



Plot your Green Line adventure

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FATHER project helps men connect

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Lake St. has everything you might need!

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Now a century old, a re-think for Nokomis-Hiawatha park

The 660-acre Nokomis-Hiawatha Regional Park to be the focus of new 25-year master plan

By TESHA M. CHRISTENSEN

What works well at Lake Nokomis and Lake Hiawatha Parks?

What should be changed or added?

"The master plan we are developing will create a vision for the next 25 years for how we, the residents of the area, would like to see Lake Nokomis and Hiawatha Regional Park developed," stated local resident Robert Srichai, who serves on the Community Advisory Committee (CAC) for this project.

"This is a once-in-a-generation opportunity to have a significant voice in shaping the experience of Nokomis-Hiawatha Regional Park," said Standish-Ericsson Neighborhood Association Board President Chris Lautenschlager, who is also a CAC member. "Lacking input from residents — the ones that know this area best — we miss the chance to ensure that this park will be fully enjoyed by as many people as possible."

Nokomis-Hiawatha Regional Park includes approximately 660 acres of land surrounding lakes Nokomis and Hiawatha. The first plan for improvements in the park was drawn by Theodore Wirth in 1919, while a 1934 plan



Ryan Wied and his nephew Colton Wied climb on one of the play structures at the Lake Nokomis main beach. This is an area that is being evaluated right now by the parks department and may receive new equipment within the next few years. (Photo by Tesha M. Christensen)

was the first to show both lakes.

Planning is under way now, and construction will begin in late 2014 and continue through 2016. Minneapolis Park and Recreation intends to upgrade play areas around Lake Nokomis, trails, and shorelines with the assistance of landscape architectural consultant Hoisington Koegler Group, Inc. Due to funding restrictions, the Hiawatha Golf Course will not be considered in the plan.

SKATE PARK, AMPITHEATER, TRAILS, CROSSINGS

"The lake and area needs to be updated and improved to make it appealing for the existing neighborhood, but to also attract new residents, all while keeping some of its natural elements," said Cammie Kimmes, a CAC member who represents Lake Nokomis School.

Kimmes has heard that residents would like to see a skate park or stage area/amphithe-

ater. "I feel there has been a good representation of residents and the neighborhood seems very interested in what is happening," she noted.

"I've been very happy with how the process has progressed to date," agreed Srichai. "There's been a lot of public involvement at the Community Advisory Committee meetings and the project manager has been very well organized and on top of all the issues." He has appreciated how the attendees have broken into small groups to share ideas.

"As a long distance runner, I am a frequent user of the trail system around the regional park and have solicited much information from other resident runners about the project," remarked Srichai. "We have talked a lot about the pros and cons of what is currently available in the regional park and I hope to ensure that their concerns are addressed in the master plan."

Most of the comments Lautenschlager has heard from residents have to do with trails. The top comments are:

- There should be a path all the way around Lake Hiawatha;
- The bike/pedestrian trails at Hiawatha are poorly organized and confusing, especially as you ap-

proach the playground; and —There should be more than one highlighted crossing along Minnehaha Pkwy and there could be better connections between the two "halves" of the park.

SHOULD THE HIAWATHA BEACH BE CLOSED?

Lautenschlager, who organized Friends of Lake Hiawatha earlier this year, is also concerned about water quality. "Ultimately, Lake Hiawatha has some of the worst water quality in our city lakes," he observed.

"I would like some more meaningful steps to clean up Hiawatha. I understand that much of the poor water quality of the lake has to do with the inflow from Minnehaha Creek, but that doesn't mean nothing should be done.

He added, "It's embarrassing that our beach is continually and consistently shut down at various points throughout the summer because of possible E.coli contamination. Perhaps it's not only time to work on water quality in a meaningful way, but to change

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Winery and cider house to open soon on E. Lake St.

Urban Forage Winery & Cider House part of E. Lake St. renaissance

by TESHA M. CHRISTENSEN

Someday, Jeff and Gita Zietler will run a winery/cider/meadery on E. Lake St.

They will gather fruit from urban apple trees and raspberry bushes, pick dandelions and lilacs, and intercept useable but not saleable fruit from food co-ops and natural food stores that would otherwise go to waste, and ferment it into something delicious.

Someday, they will make tasty beverages that fall in the range between grape wine and beer that rarely ever make it to store shelves. This includes honey

mead, dandelion wine, sparkling apple cider and pear champagne. They'll put them on the shelves and make sure they get the attention they deserve.

Right now, they're putting in the sweat and tears to make that dream a reality.

STARTING WITH A FORECLOSURE

Last year, the Zietlers bought a foreclosed building at 3016 E. Lake. Gita had seen the building on Lake Street up for sale for almost two years before they took the time to look at it.

Jeff admits he was hesitant to look at a property on E. Lake St. "I lived in Seward in the late 90s and early 2000s, and at that time hadn't had a very positive impression of E. Lake St.," he observed.

But now he feels like Lake St. is a really good fit for their business. "Initially it was mostly about the price, but now we feel like a part of something larger—a renaissance that seems to be taking place on E. Lake between Hiawatha and the river," said Jeff. "Since we bought it, so many new, innovative businesses have opened in this corridor, and that really confirms that this is the right place to be. My ini-



The Zietler family sits on the steps of 3016 E. Lake St., the building that will soon house Urban Forage Winery and Cider House. Left to right, Gita, Jaya (age 7), Jeff and Akhil (age 6). (Photo by Tesha M. Christensen)

tial skepticism that this was the right place to build a business is gone."

When they looked at the structure, the water was shut off and the roof leaked, but overall, the bones of the building were good, and the price was in a range that they could afford. "If it had

been selling at the pre-recession price, we might not have even looked at it—especially given that the street was less vibrant back then than it is now," said Jeff.

They didn't expect to have so much in common with their

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Winery

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neighbors. "Our business neighbors are a mix of immigrants and long-time Minnesotans, running small businesses similar in scale to what we are planning," remarked Jeff. "We're a mixed family, so it felt like a comfortable fit in many ways. This is one of the things we love about E. Lake St.: it's pretty unassuming, but there's a lot going on below the surface, good things."

INVESTMENT AND SWEAT EQUITY

A landscape architect from 8am to 5pm, Jeff has done as much of the work on their building as he can.

First was the clean-up. He removed layers of old flooring and refinished the original wood floors, painted and fixed up a myriad of little things. They hired contractors to fix the roof, reconnect the water and fix damage that was the result of the pipes freezing. They discovered that the air conditioning unit didn't work and that the furnace was on its last leg, so they hired a contractor to replace both.

"There was a lot of investment that went into it that partially offset the initial low purchase price, but we still felt like we got a great deal," said Jeff.

They have rented out the street level as an office for a company that places personal care assistants in people's homes, and the lower level is vacant. They're in the process of applying for a conditional use permit and park-

ing variance with the city in order to be able to run a business on the lower level.

Downstairs, they have 1,200 square feet of space waiting for them to fix up.

Their first piece of professional-grade equipment—a 300 liter Italian-made stainless steel fermenter—arrived in June. The test run was 14 gallons of dandelion and lilac wine. "We don't have the building finished yet, or the licenses to sell, but I'm ramping up my home winemaking in preparation for going professional," wrote Jeff in their blog.

HOMEBREWER SINCE COLLEGE

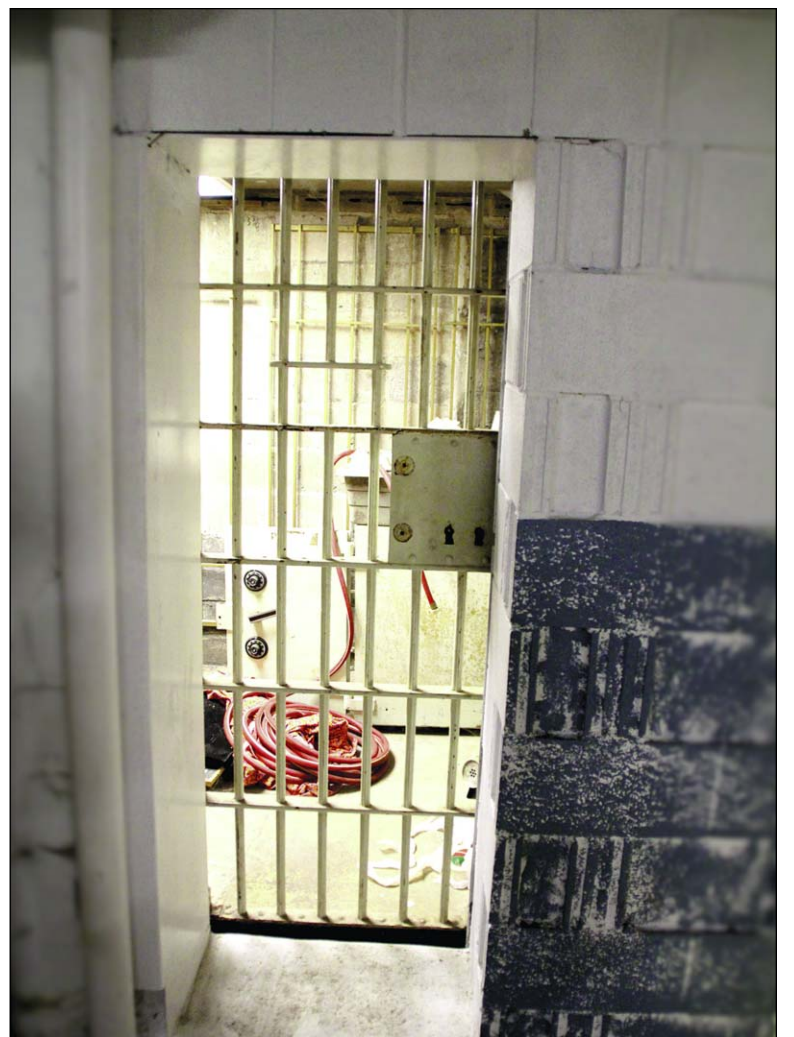
Jeff made his first batch of hard cider while he was a college student at the University of Minnesota 20 years ago. "It wasn't very good, but I kept making batches and over the years started making wines and ciders that people really seemed to enjoy," stated Jeff. "Gita and I are both pretty avid gardeners and foragers, and I'd make wine from whatever was seasonally available in the area."

If their garden had a good year for growing carrots, he would mash them up and make a batch of carrot wine. In the spring he makes dandelion wine. When he notices fruit on the wild mulberry trees that grow almost everywhere, he collects enough to make a batch of mulberry wine.

"It's all about using what's at hand, and the results are usually surprisingly good," observed Jeff.

He isn't trying to outdo California or France or Chile in making a great Cabernet or Sauvignon Blanc. "Rhubarb and sour cherries and dandelions and carrots and apples grow like weeds in our climate, and make wonderful beverages of their own – and most of them are not commercially available, so I want to be the one to introduce them to the market," he stated.

Jeff added, "Foraging is how I've always made wine and cider, and scaling up to production on a commercial scale could be challenging. My vision is that we will be able to work with a number of partners who will pick organic fruit from their own trees or gardens or surplus fruit from consenting landowners, and give it to us in exchange for finished product or a modest payment." He also hopes to intercept non-saleable fruit and vegetables from local markets that is too aestheti-



In the basement of their building is 1,200 square feet with 9-foot ceilings, glass block windows and an antique jail cell. "Not exactly the picture of a winery, but a unique space, large enough to accommodate all of the equipment for a small winery and a nice cool year-round temperature," said Jeff Zietler. (Photo by Tasha M. Christensen)

cally unappealing to sell at a market, but is still perfectly suitable for juice extraction and fermentation.

HEARTBREAK OVER LAWS

The Zietlers, who live in the Merriam Park neighborhood of St. Paul, have been frustrated by the laws governing wineries. Rural wineries (located on agricultural land of three acres or more) pay 1/10th of the licensing fee of an urban winery, and can also produce hard liquor, sell their products on site, and sell samples and drinks by the glass. In contrast, urban wineries pay the much higher licensing fee, but cannot have a taproom or even sell bottles on site.

"The laws that have loosened up fees and regulations for brewery taprooms and microdistilleries have not yet made it to wineries," Jeff observed.

Earlier this year, the Zietlers recruited the help of Representative Jim Davnie and Senator Patri-

cia Torres Ray in order to pass new legislation to change that discrepancy. "But the farm wineries came out strong against it, and the bill died in committee," stated Jeff. "I was kind of heartbroken after that happened."

But he hasn't given up. Instead he's working to gather support from others. "When I try again, I think I'll have the public support that I was lacking last time," Jeff observed.

KICKSTARTER CAMPAIGN TO LAUNCH

The Zietlers plan to launch a Kickstarter campaign in September to raise \$20,000 to buy equipment and fermenters. If their permits are approved and the Kickstarter campaign is successful, Urban Forage Winery and Cider House will begin making wine and cider in the winter or spring of 2015.

Follow their progress at <http://urbanforagewinery.com>.

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David Hilden, MD

The host of WCCO Radio's "Healthy Matters"

From Minnehaha to the Midway:

Plot your Green Line Adventure

By JILL BOOGEN

With the Green Line comes a brand new way to explore our neighbor to the north. Thrifters, beer lovers, foodies, bookworms and rockers, there's something for you in the Midway! In the four-mile stretch from Raymond Ave's Creative Enterprise Zone to Little Mekong at Western Ave., you'll find vintage clothing, vinyl records, used books, award-winning Asian food, locally-crafted beer, mouth-watering barbecue, and so much more – all within an easy walk from the newly opened train stations.

This is just a small sampling — pick one stop or several, get a day pass, and hop aboard!

RAYMOND AVE. STATION

Raymond Ave. (a block west of the station) is a hot spot for shops, restaurants, and beer, and you could easily spend the day here. **Succotash**, 781 Raymond Ave., is a

2162 University Ave. W., voted Best Irish Pub by *City Pages* in 2013, has food, drink, and Irish music most nights (except Mondays). (www.thedublinerpub.com) Rummaging? Across the street is **Classic Retro @ Pete's**, 2145 University Ave. W., its sign and brick building painted with African animals very visible from the train. Pete's has a colorful glass collection, housewares, paintings, home decor, and collectibles. Open Wed.-Sun., closed Mon.-Tues. On Facebook.

FAIRVIEW AVE. STATION

Second Debut2, 1825 University Ave. W., is easy to spot next to the streetcar mural on the Major Tire Co. building at Fairview. An upscale resale boutique operated by Goodwill-Easter Seals, Second Debut2 carries like-new women's clothing, with labels from Banana Republic to Prada, accessories, and shoes, and they offer



Appetizers at On's Kitchen Thai Cuisine. On's, 1613 University Ave. W., was named one of the 50 Best Restaurants in the Twin Cities by Mpls. St. Paul Magazine in 2014, (Photo by Jill Boogren)

seen directly north of the Fairview Ave. Station. (www.goodwilleasterseals.org) Both shops open daily; revenues support the mission of Goodwill to eliminate barriers to work and independence.

If you're in the area during business hours, **Lucy Coffee Café**, 540 Fairview Ave. N., is a great spot for a quick coffee or panini. The bejeweled mannequin crafted by owner Julie Peck is not to be missed. With sign language almost always available, Lucy strongly caters to the deaf community. Patio seating. Open Mon.-Fri. On Facebook.

Need a beer? Go a long couple blocks north to Thomas Ave. and a block east to find **Burning Brothers Brewing**, 1750 Thomas Ave. W., at Wheeler, for a beer that is 100% gluten free. Taproom open Thurs.-Sat., closed Sun.-Wed. (www.burnbrosbrew.com)

SNELLING AVE. STATION

If you are a tinkerer or an artist or just like scavenging for cool or weird stuff, you'll be like a kid in a candy store at **Ax-Man Surplus**, 1639 University Ave. W., a block west of Snelling at Fry St. For over 40 years, Ax-Man has carried gadgets, widgets, and not a small number of plastic body parts. 99% of goods are new, save for

the occasional vintage piece. At Ax-Man they don't take themselves too seriously, and neither should you. Go. Just for the fun of it. Open daily. On Facebook.

On's Kitchen Thai Cuisine,

1613 University Ave. W., named one of the 50 Best Restaurants in the Twin Cities by *Mpls. St. Paul* magazine (2014), is well worth a

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Paul Allbright, co-owner of Succotash, at home at the tiki bar. Succotash is a one-stop shop for art, vintage clothing, and housewares, specializing in mid-century modern design. (Photo by Jill Boogren)

one-stop shop for art, vintage clothing, and housewares, specializing in mid-century modern design. They helped prop the Minnesota Historical Society's "Toys of the 50's, 60's, & 70's" exhibit. Open Tues.-Sun., closed Mon. On Facebook.

The recently opened **Barely Brothers Records**, 783 Raymond Ave., carries new and used vinyl records. There's occasional live music, and on Fridays there's the Friday Night Spin, 6:30-8:30pm. Open daily. (www.barelybrothersrecords.com) At **Shag Studio**, 799 Raymond Ave., you can shop for vintage clothes and get your hair done in its two-chair retro salon (appointments a must). Open Tues.-Sat., closed Sun.-Mon.; 651-379-9890.

Hungry? Earning "Best Of" awards from *City Pages* for three years running, **Foxy Falafel**, 791 Raymond Ave., will dish you up a sandwich, platter, or salad with your choice of meat or falafel (regular, curry, or beet). Has gluten free and vegan choices. Sidewalk seating. Open Mon.-Sat., closed Sun. (www.foxyfalafel.com)

A few blocks east on University at Vandalia, **The Dubliner Pub**,

styling advice. (www.seconddebut.org) The **Goodwill Retail** shop is one block behind them, 553 Fairview Ave. N., and can be



Julie Peck poses with her dazzling creation at Lucy Coffee Cafe, 540 Fairview Ave. N. Lucy's is a great place for a quick coffee or a panini. (Photo by Jill Boogren)

Samuel Lundquist of Minnehaha Academy and John Tollefson of St. Croix Lutheran had been neck and neck in hurdles for the past three years.

When they raced at this year's Class A State Track Meet on June 7 in the 300-meter hurdles, the officials needed to take a second look or two on their finish. Tollefson edged Lundquist by one-hundredth of a second.

"I almost had him this time," Lundquist said following the race.

Lundquist beat Tollefson for the first time when they raced at the Section 4A championship in late May.

"I beat him out by maybe three hundredths of a second in that one," Lundquist said.

Beyond the hurdle rivalry, Minnehaha and St. Croix Lutheran had been neck and neck in both the Tri-Metro Conference and Section 4A championships. For state, the Minnehaha Redhawks found an extra burst to win their first state team boys track title.

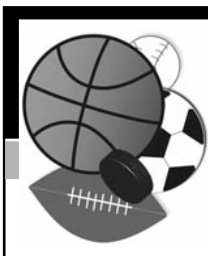
"Going in here we focused on our races and didn't worry about what other people were going to do in their events, because we can't control those things," Redhawks coach Kris Sauer said. "We can only control what we do in our events."

Checking the team scores wasn't allowed by Sauer for his runners, but the public address announcer let the cat out of the bag before the final event. Minnehaha had a first-place tie going into that last event, the 4x400-meter relay.

"There was no way to really hide it from them," Sauer said.

They needed at least sixth place to win state, and the Redhawks relay team delivered. Ben Gifford, Ethan Wagner, Jonathan Webb and Lundquist ran it for a time of three minutes, 22 seconds for second place.

Webb also picked up big points for the Redhawks in winning the 400 at 49.34. His fourth-place finish in the 200 at 22.64 also helped.



In The Zone

By MATTHEW DAVIS

Minnehaha Redhawks Track takes home state trophy

"All season, I had been running it [the 400] differently, going faster in the beginning," Webb said. "Coming to state, I decided to run it slower in the first part,

the key runners at state for the Redhawks are juniors. They will look to add to their success again next year.

and use my speed in the second. It worked pretty well. I got my PR in prelims and finals."

Webb, a junior, has received recruiting interest from the University of Texas in running track. His goal is to run Division I track.

Besides Webb, many of



Minnehaha Academy claimed their first-ever Class A boys track championship on Sat., June 7 at Hamline University. The Redhawks went into the final event tied with runner-up Waseca and broke it with a second-place finish in the 4x400-meter relay. (Photo by Matthew Davis)

Nokomis East Neighborhood-Wide Garage Sale, June 28

Shop to your heart's content at the fifth annual Nokomis East Neighborhood-wide Garage and Yard Sale on June 28. We hope you will benefit from the savings at more than 100 sale locations, all within the Nokomis East area.

This sale covers the area south of Minnehaha Pkwy. and east of Cedar Ave. Starting on Wed., June 25, you can download a map, or pick up a copy, showing locations and listings of the types of items at the individual sales.

Find your map at the 3-Tiers Bakery, 5011 34th Ave. S.; Nokomis Beach Coffee, 4956 28th Ave. S.; the Berry Sweet Kitchen, 5406 34th Ave. S.; and the NENA office, 3000 E. 50th St.; or download it from www.nokomiseast.org.

This is a rain-or-shine event, Sat., June 26, 8am-4pm.

NENA (Nokomis East Neighborhood Association)

BY RITA ULRICH AND DOUG WALTER

Summer Events offer bargains and fun

National Night Out

National Night Out (NNO) is Tues., Aug. 5. Minneapolis has lead the country in holding National Night Out block parties. It's not surprising. Residents know it's a great time to connect with neighbors and get to know new ones. National Night Out is all about knowing your neighbors.

If you are interested in having a block party, but haven't gotten started, you still have time to organize it.

If you want to close your street, the deadline for applying is July 22. After that it costs \$100, and no applications will be accepted after July 31. You will need to get 75% of your neighbors to agree to the street closure. Keep the list

handy in case your application is reviewed.

You don't need to close your street to have a NNO party. Many people hold them in someone's yard, a park or a host's home. It's your choice.

It's free to register your party with the City, and when you do you will receive Mystery Point Passes for Nick-

elodeon Universe at the Mall of America to use as door prizes. Simply call 311 or go to www.ci.minneapolis.mn.us/nno. You will also find activity ideas and other tips for a successful party on the website.

It's worth the effort! People who have held or attended block parties report that they look out for each other, are more connected to their community, and feel safer because they know their neighbors. Many end up making new friends and helping each other with projects.

Block clubs (whether formal or informal) are a powerful tool for preventing crime and creating a friendly atmosphere in your neighborhood, so NENA encourages blocks to hold NNO parties and organize block clubs. Block leader training is available through the Police Department.

If you need to make copies of materials for your NNO event, give us a call at the NENA office (612-724-5652). We're happy to copy materials for block leaders. We can also provide name tags if you let us know at least a week in advance.

Summer Festival at Morris Park

Morris Park and Keewaydin Rec Centers will hold their annual summer festival on Thur., July 17 at Morris Park (5531 39th Ave.). Festivities begin at 6pm. This has been a fun event in past years, so plan on stopping by.

Upcoming NENA Meetings and Events

NENA Board: 7pm, Thur., June 26 at the NENA office, 3000 E. 50th St.

Nokomis East Garage Sale: 8am-4pm, Sat., June 28; find maps online at www.nokomiseast.org

Naturescape Gardeners: 6pm every Tuesday at the Nokomis Naturescape (E. 50th St. and Nokomis Pkwy.)

NENA Board: 7pm, Thur., July 24 at NENA.

Gateway Gardens: 9am, Sat., July 26, and the Gardens (across 50th St. from the LRT station).

National Night Out: Tue., Aug. 3.

Minneapolis Monarch Festival: 10am-4pm, Sat., Sept. 6, Nokomis Naturescape.

Last-minute schedule changes are posted on our Calendar page at www.nokomiseast.org or you may call 612-724-5652.

If you would like to join us as a volunteer, contact the NENA Office at 612-724-5652 or email nenan@nokomiseast.org.

Southside Sprint Bike Race Returns For Fourth Year

Popular South Minneapolis Race Returns July 20

The 2014 Southside Sprint celebrates its fourth running through the streets of South Minneapolis Sun., July 20. The Southside Sprint, the largest amateur bike race in Minnesota, races through the neighborhood with the homestretch being between 47th and 49th streets on Chicago Ave.

The course is 3/4 of a mile in length. Its 5 left turns and 1 right turn weave past Minneapolis's best shopping district and through the nearby neighborhood streets. The hill at 49th and Chicago is a perfect place for a breakaway and makes for a high-speed turn at 49th and 10th. The long home stretch gives the sprinters an excellent arena to show their skill.

The Southside Sprint criterium on July 20 will include 9 individual race categories, the popular Petey's Cup Kids Fun Race and the Twin Six Family Fun Zone. Racing starts at 8am and continues until 4pm. A beginners' clinic at 7am will give new riders the chance to learn to race before starting the Bikes and Pieces Beginners Race.

Scheduled races will begin at: 8, 8:45, 9:20, 10:10, 10:50 and 11:30am; 12:30, 1:30, 2:30 and 2:50pm.

The race at 2:30pm will be the Health Partners Kids Fun Race. Open to all kids up to age 12, the race is scheduled right before the biggest race of the day. Best of all, all of the kids win a medal. This race is free, although the sponsors would love if everyone brings a non-perishable item to donate to the Sabathani food shelf.

Registration fees for other races are: Pre-registration,



One of the most popular spectator events in South Minneapolis, the 2013 Southside Sprint was the largest amateur road bicycle race in Minnesota for the second consecutive year. (Photo by Lisa Lardy Photography)

\$25 men, \$10 each additional race, and \$15 for women/juniors, \$5 each additional race. Day of the race fees are: \$35 men, \$25 women/juniors.

One of the most popular spectator events in South Minneapolis, the 2013 Southside Sprint was the largest amateur road bicycle race in Minnesota for the second consecutive year. More than 250 racers will showcase the speed and skill of Minnesota bike racing in front of hundreds of spectators in the 2014 race.

More information about the Southside Sprint, and pre-registration is available at www.southsidesprint.com.

Minnehaha to the Midway

Continued from page 3

stop. On's is family-owned and operated, with chef/owner On Khumchaya preparing each dish from scratch. Try the stuffed crab cakes and the Pla-Lad-Prik, fish with curry paste. Come early if you're planning dinner on a weekend night. Open Mon.-Sat. Closed Sun. (www.onskitchen.com)

Serving the Midway since

1965, Midway Used & Rare Books, 1579 University Ave. W., has three stories of books. Open daily. (www.midwaybook.com)

VICTORIA AVE. STATION

If you want to lounge a little and enjoy a cocktail or local beer, park yourself at **Ngon Vietnamese Bistro**, 799 University Ave. W. (east of the station at Avon), named one of the best 50 restaurants in the Twin Cities by *Mpls St. Paul* magazine, (2014). Ngon provides French-Vietnamese food that is locally, or-

ganically, and sustainably sourced. Try the phở, with broth made from grass-fed oxtail, the New Zealand mussels in spicy curry phở broth, or a crispy rabbit dumpling with curry sauce. Ngon has a lovely patio out back, adorned with herbs and greens. Occasional live music. Open daily. (www.ngonbistro.com)

DALE ST. STATION

Among the framed awards decking the wall inside **iPho by Saigon**, 704 University Ave. W. (a block and a bit west of Dale St.), is an article from *Buon Gusto* (2002) signed by Chef and TV Personality Anthony Bourdain: "I LOVE this place!" Sure, that was from their old location, but they're still receiving accolades for their phở (Charlie Award finalist in 2012) and Bánh mì sandwich. Try "The Regular" sandwich, with red roast pork, pork loaf, pate, mayo, cucumbers, pickled vegetables, cilantro, and jalapenos on bread baked fresh daily. Open Tues.-Sun., closed Mon. On Facebook.

About four years ago **Big Daddy's Barbecue**, 625 University Ave. W., voted Best Barbecue



For over 40 years, Ax-Man (1639 University Ave. W.) has carried gadgets, widgets, and not a small number of plastic body parts. 99% of goods are new, save for the occasional vintage piece. (Photo by Jill Boogren)

by *City Pages* (2012), moved its smokin' outdoor tail-gating party across the street and indoors. Their "flintstone" beef ribs are some of the most mouth-wa-

tering barbecue you may ever eat. Their space recently expanded and includes a patio. Who knows? Maybe we'll see smoke pits outdoors once again. Open Wed.-Sun., closed Mon.-Tues. (www.bigdaddysbbq-stpaul.com)



Co-owner Thinh Pham and "The Regular" Bánh mì sandwich at iPho by Saigon, 704 University Ave. W. (a block and a bit west of Dale St.). (Photo by Jill Boogren)



Erik Pendleton and Rose King are ready to serve up some mouth-watering ribs at Big Daddy's Barbecue, 625 University Ave. W. They were voted Best Barbecue by *City Pages* in 2012 and their "flintstone" beef ribs are some of the most mouth-watering around! (Photo by Jill Boogren)

WESTERN AVE. STATION

The heart of the Little Mekong District (www.littlemekong.com) is at University and Western. Here you'll find gifts, clothing, and restaurants featuring Vietnamese, Thai, Chinese, Cambodian, and Hmong cuisines. For a taste of food and merchandise, go to the Little Mekong Night Market (Saturdays, July 5 and July 26, 5-10pm) in the parking lot at Mai Village Restaurant, 394 University Ave. W.

AND MORE...

And, this is just where the fun starts! Within an easy few-block walking distance of the Green line's 19 stations, you will find more than 150 bars and restaurants alone!

Bike and Ride the Green Line

By JILL BOOGREN

Got wheels with you? Here are two side trips to add to your Green Line adventure.

From the **Lexington Pkwy. Station**, ride north to **Como Park Zoo and Conservatory**. It's about 2.4 miles to the park (there's also a Nice Ride station on the southeast corner of Lexington and University and another at the Como Lake Pavilion). Grab takeout from any eateries along the line, and have a picnic. Check out the Gorilla Forest in the zoo, see the lake by paddle boat, and enjoy music nightly in July. You can also get there on the 83 bus. Open daily. www.comozooconservatory.org

Hoa Bien (1105 University Ave. W. at Lexington) makes a great stop for phở soup or spring rolls. Open daily. www.hoa-bien.com

(Biking tip: From the train station, ride a much quieter side street north to Hubbard Ave., then get onto Lexington Pkwy. A bike bridge on the west side of Lexington will



get you over the tracks, and it's an off-road trail from there to the park. You must be 18+ to use a Nice Ride bike, and remember to park each bike within 30 minutes of riding it to avoid fees. www.niceridemn.org

Beer here!

A block east of the **Raymond Ave. Station**, take Hampden Ave. north. Go straight about 3/4-mile (the road becomes Hersey St.) to the shiny metal grain bin

that is **Bang Brewing** (2320 Capp Rd.). Their beer is tasty and all organic. Taproom open Fri.-Sat., closed Sun.-Thurs. www.bangbrewing.com Right next door is **Urban Growler Brewing Company** (2325 Endicott St.), which should be open any day now. Their flagship beers are Graffiti Rye IPA and CowBell Cream Ale. Plans are to install a large outdoor patio and serve food on site. www.urbangrowlerbrewing.com Cheers!

Nokomis East Neighborhood-Wide Yard & Garage Sale Saturday, June 28, 8am-4pm



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Look for over 100 families and businesses to hold sales in the neighborhood, bounded by Cedar Ave, Minnehaha Parkway, and Hiawatha Ave.

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www.nokomiseast.org



Nokomis East Neighborhood Association
3000 E 50th St., Minneapolis, MN 55417
612-724-5652 nenan@nokomiseast.org

FATHER Project gives hope where there is little

Program that helps men overcome obstacles to become the dads they want to be, celebrates 15th anniversary

By JAN WILLMS

Jason Spellmon had not seen his daughter for four years.

"A friend said I could go to the FATHER Project, and they would help me out," Spellmon recalled. "I came through the doors, and they educated me with the family court justice program. There were benchmarks for me to complete. I came through the door with no hope, and they gave me a lot of hope."

"I was able to know my rights as a father, and I spent parenting time with my daughter and newborn son and their mother," continued Spellmon. "We started to communicate and co-parent. The FATHER Project gave me some confidence and made me feel good as a father."

Helping dads like Spellmon overcome obstacles that prevent them from being involved with their kids, either emotionally or physically, is what the FATHER Project is all about, according to Guy Bowling, program manager for the organization. He works out of the headquarters at 2700 E. Lake St.

The FATHER Project had its inception in 1999, when Bowling started. "We were one of 10 sites



Lena Hernandez, 6, shows off her face painting as she sits with her father, Gilberto Hernandez, at a Father's Day event in Minneapolis. (Photo by Jan Willms)

nationwide chosen to bring public and private organizations together to work with fathers," he said.

Bowling said programs were in place to help moms, since they are usually the custodial parent. They were receiving assistance in transitioning into the workplace.

"But based on a livable wage, there wasn't enough for them to support their children, even with subsidies," Bowling explained. "They needed income supplemented by dad."

But at the time, often dad could not support himself, let alone a family.

Bowling said the idea for the FATHER Project was to create a program for fathers to be able to support themselves as well as their families.

"We set up a collaborative model of multiple partnerships," he continued, "involving city, county and nonprofit organizations to provide services for these guys—a one-stop shop approach all under one roof."

"These fathers had a multitude of issues, and we realized they needed a multitude of services," Bowling explained.

Fathers were assisted with child support, legal issues, parent education, case management and employment training.

In 2004, the FATHER Project merged with Goodwill/Easter Seals and has operated under its auspices ever since.

"We have added to our services," Bowling said. "Many fathers need a driver's license, and we can help them get a license back after losing it for lack of child support."

Through partnership with Early Childhood Education, parents learn how to better prepare their children, five and younger, to get ready for school.

If mom and dad are a couple, both can complete their GEDs or get a high school diploma through the FATHER Project. If they are not a couple, they can still learn how to co-parent.

"We provide services to men ages 17-40, with the average age about 33," Bowling said. "The majority of our fathers are low-income and about half have a criminal background."

Of the 438 participants in the Twin Cities area in fiscal 2013, 41 per cent are African American; 9 per cent Asian; 8 per cent East African; 13 per cent Latino; 10 per cent Native American; 13 per cent White and 6 per cent Mixed/Other ethnicities. Twenty-seven per cent had no high school diploma.

The FATHER Project has also expanded to Greater Minnesota. There are offices in St. Cloud, Rochester and Park Rapids as well as St. Paul. At all sites, a total of 640 enrolled in 2013.

"We want to have fathers come in on their own, and not be court-ordered," Bowling said. "They often come with one crisis or another, and they develop a shift in mindset about who they are and what kind of parent they want to be."

He said they recommend fathers participate for three months up to a year, depending on their needs.

"We have four main goals," Bowling said. "We want them to complete a 12-week parenting class, become employed or complete training, meet regularly to de-

velop a 30-day plan with a case manager and fulfill a child support plan with a child support officer."

"After our fathers get themselves together, we look at a three-pronged approach," he added. Bowling said the plans are for fathers to become individually stabilized, build their skill sets to contribute to their family overall and develop as a leader in the community.

Alumni of the program can work with a project called Citizen FATHERS. They go out in the community and give presentations at schools, churches and professional groups. They become mentors for other fathers new to the program and they train to co-facilitate parenting groups.

"They give back to the community," Bowling said. An eventual goal for the Citizen FATHER group is to create a documentary to share.

In January 2013, the Goodwill/Easter Seals FATHERS Project was one of four out of 150 selected to participate in a federal survey as part of the Parents and Children Together (PACT). "This has allowed us to become an evidence-based program," Bowling said.

Participants are compared with fathers who have not taken part in the program. They are asked about the time they have spent with their children after joining the program, and how that has increased. They are also asked about their knowledge of parenting and how that has increased.

"Of the ten groups that started in 1999, we are the only one remaining that started from scratch," Dowling said.

For Dowling, it has been a professional as well as a personal connection. He has 20 years of experience in the human services field, and he also grew up without a father.

"I never knew my father," he said. "I became a teen father, then a teen single father with full custody of my son until he went off to college. My son now turned 30, and for the first time I will be a proud grandfather since he and his wife are expecting a baby."

Continued on page 16

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The Roger Kittelson Family: from the left, Alex, son; Sydney, daughter; Roger, proud father and grandfather; Maddox, grandson; Andrea, daughter-in-law; Logan, son; Laura, future daughter-in-law; Anders, son.

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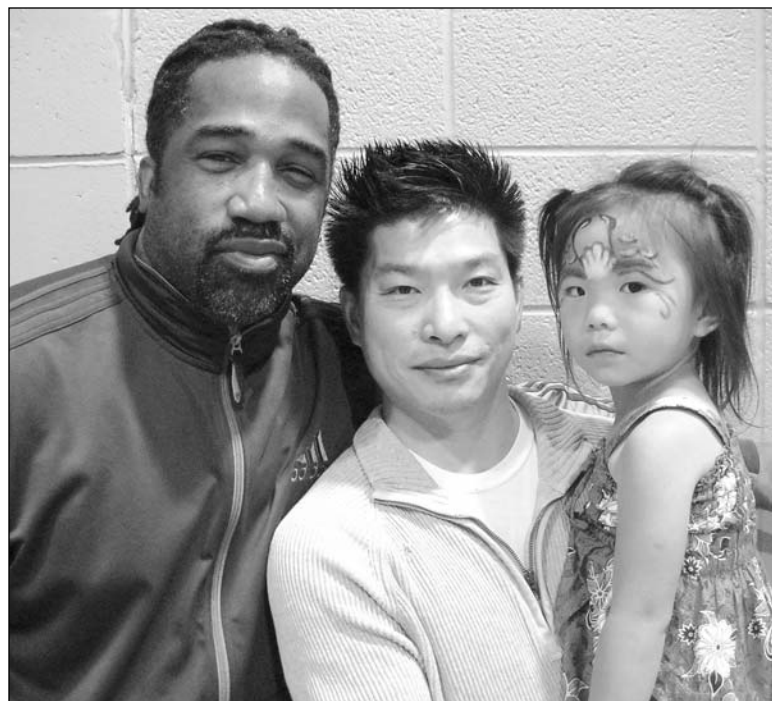
My background includes B.S. and M.A. degrees from the University of Minnesota; former candidate for Congress, 2008; candidate for the Minnesota House, 1982; six years school board member; 17 years Lions Club member; 30 years dairy marketing specialist.

Please send contributions to the Roger Kittelson for 63B to Laura Griffin, Treasurer; 5324 48th Ave. So.; Minneapolis, MN 55417. Email: RogerKittelson63B@gmail.com

Thank you for your support.

Roger Kittelson

★ Prepared and paid for by the Roger Kittelson for 63B Campaign Committee. ★
5324 48th Avenue South, Minneapolis, Minnesota 55417



Program Manager Guy Bowling and Lor Vue, with daughter Kela, 3, at a recent gathering for fathers and their children. (Photo by Jan Willms)

No-Hi Park

Continued from page 1

our approach to the Hiawatha beach. We have two terrific beaches at Nokomis already, why should we continue to maintain the beach at Hiawatha — especially if it is undermined by poor water quality? We could perhaps restore a more natural shoreline in place of the beach, or add a boardwalk-like walkway that extends into the water.”

The Community Advisory Committee discussed a variety of master plan ideas at its meeting on June 24 as the *Messenger* went to press.

OPEN HOUSE SET FOR AUG. 14

According to project coordinator Adam Arvidson, an open house devoted exclusively to the master plan will take place Thur., Aug. 14 from 6:30-8:30pm at the Nokomis Community Center, 2401 E. Minnehaha Pkwy. “At that event, the community will get the chance to weigh in on design ideas for the whole park,” said Arvidson, Minneapolis Parks and Recreation Board (MPRB) Design Project Manager.

The intent is to present the draft master plan to the MPRB Commissioners in October for approval. There will be a public hearing at that time.

Keep updated on the project by going to www.minneapolisparcs.org/currentprojects. Then click on Nokomis-Hiawatha Regional Park.



Community members share their input regarding the Nokomis-Hiawatha Master Plan during an open house in May 2014. (Photo by Steffanie Mutsch)

First focus on Triangle Park

The first focus of the Nokomis-Hiawatha Master Plan and Improvements Community Advisory Committee (CAC) has been Triangle Park on E. 54th St.

“Some of the initial funding has deadlines for improvement of the 54th St. playground area making this the first priority,” commented CAC member Robert Srichai. “My inputs have been primarily in understanding who are the current users of the playground area and ensuring that there is adequate connection of this playground area to the larger regional park, since the playground area to date is somewhat isolated.”

Some residents have commented that the current playground is not safe for toddlers and boring for those over age 10. People have asked for more trails that are connected, a bigger picnic area with a shelter, restrooms and drinking fountains.

Three design ideas were presented during an open house held June 12. They included:

- Play Fort - traditional playground equipment, distinct lawn/play field areas;
- Nature play - nature-inspired, 3 distinct play areas for different ages, woodland garden area, landscaped entries, native vegetation; or
- Interactive - focus on active play for adults and kids, climbing area, track for tri-cycles/young cyclists, water play, adult fitness feature/circuit, outdoor classroom, more developed recreation in adjacent area.

The design consultant compiled all the ideas gathered from the CAC meetings, the open house, a workshop with Hale School 4th graders (who use the playground heavily), and an online survey, and developed a single concept design. This design was presented to the CAC on June 24 and was discussed in detail.

According to project coordinator Adam Arvidson, The MPRB Commissioners will hold a public hearing (likely on July 16) and will consider the schematic design for approval.

“Upon approval, the design consultant will begin construction plans for the playground. We hope to be under construction this fall,” said Arvidson.



The concept that features natural elements received the most positive comments from residents who attended the June 12 open house. According to planner Adam Arvidson, none of these concepts shows the design idea that will be built. Instead, the approved concept will be some combination of ideas. “In general terms people seem to like the idea of nature-based play in that concept,” said Arvidson. “Climbing is also a big desire across all community input formats—whether in trees or on play equipment.”

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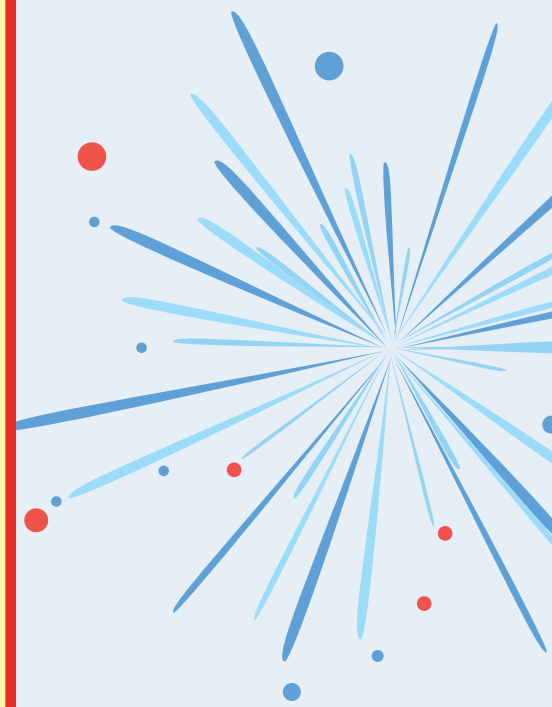
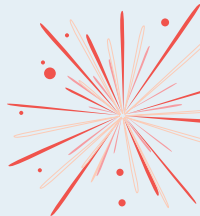
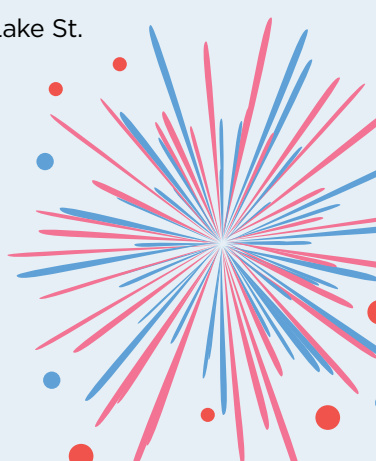
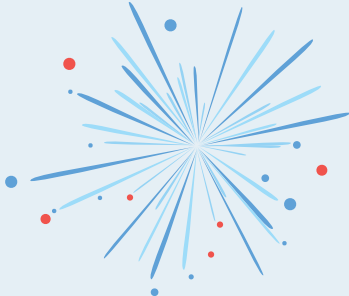
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 Auto Repair & Maint, Precision Tune Auto Care, 3232 E. Lake St.
 Auto Repair & Maint, Saigon Garage, 3028 E. Lake St.
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 Auto Sales, D & Z Auto Sales, 3722 E. Lake St.
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 Banking, Cash Well Inc., 3018 E. Lake St.
 Banking, Guaranty Bank, 2919 26th Ave. S.
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 Banking, U S Bank, 2800 E. Lake St.
 Barber, Industrial Arts Barbershop, 2903 27th Ave. S.
 Barber, LV's Barber Shop, 3006 27th Ave. S.
 Barber, Minnesota School of Barbering, 3615 E. Lake St.
 Bicycle Sales & Service, The Hub Bike Co-op, 3020 Minnehaha Ave. S.
 Big Box, Target, 2500 E. Lake St.
 Brewery & Distillery, Harriet Brewing, 3036 Minnehaha Ave. S.
 Cell Phones & Wireless, ICC Wireless, 2927 26th Ave. S.
 Child Care & Ed, Bukhari Institute Center, 3400 E. Lake St., #200
 Child Care & Ed, Diversity Childcare Center, 3408 E. Lake St.
 Chiropractor, Affinity Health Chiropractic, PA, 3408 E. Lake St., #120
 Chiropractor, Riverview Chiropractic, 4103 E. Lake St.

Chiropractor, Shoff Chiropractic, 2621 E. Lake St.
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 Church, Bread of Life Lutheran Church for the Deaf, 2901 38th Ave. S.
 Church, Ebenezer Seventh-Day Adventist Fellowship, 3418 E. Lake St.
 Church, Trinity Apostolic Faith, 2900 29th Ave. S.
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 Electronics, East Lake Electronics, 3543 E. Lake St.
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 Human Services, **Family Partnership**, 4121 E. Lake St.
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 Human Services, **MN Literacy Council Lake St. Learning Center**, 2700 E. Lake St., #2500
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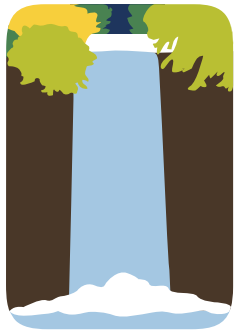


LONGFELLOW

COMMUNITY COUNCIL

Share the River Gorge

On July 29th, the River Gorge Committee will be hosting the 10th Annual Share the River Gorge Event from 6-8pm at 35th Street and West River Parkway. Attendees can look forward to free ice cream, free guided canoe rides from Wilderness Inquiry and the National Park Service, and tours of the beautiful 36th Street oak savanna restoration area. This event is open to the public, but we encourage residents to make a donation to ensure it is funded in the future. For more information, contact joannalund@longfellow.org. We hope to see you there!



Longfellow Picnic Park

Sunday, July 20th, 11am-2pm
Adams Triangle 41st St & Minnehaha Ave

How can we transform our neighborhood to reflect our interests? How can we reinvigorate green spaces that aren't being used? Most importantly, how can we have fun while doing it?? We've

collaborated with artist Amanda Lovelee to host a gathering where residents can talk, draw and photograph what they want to see different in Adams Triangle. We'll also have some residents there to talk about ideas they're already working on. Bring a friend, bring a dish to pass, and bring some new ideas to Adams! For more information, contact joannalund@longfellow.org.



Corn Feed

The 44th Annual Longfellow Corn Feed will be Thursday, August 14th at Longfellow Park (3435 36th Ave S), 5:30-8pm! This year will have all the staples of the Corn Feed—live music, a resource fair featuring local businesses and organizations, ice cream, games, activities, and (of course!) roasted corn. Please join us for a summer evening with plenty of activities for all. To register your business or organization for the Corn Feed Resource Fair please visit www.longfellow.org.

Longfellow Trees

Longfellow Trees is bringing affordable, quality native canopy trees to our neighborhood! Participate in this program to: improve your property value, preserve your neighborhood's character, reduce stormwater runoff, and get a head start on future tree loss due to invasive species. To sign up please visit Longfellow.org/trees or contact Joe Sturm at joe@longfellow.org or 612.722.4529 ext.13



Calendar of Meetings and Events

JULY 2014

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

ADVANCEMENT COMMITTEE

Wednesday, July 2
7:00 - 8:00 pm
Fireroast Café, 3800 37th Ave
FFI: jessica@longfellow.org

NEIGHBORHOOD DEVELOPMENT

Monday, July 7
6:30 - 8:00 pm
LCC Office, 2727 26th Ave S
FFI: joe@longfellow.org

LONGFELLOW FAITH FORUM

Tuesday, July 8
12:00 - 1:30 pm
Christ Church Lutheran, 3244 34th Ave S
FFI: joannalund@longfellow.org

COMMUNITY CONNECTIONS

Tuesday, July 8
6:30 - 8:00 pm
Longfellow Park 3435 36th Ave S
FFI: joannalund@longfellow.org

RIVER GORGE COMMITTEE

Weds, July 9
6:30 - 8:00pm
Hiawatha School Park, 4305 42nd St. E
FFI: joannalund@longfellow.org

BOARD OF DIRECTORS

Thursday, July 17
6:30 - 8:30 pm
Brackett Park, 2728 39th Ave S
FFI: melanie@longfellow.org

ENVIRONMENT AND TRANSPORTATION

Tuesday, July 22
6:30 - 8:00 pm
LCC Office, 2727 26th Ave S
FFI: joe@longfellow.org



Lawn Signs

LCC has reprinted the popular lawn signs that reads "Together We Make our Neighborhood Safer." An effective crime deterrent is having eyes on the streets- imagine if you saw these signs in yards throughout Longfellow! We want folks to know that our community is one that watches out for our neighbors.

Stop into our offices between 9 and 5 to pick yours up today! Suggested donation of \$5. For more information, contact joannalund@longfellow.org.



Midtown Farmers Market



Join LCC at the Midtown Farmers Market, Saturday August 9th! The Midtown Farmers Market is at the intersection of East Lake Street & 22nd Avenue South, running from

8am-1pm. The LCC Staff and volunteers will be at the Market, selling LCC merchandise and answering questions about what we do to improve the neighborhood. Stop by and say hi as you shop!



COOPER

HOWE

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HIAWATHA

Longfellow Community Council

2727 26th Avenue S., Minneapolis, MN 55406

612.722.4529 • www.longfellow.org

Melanie Majors, Executive Director
Ruth Romano, Office Staff
JoAnna Lund, Community Engagement Coordinator
Jessica Buchberger, Communication & Event Manager
Joe Sturm, Housing & Environment Coordinator

melanie@longfellow.org
ruth@longfellow.org
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jessica@longfellow.org
joe@longfellow.org

In Our Community

Messenger

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

Ice Cream Social planned July 10

Everyone is invited to a Neighborhood Ice Cream Social and Expo on Thur., July 10 from 4-7pm. The event will be held in the area of 56th St. and Chicago Ave., and is sponsored by Diamond Lake Community Business Alliance.

Enjoy hot dogs, ice cream, vendors and entertainment! Join the fun while getting to know your neighbors and neighborhood businesses. More information at <http://www.diamondlakecommunityalliance.com>.

Growing up in Hennepin County

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a historical presentation on Tues., July 15 at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. Join Shari Albers, tour guide with Hennepin History Museum, as she shares museum artifacts that show how children worked, dressed, were educated and played at the turn of the 20th century. Feel free to bring your own items to share stories of your childhood. Lively discussion will be encouraged! For questions, call Longfellow/Seward Healthy Seniors at 612-729-5799.

LBA schedules meeting July 10

Longfellow Business Association talks Business Waste Management and Recycling on Thur., July 10, 8:30-9:30am at Beckettwood Cooperative, 4300 W. River Pkwy.

Kellie Kish, Minneapolis Recycling Coordinator, and Andre Xiong, Business recycling program coordinator for Hennepin County will be on hand to talk about programs and grant opportunities available to businesses. Local business owners are invited to talk about their own waste management and recycling programs. FFI call Ruth 612-722-4529, x10.

"A Sea Change" screens July 23

There will be a documentary screening of "A Sea Change" on Wed., July 23, 7-9pm at Holy Trinity Lutheran Church, 2730 East 31st St.

A retired history teacher explores rising acidity of the oceans and discovers what a quest for a "sea change" bodes for mankind. The film also highlights the relationship he has with his grandson, who loves the sea.

"A Sea Change" was awarded the Best Environmental Documentary at the 2010 Venture Film Festival.

Demo scheduled on use of natural plants



The Historic John H. Stevens House, Birthplace of Minneapolis, will present Master Gardener Jerry Foley on Sun., July 20, at 2pm as he demonstrates how settlers and Indians used natural plants such as those in our garden as medicines. Come watch how he does and learn how you can do it, too. The Historic John H. Stevens House Museum is located at 4901 Minnehaha Ave. (across from the LRT station), and admission is free. Regular tours of the House will also be given from noon to 4pm that day.

Open Call night at Patrick's Cabaret

Patrick's Cabaret (3010 Minnehaha Ave. S.) presents An Open Call Cabaret one night only on Wed., July 16 at 7:30pm. The night will feature: Lynn Gravit (Divine de Flame) - Burlesque; Josie Winshop & Yumi Inomata - Theater & Dance; Ifrah Mansour - Fashion Performance; Larry Johnson - Storytelling; Akiko Ostlund - Bellydance; and Elsa Flom - Music (guitar/ukelele).

Tickets are \$8 in advance from a performer or \$10 at the door (cash or check).

Diabetes support group meets monthly

The Longfellow Diabetes Support Group meets monthly for adults of all ages, Type 1 and Type 2 diabetes. The group is facilitated by a Certified Diabetes Educator and meets on the second Wednesday (July 9) of every month from 6:30-8pm at Hiawatha School Park Recreation Center, 4305 E. 42nd St. Meetings include education, support, discussion and occasional guest speakers. For more information, call Longfellow/Seward Healthy Seniors at 612-729-5799.

Local garden tour scheduled July 9

This year's Longfellow Garden Club Tour showcases four exceptional gardens in Longfellow.

Visit a gardens designed with an Asian appreciation for subtlety and simplicity, gardens with edible elements, gardens with en-

vironmental sustainability and sensitivity, and gardens for strength, renewal and beauty.

Pick up the Tour Map from 6-6:30pm, Wed., July 9, at Epworth United Methodist Church, 3207 37th Ave. S. Plan to carpool from the Church and visit gardens in the order shown on the map.

The tour is free and open to everyone. See us at:

<http://www.facebook.com/LongfellowGardenClub>
<https://sites.google.com/site/longfellowgardenclubminnesota/>

Local eateries part of Taco Tour

Join the Taco Tour on Lake Street Sat., June 28, 11am-5pm. This is your opportunity to get to know the spicy flavor of the Latino District on Lake Street by touring 15 different restaurants that offer among numerous other dishes the iconic Mexican special dish: "tacos." Three Longfellow restaurants will be part of the tour: El Nuevo Rodeo (2709 E. Lake St.), Sonora Grill (3300 E. Lake St.), and El Norteno (4000 E. Lake St.).

Home painting volunteers needed

Enjoy the great outdoors and beautify the neighborhood! Seniors in Minneapolis need your help to paint their homes and garages. Paint as an individual volunteer or bring along others. Family teams welcome, youth must be age 7 or older and supervised by an adult.

Exact location TBD in Minneapolis, depends upon where

the senior citizen resides. One-time and other unpaid volunteer opportunities are also available. Please contact Jeanne the NIP Seniors Program, Volunteer Coordinator at srvolunteer@neighborhoodinvolve.org or call 612-746-8549 for more information.

If you are a Minneapolis senior in need of painting (resident must buy the paint), call 612-374-3322 or email seniors@neighborhoodinvolve.org NIP website is www.neighborhoodinvolve.org.

Meeting planned on Adams Triangle

How can we transform our neighborhood to reflect our interests? How can we reinvigorate green spaces that aren't being used? Most importantly, how can we have fun while doing it? Join your neighbors at Adams Triangle (41st St. and Minnehaha Ave.) from 11am-2pm on Sun., July 20 to help brainstorm what we want to see in the park through activities, pictures, and photos. Hear about some ideas already cooking at this potluck event. Contact JoAnna for more information (joannalund@longfellow.org) or for information on how to RSVP.

Jawaahir receives MRAC \$10000 grant

Jawaahir Dance Company, 3010 Minnehaha Ave., has been awarded \$10,000 by the Metropolitan Regional Arts Council (MRAC) to fund Middle Eastern Dance Residencies. The purpose of the residencies is to deepen Jawaahir's knowledge of and skill in performing traditional folkloric dance of the Middle East. Guest master teachers will be in residence during September and October of 2014.

Library seeks tutor volunteers

The Nokomis Library is seeking tutors to help adults learn English at the library on Thursday evenings and/or Saturday mornings. Tutors do not need to speak a language other than English, and they do not need to have prior teaching or tutoring experience—the program will provide training. A good tutor must be willing and able to offer some time commitment, patience, respect, and consistency with and for students, and an ability to work well with others. If interested, please complete the online volunteer application at www.hclib.org. If you have questions, please call Amy McNally at 612-543-6803.

MN premiere of "Improvement Club" scheduled July 9

Sound Unseen presents the MN Premiere of "Improvement Club," a Seattle based comedic dance film, Wed., July 9, 7pm at the Trylon microcinema, 3258 Minnehaha Ave. S. Thanks to our sponsors, 89.3 the Current, Hyatt Place downtown Minneapolis, Take-Up Productions for their continued support.

Equal parts mockumentary, musical comedy and dance film, "Improvement Club" (dir. Dayna Hanson, 2013, 98 min, HD) traces a Seattle performance group's attempt to probe the failings of the American Revolution. When the ensemble loses their shot at a New York premiere, their wish for an audience takes them to the backwoods of the Pacific Northwest on what becomes a surreal quest for trust, togetherness and the true meaning of artistic struggle. Loosely inspired by the creation of Hanson's dance theater piece, Gloria's Cause, "Improvement Club" premiered in Narrative Competition at South By Southwest Film Festival in 2013. Other festival screenings include Seattle International Film Festival, Citizen Jane Film Festival and Tacoma Film Festival, where it received the award for Best Regional Film. "Improvement Club" was shot by notably cinematographer, Benjamin Kasulke.

Fireworks noise complaints should not go to 911

Fourth of July fireworks are part of many people's Independence Day celebrations, and the noise complaints and safety issues they generate lead to high call volumes at 911 call centers across the country. That's why the City of Minneapolis and its police and fire departments want to make sure folks know what to do if they have fireworks-related complaints this summer. On a typical 4th of July evening, Minneapolis 911 will receive 300-400 calls per hour, most of which are related to fireworks noise complaints. Because of the huge volume of calls, police officers cannot be dispatched to each fireworks noise incident on or near the 4th of July. Minneapolis 911 increases staffing during this busy period, but folks can help make sure emergency calls are answered as quickly as possible, by not calling 911 with fireworks noise complaints. Instead, noise reports can be made online at www.ci.minneapolis.mn.us/police/fireworks-complaint through the 311 mobile app.

Continued on page 12

Blue Meets Green

Your Guide to Riding the Green Line

By JILL BOOGREN

After 10 years of going solo, the Blue Line got a partner in June when the Green Line arrived, connecting the Longfellow and Nokomis neighborhoods to the Midway and both our downtowns. Even veteran riders will be in new territory. Here are a few tips to going from Blue to Green.

Downtown East (formerly Metrodome) station is your first opportunity to get on the Green Line to St. Paul. Before boarding a train downtown, be sure to check its line and destination, as both Blue and Green Lines share the stops from here to Target Field.

Green Line trains run at the same frequency as the Blue Line: every 10 minutes from morning until late evening, then stretching from 15-30 minutes before going hourly in the middle of the night (with adjusted times on week-

ends). Stations are 2-3 minutes apart. Check the schedule at www.metrotransit.org/greenline or at platforms.

It's a bit of a haul to go all the way to Union Depot. Plan an hour with transfer (about half that to Snelling Ave.), but bring a book, and enjoy not having to sit in traffic or find parking. Bus lines in St. Paul have been revamped to feed to the train. Trip planning assistance is available at www.metrotransit.org or by calling 612-373-3333.

Tickets and passes are good for all Metro Transit lines, including buses. You have to pay before you board and be prepared to show proof of paid fare (if you start on a bus, ask the driver for a transfer). Pay at the station, or get a Go-To Card and store value; all you do is tap the card to the Go-To reader and you're set.

Fares are the same: Single trips are \$2.25 at rush hour (Mon.-Fri. 6-9am & 3-6:30pm, except holidays), \$1.75 other times of day, and are valid for 2.5 hours. Day passes, good for 24 hours, are \$6. Reduced rates are available for youth, seniors, Medicare card holders, and persons with disabilities, and children age 5 and under are free with paying customer. Other passes and fare info. can be found at www.metrotransit.org/passes-go-to-cards.

A key difference between the Blue and Green Lines: Unlike along Hiawatha Ave., the train runs down the middle of the road along University Ave., and there aren't signal arms like the gates at intersections along Hiawatha. Platforms are in the middle, so you have to cross the street to get to the sidewalk. Some pedestrian crossings are



The Go-To Card (Photo by Jill Boogren)

mid-block. Motorists by law have to stop for pedestrians, but be sure they do before you attempt to cross. Motorists and pedestrians will see and hear signals when trains are approaching. Be safe. Look both ways, always.

Another key difference is that University Ave. is a highly commercial corridor with tons of stuff to do (see "From Minnehaha to the Midway," pg. 3). Taking the train is a great way to go exploring.

You can bring your bike on the train (it's easiest to avoid rush hour or other events when the train is especially crowded). There are still four slots per rail vehicle, but on the new trains there are four separate vertical racks as opposed to two together. All trains are accessible by wheelchair, with level boarding so wheels roll directly onto the train.

More information is at www.metrotransit.org/greenline.

In Our Community

Continued from page 11

Poetry Club meets monthly

Poetry Club gives fans of poetry (poets and readers alike) a casual venue to discuss our favorite poems and what we love about them. It's a poetry version of a book club, except instead of every-

one buying the same book we each bring a poem to share. Everyone will get a chance to read their selection, talk about their impressions of the poem, and field questions about their experience reading it. Poetry Club will take place on the third Wednesday of each month (July 16) at 7pm at Fireroast Café, 3800 37th Ave. S.

Festival marathon scheduled July 19

Patrick's Cabaret and Harriet Brewing announce the 4th annual Twin Cities' Roots, Rock, and Deep

Blues Festival Lineup! This year, the all-day music marathon will be taking place on Sat., July 19, 1-10pm, at Lake St. and Minnehaha Ave. This year's event will host 5 musical stages showcasing 30+ local, regional, and national acts in a wide variety of styles and genres. In addition, this community event will feature local DJs, dance performance, visual artists, performance art, craft foods and beverages.

This special event is an annual fundraiser for the 28 year-old non-profit performance venue and community arts organization, Patrick's Cabaret, and is entirely volunteer run. In addition to supporting local businesses and artists, the revenue generated by this event goes towards continuing the valuable year-round arts programming that Patrick's Cabaret provides the community: The Singer/Songwriter Series, The High School Cabaret Program, The Open Call Cabaret Program, The Calof Series, and more.

Among this year's lineup are Sonny Knight & The Lakers, Black Market Brass, i like you, Spider John Koerner, The 757's, Molly Maher, Ben Balinger (TX), The Dead Pigeons and a host more.

Tickets are on sale at Harriet Brewing, Patrick's Cabaret and online at www.rootsrockdeepblues.com.

Learning Garden Tour set July 12

The 2014 Extension Master Gardener Program for Hennepin County will present their Learning Garden Tour on Sat., July 12 from 9am-4pm. Learn such things as: how to make compost happen; grow your own food; conquer that shade; channel your inner rain garden; create colorful containers; support pollinators: get how-to about hops; and love your lawn.

Visit 8 beautiful gardens designed and maintained by Extension Master Gardeners located in Longfellow, Northeast and historic Prospect Park, plus a bountiful community garden. Find the latest gardening information and see hands-on demonstrations at our "Education Stations." Shop the

Garden Shed for garden art, whimsies and publications. And don't forget to see our feathered friends from the Raptor Center. Master Gardener volunteers will be on hand to answer all your gardening questions!

Tickets are \$15 prior to the event, \$20 day of the tour; children under twelve free when accompanied by paying adult. Tickets can be ordered online at www.hennepinmastergardners.org, or stop by the HCMG office at 479 Prairie Center Dr., Eden Prairie. Or e-mail / call Terry at hcmg@umn.edu / 612-596-2130 for more info.

Admission includes entry to all eight gardens, brochure with garden descriptions, locations and driving instructions, on-site demonstrations, and free handouts on selected yard and garden topics. The tour will go on rain or shine. All proceeds benefit the University of Minnesota Extension Master Gardener Program in Hennepin County community programs.

Local author to appear at library

Nokomis Library, 5100 S 34th Ave., will sponsor an Author Talk by Kristi Belcamino on Mon., July 14, 6:30pm. Join the Nokomis Library's Mystery/Thriller Book Club for a very special author event. Local author Belcamino, a former crime reporter, will share readings from her new book, "Blessed Are the Dead." Books will be available for purchase and for signing.

See the calendar at www.LongfellowNokomisMessenger.com for a full scheduling of library activities at Nokomis!

Events scheduled a East Lake Library

East Lake Library, 2727 E. Lake St., has several special events scheduled during July:

— Senior Surf Day is planned Fri., July 18, 9:30-11:30am. Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors To register call 612-543-8425.

— Duct Tape Wallets and Phone Covers is planned for kids entering grades 7-12 on Sat., July 12, 1-3pm. Create funky, fun and functional wallets and cell phone covers. Learn how to create a pattern and construct the basic form. Materials provided. Registration required by calling 612-543-8425.

— Library Lab for Kids: Timber! For kids entering grades 1-2 is planned Thur., July 24, 10:30am-noon. Take a photo scavenger hunt, learn about the life cycle of a tree and transfer a photo to a wooden necklace. Materials provided. Registration required by calling 612-543-8425. — Art Out of the Box: Eye Wonder is for kids entering grades 2-5 and scheduled Mon., July 28, 2-3pm. Discover secrets and uncover illusions meant to trick the eye by looking closely at art from the Minneapolis Institute of Arts as well as help you make art to hide your own secret messages. Materials provided. Registration required by calling 612-543-8425 after June 30.

See the calendar at www.LongfellowNokomisMessenger.com for a full scheduling of library activities at East Lake!

Events slated at Roosevelt Library

Roosevelt Library, 4026 28th Ave. S., will sponsor a "Library Lab for Kids: Timber!" for kids entering grades 1-2 on Thur., July 17, 3-4:30pm. Take a photo scavenger hunt, learn about the life cycle of a tree and transfer a photo to a wooden necklace. Materials provided. Registration required by calling 612-543-6700.

A Global Folk: Carnival! for all ages is planned Sat., July 19, 2-3pm. Local group Tres Mundos will get you moving with Cuban rumba, Latin jazz and more. Registration required by calling 612-543-6700.

See the calendar at www.LongfellowNokomisMessenger.com for a full scheduling of library activities at Roosevelt!

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Mural, Connections Gallery unveiled at Roosevelt

Middle school and high school students collaborate on art projects

by **TESHA M. CHRISTENSEN**

"Tonight we're here celebrating two big projects," said Roosevelt High School's International Baccalaureate (IB) Coordinator Candida Gonzalez on May 28. Two pieces of artwork were added at Roosevelt this spring: a mural in the front entryway and the Connections Gallery on the front lawn. The Connections Gallery is still under construction.

EMBODYING THE SCHOOL MOTTO

The mural was created under the leadership of artist Greta McClain and her assistant Claudia Valentino in partnership with school art teachers and students.

The portraits of several students are part of this mixed media mural that combines paint and mosaic pieces. Five languages are featured, reflecting the student body and those who worked on the project.

In February, students drew their ideas out on large poster paper. Then, McClain drew up the overall design and students used her drawings to assemble the mosaic parts of the piece. Roosevelt students worked on it on Mondays and Thursdays, Green Central Students on Tuesdays and Sanford students on Wednesdays. Students from Northrop also participated. In April, the drawing was transferred to the wall of the front entryway and the painting began. The mosaic parts, featuring colored tile, dishes, mirrors, marbles and glass pieces, were added next.

Gilles Mally, a junior at Roosevelt High School who is originally from Africa, was honored on May 28 for working on the mural every day till the end of the day.

"Gille embodies our motto at Roosevelt," stated Gonzalez.



Roosevelt health teacher Kari Anderson (left), student Shalaya Love and student Raziel Rayland read a poem composed by students during the unveiling of the mural on May 28, 2014. (Photo by Tesha M. Christensen)

"Enter to learn. Leave to serve."

"It's my way to help the community," stated Mally.

Gonzalez noted that when she first viewed the question now above the front doorway — "How will I impact my world?" — she started crying. "I think the effect its going to have on students will be noticeable," stated Gonzalez. "The questions are so thought provoking and really evoke the kind of experiences we want kids to have at Roosevelt."

"This is how school spaces can change," agreed Roosevelt art teacher Jaci Smolund.

Lindsay Walz of Creative Hearts is excited about how the mural will bring the neighborhood and school community together more. She pointed out that it sets a vibrant and energetic tone to the school right away when people walk inside.

"I loved the making of it because it pulls people in," stated muralist McClain. Each person who works on the project then wants to take care of the place and take ownership, she added.

A great part of every mural project she embarks upon is that "there's something for everyone,"

she said.

The mural at Roosevelt was special for her because she actually stepped back for part of it when she gave birth to her first child. "Leadership rose up. I loved that," said McClain.

CONNECTED BY ART

The Connections Gallery installation on the front lawn is a permanent structure with changeable components that Roosevelt, Minneapolis Public Schools and the community can use to make connections through art. Artwork from community members and students will be featured on a rotating basis inside 14 metal frames that are divided into smaller cells of acrylic panels.

The idea for the gallery was sparked by students in 2012. It was created in collaboration with Forecast Public Art and Seward artist Randy Walker (who was selected by students). In addition to a grant from the Minnesota State



Gilles Mally, a junior at Roosevelt High School who is originally from Africa, was honored on May 28 for working on the mural every day till the end of the day. "It's my way to help the community," stated Mally. (Photo by Tesha M. Christensen)

Arts Board and an anonymous donor, 152 community members donated \$8,583 through a Kickstarter Campaign.

"I really love the Connections Gallery," said Walz. "It will enrich the neighborhood and be a source of inspiration for passersby."

Neighborhood Churches Welcome You!

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

Pastor Jo Bauman
Sundays Worship — 9:30 am
Wednesdays Bible Study — 9:30 am
Tuesday July 1 — Power Down Community Lunch at Noon
Saturday July 5 — SoundBites Dinner Church at 5 pm
Welcome!

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

Pastor Ryan Eikenbary-Barber (Handicapped accessible)
Children especially welcome
Contemporary Worship, Sundays 9:00am
Traditional Worship, Sundays 10:30am
Worship at Minnehaha Park, Sunday, July 20 at 10:30am
For kids entering 1st thru 6th grades: "Ocean Commotion" July 7-10 (9am-3pm)
Day Camp—per day, \$15
Register online or by phone

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

Rev. Pam Armstrong
Sunday Worship 10:30 am
Education: Adults at 9:45 am;
Children and Youth, 10:45 am (Childcare Provided)
(Wheelchair Accessible)

Minnehaha United Methodist
3701 E. 50th St. • 612-721-6231
www.minnehaha.org

Traditional Service 9:00 am
Contemporary Worship 11:00 am (Sept.-May) 10:30 am (June-Aug.)
Education for all ages 10:15 (Sept.-May) (Childcare, fully 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 5:00 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
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St. Peder's Evangelical Lutheran
4600 E. 42nd St. • 612-722-8000
www.stpeders.net

Julie A. Ebbesen, Pastor
Worship 9:00 and 10:30 am,
Summer - 9:00 only
Education for all at 9:00 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 10:00 am
AA Meetings Tuesdays/Sundays 7:00 pm

Projects of the Neighborhood Churches Include:

Minnehaha Food Shelf,
Serving People Tuesday
10:30 a.m. - 3:00 p.m.

Call us at 612-721-6231

Minnehaha United Methodist,
3701 E. 50th St.



Flynn Piper was one of the third graders from Northrop who came over to Roosevelt one day to work on the mural. "It was fun," said Piper. "I learned that it is very fun and hard to crack the plates." (Photo by Tesha M. Christensen)

Classifieds

Messenger

Want ads must be in the Messenger before July 14 for the July 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, 1885 University Ave., Ste. #110, St. Paul, MN 55104. Want ads must be mailed to the Messenger before July 14 or the July 24 issue. Ad copy can be e-mailed to denis@deruytelson.com. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com

ADDITIONS

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BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds. etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 8-14

CARPET CLEANING

Two rooms starting at \$59, owner operator, 45 years experience. Dave. 612-721-5105, Cell 612-636-3073. 7-14

COMPUTER REPAIR/SERVICE

Harmony PC computer repair, service, instruction. Service in your home. 20 years exp. State Courts, Microsoft. Woman-owned. 651-605-5804. www.harmonyipc.us 8-14

DOG WALKING

Dog Walking. 15 years experience. Call Sheri at 612-867-7857. 07-14

EMPLOYMENT

The Longfellow/Nokomis Messenger is looking for local reporters to write news and feature stories on a freelance basis. Pay is based on small stipend per story. Journalism students or graduates are preferred, but not required. Prior newspaper experience a must. Send resume, cover letter and clips to: Longfellow/Nokomis Messenger, 1885 University Av. S., St. Paul, MN 55104.

Dungarvin - Love What You Do! Direct Care Openings. Apply today at www.dungarvin.com. Come join our company in fulfilling the mission of respecting and responding to the choices of those with disabilities. Now hiring: PT/FT every other weekend direct support staff positions in the Twin Cities Metro

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FOR SALE

For Sale: Vintage 1900-1949 lights, house hardware, doors, tubs, radiators, etc. Also furniture hardware. 651-644-9270. 20% off with ad. B-14

FURNITURE

Furniture re-upholstery. Save grandma's chair and sofa! Owner/operator, 45 years experience. Dave, 612-721-5105, cell 612-636-3073. 7-14

HANDYMAN

Carpentry handyman services. Rotten wood repair, door replacements, trim projects, shelving and more. Licensed, bonded and insured. 30+ years experience. Call Mike 612-382-4322. 9-14

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-14

HAULING

Just Call, We Haul, for free estimates for garage, attic, and basement clean-ups. Call 612-724-9733. 7-14

PAINTING

Painter Jim. 25 years experience. Small jobs wanted. 651-698-0840. 9-14

REAL ESTATE

Flourish Realty LLC. Full Service Real Estate/Property Management Services. Local Realtor®, Ecobroker®, & Resident, Daniel Schultz: 612-408-0233, dan@flourishrealty.net 7-14

RENTAL

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. 7-14

RENTALS

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@NELSON-ELECTRICINC.COM. B-1

SERVICES

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530. 11-14

Sheetrock, tape, texture, paint, free estimates. Dick Evans, 612-889-9228. 5-14

WANTED TO BUY

Paying the most for your furniture, dishes, glassware, knickknacks, costume jewelry, antiques, pictures, lamps, household items, etc., I make housecalls. Call Mary. 612-729-3110. 8-14

WINDOWS

Basement Window Guy.com. Replacement windows, glass block windows. Free estimates. 651-208-8210. Lic.# BC 646746. B-14

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Minneapolis begins 8-year effort to remove and replace ash trees

Approximately 30,000 ash trees lining Minneapolis boulevards and nearly ten thousand ash trees located in park properties are destined for infestation by Emerald Ash Borer (EAB). To lessen the effects of a sudden large-scale, city-wide canopy loss, Minneapolis Park and Recreation Board (MPRB) foresters began marking non-symptomatic public ash trees June 23 as part of an eight-year effort to mark, remove and replace public ash trees on boulevards and in parks throughout the city.



Green Paint = Removal

Non-symptomatic ash trees identified for removal will be marked with a green painted "X," and the MPRB will begin removing those ash trees and stumps throughout 2014. Replacement trees will be planted in spring and fall of 2015.

Ash trees infested with EAB will be marked with a green painted ring and removed as soon as possible. Infested trees are counted as part of the 5,000 trees to be replaced each year. (Note: Any other tree species slated for removal are marked with orange paint.)

Unless a tree poses a public hazard, trees remain marked for a minimum of five days before being removed.

Forestry crews will also continue the MPRB's EAB awareness program by wrapping Minneapolis public ash trees with an informational green ribbon. The ribbon alerts residents that, "EAB Kills Ash" trees. Trees are being wrapped with the informational green ribbons to raise awareness about the impact EAB is having on the urban forest. *The ribbon does not denote the tree is currently slated for removal.* It is only trees

marked with green paint that will be replaced as part of the ash canopy replacement plan each year.

Minneapolis residents with a boulevard ash tree adjacent to their property may request to have it replaced by contacting the MPRB. There is no direct charge to replace boulevard ash trees.

While the MPRB is not using chemical treatments on ash trees, residents may treat non-symptomatic boulevard ash trees with insecticide at their own expense. All ash treatments must be applied by a licensed and permitted tree care company. For a list of companies that have been issued a treatment permit visit www.minneapolisparcs.org/eab.

The ash canopy replacement plan is funded through an annual \$1.2 million levy that was first passed in 2013. This levy needs to be passed annually to fund the eight year plan.

For more information on the MPRB's ash canopy replacement plan, visit www.minneapolisparcs.org/eab. You can also reach the MPRB Forestry Department via email at forestry@minneapolisparcs.org or by phone at 612-313-7710.



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New activities highlight 2014 Highland Fest

St. Paul's Highland Fest will start Fri., July 18 and run through Sun., July 20. In celebration of its 31st year, Highland Fest will continue to offer its traditional free and family-friendly activities, but will also be mixing things up with some new additions to the schedule.

Events that are making a re-

turn appearance at Highland Fest this year include live music, a beer tent, the juried art fair, a petting zoo, wiener dog races, the business fair, inflatable rides and games, the 5k road race and an exciting array of food and beverage vendors.

Activities that are making their Highland Fest debut include

the community picnic, Wine and Canvas, a meat raffle/bingo, Zumba in the park, a pancake breakfast, a wine tasting, a movie in the park, a Cross Fit competition, the book mobile, a yoga class, Snapshot for Success (which offers free professional headshots) and the 1st Annual All Ford Car and Truck Show, commemorating

86 years of the Twin Cities Ford Assembly Plant in cooperation with Ford Motor Company and Highland Fest.

Whether Highland Fest visitors are looking for high-energy 80's tunes, locally grown bluegrass strumming or some foot-stomping country, they won't be disappointed with this year's line-up: Brat

Pack Radio, The Federales, The MTV's, The Rolling Clones, The Knotty Pines and Tim Sigler.

Hours for the 2014 Highland Fest are Fri., July 18 from 5-11pm, Sat., July 19 from 10am-10pm and Sun., July 20 from 10am-5pm.

For more information and a full schedule, visit www.highlandfest.com.

FATHER Project

Continued from page 6

Bowling said he never thought he would work in this field, but his personal experiences developed a passion in him. "It

was a bell that kept ringing, and I had to answer," he noted.

And for the father, Jason Spellmon, who found help with the FATHER Project, that bell kept ringing too. After completing all the benchmarks of the program and completing training through Twin Cities Rise, he volunteered his services as a Citizen FATHER at the front desk. Today, he has been employed full-time with the agency for two and a

half years as an office support specialist.

"My dad was not in my life until I was 12," Spellmon said. "I wanted to break the cycle. I wanted to develop a one-on-one relationship with my kids and be a dad they are able to talk to."

"The FATHER Project gave me a job when no one really wanted me. It has been a long struggle, but the journey has taught me a lot."



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HighlandFest.com



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- Oprah Winfrey

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