is a CAC member who is also part of the Nokomis/Hiawatha Water Sustainability group. Fellow group member Monica McNaughton also pushed for a comprehensive study that incorporates the changing cli-

mate and a bigger area than just the golf course.

Safety, art, changing the fence, creating a trail around the entire lake, and wetland restoration were also among the topics discussed.

## More focus sessions planned

Two more sessions were held on

Nov. 13 at Hiawatha Golf Course that focused on "golf" and "African American history" at Minneapolis golf courses.

A fifth session on Indigenous history is being planned with help from those communities.

As the Hiawatha Golf Course Community Advisory Committee (CAC) moves through its planning process, committee meetings will be interspersed with community focus sessions.

Another series of focus sessions is expected in late January/early February 2019, and a third set in late February/early March.

By the CAC's seventh meeting in April, it is expected to have a draft master plan and final CAC recommendations that will go out to the community for a 45-day review period. The planning committee will then hold a public hearing on the plan, and the board of commissioners will vote on the issue in July 2019.

## Visioning

At the same time, the community advisory committee is working to create a vision to guide their work at Hiawatha Golf Course.

At the October 2018 meeting, CAC members reviewed the vision statement developed in 2015 for the larger Nokomis-Hiawatha Master Plan. (The golf course wasn't included in the master planning process for the regional park at the time.)

The vision of the Nokomis-Hiawatha Regional Park Master Plan is to maintain Nokomis-Hiawatha's status as a premier regional park by enhancing the existing well-loved amenities and adding select new features. The park will continue to offer a range of recreation activities located primarily within three identified focus areas, rather than scattering active uses throughout the park. The remaining parkland will be used for more natural amenities, passive recreation, and trail use.

Guy Michaelson of Berger Partnership pointed out that the landscape is steeped in legacy, it's cherished and historic, it's a treasured destination, and it's gathering place.

In addition to enhancing the human experience, there's also the opportunity to strengthen ecology, and the two can thrive together, encouraged Michaelson. He believes there are innovative ways to solve the stormwater problem while creating a cool park experience and building "infrastructure."

Michaelson suggested that CAC members welcome absurdity because along the way those are the ideas that are memorable and create special places.

Ultimately, he stated that the lens to look through for this project is the Grand Rounds legacy of ecology, equity, recreation, and experience.

Community members may contribute to the visioning process at <https://form.jotform.com/composidore/lake-hiawatha-visioning>.



The environment and neighborhood were topics during informal focus sessions on neighborhood and environment at the Nokomis Recreation Center on Nov. 8. (Photo by Tesha M. Christensen)



A focus session about the history of African American golfers at Hiawatha Golf Course was held on Nov. 13. (Photo courtesy of the Minneapolis Parks and Recreation Board)



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# They/Them Project shows and tells transgender life stories

By MARGIE O'LOUGHLIN

Photographer and activist Brent Dundore has been working on the They/Them Project for the past two years, and he doesn't see the project ending any time soon. So far, he has interviewed and photographed 33 gender non-conforming individuals, giving them a platform to be seen and heard.

"This project has meant a lot to me," Dundore said, "because it's given me the chance to educate myself and others about gender diversity. When it comes down to it, this project is often seen through the photographs—but if people aren't listening to the interviews, they aren't getting what they can from the project. If you look at the images and they mean anything to you, they will mean much more when you hear the participants tell their own stories."

Some of those stories are not what you would expect. There is Emma, age eleven at the time of her interview. Emma prefers she/her and they/them pronouns, though she presents herself as a boy. When Dundore asked her, "Do you feel more like a boy when you wear a suit or other boy's clothes?" She answered, "No, I feel more like me."

The They/Them Project is currently on exhibit at Peace Coffee (3262 Minnehaha Ave.). The images will be on view there until Dec. 5.

On Nov. 1, Dundore and project participant Xochi de la Luna co-hosted a community discussion about gender attended by a couple of dozen people. Emma's sentiments were repeated by others from the project in attendance, as well as those in the audience not part of the project.

Xochi identifies as a-gender and uses the pronouns they/them. Xochi said, "I felt like I was living in a box when I was growing up as a boy. I just never was attached to the idea of what it meant to be



Xochi de la Luna (left) and Brent Dundore (right) co-hosted a gender discussion at Peace Coffee, in support of the They/Them Project on exhibit there through Dec. 5. On the wall behind them are portraits from the project. (Photo by Margie O'Loughlin)

a man. Those of us who are trans, we want to live in a world where there aren't so many assumptions made about who we are because of our gender."

Dundore, who identifies as cisgender, gay and bisexual, and a husband, uses the pronouns

he/him. "This project got started because I wanted to challenge my own ignorance on gender, and to better understand people who are gender non-conforming," he said. Sporting a t-shirt that read, "Pronouns matter," he explained, "We're all people with

our own individual outlooks on life. I asked each project participant, 'Could you imagine a situation in which you'd be upset if

someone asked which pronouns you use? Every person answered, 'Please, ask!'" Using the pronouns a person prefers is a sign of respect.

Dundore is an accomplished photographer with a celebrity and commercial portfolio, and an impressive corporate client and publications list. He currently runs BD Portraits Studio (BDPortraits.com) in the Powderhorn neighborhood. His activist photography credentials include starting the "Marry Us Campaign," "Broadway Legacy," celebrating black Broadway artists, the "Why I Ride Project" in support of the AIDS fundraising bike rides, "My Voice Seen," and the "They/Them Project."

Who is Dundore trying to reach with his current project? "Anyone willing to listen," he said. "Go to the website," he reiterated, "everything is there."

The ongoing podcast can be seen and heard at TheyThemProject.org.

*Language is fluid, and subject to change. For instance, the word queer was once used by homophobes to negatively describe a gay man or woman. The term later was reclaimed by the gay community and became a synonym of the LGBT fight towards equality.*

*From the 2017 Associated Press Stylebook, considered the textbook for correct grammar and usage of the English language: they/them/their is acceptable in limited cases as a singular or gender-neutral pronoun when alternative wording is overly awkward or clumsy.*

*Cisgender means to align with the socially acceptable gender norm.*

*Transgender is an umbrella term for people whose gender identity does not match the one assigned their physical sex at birth. Generally, it refers to anyone whose behavior or identity falls outside of stereotypical expectations of gender. Transgender people may identify as straight, gay, bisexual, or in some other way.*



Diverse community members came together to talk about what gender identity and gender expression mean to them. Upcoming gender discussions will take place at the Minneapolis Jewish Community Center and Lutheran Social Services' Center for Changing Lives. Check [www.brentdundore.com](http://www.brentdundore.com) for details. (Photo by Margie O'Loughlin)

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**4 PM – Service of Holy Communion,**  
 Pastor Jen Rome preaching  
*Festive coffee hour following worship*

**Celtic Candlelit Service**  
**6:51 PM – Service of Holy Communion,**  
 traditional carols, & Celtic music,  
 reflections by Pastor Carol Tomer  
*Reception follows worship*

**Festival Candlelit Service**  
**9:45 PM – Prelude of Carols and Solos**  
**10 PM – Service of Holy Communion,**  
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## Local boy battles rare illness

Continued from page 1

had been inflamed, both of his arms and legs were weak at first, but some movement came back within the first two weeks as the inflammation went down.

Later, they realized that his left leg had also been affected, and he can't stand on his tiptoes or heels. He often catches his foot and trips when he's moving fast.

Four months out, his stamina is still low, and he tires quickly.

Orville, who turned four a month after he got sick, had been pretty independent. Now he has trouble dressing or feeding himself. He is right-handed, so opening doors is difficult. Pulling up his pants is really hard.

Orville's right bicep and deltoid are completely flaccid and have not contracted even once since he got sick. Elaine has begun noticing that his right arm is smaller than the other.

His right hip remains weak. If he jumps off something and lands a certain way, it's likely that his right leg will buckle.

### 'It's just a cold' has new meaning

Life after Orville's illness has taken on a new routine. They juggle Orville's various appointments with research and have been grateful for meals and babysitting from friends and family.

"I have a 9-5 job spending time on the phone," acknowledged Elaine, who is a stay-at-home mom who homeschools their children. "I keep my ringer on now."

She's also "constantly paranoid," she admitted.

"The term, 'It's just a cold' means a whole lot more to me now," agreed Michael.

Orville refers to his right arm as his "wonky arm." His parents said he's pretty good about maintaining a positive spirit about his many appointments although he does get tired of it all sometimes.

Orville goes to therapy at Gillette Children Specialty Healthcare in St. Paul four times a week. He rides a functional electrical stimulation bike and uses a robotic exoskeleton arm. He's started therapy in a pool and picked out a fun swim cap and bathrobe to use. They play games and try different things, but there isn't a set protocol for this and no guarantee that it will help, according to Elaine.

At home, he is hooked up to an electrical stimulator twice a day for 15 minutes at a time.

He's about to get a brace on his left leg to use for long walks to help keep him from falling so much.

While they work with occupational and physical therapists, Elaine and Michael are also meeting with specialists who have successfully treated this type of paralysis with a nerve transfer. For instance, they take a coughing muscle and move it to the arm and then work to rewire the brain. The Youngs anticipate a surgery in January at either Philadelphia Shriners or in California. It will take 6-12 months after surgery to know how effective it is.

"The hope is that he can regain function," remarked Elaine.



Orville Young, age four, goes to therapy at Gillette Children Specialty Healthcare in St. Paul four times a week. "The hope is that he can regain function," remarked his mother, Elaine. "But even then he'll probably never regain 100 percent." (Photo submitted by Elaine E. Eller Young)



A Go Fund Me page has also been set up for the family to help purchase a child-size functional electrical stimulation bike for Orville to use at home. Right now he's just able to ride the one at Gillette once a week. More at <https://www.gofundme.com/fes-bike-for-orville>. (Photo submitted by Elaine E. Eller Young)

"But even then he'll probably never regain 100 percent."

When paralysis like this happens at such a young age, the arm doesn't grow as it should, and some of the kids affected have undergone amputations.

Elaine said she was glad Orville's doctor was straightforward with them and didn't sugarcoat things. "But I also decided he was going to be wrong. I was going to do everything in my power to make him wrong," she stated.

### A fine line to walk

Michael and Elaine are happy that Orville has a lot of body

positivity, and tells others, "I'm a buff guy." They started nicknaming him "Lefty" to pay attention to his strong left arm, but Orville batted back, "No, call me Righty."

The couple acknowledges that they have a fine line to walk between pushing Orville to regain function and accepting him for who he is now and letting him just be a kid.

"We can't forget the other parts of him," said Michael, who is a special educator at Groves Academy. "I want him to be body positive and pro-disability."

They are glad that they



At home, mother Elaine (left) and father Michael hook four-year-old Orville Young up to an electrical stimulator while he plays video games. He gets the stimulation twice a day for 15 minutes at a time. (Photo by Tesha M. Christensen)

will be able to tap into a larger network of people, including polio survivors, to make sure Orville has a community of people who understand the challenges he faces.

Michael doesn't think his son understands yet how permanent the paralysis is.

One of the hardest things for him and Elaine was a few weeks out from Orville's hospitalization when they realized how little control they have over this illness. "We can't protect him from it," Michael stated. "We can't promise him that we can make it better."

Elaine has found support in a Facebook group populated by families from around the world who are dealing with this polio-like illness.

"There are cases from 30 years ago," Elaine pointed out. "This isn't a new thing. The new thing is the numbers. It's happening in larger amounts."

To help spread awareness and work on solutions, the Youngs and other Minnesota families met with Senator Amy Klobuchar and staff from the Minnesota Department of Health in October.

### About AFM

Overall, the Youngs feel lucky that Orville's case was mild as it has been. Others can't walk.

Most people affected by AFM are children under the age of 10. While the polio vaccine guards against poliovirus (a type of enterovirus), there is no vaccine for the strain of enterovirus that Orville contracted. Symptoms may include facial-muscle weakness, issues moving the eyes or droopy eyelids, issues in swallowing, or slurred speech. It can also lead to paralysis, respiratory issues, and death.

There have been two cases of AFM in Minnesota in July, and another seven from the end of September/beginning of October. The kids have nothing in common, did not come in contact with each other, and come from all over the state, observed Elaine.

Parents are advised to keep a watchful eye for AFM symptoms and bring a child to the doctor immediately if they experience any limb weakness, facial drooping, and trouble swallowing or speaking.

More at [www.myelitis.org](http://www.myelitis.org).

### Benefit for Orville planned

A benefit youth art show for Orville the Awesome is being planned for Sun., Dec. 16, 3-6pm at the Public Functionary, 1400 12th Ave. NE, Min-

neapolis. (<https://theawesomeshow.wixsite.com/orville-theawesome>)

This will be a celebration of art and community with live bluegrass music from No Man's String Band, face painting from homeschooler Jessica Gibson of Painted Imagination, and a silent auction and raffle featuring art, handmade goods, tickets, passes, and gift baskets.

Admission is a suggested \$5. Proceeds will go towards Orville's medical bills.

The event is being organized by South Minneapolis resident Jenna Bergendahl, who is part of the homeschool group, Little Urban Explorers, that the Youngs are also members of.

"I think part of being in community with each other is helping each other, and I love the idea of the homeschool community coming together for each other in this way," stated Bergendahl.

She has been delighted by the response of homeschoolers and community members who have donated items to be in the silent auction and raffle, as well as those who have opted to be part of the youth art show.

In addition to individual submissions, courageous heARTS at 2235 E. 38th St. is involved.

"I hope this will be a powerful experience for the kids—not only to have their art treated with the kind of respect usually reserved for adult, professional artists—but also to know that they made a donation to a local family with their submission and to see a little bit of that impact at the show," remarked Bergendahl.

"I know many parents are looking for ways to engage their kids in the community, and helping them see themselves as people who contribute, share, and lend what they can to others. I think that this event will be a very hands-on, tangible way for young people to see what's possible when we come together for each other. It's also going to be a lot of fun!"

A Go Fund Me page has also been set up for the family to help purchase a child-size functional electrical stimulation bike for Orville to use at home. Right now he's just able to ride the one at Gillette once a week. Learn more at [www.gofundme.com/fes-bike-for-orville](http://www.gofundme.com/fes-bike-for-orville). As of *Messenger* press time they had raised \$15,147.

# Community Connects makes a web of public art in Longfellow

By MARGIE O'LOUGHLIN

Community Connects is the name of an innovative partnership between metal artists Sara Hanson and Jessica Bergman Tank, programs participants at Metro Work Center—along with their direct care professionals—and the Longfellow neighborhood. Since 2013, these many sets of hands have worked together to make cast metal sculptures for exhibit and use in public places.

This year, Community Connects partnered with four very different enterprises: Alexander's Import Auto Repair, Minnehaha Lake Wine & Spirits, Moon Palace Books, and the Third Precinct Police Department. All four partner sites are within walking distance of Metro Work Center (MWC) (see the article on page 2), which is housed in Holy Trinity Lutheran Church.

Proximity was a factor in choosing the partner sites. MWC participants are developmentally disabled, and some also have mobility issues.

Hanson and Bergman Tank are both independent community artists. When they work together, they call themselves Metal in the Void. Their art making uses the cast metal process to bring people together, and to affect change in people's lives and environments. Community Connections was conceived as a way to integrate MWC participants into the surrounding neighborhood, and to give them a great art-making experience too.

Beginning in August, the whole crew of community artists spent several days at each of the partner sites. They worked together to press patterns and textures into clay, or to mold clay objects by hand. Techniques for manipulating clay are adaptable to different levels of fine and gross motor skills and cognitive abilities.

Bergman Tank explained, "Metal casting involves working at very high temperatures, so most of the melting and pouring was done in-studio. We did do a demonstration pour at MWC with one of our portable furnaces, so everyone could see what the process was. This type of art-making is very process focused; it's not just about what the finished product looks like."

The finished sculptures have been hanging in the front window of Minnehaha Lake Wine & Spirits since early October and will stay up through the end of the year. MWC participants will then bring each of them home to the four partner sites where they'll be on permanent display. Hanson said, "It's important that the MWC participants be able to see their work when they walk through the neighborhood. That experience brings a sense of pride and professionalism that is part of community connection. Past projects have been done with Longfellow Family Dental, Holy Trinity Lutheran Church, Gandhi Mahal Restaurant, and the East Lake Library.

Consider taking a walk through the neighborhood to see how many of the sculptures you can find. Community art projects like this (and the connections that they build) are part of what hold a community together. Community Connects is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board, and the Metropolitan Regional Arts Council, thanks to



Sara Hanson (left) and Jessica Bergman Tank (right) are the creators of Community Connects. They've made cast iron and aluminum sculptures in partnership with Metro Work Center since 2013, and the finished sculptures can be visited throughout the Longfellow neighborhood. The functional art table shown here is a permanent installation at the East Lake Library. (Photo by Margie O'Loughlin)



Minnehaha Lake Wine & Spirits is currently exhibiting all of this year's sculptures in their front window at 2613 E. Lake St. (Photo provided by Community Connects)

an appropriation from the Arts and Cultural Heritage Fund.

Hanson has a workshop on wheels (a portable foundry) and a studio in SE Minneapolis; she can be reached at sarahansonwow@gmail.com.

Bergman Tank is the foundry director and volunteer coordinator for the Chicago Fire Arts Center in South Minneapolis, and also has a portable furnace she can bring to arts and community activities. She can be reached at jessbergmantank@gmail.com.



Members of the Police Department Community Engagement Team joined community artists in finalizing the piece that will hang in the Third Precinct building. (Photo provided by Community Connects)

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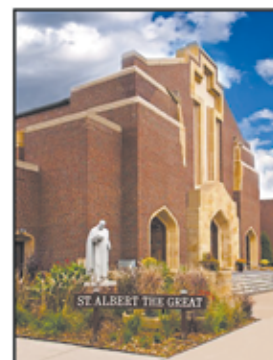
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This piece made for Alexander's Import Auto Repair used on-site textures representative of an auto repair shop: castors, gears, and tools. (Photo provided by Community Connects)



The process of creating art promotes daily living skills, problem-solving, team building, community integration, self-empowerment and, last but not least, it's fun. (Photo provided by Community Connects)



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# Min Hi Line

Continued from page 1

long path along a former railroad corridor in south Minneapolis with bicycling and walking trails that opened in three phases since 2000 thanks to the grassroots advocacy of the coalition.

The section between Hiawatha Ave. and the river opened in 2006, and the Martin Olav Sabo Bridge was erected in 2007 so that users could avoid the dangerous at-grade intersection at 28th and Hiawatha.

Currently, the first section of Min Hi Line pathway is being installed by the city just south of the Sabo Bridge between the Greenway and Lake St.

"It is very exciting to see the aspiration for the complete Min Hi Line begin to be realized through trail installations at the north and south ends of the corridor," commented Peterson.

The next section of the linear park slated for completion is on the south end. It will be part of The Capp development at 46th and Minnehaha Ave. being built by Oppidan Development in the old railway bed from Nawadaha Blvd. north to 46th St.

"It's an idea whose time has finally come with the Oppidan development because they choose to orientate their development to the line," remarked Peterson.

Another early pilot project is near the General Mills grain elevators at 3716 Dight Ave. "Historically, General Mills has been a strong supporter of the park system in Minneapolis, and so this seemed like a promising opportunity. Council member Andrew Johnson was instrumental in facilitating meetings between General Mills and possible community-oriented developers that were interested in purchasing the site," observed Min Hi Line co-founder Van Wylen.

The site was recently sold

to Hayes Harlow Development, who is also working on a development at 46th St. and Minnehaha Ave.

## Extension over river

Recently, the Min High Line Coalition has banded with the Midtown Greenway Coalition to support extending the Greenway over the Short Line bridge to St. Paul.

"The bridge is also the rail outlet for the Min Hi Line corridor, and a future in which that bridge connects Greenway bike and pedestrian traffic over the Mississippi would mean vast transportation and economic impact at a regional level," remarked Peterson.

## Creating an attractive corridor

Peterson is a returned resident of Minneapolis. While she lived elsewhere, she said she benefited from creative, modern parks developments that have transformed various inner-city neighborhoods such as the Atlanta Beltline and the New Your City High Line.

Like the Min Hi Line, the Atlanta Beltline sit in an at-grade corridor. Construction on the Atlanta Beltline's East Side trail began 2011, through an area of Atlanta that feels similar to the Min Hi Line corridor neighborhoods, Peterson pointed out.

The Atlanta Beltline had an initial projected return on investment of \$3.5 for each \$1 of public/private investment. The project has already doubled that return, reaching \$7 to \$1—and the entire 22-mile Beltline loop around the city of Atlanta will not be completed for another decade.

"We hope the city of Minneapolis and Hennepin County will work with developers, like Oppidan, who see the value and want to be a part of developing the Min Hi Line, and work in partnership with those developers to find ways to finance the park's



The Min Hi Line is a piece that would connect to the Greenway and a larger network around the Twin Cities. Organizers support extending the Midtown Greenway over the Short Line Bridge to St. Paul. (Graphic courtesy of the Min Hi Line Coalition)

development along with other building in the corridor," stated Peterson.

She observed that most of the Min Hi Line corridor has

been identified by the Minneapolis Parks and Recreation Board as needing parks. "Installing a park and path in the old railway bed will preserve public green space in the corridor even as the corridor becomes attractive to private, for-profit development," said Peterson.

## Submit photos and stories

New housing and commercial buildings are already popping up along the Min Hi Line as the corridor's historic freight rail traffic gives way to new uses that serve East Nokomis, Longfellow, and Seward neighborhoods. There are currently three businesses that are still using the CP Rail freight line (Archer Daniels Midland, Leder Brothers Metal and General Mills), which has put the Min Hi Line at a simmer until they are no longer active.

"Civic engagement on this

topic is essential to guide the Min Hi Line corridor's equitable development—to help elected officials and developers understand the corridor's highest and best use for Minneapolis residents," remarked Peterson. "Most important is that interested residents consistently bring up the Min Hi Line with elected officials at Minneapolis, Hennepin County, and Minneapolis Parks and Recreation."

Landscape architecture design students mocked up some Min Hi Line visuals, which can be viewed on the group's Facebook page. "We want more visual arts work like that to propel the Min Hi Line image forward," said Peterson.

Peterson encourages residents to follow [www.facebook.com/minhiline](http://www.facebook.com/minhiline), and link photos and stories about the corridor to the Min Hi Line Facebook page.



Currently, the first section of Min Hi Line pathway is being installed by the city just south of the bridge between the Greenway and Lake St. "It is very exciting to see the aspiration for the complete Min Hi Line begin to be realized through trail installations at the north and south ends of the corridor," commented Min High Line Coalition co-founder Cora Peterson, who grew up in the Nokomis neighborhood. (Photo by Tesha M. Christensen)

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# Transgender visibility event stretches across Lake St. into St. Paul



Protesters gathered along Lake St. from Chicago Ave. and into St. Paul, in a demonstration of solidarity with the local transgender, intersex, and gender-expansive community. (Photo by Margie O'Loughlin)

By MARGIE O'LOUGHLIN

On Oct. 28, local transgender community members and allies came together for a visibility event. People of all ages lined the south side curb of Lake St., starting at Chicago Ave. heading east well into St. Paul. They stood or sat, shoulder to shoulder, and did not obstruct traffic or sidewalk use.

Minneapolis City Council members Phillippe Cunningham and Andrea Jenkins, who are both transgender, addressed the crowd in front of the Third Precinct Police Station at Minnehaha Ave and E. Lake St. Trained marshals from the Minnesota Women's March provided critical support along the protest route.

The event was in response to the Oct. 25 Department of Justice statement that workplace discrimination against transgender people does not violate federal law. On Oct. 21, the New York Times published a memo in which the Department of Health and Human Services discussed plans to revoke Title IX civil rights protections on the basis of gender

identity. Many of the protest signs declared, "We won't be erased."

1.4 million Americans identifying as transgender, or a gender other than the one



The event, which was pulled together in two days, received praise for its accessibility. There was no march to coordinate; people just showed up along the route to sit or stand for one hour. (Photo by Margie O'Loughlin)

they were assigned at birth. An unknown number of Americans are intersex, or were born with any of several variations in sex characteristics including chromosomes, gonads, sex hormones, or genitals outside of what is typically seen as male and female.

One participant said, "The event was hugely significant, I feel, for its visibility. Often, transgender people are forced to hide who they are or are scared of what will happen if they're out or outed. For them to be that visible, and to be so well loved and supported, was tremendous."

The *Messenger* staff would like to wish everyone a joyous holiday season and peace filled new year.

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Sunday School – 9:45 am  
Children's Christmas Program – 12/16 at 9:45 am  
Longest Night Service – 12/23 at 4:00 pm (for those grieving during the holidays)  
Christmas Eve Service -12/24 at 4:00 pm (Wheelchair Accessible)

### Spirit Garage - The church with the really big door

Worship: 10:30 AM Sundays  
Christmas Eve service @ 4 PM  
Garage Band Christmas Show: December 16 at 4 & 7 PM  
The Hook & Ladder Theater & Lounge  
3010 Minnehaha Ave. • 612-827-1074  
www.spiritgarage.org  
"From Darkness to Light" Advent poetry and writing evening  
December 5, 7-9 PM at Squirrel Haus Arts  
Pastor: Holly Johnson  
Music: John Kerns and bands

### 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.org  
Julie A. Ebbesen, Pastor  
9 am Kids and Youth Faith Formation  
10 am Coffee & Fellowship  
10:30 am Adult Faith Formation  
Worship for Advent and Christmas  
Sundays, 9 am Worship (childcare available)  
Sunday, Dec. 2 Advent Holy Communion, Gift Sunday  
Sunday, Dec. 9 Worship, Sunday school pageant  
Sunday, Dec. 16 Song Service, singing around tree  
Sunday, Dec. 23 Fourth Sunday of Advent Worship  
Christmas Eve: 2:00 and 5:00 Festival Worship  
3:15 Danish Service  
Sunday, Dec. 30 Worship  
Holy Communion is celebrated on the first Sunday of the month.  
(Handicap acc., Braille, Large Print)

### Trinity Lutheran Church of Minnehaha Falls

5212 41st Ave. S. • 612-724-3691  
www.trinityfalls.org  
Pastor Matt Oxendale  
Sunday Worship 10:30 am  
Sunday School/kids & adults 9:15 am  
Christmas Eve Services: 4 & 10 pm  
AA Sun & Tues 7:00 pm

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# In Our Community

## Messenger

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

### A rocking Christmas scheduled Dec. 16

Are you ready to rock Christmas? Spirit Garage, a Christian faith community that uses the power of music to build communities, will sponsor "A Garage Band Xmas 10: Rockstar of Bethlehem" at The Hook and Ladder Theater and Lounge, 3010 Minnehaha Ave., on Sun., Dec. 16. This free holiday concert will rock out to the funky and bluesy styling of your favorite Christmas season tunes with two shows at 4pm and 7pm.

This year's special guest is Humbird, a unique folks singer who has toured and amazed the nation with her lilting voice. The concert will be fun for all ages, hipsters to families and everyone in between, and you can lend your voice and sing along. Free refreshments and fresh baked cookies will be available.

### Telling Our Stories to meet Nov. 30, Dec. 28

"Elder Voices Telling Our Stories" will meet Nov. 30 and Dec. 28, 10am-11:30am, at Turtle Bread Company (4205-34th Ave.). They will be telling their stories respecting their retirement journeys. Additional topics will include Open Enrollment for Medicare experiences and take-aways from the mid-term elections as it relates to Social Security, Medicare, Medicaid, drug prices and more.

### NA group meets twice weekly

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

### Dregni to present free talk Dec. 8

Longfellow resident and author, Eric Dregni will give a free talk about Norwegian culture at Norway House, 913 E. Franklin Ave., on Sat., Dec. 8, 2-3pm. It has been ten years since the publication of his book, "In Cod We Trust: Living the Norwegian Dream." He will share slides and stories from winter in Norway and read selections from his book. You can go online at [www.norwayhouse.org/calendar/in-cod-we-trust](http://www.norwayhouse.org/calendar/in-cod-we-trust) for more information on the event and Dregni.

### Winter Solstice Celebration planned

Welcome the return of light with the collective joy of music and dance at a Winter Solstice Cel-

ebration from 7-9pm on Thur., Dec. 20. Wisdom Dances is hosting the event at Lake Nokomis Presbyterian Church, 1640 E. 46th St.

Move with the cycle of the seasons and be carried by a dancing circle. This celebration is based in Laura Shannon's research on traditional women's ritual dances from the Balkans as a living wisdom tradition. Musical accompaniment by guitarist and bouzoukist Greg Herriges will be featured.

No experience or partner is necessary. Newcomers and all genders are welcome. If possible, please wear white, but do not hesitate to come as you are.

### Remembrance service set Dec. 23

Minnehaha Communion Lutheran Church, 4101 37th Ave. S., will be holding a "Longest Night" service of remembrance, reflection and prayer for those coping with grief and loss this holiday season. Whether it is old grief or new grief, the loss of a person or pet, all are welcome on Dec. 23, at 4pm.

### Advent activities planned at Epworth

Epworth UMC, 3207 37th Ave. S., welcomes you to get into the spirit of Advent with your family and enjoy fellowship, food, fun, and crafts galore to kick off the Advent season! Enjoy a free taco lunch, Christmas crafts and participate in our service project making blankets for Harriet Tubman on Sun., Dec. 2, 12:30-3pm.

They will be collecting donations of canned food for the Food Shelf, and warm adult socks, as well as adult and children's mittens alike to decorate their Mitten Tree.

### Local art center to expand in 2019

The Firehouse Performing Arts Center (FPAC) and the Hook & Ladder Theater at 3010 Minnehaha Ave. will expand operations by opening a performance space named "The Mission Room" in 2019.

Recently celebrating two-years of non-profit operations, The Hook & Ladder has presented more than 4,000 local, regional, and national performing artists across their various indoor/outdoor stages, and has already paid out nearly \$500,000 in artist performance fees.

Scheduled to open in March 2019, The Mission Room will be an intimate and accessible (100-guest) community, performance, and gallery space designed to serve local visual, literary, spoken word, singer-songwriter, and multi-media performance art-

ists. The Mission Room will also be available as a facility to host community meetings, local organizational fundraisers, and special events.

FPAC has grown without any public (city, county, state, or federal) funding and has relied on ticket purchases, individual donations, and beverage sales. The success has been largely achieved with local volunteers instead of a paid staff.

### Quiet Hours planned at the Healing Hub

Spend quiet time in the Community Healing Hub, a place for calm and quiet in an overwhelming world. All are welcome to the Hub at Minnehaha Communion Lutheran, 4101 37th Ave. S.

Upon entering the room there is no talking or noise making, and people are asked to set electronic devices aside. Seekers coming into this space will experience:

- Soft, ambient lighting (a fireplace once it's cooler outside)
- Calming music
- Light aromatherapy
- Allowed use of sensory items (weighted blankets, neck scarves, fidget items)
- Tea and water will be available

The time can be used to meditate, read (refrain reading from an electronic device), write, draw, pray, or just sitting in silence. There is no talking or noise making during this time. This is a time meant for those that can sit quietly for a bit of time, because of this the opportunity is best suited for individuals at least ten years of age.

Come and go as you like. Stay for 5 minutes or the whole 2 hours. The Community Healing Hub will host this every Monday from 4-6pm until Dec. 17. There is no cost associated, and we will request that seekers complete a short survey after their experience so we can better serve the community.

A host will be available if assistance or additional support is desired.

### Cuban restaurant opens in Nokomis

Machado Food Concepts LLC, the owners of the Twin Cities Pella catering company, is planning to open its first brick and mortar restaurant, Guavas Cuba Cafe. The restaurant will focus on Cuban Cuisine and will be located at 5605 Chicago Ave. S. It will have beer and wine and initially be open only for dinner in its sit down restaurant. With a Daily Brunch menu slated for a later date.

Chef Frank Machado will focus on Cuban Cuisine, featuring some rice bowls topped with traditional Cuban stews, a simply grilled section, as well as sandwiches and fritas (Cuban burg-

ers). Many more favorites will also be available like Guava Pastelitos, Empanadas, Croquetas, Chicharron.

Initial hours of the restaurant will be Sun.-Thur., 4-9pm and Fri.-Sat., 4-11pm. You can check them out online at [GuavasCubaCafe.com](http://GuavasCubaCafe.com).

### Tour of Norway planned May 2019

Longfellow resident and author Eric Dregni is organizing a tour to Norway from May 13-23, 2019. Among Dregni's 16 books, two are on Norwegian history and culture. Eric lived in Norway for a year as a Fulbright fellow. His Norway tour is open to the public and features nine nights including Oslo, Bergen, Dombas, two nights at a fjord hotel and Trondheim to celebrate Syttende Mai, Norwegian National Constitution Day. For more information contact Eric at [dregni@csp.edu](mailto:dregni@csp.edu).

### Free program slated at St. Peder's

Dr. Judith James will present "What Can I Do!! if someone I love is addicted?" James, an educator and Licensed Alcohol and Drug Counselor, will present information on how the brain functions in chemically dependent people, what to do with your addiction fatigue, and how to remain compassionate and caring toward your loved one as you care for yourself. The program will be sponsored on Mon., Nov. 26, 6-7:30pm at St. Peder's Lutheran Church, 4600 E. 42nd St. The event is free to the public.

### Cabin Fever continues at Epworth

On Wednesdays through Dec. 19, Epworth UMC (3207 37th Ave. S.) offers indoor play space for kids 0-5 years old from 9:30-11:30am. Large and small motor activities, crafts, and a healthy snack are provided free of charge. Kids must bring a caring adult with them to watch them as they play. Coffee and conversation for adults. Cabin Fever ends in mid-March.

### Nokomis seniors plan upcoming events

Nokomis Healthy Seniors (NHS) would like to invite the public to the following programs and events. Unless otherwise noted, events are held at Nokomis Healthy Seniors, 4120 17th Ave. S., in the Bethel Evangelical Church building. All events are free, open to all, and no reservations are required unless noted otherwise.

Join Nokomis Healthy Seniors on Fri., Dec. 7, from 1-3pm, for a free Diabetes Support Group at Nokomis Library, 5100-34th Ave. S. Call NHS at 612-729-5499 for more information.

Get your blood pressure checked, socialize with your neighbors, and enjoy a treat and coffee at Nokomis Healthy Seniors' "Nurse is In" drop-in free Blood Pressure Clinic every Thursday from 9:30-11:30am at Nokomis Healthy Seniors inside Bethel Lutheran Church. No reservations required.

The Women's Art Group meets every Wednesday, 10am-12pm, at Bethel Church. Bring your art or craft projects to work on while socializing. Free.

On Tues., Dec. 11 at 1-3pm there will be a free Low Vision Support Group meeting at Nokomis Square Co-op, 5015-35th Ave. S.

### Advent Procession scheduled Dec. 2

Mount Olive Music and Fine Arts presents its annual Advent Procession Service at 4pm on Sun., Dec. 2. The church is located at 3045 Chicago Ave. S. Mount Olive Cantorei is under the direction of Director and Organist David Cherwien. This event is free and open to the public.

Mark the season with a solemn procession and a series of lessons and carols for Advent, and enter this season of hope in the darkest time of the year. Candles, incense and beautiful music all invite the listener to engage in this profound liturgical season.

This is the third event in the 2018-19 Mount Olive Music and Fine Arts season. For further information on this event, and on the Music and Fine Arts program, please contact Dr. Cherwien at the church office at 612-827-5919, by email at [cantor@mountolivechurch.org](mailto:cantor@mountolivechurch.org), or online at [www.mountolivechurch.org](http://www.mountolivechurch.org).

### Music Wednesdays scheduled in Dec.

Hook & Ladder Theater & Lounge, 3010 Minnehaha Ave., has scheduled performances for its popular Free Music Wednesdays series. Doors open and happy hour for these free 21+ performances starts at 6pm, with music at 7pm. The residences feature a variety of genres of music, all presented in a comfortable lounge setting.

Dec. 5 features The Dang Ol' Tri'ole (sponsored by Bent Paddle Brewing). The Dang Ol' Tri'ole is a six-person bohemian folk group. Having played together seven years, members have honed their skills to demonstrate fluency at their respective instru-

*Continued on page 12*

## In Our Community

Continued from page 11

ments through complex melodies, dense compositions, improvisational soloing and dynamic presentation. Whether presenting their more complicated pieces or playing easy-going tunes, The Dang Ol' Tri'ole exhibits a highly entertaining stage presence that mixes musicianship with humor.

Dec. 12 will find Becky Kappell & The Fat 6 on stage (sponsored by Insight Brewing). "This late-bloomer Minneapolis country crooner fell in with esteemed local twang vets Paul Bergen and Erik Koskinen to craft her debut album 'That Certain Ache.' Her smoky but tender voice recalls Jeannie C. Riley while her songwriting has a Lucinda Williams-like balance of down-and-out grit and hopeful beauty." — Chris Riemenschneider, *Minneapolis Star Tribune*

Dec. 19 will feature the Big George Jackson Blues Band (sponsored by Able Seedhouse & Brewery). Vocalist/harmonica player Big George Jackson is known as the "authentic big man of the blues." He sings with a distinctive bass-rich voice that only a six-foot, six-inch gentle giant could be blessed with. Add his fat harmonica playing, dead-on phrasing, commanding stage presence, and instant audience rapport and it's easy to understand why the audience howls when he delivers his music.

And, on Dec. 28 Scottie Miller will perform (sponsored by Fair State Brewing Cooperative). Minneapolis based singer-songwriter-pianist Miller recently released his tenth CD "Stay Above Water." Miller was inducted into the MN Blues Hall of Fame in 2017 and received an award for Best Self-Produced CD. Miller has garnered international recognition as touring keyboardist for three-time Grammy-nominated singer Ruthie Foster and is featured on her Blues Music Award winning CD "Live At Antone's."

## LGBTQ support group meets Saturdays

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

## 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.

## Christmas Caroling

Join in as we bring Christmas cheer to friends and neighbors at homes and residential facilities by Christmas caroling on Sun., Dec. 16, 4-6:30pm. All voices are needed! Everyone meets at Epworth United Methodist, 3207

37th Ave. S., and branches out from there. Please RSVP online at [epworthmpls.org/event/christmas-caroling-2018](http://epworthmpls.org/event/christmas-caroling-2018) so we know when we should expect you. You can join them throughout the caroling as well – they'll keep people updated where they are through texts!

Afterward, they will return for fellowship back at Epworth for chili (vegetarian too!), snacks, and warm drinks!

## 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.

## Gorge Master Plan gets closer to ending

Thank you to all the community members working together to help develop the Mississippi Gorge Regional Park Master Plan, a project that will create a new long-term plan for all riverfront parkland in Minneapolis between Bridge 9 (Dinkytown Greenway bridge) and Minnehaha Regional Park.

An open house with information on proposed plan elements and park improvements will travel throughout Minneapolis on Fri., Nov. 30. There will be an open house from 5-6:30pm at the Longfellow Recreation Center, 3435 36th Ave. S.

Other open houses that day include 8:30-10am at MPRB Headquarters; 12-1:30 pm at the University of Minnesota, Ralph Rapson Hall Lobby; and 3-4 pm at Coyle Community Center Community Room.

The final Community Advisory Committee (CAC) meeting is scheduled Mon., Dec. 10, 5:30-8:30pm at Minneapolis Park and Recreation Board headquarters, 2117 W. River Rd. Anyone interested in Mississippi Gorge Regional Park is welcome to attend.

## Design Concepts Survey

An updated survey showing revised planning concepts for focal areas within Mississippi Gorge Regional Park is available online. The survey focuses on the following areas:

- Bohemian Flats
- East River Flats
- Franklin Flats
- Longfellow Beach/Minneapolis Boathouse Area
- Oak Savanna next to 36th St.
- Riverside Park and Annie Young Meadow

The concepts incorporate feedback from the CAC, the Project Advisory Committee (PAC), public listening sessions, open house events, and emails from interested community members.

MPRB staff is eager to receive comments from the public on these park area concepts, along with ideas for suggested changes. Go to [www.surveymonkey.com/r/Gorge\\_draft\\_frameworks](http://www.surveymonkey.com/r/Gorge_draft_frameworks) to take the survey, which has been extended to Mon., Dec. 10.

## L/S Healthy Seniors December Events

Join Longfellow/Seward Healthy Seniors and Minne-

apolis Community Education for our annual Holiday Party for Seniors on Tues., Dec. 18 at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. Enjoy live music, lunch, and door prizes! The event will be held in the basement gymnasium, and doors will open around 10am. The event will last until noon or later. All seniors who reside in greater Longfellow and Seward neighborhoods are welcome to attend this free event (however, a suggested donation of \$2 is appreciated). Pre-registration is not required. Call Longfellow/Seward Healthy Seniors at 612-729-5799 for more information.

A free monthly Diabetes Support Group for adults will be held on Wed., Dec. 12 from 1-2:30pm at Trinity Apartments, 2800 E. 31st St. Anyone with Type 1 or Type 2 diabetes is invited to attend.

The last "Rock Art" class (applying paint or polish on river stones) will be held on Mon., Dec. 5 at Trinity Apartments, 2800 E. 31st St. Classes are \$4/each, supplies included. Registration is required by calling 612-729-5799.

Additionally, we're looking for "Friendly Visitor" volunteers and volunteer drivers to help seniors live independently. Call Longfellow/Seward

Healthy Seniors at 612-729-5799 or email us at [info@LShealthyseniors.org](mailto:info@LShealthyseniors.org) for more information on activities, services or volunteer opportunities.

## Submit your news

If you are an organization located in the Longfellow Nokomis Messenger delivery area, you can submit your event, special pro-

gram, or noteworthy news to us for consideration. Submit your item by email to [editorial@deruyternelson.com](mailto:editorial@deruyternelson.com). The deadline for the next issue is Mon., Dec. 10 for the Dec. 26 issue.

**Due to scheduling conflict, delivery for next issue begins Dec. 26.**

**Come in from the Cold and Dance!**

**Light Up the Night**  
Winter Holiday Dance with Caren Grantz Keljik  
December 18 7:30 - 9:30 pm  
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Latin Nights	3rd Sat
(Mostly) Waltz Afternoons	4th Sun

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# Team works to understand groundwater problem around Lake Nokomis

Nokomis Area Groundwater and Surface Water Evaluation team discusses study results with residents

By TESHA M. CHRISTENSEN

Why are there higher levels of groundwater and standing water in previously dry areas of South Minneapolis, such as Solomon Park and Lake Nokomis Park?

The Nokomis Area Groundwater and Surface Water Evaluation team is studying that problem and held an open house on Oct. 24 at the Lynnhurst Recreation Center.

A primary goal of the network is to better understand water level trends and support water supply planning, according to members.

The team is working to answer these questions:

- Are surface water and groundwater levels near Lake Nokomis rising, particularly south and west of the lake?
- To what extent do groundwater levels interact with surface water levels in this area?
- What are potential impacts to public and private infrastructure from rising water levels?
- If groundwater and/or surface water levels are rising, why and what can be done about it?

As presented at the open house, the work of the technical team has included installing new shallow groundwater wells, reviewing groundwater elevation data from existing monitoring wells, understanding soil characteristics and geology underlying the area, summarizing precipitation data, modeling groundwater recharge rates, looking at the Lake Nokomis water levels, and reviewing the operation of the Nokomis weir.

The team is first working to understand the problem and what solutions are. "Then we will prioritize which projects we will start with," remarked Minneapolis Surface Water and Sewers Katrina Kessler.

For the city of Minneapolis, this also means learning what other projects are being done in an area and working flood mitigation in too.

In south Minneapolis, this might mean enlarging the undersized system at Sibley Field or working more stormwater storage at the Hiawatha Golf Course.

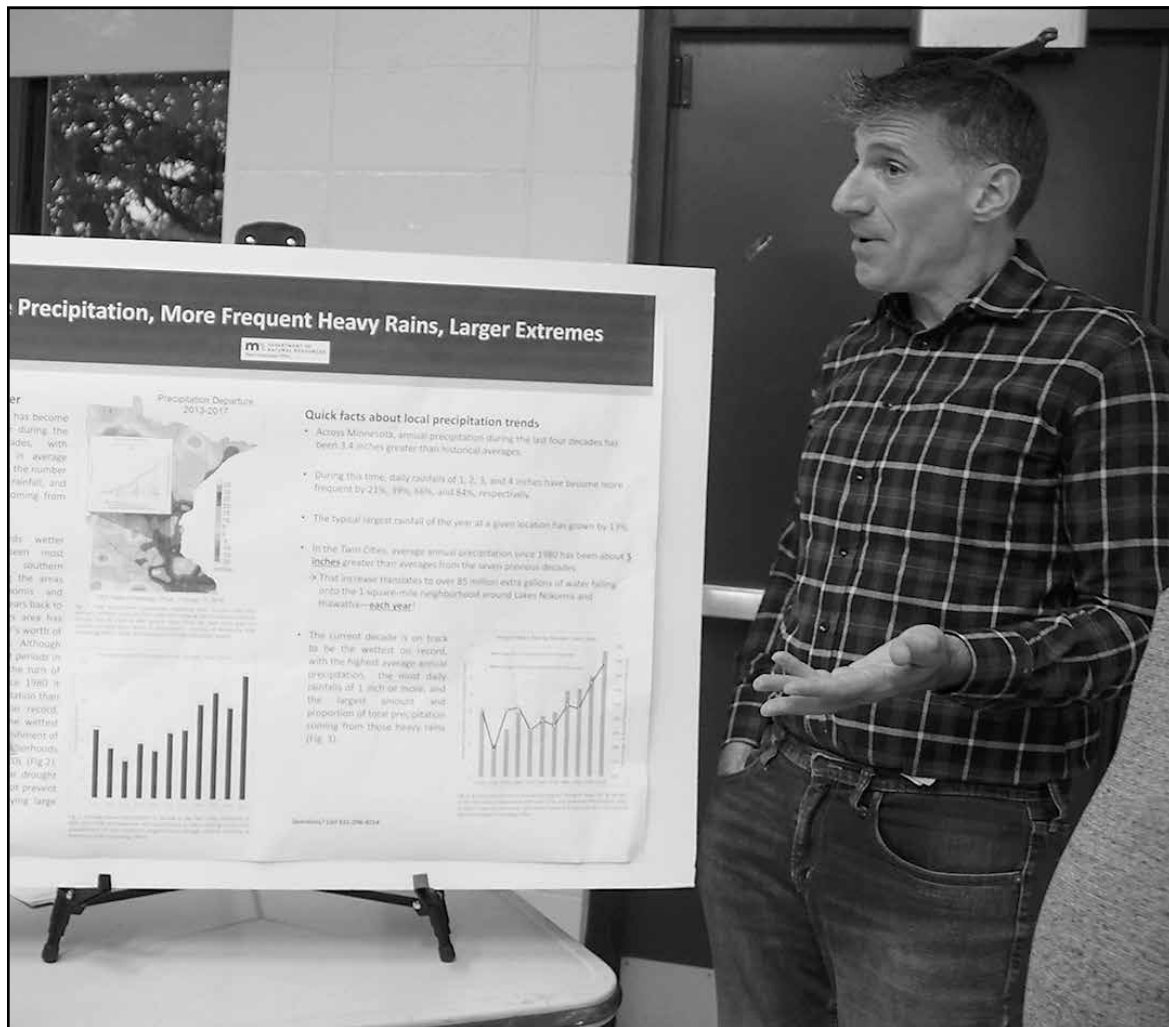
"It's all about working with partners and taking advantage of opportunities," said Kessler.

## Yes, the water is higher

A cluster of properties southwest of Lake Nokomis is dealing with basement flooding while another group near Solomon Park is faced with flooded backyards.

These homes have basements that are located 10-30 feet above the Lake Nokomis water level, which suggests that groundwater levels are likely the issue, rather than the Lake Nokomis water level, according to team members.

A weir that controls water entering Minnehaha Creek has existed at the outlet of Lake Nokomis since 1931. The weir is a dam-like structure that prevents polluted stormwater and zebra mussels from entering Lake Nokomis from Minnehaha Creek. The Minneapolis Park and Recreation Board operates the weir in coordination with the Minnehaha Creek Watershed Dis-



Kenny Blumenfeld with the Department of Natural Resources climatology office chats with attendees at an open house on Oct. 24 regarding the increase in precipitation the department has been tracking in Minnesota over the past few years. There have been more storms with higher rainfall levels, as well. (Photo by Tesha M. Christensen)

record in the Minnehaha Creek watershed, this weather information allowed MCWD to operate the dam in a way that did not result in any flooding on Lake Minnetonka or Minnehaha Creek.

"It's been a really helpful tool," said Schaulfer.

## Wells will help gather data

The team is working to identify where data gaps exist, pointed out Schaulfer.

This summer, two new observation wells were installed at Solomon Park and Lake Nokomis Park. These wells were installed at the base of the water table near the existing shallow water table wells.

Together, the new basal water table wells and existing shallow water table wells will provide information about the vertical flow of groundwater in the Nokomis area. In all, there are four observation wells near Solomon Park and Nokomis Park.

Two deeper bedrock aquifer wells will be installed soon. The six wells together will provide additional information about groundwater levels and movement in the area, including vertical movement of groundwater.

## What's next?

The technical team will continue to map infrastructure impacts to determine if they are connected to potential water level changes. The team will also review water elevation information on existing sewer maps and measured water levels from the city of Minneapolis' water utility holes to gain a better understanding of groundwater levels.

Partners will explore whether additional wells are needed to determine if changes to existing infrastructure might alleviate problems and to estimate associated costs. Then they will develop a holistic plan that includes additional funding, if necessary, and work to keep residents and elected officials informed of progress.

The Nokomis Area Groundwater and Surface Water Evaluation team began meeting in January 2018.

Participating agencies include the Minnesota Department of Natural Resources, the city of Minneapolis, the Minneapolis Park and Recreation Board, the Minnehaha Creek Watershed District, and Hennepin County. Other agencies are coordinating with the team include the Minnesota Department of Transportation, the Metropolitan Airports Commission, the city of Richfield, and the U.S. Geological Survey.

To view technical data, technical team meeting notes, and presentations, visit [www.ci.minneapolis.mn.us/publicworks/stormwater/nokomisgroundwater](http://www.ci.minneapolis.mn.us/publicworks/stormwater/nokomisgroundwater).



Scott Pearson of the Department of Natural Resources Ecological and Water Resources Department talks with attendees at the open house on Oct. 24 regarding groundwater and surface water around Lake Nokomis. (Photo by Tesha M. Christensen)

trict consistent with an approved operating plan.

The outlet elevation of the weir has always been set at 815.10', and cannot be changed. When Lake Nokomis' water level drops below 815.10', it is due to factors other than the operation of the weir.

Following a wet start to the year, August 2018 was very dry. Subsequently, the water level on Lake Nokomis dropped below the weir's outlet elevation sometime around Aug. 11, meaning water could no longer flow from Lake Nokomis to Minnehaha Creek. It remained below the outlet through mid-September. Before 2018, the last time the water level on Lake Nokomis dropped below the outlet elevation was on Nov. 28, 2017.

In 2018, due to dry weather, water flowed out of the lake via the weir for only 53 days. In comparison, from mid-March to the end of December 2017, the weir was open for 121 days and water flowed out of the lake until it dropped below the outlet ele-

vation at the end of November.

Rainfall prompted the reopening of the Lake Nokomis weir on Sept. 25, when the lake level measured 815.98' and water once again flowed out of the lake.

## Is there a bedrock dam?

One theory being evaluated by the team is the idea of a bedrock dam that might be causing a backup of groundwater.

There is a rise in bedrock east of Lakes Hiawatha and Nokomis, but before Minnehaha Falls, that could be acting like a dam to the groundwater and causing it to rise higher than it would otherwise.

Where the water table is only a few feet below the ground surface, small (but long-term) changes in the water-table elevation can have dramatic effects, according to Barr Engineering.

## Record precipitation

Coupled with the possibility of a bedrock dam are a few years of record-breaking precipitation in the Twin Cities. Historically,

water levels around Nokomis would spike during rainfall events and snowmelt but drop, during the winter. This has not been happening the past 4-5 years because of an increase in precipitation outside the growing season when the ground is not frozen. This has led to increasing groundwater recharge rates because plants are not growing and taking up water. This year marked the all-time snowiest start to a year (Jan. 1 - July 1, 2018).

Winter lake drops are likely very important in controlling groundwater elevations in the area, pointed out a Barr Engineering document. It's like a giant seasonal drawdown well to remove built-up storage.

The annual precipitation in 2013-2016 was above average, and 2014 had the wettest Jan. 1 to June 30 ever on record. June 2014 was the wettest month ever on record, and 2016 was the wettest year ever on record. Aug. 2016 to July 2017 was the wettest 12-month period ever on record.

With that, groundwater recharge rates have increased 3-4 inches per year in the past four years when compared to the last 25 years. Average recharge in 1988-2011 was 10.1 to 12.0 inches per year compared to the average recharge in 2012-2016 at 14.1 to 16.0 inches per year.

Wetter years may be the new normal. Right now, the problem may be more visible around Lake Nokomis because of the shallow water table. Team members are asking whether there are other parts of south Minneapolis where similar issues are occurring.

In 2014, the Minnehaha Creek Watershed District began partnering with the National Weather Service to anticipate rain events in order to more proactively manage the Gray's Bay Dam at the headwaters of Minnehaha Creek, pointed out MCWD employee Tiffany Schaulfer. In 2016, the wettest year on

# Swing out Old Year 2018 at Hook and Ladder Theater & Lounge

Hook and Ladder Theater & Lounge is filling the month of December with exciting shows. Here is a selection of entertainment venues that have not yet sold out at press time. (These are in addition to the free concerts in Dec. that you can read about under "Music Wednesdays scheduled in Dec." in the Briefs on page 11.) Unless noted otherwise, all performances are 21+.

On Fri., Nov. 30, the Nick Moss Band featuring Dennis Gruenling plus Cedric Burnside will perform. Doors open at 7:30pm and tickets are \$18 in advance and \$22 the day of the show.

Summit Brewing & Nobool present The Belfast Cowboys on Sat., Dec. 1, at 7:30pm. Tickets are \$10 in advance and \$13 the day of the show.

On Sun., Dec. 2, 6pm, The Funk & Lardum Aeternum will present Bobby & Bacon's Holiday Jamboree. Tickets are \$12 in advance and \$15 the day of the show (or \$12 at the door with food shelf donation).

Hamel On Trial will take the stage at 7:30pm on Tues., Dec. 4. This is a free show.

On Thur., Dec. 6 both Lynn O'Brien ("Rising" Album Release) plus Annie Mack will take the stage at 7:30pm. This performance is reserved seating for \$20, and presented by Sociable Cider Werks.

The Church of Cash Holiday Show will happen on Fri., Dec. 7 (early show), at 7pm.



Hamel on Trial will take the stage for a free performance at 7:30pm on Tues., Dec. 4 at Hook and Ladder. (Photo from Internet capture)



Frogleg will be performing on New Year's Eve, Dec. 31 at Hook and Ladder Theater & Lounge. (Photo from Internet capture)

Tickets are \$12 in advance and \$15 the day of the show. The late show at 9:30 will feature Hoodphellas plus

Bigfoot Country for \$9 in advance and \$12 the day of the show.

Paul Cebal Tomorrow Sound plus Jon Rodine & Friends will perform Sat., Dec. 8, at 8pm. Tickets are \$15 in advance and \$20 the day of the show.

The All I Want For Christmas Is Whiskey Tour featuring Dan

Rodriguez will take the day Sun., Dec. 7 with a matinee at 3:30pm (the evening performance is sold out). Tickets are \$20 in advance and \$25 the day of the show if any tickets remain.

Indeed Brewing & Jazz 88 will present Jazz Indeed: Dave Karr & Friends on Tues., Dec. 11. Doors and beer samples open at 6pm with music starting at 7. This is a free show.

On Thur., Dec. 13, 7:30pm, settle in for the Radio Heartland 10th Anniversary Party with Erik

Koskinen, Dustin Arbuckle & The Haymakers, Molly Maher, and Dusty Heart. Tickets are \$12 in advance and \$15 the day of the show.

The Garagey Lil' Holiday Festival 2, The Castaways plus • The Sex Rays • Black Widows • Trash Street • Dose & Dinks • Fret Rattles • Burlesque Dancers • Dr. Bob's Puppet Show will capture the evening Fri., Dec. 14, 7:30pm. Tickets are \$12 in advance and \$15 the day of the show.

A Holiday Blues Show featuring Cornbread Harris & Friends will perform Thur., Dec. 20, 7:30pm. Tickets are reserved seating at \$12 each.

Then settle in for Frogleg New Years Eve plus The People Brothers Band on Mon., Dec. 31 for a New Years Eve blowout. Doors open at 8pm and music begins at 8:30pm. Tickets are \$22 in advance and \$25 the day of the show and ticket includes champagne toast plus snacks at midnight.

# Classifieds

## Messenger

Want ads must be received by the Messenger by December 10 for the December 26 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to Messenger Classifieds, PO Box 168, Osseo, MN 55369. Want ads must be mailed to the Messenger before Dec. 10 for the Dec. 26 issue. Ad copy can be e-mailed to [denisd@deruyternelson.com](mailto:denisd@deruyternelson.com). Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

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# Keeping the Mississippi River Gorge healthy takes many hands

River Gorge Stewards wrap up another successful season of 24 volunteer and educational events in 2018

By ELLIE ROGERS

In our local river bluff woods, trails and prairies, it's easy to lose yourself listening to birds or enjoying blooming wildflowers. It's also easy to forget that this natural area would not be what it is today without hands-on help from hundreds of River Gorge Stewards volunteers and strong community partnerships.

Tim Turner lives just a short walk to the Mississippi River Gorge. On a hike last fall, he ventured into the beautiful oak savanna just off the trail at E. 36th St. and W. River Pkwy. where he ran into a small group pulling up seedlings.

Naturalist and volunteer-lead Kate Clayton of Friends of the Mississippi River (FMR) explained that they were removing volunteer trees to make way for bur oaks as part of the long-term restoration of this special place. She also noted that before volunteers and community groups decided to form the River Gorge Stewards to take care of it, this rare savanna—home to over a hundred bird species and a favorite respite for many locals—was an impenetrable thicket of spiky buckthorn bushes.

Turner decided to join the effort. "As a frequent hiker," he says, "I thought it would be a perfect way to 'pay for' the privilege."

Since then, he's had plenty of company. In 2018, FMR held 24 volunteer and educational events in the Minneapolis River Gorge with over 400 attendees.

The annual oak savanna Earth Day cleanup was the biggest, with



Undaunted by the rain, Gorge Stewards circle up as Alex Roth, FMR ecologist, lays out the plan for planting natives at the oak savanna this fall. (Photo submitted)

58 volunteers of all ages picking up litter and trash, despite the event being postponed due to the late snow and late spring.

Next came a series of public volunteer outings focused on the continued restoration of the oak savanna as well as the riverfront sand flats near Lake St. Together, individuals, families and small groups pulled invasive species like garlic mustard and buckthorn and then returned to plant native shrubs and wildflowers in their place.

Local groups like Anderson United's 5th graders and girl scout troops help maintain our local

riverfront as well. Combining education and action, eight groups learned about the river gorge and how invasive plants affect the river before heading out for a day of stewardship service.

As for Turner, after participating at several public events, he became the newest member of the River Gorge Leadership Team, a group of 15 dedicated volunteers, mostly from surrounding communities.

Team members are trained in species identification, tool use and more to support and continue the river gorge restoration work beyond the scheduled volunteer events. They put in extra hours

pulling invasives and prepping a planting site or checking on newly planted shrubs and natives, making sure they have enough water between rains.

Turner says highlights of his first year with the team include "finally learning the names of plants that I have passed many times and working on projects with folks who care about the environment."

Adam Flett, Stewardship and Education Program Director at FMR, says they can't thank their volunteers, partners, and funders enough. "This is a favorite spot for many people, and we're lucky we've got so many dedicated supporters,"

says Flett.

He also pointed out that the Longfellow Community Council was one of the founders of the program, and remains a particularly important partner and funder in 2018.

Additional funders and partners for FMR's youth programs, volunteer events and habitat restoration activities in the Minneapolis River Gorge during 2018 included: Minneapolis Park and Recreation Board, Longfellow Community Council, Xcel Energy, National Fish and Wildlife Foundation and the US Forest Service, Minnesota Natural Resources and Environmental Trust Fund, Endeavor Foundation, RBC Wealth Management, Seagate, HB Fuller Company, 3M Foundation, Hardenburgh Foundation, Langwater Foundation and Great Lakes Brewing Company.



A volunteer pulls garlic mustard before it can take over the woodland near the sand flats. Invasive plants like garlic mustard can overrun or push out native plants that birds, butterflies and other pollinators rely on for habitat in our local Mississippi River flyway. (Photo submitted)



At the River Gorge Stewards Earth Day cleanup, a local Girl Scouts troop taught volunteers and passersby on W. River Pkwy. about invasive species in our local River Gorge park. (Photo submitted)

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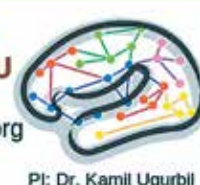
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# Who doesn't want a Brighter Baby?

Longfellow resident, educator and businesswoman, publishes a book on using music to help in a baby's development

By MARGIE O'LOUGHLIN

Longfellow resident Emily Ireland has just published "Brighter Baby: Build Your Baby's Brain Power and Strengthen Your Bond." The book introduces readers to 60+ musical activities that a parent or caregiver to do with the baby in their life. "Brighter Baby" is designed to help adults remember and relive the music of their childhood, while providing tips on how to turn those songs and rhymes into activities they can use throughout the day.

Ireland has an MA in music education, sixteen years experience teaching early childhood music, and is the founder and director of Brighter Minds Music studio, 3701 E. 50th St. She explained, "The activities in this book are ones that we use in our early childhood music classes. With each activity, I explain the benefits to baby's development as seen through five different lenses: music development, cognitive development, social-emotional development, physical development, language and literacy development. My goal is to give parents and caregivers a great resource for bonding with their babies, while also giving them the tools to make music together."

Having a baby is one of the biggest game changers in a person's life. Ireland and her husband, PR consultant Michael Walsh, are the parents of two elementary school-aged children. When their first child was born six years ago, Ireland fell into serious post-partum depression. "It took me completely by surprise," she said. "My husband and I were delighted with our new daughter, and I generally have a very sunny disposition. It was a difficult time for our family. I had my music school up and running, but I couldn't manage the workload. In the zone of post-partum depression and sleep deprivation, I thought I'd better start practicing what I preached."

Ireland and her daughter developed a daily routine of



Emily Ireland, author of "Brighter Baby: Build Your Baby's Brain Power and Strengthen your Bond." In addition to Ireland's early childhood music expertise, the book has benefited from her husband Michael's publicity efforts, and their daughter Rose's illustrations. (Photo by Margie O'Loughlin)

having infant massage time in the morning. In the afternoon, they played games together with a scarf or a ball, accompanied by singing. Ireland began coming out of her depression and realized that if she had benefited from having the many early childhood music resources she had at hand—other parents and caregivers would too.

The book "Brighter Baby" will be available on amazon.

book.com. With its November publication date, it's right on time for the holidays. For parents or caregivers who don't think they have what it takes to introduce music to their little one, Ireland said, "The most important voice to your baby is your own." As infants develop and grow, there are classes of all kinds for them to enjoy at Ireland's Brighter Minds Music studio. Registration is open for winter session, and group classes are offered at Minnehaha United Methodist Church (3701 E. 50th St.). The Babies Class, for six weeks-18 months, teaches activities that help develop listening skills and provide a foundation for fun and interaction through music.

Activities in the Toddler Class (16 months - 3 1/2 years) include bouncing and rocking songs, wiggle and peek-a-boo games, singing, nursery

rhymes, and moving to music. Teachers may also include infant massage and sign language. "So many daily activities can be enhanced with music, and with better eye contact," Ireland said. "The activities we teach will improve the quality of the time you spend with your young child throughout the day."

For a complete schedule of group music lessons for children 0-5 years, and individual piano, guitar, voice, and ukulele lessons for ages 6-100, visit [www.brightermindsmusic.com](http://www.brightermindsmusic.com).

An experienced educator and presenter, Ireland is available to speak at schools, and for ECFE and other parenting groups about "Brighter Baby," and the value of early childhood music education. She can be reached at 612-743-0942, or by emailing [Emily@brightermindsmusic.com](mailto:Emily@brightermindsmusic.com).

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