



Day trips can be wet, wild, and stimulating

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Get summer fun in small, local doses!

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Container gardening for big impact

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Longfellow  
Nokomis

# Messenger



Your community newspaper since 1982

June 2014 • Vol. 30 No. 4

www.LongfellowNokomisMessenger.com

21,000 Circulation

## Local restaurateur mixes philosophy, food, and sustainability

By JAN WILLMS

When you sit down to enjoy a meal made from a Bangladesh family recipe at Gandhi Mahal (3009 27th Ave. S.) you can taste the freshness of the vegetables you are eating.

That's because those vegetables have been grown in a community garden and brought directly to the restaurant. And this year for the first time, plants were started in aquaponic gardens in the basement, to be transplanted outside later.

For owner Ruhel Islam, it is

all part of a vision he has had since opening his restaurant in 2008. Following the mission of Mohandas Gandhi, the world-renowned promoter of peace for whom the restaurant is named, Islam strives to "be the change you want to see in the world."

The aquaponic sustainability system he is practicing has been the result of conversations and a study completed in 2012 by Urban Nile Systems.

Aquaponics is a food production system that combines aquaculture (raising aquatic ani-

mals such as fish in tanks) with hydroponics (cultivating plants in water) in a symbiotic environment. In an aquaponic system, water from an aquaculture system is fed to a hydroponic system where the by-products are broken down by nitrogen-fixing bacteria into nitrates and nitrites, which are utilized by the plants as nutrients. The water is then recirculated back to the aquaculture system.

Cumin, onions, mustard, lettuce, spinach, cilantro, chilies and tomatoes are growing under artificial light in the basement of Gandhi Mahal. Planted in April, they are already several inches tall.

Islam has fish tanks ready to raise tilapia for his menu, and the water from those tanks will be put back on the plants.

"Anything you do takes time," Islam said. He started growing vegetables in Minnehaha Community Gardens in 2009. Then he hosted Julia Nerbonne, the environmental sustainability program director with Higher Education Consortium for Urban Affairs (HECUA) at his village home in Bangladesh. HECUA provides community-based off-campus study for students and partnered with Islam to expand his gardening. The pilot project was a 60'x20' plot on Hiawatha in which he grew squash, beans, chili peppers and



Ruhel Islam is the owner of Gandhi Mahal, 3009 27th Ave. S., a restaurant with a focus on Bangladesh cuisine. Islam based his life and his business on the mission of Mohandas Gandhi, the world-renowned promoter of peace for whom the restaurant is named: to "be the change you want to see in the world." (Photo by Jan Willms)

other vegetables in 2012.

"We raised \$10,000 for our HECUA project on Kickstarter," Islam said. By last year, the restaurant had over 5,000 pounds of vegetables from 12 gardens.

"Every garden has a manag-

er," Islam said. "They harvest and bring the vegetables here; we weigh the vegetables and keep a record of the soil and seed used and give them a check back."

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For several years, Gandhi Mahal has used fresh vegetables grown in area gardens. This year, for the first time, plants were started in aquaponic gardens in the basement, to be transplanted outside later. (Photo by Jan Willms)

## Living deliberately on a boat

Inspired by Thoreau, Ericsson family is ready to sail away on a catamaran they've spent the last seven years building

by TESHA M. CHRISTENSEN

What can you build with 150 gallons of epoxy, 700 pounds of fiberglass, some marine plywood and Corecell™ marine foam?

A catamaran.

What can you do with such a boat?

Sail the world and live deliberately, the sort of life that Henry David Thoreau would be pleased with.

That's precisely what Jeff and Heather Ilse of Ericsson intend to do with their 10-year-old son Ethan. Sometime this summer, their seven-year boat-building project will end and they will sail away on the Meadowhawk, living a life inspired by the author of "Walden."

### INSPIRED BY THOREAU

It was after reading "Sensible Cruising: The Thoreau Approach" by Don Casey and Lew Hackler, that Jeff, who has been sailing since he was a boy, told Heather, "This is what we should be doing."

While it seemed to her that he'd made the decision overnight, for him sailing was the answer to a larger question he'd been asking for years about the life he wanted to lead.

He was tired of sailing only on the weekend, rushing to get to a beautiful place, spending only a few days there and then rushing back home. He wanted to be able to enjoy the journey. He wanted to stop chasing a collec-

tion of material possessions that don't improve happiness. He didn't want to spend his time going from day to day working and buying and working and buying. He wanted to see his son more. He didn't want to miss out on his own life, just for the security of a safe life. "My feelings are stated more eloquently by Thoreau, 'and not, when I came to die, discover that I had not lived,'" said Jeff.

### LOOKING FORWARD TO...

Jeff, a software designer at Four51, can't wait to spend so much time outdoors. Ask him what he's most looking forward to and he'll tell you he wants to find beautiful places and spend



Ten-year old Ethan, Heather and Jeff Ilse are all looking forward to spending more time outside when they move onto their 34-foot catamaran and sail the world. (Photo by Tessa M. Christensen)

time there.

Ethan, who will continue to be homeschooled, thinks it'll be pretty cool to be both outside and at home at the same time.

Heather is excited about

being more connected to natural cycles and rhythms. They'll be able to spend time in the wilderness and also cities. "I like that

Continued on page 7

# Messenger

1885 University Ave.  
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The Longfellow/Nokomis Messenger is a monthly community publication in the Longfellow and Nokomis areas of Minneapolis, owned and operated by deRuyter-Nelson Publications, Inc. All correspondence should be sent to the Messenger, 1885 University Ave., #110, St. Paul, MN 55104. Editorial and advertising offices can be reached at 651-645-7045. Our fax number is 651-645-4780.

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## Reader asks if over-protection stifles creativity

To the Editor,

If you live near Hiawatha School in Longfellow, you might have heard some unusual sounds on Friday mornings. That's what happened to me one Friday as I was getting my 1st grader ready for school. We peeked outside and saw a group of elementary aged kids trotting past the house with two adults in tow. They were peers of my daughter, heading to school via the "Walking School Bus," a term that was new to me. When I Googled it I learned that a Walking School Bus is a "safe and fun" "creative solution" to the obesity epidemic, and that the suggested ratio of adults to children is 1:6, although "if the children are age 10 or older, fewer adults may be needed."

If the last bit doesn't make you do a double take, you might want to stop reading now.

I'm not trying to pick on the Hiawatha PTO for backing this idea. Seeing a group of children heading to their neighborhood school makes everyone feel good. But this hits on an issue that I've been stewing about for years: why aren't we letting our children walk to school? Our neighborhood, and Hiawatha-Howe school, are two of the biggest success stories in Minneapolis. While we have our fair share of burglaries and the like, kidnappings are not on the local radar. And with so many young families deciding to stick around and support local

## Letters to the Editor

schools, Hiawatha-Howe, Sanford, and other neighborhood institutions are experiencing a virtual renaissance. The energy is palpable, from Parka to Sea Salt.

Yet, from asking around at school, we've learned that there is just one second grader who walks without supervision to Hiawatha.

We live one block away - and across one street - from Hiawatha School. There aren't any crossing guards any more since the 5th graders were moved to the reopened Howe building. But there is a protected crosswalk which was installed a couple of years ago, as well as a stoplight. When I asked our principal at the beginning of the year about the availability of crossing guards, she said it could be arranged if there was a demand for it. Nine months later, there clearly isn't, because here we all are, accompanying our children to school.

But why not walk with them, some might say? It's good for all of us to get some outdoor exercise, and a little more time spent with your child is a positive, right?

Maybe, maybe not. Check out Hanna Rosin's cover article, "The Over-Protected Kid," in April's *The Atlantic*. I have been obsessed with this topic for years, and the article just added fuel to the fire. You can read it online, but here's a teaser:

In the past generation, the rising preoccupation with children's safety has transformed childhood, stripping it of independence, risk-taking, and discovery. What's been gained is unclear: rates of injury have re-

mained fairly steady since the 1970s, and abduction by strangers was as rare then as it is now. What's been lost is creativity, passion, and courage. Now a countermovement is arising, based on mounting evidence that today's parenting norms do children more harm than good.

There's plenty of anecdotal evidence against how the Millennials have been raised, from stories of over-scheduled childhoods to parents marching into professor's offices to protest their students' grades. Most of the Longfellow parents that I know aren't interested in producing adults that can't leave the nest. So why can't we agree to make this a Free-Range neighborhood for our children and take the important

first step of encouraging kids to walk to their neighborhood schools? Instead of a Walking School Bus organized and led by parents, send your kid out to walk with a friend or neighbor from his school. Pretty soon we could be seeing groups of elementary students out there every morning, not just on PTO-designated Fridays in the spring.

Today we let our daughter ride around the block to a friend's house by herself. Her expression when she came back into the house after putting her bike away said it all to us. Rosy-cheeked, slightly damp from the drizzle outside, breathless and happy, she described the whole adventure to us at the dinner table. Her little brother was impressed. She was empowered.

Reason enough for me.

- Rena Kraut

Stay on top of local events by visiting the *Messenger* Events Calendar at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)



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# Longfellow Station now in full gear

From ambitious vision in 2006, through major downsizings and recession, building is now 70% occupied

By JAN WILLMS

Although Longfellow Station's original ambitious plans have decreased from its beginnings in 2006, the residential and commercial complex at 3845 Hiawatha Ave. S. is bustling with activity as its apartments fill with residents.

Initially, developer Dale Joel sought to create a 2,000-unit apartment building as well as commercial businesses on a three-block stretch that used to house the Pillsbury grain elevators. He foresaw "transit-oriented development" at the site, close to the Hiawatha Light Rail Transit. As time went on, the project was scaled back to cover one partial block with 300 housing units.

However, as real estate crashed in 2008 and Joel's funding dried up, the project went on hold until Sherman Associates took over and closed on the \$28.5 million Longfellow Station in late August of 2012.

The building now has 180 units. Eighty percent of them are



The lobby at Longfellow Station, a 180 unit apartment complex at 3845 Hiawatha Ave. S. Units started being leased at the end of November 2013 and are now about 70 percent occupied. (Photo by Jan Willms)

tax credit units and 20 percent are market-rate.

"Construction of the building took about 14 months," said Raychel Volker, who has been the property manager since January

of this year.

Units started being leased at the end of November 2013 and are now about 70 percent occupied, according to Volker.

Longfellow Station features 24 studios, 108 one-bedroom, 44 two-bedroom and four three-bedroom units.

"We're close to Minnehaha Falls and on the LRT line," Volker said. "The transit station is kitty-corner from the apartment building."

One of the amenities of the Longfellow Station is an art gallery that features local artists. Every 30 days exhibits are alternated. "We do art showings during the month," Volker said. Because of the location of the gallery on the first floor, with a separate door, the gallery can be open to the public as well as the tenants.

A theater room is available with movies for all ages, according to Volker. "We provide treats

and snacks," she added.

Longfellow Station has a fitness room, and soon instructors in Pilates and yoga will be offering lessons. A personal trainer will also be on hand.

"We are working to get an executive chef who could possibly offer cooking classes in the community room," Volker said. "And we may have local artists providing drawing and instructional art classes."

Near the heated garages, which offer one vehicle space per tenant, are a bike repair room and a pet care area. Tools and a washing area are provided for bikers, and a dog run and washing area are provided for pet owners.

"All units have their own washers and dryers," Volker continued, "and their own furnaces as well." She said units on the 2nd and 4th floors feature dark cabinets with light countertops; the 3rd and 5th floors have light cabinets and dark countertops.

"I've worked at different

properties for 14 years before coming here," Volker said. She said Sherman Associates wanted to bring creativity to the building and make it something different.

The empty lot north of the building is where the commercial businesses are planned.

"The commercial enterprise is in process, and in the works," Volker stated. "There are different kinds of businesses being considered—possibly a grocery, fitness center, restaurants, maybe a coffee shop."

She said rooftop planting on the apartment building has been applied for, but she is not sure just what step that process is in.

Although the Longfellow Station has taken a while to develop, Volker said there have not been that many obstacles or challenges that she is aware of, once the building process actually started.

"There has been a lot of interest in Longfellow Station from people wanting to live here," she said. "It's a growing and evolving neighborhood."



One of the amenities of the Longfellow Station is an art gallery that features local artists. Every 30 days exhibits are alternated. Located on the first floor, with a separate door, the gallery can be open to the public. (Photo by Jan Willms)



Amenities at Longfellow Station include a heated garage, pet care area and dog run, fitness room, community room, bike repair room, and washers and dryers in each unit. (Photo by Jan Willms)

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## Nokomis East Neighborhood-Wide Yard & Garage Sale Saturday, June 28



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# Remodeled building, moving, and a new startup business make for busy summer

By JAN WILLMS

This will be a busy summer for Dan Kennedy, whose law practice is currently at 4103 E. Lake St. Kennedy purchased a building at 3400 E. Lake, where he will be moving his law firm, Kennedy and Cain as well as his new business, Neuro Devices, Inc.

Kennedy teaches law at the University of Minnesota (U of M) and practices business law, litigations, transactions, estates, trusts and real estate. His business partner, Michael Cain, also practices criminal law.

Kennedy's new business is a result of two medical devices that his father, Dr. William R. Kennedy, invented. The elder Kennedy is a neurologist at the U of M and is celebrating his 50th year there.

"My dad has had lots of ideas about designing tools that can be useful in the practice of neurology," Kennedy said. His father has

developed two devices that can assist in quantifying and detecting early neuropathy or nervous dysfunction.

"Most common causes of neuropathy are chemotherapy and diabetes, which are both increasingly prevalent," Kennedy said, "Hopefully these devices will enable us to detect neuropathy earlier and track its progress more clearly."

Although he is a lawyer, Kennedy said he took all the classes to attend medical school and in his senior year chose law instead. He has a political science and biology major.

Kennedy and his father have applied for, and obtained, federal grants for both the devices. "The federal government had some grants to assist small companies in developing useful technology," Kennedy said. He added that the grants are designed for partner-

ships between private industry and academic institutions. He said Neuro Devices has been working with a lot of different small Minnesota companies as contractors, but its biggest partner is the U of M.

Kennedy said one device is designed to detect the threshold of what a person can and can't feel by going through a progression of things from basic feeling to those feelings that are smaller and harder to detect.

The other device is designed to quantify one's sweat output, which is a measure of one's nervous function.

"In order to get the grants, we get them in phases," Kennedy explained. "Phase one of a grant is to develop a prototype and show feasibility. Phase two is to demonstrate functionality, which involves test subjects and improving the device. We have obtained phase one and two grants for both the devices."

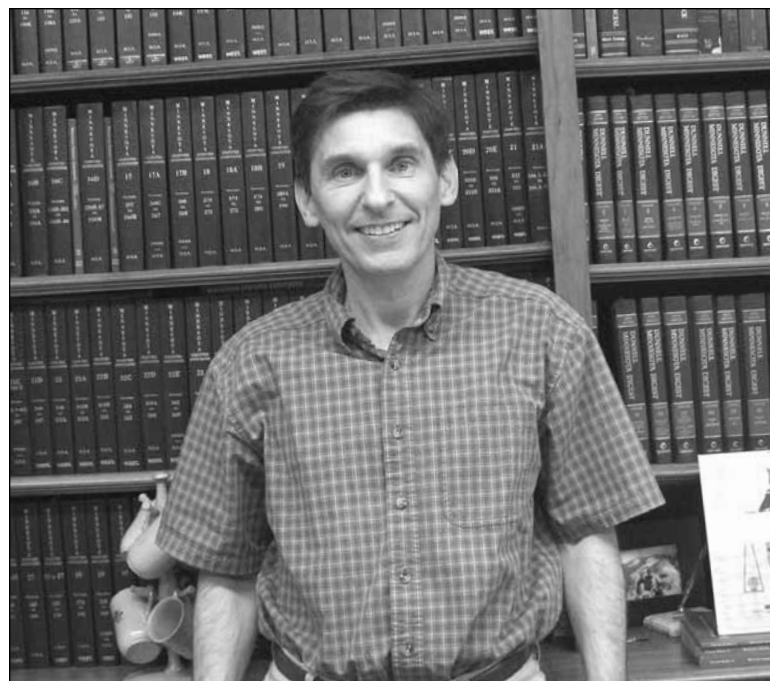
Kennedy said the sweat device is two inches tall and has a USB cable to connect it to a computer. The other has a flat, rectangular surface and is about six inches by eight inches.

"Both are designed to be easy to use," Kennedy said. "You don't need specialized training to use them."

He added that the devices are relatively inexpensive, so that every clinic can have one.

"They are also portable, and can be used in small towns as well as larger cities," Kennedy said.

The new space for Neuro Devices will have offices, conference



Dan Kennedy, partner in the law firm Kennedy and Cain, will be moving his business to its new location at 3400 E. Lake St. In addition, the building will house a new start-up medical device company, Neuro Devices, Inc. (Photo by Jan Willms)



Remodeling projects often surprise a new owner, and the building at 3400 E. Lake St. was no exception. "There was asbestos and lead paint in both buildings," owner Dan Kennedy noted. (Photo by Jan Willms)

rooms, and a multipurpose work room

"I'm excited about the building," Kennedy said. "It was vacant for many years." He said the location is actually two buildings. One was built in the 1920s, and the other in the 1950s.

Kennedy said the 1920s building, especially, provided surprises when he started upgrading. "There was asbestos and lead paint in both buildings," he noted. "We had to do remediation and use special procedures to replace the windows, since the lead paint was in the old windows. But it sure looks good in there now."

The first tenant moved in the fall of 2012. The building tenants are Diversity Daycare, Affinity Chiropractic and Bukhari Institute, which offers Islamic classes.

"It's now an active building," Kennedy said. He said an addi-

tional tenant will be Eric Day, who practices immigration, family and small business law.

"This is my first experience as a building owner," Kennedy said. He said it has been a gradual process to get the building ready.

"The whole project involves four parts," Kennedy stated. "They are window replacements, an interior build-out, and a new parking lot and play area for the daycare and new entranceways, which will include a handicapped lift."

Kennedy said the architectural plans are almost completed, and he is hoping to move in by mid-summer.

Kennedy has been a board member of the Longfellow Business Association since 1995, and was a member of the Lake Street Reconstruction Committee.

"I'm happy to see new life coming in on Lake Street," he said.

## Growing Monarch Habitat Workshop – May 31

Our annual Growing Monarch Habitat workshop will be offered on Sat., May 31, 9:30-11am at the Nokomis Community Center, 2401 E. Minnehaha Pkwy. The workshop will show how you can make a difference in saving monarch butterflies and other pollinator populations devastated by habitat loss.

Monarch butterflies need milkweed to reproduce. They are the only plants that monarch caterpillars eat, so increasing the availability of milkweed is critical to the survival of the monarch migration, as well as the Minnesota monarch population. Small urban gardens can make a big difference in making up for the loss of rural habitat.

The workshop discussion will include the monarch butterfly life cycle, migration and required habitat needs; the best native plants for monarchs, and how to plan your garden. The class is presented by Vicki Joy Bonk, a NENA volunteer who has served as the Nokomis Naturescape park stewardship leader for 15 years.

A "Garden-to-Go" kit is included in the registration cost of \$25. It has a selection of native plants (milkweed, nectar and shelter) and instructions for starting your own monarch garden. To register, download the form at [www.nokomiseast.org](http://www.nokomiseast.org) or [www.monarchfestival.org](http://www.monarchfestival.org), or call the NENA office (612-724-5652) for a copy. Attendance is free if you do not need the kit.

## Nokomis East Yard & Garage Sale – June 28

Got too much stuff? Hold a garage sale as part of the Nokomis East Neighborhood-wide Yard & Garage Sale on Sat., June 28.

The deadline to register is coming up: Mon., June 16. You can download a registration form on our website ([www.nokomiseast.org](http://www.nokomiseast.org)) or pick up a copy at the NENA office, 3000 E. 50th St. The forms are in the box next to the door.

NENA will do the advertising for the event. It's been in the *Star Tribune* garage sale calendar, and will be listed

## NENA (Nokomis East Neighborhood Association)

BY RITA ULRICH AND DOUG WALTER, NENA STAFF

### Gardens and Garage Sales

again in the days leading up to the sale. We will also post it on Craigslist, on Facebook, and E-democracy forums.

We put all registered sales on a map and address list along with a short description of your items. The map will be available online and at select neighborhood businesses starting June 24. Listing is free, but you must be located south of Minnehaha Pkwy. and east of Cedar Ave. The sale is a rain-or-shine event, advertised from 8am until 4pm. You can set your own hours and extra days beyond the advertised time, and note it in your description.

From past years, we know that blocks with two or more sales showing on the map have more customers. So try to get a couple neighbors to participate and you'll all do better – and have more fun.

### Block Leader Training – June 10

Plan for a safer block by taking the Block Leader Training on Tues., June 10, 6:30-8pm at the Minneapolis Police Dept, 3rd Precinct, 3000 Minnehaha Ave.

Block Leaders are important because they help build a stronger community, create a communication tool where people have the ability to contact each other and work with neighbors and MPD if there is a problem on the block. Neighbors who are informed are the strongest crime prevention tool for communities.

RSVP is appreciated so that enough materials are available. You can RSVP by calling 612-673-3482 or 612-673-2856.

### Blooming Alleys

Metro Blooms is hosting an Open House on Wed., June 4, to show plans for an alley transformed by rain gardens. The

Open House will be 4:30-7:30pm at the Nokomis Community Center, 2401 E. Minnehaha Pkwy.

The idea of rain gardens in alleys serves several purposes: it diverts water to gardens and away from storm sewers that drain into Lake Nokomis; the gardens beautify the space; and they provide habitat for butterflies, bees and other fauna. Metro Blooms is

working with a group of neighbors to redesign their alley, and they are inviting everyone to see the plans. The project is expected to be finished by the end of summer, and will serve as a demonstration of a 'blooming alley.'

RSVPs for the open house are appreciated, to help planning.

### Upcoming Meetings and Events

**Growing Monarch Habitat Workshop:** 9:30-11am, Sat., May 31, at Nokomis Community Center, 2401 E. Minnehaha Pkwy. Free to attend. Plants for sale.

**Block Leader Training:** 6:30-8pm, Tues., June 10, at the 3rd Precinct, 3000 Minnehaha Ave.

**Nokomis East Business Association Board Meeting:** 6:30pm, Tues., June 10, at Faith Lutheran Church, 3450 E. 51st St.

**NENA Board Meeting:** 7pm, Thur., June 26, at the NENA office, 3000 E. 50th St.

**Nokomis East Yard & Garage Sale:** 8am-4pm, Sat., June 28. Register by June 16. Maps available beginning June 24.

Last-minute schedule changes are posted on our calendar page at [www.nokomiseast.org](http://www.nokomiseast.org) or you may call 612-724-5652.

If you would like to join us as a volunteer, contact the NENA Office at 612-724-5652 or email [nenan@nokomiseast.org](mailto:nenan@nokomiseast.org).

NENA welcomes requests for accommodations. Please call 724-5652 or email [rulrich@nokomiseast.org](mailto:rulrich@nokomiseast.org) at least 5 days in advance of a meeting to make arrangements.

By JILL BOOGREN

Summer is for long days playing outside and exploring new places. Here are some great ways to get your summer groove on.

## GET OUTDOORS

Remember, a vehicle permit is required to enter any Minnesota state park. (\$5/day or \$25/year)

### Fort Snelling State Park

Bike the Minnehaha Trail down to the visitor center. Bring a picnic lunch and swim the beach at Snelling Lake. Take a walk on Pike Island, at the confluence of the Minnesota and Mississippi Rivers. Deer are often spotted on the island, and bald eagles overhead. Nice Ride has a bike station at 54th St., in the park, and up at Historic Fort Snelling. By car, take the Post Rd. exit off Hwy 5.

June 28-29, Archery in the Park

Ages 8+ (under 15 w/adult) can join certified instructors to learn archery. Beginners welcome, equipment provided. Stop by the beach.

Cost: Free

I Can Fish! Fishing Friday, Fridays starting May 30

Learn about fishing, casting, identifying species. Equipment provided, no license required.

Cost: Free

612-279-3550 or 612-725-2724

[www.dnr.state.mn.us/state\\_parks/fort\\_snelling](http://www.dnr.state.mn.us/state_parks/fort_snelling)

[www.niceridemn.org](http://www.niceridemn.org)

### Historic Fort Snelling

From 54th St. bike the road next to the Minnehaha Trail to Coldwater Spring, the most recent addition to the Mississippi National River and Recreation Area, significant to the Dakota and an important water source for soldiers at the fort. Take the bike path along Hwy 55 to visit the fort atop the bluff (by car, take Bloomington Rd. off Hwy 55). Learn about slavery in Minnesota, the U.S.-Dakota War of 1862, and life as a soldier in the 1820s.

Sat.-Sun., June 21-22, 10am-5pm, World War II Weekend

Visit with costumed re-enactors to learn about the lives of soldiers and civilians, see vintage vehicles, watch weapons firings, participate in a 1940s radio "broadcast," and enjoy a re-created USO show.

Fri., July 4, 10am-5pm, Independence Day Celebration

Celebrate our nation's independence just like during the 1800s - with cannon salutes, military dress parades, fife and drum music.

Tour the Fort

History on the Spot cell phone tour: 877-411-4123

Cost: \$11 adults, \$9 seniors/students, \$6 children 6-17, under 5 free; free with Minnesota Historical Society membership (\$75 household, free admission to 20+ sites in MN, 100+ nationwide)

612-726-1171; [www.historicfortsnelling.org](http://www.historicfortsnelling.org)

651-259-3131; <http://sites.mnhs.org/support/membership>

### Mississippi National River & Recreation Area

Living next to a national park comes with the benefit of having ranger-led and partner-led activities that are well worth planning a day around.

Paddling Theater, June 21, 1-4pm

Explore the Mississippi River by Voyageur Canoe accompanied by historic re-enactor and National Park Ranger, Dave Wiggings and Jacques the Voyageur, plus singers and performers.

Cost: \$45 (\$30 youth)

612-676-9400

[www.wildernessinquiry.org/find-your-trip/event/?e=EVT11813](http://www.wildernessinquiry.org/find-your-trip/event/?e=EVT11813)

Second Saturdays at Coldwater Spring

June 14, 9am-noon Animals

Kids & families can see and touch animal tracks, furs, and skeletons. Earn a Jr. Ranger badge, try geocaching, scavenger hunt. no reservation needed.

July 12, Trees & Plants

Cost: Free

Bike with a Ranger, Saturdays, 9:45am-1pm

Three-hour ride held Saturdays from June 21 through September.

Cost: \$8 (kids under 10 free). Must reserve in advance.

June 21, The Gorge (7 miles)

July 5, A Confluence of Rivers & Peoples (14 miles)

651-293-0200

[www.missriverfund.org](http://www.missriverfund.org)

### Uptown Unplugged

Think Uptown, and you might think Prince, movies, and

# It's summer! Get out, get wet, get wild!

*Don't have time, or money, for a vacation out of town? There are lots of area activities to occupy more than a couple hours and make you feel like you have had a vacation!*



revelers on rooftop bars. But you'd be missing its quieter side. Rent a canoe and paddle from **Lake Calhoun into Lake of the Isles and Cedar Lake**. Have a bite at **Tin Fish**. Head around the lake to the **Bakken Museum** and get shocked by how electricity works.

Cost for Canoe: \$19/hour.

<http://www.wheelfunrentals.com/Locations/Minneapolis>

Admission to Bakken: \$7 adults, \$5 students/seniors,

under 4 free. [www.thebakken.org](http://www.thebakken.org)

Head to **Lake Harriet**. Take a ride on the **Como-Harriet Streetcar Line** (stations at 36th St. at Lake Calhoun and 42nd St. at Lake Harriet). Visit the **Rose Garden and Peace Garden**. Grab an ice cream at **Bread and Pickle** (time your day to hear music at the bandshell). Take your little ones to **Wild Rumpus** in Linden Hills. Show them through the tiny door, and let them delight in the chickens and cats who roam free inside.

Cost for Trolley: \$2, under 3 free, \$5 day pass

[http://www.trolleyride.org/CHSL\\_Main/schedule.html](http://www.trolleyride.org/CHSL_Main/schedule.html)

[www.wildrumpusbooks.com](http://www.wildrumpusbooks.com)

[www.minneapolisparcs.org](http://www.minneapolisparcs.org)

### Take Me Out To the Ballgame

Sure, there's a new open-air Twins stadium downtown with dazzling views of the Minneapolis skyline. But where else but Midway Stadium is someone going to announce "train" whenever one passes by, and where else \*might\* you catch sight of Director of Fun Bill Murray? This is the last summer to catch a St. Paul Saints game before they move to their Lowertown location, so go.

Saints Pride Family Picnic, June 22, 11am-1pm

June is Pride month, and the Family Picnic will be at Midway Stadium right before the 1:05pm game. Tickets are \$9 (but picnic attendees are not required to buy tickets to the game). After the game kids can run the bases and get autographs from the players.

Order tickets at [www.SAINTSGROUPS.com](http://www.SAINTSGROUPS.com).

Enter "tcpride" as the password.

651-644-3517

[www.saintsbaseball.com](http://www.saintsbaseball.com)

### GET WET!

There are plenty of lakes nearby to jump into. If you prefer a pool, here are some options. Each has lap lanes, spray features, zero depth entry, and concessions.

**Highland Park Aquatic Center** has diving boards and an aquatic climbing wall.

Cost: \$5 under 48", \$6 over 48", \$20 Family (up to 5 members)

\$2/person Fri., June 20, July 25, Aug. 15

(651) 695-3773

<http://www.stpaul.gov/index.aspx?nid=2665>

**Richfield Outdoor Pool** has diving boards and water volleyball. Open June-Aug.

Cost: \$8.50 (age 1-54, under 1 free); \$7.50 (55+); minus \$1 after 4pm

612-861-9350

[www.cityofrichfield.org/index.aspx?page=239](http://www.cityofrichfield.org/index.aspx?page=239)

**Jim Lupient Water Park** has a log water walk.

\$6 (over 42"), \$5 under 42" (2 and under free); minus \$2 after 6pm Mon.-Fri.

<http://minneapolisparcs.org/default.asp?PageID=4&parkid=364>

For a bigger splash, head to **Bunker Beach Waterpark** in Coon Rapids. It has a wave pool, a lazy river, six water-slides, and sand volleyball.

Cost: \$15 over 48" (\$11 after 4pm), \$12 under 48" or age 62+ (\$9 after 4pm), under 1 free

763-767-2895

[bunkerbeach.com](http://bunkerbeach.com)

### GET WILD!

#### Minnesota Zoo

C'mon, sing it: "I like Big Bugs, and I cannot lie..." 13 larger-than-life-sized animatronic bugs are invading the Northern Trail at the Minnesota Zoo this summer. Go and learn all about these fascinating creatures. Free with zoo admission. The new Conservation Carousel featuring 56 hand-carved animals opens in June. See also: Butterfly Garden June 14-Sept. 1 at the end of the Tropics Trail., shark feedings 11:30am Mondays, Wednesdays, Saturdays. 952-431-9200

Cost: \$18 (13-64), \$12 (3-12, 65+), under 2 free

[www.mn zoo.org](http://www.mn zoo.org)

#### Valley Fair

Scream your lungs out and spill your guts on roller coasters and more. Save money: bring a picnic, and leave the grounds to eat (keep ALL ticket stubs with you and get your hand stamped at the re-admission turnstile). This is a good time to grab swimsuits and towels if you're going into the water park, then spring for a locker if you're going to do more rides.

Cost: \$30.99 for everyone through June 15

(when buying online)

After that: \$36.99 (age 3-61, 48" and taller), Jr./Sr. \$30.99 (3+ under 48" 62+), under 2 free

Starlight: \$25.99 (after 5pm for 10pm+ close, 4pm for 8pm close)

Add \$12 for parking

[www.valleyfair.com](http://www.valleyfair.com)

### RAINY DAY (or not)

#### Science Museum of Minnesota

Ultimate Dinosaurs™ through Aug. 24

ROAR! Learn about a new breed of dinosaurs and how continental drift altered the landscape that set the stage for the evolution of these creatures. *Dinosaurs Alive!* Omnitheater film follows paleontologists as they uncover evidence that the descendants of dinosaurs still walk (or fly) among us.

Closed Mondays. Cost for exhibit, film and museum:

Non-members: Adult: \$31 Child (4-12)/Senior (60+) \$22 (members receive discount; household 1-year membership: \$99)

The Big Backyard reopens June 21

Earthscapes Mini-Golf is 9 holes of mini-golf that teaches "source to sink" — how water shapes landscapes.

Cost: free to view the Big Backyard, \$5 to golf

Collectors' Corner

Trade rocks, fossils, skulls and other natural discoveries. Learn, discuss, collect points, trade.

651-221-9444

[www.smm.org/visit](http://www.smm.org/visit)

#### Children's Museum

June 14-Sept. 21 Travel to the Island of Sodor and let your imagination charge full steam ahead in Thomas & Friends™. Explore the Rails, a hands-on STEM exhibit based on the adventures of Thomas the blue engine and his engine friends.

Cost: \$9.95 (ages 1-101, children under 1 free), closed Mondays

651-225-6000

<http://www.mcm.org/>

Continued on page 15

# Affordable summer fun in the neighborhood

You don't have to go far, or have a deep pocketbook, to keep you and your family busy this summer

by TESH M. CHRISTENSEN

Looking for affordable family fun this summer? There's so much going on in the neighborhood, you'll be sure to get lots of use out of your picnic basket. Get out your calendar and start marking the events you don't want to miss!

## MUSIC

There are concerts every Wednesday, Thursday and Friday night at **Minnehaha Park** at 7pm. There is a show for every music lover, from jazz to folk to pop to r&b to rock. Find the complete schedule at [www.mplsmusicandmovies.com](http://www.mplsmusicandmovies.com).

The **Third Annual Midtown Global Music Festival** will take place on Sat., July 13, from 2-8pm. The event, in partnership with the Minneapolis Aquatennial, will feature a line-up of live music and dance from around the world, performing on two outdoor and one indoor stage throughout the day.

There will be **Music in the Garden at Holy Trinity Lutheran Church**, 2730 E. 31st St. (behind the East Lake Library) from noon-1pm on these Sundays: June 8 and 22, July 13 and 27, Aug. 10 and 24.

## MOVIES

Bring a blanket and chairs and watch a movie under the night sky with your neighbors. View **Ghostbusters** on Wed., July 23 at dusk in Sibley Park. See the full schedule of movies at Minneapolis parks at <http://www.mplsmusicandmovies.com>.

**Transition Longfellow** hosts regular movie nights on the third Friday of each month at Bethany Lutheran Church (3901 36th Ave. S.) that are appropriate for ages seven and up. A potluck begins at 6:30pm with the movie starting at 7:15pm. No childcare is provided, but toys are available on-site. A free-will offering of \$2 is suggested.



On June 22 Swedish Heritage Day, *Svenskarnas Dag*, is just one of several local area festivals to help spice up your summer.

## FESTIVALS

At this year's **Danish Day** on Sun., June 1 from 10:30am to 4pm at the Danish American Center (3030 W. River Pkwy.), hear featured performer "Spider" John Koerner. There will be a Kids Park with arts and crafts projects, and a food court under the big tent. Be sure to check out the exhibit of Søren Kirkegaard. Admission is \$4 and a smørrebrød lunch ticket is \$12.

Come join your neighbors at an **outdoor celebration** on Sat., June 8, 10am-1pm at Trinity of Minnehaha Falls (5212 41st Ave. S.). There will be free kids' games, inflatables, music, food, face painting, and cake walk - all free.

**Swedish Heritage Day** will be celebrated at Minnehaha Park on Sun., June 22, from 10:30am to 5pm. Entertainment includes The Swedish group Bjarv, a Scandinavian quartet of saxophones, the American Swedish Institute & St. Paul Male Choruses, The Svenskarnas Dag Girls Choir, the Vasa Junior Folk Dancers, Twin Cities Swedish Folk Dancers and a lot more. Try authentic Swedish foods such as lutefisk, Svenska sausage, lingonberries, rice pudding,

Swedish meatballs, cake brod, and lemon fruit drinks. There will be activities and fun for all ages. See more at <http://www.svenskarnasdag.com>.

The **Morris and Keewaydin Neighborhood Celebration** at Morris Park is slated for July 17, 6-8pm.

Enjoy hot, delicious roasted corn on the cob, family-friendly entertainment, face painting, concessions, music, moon walk, games, and more at neighborhood corn feeds! The concession sales at the **Sibley Park Corn Feed** on Fri., July 25 from 6-8pm benefit Sibley Eagles youth sports. The **Longfellow Park corn feed** will be on Thur., Aug. 14, 5:30-8pm.

The **Lake Hiawatha Neighborhood Festival** will be held on Wed., Aug. 6, 5-8pm at Lake Hiawatha Park (2701 E. 44th St.). Fun activities for the kids will include pony rides for children under 10 years old, face painting, hair painting, games, the moon walk, and an inflatable water slide. Everyone can enjoy the music, medallion hunt, raffle, free canoe rides on the lake, building a birdhouse, and caricaturist Judy Lieber. The family fitness challenge and talent contest will again

take place (please pre-register to be contestants). Food will be for sale by vendors.

On Sun., Aug. 10 head over to the Church of St. Albert the Great Social Hall (corner of E. 29th St. at 32nd Ave. S.) for the annual Ice Cream Social on the "plaza" in front of the church. Enjoy live music, ice cream treats from Big Bell Ice Cream, and a bouncy-house from 10:30am until around noon.

## BASEBALL

On Sunday afternoons from May to October, local families fill up Bossen Park (56015 31st Ave. S.) to watch **Liga Hispana de Beisbol (LHDB)** players play the game they love. Games start at 10am and at 2pm each week.

## GOLF

Head over to Hiawatha Golf Course for **family golf nights**. Each Saturday and Sunday after 5pm, one child will play for free with a paid adult. The offer is available at all five of the city's golf courses.

## MIDTOWN GLOBAL MARKET

A variety of family fun events are offered at the **Midtown Global Market** each week. Every other Sunday, enjoy salsa dancing from 10:30-11:30am. Family Fridays from 5-8pm feature music and free family-friendly activities for all ages every week. Wee Wednesdays showcase free educational programming, fun crafts and great meal deals each Wednesday from 10:30am-1pm for ages 5 and younger. Dance, experience live puppet theater, learn to cook fun items together in the kitchen, and event pet live animals from the Como Zoo.

Midtown Global Market, in partnership with the Minneapolis Aquatennial, will host a **Global Smoothie Smackdown** on Sat., July 20, noon-2pm. For a suggested donation of \$5, guests will have the chance to sample a variety of Market vendors, and vote

for their favorite concoctions. Proceeds will benefit Horizons Unlimited, the food shelf within the Division of Indian Work.

## BINGO

Play bingo on Wednesday evenings July 9, 16 and 23, 6-9pm in the Church of St. Albert the Great Social Hall (corner of E. 29th St. at 32nd Ave. S.). Low cost supper and snack items will be available for purchase, and there's free popcorn and ice water.

## ART CRAWL

Don't miss the sixth annual **LoLa Art Crawl**. Smaller and more intimate than many art festivals, the LoLa art crawl will give you a glimpse into the creative workspaces of artisans working on jewelry, glasswork, painting, collage, photography, textiles, pottery, sculpture, and more. The League of Longfellow artists is an artist-organized community dedicated to bringing attention to the treasures of artistic expression created by artists living/working in the greater Longfellow neighborhood of south Minneapolis. This year's art crawl will take place from 10am to 5pm on Aug. 23 and 24.

## CAR SHOW

Check out **classic cars** on the corner of 48th St. and Chicago Ave. between Elliot and Columbus Aves. on Sun., June 8, 10am-4pm. There will be a beer garden, jumper for kids, trophies, food and door prizes. The event is sponsored by the Street Kings Car Club and South Chicago Avenue Business Alliance.

## PUPPET SHOW

Attend a puppet show at **Northrup Urban Environmental Learning Center** on Sun., July 27 at 4pm. See "The Amazing Cow-boat" by Open Eye Theater.

## BATS

Interested in nocturnal creatures? Discover the species of bats that call Minnesota home on Aug. 22, 6-8pm. Build one bat home per household and go for a hike through the Minnehaha Falls. Meet at the Wabun G Picnic Shelter. This program is \$30/per household with a maximum of 4 members per family. Register at the Minneapolis Parks web site.

## MARTIAL ARTS

Take the family class at **Five Elements Martial Arts** (3749 Cedar Ave. S.) on Wednesday nights. This class is designed to be an activity and an ongoing practice for the whole family and allows parents and children to spend dedicated time together. Call 612-729-7233 or browse [www.femamartialarts.org](http://www.femamartialarts.org).

## FARMERS MARKET

Listen to live music while you peruse fresh veggie stands at the **Midtown Farmers Market** at the corner of Lake St. and 23rd Ave. S. every Sat., 8-1pm and starting in June every Tues., 3-7pm.

Continued on page 13

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**sapfest.org**

# Boat

Continued from page 1

we'll get to see a lot of diversity," Heather stated. "I'm looking forward to seeing a lot of different places."

They plan to engage in the sort of travel that gives them a chance to be part of the communities they pass through, rather than merely be tourists. "We will go to a port, get to know locals, eat local food and go to fairs," said Heather. "We'll immerse ourselves in a community instead of just popping in as tourists."

"We will travel to an area and live there awhile," said Jeff.

Learning different languages will be part of their homeschool curriculum.

## A SECOND JOB

For the last seven years, Jeff has essentially been working a second job building the catamaran. At the start, he spent long weekends and all of his vacations up in Finland, MN, where they have relatives. In the fall of 2012, they moved the boat down to the Watergate Marina in St. Paul.

The boat building part has taken longer than either of them foresaw when they began. "Everything takes longer than you think," observed Heather. Jeff agreed, pointing out that it has taken about double the 25,000 hours the designer estimated.

"Working outside in Minnesota is the biggest challenge I've had to deal with," remarked

Jeff. "If I would have had shop space, I bet I would have finished in half the time."

"You have to want it really bad. Jeff really wants this bad and he is very determined to make this boat and the traveling a reality," observed Heather about the man she's known since he was 16 years old.

## HOW DO YOU BUILD A BOAT?

"Piece by piece," according to Jeff. He's built smaller boats in the past and discovered that building a 34-ft catamaran required the same techniques.

Jeff hadn't intended to build his own sailboat. Instead he planned to buy one, but when he realized he couldn't afford to buy what he wanted, he opted to build his own. Catamaran design has advanced so much in the past decade that an older model in his price range didn't offer what he wanted. In fact, the design he wanted isn't even available as a production model. Plus, Jeff decided he would feel most confident about taking the boat to parts unknown if he knew exactly how everything had been put together — then he'd be able to recognize any problem and fix it.

After extensive research, Jeff selected a catamaran design by English designer Richard Woods. He opted for this particular design because it offered greater stability. While a monohull will sink if it gets a hole because of the lead in its keel, it is nearly impossible to sink a catamaran because of the air pockets in the design.

Jeff will be doing most of the sailing while Heather and Ethan learn, and so the design had to accommodate that. Seven years of boat building labor has left Jeff feeling little like a sailor anymore, and so he'll also need time to get back into the swing of things.

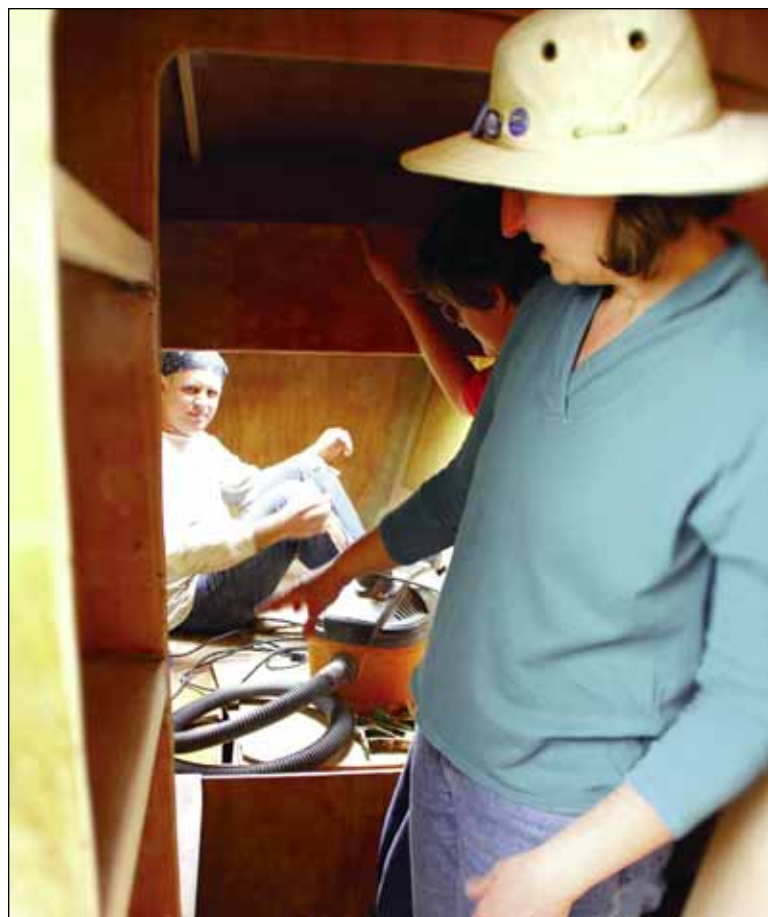
## FINISHING TOUCHES

As Jeff works on the final touches on the boat, Heather is prepping their home for sale. She's hoping to find a buyer interested in the permaculture and pollinator-friendly home she'd worked hard to develop, and hoping that perhaps they won't even have to put it on the market but will find a buyer through word of mouth.

Heather has lined up a friend who will store her large collection of books and ship them back and forth to her. Ethan will bring his Legos, his Kindle and his laptop. "I'm not worried that he'll break ties with his friends," noted Heather. They already keep in touch via computer. Because Jeff plans to continue working at his current job while they are sailing, they will never be long without an Internet connection.

## THE ADVENTURE

The family hasn't yet mapped out exactly where they will go on this grand adventure. They've been so busy the last few years getting the boat ready, fixing up the house, and shedding their possessions. They do know that some time this summer they will take off and follow the river system. They will go down the Mississippi River to St. Louis and then head back north on the Illi-



Ilse family members are working to find new homes for their belongings, as they are limited by both weight and space on the boat. The majority of their living space is in the two hulls, which has three bedrooms, Jeff's office and a homeschool area. Nooks under the floorboards will store items they don't need daily access to. In the center of the boat is the kitchen and main living space. It is there that they will grow the sprouts and microgreens that are important to their high greens and raw food diet. (Photo by Tesha M. Christensen)

nois River to Chicago. From there they'll traverse Lake Michigan to Lake Superior and winter in Duluth, where they have an apartment lined up.

"Once the boat is in the water, then we'll know where we want to go," said Jeff. He's looking forward

to exploring all the parts of Lake Superior they never got to spend enough time at. Ethan is excited about Duluth. Heather daydreams about Australia and New Zealand.

Follow the Ilse family on Twitter (svmeadowhawk) or browse <http://zambonidriver.com>.

# SCABA sets annual car show for Sunday, June 8

The South Chicago Avenue Business Alliance ("SCABA") has announced that its 5th Annual Classic Car Show will be held on Sunday, June 8, from 10am to 4pm at the intersection of 48th St. and Chicago Ave. Admission is free.

The event is open to cars, trucks and bikes of all makes and models, and there are many categories this year in which to enter. Registration is \$10 per vehicle online at: <http://www.eventbrite.com> and search for "classic car show" in Minneapolis. Or, register your vehicle the day of the show!

Mike Kmiecik, president of SCABA, has affirmed that the Street Kings Car Club of Minneapolis-St. Paul will again co-host the car show, as it did for the first time in 2012 and again last year. "It really helps to have an experienced car club such as the Street Kings to partner with," said Kmiecik.

Kmiecik also added that the car show would feature a "bounce house" for kids, as well as a D.J. who would be "spinning" classic '50's - '80's tunes, plus a "beer garden" for those over 21, trophies and door prizes — in addition to the great restaurant choices around the 48th and Chicago intersection.

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	<p><b>5th Annual Classic Car Show</b></p> <p>On the corner 48th Street and Chicago Avenue between Elliot Ave. and Columbus Ave.</p> <p><b>June 8th</b> Show Schedule 10 am to 4 pm</p>	<p><b>Jumper for kids all day!</b></p> <p>Many styles of cars Beer garden for adults Trophies - Food - Door Prizes</p> <p>Presented by <b>Street Kings Car Club</b> SCABA (South Chicago Avenue Business Alliance) <a href="http://www.48chicago.org">www.48chicago.org</a></p>	



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*In Longfellow and Nokomis you will find many home owners who have used container gardening effectively to spice up their landscapes with a splash of color. (Photo by Jill Boogren)*

# Container gardens have huge impact far beyond their size

*Beautify your home landscape one small garden at a time*

By JILL BOOGREN

Whether you're itching to get your hands in the dirt but just don't have the space for a whole garden, or you want to jazz up a front step, balcony or patio, container gardens are a great way to bring an extra splash of color — and even food — to the smallest pockets of your home.

"They're really the focal area of people's patios and gardens, really high profile," said Scott Endres, principle/co-owner of Tangle-town Gardens, 5353 Nicollet Ave., which offers a range of container services, from do-it-with-help to leave-it-to-the-pros.

Here's the dirt on growing eye-catching container gardens.

smaller, because it's moved to a bigger landscape. Or, if your container is too small, think about grouping it with others.

### CHOOSE YOUR PLANTS

Know if your pot will be in a spot that gets full sun, part sun, or shade, and select plants accordingly. You may opt for one

show-stopping "hero" plant or a blend of several different elements. Endres is a fan of mixing different types of plants, not just annuals. Try perennial grasses with your geraniums, a dwarf conifer with your coleus, or perennial ground cover with marigolds.

Continued on page 9

### PICK YOUR POTS

Maybe you've seen planters like this: an old bike with brightly-colored flowers spilling out of its basket; a weathered leather boot, greenery poking out of the top; wooden half-barrels sprouting prairie grasses; or a window box filled with parsley, sage, rosemary, and thyme. From an old cider jug to a hand-crafted, colorfully-glazed ceramic pot, containers come in all types and sizes and are as limitless as the plants to fill them.

The key to a good planter, according to *Organic Gardening*, is drainage. Whatever vessel you use, be sure there are holes in the bottom so excess water can soak through. If there aren't any, drill some.

Be sure its size is the right scale for the location. If you can, put it there and see if it fits. People will return smaller containers for a bigger size but very rarely the other way around, said Endres.

"They all look so much bigger when right in front of us," he said. But when you get it home, the size of the container looks



*A trip through the neighborhood shows examples of container gardening that have incorporated sculptural elements in their designs. (Photo by Jill Boogren)*



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# Container gardens

Continued from page 8

"I find that whether you're putting together an outfit, or container garden combination, the unexpected is what gets people's attention," he said. "Push the envelope a little bit and have fun. If it doesn't work, it doesn't have to stay there forever."

Go for contrast, suggested Endres: place a smoother texture next to bold textures; small leaf next to larger leaf; cool next to warm on the color wheel; or a mound form or trail form next to a grassy upright form.

On scale, Endres' rule of thumb is to plant something that will grow to 1-1/2 to 2 times the pot's height, or if it's a bowl shape, 1-1/2 to 2 times the width. Color-wise, it's a pretty wide open palette. Experiment and play, but, suggested Endres, don't get too carried away.

"I like and enjoy every color of the rainbow, but I don't need to have every color represented in my container garden," he said. Try to find what best suits your personality.

If it's food you want, grow it. A lot of herbs are very ornamental,

and there's nothing like reaching out your back door and clipping a handful of fresh basil, or plucking the first ripe and juicy tomato of the season. You'll save at the grocery store, too (for another approach to growing food, see sidebar "Think small, farm big").

For lowest maintenance, go straight for the succulents and let Mother Nature do the watering.

## USE GOOD SOIL

Here are a few things to keep in mind as you dig into the dirt. Use a potting soil, not a topsoil, which is too dense for containers. Consider amendments like perlite and vermiculite to both aerate the soil while retaining some water. Endres also suggests adding a slow-release fertilizer. If you're unsure, ask at a garden center.

Resist the temptation to fill the bottom of a pot with "other" soil, packing peanuts, or some other space filler before pouring in your potting mix.

"It's basically telling the plant 'I care about you this much but not quite that much, so please don't root any further,'" said Endres. Good soil might cost more, but you can reuse it for two or three years (Endres recommends amending it each year after with a dehydrated manure, an organic matter present in good potting soil

but which breaks down over time).

Remember to leave about an inch between the top rim of the container and the soil.

## DIG IN!

Go ahead and create your living garden sculpture. If you're planting multiple containers, don't try to do everything all at once, Endres suggested. Instead buy, say, enough for two pots on a Saturday, then sit back and enjoy a beverage while you admire what you've created. Then go back Sunday for the next round.

## WATER AND CARE

Water, water, water. Every day, preferably in the morning. Twice daily in July and August, said A Backyard Farm co-owner Joan James, who installs and mentors gardening of 4' by 8' raised-bed vegetable gardens. Because they're above ground, containers of any size dry out quickly.

"These are like ginormous hanging baskets," she said.

Feed your plants. Give them a little liquid fertilizer throughout the summer. Check the instructions carefully so you apply the right amount at the right frequency; you don't want to overdo it.

Give your plants a haircut. Deadhead spent flowers. Prune back the wild stuff. And if something just isn't working, take it out.

Above all, don't sweat it. "Plants are our friends," said Endres. "[They] will often grow in spite of what we do to them." Just roll up your sleeves and dig in!

# Think small, farm big

By JILL BOOGREN

If you really want to grow more of your own food but have very limited space, consider whether a raised-bed garden will work for you. St. Paul-based A Backyard Farm co-owners and partners Joan James and Coleen Gregor follow square-foot-garden principles to build, install, and plant small- to mid-sized, raised-bed gardens for patios and yards. They'll do everything from just getting you started to caring for your vegetable beds and teaching you how to garden on a weekly basis.

According to James, their system yields 80% of the vegetables in 20% of the space as compared to conventional gardening, in part because they do "succession" gardening -- planting for spring, summer, and fall. In spring, they get a jump start by covering the farm with a mini greenhouse to warm the soil so they can plant early.

For a healthy vegetable garden, said James, you'll need 6-8 hours of sun, a healthy soil mix, and consistent watering. A Backyard Farm provides a soil mixture that includes four different types of organic compost, and they conserve water by using an irrigation system that drips right at soil level.

James compares doing a garden like this to getting a puppy.

"[Just as] you have to pay attention to it for it to be a really good dog, you have to pay attention to your garden," she said. "Go out there 2-3 times a week. Do it as close as you can to your back door. If you can see it, you'll be in it."

And like the friendly wag of a puppy's tail, the rewards are bountiful. In spring you can enjoy lettuce, spinach and radishes, then peas, strawberries, cucumbers, green beans, tomatoes, carrots, squash, and more. James said their number one mission is to teach kids where food comes from, from seed to table. Through word-of-mouth and in collaboration with organizations, they'll teach hundreds of kids throughout the summer.

For the first time in their six years in business, they're have a waiting list for this growing season, but don't give up--James said fall is a great time to start a garden, because come spring it'll be ready to go.

612-296-8507

www.abackyardfarm.com



A lot of herbs are very ornamental, and there's nothing like reaching out your back door for fresh basil. (Photo by Jill Boogren)

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# LONGFELLOW

COMMUNITY COUNCIL

## Upcoming Events

### Longfellow Picnic Park

Sunday, July 20  
11am - 2pm

Adams Triangle 41st St and Minnehaha Ave

How can we transform our neighborhood to reflect our interests and reinvigorate green spaces that aren't being used and have fun while doing it? Help us brainstorm what we want to see in the park through activities, pictures, and photos, hear about some ideas already cooking, and meet your neighbors at this potluck event! FFI joannalund@longfellow.org

### Share the River Gorge Event

On Tuesday, July 29 from 6:00 - 8:00pm, the LCC River Gorge Committee hosts the 9th annual Share the River Gorge Event. This year's activities include free guided canoe rides, ice cream, and tours of the 36th St. oak savanna area. FFI joannalund@longfellow.org

### Longfellow Summer Celebration

Tuesday June 24  
5:00 - 7:00pm  
Fireroast Café, 3800 37th Ave S

Join your neighbors in celebrating the warmer weather! This family friendly event is for mingling with your neighbors at a great local business in the greater Longfellow Neighborhood. We are celebrating everything great about Longfellow and raising funds for more programs to improve the neighborhood! Enjoy samples from the

Fireroast menu, bid on items from local businesses in the silent auction and enjoy the company of friends new and old! FFI jessica@longfellow.org

## The Greater Longfellow Neighborhood Garage Sale

Will be held Friday June 20th and Saturday June 21st, 2014. There is a \$10 registration fee to cover advertising and map printing costs. Registration is open through Friday June 6th at longfellow.org/sale or register in person at the LCC office - 2727 26th Ave S. Check the LCC website at longfellow.org in mid-June for map pick up locations. FFI joe@longfellow.org or 612.722.4529 Ext. 13

## Thank You For Your Service Outgoing 2013-14 LCC Board Members

On behalf of the 2014 LCC Board of Directors, LCC staff and the Greater Longfellow Community, I would like to thank outgoing Board members for their generous and dedicated contributions to the community.

LCC Board Members Leaf McGregor, Melissa Erjavec, Bree Dalager, Katie Roth, and DeWayne Townsend ended their Board terms in April 2014.

Each of these members brought talent, skills, creativity and dedication to the Board.

During the 2013-2014 term, the LCC Board passed 8 Scopes of Service to fund community programs, amended the organizational by-laws, approved a new branding package, finalized a the new website, completed a 2-year strategic plan and formed the E. Lake Street Workgroup.

The work of Board members is especially significant as they are responsible for the overall management of the organization. We will sincerely miss the contributions of outgoing Board members. Thank you so much Leaf, Melissa, Bree, Katie and DeWayne!

## Please welcome newly elected 2014-15 LCC Board members

At the April 22nd Annual General Membership meeting we elected six new Board members. Angie Pabon, Julie Kearns, Annette Odren, Adosh Unni, Scott Cramer and Ken Koense, who join our continuing directors: Leslie MacKenzie, Christine Marlo-Triemstra, Alex Vitrella, Mike Linzbach, Eric Day, Trevor Russell, Guthrie Byard, Vicki Farden and John Sulzbach. Please join LCC in welcoming our new Board members and thanking our continuing members.



Thank you to everyone who joined us at the first Community Happy Hour last month! It was a great day to meet new neighbors at Harriet Brewing. Visit the website calendar for more upcoming events: <http://www.longfellow.org/news-events/calendar/>

Photo by Jane Strauss for the Longfellow365 project (longfellow365.com).

## Calendar of Meetings and Events

# JUNE 2014

Meetings are free and open to the public, and are accessible. Check the calendar on our website [www.longfellow.org](http://www.longfellow.org)

### ADVANCEMENT COMMITTEE

Wednesday, June 4  
7:00 - 8:00 pm  
Fireroast Café, 3800 37th Ave  
FFI: jessica@longfellow.org

### NEIGHBORHOOD DEVELOPMENT

Monday, June 9  
6:30 - 8:00 pm  
LCC Office, 2727 26th Ave S  
FFI: joe@longfellow.org

### LONGFELLOW FAITH FORUM

Tuesday, June 10  
12:00 - 1:30 pm  
FFI: joannalund@longfellow.org

### COMMUNITY CONNECTIONS

Tuesday, June 10  
6:30 - 8:00 pm  
Longfellow Park, 3435 36th Ave S  
FFI: joannalund@longfellow.org

### BOARD OF DIRECTORS

Thursday, June 19  
6:30 - 8:30 pm  
Brackett Park, 2728 39th Ave S  
FFI: melanie@longfellow.org

### RIVER GORGE COMMITTEE

Tuesday, June 17  
7:00 - 8:30 pm  
Hiawatha School Park, 4305 42nd St. E  
FFI: joannalund@longfellow.org

### ENVIRONMENT AND TRANSPORTATION

Tuesday, June 24  
6:30 - 8:00 pm  
LCC Office, 2727 26th Ave S  
FFI: joe@longfellow.org

## President's Message

We had a great turnout at our annual General Membership Meeting in April. A big thank you to the LCC Staff and volunteers for putting on such an important event for the community. It was wonderful to see so many new faces, and inspiring to see so much enthusiasm for our annual board elections. Although not everyone who was nominated will be able to serve, we sincerely hope that folks continue to be active in the organization, either by joining a committee or by coming to one of our upcoming events.

It's going to be a great year and



Eric Day, President of the Board

there are a lot of exciting LCC events on the horizon. We've added several new events this year, with three scheduled for June alone: the LCC Community Happy Hour on June 11th; LCC's Summer Celebration at Fireroast on June 24th; and the Twin Cities' largest neighborhood Garage Sale event,

on June 20th and 21st.

In addition to these great events, LCC committees continue to engage on important community issues. Whether it is crime prevention, business support and development, sustainable living, restoration and enjoyment of the River Gorge (to name just a few) - whatever your interest or idea for making our community a better place to live, work and play, the Longfellow Community Council has a committee that will help make it happen.

It's going to be a busy summer in Longfellow. I encourage everyone to get outside, meet your neighbors, make some new friends, and find out what LCC's all about. See you around the neighborhood!



**Longfellow Community Council**  
2727 26th Avenue S., Minneapolis, MN 55406  
612.722.4529 • [www.longfellow.org](http://www.longfellow.org)

Melanie Majors, Executive Director  
Ruth Romano, Office Staff  
JoAnna Lund, Community Engagement Coordinator  
Jessica Buchberger, Communication & Event Manager  
Joe Sturm, Housing & Environment Coordinator

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[jessica@longfellow.org](mailto:jessica@longfellow.org)  
[joe@longfellow.org](mailto:joe@longfellow.org)

# In Our Community

## Messenger

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

### Sonora Grill receives award

Sonora Grill, with chef Alejandro Castillon and manager Conrado Badilla, was honored at the May 17 Neighborhood Development Center Entrepreneur of the Year Awards. They received the Outstanding Achievement Award for Community Impact. They were cited for taking their cuisine from the Midtown Global Market and then revitalizing a long dormant property on Lake St. for Senora Grill restaurant at 3300 E. Lake St.

### Volunteers sought for Riverside Park cleanup

Riverside Park, Friends of the Mississippi River is seeking volunteers on Sat., June 7, 9:30-11:30am, to work with staff ecologists to remove invasive species, help water and tend the native plantings at Riverside Park, near Franklin and the Mississippi River. Come improve local wildlife habitat and water quality! All tools and guidance provided. Learn more on the calendar at [www.fmr.org](http://www.fmr.org), or sign up with Sue at [volunteer@fmr.org](mailto:volunteer@fmr.org) or 651-222-2193 x31 for directions to the meeting spot within the park.

### Garden Club talks "edible landscapes"

Gardening with double the rewards - beautiful plants and edible produce - will be the focus of the June meeting of the Longfellow Garden Club on Wed., June 25, 7pm, at Epworth United Methodist Church, 3207 37th Ave. S.

In the program Darren Lochner will describe what works and what doesn't when it comes to edible landscapes. Lochner will share lessons and tips learned from developing his own edible garden at his Longfellow home. Veggies in the landscape can add color, texture and variety as well as beauty, without sacrificing order and design. Lochner is the Minnesota Master Naturalist Program coordinator at the University of Minnesota.

Meetings are free and open to everyone. More at: [www.facebook.com/LongfellowGardenClub](http://www.facebook.com/LongfellowGardenClub).

### Roosevelt Library given Heritage Award

The Roosevelt Public Library, 4026 28th Ave. S., received recognition in the 24th Annual Minneapolis Heritage Preservation Awards held recently. The library was given the award for "New Addition to an Historic Building." The Minneapolis Preservation Awards highlight the year's best achievements for transforming a historic property, building, or landscape and reinventing it to



The recent Friends of East Lake Library book sale saw Library fans take 2000-plus books to new homes and some to neighboring Little Free Libraries! The East Lake Library wants to thank everyone who donated books and bought books! (Photo by J. Springfield)

incorporate both new and old elements in a way that is respectful to the past. Projects are judged on attention to the quality of design, architecture, workmanship, and materials as well as the positive impact on the surrounding neighborhood and community. Projects were judged based on their careful attention to the quality of design, architecture, workmanship, and materials as well as their positive impact on surrounding neighborhoods and community. A jury comprised of three Minneapolis Heritage Preservation Commissioners, two members of the American Institute of Architects Minneapolis Chapter, and two board members from Preserve Minneapolis reviewed the nominations.

### Free family fun night scheduled June 20

The community is invited to an outdoor celebration kicking off the long-awaited summer. Come on Fri., June 20, from 6-8pm for kids' games, inflatables, food, music and fun at Trinity of Minnehaha Falls, 5212 41st Ave. S. For more details, call 612-724-3691.

### Life and legacy presentation June 17

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a presentation about your legacy on Tues., June 17 at 10:30am at Bradshaw Funeral & Cremation Services, 3131 Minnehaha Ave. S. How do you want to be remembered? What are some of your options as you make decisions about your legacy and end of life issues? Learn about some of the legal issues that you should consider when you make decisions about your bequests and inheritance at this informative presentation by Susan Rehwaldt, a local community outreach coordinator. For questions, call Longfellow/

Seward Healthy Seniors at 612-729-5799.

### Broadway High gets recycling grant

The Hennepin County Board has approved a \$2053 grant to Broadway High School to engage students in waste reduction and recycling activities. It was part of an award to 18 area schools totaling over \$118,000. Grants will be used to implement new or improve existing recycling and organics recycling programs. Some projects will expand collection of recyclables to the school grounds and athletic events. Other projects will reduce waste by purchasing reusable materials for the cafeteria, including bulk milk equipment, reusable trays, utensils and dishware.

### Luncheon planned June 3 at Bethany

"Power Down: Lunch Unplugged on 36th Ave." will be held Tues., June 3, at noon at Bethany Lutheran Church, 3901 36th Ave. S. Enjoy a light lunch with Longfellow neighbors while having a chance to connect and network. A \$5 donation towards lunch is appreciated but not required. More information can be obtained at email: [office@bethanyon36th.com](mailto:office@bethanyon36th.com)

### LBA to host annual legislative update

The 9th Annual Legislative Update with State Senator Patricia Torres Ray, State Representative Jim Davnie, and Hennepin County Commissioner Peter McLaughlin will be the subject of the June meeting of the Longfellow Business Association on Thur., June 12, 12-1:30pm, at the Gandhi Mahal community room, 3009 27th Ave. S. Lunch buffet is \$12/person, payable at the door.

RSVP requested by calling Ruth 612-722-4529 x10, or emailing [ruth@longfellow.org](mailto:ruth@longfellow.org).

Ruhel Islam from Gandhi Mahal will lead a tour of his aquaponics operation in the basement of the restaurant following the meeting. The Legislative Update is co-hosted with West of the Rail Business Association, and Seward Civic & Commerce Association.

### Svenskarnas Dag scheduled June 22

The 81st annual Svenskarnas Dag will be held June 22 (8am-5pm) at Minnehaha Park. This Swedish event includes ethnic concerts, displays, food and loads of fun.

The stage will be close to the Sea Salt Eatery and nearby all the other park's activities. Performers include the Swedish group Bjarv, a Scandinavian quartet of saxophones, local performers including the American Swedish Institute and St. Paul Male Choruses, The Svenskarnas Dag Girls Choir, the Vasa Junior Folk Dancers, Twin Cities Swedish Folk Dancers and a lot more.

Additionally, the 'Swede of the Year' will be crowned 2015 Miss Svenskarnas Dag! And, of course, you won't want miss the annual Midsommarstång rainsin! In addition to delightful authentic Swedish foods and handicrafts available for purchase like Thor's ax and silver Viking helmets, vendors will be offering (besides lutefisk) lots of Swedish / Scandinavian delicacies' like Svenska sausage, lingonberries, rice pudding, Swedish meat balls, cake brod, lemon fruit drinks and a lot of other comfort food.

This free family-friendly event will include activities and fun for all ages!

### Holistic Moms to screen "Play Again"

One generation from now, most people in the U.S. will have spent more time in the virtual world than in nature. Media technologies have improved our lives in many ways, but what are the consequences for our children, society, and planet? Join the Holistic Moms Network at Fuller Park Rec Center (4800 Grand Ave. S.) on Wed., June 16, 7-9pm, for a viewing of the movie, "Play Again," and a discussion. "Play Again" takes six teenagers who, like the average American child, spend over eight hours a day behind screens, unplugs them, and takes them on their first wilderness adventure. Through the teens and experts, the movie investigates the consequences of a childhood removed from nature and encourages action for a sustainable future. Screening co-sponsored by Sierra Club North Star Chapter.

### 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 for more information.

### Bethany Lutheran prepares "Soundbytes"

"Soundbytes: Dinner Church on 36th Ave." is scheduled Sat., June 7, 5-7pm at Bethany Lutheran Church, 3901 36th Ave. S. Feed your soul; prepare the meal together in community and worship while we share food at the table. Reservations are appreciated at email [office@bethanyon36th.com](mailto:office@bethanyon36th.com).

### Epworth celebrates Centennial June 14-15

In 1914, a group of families in south Minneapolis began meeting in homes for Bible study. The group later moved into a storefront at 37th Ave. and Lake St. After meeting with officials from the Methodist Episcopal Church, it was decided to establish a Methodist church in the Seven Oaks (Longfellow) neighborhood. From that modest beginning, Epworth United Methodist Church was launched.

The congregation invites the community and neighbors to celebrate 100 years of ministry June 14-15. Sat., June 14, an ice cream social and carnival will be from 2-5pm on the church lawn, 3207 37th Ave. S. (Carnival game tickets will be 10 cents each.) The building will be open for tours and displays will be on view.

Sun., June 15, worship with special guests is at 10:30am. Tours of the church will be offered from noon to 3:30pm, and there will be a musical celebration at 3:30pm.

After meeting with church officials in 1914, lots were secured at the corner of 37th Ave. and 32nd St. (donated by Mrs. T.B. Walker). Groundbreaking for the new church was in May 1915, and the newly constructed church was dedicated in October 1915. In 1965 a new sanctuary building was erected adjacent to the old structure. Both structures still stand together; the older building was renovated in 1980.

For information about the Epworth Centennial celebration, contact Cleo Fors ([cleofors@yahoo.com](mailto:cleofors@yahoo.com)) or Nancy Caligiuri ([nmcalagiuri@comcast.net](mailto:nmcalagiuri@comcast.net)).

Continued on page 12

# In Our Community

Continued from page 11

## Summer Jazz Series opens on June 15

St. Albert the Great Catholic Church will present the first of their Summer Jazz Series on Sun., June 15, 1pm. Vocalist Maud Hixon and piano virtuoso Rick Carlson will perform on the Steinway concert grand. Opening performer is Jeremy Rosenwinkel. Cost for the concert is \$15 at the door.

## St. Albert schedules huge rummage sale

St. Albert the Great, E. 29th St. at 32nd Ave. S., is planning a huge rummage sale for the weekend of May 29-June 1. The Preview Sale will take place on Thur., May 29, 5-8pm, and there will be a \$5 entry fee to shop while the selection is best. On Fri. and Sat., May 30-31, the sale runs from 9am-7pm. The Sunday Bag Sale on June 1 will take place from 9am to noon on Sunday with a small bag selling for \$3 and a large for \$5.

## Neighborhood garage sale planned May 31

Get deals at a Neighborhood

Garage Sale on Sat., May 31, 8am-1pm and Sat., May 31, 8am-1pm. Pick up maps on the corner of 34th St. and 48th Ave. in Minneapolis on May 31.

Shop for antiques, classic furniture, lamps, clothing (mens, womens, teens, kids), great books, craft and school supplies, household accents, tools, CDs, DVDs, linens, camping and sports equipment, plants, and other "treasures."

## Kids Summer Club scheduled June 16-20

Trinity Summer Club, "Weird Animals," will be held June 16-20 at Morris Park, 40th Ave. S. and 55th St. At Weird Animals, kids will learn about some of God's most creative creations! They'll participate in memorable Bible-learning activities, sing catchy songs, play teamwork-building games, have yummy treats, experience cool Bible adventures, collect Bible Memory Buddies to remind them they are one of a kind, and test out Sciency-Fun Gizmos they'll take home and play with all summer long.

In addition, kids will learn to look for evidence of God all around them through something called God Sightings. Each day concludes with The Tail End—a celebration that will get everyone involved in living what they've learned. Family members and friends are encouraged to join daily for this special time at 11:30am.

Participation in Trinity Kids Summer Club is completely free. Weird Animals Summer Club is for children age 3 through the 5th grade and will run from 9am-noon each day. For more information, call 612-724-3691 or register online at: <http://groupvbspro.com/vbs/ez/trinitykids>.

## Tennis lessons open at local parks

InnerCity Tennis has partnered with the Minneapolis Park and Recreation Department since the 1970s to bring affordable, quality tennis lessons to the children and youth of Minneapolis. This year the program will operate at 23 different park sites throughout Minneapolis, including Longfellow Park, Lake Hiawatha Park, and Nokomis Park.

Kids ages 4-17 can play (participants must turn 4 on or before June 16) and there are daily lessons for six weeks. The cost for the program is \$75 per player. If families are in financial hardship, full scholarships are awarded, no questions asked! All families have to do is check the scholarship box on their registration form. "The program is affordable and reaches into almost every neighborhood of Minneapolis," said Executive Director Samantha Smart Merritt.

"Our six week Tennis in the Parks Program teaches basic tennis fundamentals and strategy," said Program Director Paul Vang. "Group drills and games facilitate learning the volley, ground-stroke, overhead and serve. In addition to tennis skills, kids build teamwork, confidence and hand-eye coordination skills, learn healthy nutrition habits and develop a life-long love of physical fitness."

At the conclusion of six weeks of tennis lessons, an individual tournament is offered free of charge to all Tennis in the Parks participants on Sat., July 26 at InnerCity Tennis in South Minneapolis.

Lesson times at Longfellow Park are 8-9am (ages 6-11), and 9-10am (ages 12-17). At Nokomis Park, lessons are 8-9am (ages 4-5), 9-10 (ages 6-7), 10-11am (ages 8-10), and 11am-noon (ages 11-13, 14-17). Lake Hiawatha Park scheduled lessons are 10:30-11:30am (ages 6-11), and 11:30-12:30pm (ages 12-17).

Participants can register online at [www.innercitytennis.org/youth/tennis-in-the-parks](http://www.innercitytennis.org/youth/tennis-in-the-parks). Last summer over 1,100 kids participated in ICT's Tennis in the Parks program. Half of the participants played for free.

## Garden maintenance volunteers needed

Enjoy the great outdoors and get your hands dirty! Seniors in Minneapolis need your help to maintain their flower garden or vegetable patch. Volunteer one time or adopt a garden for the season until it freezes. Work with a partner and you can take turns gardening. Family teams welcome, youth must be age 7 or older and supervised by an adult.

Exact location in Minneapolis depends upon where the senior citizen resides. One-time and other unpaid volunteer opportunities are also available. Please contact Jeanne the NIP Seniors Program, Volunteer Coordinator at [srvolunteer@neighborhoodinvolve.org](mailto:srvolunteer@neighborhoodinvolve.org) or call 612-746-8549 for more information.

NIP website is [www.neighborhoodinvolve.org](http://www.neighborhoodinvolve.org) If you are a Minneapolis senior in need of yard care, call 612-374-3322 or email [seniors@neighborhoodinvolve.org](mailto:seniors@neighborhoodinvolve.org) Senior citizens who reside outside of Minneapolis

should contact the Senior Linkage Line at 1-800-333-2433 for information about services in their neighborhood.

## Monthly series continues at Trylon

Sound Unseen presents the MN Premiere of "Breadcrumb Trail," a documentary on the Louisville based band Slint as part of their monthly film series, Wed., June 11, at the Trylon microcinema, 3258 Minnehaha Ave. S. The movie screens at 7pm.

"Breadcrumb Trail" (dir. Lance Bangs, 93 min., HD, USA) is the feature length documentary about the band Slint and the Louisville music culture they emerged from. Throughout the 1980s, a group of friends in Louisville, Kentucky grew up forming bands, breaking up, and reforming in different configurations. They were playing hardcore shows at ages 10-12, touring with Samhain as 14 year olds, recording for Homestead as Squirelbait at age 15, then formed Slint in their late teens and recorded the classic album "Spiderland" before they were 21. They broke up before the album's release, giving no interviews and vanishing into their own shadows. Two decades passed as filmmaker Lance Bangs assembled unseen footage of the teenagers writing and arranging "Spiderland" as well as the first on camera interviews with the band members and their contemporaries trying to decipher what they had been through. Featuring Slint, Steve Albini, Ian Mackaye, David Grubbs, David Yow, James Murphy and archival material from Will Oldham.

## Lymphomathon set at Lake Nokomis

The 10th Annual Minneapolis Lymphomathon will be held June 7, 9am-noon at Lake Nokomis, 4955 W. Lake Nokomis Pkwy. The Lymphomathon is a non-competitive 5K walk/run in which lymphoma survivors, family members, friends, and community and corporate teams gather to celebrate, honor and support one another while raising funds for lymphoma research and programming. You can find out how to donate and how to take part in other ways by contacting the Lymphoma Research Foundation, 612-696-3757, by emailing [Minnesota@lymphoma.org](mailto:Minnesota@lymphoma.org) or by going to their website at [www.lymphomathon.org](http://www.lymphomathon.org).

## Stop trimming ash trees until fall

Even with our late spring and chilly temperatures, conditions are now warm enough for beetles that attack and kill ash trees. Emerald ash borers are present in Minneapolis and are normally active from May through Labor Day. Homeowners that have ash trees in their yards should not prune them this time of year or move any part of an ash tree (firewood, branches, etc.) while the pests are active. Inadvertently moving the pests helps them spread to uncontaminated areas.

Emerald ash borers are a major concern because they have caused the deaths of millions of

ash trees in 13 states, and approximately 20 percent of the tree canopy in Minneapolis consists of ash trees. The Minnesota Department of Agriculture has issued a state quarantine on firewood, ash trees, and ash tree products in Hennepin, Ramsey, Houston and Winona counties to slow the spread of emerald ash borers.

## Area lake grades released for 2013

Grade rankings for lakes within the Minnehaha Creek Watershed District for 2013 have been released.

Lake Hiawatha has been rated B-, meaning generally good water quality but algae may limit swimming, particularly toward the end of the summer. Hiawatha's low points were in 2007 and 2009 when it was graded at D+. Its current rating of B- is the highest ranking the lake has received in 10 years.

Lake Nokomis has been rated C+, meaning average quality. Swimming, boating, and fishing may be undesirable relatively early in the season. Algae blooms occasionally. Lake Nokomis' low point was in 2004, rating a D+ that year. It has been consistently been getting one of the three C grades since then.

The Minnehaha Creek Watershed District's water quality lake grading method was developed in 1989. The lake grade shows how one lake measures up compared to other area lakes and indicates the perceived condition of the open water. Three water quality measurements are combined to create each lake grade. However, there are also other factors that contribute to lake condition, including precipitation, aquatic plants, fisheries, harmful chemicals, and over-use.

## County hits goal two years early

In 2013, 80 percent of the waste generated in Hennepin County was diverted from landfills and reused, recycled, composted, or burned to create energy. This enabled the county to achieve its 2015 landfill diversion goal established by the Minnesota Pollution Control Agency two years ahead of schedule. Recycling also increased in 2013 to 40 percent, with the county making significant improvements in commercial and apartment recycling programs last year.

The total amount of waste generated per capita in the county has decreased by 20 percent since 2007, which is a positive trend after having increased annually prior to 2007.

Some of the strategies the county will implement to further increase recycling and divert waste from landfills in 2014 include helping cities, businesses, apartment buildings, parks and events improve recycling, helping cities implement curbside organics recycling collection and more.

See additional community events at our website:

[www.longfellownokomisemessenger.com](http://www.longfellownokomisemessenger.com)

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## Events planned at Nokomis Library

Nokomis Library, 5100 S 34th Ave., has the following events planned in June:

—Used Book Sale will be held Sat., May 31, 9am-4pm. Bargain hunters and book lovers take note: the Friends of the Library will hold a sale of hundreds of adult and children's fiction and nonfiction books in hardcover and paperback. Funds raised will benefit the library.

—PRIDE: Author Talk will feature author Elizabeth Fontaine on Mon., June 30, 6:30pm. For teens, Fontaine will read from her new book, "Eagle Peak," published by Prizm Press which publishes young adult books featuring LGBT characters. Books will be available for purchase and signing.

—Childcare Group Storytime will meet Tues., June 24, 11am. Talk, sing, read, write and play together in a format appropriate for the children in your care. Share books, stories, rhymes, music and movement.

—Fearless and Friendly Knitting Group meets the 2nd and 4th Wed. of the month (June 11 / 25) from 10am-noon. This meeting is for men and women at all skill levels. Bring your own needles and yarn, please. Other needlecrafts welcome!

—The Nokomis Library Writing Group meets the first Monday of the month (June 2) at 6:30pm. Bring works in progress, paper and pen. You will explore different ways to think about writing.

—"Game On! Gaming Thursdays" takes place on every Thur., 4:30-6pm (no session June 19). This event is for teens. Play Xbox 360 or Magic: The Gathering game cards

## Local library schedule of events

There are a lot more events at the local libraries than we could list here. For a more complete list go to the online calendar at [www.longfellownokomismessenger.com/events](http://www.longfellownokomismessenger.com/events).

are available at the library or you can bring your own.

—The Friends of the Nokomis Library Adult Book Club will meet Thur., June 26, 6:30pm.

—Teen Anime Club meets Thur., June 19, 6:30-8pm. Watch anime, discuss manga and share artwork. Something different every time!

—The Mystery/Thriller Adult Book Club meets on Mon., June 9, 6:30pm.

—The First Friday Diabetes Support Group meets Fri., June 5, 1-3pm. Share experiences with others living with diabetes and get tips and advice from a health care professional on blood sugar management, diet and exercise. Please call Nokomis Healthy Seniors, 612-729-5499, to make arrangements for free transportation to the program if needed.

—The 55+ Book Club meets Wed., June 4 at 3pm when they will discuss "Taliban Cricket Club," by Timeri N. Murari.

—The Graphic Novel Adult Book Club meets Thur., June 12, 6:30pm.

—The Sci-Fi Adult Book Club meets the first Thursday of each month (June 5) at 6:30pm. In June they will discuss "Snow Crash," by Neal Stephenson. —Family Storytime for children of all ages, and their parents, meets every Fri. through June 27, at 10:30am and every Saturday through May 17 at 11am.

—Baby Storytime, for children from birth to 24 months (and

their parent or caregiver) meets every Saturday through August 16 at 9:30am.

—LEGO Lab meets Sat., June 7, from 2-4pm. This event is for families.

### Events scheduled at East Lake Library

East Lake Library, 2727 E. Lake St., has numerous scheduled events during June. Among them:

—Master Gardener: Edible Landscapes, Tues., June 3, 6:30-8:30pm. Learn the how-tos of edible landscaping. Fruits, vegetables, berries and edible flowers can easily become a part of your home landscape design.

—Act Out for Adults: Costume Design Basics, Sat. June 21, 10-11:30am. Learn how costume designers begin with a concept and create one-of-a-kind, fully realized costumes for the stage. Get behind the scenes scoop and explore the garment development process from start to finish. Led by an experienced teaching artist from Guthrie Theater, this event is designed for both avid theater-goers and people who just have an interest.

—The Adult Book Club will meet Fri., June 13, 10:30-11:30am. They will discuss "Main Street" by Sinclair Lewis.

—Family Storytime is held on Fri., June 13, 20 and 27, at 10:15am. This event is for children of all ages and their parent or caregiver.

## Events slated at Roosevelt Library

Roosevelt Library, 4026 28th Ave. S., will sponsor a number of events in June:

—Roosevelt will hold a Used Book Sale on Sat., June 21, 10am-3pm. The Friends of the Library will hold a sale of hundreds of adult and children's fiction and nonfiction books in hardcover and paperback. Most books are withdrawn from the Hennepin County Library system or donated by the public. Funds raised will benefit the library.

—LEGO Lab meets Sat., May 31, from 2-4pm, and on Thur., June 12, 3:30-5pm. This event is for families.

—"Remember When? A Social Club for Adults 55+" meets on Thursdays from 1-3pm. Gather with others from the community to share stories, memories and enjoy good company.

—The Mystery/Thriller Adult Book Club meets on Sat., June 7, 1pm.

—"Paws to Read with an Animal" will take place Sat., June 14, 3-5pm. This event is for families. Volunteers will help put young readers at ease so they can cuddle up with a certified therapy animal and practice reading aloud. Most libraries host dogs and you can call ahead to see if other animals will be visiting.

—Baby Storytime meets at the library every Saturday starting June 17 at 9:30am. This program is for children from birth to 24 months and their parent or caregiver.

—Game On! Meets Thur., June 26, 6:30pm. For families: It's your turn! Drop in for a variety of lawn games, both old and new. In case of rain, this event will be cancelled.

## Affordable fun

Continued from page 6

### AT THE LIBRARY

Local libraries regularly host Lego® Lab for families. The library has the bricks; all you need to bring is your imagination. No experience necessary. There will also be DUPLOS®, so all ages are welcome. At Roosevelt: Thur., June 12 and July 10, from 3:30-5pm. At Nokomis: Sat., June 7, July 5, and Aug. 2, 2-4pm.

Another fun family event at is Game On! This evening of lawn games will be at: Roosevelt on Thur., June 26 and July 31, at 6:30pm; Nokomis on Wed., June 11 and July 9 from 2-4pm.

Game On: Board Games will be at Nokomis Library on Wed., June 11 and July 9 from 2-4pm.

Family storytime will be at Nokomis on every Friday (except July 4) through Aug. 15, at 10:30am. Or go to East Lake on Fridays, June 13, June 20, June 27, July 11, July 18 and July 25, at 10:15am.

### WATER FUN

Canoe Diamond Lake with naturalists from Minneapolis Parks on June 12 and 21, 3-6pm. Learn about the history of Minneapolis lakes and explore Minnesota birds and wildflowers along the shore. Lifejackets will be provided. The class is \$15 for residents.

Paddle boards, pedal boats, kayaks and canoes are available at Nokomis.

Free water safety clinics are offered for ages 5-14 at Lake Nokomis, where there are also logrolling classes.

### SWIMMING

There are two beaches to choose from at Lake Nokomis and one at Lake Hiawatha. Or, opt to get wet in Minnehaha Creek at Minnehaha Park.

Those who prefer a pool will find one at Longfellow Park, Sibley Park, Hiawatha School Park, Bossen Park, Morris Park and Keewaydin Park. The new zero depth entry pools at Lake Hiawatha Park and the Wabun Picnic Area at Minnehaha Park are quite popular.

### LOCK & DAM #1

Take a 30-minute tour at the Lock and Dam #1 at 5000 W. River Pkwy. It offers a bird's-eye view of the locking procedure and other topics ranging from barge traffic in the transportation network to the Corps 9-foot channel project.

### FISHING

Don't let the lack of poles stop you from fishing this summer. Head over to Powderhorn Park, check out poles from the recreation center, and fish Powderhorn Lake. Or check out the fishing docks Lake Hiawatha or Lake Nokomis.

### BICYCLE AND WALKING TRAILS

The Longfellow and Nokomis neighborhood are well known for their bicycling and walking trails. Bring the family on a ride around Lake Nokomis and drop by the new concessions stand, Sandcastle, for ice cream, or hit up one of the two ice cream shops at Cedar and Minnehaha Pkwy.

The Grand Rounds Scenic Byway in Longfellow includes

paved trails along W. River Pkwy., connecting to Minnehaha Park. On the north end of the neighborhood, hop onto the Midtown Greenway, a 5.5-mile trail along a former railroad corridor that offers barrier-free bicycling from W. River

Pkwy. to the Chain of Lakes and beyond.

It'll be a night to remember if you participate in the 3rd annual Greenway Glow Night Bike Ride on June 14 from 9:01pm-1am during Northern Spark, the city-wide,

all-night arts festival. Ride the giant pedal bear. Enjoy free food and beverages. Earn a glow-in-the-dark t-shirt. The Greenway Glow raises money for the trail so register at <http://midtowngreenway.org>.

## Neighborhood Churches Welcome You!

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

*Pastor Jo Bauman*  
Sundays Worship - 9:30 am  
Weds. Bible Study - 10 am  
Tues. June 3 - Power Down Community Lunch at Noon  
Sat. June 7 - SoundBytes Dinner Church at 5 pm  
Check us out!

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

*Pastor Ryan Eikenbary-Barber*  
(Handicapped accessible)  
Children especially welcome  
Contemporary Worship, Sundays 9:00am  
Traditional Worship, Sundays 10:30am

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

*Rev. Pam Armstrong*  
Sunday Worship 10:30 am  
Education: Adults at 9:45 am;  
Children and Youth, 10:45 am  
(Childcare Provided)  
(Wheelchair Accessible)

**Minnehaha United Methodist**  
3701 E. 50th St. • 612-721-6231  
[www.minnehaha.org](http://www.minnehaha.org)

Traditional Service 9:00 am  
Contemporary Worship 11:00 am  
(Sept.-May) 10:30 am (June-Aug.)  
Education for all ages 10:15 (Sept.-May)  
(Childcare; fully accessible)

**St. Albert the Great Catholic**  
E. 29th St. at 32nd Ave. S. •  
612-724-3643  
[www.saintalbertthegreat.org](http://www.saintalbertthegreat.org)

*Fr. Joe Gillespie, O.P.*  
Sunday Mass 9:30 am (Childcare available)  
Saturday Mass 5:00 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  
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**St. Peder's Evangelical Lutheran**  
4600 E. 42nd St. • 612-722-8000  
[www.stpeders.net](http://www.stpeders.net)

*Julie A. Ebbesen, Pastor*  
Worship 9:00 and 10:30 am,  
Summer - 9:00 only  
Education for all at 9:00 am  
(Childcare; Wheelchair Acc., Braille)  
Coffee 10 am

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

*Pastors Derek Johnson & Matt Oxendale*  
Sunday Worship 10:00 am w/children's church  
VBS at Morris Park - June 16-20, 9:00 am  
June 20 Outdoor Celebration - 6:00-8:00 pm  
AA Meetings Tuesdays/Sundays 7:00 pm

### Projects of the Neighborhood Churches Include:

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

Call us at 612-721-6231

Minnehaha United Methodist,  
3701 E. 50th St.

# Classifieds

**Messenger**

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

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to Messenger Classifieds, 1885 University Ave., Ste. #110, St. Paul, MN 55104. Want ads must be mailed to the Messenger before June 16 or the June 26 issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto:denis@deruyternelson.com). Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

## ADDITIONS

Martin Dynneson & Son. Kustom Building and Remodeling - Kustom additions. Roofing, siding, exterior/interior painting. Metal roofs, guaranteed for 100 years. Marty 612-724-8819. B-14

## BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds. etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 6-14

## CARPET CLEANING

Two rooms starting at \$59, owner operator, 45 years experience. Dave. 612-721-5105, Cell 612-636-3073. 7-14

## COMPUTER REPAIR/SERVICE

Harmony PC computer repair, service, instruction. Service in your home. 20 years exp. State Courts, Microsoft. Woman-owned. 651-605-5804. [www.harmonyipc.us](http://www.harmonyipc.us) 8-14

## EMPLOYMENT

The Longfellow/Nokomis Messenger is looking for local reporters to write news and feature stories on a free-lance basis. Pay is based on small stipend per story. Journalism students or graduates are preferred, but not required. Prior newspaper experience a must. Send resume, cover letter and clips to: Longfellow/Nokomis Messenger, 1885 University Av. S., St. Paul, MN 55104.

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direct care; administrate medication, & community activities including transporting. Min. Req. strong computer & comm. skills, a valid driver's license w/ an acceptable driving record, & 18+, & HS Diploma/GED. Paid Training, Benefits, 401(K), and internal growth opportunities! Apply online to requisition # 14-0099 [www.dungarvin.com](http://www.dungarvin.com)! AA/EOE. 6-14

## FOR SALE

Vintage 1900-1949 lights, house hardware, doors, tubs, radiators, etc. Also furniture hardware. 651-644-9270. 20% off with ad. B-14

## FURNITURE

Furniture re-upholstery. Save grandma's chair and sofa! Owner/operator, 45 years experience. Dave, 612-721-5105, cell 612-636-3073. 7-14

## GARAGE SALE

West River Road - Antiques, furniture, clothing, English mysteries, books, supplies, tools, CDs/DVDs, outdoor equipment. May 31, 8 a.m. - 1 p.m. Maps: 4720 E. 34th Street. 612-721-5209. 6-14

## HANDYMAN

Dr. House does it all: From a leaky faucet to a new addition. I can save you money on electrical and plumbing. Call John at 651-231-5652. B-14

Carpentry handyman services. Rotten wood repair, door replacements, trim projects, shelving and more. Licensed, bonded and insured. 30+ years experience. Call Mike 612-382-4322. 5-14

## HAULING

Just Call, We Haul, for free estimates for garage, attic, and basement clean-ups. Call 612-724-9733. 6-14

## HOUSE CLEANING

Amanda's Cleaning, once or ongoing, long term references 651-206-3339. 6-14

Housecleaning - Honest, reliable, reasonable, excellent quality since 1988. Robin. 612-724-0817. 6-14", \$0.0, \$0.0

## LAWN

All your GREEN needs: Mowing/Lawn Care/Landscaping, 20+ Years in Mpls. Call 612-781-3420. [SorensenLawnCare.com](http://SorensenLawnCare.com) 6-14

## PAINTING

Painter Jim. 25 years experience. Small jobs wanted. 651-698-0840. 9-14

## REAL ESTATE

Flourish Realty LLC. Full Service Real Estate/Property Management Services. Local Realtor®, Ecobroker®, & Resident, Daniel Schultz: 612-408-0233, [dan@flourishrealty.net](mailto:dan@flourishrealty.net) 7-14

## RENTALS

MPLS Storage has units for rent at low rates. Locally owned and family operated. Contact us at 612-333-7525. 6-14

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

## SERVICES

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Continued on page 15

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# Summer fun

Continued from page 5

## Flint Hills International Children's Festival

May 29-June 1, 10am-5pm, Rice Park St. Paul

Enjoy art exhibits, performances, and international food vendors at this huge family event. Don't miss this year's amazing outdoor spectacle, Cirque Mechanics' Gantry Bike, as it rolls through the festival. Inside the Ordway, performers from around the world present two full days of shows at \$5 each.

Tickets: 651-224-4222  
http://www.ordway.org/festival/

## Minnesota History Center

FREE to public Tuesdays, 5-8pm

June 21 begins *History HiJinx: Robot Mania!*

For centuries scientists and artists, such as Aristotle and Leonardo da Vinci, made sketches and models of movable figures. In the years following World War II, space travel and technology drove the popularity of robots, with comic book and television characters like Flash Gordon and Buck Rogers hitting the scene. View toy robots in the new History Center exhibit, Toys of the 50s, 60s and 70s, then create your own paper and cardboard contraption.

Cost: \$11 adults, \$9 seniors/students, \$6 children (6-17), 5 and under free; free with MN Historical Society

membership. Closed Mondays  
651-259-3000  
www.minnesotahistorycenter.org

## Mill City Museum

Housed in the hollow remains of the old mill, the Mill City Museum is a multi-sensory experience. Take in the Flour Tower multimedia elevator exhibit, enjoy spectacular views of St. Anthony Falls and the Mississippi River from the 9th floor Observation Deck, get a whiff of fresh cookies baking in the lab. Cost: \$11 adults, \$9 students/seniors, \$6 children ages 6-17, 5 and under free; free with MN Historical Society membership (closed Mondays in June, open Mondays in July & August)  
612-341-7555  
www.millcitymuseum.org

## GET OUTTA DODGE

### Dodge Nature Center

July 11, 8:30-10pm, Star Gazing ages 12+  
Join University of Minnesota Astronomers as they share their telescopes and knowledge of the heavens at this free event.  
Cost: Free

July 12, 9am-noon, Open House at the Farm, all ages

Visit sheep, cows, pigs and chickens. Learn about the farm, animals, gardens, and beehives.  
Cost: Free  
651-455-4531  
www.dodgenaturecenter.org

## Cannon River, Cannon Falls

Bike the scenic 19.7-mile Cannon Valley rail trail or paddle the Cannon River for an 8-mile (approx. 3-hour) float. In lower water, sandbars make great picnic and swim spots. **Cannon Falls Canoe & Bike Rental** has bikes for adults, some for kids, tandems, and trail-a-bikes. They also have canoes, kayaks and rafts. Reservations are a must for weekends.

Cost for bikes (varies by type): \$20/4 hours, \$25/all day (includes required \$4 Wheel Pass)

Cost for boats: \$35 per canoe, \$50 per 4-person raft, \$70 per 6-person raft.  
507-263-4657  
www.cannonfallscanoeandbike.com

## St. Croix River

Paddle the Wild & Scenic St. Croix River. Begin at Taylors Falls. Paddle to either Osceola Landing (7 miles, 2-3 hours of paddling) or William O'Brien State Park (17 miles, 5-7 hours), then get shuttled back to your car in Taylors Falls. Dogs allowed.

Cost for boats: \$40.50 online, \$45.50 walk-in  
Canoe base is located in the Minnesota Interstate State Park (state park vehicle sticker required)  
651-465-6315  
www.wildmountain.com/taylors-falls-canoe-kayak-rental

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# Gandhi Mahal

Continued from page 1

Although not certified as organic, Islam said all the vegetables they grow are not using chemicals. He also said that he has partnered with Eureka Recycling and his restaurant has zero percent waste.

Islam stressed that vision is important, but action then needs to be taken.

"Our plan is to lead by example," he explained. He is hoping to convince all the nearby restaurants to also grow their own food. "I would like to see gardens on the roof, and everyone needs to participate. I want this to become a healthy area for food."

Islam grew up watching his mother and grandmother cook and was drawn to culinary arts at a young age. He also had an opportunity to work with his uncle, who was a political leader in Bangladesh. Islam was in charge of events and learned about diplomacy as well as cooking.

"From when I was little, I was passionate about food," he said. "My goal is to unite people through food. We serve vegan and vegetarian courses as well as meat, beer and wine. Everyone needs to come to the same table and have dialogues; that can bring peace to the world."

Islam uses family recipes in his restaurant and said he is especially fond of dal, a lentil dish that was one of his favorite foods growing up.

"Most Asian spices are the same, but it is how you use the

spice that matters," he said. "We all have our own style."

His fresh vegetables and usage of spice not only draws customers, but resulted in Gandhi Mahal being named one of the 20 best Indian restaurants in the United States by *Travel and Leisure*.

The restaurant has a space for children to play, which Islam's young daughter helped decorate. There is also a meeting room for community gatherings; World Law Day was recently celebrated there.

On May 18, volunteers met in the community room to build a self-watering system. Rain water is collected and piped in, with boxes of vegetables on a pallet. "It's a self-watering system, so that we don't have to water the plants every day," Islam said.

He is also hoping to one day raise his own chickens and goats, and he plans to eventually install solar panels on his building.

Islam comes from a country the size of Wisconsin, but with 160 million people instead of 6 million. "We know food is very important, and that for every step we take, efforts are felt all around the world," he noted.

He emphasized that Minneapolis is a wonderful place for conversation and dialogue that lead to action. He cited Ruth Roman of the Longfellow Business Association and Joyce Wisdom of Lake Street Council as providing him with lots of information and support.

"They help immigrant businesses move forward," Islam



Start-up plants growing in the aquaponics production system in the basement of Gandhi Mahal. The system combines aquaculture (raising aquatic animals such as fish in tanks) with hydroponics (cultivating plants in water) in a symbiotic environment. (Photo by Jan Willms)

said. "It's not easy to do business in another country, but there are wonderful opportunities here."

Taking the cover off a dish

of dal, Islam noted that food is the true wealth.

"It can solve all problems," he said.

Gandhi Mahal is open seven days a week, serving a lunch buffet from 11:30am-3pm and dinner from 5-10pm.



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