



Food insecurity tackled through The Sheridan Project

Page 3



Aquaponics takes firm root at Gandhi Mahal

Page 7



Special feature: summer camp options

Page 8-9

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Singing Waters: neighborhood group helps keep the riverfront clean



Trevor Knott, Singing Waters organizer. "One thing I know is true is that water is important." (Photo by Margie O'Loughlin)

By MARGIE O'LOUGHLIN

On Sun., Apr. 19 at 10am, members of the environmental group Singing Waters will gather at the White Sand Beach along the Mississippi River. The meeting is the season opener for Singing Waters, and the main event will be picking up trash – lots of trash.

This beach is accessed by taking the stairs near 27th St. and W. River Pkwy. all the way down to water's edge. It's a beach that gets a lot of traffic during the day: dog walkers, bird watchers, neighbors out for a stroll. And, judging from the amount of trash left behind on Sunday mornings, quite a crowd is drawn there after dark too.

Singing Waters is currently under the leadership of Trevor Knott, a St. Paul resident who loves this stretch of the Mississippi. A group of friends began clean-up efforts there in 2012, and people just kept coming. The group has adopted the river on the Minneapolis side from the Railroad Bridge at 27th St., south to the Lake St. Bridge.

Continued on page 15

By JAN WILLMS

For nearly 35 years, the Southeast Soccer Club has been serving families as a competitive traveling soccer club that is community-based, family-oriented and affordable. Although it has grown over the years from its roots in southeast Minneapolis, its volunteer and family-based support has not changed.

"The club started because of Wilford Schulz," said Jim Drake, who soon joined Schulz back in 1981 in getting the soccer club going. "He was passionate, and the driving force behind it. He was a very demanding coach, but if you could play for him you would learn a lot about soccer."

"I got into it because my son and one of his friends were good players, and Wilford recruited them," Drake added. "We ran the organization for many years and used a lot of volunteers."

Drake said the club continued for a long time on Wilford's determination and effort.

"Anyone who wanted to play, could," Drake continued. "We had a lot of good players, and some not-so-good, but if they worked hard and could put up with Wilford and me, they could play. We didn't cut anybody. And some of them developed into very good players."

Drake said that in the early days, they had four to five teams or fewer, depending on the number of players.

"We kept the costs low, and we had a lot of parents help coach," he said. "We had fundraisers for kids who couldn't afford some of the expenses."

In the beginning, the Minnesota Youth Soccer Association

Southeast Soccer Club brings the world's game to area youth



Coach Lue Vang, left, observes as coach Andreas Karlsson talks with soccer players.

(MYSA) was not in existence. Today, Southeast Soccer is affiliated with MYSA and competes throughout the Twin Cities and beyond. The club fields boys and girls teams from ages 8 through 18 on all experience levels.

There is a skill-building program called Lil' Dribblers that is open to children from 3 to 8 years old who like to kick a ball around and may be just learning about the game of soccer.

Parents are drawn to the soccer club, and they remain a part of

it through years to come.

Claudia Motl, the club coordinator, started with the organization when her oldest son was 10; he is now 21. She has had three boys go through the program, with one still participating.

"My husband is from Cameroon," she said, "where soccer is the main sport. So it was a natural for their sons to become a part of Southeast Soccer Club. Motl first served as a secretary on the board of the club, and in her current position does all the reg-

istrations with MYSA and works with each team and organizes all the groups.

"The club creates a wonderful opportunity for parents to get to know each other," she said. Motl said the board feels it is important for the teams to have autonomy and make their own decisions. Whether to have a volunteer parent coach or hire a coach is determined by each individual team, with the families making that decision.

Continued on page 13

Founder of Soccer Club started first team with a little bribery and a lot of work

By JAN WILLMS

Wilford Schulz, the driving force behind the creation of the Southeast Soccer Club, does not play soccer anymore. But he still has the build of an athlete. And he still is very much into the game.

Soft-spoken, with his slight accent identifying his German heritage, he recalls how he first started coaching soccer.

"I had been coaching baseball for a few seasons," he noted. "All of a sudden I found out there was a soccer league, so I sniffed it out. There was a program at Luxton

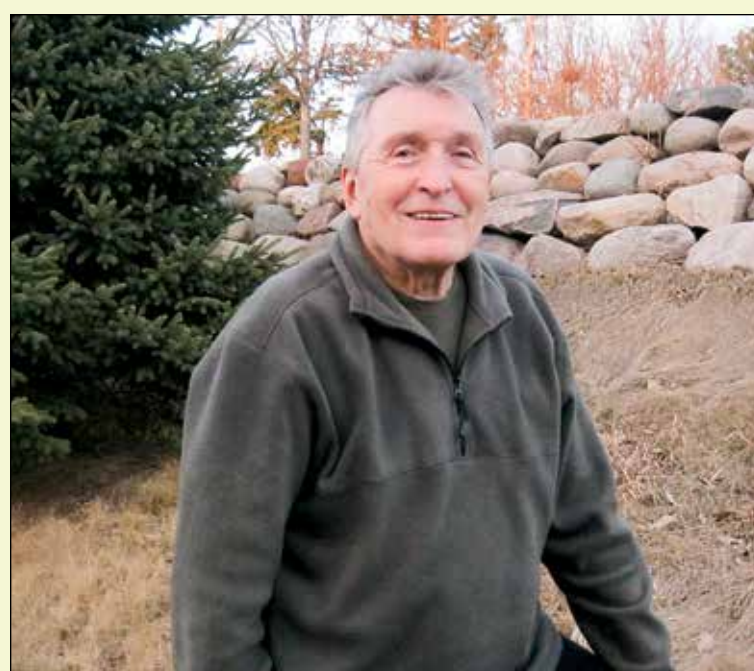
Park. And the fellow in charge said the season was about to start."

Schulz said that forced him to be a bit aggressive in getting organized.

"I told my baseball players that we were going to play soccer, and they told me that I wasn't quite right," he recalled.

"I told them that unless they were at the park at 10am Saturday morning, they would not be playing baseball the next year. And, they all showed up."

Continued on page 13



Wilford Schultz was one of the founders of the Southeast Soccer Club. The club will be noting their 35th year of service to area youth.

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Roosevelt High illuminated during second Art Crawl

Plan to attend Art Crawl III: Mosaic on May 29

By TESHA M. CHRISTENSEN

Roosevelt High School (RHS) students explored illumination through art this winter, and their projects were on display during an Art Crawl Feb. 27.

It was the second art crawl of the 2014-2015 school year.

"One of the things I love the most is the warm community feel of these events," remarked RHS International Baccalaureate (IB) Coordinator Candida Gonzalez. "People are hanging out with their friends and making new friends, and this is all centered on an appreciation for the creative talents of our children."

"These nights are a fun way for community to come in and see what we are all about."

"What I hear from many community members is that they never realized before how wonderful the Roosevelt students are!" observed Roosevelt art teacher Jaci Smolund.

"It's really nice to have an event that brings people together to celebrate the arts."

Student artists

Along with art from Roosevelt students and staff, there were items from several other schools and organizations, including Folwell Performing Arts Magnet, courageous heARTS and In the Heart of the Beast Puppet and

Mask Theatre.

Ten of Smolund's students from the IB Arts Class exhibited their best artworks. They prepared for the art show by interviewing each other during class and evaluating each other's artist statements.

"It was really great to see community members talk to the students about their artist statements and pieces," noted Smolund, who has taught in Minneapolis for 17 years.

She also loved seeing her nephew's artwork on display. He's a student at Keewaydin.

"The elementary and middle schools in our neighborhood have really gotten into it, and have produced some fantastic pieces," observed Gonzalez.

One standout piece for her was the collaborative art piece from Alex Berry's 7th and 8th grade art classes at Folwell Arts Magnet.

"Roosevelt students are also really starting to own these events and put their own creative stamps on the night," noted Gonzalez.

The canvas wasn't limited to what students could hang up. Artists also played with light in the school. "When was the last time that you saw a school hallway lit up solely with holiday lights?" asked Gonzalez. "It was a unique, warm feeling."



Students Stephanie Palacios (12th), Najma Omar (11th), and Talia Bradley (9th) are ready to eat some cake during Art Crawl II at Roosevelt High School.

Mosaic unveiled

A massive mural in the RHS Arts Wing was unveiled during Art

Crawl II.

"A big highlight was the unveiling of the Arts Wing mural, which was designed with artist Greta McLain and two of my drawing classes," Smolund said.

The mural spans an entire hallway, and is a mix of paint on Polytab and mosaic.

Over 150 students worked on the piece under the direction of Greta McLain and Claudia Valentino, who also worked on the school's front entry mural last spring.

Continued on page 16

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By MARGIE O'LOUGHLIN

A local nonprofit, The Sheridan Story, provides weekend meals to students ages 5-18, by delivering non-perishable food items to their schools each Friday afternoon during the school year.

More than 100,000 school-aged children in the greater metro area struggle with food insecurity – not knowing with certainty where their next meal is going to come from. The Sheridan Story builds partnerships between schools and community organizations and provides the logistical and organizational support needed to put food in the backpacks of more than 2,200 students currently in the program.

The Sheridan Story originated as a partnership between Mill City Church and Sheridan Elementary School in NE Minneapolis. School staff noticed that kids were sneaking food from the cafeteria on Fridays to get them through the weekend. This is known as the weekend food gap: where kids who depend on the free breakfast and lunch programs available through the Minneapolis Public Schools, know there won't be enough food at home to last until Monday morning.

The Sheridan Elementary principal approached leaders of NE Minneapolis' Mill City Church in 2010 to ask if they could help. The solution seemed simple – find a way to get their kids some healthy, good-tasting food so they wouldn't be hungry.

In the first month of operation, volunteers with Mill City Church provided a bag of non-perishable food each weekend to 27 students. Two years later, the program expanded to include all students at Sheridan School - at the time, more than 300 children.

Food insecurity is a problem throughout the state of Minnesota. The mission of this organization is to fight child hunger by developing more community/school partnerships. From their first partnership, named for Sheridan Elementary, the program has grown to include 38 schools in just five years, reaching across the metro area from Minneapolis and St. Paul to Delano.

The Broadway School is the first in Longfellow/Nokomis to receive weekend food supplies through The Sheridan Story. Located in the former Longfellow Elementary School, it's a district-wide, alternative learning program operated by the Minneapolis Public Schools for pregnant and parenting teens.

Broadway is a community of students, staff, families and organizations (such as nearby Trinity Church) working together to promote self-sufficiency among the young women. The goal of everyone involved is to support the students in improving their attendance and academic performance, while they adjust to the demands of their changing lives.

According to Rob Williams, executive director of The Sheridan Story, 92% of the students at The Broadway School are eligible for free lunch through the district, and it is the first site in Longfellow where The Sheridan Story is helping close the weekend food gap.

Williams hopes many other schools will follow.

Praynicia is a 19 year old

Combating child hunger by closing the weekend food gap

Broadway School is the first in Longfellow/Nokomis to receive weekend food supplies through The Sheridan Story



Praynicia, a 19 year old student at the Broadway School in Longfellow. (Photo by Margie O'Loughlin)



Rob Williams, executive director of The Sheridan Story, in front of stacks of bins containing weekend food supplies for students. (Photo by Margie O'Loughlin)

student at Broadway with a son and a daughter, one and two years old. She lives independently with her children, and appreciates the boost of extra weekend food. The program is brand new at this site, but her children already recognize the bag that holds the fruits, vegetables and other staples every Friday afternoon. Her son, who struggles with food allergies, especially appreciates the applesauce that's always included in the 4-5 pound bag of healthy selections.

Every school receiving food through The Sheridan Story has a funding community partner - except Broadway. Williams and his staff are actively looking to find one, but in the meantime everyone agreed it was time to get things rolling there.

"Any organization can become a community partner, though it seems churches, synagogues and other households of faith are especially well-positioned to do so," said Williams.

A community partner agrees to make a one year commitment to the program, to cover 2/3 of the cost of the food, and to make sure the food is ready and waiting in the kids' lockers before they go home on Fridays. Thanks to Nutrition Services, the same department that delivers meals to Minneapolis Public Schools, bins containing pre-packaged bags of food are delivered to school sites each week from the Sheridan Story's NE Minneapolis warehouse.

Think we don't have a need for filling the weekend food gap here in Longfellow and Nokomis? Local neighborhood schools with the highest numbers of students receiving free lunch are Howe at 47.4%, Dowling at 49.8% and Keewadin at 57.4%. To be eligible for

free lunch, a family can't have income that exceeds 185% of the poverty level, relative to its size. Eligibility for the free lunch program is a yardstick for measuring family income, and may be an indicator of insufficient food levels within the home.

"There are so many reasons why families experience poverty," Williams said. "The Sheridan

Story isn't going to solve poverty in Minnesota, but we can make it less likely that kids will go hungry over the weekend when they're away from school. If kids aren't hungry, they'll learn better - that's a proven fact."

With an impressive list of corporate and community sponsors, including Hunger-Free Minnesota, Second Harvest Heart-

land, Allina Health, General Mills and many more, this organization is poised to continue closing the weekend food gap.

For more information about The Sheridan Story or to learn how your organization can get involved as a community partner, contact Rob Williams at 612-237-7605 or rob@thesheridanstory.com.

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Have we seen the last LoLa Art Crawl?

After five years, absence of leadership threatens its future

Organizers of past LoLa art crawls have announced that they will not be planning and administering an art crawl in 2015, citing other time commitments and priorities.

A few of the artists who have participated in the crawl have expressed an interest in stepping up to take the reins, but no plans have been made as of yet.

The art crawl requires hundreds of hours of volunteer time each year. For its first five years, artist and graphic designer Bob Schmitt served as art crawl administrator, overseeing the entire process, coordinating other volunteers, planning and chairing meetings, and serving as the primary contact person; he also created and managed the LoLa website and designed the logo and all printed materials.

When Schmitt stepped down as administrator after the 2013 event, a small group formed a committee to share administrative duties and organize the 2014 crawl. This included Anita White, Shirley Neilson, Laurie Letofsky, Sharon Parker, Aaron Lichtov and Brenda Peterson. This group raised the participation fees in

order to hire a graphic designer to create the map. They also introduced online registration to streamline the process, and other innovations. Additional graphic design work was contributed by volunteers Lichtov and Parker. In the spring, White stepped away, citing health issues and the need to follow her artistic muse.

While sharing administrative duties was conceived as a way to spread the work around, it presented its own set of challenges, with no individual taking a leadership role or holding clear authority. Also, artist volunteers found that it interfered with finding time to work on their own art projects.

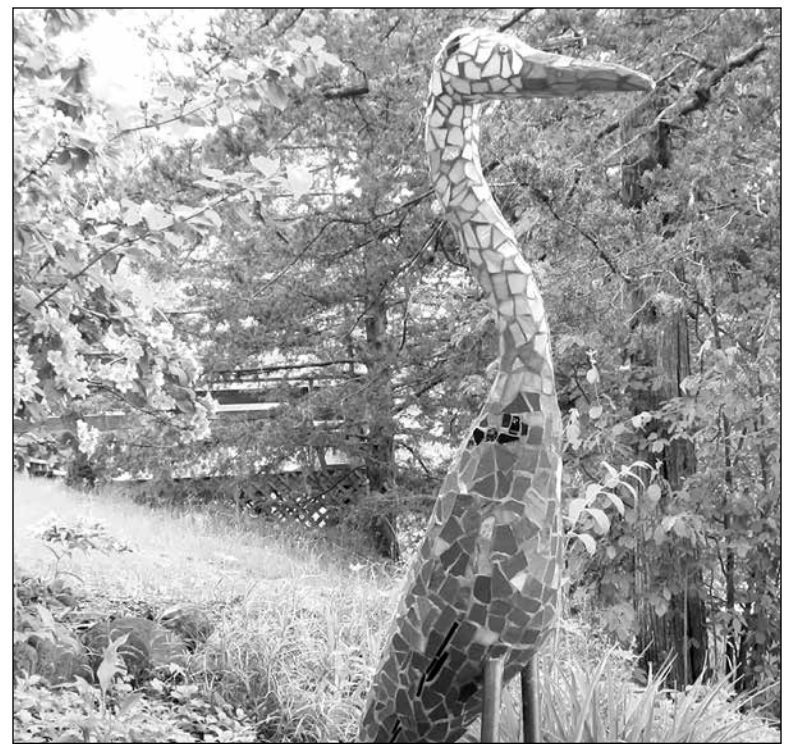
The LoLa art crawl, which has always been an all-volunteer event, first took place in August of 2009, with 42 artist participants at 20 sites throughout the greater Longfellow area. Participation peaked in 2013, when there were 155 artists at 89 locations. The 2014 art crawl featured 114 artists at 60 sites.

LoLa stands for League of Longfellow Artists, a term coined by Neilson at a meeting in the early summer of 2009

with Schmitt, White, and other local artists. It was formed as an artist-organized association dedicated to raising the visibility of local artists, and building a sense of community through art in greater Longfellow. For the purpose of the crawl, the greater Longfellow was defined as the area bordered by Cedar Ave. to the Mississippi River and E. 28th St. to the Crosstown. This is larger than the actual Greater Longfellow served by the Longfellow Community Council. It was defined so broadly in order to include co-founder Schmitt and other artists who reside outside of the official Longfellow boundaries.

LoLa has never had a formal structure or governing body, but has employed a non-elected ad hoc steering committee to plan and implement the annual art crawl, which has traditionally taken place on the last full weekend of August.

The Longfellow Community Council (LCC), which has been LoLa's fiscal agent since 2011, has no plans to step in and intervene, but it invites those who would like to help continue the



The LoLa Art Crawl featured many unique area artists, such as Lolly Obeda and her garden mosaic sculptures. (File photo from 2013)

art crawl to join their Community Connections committee to discuss possible ways to work with other volunteers on the project.

"LCC views the LoLa art crawl as an asset to the community. It is our hope that other artists in the community are compelled to take on a leadership role and continue the annual event," said Melanie Majors, executive director of LCC.

"LCC welcomes LoLa artists and other interested residents to join our Community Connections committee to discuss the potential for continuing the art

crawl or other opportunities to share art with the community," she added.

The committee meets the second Tuesday of the month, 6:30-8pm, at Longfellow Park. For more information about the committee, contact JoAnna Lund, joannalund@longfellow.org, or visit the LCC website, Longfellow.org. Artists in Longfellow can also connect with other artists in the community via the LoLa Facebook group, which can be found by entering "League of Longfellow Artists" into the Facebook search bar.

Digital Citizenship program nets Academy a statewide award

Sam Meyers, Academic Integration Specialist, and the Digital Citizenship (DC) program he developed at Minnehaha Academy, has won the 2015 Private and Independent Education Program Award from the Minnesota Independent School Forum (MISF).

MISF each year recognizes

a select group of individuals, schools, and/or programs that model outstanding service to students, the school, and the school community. Nominations were accepted from all private and independent schools in the state.

Digital Citizenship is a hot buzz phrase in education and

this program at Minnehaha Academy establishes norms regarding the use of technology by students, teachers and parents.

"Sam's interactions with both students and adults highlighted for him the gaps many seem to have in knowing how to use all forms of technology, both personal and academic, in a safe and effective way," said Nancy Johnson, Minnehaha Academy Upper School Principal.

This program provides guidance on how to navigate the digital world, use it for effective and efficient acquisition of knowledge (and goods), communicate with each other clearly, and establish an online presence that doesn't put them at risk for bullying, theft, or crime.

Unlike most schools, Min-


nehaha Academy utilizes school-wide time, such as during assembly and advisory, to provide this guidance to students. Starting in the spring of last year (2014) Minnehaha started a series of assemblies on DC, including digital footprint, effective communication, and copyright/fair use issues. The school will continue to use the assembly avenue for occasional discussions about these topics, as teachers appreciate the effort to communicate these concerns with students, but find it difficult to add it to regular class time.

Sam also gave the digital footprint presentation to the incoming freshmen and parents at the freshmen retreat (a day-long retreat prior to the start of the regular school year). The par-

ents appreciated the presentation and the fact the school wants to make this a priority.

"One of the many measures of the success of this program is the fact that Sam is beginning to receive inquiries from other schools who want him to make similar presentations to their students and faculties," said Johnson. "This additional visibility for the issues related to digital citizenship is an important step in addressing a primary need related to increased use of technology in schools."

Meyers and the Digital Citizenship program at Minnehaha Academy, along with other award recipients, will be recognized at the 2015 Minnesota Private and Independent Education Awards celebration on Apr. 26.



NOKOMIS EAST NEIGHBORHOOD ASSOCIATION

ANNUAL MEETING BOARD ELECTIONS

DINNER FROM DOMINGUEZ RESTAURANT

NENA will host a free community dinner from Dominguez Restaurant and board of director elections on **Tuesday, April 28** at Crosstown Covenant Church (5540 30th Ave. S.) from 6:00-8:00 p.m.

The evening will include:

- Great food donated by Dominguez Restaurant
- Updates from elected officials and the NENA board
- Presentation of volunteer awards
- Election of board members
- And plenty of time to get to know and socialize with neighbors.

Everyone is invited to participate in this annual tradition.

FOR MORE INFORMATION:
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Letters to the Editor

Reader catches faulty math

To the editor,

I very much enjoyed Ms. Grome's piece on Firehouse Station 21 in the *Messenger* of March 2015. It was well written and interesting.

But I am having trouble with her math. She reports that in 2014 there were 2500 runs of the station's engine pumper and 1000 runs of the ladder. Okay, that comes to 3500 runs. Yet she goes on to report that the number of runs comes to "more than six runs per day."

Let's see if this adds up. We

begin with a total of 3500 runs over a period of 365 days. 3500 divided by 365 = 9.59. 9.59 is "more than six per day," but more accurately, it is more than nine per day.

Perhaps the original number of runs was inaccurate. Still, if she had done her math she would have caught the original error and could have checked it out with the fire department.

Still, a good piece.

Thomas H. West
3700-35th Ave. S.

Editor's Note: Thanks Thomas for catching that. It is not a problem of the writer, but a problem I, as editor, created. In its original form to me the article talked about the pumper runs and the ladder runs separately. When I combined the two into one sentence, I did not combine the per day averages. So, the 2500 runs of the pumper would average to over 6 per day (6.84 to be exact); the ladder 2.7 average, which would be, as you point out, over 9 runs per day on average. Good catch and thanks for reading the Messenger.

Annual Meeting

NENA will host a free community dinner and board of director elections on Tues., Apr. 28 at Crosstown Covenant Church (5540 30th Ave. S.--main entrance is on 56th and 29th) from 6-8pm. The evening will include great food donated by Dominguez Restaurant, updates from elected officials and the NENA board, presentation of volunteer awards, election of board members and plenty of time to get to know and socialize with neighbors. Everyone is invited to participate in this annual tradition.

Join the NENA Board

Please consider running for one of the seven board positions up for election at the NENA annual meeting on Apr. 28. Board elections are the most important part of the evening. Residents will be electing seven neighborhood representatives to the NENA Board. The positions up for election this year are one representative from each of our four neighborhoods: Wenonah, Morris Park, Minnehaha and Keewaydin, and three at-large members.

The Board of Directors provides leadership and direction to the organization and is responsible for setting policy and ensuring good governance. Board members should be willing to serve on at least one committee or working group, expect to attend 2-3 meetings per month, work on special events, and represent the neighborhood's interests.

NENA (Nokomis East Neighborhood Association)

3000 East 50th Street

Annual Meeting, Board Elections and Updates

An average time commitment is 8-10 hours per month, with some months requiring less time, and others more. The Board meets on the fourth Thursday of the month from 7-9pm.

Please call the NENA office (612-724-5652) or email nenan@nokomiseast.org for more information.

NENA Board of Directors

A board work plan was recently created to map the work of the Board of Directors over the next several months. It includes establishing a hiring committee for a new executive director, holding a board retreat focused on visioning and prioritization, hosting the annual meeting and elections on Apr. 28, training new and existing board members, reviewing organizational policies, facilitating discussion on how to better engage residents, and documenting key systems.

Housing, Commercial & Streetscape Committee

NENA's Board of Directors created a new Housing, Commercial & Streetscape standing committee at the March board meeting

and named Jim Tennesen as chair. The committee will work to maintain and improve the housing stock in the neighborhood, advocate for housing and commercial development, provide input on zoning and variance requests, and ensure that neighborhood voices are represented in residential and commercial developments. They will also work with Greater Metropolitan Housing Corporation (GMHC) to develop and evaluate housing programs for neighborhood residents and recommend policies related to housing and land use to the board of directors. If you are interested in joining this important committee or would like more information, please send an email to housing@nokomiseast.org.

Technology Committee

NENA's Board of Directors named Jim Cummins chair of the Technology committee. The committee focuses on providing technological support and vision to NENA's staff, event planners, and board. Over the next few months the committee is excited to focus on revamping NENA's website using community input obtained through a recent survey.

Monarch Festival Task Force

The NENA board approved up to \$25,000 for the 2015 Minneapolis Monarch Festival. NENA leadership is in discussions with our festival partner, Minneapolis Park and Recreation, about what the funds will be used for, but it is likely that some of the funds will be used to cover a staff position to help coordinate volunteers and cultural activities. The festival is a wonderful cross cultural event drawing 10,000 people to rally for monarch conservation and celebrate community. For more information, please send an email to monarch@nokomiseast.org.

Grow Monarch Habitat Workshop

Interested in learning how to attract monarch butterflies to your garden? This workshop will give you all the information that you need to get started this spring. The workshop is planned for Sat., May 16, 9:30am at the Nokomis Community Center, 2401 E. Minnehaha Pkwy. The workshop includes:

- Monarch butterfly life cycle, migration and required habitat needs
- Milkweed and native plant benefits
- Introduction to the plants in the Monarch Gardens-to-Go kit*
- Resources for learning more about native plants and monarchs

*The kits feature 12 native plants - milkweeds, nectar and grasses. Pre-registration and \$25 fee for kit (\$36 value) required. *Attendance is free!* For more information or to register, email monarch@nokomiseast.org.

Garage Sale

Mark your calendars for the 2015 Nokomis East Neighborhood Garage Sales on Sat., June 20, 8am-4pm. Last year over 100 households participated. It is a great way to get rid of unused clutter, connect with neighbors, and make a little money. More details will be available soon so watch for updates in this column

or at www.nokomiseast.org. If you plan to have a sale, be sure to register by June 7 to be included on the map. For more questions, email garagesale@nokomiseast.org.

Re-design of Bossen Field Park!

Community Advisory Committee (CAC) members for the Bossen Field Master Planning process have been appointed by Minneapolis Parks and Recreation Board (MPRB) commissioners, stakeholder groups and elected officials. All CAC meetings are open to the public and each meeting will have a public comment period at the end of the meeting. The next meeting is Apr. 21 from 5:30-7pm at Crosstown Covenant Church, 5540 30th Ave. S.

Nokomis East Neighborhood Association (NENA) appointed Maribel Osorio and Greg Fedio to the CAC. Their responsibilities include learning about the project, giving input on future design and park usage throughout the planning process, contributing to broad community engagement efforts, and making recommendations to the MPRB Commissioners. NENA's Community Organizer Maria Alcaraz has been talking to people in the Bossen area to gather feedback on the project and identify neighborhood issues. Special efforts have been made to reach Latino and Somali community members to ensure their voices are heard in the process. Surveys will be collected through March and full results will be presented to the CAC in April. Maria Alcaraz can be reached at maria.alcaraz@nokomiseast.org.

Upcoming Meetings:

- 4/2/15: Board Meeting, Keewaydin Park, 7pm
- 4/7/15: Housing Committee, NENA office, 6:30pm
- 4/8/15: Monarch Task Force, NENA Office, 7pm
- 4/9/15: Executive Officers Meeting, NENA Office, 7pm
- 4/11/15: Board Retreat, Location TBD, 8:30am-noon
- 4/19/15: Technology Committee, NENA Office, 3pm
- 4/23/15: Board Meeting, Keewaydin School, 7pm
- 4/28/15: Annual Meeting and Board Elections, Crosstown Covenant Church, 6-8pm

Meeting times and locations subject to change. Please visit www.nokomiseast.org for an updated agenda.

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General Email: NENA@nokomiseast.org

Chair: chair@nokomiseast.org

Phone: 612-724-5652

Healthy Seniors host Mike Lynch Apr. 23

Make the stars your old friends! Come hear Mike Lynch, WCCO meteorologist, stargazer and author, speak about the great celestial show over the Twin Cities and Minnesota at Longfellow/Seward Healthy Seniors 17th Annual Italian Dinner event on Thur., Apr. 23 at St. Albert the Great Church, located on the corner of E. 29th St. and 32nd Ave. S. A silent auction will be held, and an Italian menu will be served. There's a reception from 5:30-6pm and the dinner starts at 6pm. The evening will conclude at 8pm. Lynch will be selling his books and T-shirt at the event - cash and checks only. Tickets for the Annual Italian Dinner are \$35/each and can be purchased through the Longfellow/Seward Healthy Seniors office at 2800 E. Lake St. (inside the US Bank) or by calling 612-729-5799 to reserve tickets. Proceeds from the event support services that help neighborhood seniors live independently at home with a high quality of life.

HOLY WEEK SERVICES

Palm Sunday March 29
Traditional Worship 8:30 a.m.
Contemporary Worship 10:30 a.m.

Holy Thursday April 2
Worship & Communion 7:00 p.m.

Good Friday April 3
Worship 7:00 p.m.

Easter Sunday April 5
Worship 7:00 a.m.
Free Breakfast 8 - 9:30 a.m.
Worship 10:00 a.m.

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O.P., pastor

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Holy Thursday, April 2 -- potluck dinner 5:30 pm

Mass of the Lord's Supper 7 pm

(with washing of feet & collection of new socks for the homeless.)

Good Friday, April 3 -- Stations of the Cross, 3 pm

Communion Service of the Lord's Passion, 7 pm

Saturday, April 4 -- Easter Vigil at 8 pm

(Bring water from home to help our community refresh its Baptismal font... and bells to ring the glad alleluia!)

Easter Sunday, April 5 -- Masses at 9:30 am and 11 am

(child care available at 9:30 am Mass)

Located one block north of E. Lake Street at 32nd Ave. S. in Minneapolis

612-724-3643

Email: info@SaintAlbertTheGreat.org

In Our Community

Messenger

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

Indoor egg hunt scheduled Mar. 28

A free indoor egg hunt will be held on Sat., Mar. 28, at 10am at Trinity of Minnehaha Falls, 5212 41st Ave. S. Come for a family-friendly event with games and activities, refreshments, door prizes, and an egg hunt for children. For more details, call Suzanne at 612-724-3691.

Volunteer visitors needed for seniors

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

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 (Apr. 7) at 6:30pm. Adoptive parents are provided with a confidential, non-judgmental 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 (parents); or Christina Romo at 651-644-3036, ext. 17, or christinaromo@nacac.org (teens).

Metro Blooms plans more workshops

Help keep our lakes and rivers clean while creating a beautiful and bee/butterfly-friendly habitat in your yard! A workshop, "Raingardens and Beyond: Clean Water, Healthy Habitats" from Metro Blooms will first give an overview of raingardens and native plants. Then, participants will receive recommendations for their property with one-on-one assistance from Metro Blooms landscape designers and Hennepin County Master Gardeners, as well as information about cost share programs and how you can apply.

Metro Blooms has presented raingarden workshops for the last six years helping over 8,000 homeowners and businesses install raingardens throughout the metro area.



New construction proposed in Longfellow

Story and Photo by MARGIE O'LOUGHLIN

Longfellow Community Council held their monthly Neighborhood Development Committee meeting at Lake Coffee on Mar. 18, and had one major agenda item. Developer Andy Bare of Key Funding LLC gave a presentation and answered questions about his proposed mixed-use, multi-family development at 3403 38th Ave. S.

The site, which formerly was home to a gas station, has some soil remediation issues. Those were addressed by Bare, but questions about the scale of the project, the lack of green space and perceived inadequate water retention strategies were left unanswered.

Bare is in the early stages of defining his project. He said, "I always put the biggest plan out there first. There's the possibility that I might scale back, and there's the possibility that I might not." According to an LCC staff person, "To Bare's credit, he's well ahead of the curve in terms of presentation with the public." Residents' concerns included increased alley traffic, reduced on-street parking for people using Longfellow Park and an adverse change to the feel of the neighborhood.

Watch the Longfellow Community Council's website (calendar) to see when the next public information meeting will be – likely late April at Longfellow Park.

The workshop, with a cost of only \$15, is planned for Sat., Apr. 25, 1-4pm at the Nokomis Park Recreation Center (5001 W. Lake Nokomis Pkwy.), and is one of 8 workshops planned around the metro this year. Workshops often fill up quickly, and to reserve your spot you should register as soon as possible by going to www.metroblooms.org or by calling 651-699-2426.

Farmers Market seeks donation items

The Midtown Farmers Market has some in-kind donation needs you might be able to help with or maybe you know a source they can go to. To improve everyone's experience at the Market, The Market is looking for more small round folding tables (32" metal mesh folding table available at Target), a small propane grill, and table umbrellas with stands. If you have any of these to donate or can give them a lead, please contact Miguel Goebel, Market Manager at 612-724-7457.

Stevens House seeks volunteers

Historic John H. Stevens House Museum is looking for volunteers to lead and/or supervise

tours of this historic house, birthplace of Minneapolis and Hennepin County, now located in Minnehaha Falls Park. The tours occur on Sundays from noon to 4pm, Memorial Day through Labor Day. Ability to work every Sunday desired but not required. Please call Lynette at 612-827-0138 for more information."

Spring Forest Qigong for Health on Apr. 21

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a presentation on Spring Forest Qigong (pronounced chee-gong) on Tue., Apr. 21 at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. Qigong is an ancient practice which promotes healing and vitality. Easy, gentle movements help balance energy to relieve pain, improve mental focus, strength, balance and well-being. SFQ Certified Instructor, Rhonda Battisto, will discuss the basics of Qigong and lead a demonstration of some of the movements.

Our Holistic Journeys topic on Apr. 15

Was there a moment or a series of events that led you to a more

holistic lifestyle? Where are you at right now? We'll get together to talk about the holistic journey that has brought each of us to where we are today! By sharing our stories, we can learn from and support each other in our endeavors to lead a healthier, more environmentally-friendly lifestyle for ourselves and our families.

Holistic Moms Network is a non-profit national organization that connects parents who are passionate about holistic health and green living. The Twin Cities Chapter holds monthly meetings the third Wednesday (Apr. 15) of each month, 7-9pm, at Fuller Park Recreation Center, 4800 Grand Ave. S.

No matter where you are on your parenting or holistic journey, you are welcome! Children are welcome. To contact the Twin Cities Chapter, or for more info, an event calendar, and a map to meeting location, visit <http://twincitiesmn.holisticmoms.org> or e-mail tcholicmoms@gmail.com or visit us on Facebook at www.facebook.com/HMNTwinCitiesMN.

Faith plans spaghetti dinner on Apr. 25

Faith Evangelical Lutheran Church, 3430 E. 51st St., will hold a Spaghetti Dinner on Sat., Apr. 25, from 5-7:30pm. Tickets are \$8 for adults and \$5 for children, and free for children under 5. The food is from Fat Lorenzo's.

Two local schools open community fitness centers

Minneapolis Public Schools (MPS) held grand opening celebrations for two new, state-of-the-art community fitness centers at South and Roosevelt high schools. The new facilities were constructed and funded in partnership with Hennepin County and its Youth Sports program.

"The new fitness centers at South and Roosevelt will enhance the training opportunities for our student-athletes and benefit the general student body during physical education classes and after school," said Interim Superintendent Michael Goar. "We are very thankful to Hennepin County for its support of this project."

"Since 2009, the Hennepin Youth Sports program has provided more than \$15 million dollars to organizations and schools in Hennepin County in order to build or renovate athletic and recreational facilities that serve young people," said County Commissioner Peter McLaughlin. "I am particularly pleased that these facilities will not only serve school students but all local residents through community services programming."

The efforts at South and Roosevelt are the latest in a series of capital improvements to athletic facilities at MPS sites. The school district recently completed the renovation of the pool and locker room at Olson Middle School in north Minneapolis. MPS initiated that project to remove the deep end of the pool and create a community structure with the appropriate dimensions to support swim instruction for all age ranges and skill levels. Three additional high schools (Edison, Patrick Henry and Southwest) received funding from the Hennepin Youth Sports Grant Program in 2015 and will open later in the year.

Local schools receive grant awards

On Mar. 17, the Hennepin County Board of Commissioners approved \$124,956 for 25 small equipment grants for the Hennepin Youth Sports Program. The funding runs from May 1, 2015 through Apr. 30, 2016. Among the grants was: \$2,500 for softball pitching machine, equipment bag and carts at South High School; \$2,300 for two sets of portable soccer goals at South High School; and \$2,750 for a basketball shooting machine at Roosevelt High School.

Urban Harvest events planned at Nokomis

Hennepin County libraries are offering Urban Harvest events about local and sustainable food practices starting this spring. Free events for adults and families at Hosmer, Nokomis and Northeast libraries in Minneapolis March through May will introduce more mushroom hunting and heirloom seed preservation.

A family program titled "Urban Harvest: Planting Heirloom Seeds" is planned for Sat., Apr. 11, 1pm, at Nokomis Library, 5100 34th Ave. S. Learn about local and heirloom plants, and start some seeds for your garden! Materials provided.

"Urban Harvest: Start Seeing Mushrooms" is planned for adults on Thur., May 21, 6:30pm, also at the Nokomis Library. More mushrooms are prized for their delicious, nutty flavor and can be found all around the Twin Cities. Kathy Yerich, co-author of "Mushrooms of the Upper Midwest," will share tips on identifying and locating morels, as well as many other species found in the area.

The Library's Urban Harvest series will continue this summer and fall with events at additional libraries on seasonally appropriate topics. Register online now for spring events at www.hclib.org/events or call the Nokomis Library at 612-543-6800.

Continued on page 12

Gandhi Mahal serving customers vegetables grown in basement

Aquaponic garden uses zero waste system that relies on fish and plants helping each other

By TESHAM. CHRISTENSEN

Gandhi Mahal is pushing the boundaries of what Twin Cities' restaurants do.

After working to grow its own vegetables in community gardens and buying from farmers' markets, the south Minneapolis restaurant has installed an aquaponics gardening system in the basement.

Gandhi Mahal is the first restaurant in the Twin Cities operating this type of system.

In the dead of winter, patrons were enjoying ripe red tomatoes, crunchy greens, fresh herbs, and tilapia from the basement garden.

The aquaponics garden is part of Gandhi Mahal owner Ruhel Islam's desire to return to a traditional way of life.

"From the beginning, when we opened this restaurant, we had the vision to be self-sufficient," said Islam.

He intends to lead by example. "Show the world you can be the change you want to see," Islam encouraged.



Gandhi Mahal chef Bhaisab is thrilled with this basket of greens, picked in the basement aquaponics garden and brought directly to the kitchen in the middle of winter.

Path to food security

Islam believes that aquaponics gardening is one way Minnesota will become resilient. "This is the future of food security," he said.

If you grow your own food, you don't have to worry about the policies in another country, and whether the food supply will suddenly go away, Islam noted.

Gandhi Mahal aims to create peace by pleasing the palate.

Kedrik Lund, who manages the aquaponics system day-to-day, pointed out that when food is trucked, it can lose from 40-50% of its nutritional value in the first week. "If you go straight from the plant to your table, you get so much more vital food ingredients onto your plate," Lund said.

Year-round gardening in Minnesota

Aquaponics gardening addresses many of the challenges gardeners face in Minnesota's climate.

Instead of gardening only four months of the year -- or six if you factor in fruit trees, you can push it to year-round.

Lund is also enthusiastic about how aquaponics uses discarded or marginalized spaces, such as basements and rooftops.

"This idea would be great for a family of four," Lund said.

Both Lund and Islam dream of the day when a system like this isn't an oddity.

How to create an aquaponics garden

Islam has been dreaming of an aquaponics system in the basement since 2010, but waited to proceed until he had purchased the building he occupies. Long-term he'd like to expand into a larger space and move the sun down through a tunnel.

He enlisted Spark-Y Youth Action Labs to design his basement garden in early 2014. They obtained a license from the De-

partment of Natural Resources for the fish pond in June 2014. And then they began construction.

The Gandhi Mahal aquaponics system relies heavily on 3 amp florescent light fixtures with T5 bulbs. These are high-output, full-spectrum bulbs. When Lund wants to encourage the plants to move from growing to producing, he switches the color from the green spectrum to the red spectrum to mimic that of later summer.

They also switch up the amount of time the lights are on to mimic the seasons.

They are experimenting with other types of lights, including induction and high pressure sodium (HPS) light.

Islam and Lund would like to move towards LEDs, but the cost is prohibitive right now. The advantage of the LEDs is that although it costs more to purchase initially, the bulbs last much longer than florescent ones.

"The great thing about aquaponics is that you can do it as low tech as you want to," said Lund. "We're only limited to our imagination."

Many of the items used in their system were purchased off Craigslist.

Instead of using dirt, they opted for Hydro Clay pellets made of pressure-treated and heat-treated bentonite clay. In addition to being lightweight, it offers flexibility in moving plants. It holds roots in place well, and allows the plant to establish and move roots throughout the system, according to Lund. It also increases the overall surface area of the garden, and doesn't clog their pipes like soil would.

"We are constantly learning," said Lund.

Continued to page 11



Gandhi Mahal owner Ruhel Islam (left) and Kedrik Lund are learning through trial and error what works and what doesn't in this system. They are both pleased by how well the fish and plants work together, each nourishing the other. (Photo by Tesha M. Christensen)



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By **TESHA M. CHRISTENSEN**
Adventure awaits your kids this summer. Construct a castle out of cardboard. Be a junior sleuth. Learn what it's like to be a nurse or figure out how to do 3D printing. Monkey around with primate pals. Canoe, paint and innovate. Step back in time.

That's just the start of the camp options available in the Twin Cities area. Browse below for more information on some of the camps offered locally.

IN THE NEIGHBORHOOD

ARTICULTURE

A variety of art disciplines and mediums with themes like Claymation, theater, art car, or food as art offered for ages 4-18. Five-day, half- and full-day sessions available. Cost: \$135-260. 612-729-5151. <http://www.articulture.org>

FORT SNELLING

Be an adventurer like Davy Crockett. Explore like Huck Finn. Experience the life of Laura Ingalls Wilder. Be a soldier for a day. Or, try out what life as an archeologist is like. Camps range from one day to one week. \$60-\$250. 612-341-7555. <http://www.mnhs.org/summercamps>

MINNEHAHA ACADEMY

A variety of athletic, academic and enrichment programs are offered, including woodworking, Lego robotics, puddlestompers, geocaching, movie making, sailing, painting, rocket science, guitar, and more. Half- and full-day, one- to three-week weekday sessions. Camp Minnehaha, a full day camp for pre-k to grade 8, includes daily devotions, games, indoor and outdoor activities, daily swimming lessons and a weekly off-campus activity. Cost: \$175-750. 612-728-7745, ext. 1. <http://www.minnehahaacademy.net>

YMCA

The Eureka! program for girls focuses on Science, Technology, Engineering, and Math (STEM). Held during the summer at the University of Minnesota. Session runs June 15 - July 10, Mon.-Fri. from 8:30am to 5pm. Only 35 spots available. Cost: free. https://www.ywcampls.org/_asset/fqw1se/Eureka-Brochure_updated.pdf



IN THE TWIN CITIES

ADVENTURES IN CARDBOARD

Construct giant castles, get lost in colossal mazes, build suits of armor and more during these five-day, full-day sessions for ages 8-14. Eight weeks offered at 5 different parks. Cost: \$299. 612-532-6764. <http://julianmcfaul.com>

ALLIANCE FRANCAISE MPLS/ST. PAUL

Half-day, three- and five-day French language day camps for beginners and experienced students from age three through high school offering hands-on and artistic expression in an immersion setting. Cost: \$175. 612-332-0436. <http://www.afmsp.org>

ANIMAL HUMANE SOCIETY

Unleashed summer campers entering grades 3-10 spend a full week immersed in animal learning and fun. Camp sessions are held in St. Paul and Golden

Valley (as well as three other locations). Cost: \$295. 763-489-2220. <http://www.animalhumanesociety.org/camps>

ALEXANDER RAMSEY HOUSE

Solve mysteries of the past in this three-day History Detective Camp for ages 11-13. Or, young ladies ages 9-12 can step back in time in a unique Finishing School for Young Ladies day camp. Cost: \$200-\$220. 612-341-7555. <http://www.mnhs.org/summercamps>

BLACKHAWKS OF ST. PAUL

Blackhawks offer several exciting half- and full-day soccer camps for players ages 5-18 that encompass a wide variety of activities and skills. Specialty camps focus on specific skills such as ball control, shooting, and goal-keeping. Cost: \$75-175. 651-894-3527. <http://blackhawksoccer.org>

CAMP COMO

Spend some time Monkeying Around with your primate pals; discover your creative side with Adventures in Art; take an African Adventure right at Como; or try on the hat of a zookeeper or gardener in Behind-the-Scenes! Como's camps include "behind-the-scenes" experiences and meeting Como's plant and animal ambassadors up-close! Five-day, half-day sessions. Extended care available. In partnership with the Autism Society of Minnesota (AuSM), Como also offers summer camp opportunities for youth, ages 8-18, with autism. Cost: \$117-150. 651-487-8272. <http://www.tinyurl.com/p3u4lqv>

CAMP SUNRISE

Camp and canoe while learning leadership and teamwork skills in a seven-day resident camp for youths age 13-18 who live within the city limits of Minneapolis or St. Paul. Held on the St. Croix River in Rush City and organized by YouthCARE. Cost: free. 612-338-1233. <http://www.youthcaremn.org>

CIRCUS JUVENTAS

Explore international circus arts at Circus Juventas. Five-day, full-day sessions offered for ages 6-18. Or make your own camp with Circus Sampler Days. Cost: \$395 or \$85/day. 651-699-8229. <http://www.circusjuventas.org>

CHICAGO AVENUE FINE ARTS CENTER CAMPS

Take hands-on classes to learn blacksmithing, metal arts sampler and oxy-acetylene found object sculpture classes. Four-day, full-day sessions offered for ages 8-18. Cost: \$235-280. 612-294-0400. <http://www.cafac.org/classes/youth>

CONCORDIA LANGUAGE VILLAGES

Experience cultural and language immersion; 15 languages to choose from. Resident camp for ages 7-18 and half-day programs offered. Cost: \$870-\$4,570. 1-800-222-4750. <http://www.concordialanguagevillages.org>

CREATE SOMETHING GREAT AT FRIENDS SCHOOL

From junior sleuths to budding lawyers to young artists, there are seven weeks of adventures and summer fun planned for grades 2-12 at the Friends School of Minnesota. Weekdays, half- and full-day. Cost: \$100 to \$280. 651-621-8941. <http://www.fsmn.org>



Football is one of several sports camps offered at Minnehaha Academy in the summer. And there's tons of non-athletic options available, too.



Discover your creative side with Adventures in Art at Como Zoo. Como's camps include "behind-the-scenes" experiences and meeting Como's plant and animal ambassadors up-close.

Continued on Page 9

Summer camps

Continued from page 8

DODGE NATURE CENTER

Explore prairies, wetlands and woodland trails during full- and half-day, four-day camps offered for students entering 1-8 grades. Shorter sessions available for ages 3-6. Cost: \$42-255. 651-455-4531. <http://www.dodge-naturecenter.org>

HAMLIN YOUNG WRITERS

High school students ages 15-18 can explore the craft, prepare for college, and connect with other young writers in the Twin Cities, while working closely with

Hamline Creative Writing faculty and published authors. Register by Apr. 15. Cost: \$400. 651-523-2476. <http://www.hamline.edu/gls/youngwriters/>

KNIGHT FOR A DAY

Learn about history while creating models of period armor, examining real medieval artifacts and more. Five-day, full-day sessions for ages 7-14. New this year: Attend a Medieval, Roman or Viking-themed camp. Three sessions offered. Cost: \$325. 612-719-1954. <http://www.oakeshott.org>

MINNESOTA BOOK ARTS

Bring your imagination to life by



Explore careers in health with hands-on sessions for grades 9-12 at Scrubs Camp. Full-day five-day session in Minneapolis or four-day session in St. Paul. Middle School camp offered in Dakota County.

creating characters and inventing new worlds. Five-day, full-day camp for ages 6-11. Cost: \$250-300. 612-215-2520. <http://www.mnbookarts.org>

MILL CITY MUSEUM

Play music, get creative, bake bread and construct books while exploring the rich culture along the Minneapolis riverfront district. Campers aged 9-11 will explore a new experience each day at four arts centers, including Mill City Museum, the Guthrie Theater, Minnesota Center for Book Arts and MacPhail Center for Music. \$225-\$250. 612-341-7555. <http://www.mnhs.org/summercamps>

LEONARDO'S BASEMENT

Girls and boys ages 6 to 17 can design and build their creative ideas, mixing art, science and technology during partial-day, weekday camps. There are more than 88 classes available over

10 weeks. New this summer: an overnight camp for teens. St. Paul and Minneapolis locations. Cost: \$185, scholarships available. 612-824-4394. <http://www.leonardosbasement.org>

NORTHERN CLAY CENTER

Half-day or full-day weeklong camps are offered in a variety of themes (from teapots and dog bowls to spaceships and garden gnomes) for ages 6 and up. Cost: \$170-\$305. 612-339-8007. <http://www.northernclaycenter.org/education/summer-clay-camps>

SCIENCE MUSEUM OF MINNESOTA

Summer programs for youth ages 3 to 16 combine science, art, drama, and literature in ways that encourage kids to actively discover and examine concepts for themselves. Programs also offered at the Lee & Rose Warner Nature Center, the state's oldest

outdoor environmental education facility. Cost: \$60-345. 651-221-4511, 651-433-2427. <http://www.smm.org/classes>

SCRUBS CAMP

Explore careers in health with hands-on sessions for grades 9-12. Full-day five-day session in Minneapolis or four-day session in St. Paul. Middle School camp offered in Dakota County. Cost: \$415-460. <http://www.health-forceminnesota.org>

ST. PAUL ACADEMY

Make Rube Goldberg machines. Take a writing workshop entitled: "A Week at Hogwarts." Learn about 3D printing and movie-making. Debate, play chess, take competitive math, debate, or learn how to be a better leader. Twelve options at SPA cover a wide range of academic, arts, and enrichment activities for grades 2-12. The Minnesota Institute for Talented Youth offers the ExplorSchool for students in grades 4-6. Cost: \$169-425. 651-698-2451. http://www.spa.edu/about_spa/summer_programs_2015

EDITOR'S NOTE: This is not a comprehensive list of every camp in the Twin Cities. If you would like to be included in next year's guide, please send us detailed information on the camp.



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LONGFELLOW COMMUNITY COUNCIL

Join the LCC Board of Directors

It's almost time to elect a new Board of Directors for LCC. Being a Board member can be a challenging and exciting experience and is an excellent way for individuals to support their community. The LCC Board meets monthly and covers a broad range of topics. There is no experience necessary to become a Board member, just an interest in representing your community.

On Tuesday, April 21st, LCC will hold its Annual "No Pie Charts - Only Pies" general membership and annual Board elections meeting. There are a total of fifteen seats on the board, 12 of which need to be filled for the 2015-2016 term. The open seats are as follows:

Neighborhoods - each neighborhood in greater Longfellow (Howe, Cooper, Longfellow and Hiawatha) has two representatives. There are five neighborhood seats open this year. These seats have two-year terms except for Hiawatha which has a seat open for one year to fulfill a previous term.

Community Representatives - there are three seats open for representatives of community interests. These seats have 1-year terms.

Business - there is one seat open for anyone who owns or works for a business in greater Longfellow. This seat has a 1-year term.

At-Large - there are two open seats. One seat is a two-year term that will expire in 2017. The other open seat is a three-year term that will expire in 2018.

If you have any interest in becoming an LCC Board member, contact Melanie Majors, LCC's Executive Director at melanie@longfellow.org or at 612-722-4529 ext. 14.



10th Annual No Pie Charts! Only Pies! Meeting, Director Elections and Pie Potluck

Please join us for the 10th Annual No Pie Charts! Only Pies! Meeting and pie potluck on Tuesday, April 21st at Minnehaha Academy, 3100 West River Parkway from 6:30-8pm. Prior to the meeting visit the Resource Fair from 5:30-6:30pm. Event attendees can peruse the tables and speak with experts in everything from art and design, financial services, health resources and more.

While LCC can promise there will not be any pie charts, it is up to the event participants to make sure there is plenty of pie! Make or buy any pie for the event and have a tasty dessert to see voters through the meeting. LCC will also collect donations for the Minnehaha Food Shelf. Bring in non-perishable items and receive raffle tickets for fabulous prizes donated by local businesses (up to 10 tickets/person). FFI: jessica@longfellow.org or 612-722-4529 x12.

LCC Proposes NRP Plan Modification

LCC is proposing a plan modification that will move \$115,000 of Phase I Housing Program Income funding into Phase II Administrative and program funding. Program Income is funding that has been returned to the organization from low-interest housing loan repayments.

The Neighborhood Revitalization Program (NRP) and Neighborhood and Community Relations Department (NCRD) require that Plan Modifications greater than \$25,000 necessitate membership notification and a community vote for approval. The LCC Board of Directors approved this proposed plan modification at the February 19th Board meeting and is recommending it to the membership. Notice of this meeting is being advertised in the LCC Insider and Weekly Round-up newsletters and will be posted on the LCC website.

The funding will be used to pay for staff and administrative overhead to support the LCC operations in 2015, 2016 and 2017, \$5,000 to support a 2015 Open Streets event, \$5,000 to provide start-up investment funds for Exodus Lending and \$5,000 to support Share the Gorge events in 2015, 2016 and 2017. FFI: melanie@longfellow.org.

April Happy Hour at DuNord Distillery

The next Happy Hour will be on Wednesday, April 8th at Du Nord Cocktail Room (2610 East 32nd Street) from 5:30-7:30pm. Get some food from a nearby restaurant and meet us at the newest Distillery in town! The owners of Du Nord are donating 10% of the sales made during the event to LCC!

2015 Longfellow Neighborhood Garage Sale Announced!

Mark your Calendars for Friday June 12th and Saturday June 13th for the Greater Longfellow Neighborhood Garage Sale. Stay tuned for information regarding registration and map locations.



Calendar of Meetings and Events

APRIL 2015

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

ADVANCEMENT COMMITTEE

Wednesday, April 1
7:00 - 8:30 pm
Lake Coffee House (3223 E Lake St)
FFI: jessica@longfellow.org

RIVER GORGE COMMITTEE

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

LONGFELLOW FAITH FORUM

Tuesday, April 14
12:00 - 1:30 pm
check website for location

COMMUNITY CONNECTIONS

Tuesday, April 14
6:30 - 8:00 pm
Longfellow Park, 3435 36th Ave S
FFI: joannalund@longfellow.org

NEIGHBORHOOD DEVELOPMENT COMMITTEE

Wednesday, April 15
6:30 - 8:00 pm
Lake Coffee House, 3223 E Lake St
FFI: joe@longfellow.org

BOARD OF DIRECTORS

Thursday, April 16
6:30 - 8:30 pm
Brackett Park, 2728 39th Ave S
FFI: melanie@longfellow.org

ENVIRONMENT AND TRANSPORTATION

Tuesday, April 24
6:30 - 8:00 pm
Lake Coffee House, 3223 E Lake St
FFI: joe@longfellow.org



River Gorge Birding Hike

Saturday, May 9, 2015
7:00-10:00am

Early birds arise! Lets greet returning spring songsters and see whos back! Join local birding experts Dave Zumeta and Lee Pfannmuller for an exploration of the world-class flyway along the Longfellow river gorge. Over 160 species have been observed in this area! Novice and experienced birders all welcome. Bring your binoculars (or let us know you need a pair) and a water bottle. Wear sturdy shoes for exploring the river bluffs and forest and banks.

Free! RSVP (to JoAnnaLund@longfellow.org) is required, as number of participants is limited to 30. When you RSVP, you will be provided with the meeting place and starting location for the hike. Sponsored by the LCC's River Gorge Committee.

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Longfellow Community Council

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Longfellow's Cara Letofsky named to the Met Council

By IRIC NATHANSON

During her years as a community activist, Cara Letofsky has worn many hats—first as a neighborhood organizer and later as a housing developer, political consultant and an aide to former Mayor R.T. Rybak. Now, Letofsky is wearing a new, wider hat as one of Governor Dayton's latest appointees to the Metropolitan Council.

In February, Letofsky, who is married to State Representative Jim Davnie, was appointed to fill the seat formerly held by Adam Duininick, when Duininick moved up to become the Council's new full time Chair.

As one of 17 appointed council members, Letofsky will help oversee the affairs of Minnesota's fourth largest government agency with 4200 employees and an annual budget of \$890 million. Described by one observer as the "benevolent beast of local government," the Met Council has far-reaching powers to guide the current development of the seven county area and to chart its future growth. In operational terms, it influences daily life in the Twin Cities through its management of the region's sprawling public transit system.

Considered a national model of regional government when it was created in 1967, the Council has come in for criticism in recent years from some who maintain that the multi-county agency has not been adequately attuned to the needs and concerns of its local communities.

As a new council member, Letofsky knows that her key role will be to build closer connections between the Council and the local officials and community organizations in her district, which covers the city's entire east side, from Minnehaha Park up to, and including, the Village of St. Anthony.

"While I am closely connected to Longfellow and Seward, I have done a lot of citywide work and that has brought me into contact with officials and neighborhood groups outside of my home base," Letofsky said. "Working in the mayor's office gave me a citywide perspective so I am familiar with the issues facing the northeast and southeast



Cara Letofsky (right) has been named by Governor Dayton to the Metropolitan Council. She was appointed to fill the seat formerly held by Adam Duininick (left) who has moved up to become the full time Chair of the Council. (Photo by Iric Nathanson)

neighborhoods in my district," she said.

The Council's new member and her chair, Adam Duininick, are both relieved that a key hurdle facing their agency's contentious Southwest LRT project has been overcome now that the Council and the Minneapolis Park Board have settled their differences over the route of the 16-mile LRT line.

"I am optimistic that the Southwest LRT project will move forward now that we have come to an agreement with the Park Board," Duininick said. "There are still some pending legal issues facing us, so a judge could interview in the process. That intervention might slow the project down somewhat but it won't stop it. The hurdle with the Park Board was the biggest issue fac-

ing us and now we have gotten over that."

Duininick acknowledges that the Southwest LRT still needs a state match of \$121 million to complete its funding plan. "Those funds could come from a bonding bill or from the Governor's sales tax proposal," he adds. "There is an 18-24 month window for us to secure those funds, so some of the money could come this year and some next year."

Letofsky notes that while the route of the Southwest LRT does not pass through her district, the project has a clear citywide impact that affects neighborhoods like Longfellow and Seward. "Any transit mode that goes near your home connects to the whole region," she says. "In Longfellow, we have direct access to the Blue

Line. Now, with the Southwest LRT, people who live here will be able to get to job centers in places like Hopkins, Minnetonka and Eden Prairie without contending with the daily commute on 62 and 494."

As a new Met Council member, Letofsky will need to deal with another contentious issue - the placement of affordable housing projects throughout the

region under the Council's "Fair Share" housing plan. Certain council critics, including the University's Myron Orfield, contend that affordable housing projects are concentrating poverty in the central cities and in certain close-in suburbs. He wants to stop building projects in low-income neighborhoods and, instead, disburse them throughout the region's higher income, second and third ring, suburbs.

"Every community needs affordable housing," Letofsky maintains. "There are some who say that the central cities have done their fair share of affordable housing, and now the work has to be done in the suburbs. However, the need is so great that no one can sit by and say they have done all they need to do. Here in Minneapolis we will take whatever resources we can. A well-built, well managed multi-family building can have a major positive effect on a neighborhood, not to mention the positive impact stable affordable housing has on the families that live there."

"Building affordable housing throughout the region is extremely important, but it can't be accomplished by taking all the resources away from the central cities, as some people seem to be suggesting," she adds.

Duininick and Letofsky recognize that they will be dealing with transit, housing and other key issues at a time when discussions are underway at the Legislature about restructuring the Council. "At some point the Legislature may change the accountability process for the Council. But until that happens, we will continue to be appointed by the Governor. Our role will be to help carry out his vision for this metropolitan region," Letofsky said.

Vegetables

Continued from page 7

One cup of regular garden soil contains 100,000 beneficial bacteria and 50,000 nematodes. The challenge of the aquaponics system is to replicate that biological intelligence. It takes trial and error.

They are able to do that in part by combining the fish pond with the garden. The fish and the plants help each other, noted Islam.

The water in the system is recirculated and reused, water from the fish fertilizing the plants and the plants cleaning the water for the fish.

It is a zero waste system. Bins under the tables house red wiggler worms, and that soil is used to get plants started.

Air pumps and fans keep the air moving.

"From the beginning, when we opened this restaurant, we had the vision to be self-sufficient."

- Ruhel Islam

According to Islam, the restaurant energy bills have increased 10% since implementing the aquaponics garden, a small price to pay for fresh vegetables and self-sufficiency.

Over the winter, they harvested spinach 30 times.

"The benefits have been greater than we were even expecting," said Lund.

What's next?

"This is a small part of a bigger vision," Islam observed.

What's next? Year-round

rooftop gardening to take advantage of the sunlight. Chickens. Transforming Lake St. into a food production site through self-watering planters. (Watch for upcoming seminars on how to make your own.)

Islam is currently working on a partnership with the Anne Sullivan School for a community garden that the students will assist with. His own two daughters attend that school.

"We want to create more farmers," said Islam. "To do that, you have to start with the children."

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A quick swing of momentum set the Minnehaha Redhawks girls basketball team on the road to third place for this year's Class AA state tournament.

The Redhawks had to start their season without out star guard Sarah Kaminski, who had torn her ACL during AAU basketball. While the Redhawks struggled for those first five games at 3-2, they took off once Kaminski returned and went 27-3 the rest



In The Zone

By MATTHEW DAVIS

Redhawks take third at state girls basketball

of the way en route to third at state.

"We're in every game that we

play," player Megan Thurow said after their state quarterfinal win.

It held true in the semi-finals when they pushed No. 1 seed Sauk Center to the brink in a 54-49 loss on Mar. 20 at Williams Arena. Thurow cut the Streeters lead to point with 1:43 left at 50-49 before the Streeters prevailed by making four free-throws and holding off the Redhawks' offense.

Earning third place provided more of the same for Minnehaha

on Mar. 21 when they beat Roseau 56-54 at Concordia-St. Paul.

The Rams took the lead late over the Redhawks, 54-53, with 34 seconds to go for the game. Kaminski and Gracia Gilreath saved the game at the line with free throws. Kaminski's pair put Minnehaha ahead 55-54, and Gilreath made to a two-point edge as four seconds remained.

Kaminski had a team high 23 points for the game. Lilly Thomey had a double double

for the Redhawks with ten points and rebounds.

Minnehaha's success showed well before the state tournament. They reeled off 14-straight wins in the middle of the season, several of them being close games. They also beat St. Croix Lutheran handily for the Section 4AA title in a 52-27 win on Mar. 13 with a tenacious defensive showing.

The Redhawks opened the state tournament with a strong defensive performance too in a 49-38 win over Annandale in the quarterfinals on Mar. 18. It also meant the Redhawks bounced back from losing last year's quarterfinal game on the same court at Marriucci Arena.

Minnehaha also won the first Independent Metro Athletic Conference title with a perfect 10-0 league mark.



Gracia Gilreath played a key role in the back court for Minnehaha's run to state. (Photo by Matthew Davis)



Sarah Kaminski's return from an ACL tear boosted the Redhawks this season en route to taking third at state. (Photo by Matthew Davis)



Olivia DuBois helped the Redhawks down Annandale 49-38. (Photo by Matthew Davis)

In Our Community

Continued from page 6

Greenway Glow applications due

The Midtown Greenway Coalition announces a call for artist proposals for the Greenway Glow to be held on June 20 from 8pm to Midnight in locations in and along

the Midtown Greenway. Proposals must be submitted by noon on Apr. 14. Submissions will be juried and stipends of up to \$500 will be awarded. For submission forms and details, please go to their website.

The Greenway Glow is our annual arts festival and bike ride on the Greenway! The arts festival is free, while the bike ride has a registration fee and donations that raise funds to support the Greenway.

Semi-annual sale scheduled May 2

Join your neighborhood friends for the Minnehaha Communion semi-annual rummage sale on Sat., May 2, 9am-1pm! They will have clothing, household items, jewelry, toys, books and many miscellaneous items. Come early! They will also have BBQ's available for purchase along with an

assortment of homemade bars (you can even buy some to take home). The church is located at 4101 37th Ave. S.

Roosevelt schedules pancake breakfast

Roosevelt High School (4029 28th Ave. S.) will hold their 17th Annual Pancake Breakfast on Sun., Apr. 19 from 8-1pm. The

breakfast includes pancakes, eggs, sausage, juice, milk and coffee for \$5 for adults and \$3 for children 10 and under. There will also be a lot of raffle prizes.

"Revenge of the Mekons" at Trylon

Sound Unseen presents the Minnesota premiere of director Joe Angio's documentary, "Revenge of the Mekons" (USA, 2013, 95 min., HD) on Wed., Apr. 8, 7pm, at Trylon microcinema, 3258 Minnehaha Ave. The cost is \$10.

"Revenge of the Mekons" chronicles the unlikely career of the genre-defying collective notorious for being—as rock critic Greil Marcus notes—"the band that took punk ideology most seriously." Born out of the 1977 British punk scene, the Mekons progressed from a group of socialist art students with no musical skills to the prolific, raucous progeny of Hank Williams. Joe Angio's exuberant documentary follows their improbable history – a surprising and influential embrace of folk and country music; forays into the art world (collaborations with Vito Acconci and Kathy Acker); and consistent bad luck with major record labels. "Revenge of the Mekons" reveals how, four decades into an ever-evolving career, punk's reigning contrarians continue to make bold, unpredictable music while staying true to the punk ethos.

Continued on Page 14



Mike Lynch Presents "MN Starwatch" on April 23

Mike Lynch, WCCO meteorologist, Stargazer & Author will speak at Longfellow/Seward Healthy Seniors 17th Annual Italian Dinner. Make the stars your old friends! All are welcome!

Thursday, April 23
Reception starts at 5:30 p.m.
Dinner and Program from 6:00 to 8:00 p.m.

St. Albert the Great Church
Corner of East 29th St. & 32nd Ave. S., Minneapolis

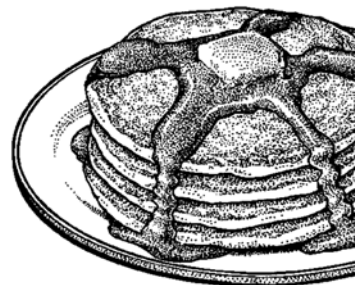
Mike Lynch • Dinner • Silent Auction
Tickets are \$35 and available through Longfellow/Seward Healthy Seniors
612-729-5799

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ANNUAL PANCAKE BREAKFAST
Sunday, April 26th
8 to Noon

3131 19th Avenue South
Tickets at the door Adults: \$6 Children 10 & under: \$3



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Soccer

Continued from page 1

"I feel soccer will continue to grow as people realize what a good sport it is," Motl added. "There's a lot of running and exercise and teamwork, and so many more kids get to play at one time than in basketball, for example. And there are not as many injuries and it's not as expensive as some other sports."

Another parent, who is serving the Southeast Soccer Club in a second stint coaching a girls' team, is Frank Clancy, whose 23-year-old daughter first started with the group when she was eight. Today his 10-year-old son is playing.

"My daughter played soccer up in Northeast Minneapolis in Northeast Park one summer when she was seven years old," Clancy recalled. He said that at the end of that summer she said, "Dad, I really want to play with the same girls and have the same teammates."

"So I searched and found the Southeast Soccer Club," Clancy said. "She began playing with one of the early coaches, Tom Johnson. And they needed a volunteer coach, so I coached a girls' team for six years."

"I would like a coach who embodies what I like in sports," Clancy said, explaining why he decided to participate. "I've played sports my entire life and for girls,

in particular, sports are a crucial way for them to develop a sense of physical strength and mastery. In college, my female friends who played sports had a confidence in moving through the world that I really liked."

Through Southeast Soccer Club, Clancy's daughter Molly was able to play from 8-18 with the same group of girls, and he said they developed friendships that have endured.

"Molly developed a willingness to work hard, and if knocked down, literally as well as figuratively, she got back up. We played one season when she was about 10, and she's tiny. She played against some boys, and it was very competitive. We got beat up a little bit, and she got knocked down a lot. A referee came up to me afterwards and said she was the toughest kid her size he had ever seen. That's what kids learn when they play sports the right way. That is the essence of Southeast Soccer, and I think a lot of parents could tell a similar story."

Clancy said there is no question that soccer is growing steadily, if not rapidly. He said teams across the United States are drawing fans, and many of those fans grew up playing soccer as kids.

Clancy said his daughter was just starting to play when Mia Hamm and the U.S. team won the World Cup.

"If you think about it, she's

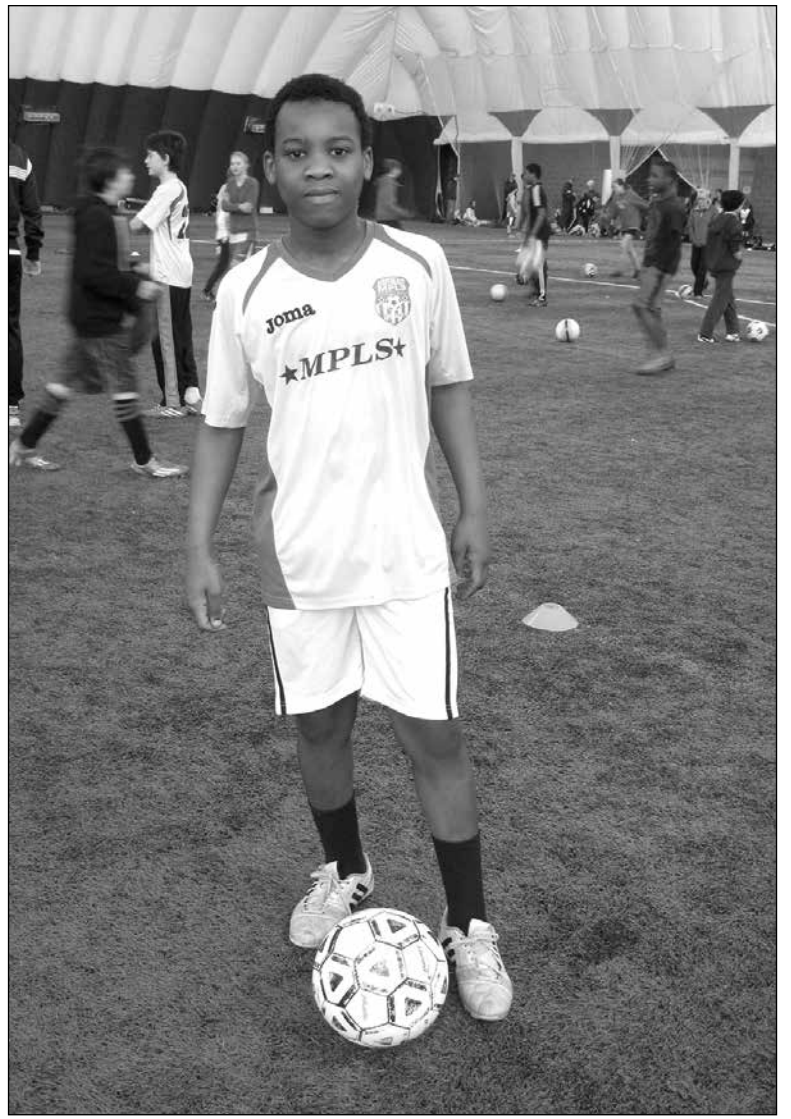
in the first generation of young women to grow up playing the game and with this incredible set of role models on the world stage."

Soccer is the world's game, according to Clancy. He said the growth of the sport is a sign of the United States and Minneapolis becoming more cosmopolitan. "I think it's great for Minneapolis and St. Paul to embrace soccer," he said.

Like music, Clancy said he sees soccer as a means for uniting and keeping people together, no matter what culture they are from. "I'm not a musician, but to play music well you have to work hard and have a lot of discipline," he noted. "To play soccer well, you also have to work hard and be disciplined. If you never play beyond high school or go national, you still have to develop that ability to learn and focus, as well as the ability to work with other people. It's the ultimate team game."

And it has taken a team of people over the years to develop the Southeast Soccer Club. Besides Schulz and Drake, Michael Sampson was a long-time coach and president of the club. Tom Eckhardt also served in those capacities and pushed for starting girls' teams. Kent Fritz-Smead, another coach, reached out to Ethiopian and Somali youth. Tom Johnson coached, and his son Tamba was one of the first players.

It takes a team....



Ramzi Ouro-Akondo joins Southeast Soccer Club teammates at an indoor soccer practice.

Schulz

Continued from page 1

Schulz said that at first the teams were not very good. The players knew that soccer meant kicking a ball, but they didn't kick it very well.

But as time went on, kids recruited more kids and the number of teams grew.

"When we first joined the Minnesota Youth Soccer League, the team that I brought was by no means a good team," Schulz said. "But we started to play better and faster teams, teams that knew what to do with a ball. And once that started, we started to improve also."

Schulz admitted he was a tough coach, but he said he knew that discipline was important.

"I wanted the players to improve, and I wanted them to start paying attention," he said. "Soccer is a little more difficult. The picture on the field changes all the time. Players should be responding to the ball, and I expected certain things. I even gave them homework, asking them questions to answer."

He said he asked the team to identify the dimensions of a penalty area, and asked them how early they should come to practice and how they could tone down a game if it started getting too rough.

"Pretty soon everything fell into place," Schulz continued. "I gave up coaching baseball and basketball and focused on soccer."

He said he and Jim Drake started the Southeast Soccer Club, and then got Tom Johnson to also coach. "The three of us pretty much ran it for a whole bunch of years."

Schulz did not grow up playing soccer as a child. He remembers seeing the game for the first

time when he was out for a walk with his mother in Breslau, Germany. "There was a fence along the street, and down below adults were playing soccer," he said. "I remember one thing, and maybe that's where I developed my interest in soccer. My mother told me it was a game for poor people. I don't think you could get by with saying that today."

Arriving in this country at 22, Schulz still remembered seeing that first game on the streets of Germany. He earned a degree in journalism and worked for many years as a community school coordinator, one time helping students build a race car and then go out and race it. But soccer was never far from his mind, and he coached from around 1980 until 2011.

He remembers his days with the Southeast Soccer Club with pleasure.

"Once a year we had a soccer and sports banquet, a dinner with a speaker," he said. He also started a Halloween Soccer Bowl for teams of 9 and 10-year-olds.

"One time we had up to 60 teams playing in the Bowl, six games going on side-by-side," he recalled. "It would happen around Halloween, and winter was knocking at the door. One weekend was cold, windy and raining. Everybody was getting soaked; the parents, the referees and me. The fields were mud, and I was amazed the kids didn't get pneumonia or something. But they thought it was the most fun thing they ever did."

Schulz said soccer brought parents together, and they got to know each other. Kids would often go to the same school and play soccer together and become friends. He said he misses those days of soccer, and he is tempted to coach again.

He said that as a coach, he knew what he wanted his team to do, and he didn't always get along

with some of the newer coaches. He wrote a newsletter, *Field Notes*, and he said what he thought about the importance of practice and being on time and being disciplined. "The newsletter caused a lot of problems," he joked.

He said he tried to set up meetings for coaches, and not that many wanted to attend. He tried to get on the new board, but didn't make it. "I realized I was no longer a desired person," he said.

But soccer remains his pas-

sion. Right now he is going through several boxes of photographs from over the years, sorting out pictures to put in several albums. He still goes back to Powderhorn Park for an ice cream social every year, and said he is amazed at how many of the kids he coached are still around. "Some of them are grandpas now, which makes it very difficult to recognize them," he smiled.

"Soccer is a thinking man's game," Schulz stated. "And it

forms strong bonds. I remember one summer I had a team with 14 kids playing, and each one of them was from a different country. And I was from Germany, the 15th country. I really felt good about it."

"Maybe I exaggerate a little when I say this, but soccer has got to be the most popular game in the world," Schulz said. "Countries from all over play it. And it's definitely growing here in the United States."

Neighborhood Churches Welcome You!

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

Pastor Jo Bauman

Sundays:

9:15 am - Generations in Faith Together

10:30 am - Worship

Saturdays April 4 & 18

5 pm - Soul+Food Dinner Church

Holy Week - March 29 - April 5

Palm Sunday

10:30 am Palm Procession & Worship

Maundy Thursday

11 am Worship & Noon Lunch

Good Friday

7 pm Service of Remembrance

Holy Saturday

5 pm Soul+Food Dinner Church

Easter Sunday

10:30 am Resurrection Worship!

All are Welcome!

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

Pastor Ryan Eikenbary-Barber

(Handicapped accessible)

Easter Sunday Services 8:45 and 11:00 am;

Brunch at 10:00 am

Children especially welcome

Contemporary Worship - 8:45 am

Sunday School for all ages - 10:00 am

Traditional Worship - 11:00 am;

Wednesdays at 5:45 pm

Meal and activities for the family

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

Rev. Pam Armstrong

Adult Classes: 9:45 am

Sunday Worship: 10:30 am

Sunday School (children): 10:45 am

(Childcare Provided)

(Wheelchair Accessible)

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

Pastors Dan Ankerfelt & Sally Ankerfelt

Sunday Worship - 9:45 am

Sunday School - 9:45 am

Easter Service - 9:45 am Worship

Children's Easter Egg Hunt following Worship

(Child Care Available)

(Handicapped accessible)

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

Fr. Joe Gillespie, O.P.

Sunday Mass: 9:30 am (Childcare available)

Saturday Mass: 5 pm

M, T, Th, F: Rosary at 8 am, Daily Mass 8:15 am

Adoration of the Blessed Sacrament,

First Fridays from 9 am to noon

(Handicapped accessible)

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

Julie A. Ebbesen, Pastor

Worship: 9 and 10:30 am,

Summer: 9 am only

Education for all: 9 am

(Childcare; Wheelchair Acc., Braille)

Coffee 10 am

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

Pastors Derek Johnson & Matt Oxendale

Sunday Worship 8:30 & 10:30 am

Easter Sunday 7:00 & 10:00 am

AA Meetings Tuesdays/Sundays 7:00 pm

Projects of the Neighborhood Churches Include:

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

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

In Our Community

Continued from page 12

Free potter's wheel classes offered

Join ceramic artist and potter, Pastor Dan Goddard, on Easter Sunday for the 10:45am service when he will be delivering the message from his potter's wheel at the First Free Methodist Church (2901 39th Ave. S.). That congregation is in the process of renewing/reinventing a small church in the Longfellow area as a community arts center, public arts center, and arts in education center. Goddard is the pastor as well as a ceramic artist/potter,

and painter. This Easter service is their kickoff celebration, and the only time they will offer free 20 hours (2.5 hrs per wk, 8 week) classes without scholarships. The First Free Methodist Church is a community outreach for all belief systems, age groups, gender, social economics, etc.

Wise Use of Water topic of garden club

Gardeners are learning more about changeable weather than ever before, especially as regards water.

On Apr. 22, the Longfellow Garden Club will present speaker is Peggy Knapp from the Freshwater Society. She will discuss ways to make best use of water,

Minnesota's impaired waters, and the Master Water Stewards, a new resource for gardeners and neighborhoods (much like Master Gardeners).

This meeting is also the Club's annual Silent Auction, where everyone helps to replenish the Speaker Fund. Please bring a garden-related item or two and prepare to take a few treasures home. The Auction is a great place to recycle vases, clean pots and tools, garden books, stationary and textiles - baked goods are always popular!

Come at 6:40pm to check out the Auction, and the speaker will begin at 7pm at Epworth United Methodist Church, 3702 37th Ave. S.

Farmers Market hires Heidi Eger

The Midtown Farmers Market has hired Heidi Eger as their new assistant manager. Eger loves food, farmers markets, and playing in the dirt. She has spent the last three years combining these loves while managing the Student Organic Garden at the University of Minnesota, Morris, running the information booth at the Morris Area Farmers Market, and serving as a Local Foods Minnesota GreenCorps member. She graduated from the University of Minnesota, Morris with a degree in Environmental Science and is excited to be living in Minneapolis after 4 years in rural Minnesota. Eger has shared

that she's "looking forward to getting to know the Midtown Farmers Market community and can't think of a better way to spend a Tuesday afternoon or Saturday morning!"

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.

Continued on Page 15

Classifieds

Messenger

Want ads must be in the Messenger before Apr. 20 for the Apr. 30 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 1885 University Ave., Ste. #110, St. Paul, MN 55104. Want ads must be mailed to the *Messenger* before Apr. 20 for the Apr. 30 issue. Ad copy can be e-mailed to denis@deruyternelson.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

BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds. etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 5-15

COMPUTER REPAIR/SERVICE

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

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-15

HANDYMAN

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LAWN

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MISC. SERVICES

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

PAINTING

Painter Jim. 30 years experience. Small jobs wanted. 612-202-5514. 9-15

PETS

John's Pet Services - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. www.facebook.com/johnpetservice 4-15

RENTALS

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

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

SERVICES

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

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. 4-15

WINDOWS

Basement Window Guy.com. Replacement windows, glass block windows. Free estimates. 651-208-8210. Lic.# BC 646746. B-15

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Singing Waters

Continued from page 1

Their weekly Sunday morning meetings are open to everyone, and they meet rain or shine. The DNR provides gloves and trash bags for clean-up and Knott estimated that the group has collected and hauled out more than 2,000 pounds of garbage since their efforts began. "We've picked up everything from cigarette butts to old mattresses," he said.

Once each quarter during the warm months, the group has what they call a quarterly event. This is what the Apr. 19 gathering will be. In addition to the weekly offerings of singing, music making and trash collecting, there will also be a potluck meal and a group art project.

Knott, who earned his master's degree in sculpture from the Minneapolis College of Art and

Design, will bring natural art materials to the beach to create an installation. "It doesn't matter if someone knocks it down or how long the installation lasts," Knott said. "Whoever sees it will know that the river here is loved and cared for."

The Mississippi River, as it flows through the Twin Cities, is so unique that a 72-mile stretch of it was designated national parkland by Congress in 1988 (the Mississippi National River and Recreation Area). It's unusual in that it is both a national and a regional park at the same time. The section that Singing Waters has adopted is part of what is called The Gorge. With its towering limestone bluffs, flowing natural springs and surprisingly abundant urban wildlife, it's a vital link to the natural world in the middle of a major metropolitan area.

The core members of Sing-



A Medicine wheel art installation made of charcoal, chrysanthemums, sand and kale. (Submitted by Trevor Knott)

ing Waters are friends who have known each other for years through meditation circles. In their ongoing practice, meditating on the health of the environment, and specifically water quality, became more important over time. Singing Waters grew out of a desire to bring that practice into action, and was first acted upon by founder Chris Johnson.

The hope for the group now, according to Knott, is to "keep gathering more inspired people together." Google their Facebook Group Site to find information about conservation and water energetics, and to get news about their upcoming events.

Another excellent source of information for concerned environmentalists is the Friends of the

Mississippi River's website (www.fmr.org). Their Stewardship Guide is downloadable and offers practical steps individuals can take in their homes, yards and communities to help improve the health of the river. Also available is FMR's assessment of how the river has changed in the 43 years since the passage of the Clean Water Act, called The State of the River Report.

Scott Vreeland, Park Board Commissioner for the district which includes Longfellow said, "I love that folks here feel such a connection to our parks, and that they see themselves as stewards. What Singing Waters has undertaken is making the White Sand Beach and adjoining flood plain forest better for us all. I would encourage everyone to pick up a piece of trash when they go walking, and deposit it in the receptacle near the top of the stairs at 27th St."

In Our Community

Continued from page 14

City votes no EIS on L&H Station project

The City of Minneapolis has completed the Environmental Assessment Worksheet (EAW) process for the L&H Station project located on the property at 2225 E. Lake St. On Feb. 27, the City Council decided to not order the development of an Environmental Impact Statement (EIS), therefore making a Negative Declaration, and adopting the Findings of Fact and Record of Decision document. This City Council action was approved by the Mayor on Mar. 6, and was published in the Finance and Commerce newspaper the following day.

Copies of the EAW and the Findings of Fact and Record of Decision document are available for review in the office of the City's CPED, Land Use, Design and Preservation Section at 250 S. 4th St., Room 300 Public Service Center. Copies of these documents can also be provided to

individuals upon request.

For further information contact Becca Farrar-Hughes, Senior Planner, at 612-673-3594 or via email rebecca.farrar@minneapolis.gov. This EAW, supporting information, and the Findings of Fact and Record of Decision for this EAW, are also available for review on the City of Minneapolis website.

Pancake Breakfast scheduled Apr. 26

The South High Foundation sponsored Annual Pancake Breakfast will be held on Apr. 26, from 8am to noon at South High School, 3131 19th Ave. So. Tickets, which are available at the door, are \$6 for adults, \$3 for children 10 and under. Neighbors, alumni, parents and South High staff invite your family and friends for a great breakfast get together and support the work of the South High Foundation. All proceeds are used to fund special programming and extra-curricular student activities at South High School. The menu includes all-you-can eat pancakes, plus sausages, scrambled eggs, orange

juice, milk and coffee. There are prize drawings, yearbooks for sale, student crafted pottery and more.

Children/Teen Book Sale planned Mar. 28

It's Spring and while the kids are waiting for the "no-mud outdoors-all-day" weather, a new book or two to read is just the thing! Stop by the one-day Children and Teen Book Sale at East Lake Library (2727 E. Lake St.) on Sat., Mar. 28, 9am-4:30pm.

There will be lots of teen fiction and non-fiction, elementary age books of all kinds, and boxes of great picture books. All books are 50 cents! The \$5 bag sale starts at 3pm. Donations of children's and teen books are welcome through Fri., Mar. 27.

NA meeting open every Friday night

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

Earth Day Cleanup planned for Apr. 25

Hundreds of people come from throughout our community for the annual Mississippi River Gorge cleanup. Join your neighbors for this Earth Day tradition, organized by Friends of the Mississippi River, on Sat., Apr. 25, 9:30am-noon.

After a quick sign-in, volunteers grab supplies (trash bags and gloves are provided) and set off to help our local waters and wildlife by removing litter. Information will be available about the local River Gorge Stewards

volunteer program, plus there's a Parkway Pizza lunch and a Great Lakes Brewing Company after-party!

Sign-in begins at 9:30am at two locations: the oak savanna at E. 36th and W. River Pkwy. and the maple-basswood forest bluff-top at E. 44th on the parkway.

LBA hosts Annual Meeting Apr. 9

Longfellow Business Association Annual Meeting and Director Elections is Thursday, April 9, 12:00 - 1:30pm at Becketwood Cooperative, 4300 W. River Rd. City Council members from Wards 2, 9 and 12 are invited.

Lunch \$12/person. RSVP to Ruth, 612-722-4529 x10, or ruth@longfellow.org



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Art Crawl

Continued from page 2

Neighborhood restaurants and businesses donated items and services for the event. Among them were Rail Station, Parkway Pizza, Blue Door, Studio Emme, Keen Eye Coffee, Oxendale's, Northbound Smokehouse, and Colossal Café. Additionally, the Standish Ericsson Neighborhood Association was a financial supporter.

Art Crawl III: Mosaic

The last art crawl of the 2014-2015 school year will be Art Crawl III: Mosaic on May 29. It will be the biggest art crawl of the year.

"We will be shutting down 40th St., putting stages out and bringing music, dancing and art activities for the whole family," said Gonzalez. "We can't wait!"

Anyone who would like to be involved in some way is encouraged to email Candida.gonzalez@mpls.k12.mn.us.

"We have a ton of talent and creativity in our community," stated Gonzalez. "Come by Roosevelt and be a part of it!"

Photo top left: Emily Wilde chats with folks interested in her art work.

Photo top center: Jasmine Sonen (12th) looks at the Why Fight? installation created by youth at Courageous heARTS.

Photo top right: Helena Gunderson poses with her artwork during the Art Crawl.



Photo bottom: The ribbon for the Art Wing Mural is being cut by Greta McLain and her son Sonny, Jose Luciano ('76, president of the RHS Foundation Board, who funded a large part of this work), Najma Omar, Stephanie Palacios, and Ana Freeburg.

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