



Local students to perform in Circus Juventas

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Blooming Alley Bike Tour peddles through East Nokomis

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Local nonprofit helps older adults to live independently

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33 Longfellow households win the LCC rain garden lottery

Story and photo by MARGIE O'LOUGHLIN

The Longfellow Community Council selected 33 households to receive subsidized rain garden plots this spring. According to LCC's housing and environment coordinator Joe Sturm, "More than 200 people registered for the rain garden lottery. Neighborhood interest was very high."

"All of the residential gardens have now been installed," Sturm said. "A handful of them went to low-income households earning less than 60% of the area median income. Homeowners paid between \$0-\$140 depending on if they volunteered, kept their soil or had it removed, and the size of their rain garden."

Storm continued, "We estimate the real cost of each garden to be around \$2,000. We have commitments from three neighborhood businesses so far and are still looking for two more businesses to buy into the project. Participating businesses will pay 50% of their rain garden costs."

Ten rain gardens were installed through this initiative in 2014. The nearly four-fold increase in 2016 installations is due to an expanded partnership with Metro Blooms, and an increase in funding from Hennepin County (\$12,000 from the Legacy Fund), and the City of Minneapolis (\$18,000 in the form of a Community Innovation Grant).

Plants were purchased in bulk from Glacial Ridge Growers, whose motto is "restoring the prairie one backyard at a time," and Bachman's Floral and Gifts.

The design process was streamlined to keep costs low, with homeowners being able to choose either a small or large sun or shade garden design.

Designers from Mother Earth Gardens were enlisted to visit each site and mark the garden shapes with spray paint. A small army of volunteers did the installations over four days in June, with temperatures ranging between 80-90F. Volunteers included people from Conservation Corps, Green Corps, WSB Architects, US Bank and other organizations. Rain garden recipients also were able to further reduce their cost by helping to install their own and/or other recipients' gardens.

Jamie Thompson is a new gardener who won the rain garden lottery. She chose to place her garden in the front of her property, where it's visible from the sidewalk and street. Her fami-



Jamie Thompson, pictured with daughter Iliana Petrou, was one of the 2016 rain garden lottery winners.

ly paid \$100 for their small shade rain garden, and an additional \$40 to have their soil dug and

hauled away. Thompson contributed her time by picking up plants at the Longfellow Park dis-

tribution site, and planted them with help of volunteers. "The planting map we were given,"

Thompson said, "listed the scientific and common names of the plants, as well as where they should be located. That really helped!"

A rain garden is a shallow depression filled with flood-tolerant shrubs, flowers, and grasses. The main functions of a rain garden are to collect and filter storm water runoff, but rain gardens also add beauty to the landscape and may attract butterflies and birds.

"People get excited about rain gardens for a variety of reasons," Sturm said, "but because all of our plants are native and neonicotinoid-free, you really can't go wrong."

When asked if the project would continue, Sturm answered that "2017 will be a planning and

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Summit Charter School opening in East Nokomis

Story and photo by MARGIE O'LOUGHLIN

The Summit Charter School at 5011 31st Ave. S. is now accepting enrollment for grades K-6. Located within the Lake Nokomis Lutheran Church building, the new charter school will have a focus on science, technology, engineering and math (STEM).

According to executive director Magdy Rabeaa, all staff have been hired except for a physical teacher, and the school is more than halfway to its opening enrollment goal of 140 students. To date, the enrollment has been fairly even across grade levels, and anticipated class size is between 20-25 students.

In Minnesota, charter schools are tuition-free, independent public schools that are open to and welcome all students. Charter schools are governed and operated jointly by licensed teachers, parents and community members—along with an authorized agent providing financial and educational oversight.

Minnesota was the first state in the US to create charter schools and accompanying legislation in 1991; there are now 157 charter schools state-wide.

Rabeaa explained, "The STEM focus will be integrated into all aspects of the learning experience here. Teachers will build a list of STEM guest speakers from the community of their students' parents, and invite four speakers to visit their classroom each year.

The goal is to encourage students to connect with STEM careers at an early age. Our field trips will have a STEM focus, and students

will have an ongoing, working relationship with the school garden planted outside the main entry on 50th St."



Magdy Rabeaa, executive director of the new Summit Charter School near Lake Nokomis.

While charter schools aren't required by law to have a licensed principal, Rabeaa is in the last stages of completing his principal's license. Since becoming an English educator in his native Egypt in 1995 and moving to the US in 2003, Rabeaa has continued to work in the field of education.

"We started working on the Summit Charter School four years ago," Rabeaa said, "myself and our five board members. It's extremely difficult to find an existing building that can accommodate a whole school. This one, in the lower level of Lake Nokomis Lutheran Church, will meet all of our needs." The site was previously used by the Minneapolis Academy. Bus transportation will be provided by the school district within an eight-mile radius.

The Summit Charter School hopes to avoid the pitfalls of annual testing by being, as Rabeaa said, "data-driven." He explained, "We plan to implement on-going assessments throughout the school year, to see where our students are succeeding and where they need extra help."

"In addition," he said, "our school will have high expectations of classroom behavior, and will encourage significant family involvement." For more information about the Summit Charter School contact Magdy Rabeaa at mrabeaa@summitcharterschool.org or call 612-876-3050.

Why the emphasis on native plants in rain gardens?

Native plants are adapted to the local climate and soil conditions where they naturally grow. Native plants work well for many landscaping and wildlife habitat plantings because once established, they seldom need watering, mulching or protection from winter temperatures. Native plants provide nectar, pollen, and seeds that serve as food for native butterflies, birds, and other animals. In contrast, many common horticultural plants do not produce nectar and often require insect pest control to survive. Many native grasses and wildflowers protect soil with their deep and spreading root systems, helping to prevent erosion. Areas with diverse perennial native plantings have less water runoff than ground covers composed of one non-native species.

(excerpted from: files.dnr.state.mn.us/assistance/backyard/gardens/native_plant/nativelandscaping.pdf)



The Butterfly Weed, a species of Milkweed, is easy to grow and visually appealing. The gardeners rule of thumb for planting perennials (plants that come back year after year) is to cultivate patience. It takes up to three years for a rain garden to become fully established with deep roots and tall stems. During the first year...first they sleep, then they creep and then they leap. (Photo by Margie O'Loughlin)

Letter to the Editor

Don't forget about South High School

To the Editor,

Tue., July 12, a few South High School parents and students approached the Minneapolis Public School Board during open comments. They requested that the School Board review its current plan to build a building on the recently purchased land located at 19th Ave. and Lake St., land adjacent to the South High athletic field, Barnard Field. Parents, community members and students plan to continue this movement and ensure that South High students will not be forgotten.

Many students, parents and community members assumed that the land would be used to upgrade the athletic field. Upgraded athletic fields exist at Roosevelt, Washburn, Southwest and Edison high schools. Although the District's involvement in the upgrades has varied at each school, the South High School community seems to be forgotten.

A few of the current problems include only a six-lane track in place of the required eight-lane. This alone leads the district to spend money to transport students to other athletic fields for track events as South cannot host track meets.

The soccer field is not the appropriate size to hold City Conference games. When the athletes perform well in their city conference, they cannot even celebrate on their own field by hosting a conference game.

The athletic field does not have lights, which significantly impacts the time football and soccer games have to be played in the fall as it gets dark earlier and earlier.

The list could go on.

The District at some point implemented a five-year plan to co-lo-

cate Adult Basic Education (ABE) and Transition Plus in an expensive new building on land they would purchase on the corner of Lake St. and 19th Ave. Due to the City's interest in the same land, where ABE was previously located, they were given the squeeze from their building so the city could develop.

It is a fact that ABE requires a new location. However, it is not fair that South students need to suffer the consequences of the city and the school district. There are other locations the district could consider for ABE.

The Transition Plus Program is currently located at the Wilder Building, and there is no observ-

able need for them to relocate at this time.

It is my understanding that the District is entering year three of the five-year plan and we ask that the District reconsider. There is no other place for an athletic field. I'm confident that if the District were to designate the land to South High School and begin planning in collaboration with our Athletic Department, that the South High community, parents, and the South High Foundation would support the improvements in any way they can.

There have been some gran-

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Raingarden lottery

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fundraising year. We've chosen to follow a biennial trajectory. That means that the next lottery will be held in spring of 2018."

Check the Longfellow Community Council's website for updates as the time approaches at www.longfellow.org. If you're a business wishing to inquire about a rain garden for your location, email Joe Sturm at joe@longfellow.org.

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Alex Fedje-Johnson knew first-year Giantvalley Legion Post 234 baseball coach Sean Toomey well before this summer.

Fedje-Johnson, a Division I-bound baseball star from Minnehaha Academy, developed much of what he brings to the table through Toomey's tutelage at the Hit Dawg Baseball Academy. It started when Fedje-Johnson came to the Chaska-based academy as a seventh grader.

"Toomey's been great both for me personally and for our team as a whole," Fedje-Johnson said.

Toomey got involved with Post 234 through Fedje-Johnson's father since Minnehaha varsity coach Scott Glenn had an interest in having a Hit Dawg instructor coach Legion. A former college baseball standout at Concordia College in Moorhead, Toomey has worked with high



In The Zone

By MATTHEW DAVIS

Legion coach a longtime guide for Minnehaha star Fedje-Johnson

school through minor league players at the academy.

He also has involvement in college baseball recruiting, and he anticipates a bright future for Fedje-Johnson at Davidson College. Toomey also likes what he sees from Post 234's other college-bound senior, St. Olaf College recruit Jesse Retzlaff.

"I've only gotten to see Jesse in a short period of time, but the game he threw against Champlin was a gem," Toomey said. "He's a very good pitcher."

Retzlaff helped Post 234

come within a run of a Champlin Legion team that had a roster of players from the Class AAAA state runner-up team in the spring. Minnehaha Academy won the AA title.

Both Fedje-Johnson and Retzlaff played major roles in the Redhawks' run to the title in June. Moreover, they helped the Redhawks make three-straight state tournament appearances.

Such success doesn't surprise Toomey knowing how Fedje-Johnson has emerged through the Hit Dawg program.

"There's been some plays that he's made that I haven't seen high school kids make," Toomey said.

Moreover, Fedje-Johnson provides crucial leadership for the team.

"When they see him making some of the plays that he does and hustling out ground balls, it raises their level of play," Toomey said. "I've noticed these kids have a whole lot of confidence in him."

Post 234 gained confidence with him in the lineup after his return from the high school all-star series. Giantvalley went 0-4 without him but turned things around to finish 7-7 and draw the top seed in district tournament play. The tourney began on July 21.

Fedje-Johnson has more baseball than Legion going this summer with Chaska Hitdaws amateur team. That experience benefits Fedje-Johnson since he gets to play the Riverview League, which has droves of current and

former college baseball players.

"It definitely keeps me busy, but it's a lot of fun," Fedje-Johnson said.

It can help Fedje-Johnson get ready for the rigors of college baseball at Davidson. The Wildcats (28-26) played 54 games between mid-February and late May.

Fedje-Johnson will get a chance to get acclimated to the college game too with fall practice in a few months as well. The North Carolina-based school recruited Fedje-Johnson as an infielder, but he may get to pitch as well.

"I plan on trying to play shortstop day one," Fedje-Johnson said.

While Minnehaha Academy won't have the leadership of Fedje-Johnson next season, another solid core of players continued to develop this summer. James Wong and Luke Mahler each put forth strong showings on the pitching mound with Giantvalley. Noah Dehne and Bennett Theisen both looked solid at the plate for Post 234.



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Nokomis East Neighborhood Association

Open House

NENA has moved to a new office!
 4313 E 54th Street
 Tuesday, August 16th from 6:00 - 7:30 pm

Come tour NENA's beautiful new space at our Open House on Tuesday, August 16th from 6:00 - 7:30 pm. The new office, includes a sizeable conference room, office space, private meeting space and windows to display local artist's work.

Light refreshments will be provided, please RSVP to dave.colling@nokomiseast.org or call 612-724-5652

612-724-5652
www.nokomiseast.org

Letter to the Editor

Continued from page 2

diouse discussions about building an entirely new South High School and athletic field. It is hard to know how long such an extravagance would take. Our youth need us now, and they don't ask for much. Every year we fail to act, we lose the opportunity to positively impact 400-500 students.

The current athletic field and track directly impact an average of

300-400 students per year in track, boys soccer, girls soccer, and football. It impacts South High School in its entirety. Kids are keen to observe disparities and although some disparities I always say "build character and resiliency," too much disparity impacts their self-image (individually and as a group) negatively.

Bottom line, the lack of improvements at South is inequitable. We want South High School students to say "Hey, the District and the adults around us care, just like

they do at the other High Schools."

One action the District could take is to form a new advisory team which includes at least two representatives from South High School as well as a representative from our District Athletic Department. Equal participation must exist between the programs/schools involved: Transition Plus, Adult Basic Education, South High School and Athletics. It would be critical for non-District paid employees to also participate with equal representation.

Jennifer Bochman

Jennifer Bochman is a 20-year resident of the Longfellow Hiawatha Community. Her two daughters have attended the Minneapolis Public Schools (Dowling, Seward, and South High School) since 1999; her youngest is graduating in the spring of 2017. She believes that now, more than ever, is a time to act as a member of the Minneapolis community. She urges you to get involved and learn as she says she is learning.

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Come tour NENA's beautiful new space at the Open House on Tues., Aug. 16 from 6-7:30pm. The new office, 4313 E 54th St., includes a sizable conference room, office space, private meeting space and windows to display local artist's work.

We'll also be unveiling the new NENA logo; you can be the first to see it.

Light refreshments will be provided, please RSVP to dave.colling@nokomiseast.org so we have enough. We hope you can make it.

Pollinator Party

The Minneapolis Park and Recreation Board along with the University of Minnesota Bee Squad are presenting a "Pollinator Party" on Thur., July 28 from 5-8pm at Lyndale Park Gardens on the east side of Lake Harriet, by the turtle fountain. At this family-friendly event, attendees can learn how to be a beekeeper and sample some Minnesota honey or try a free sample of ice cream made with honey. Information will also be available on how to make backyards more bee friendly and plants available for purchase from Mother Earth Gardens. And for kids, the party will include games and hands-on activities all focused on creating a better bee environment.

National Night Out is Aug. 2

National Night Out (NNO) is an annual nationwide event that encourages residents to get out in the community, holding block parties and getting to know their neighbors as a way to encourage crime prevention. It's a great way to promote community-police partnerships and enjoy a Minnesota summer evening surrounded by friends and family.

As with many past National Night Outs, Minneapolis was ranked #1 among all U.S. cities over 250,000 population in 2015. Over 1,500 events were registered in 2014. Was yours one of them? We hope so! And save the date for this year: NNO is Aug. 2.

Registering your NNO event and applying to close your street/alley is a single online process. To register go to the City of Minneapolis Website and search "NNO Registration."

NENA (Nokomis East Neighborhood Association)

4313 54th St. E.

Open House at the new NENA Office

Upcoming NENA Events

(If no location is noted, it is at the NENA Office, 4313 E. 54th St.)

- Thur., July 28, 7-9pm: NENA Board of Directors Meeting
- Sat., July 30, 8-9am: Friends of Lake Nokomis Free Yoga in the Park, Lake Nokomis Main Beach, 5001 W. Lake Nokomis Pkwy.
- Sat., July 30, 6-8pm: Nokomis Naturescape Garden, group gardening. 50th St. and Nokomis Pkwy.
- Tues., Aug. 2, 2-5:15pm: Farmers Market, first level parking ramp at Minneapolis VA Medical Center
- Tues., Aug. 2, 4-10pm: National Night Out
- Sat., Aug. 6, 1-4pm: First Saturday Collection @ Nokomis Library, 5100 S. 34th Ave.
- Tues., Aug. 9, 5-6:30pm: NEBA Happy Hour, Town Hall Lanes, 5019 S. 34th Ave.
- Tues., Aug. 9, 6:30-7:30pm: NEBA Board Meeting at McDonald's Liquor Store, 5010 S. 34th Ave.
- Tues., Aug. 9, 6-8pm: Nokomis Naturescape Garden, group gardening. 50th St. and Nokomis Pkwy.
- Tues., Aug. 16, 6-7:30pm: Night Out with NENA - Open House
- Wed., Aug. 23, 6:30-8:30pm: NENA Housing, Commercial and Streetscape Committee

Not every street can be blocked off depending on the traffic flow. Generally, bus routes and high traffic streets cannot be used for block events. You will need permission of 75% of your neighbors to be approved for street closure—keep their names and addresses handy in the event your permit application needs to be reviewed.

Look for NENA staff and board members at parties around the neighborhood.

Minneapolis Monarch Festival volunteers needed

The Minneapolis Monarch Festival (Festival de la Monarca) offers many opportunities for a rewarding volunteer experience. Volunteers must be at least 14 yrs and speak English (bilingual with Spanish is needed too). All volunteers receive an official Festival T-shirt as our way of saying thank you.

This year's Monarch Festival will occur on Sat., Sept. 10 from 10am to 4pm. The Festival celebrates the monarch butterfly amazing 2,300-mile migration from Minnesota to Mexico with music, food, dance, hands-on art, native plant sales, and plenty of opportunities to get up close with monarch butterflies, learn about their habits, and what you can do to make a difference.

The Festival will be held just east of the Lake Nokomis Community Center in the area bounded by E. Minnehaha Pkwy., Woodlawn Blvd., and E.

Nokomis Pkwy.

Please sign up to help us make this a successful, fun event for everyone.

Questions? Call 612-313-7781, or email volunteer4monarchs@gmail.com

Artist call

NENA invites artists to participate in exhibit opportunities at the Nokomis East Neighborhood Association office. The new NENA office offers a great potential for us to display artwork by local artists and have it seen by the community. Displays will rotate on a regular basis to provide as much opportunity as possible. All 2-dimensional hanging work and 3-dimensional work within our criteria, guidelines and exhibit size limitations will be considered.

For more details and guidelines, please contact Dave Colling at dave.colling@nokomiseast.org.

Garden updates

The Gateway Gardens and the Nokomis Naturescape Garden are looking spectacular! The Monarch populations are extremely low this year, but there

are plenty of other pollinators busy at both garden locations. We're so lucky to have these great locations and a good group of dedicated volunteers. Summer rains and hot sun have helped too.

These NENA landmarks are tended to by volunteers all summer long, and we are looking for more help. Volunteers are needed to help with weeding, thinning and general upkeep. If you have any time to give and want to continue to have these remarkable landscapes as entry ways to our neighborhood, please let us know.

To volunteer, please email us at nena@nokomiseast.org.

Home improvement loans

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

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

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

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Longfellow students perform under the Circus Juventas Big Top

By JAN WILLMS

It has been 150 years since Lewis Carroll penned his quixotic book "Alice in Wonderland." And what better way to pay homage than for Circus Juventas, the largest circus arts school in North America for youth ages 6-21, to present its summer show titled "Wonderland"?

Circus Juventas will be presenting performances July 28-Aug. 14 under its Big Top at 1270 Montreal Ave. in St. Paul. And several of the young performers hail from the Longfellow neighborhood.

Sisters Lillian and Juliette Kline, daughters of Shanan Tolzin and James Kline, will both be flamingos in the Summer Show. The two young women started participating in Circus Juventas a couple of weeks apart. "Juliette started first, and I decided I wanted to do it, too," Lillian said.

"One of my first dance teachers was a carny and circus person himself, so I always grew up thinking that was really exciting," recalled Tolzin. So when her daughters were little, she took them to a performance of Circus Juventas. And eventually, they began to participate.

Juliette, 14, said that some of the acts she is doing for the Summer Show include theater, dancing, and table comedy. "You have a large table, and you slide across it," she explained.

Lillian, 16, said she is performing theater, croquet dancing in England, and contortion. "The main thing about contortion is that you want to stretch your back out really well first," she noted. "And then I ice it afterward. You want to be careful not to injure your back."

She and Juliette "keep up the circus spirit" for each other, Lillian said.

The most challenging act for



Juliette and Lillian Kline perform as part of a spinning cube act. (Photo by Bill Raab)

her right now, according to Juliette, is the table comedy. "You have to work as a team, so you have to have a lot of trust. You work for yourself, and you have to work together."

Lillian said the performers have a month off after the summer show ends, then start training again. She plans to continue performing indefinitely.

Tolzin said she considers this experience for her daughters to be fabulous. "Number one, it is such fun; number two, it is very

athletic and number three, it is very artistic," she said. "And they are actually working toward a goal."

She finds that Juliette and Lillian have developed a strong confidence in themselves, and she also is happy for the friendships they have developed with other Circus Juventas students.

Longfellow resident Matisse Bolstrom, the daughter of Sandy Muellner and Chad Bolstrom, is 14 and has been a participant in



Juliette (left) and Lillian Kline (Photo by Jan Willms)



Matisse Bolstrom (Photo by Bill Raab)

Circus Juventas since she was in first grade. "One of my friends told me about it, and I have been doing it ever since," she said. Bolstrom said she started out with Circus Experience, in which a child gets to explore all the different kinds of acts in the circus. "Now I have worked on contortion, Moroccan pyramids, and acrobatics. I am doing contortion for 'Wonderland.'"

Since Circus Juventas is a year-round activity, Bolstrom fits the classes in around soccer and schoolwork. "Last fall was hard," she recalled. "I had soccer every day and circus right after."

She explained that it is challenging for her to wrap her head around being in the big show this summer. "It is part of something big, and there is a lot of pressure but a lot of fun at the same time. The choreography is hard, too."

Bolstrom said performing is fun for her, and she likes seeing the end product of all the work resulting in a show.

"My sister Hanna, 17, does the Wings program for people with special needs," Bolstrom said. "She likes the circus experience and really seems to enjoy it."

Bolstrom said she plans to continue with Circus Juventas at least until she is 21.

"Participating in Circus Juventas, I have learned a lot about working with group skills," she stated. "You have to learn to know about people and yourself. It helps with memorizing skills, too. It has taught me how to be prepared for anything."

Wanting their students to be the best versions of themselves that they can be, not just in the circus but life, has been a goal of Betty and Dan Butler, who co-founded Circus Juventas in 1994.

After meeting each other at a youth circus in Sarasota, FL, and graduating from the Florida State University Flying High Circus,

the Butlers worked in other professions. But 14 years after their marriage, they opened a circus afterschool program at Hillcrest Rec Center in Highland Park.

"We were there five years," recalled Betty. But starting out with 30 students and soon growing to 100 with a waiting list of 400, they knew they needed something bigger. So they took a hiatus in 1999 and set about planning and raising money for a bigger school.

On July 9, 2001, they opened the doors of the Big Top on Montreal Ave. They had 270 students and classes continued to increase. They have served over 2500 students and have an annual audience of 50,000 viewing the performances. There is a Spring Show for beginner and intermediate students, and the Summer Show for more advanced students. The school has also done international performances.

For the summer shows, there is one month of intense training, according to Betty. She said the students work on their performances individually and then all the acts are put together.

Betty and Dan performed in a circus youth program from 1972 to 1976. "I did high wire, a lot of acrobatics and tumbling. Dan did flying trapeze and balancing. We have done over 20 different acts between the two of us," Betty said.

She said this summer's "Wonderland" is one of the biggest shows they have ever done. They are using 40 coaches, and a team of theater artists and choreographers. Eight designers are creating costumes; they are located in New York, New Orleans, and the Twin Cities.

"The goal for the show is to have circus acts that support the story line and weave it together to make a cohesive story," Betty said.

Betty serves as artistic director for the company, and Dan is executive director. They have five children, who have all tried the circus. "Three of them are very involved," Betty noted.

She said having a nonprofit can be extremely challenging, and huge increases in the number of students and staffing and tripling the size of management has not been easy.

"But the best part of Circus Juventas is following your passion and dreams, something not many people can do," she said. "It's the joy of doing what you did as a youth."

For further information on tickets, go to www.circusjuventas.org.

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Blooming Alleys Bike Tour pe

Photos by MARGIE O'LOUGHLIN

Metro Blooms has been working with neighbors along alleyways in East Nokomis to create spaces that provide bird and pollinator habitat, and improve water quality. Alleys are often ignored aesthetically and always paved with impervious materials.

They carry thousands of gallons of water, along with automobile oil, fertilizer, insecticide and pesticide run-off, directly into storm drains every year. The Blooming Alleys project helps solve these problems by:

- working with community members to design and install visually appealing

rain gardens, pervious pavement, and native plantings to reduce the amount of runoff and pollution that would otherwise flow into storm drains;

- transforming alleyways into habitat corridors that attract birds and pollinators; and



Laura Scholl, director of Environmental Projects for Metro Blooms said, "All of the funding comes into play because of the water quality aspect." As the saying goes, everybody lives downstream.



More than two dozen bikers met at Sandcastle Restaurant on Lake Nokomis on the evening of July 14 to tour the neighborhood's six blooming alleys. They set out in a rainstorm for a tour that encircled about half of Lake Nokomis. Each alley had a different spokesperson waiting for them, either a Metro Blooms employee who had participated in the project or a homeowner.

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eddles through East Nokomis

• engaging neighbors in the design of their alley properties.

The Blooming Alleys project is the result of a partnership between Metro Blooms, the Nokomis East Neighborhood Association, the MN Clean Water Fund, the Minnehaha Watershed District, the City

of Minneapolis and others.

Contact Metro Blooms through their website at www.metroblooms.org to learn more about participating in the Blooming Alleys project. Alley captains and/or homeowners are encouraged to inquire about buy-in costs, garden/paver

options and how to apply for next year's program.

The Blooming Alleys Bike Tour was the monthly Night Out With NENA event for July. Check their website at www.nokomiseast.org for future Night Out events.



At the first stop, Metro Blooms garden designer Lacy Campbell explained the difference between native plantings, rain gardens, and bioswales for different alley garden settings. "Every site is different, and provides its own challenges," she said. "We work with each participating homeowner to find the best solution while creating a common aesthetic for the alley."



Photo above: Pervious pavers are a much more environmentally friendly choice than asphalt or concrete. Water is allowed to penetrate into the ground between pavers, which decreases run-off into Lake Nokomis. Pervious pavers may be installed as a buffer between where the driveway meets the alley.



Photo right: Metro Blooms garden designer Rich Harrison indicated where a downspout had previously run the length of this home's driveway and emptied its contents into the alley. The homeowners chose to remove the downspout, and instead planted a rain garden to contain rain water. Harrison explained, "One of the best things about planting rain gardens is that they capture suspended solids like phosphorous, a main contributor to algae growth and water pollution. He continued, "Most rain gardens are dug down at least six inches, and can hold significant amounts of water from 1" rain events."



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In Our Community

Messenger

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

Prayer Walk and letter campaign set

Join neighbors on Sun., Aug. 28 at 10:30am when they will meet at Epworth United Methodist Church (3207 27th Ave. S.) and walk down Lake St. to the Police Station to offer prayer. We will walk to help promote peace with our neighbors

and those who support our neighborhoods. Kids are welcome!

At the church there will be opportunities to write letters to both the local and federal government to help support various issues that affect our neighbors. You do not have to participate in the Peace Walk to come and offer your support in the letter campaign. All are welcome.

Bible School slated at Mt. Zion Lutheran

Faith Evangelical Lutheran and Mt. Zion Lutheran will partner to host a Vacation Bible School, Aug. 16, 17, 18 from 5:30-8pm, at Mt. Zion, 5645 Chicago Ave. S. You may call 612-729-5463 for more information or to register.

6:30pm. Directions and map to the potluck will be available after 6pm at the front door of the Epworth United Methodist Church, 3207 37th Ave. S.

Time to spend another late summer evening outdoors talking, and eating, all things garden, and sharing pictures and stories you bring about this gardening season.

Bring a folding chair (if you care to) and something to share—a dish using your (or other local) produce is the theme. Ice water and tea will be provided. Bring a plate/utensils as we are trying to achieve close to a zero waste event.

For more info go to LongfellowGardenClubMail@gmail.com or go to www.facebook.com/LongfellowGardenClub.

coming on Monday! They will welcome you there.

Hour of Prayer held every Wednesday

Faith Ev. Lutheran Church, 3430 E. 51st St., will hold an Hour of Prayer led by Rev. David Domansk each Wednesday at 12 noon. All are welcome.

East Lake Library plans monthly events

East Lake Library has some great community events coming up:

- Every Friday is Family Story Time at 10:15am, Baby Story Time begins at 11:15am.
- Every Sunday the library sponsors English Conversation Circles from 3-5pm.
- Tues. Aug. 2, 7-8pm the Nonfiction Book Club will discuss "Half the Sky."
- On Wed., Aug. 3, 10:30-11:20am the Biography Book Club will discuss "Riding the Bus with My Sister."
- A Childcare Group Story Time will meet Wed., Aug. 3, at 10:15am.
- Library Lab for Kids: Comic Book Diary will meet Wed., Aug. 3, 1-3pm.
- On Thur., Aug. 4, 6-8pm, the Teen Fandom Club will meet at the library.
- Fri., Aug. 5, 1-3pm, Skateboard

Continued on page 9

Adele celebrates the Fourth of July at Longfellow's Hi-Lo Diner



By SARAH ELDRED

On July 5, Adele kicked off her North American tour with two nights at the St. Paul Xcel Center. Apparently, she had arrived a day earlier because on July 4, at 6:05pm she tweeted, "Happy 4th July America! Really happy to be here (American flag emoji)," then posted the photo above.

Sean McPherson of 89.3 The Current re-tweeted Adele's post asking "where is Adele kicking it in the Twin Cities? Anyone recognize the spot?"

McPherson's Twitter followers shouted out suggestions. It was a modern-day scavenger hunt. The Oake and Riley show mentioned the tweet on Tuesday morning which prompted a deeper investigation. Googling images of interiors to local diners, it was discovered that the Hi-Lo diner has the metal half round chairs that are in Adele's photo (see photo below), it was safe to tweet @brianoake @twinkiejiggles Mystery solved after a little reconnaissance @adele spotted at the Hi-Lo Diner.

The Hi-Lo Diner didn't want to comment regarding Adele's visit. However, Adele referenced the Diner at her opening show, mentioning trying a chicken on a donut, most likely the Gary Coop'er. Perhaps it was the deliciousness of the Hi-Lo food that prompted her appreciation of the ol' U. S. of A.

However, looking at Adele's SOLD OUT shows in every North American city stop, affirms that the ol' U.S. of A. appreciates her back. Thanks for stopping in the Twin Cities Adele and thanks for stopping in Longfellow.

(Sarah Eldred is a local writer. Check out her blogs at yearoftheyogi.tumblr.com and invisibleinstigator.tumblr.com.)



Register now for gorge birding hike

Join local birding expert Dave Zumeta to explore the world-class flyway right here in the Longfellow river gorge on Sat., Sept. 10, 7:30-9:30am. See what birds are migrating, or are still here. Beginner and experienced birders are all welcome, and the event is free!

Space is limited, and RSVP is required: email Joe (joe@longfellow.org) or call Joe at 612-722-4529, x13 to reserve a spot, and let him know if you need to borrow a pair of binoculars. When you RSVP, you will be provided with the hike starting location. Wear sturdy shoes for hiking along the river bluffs, and dress for the weather.

Potluck in the Garden scheduled

The Longfellow Garden Club Potluck in the Garden will be held Wed., Aug. 10, starting at

Bible School slated Aug. 15-19 at Epworth

Vacation Bible School, "Joy in Jesus," is planned Mon.-Fri., Aug. 15-19, 9:30am-12:30pm. Lunch is included, and will be held at Epworth United Methodist Church, 3207 37th Ave. S.

There will be time for kids to do crafts, learn new songs, write stories and play games. We will be teaching the kids ways to find Joy in our world and ways to have fun doing it.

Sign up by calling Epworth at 612-722-0232, emailing epworthumcplmsn@gmail.com or



Nelson's Auto Repair,
two-time winner of Minneapolis Happenings'
Top Auto Shop award

and provider of top-notch auto care in the Twin Cities,
is expanding its business next month with the opening of a new shop at

5415 34th Ave. S.,

in the Nokomis neighborhood of Minneapolis.

The new shop will celebrate its grand opening on August 8th,

and immediately begin offering customers a full range of automotive maintenance services such as free estimates and diagnostics.

M-F 8-6:00 • Saturday 9-2 • Secured after hour drop box

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In Our Community

Continued from page 8

Art.

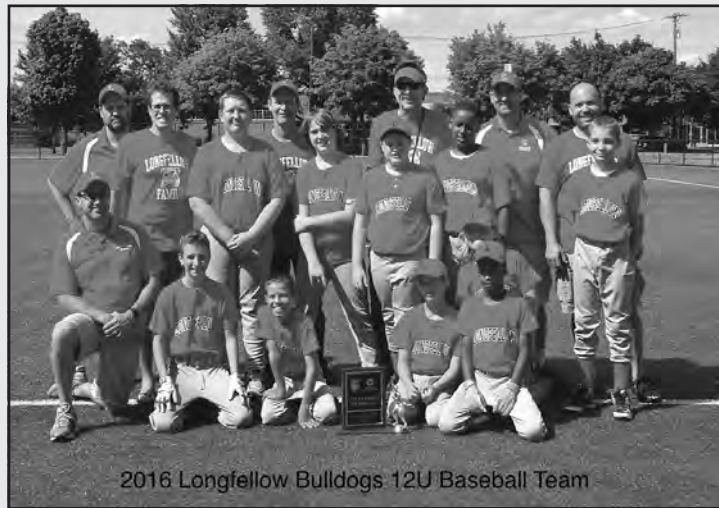
- East Lake Library Writers' Workshop meets on Sat., Aug. 6, 1-2:30pm.
- The Adult Book Club will discuss "The Dog Stars" on Fri., Aug. 12, 10:30-11:30am.
- The Quick Reads Adult Book Club meets Mon., Aug. 15, 6:30-7:30pm to discuss "The Sense of an Ending."
- On Tues., Aug. 16, 6:30-8pm, Gandhi Mahal will present "Curious Community: Intergenerational Sustainability."
- Lego Lab for Kids is scheduled for Thur., Aug. 18, 3-5pm.
- The Sew Social Sewing Club meets Sat., Aug. 27, from 10am-12pm.
- Learn Breath and Stretch Techniques with Big River Yoga on Sun., Aug. 28, 1-2pm.

Northrop PTA invites you to a puppet show

The Northrop PTA would like to everyone to a puppet show on the Northrop playground, 4315 31st Ave. S. on Sun., July 31, 4-5:30pm. They will present Open Eye Figure Theater's production of "Adventures of Katie Tomatie," described as "School is out for summer and Katie wants to do nothing. While planting her favorite tomatoes, she digs too deep in her garden and is surprised by Mr. Boo Boo, a funny skeleton that is full of life and ready for adventure!"

The PTA is providing lem-

2016 Longfellow Park Bulldogs



2016 Longfellow Bulldogs 12U Baseball Team

The Longfellow Park Bulldogs 12U Team were runner ups in the Year End Park and Recreation Tournament that took place in July. Front row kneeling: Coach Runion, Owen Hoffner, David Gregory, Colin Davis, Vlad Carlson, Kneeling behind Vlad is Jesse Heim. 2nd row (players): Shane Peterson, Max Kimball, Steven Orr, Levi Runion, Elijah Lossow. 3rd row (coaches): Coach Orr, Coach Hoffner, Coach Peterson, Coach Lossow, Coach Davis, Coach Heim. (Photo submitted)

onade, water, and popcorn. The event is free, but Open Eye will be "passing the hat" for donations.

Annual Corn Feed planned for Aug. 11

The 46th Annual Longfellow Corn Feed and Resource Fair is scheduled for Thur., Aug. 11, 5:30-8pm at Longfellow Park, 3435 36th Ave. S. This family-friendly annual event is a great opportunity for the residents to see what their community has to offer.

Nelson's Auto opens Nokomis location

Nelson's Auto Repair, two-time winner of Minneapolis Happenings' Top Auto Shop, is expanding its business next month with the opening of a new shop in Nokomis at 5415 34th Ave. S. The new shop will celebrate its grand opening on Aug. 8, and will begin offering a full range of automotive maintenance services.

Owner Nick Nelson expressed enthusiasm for the expansion, saying, "Adding another location will help us fulfill our mission of bringing transparency and empowerment to the usually unpleasant experience of auto repair for a whole new swath of the Minneapolis community." The Nokomis shop represents the third location for Nelson's Auto Repair since its founding five years ago. It will join the Northeast Minneapolis and Uptown.

Nelson's Auto Repair believes in a commitment to educating the customer throughout the repair process. "We get you in there, get you under the hood, and explain everything we're doing and why," says Nelson.

Lake Hiawatha Festival set Aug. 3

The Lake Hiawatha Neighborhood Festival will be held on Wed., Aug. 3, from 5-8pm at Lake Hiawatha Park, 2701 E. 44th St. First started in 1996, this summer will be the festival's 21st year.

This popular event will again include face painting, hair painting, pony rides for kids under ten years old, caricaturist, and an inflatable moonwalk. The Street Team from the new Dave and Buster's in Edina at Southdale Mall will be at the festival. They will have candy, prizes, coupons and trinkets from their Winners Circle to give out free to those attending. A Prize Wheel, Plinko Board, and Cornhole/Bean Bag Toss game are also planned. Don't forget to preregister for the family fitness challenge and the talent contest.

Check the website for more up-to-date information and email

if you would like to volunteer.

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. Monday night AA WILL meet on July 4.

Safe Space for meditation or prayer

Are you looking for a place to have some quiet? A place you can just have a few minutes for meditation or prayer? Epworth UMC's sanctuary, 3207 37th Ave. S., will be open Wednesdays, 3-6pm, for anyone who is looking for a safe place to find some peace and quiet. If you have any questions, please contact the church at 612-722-0232 or email epworthumcplsmn@gmail.com.

Bethany schedules Day Camp Aug. 1-4

Bethany Lutheran Church (3901 36th Ave. S.) invites all kids from Kindergarten to 6th grade to its Day Camp, Mon.-Thur., Aug. 1-4,

from 9am-3pm, plus a program and ice cream social for families on Thursday evening. Enjoy music, crafts, games and Bible stories. The theme this year is "The Jesus Way." \$25 includes all materials, snacks, and lunches. Scholarships are available. Please register at www.bethanyon36th.com or by calling 612-729-9376 or e-mailing: office@bethanyon36th.com.

Healthy seniors plan Aug. program

River Bank Players Present "Wind in the Willows" at the Aug. 16 Senior Social/Health Talk, 10:30am, at Holy Trinity Lutheran Church, 2730 E. 31st St. Relax and enjoy a reading of several chapters of "Wind in the Willows," a story about bravery, loyalty, kindness, faithfulness and friendship. Listen to original music that reflects the mood and spirit of the story.

A monthly Diabetes Support Group for adults of all ages will be held Aug. 10 from 6:30-8pm at Hiawatha School Park Recreation Center, 4305 E. 42nd St.

For more information on programs and services for seniors, or to become a volunteer, call Longfellow/Seward Healthy Seniors at 612-729-5799.

Continued on page 10

South student takes 5th in AA State



Minneapolis South high student, Malachi Lossow (center in photo), competed in the Class AA MN State track and field meet in June. Lossow placed 5th in the 200 meter dash with a time of 22.33. He will be a senior at South high in the fall. He is pictured with his father, Rod Lossow (left) and his grandfather Dell Lossow. (Photo submitted)

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Aliens have landed in Nokomis!



The Aliens have landed, right here in the Twin Cities! Greg Kelly just retired from 43 years of running a Hobby Shop in Southern California. Last October he married his High School Sweetheart Dana and moved to Minnesota to be with her. They live near 52nd and 41st and love the Nokomis neighborhood. "I could never quit my model building so I made this UFO-Alien landing site. Dana and I drove all around and found these very distinctive stores, much to the liking of 'Aliens' Tailorbird Tattoos which happens to be in Nokomis, and I added a nice tower feature. Peppermint Twist in Delano sporting a new ice cream sandwich roof, Swede Hollow with a Scandinavian roof, and Cup & Cone. And ET cameo appearance pulling along a baby alien in the red wagon." Most of his creations have been donated to museums, schools and libraries in southern California. Dana insisted I bring along the Titanic Grand Staircase and 1950's style movie theatre." Kelly would love to share his model building passion with fellow Messenger readers. (Photo submitted)

In Our Community

Continued from page 9

Garden tour features native plants

The Wild Ones Twin Cities chapter presents a tour of native gardens in South Minneapolis on Sat., Aug. 6, 10am-2pm. The tour is free, and you can pick up a tour map from Mon Petit Cheri, 2401 E. Franklin Ave., beginning the Friday afternoon before the tour.

On the tour:

—A garden whose owner seeks

to reclaim an EPA-declared superfund yard in the Seward arsenic triangle by using native plants and on-site water infiltration.

—In the spirit of non-harming, a Buddhist-influenced meditation garden replaces concrete with natives and rain gardens to minimize its impact.

—Cafe boulevard plantings are salt, bike and pedestrian tolerant, yet have slowed traffic on Franklin Ave. when they attract swarms of monarchs that come to feed.

—A sunny Corcoran yard is filled with prairie plantings and an interesting lab-

rynth, and rain gardens that keep them romantically lush. Losing its lawn and mowing chores, this Longfellow yard has evolved into sunny front terraces and a cool, naturalized woodland back yard.

More info can be found at www.WildOnesTwinCities.org.

Service for blind planned monthly

On the third Saturday of each month, from noon-2pm, the blind are invited to a free two-hour event which includes a meal, Bible study, and fellow-

ship sponsored by The Lutheran Blind Center at Faith Evangelical Lutheran, 3430 E. 51st St. Each month a different host congregation serves the meal. This is an opportunity open to all who are blind to come and enjoy food and fellowship. Help for this project is needed; please consider getting a group from your church or several friends together to help. It could be for only two hours of your time once a month, or you can come as many times as you would like. Please call Carol M. Zemke at 612-799-5782 to help, or to participate as a guest.

VBS planned at Bethlehem Covenant

Aug. 8-12, Bethlehem Covenant Church (3141 43rd Ave. S.) will host Vacation Bible School (VBS) from 9:30am-12pm daily. VBS is totally free and is open to children age three up to entering the 5th grade. You can register online at www.bethlehemcov.org/news/summer-2016-childrens-ministry-opportunities.

The theme for VBS this year is "Deep Sea Discovery," and the theme verse is "God is with me and will watch over me wherever I go!" (Genesis 28:15).

Classifieds

Messenger

Want ads must be received by the Messenger by August 15 for the August 25 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 Aug. 15 for the Aug. 25 issue. Ad copy can be e-mailed to denis@deruyter-nelson.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

EMPLOYMENT

Housekeeper Wanted: Becketwood Cooperative is seeking an experienced Housekeeper to clean resident apartments and common areas of the building as part of our team. This 32-40 hour position offers benefits, including vacation, medical & dental. Contact Robin at (612) 726-1006, roblillesve77@becketwood.com, or stop by Becketwood Cooperative, 4300 West River Parkway So., Minneapolis. to submit application. 8-16

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MOVING SALE

5560 Shoreview Avenue, Minneapolis. Thurs., Fri., August 11 & 12, 8:00-4:00; Sat. August 13, 8:00-12:00. Furniture, snow blower, housewares, dishes, decorative & misc. items. Cash only. 8-16

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Local nonprofit supports older adults in staying independent

Nokomis Healthy Seniors staff and volunteers has been serving the community for more than 20 years

Lisa worried about her neighbor Sally's recent falls and struggles with everyday tasks. But Lisa knew who to call: Nokomis Healthy Seniors (NHS). The next day, Anna, a volunteer, took Sally to the grocery store.

In an unassuming office tucked behind the gym of Bethel Lutheran Church, the small staff of Nokomis Healthy Seniors (NHS) lives out the organization's mission to "enhance the lives of our community elders by helping them continue to live independently in the homes they love."

NHS, a non-profit organization that is not affiliated with any church or religious organization, has been doing just that in the greater Nokomis area for more than 20 years.

NHS' services are needed now more than ever as Minnesota, like the United States as a whole, is experiencing a "silver tsunami." And the majority of these older adults want to stay in their homes as they age. But to do that successfully, says



The Nokomis Healthy Seniors offers exercise classes, some of which are modified, that are offered each weekday. The most recent addition is yoga. (Photo submitted)

NHS Executive Director Megan Elliasen, "most people need a bit of help now and then, and that's where Nokomis Healthy Seniors comes in." It's that critical, holistic help, from foot care, support groups, and exercise classes to social activities, educational workshops, transporta-

tion, light household tasks, and companionship that can make the difference in older adults retaining their independence.

Studies show that when older adults live in their own homes (as long as it's safe to do so), the result is more secure social connections, lower medical



One of the newest informal activities for older adults at NHS is adult coloring time, which has been shown to both de-stress and stimulate the brain. (Photo submitted)

expenses, and stronger, more stable neighborhoods and com-

munities.

NHS helps maintain strong communities by serving about 600 older adults each year. All are welcome to participate in most activities; a few programs are available only to those who live in 15 neighborhoods in the Nokomis area. Most of NHS' programs and services are free or low cost, making them accessible to most.

A critical lifeline

Many older adults, especially those who live alone or have mobility issues, are at risk for isolation and depression. So for some NHS participants, the program is a real lifeline.

Connie says that NHS and its

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Nokomis Healthy Seniors

Continued from page 11

fellowship and programs are critical to her well-being, "Tuesdays and Thursdays, I would be lost if I didn't come here," she says. "I love this organization. It has opened many doors for me."

Ninety-two-year-old Martha says, "I get advice, friendship, knowledge... everything! Thursdays [when she attends NHS] are my favorite day of the week."

Jayne and her husband Laurie, who have participated in NHS programs for several years, agree. "The great thing about NHS is the people" Jayne says, "They make it a great place—they're like another family to us!" The couple has introduced NHS to several others from their neighborhood. They encourage other older adults to spread the word about the variety of services and activities available from the organization.

Looking forward

Activities are continually being tweaked. One of NHS' goals is to offer a wider range of services and programs that appeal to older adults. NHS recently added yoga classes, which have proven so popular that a second day was added. It also offers adult coloring books and brain activities during "The Nurse is In" blood pressure checks/social time on Thursdays.

Elliasen plans to apply for grants to offer nutrition education and cooking classes. And NHS' participants themselves took the initiative to start a women's art group.

Volunteers make the difference

Like many small nonprofits, the budget is tight for NHS, which is funded by individual and corporate donations, grants, contracts, and program fees. NHS keeps its fees low because of partnerships



Part of staying independent is maintaining strength by using hand weights. (Photo submitted)

with community resources (including Nokomis Square Cooperative and Fairview Health Services?) and volunteers.

Both individuals and corporate groups are vital in helping NHS live out its mission by giving their time and talent to serve older adults and strengthen the greater Nokomis community. Elliasen says that NHS can always use volunteers to serve on its board of directors, lend professional expertise, or to provide rides for older adults.

One such familiar face is Fred, who has volunteered with Nokomis Healthy Seniors since he retired. Fred loves to drive. So matching him with older adults who need rides to medical appointments, pharmacy shopping, and NHS social events, was a win for all involved.

Each Thursday, Johnson drives three women to the NHS social time, "The Nurse is In," and special events, such as "Lunch and a Movie." Some joke that Johnson "loves his ladies," but he's serious about his commitment to helping them stay engaged. "I like to help people 'get out'," Johnson says.

Get involved

So, how can older adults (of any age) get involved? Elliasen suggests they check



At a recent inter-generational bingo and lunch event with campers of Bethel Lutheran Church, an older adult was surprised with a birthday cupcake and song. (Photo submitted)



Bingo and lunch, as well as other games and movies, are a favorite activity at Nokomis Healthy Seniors. (Photo submitted)

out the free "The Nurse is In" time on Thursday mornings to meet the staff and other area residents and to get a feel for NHS' programs.

(Note: Some names have been changed to protect privacy.)



Photo right: Each Thursday morning, NHS offers "The Nurse is In," which includes free blood pressure checks and a chance to chat with a nurse, social time, treats, and exercise classes. (Photo submitted)

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