



NENA re-launches its popular home loan programs

PAGE 2



Summer camp options abound for kids in the metro

PAGE 8



Minnesota winter curse: ice dams and attic frost illuminated

PAGE 16

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Nokomis

# Messenger



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## “And the state of our NENA community is...”

*Housing, crime, environmental quality, and community engagement, in the more than a dozen issues discussed*

Photos and article  
by JAN WILLMS

Nokomis residents had the opportunity to have a conversation with politicians, community, organization, and educational leaders at the 2nd annual Nokomis East State of the Neighborhood meeting Jan. 17 at the Morris Park Recreation Center, 5531 39th Ave. S. The event was sponsored by the Nokomis East Neighborhood Association (NENA).

Two panels addressed the audience and answered questions on various neighborhood concerns.

Andrew Johnson, Ward 12 Council member, said that housing is a top priority in 2018 for the City Council and the Mayor. “We have an affordable housing crisis going on,” he told audience members. “The majority of people in the city are renters, and in the grand scheme of things we have an opportunity to play a role and make housing more affordable.” Johnson said the Nokomis neighborhood is a hot real estate spot, and there are concerns that low-income resi-



There was standing room only at the 2nd annual Nokomis East State of the Neighborhood meeting Jan. 17 at the Morris Park Recreation Center.

dents are getting priced out.

“It is an issue we should all care about,” Johnson noted. “We can continue to be a place where working-class families can live, or be a place where only those with money can afford to stay here.” He distributed a map of land use recommendations that include single-family, family, and 2-3 story multifamily residential land uses.

Peter McLaughlin, Hennepin County Commissioner (District 4), said that historically, the county has not done much with housing, but has now gotten involved in development near light rail stops near Hiawatha and 46th. “One of the things we need to try to do is find a way to maintain a mix of housing opportunities for first-time home-buyers, middle-class families, and low-

er-income families who need a place to stay, the homeless—the whole spectrum.”

McLaughlin expressed concern about real estate trusts coming in, buying up apartment buildings that are relatively affordable, putting on a new coat of paint and jacking up the prices 50-60 percent. “We have to figure out strategies to intervene in the marketplace,” he said.

According to Jean Wagenius, state representative for District 63B, the state has two major roles: setting policy and bonding. She said \$140 million in bonds has been recommended for affordable housing across the state. The governor put in \$130 million in his request, which she said is great. Wagenius also said she has drafted a bill that would allow the state to invest in energy efficiency in buildings in exchange for landlords keeping rents down in those buildings. “I am working on that now,” she said. “It’s a tough one, but I’ve had tough ones before.”

Jeremy Schroeder, a council member for Ward 11, said he also is looking at ways to get more energy efficiency for landlords. “Right now, landlords have all the power,” he claimed. “I could see that change if the housing market changes, and it wasn’t such a tight market.” Schroeder said that asking how to keep things affordable is a tough question.

For Mike Sullivan, Minneapolis

*Continued on page 4*

## Ceramic studio is open for business and classes in East Nokomis

By STEPHANIE FOX

People passing by the former Pizza Hut takeout location on the corner of 34th Ave. and 50th St. in East Nokomis are doing double takes. Gone is the garish pizza sign, gone are the takeout counters, gone are the pizza ovens. Instead, there is a bright open space with shelves of hand-thrown pottery, jewelry, and photography for sale or viewing.

And, there are ten potter’s wheels, waiting for ceramic students—kids and adults—who want to learn the art of creating pottery. The shop’s tagline is “Come Play.”

Welcome to The Workshop Mpls, a new addition to the increasingly hip and creative East Nokomis neighborhood.

The impetus behind The Workshop is Jennie Tang, also known as Jennie the Potter. She’d managed to raise nearly \$40 thousand dollars from 538 donors through a Kickstarter campaign. After nearly 17 years, she could finally move out of her basement studio to a large storefront.



Jennie Tang is trimming a bowl in her storefront studio, The Workshop Mpls, at 5004 34th Ave. S. (Photos by Stephanie Fox)

Tang had spent years on the art fair circuit, “But,” she said, “I decided that I didn’t want to spend any more of my summers in 10’ by 10’ tents.” And, with two kids she knew it

was time for a change.

Tang was first introduced to pottery, something that for her would someday become a calling, when she was 11-years old. As a child, her family

moved around a lot, she said, and after moving to Minneapolis as a pre-teen, her grandmother told her that she and her brother needed hobbies to help focus their energies. Tang

enrolled in a pottery class (her brother took up cartooning) and she soon found that she had a unique talent.

*Continued on page 13*





# NENA re-launches its popular home loan programs

By MARGIE O'LOUGHLIN

The Nokomis East Neighborhood Association (NENA) continues its popular home loan programs with the assistance of a new partner: the Center for Energy and Environment (CEE). NENA is now offering both an Emergency Repair Loan and a Home Improvement Loan.

Homes in the Keewaydin, Minnehaha, Morris Park and Wenonah neighborhoods are eligible. Loan applications are being processed on a first-come-first-served basis.

Lauren Hazenson, NENA's Program and Communications Manager said, "Our rates are lower by a percentage point or two than what a homeowner would get at a bank. We've been partnering with CEE since October 2017. Prior to that, we had a partnership with the Greater Metropolitan Housing Corporation since 2015. Plenty of funds are still available. We expect to be disbursing funds for the next couple of years. We were pleasantly surprised by the number of applicants right out of the gate last October."

"For the Emergency Repair Loans," Hazenson continued, "projects are typically seasonal, like ice dams or related to basements flooding. They're the kinds of things that homeowners get caught off guard by, and don't have money set aside to deal with."

A limited amount of funds is available for emergency repairs and improvements. Only owner-occupied households are eligible, and income restrictions apply. Applicants need to be current on mortgage and property taxes. The maximum loan amount is \$7,500. The loan is 0% interest, and there are no monthly payments. The loan is due in total on the sale of the property or a transfer of the title.

Home Improvement Loans are available for owner-occupied residential structures (1-4 units). Individual condominium, cooperative, and townhouse units are all eligible. Properties under construction or held in trust are not eligible. Loan amounts range from \$2,000-\$15,000. Applicable criteria are

- 3.5% (3.514 APR\*) or 4.5% (4.514 APR\*) fixed interest rate, depending on income;
- no maximum income limit;
- terms up to 10 years;
- this loan is secured by a mortgage on the property; and
- closing costs apply.

Eligible projects include most interior and exterior permanent improvements. Two bids are required from qualified, licensed contractors for projects over \$5,000.

For do-it-yourself projects, a materials list (including prices) is required. The cost for labor and equipment purchased or rented may not be included in the loan. Funds are held in a non-interest bearing escrow account at CEE from loan closing until the work is completed and all final documentation is received.

Ashley Roberston, Assistant Marketing Manager with CEE, said, "When it comes to our neighborhood loan part-



According to the NENA website, "The housing stock in East Nokomis is relatively good and stable. The majority of single-family houses in the neighborhood were built between 1920 and 1960." (Photo by Margie O'Loughlin)

nerships, the goal is to improve the housing stock of the neighborhood. What's great is that NENA has a revolving low-interest Home Improvement Loan of up to \$15,000, and CEE has other statewide financing opportunities that can be paired with the NENA loan to add to that amount. We've already had two households close in the East Nokomis neighborhood with

those finds since January 2018."

Robertson continued, "The Emergency Repair Loan addresses something specific like a furnace failing, an ice dam actively damaging the home with water on the inside, or a sewer line backing up. To qualify for the Emergency Repair Loan, you have to have been deemed ineligible for the Home Improvement Loan. CEE defines

an emergency as an imminent condition that makes a house uninhabitable, dangerous to the occupants, or is capable of causing severe health problems. Repairs that will remedy such emergency repairs are eligible

for consideration for Emergency Repair Loans."

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

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Photo above: The 28th Ave. Bridge spans Minnehaha Creek as it flows out of Lake Hiawatha. Public Works hopes to replace the bridge in 2019 and is seeking public comment. A meeting is planned for Mar. 19. (Photo provided)

## Public Input Meeting planned on 28th Ave. Bridge replacement

Minneapolis Public Works plans to replace the 28th Ave. Bridge over Minnehaha Creek in 2019. The bridge is between 48th St. E. and Minnehaha Creek Pkwy. within Minnehaha Creek Park.

This work will require detouring 28th Ave. at the bridge for the duration of construction.

Public Works is seeking public input regarding design objectives and priorities for the replacement bridge and any related issues or concerns.

The meeting is planned for Mon., Mar. 19, 5:30-7pm, at St. James on the Parkway, 3225 E. Minnehaha Pkwy. For more information, please contact Jack Yuzna, Bridge Engineer at 612-673-2415 or jack.yuzna@minneapolis.gov.



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## NENA (Nokomis East Neighborhood Association)

4313 54th St. E.

## NENA Community Forum planned Mar. 6

What opportunities could NENA support? What partnerships could we strengthen? How can we better involve Nokomis East residents? We want to hear from you!

Projects like the Nokomis Naturescape, Giving Garden, Nokomis Green Fair, Curb Appeal Matching Grants, and many others came from ideas generated by residents like you. Where should we head next? This is your opportunity to give us your perspective.

The Community Forum is a part of the Community Snapshot project and will be used to inform the NENA strategic plan for the next three years. Join your neighbors for a casual, interactive session on Tues., Mar. 6 from 6:30-8pm at Lake Nokomis Lutheran Church, 5011 S. 31st Ave.

A free meal will be provided for all attendees, so come hungry! For more information visit the website [www.nokomiseast.org/CommunitySnapshot](http://www.nokomiseast.org/CommunitySnapshot).

#### Giving Garden planning

Do you like to garden? Do you want to do something about child hunger and food insecurity? Join this friendly group of neighbors and make a difference!

The Giving Garden volunteers are meeting at the NENA Office (4313 E. 54th St.) on Tues., Feb. 27 at 6:30pm to plan for the 2018 growing season and to welcome interested volunteers. All gardening levels are welcome.

The Nokomis East Giving Garden is a volunteer-run, 310

sq. Ft. vegetable garden located on the property of St. James On The Parkway Church at 3225 E. Minnehaha Pkwy. All of the produce raised at the garden is donated to the Minnehaha Food Shelf and Groveland Food Shelf on a weekly basis from May to October. The vegetable garden selection is identified by the preferences of Minnehaha Food Shelf patrons and staff to ensure that the donated produce will meet real needs. In 2017, the first year of the Giving Garden, volunteers raised 427 pounds of vegetables, which were received by approximately 50-70 food shelf patrons. The Giving Garden also donates vegetables to seniors who are experiencing food insecurity.

#### Board candidate information session

In 2018, NENA has nine Board seats up for election—two seats from each of the four neighborhoods and one replacement seat for Wenonah. Applications are due on Thur., Apr. 12.

Interested individuals are strongly encouraged to attend the Info Session or to schedule a time to meet with Becky Timm, NENA's Executive Director to learn more about serving on the Board. Eligibility requirements, terms and service, and other information will be discussed at the upcoming Board Information Session on Mon., Apr. 5, at 6pm the NENA Office.

Learn more about serving on the NENA Board at [nokomiseast.org/serving-on-the-nena-board](http://nokomiseast.org/serving-on-the-nena-board).

#### Nokomis East Business Grants

NENA is offering two new grants for Nokomis Area businesses: the Marketing Matching Grant and the Business Partnerships Grant. The goals of these grant projects are to provide support for Nokomis East business districts, encourage business partnerships, and increase local customer traffic to our businesses.

#### Marketing Matching Grant

Businesses seeking to update their branding, website, marketing, or looking to attract more customers can apply for up to \$2,000 for their project. This grant matches \$2 for every \$1 spent by the participant.

#### Business Partnership Grant

Two or more Nokomis East businesses that seek to engage in a short or long-term marketing or public engagement partnership can apply for up to \$5,000 in matching funds. This grant matches \$2 for every \$1 spent by the participant.

Visit <http://nokomiseast.org/business-marketing-matching-grants> for guidelines and grant applications.

#### Sign up for NENA News

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



Nokomis East  
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## NENA COMMUNITY FORUM

March 6th, 2018 | 6:30-8pm  
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[nokomiseast.org/community-snapshot-forum/](http://nokomiseast.org/community-snapshot-forum/)

### Upcoming Meetings and Events:

2/24/18, 5:30pm: Great Nokomis East Crockpot Cookoff, Lake Nokomis Lutheran Church, 5011 S. 31st Ave.

3/6/18, 6:30pm: NENA Community Forum, Lake Nokomis Lutheran Church

3/7/18, 6:30pm: NENA Housing, Commercial, Streetscape Committee, NENA Office, 4313 E. 54th St.

3/14/18, 6:30pm: NENA Green Initiatives Committee, NENA Office

3/22/18, 7pm: NENA Board Meeting, NENA Office

4/5/18, 6pm: NENA Board Candidate Information Session, NENA Office

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# State of the Community

Continued from page 1

olis Police Department Inspector, serving the Third Precinct, housing issues center around homelessness. "In my one-and-a-half year experience downtown, I learned that you could not arrest homelessness," he said. He worked over by the Walker Art Center, where a number of homeless residents can be found, and he said people were not arrested but outreached. "We worked very closely with St. Stephen's Homeless Shelter and Native American groups," he said. He advised that if someone is begging, do not give them money because you are only contributing to an addiction. "Contribute to an organization that serves the homeless instead," he said.

Addressing the issue of improving the environment, Johnson said the Nokomis neighborhood is a leader on pollinators. He said there have been conversations about turning Highway 55 into a pollinator corridor. "We are also looking at pollinator plantings on 34th Avenue around reconstruction," he said. He noted a lot is going on around Lake Hiawatha and the golf course. Johnson also said he is looking at other priorities, like bioswales. Bioswales are landscape elements designed to concentrate or remove silt and pollution out of surface runoff water.

McLaughlin cited problems with the ash borer and the need to prevent another blight similar to Dutch Elm disease. He talked about the importance of continuing to invest in buildings and transit. "If we can get a system that will go all the way to Brooklyn Park and up to Eden Prairie, connect to St. Paul and the airport, we will have a transit system that will be the envy of the country," he said.

"We're on track to get \$47 million for transit," Wagenius said, "but that money can only be spent on certain things. One of those things is electric buses. We also want to see electric school buses. They can sit still at night and recharge."

She said there is a problem for residents west of Lake Nokomis suffering from very high groundwater, which results in water coming up in basements and water bubbling up along the street. "We can't move forward as long as we can't walk around Lake Nokomis because of water," she said. She added that she has written a letter to DNR summarizing these issues.

"Groundwater is a big, complex issue," said Schroeder. "We're working to get to the bottom of it, but we all need to work together. I'm passionate about the environment, and I want anyone to reach out to my office if they have any questions." He said he is anxious to move towards sustainability.

Regarding a question about community policing, Sullivan said he hopes to have his officers increase communications with residents by attending community events.

Johnson explained that the ward he represents has a low crime rate. "Yet, we can do more," he said. He mentioned NENA crime and safety meetings, and he said he would like to increase the number of block clubs.



Andrew Johnson (left) and Peter McLaughlin.

He said there is panhandling around some businesses, but that panhandling cannot be banned as long as people are not being harassed.

"If you see someone who looks like they need help, call St. Stephen's Homeless Shelter at 612-879-7624. They will send someone out to talk with them."

McLaughlin said the county has responsibility for juveniles going through the system. "If kids are in foster care, we want to make sure education is a priority," he stated. "We want to make sure they have access to diagnostic services. We want to get those young people on a positive path." McLaughlin said that although treatment and detox are available for youth who need them, a better job needs to be done on prevention.

Wagenius said she wants additional training for all police officers in crisis intervention, management, and bias.

Addressing livability issues head-on is what Schroeder hopes to do.

Sullivan said all his officers have been trained in crisis intervention and all have received procedural justice training in the past year. "We want to work with the community and let them know they can trust us," he said. "We are focusing on curfew enforcement and protecting and working with kids."

A second panel visited with NENA residents about their agendas for 2018. LaShawn Ray, the principal of Keewaydin Elementary School, said he is looking forward to a lot of things in 2018: the best possible schools, building quality citizens for the future, instilling values, and helping kids make the best decisions they can. He also emphasized the importance of reaching out to all parents to get them involved.

Suzanne Stephenson, a librarian for Hennepin County Library Nokomis, said she also hopes to reach out to community members. "We're here. How can we help?" is her message to residents. She emphasized the seed library and said they would also

like to highlight local artists.

Heather Wambach, a patron experience supervisor with Hennepin County Library, Nokomis, and Roosevelt, said storytime is very popular. "We could offer it three times every day, and it would be full," she said. She is hoping to reach out to parents who cannot get to the library for a storytime in the middle of the day.

Isaac Russell, neighborhood and community engagement commissioner for District 3, also stressed outreach. He described a set of recommendations that neighborhood associations will review before being sent to the City Council for approval. "This is very important, and basically what we are doing for the year," he said.

Jack Dickinson, communication chair for Nokomis East Business Association (NEBA). Said his organization provides an outlet to meet one on one with small businesses. He said NEBA tells stories, such as the owner of McDonald's Liquor who came back from WWII without the use of his legs and was very active in improving conditions for the disabled in the Twin Cities. "We have summer concerts, the tree lighting, and outdoor block parties," he said.

As far as how Nokomis East could support these schools and organizations, Ray talked about a lack of mentors for some of his students. "Take a student, or maybe a family, under your wing," he suggested. "We're asking for time, if you really want to make a difference."

Stephenson also called for volunteers. "Not just in the library, but it could be tutors or teaching. Be our eyes and ears," she said. Wambach added that telling the library's story is another important need.

"The best way to help is to go to NENA," said Russell. "Our internal goal is to have recommendations to the City Council by the end of March. Ask yourself what it is you want from your neighborhood associations."



(l to r) Jean Wagenius, Jeremy Schroeder, Michael Sullivan.



NENA Board Chair Mike Ferrin speaking, with LaShawn Ray (left) and Suzanne Stephenson seated behind him.



Part of the crowd attending the 2nd annual Nokomis East State of the Neighborhood meeting on Jan. 17.

Dickinson recommended becoming a member of NEBA and supporting small businesses, especially during reconstruction. "Attend our events—they are fun," he added.

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# From cars to compost – The Green Fair is a smash hit

All photos by JAN WILLMS

The NENA Green Fair took place Sat., Jan 27, at the Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy. Among those who sponsored displays were All Energy Solar, Applied Energy Innovations, CAKE- Plus-Size Resale, City Of Minneapolis-Minneapolis Recycles, Habitat For Humanity ReStore, Mama Terra Gardens, Metro Blooms, Minnehaha Creek Watershed District, Minnesota Food Association, Minnesota Tool Library, Minneapolis Toy Library, Monarch Magic, Nokomis Naturescape, NENA Green Initiatives Committee, The Butterfly Effect Journal, Wild Ones Twin Cities, ZeroWasted, and Zeroish.



On right, Amber Haukedahl of Zero Wasted explained changes that can bring about sustainability to Amanda Sletton, who drove over to the fair from North-east Minneapolis.



Anna Johnson, a board member of NENA, provided information on the two butterfly gardens and the Giving Garden. NENA partnered with St. James Episcopal Church on Minnehaha Parkway, which has expanded its onsite garden and invited the community to join in. Last year, the Giving Garden provided 450 pounds of produce for the Minnehaha Food Shelf. More gardening volunteers are welcome next year.



Photo left: Shannon Twiss, volunteer coordinator for Habitat for Humanity, focused her table at the fair on Habitat's ReStore (2700 Minnehaha Ave.), a home improvement outlet.



A young visitor to the fair examines some of the toys on display from the Minneapolis Toy Library (8 W. 60th St.). Molly Stern, director of the organization, says toys for children 0-5 are available for rent.



Sarah Pilato, education facilitator for the Urban Agriculture Lab, a part of Spark-y, offered a game showing what can be put in compost that will be eaten by compost worms. Youth Action Labs (4432 Chicago Ave.) is a nonprofit organization empowering Twin Cities youth.



Fairgoer Aryca Myers from the Bryant neighborhood, on the right, learns more about Longfellow-based Mama Terra Gardens from Kayla Nortrup. The landscaping services help with sustainability, design, maintenance and installation of flower beds.



Members of the MN Plug-in Vehicle Owners Circle had their electric-powered vehicles on display at the NENA Green Fair held at the end of January. From left, Wendell Bell, Kati Simonett, Marcus Baker (in back), Michael Weber, Steve Hong and Kevin McCormick.



# Minnehaha Academy Summer Programs offer about every class under the sun

By MARGIE O'LOUGHLIN  
(Photos provided)

Minnehaha Academy will be offering a huge range of fun and enriching activities at their Lower and Middle School Campus again this summer. Their catalog boasts over 100 different sessions over nine weeks, so there really will be something for every child's skill and curiosity.

Holly Abramson, Summer Programs director, said, "Our summer programs support families who already send their kids here, and they also serve as a neighborhood outreach program. About half of our summer participants are registered students at Minnehaha Academy. The rest come from all over the Metro area, as well as the immediate neighborhood. Our summer programs are designed to be academically enriching in nature. As you can tell from the schedule, they're also things that kids really enjoy doing."

Camp Minnehaha, the day camp program, is the heart and soul of Minnehaha Academy's Summer Programs. There are half day and full options for this program. Students are grouped by age (pre-K through 8) and can participate in art, music, science, as well as swimming lessons at the Midtown YWCA. The cost of the Red Cross certified swimming lessons is included in the tuition for those who choose the afternoon option, as are Friday field trips.

Abramson said, "Our mission is to integrate Christian faith in learning for our Summer Programs, but people from all backgrounds are welcome. We have a very flexible approach to scheduling, which we see as a big plus. Students can do a lot of different things here, all in the same safe environment. We're also quite affordable compared to other private schools that are offering summer camp options, and most of our summer programs are taught by licensed teachers. Our Chess Coach, Igor Rybakov, has the distinction of being named the best chess coach in Minnesota. Our Upper School Vice-principal Mike DiNardo will be returning as the Lego Robotics instructor. We have a great retention rate with students coming back year after year because the quality of our teaching staff is so high."

Lower School Enrichment Camps will bring all kinds of skill-building classes to students entering grades K-5. There will be Woodworking and Lego Robotics, offered for boys and girls, or for girls separately. Survival Skills: Pioneer Life, where children will experience the life of the pioneers through games and activities inspired by Laura Ingalls Wilder's Little House on the Prairie books. Jewelry Making, Beginning Painting, Water Color, Drawing, Hands-On Art, and Nature and Art classes will make art enrichment an option throughout all nine weeks of the Summer Programs. Chess Camp, Movie Making (offered as a two-week option), Adventures with Star Wars (using Legos and other interactive learning tools), Combat Robots, Video Game Creation, and other computer-based design skills will beckon. There will also be an array of opportunities to learn new music skills or to im-



There coed woodworking (grades 1-2, or grades 3-6) as well as a woodworking class designed just for girls (grades 1-8).



Beginning Guitar is available to Middle School and Upper School students (entering grades 7-12).

prove on old ones.

Middle School Enrichment Camps will offer some of the same classes listed above, but several also for grades 6-8. Stand-outs will include Wood Carving, Geocaching, Mixed Media, Minecraft, Design and Build Superstructures, and much more.

Both Lower School and Middle School offer athletic camps in disciplines across the board including tennis, track, and field, soccer, volleyball, basketball, fencing, fishing, football and destination biking classes. Lower School campers will bike to libraries and museums; Middle School campers will bike to local parks to play Frisbee golf or soccer, or to attend organized games.

Upper School Enrichment Camps will offer ACT Math Prep, Advanced Band, Bridge to AP Calculus, Driver's Education, Ad-

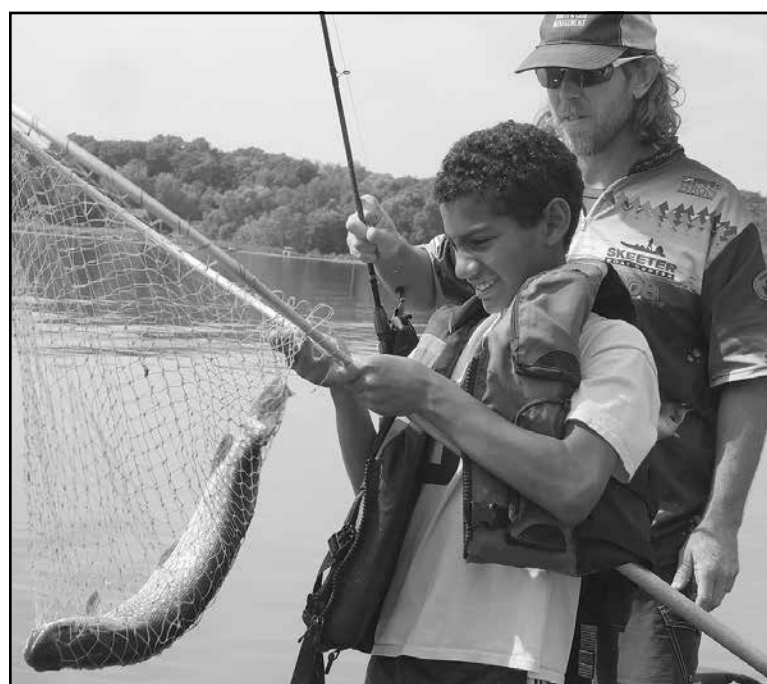
vanced Band, and Beginning Guitar. Students entering 9th grade may also participate in Video Game Design, Video Game Creation, Minecraft, Basketball, and Volleyball.

You can find their entire catalog of summer classes online or register for any of the Summer Programs classes by going to [www.minnehahaacademy.net/schools/summerprograms](http://www.minnehahaacademy.net/schools/summerprograms).

Call Holly Abramson at 612-728-7745 with questions, or to inquire about summer employment. Summer Programs is looking for dependable staff (age 16 or older by June 11, 2018) with strong leadership skills and a passion for working with children and youth.

Minnehaha Academy is located at 4200 W. River Pkwy.

Continued on page 7



Fishing is available at Minnehaha for kids entering 5 through 8.



## Some new additions to Minnehaha Academy Summer Program Offerings

Here are just a smattering of the dozens of unique options for summer from Minnehaha Academy.

### Hands On Art

Entering Grades 1-2

This class is for the student who enjoys working with their hands! Students in this class will engage building very "hands on" art projects. Students will work with clay, mixed media, and more!

### Craft, Cook & Eat Around The World

Entering Grades 2-5

This camp is for students interested in learning about other countries. Each day students will play native games, learn customs, make crafts and prepare food from a different country. Sign up and let your imagination travel the globe!

### Superstructures

Entering Grades 2-6

Can you design the next Taj Mahal? Come create and build the future using Lego bricks in Snapology's new and exciting architecture class. It's never too early to foster your child's engineering and building skills in this super cool program.

### Video Game Designs

Entering Grades 4-9

Create your own video game in the awesome Snapology program. We will teach you how to design your very own online game that can be shared and played at home with family and friends. Skills include: computer skill building, program navigation, special planning, game mechanics, story narrative development, game progression, character choice, conflict development, and solution planning.



At Minnehaha Academy soccer sessions are available for grades 1-2, grades 3-5, and grade 6-8.

**Come & Worship With Us For  
Holy Week & Easter**

**Palm Sunday—March 25**  
9:45 am Worship with Procession of Palms and Communion

**Maundy Thursday—March 29**  
7 pm "Upper Room" Worship with Communion

**Good Friday—March 30**  
7 pm Readings and Reflections

**Easter Sunday—April 1**  
8 am Easter Breakfast  
9:45 am Resurrection Worship Service with Communion

**Minnehaha  
Lutheran Church**

4101 37th Ave S, Minneapolis (612) 722-9527

Minnehaha Communion Lutheran Church

**Communion**

### Fencing

Entering Grades 2-7

Students will learn the basics of fencing through the Minnesota



Sword Club in Minneapolis. Instructors will cover the history of the sport, will teach basic concepts of blade and footwork, and will engage both concentration and awareness. Athletic shoes, a t-shirt, long sweatpants and inexpensive

work gloves are required. No short pants or jeans please. All fencing equipment will be provided. Invite your friends!

*Pictures courtesy of Minnehaha Academy*



Photo upper left: try a week of tennis, grades 1-4 or 5-8. Photo above: There are numerous computer and technology classes available over the summer.

# A GREENER, GENTLER ALTERNATIVE

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Green Cremation is a gentle, water-based, eco-friendly alternative to flame-based cremation. Just like with traditional cremation, the body is reduced to ashes, which are then returned to the family. However, no flames are used during the Green Cremation process, making it the more natural choice.

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# Make their summer unforgettable

## Check out Free Forest School, Articulture, Little Folk Summer

By TESHA M. CHRISTENSEN

Give your kids childhood experiences they'll never forget. This summer, take part in a free Forest School, unplug, step back and let their imaginations take the lead. Participate in an outdoor adventure camp and spark a love for biking, climbing, and canoeing that will give them skills to battle stress as they age. Let them soar through the air while learning circus arts, or focus on their artistic side. Give them cardboard to build with, balls to kick around, and Legos to construct robots with. Let them pretend to live 100 years ago. Go for the gold in Animal Olympics at the zoo.

That's just the start of the youth camp options available in the Twin Cities area. Browse below for more information on some of the camps offered locally.

### IN THE NEIGHBORHOOD

#### ADVENTURES IN CARDBOARD

Be initiated into an ancient and esteemed House of The Realm, jump into live-action adventure gaming, build your own arms and armor, and more during these five-day, full-day sessions for ages 6-17. Buses available from Powderhorn Park and some camps held at Minnehaha Park. Cost: \$369

<http://julianmcfaul.com>  
612-532-6764

#### ARTICULTURE

A variety of art disciplines and mediums with themes like mirror images, urban forest, theater, art car, or paper and book arts offered for ages 4-18. Five-day, half- and full-day sessions available. Cost: \$155-285

612-729-5151  
<http://www.articulture.org>

#### CIRCUS JUVENTAS

Explore international circus arts at Circus Juventas. Five-day, full-day sessions offered for ages



Ages 4-8 can participate in a nourishing, creative and relaxing "backyard" summer experience with Little Folk Summer Camp. (Photo provided)

6-15. Or make your own camp with Circus Sampler Days. Cost: \$85-405

651-699-8229  
<http://www.circusjuventas.org>

#### FOREST SCHOOL

Free Forest School of the Twin Cities is a free group, open to young children and their parents or caregivers. This is a welcoming and non-judgmental group where parents and caregivers can practice giving children space and autonomy to explore and create in nature. Free Forest School meets every day of the week throughout the year at wilderness areas around the metro. Share a snack, take a hike, play in the woods, and have circle time. Parents get a chance to unplug and step back... Kids and their imaginations take the lead.

Cost: Free  
[www.freeforestschool.org/free-forest-school-twin-cities-minnesota/](http://www.freeforestschool.org/free-forest-school-twin-cities-minnesota/)

#### FORT SNELLING

Experience the life of Laura Ingalls

Wilder or the engineers and grenadiers who called Fort Snelling home. Experience outdoor skills and life in the early 1800s. Camps range from one to four days.

\$75-\$275  
612-341-7555  
<http://www.mnhs.org/summer-camps>

#### LITTLE FOLK SUMMER CAMP

Ages 4-8 can participate in a nourishing, creative and relaxing "backyard" summer experience. The morning starts with free play/maker time with loose parts, a mud and wood chip kitchen, supervised use of basic tools, costumes and art projects. Take picnic lunches to nearby Brackett Park or trails along the Missis-

sippi, where there is after-lunch reading time on blankets and in hammocks. Afternoons are spent at Brackett Park, playing ball, climbing trees, or playing at the playground or wading pool. Four weekly sessions offered.

Cost: \$180/week  
<https://spark.adobe.com/page/ffMuf5AOypFq3>

#### MINNEHAHA ACADEMY

A variety of athletic, academic and enrichment programs are offered, including woodcarving, viola and cello, combat robots, puddlestompers, fencing, movie making, sewing, painting, rocket science, drumming, and more. Half- and full-day, one- to three-week weekday sessions. Camp Minnehaha, a full day camp for pre-k to grade 8, includes daily devotions, games, indoor and outdoor activities, daily swimming lessons and a weekly off-campus activity.

Cost: \$40-500  
612-728-7745, ext. 1  
<http://www.minnehahaacademy.net>

#### SOUTHEAST MINNEAPOLIS SOCCER

Southeast Soccer fields a variety of girls and boys teams for ages U9-U18 at beginner, intermediate and advanced competitive levels. Consider the Lil' Dribblers soccer program for ages 4-8, or summer traveling teams.

<http://www.sesoccer.org>  
612-396-9511

#### YMCA

Explore the variety of Y Summer

Programs at over 60 metro-area locations. Programs include flexible three-, four-, and five-day options. There's something fun for everyone from preschool through grade nine.

Cost: \$80-350  
[http://www.ymcatwincities.org/child\\_care\\_preschool/summer\\_programs](http://www.ymcatwincities.org/child_care_preschool/summer_programs)

### IN THE TWIN CITIES

#### ANIMAL HUMANE SOCIETY

Unleashed summer campers entering grades 3-10 spend a full week immersed in animal learning and fun. NEW this year: Campers will spend their time exclusively in the shelters.

Cost: \$120-300  
<http://www.animalhumanesociety.org/camps>  
763-489-2220

#### ALEXANDER RAMSEY HOUSE

Solve mysteries of the past in this three-day History Detective Camp for ages 10-13. Or, young ladies ages 9-12 can step back in time to a unique Finishing School for Young Ladies day camp.

Cost: \$220  
612-341-7555  
<http://www.mnhs.org/summer-camps>

#### BLACKHAWKS OF ST. PAUL

Blackhawks offer several exciting half- and full-day soccer camps for players ages 5-18 that encompass a wide variety of activities and skills. Specialty camps focus on specific skills such as ball con-

*Continued on page 9*

## Make Your Summer

Full and half day engineering, art & technology workshops for ages 6-17

Leonardo's BASEMENT

## HALF-DAY & FULL-DAY CAMP OPTIONS

### JUMP INTO SUMMER FUN AT MINNEHAHA ACADEMY!

Unique day camp experiences in a caring & safe environment.

MINNEHAHA ACADEMY

Register Now! 612-728-7745  
[www.MinnehahaAcademy.net/Schools/SummerPrograms/](http://www.MinnehahaAcademy.net/Schools/SummerPrograms/)



# table with camp experiences

## Camp, Minnehaha Academy, Up North Expeditions and more

### Summer Camps

Continued from page 8

trol, shooting, and goalkeeping.  
Cost: \$85-195  
651-894-3527  
<http://blackhawksoccer.org>

#### CAMP COMO

Spend some time "Monkeying Around" with your primate pals, go for the gold in "Animal Olympics," take an "African Adventure" without leaving Como, or try on the hat of a zookeeper or gardener in "Behind-the-Scenes!". Como's camps focus on developing children's appreciation for the natural world through play and exploration, behind-the-scenes experiences, interactions with zookeepers and gardeners, and up-close encounters with plant and animal ambassadors. Five-day, half-day or full-day sessions for preschool to grade eight. Extended care is available.  
Cost: \$135-155  
651-487-8272  
<http://www.tinyurl.com/p3u4lqv>

#### CAMP SUNRISE

Camp and canoe while learning leadership and teamwork skills in a seven-day resident camp for youths age 13-18 who live within the city limits of Minneapolis or St. Paul. Held on the St. Croix River in Rush City and organized by YouthCARE.  
Cost: free  
612-338-1233  
<http://www.youthcaremn.org>



A happy group of guys in the summer program at Friends School of Minnesota. (Photo provided).

#### CONCORDIA LANGUAGE VILLAGES

Experience cultural and language immersion; 15 languages to choose from. Resident camp for ages 6-18 and family camps.  
Cost: \$960-\$4,510  
800-222-4750  
<http://www.concordialanguagevillages.org>

#### CREATE SOMETHING GREAT AT FRIENDS SCHOOL

Want to make a film just like the professionals do? Feel like biking 10 (or 20!) miles a day? Have a secret stash of poems you want to share? Feel a need to express yourself through paint and paper-folding? Maybe you'd rather argue for the defense in a real courtroom? Friends School will be the place to do that—and more—from June to August for ages 4-14. Week-days, half- and full-day. Extended daycare in the mornings and afternoons and need-based financial

aid available.  
Cost: \$105 to \$295  
651-621-8941  
<http://www.fsmn.org>

#### DODGE NATURE CENTER

Explore prairies, wetlands and woodland trails during full- and half-day, four-day camps offered for students entering 1-8 grades. Shorter sessions are available for ages 3-6.  
Cost: \$55-325  
651-455-4531  
[www.dodgenaturecenter.org](http://www.dodgenaturecenter.org)

#### ENGINEERING FOR KIDS

Day camps exploring science, technology, and engineering are offered in partnership with local community education programs. Sessions, length, and price are varied per location and type of camp for ages 4-14.  
[engineeringforkids.com](http://engineeringforkids.com)

#### FARM TO TABLE

Make butter, ice cream, and

bread while learning about science, agriculture, and history at the Bruentrup Heritage Farm in Maplewood. Plus, students will play old-time games like town-ball and do arts and crafts. Three four-day sessions offered in July and August.  
Cost: \$150  
651-748-8645  
<http://www.maplewoodhistoricalsociety.org/pdfs/2017-Summer-Camp.pdf>

#### FIDDLE PAL CAMP

Fiddle Pal Camp Minnesota is four days to discover, learn and play for children, adults, and families at three locations.  
Cost: \$395-495  
<http://americanfiddlemethod.com/fiddle-pal-camps/minnesota>

#### FOCCI MN CENTER FOR GLASS

From fusing to casting to glass blowing, ages 9-18 are introduced to the mesmerizing medium of glass through immersive half-day, five-day experiences.  
Cost: \$325-425  
612-623-3624  
<http://tinyurl.com/foci2016>

#### GERMAN LANGUAGE AND CULTURE CAMPS

Speak, hear, sing, and create in German while exploring subjects ranging from history and art to science and music during five-day, half-, full- and extended-day

sessions for grades K-3 at the Germanic American Institute.  
Cost: \$130-150  
651-222-2979  
<http://gai-mn.org>

#### GIBBS MUSEUM OF PIONEER AND DAKOTA LIFE CAMPS

Travel back in time and learn about life in the 1800s. Explore seasonal Dakota activities including the maple sugar camp, wild rice village, life in the tipi, hunting games, methods of travel, language, and song. Or enroll in Gibbs Girl or Digging history sessions. Three-day, half-day camps. One-day Pioneer PeeWees camps offered for ages 4-5.  
Cost: \$19-99  
651-646-8629  
<http://www.rchs.com>

#### HAMLIN YOUNG WRITERS

High school students ages 15-18 can explore the craft, prepare for college, and connect with other young writers in the Twin Cities, while working closely with Hamline Creative Writing faculty and published authors.  
Cost: \$400  
651-523-2476  
<http://www.hamline.edu/gls/youngwriters>

#### HEARTFELT

Summer camps allow time for more in-depth projects, such as Wild & Woolly, Fairies, Gnomes, Knights, Critters, and Classic Crafts, for kindergarten and up.  
Cost: \$120-\$165  
<http://heartfeltonline.com/summer-camps>

#### IRISH DANCE

Professional Irish Dance training by director Cormac O'Se, an original member of Riverdance.  
612-722-7000  
[www.oshairishdance.com](http://www.oshairishdance.com)

#### JUGHEADS JUGGLING CAMP

Half-day, five-day sessions and single day sessions for beginners through experts ages 8-18 enhance hand-eye coordination,

Continued on page 10



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# HE IS RISEN

CELEBRATE THE SAVIOR

**Palm Sunday March 25**  
Worship 10:30 a.m.

**Holy Thursday March 29**  
Worship & Communion 7:00 p.m.

**Good Friday March 30**  
Worship 7:00 p.m.

**Easter Sunday April 1**  
Worship 7:00 a.m. & 10:00 a.m.  
Free Breakfast 8:00 - 9:00 a.m.

**TRINITY OF MINNEHAHA FALLS**  
5212 41 Ave. So. Minneapolis 612.724.3691  
[www.trinityfalls.org](http://www.trinityfalls.org)





## Summer Camps

Continued from page 9

boost concentration and build self-confidence.

Cost: \$30-110

612-229-3348

<http://jugheads.com>

### KID YOGA

Yoga infused throughout the day via story, dance, and games for campers age 5-12. Located on the Greenway = daily field adventures.

Cost: \$75-355

612-202-5164

[kidyogamn.com](http://kidyogamn.com)

### INNER CITY TENNIS

Enjoy Summer Tennis in Minneapolis parks for ages 6-17.

Cost: \$85-405

612-825-6844

<http://www.innercitytennis.org>

### LEONARDO'S BASEMENT

Girls and boys ages 6 to 17 can design and build their creative ideas, mixing art, science, and technology during partial-day, weekday camps. There are more than 120 classes available over ten weeks of full and half-day Monday-Friday workshops begin June 11, including:

Engineering, art, design, craft and technology workshops available all summer; Friday-only workshops and Extended Day in mornings and afternoons; Theme weeks: Toys & Games + Sci-Fi & Fantasy, including a Giant Mouse Trap Maze and Enormous Viking Ship!; Marvelous teen workshops: metal-working, art, CAD, puzzle room build, video game design, stilt-ing, woodworking and community design project!

Cost: \$185-370, scholarships available

612-824-4394

[www.leonardosbasement.org](http://www.leonardosbasement.org)

### LOFT LITERARY CENTER

There's something for everyone—from the youngster just learning to put pen to paper to the seasoned high school senior with a novel already under her belt. Sessions run in week-long blocks July and August, full and half-day options available for ages 6-17.

Cost: \$262-525

612-215-2575

[https://www.loft.org/classes/about\\_youth\\_classes\\_6-17](https://www.loft.org/classes/about_youth_classes_6-17)

### LOPPET ADVENTURE CAMPS

Roller ski, mountain bike, canoe



*Adventures in Cardboard offers camps at a variety of location, including Minnehaha Park.*

and more during adventure camps for ages 9-13 at Theodore Wirth Park in Minneapolis. Equipment provided during the full-day, five-day sessions.

Cost: \$200

612-604-5330

<http://loppet.org>

### MINNESOTA WALDORF SCHOOL

Join the Minnesota Waldorf School for good, old-fashioned summer fun June 12 to Aug. 18. Outdoor games, natural crafts, water play, gardening, fairy camp, and much more, all on their beautiful 8-acre campus. 70 East County Road B, St. Paul. For children ages 3.5 to (rising) 6th grade.

Cost: \$150- \$275

651-487-6700 x202

[mnwaldorf.org/summercamp](http://mnwaldorf.org/summercamp)

### MILL CITY MUSEUM

Play music, get creative, bake bread and construct books while exploring the rich culture along the Minneapolis riverfront district. Campers aged 9-11 will explore a new experience each day at four arts centers.

Cost: \$225-\$250

612-341-7555

[www.mnhs.org/summercamps](http://www.mnhs.org/summercamps)

### NORTHERN CLAY CENTER

Work with sculpture, tiles, or wheel-thrown pottery in half or full-day sessions for ages 6 and up.

Cost: \$165-315

612-339-8007

[www.northernclaycenter.org](http://www.northernclaycenter.org)

### RAPTOR CENTER

Summer sessions for ages 6-15 are run by the University of Minnesota's Rec & Wellness Camps, from June 11 to Aug. 10.

Cost: \$299

[www.raptor.umn.edu](http://www.raptor.umn.edu)

### SNAPOLOGY

Snapology camps provide a perfect mixture of STEAM learning and fun. With camps happening at the new Discovery Center in Uptown every week of the summer, as well as at various schools and educational partners around the Twin Cities, Snapology has got you covered for kids as young as 3 and as old as 14—Robotics, Coding, Science, Technology, Drones, Pre-K, Engineering, Architecture and more.

Cost: \$150

<https://www.snapology.com/locations/minneapolis>

### SPIRIT TAE KWON DO

Fun, exciting camps that combine physical fitness and education are offered throughout the summer for school-age kids. Register early for discounts.

651-428-6172

[www.istkd.com](http://www.istkd.com)

### ST. PAUL ACADEMY

Make your own games and design circuits. Paint with pizzazz. Search out connections between visual art and creative writing, and explore the life of a story in journalism. Debate, play chess, learn about mathematical modeling and forecasting, make movies or delve into creative science options. Options at SPA cover a wide range of academic, arts, and enrichment activities for grades 2-12.

Cost: \$195-385

651-698-2451

<http://www.spa.edu>

### ST. PAUL BALLET

Summer is a great time to try dance. Programs include workshops and camps for ages 3 and up, weekly drop-in classes for teens and adults, and a new "mommy and me" baby class.

Cost: \$8.50-\$20/hr

651-690-1588

[www.spballet.org](http://www.spballet.org)

### ST. PAUL URBAN TENNIS

Located at 30+ sites, with several locations in the Midway-Como neighborhoods, St. Paul Urban Tennis offers a summer program for all age groups and skill levels. Tennis lessons combine high-quality instruction with life skills learning. Sampler Camps offer a condensed, 4-day version of the lesson program. Scholarships are available.

612-222-2879

<http://stpaulurbantennis.org/2011-summer-program.php>

### STEPPING STONE THEATER

Learn about devised theater, music, and other performance art forms during these one- to two-week, half- and full-day sessions for preK to grade 12. Two theater classes offered in collaboration with the Science Museum and Minnesota Zoo.

Cost: \$75-425

<http://steppingstonetheatre.org>

### TEXTILE CENTER CAMPS

Sew, knit, felt, dye and more. Take home completed fiber items from three- and five-day, half-, full- and extended-day sessions for ages 6-16.

Cost: \$87-370

612-436-0464

<http://textilecentermn.org>

### TRAPEZE CENTER CIRCUS CAMP

Students ages 8-17 enrolled in the weeklong, half-day camps will experience a variety of circus disciplines (including Trampoline, Static Trapeze, Acrobatics, Circus Bike, and of course Flying Trapeze).

Cost: \$275

651-262-9477

[twincitiestrapeze.com](http://twincitiestrapeze.com)

### WEST BANK SCHOOL OF MUSIC

There's something for everyone at WBSM this summer! Camps: Rock, Pop, Funk, Brass, and Girls Rock—Ensembles: Jazz, Gypsy Jazz, Fiddle, String Quartet, and Irish—Guitar Classes: Blues, Celtic, and Finger-style, and more.

612-333-6651

[wbsm.org](http://wbsm.org)

### WHITE BEAR CENTER FOR THE ARTS

Painting, drawing, clay, theatre, writing, glass and much more for ages 6-14.

Cost: \$23-\$97

651-407-0597

<http://www.WhiteBearArts.org>

*EDITOR'S NOTE: This is not a comprehensive list of every camp in the Twin Cities. If you would like to be included in next year's guide, please send us detailed information on the camp.*

**Late Night Eats**

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**Catch a Lenten Friday Fish Dinner!**

☐ Feb. 16    ☐ Feb. 23    ☐ March 2  
☐ March 9    ☐ March 16    ☐ March 23

**4:30 to 7:30 pm — 2 speedy serving lines**

Responsibly sourced baked and fried tilapia, potatoes, meatless pasta, cole slaw, rolls, desserts, beverages.

**\$12 adults & Seniors; \$6 age 6-12; age 5 & under FREE**

Cash and checks accepted — no cards, please

**BINGO 5:30 to 7:30 pm!**

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served by shuttle bus. [www.saintalbertthegreat.org](http://www.saintalbertthegreat.org)

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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.

### 46th St. open house planned Feb. 22

There will be a 46th Street Transportation Study: Community Open House at Longfellow Recreation Center, 3435 36th Ave. S. on Thurs., Feb. 22, 6:30pm. LCC is working with Hennepin County Government to host an Open House to share with the community the County's plans for a transportation study that will span 46th St. from Hiawatha Ave. to the Ford Parkway Bridge.

As a major part of the study, the County is coordinating a community-based process to evaluate opportunities to improve safety for all road users on 46th St. The study's purpose is to...

- Address safety concerns for people walking, biking and driving
- Evaluate different design alternatives
- Understand related impacts and opportunities along the corridor
- Identify a preferred configuration that could be implemented in coordination with routine street maintenance and/or a full road reconstruction in the future

Share your experience as a roadway user to help set the community's vision for this important neighborhood route. RSVP and share the event to help spread the word. For more information, visit <https://www.hennepin.us/e46streetstudy>.

### Indoor egg hunt scheduled Mar. 24

Families are invited to a free indoor egg hunt on Sat., Mar. 24, at 10am at Trinity of Minnehaha Falls, 5212 41st Avenue South. The event will include kids' games and activities, food, door prizes and an egg hunt for children. For more details, contact Suzanne at 612-724-3691.

### Hiawatha/Lake meeting set Feb. 27

The Longfellow Community Council (LCC) will host a community meeting on Tues., Feb. 27, 5:30-7:30pm, on the Hiawatha/Lake Street intersection. The meeting will be held at Dowling School Auditorium, 3900 W. River Pkwy. Public officials from the Minneapolis City Council and 3rd Precinct, Hennepin County and the State of Minnesota have all been invited.

The purpose of the meeting is to for public officials to provide the community with updates on planning for the area and for residents to share feedback and comments.

Can't attend the meeting? There will be having more points of engagement on this issue. Check Longfellow Community

Council's website, [www.longfellow.org](http://www.longfellow.org), or Facebook page, [www.facebook.com/LongfellowCommunityCouncil](http://www.facebook.com/LongfellowCommunityCouncil), and this events page for additional meeting details, and all future meeting information as it becomes available.

Get up-to-date on the Hiawatha-Lake Intersection Study at [minneapolismn.gov/cip/hilakes-tudy](http://minneapolismn.gov/cip/hilakes-tudy).

### 27th annual Pasty Sale planned

Join Epworth for their 27th year of making and selling pasties to the community! Warm up with the delicious handheld savory "pocket pies." There are options for vegetarian, no salt, gluten-free (no crust) or no rutabagas variations as well as the traditional ground beef and vegetable pies. Order your \$6 pocket pie by Mar. 14 at [epworthmpls.org/pastysale](http://epworthmpls.org/pastysale) or by calling 651-645-9855—you can pick up your handmade pasties during the afternoon on Sat., Mar. 17.

### Spaghetti Dinner scheduled Mar. 10

St. Helena Catholic School, 3204 E. 43rd St., invites everyone to their Spaghetti Dinner (all you can eat) on Sat., Mar. 10, 5-7pm.

The cost of dinner tickets before Mar. 2 are \$9 for adults, \$7 for children 12 and under and seniors, and \$30 for a family up to 5. After Mar. 2 and at the door adults are \$11, \$9 for children 12 and under and seniors, and \$35 for a family. Call 612-729-9301 for tickets.

### Healing Service set for Wednesdays

Minnehaha Communion, 4101 37th Avenue South, will sponsor a "Healing Service" on Wednesday evenings at 7pm. Each gathering will have readings of hope, inspired music, people who are experiencing hardship and/or dealing with pain who will share the solution(s) they have found. This gathering is for the community, and all spiritual expressions are welcome.

For more info visit their website or phone 612-722-9527.

### Cabin Fever Weds. planned at Epworth

Calling kids aged 0-5 years! Play with others at Cabin Fever every Wednesday between 9:30-11:30am at Epworth United Methodist Church, 3207 37th Ave. S. Large and small motor activities, crafts, books and a healthy snack are provided. Kids must bring a caring adult. Coffee and conversation for adults. This free program ends in mid-March.

### (Literally) paint the town at the new 38th Street Station

Aiming to help transform the blocks around 38th and Hiawatha into the Twin Cities' next great neighborhood hub, the developers of 38th Street Station have issued a call to the community.

"We know that the new places we love most build on community input, and reflect the context and character of the neighborhood. We hope the residents will be excited to lend their ideas and their creativity to create a great place," said Michael Lander of Lander Group Urban Placemaking.

3828, the first phase 38th Street Station's vision, opened Feb. 1 to new residents. It will also host Lander Group's offices, moving over from 38th and Nicollet.

Lander Group is hoping the neighborhood will speak up for what they want



A community designed and painted mural is planned. (Photo provided)

to see in the 2000 square feet of ground floor commercial space yet to be leased. The spaces are now part of the "In Like a Lion" campaign run on Hoodstarter (go to [www.hoodstarter.com](http://www.hoodstarter.com) and search for "38th"), in partnership with the City of Minneapolis. The Hoodstarter website gives people the chance to post ideas and vote on the types of businesses and uses for empty space in their neighborhood.

Feeling creative? The Standish-Ericsson Neighborhood Association (SENA) is working with GoodSpace Murals to coordinate a community designed- and painted mural alongside one of the new buildings at 38th Street Station. They'll host Community Design and Paint days over the course of 2018. Sign up to learn more and get involved. <http://38thstreetstation.com/community>.

### Date set for local open streets

On Sun., July 22, Lake + Minnehaha Open Streets will head east on Lake St. from Elliot Ave. to Minnehaha Ave., where it will turn south and continue down Minnehaha. Businesses and organizations can participate in Open Streets by hosting fun, family-friendly activities on the street. From selling food and art to hosting live music or play areas for children, there are many ways to be a part of the action.

### Annual dinner scheduled Mar. 2

St. Peder's Lutheran Church, East 42nd St., will hold its annual Codfish and Meatball Dinner on Fri., Mar. 2, with seatings at 5pm and 6:30pm. The dinner also includes boiled potatoes with their famous mustard gravy, peas and carrots, Havarti cheese on pumpernickel, cupcakes and beverages.

The cost of the dinner is \$12 for adults; \$5 for children under 12. Email the St. Peder's Church office at [office@stpeders.org](mailto:office@stpeders.org) or call the office at 612-722-8000 for reservations. Please state how many meatball or cod dinners, seating time preference, and phone number if leaving a message.

### Southside Singers in concert Feb. 27

Longfellow/Seward Healthy Seniors and Holy Trinity Lutheran Church are co-sponsoring a concert featuring the Southside Singers on Tues., Feb. 27, 1:30pm, at Holy Trinity Lutheran Church, 2730 E. 31st St. Refreshments will follow the concert. The concert is open to

area seniors, and a suggested donation of \$3 is appreciated. Southside Singers is a chorus of Minneapolis seniors who love to sing. Their repertoire includes music from the 30s and 40s, show tunes, spirituals, patriotic songs, dance numbers and vaudeville-style skits.

### Beer and Bible group meets on Mar. 14

Whether you're new to the Bible, new to beer, or well-versed in both, you're invited to join the Beer and Bible group once a month at Merlin's Rest, 2601 E. Lake St. The next event is Wed., Mar. 14, 6:30-8:30pm. All walks of life and faith welcome. Come and enjoy great discussion and fellowship—beer is optional.

### 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.

### Blind Ministry meets

The Blind Outreach fellowship will meet on Sat., Mar. 10, at Faith Ev. Lutheran Church, 3430 E. 51st St., from 12-2pm. Lunch is served at noon followed by a Bible study and fellowship.

### Food Addicts Anonymous meets

Food Addicts Anonymous meets every Friday, 8pm, at Living Table United Church of Christ, 3805 E. 40th St. Everybody is

welcome.

### Join the Brunch Bunch with Epworth

Join the Epworth Brunch Bunch to try one of the many great eating establishments in your neighborhood. Bring a friend and get ready for some fun conversation while trying some yummy food. The next event is planned Sun., Mar 11 at noon, at the Sonora Grill, 3300 E. Lake St.

### Annual Rummage Sale planned Apr. 7

Minnehaha Communion Lutheran Church, 4101 37th Ave. S., will hold their Annual Rummage Sale on Sat., Apr. 7, 9am-1pm with bag time starting at noon. Lunch is served with the best sloppy joe's and homemade bars available for purchase. Stop by and check out what they offer.

### 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. All are welcome to attend.

### St. Helena School sets spring party

St. Helena Catholic School, 3204 E. 43rd St., is planning their Spring Extravaganza for Sat., Apr. 28, 6-10pm. Mark your calendars now to join in on this evening of food, silent and live auctions, and camaraderie.

Continued on page 12



## In Our Community

Continued from page 11

### Faith Book Club meets Mar. 3

The Faith Ev. Lutheran Book Club meets the first Saturday of every month from 10-11am at the church, 3430 E. 51st St. The book for Mar. 3 is "My Name Is Asher Lev" by Chaim Potok. You are welcomed to join the discussion, coffee and fellowship.

### Healing Waters meets Wednesdays

The Healing Waters Qigong Practice Group meets every Wednesday year round, from 3:30-4:30pm, at the Lake Hiawatha Recreation Center, 2701 E. 44th St. Healing by the water, through the water, and for the water, learn simple Spring Forest Qigong healing movements, and guided meditations for health. Every week they practice sending their healing to the world and blessing Lake Hiawatha. There is a suggested donation of \$5 per meeting.

### Mason Jar crafts scheduled Mar. 4

Recycle your mason jars by joining us at Faith Evangelical Church, 3430 E. 51st St., on Sun., Mar. 4, 1-3pm. Make a miniature lamp, a bright candy jar and a shabby chic tissue container. Suggested donation is \$10. Call 612-729-5463 or email office@faithlutheranmpls.org to register.

### 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.

### March events at LS Healthy Seniors

Longfellow/Seward Healthy Seniors' monthly Senior Social/Health Talk will be held on Tues., Mar. 20, 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. The presentation is on "Building a Strong Immune System." Learn the important role that vitamins and minerals play in your daily diet. Discover which fruits and vegetables contain great immune power. Learn healthy habits that strengthen your resistance to germs, bacteria and other irritants. Presented by Gail Johnson, Health and Wellness Manager.

The Senior Art Class Series, "Origami – the Japanese Art of Paper Folding," will have its second class on Wed., Mar. 7. The class will be on birds, butterflies and animals and will be held from 1:30-3:15pm at Trinity Apartments, 2800 E. 31st St. (Participants don't need to be residents to attend.) The Apr. 4 class will be on flowers, stars and mini boxes. Registration is required by calling 612-729-5799. Classes cost \$4 each and include all materials.

A monthly Diabetes Support Group for adults will be held on Wed., Mar. 14 from 6:30-8pm at Hiawatha School Park Recreation Center, 4305 E. 42nd St.

Tai Chi Easy exercise classes are held on Mondays from 10:30-11:30am at Holy Trinity Lutheran Church and cost \$5/class (discounts available for lower-income seniors).

Additionally, we're always looking for additional "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 for more information on activities, services or volunteer opportunities.

### Christ Church receives major grant

The Minnesota Historical Society has awarded Friends of Christ Church Lutheran \$82,612 toward their Sanctuary Roof Restoration project. The funds will allow the church to hire qualified professionals to replace the roof on the Christ Church Lutheran sanctuary (3244 34th Ave. S.), a National Historic Landmark. Christ Church is one of the newest recipients of 46 historical and cultural heritage large grants (\$10,001 and up) in 27 counties, totaling \$3,297,352 for FY2018. The grants, awarded once each fiscal year, are made possible by the Arts and Cultural Heritage Fund of the Clean Water, Land and Legacy Amendment.

### CORRECTION

In last months *Messenger*, we incorrectly named a local business. It should have been Caliber Works Watch Repair, located at 815 E. 56th St. Their businesses hours were also listed incorrectly. They are open 10am-6pm on Tuesday through Friday and from 10am-2pm on Saturday. They are closed on Sunday and Monday. We apologize for the errors.

### Area CACs forming for master plans

The Minneapolis Park and Recreation Board (MPRB) will launch three new park master planning projects:

—Minnehaha Parkway Regional Trail Master Plan: Parkland along both sides Minnehaha Creek between Minnehaha Regional Park and the western city limit.

—Mississippi Gorge Regional Park Master Plan: Parkland flanking both the east and west banks of the Mississippi River between Bridge No. 9 and north edge of Minnehaha Regional Park.

—Southwest Service Area Master Plan: All Minneapolis neighborhood parks south of I-394 and west of I-35W, including small triangle park properties. Does not include regional parks such as Minneapolis Chain of Lakes Regional Park (including Brownie, Cedar, Isles, Bde Maka Ska, and Harriet) nor regional trails (Kenilworth, Cedar Lake, and Minnehaha) because regional parks and trails are required by the Metropolitan Council to have separate master plans.

These three separate master plan projects will set visions

and priorities for future park and trail improvements. The planning for each of these projects will be guided by separate Community Advisory Committees (CACs), which are appointed by various neighborhood organizations and elected officials. Apply by Mar. 7 to advise on any or all of the projects as part of their CAC.

An application for any and all of these committees can be found at [www.minneapolisarks.org/\\_asset/848hir/Triple-CAC-Application.pdf](http://www.minneapolisarks.org/_asset/848hir/Triple-CAC-Application.pdf).

### Facade improvement grants available

Looking to improve your storefront? Redesign and Lake Street Council administer Facade Improvement Matching Grants funded by the City of Minneapolis' Great Streets program. Grants are available for up to \$5,000 for improvements such as exterior painting, murals, awnings, new windows, signage and more. See if you are eligible and download an application at [www.redesigninc.org](http://www.redesigninc.org) or <http://lakestreetcouncil.org/programs/facade-improvement-grants>.

### Bow Wow Film Fest scheduled Mar. 3

A spot-on dog spoof of "The Bachelor." A brief documentary of the popular Instagram photographer 'The Dogist' in New York City. Moving, serious and side-splitting films that ask, 'Can an encyclopedic knowledge of dogs help an 11-year-old boy with Asperger's connect with people?'—and will Elvis-The Lonely Hunter of Circle Beach succeed

in his hilarious quest to triumph over the only other living species thing in a post-human world, the bagel?

These and 19 total engaging films—including one token film about cats for cat lovers ("Avalanche Cats of Copper Mountain")—are just some of the delights in store at the 3rd Annual Bow Wow Film Festival at the Parkway Theater, 4814 Chicago Ave., Mar. 3 at 7pm for one night only!

Proceeds from the festival will be shared with local animal welfare groups, Wags and Whiskers and Twin Cities Pet Rescue. To date, the Bow Wow Film Festival has done over 40 shows in three years across the country, touring and raising more than \$125,000 with its hosting partners. Those dollars all go right back to the animal welfare organizations including rescues, service dog organizations and pet food pantries.

### City tree lottery open until Mar. 9

Thanks to overwhelming popularity, the City's low-cost trees program operates by lottery. Minneapolis property owners can enter the lottery any time now through Mar. 9. Lottery entrants will hear back by Mar. 14. About 850 property owners will be able to order a five- to eight-foot tree to plant in their yards. Large species shade trees are \$30 each. Fruit trees and smaller species are \$40 each.

The sixteen varieties available this year include large species, flowering trees and several kinds of fruit trees. Any Minneapolis property owner can register in the lottery to order a tree to plant on private Minneapolis property this spring.

Comparable trees cost about \$125 at a nursery.

- Property owners can register for the lottery any time now through Mar. 9. The last people to register will have the same chances as the first.

- Low-cost trees are available for Minneapolis residents, businesses and nonprofits.

- Limit one tree per property owner.
- Trees must be picked up May 19, 20 or 21 at the City of Minneapolis Impound Lot. Volunteers will be on hand to help load each new tree and a complimentary bag of mulch into vehicles.

- Enter the lottery at [treetrust.org/minneapolis-tree-sale-lottery](http://treetrust.org/minneapolis-tree-sale-lottery).

### Ham Bingo planned at St. Helena Mar. 3

St. Helena Catholic School, 3204 E. 43rd St., will sponsor Ham Bingo on Sat., Mar. 3, 4:45-8:15pm. Concessions will be available. Enjoy an evening of food, fellowship, bingo, and fun while helping St. Helena Catholic School. Doors open at 4:45pm, with alternating Ham Bingo and Cash Bingo between 5:30-6:45 and 7-8pm. Coveralls are scheduled at 6:45pm and 8pm.

### Submit your news

If you are an organization located within the *Longfellow Nokomis Messenger* delivery area, you can submit your event, special program, or noteworthy news to us for consideration. Submit your item by email to [editorial@deruyternelson.com](mailto:editorial@deruyternelson.com).

The deadline for the next issue is Mon., Mar. 19 for the Mar. 29 issue.

## Neighborhood Churches Welcome You!

**Bethlehem Covenant Church**  
3141 43rd Ave. S. • 612-721-5768  
[www.bethlehemcov.org](http://www.bethlehemcov.org)

Pastor Matt Kennedy  
Contemporary Worship - 8:45 am  
Sunday School for all ages - 10:00 am  
Traditional Worship - 11:00 am  
Espanol - 1:30pm  
March 29 - Maundy Thursday  
Dinner at 5:45pm & Communion at 6:30pm  
March 30 - Good Friday Tenebrae service at 7:00pm  
April 1 - Easter services at 8:45am & 11:00am  
(Handicapped Accessible)

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

Pastor Steven Reiser  
Sunday Worship: 10:30 am  
(Childcare Provided)  
(Wheelchair Accessible)  
Upcoming:  
February 21 - March 18 - Lenten Study, Wednesdays 6 p.m. or Sundays 12 p.m.  
March 17 - Pasty Sale (Order Deadline: Mar 14)  
March 29 - Maundy Thursday Service, 7 p.m.  
April 1 - Easter Service, 10:30 a.m.

#### PROJECTS OF THE NEIGHBORHOOD CHURCHES:

**Minnehaha Food Shelf,**  
Serving People Tuesday,  
10:30 am - 3 pm  
**Call us at 612-721-6231**  
**Minnehaha United Methodist**  
3701 E. 50th St.

**Living Table United Church of Christ**

*Where there is a place set for you!*  
**3805 40th St. E. • 612-729-7556**  
[www.livingtable.org](http://www.livingtable.org)  
Sunday Worship 10:30 am  
Adult Education 9:30 am Sunday and 6:30 pm Wednesday  
Pastor: Rev. Dr. Rachael Keefe  
Minister of Music: Kevin Werner Hohlstein  
Choir rehearses at 7:30 pm Wednesday  
— Join us!  
Food Drive for Minnehaha Food Shelf: Mar. 11  
Holy Week Services: 3/25: 10:30AM, 3/28: 7PM 3/29: 7PM,  
3/29 Prayer Walk at Global Market 1PM  
3/29: 7PM, 4/1: Easter 10:30AM  
*Open and Affirming*

**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527  
[www.minnehahacommunion.com](http://www.minnehahacommunion.com)

*Pastors Dan and Sally Ankerfelt*  
Sunday Worship - 9:45 am  
Sunday School - 9:45 am  
(Wheelchair Accessible)

**Spirit Garage**  
**The Hook & Ladder Theater & Lounge**  
3010 Minnehaha Ave. • 612-827-1074  
[www.spiritgarage.org](http://www.spiritgarage.org)

*Pastor: Holly Johnson*  
Music: John Kerns and bands  
Worship: Sundays at 10:30  
3rd Thursday Theology on Tap:  
Sisters' Sludge Wine and Coffee bar  
March 15, 7-8:30 PM  
3746 23rd Ave S

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

[www.saintalbertthegreat.org](http://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](http://www.stpeders.org)  
*Julie A. Ebbesen, Pastor*  
Sundays: 9 am Worship & Kids Faith Formation  
10 am Coffee & Fellowship  
Wednesdays during Lent - Soup Suppers at 5:30 pm, Evening Prayer at 7 pm  
Annual Codfish Dinner - Friday, March 2, 5 & 6:30 pm Seatings, Please RSVP  
Join us for Holy Week:  
Palm Sunday, March 25, 9 a.m. Worship  
Maundy Thursday, March 29, Worship at 7 pm  
Good Friday, March 30, Worship at 7 pm  
Easter Sunday, April 1, Worship at 9 & 10:45 am, Easter Breakfast at 10 am  
(Handicap accessible, Braille)

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

[www.trinityfalls.org](http://www.trinityfalls.org)  
*Pastor Matt Oxendale*  
Sunday Worship 10:30 am  
Wed Suppers 5:30 pm  
Wed Lenten Services 6:45 pm  
Holy Week: See display ad  
AA Sun & Tues 7:00 pm



## Ceramic studio

Continued from page 1

When she started at the University of Minnesota, she was thinking about attending journalism school. "But, I had a fine arts requirement," she said. "I took 'Intro to Wheel Throwing,' and my professor talked me into majoring in ceramics. My grandmother agreed," she said.

After graduating, Tang set up a ceramic studio in her basement, selling her wares through the art fair circuit and teaching at the Edina Art Center and at Powderhorn Park. "That's where I learned how to sell, not just create, pottery," she said.

She found a large and enthusiastic fan-base by going to sheep and wool festivals, she said, referring to specialty art fairs that focus on farming, food and fiber crafts.

One of the largest of these celebrations and one of her favorites, she said, is the New York State Sheep and Wool Festival, which attracts visitors from around the country.

"When you go to these festivals, most of the souvenirs were screen printed and made in China," she said. "But, I'm a knitter, so I know that people who work with their hands have an appreciation for hand-made goods."

"And, my pots have a more modern look. They were different—not country kitsch. I have a whole line for knitters, including some with cute knitting themes," Tang noted.

Meeting people at fairs helped her gain online celebrity with the fiber community. Many of her knitting fans, along with friends from the neighborhood where she is known as 'that potter lady,' helped her raise her Kickstarter funds. The fundraising began in the autumn of 2016, and within a year she began to look for locations.

"I saw the for rent sign on the Pizza Hut. I pulled over and called the phone number," she said. Negotiations began last August and went on almost five months. "It took that long to convince the landlord that art was a smart business decision. But, I finally gave him a deadline of mid-January. We signed a lease on January 15," she said.

There were other food-based businesses hoping for the space as well, but Tang said, "There are so many of those in this area already."

The Workshop now has six employees who create pottery and who, with Tang, teach others how to work with clay on a potter's wheel. The shop offers weekly beginning adult classes, adult day and evening classes, parent and child wheel classes, and classes just for kids. They also offer 'pottery pop-ins'—short one hour 'give it a try' sessions, to let those who have never worked on a pottery wheel experiment with the technique.

The staff also throws children's birthday parties and private parties for groups like book clubs, as well as corporate team-building sessions.

"We hosted a team building for the Target design group," Tang said.

The Workshop also holds special events, like a Super Bowl party where partygoers went through 200 lb. of clay, throwing 61 'super' bowls while the big game was on. "I like puns," she added.

"Now that I have the space, I can bring the public into the studio and help others become creative," Tang said. "I love to teach in my own space and in my own way. Only five percent of my job is ceramics, and the rest is working with people." She says that opening up to the creative process can help free people up and open them to new things.

"I had a clear vision for this space," Tang said. "I wanted a calm a quiet workspace, not a place where every hour was programmed. And, I get to make pots that people will buy and appreciate."

"It's important that my pieces are used," she insisted. "My coffee mugs are my number-one seller. I like that my mugs get to be the first thing that people pull out of their cupboard in the morning."

"It's also something that gives me peace; to go back to the clay," she said.

Tang encourages visitors to drop in and ask questions, or even to sit on the couch and watch while artists and students create clay art.

"The couch," Tang said, "is always open."

You can find The Workshop Mpls at 5004 34th Ave. S., or learn more about classes, events, and hours at [theworkshopmpls.com](http://theworkshopmpls.com), or call 612-729-2401.



Jennie Tang (center) from The Workshop Mpls with fellow artists and staff members Simon Wolfe and Emma Heemstra. (Photo by Stephanie Fox)



Some of Jennie Tang's ceramic works. The birch tree theme is one of the most popular, she says. (Photo by Stephanie Fox)

## Nine-year-old girl plays Santa to area older adults

*Editor's Note: Yes we know we have passed Valentines Day, but this story came to us last week about a gracious act of love during the past holiday season. It was too great to pass up despite the fact we are moving into March! And besides... my neighbor still has on their holiday yard lights, proving the gifts of the holidays don't need to be limited to just one time of year!*

By TRICIA THEURER

For participants of the local nonprofit Nokomis Healthy Seniors, Santa came during the 2017 holidays in the form of a young girl with a big heart and the desire to make a difference.

Nine-year-old Madeline (Maddy) Brazelton, who lives in the Diamond Lake neighborhood, raised \$1,000 to buy items—including hand lotion, crossword puzzle books and snacks—to fill stockings for 60 older adults who are involved with Nokomis Healthy Seniors, whose mission is to support older adults in the Nokomis area to remain independent. A hand-made card rounded out the thoughtful presents, which were distributed by volunteers.

"We were so excited when Maddy and her mom approached us about this project," said Megan Elliasen, Executive Director of Nokomis Healthy Seniors. "It was heartwarming to hear about a young person taking the initiative to spread holiday cheer to others."

Another Nokomis Healthy



60 older adults in the Nokomis area received holiday stockings. (Photo submitted)

Seniors staff member commented, "Many of our participants live alone, and Maddy's gifts really brightened their day."

In addition to thinking of older adults who might be lonely during the holidays, Maddy shared her holiday spirit with young people, too. She coordinated a gift program for Face to Face, an organization and health clinic that supports homeless youth in St. Paul. Maddy's proud mom Desiree said her daughter hopes to expand her requests for financial support and donations next year. "Her dream is to expand throughout the Twin Cities and to Chicago," she said.

One couple who received the surprise holiday gift expressed their gratitude: "Thank you so much for



Nine-year old Maddy Brazelton raised money to give stocking-filled gifts to older adults. (Photo submitted)

thinking of the Nokomis Healthy Seniors at Christmas. What a wonderful job you did with the Christmas stocking full of goodies. Your thoughtfulness is greatly appreciated."

And another appreciative recipient shared, "We can't thank you enough for the stockings and treats. My mom died, and it really cheered me up this holiday. You have made Christmas brighter."



The volunteers with Transition Longfellow create opportunities for South Minneapolis neighbors to get to know one another while also learning how to live more sustainably and prepare for changes ahead. Visit [www.transitionlongfellow.org](http://www.transitionlongfellow.org) for more details on these and other activities.

### Prepared Parents

Prepared Parents will meet Sat., Mar. 3, 10am-noon. Transition Longfellow is starting a group for parents of kids ages 10 and under, which meets the first Saturday of the month at Longfellow Park, 3435 36th Ave. S. The focus of the group will initially be on practical preparedness, understanding risks to children's health and safety, and creating a preparedness toolkit. The group will also provide a supportive place for parents to talk about raising resilient kids and living a sustainable family life in spite of our consumerist culture. Email [leslie.mackenzie@gmail.com](mailto:leslie.mackenzie@gmail.com) if you would like to join the group or would like more information.

### Step-by-Step

#### Preparedness emails

Each Friday, Transition Longfellow sends out an email with actions you can take that week to become more prepared for extreme weather. March emails will focus on creating an emergency communications plan for your family. Sign up for the series at the website, [www.transitionlongfellow.org](http://www.transitionlongfellow.org), where you can also find past emails.

### Book Group

"The Joy of Missing Out: Finding Balance in a Wired World" by Christina Crook is the focus of this month's book group. They meet at Moon Palace Books, 3032 Minnehaha Ave., on Thurs., Mar. 8, 6:30pm. You may not be able

# Transition Longfellow

By LESLIE MACKENZIE

## Movies, parents group, gardening classes all coming up



"How to Let Go of the World and Love All the Things Climate Can't Change," by filmmaker Josh Fox, is the Movie Night screening on Mar. 16. (Image provided)

to throw away your cell phone, but you can discover ways to achieve balance when it comes to the technology in your life. March's reading is Section 3.

### Movie Night

Transition Longfellow's movie night is Fri., Mar. 16, potluck

at 6:30, movie at 7:15pm, at Minnehaha Communion Lutheran Church, 4101 37th Ave. S.

Share a meal, then watch the documentary "How to Let Go of the World and Love All the Things Climate Can't Change."

The New York Times described this movie as tough: tough to watch, tough to consider, tough to

ignore.

After visiting six continents, filmmaker Josh Fox acknowledges that it may be too late to stop the worst consequences of climate change. Despite that, the world is filled with beauty and connection and love. Fox asks viewers, "What is it within us that no calamity can take away?" That will be the focus

of the evening's conversation. (No children please)

### Looking Ahead

- Veggie Basics Class begins Apr. 1. Registration starts Mar. 1 on the website, [www.transition-longfellow.org](http://www.transition-longfellow.org). This is a 4-week class offered Saturdays, 10am to noon at the Gandhi Mahal community room, 3009 27th Ave. S. Taught by Hennepin County Master Gardeners, Veggie Basics provides everything you need to know to start your first vegetable garden. Already growing? You can always pick up a few new tips. Cost is \$10, and you must pre-register.

- Volunteers are needed for Chard Your Yard. The neighborhood project brings 3' x 5' raised bed gardens to neighborhood yards is scheduled for May 12, but the project needs 15 more volunteers to make it happen. Volunteers share breakfast and lunch and wrap the workday with a party. Two-hour morning or afternoon shifts are available, and a lot of appreciation from those you've helped. Sign up on the website.

- Get a Garden Bed. Sign-up begins Apr. 1 to have an opportunity to receive a Chard Your Yard raised bed. Some discounted beds are available for persons with disabilities, low-income, or senior citizens. See the website for more complete information.

- Note a change in normal scheduling. April Movie Night, usually on the 3rd Friday, will take place in April on the 2nd Friday (Apr. 12), and at a different location. Transition Longfellow is partnering with the Tiny Diner to host the movie "GrowthBusters," with the filmmaker on hand to answer questions.

# Classifieds

## Messenger

Want ads must be received by the Messenger by March 19 for the March 29 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*, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before Mar. 19 for the Mar. 29 issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto:denis@deruyternelson.com). Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the *Messenger's* website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

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# Minnesota winter curse: ice dams and attic frost illuminated

By MARGIE O'LOUGHLIN

Steve Kuhl is the founder and owner of the Ice Dam Company and a nationally sought-after expert on ice dams for more than 20 years. A self-described serial entrepreneur, the Ice Dam Company is one of four businesses he has created, all of which relate to construction and design. Officing out of Hopkins, Kuhl helps home and business owners wage on-going battles against ice dams, attic frost, and other challenges that come with maintaining structures in a northern climate. The Ice Dam Company serves all of the Twin Cities, and their website ([www.icedamcompany.com](http://www.icedamcompany.com)) lists their strategies for dealing with some of winter's worst nemeses.

"There are many things home owners can do to prevent ice dams from forming," Kuhl said, "which is better than having to pay someone to remove them once they're there."

1. Have the snow shoveled from your roof, especially if icicles start developing. The cost of doing this a few times each winter isn't much compared to the cost of dealing with interior water damage. Note that the whole roof surface should be cleared. Removing snow from the bottom couple of feet near the eaves will not keep ice dams from forming and, in some cases, may make ice dams that then form much more severe.

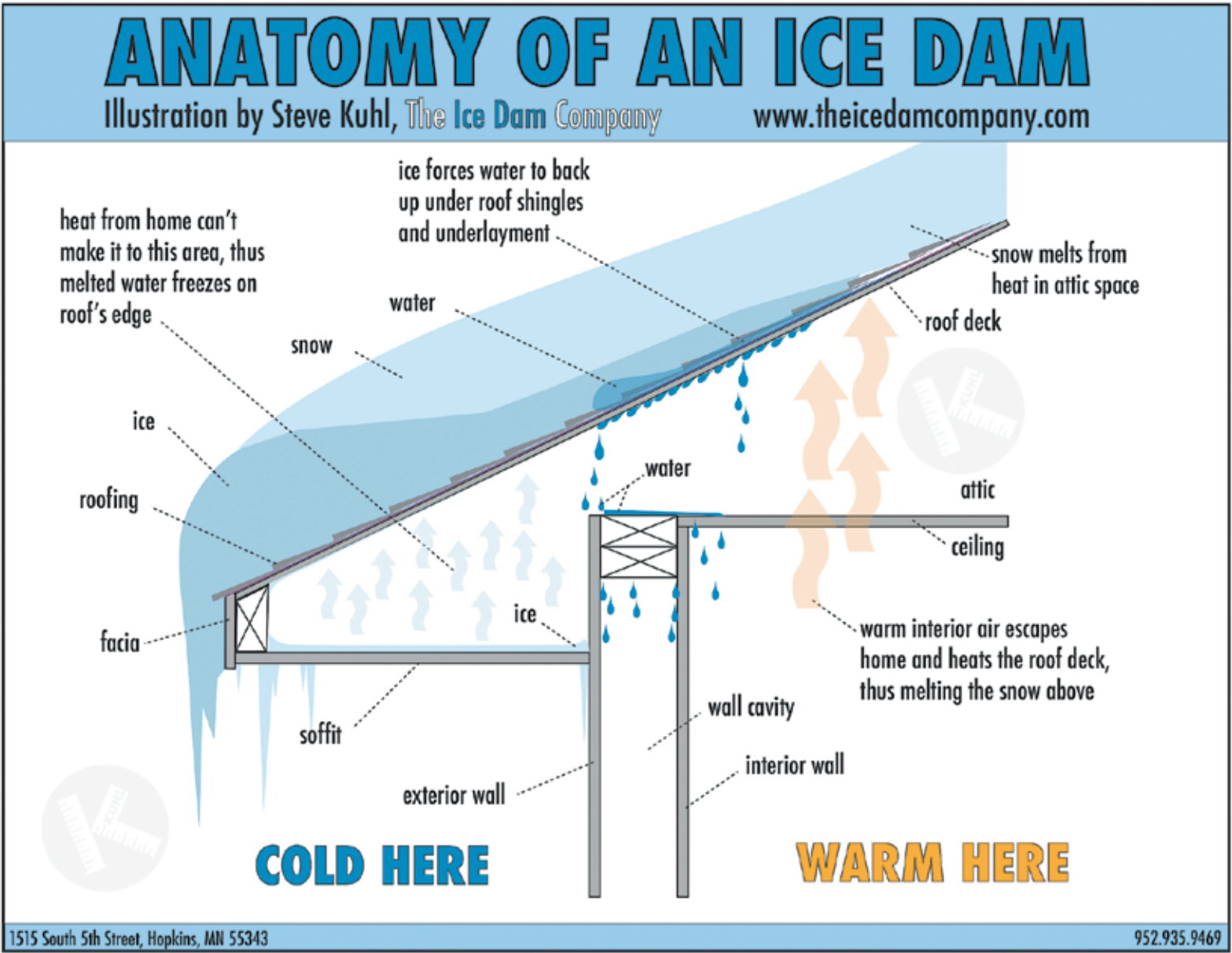
2. Check the attic or rafter spaces for adequate insulation. Proper insulation is one of the best allies in ice dam prevention.

3. Make sure that your roof system has good ventilation. Proper ventilation will allow for the movement of air through the attic and rafter spaces. This reduces the amount of warm air that builds up and reduces the melting snow that causes ice dams.

4. Check that all penetrations through the ceiling are sealed and insulated. Bath fans, plumbing vents, and recessed ceiling cans are some of the biggest culprits that let warm air into the attic. For optimal ice dam prevention, seal and insulate them well.

5. Add heat tape to the lower few feet of roof in areas where ice dams form from year to year. It's best to address insulation and ventilation first because no amount of heat tape will compensate for the lack of those.

6. Minimize the use of recessed lights in the ceiling below unheated space, such as an attic or a truss cavity. Likewise, avoid turning on recessed lights in exterior soffits. Recessed lights generate a lot of heat, and are seldom insulated or sealed properly. The net result is



Graphic illustration of the anatomy of an ice dam. (Graphic provided by Steve Kuhl, Ice Dam Company)

heat escaping into spaces where it shouldn't be during the winter.

7. Keep rooms with vaulted ceilings slightly cooler than the rest of the home, especially if these spaces are seldom used.

8. Heat tape, otherwise known as heat cable or roof de-icing cable, is an affordable solution to dealing with ice dams. Be wary of cheap products sold at big box stores. Learn more about quality heat cable products at [www.radiantso-lutionscompany.com](http://www.radiantso-lutionscompany.com).

Kuhl explained, "This winter hasn't been that bad for ice dams in Minnesota yet because we just haven't had that much snow. The classic formula for disaster is heavy snowfall with temperatures fluctuating between zero degrees at night and 20 degrees during the day. That's what we call the thermal sweet spot. When that happens, I know the phone is going to start ringing off the wall."

"What we have seen a lot of this year," Kuhl continued, "is

something called attic frost. It's a lesser known problem, but plenty damaging in its own way. Hot, moist air rises and condenses on the inside of the roof deck, where it freezes on contact. It's not as catastrophic as ice dams, but the end result is the same. You'll get cups or quarts of water running down your interior walls when it melts, not the gallons of water you'll see with ice dams. But it doesn't take much water to cause a lot of water damage and, sadly, with attic frost, all you can do is let it run its course. It's also important to know that if you've had attic frost, you may have to replace your insulation. Once insulation has gotten wet, it's compromised and will lose up to 50% of its R-value. When it dries out, it won't be effective at doing its job anymore."

#### Fact or fiction?

**Fact:** Since winter is far from over,

there's still time to get smart about ice dams and associated problems. While it's most often the case that heavy snow accumulations create ice dams, they can also occur with relatively little snow on the roof. It's a question of ice accumulations.

**Fiction:** Gutters have something to do with ice dams. If your home is prone to ice dams, you'll get them whether you have gutters or not.

**Fact:** Gutter systems can be damaged by gutter ice. Fresh water ice weighs about 60 pounds per cubic foot, and gutters are not designed to tolerate that sort of load.

**Fiction:** When it comes to insulation, the more the better. Over-insulated homes can be just as bad as under-insulated homes when it comes to ice dams; too much insulation can inhibit proper ventilation. If warm air leaks into attic spaces, all the insulation in the world won't prevent ice

dams. **Fact:** You can't always see ice dams from the ground. The sneaky ones above skylights and dormers can be hard to see.

**Fiction:** Salt socks are a smart way to melt ice dams. People use pantyhose, old socks and store-bought cloth tubes filled with a variety of ice-melting chemicals for removing ice dams. This is not a good idea.

**Fact:** Ice should be removed by steam; forget the hammers, picks, and hatchets.

**Fiction:** Ice dams need to be thick to cause problems. A general rule is that the steeper the roof, the thicker the ice dam has to be to cause problems. On lower pitched roofs even a thin ice dam can be problematic.

**Fact:** The leaking caused by ice dams may not show up right away. By the time you see water inside, it's usually been there for a while.



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A classic ice dam forming on the gutter and eaves. (Photo by Margie O'Loughlin)



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