



School playground moved from street

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Airport noise battle continues

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'Sound Money' vet talks about decisions

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Keewaydin Park to be challenging for kids, as well as aesthetically pleasing

New master plan incorporates net structure and natural color palate

By TESHAM. CHRISTENSEN

Keewaydin parents want a playground that is challenging and has a high play value. Next door neighbors want one with a calming view.

The Rec Plus Kids showed the parks department how to merge the two.

According to Minneapolis Parks and Recreation Board Manager of Public Engagement and Citywide Planning Jennifer Ringold, when the Rec Plus Kids

fourth one held this year to update the Keewaydin Park Master Plan. Driving the effort is the \$16 million expansion of Keewaydin School that will eventually displace the existing playground and wading pool. While a section of the playground has already been removed, the majority of the equipment will remain for five more years in the existing location, which gives the Minneapolis Parks Department time to find funding to move the play-

Three spinners and six swings from the old playground will be reused. The new play equipment will cost \$233,550.

The wading pool nearby will have a spray feature. There will be numerous benches around it, and park staff members are researching what the best sort of shade structure will be. The cost of the wading pool is \$404,500.

Since the last meeting, park staff did learn that they do not need to include bathrooms in the pool equipment building. Instead, the bathrooms in the main park building will be remodeled to be accessible from outside and to be ADA accessible. It will cost about \$25,000 to renovate the existing rec center bathrooms.

The parks department will also spend about \$41,000 to relocate utilities.

Five additional trees will be planted around the playground, and the existing trees will be preserved.

An ornamental fence will be installed around the perimeter of the playground and the pool as the city requires anything within 100 feet of a street to be fenced. The space near the fence will be left clear of vegetation so that the sight line into the area is clear. "We like to keep the view into parks pretty open to reduce vandalism," said Bartels.

The total cost of the project is \$992,422. That doesn't include the cost of renovating the playing fields, which will range from \$170,000 to \$275,000.

Construction will be phased so that the existing playground and wading pool remain in use until the new ones are ready. Keewaydin parent and school construction steering committee member Matt Lee pointed out the school changed its plans in order to accommodate the playground and pool.

Before anything is built, the city needs to identify funding for the project.

COMMUNITY COMMENTS

Neighborhood resident Cheryl Luger said, "I love the pool and pergola. It looks very well designed."

In response to a question from the audience, Ringold noted that the parks department



Minneapolis Parks and Recreation Board architect Deborah Bartels presents a bird's eye view of the proposed playground and wading pool. After hearing from residents in July that they wanted the playground design to be less structured and more informal, Bartels worked on a redesign that would provide those qualities. (Photo by Tesha M. Christensen)

conducted a parking analysis earlier this year. The conclusion was that there is adequate on-street parking to meet the needs of the playground, pool and athletic fields.

The primary entrance into the playground/pool area will be on the northwest side to encourage patrons to park away from the corner of 53rd St. and 31st Ave.

Park staff re-visited the rationale behind removing two ball fields and creating two soccer fields in their place. Bartels explained that it is difficult to play

soccer in the agricultural lime of a ball field. When local sports groups were surveyed, they stated that the need was for soccer fields, not ball fields.

WHAT IS THE NEXT STEP?

The draft of the master plan will be viewed by the park board at a public hearing on Wednesday, Nov. 7. Residents will be given one to three minutes to speak. Then the park board will consider approving it. Once approved, the parks department will begin to identify funding for the work.



Construction continues on Keewaydin School. A fence near the Rec Center keeps people out of the construction site. Work will be complete in time for the start of the 2013-14 school year. The wading pool and playground equipment currently in place will remain there for about five years to give the park board time to create a new playground on the southeast corner of their property. (Photo by Tesha M. Christensen)

voted on what they want to see in a playground, the majority favored a nature play area over either the classic post and deck or one with all nets (20 to 4).

"We're really thankful for the kids because I think they showed us the way in how to merge the concepts," said Ringold during a community meeting held on Sept. 25, 2012.

When the parks department requests playground manufacturers to submit proposals for Keewaydin Park, they will be told there is a preference for an Evos/net structure with a color palate that mimics nature and uses browns, greens and blues.

DETAILS AND COST

The September meeting was the

ground and pool from the west side of the parks building to the east side.

At the July meeting, residents expressed their support for the location on the east side of the parks building, but wanted the playground design to be more informal, noted Minneapolis Park and Recreation Board architect Deborah Bartels.

The revised plan has a smaller footprint, "but the play value is the same," said Ringold.

It places the K-12 structure with swings closest to 31st Ave. on the south side. In between it and the pre-k structure is a water element shaded by a pergola. In this area will be a sandbox, pump, dry stream bed with boulders, and various concrete walls that will also serve as benches.



This draft of the Keewaydin Park Master Plan will be presented to the park board during a public hearing on Nov. 7. The highlight of the plan is a water element between the pre-K and K-12 play structures. It will include a sandbox, pump, dry stream bed with boulders and various concrete walls that will also serve as benches.

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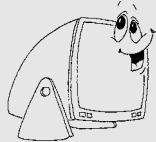
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Now it's easier than ever to keep in touch with the Messenger. Letters to the editor and news releases for publication can be sent via e-mail at denisw@aplacotemember.com. Be sure to send copy in the body of the e-mail, and please mark whether the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

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Coldwater Photo Blitz planned Oct. 28

A Coldwater Photo Blitz will be held on Sunday, October 28, from 8 a.m. to noon, the Mississippi River Fund hosts a Photo Blitz at Coldwater Spring, a historic landmark considered to be Minnesota's first American settlement. People are encouraged to bring their cameras and take pictures of life and landscape. The National Park Service is restoring Coldwater to an oak savanna prairie. Coldwater Spring is located at 5601 Minnehaha Park Drive South; between Minnehaha Falls Regional Park and Fort Snelling State Park.

A Year of Progress at Coldwater Spring Nov. 17

On Saturday, November 17, from 1 p.m. to 2 p.m., a National Park Service ranger will lead a free tour of Coldwater Spring, a landmark considered to be Minnesota's first American settlement. November marks once year since the National Park Service began demolishing the old Bureau of Mines buildings and began restoring Coldwater to an oak savanna prairie. Coldwater Spring is located at 5601 Minnehaha Park Drive South; between Minnehaha Falls Regional Park and Fort Snelling State Park.

Howe playground moved farther away from street

School district withdraws variance request, CUP approved

By TESHAM. CHRISTENSEN

Minneapolis Public Schools (MSP) has decided to put the playground at Howe in a new location in order to avoid requesting a variance from the city.

However, the playground will still be located in the northeast side of the paved area and won't take away from either the grassy playing field or the front lawn space.

Community members had expressed their support for the playing fields at Howe, and asked that they not be infringed upon.

The initial plan for the renovation at Howe School that was presented during a public meeting on Sept. 17, included rebuilding the playground in the same space it used to be in. However, to do that the school district needed a variance from the city because it fell within 20 feet of 44th Ave. S.

According to Howe School Project Specialist Jane Thompson, "We were advised that cost to the property owner (MPS) was not sufficient reason to grant a variance. Therefore, a revised plan for the playground area has been made."

The size of the rubberized playground area is 50 feet by 70



Minneapolis Public Schools (MSP) has decided to put the playground at Howe in a new location in order to avoid requesting a variance from the city. However, the playground will still be located in the northeast side of the paved area and won't take away from either the grassy playing field or the front lawn space.

feet. This is slightly smaller than the current area, but more efficient as it is rectangular in geometry, observed Thompson.

Neither the west parking lot nor the service vehicle safety zone have been compromised by the revised location of the playground.

Additionally, the school district is considering new lights

that will be directed away from the property line towards the play equipment.

The change to the playground will cost the district \$70-80,000 more than the first plan because the school won't be able to reuse the existing concrete border and ground cover.

The conditional use permit for the school renovation was

approved by the Minneapolis City Council on Oct. 1.

"Thank you to all that provided input at the community meeting, school meetings, by email or through your comment cards. Your voices were heard and the children will have both an athletic field and a playground with the new site plan," said Thompson.

Joy Skjegstad of Minneapolis elected to new Board

Joy Skjegstad of South Minneapolis has been elected to the Sheltering Arms Foundation's board of directors, assuming her position in the 2012-2013 fiscal year. As a trustee, Skjegstad brings the skills, talents, and passion needed to further Sheltering Arms' mission of enhancing the lives of Minnesota's children to help them reach their full potential. The foundation funds nonprofit organizations and supports policies that benefit children and their families who have the least access to resources.

Trustees, who serve up to two three-year terms, are women members of the Episcopal

Church in Minnesota who volunteer their time and expertise to guide the foundation. Board members are selected for their diverse skills, backgrounds and experiences, and represent congregations throughout Minnesota. They are responsible for being the fiduciary and strategic leaders of the organization.

In addition to her involvement in Sheltering Arms, Skjegstad is an independent consultant and trainer, focused on strategic planning, fundraising, board development and coaching for leaders. She has special expertise in faith-based organizations, community and youth de-

velopment, early childhood education, affordable housing, services for the homeless, and the arts. With 25 years of fund-raising experience and nonprofit management, she is passionate about seeing children succeed, especially children who start life with limited resources, and about improving public policy to get at the root causes of what is keeping children from success. Skjegstad is a member of Messiah Episcopal Church in St. Paul, where she has served as leader of the visioning team and volunteer for the Great Adventure Club for children. She has also volunteered with her local public

schools and on the board of directors for the Northway Community Trust.

Skjegstad, along with three other new trustees — Renee Campion of St. Paul, Martha Grave of Minnetonka, and Su-Fei Wong McKhann of Edina — brings the Sheltering Arms' board roster to 21 trustees. The foundation's newly elected board president for fiscal year 2012-2013 is Margo Herman of Rochester, a member of St. Luke's Episcopal Church and an extension educator and assistant professor at the University of Minnesota's Extension Center for Youth Development.

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By JANE MCCLURE

South Minneapolis residents and elected officials are following two tracks in the latest round of debate over air traffic noise. One centers on a capital improvement plan for Minneapolis-St. Paul International Airport (MSP). This plan covers a wide variety of improvements for the airport. The improvements would be implemented through the year 2020.

A public comment period on an environmental assessment for the plan closed October 11. The Minneapolis Airports Commission (MAC) will vote November 19 on the environmental assessment related to the long-range plan. That action and the plan itself go to the FAA for approval.

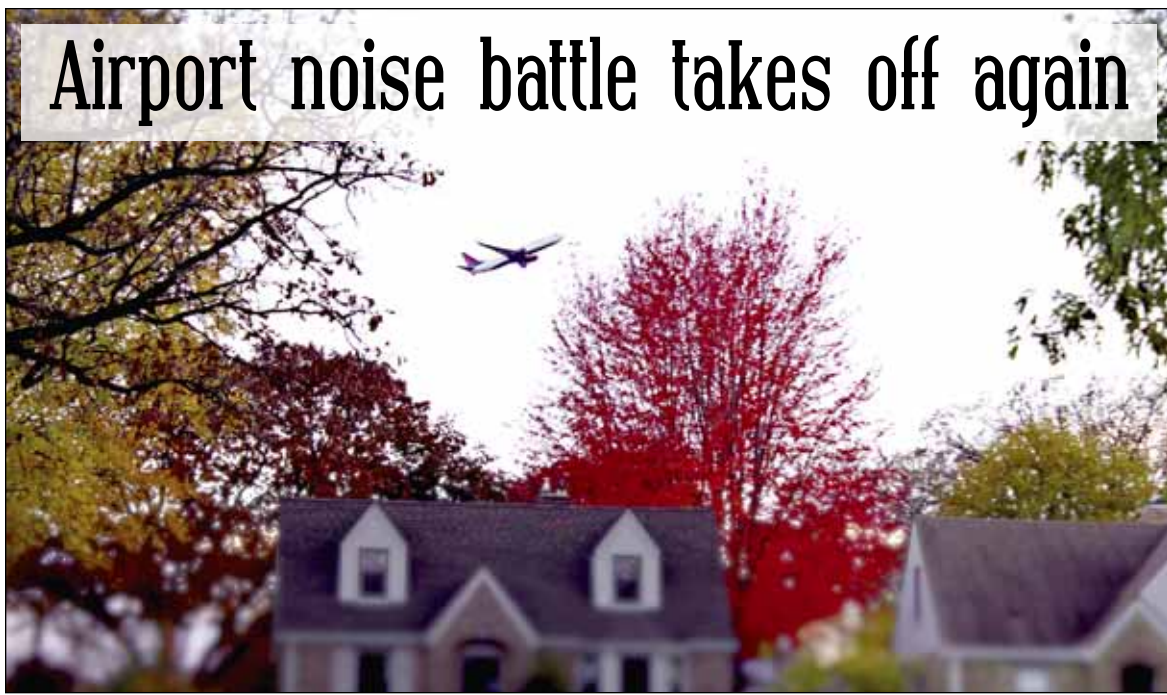
The plan is available at http://www.metroairports.org/mac/Docs/2020_EA_EAW/2020_EA_EAW.aspx

The second issue, which is also being eyed warily, centers on area navigation or RNAV. This involves new aircraft navigation techniques, which some fear could subject certain areas to even greater intensity of air traffic noise.

Minneapolis city officials are concerned that RNAV is being pushed through too quickly, without adequate community input and information about what the navigation techniques mean.

Recently MAC announced it will host open houses to explain RNAV. A south Minneapolis open house is planned for 5:30 p.m. to 8:30 p.m. Thursday, Nov. 8 at Crosstown Covenant Church, 5540 30th Avenue South. The public can attend and learn about RNAV.

Proponents of RNAV contend that by having planes fly in a straight line after takeoff, airlines and air freight carriers save fuel



Minneapolis city officials are concerned that a concept called "area navigation" or RNAV is being pushed through too quickly, without adequate community input and information about what the navigation techniques mean. Recently MAC announced it will host open houses to explain RNAV. A south Minneapolis open house is 5:30 p.m. to 8:30 p.m. Thursday, Nov. 8 at Crosstown Covenant Church, 5540 30th Avenue South. The public can attend and learn about RNAV. (Photo by Stefanie Berres)

and can reduce emissions. Planes would fly the same routes and would be able to do so more precisely.

But skeptics of the practice contend it could cause more noise below the specific routes, in areas where residents are already hard-hit. Minneapolis city officials are working with Minneapolis state legislators and Congressman Keith Ellison's office to get more input before RNAV is implemented here. One timeline indicates that the FAA would like to be able to implement RNAV by the end of November.

Minneapolis City Council Member Sandra Colvin Roy has questioned whether RNAV could

simply create "highways in the sky." While it may work over the Minnesota River Valley or areas without homes, it could create problems in other areas. She and others have questioned whether airport officials here and the Federal Aviation Administration (FAA) are simply trying to push RNAV through without adequate public input.

Colvin Roy is especially worried about the consequences of RNAV. She is urging area residents in joining her in calling for the environmental assessment and additional public input before any changes are implemented.

"I'm very concerned that this could have huge negative impacts

on Minneapolis residents, but the fact is, I don't know what will happen," she said. "Nobody does. The environmental impacts, including noise, have not even been studied. It's totally unacceptable to make these changes without a thorough review and without any input from the people affected."

Colvin Roy's office does offer regular updates on airport issues and information on how Minneapolis neighborhoods are affected. (Contact her aide Loren Olson at loren.olson@minneapolis.gov or 612-673-2378.)

RNAV on top of proposed airport expansion are seen as a double whammy for many area resi-

dents. The \$1.5 billion airport expansion plan has been in the works for some time and was reviewed at a community open house at the airport October 1. It has also been discussed by a number of south Minneapolis neighborhood organizations, and has drawn numerous comments on Internet discussion groups. Minneapolis city leaders are especially concerned about noise impacts on already-stressed neighborhoods and have asked for more study before the plans are approved.

Any expansion plan would ultimately require FAA approval. Airport revenues would cover most of the costs.

The plan is meant to accommodate airport growth to the year 2020. The expansion plan has reignited debate over what some see as a need to relocate the airport, an issue that has been battled about for years.

Concourses would be remodeled and a new international flight wing and parking ramp built. One key conclusion of the plan. The plan also assumes that Delta will retain a major hub here and that there will be an uptick in passenger numbers and airport usage by businesses overall.

Minneapolis, Eagan, Richfield, Bloomington and Mendota Heights neighborhoods would be affected by more noise. In the Lake Harriet area there would be 1,131 homes getting noise abatement, either for the first time or through additional work.

Overall 2,703 metro-area homes would experience more noise by 2020 than the home occupants did in 2010. But many of those homes already have been soundproofed and wouldn't get more work done.

Next Deadline: November 12

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Viewpoints

Messenger

For more information on submitting letters or news announcements to the Messenger call Denis Woulfe at 651-645-7045.

Our neighborhoods are filled with references to "The Song of Hiawatha," the lengthy poem by Henry Wadsworth Longfellow. I've written before about what this epic has inspired, including musical compositions, stage plays and musicals.

But it turns out that this poem has also inspired a host of parodies. Almost from the time it was first published, writers have been poking fun at Longfellow's epic. The first published spoof apparently was in 1856, just a year after Longfellow's poem appeared in print.

Even Lewis Carroll wrote a parody. In his version, Hiawatha is a photographer. Carroll's spoof is one of 20 in an anthology called "Parodies of the works of English and American authors." Edited by Walter Hamilton, the 1884 anthology includes parodies of other works by Longfellow as well as the works of Bret Harte, Alfred Lord Tennyson and others. The book has been reprinted several times, and can also be read online via Google Books.

In more recent years, parodies have been published by Mad Magazine and performed on Saturday Night Live. In the magazine spoof, "Gitchy Goomy" is a bar and "Nokomis" a restaurant.

A British computer scientist, who writes under the name F.X. Reid, has used the "Song of Hiawatha" as an inspiration for an ode to computer hackers. He calls his parody "Hakawatha." Here's an excerpt:

First, he sat and faced the console Faced the glowing,



Hiawatha Notebook

By TOM GILSEAN

In the shadow of Longfellow

humming console Typed his login at the keyboard Typed his password (fourteen letters) Waited till the system answered Waited long and cursed its slowness

Perhaps you, too, have rewritten a bit of Longfellow's poem for comic relief. Or maybe these examples will inspire you to try your hand at a spoof. If so, why not send your excerpt to me. I'd like to publish a few samples.

Have a favorite holiday tradition you'd like to share? I'd like to hear about it for my next column. Perhaps there is a house in the Longfellow district you and your family always visit to see the outdoor decorations? (I remember a particularly stunning display at a house on Snelling.) Or a night when you and your Nokomis neighbors go caroling? Or a concert at a neighborhood church that you never miss? I'd like to hear about these and other holiday traditions in your family. You can write to me at the email address which appears at the end of this column. Or write in care of the Messenger.

Deck the table with roast turkey
Gobble, Gobble, Go-bble, Gobble, Gob
Put away the old beef jerky
Gobble...
Someone say the family blessing
Gobble...
And pass along the wild rice dressing
Gobble...

If you'd like the rest of the lyrics for this song, and a couple of other Turkey Carols, just send a message to me at the email address which appears at the end of this column. Happy Thanksgiving.

(Tom Gilsean has been writing the Hiawatha Notebook column since 1997. He welcomes story ideas from readers. Write to him via email at: tomgilsean@gmail.com. You can also write to him in care of the Messenger.)

If you like organizing people, events, or meetings; working on a project from idea to completion; coordinating volunteers; discussing neighborhood issues; writing feature stories; or generally helping with whatever needs to get done, [NENA needs you!] If your answer is yes, then call us (612-724-5652) and we'll work with you to put you in the best job for your interests and skills. We are very much in need of self-motivated volunteers willing to take on leadership roles for projects, committee work and Board work.

If you are thinking, no...because you're not sure you want to get involved, or you've never done anything like this before, or you're concerned about having enough time, then let me put the question another way: Do you want your neighborhood organization to stay strong, with projects like the Gateway Gardens (on 50th Street at 42nd Ave) and low interest home loans to continue improving the neighborhood? Do you want our communi-

NENA (Nokomis East Neighborhood Association)

BY RITA ULRICH AND DOUG WALTER

Volunteers Needed: Team Leaders, Project Organizers, Board Members

ty events like the Night Before New Year's Eve Party and the Minneapolis Monarch Festival to get better each year? Do you want the Naturescape Gardens at Lake Nokomis to remain a beautiful habitat for monarch butterflies and wildlife?

If your answer is yes, even a tentative yes, then you need to get involved. Because without neighborhood volunteers, much of what NENA does cannot be sustained. We will teach you what you need to know, guide you through the steps, find other people to work with you, and support you in any way we can. But first you have to make the call. Contact the NENA Office at (612) 724-5652 or email nena@nokomiseast.org.

Some of the current opportunities are: Coordinator for Livability Working Group; Board Members for the Wenonah and Minnehaha neighborhoods and (plus elections for all neighborhoods in April); Project Co-Coordinators for Nokomis Naturescape and Gateway Gardens; Team Leaders for the Night Before New Year's Eve Party (NBNYE). Working as part of a team is fun, and a great way to get to know new people. If you've never been a leader or coordinator before, we'll help you. And you will enjoy seeing the results of your group's work, whether it's smiles on the faces of children at NBNYE, or knowing that you helped someone resolve a housing problem. Few things are more rewarding than a volunteer job well done.

Volunteers Still Needed for Kids Vote on Election Day

On Election Day, Kids Voting Minneapolis provides students an authentic voting experience either during the

school day (in specific schools), or with their parents between the hours of 2:00 and 8:00 pm. Students cast a Kids Voting ballot that includes many of the same candidates and issues on the adult ballot.

Kids Voting Minneapolis can only provide this with the help of many volunteers working 2:00-5:00, 5:00-8:00, or 2:00-8:00 on Election

Day. They would like a volunteer in every precinct to explain the voting process and ensure that each precinct's votes are tabulated correctly. They are especially looking for volunteers who neighborhood kids might recognize: parents, grandparents, teachers, coaches, directors, etc.

For more information or to volunteer, contact Will Howell at will@kidsvotingminneapolis.org or 612-568-VOTE.

Upcoming NENA Meetings and Events

Election Day! 7 AM - 8 PM, Tuesday, November 6. Find your precinct and voting location at www.nokomiseast.org (remember, precincts have changed because of redistricting).

Livability Group: 7PM, Monday, November 12, at NENA, 3000 E. 50th St.

NENA Board: 7 PM, Thursday, November 15, at NENA.

NBNYE Planning: 7PM, Monday, November 19, at NENA. Come to this meeting you if would like to be a team leader for the Night Before New Year's Eve Party (Sun, Dec 30).

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

To keep up to date on neighborhood issues, events, etc, sign up for [NENA's E-Mail list]. Send an email to nena@nokomiseast.org with "E-List Subscribe" in the subject line, and we'll get you on it.



Over 70 volunteers worked to make the 2012 Minneapolis Monarch Festival a fun experience for all. Behind the camera: Margo Ashmore, volunteer photographer for the festival.

Do the Write Thing!

For more information on submitting letters or news announcements to the Messenger call Denis Woulfe at 651-645-7045.

Venture Academy wins national attention, Gates funding

A national competition funded by the Bill and Melinda Gates Foundation next week will name Venture Academy, Minnesota's first 6-12 school with a personalized, blended digital learning program, as one of the nation's 20 Breakthrough School Models for College Readiness. Venture Academy will use the support to open Minnesota's—and possibly the nation's—first school designed to cultivate innovators and entrepreneurial leaders in Minneapolis in August 2013.

Minnesota's only awardee, Venture Academy is one of 20 winners of the Next Generation Learning Challenges (NGLC) Wave IIIa competition, which in-

cludes a \$150,000 planning grant and eligibility for up to \$300,000 more in matching funds. NGLC supports school models designed to improve college readiness through personalized learning and the use of technology, and help others adopt effective models. Led by EDUCAUSE, NGLC is funded by the Gates and Hewlett foundations and sponsored by the Council of Chief State School Officers and the International Association for K-12 Online Learning.

Authorized by Innovative Quality Schools, Venture Academy will also be Minnesota's first middle-high STEAM (science, technology, engineering, arts and design, math)-focused program,

Venture Academy

TAKE CHARGE OF LEARNING

and will serve a cross-section of Minneapolis children seeking personalized, engaging and accelerated learning pathways to college, career and life.

"Venture is designed to motivate young people to make dramatic learning progress by letting them take charge of their own learning," says Jon Bacal, Venture Academy's chief entrepreneurship officer. "By blending student-directed, personalized digital learning and adaptive teach-

ing, Venture cultivates the skills everyone needs to thrive in the 21st century. Only 40 percent of all Minneapolis high school students and 20 percent of Latino and black students are college-ready; our city needs a 21st century school."

In addition to Inspiring Innovators and Leaders, the other two elements of Venture Academy's design include:

- Try-Measure-Learn-Iterate, encouraging educators and

students to try new approaches, take risks, track progress in real-time, adapt and improve constantly and share lessons learned

- Growing Great People, igniting student—and educator—passions to fuel the relentless learning, leadership and character practice required to become great learners, educators, leaders and people

The families of more than 130 entering sixth-graders have completed intent to enroll forms to date for the future Minneapolis public charter school. For more information about Venture Academy's approach to learning or to complete an intent to enroll form, visit www.ventureacademies.org

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Wanted

Team Leaders Project Organizers
Board Members

NENA is very much in need of self-motivated volunteers willing to take on leadership roles for projects, committee work and Board work.

Some of the current opportunities: Coordinator for the Livability Working Group; Project Co-Coordinators for Nokomis Naturescape and Gateway Gardens; Team Leaders for the Night Before New Year's Eve Party.

See our column in this issue for more details!

"Learning at the Square"
An educational opportunity in partnership with Nokomis Healthy Seniors

Wednesday, November 14, 2012 1:30 p.m.

"Getting Your Ducks in a Row"
Kate Nojd, Home Instead and Lin Butler, Regions Hospital will discuss health care directives including the POLST document and present a guide for keeping critical information safe and up-to-date

Nokomis Square Cooperative
5015 35th Avenue South, Minneapolis, MN 55417

**For more information call 612-721-5077
Or visit www.nokomissquare.com**

Don't Miss Our Saturday, November 10, 2012 Boutique and Bake Sale!

Your Precinct & Polling Place May Have Changed

As part of the redistricting process, new ward and precinct boundaries were drawn. The new boundaries determine where you vote on **November 6**. There have also been some changes to polling locations.

Polling Places in Ward 12

Keep in mind that your ward or precinct number may be different from the last time you voted. To verify your polling place, go to mnvotes.org.

- 12-1 – Longfellow Park, 3435 36th Ave S
- 12-2 – Dowling Urban Environmental School, 3900 W. River Parkway
- 12-3 – St. Peder's Evangelical Lutheran Church, 4600 42nd St E
- 12-4 – Hiawatha Community School, 4201 42nd Ave S
- 12-5 – Nokomis Community Center, 2401 E. Minnehaha Parkway
- 12-6 – Minnehaha United Methodist Church, 3701 50th St E
- 12-7 – Minnesota Veterans Home (Bldg. #17), 5101 Minnehaha Ave
- 12-8 – Sibley Park Recreation Center, 1900 40th St E
- 12-9 – St. Helena Catholic Church, 3201 43rd St E
- 12-10 – Morris Park, 5531 39th Ave S

Although the new ward and precincts are used to determine where you vote this fall, for purposes of city representation, the old districts stay in effect through the 2013 elections.

Sandra Colvin Roy, Ward 12 Council Member
Sandra.Colvin.Roy@minneapolismn.gov 612-673-2212



What's Cookin'...

By COLETTE MULLENMASTER

HealthPartners Nokomis Clinic Grand Opening October 1st 2012

CM: HealthPartners has been around a long time. Where did it get its start?

HP: The first HealthPartners Clinic opened in 1957 in St. Paul. The Como Clinic was part of Group Health, Minnesota's first consumer-governed non-profit health plan with a board of directors made up of its own members and patients. Since then, HealthPartners has grown into a multi-specialty practice with more than 700 physicians in 35 medical and surgical specialties. The Nokomis Clinic is HealthPartners 25th primary care clinic.

CM: Nokomis has seen a vitalization over the years that has stemmed from a community of residents and business' who love the neighborhood. What is it that HealthPartners considers as the best thing about doing business in this community?

HP: We have also recognized the re-vitalization of this area over the past several years and are very impressed with the local community's commitment to this neighborhood and the pride everyone clearly has in this unique part of South Minneapolis. HealthPartners views this as a great opportunity and a real privilege to not only be an active business partner contributing to the economic success of the

area, but, more importantly, to create a true partnership with residents with the goal to improve their health. It represents a terrific chance for us to work with yet another truly engaged patient population.

CM: How does HealthPartners see itself in the community over the next 10 years?

HP: We hope to see the HealthPartners Nokomis Clinic continue to grow and thrive along with the rest of the neighborhood and businesses over the coming years and become part of the true fabric of the neighborhood. We want to be an active part of the community through direct participation and support of various local events and projects. Beyond the typical role of a medical clinic, we hope to make a real impact on the overall health of this community in the years to come by offering classes and other programs that encourage and promote healthy eating, exercise, mental health and overall wellness.



Dr. Ian Kenning, MD

TIP! Back injuries are common this time of year, as activities like raking leaves and shoveling snow can be demanding and intense. If you feel a tweak in your back, Nokomis Clinic chiropractor Andrea Burkhard says the best thing to do is to avoid staying in one position for too long. "While it may provide temporary relief to stay in bed or to sit in your favorite recliner, this causes muscles and joints to stiffen and can even slow the healing process," Burkhard says.

She also says to avoid sitting on soft furniture and if you must bend, do it at the knees instead of the waste. Abdominal bracing (lightly tightening your stomach muscles as you would when clearing your throat) can also help take stress off the spine and surrounding muscles if you need to bend over.

For back pain that lasts for longer than a few weeks, consult a physician or chiropractor.



Andrea Burkhard, DC
Nokomis Clinic Chiropractor

HealthPartners Nokomis Clinic

4730 Chicago Avenue Minneapolis, MN 55407 • 952-967-7485 • www.healthpartners.com/clinics

MPRB seeks public feedback on aquatic invasive species prevention program

The Minneapolis Park and Recreation Board (MPRB) will host two public open houses to gather public feedback on the 2012 Aquatic Invasive Species (AIS) prevention program inspections at Lake Calhoun, Lake Harriet and Lake Nokomis and share information on proposed AIS prevention plans for 2013. The first will be Tuesday, Nov. 13, from 6:30-8 p.m. at the Lynnhurst Recreation Center, 1345 Minnehaha Pkwy. W, Minneapolis. The second is Saturday,

Nov. 17 from 1:30-3 p.m. at the Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.

Community members who are not able to attend the open houses will have an opportunity to provide feedback and offer ideas through an online survey available on the MPRB website from Nov. 13-28.

For questions regarding the open house, contact Robin Smothers at 612-230-6410 or rsmothers@minneapolisparcs.org

Do It Green! announces 7th Annual Green Gifts Fair



Kick off the holiday season with Do It Green! Minnesota's 7th Annual Green Gifts Fair on Saturday, Nov. 17 from 10 a.m.-5 p.m. at Midtown Global Market on Lake Street and 10th Avenue in Minneapolis. Shop among 70 plus local, eco-friendly artists and businesses, catch the eco fashion show, cooking demonstrations, kids' activities, and learn how to entertain green this holiday season.

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'Sound Money' veteran brings money Gospel to retirees

By JAN WILLMS

According to Bob Potter, the two top issues that concern retirees and pre-retirees are health and money.

With the launching of Sound Money Group®, Potter and his partner, Scott Haakenson, are hoping to address those concerns with common sense and good financial planning.

Potter, a Longfellow resident who with his wife has made Becketwood his home for the past three years, was the creator and voice of Sound Money, a program that offered advice on finances to NPR listeners. Potter was on Sound Money for 15 years before leaving public radio to expand his career in the financial industry.

The Minneapolis native started out in broadcasting, working at the University of Minnesota radio station as a student and a professional. He also was on WCCO TV.

"I decided mine was a face made for radio," he joked, and he started with NPR in 1972, one of about a dozen early employees of the station. He was a part of Morning Edition and Midday, but he had always had an interest in finance.

"I was a big fan of Louis Rukeyser on PBS," Potter said. Rukeyser was a financial journalist, and Potter sought to bring a show offering advice on financial questions to MPR.

"I thought it strange there was nothing regularly dealing with people's finances and money on public radio," Potter recalled, "and I talked to my bosses about it, and we started Sound Money." He and Haakenson purchased the rights to the name from NPR and decided to use it for their new company.

"My interest evolved from general news to financial stuff," Potter explained. "But on the radio, we could never get into

that much depth with people. I remember thinking; when I'm 80, do I want to look back and say I only did one thing in my life—radio?" He decided to take a gamble and leave NPR after 28 years and put his skills full-force into the financial industry.

He worked with a company for about six years, and then began working with Haakenson, who has had a 25-year career in financial services.

Although their company, located in St. Louis Park, is designed to provide financial advice to all ages, Potter said he thinks the people they will be most helpful to are retirees and pre-retirees.

"The landscape for them has changed so drastically over the past 10 years," he said. "There were always peaks and valleys in the market, from 1981 until around 2000. Generally, there is one big financial drop every generation. But this generation has seen three big market declines over just this past decade."

He said that in 2000, the technical bubble burst and there was a 40 per cent drop in markets.

"A lot of portfolios went down, and then were built back up. But then the housing market went down. Then there was a financial collapse," Potter said.

He believes people don't start to get serious about money until they reach the point that it's of immediate concern. "It's like when someone has a scratchy throat, they don't go to a doctor. But if they develop a fever, they do see the doctor."

"People in their 50s, 60s and beyond have the greatest concerns about money," he said. "Once they are retired, they're scared to death. Will they run out of money before they run out of breath?"

Potter said individual finances are not divorced from



Bob Potter, a Longfellow resident who with his wife has made Becketwood his home for the past three years, was the creator and voice of Sound Money, a program that offered advice on finances to NPR listeners. After 15 years at Sound Money, Potter left the show to expand his career in the financial industry.

what is going on in the bigger world. The fiscal cliff, which he considers may be more of a slide than a cliff, will have an impact. The continuing unstable situation in the Middle East will also have an effect.

"So much of the actual trading in the market is done by fast money people," Potter explained. He said one benefit of this is that it has lowered the cost of participating in the market for individuals. But with all the computerized trading going on, it can result in flash crashes, with no one able to stop it, and the market can drop by 40 per cent.

Potter said that Sound Money Group® hopes to help

older individuals with wealth, health and legacy. "Not just financially, but what will people leave behind? How will they be remembered?"

He said people need to learn about the impact of affordable health care, what kind of medical plan is best for them. He added that a lot of people do not realize that Medicare doesn't cover long-term care.

Although his company can help people with some of these issues, he admitted that financial planners don't have every answer. He said Medicare cannot go on as in the past, and the same is kind of true for Social Security.

"Social Security is the easier

of the two to solve," Potter noted. He said that when the program started, 65 was full retirement age but the average life span was only 63. "Now it's 77 or 78," he continued. "There were a dozen workers for every retiree when Social Security started; now there are five, and soon there will only be three."

Potter said he sees no choice but that the retirement age will have to increase.

"Very few people have the amount set aside that is required for them to live on," he said. "They don't have the assets to support a lifestyle they might want to enjoy." Potter himself is a good example of working later in life, starting a new company at age 65.

He sees the biggest mistakes people make in planning their finances is not saving early enough and not saving enough. "You should start with a 401K or some kind of retirement as soon as you get your first paycheck," he said.

Another mistake is that people let the market do their saving for them, which is something he said they cannot count on.

"Many put too much of their retirement money into their own company stock, and put too much dependence on that one company," he said. Lastly, he urged people to watch their spending.

"There is not a lot we can control," he continued. "Financial planners are not soothsayers. But we can help people control what is in their power to control."

He added that it is never too late to start or change a method of financial planning.

"It's never hopeless," Potter advised. "But it may require changes in the way you look at what is important in your life."

For further information, the company has a website, sound-moneygroup.com.

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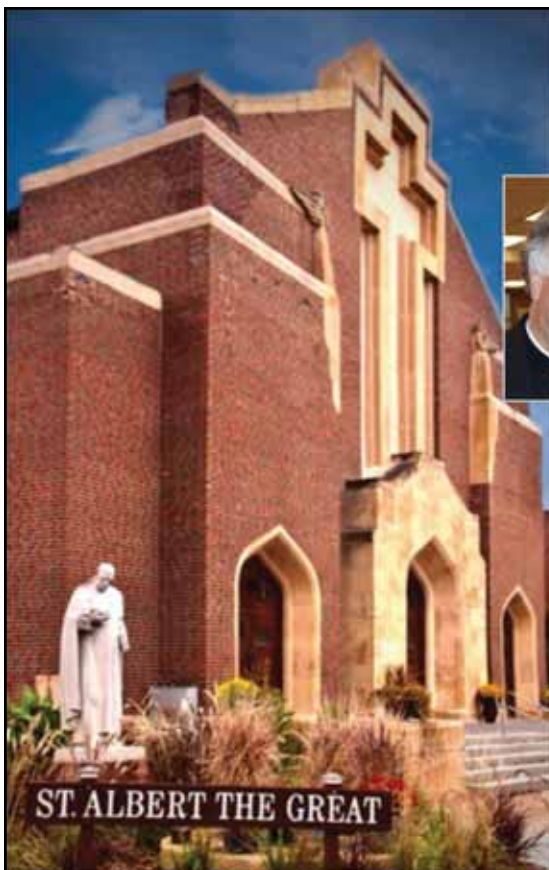


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Sabo Bridge closed for repairs until early December

Nearest crossing at 28th a 'mess'; Xcel installing new substation and transmission lines at same time

By TESSA M. CHRISTENSEN

Sabo Bridge is closed to all pedestrian and bicycle traffic until early December.

Crews are making final repairs to the five-year-old bridge, which was first closed earlier this year when a pair of suspension cables broke loose.

"We're pleased to see the final bridge repair underway," said Midtown Greenway Coalition Soren Jensen. "I know many people join me in hoping the repair goes smoothly and quickly. I think the most important thing is to do it right and ensure the bridge is safe, however long it takes."

NEW PARTS WILL WITHSTAND WIND-INDUCED FATIGUE

Diaphragm plates on the bridge's pylon will be installed and retrofitted while the bridge is closed. After extensive tests, Wiss, Janney, Elstner Associates, Inc., an engineering firm hired by the city, identified the cause of the cable connection failure to be wind-induced cable vibrations that caused

fatigue cracking in the diaphragm plates. These plates secure the cables to the bridge's main pylon.

According to the city, the retrofitted and replacement plates being installed are designed to withstand the fatigue that caused the cracking.

After the bridge was closed in February 2012, the broken plates were analyzed by Lehigh University in Pennsylvania. Strain gauges, displacement transducers and accelerometers installed on the bridge provided actual stress range movement, amplitude and frequency of cable vibrations experienced by the bridge during wind events. These two pieces of information presented investigators with a complete picture of what happens to the bridge in all kinds of weather. From this, the repair plan was developed.

The 215 foot-long cable-stayed suspension bridge opened in November of 2007 to carry Midtown Greenway bicycles and pedestrians over Hiawatha Avenue. The bridge was built by Hennepin County and turned over to the city of Minneapolis when construction was completed.



Crews work to install and retrofit diaphragm plates on the Sabo Bridge pylon. The bridge was closed in October and will not reopen to pedestrian and bicycle traffic until work is completed in early December. (Photo by Tessa M. Christensen)

INTERSECTION AT 28TH A 'MESS'

The nearest crossing to the Sabo bridge for bicyclists and pedestrians is at 28th and Hiawatha. However, that is an area of concern right now for the Midtown Greenway Coalition. Xcel has begun construction there on the substation and two 115-kilovolt transmission

lines that will travel 1.5 miles underground from Hiawatha to Oakland Ave. S. via 28th.

"It's really quite a mess right now," observed Jensen.

He added, "Fixing the Sabo bridge is a top priority, so bicyclists and pedestrians can at least avoid most of the construction and safely cross Hiawatha/55."

Construction of the transmis-

sion lines will be complete in the fall of 2013. The substation work will be done in 2014. The bike trails around the Hiawatha substation will remain open during the construction; however, at times the trail will be temporarily rerouted by 10 to 20 feet.

The Hiawatha Transmission Line will carry 55 megawatts of power, enough to serve 50,000 customers, and bolster existing capacity infrastructure.

Jensen encourages bikers and walkers to remain patient through the construction process. "The power company's original idea was to place giant overhead power lines in the Midtown Greenway. What a terrible idea! With the support of neighborhood organizations and residents along the Greenway, our coalition took the lead in the fight to keep the lines out of the Greenway — and we won!"

"So, while the construction on 28th will disrupt things for a while, we see it as a reminder of the power of neighborhoods and citizens standing up to protect vital community assets like the Midtown Greenway."

Know your polling locations before you set out to vote November 6

By IRIC NATHANSON

If they are new to the area or if they have moved recently, Longfellow/ Nokomis area voters can find the location of their polling place at the Minnesota Secretary of State website at <http://pollfinder.sos.state.mn.us>

Voters can get an advance look at the November 6 ballot for their election precinct at <http://myballotmn.sos.state.mn.us>

State legislative district lines have changes for the 2012 election. Longfellow precincts are in District 63A, while Nokomis East precincts are in District 63B.

District 63 A polling locations

Ward 2, Precinct 1
Holy Trinity Lutheran Church
2730 East 31st St

Ward 2, Precinct 3
Brackett Park
2728 39th Ave So

Ward 9, Precinct 8
Holy Trinity Lutheran Church
2730 East 31st St

Ward 12, Precinct 1
Longfellow Park
3435 36th Ave So

Ward 12, Precinct 2
Dowling School
3900 West River Pkwy

Ward 12, Precinct 3
St. Peder's Church
4600 42nd Street E

Ward 12, Precinct 4
Hiawatha School
4201 42nd Ave So

District 63 B polling locations

Ward 11, Precinct 8
Lake Nokomis School
Wenonah Campus
5625 23rd Ave So

Ward 11, Precinct 9
Keewaydin Neighborhood
Center
3030 East 53rd St

Ward 12, Precinct 7
Minnesota Veterans Home
Building 17

Ward 12, Precinct 5
Nokomis Community Center
2401 East Minnehaha Pkwy

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Minnehaha United Methodist
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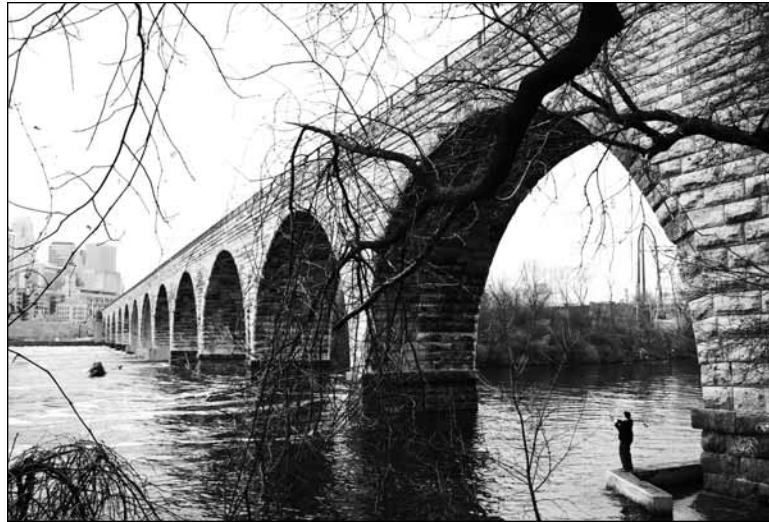
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Friends of the Mississippi releases State of the River report Sept. 27

By JANE MCCLURE

Forty years after the passage of the Clean Water Act and 24 years after it became a national park, the Mississippi River is cleaner and healthier than it has been in a generation. Fish and bird species and mussels have returned as pollution has been cleaned up and habitat restored. But worrisome trends remain, especially in the form of excessive sediment and phosphorus, increased runoff and areas of excessive bacteria. Those were highlights in a first-ever State of the River report released September 27 by the Friends of the Mississippi River and the National Park Services (NPS) Mississippi National River and Recreation Area (MNRRA).



Forty years after the passage of the Clean Water Act and 24 years after it became a national park, the Mississippi River is cleaner and healthier than it has been in a generation. Fish and bird species and mussels have returned as pollution has been cleaned up and habitat restored. (Photo by Stefanie Berres)

The report draws on several studies and a flood of data to describe how the river is doing after decades of efforts to curb the flow of pollutants including industrial and farm runoff and sewage. It also outlines 13 indicators of river condition in the 72 miles of river from Dayton to Hastings. The indicators include phosphorus, nitrate and sediment content, and the river's viability for recreation, fish and wildlife.

"The health of the river is really a function of what we're doing on land," said Lark Weller, water quality coordinator for the NPS. The report and ways people can help aid water quality can be found at www.mississippiriver.org. The report includes a stewardship guide for the public and a policy guide for elected officials.

Paul Labovitz, NPS superintendent for MNRRA, said the report is a benchmark for past efforts and outlines work to be

done in the future. Those at the report's release event cited the growing population of eagles and the presence of 119 fish species below St. Anthony Falls as highlights. Longtime area residents may recall when pollution would build up into a smelly mass above the Ford Dam.

Minneapolis Mayor R.T. Rybak highlighted the importance of the report's findings. He said the region needs to have the sense of stewardship toward the river that Minneapolis has for its chain of lakes. Minneapolis and St. Paul are the only cities in the United States with a national park running through them," he said. "Making sure this river is all it can be is very, very important."

"The river is a complex ecological system, with many factors affecting its overall health and vitality," said Friends Executive Di-

rector Whitney Clark. He said that while the river's improved health is encouraging, the negative indicators need to be recognized and addresses.

Clark, Rybak and others highlights the threats to the river. One is invasive species of Asian carp. Rybak used the report's release to highlight the need to close the uppermost river lock, to keep carp out.

There are 42 species of Asian carp, said Minnesota Department of Natural Resources (DNR) river planner Tim Schlagenhaft. "The Big Head Carp and Silver Carp are especially concerning." Schlagenhaft said the fast-growing carp populations consume large quantities of plankton, competing with other fish for food and space. The carp have no natural predators.

Continued on page 10

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The job turned out to be much more than I expected. The sales part was pure heaven, as usual. But

The procedures for processing a sale were pure hell. I have heard this before from other salespeople.

The hours were also tough. I was part time, and still only had four days a month to share with Mr. M.

It only got worse when October began. Mandatory weekends meant only two days at home with Mr. M.

It all became too much; driving 26 miles each way, working late, working early the next morning.

I decided to retire, and quit. It was time.

Since my last day of employment, I've been having fun visiting with retired friends, shopping in the middle of the day, writing in coffee shops.



The Old White House

By SHERRI MOORE

Goodbye career, hello projects

Yeah sure, it's pretty good. I know, sometime after Christmas, I may feel the need for something else; some fun job where I can dress nicely, and go out to lunch, but until then, I'll be working at our house, and the duplex. There's so much left to do.

The bathroom looks beautiful. Even in there in the dark, first thing in the morning. I had worried that the blue was too dark, but with the newly painted white bead board, it looks fabulous.

Yesterday, Sean (my son)

nailed up the floor moldings. Now the bathroom is finished. I can't wait to show off the room to my friends. In fact, I think I'll have a bunch of the girls over for wine and cheese and break a bottle of champagne on the door.

I met with a girl from high school, who was in town for a couple of months to take care of her mother. She had a post-retirement business of buying old furniture, painting it creamy white, and selling on Craig's list for a tidy profit. Very tidy; she made five hundred dollars on

each bedroom set. This was right up my alley, and speaking of that, our garage is now empty.

She gave me a tour of her workshop; her mother's garage. She had two bedroom sets in various stages of painting. After several trials, she settled on the method of wiping down the wood with Liquid Sander, applying a primer, lightly sanding, then painting. She took the old knobs, soaked in paint thinner and spray painted a dark bronze. The one finished dresser looked beautiful.

The more I think of it, the

more I like it. I could work the hours I want, and write when I want. I'll have to put it on the back burner until after the holidays. Did I mention, there's a nice space heater in the garage too. It all depends on how the weather is this year.

I'm done with projects for now. My time will be spent cleaning the office, throwing out mountains of papers we no longer need, and getting ready for the holidays. This is the first year I won't be working. Maybe I'll even send out the Christmas cards I've been buying for half price for the last ten years. I always meant to send them out!

(Sherri Moore is a freelance writer and resident of the Nokomis neighborhood. She and Mr. M. are in their twentieth year of renovating the old white house. Sherri welcomes your comments and can be reached at sherrimoore92@msn.com.)

State of the river

Continued from page 9

Other issues that affect the Mississippi River's health will take large-scale changes. One is control of the amount of water that flows in, which has increased by more than 25 percent

on average since 1975. Higher flows of water can destabilize the watershed and flush more pollutants into the river.

Runoff of all types creates sedimentation issues and the introduction of pollutants including phosphorus and nitrates. While much of the sedimentation that pollutes the river used to come from farm fields, more now comes from erosion of stream banks, ravines and bluffs. Nitrate concentrations are especially concerning as those have

serious impacts on the already polluted Gulf of Mexico.

"We have changed the hydrology of the river and it changes our challenges to manage it," said Shawn Schottmuller, senior scientist at the St. Croix Watershed Research Station. That is a field station for the Science Museum of Minnesota.

The river faces other threats including contaminants from household products, especially antibacterial soaps and pharmaceuticals. The soaps and other

personal care and household products are leaving triclosan, a common antibacterial product. Triclosan levels have climbed by more than 200 percent since the 1960s. When exposed to sunlight, it turns into harmful dioxin. Bill Arnold, a University of Minnesota-Duluth professor, said that even though wastewater plants have removed many contaminants they are not designed to remove triclosan.

"Every product that goes through us and down the drain

ends up in the river," said Arnold.

Discontinuing use of products with triclosan is one effort people can make, said Trevor Russell, watershed program director for the Friends. Be careful with lawn chemicals and keeping storm drains clear of debris are other ways. Some cities, including Minneapolis, have banned cold tar sealants of driveways due to their polluting effects.

"Your street is waterfront property," Russell said.

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An Update for Falls 4 All on Wabun's Universal Access Playground

by Peggy Halvorson,
Chair of Falls 4 All

The mission of the Falls 4 All Committee is to build a universal access playground that will allow children and adults, both with and without disabilities, a place to play.

To date, the Falls 4 All committee has secured over \$735,000 of our ultimate goal of \$988,000, which was the amount recommended by the Minneapolis Park and Recreation Boards' (MPRB) draft budget for the fully accessible playground we know as "Falls 4 All". This means that we are nearly 75% funded!

With this level of funding secured, plans are being made for the build out of the playground next spring or summer. Our



Wabun Picnic area site at the Minnehaha Regional Park awaits a new beginning, as the first true Universal Access playground in the Minneapolis Park systems! The Technical Advisory Committee has begun meeting, with representation from the Courage Center, Minneapolis Public Schools, the Minnesota Veteran's Home, the MPRB, Pacer Center and the Minnehaha Watershed District. Falls 4 All held a community engagement meeting on October 24th

in the Longfellow Community.

The project has gone out for bids to six playground vendors for the playground equipment component and the accessible surfacing. The equipment vendor will be selected soon, hopefully by the end of the month, and we will have a preliminary drawing of the playground ready soon!

With the level of funding we now have, the "infrastructure" of the playground is secure (drain tile, soil testing, permits, etc.) and most of the remaining dollars raised will be primarily dedicated to enhancing the amount and level of playground equipment and access that we are able to provide.

Once the final plans are made and build out dates available to me, information will become available about the playground dedication days. To learn more about the project or to contribute please visit www.falls4all.com. Thank you to the Longfellow community for their support of this project.



Give to the Max Day – November 15th, 2012

Longfellow Community Council needs your support on November 15th! Give to the Max Day is an annual day for Minnesotans to come together on GiveMN.org to raise as much money as possible for local nonprofits. Please consider giving to the Longfellow Community Council so that we can continue our mission of improving the quality of life for Longfellow residents! We have a fundraising goal of \$1,500, so please consider making a donation of any amount. You can go to <http://givemn.razoo.com/story/Longfellow> to donate or email joanna@longfellow.org for more information.

Holiday Shopping at LCC

No holiday deer-in-the-head-light panic here. Stop by the calm, quiet LCC office to pick up copies of Longfellow historian and author Eric Hart's "The Neighborhood by the Falls." Books are \$ 25.00 each.

We still have copies of The Longfellow Planbook: Remodeling Plans for Bungalows and Other Small Urban Home for the three remaining Longfellow residents that don't have a copy. \$ 10.00 each. Shop early. Shop often. Cash or check only.




LCC Office closed for Thanksgiving holiday

The LCC office will be closed Thursday, November 22 and Friday, November 23 for turkey day then recovery.

Happy Thanksgiving

Calendar of Meetings and Events

November 2012

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

Advancement
Wednesday, November 7
7:00 - 8:00 pm
Fireroast Café
3800 37th Avenue S
FFI: joanna@longfellow.org

Neighborhood Development Caucus
Monday, November 12
6:30 - 8:00 pm
LCC Office, 2727 26th Ave S.
FFI spencer@longfellow.org

River Gorge Committee
Monday, November 12
7:00 - 9:00 pm
Hiawatha School Park, 4305 42nd St. E
FFI: joanna@longfellow.org

Longfellow Faith Forum
Tuesday, November 13
LCC Office, 2727 26th Ave S.
12:00 - 1:30 pm
FFI: joanna@longfellow.org

Community Connections
Tuesday, November 13
6:30 - 8:00 pm
Minnehaha Free Space
3747 Minnehaha Avenue
FFI: joanna@longfellow.org

Board of Directors
Thursday, November 15
6:30 - 8:30 pm
Brackett Park, 2728 39th Ave S
FFI: melanie@longfellow.org

Environment and Transportation
Tuesday, November 27
6:30 - 8:00 pm
Hiawatha School Park 4305 42nd St. E
FFI: spencer@longfellow.org

Longfellow Community Council
2727 26th Avenue So., Minneapolis, MN 55406
Phone: 612-722-4529 • Fax: 612-724-1024
www.longfellow.org

Melanie Majors Ruth Romano Joanna Solotaroff Spencer Agnew	Executive Director Office Staff Community Organizer Housing and Environment Coordinator	melanie@longfellow.org ruth@longfellow.org joanna@longfellow.org spencer@longfellow.org	
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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.

Epworth UMC Boutique expands

The Holiday Shopping Boutique at Epworth United Methodist Church will be open two days: Friday, Nov. 16, 2-8 p.m., and Saturday, Nov. 17, 9 a.m. to 3 p.m. Friday night, the Epworth Youth will sell chili from 5 to 7 p.m.; Saturday's lunch features a soup and sandwich menu, as well as bars and coffee. Gifts, baked goods, decorations, one-of-a-kind items from Grandma's attic, hand-crafted items and Equal Exchange (fair trade) coffees and teas will be sold. Epworth is at 3207 37th Ave. S. If you are interested in selling items, please call the church at 612-722-0232 and leave a message with the secretary's voice mail.

Annual Bazaar at Minnehaha Communion

Minnehaha Communion Lutheran Church, 4101 37th Avenue South, invites you to their Annual Bazaar on Saturday, November 17, from 9 a.m. to 2 p.m. We will have a bake sale, many silent auction items, Grandma's Attic.

Toyland, craft tables and of course luncheon with Flotegrot, Ham Sandwiches and cake available. Come and join us! There's something for everyone. If you have questions call the church office at 612-722-9527.

Trunk & Treat Event October 31

A Trunk & Treat Event will be held on Wednesday, October 31, from 5:30 - 7:30 p.m. at Bethany Lutheran Church (in the parking lot on 37th Avenue & 39th Street). Kids are invited to come in costume for treats in a safe environment. Families are welcome to the celebration with music and hot apple cider.

Holiday Bazaar November 10

Faith Ev. Lutheran Church, 3430 E. 51st Street, will host its 27th Annual Christkindlmarkt on Saturday, November 10, from 9 a.m. - 2 p.m. The holiday bazaar features a large variety of hand made items, baked goods, and a Granny's Attic table. Coffee and rolls are served beginning at 9 a.m. Enjoy lunch beginning at 11 a.m. - homemade turkey wild rice soup or homemade sloppy joes, or hot dogs and pie for dessert. Come to shop and stay for the food and fellowship.

Fall Festival Oct. 28 at the Legion

Fall Festival will be held October 28th 9 a.m. to 4 p.m. at the Richfield American Legion 6501 Portland Avenue S. Any questions call Carol Larson 612-481-2148. For more information www.upwardladder.wfdb.biz

Johnson Symposium on Faith & Society

The Johnson Symposium on Faith & Society will be held Friday evening and Saturday morning, Nov. 16 and 17, at Holy Trinity Lutheran Church, 2730 E. 31st St.

"Living the Gospel in Turbulent Times" is the theme of featured guest Mark S. Hanson, the presiding bishop of the ELCA. This is the third annual event celebrating the ministries of Ronald K. Johnson and Stacy K. Johnson. Friday evening begins at 6:30 p.m. with a mini-concert by The Outskirts and Saturday morning begins at 8:30 a.m. Visit www.htlcmpls.org or call 612-729-8358 for registration information.

St. Helena's 30th Annual Christmas Boutique

The St. Helena's 30th Annual Christmas Boutique will be held Saturday, November 10, from 9-3 p.m. at St. Helena School, 3200 East 44th St. Many talented crafters, book fair, bake sale, delicious food, lots of wonderful gift ideas, continental breakfast, including homemade cinnamon rolls and lunch served all day. Crafters spots still available. Contact Shelia 612-729-9301 for more information.

How to get an energy boost discussed

A Forum hosted by the Longfellow Business Association, Seward Civic & Commerce Association, and West of the Rail Business Association will be held Thursday, November 8th, 8:30-10:00 a.m. at Gandhi Mahal community room, 3009 27th Avenue So.

Does thinking about your business's energy usage sap all of yours? This forum is designed to help.

We'll host a panel of experts who will share energy efficiency strategies with you. We'll talk about the game-changing technology available and the financing mechanisms that can bring it within your reach. Industry professionals will be available to answer your energy questions and talk about what it would take to get your business evaluated for cost saving potential. FFI Ruth 612-722-4529 x1.

Aging Well - From the Perspective of Those Who Are

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a presentation about aging well on Tuesday, November 20 at 10:30 a.m. at Holy Trinity Lutheran Church, 2730 E. 31st Street. Lori Campbell, Gerontologist, will speak on five themes that centenarians have identified as helping them to maintain health and function well into old age. Learn to be your own creative force to age well and live to your life/health potential.

Yoga for Healthy, Strong Bones

In this Yoga class, sponsored by Longfellow/Seward Healthy Seniors, you will learn safe movements to sustain and improve skeletal health. The class meets on Mondays from 10:30 - 11:30 a.m. (through December 14) at Holy Trinity Lutheran Church, 2730 E. 31st Street and costs \$3 per session. Call Healthy Seniors at 612-729-5799 for more information.

Kids and Youth - Looking for something to do after school?

Starting Wednesday, Nov. 14 from 3:30-5 p.m. and then happening every Wednesday following Epworth UMC, 3207 37th Avenue S., will be starting an after school group.

We will have snacks, crafts, games and homework help for grades K-5. Everyone is welcome!

If you are interested please call 612-722-0232 or e-mail us at EpworthOffice@mplsepworth.org for the registration forms.

Want to warm up these fall nights?

Come to Epworth UMC, 3207 37th Avenue S., Wednesday, November 14 from 5:15-5:45 p.m. for a fresh, warm homemade bowl of soup and bread.

Don't worry about dinner than just enjoy good company and food - everyone is welcome!

We will be having homemade soup monthly so watch for the date in the next issue.

Looking for a place to talk about life?

Come to the intersection of 32nd and 37th at Epworth UMC, on Wednesday, November 14 at 6:00

p.m. to enjoy a informal, conversational based worship.

We will have small groups discussions to talk about everyday topics. Everyone welcome - kids activities will be available too!

For more information find us on Facebook or at mplsepworth.com.

East Lake Library Book Sale Nov. 17-18

Make sure you and the kids you know have some good reads this Thanksgiving, stop by the East Lake Book Sale the weekend before and come home with a nice stack—or, for \$5, a grocery bag full!

Adult hardcovers are \$1, all children's books are .50. Sale hours: Saturday, Nov. 17, 10-5 p.m. (\$5 Bag Sale starts at 3 p.m. Sunday, Nov 18, 12-3 p.m. - Bag Sale all day.

P.S. - Lots of CDs and DVDs this Sale! And you can donate books, too. Just bring them to the Library afterwards.

League of Women Voters of Minneapolis Hosts forum

The League of Women Voters Minneapolis is hosting a Minneapolis School Board candidates forum on October 25th to give voters a chance to better understand contenders' positions and priorities. Candidates are:

District 2: Kim Ellison (unopposed)

District 6: Tracine Asberry (unopposed)

District 4: Josh Remnitz and Patty Wycoff

At Large: Carla Bates and Doug Mann

The forum will be held at Jefferson Community School, 1200 West 26th Street, from 7:30-9 p.m. It will include prepared questions, but audience members also will have the opportunity to submit written questions. (The general election is November 6. Remember to register and vote.)

Co-sponsors include Achieve Minneapolis, African American Leadership Forum, the Education Equity Organizing Collaborative, MinnCAN, and Don Fraser's Achievement Gap Committee.

This is the last in a series of education forums the League has co-sponsored this year. Past forums have focused on reform efforts that were closing the achievement gap, including better training and support of teachers.

Support for these forums has been provided by a grant from the Robins, Kaplan, Miller and Ciresi LLP Foundation for Children, a supporting organization of the Minneapolis Foundation.

Bulbs and blooms and winter - Oh My!

November's Garden Club meeting will be an idea treasure chest of ways to keep a bloom or two - and a bit of green- in your home over the winter.

Our Master Gardeners will demonstrate caring for amaryllis, cyclamens, orchids, paperwhites and more to get the maximum bloom and growth. Think your Auntie's plant is a Christmas cactus? Then why does it bloom at Thanksgiving - or Easter? Learn the differences among these great plants and how to tell them apart. Longfellow Garden Club's antidote for "winter withdrawal" is Wednesday, November 14, 7-9 p.m. Epworth United Methodist Church, 3207 37th Ave South.

Hope for Parents presented Nov. 12

You are invited to Hope for Parents, November 12, 7-9 p.m., at Hope Lutheran Church, 5728 Cedar Ave S, Minneapolis. Jennifer Marshall will present The Talk Starts Now: Learning the importance and acquiring the skills to talk with young children about bodies and sexuality.

Jennifer has a Master's degree in Public Health with an emphasis in Community Health Education. She has been working with youth and (mainly) parents for over 7 years in various settings while focusing primarily on sexuality education and parent/child communication. Free - CEU's available.

Adkins speaks at Men's Breakfast at St. Helena's

The Church of St. Helena, will sponsor a Men's Breakfast on Saturday, October 27, with speaker, Jason Adkins, Executive Director of the Minnesota Catholic Conference, who will talk on "Why You Can't Afford to Sit on the Sidelines of the Marriage Debate." Men are invited to attend Mass at 8 a.m. The breakfast (\$5 per person) will be served at 8:30 p.m. in Rowan Hall (3204 East 43rd Street). Please register by 12 Noon on Friday, October 26, by calling 612-729-7321 or email johnsondag@sainthelena.us

Bethel Lutheran holds Holiday Bazaar

Bethel Lutheran Church, holding the 16th Annual Holiday Bazaar and noon meal, 4120 17 Ave. S, on Saturday, November 17, 9 a.m. - 2 p.m. Featuring cookie walk, crafts, bake sale, Granny's attic, krumkake and lefse demos. Lunch (\$6) served 11:30 a.m. - 1 p.m. Information: 612-724-3693 or www.bethel-mpls.org

New Energy at TC Chiropractic and Nutrition

Dr. Carissa Barnes, DC, started working at Twin Cities Chiropractic and Nutrition as a maternity relief doctor. The doctor she was working for decided to stay home after the birth of her child and this gave Dr. Barnes an opportunity to purchase the practice.

Dr. Carissa Barnes, DC, graduated from Northwestern Health Sciences University with a Doctorate of Chiropractic and Bachelor's of Science in Human Biology. Dr. Barnes has advanced training in nutrition response testing and utilizes whole food supplements. Her goal is to provide the right basic materials for the body to function at an optimal, healthy level. Patients can experience improved health and relief from chronic, life-long symptoms through natural solutions. Dr. Barnes does not mask symptoms, but instead discovers

the underlying causes of your symptoms and resolves them. Dr. Barnes is pleased to be able to help so many people get out of their unhealthy habits and really enjoy life again. She feels very passionate about chiropractic care and nutrition for her patients and is looking forward to working with the Longfellow community.

For information contact: Dr. Carissa Barnes at 612-240-7133.



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Sunday School for all 9:45 am
Classic Worship at 11:00 am
Thanksgiving Worship on Nov. 21 at 7:00 pm

Christ Church Lutheran
3244 34th Ave. • 612-721-6611
Sunday Worship at 9:30 am
Childcare Provided
Education Hour at 11:00 am
Pastor: Kristine Carlson
A welcoming congregation
www.christchurchluth.org

Epworth United Methodist
3207 37th Ave. • 612-722-0232
Sunday Worship 10:30 am (begins 9/9)
Education: Adults at 9:45 am;
Children and Youth, 11:30 am
(Childcare Provided)
(Wheelchair Accessible)
Rev. Pam Armstrong

Faith Evangelical Lutheran (LC-MS)
3430 E. 51st St. • 612-729-5463
Worship 9:00 am
Fellowship Hour 10:00 am
Education Hour 10:30 am
Vacancy Pastor: Rev. Dan Matasovsky

Holy Trinity Lutheran (ELCA)
2730 E. 31st St. • 612-729-8358
www.htlcmpls.org
Sunday Worship 8:45 & 11:00 am
Education opportunities for all ages 9:45 am
Childcare available
Pastor: Jay Carlson
Traditional Worship – Contemporary
Message – A Call to Social Justice
All are welcome – No exceptions

Lake Nokomis Lutheran Church
5011 31st Ave. S. • 612-729-2323
www.lakenokomis.org
Summer Worship at 9:30 am
Sunday Worship at 8:00 am & 10:30 am
(nursery; fully accessible)

Minnehaha United Methodist
3701 E. 50th St. • 612-721-6231
www.minnehaha.org
Traditional Service 9:00 am
Contemporary Worship 11:00 am (Sept.-May)
10:30 am (June-Aug.)
Education for all ages 10:15 (Sept.-May)
(Childcare; fully accessible)

St. Albert the Great Catholic
E. 29th St. at 32nd Ave. S. •
612-724-3643
Sunday Mass 9:30 am (Childcare available)
Saturday Mass 5:00 pm
Daily Mass 8:15 am M,T, Th, F
(Handicapped accessible)
Fr. Joe Gillespie, O.P.
www.saintalbertthegreat.org

St. Peder's Evangelical Lutheran
4600 E. 42nd St. • 612-722-8000
Worship 9:00 and 10:30 am,
Summer - 9:00 only
Education for all at 9:00 am
(Childcare; Wheelchair Acc., Braille)
Coffee 10 am
Julie A. Ebbesen, Pastor
www.stpeders.net

Trinity Lutheran Church of Minnehaha Falls
5212 41st Ave. S. • 612-724-3691
www.trinityfalls.org
Sunday Worship Schedule
8:30 am Traditional, 11:00 am Contemporary
Sunday School/Adult Education - 9:45 am
AA Meetings Tuesdays/Sundays 7:00 pm

Projects of the Neighborhood Churches Include:

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

Call us at 612-721-6231

Minnehaha United Methodist, 3701 E. 50th St.

By TESSA M. CHRISTENSEN

Newspapers aren't dying. That's the news Messenger Co-Publisher Tim Nelson wants to spread.

While the business has changed since the advent of the Internet and the nationwide recession, it is not dead but evolving, just like radio. Just like network television. Just like cable.

"It's a very exciting time," said Nelson.

To move forward in this digital age, the Messenger is launching a new web site. Along with an updated look, the site features a community events calendar, multimedia section, news, marketplace, classifieds, archives, and community information page.

With this update, Nelson knows things will change for the newspaper he co-owns with Calvin deRuyter. "We're going to become a much more important resource to our community," he said.

Messenger Editor Denis Woulfe acknowledges that this marks a whole new paradigm for the newspaper. "It's about reinventing the business model for the industry," said Woulfe.

A BALANCING ACT

Part of the reinvention is recognizing the myths that surround newspapers and the Internet. Senior citizens are not lost using the Internet, but regularly use it for email, shopping and more. Sure,



young people might ignore the news now, but that changes when they buy a home, begin a family and start to see how it affects their lives. And while most people go online these days, not everyone has access even in urban areas. For these residents and others, the print editions continue to be their primary source of information about their community.

The new paradigm requires that newspapers find a balance

between being community journalists and business people, something Nelson works to achieve every day. "We are business people first," said Nelson. "We don't do anyone any good if we go bankrupt." Yet, it is the community journalism piece that marks the Messenger as a niche publication, one specifically focused on the Longfellow and Nokomis neighborhoods of Minneapolis.

SIMPLE TO ADVERTISE ONLINE

For advertisers, having an online presence on the Messenger web site is simple. Pick one of three sizes, and your ad will rotate with three others across the site. Advertisers may also opt to sponsor the events calendar. Or for higher visibility, buy the top banner ad spot

Continued on page 16

WHAT DOES THIS MEAN FOR THE READER?

- More news via social media

The Messenger is promoting events daily on its Facebook page and Twitter. Be sure to subscribe in order to receive updates in your news feed. Readers can also sign up for occasional email blasts.

- More news more often

While the print edition will continue to hit the newsstands just once a month, the web site will always be available.

- More exposure for community events

The Messenger has unlimited space to list the many events occurring within the Nokomis and Longfellow neighborhoods each day. Fill out a straightforward form under the "Event Calendar" tab to get your event included.

- More information on the community

Click on the "Community Information" tab for details on community organizations, schools, city offices, politicians, libraries and recreation.

- More photos and videos

Find videos and photo galleries on the "Multimedia" page. Content is created by not only newspaper staff, but also by you, the reader. Did you take video of a school spelling bee or church concert? Photos at a community festival? Send it to denis@deruyternelson.com.

WHAT DOES THIS MEAN FOR THE ADVERTISER?

- More synergy

It's easier than ever to link your print ad campaign with your online ad campaign so you can benefit from both styles of advertising. Get a discount with a 12-month contract.

- More exposure

By advertising in the online Messenger Marketplace, even small businesses get regular and consistent exposure to customers who are searching for local businesses to shop at and local contractors to hire.

- More links

With your online ad, you can link readers directly to your own web site to increase your web site hits.

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- In the Twin Cities it is illegal to burn any waste in a fire, including yard waste.

Minnesota Pollution Control Agency

Learn more at www.livinggreen.org/fire

Classifieds

Messenger

Want ads must be in the Messenger before November 12 for the November 21 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messengers website at www.LongfellowNokomisMessenger.com

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to Messenger Classifieds, 1885 University Avenue, Ste. #110, St. Paul, MN 55104. Want ads must be mailed to the Messenger before November 12 for the November 21 issue. Ad copy can be e-mailed to denisw@aplacetoremember.com. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com

ACCOUNTING & TAXES

Individual and corporate tax returns prepared for small and medium sized companies. Accounting and payroll services performed in addition. Vern Teichroew Accounting. 612-726-1544 or vteichroew@comcast.net. 3-13

BATHROOMS

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COMPUTER REPAIR/SERVICE

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EMPLOYMENT

The Longfellow/Nokomis Messenger is looking for local reporters to write news and feature stories on a free-lance basis. Pay is based on small stipend per story. Journalism students or graduates are preferred, but not required. Prior newspaper experience a must. Send resume,

cover letter and clips to: Longfellow/Nokomis Messenger, 1885 University Av. S., St. Paul, MN 55104.

FOR SALE

For Sale: Vintage 1900-1949 lights, house hardware, doors, tubs, radiators, etc. Also furniture hardware. 651-644-9270. 20% off with ad. B-12

HALL FOR RENT

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HANDYMAN

Dr. House does it all: From a leaky faucet to a new addition. I can save you money on electrical and plumbing. Call John at 651-231-5652. B-12

Need a handyman?? Any job, big or small. Plumbing? Electrical? Remodeling? Decks? Leave it to Dynamo Dave. Call me first and save money. 612-701-2272. Shhhh! Don't tell my wife, but my own home projects can wait because yours will always take priority! 12-12

HAULING

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www.KitchenComfort.net 1399 St. Clair, St. Paul. 651-698-4949. 12-12

PAINTING

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Continued on page 16

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New web site

Continued from page 14

or web site sponsor, and your ad will appear at the top of all the site pages.

Anyone who purchases a classified ad will continue to have double exposure for one price.

Businesses may pick from packages that include print and digital ads. "This is a great complement to the print ads they're already doing," said Woulfe. "The

appeals and features of each are different." With the online ad, businesses and nonprofits can do things a print ad can't, such as provide a link directly to their own web site to boost traffic. Those who buy space in the What's Cookin' ad campaign get the best of both worlds: a print ad and a custom video.

FOR AND BY THE COMMUNITY

With the web site, Facebook and Twitter, "We can get more news

out there in a more timely manner than before," said Nelson.

Under the "multimedia" tab on the new web site, users can find video and photos created both by newspaper staff and readers.

One of the biggest features of the new site is its community events calendar. "It's a one-shot glimpse of what's going on in the area," said Nelson.

On the calendar, readers can find detailed information on community events, from school concerts to organized bike rides.

Visit our new website at:
www.LongfellowNokomisMessenger.com

Anyone with an event can post the information using a straightforward form. After submitting an event, the online editor will review it. Events will be live within 72 hours. Nelson expects the calendar to start small and then grow as more people begin

using it.

"Now getting your news in the Messenger is as easy as 1-2-3," said Nelson.

Woulfe added, "We're about building the community with both the print and online options."

HOME ABOUT US AD RATES DEADLINE DATES Enter yr

Messenger

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EVENT CALENDAR NEWS COMMUNITY INFORMATION MULTIMEDIA CLASSIFIED

SUBMIT AN EVENT

After you submit the event, there may be a time delay of up to 72 hours before it appears on the site. Therefore, please submit your events as early as you know the details. The Messenger will consider all events submitted, but will not guarantee that any specific event will be put onto the calendar. For best consideration, please make sure your events are of specific interest to the Messenger community. Events happening in the Messenger delivery area will receive top priority, although all events will be considered for possible inclusion.

Submitting an event to the Messenger's new Event Calendar online is easy. Just go to the website at www.LongfellowNokomisMessenger.com and follow instructions.

Classifieds

Continued from page 15

REAL ESTATE

Flourish Realty LLC. Full Service Real Estate/Property Management Services. Local Realtor(R), Ecobroker(R), & Resident, Daniel Schultz: 612-408-0233, dan@flourishrealty.net 7-13

RENTALS

Office or therapy space for rent: On bus route. Easy access to light rail. Located at Minnehaha Ave S. and 42nd St. Open to build out. 2nd floor office space available. Call Jim between 8 a.m. 2 p.m. 612-729-2316 or email: KRZ@NELSONELECTRICINC.COM. B-12

SERVICES

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530. 11-12

Sheetrock, tape, texture, paint, free estimates. Dick Evans, 612-889-9228, 952-888-0600. 11-12

Trust a neighbor to do the job right! Need a handyman?? Any job, big or small. Plumbing?

Electrical? Remodeling? Decks? Etc. Call Dynamo Dave. 612-701-2272. Free estimates! 12-12

Kustom Remodeling - Roofing, siding, exterior/interior painting. Sheetrock, taping and texturing. Marty 612-724-8819. 4-13

Masonry Repairs—basements walls and floors repaired—ceramic tile regrouting—fireplace repairs—plaster and sheet rock repairs and painting. Curt 651-698-4743 10-12

SHOES

You're cute! Your boots and shoes should be also. Bring them in so we can refurbish or repair them. www.HartlandShoes.us. 651-646-4326. 11-12

WANTED

WANTED - Old Stereo Equipment, Hi-fis & Hams. Andy 651-329-0515. 12-12

WANTED TO BUY

Paying the most for your furniture, dishes, glassware, knickknacks, costume jewelry, antiques, pictures, lamps, household items, etc., I make housecalls. Call Mary. 612-729-3110. 1-13

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