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Nokomis

Messenger



Your community newspaper since 1982

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21,000 Circulation

'Beloved Community' gathers for what may be last MayDay



Record numbers of South Minneapolis residents "got together" for the 45th annual MayDay Parade, the last for organizer Sandy Spieler. Heart of the Beast Theater announced in January that it did not have the funds to continue organizing MayDay on its own and asked for help. Individual donors pitched in and HOTB raised the full \$200,000 it needed for this year's event. This year's 'Beloved Community' MayDay theme asked attendees how to carry forward the legacy that MayDay has nurtured. "That question is held in the potential of a seedling tree," pointed out HOTB Executive Director Corrie Zoll. This year, 1,035 tree seedlings were distributed with the intention that they take root in the neighborhoods as an investment in the future. Those who would like to see MayDay continue are working to figure out how to decentralize the MayDay model, create an equity framework that ensures ownership and decision-making representation from many, and develops a new business plan with a more resilient set of resources to support the work of the Heart of the Beast. "We need your voice, your input, and your support," said Zoll. (Photo by Tesha M. Christensen)

Faster transit coming to Lake

By TESHA M. CHRISTENSEN

Travel down Lake St. by bus is slow with stops on the Route 21 every two blocks.

During rush hour, buses slow to average speeds of only eight miles per hour, and it's considered one of the slowest transit corridors in the metro.

Red lights mean that buses are moving less than half the time.

And over 10,000 rides are taken on this route per day.

For those people, things are about to get faster.

Metro Transit plans to construct the region's third bus rapid transit line on Lake St./Marshall Ave. in 2022. With things in the planning stage now for the B Line, a series of open houses was held in May, including one at South High School on Wednesday. *Continued on page 11*

After meeting at South Minneapolis Green Fair, two women decide to start the zero-waste store they've been looking for



Tare Market co-owner Amber Haukedahl (left) helps shopper Elise Coronos who is working to minimize the impact her family has and is glad Tare Market has opened. She brought a number of different containers to fill with products. >> Read story on page 3. (Photo by Tesha M. Christensen)

Celebrate Longfellow's successes at 'Peace of Pie' in Adams Park

By MARGIE O'LOUGHLIN

Adams Triangle is a little piece of Minneapolis park land at 41st St. and Minnehaha Ave. where more than three dozen fruit trees are growing. Planted by volunteers of the Adams Grove Community Orchard in 2016, the apple, peach, pear, apricot, plum, cherry, and serviceberry trees have just finished their spring bloom.

In celebration of the greater Longfellow community, and all the good things that happen here, a first-time event called "Peace of Pie" will be held at Adams Triangle Park on Sunday, June 9 from 1-4 p.m.

Several neighborhood non-profits including Exodus Lending, First Nations Kitchen, and Little Brothers Friends of the Elderly will be on hand to share

information. The event will highlight non-profit and neighborhood organizations working to keep the greater Longfellow community healthy, sustainable, and resilient. Enjoy a slice of fruit or nut pie (purchased with donations from neighborhood businesses), live music with space for dancing, an apron fashion show, a pie baking competition, and more.

Kaye Mills is the mission coordinator at Minnehaha Community Lutheran Church, located across the street from Adams Triangle. The church has supported the community orchard from the beginning, providing water during the summer and plenty of volunteers.

She said, "Our church is the *Continued on page 2*

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Apron show, pie baking competition, dancing and more during 'Peace of Pie' June 9 *Continued from page 1*

coordinating entity for 'Peace of Pie.' It fits with our spirit of outreach, and of nurturing relationships within the community. It's a chance to help neighbors connect the dots between our many neighborhood resources."

There's still time to enter the pie baking competition.

Baked fruit and nut pies are welcome; no cream-based or savory pies, due to refrigeration limitations. Pies need to be delivered Friday, June 7 or Saturday, June 8 to Minnehaha Communion Lutheran Church at 4101 37th Ave. S. Local restaurant owners will judge the competition, and winners will be announced toward the end of the event (there will be prizes in both the youth and adult categories.) Register entries in advance at www.longfellowpop.org.

If a non-profit or neighborhood organization would like to staff a resource table at "Peace of Pie," visit the website link above to register. There's no fee, but the coordinator asks that each organization plan a fun way to connect with people on event day.

Mills said, "The concept is about as simple as it gets: feed people pie and coffee using compostable cups and utensils. Learn about resources in the community. Visit with friends and neighbors."



Event coordinator Kaye Mills and volunteer Vicky Anderson in the Adams Community Grove Orchard, where the "Peace of Pie" celebration will take place on Sunday, June 9 from 1-4 p.m. (Photo by Margie O'Loughlin)

The music line-up hasn't been finalized, but the Zac Harris Jazz Trio will be playing a 45 minute set at some point during the afternoon.

The event will be held rain or shine. If it rains, activities will

be moved indoors to Minnehaha Communion Lutheran Church. No matter what the weather forecast is, people are encouraged to come in their funkiest, fun aprons. A non-competitive apron fashion show will kick off at 2 p.m.



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- No debe tomar antidepressivos
- Usted recibirá \$100 y un FitBit por su tiempo (será permitido quedarse con el FitBit después de la culminación del estudio)
- Debe considerarse de bajos ingresos, lo cual se define como:
 - Inscripta en cualquier programa asistencial del gobierno (por ejemplo, WIC, SNAP)
 - **Y/O** Ingresos anuales considerados como bajos (menos de \$45,510 para una familia de cuatro, menos de \$30,044 para una familia de dos y menos de \$22,311 si es soltera).

Llamada o TEXTO 612-237-1004 o mompro@umn.edu para ver si califica para éste estudio.

What special section would you like to see us add to the Messenger?
 Home improvement? Entertainment? MN United Soccer?
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State's first zero-waste shop opens

By TESHAM. CHRISTENSEN

Two women who want to make sustainable living convenient and accessible have opened Minnesota's first zero waste store.

Tare Market opened on Earth Day at 2717 E 38th St., the first shop in the new 3828 building's commercial strip along 38th.

"We're trying to do better," explained shopper Elise Coroneos who lives in South Minneapolis. "It's really hard in the regular grocery stores to do that."

She pointed out that some things for zero waste living are more expensive while others are cheaper, and others have a higher cost at the start but then lower cost in the long run. "It's a balancing act," Coroneos said.

LOOKING FOR AN EASIER WAY TO DO ZERO WASTE

Tare Market owners Kate Marnach, age 33, and Amber Haukedahl, age 34, both began their own zero waste journey in 2017.

Haukedahl, who lives near Lake Nokomis with her husband, has a degree in conservation biology and has taught environmental education to urban youth and children with special needs. She started ZeroWasted.net in 2017 as a resource for others who wanted to live more sustainably.

Marnach also has a degree in biology along with one in business. Right now she lives in Maple Grove with her husband and three kids, but plans to move back to Minneapolis. She co-founded Zeroish.org in 2017 with two other local moms who wanted to provide information on the zero waste movement for parents with young children.

The two met at the South Minneapolis Green Fair in February 2018 hosted by the Nokomis East Neighborhood Association. They started talking about the problems they were facing as they tried to go zero waste. Some items were available locally at co-ops and Whole Foods, but others weren't. Some could be found on Amazon, but they were still coming wrapped in plastic.

They began envisioning a better and easier way to do this.

They decided to open the state's first zero waste store.

"We wanted to be a one-stop zero waste facility," observed Marnach.

ONE-STOP ZERO WASTE SHOP

Marnach and Haukedahl picked the Standish-Ericsson neighborhood because the area had been identified as a food desert. They were also drawn to the transit options on 38th, and the close proximity to the light rail station. Plus, they appreciated the focus on the building

"This is a visionary concept that's long overdue. All that single-use packaging from food and lifestyle products has a huge cost to the environment and society. It's immensely wasteful to manufacture and transport all that bulky material just to throw it away. When it gets recycled, it still has a carbon footprint, as it takes energy to pick-up and process. What's worse is that not everyone recycles, so too much of it ends up at the HERC burner downtown and results in pollution that has increased childhood asthma rates and other health problems in our city. And regardless, we end up paying more than we otherwise need to - whether in the form of hundreds of dollars per year that each household spends on their solid waste utility bill, or at the checkout where packaging costs are added to the price of goods.

It's time we have options for consumers to shop in a smarter and more sustainable way."

~ Ward 12 Council Member Andrew Johnson

owner, The Lander Group, on fostering walkable communities, and wanted to be a part of that.

Sustainable living products at Tare Market includes items such as: reusable food wraps (to replace plastic wrap), bamboo cutlery-to-go kits (to replace single-use plastic cutlery), reusable straws (to replace single-use plastic straws), compostable dental floss (to replace plastic dental floss), and bamboo toothbrushes (to replace plastic toothbrushes). Shampoo bars eliminate plastic bottles while also ensuring you don't use too much at each shower (or that the kids don't). Biodegradable hair ties are made of all-natural rubber and 100% cotton instead of plastics that don't compost.

Fillaree soaps come in jugs that are returned to the store and then refilled. The coffee comes in big buckets that go between Tare Market and the store. While some products come in large plastic bags, there are the kind that are reusable and recyclable, versus the one-time-use individual pouches people usually get at the store, pointed out Marnach. "Any containers we can't return, we reuse and offer for other people to reuse," she added.

Through a partnership with Two Bettys Cleaners, Tare Market gets high concentrate cleaning supplies that come in big drums. This reduces carbon emissions from shipping and excess packaging.

If a company doesn't offer bulk options or package-free items, Marnach and Haukedahl ask them to, and have found that some are accommodating. "Some products we can't stock because we can't find," stated Marnach.

The item they get asked for most frequently that they can't find is bulk white vinegar.

Tare Market isn't allowed to carry any produce, meat or dairy, Marnach observed.

It took awhile, but they were able to find bulk ketchup, mustard and BBQ sauce. Other items, such as lotions in one-gallon

containers, they've started with while they continue looking for better alternatives.

The area with snacks such as granolas, dried fruit, and popcorn, is popular. Their make-up is also a good seller, as buyers get a compact once that is made of bamboo, and then purchase tins of the make-up later that come in seed paper. The tins can be recycled.

BEST SWITCH: FROM TISSUES TO HANKIES

The switch that Marnach made at home that is her favorite was a move to hankies instead of tissues. It happened after one day when all three kids were sick, and they went through an entire box of tissues. Marnach thought, "What a giant waste of money." She bought 20-25 hankies which can be reused over and over, and discovered an added benefit. They don't make your nose raw.

Like many of the zero waste strategies out there, the use of hankies isn't a new one.

"This is just getting away from what we've all gotten so used to lately with single-use items," remarked Marnach.

KIDS ARE LEADING THE WAY

While Tare Market's Instagram followers are primarily women in their 20s and 30s, they've found that people of all ages are shopping at Tare Market. Some come there because they've heard about it while others pop in because they are walking past and want to check it out.

"My favorite thing is all of the kids that are basically dragging their parents in here," said Marnach. "Those age 8-15 are very concerned about sustainability and recognize that they have a long time to live on the earth. It's easy for them to change and adopt new habits," Marnach pointed out, in contrast to the adults who might not want to change.

"The kids are leading the way."

Bridget Letmes of New Brighton has been working to



Tare Market co-owner Kate Marnach stocks toilet paper and soaps that help customers cut down on waste from packaging. (Photo by Tesha M. Christensen)

Did you know?

- >> The average American generates over 4 pounds of trash per day?
- >> The methane gas released from the rotting trash in landfills warms the planet 86 times more than carbon dioxide in the first two decades it is released, before turning into carbon dioxide itself?
- >> The average plastic bag is used for 12 minutes and can then take up to 1,000 years to decompose in a landfill?
- >> Only 9% of plastics used actually get recycled?
- >> The pumps in shampoo bottles can't be recycled?

have a zero-ish waste lifestyle with her family of five, driven by environmental concerns. "It's great to hear my nine-year-old say, 'I've got to have a home lunch today because the tacos come in a bag.'"

The Letmes family is down to one bag of trash a week. Her daughter, who is old enough to drive, brings their compost to the Ramsey County facility.

Letmes has learned that to be zero waste, you need to plan ahead and prepare stuff -- such as getting jars and containers ready to bring to the store with you.

ANSWERING QUESTIONS, HOLDING WORKSHOPS

Tare Market owners Marnach and Haukedahl see themselves as more than shop owners, and envision their role as helping educate people on zero living. They offer regular workshops such as DIY salve making, mind-

ful mending, backyard composting, indoor worm composting, and transitioning your home to zero waste. In addition to sharing knowledge, these classes help build community, Marnach pointed out. After a DIY salve class in May, participants hung around another hour because they were enjoying their conversation.

"The fact that this will be the first zero waste store in Minnesota means we're getting that opportunity and seeing that leadership right here in our community, and is all the more reason to support this concept so that it's successful and replicated across the entire state," stated Ward 12 Council Member Andrew Johnson.

"We each have a personal responsibility to be less wasteful and reduce our negative impacts, and Tare Market will help with that."



People still trust information printed in their local newspaper far more than information found online or on TV.

What do you love about your community newspaper? What stories would you like to see more of? Got a story tip? Email your answers to new Messenger owner Tesha M. Christensen today! Tesha@LongfellowNokomisMessenger.com

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Print is dead, you say?

Nah. It's just evolving.

A few months ago I attended the Minnesota Newspapers Association (MNA) annual convention, and listened to a speaker talk about just that. I was particularly interested in the topic as I was negotiating to purchase the *Longfellow Nokomis Messenger* and *Midway Como Monitor* from longtime owners Calvin deRuyter and Tim Nelson. Was I taking a leap into a dying industry?

After listening to Bill Ostendorf of Creative Circle Media Solutions, I was reassured. He's spent his whole career in newspapers, and he doesn't believe print is dead.

After 20 years in the industry, I don't either.

Why am I convinced?

Well, they first started saying newspapers were going to die when radio got popular. But newspapers stuck around.

Then they said newspapers and radio couldn't last when the television came out. Yet newspapers stayed and even thrived.

When the Internet got big, they were sure it was the final death knoll of newspapers, radio and television. Yet radios are still



Too Much Coffee

By TESHA M. CHRISTENSEN, Tesha@LongfellowNokomisMessenger.com

Print is not dead – but we are changing

in every car, most people have one or more televisions in their house, and newspapers continue to print.

The thing is, people are reading now more than ever before. So the question isn't whether people are reading, the question is are they going to read particular publications.

The questions those of us in the news industry need to be asking is why should people read our stuff instead of the myriad of information out there.

What makes us different?

What makes us worth reading?

What makes our editions important?

Those are the questions I'm committed to asking. I entered the field of journalism at the cusp of the Internet revolution. For those first few years, I called the local librarian to doublecheck my details. And then fact-checking things became much faster via Google. (Al-

though with its own new set of accuracy questions.) I even did a few editions of cut and paste before we switched over to electronic layout with QuarkExpress.

As I ask others what they love about neighborhood newspapers, I have been thinking about what I value. I want to know what's happening on my street, what development is going to change my neighborhood, and what fascinating things my neighbors are engaged in. I want to see photos of kids I know and congratulate them on their achievements, noting, "I saw you in the paper." I want to hear the various sides of issues and wrestle over what the best solution will be in the long run. I want to learn what sparked the coffee shop and hardware store and second-hand boutique owners to open up shop, and hear what tips they have for other entrepreneurs.

The daily stuff of my neighborhood can't be found anywhere but in the papers of my neighborhood newspaper.

That's what I love about community journalism. I stay in this industry because I love local, I love to see people engaged, and I love to watch community being built. I appreciate the slice of life the pages of the *Messenger* offer each month.

I'm also excited to see how newspapers are being innovative and creative. It's amazing to see the convergence of media – of print, TV, radio, audio, video, and more – coming together in to something new.

What will community newspapers look like in 10 years? I'm looking forward to finding out. I think that the answer lies in asking our readers what they want.

Bill Ostendorf encouraged all the reporters in the room at

the MNA Convention (and his session was packed) to focus on being reader-centric. This starts with the basics of what we write in an article, how we shape it, and who we include in it. It also means focusing on writing really good headlines about people instead of things, and really interesting photo cutlines. Plus we need more breakout boxes and standout photos. Research has shown that people read headlines, cutlines and breakout boxes first – and they may or may not read the whole article.

Ostendorf advocated for content that is more engaging and more relevant. He encouraged designers to adopt modular layouts that are easier on the eyes. He encouraged sales staff to sell bigger ads that get attention and bring value to the readers.

Ostendorf reminded us that our print newspapers help people live better lives. The information within our pages informs and educates. It helps people make better decisions and be successful.

What do you want from the pages of the *Messenger*? I'd love to hear from you. Drop me a line at Tesha@LongfellowNokomisMessenger.com.

I've spent the last few weeks helping to introduce the *Longfellow Nokomis Messenger's* new owner, Tesha M. Christensen, to *Messenger* advertisers, readers, and other stakeholders. And during that process it has reminded me of when I was making the rounds introducing myself to *Messenger* stakeholders when we purchased the paper from Bill and Maureen Milbrath in 1986.

One of the first community groups I met was the Longfellow Ministerial Association. The Milbraths believed that a neighborhood newspaper was an important vehicle to connect all the community stakeholders and provide a forum for residents to discuss important community issues, and they recognized that the area churches provided an important framework for residents to make a connection to the community.

Meeting with the dozen or so ministers who were active in the Ministerial Association was a bit intimidating, as it was obvious that these ministers were regular readers of the *Messenger* and truly embraced the mission of the *Messenger* and felt that they were a part of it.

Interestingly, after Bill Milbrath introduced me as the new Editor of the *Messenger* and the



View from the Messenger

By DENIS WOULFE, Denis@LongfellowNokomisMessenger.com

Let's hear it for/from our readers!

new Advertiser Manager, the ministers went around their large table and asked me a host of questions.

Finally, one pastor asked what ended up being the capstone question for the meeting. "Denis, do you know the name of that structure that connects the Longfellow neighborhood in Minneapolis to the Merriam Park neighborhood in St. Paul over the Mississippi River?"

I paused for a moment, and I'm sure my face looked a bit puzzled with what seemed like such an odd question, but then I spoke up. "Do you mean the Lake Street Bridge?"

All the pastors started to laugh. I looked inquisitively at Bill for some explanation, and he just smiled and said, "You just passed the test, Denis!"

The pastor asking the question had assumed that I would answer "Marshall Avenue Bridge," given

the fact that our original newspaper for over 20 years had been the *Midway Como Monitor* in St. Paul and he figured I would see things from a St. Paul vantage point. Because my sister had lived in South Minneapolis for many years, just on the edge of the coverage area for the *Messenger*, I had always thought of it as the Lake Street Bridge and rarely used Marshall Avenue Bridge in conversation.

Perspective can be a very important thing in publishing a neighborhood newspaper and our goal continues to be to represent all the stakeholders in Longfellow and Nokomis the very best we can by engaging our readers and trying to publish articles and content that is important to them.

But we need your help to make the *Messenger* even better.

You might know that the *Messenger's* new owner is a South Minneapolis resident herself, and as a reporter for the *Messenger*

for the past eight years, she is already well versed on many issues of vital concern to Longfellow Nokomis residents. But in addition to that obvious advantage, we are in the midst of reaching out to residents and business owners like you to find out just what you like about the *Messenger* and what you'd like to change.

If you have an idea for a story or want to introduce yourself to the new owner, Tesha M. Christensen, you can email her at Tesha@longfellownokomisMessenger.com or call her directly at 612-345-9998.

Or maybe you'd like to find out more about advertising opportunities in the *Messenger*? I hear this question quite a bit, but just to say this, it is through the advertising of our local businesses that we are able to bring you the *Messenger* each month. And in turn, it is those same local busi-

nesses who want to reach out to local residents like you for their customer base. A community newspaper like the *Messenger* recognizes that bond between businesses and their local customer base and we help facilitate it.

But you might also know that the options for advertising have changed over the years. In addition to run of press ads in the newspaper, we also offer inserts that can be directed to specific routes in the *Messenger* delivery area. Inserts can also be a great option for a new restaurant or a church holding a special event. We also offer a special Partner Insert Program where we pair two local businesses to print and distribute a flyer. That makes distributing flyers more reasonable than ever before.

And don't forget online advertising (you can find us online all the time at www.LongfellowNokomisMessenger.com). Online ads can be placed online almost immediately and it's a nice complement to appearing in the printed newspaper.

I'd be happy to continue this conversation with you directly. Send me a note at Denis@LongfellowNokomisMessenger.com or call me at 651-917-4183.

Letter to the Editor

United Methodist Church doesn't speak for all

Dear Editor:

I am a lifelong United Methodist and current member of Minnehaha United Methodist

Church in South Minneapolis. I want to state that I, as well as many if not most of our congregants were saddened then outraged at our General Church conference's decision to affirm the Anti-LGBTQIA language of our Church Discipline.

I want to say that the United Methodist Church no longer speaks for this church in either opinion or policy. After the vote, many in our local church and churches across the country began considering separating from the united church we have been a part of since 1968. Though many of us would like to see our denomination choose a way forward keeping the churches together, we will not sacrifice principle for the sake of

unity. I ask that when you consider the decision of our global church you stop to recognize that within any group there are dissenting opinions. It would be unfair to consider all Methodists complicit in this decision and equally unfair to throw derision on a local church, whose own members stand in opposition to that decision.

At our church, the Sunday immediately following the gener-

al conference vote had the third most attended service after Easter and Christmas. We were disheartened at the decision and came to gather in community to share our lament. We at Minnehaha are not a LGBTQIA church. We are simply a church. A church that believes that all are entitled to God's grace and love. A church called to share that love, for the transformation of the world.

Jason Emrick

Messenger

5139 34th Ave. S. #17097
Minneapolis, MN 55417
612-345-9998

News for you!

The Longfellow Nokomis *Messenger* is a monthly community publication in the Longfellow and Nokomis areas of Minneapolis, owned and operated by TMC Publications, CO. All correspondence should be sent to the *Messenger*, 5139 34th Ave. S. #17097, Minneapolis, MN 55417. To contact the editor, call Tesha at 612-345-9998. To reach the advertising department, call Denis at 651-917-4183. If you have a problem with delivery, call 612-345-9998.

Now, communicate with the *Messenger* electronically!

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

Owner & Editor:

Tesha M. Christensen, 612-345-9998
tesha@longfellownokomisMessenger.com

Advertising:

Denis Woulfe, 651-917-4183
denis@longfellownokomisMessenger.com

Production:

Tesha M. Christensen

Contributing Writers:

Jane McClure, Jan Willms,
Jon Knox, Jill Boogren, Margie O'Loughlin,
Matthew Davis

Check us out on the web at:
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Nokomis East garage sale

The Annual Garage Sale registration is now open for all Nokomis East (Keewaydin, Minnehaha, Morris Park, Wenonah) residents. The sale day is Saturday, June 15 from 8 a.m. - 4 p.m. Last year hundreds of people flocked to this popular neighborhood garage sale event. Join the over 100 sales that take place on this day each year. Registration is open until Sunday, June 9 at nokomiseast.org/garagesale.

Are you more of a garage sale shopper? The interactive garage sale map is live at nokomiseast.org, with sales added weekly. Keep track of new Annual Garage Sale updates and information on our website, or pick up a sale list starting June 10 at Nokomis Beach Coffee, Oxendales Grocery, or the NENA office.

Low-cost rain garden lottery

NENA is offering 15 rain gardens to Nokomis East residents (55417 zip code), and an additional five rain gardens to residents in the Lake Nokomis sub-watershed. The rain gardens, which up to 150-square-foot designed and installed by Metro Blooms, will be offered at a fraction of their cost at \$410 - \$580 (1,250 - \$1,500 value). Sign up by June 17 to beautify your garden, reduce flooding, and help local water quality. Recipients will be selected via a randomized lottery in June and installed in August. Register at <http://nokomiseast.org/rain-garden-grant-lottery/>.

NENA is hiring

The Nokomis East Neighborhood Association (NENA) is seeking an Organics Recycling Engagement Contractor to reach renters in the Nokomis East

NENA (Nokomis East Neighborhood Association)

4313 E. 54th St.

Shop over 100 garage sales in the neighborhood on June 15



community that are eligible for residential organic recycling. Our goal is to increase participation in the city's residential organics recycling program among this key demographic. Recycling organic materials is the biggest opportunity to reduce our trash. Organic materials make up about 25 percent of the trash, and less than half (46%) of Minneapolis residents have signed up to participate.

This position will include door-to-door home organics

program recruitment and sign-up at single-family home and duplex rental properties. The ideal applicant will have a basic understanding of organics recycling, strong people skills, excellent personal accountability, and the ability to walk/work in a variety of weather conditions.

This is a temporary, contract position for up to 60 hours from June to August 2019, with the option to extend to September 2019. A full job description is available at nokomiseast.org.

On April 17, 2019 the Minneapolis Health Department recognized the Nokomis East Neighborhood Association (NENA) as a Local Public Health Hero in the category of promoting healthy weight and smoke-free living. Becky Timm, Executive Director, and several other staff and board members attended and accepted the award. NENA engaged underrepresented residents, including low-income households, renters and people of color, and increased the availability of healthy foods and smoke-free housing for Bossen area residents. NENA has shown commitment to building residents' capacity to advocate for change. NENA surveyed residents to assess their needs and interests, which led to a partnership with the Twin Cities Mobile Market to launch a new market stop in the area. They also advocated for a local ordinance change to improve the Mobile Market's ability to reach customers.

Complete applications due 5 p.m. on June 5, 2019. No phone calls please.

Upcoming meetings and events:

- 6/5/19: NENA Housing, Commercial, and Streetscape Committee, NENA Office, 6:30 p.m.
- 6/9/2019: Gateway Garden Volunteer Work Day, 4224 E 50th St, 11 a.m.
- 6/11/19: NEBA Board Meeting, McDonald's Liquor Event Space, 6:30 p.m.
- 6/12/19: NENA Green Initiatives Committee, NENA Office, 6:30 p.m.
- 6/15/19: Nokomis East Garage Sale, Neighborhood-wide, 8 a.m.

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

Sign up for NENA News

Your guide to news, events, and resources! Get your neighborhood news delivered to your inbox every other Wednesday. Sign up today at www.nokomiseast.org. Once you sign up, you'll receive updates on news and happenings for your neighborhood.



Alexander's Import Auto Repair is currently taking applications for a service tech opening.

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Nokomis East Neighborhood Association



Nokomis East Garage Sale Day
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SATURDAY, JUNE 15
8 A.M. - 4 P.M.

Maps, list of sales, and sale registration available at nokomiseast.org



Neighborhood Churches Welcome You!

Bethlehem Covenant Church
3141 43rd Ave. S. • 612-721-5768
www.bethlehemcov.org
Rev. Matthew Kennedy
(Handicapped Accessible)
Contemporary Worship - 9:00 am
Traditional Worship - 10:30 am
Español - 1:30pm

Epworth United Methodist
3207 37th Ave. • 612-722-0232
www.epworthmpls.org
Pastor Steven Reiser
Sunday Worship: 10:30 am
(Childcare Provided)
(Wheelchair Accessible)
Upcoming Events:
Every Wednesday through August 7 - Weed & Water Wednesday for kids 9:30 a.m.
June 12 - Beer & Bible @ Merlin's Rest 6:30 p.m.
Aug. 12 - 16 - Vacation Bible School - Register at <https://epworthmpls.org/vbs/>

Minnehaha Communion Lutheran
4101 37th Ave. S. • 612-722-9527
www.minnehahacommunion.org
Pastors Dan and Sally Ankerfelt
9:45 am-Sunday Worship
12-Step Groups Mon-Thu
June 9 at 1:00 pm-Peace of Pie Event
June 13 at 6:00 pm-Community Meal & Songs of My Life gathering
Everyone Welcome/Wheelchair accessible

Spirit Garage - The church with the really big door
Worship: 10:30 AM Sundays
The Hook & Ladder Theater & Lounge
3010 Minnehaha Ave.
www.spiritgarage.org • 612-827-1074
June 16 worship at Lake Harriet Bandshell
Theology Pub, book discussions, writing workshops, enneagram workshops
Pastor: Holly Johnson
Music: John Kerns and bands

St. Albert the Great Catholic
E. 29th St. at 32nd Ave. S. • 612-724-3643
www.saintalbertthegreat.org
Fr. Joe Gillespie, O.P.
Sunday Mass: 9:30 am (Childcare available)
Saturday Mass: 5 pm
M, T, Th, F: Rosary at 8 am, Daily Mass 8:15 am
Adoration of the Blessed Sacrament, First Fridays from 9 am to noon (Handicapped accessible)

St. Peder's Evangelical Lutheran
4600 E. 42nd St. • 612-722-8000
www.stpeders.org
Julie A. Ebbesen, Pastor
9 am Worship/Youth Faith Formation
10 am Coffee & Fellowship
June 16, Courtyard Worship. Worship outside with us!
Holy Communion is celebrated on the first Sunday of the month.
(Handicap acc., Braille, Large Print)
June 5 and 19, Quilters, 9:30-12:00, no sewing experience necessary
Friday, June 28, 7 pm, Open Eye Theatre presents "Katie Tomatie," an outdoor all ages puppet show! All are welcome!
Tuesday and Thursdays, Aerobics Class, 10:00 am, \$5

Trinity Lutheran Church of Minnehaha Falls
5212 41st Ave. S. • 612-724-3691
www.trinityfalls.org
Pastor Matt Oxendale
Sunday Worship 10:00 am
Wednesday Picnic & Praise 6:00 pm
AA Sun & Tues 7:00 pm
VBS at Morris Park June 10-14

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With 'Working' as their final curtain call, seniors bid adieu to Roosevelt Theater

By JILL BOOGREN

As graduates prepare to toss their caps in the air and contemplate their futures, it's a fitting time to take a closer look at the workaday world. In its 2019 spring production of the musical, "Working," the Roosevelt Theater company brought to life the stories of working people, ultimately showing that people are much more than their jobs.

Directed by Ryan Underbakke, actors remained on stage throughout the show, supporting one another through song and movement – as students, customers, clerks, commuters, laborers and truck drivers.

The set, imagined by Kurt Gough, consisted of filing boxes stacked high, which became a platform, office cubes, countertops and props.

The music, under the direction of Jay Albright and student conductor Km Boogren, was performed entirely by student musicians who often switched instruments and were sometimes joined by a cast member sitting in for a tune.

All combined to create a show that was deep, funny, intense, unsettling, sad and delightful, sometimes all at once.

The musical marked more than the end of a school year. It was the eighth show over four years since the lights came back on in Roosevelt's auditorium, so this class of seniors was the first to have theater available during each of their high school years. Some joined as freshman, others later. Many came with stage experience. All hope to be involved in theater or other performing arts after high school.

Here are the stories of eight of the hard-working graduating seniors in "Working."

Anastasia Mlsna-Lubin joined theater to make some friends. Nervous and not-yet-ready to act, she joined the tech crew of "The Seussification of Romeo & Juliet." She was assigned the role of stage manager,



Supporting the lead singer is as critical – and oftentimes, fun – as performing a solo. Circling Misha Suarez are (left to right) Lily Myers, Sebastian Gonzales, Anastasia Mlsna-Lubin and Katherine Quackenbush in "It's an Art," a lively and highly choreographed song about Delores Dante, a waitress for whom delivering excellent service is a high art form. (Photo by Jill Boogren)

which Mlsna-Lubin called "really nerve wracking, but kind of a rush." In later shows she helped with costumes and props.

As a junior, Mlsna-Lubin was already in choir, really liked the show "Into the Woods," auditioned and got the part as Rapunzel's Prince.

"I had a really good time. I really liked showing off," she said.

By contrast, in "Working," she played a teacher Mlsna-Lubin saw as "old, confused, out of time and out of touch." She had to dig deep to empathize, but not condone, racist remarks.

Of her overall experience at Roosevelt theater, Mlsna-Lubin said: "There's this bond that

happens when you're all working toward this goal. You're all invested, you wanna be there... it helped me come out of my shell and build some confidence. I went from sitting in the back not being seen to center stage. It was amazing to have that feeling of growth and development."

Ella Spurbeck joined theater as a freshman playing the role of a senator in "Urinetown, the Musical" She had done theater at Sanford Middle School and, impressed after seeing Roosevelt's first play, got involved.

She really liked "Almost, Maine." Though it was "kind of fluffy," she found Echo Olsen to be a really good partner in their scene, in which, all bundled up

in winter garb and to great comedic effect, they fell, literally, as they realized they were falling in love.

Spurbeck was on stage for all but "Into the Woods," for which she was assistant stage manager. She learned that wasn't for her. She's now interested in directing and being a full-time musician in a musical, as well as working at designing sets and costumes.

"I think if you're looking to get into theater, Roosevelt is a great spot to try it out," she said.

Having previously been in theater at Sanford and Powderhorn Park, Katherine Quackenbush jumped at the chance to play a part in "Seussification" (she was Narrator 4).

"I guess I've always wanted to be involved in theater, saw there was a play and thought, 'I'll be in it,'" she stated.

Quackenbush was involved in every show since, sometimes working on costumes, sometimes acting. For her latest role in "Working," she sang of being "Just a Housewife," conveying a feeling of someone unfulfilled and unsupported.

She said of her experience in theater: "Something in theater stuck with me. It's the kind of notion, if you're gonna look weird, you might as well look weird all the way, try as hard as you can. The community at Roosevelt theater was great."

Continued on page 7

Look for Part 2 of the Commissioner Angela Conley story in the July 2019 Messenger coming June 27.



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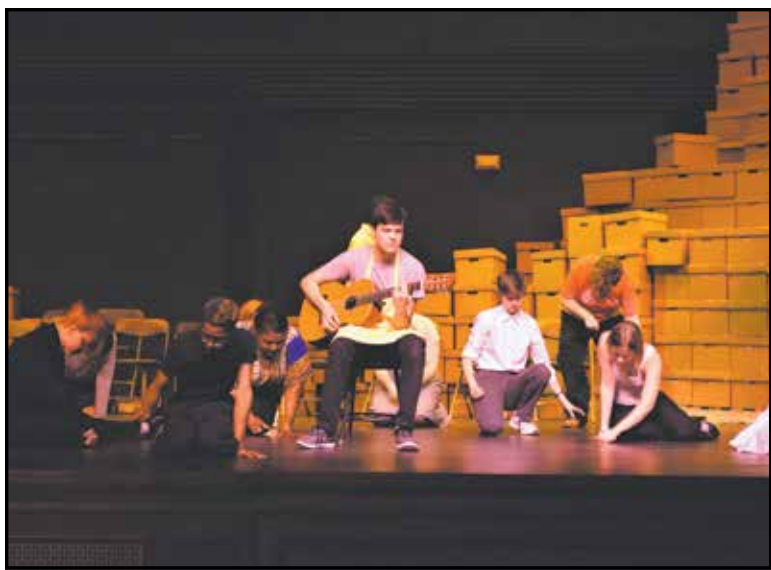


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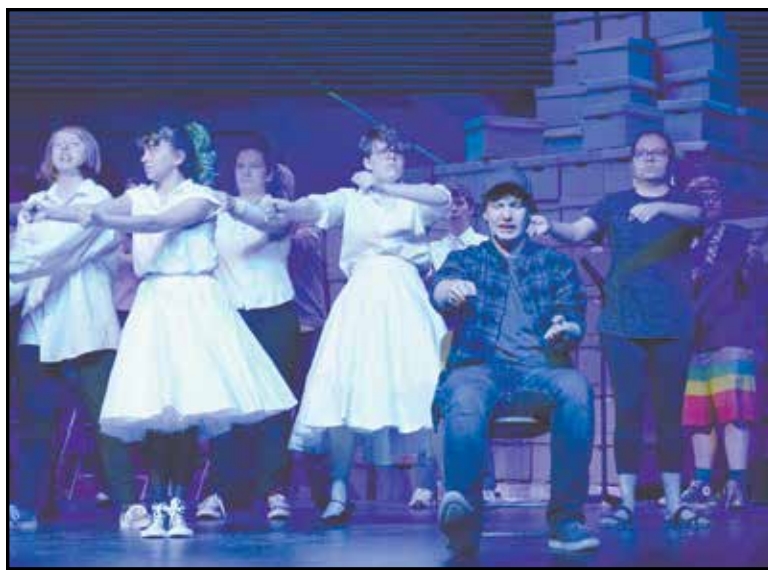
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Sebastian Gonzales as Roberto Nuñez sings of a better day in "Un Mejor Dia Vendora." (Photo by Jill Boogren)



Michael Gough takes the wheel in "Brother Trucker." This year's seniors were the first to have the theater available during high school. (Photo by Jill Boogren)



Katherine Quackenbush as Kate Rush-ton (center). (Photo by Jill Boogren)

Continued from page 6

Lily Myers had done plays in middle school and was encouraged to audition for "Urinetown." Though already a choir performer, Myers had an anxiety attack during her audition that prevented her from singing "Happy Birthday." Fortunately, she got a role anyway and acted in every play thereafter.

"I enjoyed singing and dancing so much, I didn't care about having a role or not," she stated. "I just wanted to be involved."

With "The Laramie Project," she began exploring how to differentiate characters through their costumes and accents, eventually finding her own voice, learning her range and how she likes to act. She could relate to both her starry-eyed Rapunzel in "Into the Woods" and the millworker who forges through the monotony of factory life with a measured determination in "Working."

"Acting is just yourself in different personalities," she said. "Rapunzel and the millworker definitely have different aspects of my character. I can be resilient and strong, but I can also be lighthearted and goofy and romantic."

Theater gives Myers a deep sense of pride. "Theater has meant so much to me. I've been able to come into my own. I've gone from having an anxiety attack in my first audition, and now here I am singing my own solo in the last musical of my

high school career."

Luke Longfellow's first play ever was "The Laramie Project." He played several different characters, which he called "insane and really, really fun." He got involved because friends insisted he try it out, and it was one of the most stressful things he'd ever had to deal with. Everything was new: working under a director, memorizing lines. Rehearsals were tiring, but he found he loved being on stage. "I loved being able to see the crowd react to what you're saying and doing," he remarked.

Longfellow acted in every subsequent play until "Working," where he was part of the crew. He was an ancestor in "The Addams Family" and Milky White in "Into the Woods." "Ghost people and a cow. That's a broad range," he said.

Longfellow credits theater for giving him more confidence and making him less reserved, nudging him out of the sidelines to interact with people more and even changing his physical expression. "I [became] more willing to be out loud in public... I always acted more reserved, closed up. [Now] I feel all right about expressing myself around other people, in what I wear and do and say."

Michael Gough followed his friends into theater, beginning with "The Addams Family" in a role as the father of the boy who wants to marry Wednesday. As a musician, Gough had performed

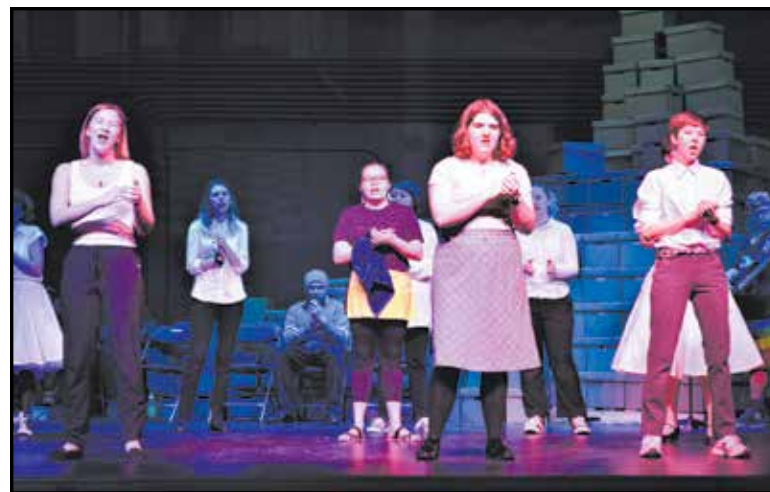
in front of audiences before, just not in theater. "It was new and definitely a little draining, but it was fun," he said.

He loved his role in "Addams," but his role in "Almost, Maine" stands out in that it was nothing like him. "I've never had to scream or cry on stage before that. It was a very challenging but rewarding experience to completely ignore my own feelings and focus on the character."

Gough's take away from theater: "I've never been a big put-myself-at-the-center-of-attention person. Theater's kind of a way to get that experience while having other people back you up along the way."

Sebastian Gonzales met some of the theater crew through choir and got excited about the musical, "Urinetown." He had been in a show at Sanford, but his experience at Roosevelt showed him that theater "is actually a profession that people do."

He enjoyed many roles – as one of The Poor in "Urinetown," Jack in "Into the Woods" – with his final role as Roberto Nuñez in "Working" his favorite. "Over the years, I've played young kid roles, who haven't seen a lot. I've grown up in theater. I was a baby freshman year," he said. "Now I'm like six feet. Roberto I can culturally identify with. [Also], looking back on your past, seeing how you got to this point in your life, as a senior in that moment it connected with me, connected with my Lati-



Sophia Stout (at center, holding towel) as Amanda McKenny, with (left to right) Lily Myers, Anastasia Mlsna-Lubin and Ella Spurbeck in "Cleaning Women." (Photo by Jill Boogren)

no culture, it felt like home."

Gonzales likes the roles that don't have a complete conclusion or a pat ending, because "life isn't like that."

For Gonzales, theater at Roosevelt is about family. "We work together. We fight sometimes, some people might not like each other, but we get the job done no matter what... we all have this professionalism."

Sophia Stout joined theater with her choir friends for "Urinetown" and loved it – singing, being on stage. Stout is also a swimmer, and when she couldn't give full attention to a role, she helped with costumes and back stage.

Her favorite roles were as

the cleaning woman in "Working" and Jack's mom for a show in "Into the Woods." "I finally proved I could do something," she said.

Theater has given Stout confidence and stage presence. "I feel like freshman year I was too timid to do anything. I'd sing quietly. In theater we learn to project. In choir we project, we also know how to warm up our voices so we don't ruin [them]."

Her parting words: "I hope everyone gets involved in theater once in their life. It's a good experience."

For more information about Roosevelt Theater, search Advocates of Roosevelt Theater Arts on Facebook.

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In Our Community

Messenger

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

Plant along river gorge

Join Friends of the Mississippi River (FMR) staff and volunteers on June 25, from 6-8 p.m. for a worknight along the beautiful and rare oak savanna and woodlands located just off the main trail along the Minneapolis side of the river gorge. Spend the evening planting shrubs, wildflowers, sedges and a few trees helping to build a buffer of native plant populations around the prized oak savanna area and will help to re-establish native vegetation where buckthorn has been previously removed.

All are welcome and no experience is needed. All tools, gloves and training will be provided. However, be prepared to work on steep slopes and uneven terrain. To learn more and register, visit <https://fmr.org/events/2019/06/25/plant-shrubs-wildflowers-and-sedges-along-river-gorge>

Anxiety support group meets

NAMI Minnesota (National Alliance on Mental Illness) sponsors free support groups for persons with anxiety disorders. The groups help individuals develop better coping skills and find strength through sharing their experiences. An Open Door Anxiety and Panic support group meets in St. Paul's Highland Park from 6:30 to 8 p.m., on the 2nd and 4th Thursday of the month, at Gloria Dei Lutheran Church, 700 Snelling Ave. S., in Room 108. For information, call Les at 612-229-1863 or NAMI at 651-645-2948.

New youth kickball leagues

The Minneapolis Park and Recreation Board just launched brand-new youth kickball leagues in South Minneapolis. Teams from different Southside parks will learn the rules of kickball and partake in friendly competition against each other during a four-week season that begins after Fourth of July Weekend. Emphasis will be placed on fun. To sign up, go to bit.ly/SouthsideSummerKickball, or visit any of the following South Minneapolis recreation centers: Corcoran, Keewaydin, Lake Hiawatha, McRae, Morris, Nokomis or Powderhorn.

Hiawatha Golf CAC meets next June 11

The Hiawatha Golf Course Property Master Plan continues to move forward with a new Community Advisory Committee (CAC) meeting scheduled

Tuesday, June 11, 2019, 6-8:30 pm at Pearl Recreation Center, 414 E Diamond Lake Rd. The June 11 CAC meeting will take the form of a workshop in which CAC members will decide on an outline for a single preferred design alternative for the golf course property. The CAC will discuss what they like and don't like about the three concepts, potentially propose ideas that are a combination of any of the concepts, or propose new ideas that fit the project's vision and guiding principles. All CAC meetings are public and anyone interested in the creation a long-term plan for the Hiawatha Golf Course Property is welcome to attend. Snacks, refreshments, and passive children's activities are provided. Contact Cindy Anderson at 612-230-6472 or canderson@minneapolisparcs.org to request language, access or interpretation accommodations.

Annual parade at McRae Park on June 1

Field Regina Northrop Neighborhood Group & McRae Park's annual neighborhood parade and celebration is set for Saturday, June 1 at 906 East 47th Street, 55407 from 11:30 a.m. to 3 p.m.. Rain date Saturday, June 8. Join in the fun of pony rides, live music, a magician, free ice cream cones, games for kids, a giant bouncy house, urban chickens, face painting, exhibit lane, food trucks, a drawing for bike giveaways from Nokomis Cycle and more, plus purchase raffle tickets to win a 55-inch TV. Parade lineup is at 10:45 a.m. at Field School parking lot, 46th St. and 4th Ave., with the parade starting at 11 and ending at McRae Park. More at www.frnng.org.

Theatre at St. Peder's

Open Eye Figure Theatre is coming to St. Peder's (4600 E. 42nd St.) and presenting "The Adventures of Katie Tomatie" - an all ages outdoor puppet show - on July 28, 7-8 p.m. More at www.stpeders.org.

Longfellow Garden Club Plant Swap: Growing Iris

Irises have inspired painters and gardeners for centuries. Whether you are new to growing irises or are an experienced iris gardener, come learn about the many varieties of irises and how to plant and care for these beautiful flowers on June 12, 7 p.m., Epworth United Methodist Church (3207 37th Ave S.). The speaker will be Tim Moore, who has been growing irises for over 20 years and whose home garden has been on two national tours. He is

currently on the board of directors of the Tall Bearded Iris Society and the Dwarf Iris Society.

Get outdoors June 7

Curious about archery, canoeing, climbing, fishing or Zumba? Try out those outdoor activities and more, for free, at Powderhorn Park during National Get Outdoors Day, June 7, 4-8 p.m. There will be local entertainment for the whole family and dinner available for purchase from food trucks. Powderhorn Park is located at 3400 15th Ave S. and is easily accessible by bus or bicycle. Plenty of on-street parking is also available. The event and recreational activities are presented by the REI Co-op, The Minnesota Department of Natural Resources, US Forest Service, Minneapolis Parks Foundation and the Minneapolis Park and Recreation Board.

Ellen Sweetman show at The Vine Arts

The Vine Arts Gallery and lively-brush, LLC. are pleased to present a solo exhibition of work by native-born Minnesota artist, Ellen Sweetman (Minnetonka) June 1 to June 28. Sweetman dismantles her layered identity, old belief systems, and education, and ideas behind acceptance. Utilizing all the tools in her toolbox, she unlearns and begins anew. Discovering her own unique process of creation and becoming reborn in art.

Upcoming events at Hook & Ladder

Dylan & The Dead, The Jones Gang with special "Dylan" guests Mae Simpson, Dan Israel, James Loney, Mark Joseph, Jon Sullivan plus Tangled Up In Dylan, & Dreams of the Wild will be performing on Friday, June 7, 8 p.m. at the Hook & Ladder, 3010 Minnehaha Ave. The Magnolias with Mike Nicolai (backed by The Rank Strangers), and The Owl-Eyes will be on Friday, June 14. The Suitcase Junket with special guest Snarles B is on Sunday, June 16. The Belfast Cowboys are a nine-piece band that specializes in the music of Van Morrison. They have become one of Minnesota's (and The Hook & Ladder's) most popular bands, traveling only when their feet get itchy or the offer is too good to refuse. See them on Saturday, June 22. Malamanya, a U.S.-based band of musicians who mutually share respect and enthusiasm for traditional rhythms and melodies from Cuba and Latin America, will perform on Thursday, June 27. Twin Cities musicians Mark Lickteig and Andra Lee Suchy team up to present a special celebration of two of the greatest



Left to right: Jennifer Mack, Lori Mercil, Becky Heist, Gerry Girouard, Christine Maginnis, Jesse Forest Neumann-Peterson, Jim Lieberthal, Denise Armistead, and Denise Gustofson. Not shown Julie Warder. (Photo by Bill Cameron)

'16 Feet: Dance off the Dock'

Lori Mercil, a 25-year resident of the Nokomis East neighborhood, is one of three co-producers of an annual dance showcase called "16 Feet," along with Becky Heist and Gerry Girouard. A wonderful collection of seasoned professionals will be offering an eclectic mix of dance for every viewer's taste. There are three evening performances of "16 Feet: Dance off the Dock", the third annual independent choreographer's showcase at the TEK BOX in the Cowles Center on June 27, 28, and 29 at 7:30 p.m. Tickets are \$16 at brownpapertickets.com. This series is designed to raise local voices and bring their visions to life. "Come take in these explorations of life: happy, sad, zany, and everything in between!" encourage organizers.

singers in the history of American popular music - seminal soul music and rhythm and blues artists, Otis Redding and Aretha Franklin on Sunday, June 30.

Picnic & Praise

Enjoy the beautiful spring evenings with a casual picnic meal and informal worship outdoors on the circle drive of Trinity Lutheran of Minnehaha Falls (52nd St. and 40th Ave.). Food and music are provided; bring a lawn chair if you'd like. The meal begins at 6 p.m. each Wednesday in June followed by worship and wrapping up about 7:30 p.m. Call 612-724-3691 for more details.

VBS at Morris Park

All children preschool through 5th grade are invited to kick off summer with a "roar" at Morris Park from 9:30 a.m. to noon, June 10-14. "Life is wild and God is good - and so is having fun with new friends and old," say organizers. "There will be games, tasty snacks, singing and lots of laughs while learning how amazing God is in our lives." Register online at www.trinityfalls.org or call 612-724-3691 with questions.

Ice cream, social set for June 20

The 7th annual Ice Cream Social and Sidewalk Sale at 56th and Chicago is planned for Thursday, June 20, 4-7 p.m. There will be ice

cream, hot dogs, bouncy house, shopping and more. The annual event is hosted by Diamond Lake Community Business Alliance.

Elder voices meets

Elder Voices will meet Friday, May 31 and Friday, June 28, 10-11:30am. Elder Voices meets at Turtle Bread Company, 4205 34th St the corner of 42nd Ave. and 34th St. There will be time for people to tell or update their Elder stories. Don will be back from being hit by a car on his way to Elder Voices on Feb. 22. DeWayne and Marcea will be back from their road trip.

Clay center of celebration July 13

Celebrate the summer season and the opening of Northern Clay Center's annual exhibition Six McKnight Artists during an afternoon open house on Saturday, July 13, from 1-4 p.m., 2424 Franklin Ave. E. See the works of talented mid-career artists from across the country and the world. Partake in fellowship, picnic food, fun, and hands-on, clay-themed games and contests. Tour the annual Studio Artist Sale, which runs Saturday, July 13, from 10 a.m. to 6 p.m. and features artwork by several dozen artists who work, glaze, and fire at the Clay Center. A wide range of sculpture, tableware, and serving pieces will be featured from over 50 in-house talented artists.

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In Our Community

Continued from page 8

LSS Healthy Seniors June events

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a monthly Senior Social/Health Talk on Tuesday, June 18 at 10:30 a.m. (doors open at 10 a.m.) at Bradshaw Funeral & Cremation Services, 3131 Minnehaha Ave. The presentation is "The Seward Neighborhood - A People's History." The Seward Neighborhood Group History Committee compiled a history of this vibrant and historic neighborhood and this book is the result. They'll share stories that celebrate the people and events that make Seward Neighborhood an important part of Minneapolis history. Tai Chi Easy exercise classes are held on Mondays from 10:30-11:30 a.m. at Holy Trinity Lutheran Church, 2730 E. 31st Street. Classes cost \$5/each and discounts may be available for lower income seniors. Weekly classes will be held through June 24, and then will break for the rest of the summer. Tai Chi is low-impact, slow-motion exercise that's adaptable to individual abilities. Movements vary between sitting and standing and help improve breathing, coordination, flexibility and strength. Registration is not required - come and try it! A free monthly Diabetes Support Group for adults will be held on June 12 from 1-2:30 p.m. at Trinity Apartments, 2800 E. 31st St.. Anyone with Type 1 or Type 2 diabetes is invited to attend. Additionally, Healthy Seniors is looking for "Friendly Visitor" volunteers and volunteer drivers to help seniors live independently. Call Longfellow/Seward Healthy Seniors at 612-729-5799 or email info@LShealthyseniors.org for more information on activities, services or volunteer opportunities.

VBS, Weed & Water, Beer and Bible

Whether you're new to the Bible, new to beer, or well-versed in both, you're invited to join the Beer and Bible group every second Wednesday at Merlin's Rest organized by Epworth UMC. All walks of life and faith welcome. "Come and enjoy great discussion and fellowship —beer is optional," say organizers. Weed & Water Wednesday is every Wednesday through Aug. 7, 9:30-11 a.m., at Epworth UMC (3207 37th Ave S, Minneapolis). Kids 0 to 8 and their caring adult are invited to Epworth every Wednesday to tend to the Epworth Garden. Each free session will include a story, craft, games and a snack. Any donations for snacks or supplies are appreciated. Calling all children ages 5-11 - you're invited to God's Garden, God's City Vacation Bible School at Epworth Aug. 12-16, 9 a.m. to 12:30 p.m. "Kids will not want to miss this action-packed week, where we will explore the entire faith story, from the Garden of Eden to the New Jerusalem. We'll learn more about God's creation and his love for us through stories, crafts,

Hiawatha Academies Senior Signing Day

On Friday, May 17, 2019 the first graduating class of Hiawatha Academies celebrated their admission to college. One hundred percent of Hiawatha Collegiate High School's seniors have been admitted to college. At the event, each senior announced in front of family, friends and supporters the college they have chosen to attend.

Hiawatha Collegiate High School's 75 scholars have 265 college admissions letters in hand. One hundred percent college admission is remarkable in Minnesota, a state with one of the nation's lowest high school graduation rates for students of color. Hiawatha Academies (3500 E 28th St.) aims to ensure access to college as a path to eliminate educational disparities between students of color and their white peers.

Nearly all of the students will be the first in their family to attend college. "Being accepted into col-



Hiawatha Collegiate High School's 75 scholars have 265 college admission letters in hand. In all, 100% of seniors are planning to attend college. (Photo by Natanael Moreno)

lege is a really big step in my life," says Kamren Anderson, a senior at Hiawatha Collegiate High School. "I used to think that I wasn't smart enough to go to college or like I would never go to college. Over the years I've matured and tell myself that I can do it and not give up."

Hiawatha Academies is a network of high-performing K-12 college preparatory public charter schools located in South Minneapolis. Its mission is to empower all Hiawatha scholars with the knowledge, character and leadership skills to graduate from college and serve the com-

mon good. Its vision is to honor the humanity of all people, by actively disrupting systemic inequity in pursuit of an equitable world, and permanently disrupting educational inequity by ensuring a great school for every child.

games, science and music! Each day will also include lunch," say organizers. Learn more and sign up at <https://epworthmpls.org/vbs/>.

Hope for parents

On Sunday, June 9, Hope Lutheran Church (5728 Cedar Avenue South, Minneapolis) welcomes Pastor Hollie Holt-Woehl to lead the adult forum at 9 a.m. and worship at 10 a.m. At the Adult forum Holt-Woehl will share about her recently published book, "They don't come with Instructions: Cries, Wisdom and Hope for Parenting Children with Developmental Challenges." The book offers companionship for the journey with a developmentally challenged child. The mother of a son with an autism diagnosis, Holt-Woehl recognizes that parenting is never easy. Drawing on her own experience and that of nearly forty other parents she surveyed, Holt-Woehl shares stories, information, and insights about tending to the pain, recognizing the joy, and finding ways to keep hope through the ups and downs of this path. The book focuses on the challenges of parenting children with Autism Spectrum Disorder (ASD), Attention-Deficit/Hyperactivity Disorder (ADD/ADHD), and/or Fetal Alcohol Syndrome (FAS).

Mental illness and substance abuse

A free Dual Diagnosis peer support group for adults recovering from both a mental illness and a substance use disorder such as chemical dependency meets bi-weekly in Minneapolis. The group is sponsored by NAMI Minnesota (National Alliance on Mental Illness). Trained facilitators who are also in recovery lead the group, which meets on the 2nd and 4th Saturdays of the month, from 2-3:30 p.m., at Hennepin Ave United Methodist Church, 511 Groveland Ave., in the Longfellow Room. Use the east entrance and ask the receptionist for directions. For information, contact Bruce at 612-338-9084.

All ages ultimate Frisbee

Transition Longfellow hosts All ages Ultimate Frisbee! Thursdays, 5:30 p.m. to dusk at Brackett Park. It's purposely a low-barrier-of-entry group and style of play. "If you kind-of maybe know how to throw a frisbee and are ok with some jogging, this game is for you!" say organizers. All ages and experience levels - we've had kids from age 8 to over 60.

Women's Golf Week

Women's Golf Day expands to Women's Golf Week. Free golf and lessons June 3-7. The Minneapolis Park and Recreation Board's Play Golf Minneapolis courses are the only golf courses in the state hosting outdoor Women's Golf Week events, with FREE clinics, or a FREE 9-hole round (walking or riding on a cart) offered at six golf courses throughout the city.

Catholic school partners with Groves

Our Lady of Peace Catholic School has been selected by Catholic Schools Center of Excellence as one of 18 Catholic elementary schools to participate in a literacy partnership with Groves Academy. CSCOE helps Catholic elementary schools enhance educational excellence and increase their enrollments and Groves Academy advocates for evidence-based literacy instruction for all students in the state of Minnesota. The Groves Literacy Framework™ is a comprehensive, three-year program for reading and spelling instruction designed to prevent reading problems using evidence-based practices supported by scientific research. Weekly classroom coaching, monthly team meetings and other teacher supports are key to the Framework's success. "Our goal is to have each and every child in our Catholic elementary schools be fluent readers and spellers by the end of third grade. The Framework not only helps the typical student excel, but it can also identify stu-

dents who struggle and provide them with the support they need to be successful," said Gail Dorn, president, CSCOE. "We believe that the Groves approach is the best and most successful in the country and we want to partner with the very best!"

Venn Brewing honored

Venn Brewing earned best in the Fruit & Spice Beers (Non-sour) for its Breakfast Stout in the Minnesota Craft Brewers Guild (MNCBG) inaugural MN Brewers Cup. More than 500 beers from 80 Minnesota breweries were submitted to 24 beer categories, ranging from Light Lagers to Imperial Stouts and Porters to Wild and Sour Ales. Beers were judged by 30 BJCP certified beer judges. The Minnesota Craft Brewers Guild (mncraftbrew.org) is a not-for-profit organization that was founded in 2000. The Guild promotes Minnesota's booming brewing industry by sponsoring festivals and special events, and ultimately showcasing the talent of Minnesota's craft brewers.

Reading and math tutors needed

Longfellow-Nokomis schools need 11 literacy and math tutors for the 2019-2020 school year according to Minnesota Reading Corps and Minnesota Math Corps. Minnesota is reported to have one of the largest achievement gaps in the nation, heightening the need for literacy and math tutors in schools throughout the state. Longfellow-Nokomis schools that have been awarded tutor positions are: Dowling School, Urban Environmental Magnet (K3/Math); Hiawatha Community School (PreK); Pillsbury Elementary (PreK); and Sheridan Arts Magnet (PreK/K3). Tutors are being sought for three different levels of commitment: 35, 25 or 18 hours a week. Tutors receive a stipend every two weeks, and can earn up to an additional \$4,200 for student loans or tuition, which can be gifted to a family member if the tutor is 55 or older. Many tutors also qualify for additional benefits like free health insurance and child

care assistance. Anyone interested is encouraged to apply now at readingandmath.net or by calling 866-859-2825. Tutors will begin in August 2019, and spend the next school year making the commitment to "Help Minnesota Be More."

Sen. Torres Ray honored

State Senator Patricia Torres Ray (DFL-Minneapolis) was honored at the 8th Annual Minnesota DFL Humphrey-Mondale Dinner on Friday, May 24 at the Minneapolis Convention Center. The dinner celebrates leaders in the DFL party who make significant contributions to the Democratic party and the State of Minnesota. Senator Torres Ray will receive the Joan and Walter Mondale for Public Service Award in recognition for her tireless work and advocacy on behalf of all Minnesotans, particularly those who are most in need. After working in public policy for 16 years, Senator Patricia Torres Ray became the first Latina elected to the Minnesota Senate in 2006. In 2010 she was the first woman of color to run as Lieutenant Governor in the State. She is a recognized local and national leader and was recently elected to chair the National Caucus of Latina Elected Officials within the National Hispanic Caucus of State Legislators, NHCSL. She is a Public Affairs graduate from the Humphrey School of Public Affairs at the University of Minnesota, a former adjunct faculty, and ongoing consultant for the school. She has been a resident of Minneapolis for 30 years and has two boys, ages 24 and 22.

Submit your news

If you are an organization located in the Longfellow Nokomis Messenger delivery area, you can submit your event, special program, or noteworthy news to us for consideration. Submit your item by email to news@longfellownokomismessenger.com. The deadline for the next issue is Monday, June 17 for the June 27 issue.



YEAR ROUND BICYCLISTS

A group of 6th-8th graders who live in Longfellow rode their bikes to school every day this year – no matter how cold it was. They said that biking through the long 2019 winter was easier than they expected. Undeterred by foggy glasses, frozen face masks, and deep snow, they all agreed they would do it again. The freedom they had on their bikes, and the fun of riding together, made it worthwhile. Parents and staff of their neighborhood school support several groups of bikers by providing hot cocoa on Fridays, learn-to-ride lessons for new bikers, biking field trips, and a DARO ZAP scanning system that tells kids instantly how far they've biked to school, how many calories they've burned, and how much gas they've saved. Pictured left to right are Clara, Tove, Addie, Amelie, Ingrid, and Iris (not pictured is one ride-along dad.) (Photo by Margie O'Loughlin)

Classifieds & Service Directory

Messenger

Want ads must be received by the Messenger by June 17 for the June 27 issue. Call 651-917-4183 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*, 5139 34th Ave. S. #17097, Minneapolis, MN 55417; or e-mail denis@longfellownokomisessenger.com. Want ads must be mailed to the *Messenger* before **June 17** for the **June 27** issue. Call 651-917-4183 for more information. All classified ads will also be automatically placed on the *Messenger's* website at www.LongfellowNokomisMessenger.com

APARTMENT WANTED

Seeking Longfellow apartment. Non-smoking, no pets, good references. Lynn - 651-489-9053 OR lynnns@bitstream.net

EMPLOYMENT

Fresh Heir Delivery is looking for a newspaper delivery carrier available to handle 2-4 routes a week in the Minneapolis/St. Paul area. The carrier role pays about

\$13-\$15 and hour per route. If you are interested in this opportunity please send an email to FreshHeirDelivery@gmail.com with your name, phone number and qualifications, or you may call/text 612-669-5520 and we will respond to your message as soon as possible. Serious inquiries only. Thank you! B-19

Alexanders Import Auto Repair is currently taking applications for a service tech opening. Stop by or give us a call for more details. hours are Monday-Friday, 8-5:30, 2904 E 35th St Mpls MN 55406. 612-729-2516. B-19

HANDYMAN

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-19

LAWN SERVICE

A Greener Lawn service provides weekly mowing, spring clean-up, and complete lawn care. Owner operator, 20 years in South Minneapolis. 612-554-4124. 9-19

All your GREEN needs: Mowing/Lawn Care/Landscaping, 20+ Years in Mpls. Call 612-781-3420. SorensenLawnCare.com 6-19

MOVING SALE

Beauty shop closing and moving sale. Military equipment, beauty shop furniture, misc. and garage items. 5200 47th Av. S., Minneapolis., June 14-15. 6-19

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PETS

John's Dog Walking - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. www.facebook.com/johnpetservice. 6-19

PUPPIES FOR SALE

AKC Vizsla pups. Exceptional hunting line, very stylish pointers, gorgeous dogs. Very affectionate, family oriented companions. Ready for a new home June 1. Six males left. 715-476-7810. 6-19

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For rent, top floor of house. Smoking allowed. \$800 month. One tenant only. No pets. 763-325-3076. 6-19

**Next Deadline:
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STORAGE

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-19

WINDOW CLEANING

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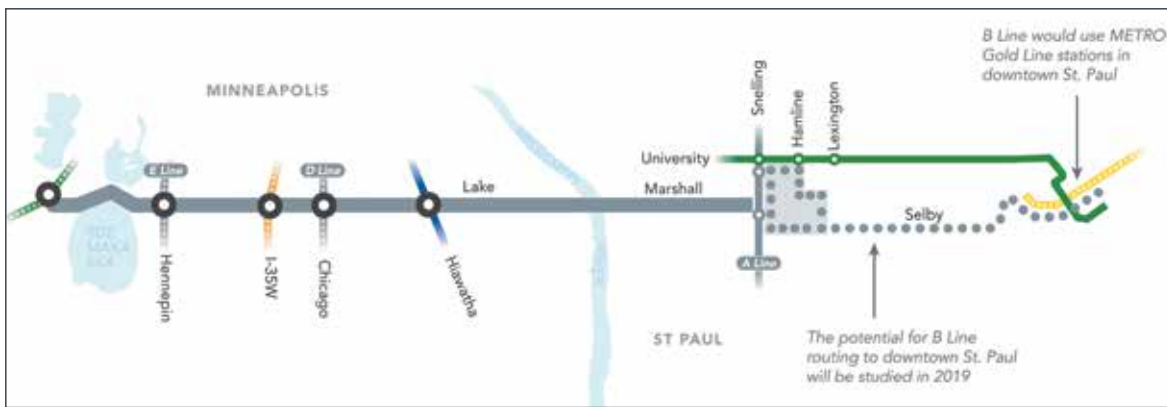


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Metro Transit is gathering input on B Line and whether it will completely replace Route 21 or just cut services down.



Deborah Kitzmann lives in Corcoran and works in St. Paul. She favors keeping more stops so that people don't have to walk as far, but wants to see better services for riders, too. (Photo by Tessa M. Christensen)

Faster transit coming to Lake St.

Continued from page 1

day, May 1, 2019 and another at the Oxford Community Center on Saturday, May 4.

"There's a lot of congestion and a lot of delay," observed Metro Transit Senior Planner Adam Smith.

"Anything that could improve our transit service is something I'm interested in," stated Brian Kimnes who lives in the Hamline-Midway neighborhood of St. Paul and works off Lake Street in the Longfellow neighborhood of Minneapolis. If the bus line was faster, it would make it much more likely that he'd take the bus to work instead of his car, he said.

If he goes to the Lyn-Lake area now, he drives because the bus is "excruciatingly slow," he stated. "It stops every block and it's a painful experience. I can drive there in 20 minutes or take the bus for 50."

HOW IS IT FASTER?

The B Line would make the trip about 20% faster. The savings would come by stopping less often, allowing customers to board faster, and stopping at fewer red lights.

With bus rapid transit, buses make limited stops at stations spaced farther apart, such as every 1/3 to 1/2 mile between stations instead of every other block.

Fares are collected at stations, just like light rail, instead of on the bus. B line buses run in general traffic and stations are built on curb bump-outs to avoid delays caused by merging back into traffic.

BRT lines also use transit signal priority, where buses "ask" traffic signals for early or extended green lights.

There are several options

Metro Transit is looking at and gathering input on, such as queue jumps and a dedicated lane for buses, according to project manager Cody Olson. The dedicated lane would be more challenging along Lake St. but easier to do on Marshall, he observed. It could be 'Buses Only' during certain times of the day and multi-use at other times.

Bus approach lanes at intersections could speed things up for buses, as well.

WILL IT BE TOUGH ON FAMILIES TO SPACE OUT STATIONS?

Deborah Kitzmann is a Corcoran resident who works in St. Paul. She rides both the number 53 and the 21 bus regularly and it takes about 45 minutes to get to her stop near the Capitol. She walks six blocks to a bus stop. "I think they need to keep the stops they have right now," said Kitzmann. "People with kids and families need to have access and not walk a mile to get to the bus stop."

Overall, though, she wants to see better services for riders.

WILL IT REPLACE ROUTE 21?

The B line could potentially fully replace the Route 21 bus and offer high frequency service all day and on nights and weekends.

Some of the biggest questions, in addition to where to locate stations, are what route the line should take in St. Paul. There are several options planners are looking at, including using University or Selby and going all the way to downtown St. Paul.

At the open houses, attendees were asked to rate which the following in terms of priority: overall travel time, bus arriving at planned time, bus arrives as steady frequency, smooth ride - less starting and stopping, less

Did you know?

>> The B Line is planned to be the fourth of several planned BRT lines that will bring faster, frequent service to the region's busiest transit corridors.

>> The region's first arterial BRT line, the A Line, opened in 2016 and has boosted corridor ridership by about one third.

>> Construction on the C Line, serving Minneapolis and Brooklyn Center, is underway. Service is scheduled to begin in 2019.

>> The D Line, serving the Route 5 corridor from Bloomington to Brooklyn Center, is currently in design, targeted for construction to begin in 2020.

>> The E Line, serving the Route 6 corridor on Hennepin Avenue is in the corridor study phase through 2019, with construction targeted for 2023.

>> The West Lake Street Station will be the western terminus of the B Line and will be built in coordination with the Southwest LRT project. The B Line station will be built on the West Lake Street bridge and will have access to the LRT station via stairs and elevator.

>> The I35W and Lake Street Station will provide a connection to the METRO Orange Line and the broader 35W@94:Downtown to Crosstown project includes a redesign of the freeway between I-94 and 42nd Street.

>> An eastbound enhanced bus stop at Lake and Hiawatha was built in conjunction with the construction of the South Minneapolis Regional Service Center in 2017, and will be used by the future B Line. The westbound station location will be implemented in coordination with this project.

>> A completed BRT network would cover 100 miles and include 400 enhanced stations, directly serving about 20 percent of the region's residents and more than 230,000 jobs.

>> BRT lines have the potential to see an estimated 160,000 average weekday boardings by 2030, representing about a third of total bus ridership.

Learn more at metrotransit.org/abrt.

~ Information from Metro Transit

delay in traffic or stoplights, walking distance to bus stop, and amenities at stop.

Send comments to bline@metrotransit.org.

Will Route 21 remain?

Metro Transit is weighing the pros and cons of keeping the underlying Route 21 when the B Line opens.

When the A Line opened in 2016, Metro Transit continued to operate Route 64 in the same corridor as a less frequent local travel option.

A similar approach was taken Route 16, which provides local service alongside the Green Line Lightrail along University Ave.

With the B Line and E Line (Hennepin Avenue corridor), Metro Transit is considering fully replacing the underlying local bus service.

Why? Well, as the A Line and the Green Line have been successful in attracting riders, the local service on Routes 84 and 16 have declined, leading to service reductions.

About Route 21

>> More than 10,000 average weekday rides, second-highest Metro transit route

>> Third most productive local bus route in terms of number of passengers per hour of service

>> One of the routes on which customers most frequently experience crowded buses

>> Carries up to 20% of people in vehicles in some places while making up less than 2% of vehicles

>> Highest ridership between Hennepin Ave. and Hiawatha Ave.

>> Weekend and midday ridership also make up an important part of Route 21 ridership

>> Ridership has been declining.

~ Information from Metro Transit

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Junket moving forward sustainably Owner Julie Kearns seeks to align business and personal values

By MARGIE O'LOUGHLIN

Julie Kearns is the creator and owner of Junket: Tossed and Found, a funky second hand store that was a fixture on Minnehaha Ave. for years.

In August of 2018, she and her team closed their store.

Kearns said, "We tried a space sharing arrangement with another social enterprise, but it didn't work. While we hadn't planned on closing, it turned out to be a positive change in the end. Junket looks different these days, but we're very much moving forward."

The Junket team is currently working remotely – coming together for meetings, popping up at events, and keeping their inventory organized and accessible in temporary storage. Visit www.shopjunket.com to learn more about their ethically sourced and sustainably shipped quality goods and creative supplies now available online.

Kearns said, "I knew I'd need to grieve the loss of the physical store. With time came the realization that I'd been operating in a driven state for years: through the frustration of the Minnehaha Ave. construction, and all of the changes that have hit the retail market, generally. While Junket has always been about fostering positive social change through creativity and reuse, retail had merely been the vehicle we'd used to engage with community and with each other."

Kearns decided to change ve-

hicles – in more ways than one.

As part of her healing process, she started to look at how running the shop had made it difficult for her to live out her own values of a low-carbon lifestyle.

Kearns said, "I felt like a hypocrite driving my two block commute every morning, but I never knew when I might need my car during the day for a pick-up or delivery."

Once the shop was closed, she sold her car in favor of using a scooter that gets 89 miles per gallon. Between the scooter, her bicycle, two feet, and public transportation, Kearns is getting around just fine.

On the home front, Kearns and her daughter had already transitioned from a three-bedroom house to shared ownership in a co-operative and an 800-square-foot apartment in 2015.

She said, "Last year's forced do-over came with a powerful upside: I've had time to strategically simplify other areas of my life to align with closely held values, and to mold the business around our lives instead of the other way around. After so many years in the public eye, this has been a welcome, more private, time of strategic thinking, pausing, and shifting."

The Junket team right now is small and mighty.

Kearns said, "For our next chapter, we envision a community space nestled in the Longfellow neighborhood with a focus on creativity, innovation, and resilience through re-use. We envi-

sion a healthy, vibrant collaborative that offers many possibilities – imagine intergenerational skill building, consulting and classes in sustainability, making and repair, incubating low-carbon business start-ups, sales and swap events where senior citizens and down-sizers can transfer goods to those who need them, perhaps a commercial kitchen for food growers/preparers, a co-working space, and a CSA pick-up site."

Kearns continued, "While we wait for the right space and time, we're building a stronger base of operations online, offering carbon-informed classes and consulting, and making appearances at niche events like the Midtown Farmers Market."

"We're using our online store to model carbon-informed commerce selling reused goods, all of which are packaged in reused materials and shipped via ground transit (which generates 10 times fewer emissions than air shipping). Having this infrastructure in place will make it easy to scale up quickly, whenever market demand and carbon constraints finally propel data-driven climate measures into mainstream economic decision-making."

Kearns is also actively involved in the work of Al Gore's Climate Reality Leadership Corps. A training will be held August 2-4 at the Minneapolis Convention Center (application deadline for the no-cost event is June 19). For more information go to www.climateleadershipcorps.com.



Junket owner and creator Julie Kearns asked, "How can we make this the greenest neighborhood in America? Each of us can choose to set a personal carbon consumption budget of 5 tons of CO2 emissions per year, and then use that smaller footprint as the basis to design a simpler, better life." (Photo by Margie O'Loughlin)

"Last year's forced do-over came with a powerful upside: I've had time to strategically simplify other areas of my life to align with closely held values, and to mold the business around our lives instead of the other way around."

~ Julie Kearns

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