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Commissioner reflects
on public service

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leads to new
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Upper Post transformation: vacant buildings to affordable housing

Located on 47 acres, developers believe it will feel more like a neighborhood than an apartment complex

By TESHA M. CHRISTENSEN

Nearly 160 years after their construction, the brick buildings at the Upper Fort Snelling Post will once again house military families.

Vacant and abandoned for decades, 26 buildings are being renovated through a partnership with the Minnesota Department of Natural Resources (DNR) and a private development firm, Dominion.

"We're excited to be focusing on housing low-income veterans at this site by having a veteran's preference," pointed out Mark C. Lambing of Dominion.

"By having a high count of three- and four-bedroom units, we believe that the redevelopment is going to attract families with children. Because the site is located on 47 acres and contains a large amount of green space, it will be a great place to raise a family. Upper Post Flats will feel more like a neighborhood than an apartment complex."

In all, about 176 units of affordable housing will be created in the historic buildings at the Fort Snelling Upper Post, near the Fort Snelling Golf Course and



The Upper Post was once the military capital of the Dakotas, and George Armstrong Custer's superior officer commanded there for a time. It served the armed forces from the Spanish American War until after the dropping of the atomic bomb. It was also home to the Japanese Language School for the entire U.S. military during World War II. (Photo by Tesha M. Christensen)

Historic Fort Snelling. The development is tucked into a corner of the last unincorporated part of Hennepin County bordered by Hwys 62 and 5 and the airport.

Fills affordable housing need

"This is an outstanding example of a public-private partnership with important benefits for Minnesotans," said Gov. Mark Dayton in a release issued by his office. "It comes at a time when there is a great need for affordable housing."

A report by the Governor's Task Force on Housing, published in August, called for the creation of 300,000 new affordable housing units by 2030.

Rents will be restricted to residents who make 60% of the area median income and below. Currently, those rents range from around \$1,000 a month for a one-bedroom apartment to around \$1,500 a month for a four-bedroom duplex.

"There's a great need for affordable housing throughout the metro area in general," stated Lambing. "The Met Council found that only 1 in 7 units of housing created in the region during 2016 were affordable for those that make 60% of the area median income. The site's proximity to the Fort Snelling Light Rail

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A group of retirees gathers monthly to tell their 'elder stories'

By MARGIE O'LOUGHLIN

A group of retirees gathers at Turtle Bread in the Longfellow neighborhood on the last Friday of every month from 10-11:30am to ask the question, "What has been your elder story?" That question can bring up as many different responses as there are people gathered around the table, but there does tend to be a common thread.

A newcomer to the November gathering put it best: "If I were to give out one piece of advice, it would be that you really need to have a plan for retirement. Not just a financial plan, but also a plan for how to use your time wisely." She continued, "I had a great career as an elementary school teacher, but decided to take fairly early retirement. My adult children didn't live nearby, and most of my friendships were connected with my job. It was kind of a rough transition into retirement. I've landed on my feet by being involved in the community. I'm a tutor at Hiawatha Elementary, where my granddaughter goes. I participate in a knitting group and a book club at the Nokomis Library. One of the best things I ever did was to



Members of the monthly discussion group Elder Voices gathered on the last Friday of November at Turtle Bread in Longfellow. Their next meeting date is Jan. 25, and they welcome newcomers to come and share their "elder story." (Photo by Margie O'Loughlin)

join OLLI (the Osher Institute for Lifelong Learning) at the U of M. OLLI offers hundreds of courses each year in history, art, and architecture, science, business, economics, world cultures, and more. Enrollment costs \$240/year, and you can take an unlimited num-

ber of classes."

This informal exchange of ideas and resources is what fuels Elder Voices, and it can help people whose retirement plan is still in progress. The group is fairly small: Don Hammen, Marcea Mariani, and DeWayne Townsend are the

core members. The three had been meeting monthly for breakfast for years and found themselves gravitating toward issues of retirement and aging.

Hammen got the idea to make their breakfast group public after participating in a project

last summer called Multicultural Elder Dialogues. He was one of 300+ diverse elders across the state who gathered to answer questions about physical and mental health, access to health care, housing, safety, economic security, family relationships, transportation and mobility, and the importance of community. "That experience made me wonder why don't we have a forum to discuss these kinds of questions in our own neighborhood," Hammen said.

Mariani, who is a past board treasurer and president for the Longfellow Community Council, added, "While some people fall into a natural rhythm with retirement, many do not. If there is a void, as we call it, a group like Elder Voices can be a comfortable place to ask questions or offer help to others."

Elder Voices will continue to meet monthly in 2019, with the next meeting Jan. 25, and newcomers are welcome. They hope to eventually share some of their stories and concerns with the City of Minneapolis Advisory Committee on Aging.

Turtle Bread is located at 4205 E. 34th St.

Outgoing County Commissioner McLaughlin reflects on public service

EDITOR'S NOTE: This is part one of a two-part series.

By TESHA M. CHRISTENSEN

When outgoing Hennepin County Commissioner Peter McLaughlin drives through the district he's served for 28 years, he's proud of the work he's accomplished.

"I feel good looking around at all the things I helped do," observed McLaughlin, who lives in Standish-Ericsson a few blocks from the train station at 46th and Hiawatha.

"The county is a pretty amazing instrument, and I've put energy into making it an instrument of change."

From the start, he took his charge to be making things better for those who had elected him, and he worked to show up even when the heat was on.

Close to 40% of Minneapolis' population live in McLaughlin's district 4, and there is a steady stream of constituent calls and community meetings.

"Commissioner McLaughlin has a track record of getting things accomplished, and that has been the most exciting thing about working for him," said his principal aide Brian Shekleton, who has worked in McLaughlin's office for 12 of the last 21 years at three different times.

Shekleton pointed out the visible and structural investments such as LRT lines, the Midtown Greenway, Target Field Station, the Midtown Exchange, and safer street designs, that have improved Minneapolis and the region.

"But Commissioner McLaughlin has fought for the much less visible investments in people through training programs, human service support structures, supportive housing, environmental response funds, library, and youth sports investment funds, amongst many other programs.

"It's these investments in people that have helped foster a more stable social fabric, something that is much less monumental but it is people who make a city livable, and I have found that working on these projects to be incredibly rewarding," stated Shekleton.

His life was changed

McLaughlin didn't grow up thinking he'd get into politics. He lived in a small town in western Pennsylvania, the son of a printer. Over the years, he watched the town wither away as the manufacturing jobs dried up.

McLaughlin earned a scholarship to attend Princeton University where he studied statistics and economics.

It was during the Vietnam War, Lyndon Johnson was president, New York City was going bankrupt, there was rioting in the streets, and people were fleeing the city in favor of the suburbs.

The summer before his junior year, McLaughlin took an internship working in Spanish Harlem. "The events in Spanish Harlem got me involved in community organizing and changed my life," recalled McLaughlin. He switched his major to politics.

Then he went to work for the mayor of Trenton, N.J. The office was focused on revitalizing a dying downtown, and one tool



"I feel good looking around at all the things I helped do," observed Hennepin County District 4 Commissioner Peter McLaughlin, who left that office in December 2018 after 28 years of service. "The county is a pretty amazing instrument and I've put energy into making it an instrument of change." (Photo by Tesha M. Christensen)



The bike lanes on Park and Portland were the first, significant lanes to be put on a Hennepin County road and paved the way to new lanes on Minnehaha Ave, E. 46th St., and Washington Ave. downtown. McLaughlin has fought for visible, structural investments such as LRT lines, the Midtown Greenway, Target Field Station, the Midtown Exchange, and safer street designs during his 28 years as a Hennepin County Commissioner. (Photo submitted)



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was passing a progressive income tax to ease the property tax burden. As a "punk kid" he accompanied the mayor to Washington, D.C., among other places, and got an up-close look at the mayor's work.

Force of community

McLaughlin came to Minnesota for the first time in 1975 to attend graduate school at the University's School of Public Affairs and never left.

What struck him most were the social networks Minnesota had in place to get things done.

"You not only had tangible investments being made, but you also had this group of people that came together as a force within the community," he observed.

McLaughlin got pulled into serving as board chair for the Powderhorn Residents Group (now PRG), helping with affordable housing developments. PRG was one of the first groups focused on that in the city. Its first project was revamping the Whittier School at 26th and Blaisdale into 45 units of affordable housing.

When he bought his first house near Matt's Bar, McLaughlin watched how a city program that put people into vacant homes for \$1 stabilized his block.

McLaughlin was hired by the Urban Coalition of Minneapolis and began focusing on social justice issues. Everything they did was cutting edge at the time, affordable housing, weatherization for owner- and renter-occupied homes, apprenticeship credits, education, and more.

Then Pastor Brian Peterson of Walker Church approached McLaughlin and asked him if he'd ever thought about running for office.

McLaughlin agreed to try it and was elected to three terms

in the Minnesota House beginning in 1985. Minnesota was in a deep recession, and unemployment was high.

McLaughlin helped create the Jobs Now Coalition to offer a wage subsidy program that is still operating today, and helped pass the Neighborhood Revitalization Program (NRP) to put more control in the hands of Minneapolis neighborhoods and foster community. He sponsored the first parental leave act in the country that included six weeks for fathers, as well as mothers.

Directly affecting lives as Commissioner

Then, in 1990, he decided to run for Hennepin County Commissioner because he wanted to be more involved in doing things that directly affected people's lives.

An experience early on shaped the rest of his career. He accompanied then-Mayor Sharon Sayles Belton and others to Chicago where they met with Sears representatives to ask that the company be the anchor tenant in the redevelopment of the Sears site on Lake St. (now Midtown Global Market). Sears was focused on how much disposable income residents in the area had, and that's when McLaughlin realized that to get development he needed to focus on jobs first.

"I'm a believer in the economy and how important it is to have jobs for people," stated McLaughlin. "That's what pays the mortgages, the grocery bills. That's what goes to Sears."

He set off to create a renaissance in South Minneapolis and hopefully staunch the exodus of people leaving the city.

It wasn't going to happen overnight.

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Upper Post Transformation

Continued from page 1

Station provides access to large employment hubs such as downtown Minneapolis, MSP Airport, and The Mall of America. The easy highway access also offers convenience to those that commute by car."

To open in 2021

Upper Post Flats is expected to open to its first residents in 2021, and units will be available for rent on a rolling basis as the buildings are complete, pointed out Lambing.

The project will be segmented into multiple zones that will be worked on concurrently by the various trades.

The \$100 million project is being financed through a combination of Low-Income Housing Tax Credits, Federal and State Historic Tax Credits, tax-exempt bonds through Hennepin County, and other sources.

About half of the project bill will go towards historic preservation.

The first step is to assess all 26 buildings to identify elements of historical significance. At the same time, Dominion is evaluating the current state and structural integrity of the buildings so that its construction scope is accurate.

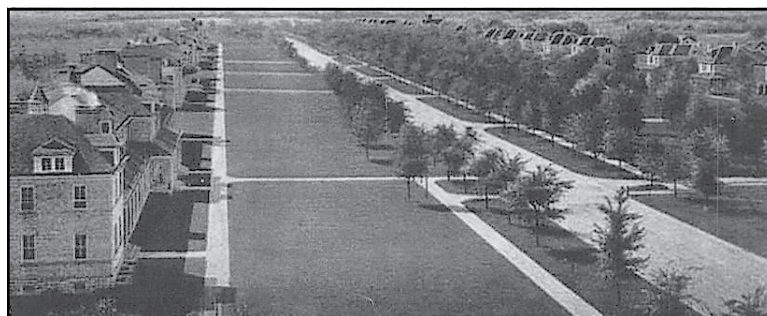
"Next is figuring out how to fit apartments into buildings that were built for other purposes, which can be tricky and time-consuming," explained Lambing. "Then you have to abate the asbestos and lead-based paint throughout the site to make sure that there is nothing is hazardous to future residents."

Lambing added, "After this, it's a matter of implementing the new design through the construction process while dealing with all the unforeseen issues that might arise—which is typical for a project of this nature."

Next steps will include finalizing the design and seeking approval from the Minnesota State Historic Preservation Office. Dominion expects to close on financing by late



In all, about 176 units of affordable housing will be created in the historic buildings at the Fort Snelling Upper Post, near the Fort Snelling Golf Course and Historic Fort Snelling. The development is tucked into a corner of the last unincorporated part of Hennepin County bordered by Hwys 62 and 5 and the airport. (Photo by Tesha M. Christensen)



The infantry quarters of Fort Snelling Upper Post, 1908. (Photo provided)

summer or early fall 2019.

Under the agreement, the state of Minnesota retains ownership of the site, but all management and operation of the buildings and site amenities will be Dominion's responsibility per a 99-year lease.

An important part of history

"The buildings are an important

part of Minnesota's and the U.S. Military's history," remarked Lambing. "The history of the site, in addition to the craftsmanship used to construct these buildings, make it irreplaceable and deserving to be saved."

Beyond the visible history, the archaeology on site is also an important element to consider, ob-

served Lambing. "Because of the age of the site, the ground has kept a record of all the activity that has taken place. We have to be much more aware of what we're doing to the ground than a typical new construction project." Dominion will work with archaeologists to document what is hidden in the soil and better understand potential impacts that construction might have on the site.

In 2006, the Upper Post was named to the National Trust for Historic Preservation's Most Endangered Places list.

The Upper Post was once the military capital of the Dakotas, and George Armstrong Custer's superior officer commanded there for a time. It served the armed forces from the Spanish American War until after the dropping of the atomic bomb. It was also home to the Japanese Language School for the entire U.S. military during World War II.

The land was transferred from the military to the VA and then to the DNR in the 1970s.

Vacant and boarded up for decades

The buildings were in rough shape,

and one fell down ten years ago. Hennepin County Commissioner District 4 Peter McLaughlin, chair of the Fort Snelling Upper Post Task Force, recalled bringing Sentence-To-Service crews out to stabilize the structures by boarding up windows, fixing roofs, and repairing downspouts.

Patrick Connoy, retired manager of development for Hennepin County, pointed out that many people and organizations came together over the years to provide stopgap measures to prevent additional decay while waiting for someone to rehabilitate the buildings for a new use. Among those were the Friends of Fort Snelling, the Minnesota Historical Society, Preservation Alliance of Minnesota, National Park Service, DNR, and more, with Hennepin County taking the lead to pull resources and people together.

"Everybody helped as much as they could," observed Connoy. "They' in this case was a lot of people committed to doing something and working together."

In 2011, the county also began working with others to create a plan for redevelopment, Light Rail Transit, and Upper Post master plan.

While the condition of the buildings is a challenge for development, with structures ranging from pretty good to collapsed, Dominion has a top team of architects and construction professionals. "We're confident in our ability to breathe life back into the site," said Lambing.

Past Dominion projects have included Schmidt Brewery on W. Seventh St. in St. Paul, the Pillsbury A-Mill in Minneapolis, Millworks Lofts at 4041 Hiawatha Ave. in Longfellow, and other historic landmarks.

'Can hardly wait'

"The DNR is pleased to be working with Dominion on this redevelopment project, and we can hardly wait to see these beautiful old buildings occupied again after standing empty for so long," said DNR Commissioner Tom Landwehr.

"We'd like to thank the DNR for their help in getting this project one step closer to fruition," said Lambing. "Without this close public-private partnership this project would not be possible."

Anyone interested in living at the Upper Post can visit Upperpostflats.com to join the insider's list.



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Sporting a Georgetown hat, Baltimore Ravens middle linebacker and St. Paul native Terrell Suggs likened his second cousin Jalen's prowess at football and basketball as a great problem to have when college recruiters come calling.

"So is Allen Iverson," Terrell said in a 2017 interview after a game against the Minnesota Vikings. "It's good to be a 2-sport player."

Iverson, who played college hoops at Georgetown and went on to a hall-of-fame career in the NBA, also excelled at football in high school. Jalen has been recruited for both sports with schools such as North Carolina for basketball and Ohio State for football showing interest.

"I try to recruit him to go to Arizona State," said Terrell, who

Prep Sports Notebook

By MATTHEW DAVIS

College choice looming; Suggs is a champ on gridiron and hardwood



played football there before his NFL career.

Jalen has been the top basketball and football recruit for Minnesota in 2020 for a while. The Minnehaha Academy junior already has led the Redhawks boys basketball team to back-to-back state titles. He recently added a state football title with the St. Paul Academy-Minnehaha Academy-Blake co-op as the

quarterback. Trophies have been a big goal for Jalen all along.

"Definitely state championships," Jalen said in a March interview. "Losing is one of my biggest pet peeves."

He didn't say at the time whether he leans toward basketball or football for college, though his hoops prowess has only grown outside of the high

school season. He has competed with the USA Basketball U16 and U17 teams the past two summers, winning gold. Division I offers for hoops also have outnumbered football ones according to recruiting websites.

"I think he plays football just to get his body in shape for basketball," said Terrell, who grew up playing youth football in St. Paul before his family moved to Arizona when he was 15.

Terrell played center in youth football with a quarterback named Joe Mauer, who went on to have a long career baseball with the Minnesota Twins. Terrell, who still has family in the area, said he didn't get to see Jalen when the Ravens came to play the Vikings.

"Probably somewhere hooping," said Terrell, who indicated he's well aware of how high Jalen ranks among high school hoops recruits.

Jalen ranks 10th nationally for all players in the class of 2020

and second among point guards according to ESPN.com. In football, he ranks eighth nationally among dual-threat quarterbacks.

"I look at it here and there when a new one comes out," Jalen said about the rankings. "But I don't really pay attention to it too much because, at the end of the day, rankings don't say anything. Once you get on that court, they can't save you."

Jalen didn't need to save SMB's football season when he returned from a knee injury this fall. He nonetheless took the Wolfpack to new heights with a Class 4A Prep Bowl victory, accounting for five touchdowns in the championship game.

In basketball, he looks to help the Redhawks win a third-straight Class 2A title this season. He has been averaging 27 points per game in the young season.

Jalen, who said he didn't get to see Terrell last year, said that his older second cousin has been a big example for him among his athletically-gifted family.

"It's a big motivation because we've had a lot of great players in our family, including my dad, cousins [and] uncles," Jalen said. "So seeing one that just actually made it, it's a big motivation. It makes me want to be the next one. Everyone's pushing me and helping me get there."

Peter McLaughlin

Continued from page 2

"You have to be paying attention when the opportunity arises to do something," McLaughlin explained.

That involves doing something before then, however. McLaughlin's method included serving on committees, talking to people, setting up the framework needed and doing studies so that when the time is right, things are in place.

While leaving Hennepin County Medical Center (HCMC) one day, McLaughlin came out a different door than usual and noticed an old, vacant brick building across the street. He checked the property tax records, saw it was owned by Allina and asked them what they planned to do with it. Fast forward a few years, and the building has been transformed into housing for youth and working adults through a collaboration between the city of Minneapolis, Central Community Housing Trust (CCHT), Allina, the Episcopal Diocese of Minnesota, and YouthLink.

"I'm kind of always on the lookout for things like that," Mc-



Commissioner Peter McLaughlin led the protection of the Upper Post buildings at Fort Snelling using Sentence-to-Service Crews to stabilize the buildings. The buildings will now be redeveloped by Dominion to create housing. (Photo submitted)

Laughlin said. "You need a network of people to make that happen."

Look for part two in this series in the February edition of the Messenger.

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Citizen input is a big contributor to Mississippi Gorge Master Plan

By MARGIE O'LOUGHLIN

The Mississippi National River and Recreation Area protects a 72-mile corridor along the river from the cities of Dayton and Ramsey to just downstream of Hastings. This includes the stretch which flows through Minneapolis and St. Paul. Approximately 132 acres of land within that corridor, from just south of the I-35 bridge to the north end of Minnehaha Park, has been the subject of discussion and debate this year as the Mississippi Gorge Regional Park Master Plan has taken form.

Project manager Ellen Kennedy of the Minneapolis Park and Recreation Board (MPRB) explained, "The final public meeting was held Dec. 10, and the online survey also closed that day. The first version of the survey, which we launched last spring, received more than 1,000 public comments. We've



been really pleased with the dynamic input we've received from throughout the community—including neighbors, people from all over the Twin

Cities, and visitors from other places."

It's expected that a draft of the Mississippi Gorge Regional Park Master Plan will

be released for a 45 day public comment period in early 2019 when an accessible copy of the document will be posted on the MPRB website. After all the comments are compiled and addressed, and the master plan is finalized, staff will request full MPRB approval and adoption. Following adoption, the master plan will be submitted to the Met Council.

Emily Green is a Longfellow resident and editor for the Center for Changing Landscapes at the U of M's Forest Resources Department. She served on the Community Advisory Committee. "Each of the neighborhoods adjacent to the gorge nominated one representative," she said. "As a member of the Longfellow Community Council's (LCC) River Gorge Committee, joining the Community Advisory Committee gave me a chance to volunteer in a whole new way. I attended all eight of the council meetings, and several side meetings; it was then my responsibility to report back to my neighbors what I'd learned via Next Door and the LCC newsletter. It's been inspiring to see how many people care deeply about the river gorge, both in and out of the meetings I attended."

She continued, "One of the most challenging things for members of the Community Advisory Committee was finding and maintaining a sense of balance. 'How do we promote access to the gorge, while preserving its sense of wildness?' 'If we don't preserve what's wild, what is there to access?' Different visions emerged over the six months of meetings. The vision I'm most excited about is the prospect of a continuous hiking trail from the Franklin Bridge south to 44th St. I don't know if this will be part of the final plan, but I'm hopeful."

Because this project was awarded \$250,000 for master planning through the Parks and Trails Legacy Fund, the planning process must conclude by June 30, 2019.

"The 45 day public comment period is a great time to engage, whether or not you have before," Kennedy said. "What we're crafting as a community is a 20-year vision for the Mississippi River Gorge." Ellen Kennedy can be reached at ekennedy@minneapolis-parks.org.

Photo left: According to the Met Council, the Mississippi River Gorge is the third most used park in the metro area, including its walking and biking trails on street level. There are several places where hikers can drop down to explore natural surface trails that meander through the forest and to access the river. The semi-wild character of the bluffs and bottomlands are loved and appreciated by many in the neighborhood. (Photo by Margie O'Loughlin)



NENA State of Our Neighborhood 2019 will be held on Tues., Jan. 15, 6-8pm, at Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.

Hear from NENA, our business community, neighborhood leaders and elected officials. NENA spent 2018 working to improve, empower and energize our neighborhood. In the past year, NENA hosted over a dozen meetings bringing together hundreds of neighbors to address high priority issues such as the Minneapolis 2040 Comprehensive Plan, 34th Ave. reconstruction as well as safety and crime concerns. This will also be the first chance to view NENA's 2019-2021 Strategic Plan.

Now in its fourth year, the State of the Neighborhood also presents an opportunity to ask questions of people serving the Nokomis East community from elected offices, the police force, the schools, and local businesses. Community members are invited to send in questions ahead of the event for our elected officials, community, school and business leaders, and NENA by Jan. 14. Submit your question via the form available at www.nokomiseast.org/state-of-our-neighborhood.

On the agenda:

- State Senator Patricia Torres Ray
- State Representative Jean Wagenius
- Hennepin County Commissioner-Elect Angela Conley (tentative)
- Council Member Andrew Johnson

NENA (Nokomis East Neighborhood Association)

4313 E. 54th St.

State of Our Neighborhood

Upcoming meetings and events:

1/19/19, 6:30pm: NENA Housing, Commercial, and Streetscape Committee, NENA Office, 4313 E. 54th St.

1/15/19, 6pm: NENA State of Our Neighborhood, Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.

1/16/19, 6:30pm: NENA Green Initiatives Committee, NENA Office

1/24-26/19: US Pond Hockey Championships, Nokomis Main Beach

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

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

- Council Member Jeremy Schroeder
- Minneapolis Park and Recreation Board Commissioner Stephanie Musich
- Inspector Michael Sullivan, MPD 3rd Precinct
- Jennifer Neale, MPD Crime Prevention Specialist
- Neighborhood and Community Engagement Commission Member Isaac Russell
- Principal LaShawn Ray, Lake Nokomis Community Schools
- Jack Dickinson, Nokomis East Business Association Board Chair

Help repair the mural

On Dec. 6, 2018, a car jumped the curb on E. 58th St. and barreled into the nearby garage and the

Bossen Community Mural. NENA, Nokomis East artists Victor Yopez and Daniella Bianchini created the mural in 2017, and we want to repair it when the weather warms. The mural depicts the history of the Nokomis East area, the diverse Bossen community, and the natural features of the neighborhood.

Please help NENA raise \$1,500 to repair the Bossen Community Mural. Our fundraising page at GiveMN is at www.givemn.org/story/5mf7ze. We are raising funds to support our local artists doing the mural repair work, and to purchase painting supplies.

Neighborhood Jam

The NENA Neighborhood Jam Fundraiser is planned for Sat.,

Feb. 9, 2-6pm at Off-Leash Art Box, 4200 E. 54th St.

Celebrate our Nokomis East community with lively music from local bands, custom mocktails, hot cocoa, and coffee bar, a Nokomis East trivia competition, silent auction, appetizers and more! All proceeds go to Nokomis East Neighborhood Association, serving your neighborhood since 1997.

The silent auction will feature plenty of holiday gift bargains from neighborhood businesses, like:

- \$100 Oxendale's Market gift card
- \$50 Berry Sweet Kitchen gift certificate
- \$20 Sassy Spoon gift card
- \$25 Nokomis Shoe Shop gift card

- Two oil changes at Nelson's Auto Repair
- Venn Brewing gift card
- Nokomis Life keychain and coasters from Homespun
- a Nokomis East gift basket, including local artist designed items

Admission is \$10 for adults, \$5 for children 7-18, free for kids under 7. Get your tickets now at bit.ly/NENAJam.

Love Nokomis East?

Want to meet more neighbors? Volunteer!

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

Interested? Want to learn more? Contact Lauren Hazenson at lauren.hazenson@nokomiseast.org or 612-724-5652.

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. Once you sign up, you'll receive updates on news and happenings for your neighborhood.

Longfellow School celebrates its 100th anniversary

Article and photos by MARGIE O'LOUGHLIN

On Dec. 6 former and present staff, students, and neighbors gathered to celebrate the 100th anniversary of Longfellow High School at 3017 E. 31st St. When the building was constructed in 1918, World War I had just ended; the word teenager hadn't been invented yet; zippers were a shining innovation; and, a loaf of bread cost seven cents.

To begin the anniversary celebration, visitors were invit-

ed to peruse memory books and photo albums that marked decades from the past. Classrooms were open for viewing, and tables in the hallway were staffed by several of the programs that currently make Longfellow a successful school: Teen Parent Services, High 5, Early Childhood Education, Holy Trinity Church, Project Success, AchieveMPLS, and Check & Connect.

Since 2008, Longfellow has been a community school for pregnant and parenting students

and their children. For the first 83 years of its existence, it served as one of the neighborhood elementary schools. As Minneapolis Public Schools superintendent Ed Graff said, "A community is reflected in its schools." That sentiment was reiterated through the stories of every speaker who followed.

Former student Aswar Rahman (now a small business owner, digital director, and recent mayoral candidate) arrived at Longfellow Elementary School when he was just six years old.

"From the first moment I entered the school, I was welcomed here – as was my sister," he said. "We were immigrants from Bangladesh, India. My mom was fleeing an abusive relationship, and this school was our first sanctuary."

Rahman went on to explain that his mom had been a school principal in their home country, but her credentials weren't recognized when they came to America. She had to start her education over again. Rahman said, "It makes me so happy to see Dr.

Udapa as the principal of this school because she looks just like my mom."

Dr. Udapa has been in her position for the past six years.

Longfellow High School wishes to thank the following local businesses for their support of the anniversary celebration: Jakeeno's, McDonald's, Saint's Food Service, Walgreens, the Longfellow Market, Parkway Pizza, Dorsey & Whitney LLP, Holy Trinity Lutheran Church, and Big Bell Ice Cream.



Lauren Tolbert, staff member and event organizer, thumbed through one of the albums of memories and photographs.



Minneapolis Public Schools superintendent Ed Graff asked for a show of hands from the audience in response to his question, "How many of you worked here at one time over the years?" About 1/3 of the audience raised a hand.



Former student Aswar Rahman looked out over the audience during his comments and said, "I wonder if by any chance my first-grade teacher is here? Her name was Miss Emy." Emy Mariano, now a teacher at Sheridan Elementary School in North Minneapolis, was seated in the third row.



Former music teacher Amy Furman sang the old Longfellow Elementary School song.



Geneva Dorsey, dean of students, commented on the supportive and encouraging atmosphere of the school. On her t-shirt is the school mascot: a kangaroo with a baby in her pouch.

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Wealth of experience in incremental steps leads to new restaurant

By JAN WILLMS

For Frank Machado, owner and operator of the new Guavas Cuban Café, opening a restaurant is all about passion.

"If I am passionate about the food, I think everything else will work itself out," he said in a recent interview at his restaurant at 5607 Chicago Ave. S.

Machado, who is Venezuelan and grew up in Miami, said he has had a lot of experience both cooking and eating Cuban American food.

"Some of my first restaurant jobs were in Cuban restaurants," Machado said. "There is something about the spices in Venezuelan cuisine that is very similar to Cuban, so it is very natural for me to like this food."

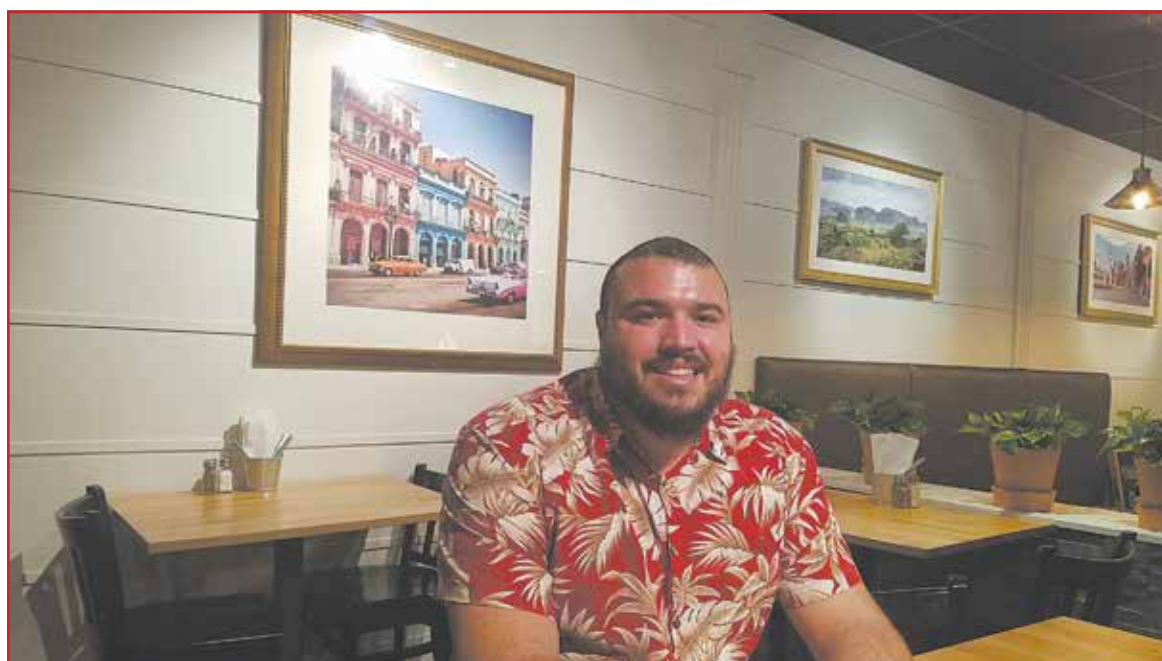
Machado said he has eaten a lot of good and bad Cuban food, so he feels he has reached a good point of view about this cuisine.

He worked for a food and wine magazine, Chef's Club, in Aspen, CO, for two seasons at a job that allowed him to work side by side with state-of-the-art chefs.

"We put out articles every year on the best up and coming chefs, and we got to utilize the chefs featured on those pages," Machado said. He said there were eight chefs featured each year, and he had the opportunity to work with them.

"Each one had a different vision, so you might have a guy that used fine sea salt in his recipes, another would use kosher salt, and another would salt everything beforehand. There were different cuisines and different kinds of ideas. That was good, because I was in my first management position, and it allowed me to learn a lot."

After two seasons at Aspen, Machado moved to the Twin Cities to become head chef



Frank Machado is practical and philosophical about his new Guavas Cuban Café restaurant, 5607 Chicago Ave. S. (Photo by Jan Willms)

"Man, this is really good," one friend told him. "You should do something with this." Machado said a seed was planted, and he started his market stand which after a year and a half developed into a catering business. "We went to people's homes, and we hit a good market," he stated. "We have very busy summers. We do it all, from weddings to corporate gigs, to birthdays and legacy birthdays."

The catering business took up so much time that Machado had to step away from his duties at the Red Cow and focus on Twin Cities Paella. But he had always had it in his mind that he wanted to open a Cuban restaurant.

"I have lots of fine dining experience and have moved into upscale casual. At the end of the day, what I want with this restaurant is a nice neighborhood spot with food, to show people a little of what I grew up with, and my interpretation of that food."

There isn't a large number of Cuban American restaurants in the Twin Cities area currently. Victor's Cuban Café is the big one, according to Machado. "I think they have done a great job introducing this kind of food," he added. He also mentioned Brasa and a few other restaurants that include Cuban dishes. "There are none that focus on Cuban food like Victor's and us," he said. "What I bring to the table is that I'm a new Cuban restaurant, not better or worse than Victor's. I'm the new guy in town, coming in with a lot of energy."

He said he has recently been to Miami and Havana to research Cuban dishes.

"We're not a fancy, complicated restaurant," Machado continued. "You can come in here with kids, sit down and be noisy and enjoy good food."

Guavas Cubana Café

Continued on page 11



Pedro Flores works on signage for the cafe. Right now they are easing into the restaurant with limited hours. "I am a very small company, growing from a farmer's market stand to a small restaurant. We are trying to take our time and do it right," owner Frank Machado said. (Photo by Jan Willms)

of Barrio Lowertown. He also ran the kitchen at Red Cow in south Minneapolis. He then opened a company called Twin

Cities Paella.

"The company started off small, as a farmer's market stand," Machado explained. He said that paella is a dish that has been his nemesis in the kitchen. "It was very difficult for me to make, yet it is a simple one-pot dish you can eat with a spoon."

Machado soon mastered the dish and started making it at home, inviting friends and colleagues over to share it.

December round-ups benefit Mental Health Resources

providing healthy meals and health mentoring for 400 neighbors who are recovering from serious mental illness so they can thrive physically and mentally

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Roosevelt HS to grow indigenous garden and cooking program

By JILL BOOGREN

Teachers at Roosevelt High School are teaming up to create a farm-to-table system that celebrates indigenous food. A new Three Sisters garden, along with a perennial community garden and a ramped up culinary arts program promise to serve students and the community alike. The program will showcase the farm and food systems.

"I think it will very much be almost a complete closed local community food system," said ESL and Food Educator Ben Rengstorf. "It will be an example of how food can travel through the food system and back."

From farm ...

The Roosevelt Urban Farm (RUF) squad, which began about five years ago as an after-school program and is now a science elective, has been cultivating a number of gardens, each with its unique features. In front of the school's main entrance on 28th Ave. is an old piano that has been turned into a planter. Along the same front face of the building is a turtle garden, whose benches and eventually the whole thing will be covered by Minnesota river grapes. Next to that is a greenhouse signposted with the letters RUF, where strawberries are currently grown.

There's also a fully-planted rain garden on the northwest side, another area where they've added plants and food trees, including cranberries, blueberries, and serviceberries. Indoors they have aquaponics labs, wherein tilapia and koi fish provide natural fertilizer for the beans and spinach grown in the garden. And they're getting specs to add a hydroponics (without fish) lab.

"Everything we grow we sell to the lunchroom," said Shannon Nordby, an indigenous teacher at Roosevelt specializing in urban farming science. This is done through a partnership with Spark-Y, who handles the transaction between RUF and the lunchroom.

All of it provides a hands-on farming experience that is available because it is on the school campus.

"It's really hard to get kids to go off site sometimes," said Nordby. Being here is a "much better place to be able to participate."

The new Three Sisters garden, which will be on the east side of the school building, will add yet another dimension. An indigenous planting method, the Three Sisters—maize (corn), beans and squash—are planted to benefit one another. According to Nordby, pole beans climb up the corn and also put nitrogen back into the soil. Squash protects the garden from raccoons and other pests because of the sharp parts on their vines, and it also provides shade.

The Three Sisters garden is what most excites Nordby, who is Native American, and tries to weave in as many indigenous methods as possible. This year, in teaching other ways to look at Thanksgiving, she talked about the many early indigenous foods that were passed along.

"So I made them wild rice, and they tasted it," she said. They continue to try different foods and buy indigenous seeds.

... To table

An alumnus from St. Paul Culinary Arts Program, Rengstorf already has a hand in teaching cooking at the



Members of the Roosevelt High School Beacons cooking club. (Photo courtesy of Roosevelt HS)

school. But what has been offered as part of a Beacons after school club will now move into the school day—next semester as an elective for students in Rengstorf's ESL program, and next year, as a general elective for all students.

Rengstorf's interests lie in teaching food traditions and culturally relevant food, examining the indigenous food system of each place, be it East Africa, Latin America or South America. An emphasis on Native American food traditions from this region will fit right in.

"We'll be doing lots of cross-over between what they're doing and what we're cooking, having students interact across the classes," said Rengstorf.

The plan is to get food grown in the garden. Nordby's classes will care for the garden. They can all harvest together. The cooking classes will produce food that they can then eat together. They'll then recover food scraps and return them to the garden to nourish the soil. They'll decide what they'll eat right away versus preserve, for example by drying beans or canning and freezing corn. They'll use foods seasonally in ways that represent a more traditional food system in contrast to today's global system that ships bananas and other non-native produce across vast distances.

But Rengstorf plans to take the instruction even further and incorporate a broad range of experiences by bringing in chefs from around Minneapolis-St. Paul and the surrounding area to share their expertise.

The class will be set up to share food histories and a recipe from local chefs including Diné Chef Brian Yazzie of Yazzie The Chef, Doug Flicker of Bull's Horn, Ruhel Islam of Gandhi Mahal, among others, who will also help students cook the food. Students will then take that inspiration to talk about their own food histories and foods they want to explore.

"We'll always reflect their experience and expertise back to students," said Rengstorf.

This type of shared experience was evident in a recent cooking class, in which tacos were on the menu. They prepared everything, from cooking the meat, chopping up vegetables for the pico de gallo, to making tortillas. "[The students] knew things they had learned from their families about how soft the dough is supposed to be, how to flip it," Rengstorf said.

The indigenous garden and kitchen program is the result of a collaboration with the Standish-Ericsson Neighborhood Association (SENA), Ryan Seibold (Hiawatha Food

Photo right: Teachers Ben Rengstorf and Shannon Nordby outside the Roosevelt Urban Farm greenhouse. (Photo courtesy of Roosevelt HS)

Forest) and other community partners with interest in new permaculture gardens featuring native plants and food species.

As a community garden and kitchen that will be open to the community, it will take a lot of hands. SENA will remain a partner in designing and caring for the project.

Those interested in supporting Roosevelt's Three Sisters garden and culinary arts program by volunteering or donating expertise, equipment or funds can contact Ben Rengstorf at Roosevelt High School.

A farm and food summit is planned for April 23 at the school that will bring students and community organizations together for panels, workshops and a meal activity under the theme "food justice."

Photo right: Members of the Roosevelt Urban Farm squad in front of the turtle garden. (Photo courtesy of Roosevelt HS)



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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.

Beer & Bible with Epworth set Jan. 9

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., Jan. 9, 6:30-8pm. In January, they will begin a discussion about a new book of the Bible. All walks of life and faiths welcome. Come and enjoy great discussion and fellowship—beer is optional.

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

Blue Moon Coffee Cafe closes down

Lisa Berg, the owner of Blue Moon Coffee Cafe, 3822 E. Lake St., announced on Dec. 7 that the business would be closing. "After 24 wonderful years, Blue Moon Coffee Cafe will be closing. Our final day will be toward the end of December," she said in an email to the Longfellow Business Association.

LGBTQ support group meets Saturdays

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

Nokomis seniors plan upcoming events

Nokomis Healthy Seniors will host a Health and Enrichment program on "Healthy Eating for One or Two People" on Thur., Jan. 3 at 11am. It will be held at Nokomis Healthy Seniors inside Bethel Lutheran Church, 4120-17th Ave. S. The program is free, and all are welcome. No reservations are required.

On Wed., Jan. 9, 1:30pm, the Health and Enrichment program "Simple, Healthy Eating for One or Two People" will be repeated at Nokomis Square Co-op, 5015 35th Ave. S. No reservations are required to this free program where all are welcome.

Join Nokomis Healthy Seniors for "Lunch and a Movie" on Thur., Jan. 10. They will share a meal at 11:15am, then watch the movie "Coco," in their own theatre. The 2017 animated movie is inspired by the Mexican Day of the Dead holiday. Lunch and a movie is held at Nokomis Healthy Seniors inside

Bethel Lutheran Church. All are welcome, but reservations to 612-729-5499 are required.

Join Nokomis Healthy Seniors for "Lunch and Bingo" on Thur., Jan. 31 at Nokomis Healthy Seniors. You'll share a meal at 11:15am, followed by a spirited game of Bingo. All are welcome, but reservations required by calling 612-729-5499.

Nokomis Healthy Seniors will host a Health and Enrichment program on "Learn All the Ins and Outs of Uber and Lyft" on Thur., Feb. 7 at 11am. It will be held inside Bethel Lutheran Church. Free; all are welcome, and no reservations are required. This free program will be repeated on Wed., Feb. 13, 1:30pm, at Nokomis Square Co-op.

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

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.

Food Shelf plans fundraiser Jan. 9

The Annual Pasta Dinner and Fundraiser for Minnehaha Food Shelf will be at a new location this year. Join your neighbors at Lake Nokomis Lutheran Church, 5011 S. 31st St., on Wed., Jan. 9, from 5-7pm. Treat yourself to a great dinner and help your community at the same time. Once again, Fat Lorenzo's is donating their delicious pasta. There will be an accordion band and door prizes. For more information go to www.minnehaha.org/foodshelf.html. Tickets are \$15 per person and children, 10 and under, are free.

Benefit planned for Roosevelt Theater

Advocates of Roosevelt Theater Arts will present the Fourth Annual Growler Gala fundraiser for Roosevelt Theater on Thur., Jan. 24, 7-10pm. The fundraiser will be held at Hook and Ladder Theater & Lounge, 3010 Minnehaha Ave. S.

The event will feature live music by The Betsies (garage pop and rock) and Brothers D (acoustic jazz), a growler "cake walk," a silent auction, and more. Enjoy a night out with your neighbors and support local theater. Tickets are \$15 in advance, \$18 at the door.

Watch for updates on the Advocates of Roosevelt Theater Arts Facebook page.

Organ recital planned Jan. 27 at Mount Olive

Mount Olive Music and Fine Arts presents an organ recital by Monica Czausz, one of America's leading concert organists, on Sun., Jan. 27, 4pm at the church, 3045 Chicago Ave. S. A reception in the church's Chapel Lounge follows the recital. This event is free and open to the public; a free-will offering may be received to support the Music and Fine Arts program.

Czausz has received numerous first prize awards in competitions since 2015 and has been a featured performer at both the American Guild of Organists and Organ Historical Society national conventions. She will offer an eclectic performance on Mount Olive's 55-rank Schlicker organ.

This is the fourth event in the 2018-2019 Mount Olive Music and Fine Arts season. For further information on this event and on the Music and Fine Arts program, please contact Dr. Cherwien at the church office by phone at 612-827-5919, by email at cantor@mountolivechurch.org, or online at www.mountolivechurch.org.

NA group meets twice weekly

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

Cabin Fever continues at Epworth

After the holidays, Cabin Fever starts again every Wednesday on Jan. 9 at Epworth UMC, 3207 37th Ave. S. Cabin Fever offers indoor play space for kids 0-5 years old from 9:30-11:30am. Large and small motor activities, crafts, and a healthy snack are provided free of charge. Kids must bring a caring adult with them to watch them as they play. There will be coffee and conversation for adults. Cabin Fever ends in mid-March.

Vine Center opens two exhibits Jan. 5

Vine Arts Center, 2637 27th Ave. S., is hosting exhibits by two local artists, Patti Walsh and Susan Warner. Join the artists and Vine Arts Center at the opening reception on Sat., Jan. 5, 6-9pm. The reception will feature artists' personal stories, the inspiration behind their work, interactive art, refreshments, and live music by Bosse Neve.

"How I See It" by Walsh is a body of work that ranges from realism to abstract paintings. Her work features depictions of her connections to animals and explorations of paint and movement.

Walsh will donate 25% of any art sales to the Council on American-Islamic Relations, Minnesota Chapter.

"Who Says Women are Powerless?" is Warner's exhibit. Warner makes functional pots for daily use, with the intent of pleasing both the eye and hand. Points of departure in sculpture are everyday objects, like shoes, purses and irons. She exaggerates scale, manipulates form and texture, and sometimes makes social commentary in this ongoing series.

St. Helena School hosts open house

St. Helena Catholic School, 3200 E. 44th St., will hold a PreK-8 Open House on Thur., Jan. 10, 1:30-5:30pm. Visitors will be able to observe classrooms, talk to teachers, and meet students and parents from the community. All are welcome. If you cannot make it for the open house but would like a personal tour, call 612-729-9301.

Locals named to Nat'l Honor Society

Twenty-two Minnehaha Academy seniors were inducted into the National Honor Society this fall. These students went through an application process that examined their demonstration of scholarship, leadership, character, and service.

Among those honored were three students from the Longfellow community—Evan Brown Ton, London Donohoe and Emma St. Andrew. Two students from Nokomis, Anna Forslund and Evalin Olson, were also named to the National Honor Society.

L/S Healthy Seniors upcoming events

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a free monthly Senior Social/Health Talk on Tues., Jan. 15 at 10:30am (doors open at 10am) at Holy Trinity Lutheran Church, 2730 E. 31st St. The presentation is on Seasonal Affective Disorder, sometimes characterized as the "winter blues." They'll discuss signs, symptoms, treatment, and resources, as well as some basics about depression in a presentation by Kay King from NAMI Minnesota.

Tai Chi Easy exercise classes will resume on Mon., Jan. 7 and are held weekly from 10:30-11:30am at Holy Trinity Lutheran Church. (No class on Jan. 21 due to M.L. King holiday.) Classes cost \$5/each, and discounts may be available for lower-income seniors. Tai Chi is a low-impact, slow-motion exercise that's adaptable to individual abilities. Movements vary between sitting and standing and help improve breathing, coordination, flexibility, and strength. Registration is not required, so come and try it!

A free monthly Diabetes Support Group for adults will be held on Wed., Jan. 9, 1-2:30pm at Trinity Apartments, 2800 E. 31st St. Anyone with Type 1 or Type 2 diabetes is invited to attend.

A "Coloring Jam" (open coloring session) will be held Wed., Jan. 23 from 1:30-3:30pm at Trinity Apartments, 2800 E. 31st St. Spend time coloring and relaxing! Healthy Seniors will provide a variety of coloring books, markers, crayons, and colored pencils. A class fee of \$4 covers all supplies. Registration is required by Jan. 17 by calling 612-729-5799.

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

Local AP Scholars named at MA

AP Scholar is an honor given to students who receive scores of 3 or higher on three or more AP Exams. AP Scholar with Honor is awarded to students who receive an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four or more of these exams. Minnehaha Academy had 5 AP Scholars, 8 Scholars with Honor, and 7 Scholars with Distinction.

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.

Frozen February Frolic planned Feb. 2

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

Council approves Minneapolis 2040

The Minneapolis City Council voted Dec. 7 to approve Minneapolis 2040—the City's

Continued on page 11

Community Healing Hub one of many resources available at MCLC

By MARGIE O'LOUGHLIN

Minnehaha Communion Lutheran Church (MCLC) may appear unchanged on the outside with its historic brick façade and soaring steeple, but inside, some significant changes are taking place. Co-pastors Sally and Dan Ankerfelt, along with lay leadership, believe that God has called their church to be a place of healing, hope, and wholeness for all—and they have responded to that call.

The first phase of their response came in 2015 when the Ankerfelts and two of their children embarked on a three-month sabbatical. They traveled to the Philippines to volunteer at an orphanage, and to witness how children there developed resilience in the face of trauma. They spent the remainder of their sabbatical in Northern Minnesota studying, reading, and praying. Pastor Sally Ankerfelt said, "While we were gone, the congregation also looked into their understanding of trauma. The first thing they learned was that everyone has their wounds, and that trauma exists everywhere."

When their sabbatical ended, the co-pastors and the congregation realized they had come to many of the same conclusions. Ankerfelt explained, "MCLC had been on a path to becoming what we called a 'trauma-informed' church. At the close of the sabbatical, we felt we had grown into this instead: a congregation focused on hope, healing, and wholeness. That language offered concrete expressions and opportunities for us, and felt more active than saying we were just 'trauma-informed.'"

The second phase of MCLC's



Community Healing Hub coordinator Kaye Mills (left) and Pastor Sally Ankerfelt (right) of Minnehaha Communion Lutheran Church. Quiet Hours in the Community Healing Hub are Monday from 4-6pm. The comfortably furnished public space is intended for self-care and regeneration. (Photo by Margie O'Loughlin)

response began last year, when the decision was made to open a Community Healing Hub. Kaye Mills is a graduate student at Luther Seminary working on her MA in Christian Ministry. "I was drawn to MCLC because of their interest in hope, healing, and wholeness," Mills said. "I spent a semester there, as part of my seminary requirements—and saw how MCLC was growing into their new mission."

Mills now works part-time as coordinator of the Community Healing Hub, and has offered several workshops on-site

in the last year using elements of herbalism, candlelight, and healing sound, and learning to make "green" personal hygiene products. "MCLC is very open to doing different kinds of things, and is helping people find wholeness in ways that work for them," she said.

The Community Healing Hub can be used by church members and community members alike. It's located on the main floor of the MCLC education wing (enter through the handicapped-accessible office entrance on the 36th St. side). The

space can be reserved twice annually at no cost for a full group meeting, or as a neutral space for a difficult conversation. It comes with a gas fireplace, dimmable overhead lighting, a conference table and chairs, comfortable, upholstered furniture, a coffee pot, electric teapot, microwave, warm blankets, candles, books, and other calming amenities.

Visit www.community-healinghub.org to check workshop schedules and to make room reservations. Items from the Sensory Library can also be checked out on a visit to

Minnehaha Communion Lutheran Church hosts a community gathering on the second Wednesday of each month at 7pm, called "Songs of my Life." This is a time to share stories, sing mostly secular songs, and have a meal together. All are welcome!

the Community Healing Hub. Items include noise-canceling headphones, compression tights, light filters, glow blankets for kids who are afraid of the dark, and much more.

The Community Healing Hub is open to the community for Quiet Hours on Mondays from 4-6pm (with the holidays coming up, check the calendar). The Healing Hub is technology-free, meaning that cell phones and other electronic devices must be turned off. During this time, Mills is in her office if any concerns arise. "The door is open," she said, "and visitors can use the space as needed for meditation, prayer, aromatherapy, reading, sitting, or resting under one of the weighted blankets by the fire."

Ankerfelt reiterated, "We want neighbors to understand that they don't have to be a member of this church—or a Christian—to participate in any of our offerings. Our outreach to the community is just this: to provide a space that offers the best possible outcome for healing."

MCLC is located at 4101 37th Ave. S.

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Want ads must be received by the Messenger by January 21 for the January 31 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

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Firehouse Performing Arts to open Mission Room alongside Hook & Ladder

By JILL BOOGREN

As early as March, a new venue space will open inside the old Firehouse 21 building at Lake St. and Minnehaha Ave. Called The Mission Room, it will be a performance and gallery space to serve local visual, literary, spoken-word, singer-songwriter and multi-media performance artists, as well as host community meetings, fundraisers and events.

Firehouse Performing Arts Center (FPAC) Executive Director Chris Mozena, sees this as filling a gap in the performing arts community.

"It certainly wasn't part of the original plan to be pursuing an expansion within two years of opening," said Mozena. But since their opening in 2016, several other venues closed—Bedlam Theatre, Triple Rock Social Club, Intermedia Arts—and The Hook and Ladder kept on booking. In just two years, they have presented more than 4,000 local, regional and national performing artists and helped numerous nonprofits raise funds for their organizations.

"Due to circumstances we had to pick up the slack," said Mozena. "Here we are, two years later, and we're still saying 'no' more than we're saying 'yes' to performers."

This speaks to a demand for more artist and community space, but it also speaks to a demand for a "different" space. The Hook's capacity is just shy



Chris Mozena, Executive Director of Firehouse Performing Arts Center, outside the red brick building that will soon house the Mission Room next to The Hook and Ladder Theater & Lounge. (Photo by Jill Boogren)

of 300, which is a lot more than is needed for some events. With a 100-guest capacity, the Mission Room will be a better fit for some artists and performers. Some book readings, spoken word or singer-songwriter performances, and community meetings may benefit from a more intimate setting. It also gives the FPAC room to support startup and experimental works.

"The smaller space will lend itself to these kinds of activities," said Mozena. "It's a way to meet our commitment to community and to our mission."

The Mission Room will be in the space formerly used by Zo-

rongo Flamenco Dance Theatre, who is moving to a new nearby location. It's the red brick section with an entrance from the south side parking lot. The venue will require a basic interior remodel to make the space accessible, both physically and regarding proximity of artists to their audience. The raised dance floor used by Zorongo and the tin ceiling will be removed. A small stage will be built, acoustic, lighting and aesthetic improvements made, and new seating added.

The concept is for it to be a hybrid gallery and performance space. They plan to utilize eight to a dozen six-foot wide, two-

and-a half-foot deep plexiglass casters to showcase non-performing arts.

"Some artists work in 2D or 3D pieces of art," said Mozena. "Each one would be available to monetize their work."

Mozena would also like to house a box office there so that patrons can avoid processing credit cards online, with tickets for any FPAC venue shows available.

"What we're hoping is to look for a synergy of performances, crossover from one theater to another," he said. "Three stops [including the small MPLS stage within The Hook], one venue."

FPAC has held numerous fundraisers for community groups, like the benefits for the Roosevelt Theater program, Water Mission, the Leukemia & Lymphoma Society, and Standing Rock, and the Mission Room will open up more opportunities.

"We've been the nonprofit helping other nonprofits," said Mozena. "We just want them to engage artists in some way."

FPAC relies heavily on sales of tickets and beer, individual donations as well as volunteer hours to put on the shows they have. At the time of this writing, they'd received about 60% of their fundraising goal for the Mission Room. Donations are still welcome and being accepted on their giveMN page under Firehouse Performing Arts Center.

The first week of January, The Hook will be dark as they make improvements to the bar that will allow them to get a spirits license. A few highlights after that are: Jan. 10, Bedroom Floor Body Positive Fashion Show and Cabaret; Jan. 24, Growler Gala to benefit Roosevelt Theater; Jan. 25, ouTposT performance by MN Orchestra musicians. Check their calendar for more.



Logo for FPAC, Mission Room and The Hook and Ladder Theater & Lounge

Guavas Cuban Café

Continued from page 7

opened its doors quietly in late November, serving brunch Tuesday through Sunday from 9:30am to 2:30pm.

"We are still in the process of getting our beer and wine license," Machado said. "Once we get that, we are planning to open for dinner service. I envision eventually to be open from 9 to 9 during the week, a little later on weekends."

He said the gradual expansion of the restaurant is good for him. "I am a very small company, growing from a farmer's market stand to a small restaurant. We are trying to take our time and do it right."

The restaurant has a seating capacity for 60, with an additional 40 seats in the summer months on an outside patio. He expects his staff will grow with the restaurant to be about 25.

"I always thought that finances were going to be a problem in opening a restaurant, or things like that," Machado commented. "I think finding the right people who share my passion for food has been the biggest struggle."

"And actually realizing that it has happened," Machado said. "I have wanted to open a restaurant for a while, and it has actually happened."

Machado still has his catering business that uses a kitchen at 2010 E. Hennepin. "Next year we'll probably start moving things over here," he noted.

"Having a farmers market stand first and then going to the restaurant is a process that works because it gives you the kind of baby steps needed to introduce yourself as a person to the community," Machado said. "I am starting with a small base, compared to some of the bigger restaurants, but I am starting with a base nonetheless. It's not like starting from scratch, like a new neighborhood restaurant opening and nobody knows

who this guy is."

Machado said he has a nice little base of borderline friends, people who have supported him in the last four years through catering and have invited him into their homes to share their good moments.

"I know once I let them know I have a restaurant, I will receive their support because they know my food is tasty, and they know what I put into it."

Machado is also optimistic about his new restaurant because he admits he already has a failure under his belt that he believes he has learned from.

"I was in the military for four years, and when I got out I wanted to open my own business. A friend and I opened an ice cream and coffee shop. It wasn't very well thought out," he recalled.

"The place broke even very quickly and started to show a little profit," he said. "But I found myself every day scooping ice cream, and I lost my passion. I didn't want to go and open the doors."

Machado said that was seven years ago. "I'm a lot more experienced now. I don't have a partner, so I don't have to depend on anybody else. I am a very different person today. I'm going to put it out there and see what happens."

"For me," Machado said, "I thought about opening a restaurant a lot because I did have that failure. I am going to try and not make the mistakes I made when I was 21."

He said that he lives in the neighborhood, not far from the restaurant. "I know this neighborhood, and I know this family concept matches what people want here. I have to build consistency and keep it going."

In Our Community

Continued from page 9

Comprehensive Plan, which will help shape how the city will grow and change over the next two decades so all residents can benefit.

The Comprehensive Plan includes 14 goals with an overarching theme: Minneapolis' growth must be managed with a focus on undoing barriers created by a history of policies in the city that have prevented equitable access to housing, jobs, and investments, resulting in significant disparities between white people and people of color. Nearly 100 policies with action steps outline ways to achieve the plan's goals.

Minneapolis 2040 will guide future growth for the city. It is not an instruction book, but rather a tool to frame the city's growth, set direction and give high-level guidance. This plan will be used to inform future ordinances, zoning code revisions and the City's strategic racial equity plan, among other items.

The Comprehensive Plan calls for allowing more housing options, especially in areas that lack housing choices and access to transit, goods, and services. It also includes several policies to make the city more resilient to climate change.

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If you are an organization located in the Longfellow Nokomis Messenger delivery area, you can submit your event, special program, or noteworthy news to us for consideration. Submit your item by email to editorial@deruytemelson.com. The deadline for the next issue is Mon., Jan. 21 for the Jan. 31 issue.

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New brewery is hopping into the Minnehaha Ave. business mix

By JILL BOOGREN

The colorful banners adorning the outside of 3036 Minnehaha Ave. do not lie: Arbeiter Brewing is coming to the former Harriet Brewing site. The startup brewery will bring a brand new taproom back to Minnehaha Ave. and Lake St. offering craft beer with, as their website proclaims, "a hefty dose of German influence."

Alumni from Northern Brewer homebrew supply shop, proprietors Juno Choi, Josh Voeltz, Garth Blomberg and Aaron Herman (lead brewer for five years at Town Hall Brewery) collectively bring expertise in brewing, marketing, distribution, and events.

Plans are to brew traditional German beers (Arbeiter means "worker" in German)—altbiers, hefeweizens, helles lagers, pilsners, maibocks, and Oktoberfests—with plenty of crossover opportunity to brew traditional styles using American ingredients.

Coming from Town Hall Brewery, Herman will no doubt play around with a few bourbon barrel-aged beers. And as a silent nod to their forerunners, Arbeiter will brew some Belgian beers as well—saisons, quads, tripels (Harriet's were Belgian-influenced beers).

They plan to have 12 to 15 taps total, with four-to-six regular offerings.

"We'll let our customers decide what our regulars will be," said Voeltz.

"It's important for the brewery to have an identity," Herman added. "People should come to a place because they have a certain selection."

Recognizing that one person's need for hops is another's need for "deep, sweet, rich beers," Arbeiter will brew styles to appeal to a variety of palates. They'll have room for seasonals and experimental brews, and Herman is eager to get his creative and technical juices flowing. Now brewing at a brew-



(l to r) Josh Voeltz, Garth Blomberg, Aaron Herman and Juno Choi inside the empty space formerly used by Harriet Brewing, home of their upstart Arbeiter Brewing Company. (Photo by Jill Boogren)

ery in Grantsburg, WI that's open to experimentation, Herman just brewed a hazy-style IPA.

"[Hazy IPAs] have a super low bitterness and a high hop flavor that makes them unique," Herman said, describing an interaction that creates flavors that don't happen in other IPAs. The result is achieved by using brewers' practices that were previously unheard of—using loads of hops and doing the opposite, according to Choi, of what people are taught.

"It's an example of brewer's ingenuity," said Herman.

The taproom itself will be a complete remake. Right now the space is empty. Plans are to move the taproom to the front of the house and add windows to the Minnehaha Ave. side as well as a mezzanine level for more seating. They're also going to install a huge

garage door that will open out to a patio on the south side.

"Harriet didn't have the luxury to build their taproom ahead of time," said Choi. The "Surly Bill" that led to the taproom boom in Minneapolis passed after they were up and running. "We want it to be well thought out, just as nice as it can be. More welcoming, a little bit larger."

They'll likely steer away from what Herman called a "raw industrial look" in favor of creating a warmer space.

"We'd like to offer our customers a variety," said Garth Blomberg. Some open space and some areas that are cozy, dimly lit—a place you want to be on a "cold winter night with a friend drinking barrel-aged beers."

There are no immediate plans for packaging their beer, which

means (save for occasional collaborations or releases of 750 ml bottles) the only way to try their beer will be to visit the taproom and taste it there or carry it out in growlers and crowlers.

There are also no plans to serve food. They may invite food trucks, but they also want to work with Geek Love Cafe, Gandhi Mahal and other nearby restaurants to get menus to go.

"There are great options within a block," said Voeltz. "There's plenty of good food."

And while they may host occasional special events, they'll leave the live performances to the venues down the street: Hook and Ladder, the (soon to be) Mission Room, and Moon Palace Books.

With all brewery mates hailing from other Minneapolis neighborhoods, the location is appeal-

ing on many fronts. Blomberg praised the accessibility of all types of transportation: the Blue Line, the Greenway, and Hiawatha Ave. as a major connection to Hwys I-94 and 35W.

"It's a little apex of all types of transportation," he said.

They also appreciate the strong sense of community in the area, where businesses all support each other. It took a village to pop up the Longfellow Craft Beverage Garden at Open Streets in July. Hosted outside Moon Palace Books passersby got to try samples from Arbeiter and Venn Brewing, DuNord Craft Spirits, Lawless Distilling, and Urban Forage Winery and Cider House.

"It was a great way to introduce ourselves," said Choi.

Arbeiter has already collaborated on a beer with Venn Brewing that was on tap at Geek Love Cafe, and, according to Herman, collaborations with other breweries are forthcoming.

Arbeiter would also like to give back to the community, through nonprofits and charitable work.

"My community-based dream for this place, is on a Sunday morning, build a house, come back, have a pancake feed, drink some beers," said Blomberg.

Above all, they look forward to becoming a lounging spot, a place for the community to gather.

"We very much want to be the neighborhood taproom and get to know the regulars," said Voeltz. "I'm excited to see the transformation."

Thirsty yet? "We're just as anxious and eager to be open as our community," said Blomberg.

They are hoping for a late summer opening. Those who want in early can buy a membership in the Arbeiter Union that will give them discounted beer for a good long while. Details are on their website.

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