



Reddy Rents to install rain gardens along Hiawatha

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Nokomis neighbors embrace 'Blooming Alleys': cleaning water, growing habitat, one block at a time

By JILL BOOGREN

"Tranquil" isn't a word that first comes to mind for a place built for parked cars and garbage cans. But it fits for the alley behind Carol Kuechler's house on the west side of Lake Nokomis. Here, Shenandoah grasses, bee balms, and butterfly weed are planted along back sides of garages. Colorful gardens wrap around fences and walking paths. Some of the driveways are paved in cool designs.

It's Better Homes, Alleys, and Gardens, and every bit as inviting as a nearby park bench.

It's pretty with a purpose. Kuechler's block is among those included in Metro Blooms' Lake Nokomis Blooming Alleys Project, which works to minimize stormwater runoff—and thereby pollution—into Lake Nokomis by transforming alleyways.

"Not only does the majority of runoff come from there, but it's also the most polluted," said Laura Hurley, director of environmental programs for Metro Blooms. Water comes off of garages, backyards, and driveways, carrying with it pet waste, fertilizer, oil, sediment, and salt, she explained. "Anything your car is bringing in is being washed into the alleyway."

There are a number of ways to lessen that flow such as adding or redirecting downspouts so water pours into lawns and gardens instead of down the alley. You can create rain gardens that can take in large amounts of water then filter it slowly back into the ground. Or,



The sign in Carol Kuechler's garden is another way to let neighbors know what's blooming. (Photo by Jill Boogren)

you can install "permeable" paving stones for driveways that allow water to soak through. All of these options reduce the amount of water that gushes down the alley and into our lakes and creek when it rains.

Last year, the first demonstra-

tion alley was completed between 16th and 17th Avenues, from 50th to 51st St. Now, with help from the Clean Water Legacy Fund, the program will extend to 15 blocks by 2018. Three blocks (including Kuechler's) are being installed this year,

and several more have signed up.

To participate in the program, 30% of homeowners on a block need to sign on. They first go to an "alley party," at which Metro Blooms describes the project and shares possible solutions and de-

sign ideas. After that, design consultations—which are done at no cost to homeowners—are scheduled. Once costs are finalized, installation can begin. The work isn't free, but because each Blooming Alley involves a lot of little jobs in one spot, costs are lower. Each household can expect to pay approximately \$350-650, depending on work chosen, and anyone wishing to include additional work can take advantage of the reduced rates.

And because neighbors are working with neighbors, they can choose projects that cross property lines. While touring the alley, Kuechler pointed out a trench drain—a below-grade channel topped by a metal grate—that diverts water from a garage to a rain garden next door. Another resident's permeable (soak-through) pavers were set next to their neighbors' rain garden, to help capture excess water.

According to Hurley, about 60% of the water on a typical residential property drains to the alleyway. Their aim is to capture 90-100%. Hurley estimates that once

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Roof Depot says no to city's water yard

By TESHAM. CHRISTENSEN

For now, the city's plan to move its water yard along the Midtown Greenway is stalled.

The Roof Depot owners have told city staff that they are no longer willing to sell the site at 1860 E. 28th St. in the Phillips neighborhood.

"We don't know if they chose to lease to someone else or are waiting for the city to raise their offer," said Carol Pass of The East Phillips Improvement Coalition (EPIC). "However, the current pollution and congestion remains unacceptable! So we shall continue to press the city to respond to our needs and respect their own core principle: Those most impacted by a decision should be involved in that decision."

The city's decision to relocate its water yard maintenance facility from 2.4 acres in Ward 3 at Hennepin Ave. E. and 5th Ave. N. was met with stiff opposition by Phillips neighborhood residents. They had only recently learned of the city's plan last fall and mobilized quickly against it.

"In order to grow our city equitably," stated Ward 9 City Coun-



Community members gathered outside the Roof Depot site on Mon., Aug. 10 to protest trucks traffic, congestion and pollution in their neighborhood. (Photo submitted by the East Phillips Improvement Coalition)

cil Member Alondra Cano Alondra Cano in her newsletter announcement about the decision, "we cannot keep on concentrating industrial uses in the most racially diverse and low-income areas of Minneapolis."

She, along with fellow council members Andrew Johnson (Ward 12), Elizabeth Glidden (Ward 8), and Cam Gordon (Ward 2) had op-

posed the plan to move the water yard.

A statement from Tamales Y Bicitetas credited community pressure for the change. "Let's remember that the community fought, and the community won. ... We want to thank everyone for their hard work and energy."

Moving forward, Tamales Y

Bicitetas hopes that any person, institution or company who wants to move into the neighborhood first sign a Community Benefits Agreement on sustainability, inclusiveness, and employment.

"We will keep building and organizing for a real and lasting vision of environmental justice!" promised Cano on her Facebook page.

EPIC has proposed an alternate plan for the site. Designed by DJR Architecture, it would renew the Roof Depot building into an agribusiness that would offer jobs that local residents would have the skills for, thereby cutting down on traffic while offering employment within the neighborhood.

There would be solar panels on the roof, and a bike shop situated near the Greenway. These businesses would not require any rezoning of the property.

Future phases include mixed-use housing where the asphalt plant and foundry are currently located.

This would completely alter the area known by residents as "the death triangle."



Carol Kuechler is a master water steward and one of the original volunteers in the Lake Nokomis Blooming Alleys program. (Photo by Jill Boogren)



Photo left: Roxanne Stuhr, master water steward and owner/designer of True Nature Design, and Kevin Fitzgerald, co-manager of Reddy Rents, at the sign out front. Photo center: (l to r) Ruth Romano of the Longfellow Business Association, Sue Filbin of Smiling Dog Design, Roxanne Stuhr, and Kevin Fitzgerald discuss details of the water and rain garden project to be installed along Hiawatha Ave. Photo right: Roxanne Stuhr, master water steward and owner/designer of True Nature Design, demonstrates where instead of splashing onto concrete, rain water will flow into a dry well then be released gradually into a creek bed and rain garden. (Photos by Jill Boogren)

Reddy Rents to install rain gardens along Hiawatha Ave.

By JILL BOOGREN

As an equipment rental business, Reddy Rents has had a hand in many a D.I.Y. project. Now Co-Manager Kevin Fitzgerald is eager to roll up his sleeves and get to work on a landscaping project of their own. Plans are underway to install rain gardens, dry wells, and a dry creek to manage stormwater runoff from the mostly-flat 5,000 square-foot roof of their south building at 45th St. and Hiawatha Ave. (which houses Big Print).

Led by Roxanne Stuhr, True Nature Design owner and landscape designer, the project is expected to reduce about three quarters of the water pouring out of downspouts when it rains—water that would otherwise carry debris and pollutants into our storm

drains and ultimately the Mississippi River.

"The volume of water that comes off all these hard surfaces in the city is incredible," said Stuhr. "Rather than have that water leave the property where it could be beneficial, what we're doing instead is sending it down sidewalks, into the streets, into gutters. A lot of the water becomes dirty water because it's picking up trash and oils and goes directly into our waterways."

There was already talk at Reddy Rents of beautifying the front of their building, and when Stuhr, a customer of theirs, suggested doing something that would capture water, a new partnership was formed.

From a business standpoint, the project made good sense. First, for the cost savings from lowering what Fitzgerald called an "extremely high" stormwater management fee. Next, for its potential to show their customers what's possible.

"We want to make it as attractive as possible, so our customers are like, 'Hey, that's really nice. Who did that for you? How can we learn how to do that?'" said Fitzgerald. They'll have a living example of what's needed for similar landscaping projects—and the rental equipment to get the job done. People can also see that rain gardens look great, and they don't have to worry about mowing once a week. "You just have to weed a little bit here and there," said Fitzgerald.

For Stuhr, who is a certified master water steward, goals for showcasing the project are threefold—to show the function of capturing water, while creating habitat for wildlife and ultimately

beautifying a space.

"They don't have to operate independently from one another," said Stuhr. "When function meets aesthetics, you have good design."

How it will work

Water from downspouts will pour into dry wells, which are like rain barrels in the ground that can dissipate water. Any overflow will move through the creek bed to the rain garden, where water will soak into the ground. The project is designed to handle 1600 gallons (more than 30 rain barrels worth) of water in a 24-hour period—about 1.5 inches rainfall.

The garden itself will include native perennials (essential for pollinators), a few cultivated plants, and a handful of shrubs. It will be mulched, and the creek bed, when dry, will serve as a walking path for maintaining the garden. A future phase of the project includes adding permeable pavement, more rain gardens, and a cistern to capture and reuse water at Reddy Rents' north building.

The project was made possible by a grant from the Mississippi Watershed Management Organization, administered by the Longfellow Business Association (LBA).

"I'm especially thrilled to partner with businesses," said LBA Staff Member Ruth Romano. While Longfellow residents are "all over" stormwater management, she said, "this is a great example of what businesses can do."

Stuhr is grateful for Reddy Rents' foresight and willingness to take these steps. "I think they're business leaders in the communi-

ty," she said.

Like Lake Nokomis Blooming Alleys [see page 1], the project was initiated by and will be completed with a community effort. As Stuhr notes, the Longfellow, Nokomis, and Standish-Ericsson neighborhoods all converge right at this point along Hiawatha, so this presents a great opportunity for neighbors to get involved.

"It's business, community, and gardeners coming together," said Sue Filbin, writer, graphic

designer, and owner of Smiling Dog Design, who helped prepare the grant. "People will see it happening and wonder about it and learn about it."

Reddy Rents will offer discounts on equipment rental to volunteers who help install or maintain the rain garden. They expect to break ground in September. Look for notices on the True Nature Design Facebook page to see when work will begin: www.facebook.com/TrueNatureDesignLLC.



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'Blooming Alleys'

Continued from page 1

all 15 Blooming Alleys are installed these projects will capture and infiltrate over 100,000 gallons of runoff in a 1" rainfall.

An added benefit is the ability to replace concrete with wildlife habitat. Rain gardens are usually planted with native plants whose long root systems, once decayed, create deep channels for water to flow through. They also tolerate both wet and dry conditions, enabling them to create critical pathways for bees, birds, butterflies, and other pollinators.

"It's about creating a connected corridor, rather than little patches," said Hurley. "Insects and pollinators need to move."

Water and wildlife may be worth working for, but a big draw for participants has been the opportunity to collaborate on a project with their neighbors.

"It's all very community centered," said Hurley. "It's been an awesome way for people to get to know their neighbors."

As a master water steward (a program introduced three years ago by the Freshwater Society and Minnehaha Creek Watershed District: think master gardener for

clean water), Kuechler must complete volunteer hours —both in-the-ground and doing outreach—in order to retain her certification. She appreciates the collaboration across neighborhoods and communities. At the end of the alley tour, a neighbor walking her dog noticed the sign that reads, "Blooming Alley coming soon," stopped, and said she was very interested. One more connection made.

"It's all about community engagement," Kuechler said. "I've connected with some people who've been very enthusiastic, many people who care about the future of our water."

Over on the east side of Lake Nokomis another Blooming Alley may be sprouting. Landscape Architect Emily Bujold is working with Christina Schmitt and Miriam Eason, master water stewards in training, to design a rain garden in her front yard. Bujold's is an alley house, set farther back from the sidewalk.

"It's a lot of lawn, 'green concrete,'" said Bujold, referring to the relatively impervious nature of sod. "As a landscape designer I'm obviously real conscious. I wanted to improve [it]." Her rain garden will feature native sedges, milkweed, and blazing star.

Having none of the holding



ponds seen to the south and west of the lake, the east side is key for reducing runoff higher up. Bujold plans to have her rain garden complete in time for the Monarch Festival then use it to galvanize support for more Blooming Alleys.

Rain garden workshops are scheduled for Sat.-Sun., Aug. 29-30, and Sat. Sept. 5 (a backup "rain

day" will be Sun., Sept. 6), from 8:30am-1pm, at 4909 28th Ave. S. Bring shovels and garden gloves and help install a rain garden and French drain. You are also invited to stop by on your way to the Monarch Festival to celebrate the new garden and learn about how rain gardens help Lake Nokomis and support butterflies. Sat. Sept. 12,

10am-noon, at 4909 28th Ave. S. Blooming Alleys is a collaboration between Metro Blooms Lake Nokomis Neighbors for Clean Water, Hennepin County, Minnehaha Creek Watershed District, and Master Water Stewards. For more info, contact Laura Hurley at 218-230-4376 or laura@metroblooms.org

NENA launches Strategic Planning Process — your ideas are needed!

So what's your big idea for our community? NENA wants to know! The NENA Board of Directors will be collecting community ideas and suggestions over the next few months as it begins a Strategic Planning process for the next three years. In early 2016, NENA will host a community gathering to share the full Strategic Plan.

Neighborhood Asset Survey

What do you like about our community and what is missing? Take a moment to complete the NENA survey at www.nokomiseast.org.

Door knocking

Knock, knock, it's NENA! Board members, staff, and volunteers will be visiting homes and businesses to collect your ideas. Look for us in our blue NENA t-shirts!

Listening sessions:

As part of NENA's mission, we work to strengthen the neighborhood's housing, commercial and environmental assets. Join us at these topic-specific listening groups for a facilitated conversation and input sharing.

Space is limited for the lis-

NENA (Nokomis East Neighborhood Association)

3000 East 50th Street

NENA Strategic Planning, Minneapolis Monarch Festival, Nokomis Block Party & more

tening sessions! Sign up today by emailing nenan@nokomiseast.org and let us know which session you would like to attend. Sessions will be held at the NENA office, and light refreshments will be served.

—Commercial & Streetscape:

Tue., 9/15, 6-8pm

— Environment: Sat., 9/19, 9:30-11:30am

— Housing & Livability: Sat., 9/19, 12:30-2:30pm

NENA Pop Ups:

Expect to see NENA around town with our mobile outreach stand. Stop by for fun activities and let us know your ideas for the upcoming years.

Interested? Please call or email Becky Timm, NENA's Executive Director to learn how you can be involved! 612-724-5652 or nenan@nokomiseast.org

Community Meeting

Council Member Andrew Johnson (Ward 12) and NENA's Housing, Commercial and Streetscape Committee are co-hosting a community meeting on Sept. 30 to gather neighborhood input on a proposed housing development at 54th St. and Riverview Rd. Join the conversation as the City prepares plans to develop

Upcoming Meetings and Events:

Meetings are scheduled at the NENA Office unless otherwise noted.

9/02: NENA Housing, Commercial and Streetscape Committee, 6:30pm

9/10: NENA Executive Committee, 7pm

9/12: Minneapolis Monarch Festival, 10am-4pm

9/13: Nokomis Block Party, 50th St. & 34th Ave., 11am-3pm

*9/15: NENA Listening Session — Commercial & Streetscape, NENA Office, 6-8pm

*9/19: NENA Listening Session — Environment, NENA Office, 9:30-11:30am

*9/19: NENA Listening Session — Housing & Livability, NENA Office, 12:30-2:30pm

9/24: NENA Board Meeting, Crosstown Covenant Church, 7pm

9/30: Community Meeting - 54th St. & Riverview Road Housing Development, Morris Park, 6:30-8pm

* Preregistration to Listening Sessions is required. Space is limited.

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

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

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General Email: nenan@nokomiseast.org

Chair: chair@nokomiseast.org

Phone: 612-724-5652

the site for a new multi-family construction project. The community meeting will be held at Morris Park Recreation Center from 6:30-8pm.

Robbery & Assault Prevention Workshop (TBD)

In response to the recent increase

in robberies in southeast Minneapolis, NENA and the Minneapolis Police Department are teaming up to present a free community workshop to increase neighborhood awareness and prevention tips.

Mary Brandl, an expert in personal safety, will present a

90-minute jammed-packed presentation on how to deal with attempted robberies and assaults, including demonstrations and audience participation. Police officers and Sue Roethle, our neighborhood's Minneapolis Police Department Crime Prevention Specialist, will be on hand with updates on robberies in our area and to answer questions. As of this printing date, the workshop date and location have not been finalized. Please visit NENA's website for more information: www.nokomiseast.org.

Loan Programs Available

This summer, NENA launched a new housing rehabilitation loan program. Owners of 1 to 4 unit residences can apply for up to \$15,000 to make improvements to their properties. Owner-occupants and investors may apply. The interest rate is either 2% or 3% depending on income. No income restriction applies. For more information or to request an application, call the Greater Metropolitan Housing Corporation's Housing Resource Center 612-722-7141. Or, visit www.gmhchousing.org. Loan applications are processed on a first-come first served basis.

A limited amount of funds is available for emergency repairs. Only owner-occupied households are eligible. Income restrictions apply. The maximum loan amount is \$7,500. The loan is 0% interest, and there are no monthly payments. The loan is due in total on the sale of the property or transfer of title. If you have an emergency, contact the Housing Resource Center at 612-722-7141.

Nokomis Naturescape

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



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Article and photos
by MARGIE O'LOUGHLIN

Dan Conybeare had just welcomed a new foster dog to his home on July 12, when the mid-sized rat terrier disappeared from the back yard. The dog's name is Rocky, and the efforts to find him have been rocky too—a mixture of ups and downs that have surprised even Conybeare—a PhD psychologist at the VA Hospital in Minneapolis.

Conybeare has been a volunteer with Pet Haven, Minnesota's oldest animal rescue organization, for more than a year. In that time, he's cared for several dogs, and said, "I just really like dogs. Being a foster care provider is especially satisfying because you get to watch the process of growing, healing and changing that a rescue dog goes through, once they're received into a stable home."

But sometimes mistakes happen, and that's where this story begins.

After Rocky disappeared, Conybeare launched what residents of Longfellow could hardly fail to notice—an epic "Lost Dog" campaign with more than 150 handmade, bright green, double-sided signs placed throughout the neighborhood. Why here? Though Conybeare lives across the river in St. Paul, there had been several sightings in Longfellow, and more than one look-alike was picked up.

Conybeare learned that there are many resources available to pet owners if they lose their dog. According to Caroline Hairfield, deputy director of Minneapolis Animal Care and Control, "If a lost dog is picked up and has a collar with current tags and a license, our return rate is 99%. We'll try to track any identifying tags or marks, even expired licenses. Our goal is to reunite the pet with its family."

Minneapolis is fortunate to have one centrally located animal shelter. That way, if your dog goes missing, you don't have to make the rounds of several different shelters. The address for Minneapolis Animal Care and Control is 212 17th Ave. N., and more than 4,300 animals passed through their doors last year. "Ours is an open-admission shelter," said Hairfield, "meaning that we take every animal that's brought in, including wildlife. If an animal is considered treatable either medically or behaviorally, we'll try to help."

Why should you license your pet each year? If your licensed pet is found in Minneapolis, it will get a free ride home instead of a trip to the shelter (where there's a \$25/day impound fine). Licensed pets are three times more likely to be returned than unlicensed pets. If your pet is found injured, it will receive prompt medical attention. Your license fees help the shelter care for all lost dogs and cats, return them to their homes or find adoptive ones, and educate the public about responsible pet ownership. And last but not least, it's the law. A one year license for a spayed/neutered cat or dog costs only \$25; \$10 for seniors or low-income pet owners.

Rocky was licensed and had been living in a shelter in

Where is Rocky?

Efforts to find lost dog yield many lessons



Dan Conybeare with one of the 150+ Lost Dog signs he made with his friends, and members of the volunteer-led rescue organization The Retrievers.

Willmar, MN before he moved here. Unfortunately, his temperament is skittish (not unusual for a rescue dog), meaning that if chased or perhaps even approached, he'll run.

Finding skittish dogs is the specialty of a Minneapolis-based dog rescue organiza-

tion called The Retrievers. Entirely volunteer-led, they have about 10 case managers state wide. Natalie Wicker is one of them. When Conybeare sought assistance there, she told him, "Most of what we can do with The Retrievers is to help you understand the mindset of a lost dog."

Wicker became involved with the organization when she lost her own dog last year in the dead of winter. She did everything Conybeare has done: notified Animal Care and Control and listed her missing dog



By the time this goes to print, Rocky will have been lost about six weeks. Small in stature, slender and wearing a blue collar, the Chihuahua-Jack Russell Terrier mix appears to be a pleasant little fellow.

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on www.lostdogsmn.com, but it was the humane trapping method used by The Retrievers that brought her dog home after a week on the loose.

"Dogs revert to survival mode when they're living in the wild," Wicker explained. "It's important to remember that if a dog has been gone a while, their appearance may change: collars fall off, fur becomes unkempt. Most dogs are found and returned using our old-fashioned strategy of plastering a neighborhood with signs. But if you need to approach a skittish dog, get down low to the ground, avoid eye contact and move slowly."

The good news is that dogs are resilient and remarkably good at finding food and drinking water even when lost. Getting hit by a car poses the greatest threat. Wicker concluded, "We'll stay with a case until the owner decides it's time to stop—and that can be an emotional experience too."

For more information visit www.thetrieviers.org.

"I've gotten so much help from unexpected places," Conybeare said, "like the three or four strangers who called and offered to walk their neighborhoods looking for Rocky. Or the local printer who ran off materials to make 30 signs for free. The staff of The Retrievers has exceeded every expectation I could have had, and my friends have been great too. I can say with a clear conscience that I've done the best I could. I'm going to keep trying, but I feel a deeper sense of acceptance about how this search might end."

To report any sightings or information, please call or text Dan Conybeare at 319-270-5380.

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Minneapolis Park & Recreation Board

Lake Hiawatha's trash problem fed by culverts every rainfall

Once-in-a-lifetime opportunity on Sept. 15 will re-imagine Hiawatha Golf Course and help fix garbage problem

By TESSA M. CHRISTENSEN

Since May, Standish-Ericsson resident Sean Connaughty has removed 62 bags of garbage from Lake Hiawatha.

That's over 1,500 pounds of plastic cups and bottles, snack wrappers, cellophane, cigarette butts and more.

That doesn't count the invisible pollutants such as lawn fertilizers and herbicides, ice-melting salt and automotive pollution that wash into Lake Hiawatha. From there it will travel into Minnehaha Creek, the Mississippi River and the city's drinking water.

"With each bag of trash there are 1-4 syringes. I also regularly remove condoms and diapers, to name a few of the disturbing items," said Connaughty.

"In addition to the environmental and ecosystem damage this is causing, it also poses a public health risk," Connaughty



In four months, Standish-Ericsson resident Sean Connaughty has removed 62 bags of garbage from Lake Hiawatha. After each rainfall, the lake is full again. (Photo submitted)

"There is currently a once-in-a-generation opportunity to alter the storm sewer system that will occur when the golf course is restructured next year."

— Sean Connaughty

pointed out. "With items such as syringes, diapers, condoms and all manner of pollutants regularly entering the lake, it is no surprise that there are regular beach closings due to high bacteria levels."

The urge to pick up trash as he was walking his dog twice a day around the 55-acre lake began simply enough. But, as Connaughty's concern about water quality grew, it has propelled him into a larger fight.

"Despite my best efforts to clean the lake and the efforts of the recent Minnehaha Creek Watershed District (MCWD) organized clean-up, the lake is once again full of trash from recent rainfalls," observed Connaughty.

Lesson from a green ball

Along the way, Connaughty learned an important lesson from a green golf-ball-size ball.

Connaughty marked the ball and then dropped it into the storm drain. Two weeks later, he found the ball among the debris clogging the lake around the storm sewer culvert on the north side.

"The storm sewer outfall on the north side of the lake is emptying enormous amounts of trash and pollution into the lake with every rainfall," Connaughty remarked.

While many have believed that Minnehaha Creek is the primary source of pollution in the lake, Connaughty's day-to-day observation of where trash is located has shown that the storm sewer outfall is the bigger problem.

Connaughty learned that this drainage system, going directly into the lake, includes a huge swath of South Minneapolis. "It drains debris, trash and other pollutants from our streets coming all the way from Chicago Ave. to the west and Lake St. to the north," he observed. "This storm drain system has no filtration or mitigation at all."

To share this knowledge with fellow residents, Connaughty began stenciling gutters with the outline of a fish and the reminder: "Please do not pollute, drains to the Mississippi River." Connaughty has personally stenciled 175 gutters, and he was joined by a group in August organized by the Standish-Ericsson Neighborhood Association.

How to fix the problem

In addition to spreading the word about the pollution problem, Connaughty is pursuing

other methods to prevent trash from entering Lake Hiawatha, Minnehaha Creek, and the Mississippi River.

He's begun lobbying local political organizations, including the Minneapolis City Council, MCWD, and Minneapolis Parks and Recreation for infrastructure that will filter out pollutants before they enter the lake.

Along with a few others, he has proposed building an emergency catchment in the lake surrounding the storm sewer outfall. It would be constructed of natural materials and would create a porous barrier to capture the trash at the culvert. A strong trellis-like structure could accommodate the varying conditions at the lake without restricting the flow of water.

"This would be a way to localize the trash to make it easier and presumably less expensive to clean up, rather than having the trash spread throughout the entire lake," explained Connaughty.

The emergency catchment could be implemented immediately once they receive permission.

A permanent solution would be changing the storm sewer infrastructure to create a catchment pond that can capture debris and pollutants before they reach the lake. Other lakes have these types of filters, including the "Lake Amelia" catchment ponds nearby at Lake Nokomis.

Golf course meeting Sept. 15

The timing on Connaughty's suggestions coincides with the Park Board's new vision of a more nat-

ural shoreline for Lake Hiawatha. Following the approval of a Master Park Plan last year, plans to modify the golf course are now underway after last year's flooding.

"There is currently a once-in-a-generation opportunity to alter the storm sewer system that will occur when the golf course is restructured next year," pointed out Connaughty.

He added, "Changing the storm sewer infrastructure would dramatically improve the water quality in the lake."

Several others agree that now is a good time to find a fix to this problem.

According to Parks and Recreation Commissioner Steffanie Musich, "The city of Minneapolis, Minnehaha Creek Watershed District and Minneapolis Park and Recreation Board (MPRB) have been working to identify holistic designs for the course that not only retain golf playability at the site, but also help other park users gain greater access to the lakeshore, reduce localized flooding in surrounding neighborhoods, reduce pollution entering the lake via stormwater

Continued on page 15

View Lake Hiawatha garbage during art exhibit at The Sandbox

By TESSA M. CHRISTENSEN

As a child, Sean Connaughty watched the destruction of habitat in his hometown of Eden Prairie, and he felt helpless to stop it.

"This sense of loss has informed my work as an artist throughout my career," remarked Connaughty, who resides in the Standish-Ericsson neighborhood and teaches art at the University of Minnesota.

Today, he's working to improve the water quality of not only his neighborhood lake, Lake Hiawatha, but also the entire system further downstream.

Connaughty knows that change will only occur if he can inspire others to join the cause.

As part of his campaign to clean Lake Hiawatha, he is working with colleagues Annette Walby, Craig Johnson and others to create an art exhibition in the neighborhood.

The exhibition will be an archeological survey of Lake Hiawatha.

Connaughty has worked with archaeologist Carol Nordstrom to sort and quantify six of the 62 bags of trash that he has collected since May.

"This is yielding fascinating results and will hopefully educate viewers about the problem and mobilize the community to advocate for changes in Hiawatha's storm sewer infrastructure," said Connaughty.

"The exhibition exposes the astonishing range of discarded materials that make their way to the lake."

A reception for "Lake Hiawatha" (anthropocenic midden survey) will be Sept. 11 from 5-9pm at the Sandbox Theatre (3109 E. 42nd St.).

"I love this lake and the in-



To show the public what he's found in the lake this year, Standish-Ericsson resident Sean Connaughty has worked with archaeologist Carol Nordstrom to sort and quantify six of the 62 bags of trash that he has collected since May. These items will be displayed at the Sandbox Theatre (3109 E. 42nd St.). A reception for "Lake Hiawatha" (anthropocenic midden survey) will be held Sept. 11 from 5-9pm. (Photo submitted)

credible variety of wildlife that live there and use the lake as a migratory stop," explained Connaughty. "Continually increasing amounts of trash and pollution threaten this habitat and its resident wildlife."

When Longfellow resident Annette Walby learned about what Connaughty was doing, she wanted to help.

"This is a problem that affects the health of our community, as well as the wildlife that uses the lake as habitat," said Walby, who is an artist and landscape architect. "The watershed area that includes Lake Hiawatha is vitally important to water quality in the city of Minneap-

olis including what, in the big picture, is downstream: the Mississippi River and beyond.

"Our communities need to know how our actions determine not just our communities' health but, the health of our neighbors."

For fellow collaborator Craig Johnson, a sign of a community's health is tied to the health of their environment.

"You can't separate the two if you tried," said Johnson, a sustainability designer with Agency F Design. "In a larger sense, what we do in Minnesota—at least at this latitude—affects communities downstream all the way to New Orleans. Lake Hiawatha empties into Minnehaha Creek and eventually into the Mississippi."

As a whitewater kayaker, Johnson has become sick from contamination in Minnesota rivers.

"I know that the quality of our water affects us in many ways," said Johnson.

Picking up trash and then seeing it come back over and over again is frustrating, Johnson confided. But it has spurred him to help rid Lake Hiawatha of the garbage, most of it coming in through the city's stormwater culvert on the north side.

"Minnesota has a great gift of abundant lakes and streams; we shouldn't squander this, we should all be working harder to protect it," said Johnson.

"Our water is part of our identity as Minnesotans."

He is hopeful that those who view the art exhibit will be inspired to make changes.

"We hope to move this from a problem toward a lasting solution that will be embraced by the community," stated Johnson.



To answer the question of where all this trash was coming from, Sean Connaughty marked a green ball and dropped it in the storm sewer. Two weeks later, he found it in Lake Hiawatha near the city's large stormwater culvert that drains directly into the lake without any filtration. (Photo submitted)

CityKid Mobile Farmers Market now stops at Becketwood

Organic vegetables sold to support CityKid's efforts to make fresh food available in south Minneapolis food deserts

by TESHAM. CHRISTENSEN

Drop by the Mobile Farmers Market at Becketwood Cooperative on Monday afternoons between 1 and 2pm and you'll not only enjoy fresh, local produce at reduced rates, but you'll help other south Minneapolis residents get access to healthy food.

It's a win-win.

Pick up four ears of sweet corn for \$1, a head of cabbage for \$2, or an onion for \$1. Proceeds from the sale of these organic vegetables benefit CityKid Enterprises. Plus, CityKid is adding other items, such as salsa, pickles and asparagus spears canned by six women—the job is making the difference in their lives between affording a house payment or not.

CityKid Enterprises is a social enterprise run by Urban Ventures. Their mission is to improve the lives of vulnerable youth and families by increasing access to healthy food through a mobile farmers market and Kid's Café; creating employment through producing, processing, and selling goods; and educating on nutritious cooking and eating through demonstrations and classes.

"We enjoy making our produce available to others who are not low income as a way to support our efforts in neighborhoods that are dealing with food scarcity," said Urban Ventures Vice President Mark-Peter Lundquist.

Connected by Council Member Johnson

"Becketwood Cooperative residents left a strong impression with me from my visits. They are so kind, active, and engaged," observed Ward 12 Council Member Andrew Johnson. "The idea of a farmer's market in their parking lot struck me as something they would enjoy, and ever since, I've been thinking about how best to make it happen."

When Johnson learned about the work of CityKid Enterprises, he knew he'd found a good match. He pitched the idea to both organizations, and they took it from there.

The benefits of this partnership are many, according to Becketwood Manager Mark Dickinson. They include financial, health, convenience, community building, and the opportunity to support a



CityKid Enterprises is a social enterprise run by Urban Ventures. Their mission is to improve the lives of vulnerable youth and families by increasing access to healthy food through a mobile farmers market. (Photo submitted)

wonderful local organization.

"Many members at Becketwood have flower gardens, but few have any vegetables," said Dickinson. "Members have a strong desire for sustainability and healthy food options."

Plus, supporting the mission of the cooperative as a whole.

"The Becketwood mission has been to provide a well-maintained, financially stable housing in a beautifully wooded setting, creating a vibrant, supportive, cooperative community," said Dickinson.

Becketwood Cooperative, at 4300 W. River Pkwy. S., was founded in 1986. A board of 10 women looking to create a new kind of

housing was supported by Episcopal Church Home. They purchased 12 and a half acres of what was the Sheltering Arms Orphanage. In 1986 construction was completed and the first active, independent members age 55+ moved in.

A Mobile Farmers Market

The CityKid Food Mobile Farmers Market Truck was born when staff at Urban Ventures (2924 4th Ave. S.) decided to try to get organic produce in the hands of people in the Phillips and Central neighborhoods, according to Lundquist.

That was three years ago.

They started by working someone else's farm, the Philadelphia



Gary Ross, CityKid Enterprises Youth Specialist, helps customer Priscilla Young during the first Mobile Farmers Market visit on Mon., Aug. 17. (Photo by Tesha M. Christensen)

Community Farm, in 2013. The next year, they launched their own operation, farming a section of land along the Midtown Greenway at the corner of S. 5th Ave. and E. 29th St. This year, they added six acres in Lakeville and an apiary. Plus, they're planning to use an aquaponics system in their greenhouse to grow greens this winter.

Powderhorn resident Brian Noy operates as the farm manager, and summer workers include 14 local youth. CityKid Farm gives kids and families the opportunity to learn about agriculture and how to grow food while getting paid \$9 an hour. Participants also sample produce fresh out of the soil.

"There's a real sense of ownership that they're showing," said Lundquist. "They're making suggestions on how to run the farm better. They're not just working with a bad attitude and collecting money. They're invested."

Once school started in August, staff changed over. Through a partnership with Simpson Housing Services, those battling homelessness will receive food in exchange for volunteering.

"It's a awesome thing," observed Lundquist. "They're struggling to pull themselves out of homelessness and yet they're willing to volunteer to produce the food."

Kids going hungry

Residents in the Central and Phil-

lips neighborhoods live in a food desert (as classified by the USDA), with few fresh food options available in the neighborhood.

They face other challenges, as well, Lundquist pointed out.

Through its Kids Cafe, Urban Ventures serves 40,000 meals a year. Staff began noticing some kids coming up for seconds and thirds. "We wanted to take a look at what's going on with hunger in the neighborhood," recalled Lundquist.

What they discovered alarmed them. Many residents struggle with not having enough money to afford to buy three meals a day. According to Hunger-Free Minnesota, 100,000 plus meals a year are missed in the Phillips neighborhood.

Adding to the mix are social justice issues centered on the vulnerable youth and adults in south Minneapolis not having access to healthy food options.

"They can't go to Whole Foods and plop down \$3.50 for a head of lettuce," observed Lundquist.

But they can afford a \$5 bag of fresh vegetables grown and sold by CityKid Enterprises.

"It's great," said Lundquist. "Kids are working, and people are eating and they're feeling good."

The Mobile Market makes several stops each week. Find the full schedule online at <http://www.citykidenterprises.org>.



CityKid Enterprises farms a section of land along the Midtown Greenway at the corner of S. 5th Ave. and E. 29th St. The mobile farmers market is open there several times a week. (Photo submitted)

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Duniya Drum and Dance

It's not like ballet, where there's an age limit: African dance is for everybody

By JAN WILLMS

Supporting the African arts, specifically drum and dance, is happening every week in one of the studios at Patrick's Cabaret, 3010 Minnehaha Ave.

For eight years, Duniya (which means "world" in English) Drum and Dance has been offering dance training and promoting cultural understanding primarily through West African dance. For Whitney McClusky, a co-founder of the organization, the roots of her dance studio began in New York.

"I grew up in New York, and I grew up dancing," she noted. "Then I discovered African dance. There was a studio in New York that was just for African drum and dance. It had every style from every country, anything you would want to learn about African drum and dance. I pretty much stopped the rest of my dancing, and just studied that."

After several years of study in New York, McClusky moved to Minnesota, arriving in 2000 while in her early 20s. She then went to France to nanny for a year, and she studied African dance in Paris.

"From there I took my first trip to West Africa," McClusky said. "I went to Senegal and studied dance there for about two months." She reflected that she had many years of study before starting Duniya.

"When I first moved to Minnesota, there wasn't a lot happening with African drum and dance," she stated. "There is a lot more now."

Originally, McClusky wanted to bring artists to give performances here, and she wanted to bring some of her teachers from New York to present workshops. Then a drummer she knew from the school she attended in New York came to the Twin Cities to do a workshop, and the two reconnected. Fode Bangoura was a master drummer, giving workshops throughout the country.

"I took my first trip to Guinea with him and his family," McClusky said. "All the men in his family are drummers and dancers." She said she focuses on dance. "I don't call myself a drummer by any means,

but it's just something that I have to do."

Bangoura, who was still living in New York, determined that he would like to do a dance and drumming conference in Minneapolis. So the first annual Fakoly Drum and Dance Project was born in 2007.

"Fakoly is the name of a person who people in Fode's family can trace their lineage back to," McClusky explained.

"We organized that together, and then I was getting a lot of people contacting me to provide performances at schools and private events," McClusky continued. "At first we didn't do that, and then Fode moved here. So we had a drummer to work with, and that's when we started our company. And we were also able to offer weekly classes."

McClusky said the company performs at a lot of universities that have African student associations and celebrate an African night. Duniya has also performed at the Minnesota State Fair for a number of years through the Arts Affair. "That's a program to bring local performing artists to the state fair," she noted. "We do pop-up dances at the fair, just appearing in the middle of a crowd and starting to dance."

She said the performing group from the dance company consists of her, Bangoura's three children and his brother and another dancer, Cynthia Matthews. Matthews and McClusky have danced together for years.

"Sometimes we bring in other people," McClusky added. She teaches at the St. Paul Conservatory for Performing Arts, and she occasionally has some of her students there perform.

Community classes are held at Patrick's Cabaret on Tuesdays and Saturdays, and participants range in age from 5 to over 50. "This kind of dance is not like ballet, where there's a time limit on it," she said. "African dance is for everybody."

McClusky explained that African dance as a whole is very joyous and uplifting. "Every country in

Africa has its own style of dance," she continued. "The Guinean style is very different from other West African countries, and East African dance, Ethiopian and Somali, are also different."

McClusky said that all dances are usually in celebration of something or of certain rituals, serving to bring people together.

She said some people come to the classes to learn more about the culture, and some come for a good workout; most come for both.

At this point in her career, McClusky can make her living from her dancing. "This has happened fairly recently," she said. "I used to clean houses to supplement my income, but it was hard on my body to do such a physical job and then dance."

Earning her living through her art can be risky at times, she admitted. "Even though I am grateful to do what I love, I still have to pay the bills. I wind up teaching so much, and that does not always leave enough time for creating. That is a big challenge."

She said another challenge is trying to figure out what works best for the community classes. She said a core group may come for three years, and others drop in and out.

"The majority of students just drop in. I would love to level out on classes, have beginners and intermediate. But right now there's a constant flow of people coming through, so we keep the classes open."

McClusky said she finds equal joy in teaching and performing. "I really do love the teaching, sharing something you love with someone else," she said. "And I also really love performing."

"Performing used to scare the crap out of me," she laughed. "But then I started looking at people in the audience and connecting with them."

The group's most recent performance was at Experience Minnehaha, an event designed to promote businesses along Minnehaha Ave., which is undergoing construction. McClusky taught several mini-classes on Minnehaha, between 41st and 42nd Streets, on Aug. 22.

For anyone interested in learning more about West African drum and dance, contact the website at www.duniyadrumanddance.org.



Master drummer Fode Bangoura. (Photo submitted)



Fode Bangoura and Whitney McClusky perform. (Photo submitted)

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OPEN STREETS MPLS 2015



The first-ever East Lake Open Streets took place on Sun., Aug. 2. The Minneapolis Bicycle Coalition estimated the crowd size at more than 15,000, with almost 150 businesses, artists and community groups taking part. Pretty safe to say, it'll be happening again next year!



Neighborhood Faces

Photos and article by Margie O'Loughlin



Representatives of Save the Boundary Waters gathered support to fight sulfur-ore copper mining in the north woods. Pictured is the canoe pulled by bicycle across Minnesota by Dave and Amy Freeman to bring awareness to this issue.



One of many ethnic dance performances that took place at Lake and Minnehaha throughout the day—the intersection now being referred to as "Downtown Longfellow."



On the Longfellow end, people came out strong to try fun, and summery foods like peach-nasturtium popsicles hand-made at Miller Upholstery (3614 E. Lake St.).



The inter-section of Hiawatha and Lake is coming under serious scrutiny. Options being explored to improve safety for all include:

- Shortening pedestrian crossings
- Adding dedicated bike lanes
- Eliminating free right turns for vehicles
- Improving lighting, signage and signal timings for bicyclists and pedestrians
- Converting empty, open spaces for productive use
- Exploring alternate routes for highway entrances and exits



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What's a corn feed without some seriously delicious late-summer corn?



The 7th annual LoLa Art Crawl will take place Sept. 19-20, 10am to 5pm, throughout the greater Longfellow neighborhood. Information can be found at <http://lolaart-crawl.com> or at the League of Longfellow Artists (LoLa) Facebook page.



Du Nord Crafts and Spirits, 2610 E. 32nd St., is a true grain-to-glass distillery bringing local ingredients from the farm to the city. And it's the Twin Cities' first cocktail room, offering a dizzying selection of hand-crafted cocktails and great food.

2015 Longfellow Corn Feed

Photos and article by MARGIE O'LOUGHLIN

The 45th annual Longfellow Corn Feed took place Aug. 13 at Longfellow Park. Sultry temperatures and dew points were raised even higher by the roasting of hundreds of ears of fresh, sweet corn. The Longfellow Community Council and the Minneapolis Parks and Recreation Department partnered once again to host the annual resource fair for neighborhood businesses and organizations, and residents came out in droves.



Mental Health Connect, a ministry of Bethlehem Lutheran Church (4100 Lyndale Ave. S.), helps connect people to mental health services. Contact kristinaswanson@bethlehem-church.org.

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Minneapolis Community Acupuncture, 3706 E. 42nd St., offers acupuncture on a sliding fee scale. They've created a calm, relaxing environment where patients receive acupuncture in small groups while seated in comfortable chairs.



LONGFELLOW

COMMUNITY COUNCIL

President's Message

Eric Day,
President of the Board

People often ask me why I volunteer so much of my time with the Longfellow Community Council. It's a great question. I have obligations to my family (comprised of my lovely wife, our rambunctious four-year-old son, and determined nine-month-old daughter), to my own business, to my dog, to my house, and to my garden, yet I choose to spend a significant amount of time volunteering for LCC. The reason is simple. I have seen the great good that LCC can do in our neighborhood. From building gardens in people's front yards, to giving a voice to the community on important issues, to supporting a new local business opening up in a



Eric Day

previously vacant and dilapidated storefront, to helping rehabilitate young offenders. LCC is a great organization that is able to connect members of our community with

resources and to mobilize neighbors in ways that make our community a great place to live, work and play.

Recently, I've noticed a trend in talking to neighbors. More and more folks are choosing Longfellow as a place to live, specifically because it is such a great neighborhood. Several young families I met at our National Night Out Barbeque moved here in the last year because they had heard great things about neighborhood involvement, great schools, and excellent outdoor amenities. A grandmother I met at the Dowling Community Garden while weeding our plot moved here to be closer to her grandkids and was excited to see that this was the sort of neighborhood that got involved. I had a conversation with a neighbor, whom I met through a NextDoor Community Forum post offering free land-

scaping rocks, about how she and her husband had moved here less than a year ago when their youngest child finished high school, because Longfellow is such a community oriented, active place.

This influx of so many great and enthusiastic people into our community leaves me feeling hopeful about the future of Longfellow. Since my family moved in six years ago, we have seen more young families move in, more shuttered storefronts reopened, and more community involvement than we ever expected. And on top of that, it has been a great summer full of excellent events that LCC had a part in planning, putting on, sponsoring or promoting. From the neighborhood Garage Sale and LCC's Summer Celebration in June to our Share the River Gorge Event in July, to Open Streets and the Longfellow Corn Feed in August,

not to mention our family friendly Community Happy Hours every month, we have been hard at work, doing our best to bring neighbors together, to develop a sense of community and to improve the quality of life of everyone in the Greater Longfellow Neighborhood. And I think that we can still do more. I urge you to help this newfound enthusiasm grow by becoming more active with LCC, by meeting your neighbors, and by getting involved in all the exciting opportunities our neighborhood has to offer. There is always a workgroup, or event, or issue that needs more support – and if you don't know where to put your efforts, feel free to stop by the LCC offices and we'll point you in the right direction!

Thanks again for your continued support and I'll see you around the neighborhood!

Urban Forestry E&T Meeting on Sept. 22nd

Please Join Guest Speaker Eric North at Gandhi Mahal for this month's LCC Environment and Transportation Committee Meeting. Eric North will lead a discussion on Urban Forestry in the

Gandhi Mahal Community room on September 22nd from 6:30-8pm. Eric is currently a Research Fellow and Instructor at the University of Minnesota in the Department of Forest Resources where he researches urban tree growth and morphology. Eric also teaches classes in Tree Identification and Arboriculture as well as works to provide education to communi-

ty groups, volunteers and tree care professionals and is a founding member of Brewing a Better Forest, a non-profit to help water trees. Following the discussion attendees are invited to take a guided tour of Gandhi Mahal's Aquaponics system. For more information, contact Joe Sturm at joe@longfellow.org or 612-722-4529.

Stay in the Know

To stay current and get a weekly update on goings on in the Greater Longfellow Neighborhood, visit the Longfellow Community Council's website (www.longfellow.org) and click on the "e-news sign up" tab on the top right of the page. This will subscribe you to our Weekly Round

Up, which arrives in your email each Thursday and lists neighborhood events and activities for the upcoming week. Additionally, if you are on Facebook, don't forget to "like" and "follow" the Longfellow Community Council's page at www.facebook.com/LongfellowCommunityCouncil.

Calendar of Meetings and Events

SEPTEMBER 2015

Meetings are free and open to the public, and are accessible. Check the calendar on our website www.longfellow.org

ADVANCEMENT COMMITTEE Wednesday, Sept 2 7-8:30 pm Lake Coffee House, 3223 E Lake St communications@longfellow.org	RIVER GORGE COMMITTEE Wednesday, Sept 9 6:30-8pm Hiawatha School Park, 4305 42nd St. E joannalund@longfellow.org
COMMUNITY CONNECTIONS Tuesday, Sept 8 6:30-8pm Longfellow Park, 3435 36th Ave S joannalund@longfellow.org	COMMUNITY HAPPY HOUR Tuesday, Sept. 15 5:30-7:30pm The Rail Station communications@longfellow.org
NEIGHBORHOOD DEVELOPMENT Tuesday, Sept 8 6:30-8pm Hiawatha School Park, 4305 E 42nd St joe@longfellow.org	BOARD OF DIRECTORS Thursday, Sept 17 6:30-8:30pm Brackett Park melanie@longfellow.org
	ENVIRONMENT AND TRANSPORTATION Tuesday, Sept 22 6:30-8pm Gandhi Mahal, 3009 27th Ave S joe@longfellow.org

Community Input Needed

The city is in the process of issuing a Request For Proposal (RFP) for the Snelling Yards site development.



Please join the LCC Neighborhood Development Committee from 6:30-8pm on September 8th at Hiawatha School Park to learn about the RFP process and to share your thoughts as the City continues to draft development objectives for the site. This meeting is a continuation of last month's meeting and will include representatives from Councilman Andrew Johnson's office and the City of Minneapolis' Planning Department. Come and be part of shaping the future development of the Snelling Yards site. For more information, contact Joe Sturm at joe@longfellow.org or 612-722-4529.

Share the Gorge Was a Success!

THANK YOU Greater Longfellow for a wonderful 11th Annual Share the River Gorge event! We had over 300 people come out to enjoy our wonderful slice of the Mississippi. LCC would like to extend a special thank you to Jim Lee at East Lake Dairy Queen and to Longfellow Market for their generous frozen treats donations and their partnership to pull off special events like this. We'd also like

to thank the National Park Service and Wilderness Inquiry for taking over 160 residents for canoe rides out on the river and to the various other organizations who joined us to share their knowledge and work on the Mississippi. And your generous donations during the event means that we'll be back next year for the 12th annual event!

September Community Happy Hour @

RAIL STATION BAR & GRILL
3675 Minnehaha Ave

Tuesday, Sept 15th, 5:30-7:30pm

Come meet new neighbors, hear about upcoming Longfellow programs & events and eat some great food!

10% of proceeds during the event will be donated to LCC.

COOPER **HOWE**

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Melanie Majors, Executive Director
JoAnna Lund, Community Engagement Coordinator
Joe Sturm, Housing & Environment Coordinator
Communication and Events Coordinator

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joannalund@longfellow.org
joe@longfellow.org
communications@longfellow.org

Roosevelt students find their roots in greenhouse projects

Indoor greenhouse renewed, outdoor greenhouse erected, through collaboration with Youth Action Labs (Spark-Y)

By TESHA M. CHRISTENSEN

The greenhouse at Roosevelt is being used to grow vegetables again.

For years, the greenhouse on the south side of the school near the small engine repair classroom was used as a storage room. But last year, with the help of Spark-Y (Youth Action Labs), the space was emptied and the greenhouse re-born.

A fresh and innovative system was installed, and now students are learning how to grow vegetables via aquaponics.

A 100-gallon fish tank with tilapia on one side provides the water and organic matter to fertilize the crops. The students grow basil, cilantro, broccoli, spinach, radishes, jalapenos, stevia, chard, tomatoes, flax seed and more.

The enriched liquid circulates throughout the greenhouse.

Students are also becoming familiar with vermiculture bins, and learning how to use worms to add nutrients into the aquaponics system.

Ideas like sustainability, climate change, environmental degradation, economic inequality, job scarcity, and health are investigated by Roosevelt students as they work in the greenhouse. It's a way to take math, science and construction and connect them with real-world applications.

Katherine Carter's biology class participated in the project this past school year. Spark-Y also runs the Roosevelt Urban Farm (RUF) after-school club.

Students don't know where food comes from

Carter has found that her students don't know where their food comes from. They're used to seeing it packaged neatly in a grocery store, but don't know what the plant itself looks like. When shown a picture of a raspberry on a plant, one student's reaction was one of disgust.



Students are gaining construction experience while also putting math and science skills to real-life situations. (Photo submitted)

"Students who live in a city don't know what things look like," Carter observed.

They don't know how a seed grows, either. When she took a class for a lap around the Roosevelt building to show them the trees budding out, "the kids were blown away." They did not know where leaves came from.

Because of the strict standards schools are focusing on, they're missing out on these basic things in elementary school, according to Carter.

By growing items in the school greenhouse, they get comfortable with the growth system, and it's not a mystery anymore. But it's always very exciting.

RUF also focuses on how to grow food in a healthy, pesticide-free manner.

"Rather than not knowing where your food comes from and loading on chemicals to take care of pests, you can grow it in your backyard and know exactly where it came from," remarked Jessica Bass of Spark-Y.



Students plant vegetables and spices in the greenhouse on the south side of Roosevelt. The greenhouse was used as a storage room for years before being renewed by the Roosevelt Urban Farm Club (RUF) and the installation of an aquaponics system. (Photo submitted)

In the future, (perhaps in the spring of 2016), Spark-Y hopes to offer an elective class at Roosevelt that uses the greenhouse to teach about sustainability.

The group is also collaborating with the chef at Busters (4204 S. 28th Ave.). The goal is to provide the restaurant with fresh vegetables and herbs.

Students are not just learning about sustainability and how to raise their own food. They are also learning about business and entrepreneurship, pointed out Carter, who has taught at Roosevelt for the past two years after working in a science lab.

In this way, RUF differs from a gardening club that is merely focused on growing plants. Instead, students are challenged to ask: "How does this matter?"

Spark-Y seeks to empower students, according to Bass, so that they know they can make a difference and change their community. She was hired by Spark-Y after participating in the internship program, as many of its employees are. Spark-Y is an organization at 4432 Chicago Ave. S. run for youth, by youth.

Bass thinks it's important to let students know that there are other options than working for a big corporation. "I think entrepreneurship is a big thing for my generation," she observed.

Spark-Y currently partners with five schools and serves approximately 200 youth each year.



Carrine St. Aubin is interviewed for a Spark-Y video about the aquaponics system at Roosevelt. Gardening makes people happy and healthy, she said. (Photo submitted)

They're learning entrepreneurship

Carter pointed out that she connected many classroom subjects to the work being done in the greenhouse. Energy systems, the food chain, and more were linked.

After learning that its school budget was being cut, Roosevelt nearly had to eliminate the \$15,000 program, but students and community members pushed the school board to find more funding for Roosevelt.

Outdoor greenhouse erected on lawn

This spring, the group focused their efforts outdoors.

They constructed a timber frame greenhouse on the front lawn of Roosevelt using white

Continued on page 15

Neighborhood Churches Welcome You!

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

Pastor Jo Bauman
Sundays, Sept 6, 13 & 20:
9:30 am - Worship
Sunday, Sept 27:
9:15 am Education
10:30 am Worship
Saturday, Sept 5
5 pm Soul+Food Dinner Church
Sunday, Sept 13
Undie Sunday
Sat & Sun, Sept 19 & 20
LoLa Art Site 10 am - 5pm

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

Worship on 9/6 and 9/13 - 10:30 am
Sept. 13 - Block party at 11:45 am
Food, music and games for all ages
Sept. 16 at 5:45pm - Wonderful Wednesday starts
Starting Sept. 20:
Contemporary worship - 8:45 am
Sunday school - 10:00 am
Traditional Worship - 11:00 am

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

Rev. Pam Armstrong
Sunday Worship: 10:30 am
(Childcare Provided)
(Wheelchair Accessible)

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

Pastors Dan Ankerfelt & Sally Ankerfelt
Sabbatical Support Pastor: (June 21-
October 5, 2015) Dr. Hollie Holt-Woehl
Sunday Worship - 9:45 am
September 13 - Rally Sunday and
"God's Work, Our Hands" Day - 9:45 am
worship with children
Child Care available starting Sept. 13th
(Handicapped accessible)

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

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

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

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

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

Pastors Derek Johnson & Matt Oxendale
Sunday Worship (summer) 10:00 am
Fall Schedule (beg. 9/13) 8:30 & 10:30 am
Sunday School (adults & kids) 9:30 am
AA Meetings Tuesdays/Sundays 7:00 pm

Projects of the Neighborhood Churches Include:

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

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

In Our Community

Messenger

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

Fall Dance slated at Epworth Sept. 12

Epworth United Methodist Church (3207 37th Ave. S.) invites you to dance on Sat., Sept. 12, from 6-9pm. Food, fun, and music for all generations. Children are welcome but must be accompanied by a supervising adult. Cost: nonperishable donation for Food Shelf or new school supplies. <http://epworthumcpls.org>.

Garden Club plans Sept. 9 meeting

As we plan a garden, most of us usually begin by choosing plants rather than considering the environment in which those plants will either thrive or languish—the soil. The more we know about the inner workings of soil and the microorganisms that harm or protect plants, the healthier we can make our soil — and our gardens.

At the Sept. 9 meeting of the Longfellow Garden Club, Assistant Professor Karen Ballen from the UMN Soil Sciences department will discuss the "Social Life of Soil," including soil types found in Longfellow.

2015 has been designated International Year of Soils by the UN Food and Agriculture Organization: "Soil isn't just important because it is the source of our food, it also plays a vital role in regulating the climate, providing clean drinking water and supporting plant and animal biodiversity." Learning how to replenish the soil and preventing erosion are two things any gardener can do.

The meeting begins at 7pm, Wed., Sept. 9, at Epworth United Methodist Church, 3207 37th Ave. S. Meetings are free and open to everyone. Come at 6:30 to help set up. More at: —<http://www.facebook.com/LongfellowGardenClub> or —<https://sites.google.com/site/longfellowgardenclubminnesota>.

Volunteer visitors needed for seniors

Help seniors stay in their homes and keep socially connected. If you have a heart for seniors, you'll love this volunteer position. We're looking for "Friendly Visitors" to visit isolated seniors in the greater Longfellow and Seward neighborhoods. Call Longfellow/Seward Healthy Seniors at 612-729-5799 or email info@lshhealthyseniors.org for more information.

Rummage sale scheduled Sept. 26

Epworth UMC (3207 37th Ave. S.) is having a fall reuse/rum-

Undie Sunday planned at Bethany



On Sun., Sept. 13, Bethany Lutheran (3901 36th Ave. S.) will be rolling in the underwear—collecting new underwear for men, women and children and toiletries for a local ministry. Packages will be sorted and delivered following 9:30am worship. Wearing underwear on the outside of your clothing is optional that day.

mage sale on Sat., Sept. 26 from 9am until 3pm. Set up will take place on Wed., Sept. 23 (6:30-8pm) and Sept. 24 (9am-3pm or 6:30-8pm). If you have items to donate, please drop them off one of those two days. If you have any questions, please contact Epworth at 612-722-0232. <http://epworthumcpls.org>.

Drum circle planned for Labor Day

"Drumming in the Autumn: A drum circle for everyone" is planned Labor Day (Sept. 7), 2pm at the Historic John H. Stevens House Museum. The circle will be led by Duke Addicks, musician, naturalist Minnehaha Creek explorer, and historian. Addicks will tell some of the legends and lore surrounding the drum. (Bring your drum, another drum if you are willing to share, or we may have a few extras for the drumless.) The museum is located at 4901 Minnehaha Ave. (in Minnehaha Falls Park, just across from the 50th Street LRT Station). Admission is free.

Musical fundraiser scheduled Sept. 26

For the 7th consecutive year, the John Hugelen Cajun Music Scholarship Fund Committee is gearing up for its gala fundraiser on Sat., Sept. 26. The event will take place at the Eagles #34 Club, 2507 E. 25th St. The goal is to provide financial scholarships to study Cajun music at a variety of music camps offering intensive

learning experiences for young musicians.

The group was founded to honor John Hugelen, a devoted and multi-talented musician with a deep love of Cajun music. Hailing from Forest City, Iowa, he played Cajun accordion and fiddle and sang, providing a special presence and inspiration to everyone whose life intersected his. He died in 2009 from cancer.

This year, our guest musician from Louisiana is Brandon Moreau, a superb fiddler, singer and band leader, accompanied by the best Cajun musicians in our area, the Midwest Cajun Playboys. These musicians will get anyone out on the dance floor with their infectious beats and soulful singing. We welcome everyone from newcomers to Cajun music to die-hard Cajun dance fans.

The evening features a large silent auction with great bargains, and an acoustic Cajun jam at 5:30pm, and performance from previous scholarship recipients before the featured musicians from 8-11pm. All proceeds are going towards funding scholarships for next year's round of music camps. Suggested donation \$15.

Yoga in the park through Oct. 10

Join your neighbors for 12 weeks of Yoga in Longfellow Park, thanks to a small grant from Allina Health. Sessions have already started, and you can meet Saturdays from 10 to noon. Meet at the front door of Longfellow Park. People of all ages and abil-

ity levels are welcome for this free program.

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.

Cancer treatment is scheduled topic

About 40% of people will be diagnosed with cancer in their lifetime. The disease affects virtually everyone— learning holistic ways to prevent and overcome it can help save your life or a loved one's life. Join the Twin Cities Chapter of Holistic Moms Network as Dr. Benjamin Knight, D.C., clears up the confusion about what cancer is, describes treatment options, and discusses easy lifestyle action steps to promote cancer killing and cancer prevention. His talk will be based on information as outlined in "Cancer Killers," by Dr. Charles Majors, who overcame stage 4 cancer using these techniques. Knight believes healthier people experience a higher quality of life and has made it his mission to help people reach their healthy potential through presentations and his practice, Abundant Life Chiropractic.

Holistic Moms Network will meet Wed., Sept. 16, 7-9pm at Fuller Park Rec Center, 4800 Grand Ave. S. No matter where you are on your parenting or holistic journey, you are welcome! Children are welcome. To contact the Twin Cities Chapter, or for more info, an event calendar, and a map to our meeting location, visit <http://twincitiesmn.holisticmoms.org>.

Freedom Jazz Fest scheduled Sept. 19

Spend the afternoon enjoying the Freedom Jazz and Art Festival on Sat., Sept. 19! Freedom Jazz and Art Festival will be held at Minnehaha Falls Park Bandstand, 4801 Minnehaha Ave. S., from noon to 6pm. The event is free. There will be jazz and art for all ages, and featuring artists and groups that can jam! Enjoy the many arts and crafts and delicious foods while strolling the grounds of Minnehaha Park. The lineup includes the Walker West Music Academy Jazz Band, Minneapolis Jazz Workshop, The Tangents, The Capri Big Band and the highlight featuring 3 Women of Jazz, Debbie, Yolande, and Linda!

The Freedom Jazz Festival (FJF) is a non-profit all volunteer

grassroots organization that presents accessible; family oriented jazz programs that emphasize artistic quality, education, and cultural appreciation. FJF showcases the many talented African American artists in Minnesota through a cultural expression of Jazz.

NA meeting open every Friday night

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

Faith-based tutoring help available

Each Tuesday, from 4-6pm, Faith Lutheran Church (3430 E. 51st St.) provides after-school tutoring and activities through a nationally-recognized tutoring and mentoring program called Rebecca's Garden of Hope. Rebecca's Garden of Hope is a free, volunteer-driven ministry of learning and support that is "anchored in Christ and reflects the qualities of love, perseverance, discipline, and structure" to help our community's children grow. Tutoring and Homework Help is available in language arts and mathematics, grades 1-5. In addition to academic help, students will receive healthy snacks, will enjoy games and other enrichment activities, and will learn about God's Word. Please contact Faith Lutheran Church, 612-729-5463, if you'd like to register your child or if you would like to volunteer as a tutor the program.

Breakfast schedule announced

Come join the Danish American Center for their 2015-2016 Aebleskiver Breakfasts! Mark your calendars with the breakfast dates for this fall, winter and spring: Sept. 20; Oct. 18; Nov. 17 (with the Art Fair); Jan. 18; Feb. 14 (Valentine's Day Brunch); Mar. 20; Apr. 17; and May 8 (Mother's Day Brunch)

Cost for regular "all you can eat and drink" breakfasts is \$9 per adult and \$5 for children ages 5-12. Younger children are free. The menu includes aebleskiver, scrambled eggs, sausage, juice, and coffee. (Brunches have a different cost and menu). Every breakfast runs from 9:30am-12:30pm and no reservations are required.

The Danish American Center is located at 3030 W. River Pkwy. (off of Lake St.). For more information, please call Lisa Jensen at 612-724-7705 or the Danish American Center at 612-729-3800.

Continued on page 13

6th Annual Block Party planned Sept. 13



Faith Ev. Lutheran Church, Oxendale's Market, McDonald's Liquor and select NEBA (Nokomis East Business Association) businesses are excited to sponsor the 6th Annual Nokomis Area Block Party on Sun., Sept. 13 from 11am-3pm. The event will include local vendors with a variety of items to sample and purchase in the Oxendale's Market parking lot and a vintage car show at McDonald's Liquor. Local farmers will make an appearance as will fire trucks. Join family fun activities at Faith (E. 51st St. and 34th Ave. S.) including: games, face painting, bounce house, cake walk, music and blood drive. There will also be a raffle sponsored by Nokomis Healthy Seniors, live music and great food (brats and dogs, corn roast)! Also planned is a dunk tank and free root beer floats. The 5th Annual Passport is also back this year! Stop by your local business to pick up a Passport. Stamp your Passport by visiting your favorite shops between Aug. 27 and Sept. 13. Bring completed Passport to the Block Party to be entered into the Passport Drawing with great prizes from local businesses.

In Our Community

Continued from page 12

NAMIWalks planned at Minnehaha Park

NAMIWalks is a 5K walk to increase public awareness of mental illnesses, fight stigma, and raise funds for NAMI Minnesota (National Alliance on Mental Illness). NAMIWalks will be held at Minnehaha Park on Sat., Sept. 26 at 1pm.

Over 200 walk teams and more than 4,000 people from across the state are expected to participate in this and a concurrent walk in Rochester. NAMI provides educational classes and support groups, and advocates for better mental health services.

One in five adults and one in ten children are affected by a mental illness in any given year. "The Walk brings people together to raise awareness that mental illnesses are treatable medical conditions, and that there is help and hope for children and adults with mental illness and their families," said Sue Abderholden, executive director of NAMI Minnesota.

To join NAMIWalks, captain a team, volunteer, or make a donation, call 651-645-2948 or 1-888-NAMI-Helps, or go to www.namihelps.org and click on the NAMIWalks logo.

Reserve your workshop spot

The Seward Neighborhood Group is hosting an Energy 101 Workshop on Thur., Oct. 8, 6:30-8pm. The workshop will be held at Matthews Recreation Center (2318 S. 28th Ave.).

Join them to talk about how to save energy and money in your home. Representatives

from local nonprofit Center for Energy and Environment will be available to answer questions about ice dams, attic insulation, and air sealing, high-efficiency lighting, energy-efficiency myths, and more. There will be a brief presentation on low- and no-cost tips to save energy at home, home improvement financing options, Home Energy Squad Enhanced, and the Clean Energy Partnership between the city of Minneapolis, Xcel Energy and CenterPoint Energy. Light snacks and beverages will be provided.

To reserve your spot contact Hannah Strong at 612-335-5828 or email hstrong@mncee.org.

Adoption support group meets monthly

The Adoption Support Network holds monthly support groups at Minnehaha Communion Lutheran Church (4101 37th Ave. S.) for parents and teens who have been adopted. Meetings are held the first Tuesday of every month (Sept. 1) at 6:30pm. Adoptive parents are provided with a confidential, nonjudgmental environment where they can support each other and share resources. Teens are invited to meet other teens who understand what it's like to be adopted. The teen group is not a drop-off group - parent(s) must attend the parent support group. For more info and to RSVP, contact Ginny Blade at 651-646-5082 or gabbyblade@nacac.org (parents); or Christina Romo at 651-644-3036, ext. 17, or christinaromo@nacac.org (teens).

Monarch Festival will take flight Sept. 12

Join butterfly, music and art lovers from all over the Twin Cities on Sat., Sept. 12, from 10am to 4pm for the 7th Annual 2015 Minneapolis Monarch Festival-Festival de la Monarca™. Filled with music, art activities, games, food and more, the day offers many fun ways for people of all ages to learn about the monarch butterfly and its amazing 2,300 mile migration from Minnesota to the mountains of Michoacán, Mexico.

The Minnesota/Mexico connection is highlighted with music and dance on an all-day stage featuring the Aztec dance group Kalpulli Yaocenoxtli and the music of Salsa Del Soul, Charanga Tropical, and The Brass Messengers.

A variety of hands-on Art Activities include Art in the Park with the Minneapolis Institute of Arts, printing flags, and making your own caterpillar sculpture, chrysalis ornament or monarch magnet out of polymer clay.

Children ages 0-12 are encouraged to dress up in monarch-themed costumes and join the costume parade. The event is free and all activities are conducted in Spanish and English.

The festival takes place at Lake Nokomis, near the "Nokomis Naturescape"—four acres of gardens containing plants native to Minnesota, providing food for monarch adults and caterpillars, as well as bees, birds and other butterflies. Gardens like these are key to restoring the population of migrating monarchs, which is at an all-time low.

The University of Minnesota Monarch Lab is bringing the



monarchs for an up close and personal learning experience. Their staff will release adult butterflies with small identification tags affixed to their wings. Where and when these butterflies are found provides important information about the migration.

The Wild Ones, Mexican Consulate, US Forest Service and other organizations working on habitat conservation will be on hand to talk about actions everyone can take to help monarchs and the migration that means so much to people here and in Mexico, where the monarch has been an important part of culture going back hundreds of years to the time of the Aztecs.

Admission and all activities are free. A variety of Minnesotan and Latin food will be available for sale. Guests are encouraged to bring a water bottle and fill it with free water from Minneapolis

Tap. The Festival also offers many opportunities for a rewarding volunteer experience.

The Festival is presented by the Minneapolis Park and Recreation Board, Nokomis East Neighborhood Association, in collaboration with the University of Minnesota's Monarch Lab. The Festival also receives support from the US Forest Service and the Minnesota State Arts Board as part of the Clean Water Land and Legacy Amendment.

To find out more about the stage lineup, activities, the Nokomis Naturescape and more, visit the Minneapolis Monarch Festival-Festival de la Monarca™ website at www.monarchfestival.org. For information about volunteering please call 612-313-7781 or monarchs@minneapolisparke.org.

Check It Out - News from East Lake Library

Programs abound at East Lake Library in September

Adult Nonfiction Book Club, Tues., Sept. 1, 6:30-7:30pm.

Join our discussion of new and interesting nonfiction titles. Bring along your recommendations for future meetings. Lending copies may be picked up at the information desk prior to meeting. September's title is "How We Got to Now" by Steven Johnson.

Childcare Group Storytime, first Wednesday of the month, Sept. 2, 10:15am.

Talk, sing, read, write and play together in a format appropriate for the children in your care. Share books, stories, rhymes, music and movement.

Teen Geekery Club, Thur., Sept. 3, 6pm.

For teens. Are you an anime and manga fan? A cosplayer? A fan of Doctor Who, Sherlock, Homestuck or Supernatural? If yes to any of these, Teen Geekery Club is for you! Watch anime, share your artwork and discuss your favorite fandoms.

Adult Book Club, Fri., Sept. 11, 10:30-11:30am.

Join our discussion of new and interesting titles. Bring along your recommendations for future meetings. Lending copies may

be picked up at the information desk prior to meeting. September's title is "A Dog's Purpose" by Bruce Cameron.

Quick Reads Adult Book Club, Mon., Sept. 14, 6:30-7:30pm.

Join our discussion of new and interesting under-200-page titles. Bring along your recommendations for future meetings. Lending copies may be picked up at the information desk prior to meeting. September's title is "The Ocean at the End of the Lane" by Neil Gaiman.

Curious Community: Hack Factory - Maker Space, Tues., Sept. 15, 7-8pm.

In collaboration with the Longfellow Community Council. Hear a TED Talks-style presentation from South Minneapolis leaders and businesses that will inspire participants to get curious about the spaces, places and faces of their community.

Weekly programs

Job Search Assistance, every Tuesday, 3-4:30pm.

Get one-to-one assistance with your job search. If you need help filling out job applications, writing your résumé, or finding job leads this is your opportunity to

speaking with a job counselor and get some help with your job search, connections to community resources and training programs. No appointment necessary. Presented in partnership with Goodwill/Easter Seals.

Conversation Circles, every Sunday starting Sept. 13, 3-5pm.

Non-native English speakers: practice your English and make new friends in an informal, volunteer-led setting, and learn about the library, too.

Baby Storytime, every Friday starting Sept. 18, 11:15am.

For children from birth to 24 months and their parent or caregiver. Talk, sing, read, write and play together in a format designed especially for babies. Share books, stories, rhymes, music and movement.

Family Storytime, every Friday starting Sept. 18, 10:15am.

For children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

Send Us Your Story Ideas!

email the editor at: editorial@deruyternelson.com

Classifieds

Messenger

Want ads must be received by the Messenger by Sept. 14 for the Sept. 24 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com.

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before **Sept. 14 for the Sept. 24** issue. Ad copy can be e-mailed to denis@deruyternelson.com. Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the *Messenger's* website at www.LongfellowNokomisMessenger.com

ANTIQUES

Northwest Architectural Salvage - 2000 sq ft. of vintage lights, house hardware, doors, door knobs, tubs, etc. Also furniture hardware. 651-644-9270. 651-227-0382. 20% off with ad. B-15

BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds, etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 8-15

COMPUTER REPAIR/SERVICE

Harmony PC computer repair, service, instruction. Service in your home. 20 years exp. State Courts, Microsoft. Woman-owned. www.harmonypc.us 651-605-5804. 4-16

EMPLOYMENT

Like Pets? Pet lodging service is seeking good people to care for dogs and/or cats in your home while their owners travel. All pets are pre-screened and placed based on needs of the pet and your preferences. Per diem pay. Call 952-837-1877 for more info. 9-15

FOR SALE

"C" shape Sofa with 2 slipper chairs \$400.00, Round Oriental Rug, shades of green and brown \$350.00, GE Refrigerator-bottom freezer \$500.00, Glass top electric stove \$300.00 Call 952-607-8579. 9-15

HANDYMAN

Carpentry handyman services. Rotten wood repair, door replace-

ments, trim projects, shelving and more. Licensed, bonded and insured. 30+ years experience. Call Mike 612-382-4322. 9-15

Dr. House does it all: From a leaky faucet to a new addition. I can save you money on electrical and plumbing. Call John at 651-231-5652. B-15

MASSAGE THERAPIST

Professionally educated, licensed, and insured male massage therapist specializing in sports and rehab therapy. All welcome. Let me earn your business! Find out more at www.TonySchwartzBodywork.com. Located on 42nd and Minnehaha Ave. 9-15

MISC. SERVICES

Painting, lawn mowing, furniture refurbishing, Jim. 612-202-5514. B-15

PAINTING

Bill's Painting. 38 years experience. Painting, wallpaper, staining and texturing. Fully insured. Free estimates. Attention to details. Call Bill 612-790-1266. 8-15

Painting, wallpaper removal, 35 years experience. Small jobs wanted. Jim. 612-202-5514. 9-15

PETS

John's Pet Services - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. www.facebook.com/john-petservice 9-15

RENTALS

MPLS Storage located in the Longfellow neighborhood has units for rent at low rates. Locally owned and family operated. 1/2 block from Lake and Hiawatha. 612-333-7525. B-15

Office or therapy space for rent: On bus route. Easy access to light rail. Located at Minnehaha Ave S. and 42nd St. Open to build out. 2nd floor office space available. Call Jim between 8 a.m. 2 p.m. 612-729-2316 or email: krz@nelsonelectric.com. B-1

SENIOR VOLUNTEERS

Reimbursed Senior Volunteer - Position: Lutheran Social Service Foster Grandparent & Senior Companion Programs are seeking volunteers 55+ willing to visit isolated adults to provide in home companionship and transportation or serve as a mentor and tutor to children at school and early learning sites nearby. Tax-free stipend, mileage reimbursement and other benefits. Contact Sara Koch, 651.310.9448 or Sara.Koch@lssmn.org. 9-15

SERVICES

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530. 11-15

WANTED

WANTED - Old Stereo, HiFi Equipment, HAM, and Cameras. Andy 651-329-0515. 9-15

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LANDSCAPING

Greenhouse project

Continued from page 11

pine logs sourced from a sustainable forest near Grand Marais.

Staff from Spark-Y spent a weekend working with the Timber Framers Guild, cutting all the pieces so that they fit together like a puzzle. There are no nails used at all in the structure. Instead, joints are mortise and tenon.

"It's a lost art," observed Bass.

Whereas light frame construction includes many slender sticks of wood simply cut to length and



Students are growing basil, cilantro, broccoli, spinach, radishes, jalapenos, stevia, chard, tomatoes, flax seed and more in the Roosevelt greenhouse. (Photo submitted)

nailed together, a timber frame structure uses fewer, much larger members, shaped at their connections to lock together.

Light frame construction, even when carefully done, is considered rough carpentry, and in dwellings it is always concealed by finished walls and ceilings. Modern timber framework, by contrast, is often exposed, and timbers can be as finely prepared as the skill and care of the craftsman allow.

The whole structure weighed 8,000 pounds. The timber cost \$2,500, and the plants, labor and moving it cost \$4,000. Both the cost of the outdoor greenhouse and the indoor greenhouse were paid for by grants.

On May 21, participants got out of classes for the day, were treated to a taco lunch, and worked on projects during the RUF year-end celebration.

About 50 students helped put together the greenhouse, build two compost bins and construct a nutrient-dense Hugel gardening bed.

"This will help the whole school not only think about the environment and sustainability but also give kids more opportunities," observed Carter.

She hopes that many other teachers in various subjects—including art and English—at Roosevelt find a way to incorporate the greenhouse into their lessons.



Roosevelt Biology teacher Katherine Carter and Jessica Bass of Spark-Y are excited by the possibilities of the partnership between Spark-Y and Roosevelt High School. "I think this sets Roosevelt apart," said Bass. (Photo by Tesha M. Christensen)

"I think this sets Roosevelt apart," stated Bass.

Finding their roots

Carrine St. Aubin had gardening experience before she joined the RUF after-school club, and it was the idea of an urban farm that

drew her to it.

"It makes people happy and healthy," remarked St. Aubin, a 10th grader at Roosevelt.

St. Aubin pointed out that the club appeals to students with a range of interests, from science to business and more. "It's not just for one type of person," she

said.

She thinks that many people are disconnected from each other because of their screens and believes that RUF is a way to reconnect.

"They can find their roots and get their hands dirty," St. Aubin said.

Lake Hiawatha Trash Problem

Continued from page 5

pipes and enhance the ecological function and storm water capacity of the creek."

She pointed out that improve-

ments upstream of Lake Hiawatha, including in the pished, have the potential to reduce pollutants. The golf course improvements would only be a few pieces of a larger effort to undo the damage done to the creek and Lake Hiawatha by the development of modern stormwater conveyance systems. Those systems were originally constructed to prevent and reduce the flooding of homes and businesses in the cities the creek runs through.

A public meeting to collect feedback on the proposed designs will be held on Sept. 15, 6-8pm

at the Nokomis Recreation Center Gym.

"Responsibility to leave it better than we found it"

MCWD Vice President Brian Shekleton praised Connaughty for doing a tremendous job expanding public knowledge about what happens to water flowing into the lake by using multiple tactics that draw attention to potential solutions. In addition to stenciling gutters, he is organizing neighborhood blocks to monitor streets for trash.

Shekleton pointed out that history and hydrology matter in understanding why Hiawatha is a polluted, or impaired, lake. A wetland complex that extended many blocks to the north and west of the lake used to filter water flowing into the lake. It's now mostly homes in the Northrup, Bancroft, and SENA neighborhoods—and the golf course.

"Those water-cleaning wetlands can't be replaced, but there are effective techniques to restore ecological functionality," remarked Shekleton. "Things like filtering basins, architected wetlands, and re-meandering the creek come to mind."



The stormwater culvert on the north side of Lake Hiawatha is significantly large. (Photo submitted)

According to Shekleton, MCWD has many projects upstream that will benefit the lake, "but partnering with the MPRB and the Minneapolis gives us a chance to spend money most effectively by leveraging each organization's specialties to better water quality in the lake," he said.

Shekleton pointed out a similar partnership upstream that will benefit Lake Hiawatha. In St. Louis Park and Hopkins, tons of pollutants will be removed from Minnehaha Creek that now flow down downstream into Lake Hiawatha. This will happen by stopping

storm pipes from dumping into the creek and filtering the stormwater before the water flows into the creek.

"I'm confident we'll make Lake Hiawatha a cleaner and healthier body of water, particularly with the addition of natural filtration ponds through the golf course. This work will also help make the surrounding neighborhoods more flood resistant by increasing stormwater storage capacity," said Ward 12 Council Member Andrew Johnson. "I love Lake Hiawatha, and we have a responsibility to leave it better than we found it."

Connaughty observed that the parks, watershed district and golf course have only recently begun to consider making changes to the infrastructure of the culvert. "Whether this plan will be adopted or not is still quite tenuous. If this major outfall going directly into the lake is not addressed the garbage and pollutants will continue to impair this critical habitat, and the water quality will remain poor," Connaughty said.

"The city is the only entity involved in the negotiations that has the sole authority to implement an infrastructure change. Therefore, I recommend contacting the mayor and your councilperson to voice your opinion on this matter."

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Article and photos
by MARGIE O'LOUGHLIN

Tom Mork is a self-described middle-aged banker from Lakeville—just an ordinary guy. But when he arrived at Minnehaha Park to celebrate his 60th birthday on Fri., Aug. 7, the event was anything but ordinary.

Mork biked into the Wabun Picnic Area with a couple dozen friends and family, all clad in spandex shirts sporting, "Tom's Big Ride" across their chests. The team had left Winona that morning on Day 31 of a cross-country bike adventure that began in Venice, Louisiana on July 6.

After a brief lay-over in Minneapolis, Tom's Big Ride ended at the headwaters of the Mississippi River in Itasca State Park on August 13. On that 39th day, the team completed their 2,100 mile ride to benefit the National Alliance on Mental Illness of Minnesota (NAMI) and riding south to north—as they did—they rode it all uphill.

The choice of direction was significant. "Every day with a mental illness is an uphill battle. By comparison, our climb was insignifi-



Members of Tom's Big Ride sprint across the finish line at Minnehaha Park on Day 31, which happened to be Tom's 60th birthday.

cant," Mork commented.

It took more than two years of planning and fundraising to pull off this adventure. Before the riders even dipped their tires in the Gulf of Mexico (a biker's ritual), \$95,000 was already pledged to NAMI. By the time they pulled into Minnehaha Park, another \$9,000 had been raised.

Mork has more than a passing interest in the work of NAMI. He and his wife Jean nearly lost their daughter, Christine, to what was eventually diagnosed as bi-polar disorder. According to her older sister, Jen Lewis, "Christine was a young woman living in California in 2010, and experienced a psychiatric breakdown during a really tough time." The family tried to help her but, like many families confronted and surprised by mental illness,

they just didn't know what to do. Eventually Christine moved back to Minnesota, and her family learned about the resources NAMI offered. Located at 800 Transfer Rd. in St. Paul, NAMI is dedicated to improving the lives of children and adults with mental illness, and their families. NAMI enthusiastically promotes the development of community mental health services, works to end stigmatization and discrimination, and strives to increase public awareness and understanding of what mental illness is.

Mork and his family have learned the hard way what mental illness is. For starters, it's real; it doesn't just affect other people; and it can happen even in the nicest of families. Tom, Jean, Jen and Christine agreed, as a family, that it was worth taking up a whole lot of their time and energy to start talking about it.

Sue Abderholden is the executive director of NAMI, and a Longfellow resident. She said, "This is the definitive no-hotdish illness.

By that I mean, when you struggle with a mental illness, there aren't usually special meals left at your door or get well cards. What we try to provide at NAMI is education, hope for recovery and empathy."

Last year NAMI presented 75 classes to over 1,200 family members, held 60+ support groups across the state for individuals living with mental illness, answered

4,000+ helpline calls, and much more. Every one of their services is offered free of charge, and classes and support groups meet in locations throughout the Twin Cities.

In "Family to Family," a 12 week class offered regularly at NAMI, participants learn about the many types of mental illness, how to find resources, build communication skills, reduce stress and get support. In a sense, they learn to go to the source of the problem—much like Mork and his fellow bikers went to the source of the Mississippi River.

For more information about NAMI, visit www.namihelps.org.

"Mental illness affects almost everyone directly or indirectly," Abderholden said. "Nearly 100% of our board and staff at NAMI are either dealing with a mental health issue themselves or with someone in their immediate family. What Tom Mork is doing is breaking down barriers. With his willingness to be transparent, he's inviting everyone he meets to end their silence around mental illness."

That's the first of many steps toward healing.



Patty McDonald (pictured at left) is Christine's employer and staunch supporter.

Help Plan the Future of Minneapolis Parks at City-wide Meetings

Several large projects will help shape our award-winning park system for the next 20 years – and beyond!

Minneapolis Parks are undergoing what may be the most comprehensive planning effort in its history. Minneapolis residents are encouraged to get involved and share their opinions about these three distinct, yet deeply intertwined projects: **RecQuest**, **Service Area Master Plans**, and **Closing the Gap: Investing in our Neighborhood Parks**.

RecQuest and Service Master Plans focus on what Minneapolis residents want in parks over the next 25 to 30 years. Closing the Gap is about funding these needs.

Want to Know More?

Find more information about all three projects and subscribe to receive timely email updates at www.minneapolisparcs.org/closingthegap.



**Minneapolis
Park & Recreation Board**
www.minneapolisparcs.org/closingthegap

Get Involved!

Attend a public meeting to talk about one, two or all three projects:

- **Tuesday, September 1, 6:30-8:30 pm**
Webber Recreation Center, 4400 Dupont Ave. N
- **Monday, September 21, 6:30-8:30 pm**
Farview Recreation Center, 621 29th Ave. N
- **Tuesday, September 22, 6:30-8:30 pm**
Bryant Square Recreation Center, 3101 Bryant Ave. S
- **Thursday, September 24, 6:30-8:30 pm**
Audubon Recreation Center, 1320 29th Ave. NE
- **Monday, September 28, 6:30-8:30 pm**
Keewaydin Recreation Center, 3030 E 53rd St.

Take a 15-minute survey by September 30:

- <https://www.surveymonkey.com/r/ourparks>

Attend the Closing the Gap: Insider Insights for Park Funding public forum to hear speakers from other U.S. cities discuss how they funded their neighborhood parks:

- **Tuesday, September 29, 6-8:30 pm**
Walker Art Center, 1750 Hennepin Ave.

Seating is limited; please RSVP. Email your name and number attending to closingthegap@minneapolisparcs.org or call 612-313-7789.

Should you require a meeting modification in order to fully participate, contact Emily Wolfe at ewolfe@minneapolisparcs.org or 612-230-6415 in advance of the event.



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