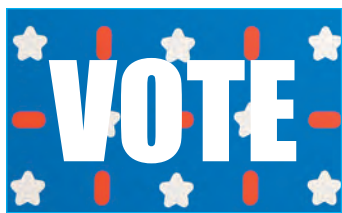




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Messenger



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21,000 Circulation

Artists sell locally at popular Nokomis Urban Craft and Art Fair

By TESHAM. CHRISTENSEN

Local knit artists Jen Bremer and Rich McGeheran make a point to support local businesses and to buy local, so when the opportunity came to sell their own wares locally, they signed up.

This fall marks their fourth Nokomis Urban Craft and Art Fair, which is slated for Sat., Nov. 12, 9am-4pm, at the Nokomis Recreation Center, 2401 E. Minnehaha Pkwy.

"It is always exciting to see familiar faces and show off our latest offerings," observed Bremer, who resides in Weno-nah with her family.

"The Nokomis Spring Fair in 2015 was our very first fair. We chose it because we are a part of that community, and wanted to premiere our company and our products to our friends and neighbors."

The fair started over 20 years ago and was renewed nine years ago. The fall sale became so popular that a spring Urban Craft Fair was added two years ago.

"Everything about this event is exciting," stated Nokomis Park Recreation Supervisor Maggie Mercil.

"We have some amazing and talented crafters both locally from the Nokomis and Long-fellow neighborhoods, as well as some that come from as far away as Cannon Falls. It is wonderful to hear from the community how much they enjoy this event—from the ability to find unique Christmas gifts in the fall for that special someone or just enjoying some locally made granola. There is not any part of this event that is not fun for everyone."

Mercia became involved in the event five years ago when she began working as the Nokomis parks director. "It is hard to say which event is my favorite, ranging from our senior dinner that is put on every November, to the spring and fall Urban Craft Fairs, to the Monarch Festival," she said. "I can say that the craft fair definitely helps me find nice gifts for those hard-to-find people."

Table rental fees help support park preschool programs, art and pottery classes, as well as many other activities offered at the Nokomis Park. The park table at the fair will be showcasing all the local programs, such as Adult Drawing with Michael Russell and Dog Training with Jessica Kuehlman.



Photo left: Jen Bremer of Nokomis Knitting Company doesn't like making the same thing twice. "The items I make using the machine challenge me to be creative with, essentially, a knit tube," she said. "Those tubes I have managed to shape into hand and arm warmers, cowls, scarves, baby blankets, bowls and even a sweater or two." (Photo submitted)

stitched items sometimes using old-fashioned knitting needles.

Much of the time, they use a really old fashioned antique sock knitting machines originally manufactured in the early 1900s to make socks for the troops of WWI and WWII to prevent trench foot. They've restored the machines to make more than just socks and hope that others will like what they've been able to, literally, crank out.

Bremer and McGeheran reside on the east side of Lake Nokomis. Bremer works part-time at Steven Be's, a local yarn and knitting studio, while McGeheran works in downtown Minneapolis at an advertising agency.

Both Bremer and McGeheran have always been creative and artsy people.

Bremer's grandmother taught her how to knit when she was 10 years old to keep her from scratching her chicken pox. Since then she has dabbled in clay, paint, glass, charcoal, and many other mediums but painting, shaping, and creating with yarn and fiber has become by far her favorite and most

give each other feedback on our work, and we all support and encourage each other."

In addition to the park staff and Flourish, individual crafters volunteer their time to make the event a success, pointed out Mercil. "They are involved in the planning, publicity, and the scavenger hunt, as well as set up and take down the day of the event. This event wouldn't be possible without the help of the volunteers."

Meet some artists

Jen Bremer and
Rich McGeheran
www.nokoknitco.com

Founded in 2015, Nokomis Knitting Company is a husband and wife team making handmade knitted, felted and

Continued on page 10

There will be over 40 vendors at the show.

Activities for children include putting together milkweed seed balls and making seed art to help promote monarch habitat. There will also be a scavenger hunt for both children and adults, with items and prizes for the hunt donated by the crafters.

Helping artists flourish

Flourish, a group of diverse Minnesota artisans, helps organize the event.

"The group's purpose is to join together to present our talents and grow as artists, so we each can flourish in our respective crafts," explained Nokomis East artist Mary E. Pow of MinneBites.

Bremer and McGeheran found Flourish at the first Nokomis Art Fair they participated in. "It started as a local Etsy sellers group, but has morphed into a local hand-crafted business group where members support other members in many ways," Bremer stated.

"This group has been such a wonderful support system," said Casey DePasquale of Casey ceramics, who lives north of Lake Nokomis. "We hold monthly meetings where peo-

ple can share tips about selling online and at local shows, we

Potential along 38th St. being tapped

Ground breaks for 3828 housing, retail; first phase will open next fall

By TESHAM. CHRISTENSEN

Ground broke on Wed, Oct. 19, for the first of several buildings that will reshape 38th Ave. west of the light rail station. Calling it the first step, community leaders praised the vision of the project and the way it will fit into the neighborhood.

The new building at the southwest corner of 38th St. and 28th Ave. will wrap around the existing streetcar commercial building owned by Forteva, and will include 51 market-rate apartments and four retail spaces. The new building will replace surface parking, a tiny service garage, a one-story concrete block building and a duplex on portions of four properties.

The commercial space will face 38th St., and ground floor residential units will face 28th Ave. Forteva will be incorporating a solar installation, an electric car (EV) charging sta-

Continued on page 15



Ground broke for the 3828 project at the southwest corner of 38th St. and 28th Ave. on Wed., Oct. 19. Left to right: County Commissioner Peter McLaughlin, Standish-Ericsson Neighborhood Association Board President Molly McCartney, Ward 12 Council Member Andrew Johnson, Lander Group President Michael Lander, Andrew Moeding of the Lander Group, and Andy Root of Forteva Real Estate and Solar. (Photo by Tessa M. Christensen)

Frank Theatre to perform in old Rainbow Foods building

Staging a play in a huge vacant space provides challenges and opportunities for theater company

By JAN WILLMS

The former Rainbow Foods location at 2919 27th Ave. S. has stood empty for a couple of years. The 70,000 square foot space is amazingly large and barren now that all the shelves of groceries, the freezers, the deli, the bakery and the coolers have disappeared.

But this will be transformed for four weeks when the Frank Theatre takes over the space and presents "The Good Person of Setzuan" Oct. 28-Nov. 20.

A twenty-foot banner will be at the entrance. Parts of the large space will be covered with tents, as a homeless camp is created. The parable, written by Bertolt Brecht in 1940, is a comic play with music set in an urban slum. The play is directed by Wendy Knox, founder and director of Frank Theatre.

The performance itself will take place on the store's former loading dock, with audience chairs garnered from the now-closed Theatre de la Jeune Lune.

"We have never had a space," said Knox. "We started the theater out of my home, and we perform in various theaters throughout the Twin Cities. But this is not the first time we have performed in a vacant building."

She said that as well as performing at the Guthrie, the Ritz, the Playwright Theater in the Seward neighborhood and the Southern Theater, the Frank has done plays at the former Sears Building, the Pillsbury A Mill Machine Shop and the Minneapolis Public Works Building, just before it was renovated.

Knox, who has directed 60 plays for the Frank since she founded the theater in 1989, said that Wellington Management owns the Rainbow property.



The cast for "The Good Person of Setzuan" rehearses in the old Rainbow Foods store at 2919 27th Ave. S. (Photo by Wendy Knox)



(L to R) Patrick Bailey, Janis Hardy, Ellen Apel, Katherine Ferrand rehearse a scene in "The Good Person of Setzuan." (Photo by Wendy Knox)

Being able to use the vacant building before it is turned into a permanent business property is all a matter of timing, according to Knox. "The owners don't want to provide the space too far in advance, depending on what the developer wants to do with it. Wellington has been very supportive and is great to work with."

Knox said the challenges of putting on a play in a vacant building are different. "How do you set up the electricity and the heat? What breakers control what outlet? It's a huge job to figure it out."

She said solving those problems takes place simultaneously with rehearsing for the play. "We have a rehearsal space at 27th Ave. and Greenway, and we have rehearsed there for two weeks," Knox explained. "Then we will rehearse for three weeks at the Rainbow site. And we will be per-

forming here for four weeks."

The Frank Theatre set its mission as stretching its actors, director, and audience members. Its website boasts a motto: "We won't make you bleed, just bruise you a little bit."

Knox chuckles as she remembers when they presented their first play. "We were working on this one project, and we had no plans for what to do next. But when the play was finished, someone asked what now, and we continued."

Besides having directed the 60 plays the Frank has put on, Knox has directed numerous other performances in the Twin Cities and other states. The nonprofit Frank Theatre also offers residencies and classes, currently offering a residency in an alternative high school in the metro and a school north of Cloquet, MN.

The Frank is also probably

the only theater in town that offers recipes on its website and in its newsletters.

"About 15 years ago, we were working with a consultant on our newsletter, and I asked him about recipes," Knox noted. "You're a theater, not a restaurant," he responded. But

she said that both cast members and audience members were foodies, and she wanted to offer recipes.

"And people do use them," she remarked. "I will have someone come up to me after a

Continued on page 3

MEET THE AUTHOR

You'll Be Nothing Without Me

by Sherri Moore

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The South Service Area Master Plan approved by commissioners

Master Plan will guide development of south Minneapolis neighborhood parks for the next 20-30 years

On Sept. 28, Minneapolis Park and Recreation Board (MPRB) Commissioners approved the South Service Area Master Plan (SSAMP), a document that details a 20-30-year vision for all neighborhood park properties south of Downtown Minneapolis and east of I-35W. Collectively, the neighborhood park plans will guide spending on park improvements at 32 south Minneapolis park properties for many years to come.

Two years of community engagement at more than 100

events and public meetings shaped the cohesive long-term plan.

Local parks in the plan include Solomon, Shoreview Triangle, Seven Oaks Oval, Rollins Triangle, Morris, Longfellow, Keewaydin, Hiawatha School, Brackett, Bonnsen Field, and Adams Triangle parks.

Minneapolis has a long tradition of planning, designing and redesigning its parks across the MPRB's 133-year history. Several years ago the

MPRB recognized it needed to rethink neighborhood parks and set a vision for remaking them in the image of the communities that surround them.

The timing took on even greater importance when the 20 Year Neighborhood Park Plan (NPP-20) passed earlier this spring. After years of chronically underfunded neighborhood parks in Minneapolis, NPP-20 will provide an additional \$11 million annually over the next 20 years to fix them up. The SSAMP and four upcoming ser-

vice area master plans (Downtown, North, Southwest and Northeast/Southeast) will collectively guide outdoor capital improvements to reconstruct or build new playgrounds, aquatic facilities, athletic fields, hard surface courts and some amenities new to the neighborhood parks, like climbing walls and adult fitness areas. RecQuest, an ongoing project designed to comprehensively assess MPRB recreation centers and programming, will direct any improvements to recreation centers.

These master plans will also allow the MPRB to leverage addition financial resources by inspiring and then directing outside philanthropy and grant funding. This vision will—like the parks themselves—bring communities together to imagine and then build the future of Minneapolis's neighborhood parks. Ultimately, these plans ensure the MPRB uses its increased funding on things that are important to the people who use neighborhood parks.

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Frank Theatre

Continued from page 2

play performance and tell me they just made the key lime pie."

The Brecht play explores whether it is impossible to live in the earthly world and remain good, and it features many noted actors from the Twin Cities. Knox said several actors form a core group, which changes every 4 or 5 years. "Sometimes people leave for awhile and do other things and then return," she said. "And there are also new faces that appear."

"I have one woman working on this production who has been helping me since 1994," she noted. "I have worked with the costume designer for 25 years." The music for the play is being produced by Minneapolis resident Dan Dukich.

At the end of a long day, Knox admitted she was exhausted but said she loves what she does. "Doing theater this way is more exciting, but it's also ten times harder." On her one day off from rehearsals, she was working with an electrician to see what breakers will affect which lights, and how lights can get turned on in



(L to R) Patrick Bailey, Janis Hardy, Ellen Apel, Katherine Ferrand rehearse a scene in "The Good Person of Setzuan." (Photo by Wendy Knox)

the dressing rooms.

Performances of "The Good Person of Setzuan" will be held Thursdays, Fridays and Saturdays at 8pm, Sundays at 2pm and a student matinee Nov. 10 at 12pm. Ticket prices are \$25 for general admission

and \$22 for students and seniors with ID. A pay-what-you-can performance is set for Oct. 29 at 8 pm.

For additional show information, go to www.franktheatre.org or call 612-724-3760.

Letters to the Editor

Member feels Midtown YWCA short-staffed

To the Editor,

The YWCA has a great mission: eliminating racism, empowering women and girls, and promoting peace, justice, freedom and dignity for all.

The Midtown YWCA is conveniently located at Lake St. and

Hiawatha and I can take LRT to my workouts.


Sadly, the Midtown facility disappoints in some basic management issues. Some months ago the Y stopped providing a life guard for early morning swimmers. There is usually a full pool at 5:35am but no lifeguard. A lifeguard is provided later in the day, sometimes when only a few people are in the pool.

The mornings I arrive at 5:30am I find one staff available to unlock the door and check in the 40 or so people waiting to enter and start their workout. Members can wait 10 minutes or more to check in if they arrive at that time of day. This morning the track was locked, and the trainer was unable to find a key to unlock the track. After another 10 minutes and after going through all the (wrong) keys we were invited to use the bottom track.

I have submitted numerous suggestion cards but don't receive a reply. I'd happily pay a bit more in membership fees to hire a morning lifeguard and a second staff to check in members at 5:30am.


Angela Wyatt
Nokomis East



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Longfellow resident Larry Long to release new music CD

By JAN WILLMS

At a time when many his age are considering retirement, Longfellow resident Larry Long is planning the release of his new CD "Dove with Claws: the Melvin James Sessions."

Long, who has spent his lifetime as a singer and songwriter, community organizer and educator, has collaborated with his cousin, Melvin James, in this latest CD. The release, as well as Long's 65th birthday, will be celebrated at the Cedar Cultural Center, 416 Cedar Ave. S., at 8pm on Nov. 11.

Long, who was dubbed an American Troubadour years ago by author and historian Studs Terkel, began his musical and community-building journey just before he was set to graduate from St. Cloud State University in English and philosophy.

"I was one-quarter shy of graduation when I hit the road with a fiddle player, and we began to circle the country," Long recalled in a recent interview. "Fiddlin' Pete Watercott from St. Cloud was my friend, and he was a conscientious objector during the Vietnam War. So was I. He was serving an alternative service in California, and I followed him out there." Long said the two hitchhiked, hopped freights, used a pickup they turned into a camper and sang and played their way across the country.

"I've never stopped," Long said. "It has just taken on different forms."

He said the two played for hard rock miners, many of whom were veterans, as well as cowboys. "Music is a really good bridge between people and a wonderful tool between cultures. Used as a means of building community, doors will always open."

Long recalled that he and his friend shared a kindred spirit of wanting to get to know people, and as they traveled Long would write songs for people who took them in. "I wrote on paper bags and would leave the bag on the refrigerator with magnets. Pete wrote songs, too. We were leading the life of Woody Guthrie, and we were conscious of doing

that, too. It's not that we were trying to be Woody, but it was who we were and who we are, a tradition that made sense to us."

Long was born in Des Moines, IA, and raised in a Southern Baptist family. "There was a lot of early church music and Carter family type of singing," he said. "My dad was a coffee salesman, and my mom worked at home." When he was in the third or fourth grade, his family moved to St. Louis Park, MN, where he was raised. When he reached the 8th grade, his father passed away from a heart attack at the age of 33.

Long had taken piano lessons, but after his father died he picked up the guitar as a way of working through his father's early death. Social justice became a part of his life as he watched his mother, who had been a wife and homemaker, become someone who had to get a job.

"That had a huge impact on me," Long said, "and I became familiar with government assistance and social security, faith communities and civic organizations that provided help, especially to someone in transition. I became very aware that the church and synagogue, or the Lions and Rotary, can't do it alone."

As Long and his friend, Fiddlin' Pete, would circle to the west, they always returned to St. Cloud, which featured a large musical community during the 1970s. "We would have hootenannies, and hundreds of people would gather when we came to town."

On one of his trips back to Minnesota, Long wrote a song about farmers trying to stop a new power line, called "Pope County Blues." When he next went to California, a farmer called Victor Fuchs told Long he had told a local TV station that Long had written a song about their struggle and was going to make a record of it. Long replied that he did not know he was going to do that. "You don't want to make a liar out of me, do you?" asked Fuchs. So Long headed back to the Midwest and



Larry Long, who has spent his lifetime as a singer and songwriter, community organizer and educator, has collaborated with his cousin, Melvin James, in his latest CD. The release, as well as Long's 65th birthday, will be celebrated at the Cedar Cultural Center, 415 Cedar Ave. S., at 8pm on Nov. 11. (Photo submitted by Larry Long)

recorded the song.

"It became a sort of underground hit, and it played on the jukebox in central Minnesota, and I sold it at farm protest rallies." At one of these rallies, Long met Paul Wellstone, who was then a professor at Carleton. Wellstone had Long come to his classes and sing for his students, and the two grew close. "Paul was organizing students, and I was bringing music into the movement," Long said.

The 70s and 80s were heady years for Long, as he combined his songwriting, singing, community building and educational talents to create and inspire numerous events and along the way meet many other performers who shared his outlook.

Pete Seeger became a mentor. Long traveled to Moscow with Kris Kristofferson. He performed for Rosa Parks. He started the Mississippi River Revival. And he began collaborations

with children and elders in the schools.

He recalled how he first met Seeger. "I was singing about the powerline and the same farmer, Virgil Fuchs, asked me if I wanted to go to Appleton because the farmers were beginning to organize around fair wage. This was around 1978-79. I went to Appleton and sang, and there was an old man leaning on a cane,

Continued on page 5

Larry Long's Birthday Celebration and CD Release Party

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Larry Long working with students. (Photo submitted by Larry Long)



Melvin James and Larry Long perform together. Long is planning the release of his new CD "Dove with Claws: the Melvin James Sessions." (Photo submitted by Larry Long)

Larry Long to release new CD

Continued from page 4

and everyone called him Governor. He called me over and told me I reminded him of Woody Guthrie and Pete Seeger. I asked how he knew them. I found out he was Gov. Elmer Benson, who had been the Farmer-Labor governor before the merge with the Democratic Party. When the lumberjacks went on strike, he called out the National Guard on the company, and the lumberjacks won. Usually, the Guard is never called out on a company. Anyway, Seeger and Guthrie came to Minnesota, and Gov. Benson called up Pete and told him about me. Pete called me up and invited me to his home. He came here and sang at the Prom Center, and had me sing with him. We visited on multiple occasions over the years, and he invited me to sing at his 90th birthday celebration in Madison Square Garden."

The events Long has been a part of, and the organizations and programs he has created are almost a blur; there are so many. In the 1980s, he formed the Mississippi River Revival. "I was impressed with Seeger's work on the Hudson, so I brought the clean-ups to the Mississippi," Long explained. Over a 10-year period, he took a canoe and formed a flotilla, starting from the headwaters, holding festivals and clean-ups every week.

He was invited to be a cultural representative on the Soviet-American Peace Cruise when Perestroika and Glasnost were taking place in the 1980s. Long took the Delta Queen with a contingency of clergy, laity, KGB, Russians, Latvians, Poles and Ukrainians, including cosmonauts, musicians, and artists to New Orleans. The next year they went halfway down the Volga. "It was powerful. There were poets and singers on the streets of Moscow; the lid was off," Long recalled. He later joined Kris Kristofferson touring Moscow and at the Hollywood Bowl.

He started the first festival for Woody Guthrie, joining with others to form an organization called the Woody Okemah Organization for the Development of Youngsters (WOODY), bringing Woody home to his birthplace,

Okemah, OK.

Also in the late 80s, Long created an intergenerational process, "Elders' Wisdom, Children's Song" while working with communities in Alabama. With this program, he brought elders from the community into the classroom to tell their stories to children. The children would then create songs to celebrate the lives of these elders. He later organized Community Celebration of Place, a nonprofit committed to intergenerational and cross-cultural community building. "Different people I worked with thought it was time for me to form a nonprofit so we could get grants, and my 'Elders' Wisdom, Children's Song' could be more formalized. We created a larger support base," Long noted.

Although his program with elders and children is still going on, Long has taken a break from it in the past year. He received a grant from the Minnesota Historical Society to put his archives together. "I have over a thousand songs I have written with youth all over the United States," Long said. He said that in his songwriting, he has honored people of every culture, but the songs that are shared with him don't really belong to him, but are his responsibility. "These stories belong to the people, and I'm actively working on that," he said. "I have also been working on the new CD and working on getting my own story out. I have written hundreds of songs independently of my work with the schools."

Along his way, Long has combined his music with his activism. The soft-spoken troubadour's eyes light up when he talks about his continuing journey and how when one can create opportunities of love, hearts open up. His feelings are reflected in his songs, whether it is a song he has written about his father, or about seven strong women who went on the longest strike in Minnesota history, or the 38 Native Americans who were hung in Mankato years ago or a work that was inspired by Leonard Peltier.

He said the time to write a song varies. He wrote "Eyes of My Father," about a tree he planted with his father when he was a child, in about 15 minutes. "But it took me 40 years to reconcile his death."

Another song that he consid-

ers his best, "Walking like Rain," about the Mankato hangings took a long time to research. But he said once the information was

gathered, the writing of the song went very quickly.

He cites performers he admires who really walk their talk.

"Pete Seeger once told me that if singing would save the world, he would just be a singer," Long said.



Larry Long (right) sings with Kris Kristofferson. Long once traveled to Moscow with Kristofferson. (Photo submitted by Larry Long)



Long cites performers he admires who really walk their talk. "Pete Seeger (left in photo) once told me that if singing would save the world, he would just be a singer," Long said. (Photo submitted by Larry Long)

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the January issue dates have changed to:
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Trylon to host great films 'without a home'

During November, Trylon microcinema, 2820 E. 33rd St., will celebrate great films that don't quite have a home in a larger series.

Nov. 4-5 at 7pm and Nov. 6 at 3pm, "The Mystery of Chessboxing" will take the screen. A vicious villain with an unstoppable five-element technique, Ghostface Killer is bumping off all his old rivals. Meanwhile, a young student trying to learn kung fu is taken under the wing of an old chess master. This classic in 35mm is in Cantonese and Mandarin with English subtitles.

Nov. 4-5 at 9pm and Nov. 6 at 7:30pm, Trylon will present "Shaolin vs Wu-Tang," another film in Cantonese and Mandarin with English subtitles. An evil lord turns the Shaolin school against the Wu-Tang in hopes of combining the two styles, mak-

ing himself invincible. Gordon Liu was a Shaw Brothers superstar. This is the only known 35mm print.

Nov. 18 (7 and 9:30pm), Nov. 19 (10am, 7 and 9pm), and Nov. 20 (5 and 7:30pm), Trylon presents "The Treasure of the Sierra Madre." Based on the novel by the mysterious B. Traven, John Huston's film is a radiant masterpiece set in the mountains of Mexico. Three prospectors find themselves at war with nature, bandits, and one another. Book Club screening is Sat., 10am.

"Star Trek II: The Wrath of Kahn" will hit the screen on Nov. 25 (7pm) and Nov. 27 (3pm). A distress call from a deserted planet brings Kirk and company face to face with a long-forgotten enemy who will have his revenge. KHAAAAAN!

"Star Trek IV: The Voyage

Home," follows the same weekend, Nov. 25 (9:15pm), Nov. 26 (7pm) and Nov. 27 (5:15pm). Kirk and crew make a daring trip to the past in order to rescue the humpback whales that can answer an alien probe intent on destroying life as we know it.

And, to make that November weekend truly memorable for Trekkies, "Star Trek VI: The Undiscovered Program" will screen the same weekend on Nov. 26 (9:30pm) and Nov. 27 (7:30pm). Intergalactic war is imminent when Kirk and McCoy are wrongly convicted of assassinating the Klingon High Chancellor on the eve of the signing of a historic peace treaty.

Trylon is a 501(c)3 nonprofit specializing in repertory showings of classic, cutting-edge, foreign, and art-house films.

Nation's first inner city Rotary Club celebrates 20 years

Minneapolis South Rotary seeking new members—particularly from local neighborhoods

By TESHAM. CHRISTENSEN

For 20 years, the Minneapolis South Rotary Club has been living out the Club motto, "Service Above Self."

As the organization celebrates two decades, it is seeking new members.

Through the years, the club has met the different needs of different members and has accomplished some really neat things, according to Past President Lynn Keillor. "However, there's been some attrition in the past few years—some members moved, work schedules have changed, life happened. It was as if we looked up one day and said, 'Gosh, we don't have the hands to do the cool stuff we want to and should be doing.'"

She acknowledged that it doesn't help that Rotary has a bit of a stodgy reputation. "In actuality, our club is diverse in so many ways—gender and gender identity, race, profession, political leanings, nationality. Rotary is an on-the-go, tuned-in group in the Twin Cities with fun, energetic and interesting people," said Keillor.

"We're at an interesting point in the club where we can grow it up into something really cool—it's like we've been given the good fortune of a blank slate and the opportunity to write the next chapter. There are countless good ideas and projects we could do in South Minneapolis, in the Metro area or even worldwide. "This can and should be as vibrant of a club as is the neighborhood we're in."

Milin Dutta of Standish is passionate about keeping the South Minneapolis club going. She's a member of the larger Minneapolis City of the Lake Rotary club, but attends the South Minneapolis meetings each week as a guest. "Why you should join Minneapolis South Rotary Club? What do you lose? \$25 per month? What do you gain? Good network and you could listen to great speakers every week," she stated.

Libraries, school supplies, job readiness and more

The South Minneapolis Rotary Club was chartered in 1996 as a special project by the Minneapolis City of Lakes Rotary Club with the support of the Edina Rotary Club.

It's the first Rotary club in the nation to be established in an inner-city neighborhood.

The group's contributions to the South Minneapolis neighborhood are many.

They built 12 (and installed 11) Little Free Libraries in South Minneapolis neighborhoods with low literacy and low-access to books, including one at the Friendship Academy School of Fine Arts (2600 E. 38th St.) and one at Folwell School (3611 20th Ave. S.). The books were provided by the Minneapolis School District.

Most recently, Rotary donated money to the Friendship Academy of Fine Arts to help buy uniforms for youth in need.

Rotary has also provided 500 sets of warm mittens and hats for Minneapolis students for the last



The South Minneapolis Rotary Club is diverse in many ways—gender and gender identity, race, profession, political leanings, nationality, according to Past President Lynn Keillor. "Rotary is an on-the-go, tuned-in group in the Twin Cities with fun, energetic and interesting people," said Keillor. (Photo submitted)

several years, and Back-to-School supplies for dozens of Minneapolis students who can't afford them for the last ten years.

The group has helped with a job readiness program for youth with special needs, which includes a job shadow day at the VA. "It's a program of the WorkForce Center, and we help with a donation as well as talking to students about our careers and performing mock interviews," explained Keillor.

Another project is the annual Aliveness Project's Holiday Baskets program, which benefits the families of people with HIV or AIDS. They have contributed money and delivered many baskets over the past several years.

Through a partnership with the Plymouth Rotary Club and the Sudden Cardiac Arrest Survivors Group, they have conducted community CPR and AED training. (Look for another class this fall.)

Programs for global peace and understanding

Perhaps the project the Rotary is known most for is its International Exchange program.

It is the Rotary Youth Exchange that pulled Keillor into the organization when she was a high school participant, and it remains one of her favorite pieces of the organization today. "I love Rotary Youth Exchange. I feel it's a true vehicle for global peace and understanding," she said.

Keillor was active in an organization for returned Rotary exchange students in college, and then it dropped off of her radar until her early 30s, when she went on a vocational exchange, also sponsored by Rotary. She got back involved with the youth exchange program at an organizational level, and eventually joined the Minneapolis South Club in 2010.

The South Minneapolis Rotary Club has sponsored both an inbound and an outbound International Exchange Student (a

one-year program) each year for the last several years.

Two former exchange students from Minnehaha are



Minneapolis South Rotarians welcome a 2016-17 exchange student, Arya, from Indonesia. He plays guitar and piano; enjoys basketball and badminton; and is especially active with his school debate team. "I love Rotary Youth Exchange. I feel it's a true vehicle for global peace and understanding," said Lynn Keillor, who helps manage the exchange program. (Photo submitted)



Physically disabled people in the Andhra Pradesh region of India now have personal transportation, thanks to a project that provided 290 hand-crank tricycles to those in need. The project was supported financially by the Minneapolis South Rotary Club. "The project gave a boost to the beneficiaries by restoring their dignity and self-respect through independent mobility," said the final report submitted by the Rotary Club of Kothagudem. "They now do not have to depend on others for their mobility and livelihood and, in the process, live a better life with esteem." (Photo submitted)

"We're at a really interesting point in the club where we can grow it up into something really cool—it's like we've been given the good fortune of a blank slate and the opportunity to write the next chapter. There are countless good ideas and projects we could do in South Minneapolis, in the Metro area or even worldwide. This can and should be as vibrant of a club as is the neighborhood we're in."

— Lynn Keillor

CiCi Donovan and Andrew Vrabel-Miles. Donovan, a 2014 South High graduate, spent the 2014-15 school year in Brazil. Vrabel-Miles, a 2014 Southwest High graduate, spent the 2014-15 school year in Thailand.

In the past, families from Page, Minnehaha, and Hiawatha have opened their homes to Rotary Youth Exchange Students as host families.

"I work a lot with the exchange program—both with Minneapolis students going abroad and from the students we host. They are such well-rounded, motivated, interesting and interested young people who stretch themselves to the limits with this program," said Keillor. "I love seeing them push themselves and grow."

This year, there are ten students from Minneapolis studying abroad for a high school year; six of them are sponsored by the Minneapolis South Club. The club is also hosting a young man from Indonesia, who is attending Southwest High.

'Like getting a personal Ted Talk each week'

The weekly Rotary meetings are an opportunity to learn about all types of topics of interest. Recent topics include an update from the Lake Street Council on transportation issues, an Allina surgeon talking about her medical missions in Guatemala, and a three-meeting series on food issues.

"I love the variety of speakers that come to our meetings each week," said Keillor.

"I love learning, and it's like getting a personal TED Talk every week. I enjoy being connected to the greater world of Rotary, and have met interesting people locally, nationally and internationally with whom I otherwise would've never come in contact."

The group meets on Tuesday mornings, 7:15-8:30am at Urban Ventures Center for Fathering, 3023 4th Ave. S. Dues are \$75 per quarter or \$300 annually. For more information, browse www.MinneapolisSouthRotaryClub.com.

Early voting made easy and convenient in Minneapolis

Story and photos by MARGIE O'LOUGHLIN

In 2014, the Minnesota Legislature updated the state's laws for absentee voting. The primary change was to allow any qualified voter to cast an absentee ballot, either by mail or in-person, without providing a reason.

There are four Early Vote Centers in Minneapolis: South, North, Northeast, and Downtown. The South Early Vote Center is located in the old Roof Depot Building at 1860 E. 28th St., with ample off-street parking.

This year's general election will be held on Tues., Nov. 8. Early voting by absentee ballot began 46 days before the election.

All Early Vote locations will be open through Fri., Nov. 4, Mon.-Fri., 7am-6pm; Saturdays, 9am-4pm; and Sundays, noon-5pm.

On Mon., Nov. 7, all Early Vote Centers will be open from 7am until 5pm.

Language assistance is available at all Early Vote Centers, depending on the ethnic make-up of each jurisdiction. At a minimum, Spanish and Oromo-speaking staff



The early morning staff of the South Early Vote Center, the second busiest in the city. The process of voting here takes only about ten minutes. Oromo and Spanish language assistance is available, as is assistance getting in and out of the center if needed.

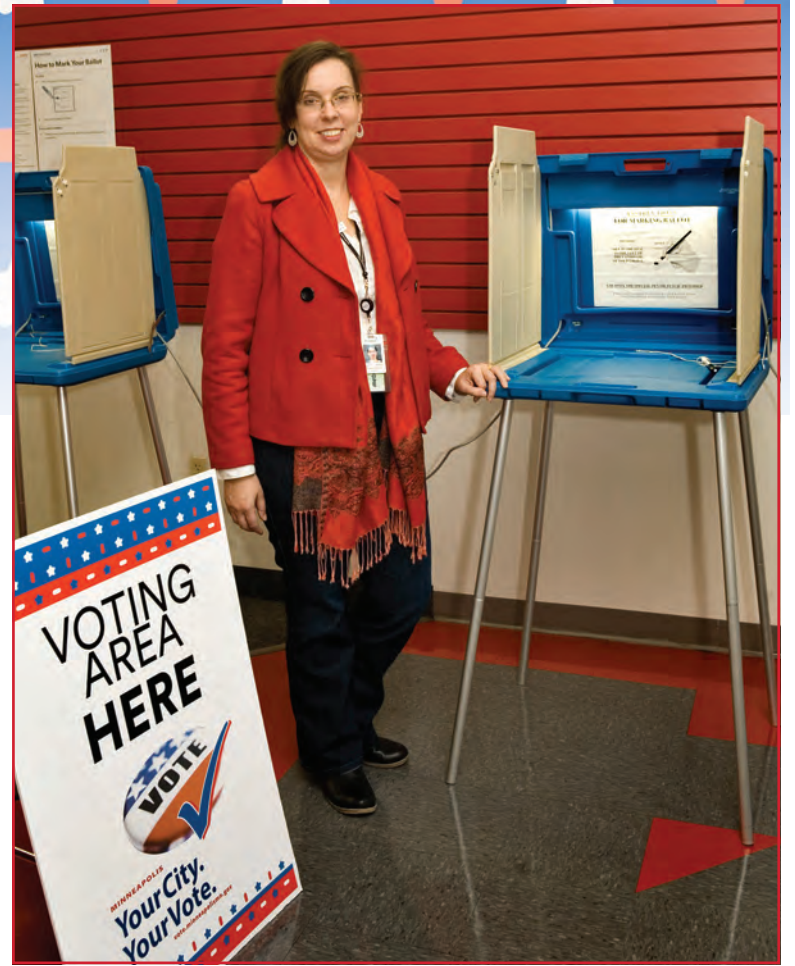
will be available at the South Early Vote Center during hours of operation.

Anissa Hollingshead is Communications and Outreach Manager for the Minneapolis City Clerk's Office, which contains Election and Voter Services. "Our staff has

been doing robust outreach efforts to reach under-served voters of Minneapolis for months," she said. "Our nine-person outreach team has language skills in Oromo, Spanish, Somali, Hmong, and Amharic. We're anticipating a huge voter turnout for this election."

"The integrity of the electoral process has been called into question across the country in the last several years" noted Hollingshead. "We've done everything we can to ensure an honest and transparent election here in Minneapolis. Our equipment has been tested, re-tested, and verified. We've gone from paper ballots to electronic and back to paper again because paper can't be hacked—the data can't be altered."

Hollingshead explained that the Federal Voting Rights Act doesn't require on-site translation services. "Minneapolis election officials agreed that this was important, given the diverse make-up of our city. We aspire to a quote by Franklin D. Roosevelt, that 'No one will ever deprive the Ameri-



Anissa Hollingshead, Communications and Outreach Manager for Election and Voter Services, at the South Early Vote Center. She said, "Our hope is to make voting as easy as possible, for as many people as possible. Ballots to the people!"

can people of their right to vote, except the American people—and the only way they can do that is by not voting."

"This is the story I want to tell: how Minneapolis has gone above and beyond what is required by law to do what is right for the community," Hollingshead said.

To vote in Minnesota, a person must be a US citizen, be 18 years of age on Election Day, and have been a resident of the state for at least 20 days before the election. If a person has a felony on their record, they must have completed their parole and probation to vote.

Early voting is almost identical in its process to voting on Election Day. The major difference is that until Oct. 31, ballots are sealed and handed to an election offi-

cial—to be tabulated later at City Hall.

Direct balloting, where voters insert their ballot directly into a ballot tabulator, will start seven days before Election Day at all four Early Vote Centers. The biggest advantage to direct balloting is that the tabulator will indicate if the voter has made an error in marking their ballot.

To vote at one of the Early Vote Centers, a voter must be a Minneapolis resident. A voter can vote at any of the centers, as long as they bring proper ID and proof of residence (if registering as a new voter).

Call 311 from within city limits, or 612-673-3000 from outside city limits, with questions or comments about early voting.

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Republican, DFL candidates face off in State House, State Senate races

By **TESHA M. CHRISTENSEN**

Before you head to the polls on Tues., Nov. 8, be sure to double check your polling location.

Due to long lines in previous elections, several new locations were added in the Nokomis neighborhood. There are now 13 polling locations instead of 10.

Here are the details on the precinct splits:

- 12-6 added 12-11 (south of 52nd St. E.) with the new polling location of Trinity Lutheran Church of Minnehaha Falls, 5212 41st Ave. S.
- 12-8 added 12-12 (east of 21st Ave. S.) with the new polling location of Roosevelt High School (Gym), 4029 28th Ave. S.
- 12-5 added 12-13 (south of 49th St. E.) with the new polling location of Keewaydin Campus—Lake Nokomis Community School (Gym), 5209 30th Ave. S.

Go to <http://vote.minneapolismn.gov/voters/where-to-vote> and enter your address to find your polling location.

Two questions on ballot

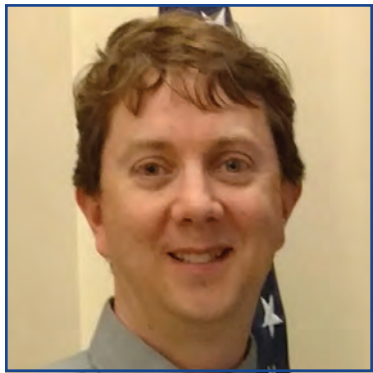
Expect to find two questions on this year's ballot. The first will be voted upon by all the citizens in Minnesota. If approved, it would remove lawmaker's power to set their own pay. An independent, citizens-only council would be established to prescribe salaries of lawmakers instead.

The second question pertains to the Minneapolis School District. The school district's existing referendum revenue of \$1,604.31 per pupil is scheduled to expire after taxes payable in 2016. A "yes" vote would extend the property tax levy for nine more years. It would increase each year by the rate of inflation. The money will be used to manage class sizes and provide supportive services and activities for students.

STATE REPRESENTATIVE DISTRICT 63A

Kyle Bragg - R

kylebraggformnhouse63A@gmail.com



Kyle Bragg

Bragg has resided in Standish for 18 years. He has a bachelor of arts in business administration. He has worked in the finance department at Loffler Companies for 12 years, and is on the Loffler Helping Hands Team, which connects employees with local charities including St. Joseph's Home for Children and Ronald McDonald House.

His first priority, if elected, will be to "work on a solution to the crisis of unsustainable rising healthcare costs," he said. When open enrollment for MNSure begins in less than a month, residents shopping for individual

policies will have to pay 50-67% higher premiums in 2017; Blue Cross and Blue Shield of Minnesota is no longer a provider option, and there are new enrollment caps with each of the remaining providers.

Another focus will be on education. "The high school graduation rate in Minneapolis was 64% in 2015, and there is an achievement gap of about 10% for students of color that needs to be closed," he said.

He would also work to lower the cost of higher education with more in-state tuition credits, fee reduction, and scholarships.

Bragg supports legislation to lower taxes for middle class working Minnesotans and to provide property tax relief with more state aid to municipalities and counties.

"I will also support efforts to focus spending in the next biennium to help Minnesota businesses create jobs and enhance research and development to increase production of goods and services which can be exported to other states and countries to bring more money into the state and promote economic growth," he stated.

Bragg has been married for almost 19 years and has two daughters, ages 9 and 11.

Jim Davnie (I) - DFL

www.jimdavnies.org



Jim Davnie

Davnies taught middle school social studies for 17 years. While teaching, he was elected to three terms as his local union's president and also served in leadership positions at the state level with the Minnesota Federation of Teachers and later Education Minnesota. He currently works as a personal finance educator for Lutheran Social Service.

Davnies was first elected to the Minnesota House in 2000.

He currently serves on the Advisory Board for Camp du Nord, a family camp operated by the YMCA of the Greater Twin Cities.

Davnies believes that the state needs a system that provides universal access to healthcare at an affordable price to all Minnesotans. He supports a universal system that will create efficiencies and costs savings not available in our current disconnected approach.

He supports a tax policy that fairly spreads the burden fairly and feels that wealthy Minnesotans should pay at least the same percentage in taxes as do middle and working class families. He supports tax policy that benefits local businesses that help build our local economy not national and multinational businesses.

Davnies would utilize bonding to build wastewater treatment plants, secure easements on and around fragile lands and waters,

and other efforts to preserve and improve the quality of Minnesota waters.

He believes we have both a moral and practical imperative to close the achievement gap in Minnesota. He holds educators accountable but says we need to balance that with a collaborative approach respecting the professional insights and skills that they bring to work every day.

He supports bonding for needed public projects—roads, bridges, public buildings—and enhancing the ability of the private sector to create jobs through high-quality public services, and targeted policies that enhance the competitiveness of Minnesota firms.

He believes the Legislature must continue its efforts to plan and build light rail, bus rapid transit, and neighborhood transit options while keeping fares affordable.

Davnies is married and has two children.

STATE REPRESENTATIVE DISTRICT 63B

Frank Pafko - R



Frank Pafko

Pafko grew up in south Minneapolis and graduated from Roosevelt High School in 1971. After 27 years in south Minneapolis, he now resides in

Richfield.

He earned his bachelor of science in fisheries from the University of Minnesota in 1975 and worked 34 years for Minnesota Department of Transportation before retiring in 2012 as Chief Environmental Officer. He is the Transportation Tsar for the Up and At 'Em radio show and podcaster.

His priority issues are improving public education, fixing MNSure, transportation, tax cuts and streamlining regulation.

Pafko believes that students have been poorly served by the public school system. "Graduation rates are horrible, and test scores continue to decline," he pointed out. "We cannot continue to increase funding to a failed system. Providing education choice and opportunity scholarships will offer students and parents the financial mobility to choose schools best for them."

Pafko labels MNSure and Obamacare as "abysmal failures imposed on Minnesotans solely by Democrats." Increasing costs and decreasing choices will deny Minnesotans health care, he said. He would "reduce the MNSure tax on premiums, combine the individual market into groups, provide tax exemptions for premiums, and try to get an exemption from Obamacare and resurrect the successful MNCare program."

"Funding needs to be increased for roads and bridges to maintain our investment, improve safety and reduce congestion," said Pafko. Before raising taxes, he would transfer existing vehicle-related taxes toward improving roads. One mile of LRT costs over \$125 million per mile, he pointed out, while adding a freeway lane only costs

\$5-10 million per mile. "Cancel overpriced trains and use transit dollars to fund an improved bus system. Lanes not trains," said Pafko.

He would also pass the vetoed bipartisan tax cut bill, which gives money back to small business, student loan holders, and education savers and exempt Social Security payments from state income tax.

Pafko is married with two children and six grandchildren.

Jean Wagenius (I) - DFL

jeanwagenius.org



Jean Wagenius

Wagenius earned her bachelor of arts from George Washington University in Washington, DC, and went to work as one of the first women in management at the local telephone company. Then she attended the Jane Adams School of Social Work at the University of Illinois and did her practice work in Chicago projects.

Wagenius returned to Washington to work at Peace Corps Headquarters and at night as a volunteer leader of a city community center serving teenagers in one of the city's poorest neighborhoods. Wagenius became convinced that the best strategy for children is to make sure that they

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are successful in the very first years of school and that they can read by the end of second grade at the latest. She helped author a law securing the first state funding for all-day kindergarten and teacher training designed to have children read by the end of second grade.

When the family moved to Minnesota, Wagenius promptly became involved in DFL politics. In 1985, a group of neighbors in south Minneapolis asked her to run for an open seat in the Minnesota House. She has since served 15 terms.

Wagenius was a staff attorney for the Minnesota Court of Appeals before being elected. She earned her J.D. from William Mitchell College of Law.

Current committee assignments include Capital Investment, Job Growth and Energy Affordability Policy and Finance and Ways and Means.

Wagenius does not accept political action committee (PAC) dollars for her election campaigns and started the "No Perks Pledge" in the Minnesota House.

She has authored numerous laws that require manufacturers to reduce or recycle the toxins that get into air and water and has worked to protect groundwater.

Wagenius believes people have a right to be safe in

their homes and communities and has authored numerous bills making our criminal laws tougher and easier to prosecute.

She advocates for transportation funding that includes bus and rail transit as well as roads rather than a "roads-only" policy.

Wagenius has been a consistent coauthor of bills to increase the minimum wage and voted to pass the Woman's Economic Security Act, a package of legislation designed to close the gender pay gap and level the playing field for work women in the workplace.

STATE SENATE DISTRICT 63

Ron Moey - R



Ron Moey

Moey has been a lifelong resident of the district.

He graduated from Roosevelt High School 1962. He attended Mankato State before joining the U.S. Navy, stationed on Okinawa in a Drone Squadron. When he returned home, he married Betsy and worked in auto finance at Northwestern National Bank. Then he went on to start a drain cleaning company, "Ron the Sewer Rat," in 1973 and was there until he turned it over to son, Lee, five years ago. He also has two daughters, Linnae, who works with Fish and Wildlife, and Laura, a 911 operator for the city of Minneapolis.

The main concern he has for the state is that "health care is out of control and no longer assessable to anyone other than the super rich or super poor," said Moey. "We must make health care competitive, and eliminate governmental over control."

He also believes that Minnesota must be competitive with other states to have companies stay and expand here. He supports keeping regulations and taxes under control.

Moey would promote the state's resources, and make Minnesota a tourist destination.

"Every child deserves a good education," said Moey. "We must do more to promote trade education."

He added, "We must stand

up to the federal government and take back the states responsibilities."

Patricia Torres Ray (I) - DFL

patriciaforsenate.org



Patricia Torres Ray

Born in 1964 in Colombia, Torres Ray moved to Minnesota in 1987 where she learned English, worked various jobs and completed her education. She earned a bachelor's degree in urban studies from the University of Minnesota and a master's degree in public affairs from the Humphrey Institute.

Education is one of her top priorities. She supports full funding of quality childcare for working class families and believes that closing the gap between students of color and white students should be the state's top priority.

With a goal to make health

care more available to all Minnesotans, she supports strategies aimed to eliminate health disparities, fund initiatives to promote safe and healthy communities, and universal health care coverage for all children, such as in the Minnesota Children's Health Security Act, which she has worked on since 1996.

She promotes initiatives that will protect natural ecosystems, promote toxic waste reduction, fund the development of alternative energy, help reduce dependence on dirty coal, and reduce airport noise.

Torres Ray supports the expansion of public transportation and believes that Hiawatha Corridor Light Rail Transit is a valuable asset to the district.

She supports investments in affordable housing to ensure that low and middle-income working class residents can access stable and safe places to live, and seeks legislation to end homelessness.

Torres Ray believes that investments in education, research, and infrastructure promote economic development much more efficiently than tax giveaways to industry.

She lives in Longfellow with her husband and two teenage boys.

TC Marathon strides through Longfellow

On Oct. 9, the 35th annual Medtronic Twin Cities Marathon was run. Known as the most beautiful urban marathon in America, miles 16 and 17 pass through Longfellow on W. River Pkwy. At this point, runners can experience something called hitting the wall - a sense of sudden fatigue as the body's store of energy is depleted. (Photos by Margie O'Loughlin)



Rep. Jim Davnie Progressive Values with Practical Solutions

Transportation and Transit. Minnesotans across the state are in need of better roads, bridges, transit, and multimodal options. Rep. Jim Davnie supports a comprehensive plan that provides ongoing revenue to improve our multimodal and transit systems and makes sure our roads and bridges are safe.

Education Opportunities. Rep. Jim Davnie will continue his strong support of investing in early childhood education so children across the state have access to quality education during the most formative years of their lives.

Racial Disparities. Rep. Jim Davnie is a proud supporter of restoring the vote and criminal justice reform. Jim has been honored by Voices of Racial Justice for his legislative focus on racial equity.

Economy. We must make Minnesota's economy work for everyone, not just a wealthy few. Last year saw the fastest income growth on record in Minnesota, but that didn't include everyone. There are some big opportunity gaps affecting low-income Minnesotans and minority populations. Rep. Jim Davnie is committed to confronting these gaps to help make Minneapolis strong.

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Nokomis Urban Craft and Art Fair

Continued from page 1

practiced medium.

McGeheran has been making and breaking things from a young age.

One Christmas McGeheran gave Bremer an antique circular knitting machine manufactured around 1920. It needed restoration, parts, and lots of TLC. They restored the than and started the process of learning how to use it.

McGerheran has been hooked on making socks ever since, and Bremer tries to see what she can make with the machine other than socks.

"I love to look at a ball or skein of yarn and try to figure out what type of sock it will make," remarked McGerheran. "I have made really cool traditional Scandinavian socks with yarn from Arne and Carlos. I also really enjoy making custom socks. I had a few Minnesota Vikings fans ask for purple and gold socks—those were fun to make. Socks should not only make your feet feel good; they should express something about the person wearing them."

"I have a problem in that I don't like making the same thing twice, which is why it is good that Rich likes to make the socks," stated Bremer. "Most of my hand knit items are one-of-a-kind which makes each piece interesting to me and unique to each buyer. The items I make using the machine challenge me to be creative with, essentially, a knit tube. I have managed to shape those tubes into hand and arm warmers, cowls, scarves, baby blankets, and even a sweater or two."

The couple embraces and uses old tried-and-true methods, but is also very experimental. They try to use all natural materials and sometimes reclaimed, recycled wool.

"I have always had some form of art or creativity that has captured my attention," said Bremer. "What inspires me to pick up the yarn, or the glass cutter, or the paint brush, or the needle and thread is the potential that those plain tools and materials can be turned into something new, something that did not exist before, something that I might not have even envisioned. Mystery and metamorphosis are what drive me to keep making."

McGeheran is inspired by his wife, kids, and music. "I loving watching a crafts-person do their craft. Makers inspire me to make. There is not much better then taking a step back and looking at something you've made with your hands," he stated.

At the sale, they will have handmade socks, wool dryer ball kits, beautiful and detailed hand-knit shawls and cowls, baby blankets and booties, fingerless mitts and arm warmers, felted bowls, and other new items still in development. Prices range from \$8 to \$180.

Curt Wright
rusticinspirations55@gmail.com

Curt Wright began making rustic furniture about 15 years ago. He and his wife built a log home on 20 acres in up-



Nokomis Knitting Company is a husband and wife team making handmade knitted, felted and stitched items sometimes using old-fashioned knitting needles. Much of the time, they use an old-fashioned antique sock knitting machines originally manufactured in the early 1900s. (Photo submitted)

state New York. "We used to go to the shows in the Adirondacks and look at the different beautiful rustic works. I told my wife that I could do that, so that is when I started making rustic furniture," Wright recalled. Using wood from his own property, he built all the furniture for their house.

"I enjoyed it so much that when our home was full, I began to design and build rustic tables, benches, and clocks," said Wright.

He is now retired after 31 years working as a technician fixing gas pumps. He and his wife moved to Wenonah a year and a half ago, and he sells at several shows throughout the state of Minnesota each year. This will be his second Nokomis Art Fair. "I am most looking forward to meeting the people in my neighborhood and showing and selling my creations," stated Wright.

When fashioning his unique items, Wright is in-

spired by the beautiful pieces of wood that he has collected over the years.

"I use burls and live edge wood to make something that is beautiful and one of a kind," said Wright. He has his own wood supply and has either cut down and processed the wood himself or hand-picked it from other sources.

His specialty is rustic end tables. Prices range from \$25 to \$450.

Casey DePasquale
www.etsy.com/shop/caseydc-
ceramics

Casey DePasquale of caseydc ceramics lives just north of Lake Nokomis. Her stu-



Casey DePasquale's ceramic studio is in the basement of her 108-year-old South Minneapolis house. She offers a line of functional pottery for everyday use that incorporates her fine art ceramics aesthetic. (Photo submitted)

dio is in the basement of her 108-year-old house.

She is currently firing pottery at Concordia University where

Continued on page 13



Curt Wright began making rustic furniture about 15 years ago. "I use burls and live edge wood to make something that is beautiful and absolutely one of a kind," said Wright. (Photo submitted)



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In Our Community

Messenger

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

Annual Chili Cook Off scheduled Nov. 13

It's that time of year... time to elect a new Chili Champ of Longfellow!

The Longfellow Community Council (LCC) will sponsor their Annual Chili Cook-Off and Fundraiser at Gandhi Mahal Restaurant, 3009 27th Ave. S., from 5-7pm on Sun., Nov. 13.

The deadline to enter a chili is Thur., Nov. 10. Chili categories will be Spicy, Meat, and Vegetarian, and there will be a Best Overall Winner who will go home with the coveted Longfellow Chili Cook Off Cup, a traveling trophy. Businesses will compete under a separate category.

Ticket prices for the Cook Off are \$10/advance and \$15/door for adults, \$5 for ages 6-12, and free for those 5 and under.

Each ticket includes entry, chili samples, bread, dessert and voting tickets. Each attendee will receive three tickets to vote for their favorite chili(s), so use them wisely! A cash bar will be run by Gandhi Mahal.

This is a family-friendly event. All proceeds raised during this event will go towards Longfellow Community Council's programs and initiatives in the Longfellow neighborhood. We hope to see you there!

Advanced tickets are now on sale at Gandhi Mahal, as well as online. To enter a chili, contact email bonnie@longfellow.org or call 612-722-4529 EXT 10.

Art Crawl at Roosevelt Oct. 28

"Renacimiento Revival" is the 2016 Roosevelt High School Art Crawl planned for Fri., Oct. 28, 7-9pm at the school, 4029 S. 28th Ave. The event involves art, music, dance and theater and is free and open to the public.

Lutefisk Dinner planned Nov. 5

Minnehaha Communion Lutheran Church is holding its Annual Lutefisk Dinner on Sat., Nov. 5, with sittings at 3pm, 4:15pm, and 5:30pm. They will serve lutefisk with white sauce and butter, homemade meatballs/gravy, potatoes, coleslaw, cranberries, lefse and angel food cake with lemon topping. The dinner is served family style. The cost is \$16, and reservations are necessary. Please call the church office at 612-722-9527 by Oct. 30 to reserve your spot.

Baked Potato Dinner planned Oct. 31

The Annual Baked Potato Dinner will be held at Faith Ev.

LCC's Best Meeting Ever



Representatives of the Longfellow Community Council welcomed guests to their annual "Best Meeting Ever" on Tue., Oct. 18 on the North Campus at Minnehaha Academy. The evening began with a Resource Fair featuring twenty local businesses, non-profits organizations, politicians and artists. A dinner followed with food donated by 13 greater Longfellow area restaurants. During the dinner, LCC's committee updates were given. City Council members Cam Gordon and Andrew Johnson also spoke to neighborhood concerns. The next big event is LCC's annual fundraiser, the Chili Cook-Off, which will be held on Sun., Nov. 13 from 5-7pm at Gandhi Mahal Restaurant, 3009 27th Ave. S. (Photo by Margie O'Loughlin)

Lutheran Church, 3430 E. 51st St., on Reformation Sun., Oct. 31, beginning at 11:30am. The menu includes a large baked potato, a variety of toppings, salad bar, beverage, and pie. Cost is \$9 for adults; \$5 for children five years to 12 years; under five, free; or a family ticket for \$25. Proceeds go to Faith's Education Fund.

Roosevelt to stage The Laramie Project

Roosevelt High School Theater will present "The Laramie Project" in four performances: Thur.-Sat., Nov. 10-12 will have 7pm performances each night. There will also be a matinee on Sat., Nov. 12 at 2pm.

In October 1998, a 21-year-old student at the University of Wyoming was kidnapped, severely beaten, and left tied to a fence in the middle of the prairie outside Laramie, Wyoming. His bloody, bruised, and battered body was not discovered until the next day, and he died several days later in an area hospital. His name was Matthew Shepard, and he was the victim of this assault because he was gay.

In the aftermath and during the trial of the two young men accused of killing Shepard, Moises Kaufman and fellow members of the Tectonic Theatre Project traveled to Laramie and conducted more than 200 interviews with the people of the town, resulting in "The Laramie Project." A deeply moving theatrical experience, this breathtaking collage explores the depths to which humanity can sink and the heights of compassion of which we are capable.

Healthy Seniors plan monthly events

Nokomis Healthy Seniors, based in Bethel Lutheran Church (4120 17th Ave. S.), will hold their Health Educational Event: "Keeping Your Brain Healthy" on Thur., Nov. 3, 11:15-12pm. Learn how to keep your brain healthy at this free education event; plus, socialize with other older adults.

Join Nokomis Healthy Seniors on Give to the Max Day. Lunch and Bingo are planned for Thur., Nov. 10, 11am-1pm. This annual fundraiser will take a free will offering, and will take place at the Church, 4120 17th Ave. S.

Another Health Educational Event: "Medication Therapy Management," is planned for Thur., Dec. 1, 11:15am. Learn how to manage your medications in this informative session presented by Fairview Pharmacy Services.

Longfellow365 photo book available

The latest copies of "Longfellow365" are available! Sponsored by Longfellow Community Council (LCC), these books feature the work of the Longfellow365 photographers throughout 2015. The books cost \$25 and are available at the LCC office, 2727 26th Ave. S. The Longfellow365 project features a daily photo from the neighborhood, taken by local photographic artists. You can follow their daily photography at www.facebook.com/longfellow365.

Epworth schedules Holiday Boutique

Epworth United Methodist Church, 3207 37th Ave. S., will hold its Holiday Shopping Boutique/Grandma's Attic on Fri.-Sat., Nov. 18-19. Friday hours are noon-5pm and Saturday hours are 9am-2:30pm. Lunch will be available both days, and fresh cinnamon rolls will be available starting at 9am on Saturday. Visitors can shop for handcrafted items, holiday decorations, and baked goods. Grandma's Attic contains some hidden treasures, so get a head start on your holiday shopping.

Christkindlmarkt scheduled Nov. 12

The 31st Annual Christkindlmarkt will be held Nov. 12, 9am-2pm at Faith Ev. Lutheran Church, 3430 E. 51st St. The holiday bazaar will include a variety of vendors with many handmade items and a Granny's Attic. Coffee and rolls will be served beginning at 9am and a lunch of soup, sloppy joes, hot dogs, brats, and pies will be served beginning at 11am.

Monthly book club meets Nov. 5 at Faith

Faith Ev. Lutheran Church, 3430 E. 51st St., will host its monthly book club on Sat., Nov. 5 at 10am. The book for November is "The Girl in the Garden" by Kamala Nair.

2016 Lake St. Bash scheduled Nov. 10

The 2016 Lake St. Bash will be held Thur., Nov. 10, 5:30-8:30pm at El Nuevo Rodeo 3rd Floor Ballroom, 3003 27th Ave. Celebrate the corridor's nooks and crannies at the Lake St. Council's annual fundraiser. There will be delectable Mexican cuisine from El Nuevo Rodeo, live music, beer and wine samples, plus silent auction items from hundreds of Lake St. businesses. Parking is available at U.S. Bank (2800 E. Lake St.), and tickets are \$30 presale and \$40 at the door.

Want to donate a silent auction item? Contact ZoeAna Martinez at 612-822-1912 or zmartinez@lakestreetcouncil.org.

Trunk or Treat planned Oct. 31

Looking for a family-friendly Halloween event? Come to Trunk or Treat, complete with decorated cars and lots of treats! This free event will be held outdoors at Trinity of Minnehaha Falls, 52nd

St. and 40th Ave., from 6-8pm on Mon., Oct. 31. For more information, call 612-724-3691.

Get your tickets now for 'The Rivals'

Corcoran Park Players will present "The Rivals" by Richard Brinsley Sheridan for three performances at Lake Nokomis Lutheran Church.

The production plays Fri.-Sat., Nov. 13-14, at 7:30pm, and Sun., Nov. 15 at 2pm. Performances will take place at Lake Nokomis Lutheran Church, 5011 31st Ave. S. Admission is free with donations to the Food Shelf.

Phone 612-274-4539 for ticket reservations.

AA and NA meets

Every Monday night there is an AA meeting at 7pm at Minnehaha Communion Lutheran Church (4101 37th Ave. S.), and every Tuesday and Wednesday night there is an AA meeting at 7:30pm. On Thursday night, there is an NA meeting at 7:30pm (The NA group will meet on Thanksgiving Night, Nov. 24). All are welcome to attend.

Holiday Bazaar scheduled Nov. 19

Minnehaha Communion Lutheran Church, 4101 37th Ave. S., will hold its annual Holiday Bazaar on Nov. 19, 9am-2pm. There will be craft tables, Grandma's Attic, lots of items to bid on at the Silent Auction and a bake sale with lefse and so many other goodies. They will also have a lunch featuring flotegrot, ham sandwiches, chips, and cake.

Healthy Seniors sets November Events

"Lifeline Medical Alert and Medication Management" will be the topic at the Nov. 15 Senior Social/Health Talk which starts at 10:30am and meets at Holy Trinity Lutheran Church, 2730 E. 31st St.

Two Yoga for Seniors classes are held on Mondays and meet at Bethlehem Covenant Church, 3141 43rd Ave. S. Gentle Yoga for Seniors is from 10-11am, and Yoga for Structural Integrity is from 11:15am-12:15pm. Yoga classes cost \$5/each and are also sold as a package.

There are still a few spaces open for "Tier 2 - Exploring Watercolor: Colors Galore" class (watercolor on bookmarks) on Nov. 17 from 1:30-3pm. These classes, held at St. Peder's Lutheran Church, 4600 E. 42nd St., are designed for

Continued on page 12

In Our Community

Continued from page 11

those who took the first watercolor series or for seasoned watercolor artists. The class fee is \$5, and registration is due Nov. 10.

A monthly Diabetes Support Group for adults of all ages will be held Nov. 9 from 6:30-8pm at Hiawatha School Park Recreation Center, 4305 E. 42nd St.

A Low Vision Support Group will be held Nov. 8 at 1:30pm at Trinity Apartments, 2800 E 31st St. Also, they're looking for volunteer drivers and "friendly visitors" for seniors.

Call Longfellow/Seward Healthy Seniors at 612-729-5799 for more information on activities, services or volunteer opportunities.

Bethel schedules Bazaar for Nov. 19

Bethel Lutheran Church, 4120 17 Ave. S., will hold annual Bazaar and noon meal on Sat., Nov. 19, 9am-1:30pm. The event includes a cookie walk, crafts, bake sale, Granny's Attic, krumkake and lefse demos. Lunch will be available 11:30am-1pm. For more information, call 612-724-3693.

Soderberg's part of 'Petal It Forward'

Soderberg's Floral and Gift (3305 E. Lake St.), in partnership with the Society of American Florists

(SAF), went out to the streets on Oct. 19 to hand out free flowers to busy Minneapolis commuters as part of "Petal It Forward." Each recipient received two bouquets, one to keep and one to share. The event was in response to the release of data from the SAF showing the positive emotional benefits of flowers.

N.A. group meets every Friday

A Narcotics Anonymous group meets every Friday evening at 7pm at Faith Evangelical Lutheran, 3430 E. 51st St. All are welcome to attend.

Fall music concert planned at South HS

The South High School Choir, Bass Choir, Treble Choir and Varsity Choir will all perform in this year's Fall Concert Series on Fri., Nov. 11, 7pm. The concert will be held in the auditorium, 3131 19th Ave., and the cost is \$5 for adults, and \$3 for students.

Adoption support group meets Nov. 1

The Adoption Support Network holds monthly support groups at Minnehaha Communion Lutheran Church (4101 37th Ave. S.), for parents and teens who have been adopted. The next meeting will be held on Tues., Nov. 1 at 6:30pm.

Adoptive parents are pro-

vided with a confidential, non-judgmental environment where they can support each other and share resources. Teens are invited to meet other teens who understand what it's like to be adopted. The teen group is not a drop-off group—parent(s) must attend the parent support group. For more info and to RSVP, contact Ginny Blade at 651-646-5082 or ginnyblade@nacac.org (parents); or Christina Romo at 651-644-3036, ext. 17, or christinaromo@nacac.org (teens).

Annual tree lighting scheduled Nov. 26

The fourth annual Nokomis Tree Lighting returns on Sat., Nov. 26, 4-6pm.

During the event, the Nokomis East Business Association (NEBA) will feature several sponsoring member businesses including Steve's Tire & Auto (tree sponsor), Town Hall Lanes (beverage sponsor), Brushed Monkey (Santa photo sponsor) and Oxendale's Market (host).

The tree will light up at 5:30pm with a countdown, surrounded by spirited holiday music. Santa Claus will make an appearance inside Oxendale's Market, with free pictures taken by professional photographer Pamela Diedrich.

Children will also be able to pick out a free book, provided by the Friends of the Nokomis Library.

Nokomis Shoe Shop will also be attendance handing out

free gift bags to families.

Roosevelt High School kicks off their longtime tradition of Operation Holiday Basket at the Nokomis Tree Lighting. The school will be on site accepting food donations that are given to over 300 families.

All Nokomis East neighbors are invited to kick off the holiday season and support the Nokomis East Business District during this free event on Small Business Saturday.

Local woman named foundation president

The Sheltering Arms Foundation has named Longfellow

resident Tina Pfau Gonzales as its Board of Trustees President for fiscal year 2016-2017. She is a member of St. James on the Parkway Episcopal Church and is development manager for Pillsbury United Communities.

Trustees are women members of the Episcopal Church in Minnesota who volunteer their time and expertise to guide the foundation.

Outreach for blind slated at Faith

A monthly fellowship outreach for the blind will be held at Faith Ev. Lutheran Church, 3430 E. 51st St., on Sat., Nov. 19, 12-2pm.

Empty Bowls celebrates 10 years



Help celebrate the 10-year milestone of the Powderhorn Empty Bowls program, and continue to raise money to fight hunger at the Powderhorn Park Rec Center, 3400 15th Ave. S., Nov. 4, 11am-7pm. Choose a hand-made bowl for your meal of soup and bread, make a donation, and enjoy catching up with friends and family. When you leave, take your bowl home with you—now empty—as a reminder you've done something good to help your neighbors.

Powderhorn Empty Bowls is a labor of love for hundreds of volunteers. This event would not be possible without help from local potters, gardeners, cooks, restaurants that donate soup, and everyone who helps with setting up and tear down. In the last nine years, operating completely on volunteer power, Powderhorn Empty Bowls has distributed 13,400 hand-made bowls and received support from 14,501 people, resulting in an amazing \$223,000 dedicated to feeding the hungry.

To volunteer to Empty Bowls, sign up at <http://powderhornemptybowl.volunteerlocal.com/volunteer/?id=18193>.

Longfellow Community Council schedules monthly meetings

- Bike Lanes on 38th St.: Community Input, 6-7pm, Wed., Nov. 30, at Brackett Park, 2728 39th Ave. S.
- Community Connections Committee: 6-7:30pm, Tues., Nov. 1, at Lake Coffee House, 3223 E Lake St.
- Neighborhood Development and Transportation Committee: 7:30-9pm, Tues., Nov. 1 at Lake Coffee House, 3223 E Lake St.
- River Gorge Committee, 6-7:30pm, Wed., Nov. 2, at Hiawatha School Park, 4305 E. 42nd St.
- Environment Committee, 7:30-9pm, Wed., Nov. 2, at Hiawatha School Park, 4305 E. 42nd St.
- Annual LCC Chili Cook-Off & Fundraiser, 5-7pm, Sun., Nov. 13, at Gandhi Mahal, 3009 27th Ave. S.
- LCC Board of Directors, 6:30-8:30pm, Thur., Nov. 17 at Brackett Park, 2728 39th Ave. S.



**Nokomis East
Neighborhood Association**

The Nokomis Library is one of the best in the City but did you know they have a lot more to offer than just books and free internet?

What Can the Library do for You?

Employment
Genealogy
Arts
Books
Business
Homework help
Technology
Early learning
History
Computers
Legal resources
Reading
Adult learning
Culture
Health and wellness

Monday, November 14th at 6:00 - 7:30 pm

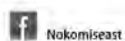
Nokomis East Neighborhood Association

4313 E 54th St, Minneapolis, MN 55417

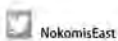
Library staff and Friends of the Nokomis Library will present all that the library has available to residents and how to take advantage of everything they have to offer.

If you haven't had a chance to see the new NENA office, this is a great opportunity to visit.

612-724-5652
www.nokomiseast.org



Nokomiseast



NokomisEast

Neighborhood Churches Welcome You!

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

Pastor Susan Masters

Sundays:

9:15 am - Adult Education

10:30 am - Worship

Thanksgiving Service

Wednesday, Nov 23 at 10:30 am,

followed by luncheon

All are welcome!

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

Rev. Matthew Kennedy

Children especially welcome

Sunday Schedule:

Contemporary Worship - 8:45 am

Sunday School for All - 10:00 am

Traditional Worship - 11:00 am

Espanol - 1:30 pm

Wonderful Wednesday Meal - 5:45 pm

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

Pastor Steven Reiser

Sunday Worship: 10:30 am

(Childcare Provided)

(Wheelchair Accessible)

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

Pastors Dan and Sally Ankerfelt

Sunday Worship - 9:45 am

All Saints Sunday - November 6

Sunday School - 9:45 am

Child Care Available

(Wheelchair Accessible)

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

www.saintalbertthegreat.org

Fr. Joe Gillespie, O.P.

Sunday Mass: 9:30 am (Childcare available)

Saturday Mass: 5 pm

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

Adoration of the Blessed Sacrament,

First Fridays from 9 am to noon

(Handicapped accessible)

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

Julie A. Ebbesen, Pastor

Sundays: 9 am Worship (childcare available)

9 am Children/Youth Faith Formation

10 am Coffee & Fellowship

10:20 am Adult Faith Formation

(Handicap acc., Braille)

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

Pastor Matt Oxendale

Sunday Worship 8:30 & 10:30 am

Nov. 13 Missions Sunday 10 am only

Nov. 23 5:30 Meal, 6:45 Thanksgiving Service

Sunday School 9:20 a.m.

AA Meetings Tuesdays/Sundays 7:00 pm

Projects of the Neighborhood Churches Include:

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

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

What can the library do for you?

The Nokomis Library is one of the best in the City but did you know they have a lot more to offer than just books and free internet? They have programs for children of all ages. They can provide a wealth of information for businesses. They even have programs for health and wellness, arts and cultural activities, and even legal resources. Library staff and Friends of the Nokomis Library will talk about these programs and services at this November's Night out with NENA event.

Mon., Nov. 14th at 6-7:30pm
NENA office, 4313 E. 54th St.

Vacant Board seat representing Morris Park

NENA is seeking applicants for the vacant Board seat from the Morris Park neighborhood. The Morris Park neighborhood is bordered by 54th St. on the north, Highway 55 on the east, 34th Ave. on the west, and the City of Minneapolis southern boundary.

If you live (homeowner and renters) in the Morris Park neighborhood, you can nominate yourself (most common); or any NENA member can nominate a Morris Park neighborhood resident as an applicant for the Board. Completed nomination forms are due on Mon., Nov. 7.

The NENA Board of Di-

NENA (Nokomis East Neighborhood Association)

4313 54th St. E.

November's Night out with NENA

Upcoming events In the Nokomis East Neighborhood

—Wed., Nov. 2, 6:30pm-8:30pm, NENA Housing, Commercial and Streetscape Committee Meeting at NENA office, 4313 E. 54th St.

—Sat., Nov. 5, 1-4pm, First Saturday Book Collection at Nokomis Library, 5100 S. 34th Ave.

—Sun., Nov. 6, 9-11am, Friends of Lake Nokomis Buckthorn Bust @ Lake Nokomis

—Tues., Nov. 8, 6:30-7:30pm, NEBA Board Meeting at McDonald's Liquor Store, 5010 S. 34th Ave.

—Wed., Nov. 9, 6:45-7:45pm, NENA Green Initiatives Committee Meeting at NENA office

—Thur., Nov. 10, 7-8pm, NENA Executive Committee Meeting at NENA office

—Mon., Nov. 14, 6-7:30pm, Night Out With NENA: What Can The Library do for You?, at NENA office

—Mon., Nov. 14, 6:30-8pm, MPD Block Club Leader Training at 3rd Precinct, 3000 Minnehaha Ave.

—Thur., Nov. 17, 7:30-9pm, NENA Board of Directors Meeting at NENA Office

—Sat., Nov. 26, 4-6pm, NEBA Tree Lighting at Oxendale's Market, 5025 S. 34th Ave.

rectors will review all applications and appoint a new Board member at its Nov. 17 meeting. This is a replacement appointment serving from November 2016 to April 2017. The appointed Board member may run to be elected to the seat at the April Annual Meeting and serve a full two-year term.

Visit www.nokomiseast.org for more information and application.

Neighborhood crime meeting

Over 60 Nokomis East neighbors attended the Safety and Crime Prevention Community

Meeting Oct. 3 with the Minneapolis Police Dept. Discussion and information sharing ranged from an October shooting on 34th Ave., a review of crime statistics from past years, challenges and successes of neighborhood block clubs, when to call 911, and tips for preventing burglaries and car thefts.

For questions regarding the meeting please contact Shun Tillman, MPD Crime Prevention Specialist at 612-673-2846 or shun.tillman@minneapolis.gov.

Special thanks to Council

Members John Quincy and Andrew Johnson and the Minneapolis Police Department for co-hosting the meeting.

Visit NENA's website to access the MPD meeting handouts.

Give to the Max on Nov. 17!

2016 is an outstanding year for Nokomis East! NENA works arm-in-arm with neighbors and businesses to enliven our four neighborhoods.

Just in the past year, NENA's volunteer Board of Directors and committees hosted over 25 small and large events

gathering thousands of people to build a stronger neighborhood. Over a dozen homeowners secured NENA home improvement loans and preserved neighborhood housing stock.

Through grassroots organizing, we reached more than 50 Bossen area tenants and improved multifamily housing and protected renter's rights.

The new Green Initiatives Committee is creating programming and setting goals to keep our environment healthy and sustainable.

And, NENA has touched over 2000 people to share useful neighborhood information through our bi-weekly e-news, website, and social media. And that is not all we do together!

We invite you to be an essential member of our community team. With a \$20 donation on Give to the Max Day, you will make a real difference towards funding neighbor-led projects:

– Neighborhood Garage Sale
– Día de las Madres Celebration

– Hospitality and interpretation at neighborhood events
– Nokomis Naturescape and Gateway Pollinator Gardens
– Night Before New Year's Eve Celebration (Dec. 30)

With your help, NENA will boost our shared work enriching our Nokomis East community, environment, businesses, and homes. Thank you!

In the U.S., how we use land, grow food, transport it and waste it, is one of the biggest contributors of greenhouse gases. Speakers at Transition Longfellow's Day of Food Skillshares, Sat., Oct. 29, 9am-4pm, will share strategies everyone can take to help to move the dial on climate change while improving the health of people and the environment. And four Longfellow neighbors will share their food favorites with demonstrations and take home treats.

There will be a potluck lunch at noon (bring something to share). Coffee and tea provided all day. The building is handicapped accessible. RSVP requested but walk-ins are accepted. See the website (<http://www.transitionlongfellow.org/food-skill-shares>) for details and to sign up.

1-2pm—Terese Hill from Eureka Recycling: "Reducing Food Waste." In the U.S. we waste about 30% of the food we produce or import. Most of that food ends up in landfills where it creates methane gas. Hill will give practical tips on ways to reduce food waste, save money and protect the environment.

10-11:30am—Deb Ramage, "Values Based Eating for Health, Water Quality and Climate." How you spend your food dollars has a lot of more impact than you think. Which foods require more fuel to produce? Which causes more water pollution or water depletion? Which put more carbon into the atmosphere? Ramage will talk about the impact our diet has on our health, on the environment, and on our climate.

Hands On Food Cooking and Preservation

• Breadmaking (9-10am). Mix up a Peasant Loaf of no-knead

Transition Longfellow

By LESLIE MACKENZIE

Day of Food Skillshares planned Oct. 29

bread. Andrew Aadelman will show you how. See the website for a list of supplies to bring with you.

• Herb-Infused Vinegar (11:30am-12:30pm). Herb-infused vinegars are a great way to capture the power and essence of fresh and dried herbs. Marie Spencer of Chandra Botanicals will help participants make custom-blended, herb-infused vinegar you can take home. RSVP REQUIRED; \$5 for materials.

• Solar Cooking (2-3pm). You don't need to spend thousands of dollars to access the power of the sun. Brooke Dirkeising will show us how she cooks delicious meals using solar box cooking.

• Dehydrating Your Harvest (3-4pm). Is dehydrating the same as drying? Which foods/herbs do well with this food storage method? How do we dehydrate, store and then use these foods? Master gardener Theresa Rooney will answer these questions.

Transition Movie Night

Fri., Nov., 21, will feature one video from The Powerdown Show, "Energy Descent Pathways." The program shows how several communities in Great Britain created community-local government partnerships to find lower-energy ways of living that built resilient towns and robust communities. After the video, Leslie MacKenzie

of Transition Twin Cities will talk about how you can create a personal Energy Action Plan for your home and life. Potluck dinner at 6:30pm; movie at 7pm, at Bethany Lutheran, 3901 36th Ave. S. Free will donation will be accepted.

Meditative Movements

Meditative Movement is a practice of simple breath, body and mind exercises to improve and support mental and physical health. Deb Davis has been certified in this practice and will be leading free workshops before movie nights, from 5:30

to 6:30pm. You do not need to stay for the movie to do this activity.

Plants for indoor air quality

First Saturday is planned for Dec. 5, 10:3am to noon, at Riverview Wine Bar, 3747 42nd Ave. S. (enter through the coffee shop). Join master gardeners Leslie MacKenzie and Theresa Rooney every first Saturday for Q&A on gardens and plants. In December we'll talk about holiday plants and which plants can help to improve indoor air quality. Free.

Nokomis Urban Craft and Art Fair

Continued from page 10

she has access to electric, gas, and wood-fired kilns.

"I have always loved art, and wanted to be an artist and art teacher since I was just a kid," said DePasquale. She earned a bachelor in fine arts in ceramics, but enjoyed studying all the visual arts while in college. For several years, she created murals and decorative painting which enabled her to travel a lot. Seven years ago, she landed in Minnesota.

"After starting a family and going a few years without using clay, I wanted to return to my true passion," stated De-

Pasquale. "The amount of incredible support for artists here in Minnesota made me hope that I can eventually work up to earning a living as an independent artist!"

She designed a line of functional pottery for everyday use that incorporates her fine art ceramics aesthetic. Her work is not thrown on the wheel but instead is hand-built using plaster mold forms. "I design each cup or bowl very carefully to be functional, comfortable, and beautiful. Then I make a plaster mold of my design, and when that is refined, I hand-work the clay into that form," explained DePasquale. "This way each pot I make has an organic and unique texture, but still feels smooth and uniform in shape."

Financing

Financing a Cooperative Future is planned for Wed., Nov. 9, 6:30-8pm, at the Downtown Minneapolis Library, room N-202. Many people would like to invest some money in their local cooperative economy, but they don't know how they can put their money where their values are. Many cooperatives have a real need for patient and reliable capital but finding the funds they need has been a challenge. If you have wanted to invest in worker or member-owned cooperatives, come and hear Joe Riemann of Cooperative Principal Investment Club talk about how they started their club, and the assistance they can provide to help new clubs form.

Visit the group's website for more information: www.transitionlongfellow.org. For more info, call (612) 724-4265.

DePasquale is currently helping Keewaydin Park start up an adult ceramics program, and "our classes are probably the most affordable way for beginners to get a chance to play with clay," she said. The first class will be starting in January.

Everything DePasquale sells is functional and intended for daily use. She will have cups, mugs, fruit bowls, planters, and more at the Nokomis sale. Everything is microwave and dishwasher safe. She is hoping to debut a new line of coasters, priced at only \$10 for folks looking to make a small purchase. Most of her work falls into the \$20-50 range, and she offers discounts for purchases of multiple items.

New elementary school to open; other schools to move into area

A new elementary school, Banaadir South, opens soon in south Minneapolis, while MTS Middle School moves to the MTS High School location in the same city, as does Minnesota Virtual High School, previously located in downtown St. Paul.

The changes are part of an expansion and restructuring effort with the well-established charter school district, explains

Superintendent Patricia Brotrom. "The new school builds on 10 years of success with Banaadir Academy in north Minneapolis," she said. The changes in school locations for the virtual high school and middle school will help make the district more efficient in using its facilities, and reflect changes in enrollment, she explains.

Banaadir South is located at

2526 27th Ave. S. and MTS Middle School and Minnesota Virtual High School are now located at 2872 26th Ave. S.

Banaadir South is a response to strong enrollment numbers and a waiting list at Banaadir Academy, which serves grades kindergarten through eighth, the superintendent said. Small class sizes of no more than 20 students have been a mainstay

at MTS Charter Schools, which have been in operation for 20 years. Banaadir South has a targeted class size of 15 to 18 students, which is far less than what is offered by traditional public schools.

The new school offers new reading and math curriculums, is tuition free and provides transportation. Banaadir South plans to offer high academic

standards, basketball and other sports and community nights for families and high academic standards.

Minnesota Transitions Charter School (MTS) is a Minneapolis-based district of eight schools that offer instruction for all grade levels, including multiple options for online education. The MTS district has an enrollment of about 3,000 students.

Classifieds

Messenger

Want ads must be received by the Messenger by Nov. 14 for the Nov. 25 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before Nov. 14 for the Nov. 25 issue. Ad copy can be e-mailed to denis@deruyternelson.com. Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the *Messenger's* website at www.LongfellowNokomisMessenger.com.

CHURCH BAZAAR

Bethel Lutheran Church will hold annual Bazaar and noon meal, 4120 17 Ave. S, on Saturday, November 19, 9 a.m. - 1:30 p.m. Cookie walk, crafts, bake sale, Granny's attic, krumkake and lefse demos. Lunch will be served 11:30 a.m. - 1:00 p.m. For information, call 612-724-3693. 11-16

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HOLIDAY BOUTIQUE

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County Commissioner Peter McLaughlin (left) and Lander Group President Michael Lander talk about how development has followed the light rail line in south Minneapolis. (Photo by Tesha M. Christensen)

3828 project

Continued from page 1

tion, and perhaps an electric Car To Go.

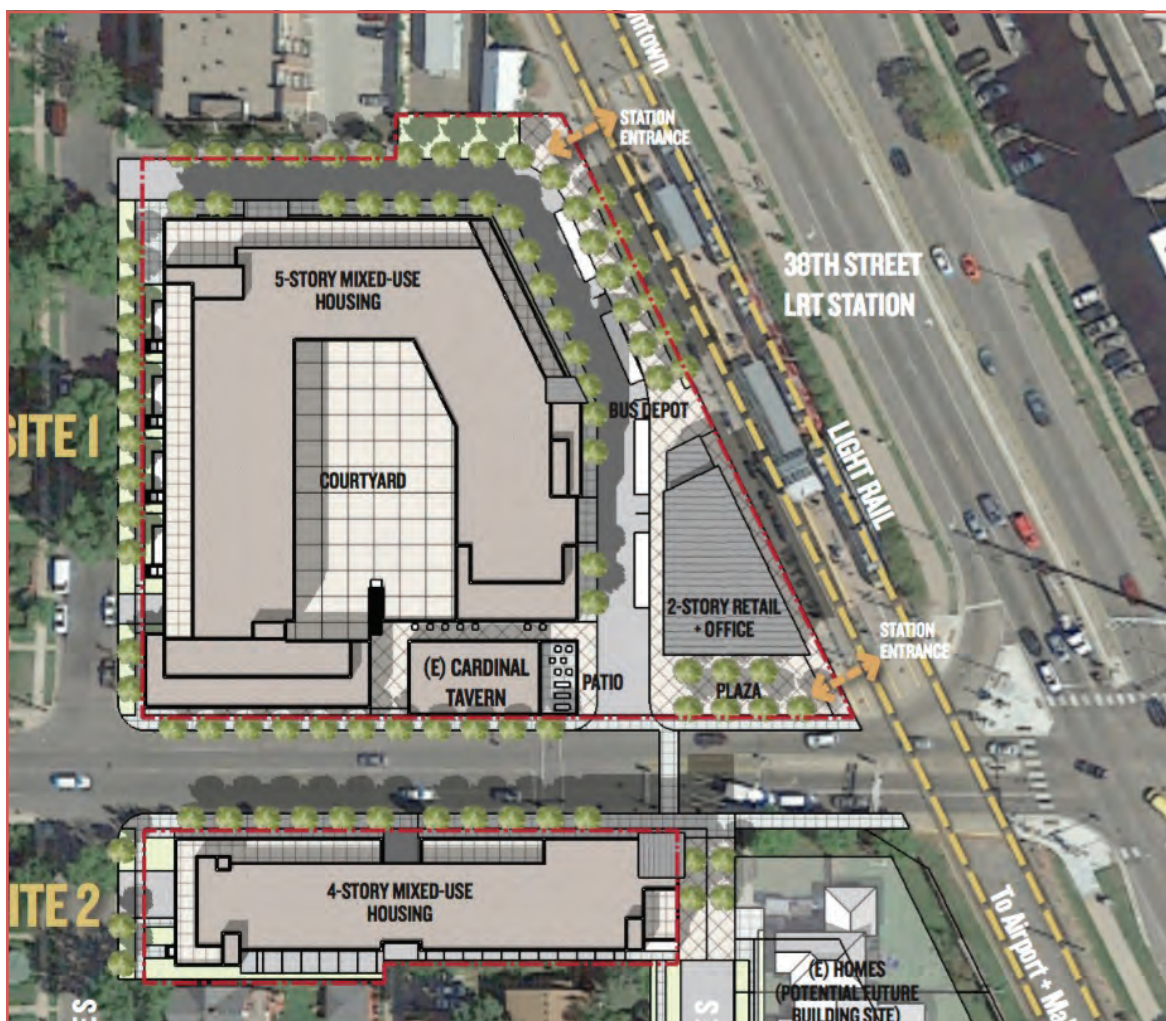
There will be 34 new off-street parking stalls screened from the road that will be used for resident and business parking. Construction will take between 12 to 14 months. Viewed as a transit-oriented project, developer Michael Lander of Lander Group pointed out that the plan for the site matches the SENA neighborhood plan developed in 2007. "Lander Group never met a parking lot it didn't want to build on," commented Lander.

During the groundbreaking ceremony, County Commissioner Peter McLaughlin recalled, "They laughed at us 20 years ago when we said there would be development along

the light rail lines. ...The energy around light rail has been incredible. I'm very excited we're going to see investment here at this corner."

This is the first of several buildings being planned by the Lander Group for the stretch east from the light rail station that will "transform" the area, according to Council Member Andrew Johnson. "Great things are happening here," Johnson stated.

Six houses along 29th will come down within the next few years to make way for several planned buildings at the 38th Street light rail station, as well as allow buses access to 29th. A five-story apartment building will wrap around The Cardinal, and along the light rail line, there will be a two-story retail and office structure. Across the street, the intent is to replace one house and the Cardinal



The project at the corner of 28th and 38th is the first planned by the Lander Group, and will be followed by work near the light rail station at 38th and Hiawatha Ave. Work at the light rail station will include several buildings housing housing and retail. It will likely be done in phases and could begin as soon as fall 2017. (Photo by Tesha M. Christensen)

parking lot with a four-story mixed-use housing building. Included in the plan are a courtyard and parking area.

Lander pointed out that the demographics of the neighborhood had changed over the past 25 years when 75 percent of homes

had children in them. Today, just 25 percent of homes have children, which changes the type of housing citizens are looking for.

The Lander Group envisions its retail as an amenity to those who live in the building, and seek out unique and out-of-the-box

businesses. There may be a shared kitchen in one area to help several businesses with the large cost of kitchens, for example. Anyone with ideas on businesses for the area is encouraged to contact Andy Root of Forteva at 612-414-6113 or aroot@forteva.com.

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Messenger DEADLINE CHANGE:
the January 2017 issue dates have changed to:
DEADLINE: Dec. 12 • PUBLICATION Dec. 22

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AA/EOE

How can citizens contribute to a healthier Mississippi River?

Story and photo
by MARGIE O'LOUGHLIN

Forty-four years since the passage of the Clean Water Act, a new report on the health of the Mississippi River shows that while progress has been made, new solutions must be explored to enhance the health of the river.

The State of the River Report, just released by Friends of the Mississippi River and the National Park Service Mississippi National River and Recreation Area, examines 14 key indicators of the river's health including bacteria, phosphorus, nitrate and sediment levels, and the river's viability for recreation and wildlife.

"The Mississippi River is a complex natural system, with many factors affecting its overall health and vitality," said Whitney Clark, executive director of the Friends of the Mississippi River. "State of the River" serves as a report card, helping us see how the river is doing compared to the past, and which efforts have been effective at improving its health. This report shows that there has been a great deal of progress, but we must maintain our vigilance and push for new solutions—particularly regarding agricultural pollution—to adequately conserve and protect the river for future generations."

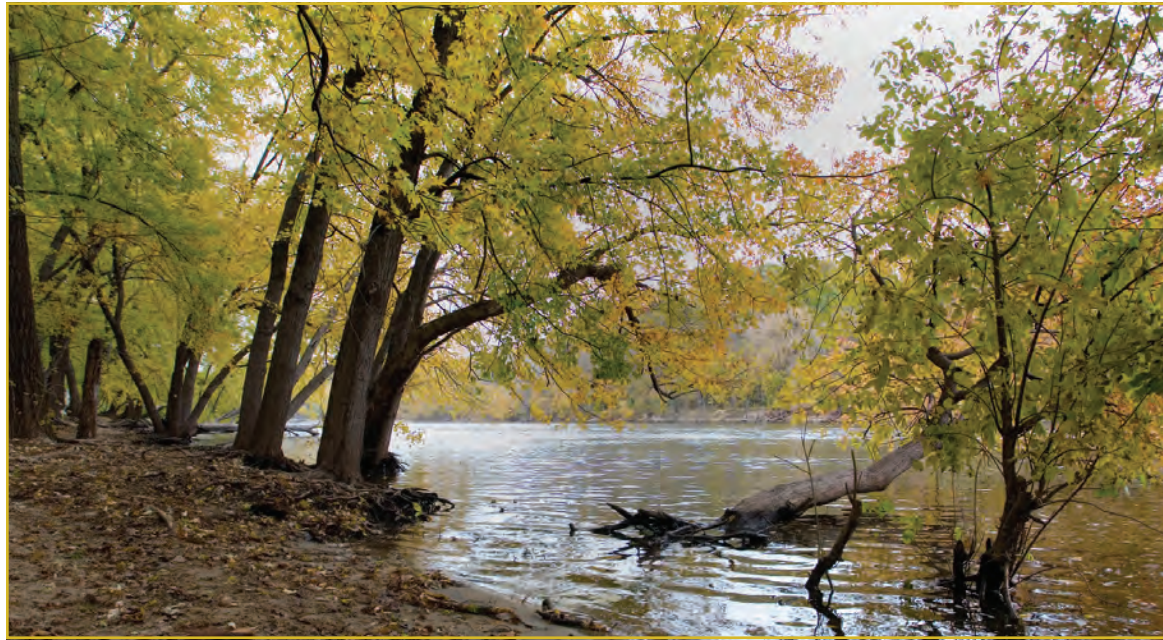
On the plus side, bald eagle, mussel, and fish populations are growing. However, there are disturbing trends in lead levels of eaglets, and fish consumption advisories are in place throughout the River due to elevated contaminants like PFOS (fluorinated organic chemicals used in industrial processes) and mercury.

Water quality is being increasingly degraded by excess sediments and phosphorus, and some portions of the river are impaired with excess bacteria. Much of this can be attributed to upstream agricultural sources, in the form of fertilizer and pesticide run-off.

Additionally, the Mississippi's watershed (the rivers and streams that flow into it) are being depleted by increased irrigation demands for farming.

Several indicators show causes for serious concern moving forward, according to the scientific advisors who helped compile this report:

- The Mississippi's flow has increased by 24% since 1976. This leads to destabilization and also flushes large amounts of pollution into the river.
- Nitrate concentrations have increased by 44% during that same period, potentially expanding the Dead Zone in the Gulf of Mexico.
- Invasive Asian carp continue to move upstream, posing a threat to aquatic life and recreation throughout much of the state.
- Several additional contaminants, such as triclosan, pharmaceuticals and microplastics — tiny pieces of plastic shed from everything from car tires to synthetic clothing—present risks to the river that, while not yet fully understood, are cause for concern due to their potential impact on aquatic and human health.



The Mississippi River flowing south near Minnehaha Falls Park.

A summary of the companion Stewardship Guide:

1. **Use salt wisely.** Excess chloride (salt) can be toxic to aquatic life. Use sidewalk and driveway de-icing products sparingly, and sweep up extra material for future use. Traditional rock salt is not effective in temperatures below 15 degrees Fahrenheit. Sand can be used for traction when salts won't melt ice.
2. **Don't flush prescription or over-the-counter drugs down the drain.** What goes down the drain goes into the river – it's that simple. The Hennepin County Public Safety Facility (401 Fourth Ave. S.) is the central drug take-back site for Hennepin County. Many neighborhood pharmacies will take back expired or unwanted meds as well.
3. **Avoid products that contain microplastic fibers.** Microplastics are tiny plastic fibers that end up in the river when products made of plastic break down. Examples are plastic bags, car tires, and fabrics made of polar fleece, polyester and nylon.
4. **Keep your yard clean.** Leaves, grass, and lawn chemicals wash into storm sewers and pollute local rivers, lakes, and streams throughout Minnesota.
5. **Work to keep the rain where**

- it falls.** Excess runoff contributes to higher flows and carries pollutants into waterways. Direct downspouts onto gardens and other areas that can absorb water—not onto driveways, streets or sidewalks. Capture and store run-off in rain gardens or barrels.
6. **Maintain a river-friendly yard.** Healthy yards help reduce runoff. Set your lawnmower on a "high" setting (3+"), leave grass clippings on the lawn, and avoid excess watering. If you must use lawn chemicals and fertilizers, use them cautiously and always keep them on the lawn—don't overspray to sidewalks, streets, and driveways.
7. **Adopt your storm drain.** Storm sewers discharge directly into waterways. Take responsibility for keeping nearby storm drains free of leaves and trash.
8. **Pick up after your pet.** Pet waste washes into storm sewers and contributes to bacteria and phosphorus pollution.
9. **Use lead-free shot and tackle.** Lead is in most fishing jigs, sinkers, and ammunition. Hunters and anglers can help reduce lead in the environment by using non-toxic ammunition and fishing tackle.
10. **Lend a hand.** Get involved

in making the Mississippi River healthier! Become an active member of Friends of the Mississippi River or Mississippi Park Connection. Both groups are doing important river protection work every day.

Seventy-two miles of the

Mississippi River were included in the State of the River Report: the metro corridor stretches from the confluence with the Crow River to the north to the confluence with the St. Croix River to the south.

Trevor Russell, Water Program Director for FMR and Longfellow resident, said, "Our goal with this report was to create a readable, accessible document to help people deepen their relationship with the river." He continued, "There's an extra incentive for Longfellow residents because the river is by far the greatest natural feature in our neighborhood."

Russell concluded, "Most of us in the neighborhood drink tap water filtered from the Mississippi. Because our bodies are largely made up of water, if you've lived in the neighborhood for a while—you're literally made up of Mississippi River water."

To read the full report, the stewardship guide, or the accompanying teacher's guide, go to www.stateoftheriver.com.