



Danish American Center builds cultural bridge

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Deep winter greenhouse sprouts in neighborhood

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Vince Wyckoff publishes North Shore mystery

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Nokomis

# Messenger



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## Multi-phase project will reshape area west of 38th St. light rail station

Four retail spaces and 51 apartments planned this year for the southwest corner of 38th St. and 28th Ave.

By TESHAM. CHRISTENSEN

Local property owner Andy Root of Forteva has successfully revived the Northbound Brew-pub and Smokehouse building at 38th St. and 28th Ave., and now he's turned his eye to space on the southwest side of the intersection.

Root plans to construct a series of connected buildings there this year that include housing and space for four businesses. It will wrap around the older streetcar commercial building he owns at the corner that houses A Cupcake Social and the flower shop.

Sam Newberg, Joe Urban, Inc., is working for developer Lander Group as a community liaison for this project, the first of several planned for the stretch of 38th St. near the light rail station.

"What excites me most about the project is the opportunity to fill in surface parking lots with attractive, pedestrian-friendly buildings that also add to the mix of retailers in the neighborhood," said Newberg. "Four more potential businesses that I can walk to! As a resident of Standish for 12 years, this is exactly the kind of development I want to see."

"I spent nine years on the SENA board advocating for good development and pedestrian and bicycle improvements, and I'm excited to continue that role working for a developer with a great plan," explained Newberg.

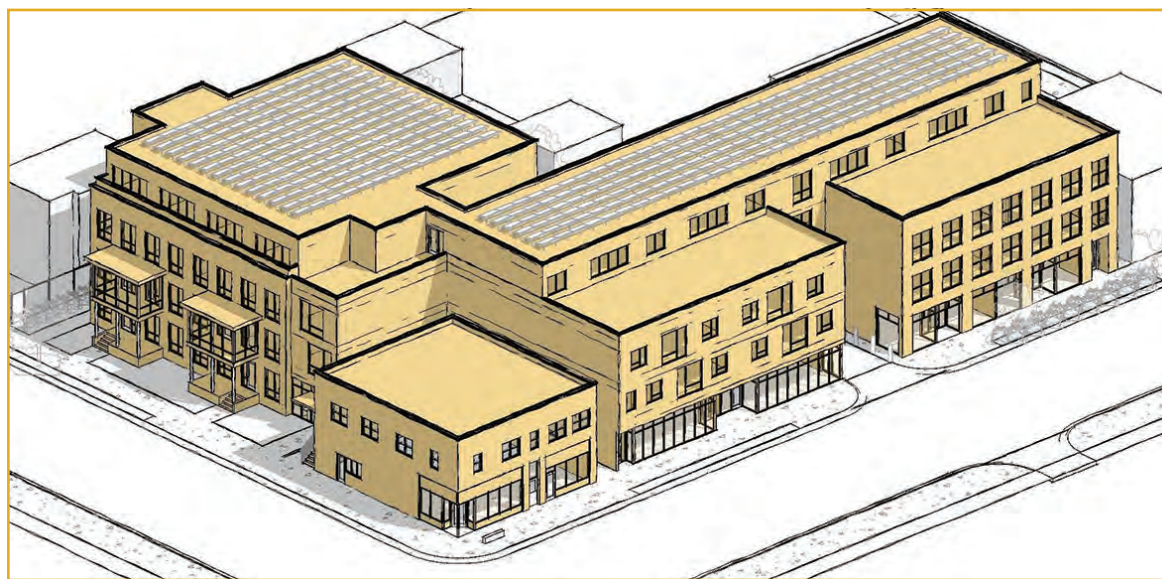
### 51 apartments and four businesses

The design for 3828 includes 51 housing units, of which there will be 37 one-bedroom, two studio, and 12 two-bedroom units. Street-level units along 28th will have walk-up entrances.

"To me, the highlight of the development plan is the creative way the new building wraps around the old and improves the experience of walking along 38th St.," said Newberg.

The site area is 23,609 square feet. The square footage of each of the four levels is different as the developer is working to blend the building in with the existing commercial and single-family homes around it. Thus, the fourth floor will be placed a step back from the front so it doesn't appear as tall.

Designer Michael Lander



The new buildings will wrap around the existing businesses at the corner of 38th St. and 28th Ave. that house A Cupcake Social and the flower shop. (Design submitted)

has purposely planned to use familiar materials such as brick, stucco, and siding so that this new building blends into the neighborhood.

"We wanted to fit in," Lander explained. "So we broke the building design into three buildings—two fronting 38th and one

on 28th. We followed the scale of the neighborhood retail—four storefronts across our 38th Street frontage."

He pointed out that they wanted to add housing options not abundantly available in the neighborhood, and so they're doing market rate that is not

subsidized but rather 'affordable by design' because of size and proximity to transit.

The goal is to seek out smaller, local neighborhood type retail tenants to join the existing ones in the area. Lander admitted that their strategy is unconventional, but

"To me, the highlight of the development plan is the creative way the new building wraps around the old and improves the experience of walking along 38th St."

— Sam Newberg,  
Lander Group

it is intentional.

"We believe there is a wide range of very interesting food and service offerings in the market—think farmer's markets, art fairs, etc—all the 'pop-up' small retailers/food merchants. That's our target. We expect to recruit and help 'grow' them."

He added, "The retail will

Continued on page 5

## Sandy Colvin Roy makes slow but steady improvement

Friends and relatives count progress in each 'new breakthrough' following traumatic brain injury

By JAN WILLMS

Sandy Colvin Roy's life changed Tue., Sept. 8, 2015. Sandy (file photo right) had served 16 years as the representative of Ward 12 until deciding not to run for another term and left office in 2013. On that Tuesday, she was planning to meet one of her former aides and go for a walk along Lake Nokomis.



Sandy was walking by the bus as it rounded a corner near the lake and hit her, leaving her with a skull fracture and traumatic brain injury.

"I was in St. Paul," said her daughter, Leah Colvin-Roy. "I had just finished a booth for one of the groups I work with and was putting things away in the closet. I got a call from my dad. He was at home, and two police officers showed up at the

door and told him the news."

"I don't know what they told him," Leah said, "because he was so panicked when he was calling me that he couldn't get anything out except 'Where are you? Where are you?' He was very shaken."

Leah had her boyfriend pick up her dad, and she agreed to meet them at HCMC, where Sandy was taken.

"That was really a terrifying drive because I had no idea what I was driving into," she recalled. "When I walked into HCMC, it is so big, and I did not really know where I was going. I was just wandering through the halls. Luckily there was someone I had known who ended up being one of the trauma surgeons who had worked on my mom, and she guided me to her. That was one of the first kindnesses shown us at HCMC. She was wonderful, and we just sat in there."

Sandy was unconscious and in critical condition. "That first



(l to r) Pam Blixt, Leah Colvin-Roy and Carol Kummer talk about Sandy Colvin Roy and her recovery from traumatic brain injury. (Photo by Jan Willms)

24 hours was so hard because we didn't know what would happen. It was nerve-wracking because we did not know if she was ever going to wake up," Leah remembers.

Leah said that although the next two weeks were still pre-

carious, she felt that her mother was such a fighter that after she had made it through that first 24 hours, she would pull through.

Pam Blixt, a state employee

Continued on page 5

# 10th Annual Grow Monarch Habitat Workshop planned May 14

Deadline for workshop registration is May 8 if you want the Monarch garden kit

**“Without milkweed, there can be no monarchs.”**

— Douglas Tallamy

Nokomis East Neighborhood Association (NENA) is offering its 10th Annual Grow Monarch Habitat Workshop on Sat., May 14, 10am -12noon at the Nokomis Community Center, 2401 E. Minnehaha Pkwy. This presentation offers a wealth of information for both beginning and advanced gardeners on how to attract monarchs and other pollinators. Kids are welcome, and there will be a monarch activity table for younger children.

The latest 2016 studies show that the beloved eastern monarch butterfly is considered at risk of extinction. Researchers, naturalists, and conservation organizations are strongly urging people to create monarch habitat throughout the butterfly's migratory route. It is crucial to replace the millions of lost habitat acres that have led to the monarch's rapid decline. The Twin Cities are within a federally targeted area to increase habitat—the 35W Monarch Highway Corridor—from Duluth to San Antonio. This how-to workshop will provide the information and essen-

tial plants to get started.

The presentation covers the monarch life cycle, habitat needs, the role of milkweed, the annual migration and an introduction to the plants in the “Monarch Garden-to-Go.” The kit is available in 2 soil type choices and contains 12 local native host, nectar and shelter plants to get you started. There is a \$30 (\$42 value) registration fee for the kits, with a May 8 deadline. Registration forms with plant kit information are available at [www.nokomiseast.org](http://www.nokomiseast.org) or by calling 612-724-5652. Attendance is free. The event also includes a native plant sale of monarch/pollinator favorites including a variety of milkweeds. An experienced native plant grower and Naturescape Gardeners will be there to answer gardening questions.

The workshop presentation is by Vicki Joy Bonk, who has served as the Nokomis Naturescape park stewardship leader for 20 years and regularly speaks about the benefits of native plant gardening. The Nokomis Naturescape is a 4-acre native planting at Lake Nokomis, created by a partnership of NENA and the Minneapolis Park and Recreation Board. The project was the impetus for the Growing Monarch Habitat program and the Minneapolis Monarch Festival [www.monarchfestival.org](http://www.monarchfestival.org).

For information on the Grow Monarch Habitat Workshop, the Minneapolis Monarch Festival or the Nokomis Naturescape, please call 612-724-5652 or email [monarch@nokomiseast.org](mailto:monarch@nokomiseast.org).



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# Park commissioner decries biased, incomplete *Messenger* article

To the Editor,

I'd like to add additional information to the story "Local residents push Minneapolis Parks to ban use of pesticides" so that readers have a more accurate viewpoint of the Minneapolis Park and Recreation Board's (MPRB) use of herbicides. Over the years, I've appreciated the fine coverage of park issues provided by the *Messenger*, so it was immensely disappointing to see the paper run a clearly biased, incomplete story on such an important issue.

Before I get into details, I need to point out that, despite what the photo that accompanied the article suggests, the MPRB does not apply any pesticides within a minimum of 100 feet of any playground or wading pool per our Integrated Pest Management (IPM) Policy and Procedures.

Regarding the content of the story, the article is an opinion piece based on hearsay rather than a balanced well-researched piece of reporting. You chose to share opinions of community members and their interpretations of statements made by public officials as fact, rather than taking the time to research the

policies of the board and verify positions of commissioners regarding the limited use of pesticides within the Minneapolis park system. Including this information is critical to any reasonable discussion of the MPRB's pesticide use and the ongoing efforts to reduce it.

The IPM policy in use by the park board utilizes a least toxic decision-making model in its vegetation management to control pests and invasive plants, with the least possible hazard to people, property, and the environment. This multi-step, ecologically-based approach provides staff with the ability to make educated decisions about where, when and how various tools should be used to manage parks. This strategy focuses on identifying the root cause of a pest problem and implementing long-term management solutions to ensure the greatest ecological diversity within the system.

Since the adoption of a comprehensive IPM policy, pesticide use in Minneapolis parks has declined. Early detection and more efficient treatment methods have contributed to these reductions. When pesticides are determined to be needed, the MPRB

continues to seek the least toxic alternatives. I, along with my colleagues serving on the board, have expressed interest in continuing to reduce the volume of pesticides used, including those that can be considered organic, through ongoing collaboration with the University of Minnesota and our peers across the country on continued development of best management practices and controls. The report outlining the decrease in chemical usage and recommended changes to policy and practices to further reduce pesticide use are included in the 2016 Parks Herbicide Use Report available on the MPRB website (<http://bit.ly/2016PMI>).

One of the most important aspects of chemical use within the city, which is not under the control of the park board, is the use of pesticides and fertilizers on private properties within the watersheds that include Minneapolis parks. We learned through the hydrological study done as part of the Nokomis-Hiawatha Master Plan, that modifications to park land to reduce nutrient loading to the lakes has a very limited potential to improve water quality, as the parks themselves represent a tiny percent-

age of the watersheds draining into them. My fellow commissioner, University of Minnesota Horticulture Professor Erwin put the impact of private property management in perspective during our Mar. 16 committee meeting when he told us, "The Home Depot in northeast Minneapolis sells more pesticides to homeowners in one weekend than the park board applies in a year." Each one of us lives on a tributary to a lake, stream, creek or river within a Minneapolis park and the way we manage our yards and control our stormwater has a direct impact on water quality. The U of M's landscape architecture program has an excellent resource for residents looking to reduce the inputs for their landscapes that I highly recommend checking out SULIS: The Sustainable Urban Landscape Information Series (<http://www.extension.umn.edu/garden/landscaping/>). Another community resource for guidance on on-site stormwater management is MetroBlooms (<http://metroblooms.org/workshops>), a non-profit organization that works with the City of Minneapolis and other partner agencies to provide low-cost raingarden

workshops throughout the city. Together, we can improve the water quality in our city's lakes, streams, creeks, and river.

**Steffanie Musich**  
Commissioner 5th District  
Minneapolis Park and  
Recreation Board

*Editor's Note: We thank the Park Commissioner for taking the time to respond to the article. We first want to apologize for the use of the generic stock photo which was chosen for the illustrative sign in the photo. Honestly, everyone on staff was more focused on the sign, that we negligently missed the fact that there was also a playground in the background.*

*However, we reject the concept that the article was an opinion piece... it should have been evident by the headline, the subhead, and the first paragraph that the article was specifically focused on local residents who were expressing views, and taking actions, regarding the use of pesticides in Minneapolis parks. The Messenger has not taken an editorial position on pesticide use in the park system.*

*We encourage residents to fully examine the report cited by Musich —<http://bit.ly/2016PMI>.*

Transition Longfellow provides sustainability activities and education for people in greater Longfellow and throughout the Twin Cities. Anyone can participate; everyone is welcome. For more information about the group and its activities, visit [www.transitionlongfellow.org](http://www.transitionlongfellow.org).

## Chard Your Yard

Transition Longfellow helps neighbors get started growing food with its Chard Your Yard program. Using a "garden mob" of neighborhood volunteers, the group installs 3' x 5' raised bed

# Transition Longfellow

By LESLIE MACKENZIE

## Chard Your Yard volunteers to install 24 gardens on May 14

gardens in people's yards, at cost, and builds community along the way. This year the group will be installing 24 gardens.

The Chard Your Yard garden installation day is May 14. Vol-

unteers will meet at 4324 40th Ave. S., at 8am, for a shared breakfast before heading out into the neighborhood in teams. After the build, everyone will share a meal. Volunteers are still needed

and welcome! You can sign up at the group's website: [www.transitionlongfellow.org/#!chard-your-yard/cx92](http://www.transitionlongfellow.org/#!chard-your-yard/cx92).

**Getting Your Garden Ready for Planting** is discussed on First Saturday (May 7), 10:30am-noon at the Riverview Wine Bar, 3747 42nd Ave. S. (enter through the coffee shop). Got a garden question? The first Saturday of every month is when you can find answers from a master gardener. This month Hennepin County master gardener Theresa Rooney will advise on steps to take to get your yard and garden ready for the new growing season. The event is free.

**Learn to Knit** on the first Tuesday of the month (May 3), 6:30pm at Lake Coffee House, 3223 E. Lake St. New and experienced knitters gather to learn and practice knitting. Led by experienced knitter Susan Aguirre. Bring needles and yarn. Free.

**Inner Transition Discussion Group** meets the second Monday, May 8, 7pm at 2852 35th Ave. S. There will be a group dis-

cussion of Carolyn Baker's book "Navigating the Coming Chaos: A Handbook for Inner Transition," exploring the emotional journey that will accompany a changing climate and a changing society. Facilitated by Deb Schanlec. Free.

**Transition Movie Night and Potluck** will be held on the third Friday of the month (May 20) at Bethany Lutheran, 3901 36th Ave. S. This month's feature is "Do The Math Tour: A Movie to Spark a Movement." The math is simple. To avoid climate catastrophe, we need to limit carbon emissions to 350 parts per million. We're now at 400 parts per million—and climbing. Do The Math follows environmental activist and founder of 350.org, Bill McKibben, as he tours 21 cities and breaks down the facts while also showing the power of a global movement rising up to meet the challenge. Representatives from MN350.org will share information about what's happening in Minnesota. Come for the potluck at 6:30pm (vegetarian options always available) or for the presentation and Q&A at 7:15pm. Free will donation.

## Watch website for details

Every month, Transition Longfellow organizes a social outing. On April 24, at 6:30pm, the group hosted a free family game night at Bethany Lutheran Church. Watch the website for info on the May outing.

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# NENA (Nokomis East Neighborhood Association)

3000 E. 50th St.

## Mark your calendars: May 17 is Night Out With NENA

With spring here and summer fast approaching, NENA would like to go in-depth and help you to take better care of your yard and do it in a way that helps our environment and our community. NENA will be bringing in several specialists to demonstrate sustainable and ecological ways to make your home the envy of your neighbors and an ambassador of goodwill for the environment.

Just some of the issues that we will visit include:

- Growing and planting the best vegetation
- Managing pests, without harming the ecosystem
- The best use of water
- What to do with, and how to take care of, yard trimmings

The event will take place on May 17, from 6-8pm at the Morris Park Recreation Center, 5531 39th Ave. S. NENA will be providing light food and beverages.

Childcare and Spanish interpreters will also be provided.

### 10th Annual Grow Monarch Habitat Workshop

NENA is offering its annual "Grow Monarch Habitat" workshop on Saturday, May 14, 10am-12pm at the Nokomis Community Center, 2401 E. Minnehaha Pkwy. This kid-friendly session offers a wealth of information for both beginning and advanced gardeners.

As the number of monarch butterflies has plummeted in the last few years, researchers and naturalists are urging people to create monarch habitat in urban and suburban areas throughout the Midwest Corn Belt, to replace lost agricultural habitat, especially milkweed. This how-to workshop will provide the information and essential plants to get started.

The presentation covers the monarch life cycle, habitat needs, the role of milkweed, the annual migration, and an introduction to the plants in the "Monarch Garden-to-Go." The kit is available in 2 choices and contains 12 local native host, nectar and shelter plants to get you started. There is a registration fee of \$30 for the kits, with a May 8 deadline. Attendance is free for participants who do not want the kit.

For information on the Grow Monarch Habitat workshop, the Minneapolis Monarch Festival or the Nokomis Naturescape, please call 612-724-5652 or email [monarch@nokomiseast.org](mailto:monarch@nokomiseast.org)

### NENA is moving

Exciting things are happening at NENA, and we want to share some important news with you. Neighborhood activity and growth that has fueled our move to a new bigger and better location necessary. We will be moving

in May to our new location at 4313 54th St. E., in the Morris Park neighborhood. We'll have an open house once we settle in, but as always, you are welcome to stop by anytime.

### Mother's Day celebration May 7

Please join NENA and Familias Latinas de Wenonah for a free family fun event to celebrate Mother's Day. The celebration will include lunch from Dominquez Family Restaurant, music, and entertainment, and plenty of games for the kids.

This year the event will be held from 12-4:30pm at the Crosstown Covenant Church, 5540 30th Ave. S. This will be one of the biggest family events of the year in our neighborhood, and we encourage everyone to come.

### We are looking for garage-salers

It's time to clean out the garage, the basement, and the house, and make a little money at the same time. The annual NENA garage sale brings buyers and sellers together for a neighborhood-wide event. This year the sale will take place on June 18. You can register your garage sale on the NENA website starting May 1. Plan your garage sale and we'll help bring you the shoppers.

### Staying in touch with your neighborhood

Are you interested in what's happening around the city and in our neighborhood?

Check out these great services below and see what they have to offer. You can find information on city events, have conversations with your neighbors, get alerted to issues in the neighborhood, and help build our community.

### Stay in touch with Nokomis East

- On Twitter check out @Nokomislife for some great neighborhood photos and stories
- Govdelivery keeps you in touch with all of the City's departments and happenings
- Hear directly from your neighbors when you sign up at Nextdoor.com
- To get the scoop on what's

going on in Nokomis East check out [e-democracy.com](http://e-democracy.com)

### NENA Home Improvement Loan Programs available

Whether by choice or necessity, start planning your next home project now with the help of a home improvement loan from NENA. Owners of one to four unit residences can apply for up to \$15,000 to make improvements to their properties. Owner occupants and investors may apply. Interest rates are either 2% or 3%, depend on income, and there no income restrictions.

NENA also has available a limited amount of funds for our emergency repair loan program. Only owner-occupied households are eligible, and income restrictions do apply. There is a maximum loan amount of \$7,500 at 0% interest. The loan is due in full upon sale of the property or title transfer.

For more information or to request an application for the NENA loan program, call our partner, the Greater Metropolitan Housing Corporation's Housing Resource Center 612-722-7141, or visit [www.gmhchousing.org](http://www.gmhchousing.org). Loan applications are processed on a first-come, first-served basis.

### Sign up for NENA News

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

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The new Twin Cities Habitat for Humanity ReStore as envisioned for the site at 2700 Minnehaha Ave. (Photo submitted)

## Habitat ReStore to open on Minnehaha

A Twin Cities Habitat for Humanity ReStore will open later this summer in South Minneapolis at 2700 Minnehaha Ave. The ReStore is a home improvement outlet that sells donated new and used building materials to the public at deep discounts.

Twin Cities Habitat's first ReStore in New Brighton, 510 County Rd. D W., has seen a surge in sales over the past three years and this new location will expand their reach.

"We are excited to add to the growing hub of reuse and repurpose-minded retailers that have congregated within this part of town, transforming it into the Minnehaha Mile Shopping Dis-

trict," says Pete O'Keefe, ReStore Operations Senior Manager. "We wanted a location that was easy to find and easy to get to. We need plenty of parking and a building that will make for a great shopping and donating experience. I think we found it."

The new ReStore will be accessible from Highway 55 (Hiawatha Ave.), the Blue Line, Metro Transit bus routes 21 and 7, and the Midtown Greenway Bike Path. The store will be just SE of Martin Olav Sabo bike bridge over Hiawatha-Hwy 55, and directly behind the gold aluminum mesh wrap of the Xcel Energy substation.

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## Multi-phase development project

Continued from page 1

be supported by an attractive and active 'place.' None such exists on the west side."

Newberg believes that the addition of Keen Eye, the cupcake shop and flower shop, Pilgrimage, Northbound, Busters, Doodle Bird, Angry Catfish and Nokomis Pet Clinic in recent years is evidence that there is considerable demand for an evolving set of retailers to complement long-established and beloved destinations in the neighborhood.

"Lander Group and Forteva have a great track record with filling retail space, so I can't wait to see what goes into the four new spaces," he said.

### Parking a concern

During the March 21 community meeting hosted by the Standish-Ericsson Neighborhood Association (SENA) and Council Member Andrew Johnson, about five residents expressed concern about parking in the area.

Most focused on park-n-ride for the light rail station, however, which is not connected to this building.

At the 3828 development, there will be 34 new off-street parking stalls that will be used for resident and business parking.

Lander pointed out that providing good, but properly screened parking for the retail is an important design element

**"We have the potential to really transform this corridor into a first-class destination."**

**—Andrew Johnson,  
Ward 12 City Council  
Member**

both for this and future phases.

"Overall, I think there is a generally positive outlook on this project. I think the outreach and planning have been pretty good, so I hope these folks continue to work in our area," said SENA Board Member Nathan Shepherd.

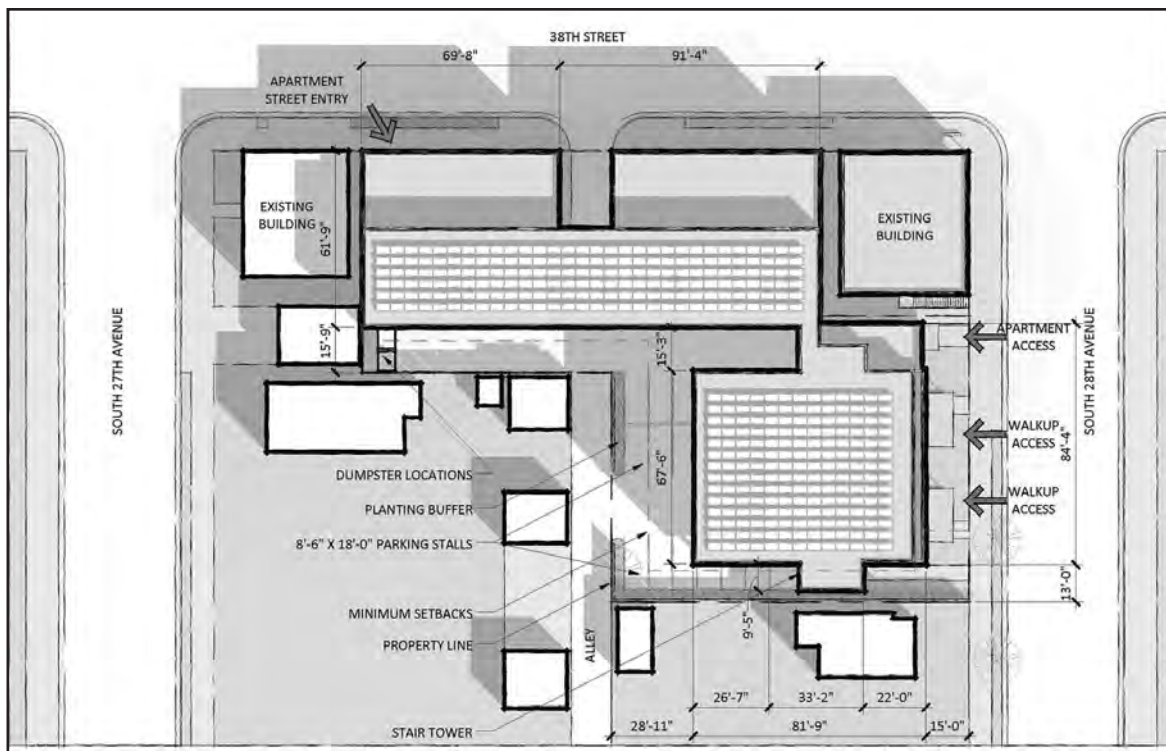
### Part of a larger plan for the corridor

The 3828 project is part of a larger plan that includes several more structures along 38th near the light rail station.

Lander and Forteva have proposed three new buildings surrounding a new public plaza at the station area. These will include more retail and service buildings, as well as more housing options.

It is part of the plan to "create a great place," according to Lander.

"When the LRT was built, there were high hopes for development along the line. Some happened. A lot didn't," remarked Johnson. "Now we have an esteemed developer propos-



The classic streetcar-era building with a corner door at the southwest corner of 38th St. and 28th Ave. will be flanked on both sides by a mixed-use building that has three to four stories and will bridge the alley. The new building will replace surface parking, a tiny service garage, a one-story concrete block building and a duplex on portions of four properties. The commercial space will face 38th St., and ground floor residential units will face 28th Ave. (Design submitted)

ing four buildings at the 38th St. station, the first of which will likely break ground this fall.

"The overall vision is impressive, fitting the scale and character of the existing neighborhood and helping transform some empty spots into thriving commercial and residential space."

Johnson is also pursuing city investment in improved lighting, more trees and green-

ing, better sidewalks, and public parking in the area.

"We have the potential to really transform this corridor into a first-class destination," remarked Johnson.

He pointed out that the benefits for the community are substantial, from creating a beautiful and walkable area with shops and restaurants, to helping boost nearby property values and deter crime.

"The 3828 project is the first of additional future phases that we hope will make 38th St. and the light rail station areas more pleasant places to walk, bike and hang out," said Newberg. "My wife and I moved to the neighborhood first and foremost because of light rail, so I'm excited about new development near the station."

## Sandy Colvin Roy

Continued from page 1

who had worked with Sandy and is also a close friend, agreed that the first two weeks were difficult, with the uncertainty of whether Sandy would come out of her coma and if she did, what would be there when she did.

"In the movies, you see that first awakening, with everybody waiting to see what kind of response they are going to get from someone who wakes from a coma. And then the person wakes up and rec-

ognizes everybody, and everything is fine. But that is not the realistic version."

Sandy did wake from her coma, and after undergoing two surgeries, she has made great progress. She can walk and talk, go out for dinner or to see a play. But she has not achieved a full recovery. She has not yet returned home to stay but is currently residing in a memory care unit.

"For the others in the unit, their ability to remember is moving backward. With mom, it's going forward," Leah explained. "But she has made a lot of new friends there, and I

suspect once she returns home we will be making visits there. I can even see her sitting on the board for the facility in the future."

She said progress has been slow but steady, and little breakthroughs keep happening. "There was a time she did not recognize me, and when she did, that was a breakthrough. For a while, she could not remember things that happened that same day, and now she can tell me about things, and that's a breakthrough."

"Every little bit of news, from when she first was able to move a toe, has been greeted with such relief," Pam added. "I remember being so excited when she was reading the cards she received in the hospital. That was a huge deal."

Another friend and neighbor, Carol Kummer, said that when Sandy received her medications, she read everything she could about them.

"She has retained her personality," Leah said. "She always did her homework when she was in office, and she did the same here."

Sandy's sense of humor has remained intact, also. Her

daughter said she was joking with the nurses as soon as she was able to talk.

"She has not been at home for so long, it's a really scary thing for her to be back here and not feel right, so there have been lots of little trips," said Leah. "She said it is feeling more and more like home."

Leah said she and her father, Art, are there to support Sandy and keep her safe, but they also want to let her express her independence.

Carol added that Sandy's intelligence is in place, and talking forthrightly to her is most effective. She joked that if she or anyone else mispronounced a word, Sandy would always correct them. "It used to get a little annoying, but now I am happy to have her correct me for the rest of my life," she noted.

Leah said that when Sandy gets tired, it is more difficult for her to focus. "In some aspects, chronologically, she lost a whole year. She remembers nothing of the accident."

Leah said the most challenging part for her, and for her dad, is that Sandy needs them around, but doesn't al-

ways want them around. "I've been kicked out of her room several times," she laughed.

She said her mother is very sensitive to how people react to her. "She can tell when she is not making sense, but she can't quite adjust for it yet because she doesn't have all the memories, so that can be very trying for her," Leah said.

"We don't know what the final outcome will be," Pam said. "That's a hard thing for all of us, and it's going to be a long time before we know how much of Sandy is going to come back."

"I'm pretty confident we'll get most of Sandy back, maybe all," said Carol. "And if a part doesn't come back, that was extra anyway, so it doesn't matter."

"We just want to thank all the neighbors and friends for their support during this time," Leah said. "All traumatic brain injuries are different, and everyone recovers differently and in different time frames and amounts."

"Time is one of the only things my mom has as a tool," Leah added. "The body is doing a lot of healing, and the therapy is in support of that, but there's not a lot of doctor intervention that can be done to assist it."

But the fact that her mother survived that fateful day seven months ago and has progressed to the point she has keeps Leah hopeful. "I can't describe how awesome it is that I get to talk to her so much now," Leah said.

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# Better Business Bureau tips on spring yard cleanup companies

Spring is in the air, and many property owners are looking to get their lawns in order. This includes trimming trees and collecting fallen branches. There are many reliable companies that offer these services, but there are also a few that are looking to be paid for work they have no plans to finish.

The Better Business Bureau of Minnesota and North Dakota (BBB) urges consumers to take steps to ensure their property is in good hands.

"It's important to take the same amount of care finding a business to perform work outside your home as you do when you're preparing to remodel," said Dana Badgerow, president and CEO of BBB of Minnesota

and North Dakota. "Always be sure you know who you're dealing with."

Already this year, a local police department has issued a warning about suspect tree trimming businesses leaving customers in the lurch. These types of businesses go door-to-door, claiming they're in the area and are able to offer their services at a discount. Such businesses often choose names similar to established and reputable tree trimming firms.

When you're looking for a tree trimmer or a yard service, keep these tips in mind:

**Hire a professional.** Research companies for free at bbb.org or use their Online Directory to find BBB Accredited Businesses. Ask

for references. (*Editor's note: or look for businesses that have been long-term advertisers in the Messenger.*)

**Be wary of door-to-door solicitations.** Each year, countless homeowners have tree trimming companies knock on their door and offer to provide their services at a discount. In too many cases, the work performed is shoddy or only partially completed—and the company fails to return, as promised.

**Ask if they're listed.** In Minnesota, all companies and individuals that provide tree care or tree trimming services and/or who remove trees, limbs, branches, brush or shrubs for hire should be listed with Minnesota's Tree Care Registry. This

includes public, private, and governmental entities. To verify this, visit [www2.mda.state.mn.us/webapp/lis/default.jsp](http://www2.mda.state.mn.us/webapp/lis/default.jsp). It's also a good idea to ensure tree trimmers and brush removal services have any necessary city permits.

**Request an on-site inspection.** The inspection should include the entire tree, not just parts that appear to be damaged, in poor condition or in danger of falling. Risk assessment can be done at the same time and it helps consumers determine which trees are categorized as higher-risk, therefore needing immediate attention. Estimates should be given only after an on-site inspection and should include all labor, clean-up and disposal charges.

**Get everything in writing.** A

contract should clearly state the services you will receive, as well as when the job is expected to be completed, payment terms and conditions, contact information for the company—phone number and address—as well as any refund or cancellation policy.

**Verify insurance coverage.** Confirm that the company has insurance that covers worker's compensation, property damage and personal liability in case of accidents.

Remember, you're the customer; it's your home. Don't feel pressured to choose a business just because someone is standing on your doorstep. You also want to avoid paying in cash and should never write a check out to a company employee.

## Longfellow artist named a finalist in the 26th Annual Midwest Book Awards

The 26th Annual Book Awards has recognized Longfellow artist Kim Gordon as a finalist in the category of cover design for her cover for the novel "The Ephesian Artifacts."

Gordon designed the cover after reading the manuscript and then developing a cover, which captures the essence of the novel written by Brooklyn Park author Patrick Ledray. Ledray stated that Gordon's experience as a painter, graphic designer, illustrator, and art teacher came together to produce an intricate collage that conveys a feeling of mystery and suspense.

"The Ephesian Artifacts" is a blend of history, action and adventure featuring the death of Cleopatra, the fall of Saigon, and the search for artifacts hidden beneath the sands of the ancient city of Ephesus, Turkey. The race for the priceless artifacts pits the Black Pope (head of the Jesuits) against modern-day Amazons and



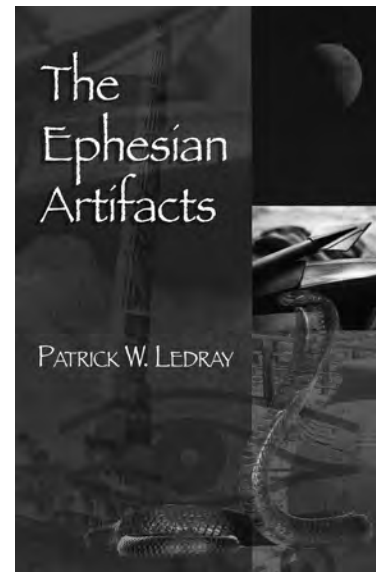
Longfellow artist Kim Gordon is a finalist for her illustration of the cover design of "The Ephesian Artifacts."

artifact seekers from Austria and the United States. The bones of the Virgin Mary, the Artemis star, and the writings of Jesus are believed to have been hidden centuries ago in Ephesus, which is visited by over a million tourists each year.

"It is thrilling to see so many talented illustrators, authors, and publishers of high-quality books in the Midwest," said Midwest Book Awards Chair Sherry Roberts. "I look forward to the Gala on May 13, where we will be recognizing the achievements of all the finalists and winners as well as celebrating the strength and vitality of independent publishing in the Midwest."

Gordon received a B.A. in Art Education from the U of WI-Madison before additional training at the U of MN, the Center for Book Arts, and Minnetonka Center for the Arts. She has participated in many groups, juried, and one person shows throughout the Midwest.

As principal of Open Cupboard Designs in Minneapolis, Gordon has also created a line of illustrated greeting cards and luminaria. She is particularly drawn to the bond between individuals and the landscape, and this interest in a sense of place is evident through-



The cover of "The Ephesian Artifacts" is an intricate collage meant to convey a feeling of mystery and suspense.

out her work.

Gordon has taught workshops

in landscape painting, observational drawing for biology majors, and a wide range of children's art classes, art classes for disabled adults and classes for specific populations. She is a member of PAN (Project Art for Nature), Outdoor Painters of Minnesota and Women's Art Resources of Minnesota. She also studies Sogetsu Ikebana.

Gordon enjoys yoga, native gardening and walking the Longfellow River Gorge with partner Richard Voss and their dog Finnegan.

The awards are sponsored by the Midwest Independent Publishing Association (MIPA) which serves the Midwest publishing community by promoting excellence in publishing in the Midwest. MIPA serves a 12-state region: Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin.

## Longfellow artist opens NuHeroes exhibit

NuCubism: NuHeroes—An Exploration of the Iconic, by Longfellow artist Barry McMahon, will open at the Vine Art Center Gallery, 2637 27th Ave. S., May 14, 6-9pm. The exhibition runs through June 11.

Journey inside the development of an artistic approach that spans over 25 years. NuCubism is an approach created out of the evolution of technology and the adaptation of traditional media. NuHeroes is a series within the larger framework that explores the artist's relationships with his personal heroes and how they have changed.

Come for the show, stay for the food and ice-cold beverages and browse the gift shop, stocked with cards, posters, and art from gallery members.

McMahon's studio is atop the Ivy Tower, above the Vine Arts Center Gallery, in the Ivy Building for the Arts, where he creates works infused with humor, sarcasm, admiration, insight, and love.

McMahon is the President of Deeper Arts Inc., an art/animation and game/app development studio and an author of two books, a children's book entitled, "Happy Dumm-Dumms," available on Blurb, and "The Magnificents: The World's Longest Field



"Time Convergence" is an acrylic on canvas by local artist Barry McMahon. (Photo submitted)

Trip," a young adult sci-fi novel, available on Amazon. His new novel is a series of magazine issues, beginning with "Blue: an Artist's Novel," Issue 1 - Birth and Re-Birth and Issue 2 - LEER, both will be on display at the opening and are also available on Blurb.com.

Vine Arts Center is located in the Ivy Arts Building, 2637 27th Ave. S. The gallery is open Saturdays from 11am-5pm and Mondays and Thursdays from 5:30-7pm.

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# The Danish American Center: building a bridge to Danish Culture

Story and photos  
by MARGIE O'LOUGHLIN

The Danish American Center (DAC) proudly states on its website that it is a center for Danish cultural exchange and "hygge" located in South Minneapolis.

Cultural exchange is not so hard to understand: there's food, music, literature, dance and language from across the sea. But hygge, what in the world is that?

The best words in foreign languages can't be translated with a single synonym. For something to have hygge, it has to share the qualities of cozy, comfortable, warm and welcoming—usually in a domestic setting.

Somehow the DAC manages to do all that and more in a 1923 Georgian-style building at 3030 W. River Pkwy. S.

Built more than 90 years ago with funds raised by the Minneapolis Danish-American community, the space operated as the Danebo Nursing home until it closed in 2005. According to Eric Bruun, vice-president of the board, "At that time, the DAC sold their previous building at 42nd St. and Cedar, purchased the much larger Danebo Nursing Home and relocated to the Longfellow neighborhood."

With the new space, the



Come with a partner or without to Danish folk dancing on alternate Fridays.

DAC was able to expand their vision and become a resource not just for Danes, but for the whole Scandinavian commu-

nity. The center is now home to Danish folk dancing on the second and fourth Friday nights, but also Norwegian folk

dancing on the first and third Monday nights. The Swedish Council of America has its permanent offices on the second floor. There are about 900 members of the DAC and 21 affiliate organizations that use the space for both regular and occasional use.

"One of the things that makes the DAC different from other local ethnic organizations," Bruun said, "is that we have guest rooms. We can host up to 30 people at a time in our fifteen rooms. Only prearranged groups from non-profit

The DAC sits on land purchased from the Minneapolis Park Board. The graceful addition, designed by Danish architect Poul Bertelsen, was completed in 2010.

organizations are eligible. Previous guests have included German Boy Scouts, a Swedish orchestra, dancers and musicians from across Scandinavia."

In addition to lodging, the DAC has a stunning and adaptable addition recently designed by Danish architect Poul Bertelsen. Bertelsen is the owner of MSAADA Architecture, located in Minneapolis. The addition is used for dancing, concerts, lectures and other gatherings. Its contemporary design has a distinctly Danish feel.

**"One of the things that makes the DAC different from other local ethnic organizations, is that we have guest rooms."**

**—Eric Bruun  
DAC Board Member**

While the DAC is a member organization, there are two events coming up that are open to the community. A Mother's Day Brunch will be served on Sun., May 8 from 9:30am-12:30pm. A stand-out menu item will be Danish aebleskiver, traditional pancakes that are as round as a ball.

On Sun., June 5, Danish Constitution Day will be celebrated on the grounds of the DAC with a community picnic. Danish vendors, artisans, and musicians will be on hand throughout the day. 400-600 guests come out each year, depending on the weather.

Of particular interest will be the 1,200 Danish open-faced sandwiches produced with precision by a small army of volunteers.

Take advantage of one or both of these opportunities to see what "hygge" feels and tastes like.



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Eric Bruun, DAC board vice-president, in the entry way of the new addition.

# Minneapolis' first deep winter greenhouse sprouts in the neighborhood

Thiel Gardens selling micro-greens to Pilgrimage Cafe, Seward and Eastside Co-ops

By TESHA M. CHRISTENSEN

Chefs ask why the micro-greens from Thiel Gardens have more flavor than others.

"It's the sunlight," respond Jill and David Thiel, who operate the Twin Cities' first deep winter greenhouse in their backyard at 4121 27th Ave. S.

Even on the darkest days in winter, the plants in their passive solar greenhouse still reach for the sun, said David, and they gain more nutrients than those grown under lights in basements.

**"We harvest them that morning and they get delivered that afternoon."**

—Jill Thiel

Young kale, kohlrabi, broccoli, radish, red cabbage, peas, sunflowers, lemon basil and cilantro plants line the shelves at Thiel Gardens.

They're harvested at a few inches tall when the micro-greens are bursting with flavor and concentrated nutrition.

"Micro-green" is the universal name for almost any green vegetable or herb that has edible leaves, and is harvested when the first set of true leaves appear. The crop has a 10 to 15-day turnaround between planting and harvesting.

These greens are rich in phytonutrients important for



David Thiel explains how his deep winter greenhouse works, using a combination of insulation and water to absorb and retain heat. He intends to begin offering consulting services and plans so that others can build their own deep winter greenhouses to grow food year-round. (Photo by Tesha M. Christensen)

eyes, skin, bones, healthy digestion, reducing inflammation, preventing cardiovascular disease, fighting cancer, and strengthening the immune system. For example, the sunflower shoots are made up of 30%

complete plant protein, pointed out Jill, which makes them great for vegetarians.

## Harvested that morning, delivered that afternoon

After years of planning and building, Thiel Gardens opened in December 2015, offering fresh greens to the public several days a week and a CSA option to 10 people.

Fast forward four months, and they're no longer selling product at their home because they're too busy growing 12 pounds a week for the two Seward Co-op locations and Eastside Co-Op. Their greens are on the menu at Pilgrimage Cafe, a few blocks from their home.

"We harvest them that morning, and they get delivered that afternoon," said Jill.

The Thiels are also in discussions with the International Distributors of Organic Growers to provide fresh greens to more stores.

**"We just want to sell good organic produce to people."**

—David Thiel

"We just want to sell good organic produce to people," remarked David.

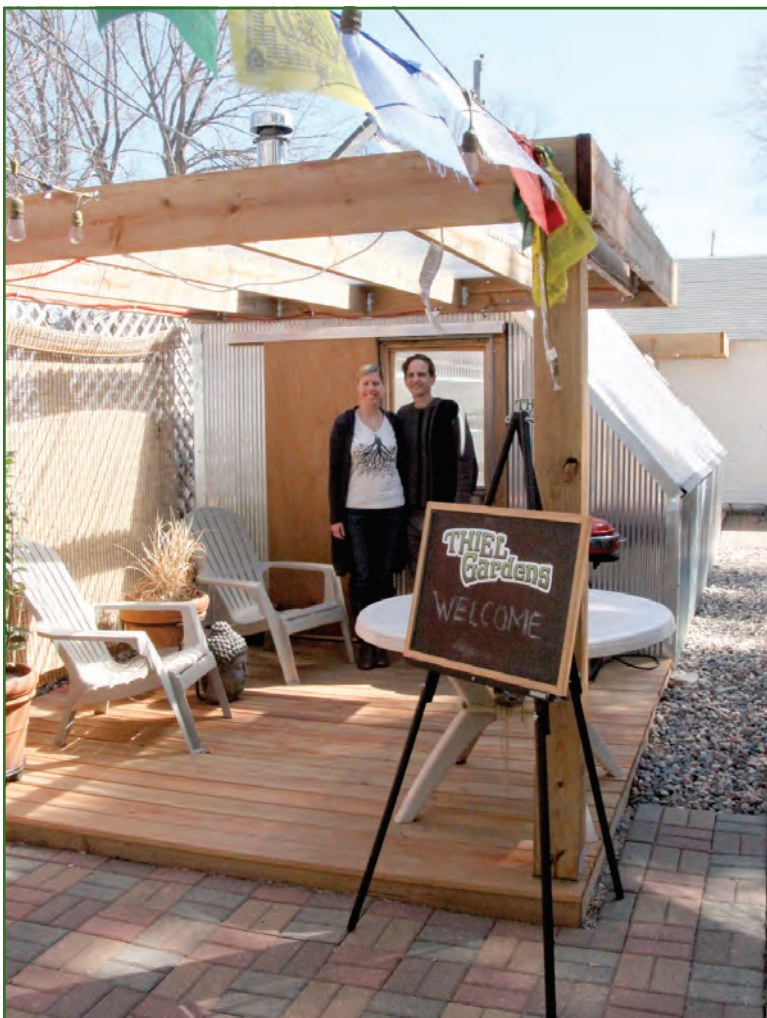
The duo had no idea when they began what was in store for them. "We didn't know what would happen," admitted Jill.

But they're happy with how the business is growing, and will keep shifting their business plan to accommodate organic eaters.

They make sure to listen to their customers. Not wanting to overlap with another supplier, the Thiels had initially pro-

posed providing Seward with other types of greens but discovered during a meeting that there was a gap in the existing supplier, and the store was in need of micro-greens. It wasn't the first time they'd shifted in

Continued on page 9



Jill and David Thiel never imagined how quick their micro-greens would take off when they opened their South Minneapolis deep winter greenhouse in December 2015. Four short months later they have stopped doing sales directly at the greenhouse and are selling to both Seward Co-op stores and the Eastside Co-op, as well as Pilgrimage Café. (Photo by Tesha M. Christensen)

A graphic advertisement for River Realty. It features a background with horizontal stripes of orange, red, green, and blue. The text "Ready to Make Your Move?" is in white on a green background. Below it, "We're Ready to Help." is in orange on a blue background. At the bottom, "River Realty" is in white on a blue background, and "www.RiverRealty.net" is in orange on a red background.



## Thiel Gardens

Continued from page 8

response to customers. When buyers at the greenhouse said they loved the micro-greens, they begin growing only those and dropped their other products. Plus the size of the micro-greens is a good use of the space they have.

"We're a backyard mom and pop thing," said David.

They credit their growth to word of mouth and social media.

### The greenhouse that David built

David used Google Sketch-up to design the 10x18-foot passive solar greenhouse and then built it himself.

It's the culmination of two of his passions: architecture and food production.

Because it is the first one in Minneapolis, there were some zoning hurdles before they received a building permit. After reading that the biggest regret most people had was that their greenhouse wasn't large enough, they decided to build it as big as the zoning ordinance allowed.

The Sustainable Farming Association's annual deep winter greenhouse tour in early February put their greenhouse in the limelight. While most out-state greenhouses receive only about 20 to 30 visitors, the Thiels watched about 300 pass through, lining up around the house and down the sidewalk. David credits the popularity with the area's increasing interest in growing food locally.

"South Minneapolis is a hotbed for urban farming," remarked David.

"We really tapped into something."

He thinks that Minnesotans are looking for a way to grow fresh vegetables in the



Jill Thiel holds a freshly picked micro-green in her hands, and explains that all the plants behind her will be picked and packaged two days later for delivery. From start to finish, the micro-green crop takes 10 to 15 days. (Photo by Tesha M. Christensen)

cold months, and they can with a passive solar greenhouse without spending a lot on heating costs because you can take advantage of the sun for heating and lighting.

David's design uses a combination of insulation and water to absorb and retain heat. The south side is covered with triple glass polycarbonate, which has three surfaces and two air gaps. Inside, fiberglass batting lines the areas between studs.

Because of a large white

pine in their neighbor's yard that blocks the early winter sun, David made adjustments to his design. He captures and retains solar energy in the form of thermal energy through the use of metal cans filled with water. They sit on flue liners attached to a wood-burning stove in the second room of the greenhouse. A small amount of cedar heats the stove in the winter, burning hot and cleanly, capturing most of the heat before the exhaust gasses go out at the end

of the system. David compared the system to that of a radiator.

While most out-state gardeners aren't concerned about small yards and can attach their greenhouses to existing sheds or barns, the Thiels faced a different situation. They didn't want to deal with removing fill and getting earth-moving equipment in their small yard, so they opted for a floating foundation. Instead of going down, they have a rigid foam skirt of two-inch foam that sits 90-degrees from the foundation and prevents the frost from going down.

"Imagine it like an umbrella and the frost is rain," said David. "It slows the progress of the frost."

The Thiels still use two rooms in their basement, one for storage and another for germination.

Jill pointed out that although they've chosen to focus on micro-greens, larger-leaf vegetables, root veggies, tomatoes, and peppers can also be grown in these greenhouses.

While David was researching and building the greenhouse structure, Jill was researching plants and reading Carol Ford's books on deep winter greenhouses.

Neither Jill nor David grew up on a farm but are self-taught gardeners. Ten years ago they decided to tear up their yard and plant edibles so they wouldn't have to mow and would have a bee-friendly yard. Plus they'd have healthy, nutritious food free of chemicals and genetically modified organisms.

Along the way, Jill became the lead gardener for The Urban Farmhands, which helps local businesses and individuals plan, design, and implement their own food-growing strategy. She also has a successful healing arts practice, while David pursues projects

in graphic design and solar energy.

During the spring and summer months, the Thiels grow seedlings, tomatoes, peppers, leafy greens, corn, beans, squash, pickling cucumbers, nasturtium, and more.

There are always new experiments in organic growing happening.

### Backyard greenhouses solve food security issues

The Thiels believe that their deep winter greenhouse shows that it can work for others.

David would be excited to start something like a small house revolution and see little greenhouses popping up in backyards everywhere. Towards that end, he plans to begin offering consulting services with a 120-square-foot deep winter greenhouse design that doesn't require a building permit.

He firmly believes that these backyard greenhouses are a way to solve food security issues and provide economic security, as food is grown close to where it is consumed. Fewer fossil fuels are used and it is more efficient. It opens up local jobs and possibilities. It keeps resources in the neighborhood.

"I feel it's the right thing to do," David remarked.

Visit [thielgardens.com](http://thielgardens.com) for more information.

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**NEXT DEADLINE: May 16**  
**NEXT ISSUE: May 26**

# Local author Vince Wyckoff publishes North Shore mystery thriller

By JILL BOOGREN

When Abby Simon and her brother Ben play hooky from school to go fishing on a northern lake, they expect a day of reeling in rainbow trout. Not so much, witnessing the cover up to murder. So begins the story in "Black Otter Bay," a new mystery thriller being released in May by local author Vincent Wyckoff.

His first book after "Beware of Cat: and Other Encounters of a Letter Carrier" (2007), "Black Otter Bay" leaves Wyckoff's real world chronicles of delivering mail in the Nokomis neighborhood and enters the fictionalized world of the novel's namesake town set on the North Shore. Having worked for a mining company in the late 1970's after serving in the U.S. Army, Wyckoff knows the area well.

"When I lived there I got to be friends with the locals," he said. "I spent a lot of time in the woods, fishing streams and inland lakes, canoeing." Wyckoff also came to know the majesty and power of the Great Lake. He worked with someone whose dad was among the crew lost in the famed sinking of the SS Edmund Fitzgerald, and his family cabin on Lake Superior was washed away during a fierce November gale. A neighbor called his mom and told her the waves were going over their cabin; by morning, it was gone.

Writing about this wind-swept, water-soaked place seems to come naturally to Wyckoff, an outdoorsman who effortlessly captures its rugged beauty. "I go up there all the time," he said. "I have a real affinity for the place."

As the story unfolds, Wyckoff takes you for a walk (and sometimes a run) in the woods and along the shore, inviting you to smell the damp cedars, hear the woodpeckers drilling away at tree trunks overhead, and take in the view. You'll feel the crisp chill of the early spring air and just about taste the grouse and wild rice soup. It's a feast for the senses that will make long-timers feel right at home among the rocks, the fog, and the birch trees, and may just nudge newcomers to book their first cabin getaway.

More than their prime location, though, Wyckoff's carefully crafted characters depict the independent spirit of those who call the North Shore home. The well-paced thriller is a page turner not just to find out whodunnit, but to get to know the townsfolk who rally around the Simon family and try to figure out what's shaken up their quiet town. Whether it's feisty Abby (who knows her way around the woods as well as the best trackers), her wayward mom (who's a lot happier under big city lights), the soft-spoken, understated sheriff, or the quick-witted waitress, these people feel as familiar as the uncle, cousin or sister-in-law who passed you the ketchup at the last graduation potluck picnic you attended.

Fans of "Beware of Cat" will be glad to meet Mrs. Virginia Bean, the town's postmistress, who has a special relationship

with the sheriff, Marlon Fastwater. "They find comfort in each other," said Wyckoff. When Fastwater sees the tubs and trays of mail and a hamper "overflowing with packages," we get a glimpse of what it's like behind the scenes at the post office, especially at the beginning of each week.

"Monday is always the hardest day," said Wyckoff, who began his 25-year career as a postal carrier when he returned to Minneapolis in 1982 after jobs up north dried up. "Generally, people don't know what letter carriers do, especially in the mornings." He's had occasions when he'd see the huge volume of mail piled up at the Nokomis Station early in the morning and marvel at how everyone manages to get it out the door.

"It's amazing how all these carriers get their mail sorted and they're on the street delivering it," said Wyckoff. "It's amazing how much work gets done."

Those days are behind him now. He still walks daily, shorter distances than the 6-8 miles he put on as a mail carrier but at a faster clip. A Minnesotan through and through, he was out fishing the Missis-



Author Vince Wyckoff shows off a fine catch on the rocks in front of his folks' cabin on Lake Superior near Beaver Bay in 1978. His experience living on the North Shore and getting to know the outdoors helped him form the backdrop for "Black Otter Bay," his new mystery thriller coming out in May. (Photo courtesy of Vince Wyckoff)



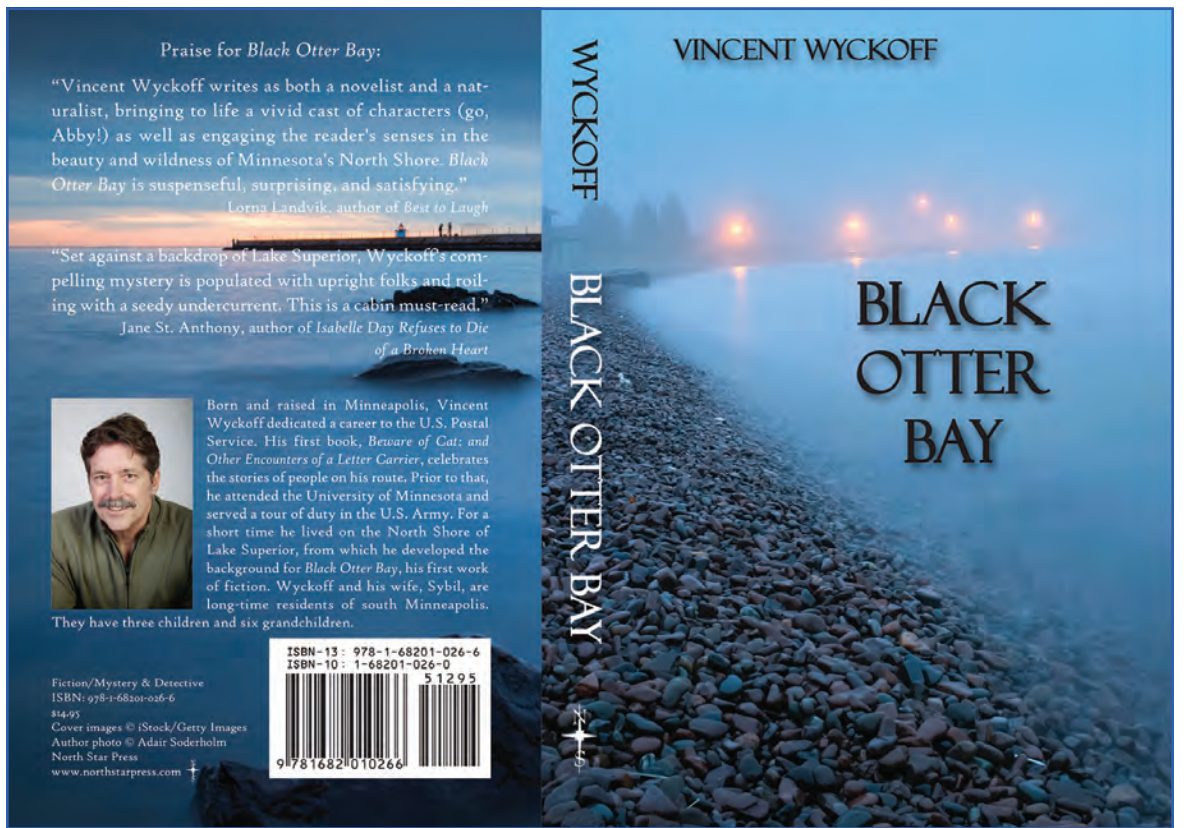
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Vince Wyckoff is planning upcoming book signings for "Black Otter Bay" in the Messenger area, including June 2 at Nokomis Lutheran Church (5011 31st Ave. S.) on June 2, and Moon Palace Books (2820 E. 33rd St.) on June 11. (Photo submitted)

sippi River, at the mouth of Minnehaha Creek, during a follow-up phone conversation for

this article—it was one of those warm days in April when it felt like spring was finally going to stick. And he's settling into his new career as a writer, following through on his dream of writing fiction.

"I just love meeting these people, these characters," he said. Calling it a "miracle of creativity," he doesn't know where they come from or how they develop, they just come. "It's one of the most gratifying and enjoyable experiences that I can imagine."

"Black Otter Bay" (North Star Press) is adult fiction, but Wyckoff calls it PG rated and

suitable for teens, too. It is available at northstarpress.com, barnesandnoble.com, and amazon.com.

Several public readings and book signings are coming up:

- Thur., June 2, 7pm, at Lake Nokomis Lutheran Church, 5011 31st Ave. S. (open to all; books available for purchase);
- Tues., June 7, 7pm, at Once Upon a Crime Bookstore, 604 W. 26th St.; and
- Sat., June 11, 2pm, Moon Palace Books, 2820 E. 33rd St.

For the latest info on upcoming events, check out Vincent Wyckoff's author page 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 in the online Event Calendar.

## Midtown Farmers Market opens May 7

The Midtown Farmers Market, which attracts more than 55,000 visitors each year, kicks off its 2016 season on Sat., May 7 with a food truck fair, including Kabomelette, Peep's Hot Box, The Moral Omnivore, Wild Earth Wood Fired Pizza, and more to be announced. Other days planned in May are Urban Ag Day on May 14, and Youth Leadership Day on May 21.

The market is located at the southwest corner of the intersection of E. Lake St. and Hiawatha Ave, at 2225 E. Lake St. This year, to accommodate construction of Hennepin County's Family Service Center along with Phase 1 of the L&H Station development, the market will be operating just around the corner from where it has previously been.

This year, the market is also offering children's activities the second Saturday of every month, free weekly fitness classes with the YWCA, and free rides to the market on the Blue Line LRT the first Saturday of every month. The Midtown Farmers Market accepts SNAP-EBT and Market Bucks.

The Midtown Farmers Market will be open from 8am to 1pm every Saturday from May 7 through Oct. 22. Starting in June, the market will also be open every Tuesday from 3pm to 7pm through Oct.

The market's 80+ vendors offer fresh, local produce; bread, cheese, honey, jams and jellies; responsibly raised meats, including beef, chicken, pork and lamb; arts and crafts; prepared foods; and more.

## VBS planned at Morris Park in June

All children preschool through 5th grade are invited to "Cave Quest," a day camp where children learn about God's love. This neighborhood Vacation Bible School will be held at Morris Park, Mon.-Fri., June 13-17, from 9:30am to noon. To register visit [www.trinityfalls.org/kids](http://www.trinityfalls.org/kids) or call Trinity's office at 612-724-3691 for more information. On Sat., June 18, they will wrap up the week with a "Family Fun Day" on Trinity's circle drive, 5212 41st Ave. S., 10am to 1pm with inflatable games, food and fun, all free!

## Prayer Service scheduled May 6

Faith Evangelical Lutheran, 3430 E. 51st St., will host a Lutheran Women's Missionary League (LWML) Prayer Service on Fri., May 6, 9am (for coffee and refreshments) with prayer service at 9:30am. Everyone is invited.

## Planning for Open Streets East Lake



Alex Tsatsoulis and Jose Luis Villasenor (not pictured), staff from the Minneapolis Bicycle Coalition, talk to business owners on Mar. 30 at Peppers & Fries, 3900 E. Lake St., at a planning meeting for the upcoming Open Streets East Lake on Sat., July 24. Open Streets events bring together businesses, families, and neighbors to bike, walk, socialize, play and shop in their communities in a car-free environment. Watch the Messenger's June 30 edition for a special section devoted to the Open Streets East Lake Street event. (Photo by Denis Woulfe)

## Garden Club Plant Swap set May 21

This year's Longfellow Garden Club plant swap is Sat., May 21 at the north end of Longfellow Park, near the intersection of 37th Ave. S. and E. 34th St.—look for the red balloon! Plant drop-off begins at 11am; the swap starts at noon. Plants are usually gone by 12:30!

## Environmental Action Team plans potluck gathering May 24

If you live or work in Longfellow, Cooper, Howe, and Hiawatha and you want to see our community become a greener, healthier, more sustainable place to live, join the community conversation on Tuesday evening, May 24, at Longfellow Park Community Center, 3435 36th Ave. S.

With \$50,000 available for environmental projects, community volunteers can have a significant impact.

Projects that generate the most energy will move forward to action. Ideas could include tree health and tree canopy, green spaces, pollinators, insects and wildlife habitat, environmental education, people connecting to nature, citizen science projects, environmental art projects, extreme weather and climate change preparedness, water quality and stormwater management, air quality, and more!

The new Longfellow Environment Action Team (part of the LCC Environment Committee) is hosting this event. The potluck begins at 6:30pm; facilitated idea-sharing and conversation from 7:15 to 8pm. Please bring food to share. Families and children are welcome.

## LCC schedules May committee meetings

The Longfellow Community Council has scheduled several events in the next month. Anyone interested in more information on these events should contact the email addresses listed:

- Tue., May 3, 6-7:30pm: Community Connections Committee meeting at Lake Coffee House, 3223 E. Lake St. For details, email [joe@longfellow.org](mailto:joe@longfellow.org).
- Tue., May 3, 7:30-9pm: Neighborhood Development Committee meeting at Lake Coffee House, 3223 E. Lake St. For details, email [joe@longfellow.org](mailto:joe@longfellow.org).
- Wed., May 4, 6-7:30pm: River Gorge Committee meeting at Hiawatha School Park, 4305 E. 42nd St. For details, email [joe@longfellow.org](mailto:joe@longfellow.org).
- Wed., May 4, 7:30-9pm: Environment Committee meeting at Hiawatha School Park, 4305 E. 42nd St. For details, email [joe@longfellow.org](mailto:joe@longfellow.org).

## Rummage Sale scheduled May 13-14

The Youth Group at Faith

## New Longfellow365 books available



The latest copies of "Longfellow365" are available! Sponsored by Longfellow Community Council, these books feature the work of the Longfellow365 photographers throughout 2015. The books cost \$25 and are available at the LCC office, 2727 26th Ave. S. Longfellow365 is a Minneapolis community photography project where seven photographers, each assigned a day of the week, take a unique photograph in the Longfellow Community (neighborhoods of Cooper, Hiawatha, Howe, and Longfellow). The project started January 1, 2014. (Photo shown is "Milkweed in Winter" the photo for Nov. 28, 2015, by photographer Maley Neil)

Evangelical Lutheran, 3430 E. 51st St., is sponsoring a rummage sale on Thursday and Friday, May 13-14, from 9am-3pm each day. There will be many and varied items for all ages.

## Cinco de Mayo scheduled May 1

On Sun., May 1, the community is invited to the annual Cinco de Mayo Celebration at 27th Ave. S. and Lake St., hosted by El Nuevo Rodeo, La Raza 1400AM and 1470AM, and Telemundo MN.

The event is from 12-8pm, but the party continues until the wee hours of the morning inside of El Nuevo Rodeo. There are three stages—two on Lake St. and other inside El Nuevo Rodeo, where there will be a full menu and live entertainment all day long! Beer gardens and food vendors will be in abundance as Latinos mark the beginning of outdoor events in Minnesota while honoring the Battle of Puebla in Mexico.

This year they will offer traditional Mexican presentations of folkloric dance, mariachi, and Aztec dance, and include Mexican bands. There will also be tropical and salsa bands, so bring your dancing shoes.

There will be food and libations from various vendors and local restaurants. Not only Mexican food will be sold, but we will also have American and international favorites like crepes from Town Talk Diner, roasted chicken and Mango Lassi from Gandhi Mahal.

All members of the community are invited to this free celebration of culture, community, music, and cuisine!

## Concordia Ensemble hosted May 8

Choral music during the Worship Service at Faith Evangelical Lutheran, 3430 E. 51st St., will be

Continued on page 12

## In Our Community

Continued from page 11

offered by an ensemble of singers from the award-winning Christus Chorus of Concordia University, St. Paul. All are invited to worship on May 8, at 9am. A door offering will be taken to support the ensemble in raising funds for their concert tour to Eastern Europe.

## Bikes and brew do mix on May 14

Get on your bike and go to the Lake Street Bike & Brew Tour on Sat., May 14, 1-6pm. This self-guided tour lets you enjoy Lake Street's breweries and distilleries from the comfort of your bike.

The tour begins on Midtown Greenway, across from Freewheel Bike Shop. The \$10 ticket includes a commemorative stainless steel pint glass with custom illustration by Minneapolis artist Luke Lieske, one free drink, drink specials, discounts at participating restaurants and bike shops, and prize giveaways!

Participating locations include Harriet Brewing, Eastlake Craft Brewery, LynLake Brewery, The Herkimer Pub & Brewery, moto-i, Lawless Distilling Company, Du Nord Craft Spirits, Urban Forage Winery, and Cider House. Space is limited, so get your tickets now on Facebook at [www.facebook.com/events/948107198620627](http://www.facebook.com/events/948107198620627).



Jeannie Burlowski

## Meeting planned on jump starting college

Minnehaha Academy is hosting "Get a Jump Start: Why NOW is the Best Time to Prepare for College" on Thur., May 5 from 7-8:30pm, featuring educational expert Jeannie Burlowski, who will provide critical information to help your middle school student start to prepare for college now. There will also be an opportunity to ask questions at the end of her presentation.

Burlowski is a full-time consultant, author, and conference speaker, focusing on helping parents set their kids up to succeed brilliantly in college and move into careers they excel at and love.

At this free event, you will learn:

- How students can use LinkedIn for success
- Why you should participate in and document service work
- Tips for strategically choosing classes
- How career exploration can boost future career success and satisfaction

This event is open to the

## Tapestry heeds The Call of the Loon, an annual Contra dance celebration

Tapestry Folkdance Center, 3748 Minnehaha Ave., held their sixth annual Contra dance extravaganza, *The Call of the Loon*, Apr. 8-10. For that weekend, more than 200 dancers from Minnesota and beyond, took to the floor with nationally known bands like Wild Asparagus and Contratopia, and celebrity dance callers like George Marshall and Sue Hulsether. With dances from morning until ... well, morning – participants had plenty of opportunities to practice new moves and develop lasting friendships. Contra dance is an easy folkdance for beginners to learn and there are opportunities every week to do so. Each Saturday there is a lesson at 7:30pm and a regular dance at 8pm. (Photos courtesy of and by Trish Finn)



public. It will be held at the Minnehaha Academy Upper School, 3100 W. River Pkwy. Families with 6-10th graders will benefit most from this program, and students are welcome to join their parents at the event.

## Garden Club slates meeting May 11

"Stormwater, Rain and Boulevard Gardens, Doing Them Right!" is the topic of the Longfellow Garden Club on Wed., May 11, 7-8:45pm at Epworth United Methodist Church, 3207 37th Ave. S.

Cleaning up water pollution in our nearby lakes and the Mississippi starts with what leaves our yards and what enters each sewer drain. Boulevard gardens and rain gardens can help limit the runoff of storm water into the gutter and help it absorb into the soil. When designed properly, these gardens are very effective as well as low maintenance. Master Water Stewards are a new volunteer group, trained to help us create well-planned boulevard and rain gardens, just as Master

Gardeners help with flower and vegetable gardens.

Roxanne Stuhr is a local professional landscape architect and owner of True Nature Design. Also a Master Water Steward, she is coming to the Longfellow Garden Club on May 11. Stuhr will describe how rain gardens work and how to make them, what the city guidelines are for boulevard gardens and ways to include pollinator-friendly native plants for curb appeal.

Meetings are free and open to everyone. More info at [www.facebook.com/LongfellowGardenClub](http://www.facebook.com/LongfellowGardenClub) or at [sites.google.com/site/longfellowgardencubminnesota](http://sites.google.com/site/longfellowgardencubminnesota).

## Minnehaha Munchkins story time

Come together for singing, story time and coloring at the new Minnehaha Munchkins Community Story Time. Offered on the fourth Thursday of each month, 11:30-noon, at the Minnehaha Academy Lower School library, families with youngsters (up to age five) are

encouraged to come in to enjoy and share in this free event with their kids or grandkids. Upcoming events are Apr. 28, May 26, June 23, and July 28. The library is located at 4200 W. River Pkwy. Call 612-728-7763 to RSVP; drop-ins are also welcome.

## Healthy Seniors upcoming events

"Care of Houseplants" will be the Senior Social/Health Talk presentation on Tues., May 17, 10:30pm, at Holy Trinity Lutheran Church, 2730 E. 31st St. Learn the basic principles of houseplant care including watering, soil and light and learn about suitable plants for various conditions such as low-light or high-humidity.

Gentle Yoga classes for seniors are held on Mondays and Fridays at 10am and also meet at

Holy Trinity Lutheran Church. Yoga classes are \$4/each. The last yoga class will be May 20—there will be no classes in the summer.

A monthly Diabetes Support Group for adults of all ages meets on Wed., May 11, 6-8pm, at Hiawatha School Park Recreation Center, 4305 E. 42nd St. They also sponsor a Low-Vision support group.

Call Longfellow/Seward Healthy Seniors at 612-729-5799 for information on any of their events or services.

## Roosevelt High to perform musical

"Urinetown: The Musical" will be performed at Roosevelt High School, 4029 S. 28th Ave. on Apr. 28 at 10am, Apr. 29 at 7pm, and Apr. 30 at 2pm and 7pm.

Continued on page 13



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## In Our Community

Continued from page 12

"Urinetown: The Musical" is a hilarious and irreverent story of greed, corruption, love and revolution in a time of a terrible water shortage. Directed by Kristi Johnson, musical direction by Jay Albright, with music by Mark Hollmann and lyrics by Hollmann and Greg Kotis. Pay what you can (\$5 suggested donation).

## Holistic Moms meets May 18 at Fuller Rec

Would you let your 10- and 6-year-olds walk together to the park without an adult? This made news last year when police were called on the parents. It sparked a national debate on child neglect, state intervention in parenting decisions, and how much freedom is in kids' best interests. Statistically, kids are safer today than in the past, yet parents are more protective. Join the Holistic Mom's Network on May 18 to learn about current MN laws and stats, safety tips, and resources, followed by a discussion about how much freedom we give our children to balance independence and safety.

Holistic Moms Network is a national non-profit organization that connects people who are passionate about holistic health and green living. The Twin Cities Chapter holds monthly meetings the third Wednesday (May 18) of each month, 7-9pm, at Fuller Park Rec Center, 4800 Grand Ave. S. No matter where you are on your parenting or holistic journey, you are welcome. Children are also welcome. For more info, e-mail [tcholicmoms@gmail.com](mailto:tcholicmoms@gmail.com) or visit <http://twincitiesmn.holisticmoms.org> or [www.facebook.com/HMNTwinCitiesMN](http://www.facebook.com/HMNTwinCitiesMN).

## Register now for birding in the gorge

The Mississippi River Gorge is

one of the best places around for bird watching, and the best time to see and hear them is in May. Join local birding experts Dave Zumeta and Lee Pfannmuller for an exploration of the world-class flyway along the river gorge in Longfellow on May 7, 7-10am. Over 170 species have been observed in this area!

Novices and experienced birders are all welcome. Bring your binoculars (or let us know if you need a pair) and a water bottle. Wear sturdy shoes for exploring the river bluffs and forest and banks.

The hike is free, but RSVP is required as the number of participants is limited to 30. RSVP to [joe@longfellow.org](mailto:joe@longfellow.org) or call Joe at 612-722-4529. When you RSVP, you will be provided with the starting location for the hike. This event is sponsored by the Longfellow Community Council's River Gorge Committee.

## AA and NA meets

Every Monday night there is an AA meeting at 7pm at Minnehaha Communion Lutheran Church (4101 37th Ave. S.), and every Tuesday and Wednesday night there is an AA meeting at 7:30pm. On Thursday night, there is an NA meeting at 7:30pm. All are welcome to attend.

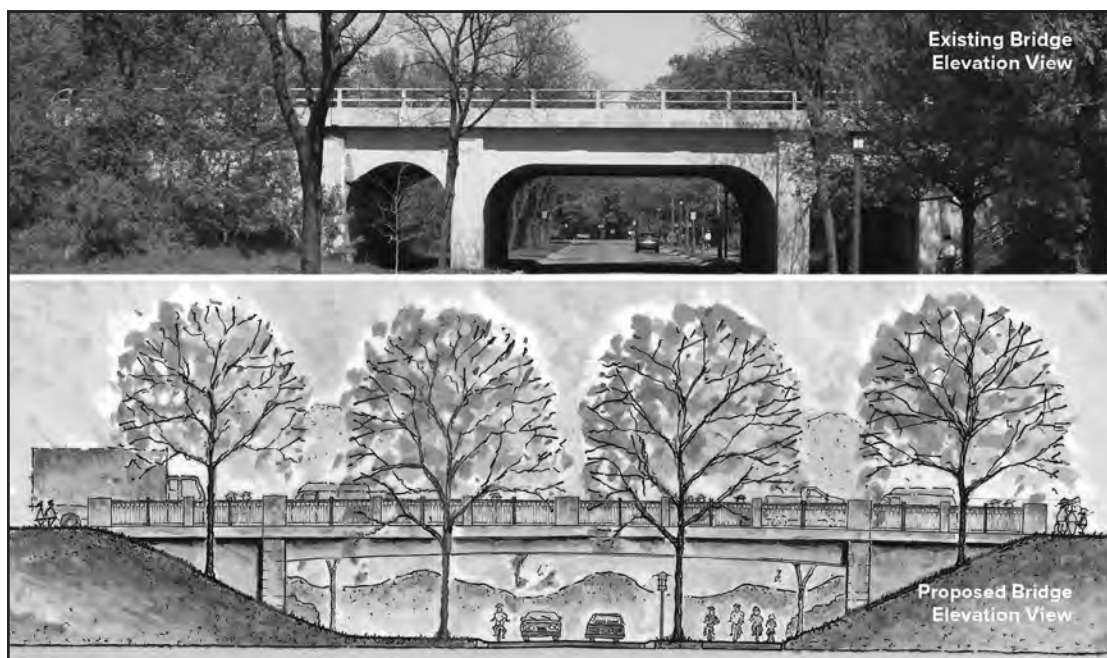
## Gamblers Anonymous meets Wednesdays

Gamblers Anonymous meets Wednesday evenings at 6pm at Living Table Church, 3805 E. 40th St., in the Hope Room. Anyone with a desire to stop gambling is welcome.

## Chess club meets at Nokomis Library

For all ages. Chess it out! The chess club meets from 4:30-6pm, the 1st and 3rd Mondays of the month, through May, at the Nokomis Library, 5100 34th Ave.

## Godfrey Pkwy. Bridge to be replaced; info meeting set May 3



Hennepin County invites the public to attend an open house for the Godfrey Pkwy. Bridge project. The County is planning to replace the bridge in 2017. The bridge carries traffic from County Road 46 (E. 46th St.) over Godfrey Pkwy. in Minnehaha Park. The open house meeting will be held on Tue., May 3, 6:30-8:30pm at the Minnehaha Academy Lower School Chapel, 4200 W. River Pkwy. There will be a brief presentation at 6:30pm. Additional information is available on the project website at [www.hennepin.us/godfreybridge](http://www.hennepin.us/godfreybridge). (Photo provided)

S. Have fun learning the basics of chess, improving your game, mastering strategies, and meeting other chess fans of all levels. Walk-ins welcome.

## Adoption support group meets monthly

The Adoption Support Network holds monthly support groups at Minnehaha Communion Lutheran Church (4101 37th Ave. S.) for parents and teens who have been adopted. Meetings are held the first Tuesday of every month (May 3) at 6:30pm. Adoptive parents are provided with a confidential, nonjudgmental environment where they can support each other and share resources. Teens are invited to meet other teens who

understand what it's like to be adopted. The teen group is not a drop-off group - parent(s) must attend the parent support group. For more info and to RSVP, contact Ginny Blade at 651-646-5082 or [ginnyblade@nacac.org](mailto:ginnyblade@nacac.org) (parents); or Christina Romo at 651-644-3036, ext. 17, or [christinaromo@nacac.org](mailto:christinaromo@nacac.org) (teens).

## Mother's Day Brunch planned May 8

The annual Mother's Day Brunch will be held on Sun., May 8, from 9:30am-12:30pm at the Danish American Center, 3030 W. River Pkwy. The breakfast includes an egg dish, aebleskiver, fruit, Danish pastries, "rugbrod" (pumpnickel) with cheese and salami, juice and coffee. The cost for adults is \$10 for members and \$12 for others. All children are \$5 and under 5 are free. No reservations are needed— just come! For more information, call 612-724-7705.

## Health Directives topic on May 11

"Making Critical Choices (Health Care Directives)" will be held on Wed., May 11, 5:30-8:30pm at Epworth United Methodist Church, 3207 37th Ave. S. Everyone over the age of 18 is invited to participate in an invaluable discussion about writing your health care directive, a legal document that goes into effect if you are not able to make medical decisions or communicate your wishes. Participants will receive helpful materials as well as a document, which when signed by two witnesses or notarized, becomes a legal document. Come for a soup supper at 5:30pm and stay for the presentation. Bring a friend. There is no charge for the supper or the presentation, but a free-will offering will be accepted to cover the cost of materials.

## Neighborhood Churches Welcome You!

**Bethany Lutheran**  
3901 36th Ave. S. • 612-729-9376  
[www.bethanyon36th.com](http://www.bethanyon36th.com)

Sundays:  
9:15 am Education for Adults  
10:30 am Worship  
Beginning Sunday, May 29:  
9:30 a.m. Worship  
10:30 a.m. Coffee Hour

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

Rev. Matthew Kennedy  
Children especially welcome  
Handicapped Accessible  
Contemporary Worship - 8:45 am  
Sunday School for all ages - 10:00 am  
Traditional Worship - 11:00 am  
Espanol - 1:30pm  
Wednesdays through May 11 at 5:45pm  
Meal and activities for the family  
Summer schedule begins 5/29 with  
9:00 & 10:30am worship

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

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

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

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

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

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

**St. Peder's Evangelical Lutheran**  
4600 E. 42nd St. • 612-722-8000  
[www.stpeders.net](http://www.stpeders.net)

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

**Trinity Lutheran Church of Minnehaha Falls**  
5212 41st Ave. S. • 612-724-3691  
[www.trinityfalls.org](http://www.trinityfalls.org)

Pastors Derek Johnson & Matt Oxendale  
Sunday Worship 8:30 & 10:30 am  
Summer Schedule (beg. 5/29) 10:00 am only  
AA Meetings Tuesdays/Sundays 7:00 pm

### Projects of the Neighborhood Churches Include:

**Minnehaha Food Shelf,**  
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3701 E. 50th St.

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April 1<sup>st</sup> thru October 31<sup>st</sup>

The following events are planned during the month of May at the East Lake Library, 2727 E. Lake St.

The **Adult Nonfiction Book Club** will meet Tues., May 3, 6:30-7:30pm. Join our discussion of new and interesting nonfiction titles. May's title is "Packing for Mars: The Curious Science of Life in the Void" by Mary Roach. Lending copies may be picked up at the information desk before the meeting.

**Childcare Group Storytime** is planned for Wed., May 4, 10:15am. Talk, sing, read, write and play together in a format appropriate for the children in your care. Share books, stories, rhymes, music and movement.

The **Biography Adult Book Club** meets Wed., May 4, 10:30-

# Check It Out - News from East Lake Library

## Book clubs, Teen Geekery and Writers' Workshop planned for May

11:30pm. Join our discussion of new and interesting biographies. May's title is "Dearie: The Remarkable Life of Julia Child" by Bob Spitz. Lending copies may be picked up at the information desk prior to the meeting.

The **Teen Geekery Club** meets Thur., May 5, 6-8pm. This group is for teens. Are you an anime and manga fan? A cosplayer? A fan of Doctor Who,

Sherlock, Homestuck or Supernatural? If yes to any of these, Teen Geekery Club is for you! Watch anime, share your artwork and discuss your favorite fandoms.

The **Adult Book Club** will meet Fri., May 13, 10:30-11:30am to discuss "Beyond the Beautiful Forevers: Life, Death, and Hope in a Mumbai Undercity" by Katherine Boo. Lend-

ing copies may be picked up at the information desk prior to the meeting.

**East Lake Library Writers' Workshop** is scheduled for Sat., May 14, 1-2:30pm. Share your stories, exchange advice, and support others in the creative process with the guidance and support of more experienced writers.

**Quick Reads Adult Book**

**Club** meets on Mon., May 16, 6:30-7:30pm to discuss "The Pearl" by John Steinbeck. Join our discussion of new and interesting under-200-page titles.

**Social Justice: Media and Identity** will be held Tues., May 17, 6:30-7:30pm. Let local researcher Nahid Khan immerse you in the topic of mass media and how it shapes identity development in the Muslim community. This is the third of a three-part Social Justice series featuring local artists and activists.

The **LEGO® Lab** is held Thur., May 19, 3-5pm. This event is for families. Calling all future engineers and architects! We've got the bricks, but we need you to bring your imagination. No experience necessary.

# Classifieds

## Messenger

Want ads must be received by the Messenger by May 16 for the May 26 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before **May 16 for the May 26** issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto:denis@deruyternelson.com). Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the *Messenger's* website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

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**LANDSCAPING**

# Break Free Midwest launches new environmental initiative

Article and photos  
by MARGIE O'LOUGHLIN

Break Free Midwest is a new environmental initiative launched in mid-April by MN350.org, in the community room at Gandhi Mahal Restaurant.

In the month of May, the climate change movement is hosting a wave of actions aimed at breaking free from the world's reliance on fossil fuels. Speakers at the Apr. 12 presentation explained how that will play out in the Midwest.

Andy Pearson is MN 350.org's coordinator for Break Free actions. He said, "Break Free Midwest is one of 15 global actions to shut down the world's most dangerous fossil fuel



Andy Pearson, a coordinator for Break Free Midwest, addressed supporters of the launch of Break Free Midwest's new environmental initiative at Gandhi Mahal earlier this month.



Alondra Cano, Minneapolis Ward 9 Council Member, said, "I work in an institution that responds to public pressure. Go to Whiting and bring back some changes." Mayhar Sorour, MPIRG coordinator, and Rene-Ann Godrich, of Native Lives Matter, stood to her right.

projects. Our action will take place on May 14-15 at the Brit-

ish Petroleum refinery in Whiting, IN, near Chicago."

The action has three goals:

- To stop the Enbridge Corporation from expanding tar sands pipelines
- To demand that corporate and political leaders address local environmental injustice
- To ensure that the community surrounding the refinery doesn't get left behind in the

transition to renewable energy  
Buses with protesters will leave Minneapolis (location TBA) at 8:30am on Sat., May 14, arriving in Whiting by late afternoon. Training in civil disobedience will be available on-site on Saturday night and Sun-

day morning for those willing to risk arrest. A 2-1/2 mile protest march is the culmination of the gathering. Modest overnight accommodation will be provided, and buses will return to Minneapolis late on Sunday night. Cost for the weekend is \$110, and scholarships are available. Contact KarlJon@MN350.org with questions, or go to [www.mn350.org](http://www.mn350.org) to register.

Wondering what 350.org stands for? To preserve life on our planet as we know it, scientists say we must reduce the amount of carbon dioxide in the atmosphere to 350 parts per million (ppm). We are currently at 400 ppm and are adding 2 ppm on average each year.

This is the science of climate change. While many of the details are still being studied, one thing is clear. Our climate is changing rapidly—and human activity is the cause.

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AA/EOE

# Italian Eatery creates 'piazza' for local community gatherings

By LOREN GREEN

"We were looking for four years and lost a lot of properties," says Eric Carrara, who co-owns the recently opened Italian Eatery (also referred to as "IE") with his wife, Vanessa.

The couple had been planning to open their own restaurant for years, trying to find the right fit for their neighborhood-Italian concept. When 4724 Cedar Ave. S. came on the market they saw a perfect fit. With the combination of a strong residential base, a tight-knit business community, and the beauty of the nearby lake, they pounced on the longtime home of Carbone's Pizzeria, who moved across the street to an updated facility in 2015.

"We felt the neighborhood was lacking something more high end without the downtown feel," Carrara says, exactly the atmosphere he wants in his restaurant. The couple is also close to the neighborhood themselves. Vanessa grew up in south Minneapolis, and they now live just across the river in St. Paul, a scant three miles from Nokomis.

"There's not much down here," Carrara says, referencing the mostly residential layout of south Minneapolis between the Mississippi River and Interstate 35W. With the lake traffic outside their doors, they saw a perfect fit for an Italian from-scratch restaurant.

The L-shaped building, which had hosted Carbone's since 1986, underwent a significant remodel. When he greets customers, Carrara says the most common comment is, "I can't believe this used to be Carbone's."

The new space feels bigger and warmer and was completed in just ten weeks. "I had a backhoe ready when we signed the papers," he says, and while the

timeline was accelerated, everything went according to plan.

First, IE removed walls between the former Carbone's and their wine store neighbor, Cork Dork, who also moved across Cedar Ave. IE removed the drop ceilings and opened the kitchen space to the dining room. With higher ceilings, softer colors, and the open kitchen, ample natural light shines into the building in a warm and welcoming fashion. The new space includes a mix of community tables for large groups and small private booths. The newly installed bar is a focal point of the dining room while the open kitchen calls attention to the back of the house where food is prepped and cooked. The former Cork Dork room is an adjacent option for quieter dining and private events.

The bar inside features a sliding garage door that opens to the pergola in front, giving an inside-outside bar where patrons can walk-up for a drink or order from inside. Inspired by the piazzas of Italy, the patio is a fundamental element to IE's atmosphere.

"We wanted to draw people, so when you looked from that stoplight you would see people here," Carrara says, referencing the intersection of Cedar Ave. and Minnehaha Pkwy. "Piazas are a town meeting square where people come together," he explains. "We wanted that feeling when people look at the property." In addition to the full bar, they serve mocktails, and their staff has trained with Spyhouse baristas to offer a selection of coffee drinks.

IE plans to merge their pergola bar with the existing patio into a Minneapolis-style piazza that draws walkers, dog owners, bicyclists, and neighbors.

"[Neighbors] are excited to



The Italian Eatery removed walls between the former Carbone's and their wine store neighbor, Cork Dork. They removed the drop ceilings and opened the kitchen space to the dining room. The open kitchen calls attention to the back of the house where foods are prepped and cooked. (Photo by Loren Green)

have something like this and are excited to be able to walk here in the summer," Carrara says. Even in the winter, their patio was tempting. "The first day it was over 45 degrees we had people waiting to get in when we opened," he says smiling.

While the businesses surrounding Lake Nokomis have been successful and stable, the activity is bringing a new enthusiasm to the neighborhood. It's exactly the effect the Carraras wanted their presence to have.

"We wanted to go in an area where we can impact and make it a better place," Eric summarizes. The leaves and flowers are budding, as are the businesses along the popular lake.



With higher ceilings, softer colors, and the open kitchen, ample natural light shines into the Italian Eatery. The new space includes a mix of community tables for large groups and small private booths. (Photo by Loren Green)



Italian Eatery's building went through an intense 10-week remodeling transformation. (Photo by Loren Green)



The Italian Eatery has a combination of community tables for groups and small tables. There is also seating at the new bar. (Photo by Loren Green)

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