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Longfellow
Nokomis

Messenger



Your community
newspaper since 1982

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Residents fight city's plan to use Roof Depot site as water yard

By TESHA M. CHRISTENSEN

What would you do if you discovered that the city was planning to move a large-scale truck operation to an area you'd been trying to remove pollution from for 15 years?

What would you do if you learned that the city had been planning this for more than a decade and had just told your community leaders in November 2014?

What would you do if you were trying to find a way to provide jobs for the low-income residents in the neighborhood and realized that, as a water yard, the site would never fill that pressing need?

Well, if you are Carol Pass, president of the East Phillips Improvement Coalition (EPIC),

there's only one thing to do.

You begin the community engagement that should have happened. You let the neighborhood know what's happening, and you rally together to fight it.

This is exactly what the community has done before: staving off the Hennepin County Garbage Transfer Station at Cedar and 28th in the mid 1990s; keeping out the Midtown Eco-burner (Cogenerating Plant) in 2007; and convincing Xcel Energy to bury high voltage power lines in 2009.

The effort against moving the city's water yard to the Roof Depot site at 1860 E 28th St. is being battled by EPIC, Tamales y Bicletas and council member Alondra Cano's office.

"This is a very important

issue that affects all of Minneapolis," remarked José Luis Vilaseñor of Tamales y Bicletas.

City ignores own principals of community engagement

"This is unconscionable," stated Pass, who has lived in Phillips neighborhood for 40 years. "The process and proposal are against everything we've ever tried to do, and this is against the city's own goals and strategic directives set forth by the Mayor and Council."

Pass pointed out that the city's number one core principle of community engagement is that residents who are affected by a decision have the right to be involved in the decision-making process.

"This thing started in 2001, and we never heard about it until



A bicyclist along the Midtown Greenway waits in the center of 28th Ave. to cross safely in front of a semi tractor-trailer and a long line of cars. Community activists have been pushing to de-industrialize this area and capitalize on its proximity to light rail, bus and bike routes. However, the city is hoping to reuse the Roof Depot site adjacent to its existing public works facility as its water yard. (Photo by Tesha M. Christensen)

last November," said Pass. "They conspired against the neighborhood in the face of their own core neighborhood principles."

In fact, neighborhood leaders were only notified of the city's plans as they mobilized

Continued on page 11

Nokomis East Business Association opens summer concert series

By MARGIE O'LOUGHLIN

The Nokomis East Business Association (NEBA), in partnership with the Italian Cultural Center, served up a free outdoor Italian concert on Sat., June 13, at the Nokomis Beach Coffee patio. It was the first in a series of summer music offerings and festivities, which will happen monthly until autumn.

Neighborhood musician Robert Everest brought his Italian group Quartetto Rosso: the Red Quartet. The foursome was well-dressed in red vests and bow ties, and played all manner of stringed and brass instruments. The music, sometimes traditional, sometimes contemporary, drew neighbors to the patio for a sweet taste of Italy.

Everest is a Minneapolis-based singer and musi-



cian, whose grasp of world music is authentic and earned. He has traveled

throughout Italy for the past 15 years and clearly relishes both the sound and the

feel of Italian music. In addition to being a multi-instrumentalist, Everest is also

multi-lingual. He has worked as a medical interpreter for nearly 20 years, and is fluent in five languages.

The atmosphere at Saturday's concert was casual and friendly. Solveig Corbin, the owner of Nokomis Yoga down the street, and NEBA board member, described the neighborhood business association as being much the same way. "We welcome anyone who's interested in our community," she said.

NEBA revamped itself as an organization in 2012 and now has about 50 new businesses members.

"Our definition of what makes a business may be broader than most," Corbin said. "We have members from neighborhood churches, service

Continued on page 7



Above: The band was (from L to R) Robert Everest on vocals, guitar and mandolin; Pete Whitman on flute and saxophone; Gus Lindquist on trumpet and flugelhorn; Dan Arlig on upright bass. (Photo by Margie O'Loughlin)

Left: Neighbors chatted, snacked and sometimes sang along to familiar Italian melodies. (Photo by Margie O'Loughlin)

Right: Small patrons pass by the band as they head for the donation bowl. (Photo by Margie O'Loughlin)



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

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Next Deadline:
July 20
Next Issue:
July 30

East Lake Open Streets event is a first



Article and photo by
MARGIE O'LOUGHLIN

If you've ever wondered what it would be like to experience E. Lake St. without a car in sight, Sun., Aug. 2 will be your day. From 11am-5pm, a two-mile stretch of E. Lake St. (from 42nd Ave. to Elliot Ave.) will be open to non-motorized traffic only. Pedestrians, wheelchair users, bikers, bladders, boarders and strollers can take all the lanes in this family-friendly event.

Open Streets is an initiative of the Minneapolis Bicycle Coalition and has been going strong for the past five years. This year, eight different Open Streets events will be held in Minneapolis. The East Lake Route is its first—and a great addition to the 2015 roster.

According to Alex Tsatsoulis, communications and development coordinator for the Minneapolis Bicycle Coalition, "This event is for everyone, no matter how you choose to get around. Open Streets demonstrates how active transportation can make your life better."

Watch for an expanded article next month in the Messenger's annual Lake Street edition. Mark your calendar now for Aug. 2, and then check the roster in the Messenger for a full line-up of the day's events. This will be a great opportunity to support neighborhood businesses, and meet neighbors old and new.

To sign up as a volunteer, local vendor, sponsor or performer, visit www.openstreetsmpls.org and look for the East Lake icon.

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Registration is underway for three tons of trash, two locations, one big celebration.

9th Annual Minnehaha Creek Cleanup going creek-wide on July 26

The 9th annual Minnehaha Creek Cleanup is planned for Sun., July 26. The Twin Cities' premier environmental event will take place at Lake Hiawatha Park in Minneapolis and a satellite location at the Knollwood Super Target store in St. Louis Park. Their aim is to collect three tons of trash from around Minnehaha Creek and area lakes.

Volunteers will receive free breakfast, t-shirt, water bottle, trash bags and gloves. Following the cleanup, there will be a free barbecue lunch at Lake Hiawatha Park and, for those 21 or older with a valid ID, free Leinenkugel's beer (limit of two per person). There will be prizes for kids and adults, music, educational activities and many other flavors of fun!

The Minnehaha Creek Watershed District is once again sponsoring the cleanup with the Jacob Leinenkugel Brewing Company's "Canoes for a Cause" campaign in partnership with Metro Blooms, the Freshwater Society, and Target.

Event Headquarters will be at Lake Hiawatha Park, E. 46th St. and 28th Ave. S. Registration begins at 9am. Volunteers can clean around Lake Hiawatha or board a shuttle bus to one of several cleanup sites along Minnehaha Creek and area lakes. BBQ lunch and celebration begins at 11:30am.

Paddlers are encouraged to bring their canoe, kayak or paddleboard to help clean up debris on Lake Hiawatha. Wai Nani Surf & Paddle will have a limited



number of paddleboards available for the cleanup. RSVP's are required for the paddleboards, and users must be 18 years old with prior paddleboard experience. Following the cleanup, paddleboard demonstrations will be offered at Lake Hiawatha until noon.

The newly-expanded education area at Lake Hiawatha Park

will feature a variety of activities for adults and children, including geocaching, water quality testing demonstrations and plant part identification games. In addition, there will be face painting and crafts by ArtRageous Adventures and the MCWD's "Putt Putt for Clean Water" mini golf game. REI will provide a bike technician at the on-site bike/canoe

check.

The satellite location in St. Louis Park will gather at the Knollwood Super Target parking lot with registration at 8am. This location will service more rugged terrain, and sturdy shoes or boots are recommended. A shuttle service will be provided to and from the Lake Hiawatha event headquarters for lunch and celebration.

Additional support provided by Accenture, Berne Scale, Bimbo Bakery, Bruegger's Bagels, Firebrick Concessions, Fredrikson & Byron, HDR Engineering, Hennepin County Sheriff's Office, KIND and Wenck Associates.

Learn more and RSVP at www.minnehahacreek.org/CleanUp.

Bossen Field improvements

Bossen Field has a new master plan approved, and construction of improvements to the park will begin as early as this fall and will continue through 2017. An appointed Community Advisory Committee (CAC) worked with MPRB Staff and consultants to develop a new master plan for the park. Outreach to, and feedback from, the community included surveys, postcards, flyers and attending meetings and events. Feedback on things such as what most needs improvement (bathrooms!) and what new features are needed (open, unreserved field space, picnic shelter area and gardens), was used to guide the new plan. The CAC also recommended a plan to complete improvements in three phases. The overall budget for the project is \$4.25 million for the 36-acre park.

You can see the approved plan on the MPRB website: www.minneapolisiparks.org search Bossen Field. The new plan will have high-quality softball fields (6) with fencing and lighting, as well as new paths to connect parts of the park. New features include an updated playground, picnic area, open field spaces, improved parking, and gardens. Some features within the plan exceed the current budget and additional funding through grants, fundraising or other means will be pursued. These features include a large group picnic shelter, additional gardens, the new splash pad and a new restroom/concession building in the center of the four softball fields.

For more information, check

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Bossen Field update, NEW home improvement loan programs and more

out the MPRB web page, sign up for e-mail updates or contact the project manager, Andrea Weber, 612-230-6466, or e-mail aweber@minneapolisiparks.org.

Loan program funds available

NENA launched a new housing rehabilitation loan program in June. Owners of 1 to 4 unit residences can apply for up to \$15,000 to make improvements to their properties. Owner-occupants and investors may apply. The interest rate is either 2% or 3% depending on income. No income restriction applies. For more information or to request an application, call the Greater Metropolitan Housing Corporation's Housing Resource Center 612-722-7141. Or, visit www.gmhousing.org. Loan applications are processed on a first-come first served basis.

A limited amount of funds is available for emergency repairs. Only owner-occupied households are eligible. Income restrictions apply. The maximum loan amount is \$7,500. The loan is 0% interest, and there are no monthly payments. The loan is due in total on the sale of the property or transfer of title. If you have an emergency, contact the Housing Resource Center at 612-722-7141.

Board of Directors update

NENA was wrapping up second interviews for the new executive director position and negotiating with the top candidate as this article went to press. We hope to an-

Upcoming Meetings and Events:

7/7/15: Housing Committee, NENA office, 6:30pm
7/8/15: Monarch Task Force, TBD, 7pm
7/9/15: Executive Officers Meeting, NENA Office, 7pm
7/19/15: Technology Committee, TBD, 3pm
7/23/15: Board Meeting, Keewaydin Park, 7pm

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nounce a new executive director in late June or early July. Interim executive director Amy Arcand of Willow Consulting is scheduled to continue through July 31.

Highlights from the May 28 board meeting include:

- adoption of new committee guidelines, personnel policy and financial policies and procedures;
- approval to spend up to \$18k for strategic planning;
- review of board orientation materials including existing policies, job descriptions, programs, committees, financial statements and fiduciary responsibilities; and
- the election of officers.

Vanessa Haight was elected by the Board of Directors to serve as Board Chair for another term. She works as a Neighborhood Coordinator for the Beltrami Neighborhood Council and lives in the Minnehaha neighborhood with her husband and two children.

Mike Guild was elected to serve as Board Vice-Chair. Mike was elected to the NENA Board in Dec. 2014 and has served on the

American Diabetes Association Board (mid-west region), most recently as Board Chair. Mike lives in the Keewaydin neighborhood with his wife, two daughters, dog and six chickens.

Steve Larmon was elected to serve as Treasurer. He works as the Internal Audit Director for Marquette Companies and lives in the Minnehaha neighborhood with his wife and two children.

Matt Musich was elected to serve as Secretary. He is also the co-founder and current President of the Friends of Lake Nokomis and lives in the Wenonah neighborhood with his wife, Park Board Commissioner Steffanie Musich, son, cats, and bees, yes bees.

Nokomis Naturescape

Join volunteers at the Nokomis Naturescape most Tuesdays throughout the summer for group gardening activities. Volunteers meet from 6-8pm at the garden near 50th St. and Lake Nokomis Pkwy. All are welcome!

Minneapolis Monarch Festival

The Minneapolis Parks and Recreation Board and the Nokomis East Neighborhood Association are pleased to announce the 2015 Minneapolis Monarch Festival will occur on Sat., Sept. 12 from 10am to 4pm. The festival offers everything from food, music, and dance, to monarch and habitat education, to hands-on art and native plant sales. The Festival highlights the Minnesota-Mexico connection and celebrates the Monarch butterfly's amazing 2300 mile migration.

We are now accepting applications for food and beverage vendors and exhibitors. Local food businesses are encouraged to apply. For more information, visit www.monarchfestival.org.

If you are interested in volunteering, please email monarchs@minneapolisiparks.org.

Morris/Keewaydin Parks Summer Festival

Bring the whole family to this summer festival in Morris Park. There will be a dunk tank, games, moon bounces, photo booth, kids DJ, and more on Thur., July 16 from 5:30-8pm. The festival is followed by an outdoor showing of the movie "Annie." Morris Park is located at 5531 39th Ave. S.

Summer meal program

Children ages 0-17 can get free breakfast, lunch, and dinner Mon.-Fri. at local parks this summer through Aug. 14:

—Keewaydin Park offers breakfast from 8:30-9:30 and lunch from 12:30-1:30;

—Morris Park offers lunch from 2-2:45 and dinner from 5-5:45; and

—Nokomis Park offers breakfast from 9-10 and lunch from 12-1.

Stop by your local park for more information!

Block leader training

The Minneapolis Police Department is hosting two training sessions this summer for new block club leaders. Join other leaders to develop skills for effectively working with your neighbors to prevent crime and build community!

Training is Wed., July 15 and Tues., Aug. 25 (you only need to attend one training) at the 3rd Precinct, 3000 Minnehaha Ave., from 6:30-8pm. RSVPs are appreciated; call Sue at 612-673-2839.

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The Greenway Glow

Riders take to the Greenway in annual rolling fundraiser

Article and photos
by MARGIE O'LOUGHLIN

The fourth annual Greenway Glow was held on Sat., June 20, on the cusp of the shortest night of the year. The night was made bright with the glow of headlights, luminaries, and art-inspired activi-

ties incorporating light and laughter at stations all along the trail.

The Greenway Glow Arts Festival and Night Bike Ride is presented and organized by the Midtown Greenway Coalition. They are a coalition of individuals, neighborhood groups and orga-

nizations that love the Midtown Greenway and want to protect and enhance what has been recognized as "the best urban bike trail in the nation."

The Greenway runs parallel to Lake Street for 5.5 miles from the Mississippi River to the lakes area

in South Minneapolis. The former railroad corridor offers barrier-free biking and walking lanes, public art installations, community gardening and so much more.

The Greenway Glow offered more than 30 artist-led activities from 8pm until midnight, inviting

people to experience night riding in a safe and jovial way. The event was two events in one: a free arts festival open to all, and a night bike ride for the more than 125 registrants to raise funds for the Midtown Greenway Coalition.



Katie Hargrave and Brett Hunter's "Like Riding a Bike" project invited people to think about how they had learned to ride a bike. The under-bridge projections shouted out other skills that, like biking, they were not likely to forget.



All manner of bikes and trailers dotted the Greenway on its brightest, busiest night of the year.



Chicks on Sticks framed the rising crescent moon with their tall and stately beauty.



This rider created a new spin on the concept of headlights.



Danielle Jokinen of Minnesota Power Yoga offered several Glowing Yoga sessions just off the trail.



The Freewheel Midtown Bike Center anchored the event on the eastern end. Their Sebastian Joe's ice cream is an important contribution to neighborhood happiness, as are their bike repair skills, accessories, and Greenway knowledge.

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Minnehaha Academy's baseball team shattered old school records and landed a spot in the Class AA state championship game at Target Field this season.

"I was blessed to work with a fun and hard working group of guys," Redhawks coach Scott Glenn said.

The Redhawks won 26 games, eclipsing their old record of 21. They also completed a perfect conference season in the new Independent Metro Athletic with a 10-0 mark for the first baseball league title.

Minnehaha swept its way through the Section 4AA tournament (5-0) en route to a third section title in three years.



Jesse Retzlaff pitched for the Redhawks in the Class AA state championship game on June 15. (Submitted photo)



In The Zone

By MATTHEW DAVIS

A historic run for Minnehaha baseball

This time, the No. 3-seeded Redhawks cleared the hurdle of not winning a state tournament game and edged IMAC rival Providence Academy 2-1 in eight innings on June 11 in St. Cloud.

Jesse Retzlaff went eight innings and struck out four batters to earn the win for the Redhawks. Alex Fedje-Johnson scored the first run and then the game-winner when the Lions committed an error in the eighth.

Minnehaha kept the ride going at Dick Putz field the next day with a 6-2 win over undefeated Rochester Lourdes on June 12. Fedje-Johnson again scored two runs, and he drove in one on 2-4 hitting. He also pitched the whole game and fanned six batters. Andrew Wolpert had two RBI on 2-3 hitting.

After a weekend's wait, the Redhawks (26-1) met the only team they lost to all season in the championship game at Target Field on June 15. The St. Cloud Cathedral Crusaders beat the Redhawks 7-2 on April 17, and it looked like more of the same almost two months later.

Minnehaha could not keep up with the unbeaten Crusaders (27-0) in a 10-1 loss. Only eight other teams have ever finished the season unbeaten in state baseball history.

Matthew Ganter hit an RBI single early for the Redhawks to nab a 1-0 lead in the first inning. The Crusaders pulled ahead on two runs in the second, and they put up four more in the sixth.

Nonetheless, Minnehaha put together the most success-

ful baseball team in school history. They simply built on an already successful 2014 campaign where Redhawks made the final four of the section tournament.

"Having most of our team back from last year, including our top four pitchers, was key this year," Glenn said. "Our key players from last year's 17-win season were a year older and a year stronger. They dedicated themselves to working hard for this season. Their goal from the beginning of the season was the state tournament."

Minnehaha's top four hurlers shined on the mound this season and enabled the team to reach their goal of state. Ganter (6-0) and Thomas Shogren (5-0), both seniors, went unbeaten in all of their starts. Fedje-Johnson, a junior, did likewise at 5-0. Retzlaff, also a junior, won nine games but took the two losses against Cathedral.

Redhawks batters made strides with 50-plus more runs (192) than last year (148). Ford Schroeder made team history with reaching 100 career hits. He also made All-State and play in the Play Ball All-Star series.

Peter Webster led the team in RBI with 20 for the regular season. Fedje-Johnson and Nick Terlizzi each had 16, and Ganter had 15. Terlizzi also batted a team-best .435 in 60 or more regular season at-bats.

"We had production from everyone in our lineup," Glenn said. "Our top-five hitters each had at least 30 hits which is pretty amazing."

Glenn also saw a drive from his team to win. It per-

haps showed most in their eight wins that were by two or

fewer runs.

"It was usually someone different each game, but when we fell behind, we usually responded immediately," Glenn said.

After enjoying this year's achievements for a while, will come the challenge of replacing a core of seven seniors who spearheaded this run.

"They will be missed," Glenn said.



Minnehaha Academy Redhawks players celebrate their Section 4AA tournament win on June in a 5-3 win over Blake. (Submitted photo)



Minnehaha Academy players with their Section 4AA championship trophy. (Submitted photo)

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NENA recently launched a low interest home improvement loan program (2-3% interest up to \$15,000) and an emergency repair deferred loan program to help property owners improve and maintain their homes.
Properties located within the Nokomis East neighborhoods with 1 to 4 dwelling units are eligible. Contact the Housing Resource Center at 612-722-7141 for more information on eligibility criteria or to apply. Loans will be given to qualified applicants on a first-come, first-serve basis.

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Art Crawl III: Mosaic at Roosevelt High School



Luisa Cabello Hansel of Semilla Arts Program helps attendees create a mosaic that will go on trash receptacles outside Roosevelt High School. The program is housed at San Pablo-St. Paul's Lutheran Church at 2742 15th Ave. Event attendees also had the opportunity to work on the mural that will be installed at Folwell school later this summer. (Photo by Tesha M. Christensen)



Members of the Nepali Student Union sell food during Art Crawl III: Mosaic at Roosevelt High School on Fri., May 29. Other food options at the festival included La Poblana, hot dogs and hamburgers from the RHS African American Culture Club, eggrolls from the Asian Club, sno-cones from Kona Ice and more. The event was free, but all food sold benefited the organization selling it. (Photo by Tesha M. Christensen)



Folwell Rock Band was one of several musical groups to entertain during Roosevelt's third art crawl of the 2014-2015 school year on May 29. The event was originally scheduled to be outdoors but was moved inside because of rainy weather. In addition to musical entertainment, there was food for sale, student art on display, and theater and dance performances. (Photo by Tesha M. Christensen)

Redhawks' runner-up finish at state is win for the future

by MATTHEW DAVIS

Minnehaha Academy didn't hoist a second-straight Class A championship trophy at the state track meet, but their overall success there may mean more to the program in the long run.

The Redhawks had more entrants, broke more records and scored more points than the year before when a few runners carried the team to a state championship. Only Waseca's boatload of athletes scoring a little higher stood in the Redhawks' way this time.

"They beat us the right way," Redhawks coach Kris Sauer said.

Waseca had participants in eleven events and put up 70 points for the meet victory at Hamline University on June 6 to edge Minnehaha's 63. The Redhawks simply saw what they'll need to do to win another state title – get numbers for events at state.

With that said, Sauer expressed thankfulness for what he had at state this year, rather than ruminating over how his team stacked up.

"I'm just going to appreciate every single meter that these guys have done because I'm not going to watch any of them next year," Sauer said about the seniors.

Getting fielding events to state

There is no lack of wonderful events at the East Lake Library, 2727 E. Lake St., to keep your whole family engaged during the summer.

Group Storytime will take place on Wed., July 1, 10:15am. Talk, sing, read, write and play together in a format appropriate for the children in your care. Share books, stories, rhymes, music, and movement.

Teen Geekery Club - Doctor Who Sonic Screwdriver and River Song's Journal, meets Thur., July 2, at 6pm. The club is for students entering grades 6-12. Are you an anime and manga fan? A cosplayer? A fan of Doctor Who, Sherlock, Homestuck or Supernatural? If you answer yes to any of these, Teen Geekery Club is for you! Watch anime, share your artwork and discuss your favorite fandoms. Learn how to make a sonic screwdriver pen and a version of River Song's TARDIS-inspired notebook using plastic pens and arts and crafts materials. Materials provided.

Job Search Assistance is available on Tuesdays from 3-5pm. Get one-to-one assistance with your job search, or get help filling out job applications, writing your résumé, or finding job leads. This assistance is your opportunity to speak with a job counselor and get some help with your job search, connections to community resources and training programs. No appointment is necessary.

The Adult Nonfiction Book Club meets Tue., July 7, 6:30-7:30pm. Join a discussion of new and interesting nonfiction titles. July's title is "Under a Flaming Sky" by Daniel Brown (lending copies may be picked up at the information desk prior to meeting). Bring along your recommendations for future meetings.

The Adult Book Club will meet Fri., July 10, 10:30-11:30am.

Join the discussion of new and interesting titles. July's title will be "My Wish List" by Grégoire Delacourt (lending



Minnehaha Academy's boys track team took runner-up in the Class A state track meet on June 6. (Photo by Matthew Davis)

this time showed some promise for the future too, which the Redhawks did not have in 2014. Anders Chelgren took seventh in the pole vault, clearing 13 feet. Jacob Frisell competed in the discus, placing 15th.

On the same day American Pharoah captured the horse racing triple crown, Jonathan Webb had a dominant performance with his own triple crown of the 100-meter, 200 and 400.

The Minnesota track commit ran the 100 in 11.26 seconds for

the finals to beat Winona Cotter's Collin Duellman by 0.13 seconds for the win. The Redhawks senior won the 200 by almost a second at 21.94, and he did the same in the 400 at 48.59.

Prior to state, Webb posted records in a few of his events. He had a 10.54 for the 100 in the Section 4A meet, a school record and an upper echelon time for high school track statewide. In the 200, he ran 21.65 in 200 for his best time. He also posted a school-best time in

the 400 at 48.12 in the state prelims on June 5.

Ephraim Bird took sixth in the 1600 at 4:24.36 and second in the 3200 at 9:26.71, both school records.

Samuel Lundquist took second in the 300 hurdles at 38.76, falling short by more than a second to St. Croix Lutheran's John Tollefson.

Minnehaha graduates key athletes such as Bird, Webb, and Lundquist. But, Sauer sees potential for his younger up-and-coming ath-



Jonathan Webb of Minnehaha Academy won the 100, 200 and 400-meter dash at the Class A state track meet on June 6. (Photo by Matthew Davis)

letes as well.

"We had a lot of guys who barely missed out," Sauer said. "Section 4A is super tough."

Brown Ton takes fourth

The Redhawks girls team had one entrant with Corrina Brown Ton taking fourth in the pole. She hit 10-6 in the finals.

Check It Out - News from East Lake Library

Programs abound during summer at East Lake Library

copies may be picked up at the information desk prior to meeting). Bring along your recommendations for future meetings.

Registration is now open for Art Out of the Box: Musical Monsters, scheduled for Mon., July 13, 2-3pm. Intended for children entering grades 2-5. Play with mirrors, googly eyes, and your own perspective with inspiration from the Minneapolis Institute of Arts, the mind of American artist Mark Mothersbaugh, and museum-trained teens. Meet us at the intersection of music, art and fun! Materials are provided.

Registration is now open

for an Author Talk by Penny Petersen, scheduled for Tues., July 14, 6:30-8pm. Petersen will discuss her book, "Minneapolis Madams: The Lost History of Prostitution on the Riverfront." Minneapolis brothels rose to prominence in the late 19th century, constituting a substantial economic and political force, and had their demise in the early 20th century. Books will not be available for purchase, and participants are welcome to bring books for signing by the author.

Senior Surf Day will take place on Fri., July 17, 9:30-11:30am. Here is an opportunity to learn computer basics,

how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line®.

"Curious Community: Patrick's Cabaret" is scheduled for Tues., July 21, 7-8pm, in partnership with the Longfellow Community Council. In this first session of a new series, hear a TED Talks-style presentation from Patrick's Cabaret about their theater's history and how they bring unique community voices to the stage. Future sessions will feature South Minneapolis leaders and businesses that will inspire par-

ticipants to get curious about the spaces, places and faces of their community.

And don't forget the weekly programs that East Lake Library sponsors:

—Baby Storytime, Fridays at 10:15am for children from birth to 24 months and their parent or caregiver. Talk, sing, read, write and play together in a format designed especially for babies. Share books, stories, rhymes, music and movement;

—Family Storytime, Fridays at 11:15am, for children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music, and movement; and

—Conversation Circles on Sundays after July 12, 3-5pm. Non-native English speakers: practice your English and make new friends in an informal, volunteer-led setting, and learn about the library, too.


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NEBA Summer Concert Series

Continued from page 1

organizations and home-based businesses. You don't need a bricks and mortar storefront to be involved."

NEBA meets for Happy Hour every second Tuesday of the month at the Town Hall Lanes from 5-6:30pm. A member meeting follows from 6:30-8pm in the tasting room of McDonald's Liquor Store. Corbin described the dues for joining as being relative to what each person can afford. Members contribute from \$50-\$250 annually and at the highest level, member businesses are featured on the front page of the NEBA website.

The next summer concert will be Sat., July 18 at 54th St. and 42nd Ave. from 6-8pm. Local musicians Princeton and Simone Brown are the featured act, playing reggae and pop tunes. There'll be ample room for dancing, chair massage, a visiting food truck and activities for dogs and their owners. Member businesses Wendy's Dog House, Canine Coach and the Wellness Center will host, and dogs are especially welcome.

On Aug. 15 from 6-8pm, Mother Banjo and Ben Cook-Felz will take the stage in the Oxendale Market parking lot at 34th Ave. and 50th St. Mother Banjo, aka Ellen Stanley, is a New England born, but Minneapolis-based, singer-songwriter. Stanley has a distinctive banjo style, using the instrument rhythmically to drive her Americana gospel-roots tunes. Cook-Felz is a solid partner on piano, drums, percussion, and vocals.

To round out the summer, NEBA board president Neil Oxendale and his staff are throwing their annual block party on Sun., Sept. 13, in the parking



Robert Everest took a final bow with son Leonardo, whom he called his "piccolo amore" (his little love). (Photo by Margie O'Loughlin)

lot of Oxendale's Market from 11am-3pm. Other partners include Faith Lutheran Church, NEBA and McDonald's Liquor. This family-friendly event will be a carnival with 50-60 vendors selling their wares, a dunk tank and free root beer floats all 'round.

If the first concert of the summer series at Nokomis Beach Coffee Patio was any in-

dication, NEBA is succeeding in its mission of promoting the "small town within a big city" atmosphere. Come out and enjoy the hospitality of the local businesses hosting these events. Bring a lawn chair, settle in for some great tunes and the company of good neighbors.



The Nokomis East Business Association hosted the first of its summer concerts at Nokomis Beach Coffee Patio on Sat., June 13. This event was co-sponsored by the Italian Cultural Center, a non-profit dedicated to promoting the best of Italian life and culture to all people in Minnesota. The featured band was Quartetto Rosso. (Photo by Margie O'Loughlin)



Neighbors chatted as they enjoyed the entertainment. (Photos by Margie O'Loughlin)



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Peace, Equality, Simplicity, Integrity, and Community

A restful haven percolates in the midst of the bustling city

By JAN WILLMS

If you need a quiet space to work or study or read—and sip some Fair Trade coffee and enjoy the rich, sweet taste of baklava—you might want to stop in at Lake Coffee House at 3223 E. Lake St.

Anwar Issa opened the doors of the shop nearly two years ago, and the word has spread that Lake Coffee House is a great place to go to get work done or take a break from the hustle and bustle of city life.

Sharing the building with a laundromat, the coffee shop features lots of open space, warm yellow walls and several tables and light-colored chairs. The overall atmosphere is one of calmness and light, an inviting place to share a visit with a friend or spend time catching up on work. The free Wi-Fi provides a haven for laptop users.

One corner has easy chairs and a table covered with copies of the New Yorker and Atlantic magazines, as well as a Spanish-language publication.

"I worked in coffee shops, restaurants and groceries over the years," Issa said, "and I also was a customer in coffee shops nearly every day. I love them, and I wanted to try owning one for myself and see how it goes."

He said the most challenging part was remodeling the building. A nail salon had occupied the space before him, and he had to redo the entire interior.

"Once you're past the construction phase, the most difficult part is getting the customers inside," Issa said. "It took us awhile, but now it's okay."

Besides baklava, he offers other pastries such as donuts and muffins. He serves all sorts of cold drinks, tea, and coffee. Issa also makes his own hummus and serves hummus wraps.



Lake Coffee House, 3223 E. Lake St. (left) has an atmosphere of calmness and light, a place to share a visit with a friend or spend time catching up with work. (Photo by Jan Willms)



Issa arrived in Minneapolis over 20 years ago, first spending a couple of years in New York after leaving his native Lebanon. "New York is the first spot you hit, and you want to spend some time there," he said. "But after two or three years, you want to run away from there. Visiting is much different than living there."

He said that he wanted to make his coffee shop a bright, cheerful and peaceful place, and he feels he has achieved that goal. Soft jazz from an FM station serves as a light accompaniment for customers. Issa himself is soft-spoken, friendly and welcoming but not obtrusive, just the right kind of host for the space that he has created for others.

According to customer Doug Guild, Issa has succeeded in making his coffee shop a welcoming place for all.

"The Lake Coffee House appears to be a really family-friendly place. Recently, I saw a mother and her daughter there enjoying each other's company at a table by the front window ... perhaps having a time of 'high tea,' 'high coffee' or maybe even 'high juice.' Maybe they had the delicious baklava or cashew roll treats that I

have had several times—which I eat in my car before I even leave the parking lot in front of the shop," Guild said. "The owner, Anwar, is just a delightful person...very polite, kind and helpful."

Artwork and photos by local artists cover the walls of his shop; one person displaying her art lives only a couple blocks away.

"On the second Wednesday of each month, we have open mic," Issa said. "People can do anything they want—play music or sing or recite poetry or spoken word. We started doing this last summer."

Issa said he had to spend a lot of hours at his business, especially at the beginning. Now he has a couple other employees in the summer. He comes in earlier in the day, then returns to close. In the winter, he is usually the only one working.

"When you first start a business like this, you know you are going to have to work a lot of hours, but you don't think about it at first. As time goes on, you realize just how many hours you do have to put in," Issa said. "There is a difference in thinking about it and practicing it."

But the personal contact with

his customers is also what Issa likes best about the coffee shop.

"It's more one-on-one with an independent, compared to a chain," he said. "You get to know your customers and have their drinks ready when they come in. You get to know them, and they get to know you."

Issa said he has a lot of regulars from the neighborhood, as well as customers who use the

laundromat and stop in after shopping at the nearby Walgreens. They often come in for coffee while waiting for a prescription to be filled.

Lake Coffee House is open seven days a week, from 6:30am to 9pm during the week and from 7am to 8pm on Saturday and Sunday.

Issa said running a coffee shop is very unpredictable. It can be busy one day and quiet the next. It can be empty one afternoon, and later in the evening have every chair filled.

The shop often hosts community meetings. Some are scheduled, and some just show up, which Issa said is fine. "It is good for business," he noted.

A knitting group even meets there.

"You get to know a lot of people," he said, noting that is the part he likes best about the business. "People talk to you, and it's nice. There are always new faces, and there is always something new."



Lake Coffee House owner Anwar Issa said running a coffee shop is very unpredictable—busy one day and quiet the next; empty one afternoon, and later in the evening have every chair filled. (Photo by Jan Willms)

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Revive the hive with seasonal plants

Article and photos by
MARGIE O'LOUGHLIN

Kristy Allen is an urban beekeeper and social entrepreneur. Her five-year-old business, the Beez Kneez, is located at 2204 Minnehaha Ave. Things are buzz-in' there this summer, with the launch of the Pollinator Patch Kit – a new product designed to help gardeners grow food for bees throughout the season.

The Pollinator Patch Kit is the result of Allen partnering with Kelly English of Cheerup Thickets. The two have separate workspaces in the same building.

On Allen's side, there's a honey house with bicycle-powered honey extractors and many other tools of the beekeeper's trade.

On the other side, English weaves willow stems into fanciful playhouses of various shapes and sizes called thickets.

For this project, Allen combined her passion for reviving the local bee population with English's willow weaving and construction skills.

Each Pollinator Patch Kit contains everything needed for one small bee garden. The kit's moveable panels form a hexagonal honeycomb shape measuring 4' in diameter. Once assembled, the bee garden is ready for planting with pollen and nectar-rich flowers for spring, summer or fall bloom.

The cost of the kit is \$250. Included in that price are:

- six handsome cedar and willow panels;
- a list of nutritious bee plants for garden zones 3-4;
- a \$50 gift certificate redeemable at Mother Earth Gardens;
- a 16 page instructional and educational booklet;
- a pollinator watering trough; and



Bees store the pollen they collect in pollen sacs behind their knees (which look like an orange spot). To say that something is "the bee's knees" is a real compliment in the world of bee keeping, because that's where the honey will come from.

—a Healthy Bees Healthy Lives lawn sign.

Proceeds from sales will benefit the Healthy Bees Healthy Lives (HBHL) initiative. Last year, HBHL helped pass two pieces of bee-friendly legislation.

"In 2015, we recognized the need for action from individuals," Allen said. "Inspired to bring pollinator forage back into our urban landscape, we worked with small local businesses to create the Pollinator Patch Kit. The kit gives gardeners the necessary tools and knowledge to make a difference right where they live."

"It's pretty simple," Allen continued, "we need bees and bees need flowers." All bees have only two basic requirements: food and

shelter. By planting several different types of flowers with different bloom times, we can help ensure that our local bees will always have something to eat.

The HBHL lawn signs that dot Longfellow/Nokomis, and the Pollinator Patch Kits to come, are a visual reminder that neighbors care about the health and vitality of the bee population.

"Everybody doesn't need to go out and raise bees," Allen said. "By diversifying your garden choices and buying 'clean' plants without insecticides, anyone who cares can be part of a network of people trying to make a difference."

The Beez Kneez is partnering with ceramic artist Anna Metcalf

to host a Pollinator Picnic on Sat., Aug. 29. This bicycle-powered traveling picnic will tour patch kit locations throughout the city. Stay tuned to the Beez Kneez website for more details.

For more information on Colony Collapse Disorder and the challenges facing bees today, watch the film "Queen of the Sun: What are the Bees Telling Us?" available at Hennepin and Ramsey County Libraries.

One garden with bee-friendly plantings can't change much, but a network of them can.

Stay tuned to the Beez Kneez website for further details.

Kristy Allen, Beez Kneez founder and director, and a Pollinator Patch Kit planted with summer blooming flowers. Allen is a year-round cyclist and can often be seen delivering Beez Kneez Honey by bicycle all around town. She's hard to miss in her bee bike helmet and bee-striped delivery suit.



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Share the River Gorge Event on July 29th

Mark your calendars for the 11th Annual Share the River Gorge Canoe Rides and Ice Cream Social Event! Join us on July 29th at this free event and enjoy a guided canoe ride on the Mississippi River with the National Park Service and Wilderness Inquiry, ice cream courtesy of East Lake Dairy Queen, and a tour of the oak savanna restoration area led by Friends of

the Mississippi. You'll also get the chance to meet the River Gorge Committee, LCC staff and volunteers, and other organizations doing great work on and around the river. Come help us celebrate this wonderful neighborhood gem!

When: Wednesday, July 29th, 6-8 pm

Where: near 35th Street and West River Parkway

Who: All are welcome!

Cost: Free! Donations are welcome and encouraged to help ensure this amazing event will be back next year.

For questions, to volunteer or for more information, contact joannalund@longfellow.org. See you at the river!



Longfellow365 Books Available

Compilation books for the 2014 year of the Longfellow365 Project are now available for sale.

The project, which was funded by the Longfellow Community Council, began on January 1, 2014, with the aim of capturing the Greater Longfellow neighborhood (comprised of the Howe, Longfellow, Cooper, and Hiawatha neighborhoods) every single day of the year. Seven dedicated photographers



were selected, with guest photographers assisting.

The project is now halfway through its second year with a new set of seven photographers. To follow the project or to sign up to be a guest

photographer, visit:

- www.longfellow365.org
- www.facebook.com/longfellow365
- email longfellow365@gmail.com

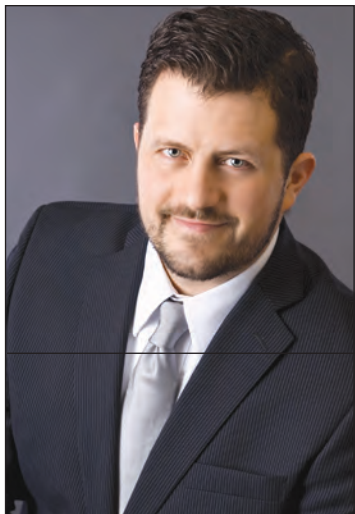
The limited edition books are available for \$25 and can be purchased at the Longfellow Community Council offices or at LCC events. All proceeds from the book go to the Longfellow Community Council.

Be the first to purchase yours at the June 30th LCC Summer Celebration and receive a free reusable LCC tote bag!



President's Message

Eric Day,
President of the Board



Eric Day

Another busy month has flown by! Last month included our annual Longfellow neighborhood garage sale, which despite some rain the second day, was a great success with more than 120 sales. Thank you to everyone who took part!

For the board of the Longfellow Community Council (LCC), June

is the busiest month of the year. In addition to our regular board meeting the 3rd Thursday of the month, we also had two board trainings. The current membership of the LCC board is a great mix of returning veterans and some impressive new members. We are lucky to live in a neighborhood where people are willing to volunteer their time and energy to improve their community and bring to that effort diverse experiences, perspectives, and talents. This is true for both the many people that volunteer with the LCC, as well as those giving their time and effort to the many other worthy organizations and causes in the community. Indeed, it is something that we as a community should take pride in and celebrate.

A great opportunity for just such a celebration is coming up – the LCC's annual Summer Celebration. I would like to invite everyone to stop by, say hello, and get to know a few of your neighbors. The location of this year's event was recently changed and it will now be taking place at Fireroast Café on June 30th from 5:30 to 7:30 pm. This family friendly event, which will include kid's activities and a silent auction, is a great opportunity to come meet some neighbors, discuss all things Greater Longfellow and have some fun.

If you can't make the Summer Celebration, there are a couple of additional great LCC events coming up in July. The LCC's monthly community happy hour will be July 21st at Longfellow Grill from 5:30 to 7:30pm, and the River Gorge Committee's Share the Gorge event will be July 29th from 6-8pm.

These are just a few of the many great events coming up in the neighborhood. To stay current and get a weekly update on goings on in the Greater Longfellow Neighborhood, visit the Longfellow Community Council's website (www.longfellow.org) and click on the "e-news sign up" tab on the top of the page. This will subscribe you to our Weekly Round Up, which arrives in your email each Thursday and lists neighborhood events and activities for the upcoming week. Additionally, if you are on Facebook, don't forget to "like" and "follow" the Longfellow Community Council's page.

As always, we welcome your feedback and ideas for improving the neighborhood. The LCC is so grateful for our volunteers and we look forward to all of the great projects and events coming up around the neighborhood. Thanks again for your continued support and I'll see you around the neighborhood!

Calendar of Meetings and Events

JULY 2015

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

ADVANCEMENT COMMITTEE

Wednesday, July 1
7:00 - 8:30 pm
Lake Coffee House,
3223 E Lake Street
communications@longfellow.org

RIVER GORGE COMMITTEE

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

COMMUNITY CONNECTIONS

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

NEIGHBORHOOD DEVELOPMENT

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

BOARD OF DIRECTORS

Thursday, July 16
6:30 - 8:30 pm
Minnehaha Academy north campus
Anderson Conference room

ENVIRONMENT AND TRANSPORTATION

Tuesday, July 28
6:30 - 8:00 pm
Lake Coffee House, 3223 E Lake St
joe@longfellow.org

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Residents oppose Roof Depot site

Continued from page 1

against the existing polluting industries—Smith Foundry and Bituminous Roadways hot asphalt mix plant. Local legislator Karen Clark supported that effort by proposing a bill in the House to remove the “grandfather” status of these industries in an area not zoned for such heavy use.

Community engagement principals aren’t all the city is neglecting, according to activists. Per a directive by Mayor Betsy Hodges, the city is also working to reduce racism in the city.

“What is racism?” Pass questioned. “Racism is doing things like this to people like this, low-income families and children of color. It’s what you do to people who have less political and financial strength than the people making the decisions.”

“This is racism.”

She and others in south Minneapolis firmly believe that the city would not be trying to relocate its water yard to a part of Minneapolis where residents were wealthier and white.

Water yard trucks concerning

The city’s water maintenance facility, known as the East Water Yard, is currently located on 2.4 acres in Ward 3 at Hennepin Ave. E. and 5th Ave. N. It dates back 120 years and is the hub for maintaining the city’s 1,000 miles of water mains, 16,000 valves, and street holes, and 8,000 hydrants.

Replacing the maintenance yard is the last major unfinished piece of a 25-year-old master plan for updating city Department of Public Works facilities.

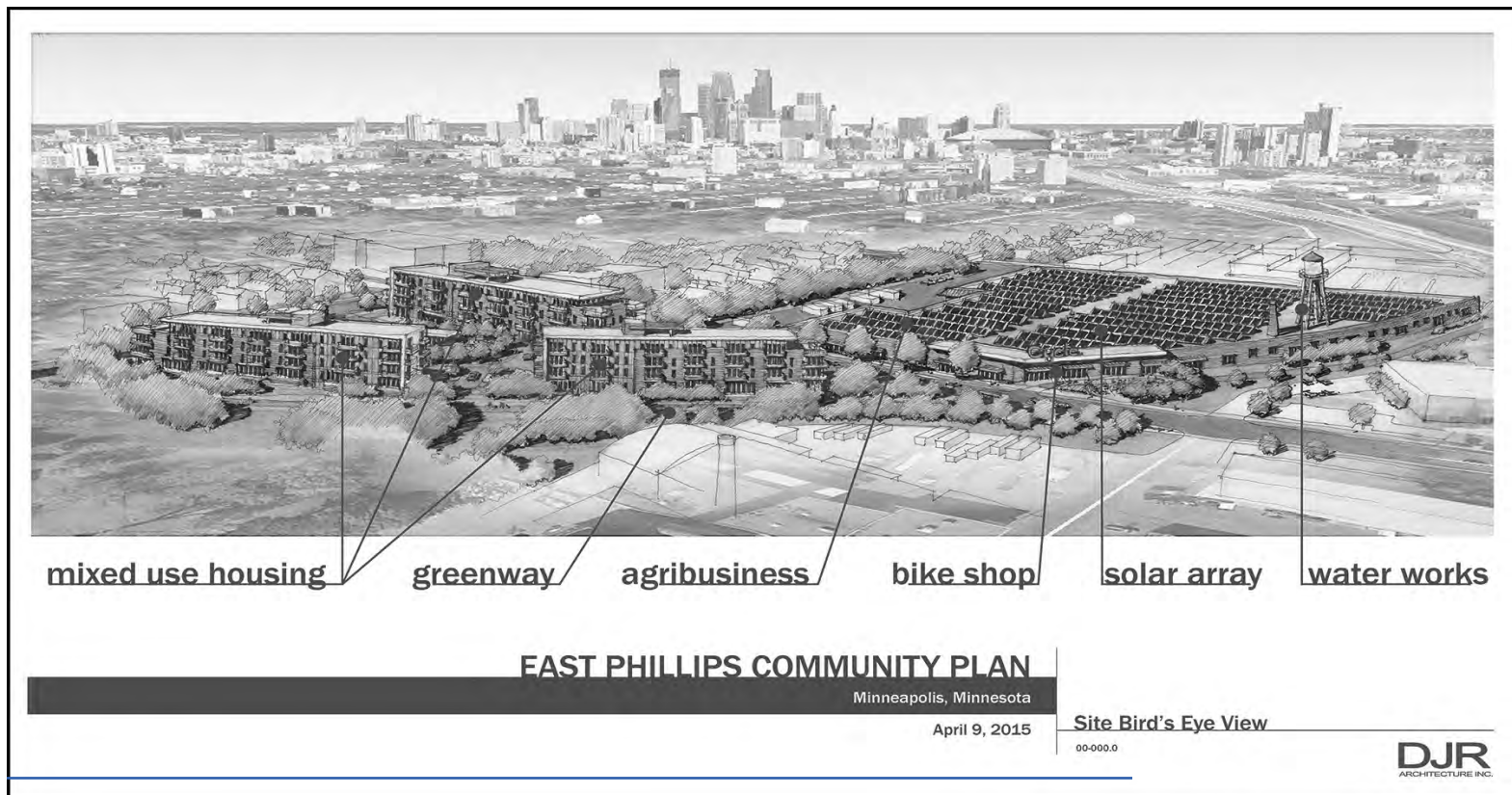
The Water Distribution’s 100 maintenance staff performs valve operations, greasing and packing of hydrants, street manhole repairs, main water repairs, and leak detection. They expect 68 heavy equipment vehicles to go in and out several times each day from the Roof Depot site.

It’s these large trucks that concern neighborhood residents.

“These trucks have tires as high as my shoulders,” said Pass.

Diesels linked to asthma

It isn’t merely the increased con-



DJR Architecture’s alternate plan includes the renewal of the Roof Depot building into an agribusiness powered by an immense solar array on the roof. That kind of facility would offer jobs that local residents would have the skills for, thereby cutting down on traffic while offering employment within the neighborhood. It also includes a bike shop along the greenway. Future phases include multi-use housing directly on the Greenway.

gestion on streets that are already busy that worries residents. They’re also worried about the pollution the diesels emit.

Studies have linked diesel engine emissions with asthma attacks, heart attacks and cancer,

“This is a very important issue that affects all of Minneapolis.”

— José Luis Villaseñor of Tamales y Bicycletas.

pointed out Pass. A study completed by Abt Associates, commissioned by the Clean Air Task Force, found that fine particle pollution from diesels shortens the lives of nearly 21,000 people each year.

Neighborhood residents say they are deeply concerned about neighborhood residents who suffer from a high level of asthma. According to the Minnesota Department of Health data, over 200 of every 10,000 people in the area (south Minneapolis from downtown on the north to

Minnehaha Ave. on the south) are hospitalized for an asthma attack every year. That record makes it one of the worst areas in the metro.

“People here shouldn’t have to live and perhaps die of asthma because they’re poor,” said Pass.

Area residents also suffer from arsenic poisoning at a higher rate than anywhere else in Minneapolis except for North Minneapolis. Much of that can be traced to an open air arsenic storage by the CMC Heartland Partners Lite Yard on the north side of 28th St. (now occupied by Smiley’s Family Medicine Clinic).

Additionally, the worst pollution falls on the football field of South High School, a few blocks south of the area. Pass pointed out that childhood ADHD has been traced to increased exposure to the very types of pollution that are found coming from these various industries. In a study conducted by researchers at Columbia University’s Center for Children’s Environmental Health, all of the kids who tested positive for exposure to this type of pollution were suffering from ADHD.

“Every single one,” stressed Pass. “I am not an alarmist to say we are poisoning our kids and robbing them of their future. There is no question about it.” Pass strongly believes that this neighborhood is already carrying a heavy enough burden without the city adding to it.

Council member Andrew Johnson, whose ward borders the Midtown Greenway, agrees that we should all take the environmental concerns in this area seriously. However, he questions whether 170 additional vehicles a day would have that much of an impact on either pollution or congestion.

Johnson thinks that a water yard would be a low-impact use as opposed to other possibilities. He also pointed out that the city has offered to set aside about 30% of the property it doesn’t intend to use for community development.

A longtime neighborhood activist, Pass is pessimistic that this would actually happen. She pointed out that as the city

grows, the water plant will need to grow with it.

Ward 9 Rep against proposal

On Monday, June 15, Ward 9 representative Alondra Cano asked the City’s Ways and Means Committee to vote against the proposal.

Instead, it was passed on a 4-1 vote with council member Johnson abstaining.

“It’s a hard issue,” Johnson stated.

He acknowledged that it is rare for the city council to approve something in an area that its representative is against, but pointed out it was done recently when the city approved Southwest Light Rail.

On Friday, June 19, the city council vote 10-3 to move forward with negotiations for a

“If we de-industrialize this site, we make this whole area a virtue for the Greenway and not a place where people now hold their breath as they bike or walk through this area because of its bad smells and dangerous air.”

— Carol Pass of EPIC

purchase agreement on the Roof Depot site. Council members Johnson, Cano and Cam Gordon voted against the measure.

In explaining his vote to fellow council members, Johnson pointed out that he doesn’t think the water yard is bad in itself. However, by moving the city water yard to this area it removes the ability of the community to move forward in its own self-determination.

Johnson said, “We have a responsibility to reinvest in our neighborhoods that have been disinvested in. We have a responsibility to invest in the neighbor-

hoods that need it the most. And we must go above and beyond. This is all in our city goals.”

Despite the 10-3 vote, community organizers aren’t finished fighting.

A community vision

“We have a project that is viable if the city will let us do it and move out of the way,” said Pass. “It would transform this whole area, which really is the gateway to the city from the airport, but now is an industrial eyesore.”

This alternate plan, designed by DJR Architecture, includes the renewal of the Roof Depot building into an agribusiness powered by an immense solar array on the roof. That plan would offer jobs that local residents would have the skills for, thereby cutting down on traffic while offering employment within the neighborhood.

The solar array would be one of the largest in the state, and it is Villaseñor’s hope that those with the knowledge of how to create solar arrays would then turn around to help local homeowners with smaller-scale projects.

A bike shop could be situated right on the Greenway. These businesses would not require any rezoning of the property.

Future phases include mixed-use housing where the asphalt plant and foundry are currently located.

This would completely alter the area currently known by residents as “the intersection of death” for its toxic fumes and high rate of traffic accidents.

When measured against the city’s overarching goals for transit and housing, “it matches everything the city wants,” Pass observed.

Council member Johnson agrees that this location near light rail, buses, and bikeways make it a prime one for development.

“If we de-industrialize this site, we make this whole area a virtue for the Greenway,” Pass said, “and not a place where people now hold their breath as they bike or walk through this area because of its bad smells and dangerous air.”



EPIC President Carol Pass and other community members are highly concerned about the additional traffic and pollution more diesel engines will bring the neighborhood surrounding the 28th St./Cedar intersection. That intersection is known to residents as the “intersection of death.” They’ve been working for over 15 years to remove pollution in this area. They are disheartened by the city’s plans to locate its water maintenance facility in a place where they would like to see an agribusiness that provides jobs to local, low-income residents. Community leaders only learned of the city’s plans in November 2014, as they mobilized against the existing polluting industries, Smith Foundry, and Bituminous Roadway hot asphalt mix plant. (Photo by Tesha M. Christensen)

In Our Community

Messenger

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

Native plants is planned topic July 19

"Native Plants and Early Medicines" will be presented at the John H. Stevens House (4901 Minnehaha Ave. S.) on Sun., July 19, 2pm. Descended from a Canadian doctor who first studied the use of plants as medicines by the Indians, Master Gardener Jerry Foley, talks about his Native Plant Garden at Stevens House. He will also demonstrate how settlers and Indians used native plants as medicines. Free tours of the John H. Stevens House Museum are also running from noon-4pm.

AEI open house planned June 27

Local renewable energy firm Applied Energy Innovations (AEI) will hold an open house on Sat., June 27 from 11am-3pm. The open house, at the AEI office (4000 Minnehaha Ave. S.), will introduce the world's most efficient AC/Heat pump to the Twin Cities area.

The open house will include:
—Solar Oven Cook-Off – salmon vs. beef;
—raffle for a free Velux 10 inch Sun Tunnel;
—free food and drink;
—Tiny Solar House; and
—an ice cream bar.

"We [AEI] are extremely excited to be launching this amazing product to Minnesota. A solar powered AC/Heat Pump will be great for Minnesota's climate and the renewable energy industry," remarked Dustin Denison. "We have a lot of fun stuff going on at the Open House and we look forward to sharing our excitement and knowledge with everyone. We believe that energy production and consumption must fundamentally change."

Music event planned July 12 at Falls

"10,000 Years of Music at Minnehaha Falls" will be presented at the John H. Stevens House (4901 Minnehaha Ave. S.) on Sun., July 12, 2-3:30pm. From Conch Shell Trumpet to Highland Bagpipes, "Ten thousand years of music at Minnehaha Falls" will be played and talked about by street musician Duke Addicks. Free tours of the John H. Stevens House Museum are also running from noon-4pm.

Kids Day Camp planned Aug. 3-6

Bethany Lutheran Church (3901 36th Ave. S.) invites all kids from Kindergarten to 6th grade to its Day Camp, Mon.-Thur., Aug. 3-6, from 9am-3pm. The

day camp will culminate with a program and ice cream social for families on Thursday evening. The children will enjoy music, crafts, games, and Bible stories. The theme this year is "A Love That Never Ends." \$25 includes all materials, snacks and lunch. Scholarships are available. Please register by July 27 at www.bethanyon36th.com, by calling 612-729-9376, or by emailing office@bethanyon36th.com.

Garden Club Tour blooms July 8

This year's Longfellow Garden Club Tour showcases more wonderful gardens in Longfellow! Several are abundantly overflowing with blooms while others stress edibles and careful use of water.

Pick up the Tour Map from 6-6:30pm, Wed., July 8, at Epworth United Methodist Church, 3207 37th Ave. S. Plan to carpool from the Church. The tour is free and open to everyone. See more at sites.google.com/site/longfellowgardenclubminnesota.

Wild food adventure planned for July 19

Join North Country Food Alliance and professional forager Gil Schwartz of Seasonally Sourced Foods LLC on Sun., July 19, 2-4pm, for an afternoon wild food adventure along the Minnehaha Creek. Through the course of a stroll participants will discover all kinds of wild edibles—from the berries and nuts that can be harvested from tree canopies all the way to the herbaceous, wild veggies hugging the water's edge. Maple-sweetened sumac "lemonade," flower-infused water, black walnuts, and a lively discussion will be enjoyed to conclude the event.

Meet in front of the Lake Nokomis Park Building, 2401 E. Minnehaha Pkwy. Look for the sign that says "North Country Food Alliance." Please be on time, as the group will be wandering around, and you may not find them if you're late!

There is a suggested donation of \$5, although no one will be turned away for lack of funds. **Class size is limited. To register, please email foraging@northcountryfoodalliance.org with the names of the participants.

Social Security program scheduled

Join special guest speaker David Rasmussen, FIC, Financial Consultant with Thrivent Financial for a workshop on the basics of Social Security and the strategies for maximizing your benefits, including:

- five factors to consider when

deciding when to apply for benefits;

- how to minimize taxes on Social Security benefits; and
- how to coordinate Social Security with your other sources of retirement income.

Thrivent Financial and local representatives David Rasmussen and Hans Nestingen are hosting the event. Refreshments and coffee will be served.

There will be four opportunities to attend:

—Tues., July 14, 2:30pm or 6pm at St. Peder's Lutheran Church, 4600 E. 42nd St.; or

—Thur., July 16, 2:30 pm or 6pm at the E. Lake Community Library, 2727 E. Lake St.

Call Kathy Rhinehart at 763-746-3142 or email kathryn.rhinehart@thrivent.com to reserve a place for yourself and a guest. To reserve a place for yourself and a guest, you can also register at Thrivent.com/findaworkshop.

MN movie premiere screens July 8

Sound Unseen presents the Minnesota premiere of legendary director Les Blank's (1935-2013) final film, "A Poem is a Naked Person" on Rock and Roll Hall of Famer Leon Russell, which had its world premiere screening at SXSW this past March. The film will screen Wed., July 8, 7pm, at Trylon microcinema, 3258 Minnehaha Ave. Tickets are \$12 (no Trylon punch-cards will be accepted). Tickets are available online.

An ineffable mix of unbridled joy and vérité realism, "A Poem Is A Naked Person" presents the beloved singer-songwriter Russell as filmed between 1972 and 1974. Blank's camera lets us into the world of Russell and his friends and fellow artists in and around his recording studio in NE Oklahoma. He captures intimate, off-the-cuff moments and combines them with mesmerizing scenes of Russell and his band performing live.

This singular film about an artist and his community never got an official theatrical release and has attained legendary status; now after more than forty years it can finally be seen and heard in all its rough beauty. Featuring George Jones, Willie Nelson, Jim Franklin, Eric Anderson, David Briggs and Don Preston.

Vacation Bible School July 28-30

Holy Cross Lutheran and Mt. Zion Lutheran are partnering with Faith Lutheran (3430 E. 51st St.) for a Vacation Bible School on July 28-30. There will be scripture, games, crafts, skits, and music for preschool to 6th-grade students. Meet at Faith Lutheran for a light supper at 5:30 and the VBS programming follows from

Annual Ice Cream Social scheduled for July 16



The Diamond Lake Community Alliance will hold their 3rd Annual Ice Cream Social and Sidewalk Sale on Thur., July 16, from 4-7pm at the 5600 block of Chicago Ave.

Gather the family and join neighbors on a warm summer afternoon for a refreshing ice cream treat, entertainment and shopping. Sponsored by The Diamond Lake Community Business Alliance, this event will feature a wide variety of community storefront and home-based businesses. There will be music and fun for the kids as well as door prizes! Remember to bring your pocket money for ice cream, hot dogs, and pickles! You might even find a great bargain on children's books, spices, essential oils, cookies and more.

For further information and a list of vendors (more than 20 at last count), visit their website at <http://www.DiamondLakeCommunityAlliance.com>.

6-8pm. Contact the church office for registration materials, 612-721-2537.

Library plans book clubs for teens

Nokomis Library (5100 34th Ave. S.) has fun summer programs for adults and teens (not just kids):

Read the Book, See the Movie: Teen Summer Reading Club meets Mondays, July 6, and Aug. 3 at 2pm. No registration is required, but pick up a book in advance at the library information desk.

Entering grades 7-9? Join others to talk about a great book that's been turned into a movie. Read the book ahead of time, and then watch the movie at the library before the discussion. July 6 they will discuss "Stardust" by Neil Gaiman. Aug. 3 they will discuss "Beautiful Creatures" by Kami Garcia and Margaret Stohl.

Cabaret Open Call scheduled July 8

Patrick's Cabaret presents the July Open Call Cabaret on Wed., July 8, at 7:30pm. Tickets are \$8 in advance from artists or \$10 at the door.

The original Cabaret format that started it all, Open Call Cabarets offer a mix of artistic disciplines, experience levels, and creative viewpoints — no theme, restrictions, auditions, or censorship. The July Open Call Cabaret presented on a Wednesday to take advantage of the long mid-summer nights, includes a variety of work that uses unconventional

al and interdisciplinary forms to tell stories in new ways. July Open Call is curated and hosted by Scott Artley, Patrick's Cabaret Performing Arts Curator.

Performers on July 8 include ARDES (live sampled and sung music), The Dangerous Fun Show (sideshow stunts), Gerald Ganann, Steve Gates, and Larry Johnson (storytelling, art, music), Deb Schanilec (brain science storytelling), McKay Bram and Danny Solis (dance, poetry), and Jennifer Flewelling (intermedia performance).

Check out the performers page at patrickscabaret.org to learn about upcoming events and how to get involved.

Business opportunity at Open Streets

Your business can sponsor Open Streets Lake Street (Aug. 2)—a family-friendly initiative that transforms the city's streets for just one day. Longfellow Business Association (LBA) will offer a subsidy up to \$100 per business on the sponsorship levels listed below for a maximum of 15 businesses to help offset costs.

Open Streets provides a unique opportunity to participate in an exciting community event that attracts thousands of people of all ages. Open Streets events held in 2014 drew approximately 40,000 people to the events across the city. Eight events are planned in 2015 with a total estimated attendance of 50,000.

Mini-sponsorships are available from Open Streets for non-profit organizations and small businesses wishing to support the event at these levels:

—\$100 for a non-profit organization;
 —\$100 for a business located on the street adjacent to the event;
 — \$200 for a business located in Longfellow; and
 —\$400 for an outside business.

The benefits of mini-sponsorship include having a table and other materials on the street, be able to sell food on the street, and have amplified sound on the street.

To qualify for a subsidy, your business must be current on its 2015 LBA membership dues, and not directly located on E. Lake St. Subsidies are offered on a first-come, first-served basis with priority given to Minnehaha Ave. businesses.

In keeping with the spirit of Open Streets, business owners are asked to offer an activity or opportunity for engagement with Open Streets participants, in addition to your items or products for sale.

If you want to apply for an Open Streets subsidy contact Ruth via email ruth@longfellow.org or call 612-722-4529 x10.

For more information on Open Streets www.openstreetsmpls.org.

Journaling for Health and Happiness

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a presentation on the benefits of journaling on Tues., July 21 at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. Research is confirming what many have known intuitively. The regular habit of journaling leads to a healthier and happier life. Learn how to get started, how to keep going and hear about some good journaling techniques along the way. The presenter, Edelle Rose, is a retired R.N. and life-long journalist who has studied the art of journaling with master journalists and authors Natalie Goldberg and Kathleen Adams.

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. We're looking for "Friendly Visitors" to visit isolated seniors in the greater Longfellow and Seward neighborhoods. Call Longfellow/Seward Healthy Seniors at 612-729-5799 or email info@lshealthyseniors.org for more information.

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.

VA to host "Open House" July 1

As part of a national VA initiative called the "Summer of Service," the Minneapolis VA Medical Center will host an open house on Wed., July 1 with information about programs and volunteer opportunities.

The general public is encouraged to attend to learn more about the VA. Facility tours will be available. See the largest American flag in the state of Minnesota. Observe the "robots" that automatically move meals and laundry throughout the hospital. Visit the Fisher House.

The open house will be noon-2 pm in the second-floor flag atrium balcony. The medical center is located at One Veterans Dr.

Annual lily show planned July 12

The North Star Lily Society Annual Show will host their annual "Land of 10,000 Lilies"

on Sat., July 11, 1-5pm, and Sun., July 12, 10am-3pm. Hundreds of lily stems, floral designs and photo contest will all take place at Bachman's Heritage Room, 6010 Lyndale Ave. S. The event is free and open to the public and you can get more info at www.northstarlilysociety.com.

"Christ & S'Mores" planned July 15

All ages are welcome at Minnehaha Communion Lutheran Church (4101-37th Ave. S.) for "Christ & S'Mores" on Wed., July 15 at 7:30pm on the front lawn of the church. Come and join your neighbors for some great summer fun! Also, mark your calendars for another future gathering on Wed., Aug. 19.

Youth and family camp program

Campers in grades 2-12, and families of all ages and stages, are invited to enjoy overnight camp in July at Camp Patmos in Hackensack, MN. Sponsored by Trinity of Minnehaha Falls, these camps include boating, canoeing, fishing, tubing, playing crazy games, getting to know new friends, and enjoying the beauty of northern Minnesota. Each week features Bible study and worship, including campfire time. For more information, visit www.trinityfalls.org/summer-camp or call 612-724-3691.

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.

2015 Roots, Rock & Deep-Blues Festival scheduled July 18

The Longfellow Roots, Rock & Deep-Blues Festival is on schedule for Sat., July 18, from noon to 10pm. This neighborhood celebration of the arts and culture of the Twin Cities is also the annual fundraiser for the non-profit community theater Patrick's Cabaret.

2015 will see the festival expand into Minnehaha Ave. with numerous neighborhood restaurants, including Gandhi Mahal, Midori's, Le Town Talk, El Nuevo Rodeo, African Paradise, Merlin's Rest and many more. Area restaurants represent an astonishing mix of offerings in the festival's new International Food Court.

Patrick's will present a variety of interactive activities, including live performance art, an exhibition of visual artists, and the very best local craft sodas, beers, and distilled spirits.

The 2015 festival will feature five music stages, with live entertainment throughout the day and into the night. Performing bands include:

Miss Tess & The Talkbacks
 Savage Aural Hotbed
 Poverty Hash
 Mike Munson

Mr. Jimmy 'Duck' Holmes

Barbara Jean

Left Lane Cruiser

The Beavers

Charlie Parr

Last Revel

Frog Leg

Fury Things

Fattening Frogs

CATL

Willie Murphy &

His Angel Headed Hipsters

Jimbo Mathus and The

Tri-State Coalition

Black Market Brass

Burnside & The New Generation

'Spider' John Koerner

Eleganza

Flood Brothers

Joe & Vicky Price

Jeff Ray & The Stakes

Bernie King &

The Guilty Pleasures

Tickets are \$20 for this fully immersive city-central festival experience, with all proceeds going towards continuing the valuable year-round community programming offered at Patrick's Cabaret. You can purchase tickets online at <http://rootsrockdeepblues.com>.

While the outdoor festival activities conclude at 10pm, the RRDB Festival party will continue just two blocks away with some very special indoor performances in the ballroom at The Eagles Post 34!

LoLa Art Crawl is back on!

Registration deadline for artists is July 7

To paraphrase Mark Twain: Rumors of LoLa's death have been greatly exaggerated.

It was reported earlier that LoLa was taking a year off because the previous organizers would not be planning and administering an art crawl in 2015. Well, a new team of volunteers has stepped forward and have already made significant progress towards organizing the LoLa Art Crawl in 2015 and cementing the long-term future of LoLa.

The 7th annual LoLa Art Crawl will take place on Sat.-Sun., Sept. 19-20, 10am to 5pm both days, in the greater Longfellow neighborhood. The new steering committee invites artists to register, businesses and sponsors to contact them, and the public to mark their calendars!

There are a couple of significant changes to the 2015 LoLa Art Crawl.

First, the dates have been moved into September (previous crawls were always the third weekend of August) to avoid the late summer heat and a conflict with the MN State Fair.

Second, the physical boundaries of the art crawl have been shrunk to the actual greater Longfellow

boundaries, represented by the Longfellow Community Council, LoLa's fiscal agent. These boundaries are: Hiawatha Ave. on the west, the Greenway on the north, the Mississippi River on the east, and Minnehaha Park on the south. (Previous LoLa artists outside of these boundaries are grandfathered in and may still participate.)

Artists and crafters living and/or working within greater Longfellow are invited to participate. All are welcome whether you are an established, professional artist, a new and emerging artist, or a complete hobbyist. Participants may choose to set up in their home, or LoLa will help match you with another artist or business that has space. You may register at <http://lolaartcrawl.com/forartists>. The fee is \$35 and the deadline to register is July 7.

Businesses interested in hosting LoLa artists during the art crawl or sponsoring the event, please register at: <http://lolaartcrawl.com/sponsors>.

General information about the 2015 LoLa Art Crawl can be found at <http://lolaartcrawl.com> or at the League of Longfellow Artists (LoLa) Facebook page.

the League of Longfellow artists presents

LoLa
art crawl

September 19, 2015
Saturday 10am to 5pm

September 20, 2015
Sunday noon to 5pm

www.lolaartcrawl.com

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.

Neighborhood Churches Welcome You!

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

Pastor Jo Bauman

Sundays:

9:30 am - Worship
 10:30 am - Coffee & Fellowship
 Saturday, July 18
 5 pm - Soul+Food Dinner Church
 Kids' Day Camp - Aug. 3-6
 Register by July 27

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

Children especially welcome
 Contemporary Worship - 9:00 am
 Traditional Worship - 10:30 am
 Worship in the Park July 19 - 10:30 am
 at Minnehaha Falls Bandstand

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

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

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

Pastors Dan Ankerfelt & Sally Ankerfelt
 Sabbatical Support Pastor: (June 21-October 5, 2015) Dr. Hollie Holt-Woehl
 Sunday Worship - 9:45 am
 (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 10:00 am
 AA Meetings Tuesdays/Sundays 7:00 pm

Once struggling, Roosevelt Teddies softball focuses on fundamentals for the future

by MATTHEW DAVIS

Once a struggling program, Roosevelt softball has a future bright enough for shades.

Roosevelt went 11-11 this spring for its first .500 season or better since 2005. Moreover, the Teddies beat longtime rival South for the first time in 18 years and claimed a share of the City Conference title.

Best of all, the Teddies will have almost all of their roster back for 2016 with only one graduate this spring. Roosevelt's current core

of players have led the program out of 3-4 win per season irrelevancy from a competitive standpoint to making waves on the diamond. The current group had a boost in 2014 when they won the first section tournament game for the Teddies since 1984.

Improvements and continuity within the youth program leading up to varsity also had a big role to play in the Teddies turnaround. A strong focus on the fundamentals of the game has also helped at all levels.

"The girls just started having confidence in themselves," Teddies coach Troy Quenemoen said. "That's the sort of structure that builds throughout our program."

Kirsten Kamrath, a senior short stop, and pitcher, has been a major part of the Teddies' turnaround. The school's Athena Award winner has been the team captain since her ninth-grade year won All-City Conference honors twice.

Roosevelt also made a turnaround from the start of the season after going 2-4 through April 22.

After that stretch, the Teddies reeled off seven wins in ten games through May 6.

Along that stretch, the Teddies beat South 8-2 on May 5. Kamrath went 2-3 in that game with two RBI in addition to earning the win in the pitchers' circle. Katie Jones also had two RBI in the game, and Emma Quenemoen scored three runs.

Roosevelt clinched its share of the conference title on May 13 in a 15-4 win over Edison. Brittany McCabe stepped up with a big game of

three RBI on 1-2 hitting while Kamrath earned the win pitching.

Unfortunately for the Teddies, their best season in a decade ended quickly in the Section 4A tournament when the Maranatha Christian Academy Mustangs edged Roosevelt 6-5 on May 15. McCabe, Amani Reichert-Giron, Emma Quenemoen and Tianna Hernandez all drove in runs in that game. Kamrath struck out four and walked only four in a complete game. The Mustangs nabbed the lead for good in the sixth with a pair of runs.

Classifieds

Messenger

Want ads must be in the Messenger before July 20 for the July 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*, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before July 20 for the July 30 issue. Ad copy can be e-mailed to denis@deruyternelson.com. Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the *Messenger's* website at www.LongfellowNokomisMessenger.com

ANTIQUES

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

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SERVICES

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WANTED - Old Stereo, HiFi Equipment, HAM, and Cameras. Andy 651-329-0515. 7-15

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LANDSCAPING

Neighborhood church chooses a new direction



formed' church," Sally explained. "Our goal is to be a resource for those who have experienced, or are experiencing, trauma in our community—not just in our church. We seek to be a place where everyone can share in God's wholeness, hope, and healing."

The Ankerfelts received a "Clergy Renewal Grant" from the Lilly Foundation and are using it to finance a four-month sabbatical. At the time of this publication, they'll be on their way to the Philippines to begin the first part of their renewal: working alongside their children for three weeks in an orphanage. Their family has an adopted son, and that experience has raised their interest in understanding the stressors adoption can sometimes create.

During the rest of their sabbatical, the Ankerfelts will be studying different ways of working with trauma. Some of those ways include mindfulness and meditation for kids, teens, and families while overcoming shame and self-loathing. They will also explore the Ten Core Clinical Competencies of understanding trauma, PTSD, grief, and loss.

The Lilly grant encourages a joint venture of learning and growth for the whole congregation. Their church-wide belief is that "a journey for the travelers is also a journey for those who stay behind."

Acknowledging that trauma is kind of a buzz word these days, the Ankerfelts were both drawn to embracing it as a core part of their evolving ministry. Sally said, "We saw through the life of the church and our own personal lives how prevalent trauma was, and how few resources there were for dealing with it."

In addition to her divinity degree, Sally earned a certificate from the University of Min-

nesota in Trauma Studies and is a certified adoption coach. She offers information and support to adoptive parents at all stages through an organization called GIFT (Growing Intentional Families Together).

Throughout the summer, the Ankerfelts will be actively engaged in learning, reflection and prayer. They'll also be making regular appearances at Longfellow and Hiawatha Parks, connecting with youth through games and activities. They hope to get to know kids in the neighborhood informally, to let them know the church is there if they need it. "Lots of inner-city youth come to church without their parents," according to Sally, "and we can provide a place of calm through troubled times."

As an outward sign of their commitment to peace, the congregation recently installed a peace pole on the south side of the church. The confirmation

class proposed the idea, and it was the youth of the church who worked to create the peace pole. They painted their pole with the word peace in every language they were aware of in their neighborhood, including Somali, Spanish, Norwegian, English and Arabic.

In the May 10 dedication, the pastors said, "Today it will be our children who lead us out to plant this peace pole. Our children, who want to proclaim that MCLC is a place of peace; a place where all people are welcome, and all people are loved."

MCLC warmly invites visitors to attend their Sunday morning worship service at 9:45am. There will also be community gatherings each month this summer. Check www.minnehahacommunion.com to see what activities they plan for July 15 and Aug. 19 from 7:30-9pm.

By MARGIE O'LOUGHLIN

Modern life is challenging and, sometimes, its demands can leave us lost, flat broke or battered.

Minnehaha Communion Lutheran Church (MCLC) believes that a church should be the first place people bring their sorrows—not the last. MCLC is equipping itself with both the love of Christ and the skills to welcome anyone seeking acceptance and understanding.

Located at 4101 37th Ave. S., their solid, brick building was built in 1922. The con-

The peace pole stand on the south side of MCLC. Marigolds were planted at its base, along with messages of peace and hope from the congregation. (Photo by Margie O'Loughlin)

gregation has weathered two "mergers" over the past 20 years, as they first welcomed Holy Communion to join them in 1995 and then Our Redeemer in 2008.

According to co-pastor Sally Ankerfelt, major shifts like that in the life of a church can be traumatic. She and her husband and co-pastor, Dan Ankerfelt, have become increasingly aware of trauma issues in their congregation over the years. They've made a commitment that MCLC will offer a sanctuary from life's troubles and be a place where children, especially, can grow to be resilient.

They're acting on that commitment in a very real way this summer. "We've begun to educate ourselves about what it takes to become a 'trauma-in-



Co-pastor Sally Ankerfelt pulled up for one last day of work before embarking on her four month sabbatical of learning, prayer and reflection. (Photo by Margie O'Loughlin)

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**Photo and article
by MARGIE O'LOUGHLIN**

In the Longfellow/Nokomis neighborhoods, 2015 has been a banner year for *Taraxacum officianalis*. This perennial herb is a vigorous spreader and has brought many a homeowner to their knees. *Taraxacum officianalis* is the scientific name for the dreaded common dandelion.

What has this cheerful yellow plant done to make so many enemies?

Until the early 19th century, people actually pulled grass from their lawns to make way for dandelions and other useful "weeds" such as chamomile and malva.

But how things have changed.

For decades now, green, uniform lawns of non-native grass have been the sought-after turf in America. So much so that we pour an estimated 30% of our nation's water supply into greening our lawns, and apply herbicides to them at a higher rate than farmers do to cropland.

The average American recognizes hundreds of logos identifying commercial products but is unlikely to recognize more than five flowering plants near the place they call home. The dandelion is almost certainly one of those that would be recognized, and the unconverted may be surprised to learn that dandelions do have many good qualities.

In addition to their persistent good looks (the dandelion has one of the longest flowering seasons of any plant), every part of the dandelion is useful.

Its taproot is long and strong and reduces compaction in garden soil. Its dry leaves make a delicious tea and when green, are



The Lowly, Lovely Dandelion

a nutritious addition to garden salads.

The leaves contain large amounts of vitamins A and C, iron, calcium and potassium; note that they are tastiest before blooms appear.

Dandelions flower can be used to make a natural dye, or to brew dandelion wine. Most importantly, they are one of the earliest sources of pollen for bees and insects in the spring.

In Chinese culture, dandelions have long been valued for their medicinal properties in treating diabetes, cancer, bacterial and fungal infections.

If dandelions were thriving in Asia thousands of years ago, how did they get here?

Like many plants that live a life out of balance, the dandelion is an introduced species. Brought to North America by the Spaniards in New Mexico and Ger-

man settlers in Pennsylvania, *Taraxacum officianalis* is now found throughout the world, except for Antarctica.

It seems that dandelions are here to stay.

What are some strategies for reducing, if not eliminating, their numbers without chemicals?

The simplest way is to hand dig after a heavy rain. Their whole tap root must be removed, so it's worth investing in a good dandelion digger.

Once the existing dandelions are gone, consider applying corn gluten meal, which prevents root formation in certain broadleaf weeds at the time of germina-

tion. Corn gluten meal will not kill existing weeds; it works as a pre-emergent, so the best time to apply is in the spring.

Most importantly, mow your lawn before the dandelions turn white and fluffy as each flower contains hundreds of seeds to fortify next year's crop. The clippings can be composted, as the heat from decomposition will kill the dandelion seeds.

There are many alternatives to spraying harmful chemicals. You will have to weigh the costs and benefits to yourself, and to the environment, when deciding on your personal strategy for co-existing with dandelions.



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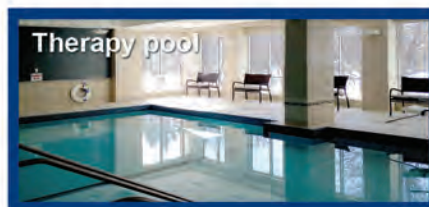
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