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Longfellow  
Nokomis

# Messenger



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## Desire for social change drives Minneapolis Mayor Hodges

Betsy Hodges: 'Think bigger and make it happen'

By TESHA M. CHRISTENSEN

Questions drive the new mayor of Minneapolis.

Can we move the dial on equity? Can we move the dial on growing the city? Can we continue to make the city run well?

Mayor Betsy Hodges is still moving into her office on the third floor of city hall, and frames are piled up along the wall. But these questions have been written on the white board in her office to focus her efforts.

"These are the questions I'll be asking about everything we do in this office," said Hodges, Minneapolis' 47th mayor and the second woman to ever hold this position.

Hodges encourages others and herself to "think bigger and

make it happen."

Along the way, she plans to ask who needs to know and when they need to know it, in order to pull all relevant parties on board.

"Minneapolis is a great city, and I'm proud to be its mayor," said Hodges.

### LOCAL GOVERNMENT WHERE INNOVATION HAPPENS

Mayor Hodges' social change work began when she was in high school, and blossomed in college. While attending graduate school in the mid 1990s at the University of Wisconsin - Madison, Hodges made a conscious choice to focus on local politics. A professor pointed out that the contact most citizens have with

politics occurs in the ballot box, and the majority of their votes go towards small, local races.

"Local government is where innovation happens," Hodges pointed out. "That's been the focus of my political work for the last 20 years."

### IN PURSUIT OF SOCIAL CHANGE

As a little girl, Hodges' dreams did not include politics. She wanted to be a writer like her mother and grandmother or a lawyer. Then she set her sights on psychology.

"It was when I was in college that I realized I wanted to do social change," Hodges said. And she wanted to do more than



"Minneapolis is a great city, and I'm proud to be its mayor," said Betsy Hodges. She is Minneapolis' 47th mayor and the second woman to ever hold this position. (Photo by Tesha M. Christensen)

merely study it in the classroom.

Upon returning to Minnesota after college, Hodges became involved in the Progressive Minnesota movement, beginning by volunteering for a phone bank in a school board race. Hodges worked on various other campaigns, and served as chair of her neighborhood organization. Her first elected position was to

the Minneapolis City Council in 2005 representing Ward 13.

Her drive to become mayor was a natural progression of wanting to give something back to her community in a way that would help people, she observed.

Continued on page 3

## Minneapolis South skiers pull together for late-season push to state

By MATTHEW DAVIS

An illness-riddled Minneapolis South Nordic ski team put together their best racing when it counted the most.

"I thought we pulled a big upset when we won the section

race," Tigers coach Tony Aspholm said. "Our team wasn't really skiing well until the end of the season."

A couple of their top skiers had been sick with a flu-like viral infection during the season.

Both skiers missed practice time and meets over about six weeks.

"They had to recover and didn't really ski well until the section race," Aspholm said. "It was our best race of the year."

Despite their time away, Jo Jo Baldus and Tyler Thomegreene stepped up big by taking eighth and ninth respectively in the Section 3 meet at Theodore Wirth Park on Feb. 4.

"It was quite thrilling to see how well they skied," Aspholm said.

Sam Coady had the highest finish for the Tigers with fourth-place. The Tigers had four skiers in the top 15 with Sam Nelson coming in at 14th.

"They were good skiers who encouraged each other and improved all year," Aspholm said.

At the state meet on Feb. 13 at Giants Ridge in Biwabik, Thomegreene had the top finish of all Tigers skiers at 56th. The Tigers senior had times of 18:25 and 18:28.4 on the freestyle and classic pursuit respectively. He came in at 36:52.2 overall.

Coady finished close behind at 58th. Also a senior, Coady posted times of 18:24 in freestyle and 18:31.4 in classic for his final varsity meet.

"Sam has led us for a couple years," Aspholm said.

Nelson came in at 95th with times of 20:01 in the freestyle and 18:53.5 in the classic pursuit. The Tigers senior had an overall time of 38:54.5.

"He skied well all year," Aspholm said. "He didn't race well at the state meet, but he's had some great races this year."

Eamonn Casey also came within the top 100 at 99th. He hit times of 19:53 in freestyle and 19:57.6 in classic. He had an overall time of 39:19.3 in his final meet as a senior.

Gunnar Rudrud took 109th

and Oliver Ellis 115th. They had overall times of 40:44.1 and 43:30.4 respectively.

"There were 5-6 kids that were competitive with each other, that really pushed each other all year," Aspholm said.

The Tigers have consistently finished in the top three during Aspholm's six years as coach. This year's section title made it two championships and trips to state as a team for the Tigers under Aspholm.

Continued on page 5



An illness-riddled Minneapolis South Nordic ski team put together their best racing when it counted the most. A couple of their top skiers had been sick with a flu-like viral infection during the season. Both skiers missed practice time and meets over about six weeks. At the state meet on Feb. 13 at Giants Ridge in Biwabik, Tyler Thomegreene had the top finish of all Tigers skiers at 56th. The Tigers senior had times of 18:25 and 18:28.4 on the freestyle and classic pursuit respectively.

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# Local woman opens non-profit, low-cost garage

By PAT KALUZA

Longfellow resident Cathy Heying is not a bystander in life, she's a doer.

Working as a human rights advocate with St. Stephen's Human Services, Heying saw that where homelessness often begins is when people can't afford a major car repair, can't get to work, and then can't make the rent. She wanted to intervene in that downward spiral. She'd had the idea for a low-cost garage for a long time and kept thinking, "Someone should do this." Eventually she realized that someone was her.

So she spent two years at Dunwoody earning a degree in auto technology so she would know what she was talking about in the world of auto mechanics (her associates degree from Dunwoody follows her degree in social work and a masters in pastoral ministry, both traditionally female fields). And she wanted credibility with funders and wanted to know there would be "one worker for sure."

It was by no means an easy degree. She discovered that "You have to be really smart to be an auto technician." She was 38 years old in the midst of 18-year-old men. In the first quarter, she almost quit three times, but she had instructors who urged her on. One of them, now on the garage's board of directors, vowed he would see her walk

across the stage to get her diploma.

Degree in hand, she then found volunteer help at William Mitchell Law School to create a non-profit organization, The Lift Garage, located at 5925 Nicollet Ave. The volunteer was so good that getting non-profit status happened in just 41 days.

Asked how she found the courage to enter a field she knew nothing about, she talks about watching her mother care for Heying's older brother with Down Syndrome. Rather than institutionalizing him, Heying's mother fought for him and always acted with great love and compassion. "She's my hero," Heying says of her mother. "She always did what needed to be done."

Who knows, maybe birth order helped too. As the youngest of seven children, Heying says, "There are no pictures of you when you're the last one, but you can do whatever you want."

In addition to providing low-cost auto repair for low-income people, The Lift Garage has a goal of doing job-training. Teaching people the skills for a decent-paying job is another way to intervene in homelessness. Heying grew up in a Iowa farming town of 800 people, and knows that rural communities, where jobs are so spread out and scarce, need low-cost garages and job-training too. She wants The



In addition to providing low-cost auto repair for low-income people, The Lift Garage has a goal of doing job-training. Owner Longfellow resident Cathy Heying is not a bystander in life, she's a doer. (Photo by Cindy Gentling)



Cathy Heying spent two years at Dunwoody earning a degree in auto technology so she would know what she was talking about in the world of auto mechanics (her associates degree from Dunwoody follows her degree in social work and a masters in pastoral ministry, both traditionally female fields). (Photo by Cindy Gentling)

Lift Garage to be a model.

She is adamant that the low-income customers of the garage be cordially welcomed and treated with respect. She wants them to stay while their cars are being worked on, wants them to see the garage as a community space, and promises there will always be good coffee. "Many non-profits don't want poor people around," she says, but that would not be true at The Lift Garage where the goal is to "be together differently."

Speaking of good coffee, it's always fair-trade coffee at the garage. "Justice is justice is justice," she says. That also means they'll fix emission systems on cars when it's not the major problem because reducing emissions is an environmental justice issue. Right now they're talking to a state agency about helping with emission problems. And she knows it's better for the earth to fix old cars than to keep adding new ones.

So many people have told her they want to have their cars fixed at The Lift Garage and would pay regular garage rates that she's thinking about a for-profit garage that could sustain The Lift Garage. Fundraising, of course, is always ongoing and the garage is greatly helped by volunteer grant writers. Last fall the Otto Bremer Foundation gave them a \$25,000 grant. A story on CBS News brought in \$10,000. Sometimes it's just a \$10 bill after a Sunday service, but it's all needed and all appreciated.

The volunteer technicians and other volunteers get their own round of applause.

To qualify for the The Lift Garage services, a person needs to be referred from a social service agency. See their website at [www.thelif Garage.org](http://www.thelif Garage.org) for more information about income guidelines, volunteering, etc. Better yet, stop by the garage and have a cup of really good coffee.

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Mayor

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MAYORAL AGENDA

Hodges was elected on a message of growing Minneapolis, continuing to run it well, and eliminating the many gaps — in jobs, income, housing, health and education, among others — that separate white people and people of color in Minneapolis.

She will be working with a diverse city council. There are seven new council members that includes three firsts: a Somali immigrant (Abdi Warsame, Ward 9), a Hmong-American (Blong Yang, Ward 6) and a member of the Latino community (Alondra Cano, Ward 10).

“I think it is a great group of people,” said Hodges. “Everyone brings their own unique perspective from their wards.”

Hodges has also worked to pull together what may be the most diverse staff of any Minneapolis mayor.

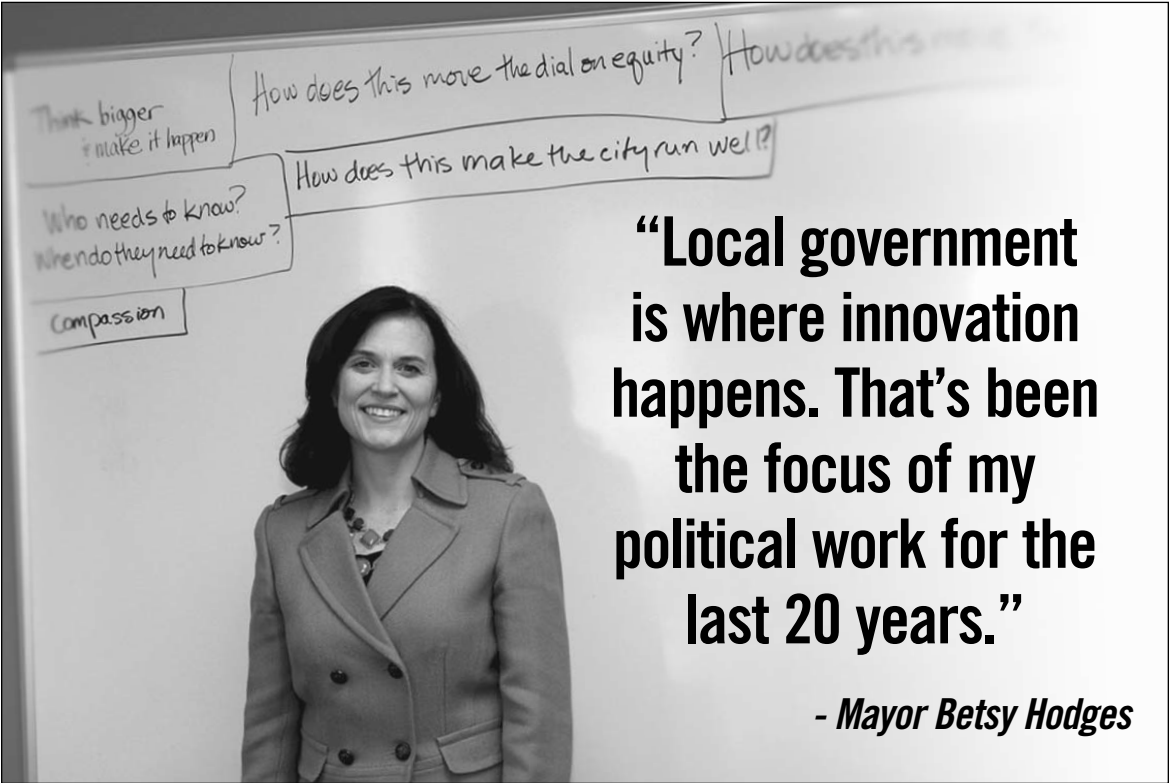
Hodges’ overarching goal is “One Minneapolis,” a city where every person and every community is responsible for, and benefits from, each other’s successes.

ON SCHOOLS

Education played a large role in the election last year, and it’s something Hodges intends to focus her efforts on. While the city has no direct control over the school board as it manages itself, Hodges has already started meeting with Superintendent Bernadeia Johnson and other school representatives to start the conversation on education.

“Let’s see what we can make happen when we bring partners together,” Hodges said.

The city does control pro-



Hodges worked on various other campaigns, and served as chair of her neighborhood organization. Her first elected position was to the Minneapolis City Council in 2005 representing Ward 13. (Photo by Tesha Christensen)

“Local government is where innovation happens. That’s been the focus of my political work for the last 20 years.”

- Mayor Betsy Hodges

grams for early childhood education through its department of public health, and it is here that the city can move the dial on education, according to Hodges.

The first educational gap kids face is in the two to three-year age range, Hodges pointed out.

Key components of the Cradle to K initiative she unrolled during her campaign include:

- Expansion, to cover all of Minneapolis, of the Healthy Start program, which serves low-income and vulnerable families with the skills, care, and resources to care for pregnant mothers and infants;
- Expanded access to stable, high quality, child-centered childcare; and
- A Mayor’s Cabinet on Cra-

dle-To-K, which will serve as the hub for the community of dedicated stakeholders, ensure there are no early childhood programming or coverage gaps, and facilitate resource-sharing.

ON TRANSIT

Over the next 10 years, Hodges envisions the city moving forward on lightrail and streetcar projects. “They will not only move people to jobs, but bring jobs to people,” she said.

Since the Hiawatha - Blue Line opened, the number of citizens from low income areas in Minneapolis working at the Mall of America has increased. The lightrail has given people access to jobs, Hodges said.

She pointed out that the

Central Corridor line isn’t open yet, but \$7 million has been invested along the line. “It is a huge opportunity for the city,” Hodges remarked.

“I think it will start to transform where people live and how they live.”

According to Hodges, there are three main lessons the city

has learned from the Hiawatha - Blue Line to apply to the Green Line and others that come after. 1) Make sure you get your lights timed right. 2) Zone the area properly. 3) Be prepared for more riders than you think.

Hodges points to the Access Minneapolis plan that the city council approved as the blueprint for the future.

Although the Southwest Lightrail line has run into roadblocks, she remains hopeful for a good outcome. “We’re going to keep forging ahead with the Southwest Lightrail,” she said.

38TH ST. AND LAKE ST.

During her inaugural address, Hodges highlighted two local areas.

“Imagine taking your out-of-town guest to the myriad opportunities for recreation, dining and community along 38th St.,” she said.

Hodges also pointed to E. Lake St. It’s an area she believes kept the city vibrant during the recession. Latino entrepreneurs made important investments in the area where they live and work, and create a cosmopolitan destination for food, shopping and culture.

Looking for a business opportunity? As a woman who stays away from sugar, Hodges offers this suggestion: “I would like a salty snacks food truck.”

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Meet Mayor Betsy Hodges

- Grew up in Minnetonka, but has spent the last 16 years in Minneapolis. “It’s a cosmopolitan city and you can meet your neighbors,” Hodges observed. “It’s the perfect combination.”
- Married to Gary Cunningham, vice president and chief program officer of the Northwest Area Foundation and a member of the Metropolitan Council. They have two children, four grandchildren, a dog and a slightly neurotic cat.
- Hobbies include writing and reading poetry
- Her favorite movie: “Die Hard”
- Occasional karaoke singer with a limited range
- Collects Wonder Woman memorabilia



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# Viewpoints

## Messenger

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Winning the Minneapolis City Conference has become an annual event for Minneapolis South wrestling.

The Tigers won their ninth-straight conference title in February with a 6-0 record. In addition, the Tigers have not lost a conference meet in the past four years. However, sections did not treat the Tigers wrestling team as well in a 62-12 loss to Buffalo on Feb. 15 in the Section 6AAA tournament.

South's basketball team had their conference race right down to the wire in the final week of the season in February. The Tigers entered the last week in a three-way tie with Southwest and Washburn at 9-3.

Payton Bowdry has been a big factor for the Tigers' success with 14.7 points per game and 11 rebounds through Feb. 14. Kenley Farrow has been second on the team in scoring with 12.3 points per game.

Morgan Hill has led the South girls basketball team in points with 14.7 per game through Feb. 14. Lexus



## In The Zone

By MATTHEW DAVIS

### Tigers tame Minneapolis City Conference again

Hughes and Adria Stewart average 12.4 and 12.1 respectively. South has a 4-4 record in conference play through Feb. 15 in the hunt for third place.

In Nordic skiing on Feb. 13, Tyler Radtke of Minnehaha Academy took 48th overall with a time of 18:34 in the freestyle and 17:57.3. Radtke is a sophomore at the Academy.

Sam Myers took 62nd for the Minnehaha Academy Redhawks with times of 18:58 in the freestyle and 18:07.5 in the classic pursuit.

Elsa Ubel of the Redhawks girls Nordic ski team also raced at the state meet. She took 78th with an overall

time of 43:43.8.

Minnehaha Academy's girls basketball team will look to make another run at the state tournament this month. The Redhawks have gone 15-5 through Feb. 15, and they had a second-place tie in the Tri-Metro Conference at 10-2 with Concordia Academy-Roseville.

Sarah Kaminski has been stellar

for the Redhawks with 17.3 points per game and 9.9 rebounds along with 5.3 assists. Lilly Thomey averages 7.3 rebounds per game and scores 8.1 points per game.

Minneapolis' girls hockey season ended at 11-12-1 overall with a first-round exit in the Section 5A Tournament. Katy Fuller led the team in offense with 28 points this past season, and Sadie Baker had 25 points. Goalie Kellie Winchell had a 2.51 goals against average.

Roosevelt's girls basketball team has an outside shot to finish third in the Minneapolis City Conference with a 4-6 league record through Feb. 15. Makayla Lemieux leads the Teddies in scoring with 8.9 points per game.

## Learn about birds, bees and butterflies at the Minneapolis Home and Garden Show

NENA's Naturescape gardeners are teaming up with the Twin Cities Wild Ones (a native plant group) to have a booth at this year's Minneapolis Home and Garden Show, Thurs., Feb. 27 to Sun., Mar. 2. The booth will be in Room 103 with the Minnesota State Horticultural Society. The University of Minnesota Bee Squad will also be there, along with the St. Paul Audubon Society, and the U of M Hennepin County Master Gardeners. (Note, some of the booths will be staffed Friday evening through Sunday only).

Among other things, you can learn about the Wild for Monarchs Campaign to save the monarch migration and the efforts of many organizations to preserve habitat that is critical to the survival of butterflies and birds. You can also learn how important bees are to our food supply, why they are in danger, and what you can do about it.

### Energetic residents needed for NENA Board

NENA's 2014 Annual Neighborhood Meeting will be Tues., Apr. 22, 7-9pm. The meeting will include light refreshments, a report on 2013 and, most important, our annual Board elections. Residents will be electing eight neighborhood representatives to the NENA Board. The positions up for election this year are two representatives from each of our four neighborhoods: Wenonah, Morris Park, Minnehaha and Keewahdin.

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

## NENA (Nokomis East Neighborhood Association)

BY RITA ULRICH AND DOUG WALTER, NENA STAFF

### Spring Things to Do

age time commitment is 8-10 hours per month, with some months requiring less time, and others more.

If you are committed to improving the neighborhood, engaging and representing residents interests, and building a better community, consider bringing your time, energy and talents to the NENA Board. Your neighborhood needs you!

Please call the NENA office (612-724-5652) to request an information packet or to ask any questions.

### Community Connections:

#### A free conference for Minneapolis residents

If you are interested in neighborhood or other community work, the Minneapolis Community Connections Conference on Sat., Mar. 22, will have great information and networking opportunities for beginners and experienced volunteers alike.

The conference theme, Common Ground – Making the City Work for You, is designed to help people who are involved in community organizations, or who thinking about becoming involved, gain practical skills, see the many ways that others have addressed common problems, and meet people who can help you, and learn from you.

Dr. Verna Price, an internationally known consultant, writer and teacher whose work is about personal power, excellence and change, will give the opening address.

Thirty-five workshops will address four conference tracks: Making the City Work for Me, Thinking Bigger, Finding Common Ground, and Running an Effective Organiza-

tion. They range from learning about the business licensing process to strengthening your community through block clubs. Want to know who in the City works on planning for our area? There's a workshop for that. There's even a workshop on how to prepare your family for a disaster (natural or otherwise).

Everyone is invited to attend

the conference, which includes a light breakfast, lunch, and a social hour at the end. The workshop will be held Sat., Mar. 22, 8am – 4:30pm at the Minneapolis Convention Center. The conference is free, but please register at: <http://www.minneapolisnmn.gov/ncr/conf/index.htm>.

### Upcoming Meetings and Events

**Minneapolis Home and Garden Show:** Wed., Feb. 26 – Sun., Mar. 2. Check out room 103 – the Minnesota State Horticultural Society. Volunteers from Audubon, NENA and the Wild Ones will be staffing a booth on native habitat for butterflies. Stop by to say hello if you go to the show over the weekend!

**Minneapolis Community Connections Conference:** 8am-4:30pm, Sat., Mar. 22, at the Minneapolis Convention Center. Everyone is welcome at this free, neighborhood-oriented conference.

**NENA Board Meeting:** 7pm, Thurs., Mar. 27 at the NENA office, 3000 East 50th St.

**South Minneapolis Housing Fair:** 10am - 3pm, Sat., Apr. 5, at the Minneapolis Sports Center next to the Midtown YWCA.

**NENA Neighborhood Annual Meeting:** 7-9pm, Tues., Apr. 22, at Crosstown Covenant Church.

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

## Artist's talk scheduled Mar. 1

Vine Arts Center will hold an artist talk and closing reception Sat., Mar. 1, 6-9pm for the exhibit "Pursuit of Happiness" by Keith Holmes. The talk begins at 6pm. Holmes' photographs reveal people staking a claim to America based on values, culture, and ethnicity. They speak about the desire to belong, the need to represent, and the collision of aspirations in partisan times. It is a vital portrait of an America in-process, and an American paradox—we all believe in the dream, even though we define it differently.

Vine Arts Center is in the Ivy Arts Building, 2637 27th Ave. S.

## Local resident gets national recognition

Longfellow resident Michael J. Bjornberg, FAIA, NCARB, HGA Architects for Engineers, has been elected to the College of Fellows of the American Institute of Architects (AIA). He was recognized for his "notable contributions to the advancement of the profession of architecture." Bjornberg is a project manager with more than 35 years' experience focused on historic preservation and cultural work. His major historic preservation projects

includes the Union Depot and the Minnesota State Capitol in St. Paul; the University of Notre Dame Main Administration Building (Golden Dome) and Football Stadium in South Bend, IN; Coffman Memorial Union at the University of Minnesota-Twin Cities; and the Nelson Cultural Center addition and renovation at the American Swedish Institute in Minneapolis. Bjornberg has won numerous design awards, including most recently the 2013 AIA Minnesota Honor Award for the Union Depot. Bjornberg is an assistant adjunct professor of preservation at the U. of M. The College of Fellows recognizes architects who have made a significant contribution to architecture

and society and who have achieved a standard of excellence in the profession. Less than 2% of all registered architects are elected to the College of Fellows.

## Book signing set at Nokomis Yoga

There will be a guided meditation and new book presentation by Daniel Hertz at Nokomis Yoga on Sat., Mar. 1. This new book by Hertz, "We Are Only Visitors," is a follow-up to his critically acclaimed first book and the essays and poems in this book are rooted in Daniel's Yoga practice and are seen through the eyes of someone who has practiced Yoga and Medi-

tation for more than 20 years. The words demonstrate a wonderful balance and grace and are offered out of a place of peace and great gratitude for the way things are.

You can purchase the book at the event (\$10). All proceeds go to SRIVERM, the school in the remote Himalayas founded by Swami Hari. For more information see [www.DanielHertzBooks.wordpress.com](http://www.DanielHertzBooks.wordpress.com).

The scheduled events start from 5:30-6pm with a Guided Meditation in the Himalayan Style, followed with a presentation on the new book from 6-6:45pm, and a book signing from 6:45-7pm. The program is free (no need to RSVP) and tea and cookies will be provided.



# Long-time developer takes aim at renovating historic Lake Street building

By JAN WILLMS

Hamoudi Sabri, a long-time Minneapolis developer, admits that the property at 2716 East Lake St. currently looks like a missile has gone through it.

But he has big plans for the building, which at one time housed the Minnehaha National Bank and more recently, a church.

"I am planning a big restaurant and catering," Sabri said. "It will be international, for all communities and immigrants to entertain themselves with music."

Sabri said plans are in the works for a downtown high end restaurant owner to become a tenant of the property, and he promises the business will have "the best cook in the world."

He said that while he is providing the infrastructure, the tenant will provide all the restaurant equipment.

"This will be one of the few businesses like this in the United States of this size and design," Sabri continued. "It's going to be food, food, food and art, art, art."

He plans a large restaurant with a stage for musical performances.

The building has an interesting history, based on information compiled by the Lake Street Council for the Museum in the Streets project. This project features three bilingual heritage-discovery walks for the benefit of Lake Street communities and visitors. In putting it together, a great deal of data from the early days of businesses along Lake Street was gathered.

According to this history, four men decided to open a bank in the 27th and Lake Street area in 1915.

Fred Ryder, J.B. Neil, Harry O'Hearn and W.R. O'Hearn located a lot that was ideal at 2716 East Lake and built a one-story building that met their needs. By 1923, the Lake Street State Bank needed to grow to accommodate the new customers and businesses moving into the area.

A major remodeling project was started, with a second floor being added. In 1927, the bank merged with Minnehaha State Bank.

## Skiers

Continued from page 1

The Tigers also took second in sections twice in Aspholm's tenure. They have never finished below fourth during his time.

## Eckstrom races to 59th for South girls at state

Carly Eckstrom, a junior, took 59th at the girls Nordic state ski meet at Giants Ridge on Feb. 13.

She skied for times of 21:57 in the freestyle and 21:02.8 in the classic for an overall time of 42:59.8.

"She had an excellent race," Aspholm said. "She was there last year as a sophomore and finished 91st. This year in the morning race, she was 72nd, and she jumped to 59th place in the afternoon, so she passed quite a few people on a very difficult classic course."

Cara Letofsky, who was a coordinator of Museum in the Streets, said the history found for the building showed that when the bank moved to another location in 1979, the property was sold to Brown Institute (now Brown College.) It was one of half a dozen locations Brown had along East Lake. Victory in the Truth Ministry purchased the building from Brown.

But through the years, the original one-room brick bank building has remained under the current facade.

"I am renovating the building, but I am saving it," Sabri explained. "I took the whole front off, and I will put a new roof on it. The front will be glass. I am not destroying history."

He said the building has been gutted 100 per cent inside.

"Gutting it was a nightmare," Sabri acknowledged. He said he got his first permit to start working on the building last July.

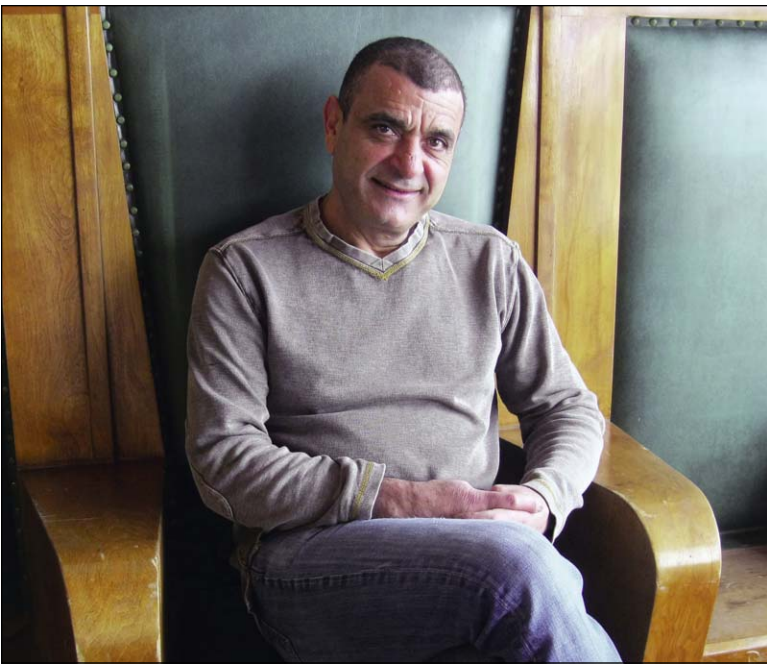
As to when it will be completed and open for business, he said that depends on the City of Minneapolis.

There are currently three Building Remodeling Permits open, and they're for facade improvements, the roof, and interior demolition, according to Matt Laible, City of Minneapolis Communications Department.

He said a public hearing is required for all on sale alcohol license applications for those locations where there has not been an alcohol license issued in the past. Notification of such a public hearing is made to residents and property owners within 600 feet of the proposed business, by U.S. Mail, and notification of the public is also given to local neighborhood groups and business associations. "We have no applications pending for business licenses at this site," said Laible.

Followers of politics and development on Lake Street know that Sabri has had his run-ins with former Ward 9 council member Gary Schiff and city officials who may at times have opposed some of his developments.

"I'm optimistic that we have new council members working for



Hamoudi Sabri, a long-time Minneapolis developer, has plans for a downtown high end restaurant owner to become a tenant of the property he is refurbishing at 2716 E. Lake St. (Photo by Jan Willms)

the community based on needs and job improvements," Sabri said.

He said he is looking forward to working with Alondra Cano, the newly elected Ward 9 council member.

"The homeless, seniors, kids with no homes, abused kids, police and safety—that's what I am hoping to see the new council is

about," Sabri said.

Sabri has several properties in development. He said he started out on Nicollet Ave. in the mid-90s, and during that period of time also started developing on Lake Street. He had property at Grand and Lake and has developed three corners of Cedar and Lake.

Continued on page 7

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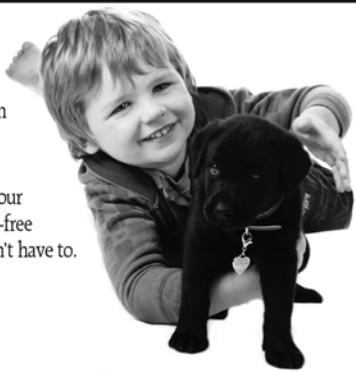
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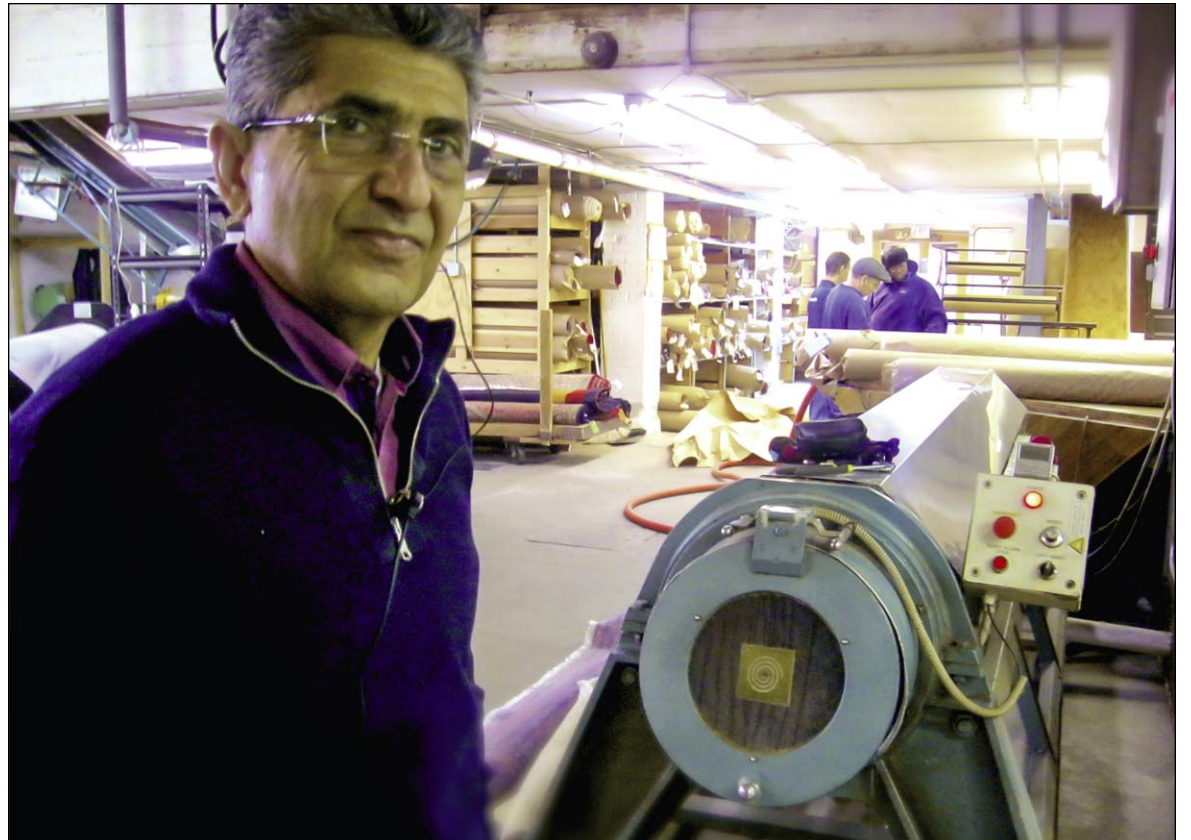
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# American Rug Laundry approaches century mark, hoping to outlast leaky roof



Sam Navab stands by a centrifuge machine, used to thoroughly dry the cleaned rugs. American Rug Laundry has been at its corner location at 4222 Lake St. for 97 years. (Photo by Jan Willms)



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**ACCREDITED BUSINESS**

### By JAN WILLMS

For 97 years, American Rug Laundry has been at its corner location at 4222 Lake St. The problem is, while the business has survived the last 100 years, the building may not survive long without major repairs that could cost nearly \$100,000.

"Unfortunately, our building is in need of some repair and restoration," said Sam Navab, who along with his brother, Faryan, has owned the business for the past 15 years.

The 8,000-square foot building has a leaking ceiling, and windows on the second floor are rotted and old, letting in the elements. With priceless Oriental rugs housed inside, that is not a problem to take lightly.

"We recently removed the vines covering the building," Navab said, "and we discovered the concrete area around the building is cracked."

He said very little work is needed inside the building, which houses the facilities for drying and maintenance of Oriental rugs as well as a space for sales called the Rug Annex.

"We need a roof over our heads, and the roof needs fixing," Navab said. "We did talk about tearing the building down, but financially that is not possible. The cost of new construction makes it difficult to get a bank loan."

"Besides," he added, "we want to keep the historic façade. And we want to stay on Lake Street."

Navab said the original owners picked a good spot, centrally located between Minneapolis and St. Paul. "We have a huge following from St. Paul, and we

are close to the Interstate and people have always known us as a part of Lake Street."

So, to assist in fixing up the building, the brothers turned to the Lake Street Council (LSC) for help with some arts and façade grants. These grants could help with window repair and the hiring of a local artist to enhance the looks of the building.

One avid supporter of American Rug Laundry is Joyce Wisdom, executive director of Lake Street Council (LSC).

"As a Longfellow resident, I've always been taken by the way American Rug Laundry uses their historic photos in their advertising," she said. "It might even have been part of my inspiration for Museum in the Streets. I do think it is important that communities value and keep these kinds of businesses in their neighborhoods. American Rug Laundry is a Lake Street landmark, and I hope they stay put

for another generation."

Navab said the LSC grants, which are available to local businesses, will help with the façade. But the main cost of roof repair is the building's most urgent need—and the most expensive, with costs that could reach as high as \$96,000.

"We are gathering information and getting estimates right now," he said. "Once the weather breaks, we are hoping to start work on the roof as quickly as possible."

He said the business is hoping to raise the money for the roof repair by having major sales in March of their handmade rugs.

"To the best of our knowledge, some sorts of rug sales have always been associated with this business," he explained. An older photo from the 1930s shows a sign for rug sales in one of the windows.

**Continued on page 7**



The 8,000-square foot building has a leaking ceiling, and windows on the second floor are rotted and old, letting in the elements. With priceless Oriental rugs housed inside, that is not a problem to take lightly. (Photo by Jan Willms)



# American Rug Laundry

Continued from page 6

When the brothers bought the business, they decided to upgrade.

"We brought in tools needed to properly clean and dry loose, Oriental rugs," Navab said. "We invested heavily in machinery and equipment." Although specializing in the treatment of Oriental rugs, the business cleans other rugs as well.

Navab said working with rugs has been in the family's roots. The brothers came from Iran as students, and they have been involved in the sale of rugs since the 1980s.

"We had a familiarity with the product, and connections," Navab said. "It made it natural for us to get involved with the cleaning and maintenance of rugs."

"We thoroughly and naturally clean the rugs," he added. "Long before it became fashion-



Sam Navab looks at a photo of his father, who was a lyricist, poet and politician. His father's books line the walls of Navab's office. Navab said that working with rugs has been in the family's roots. Navab and his brother, Faryan, have been involved in the sale of rugs since the 1980s. (Photo by Jan Willms)

able to go green, we were going green. We take out whatever we put into the rug, so it is free of any chemicals. We often use vinegar as a detergent."

Navab said stains that have chemical dyes and stains that are set are the most difficult to deal with.

"When a rug is here, whether

it is brought in or delivered, we address any issues that are visible and explain to the clients the best way to approach cleaning," Navab said. The rug is also carefully measured.

An automatic duster then removes dry soil or dirt, and beaters are in operation to beat the back

of the rug.

Depending on what the rug needs, a variety of washes are offered. There is a submerged, deep wash or surface cleaned standard wash.

"The rug is hand-scrubbed, rinsed and spun in a centrifuge machine," Navab continued. He said that at every stage of the cleaning process, a tag with a bar code gets scanned so it is known exactly where the rug is in the system. After a rug is put in the centrifuge for seven minutes to rinse out all the water, it is loaded onto a conveyor belt and sent to the second floor of the building to a temperature-controlled drying room.

After a rug is washed and dried, the rug is carefully appraised and any needed repair is done. The final step in the process is to finish and wrap the rug.

"The economy has affected our business, of course," Navab admitted. But although rug sales have been down, the cleaning remains steady. "People need to clean their rugs," he said.

Navab said people come into

the shop who are in their 70s and 80s, and they recall when they came in with their grandmother.

"The store is a part of the history of this town," Navab said. "We want to continue that. It's a different world now, and you can get what you need with the Internet. But we are a service business. We come to your home, roll up your rug and clean it. We can also explain to customers where their rug originated from, its value and when it was made, all at no added charge."

Currently the business has a staff of 15. "We are international," Navab said. "We have Hmong, Hispanic and African American employees, from cleaning to customer service to driving trucks, repair and sales. We are a real microcosm of America on Lake St."

"We would like to continue, to not just survive, but to flourish and provide the best service we can for our clients," Navab declared. And they would like to do it on the same spot that the cleaning and sale of rugs has been offered for at least 97 years.

# Developer

Continued from page 5

He developed the old Oddfellow's building at 27th and Lake, although he no longer owns that building. One of its tenants, Maya Lopez Santa-Maria, purchased it in 2012.

"I have a 38,000 square foot building off Louisiana Blvd., and I am in the process of building high end senior citizen living there," Sabri said. He has over two acres in the North Loop, with a towing business at 816 N. 5th.

And he is also in the process of working on mixed development at 19th and Lake.

"I'm a lot smarter than I was 20 or 30 years ago," Sabri reflected. "I don't just jump into things anymore."

He said that as a businessman, Ted Turner, who founded CNN, has been a hero to him. "He said something like, to reach the sky, you have to go down. I haven't

been all the way down, but that's true," Sabri recalled.

"I have always stayed away from politics," he added, although not everyone may agree with this assessment.

"I'm a community developer," Sabri said. He said he is hoping that politicians will stay away from some of the regulating services. "We only need four or five council members to be meeting and working with the regulating services."

"I am hoping the system will change to open the door to other development on Lake St.," Sabri said. He said he thinks Lake St. is in a depression and merchants are struggling.

"We should put our efforts into business," he said. "Finding jobs is the key of life."

But even more than business, Sabri said that raising kids is the most important thing he has done, as he describes his three daughters.

"Concrete comes and goes. Money comes and goes. But bringing kids like this into society, that's what lasts. I'm proud of that."



Hamoudi Sabri, a long-time Minneapolis developer, admits that the property at 2716 East Lake St. currently looks like a missile has gone through it. But he has big plans for the building, which at one time housed the Minnehaha National Bank and more recently, a church. (Photo at left by Jan Willms. Above, inset depicts photo illustration of future building.)

19th Annual

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# LONGFELLOW

## COMMUNITY COUNCIL



### Annual Board Elections: LCC has open board seats – join us!

Spring is on the way (no really...it is!) and in about 8 weeks LCC will be electing its Board of Directors for the 2014-2015 term. Elections will be held during the April 22nd General Membership meeting (see details on this page). If you have ever considered participating in the neighborhood as a board member, now is the time.

#### Open seats:

**Longfellow Neighborhood** – 1 seat (2-year term)

**Cooper Neighborhood** – 1 seat (2-year term)

**Hiawatha Neighborhood** – 1 seat (2-year term)

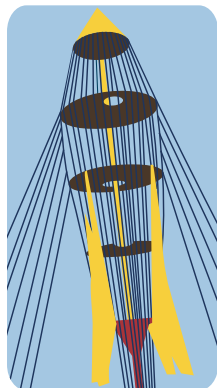
**Howe Neighborhood** – 1 seat (2-year term)

**Community Representative** – 3 seats (1-year term)

**Business Representative** – 1 seat (1-year term)

#### At-Large Representative – 1 seat (3-year term)

It's easy to run for a LCC board seat. Simply show up to the General Membership meeting and have someone nominate you or nominate yourself. Board membership is a great way to get to know your neighbors and your community! For additional details or if you have questions, please contact Melanie at 612-722-4529 ext. 14 or via email at [melanie@longfellow.org](mailto:melanie@longfellow.org)



### Longfellow Market coming soon!

The nearly 15,000 square Longfellow Market is inspired by the full service neighborhood grocers of the pre-WWII generation. Project updates can be found at [www.facebook.com/LongfellowMarket](http://www.facebook.com/LongfellowMarket)

### Community Crime meeting Monday, March 24

Many of you are likely aware of the increase in crime throughout Greater Longfellow. As a response, Longfellow Community Council and Ward 12 Councilmember Andrew Johnson are co-sponsoring a community meeting on Monday, March 24 from 6:00 - 8:00pm at Brackett Park, 2728 39th Avenue S.

Representatives from the 3rd Precinct Police Department will discuss crime statistics and trends, and offer crime prevention tips that residents can use to secure their home and belongings. We look forward to seeing you there.



### 2nd Annual Community Connections Conference on Saturday March 22

The City of Minneapolis Neighborhood and Community Relations Department invites you to attend the 2nd Annual Community Connections Conference on Saturday March 22nd from 8am-4:30pm at the Minneapolis Convention Center. The Conference is free to all participants. This year's theme is Common Ground: A City That Works for All, which aims to explore how the City can hone its organizational and communication skills, ways everyone can work with and influence city government and opportunities to build broad based efforts that involve all segments of Minneapolis' increasingly diverse neighborhoods and community-at-large. Learn more about the conference and the range of topics that will be covered at [www.minneapolis.gov/nc/CommunityConnectionsConference](http://www.minneapolis.gov/nc/CommunityConnectionsConference).

### Longfellow Neighborhood Garage Sale Organizers Wanted!

We are seeking a couple of skilled volunteers to help with organizing the summer garage sale. The sale will be Friday June 20th and Saturday June 21st. If you are interested please Contact Joe Sturm email: [Joe@longfellow.org](mailto:Joe@longfellow.org) or 612.722.4529 ext. 13



#### Calendar of Meetings and Events

## MARCH 2014

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

#### ADVANCEMENT COMMITTEE

Wednesday, March 5  
7:00 - 8:00 pm  
Fieroast Café  
3800 37th Ave  
FFI: [jessica@longfellow.org](mailto:jessica@longfellow.org)

#### NEIGHBORHOOD DEVELOPMENT COMMITTEE

Monday, March 10  
6:30 - 8:00 pm  
LCC Office, 2727 26th Ave S  
FFI: [joe@longfellow.org](mailto:joe@longfellow.org)

#### LONGFELLOW FAITH FORUM

Tuesday, March 11  
St Albert the Great, 2836 33rd Ave S  
FFI: [joannalund@longfellow.org](mailto:joannalund@longfellow.org)

#### COMMUNITY CONNECTIONS

Tuesday, March 11  
6:30 - 8:00 pm  
LCC Office, 2727 26th Ave S  
FFI: [joannalund@longfellow.org](mailto:joannalund@longfellow.org)

#### RIVER GORGE COMMITTEE

Tuesday, March 18  
7:00 - 8:30 pm  
Hiawatha School Park  
4305 42nd St. E  
FFI: [joannalund@longfellow.org](mailto:joannalund@longfellow.org)

#### BOARD OF DIRECTORS

Thursday, March 20  
6:30 - 8:30 pm  
Brackett Park  
2728 39th Ave S  
FFI: [melanie@longfellow.org](mailto:melanie@longfellow.org)

#### ENVIRONMENT AND TRANSPORTATION

Tuesday, March 25  
6:30 - 8:00 pm  
LCC Office, 2727 26th Ave S  
FFI: [joe@longfellow.org](mailto:joe@longfellow.org)

### No Pie Charts! Only Pies! Tuesday, April 22

Please join the Longfellow Community Council on Tuesday, April 22 for our Annual No Pie Charts! Only Pies! Meeting and pie potluck! The resource fair will be from 6-6:30pm and the meeting and board elections will run from 6:30-8pm. Bring a pie to share and join your neighbors in this once-a-year event! If you have questions about the event please contact Jessica ([jessica@longfellow.org](mailto:jessica@longfellow.org)). If you are interested in running for a board position please contact Melanie ([melanie@longfellow.org](mailto:melanie@longfellow.org)).



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### Longfellow Community Council

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Jessica Buchberger, Communication & Event Manager  
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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.

### LOLA calls artists for August crawl

Call for Artists! L.O.L.A. (League of Longfellow Artists) is seeking artists residing in greater Longfellow to register for the 2014 LOLA Art Crawl to be held on Aug. 23-24. For further information visit their website: <http://lolaartcrawl.com>. Registration begins Mar. 15 and closes on May 1.

### Annual codfish and meatball dinner

St. Peder's Lutheran Church will be holding their annual Codfish and Meatball Dinner on Fri., Mar. 7. There will be seatings at 5pm and 6:30pm. The dinner also includes boiled potatoes with their famous mustard gravy, peas and carrots, Havarti cheese on pumpernickel, cupcakes and beverages. The cost is \$12 for adults and \$5 for children 12 and under. St. Peder's Church is located at 4600 E. 42nd St. Call the church office at 612-722-8000 or email Sarah at [office@stpeders](mailto:office@stpeders) for reservations. Please state how many meatball or cod dinners, seating time preference, and phone number if leaving a message.

### Events planned at Nokomis Library

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

—There will be an Author Talk Sat., Mar. 22 at 3pm. Meet local author Kevin Fenton, whose memoir, "Leaving Rollingstone," revisits his small-town boyhood in Rollingstone MN in a time of major social change. Books will be available for purchase and signing.

— "Game On! Gaming Thursdays" takes place on Thursdays, 4:30-6pm. This event is for teens. Play Xbox 360 or Magic: The Gathering games at the library.

—The Graphic Novel Adult Book Club will meet Thurs., Mar. 20, 6:30pm. Lending copies may be picked up at the information desk prior to the meeting.

—K-12 Homework Help is scheduled every Mon. and Thurs. in March, 3:30-7:30pm. Free in-person tutoring is available for K-12 students. No advance sign-up needed.

—The Mystery/Thriller Adult Book Club meets on Mon., Mar. 10, 6:30pm, this month to discuss "Book of Killowen" by Erin Hart.

—The 55+ Book Club meets Wed., Mar. 5 at 3pm to discuss new and interesting titles. Bring along your recommendations for future meetings. Lending copies for this month's selection may be picked up at the information

### Nokomis resident to perform in play

Nokomis resident Helen Donnay plays Evie, wife of Gramps, in "Buzzard Ball," Mar. 7-16 at First United Methodist Church, 1530 Oakdale Ave. in West St. Paul. Passport Stages, a senior theatre company presenting plays for seniors and their families, presents this senior softball comedy about a team that has never won a game. The play has been called "a cross between The Golden Girls and Grumpy Old Men." Information about the show can be found at [www.passportstages.com](http://www.passportstages.com) or by calling 612-244-6420.



desk prior to the meeting.

—The Adult Book Club meets Thurs., Mar. 27 at 6:30pm. Lending copies for this month's selection may be picked up at the information desk prior to meeting.

—The Sci-Fi Adult Book Club meets Thurs., Mar. 6 at 6:30pm. Join our discussion of new and interesting sci-fi titles. Bring along your recommendations for future meetings. Lending copies for this month's selection may be picked up at the information desk prior to meeting.

—The First Friday Diabetes Support Group meets Fri., Mar. 7, 1pm. Share experiences with others living with diabetes and get tips and advice from a health care professional on blood sugar management, diet and exercise. Please call Nokomis Healthy Seniors, 612-729-5499, to make arrangements for free transportation to the program if needed.

—Family Storytime for children of all ages and their parents, meets every Friday starting Mar. 14, at 10:30am and every Saturday starting Mar. 22 at 11am. This is for children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

—Baby Storytime, for children from birth to 24 months (and their parent or caregiver) meets Tues., Mar. 11, 18 and 25 at 9:30am and Saturdays, starting Mar. 22 at 9:30am.

—LEGO Lab meets Sat., Mar. 1, from 2-4pm. This event is for families. Calling all future engineers and architects! We've got the bricks, but we need you to bring your imagination. No experience necessary. We'll have LEGOS and DUPLOS®, so all ages are welcome.

### Minnehaha Methodist holds auction Mar. 1

Minnehaha United Methodist Church, 3701 E. 50th St., will

hold an auction Sat., Mar. 1. Preview: 10:30am. Lunch: Noon-1:30pm. Sale starts: 12:01pm. Car, Metrodome seats, bedroom furniture, household goods, kitchen sink, collectibles, house wares, furniture, antiques, gift certificates, themed baskets, and more will be auctioned.

### Program planned on Creative Activism

Upset about issues facing our communities and world? In order to create a better world, we try many things to combat persistent problems. And yet those issues

persist. Come learn a few simple techniques that will help you find creative solutions that help the causes, help ourselves, and keep our lives in balance in the process with "Creative Activism." The free program is planned Tues., Mar. 25, from 6-7:30pm at Minnehaha Free Space, 3747 Minnehaha Ave.

### Spaghetti Dinner scheduled Mar. 8

Fat Lorenzos All You Can Eat Spaghetti Dinner will be held Sat., Mar. 8, 5-7:30pm at St. Helena Church - Rowan Hall, 3204 E 43rd St. Tickets at the door are \$11 for adults, \$35 for family, and \$9 for kids under 12 and for seniors. Discounted pre-sale tickets are available by calling 612-729-9301. All proceeds go directly to St. Helena's sports programs.

### Create Your Own Hydroponic Salad

If you are tired of battling gritty lettuce and slug slime on the prettiest lettuce leaves, the University's Dr. Tom Martin will show you how to make an inexpensive hydroponic table in which you can grow lettuce and other greens from April to November. The Longfellow Garden Club will host Martin at their next meeting Mar. 12, 7-9pm at Epworth United Methodist

Church, 3207 37th Ave. S. The meeting is open to the public.

This is Dr. Martin's research project, and has already proven to be a successful method. Two Garden Club members tried it last summer and had very good results. A hydroponic table is a practical way for a patio or balcony gardener, anyone with a 2' x 4' outdoor space, to grow a mix of lettuces and greens such as mustard, arugula, cress, endive, sorrel, kale, Swiss chard, pak choi, collards and nasturtium. Many greens continue to grow until night-time temperatures reach 20 degrees.

### Diabetes group meets monthly

The Longfellow Diabetes Support Group meets monthly for adults of all ages with type 1 and type 2 diabetes. The group is facilitated by a Certified Diabetes Educator and meets on the second Wednesday from 6:30-8pm at Hiawatha School Park Recreation Center, 4305 E. 42nd St. Meetings include education, support, discussion and occasional guest speakers. Upcoming dates include Mar. 12, Apr. 9 and May 14. For more information, call Longfellow/Seward Healthy Seniors at 612-729-5799.

Continued on page 10

## Neighborhood Churches Welcome You!

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

*Pastor Jo Bauman*  
March Schedule:  
Sundays Worship with Communion 10:30 am  
Education for all ages 9:15 am  
March 5 - Ash Wednesday - 11 am and 7 pm Services  
Wednesdays - 11 am Lenten Service followed by lunch  
Sat March 8 - Creativity & Conversation, 10 am - noon  
March 9 - Contemporary Music Service 10:30 am  
All are welcome!

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

*Pastor Ryan Eikenbary-Barber*  
(Handicapped accessible)  
Children especially welcome  
Ash Wednesday, March 6 - Worship at 7pm  
Contemporary Worship Sundays 8:30am  
Sunday School for all ages 9:30am  
Traditional Worship Sundays 11am, Wednesdays at 5:45  
Meal and activities for the family

**Christ Church Lutheran**  
3244 34th Ave. • 612-721-6611  
[www.christchurchluth.org](http://www.christchurchluth.org)

*Pastor: Kristine Carlson*  
(Children welcome, Childcare available)  
Sunday Worship at 9:30 am  
11:15 am Education  
Pastor: Kristine Carlson  
The Friends of CCL offers free tours of our National Historic Landmark building 2nd Sunday of each month, 11 am.

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

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

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

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

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

*Fr. Joe Gillespie, O.P.*  
Sunday Mass 9:30 am (Childcare available)  
Saturday Mass 5:00 pm  
M,T,Th, F: Rosary at 8 am, Daily Mass 8:15 am  
(Handicapped accessible)

**St. Peder's Evangelical Lutheran**  
4600 E. 42nd St. • 612-722-8000  
[www.stpeders.net](http://www.stpeders.net)

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

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

*Pastor Derek Johnson*  
Sunday Worship 8:30 & 10 am  
Children's Church at 10 am Service  
Ash Wed Service March 5 - 6:45 pm  
Wednesday meals 5:30 pm  
AA Meetings Tuesdays/Sundays 7 pm

### Projects of the Neighborhood Churches Include:

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

Call us at 612-721-6231

Minnehaha United Methodist,  
3701 E. 50th St.



# In Our Community

Continued from page 9

## Crime prevention subject of meeting

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a presentation about reducing your risk of being a victim of crime on Tues., Mar. 18 at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. Topics covered will include safety at home, out and about in the community, safety while driving, con artists, 'Get Rich Quick' scams, and when to call 911. The program will be presented by Shun Tillman, Crime Prevention Specialist with the Minneapolis Police Department.

## InVocation performs two local concerts

A cappella vocal ensemble InVocation, with the assistance of Tonya Anderson, piano, and Valerie Kahler, cello, presents "Darkness and Day." Whatever understanding and experience you bring to those two words as an individual, together they encompass the entire human experience. The music in this program is stuffed with imagery...some concrete (fireflies, sunrise, northern lights) and some abstract (hope, humility, resurrection). The melodies of this music celebrate our common humanity in these moments of shadow and light; despair and hope; solitude, romance and the joy of being part of a larger, mysterious whole.

March concerts include: — Sat., Mar. 15, 7pm at Calvary Lutheran Church, 3901 Chicago Ave. S.; and

— Fri., Mar. 21, 7:30pm at Lake Nokomis Lutheran Church, 5011 31st Ave S.

InVocation's mission is to present inspiring music in order to raise funds for hunger-related charities. Concerts are free and open to the public, but proceeds from free-will offerings will benefit this season's charity partners, Minnehaha Food Shelf, and the food shelf of Community Emergency Service. For more information, visit [www.InVocationSingers.org](http://www.InVocationSingers.org).

## Program planned on exporting goods

Ever thought about exporting your product? Learn more about the process at A World of Opportunity: Exporting your Product on Wed., Mar. 19, 11:45am-1pm at Touchstone Headquarters, 2312 Snelling Ave., Minneapolis. The program is hosted by Seward Civic and Commerce Association, and co-sponsored by the Longfellow Business Association.

Deputy Director of the MN Trade Office, Ed Dieter, will discuss the state resources available to companies interested in exporting their products. While an initial look at exporting might make the prospects seem too complex to be worthwhile, the MN Trade Office has the experience to help guide you through the process and the benefits can be tremendous. Companies that export tended to weather the economic downturn more easily, as the recession did not hit all markets at the same time. Diversifying the markets you serve can also ease seasonal ups and downs for some businesses.

Whether you've done some exporting and want to learn more, or are looking into the possibility for the first time, this may help you take the next step in the process.

If you wish to take the lunch

option (catered by Himalayan Restaurant) you must RSVP ahead of time to Ruth 612-722-4529 x10. If you just want to attend the meeting without lunch, no RSVP is necessary.

## Vet Connection Group meets Mondays

Talk to someone who understands...someone who's been there. NAMI Vet Connection is a program that gives veterans the opportunity to talk with other veterans and share their experiences, as well as the successes and hardships of the reintegration process. A NAMI Vet Connection group meets every Monday from 2:15-3:45, at the Minneapolis VA, 1 Veterans Dr., in Room 1B-102 (1st floor). If you have questions, contact Rebecca at 612-801-7415 or Brian Jost at 651-645-2948 x116.

## Events scheduled at East Lake Library

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

—Family Storytime is held on Fridays, starting Mar. 7, 10:15am. This event is for children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

—Baby Storytime is scheduled every Friday starting Mar. 7, 11:15am. This event is for children from birth to 24 months and their parent or caregiver. Talk, sing, read, write and play together in a format designed especially for babies. Share books, stories, rhymes, music and movement.

—"Game On", Sat., Mar., 1 and 15, from 2-4pm. Join up to learn the basics – or some new tips

and tricks – to the popular "Magic: The Gathering" trading card game. This is event is for teens. Use our free cards and decks, or bring your own.

—Conversation Circles will meet every Sunday from 1-3pm. Non-native English speakers: practice your English and make new friends in an informal, volunteered setting, and learn about the library, too. Call 612-543-5669 for more information in English or, in Hmong, 612-543-8845; in Somali, 612-543-8756; in Spanish, 612-543-8510.

—Job Search Assistance is planned for every Tuesday in March, from 3-5pm. Are you seeking new employment or re-entering the workforce? Do you need help looking for a job, filling out applications or writing your résumé? Stop in for free one-to-one assistance with a job search representative.

—K-12 Homework Help is scheduled on Mon., Tues. and Thurs., 3:30-7:30pm through the entire month. Free in-person tutoring is available for K-12 students. No advance sign-up needed.

—Childcare Group Storytime, Wed., Mar. 5, 10:30am. Talk, sing, read, write and play together in a format appropriate for the children in your care. Share books, stories, rhymes, music and movement.

—Teen Anime Club (for teens) meets Thurs., Mar. 6, at 6pm. Watch anime, discuss manga and share artwork. Something different every time!

—The Adult Book Club will meet Fri., Mar. 14, 10:30-11:30am when they will be discussing "Turtle Catcher" by Nicole Helget.

## Divorce support group meets Mondays

A support group for people experiencing divorce meets on

Mondays, from 6:30-8pm at Trinity of Minnehaha Falls, 5212 41st Avenue S. The group provides an opportunity to receive care and encouragement in a respectful environment. For more details, contact Judy Green, parish nurse, at 612-724-3691.

## Applications open for Farmers Market

Interested in vending at the Midtown Farmers Market? Mar. 7 is the deadline for all vendors except arts and crafts vendors, whose deadline is Apr. 4. Quality vendors are the heart of the Midtown Farmers Market and they strive to create a balanced and diverse vendor mix each season. Applications from Minnesota and Wisconsin farmers, artisans and producers are welcome. Visit our website, [www.midtownfarmers-market.org](http://www.midtownfarmers-market.org), for more information and to access the 2014 vendor application.

## Yoga for seniors set at Holy Trinity

Two different styles of yoga classes are offered each week from 10-11am at Holy Trinity Lutheran Church, 2730 E. 31st St. Monday yoga classes focus on healthy, strong bones and participants will learn safe movements to sustain and improve skeletal health. Friday classes focus on gentle yoga, and participants will learn breathing techniques, balance poses and relaxation methods. No pre-registration is required – just show up. Call Longfellow/Seward Healthy Seniors at 612-729-5799 for more information. The cost is only \$3/class!

Continued on page 12

## Smiley's Family Medicine Clinic – Innovative care for over 40 years



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**612-343-7144**

## Southside Chiropractic & Massage

Learn About Chiropractic With Dr. Borell • Complimentary Massage  
**Nokomis Healthy Seniors Event At Nokomis Square**  
March 12, from 1:30-2 p.m. 5015 35th Ave. So.



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# Classifieds

## Messenger

Want ads must be in the Messenger before Mar. 17 for the Mar. 27 issue. Call 651-645-7045 for more information.  
Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to Messenger Classifieds, 1885 University Avenue, Ste. #110, St. Paul, MN 55104. Want ads must be mailed to the Messenger before March 17 for the March 27 issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto:denis@deruyternelson.com). Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

### ADDITIONS

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

### BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds. etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 5-14

### COMPUTER REPAIR/SERVICE

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

### EMPLOYMENT

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

### EMPLOYMENT

Attention Teachers and Teacher Aides - Visitation Childcare Center, a NAEYC accredited center in Mendota Heights has both full and part time teaching positions available in the toddler and infant rooms. Full benefits available (medical, dental and retirement / sick, holiday and vacation pay / professional development).

Competitive Salary. Come and join a team where the children are always first! Excellent ratios and a great working environment. For further information or an appointment call: Anne at 651-683-1739, fax resume to 651-454-7144 or email at [acherrier@vischool.org](mailto:acherrier@vischool.org). 3-14

### FOR RENT

Cozy, 1 bedroom, McDonalds, Walgreens, Lake St. bus, off-street parking, large fenced yard, laundry, nicely redecorated. 612-242-8167 or 612-242-5475 - \$675 per month. 3-14

### FOR SALE

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

### HALL FOR RENT

Spacious, clean and refurbished hall for rent. Parties, Birthdays, Weddings, Anniversaries, etc. call the Post @ 612-724-9909 or 612-724-8611. B-14

### HANDYMAN

Carpentry handyman services. Rotten wood repair, door replacements, trim projects, shelving and more. Licensed, bonded and insured. 30+ years experience. Call Mike 612-382-4322. 3-14

### HANDYMAN

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

### HAULING

Just Call, We Haul, for free estimates for garage, attic, and basement clean-ups. Call 612-724-9733. 3-14

### HOUSE CLEANING

Amanda's Cleaning, once or ongoing, long term references 651-206-3339. 3-14

### HOUSECLEANING

Housecleaning - Honest, reliable, reasonable, 26 years, excellent quality. Robin. 612-724-0817. 3-14

### MASSAGE THERAPY

Well Being Massage Studio at Longfellow Offices, 3011 36th Ave S has 3 trained therapists offering bodywork: Sports, Thai Yoga, Shiatsu, Deep Tissue, Rehabilitative, Neuromuscular and Chair Massage. Starting at \$35 per hour.\* 612-584-0949. 14-3

### PAINTING

Painter Jim. 25 years experience. Small jobs wanted. 651-698-0840. 3-14

### REAL ESTATE

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

### RENTALS

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

Continued on page 12

## SERVICES • SERVICES • SERVICES

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Next deadline:  
March 17  
Next issue:  
March 27

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# In Our Community

Continued from page 10

## Mardi Gras planned at Epworth March 1

The second annual Mardi Gras dance and festival will be at Epworth United Methodist Church, 3207 37th Ave. S., Sat., Mar. 1, from 7-10pm. Food, dancing, fun—all are free, but donations for the Minnehaha food shelf of nonperishable food items or financial contributions are accepted. You are invited to come in a Mardi Gras costume; there will be a costume contest and prizes. Whether in costume or not, come for dancing to recorded music. Children of all ages are welcome when accompanied by adults; child care will not be provided. For more information call the Epworth office: 612-722-0232 or Mary Ellen Reetz-Pegues at 763-560-6196.

## Events slated at Roosevelt Library

Roosevelt Library, 4026 28th Ave. S., will sponsor a number of events in March:  
—Used Book Sale on Sat., Mar. 1, 10am-3pm. Bargain hunters and book lovers take note: the Friends of the Library will hold a sale of hundreds of adult and children's fiction and nonfiction books in hardcover and paperback. Most books are withdrawn from the Hennepin County Library system or donated by the public. Funds raised will benefit the library.  
—“Remember When? A Social Club for Adults 55+” meets on Thursdays from 1-3pm. Gather with others from the community to share stories, memories and good company.  
—On Sat., Mar. 29, head on down

to the LEGO Lab, from 2-4pm. This event is for families. Calling all future engineers and architects! We've got the bricks, but we need you to bring your imagination. No experience necessary.  
—The Mystery/Thriller Adult Book Club meets on Sat., Mar. 1, 1pm. This month they will discuss “The Land of Dreams,” by Vidar Sundstol.  
—“Paws to Read with an Animal” will take place Sat., Mar. 8, 3-5pm. This event is for families. Volunteers will help put young readers at ease so they can cuddle up with a certified therapy animal and practice reading aloud. Most libraries host dogs and you can call ahead to see if other animals will be visiting.  
—Baby Storytime meets at the library on Saturdays Mar. 8 through May 17 at 9:30am. This program is for children from birth to 24 months and their parent or caregiver. Talk, sing, read, write and play together in a format designed especially for babies. Share books, stories, rhymes, music and movement.  
—K-12 Homework Help is scheduled on Tuesdays, 3-6pm; through May 30. Free in-person tutoring is available for K-12 students. No ad-

vance sign-up needed.  
—Starting Tuesday, Mar. 11, and every Tuesday after, at 6:30pm, is Family Storytime. This event is for children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

## Bjornberg wins national recognition

Marais H. Bjornberg, 2008 South High School Grad, was one of five national winners of the Advocacy Scholars Program. She has received a scholarship to attend the National Conference of State Historic Preservation Officers as part of the National Historic Preservation Advocacy Week in Washington, D.C. She is invited to breakfast on Capitol Hill where she will be recognized in the presence of Members of Congress. The Preservation Action judges were impressed with her topic on the Legacy Amendment. Bjornberg is currently a Graduate student in the Heritage Conservation and Preservation Program at the University of Minnesota.

## Classifieds

Continued from page 11

### SERVICES

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530. 11-14

### SERVICES

Sheetrock, tape, texture, paint, free estimates. Dick Evans, 612-889-9228. 5-14

### SUPPORT GROUP

Holistic Diabetes Support Group at Dancing Dragon Acupuncture & Wellness, www.holisticdiabetes-support.com, 612-437-0707. 6-14

## WANTED

\*\*WANTED\*\* - Old Stereo, HiFi Equipment, HAM, and Cameras. Andy 651-329-0515. 4-14

## WANTED TO BUY

Paying the most for your furniture, dishes, glassware, knick-knacks, costume jewelry, antiques, pictures, lamps, household items, etc., I make housecalls. Call Mary. 612-729-3110. 5-14

Classifieds  
\$1 per word

## “Like” the Messenger on Facebook



## Friday Fish Dinners!

CATCH 'EM ALL!

- |            |            |
|------------|------------|
| ☐ March 7  | ☐ March 28 |
| ☐ March 14 | ☐ April 4  |
| ☐ March 21 | ☐ April 11 |

4:30 to 7:30 pm

Award-winning baked and fried tilapia, potatoes, meatless pasta, cole slaw, rolls, deserts, beverages.

\$10 adults; \$9 age 65+;  
\$5 age 6-12; age 5 & under FREE

## St. Albert the Great

E. 29th St. at 32nd Ave. S., Mpls.

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- Enjoy great live music while you wait!

BINGO 5:30 to 7:30 pm!

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## Blackhawks Summer Soccer Camps

Our mission is to develop highly skilled, respectful, competitive soccer players who will be contributing members to any community. We embrace our diversity and welcome the different cultures that bring richness to our club and our players' experience.

### 2014 Summer Camps

#### 5-7 Year Olds

Little Hawks Soccer Camp I - June 9-13

9:30am - 11am \$75  
Orchard Rec Center

Little Hawks Soccer Camp II - July 14-18

9:30am - 11am \$75  
Orchard Rec Center

#### 8-11 Year Olds

Developmental Camp - June 9-13

9am - 12 noon (half-day) \$95  
9am - 3pm (full-day) \$175  
Orchard Rec Center

#### 8-14 Year Olds

Summer Skills Challenge - July 14-18

9am - 12 noon (half-day) \$95  
9am - 3pm (full-day) \$175  
Orchard Rec Center

#### 9-18 Year Olds

Striker / Keeper Camp - June 16-20

9am - noon \$150  
McMurray Fields

#### 9-14 Year Olds

Soccer World Cup Camp - June 23-27

9am - 12 noon (half-day) \$95  
9am - 3pm (full-day) \$175  
Orchard Rec Center

#### 12-18 Year Olds

Competitive Player Camp - July 21-25

9am-11am \$150  
McMurray Fields



Details and registration at  
www.blackhawksoccer.org

