



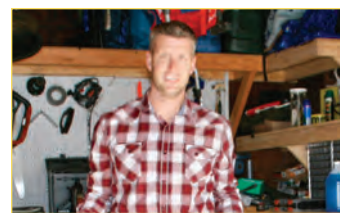
Summer camp options abound for kids in the metro

PAGE 6



US Pond Hockey Tournament went on despite mild winter

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Need a tool, but just for a day? This new concept might help...

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Longfellow  
Nokomis

# Messenger



Your community newspaper since 1982

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## CAPI offers a wide range of services to new Americans

By MARGIE O'LOUGHLIN

The letters CAPI stretch across the front of a brick building on the corner of 37th Ave. and E. Lake St., but what do they mean?

CAPI is a small social service agency with a big mission: to meet the diverse needs of new refugees and immigrants from around the world. Started in 1982 as the Center for Asian and Pacific Islanders, the organization was created to assist Hmong refugees coming to Minnesota whose lives had been devastated by the Vietnam War. CAPI's first initiative was to launch an Asian-specific food shelf in South Minneapolis—the only one of its kind at the time.

This immigrant-led, non-profit organization shortened its name to CAPI in 2008. Its services broadened at that time to meet the needs of newly-arrived East Africans in the wake of the Somali and Ethiopian Civil Wars.

"We serve more than 4,000 clients annually," said CAPI Executive Director Ekta Prakash. "Our mission is to guide new refugees and immigrants in their journey to self-determination and social equality. We achieve this by focusing on workforce development and job training, as well as access to social services and health care resources."

CAPI's 25 person staff is very



(L to R) Yaomee Xiong, human services manager, Ekta Prakash, executive director, and Abshir Ahmed, employment counselor are part of CAPI's culturally and linguistically diverse staff. (Photo by Margie O'Loughlin)

culturally and linguistically diverse, speaking 15 different languages between them. Prakash noted, "As an immigrant myself, I am proud that we embrace all religions and cultures. Our organization is fully inclusive."

"There is a lot of fear and chaos in the immigrant and refugee communities right now," Prakash said. "Many of our clients come from countries affected by the travel ban, and breaking families is not a value that we support at CAPI."

Employment counselor Abshir Ahmed has deep roots in Minneapolis, which he said, "has always been a welcoming place for refugees and immigrants." Born in Somalia, Ahmed and his family fled across the border to Kenya before coming to the United States in 2005. He speaks Somali and Swahili in addition to English and is a graduate of Roosevelt High School.

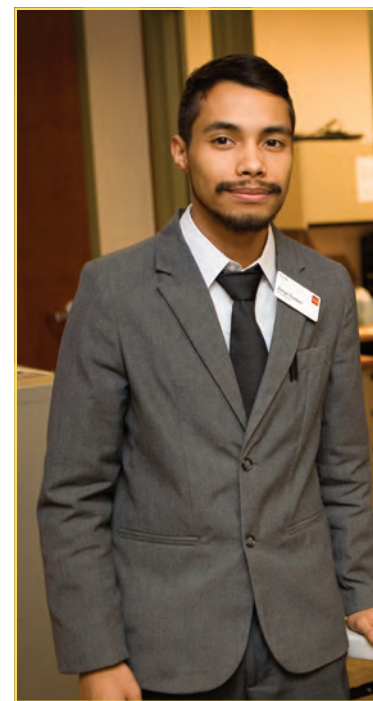
"For many of my clients," Ahmed explained, "language is a still a barrier. Right now, I'm

spending a lot of time reaffirming them that they're here legally—that they can continue down the path they're on."

Health and human services manager Yaomee Xiong added, "At CAPI, we work across the generations to care for families in a holistic way. Our immunization program is reducing health disparities among communities of color, with a focus on Somali, Hmong, Lao, and Karen families. Through our elder care and caregiver support programs, we help older refugees and immigrants by empowering their caregivers."

CAPI offers many of the resources of a larger organization, but with one notable difference: frequent one-on-one assistance, especially in the areas of job search and resume writing. Community members are needed to volunteer in these capacities, as well as the computer lab, the food shelf (in Sabathani Community Center (318 E. 38th St.), or welcoming clients at the front desk. Email [info@capiusa.org](mailto:info@capiusa.org) to learn more about volunteer opportunities.

As a service to their clients and the community, income tax assistance is available in the CAPI offices on Tuesdays from 5-8pm until May 23. Anyone with an annual household income of less than \$55,000 is



Jorge Gomez of Wells Fargo Bank was on hand to answer questions from tax clinic participants. Becoming financially literate in a new country is one of the hurdles refugees and immigrants need to overcome. (Photo by Margie O'Loughlin)

likely eligible for this free service. Make sure to bring a photo ID, social security card, and W-2 statements. No appointment is necessary, and language translation is available on-site.

## A church where everyone is invited to the table

By JAN WILLMS

On the outside of the oldest part of the church building erected in 1929 at 3805 E. 40th St., there is a phrase painted on the wall that reads "God is still speaking." And according to parishioner Greg Owen, the congregation is still listening.

The building, which added a new addition in 1954, was the home of Minnehaha Congregational Church, which was organized in 1903. When the United Church of Christ (UCC) denomination was founded in 1957, the church became a part of the UCC. Four years ago, Minnehaha UCC merged with Spirit of the Lakes, the first mainline, primarily LGBTQ church in the United States. Spirit of the Lakes had also joined the UCC denomination.

Today, the merged churches have formed the Living Table UCC congregation, housed at the

location on 40th St.

"The name change was a very interesting process," recalled Owen, who had been a long-time member of the Minnehaha church. "There were people who thought we should not change the name; there were those who thought we should merge the names together, so we had Spirit Minnehaha and all other kinds of suggestions. But after discussion, we decided on a new name and came up with Living Table UCC."

Rachael Keefe is beginning her third year as pastor at Living Table. She had previously been a clinical chaplain for the state hospital in New Hampshire and before that a therapist and associate pastor. "It's been a varied journey," she said.

"UCC was the first Christian denomination to embrace LGBTQ," she added. It is the first historically white denomination

Pastor Rachael Keefe (left) and parishioner Greg Owen stand outside of Living Table United Church of Christ, 3805 E. 40th St. (Photo by Jan Willms)

to ordain an African-American, the first to ordain a woman, the first to ordain an openly gay man, and the first Christian church to affirm the right of same-gender couples to marry.

Keefe said that at present, about two-thirds of its members identify as LGBTQ. "The newer folks coming in are more allies," she stated. Living Table has approximately 130 active members, and a lot of other people who are around and participate in different things.

"We're in the process of working on a mission of change," Owen noted. "We are getting to

Continued on page 5



# Minnehaha Ave. restaurant rolling out new dumpling recipes

By MARGIE O'LOUGHLIN

Dumpling is a start-up restaurant at 4004 Minnehaha Ave., and the dream come true of co-owners Bunbob Chhun and James Munson. The young entrepreneur-chefs met as freshmen at the University of Minnesota, and knew from their first meeting that they would one day run a restaurant together.

"We got our start right after graduation," Munson said, "making traditional Vietnamese sandwiches called banh mi. We came up with four different recipes, and sold them to coffee shops around town. From there we started working farmer's markets, bringing our sauté pans and steamers to the stands and cooking things up on the spot. But Dumpling is our first brick and mortar restaurant."

Chhun reminisced, "We spent 18 months looking for a good location. Eventually we started asking people whose buildings or businesses weren't even on the market yet. That's how we found Perry and Mei Mei Wong, who ran Ming's Palace in



James Munson (left) and Bunbob Chhun (right), co-owners of Dumpling. Some of their favorite menu items include traditional Vietnamese banh mi sandwiches, ramen with homemade broth and fresh noodles, and their house egg roll made from a recipe passed down through Bunbob's Cambodian family. (Photo by Margie O'Loughlin)

this location for 22 years. The timing was just right. They still own the building, but were more

than ready to retire from the restaurant. Our first conversation with them was last August, and

we were in this space September 1st tearing down walls, recreating the kitchen, and painting every-

thing."

"We couldn't have done this without the help of pretty much every single person we know, Munson noted. "The last six months have been a crazy hustle."

Dumpling opened for business on Nov. 17. Knowing that January is the slowest month in the restaurant biz, they took a planned break from Dec. 31-Jan. 10 to fine tune what they've learned—and to catch their breath.

Now Chhun, Munson and their staff of 20 are diving into 2017 with three new dumpling

Continued on page 3



The signature hand-rolled pork dumpling, quick frozen for easier handling, and ready to cook in a few drops of sesame and grapeseed oils. The dipping sauce has stand out flavors that include orange zest, fresh ginger, and just the right amount of garlic. (Photo by Margie O'Loughlin)



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**Thursday, March 2, 5:30 pm-7:00 pm: free food, fun for kids, and open house.**



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# Dumpling

Continued from page 2

recipes: steamed veggie, seasonal (butternut squash, spinach, and sage), and Szechuan chicken. These recipes are in addition to the grand opening dumpling that they started with—the traditional Japanese pork dumpling called gyozo.

Every culture has a dumpling, and for good reason. What other food is so round, so tasty,

and so satisfying?

Chhun and Munson knew the Twin Cities were ready for dumplings. They describe their new venture as a next-generation Asian restaurant, specializing in Vietnamese, Chinese and Cambodian comfort food. Each dish is crafted by hand and made from fresh, thoughtful ingredients.

“Our beef stroganoff really speaks to how we cook,” Munson said. “It’s a classic dish but we prepare it with seared beef bris-

ket, Chinese egg noodles, Korean mushrooms, and finish it with a glazed sauce and poached egg topper. We like to take a traditional recipe and fuse it with elements of global cuisine.”

Chhun added, “If we have to call ourselves something, I guess we’re ‘Asian-fusion’, but good ideas can come from anywhere.”

Dumpling is open every day of the week but Tuesday. Hours are Mon., Wed., Thur. and Sun. from 4-10pm; Fri. and Sat. from 4-11pm. Happy Hour is week-

days from 4-6pm, with \$1 off wine and appetizers, and \$5 tap beers. The attractive cocktail menu includes two that pay homage to Ming’s Palace former owners: Mei Mei’s Collins and Perry’s Old Fashioned.

The menu features several gluten free, vegan and vegetarian options. Prices are moderate with entrees ranging from \$8-\$14. All menu items are available for take-out except for the ramen and the wonton soup. Call 612-724-8795 to place an order.

“We visited a lot of Asian restaurants when we were putting our ideas together for Dumpling,” Munson said, “and wondered why there were always so many items on the menu. We decided we’d rather have fewer items on our menu, and do them really well.”

Chhun added, “We want every dish we serve to have ‘unami,’ a word borrowed from the Japanese that means food that has a pleasant, savory taste.

# Messenger

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Now it’s easier than ever to keep in touch with the Messenger. Letters to the editor and news

releases for publication can be sent via e-mail at editorial@deruyternelson.com. Be sure to send copy in the body of the e-mail, and please mark whether the copy is a letter, a news release for publication, or perhaps just your thoughts on the last issue. Don’t forget to write!

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## Friends of Lake Hiawatha formed to protect clean water

The Friends of Lake Hiawatha was formed in 2016 and became one of the 30 citizen-led lake associations formed in the Minnehaha Creek Watershed District (MCWD) and part of the Watershed Association Initiative (WAI).

Friends of Lake Hiawatha formed, in part, to respond to concerns about trash flowing into the lake from local streets during rain events. Preventing stormwater runoff is a key factor in improving water quality and this group has already made great strides in raising awareness about this issue. Since its forma-

tion, a device has been installed to capture trash at the storm drain outlet to the lake and a new storm drain cleanup program is being developed in the surrounding neighborhoods.

“We are excited to see the enthusiasm our residents have for protecting water quality in their neighborhoods,” said Darren Lochner, MCWD Education Manager. “This stewardship at the grass roots level augments the District’s efforts to provide and protect clean water and makes a huge difference helping us achieve our mission.”

WAI provides a range of ser-

vices to new and existing groups including education, training, networking and engagement opportunities. In addition, the WAI helps groups develop action and lake management plans that guide their work toward reaching achievable goals. “The District’s commitment to assisting residents in becoming active participants in the health of their local water body is a model for others to follow,” said Jen Kader, WAI Program Manager for the Freshwater Society.

For more information, visit minnehahacreek.org/wai.

## Letter to the Editor

### Dowling principal asks for help with dog problem

Dear neighbors:

As the new principal of Dowling Urban Environmental Elementary School, I am honored to be here. Since my arrival in mid-October, I continue to learn many things about our students, their parents, and this vibrant community. Unfortunately, I’ve also learned about issues that need to be resolved.

We have a problem with unleashed dogs running free on our property. This problem is accompanied by several people not removing their dog’s feces after

their visit. Despite the signs we have posted to remind people to “leash and scoop” there are some who do not adhere to this request. I write this letter to ask for your support and cooperation to address this problem.

Just like a neighborhood watch, we can all do our part in ensuring that this community space is safe, clean, and remains open to all residents. When we see an unleashed dog running around, please call Animal Control by dialing 311. If you feel emboldened to speak your mind,

remind the dog owner that the land they’re on is not a dog park; that it is shared with other dog owners and gardeners in the community; and that it is their legal responsibility to keep the dog leashed and remove its droppings. I think with a reasonable appeal and working together we can solve this problem.

I thank you for your support.

Lloyd E. Winfield, EdD  
Principal  
Michael Dowling School  
Urban Environmental Magnet

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## Neighborhood Churches Welcome You!

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

Pastor Matt Kennedy  
Children especially welcome  
Handicapped Accessible  
Ash Wednesday, March 1  
5:45pm – Meal for all  
6:30pm – Worship Service

All other Sundays:  
Contemporary Worship - 8:45 am  
Sunday School for all ages - 10:00 am  
Traditional Worship - 11:00 am  
Español - 1:30pm  
Wednesdays at 5:45 pm  
Meal and activities for the family

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

Pastor Steven Reiser  
(Childcare Provided)  
(Wheelchair Accessible)  
Lenten Worship Theme: Spiritual Practices  
Ash Wednesday Service, Mar 1, 6pm meal  
7pm worship  
Group Studies:  
6:00pm dinner and 6:30 study  
Wednesdays March 8-April 5

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

Pastors Dan and Sally Ankerfelt  
Sunday Worship – 9:45 am  
Sunday School – 9:45 am  
March 1: Ash Wednesday – 7 pm service  
(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  
Sunday School 9:20 am  
March 1 Ash Wed. Service 6:45 p.m.  
AA Sun & Tues 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.



**Nokomis East  
Neighborhood  
Association**

**NENA Prepares  
for the Future;  
Be a Part  
of the Good Work**

**NENA General Membership Meeting**  
**Monday, Mar. 6, 2017**

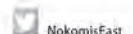
**6:30 – 8:00 p.m.**

Morris Park Recreation Center – 5531 39th Avenue S.

Dessert Provided by Berry Sweet Kitchen



612-724-5652  
www.nokomiseast.org



## Neighborhood Revitalization Program plan modification

It's been a busy time at NENA, and it is only going to be more active in 2017 and beyond. You are invited to be a part of the planning and implementing of new projects.

Come to the General Membership Meeting on Mon., Mar. 6, to learn more about the proposed programming and funding roadmap presented by the NENA Board of Directors.

NENA works on behalf of our community and your ideas and suggestions are needed. Share your ideas about NENA committee projects, annual events, and outreach. This is your time to get involved and make our community an even better place to call home!

All residents, businesses and property owners in the four Nokomis East neighborhoods are strongly encouraged to attend and help NENA plan for the future. In addition to the NENA Road Map and Neighborhood Revitalization Program (NRP) plan modification, the Board will present proposed amendments to NENA's Bylaws. Both proposals require a vote and approval from the General Membership.

**General Membership Meeting**  
Mon., Mar. 6, 6:30-8pm  
Morris Park Recreation Center  
- 5531 39th Ave. S.  
Dessert provided by  
Berry Sweet Kitchen

More details about the NRP Plan modification and amendments to the bylaws are available at [www.nokomiseast.org](http://www.nokomiseast.org) or call Becky Timm, NENA Executive Director at 612-724-5652.

## Green is the color of spring

NENA's Green Initiatives Committee is rolling out three projects this spring.

Look for new monarch and

# NENA (Nokomis East Neighborhood Association)

4313 54th St. E.

## NENA plans for the future; you can be a part of the good work

pollinator gardens on E. 50th St. boulevards in June.

NENA and Metro Blooms plan to install 15 garden patches in a new matching grant program. If you live on E. 50th St., contact NENA to see how you can get involved.

Community gardeners are working with St James Episcopal Church to expand by adding additional food plots and grow food for local food shelves. Lastly, the committee aims to increase neighborhood participation in the city's food composting program by giving away countertop composting pails. Attend the March committee meeting on Mar. 8, and be a part of this green work. Visit [www.nokomiseast.org](http://www.nokomiseast.org) for more information.

## Interested in serving on the NENA Board of Directors?

At the NENA Annual Meeting on Apr. 27, the neighborhood will elect community members, like yourself, to serve on the Board. NENA is hosting a Board candidate information meeting on Apr. 13, at 6pm. This is one of the most rewarding volunteer experiences you will ever enjoy.

## Curb Appeal Matching Grant Lottery

NENA's Housing, Commercial and Streetscape Committee is launching a new program to help homeowners with small exterior projects and front lawn projects. Sign up for the Curb Appeal Grant Lottery and get your upcoming project entered to win a

matching grant up to \$500! The deadline to enter is May 12, and winners will be announced right before Memorial Day Weekend to start your summer off right. Attend the March committee meeting on Mar. 1, and make a difference in our neighborhood. Visit [www.nokomiseast.org](http://www.nokomiseast.org) for more information and to register.

## Don't miss out on Apr. 1 events

NENA will be tabling at the South Minneapolis Housing Fair. Learn more about NENA housing projects like the Curb Appeal Lottery and home improvement loans. This free event is on Apr. 1, at South High School, 3131 19th Ave. S.

The City of Minneapolis' Community Connections Conference takes place on Apr. 1, at the Minneapolis Convention Center. This year's theme, "Your Voice, Your City, Community," emphasizes bringing people together to build power and unity

across cultures and communities.

## 11th Annual Grow Monarch Habitat Workshop

Also on May 20, NENA is offering this very popular workshop with a wealth of information for both beginning and advanced gardeners. Learn how to make a difference one lawn at a time. The workshop is free to attend, and you may register and pay for a "Monarch Garden-to-Go" plant kit.

Visit NENA's community calendar for more event information—[www.nokomiseast.org/calendar](http://www.nokomiseast.org/calendar).

## Home Improvement Loan Program

Whether by choice or necessity, start planning your next project now with the help of a home improvement loan from NENA.

Owners of one to four unit

residences can apply for up to \$15,000 to make improvements to their properties. Owner-occupants and investors may apply. The interest rate is either two or three percent, depending on income. No income restrictions apply.

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

For more information or to request an application for one of the NENA loan programs, call our partner, the Greater Metropolitan Housing Corporation's Housing Resource Center at 612-588-3033, or visit [www.gmhhousing.org](http://www.gmhhousing.org). Loan applications are processed on a first-come, first served basis.

## Sign up for NENA News

Your guide to news, events, and resources! Get your neighborhood news delivered to your inbox every other Wednesday. Sign up today at [www.nokomiseast.org](http://www.nokomiseast.org).

# Longfellow Community Council

2727 26th Ave. S.

## 46th and Snelling Development Proposal conversation planned Feb. 23

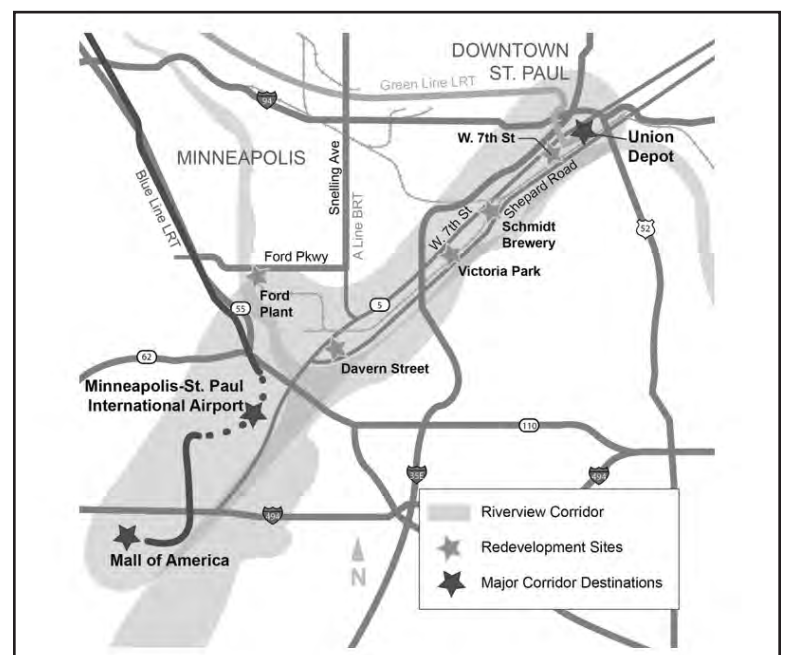
## 46th and Snelling Development Proposal

The Longfellow Community Council is hosting its "Open House and Conversation: 46th and Snelling Development Proposal" meeting from 6:30-8:30pm, Thur., Feb. 23 at Hiawatha School Recreation Center, 4305 E. 42nd St. City staff from Community Planning and Economic Development, along with Steffanie Musich, District 5 Park Board Commissioner and Project Developer staff will be on hand to hear feedback and answer questions. For details, email [ashleigh@longfellow.org](mailto:ashleigh@longfellow.org) or call 612-722-4529, ext. 13.

## Neighborhood meeting on Riverview Corridor Transit

The Ramsey County Regional Railroad Authority is leading a transit study to research, analyze and identify the viability of a new transitway connecting downtown St. Paul, MSP Airport and the Mall of America, and serving the neighborhoods in the corridor. Potential alternatives include either a rapid bus or rail option using Ford Pkwy. in St. Paul over the Mississippi River to 46th St. in Minneapolis and connecting to the Blue Line.

A neighborhood meeting to hear from Riverview Corridor project staff will be held on Thur., Mar. 2 from 6-8pm at Dowling Elementary School, 3900 W. River Pkwy. At the meeting, a presentation will be provided at 6:30pm to discuss the project background, status, and schedule. The meeting is open to anyone, and people are encouraged to attend to ask questions and provide feedback. For more



The Riverview Corridor Transit Project looks to include either a rapid bus or a rail option. A neighborhood meeting on the proposal is set for Mar. 2. (Illustration provided)

information about the Riverview Corridor Transit Study: [www.riverviewcorridor.com](http://www.riverviewcorridor.com)

The meeting is hosted by the Longfellow Community Council, Nokomis East Neighborhood Association, and the Standish-Ericsson Neighborhood Association. For more information about the meeting, contact Ashleigh Walter, Program Manager, Longfellow Community Council, at [ashleigh@longfellow.org](mailto:ashleigh@longfellow.org), or 612-722-4529, ext 13.

## Upcoming LCC events

The Longfellow Community Council is hosting a series of upcoming events and committee meetings:

- Community Connections

Committee, 6-7:30pm, Tues., Feb. 28 at Longfellow Recreation Center, 3435 36th Ave. S.

- Neighborhood Development and Transportation Committee, 7:30-9pm, Tues., Feb. 28 at Longfellow Recreation Center.

- River Gorge Committee, 6-7:30pm, Wed., Mar. 1 at Hiawatha School Park, 4305 E. 42nd St.

- Environment Committee, 7:30-9pm, Wed., Mar. 1 at Hiawatha School Park.

- Board of Directors Meeting, 6:30-8:30pm, Thur., Mar. 16 at Brackett Park, 2728 39th Ave. S.

For additional details on events, go to [www.longfellow.org/news-events](http://www.longfellow.org/news-events).

# Messenger

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## 2017 DEADLINES & PUBLICATION DATES

Deadline Date	Publication Date
March 20	March 30
April 17	April 27
May 15	May 25
June 19	June 29
July 17	July 27
August 21	August 31
September 18	September 28
October 16	October 26
November 13	November 27
December 11	December 21

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## Living Table UCC

Continued from page 1

know each other and working on the machinations of the merger. We did not really lay out a mission four years ago, but right now we are engaged in a strategic plan with a mission statement that we will probably vote on in March."

Owen said that when he uses the word vote, he means more that the congregation will come to a consensus. "That is another unique aspect of this church community," he explained. "There probably isn't any other in Minnesota that operates by consensus." He said the process is more complex, and not everyone will agree or not agree, but consensus is how the congregation makes its decisions. "Ultimately we will have a lot of focus on a social direction," he said.

Keefe said the church's commitment to social action has been a longstanding process with both Minnehaha and Spirit of the Lakes before they merged. More recently the church has taken up the causes of Black Lives Matter and welcoming Muslim immigrants and Muslims in general.



A group gathers to make cookies at Living Table United Church of Christ. (Photo submitted)

"We spent the season of Epiphany specifically looking at racial justice," Keefe continued. She said the church is in the middle of planning for a speakers' series in late spring that will be titled Loving Our Neighbors. "We are inviting people of other cultures and faith traditions to come and share how faith and justice inform cultures in their communities."

She said church members have been very active with environmental justice, working on organic gardening and composting, as well.

"Historically, the Minnehaha side hosted a number of

families from countries that had refugees," Owen said. "We had Vietnamese, Bosnian and Sierra Leone families. That element is longstanding."

He also said that when Spirit of the Lakes stood up as an LGBTQ community when they did, it was a very remarkable thing. People were hesitant to have their names listed in directories back in the 80s when the church first did this.

"Now the communities have matured," he explained. "As the church community has come together now, there is not any less need for LGBTQ concerns, but there is a focus on



"We have never been stronger in terms of having an understanding theologically of what our faith can mean, and so we are hopeful that as people come through our doors and hear the kinds of things we are engaged in, they will also want to be engaged," said Greg Owens. (Photo submitted)

other social justice issues as well."

He said the Living Table has had people participate in the Women's March and the Love Caravan March that advocated for Muslims. "Perhaps at this time when people feel immigrants are under threat, there is an important sense that we need to stay in solidarity," he noted.

Keefe said the church is building a relationship with the Syrian-American community in the Twin Cities and has hosted potluck suppers with immigrants. Although the church is not officially a sanctuary church, she said it is in conversation to become a sanctuary-supportive church. "We don't have the facilities to be a sanctuary," she explained. "We don't have show-

ers, for example. But we can support that movement. If immigrants are housed in another sanctuary church, we can send people to be in the building with them or provide supplies."

Living Table also houses offices in its basement for La Asamblea, a grass-roots Latino civil rights group, and it partners with some mental health and social justice groups.

"We became involved with Sheridan Story, a nonprofit that helps the church provide meals for children who need food on weekends," Keefe said. "We currently sponsor 22 kids."

"That mission began when people at the Sheridan School saw kids grabbing food in the

Continued on page 11



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# Unforgettable adventures found

## Popular local options include Adventures in Cardboard,

By TESHA M. CHRISTENSEN

Take an unforgettable adventure to Africa this summer or spend a week at Hogwarts. Focus on ballet, Irish dance or tap. Experience the circus. Go for gold in the Animal Olympics at the zoo or create something great at the Friends School. Try tennis, soccer, or mountain biking. Dabble with clay, book arts or sewing. Step back in time and be a history detective.

That's just the start of the youth camp options available in the Twin Cities area. Browse below for more information on some of the camps offered locally.

### IN THE NEIGHBORHOOD

#### ADVENTURES IN CARDBOARD

Construct ten castles, get lost in colossal mazes, build suits of armor and more during these five-day, full-day sessions for ages 8-17. Buses available from Powderhorn Park. New this year: Teen Weeks and Advanced AiC.

Cost: \$339  
612-532-6764  
<http://julianmcfaul.com>

#### ARTICULTURE

A variety of art disciplines and mediums with themes like mirror images, urban forest, theater, art car, or paper and book arts offered for ages 4-18. Five-day, half- and full-day sessions available.

Cost: \$124-275  
612-729-5151  
<http://www.artculture.org>

#### CIRCUS JUVENTAS

Explore international circus arts at Circus Juventas. Five-day, full-day sessions offered for ages 6-15. Or make your own camp with Circus Sampler Days.

Cost: \$85-405  
651-699-8229  
<http://www.circusjuventas.org>

#### FORT SNELLING

Experience the life of Laura Ingalls Wilder. Become a history investigator. Or, try out what life as an archeologist is like. Camps range from one day to one week.

\$45-\$250  
612-341-7555  
<http://www.mnhs.org/summer-camps>

#### MINNEHAHA ACADEMY

A variety of athletic, academic and enrichment programs are offered, including woodcarving, viola and cello, combat robots, puddlestompers, fencing, movie making, sewing, painting, rocket science, drumming, and more. Half- and full-day, one- to three-week weekday sessions. Camp Minnehaha, a full day camp for pre-k to grade 8, includes daily devotions, games, indoor and outdoor activities, daily swimming lessons and a weekly off-campus activity.

Cost: \$36-500  
612-728-7745, ext. 1  
<http://www.minnehahaacademy.net>

#### SE MINNEAPOLIS SOCCER

Southeast Soccer fields a variety of girls and boys teams on the U9 through U19 levels—at beginner, intermediate and advanced competitive levels. Consider the Lil' Dribblers soccer program for ages 4-8, or summer traveling teams.

612-396-9511  
<http://www.sesoccer.org>

#### YMCA

Explore the variety of Y Summer Programs at over 60 metro-area locations. Programs include flexible three-, four-, and five-day options. There's something fun for everyone from preschool through grade nine.

Cost: \$80-350  
[http://www.ymcatwincities.org/child\\_care\\_\\_preschool/summer\\_programs](http://www.ymcatwincities.org/child_care__preschool/summer_programs)

### IN THE TWIN CITIES

#### ANIMAL HUMANE SOCIETY

Unleashed summer campers entering grades 3-10 spend a full week immersed in animal learning and fun. NEW this year: Campers will spend their time exclusively in the shelters.

Cost: \$120-300  
763-489-2220  
<http://www.animalhumanesociety.org/camps>

#### ARTSTART

Grab your passports and join Art-Start artists on an unforgettable adventure to Africa through the



Play soccer and hone your skills on Southeast Minneapolis Soccer teams for levels U9 to U18. Lil' Dribblers also available for kids age 4-8. (Photo submitted)

arts. Preschool children ages 4-5 years register for "A Start with the Arts" offered morning only the week of July 10-14 and 17-21. Youth ages 13 years and older register for "Camp CREATE" offered June 19-22. Youth select classes taught by professional artists from multiple arts disciplines—music, creative move-

ment/dance, and visual arts. As a result of participating in this 5-day immersion experience, youth gain artistic knowledge and skills, learn about the people, geography, and environment of a place and create artworks and performances inspired by the culture.  
Cost: \$145-\$295.

651-698-2787.  
<http://www.artstart.org/summer-immersion>

#### ALEXANDER RAMSEY HOUSE

Solve mysteries of the past in this three-day History Detective

*Continued on page 7*

### HALF-DAY & FULL-DAY CAMP OPTIONS

## JUMP INTO SUMMER FUN AT MINNEHAHA ACADEMY!

Unique day camp experiences in a caring & safe environment.

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Register Now! 612-728-7745  
[www.MinnehahaAcademy.net/Schools/SummerPrograms/](http://www.MinnehahaAcademy.net/Schools/SummerPrograms/)

## Saint Mark's Preschool

Call today to schedule your tour!

### Enroll Now!

(651) 644-5030  
1983 Dayton Ave.  
St. Paul, MN 55104

# Locally at youth summer camps

## Minnehaha Academy, and Southeast Minneapolis Soccer

### Summer adventures

Continued from page 6

Camp for ages 10-13. Or, young ladies ages 9-12 can step back in time in a unique Finishing School for Young Ladies day camp.

Cost: \$200-\$220

612-341-7555

<http://www.mnhs.org/summer-camps>

### BLACKHAWKS OF ST. PAUL

Blackhawks offer several exciting half- and full-day soccer camps for players ages 5-18 that encompass a wide variety of activities and skills. Specialty camps focus on specific skills such as ball control, shooting, and goalkeeping.

Cost: \$85-195

651-894-3527

<http://blackhawkssoccer.org>

### CAMP COMO

Spend some time "Monkeying Around" with your primate pals, go for the gold in "Animal Olympics," take an "African Adventure" without leaving Como, or try on the hat of a zookeeper or gardener in "Behind-the-Scenes!" Como's camps focus on developing children's appreciation for the natural world through play and exploration, behind-the-scenes experiences, interactions with zookeepers and gardeners, and up-close encounters with plant and animal ambassadors. Five-day, half-day or full-day sessions for preschool to grade eight. Extended care is available.

Cost: \$135-155

651-487-8272

<http://www.tinyurl.com/p3u4lqv>

### CAMP SUNRISE

Camp and canoe while learning leadership and teamwork skills in a seven-day resident camp for youths age 13-18 who live within the city limits of Minneapolis or St. Paul. Held on the St. Croix River in Rush City and organized by YouthCARE.

Cost: free



Bike and more at the many summer camps offered at Minnehaha Academy. Programs cover the range of athletics, academics and enrichment activities. (Photo submitted)

612-338-1233

<http://www.youthcaremn.org>

### CONCORDIA LANGUAGE VILLAGES

Experience cultural and language immersion; 15 languages to choose from. Resident camp for ages 6-18 and family camps.

Cost: \$960-\$4,510

1-800-222-4750

<http://www.concordialanguagevillages.org>

### CREATE SOMETHING GREAT AT FRIENDS SCHOOL

Want to make a film just like the professionals do? Feel like biking 10 (or 20!) miles a day? Have a secret stash of poems you want to share? Feel a need to express yourself through paint and paper-folding? Maybe you'd rather argue for the defense in a real courtroom? Friends School will be the place to do that--and more--from June 19-Aug. 4 for

ages 4-14. Weekdays, half- and full-day. Extended day care in the mornings and afternoons and need-based financial aid available.

Cost: \$105 to \$295

651-621-8941

<http://www.fsmn.org>

### DODGE NATURE CENTER

Explore prairies, wetlands and woodland trails during full- and half-day, four-day camps offered for students entering 1-8 grades. Shorter sessions are available for ages 3-6.

Cost: \$50-200

651-455-4531

<http://www.dodgenaturecenter.org>

### FARM TO TABLE

Make butter, ice cream, and bread while learning about science, agriculture, and history at the Bruentrup Heritage Farm in Maplewood. Plus, students will play old-time games like town-

ball and do arts and crafts. Three four-day sessions offered in July and August.

Cost: \$150

651-748-8645

<http://www.maplewoodhistoricalsociety.org/pdfs/2017-Summer-Camp.pdf>

### FIDDLE CAMP

Fiddling taught by master Swedish and American fiddlers, whistle making and folk dancing.

Cost: \$235-305

[www.yfaminnesota.weebly.com](http://www.yfaminnesota.weebly.com)

### FOCI MN CENTER FOR GLASS

From fusing to casting to glass blowing, ages 9-18 are introduced to the mesmerizing medium of glass through immersive half-day, five-day experiences.

Cost: \$325-425

612-623-3624

<http://tinyurl.com/foci2016>

### GERMAN LANGUAGE AND CULTURE CAMPS

Speak, hear, sing, and create in German while exploring subjects ranging from history and art to science and music during five-day, half-, full- and extended-day sessions for grades K-3 at the Germanic-American Institute.

Cost: \$130-150

651-222-2979

<http://gai-mn.org>

### GIBBS MUSEUM OF PIONEER AND DAKOTA LIFE CAMPS

Travel back in time and learn about life in the 1800s. Explore seasonal Dakota activities including the maple sugar camp, wild



Roller ski, mountain bike, canoe and more during adventure camps at Theodore Wirth Park. (Photo submitted)

rice village, life in the tipi, hunting games, methods of travel, language, and song. Or enroll in Gibbs Girl or Digging History sessions. Three-day, half-day camps. One-day Pioneer PeeWees camps offered for ages 4-5.

Cost: \$19-99

651-646-8629

<http://www.rchs.com>

### HAMLIN YOUNG WRITERS

High school students ages 15-18 can explore the craft, prepare for college, and connect with other young writers in the Twin Cities while working closely with Hamline Creative Writing faculty and published authors.

Cost: \$400

651-523-2476

<http://www.hamline.edu/gls/youngwriters>

### IRISH DANCE

Professional Irish Dance training by director Cormac O'Se, an original member of Riverdance.

612-722-7000

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

### JUGHEADS JUGGLING CAMP

Half-day, five-day sessions and single day sessions for beginners through experts ages 8-18 enhance hand-eye coordination, boost concentration and build self-confidence.

Cost: \$30-110

612-229-3348

<http://jugheads.com>

### KID YOGA

Yoga infused throughout the day via story, dance, and games for campers age 5-12. Located on the Greenway with daily field adventures.

Continued on page 10



Blackhawks of St. Paul offer exciting half and full-day soccer camps for players age 5-18. (Photo submitted)

**Summer Session at Friends School of Minnesota**  
Ages 4-14 • June 19-August 4  
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Spend your summer with friends!

JOIN US! just for fun summer film school imagine that mock trial

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1365 Englewood Avenue, St. Paul 55104  
[www.fsmn.org](http://www.fsmn.org)

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A record 275 teams entered the 12th annual LaBott Blue US Pond Hockey Tournament this year. The event was held on Lake Nokomis Jan. 26-29. Considered the greatest pond hockey tournament in the country, the event has been covered variously by the Today Show, Good Morning America, the NY Times, the LA Times, the Wall Street Journal, and NPR. In other words, it's become something of a phenomenon.

# US Pond Hockey Tournament

Todd Studer played the national anthem to signal the start of playtime on tournament Friday at 8:30am sharp. The morning temperature hovered around 17 degrees. Studer finished playing, put his trumpet away, and went off to ref the first game. A former Edison High School hockey player, he proudly wore his jersey to the tournament.



The goal of the event is to break even, after making donations to DinoMights (a Minneapolis hockey youth development program), the Metropolis Foundation, and the Minneapolis Parks and Recreation Board.

Photos by MARGIE O'LOUGHLIN



Most pond hockey enthusiasts grew up in cold places, playing hockey on their frozen backyard ponds or those of their neighbors. No paying for rink time, no early morning practices, no fancy equipment. To hear the tournament organizers describe it: pond hockey is just about a pair of skates, a puck, a stick, and for some extra protection, maybe a wad of newspaper duck-taped across shins.



Natalee Wiebe of Claremont, CA, travels around the country sometimes playing on women's teams and sometimes playing on men's teams—as she did on Friday. She said, "I just slide in wherever I can to get ice-time."



Left: Pond hockey is played on a short sheet of ice with no goalie. To score a goal, a player smacks the puck into one of two holes in a wooden goal frame that measures 24" x 72". Playtime is two 15 minute periods. The action is fast.



Charlye McMillan was one of about 200 volunteers that helped out over the weekend. She said, "I don't skate, but a lot of my friends do. It's just a fun atmosphere that I love being part of." Volunteer jobs include set up and take down, score runner, player check-in, ice operator, and indoor or outdoor floater.



Brian Herbert (third from left) of Boston, MA, said, "Hands down, this is our favorite weekend of the year. It top birthdays, Christmas, every major and minor holiday. I've been skating with these guys since I was three years old. This is a place where we can all be kids again."



There aren't any Zambonis to clear the ice at the US Pond Hockey Tournament—just shovels.



Left: In the coldest month of the year, more than 20,000 hardy souls came out to play, watch, cheer, laugh, and shiver together in support of pond hockey.



Right: Twenty-five rinks were laid out for competition, as well as two rinks for family skating. Many of the teams traveled from across the country to compete on frozen Lake Nokomis. The teams were divided into five different classes, each of which crowned a champion.



# 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.

### Native alternatives for popular plants

Are you looking for ways to make your yard more bee and butterfly friendly? Come to the Longfellow Garden Club Mar. 8 meeting and learn how to transition your yard to attract and nurture not only pollinators and butterflies, but birds, too!

Master Gardener Ruth Peterson will talk about her experiences learning about the many benefits that native plants offer our landscapes. You will learn how to gradually incorporate Minnesota native alternatives that bring beautiful flowers and structure to the garden and supply food and shelter for birds and insects. These native perennials are better ecological solutions and need easier care than many of the traditional garden plants that we commonly use.

Bring paper and pen to take notes; we will have a handout. The meeting begins 7pm on Wed., Mar. 8: come early and help set up. Epworth United Methodist Church, 3207 37th Ave. S.

More information can be found at [www.facebook.com/LongfellowGardenClub](http://www.facebook.com/LongfellowGardenClub).

### AA and NA meets

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

### Shrove Festival planned for Feb. 26

The traditional Shrove Festival before Lent begins on Sun., Feb. 26, 11:30-1:30pm, at Lake Nokomis Lutheran Church, 5011 31st Ave. S. The Shrove includes a pancake brunch featuring fun toppings, sausage, quiche, and juices along with carnival games for the young and young at heart. This event is in collaboration with the Hiawatha Y Service Club and Lake Nokomis Lutheran Church benefiting YMCA and Bible Camp Scholarships. Suggested giving \$7 per person or \$20 per household.

### NA 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.

### Prayer Hour for Nokomis East

Faith Lutheran Church (3430 E.

51st St.) continues to pray for the people of the neighborhood throughout 2017. Each Wednesday, as they have been doing since spring of 2016, the congregation prays from noon to 1pm. The Faith Community believes that God answers prayer. If you'd like to join them at noon each Wednesday, you are invited to stop in. If you'd like to pray with them but are unable to attend, either stop in between 9am to 1pm, Tuesday through Friday for a free prayer book and prayer schedule—or leave a message with the church office at 612-729-5463 so they can deliver prayer materials to your door.

### Gamblers Anonymous meets Wednesdays

Gamblers Anonymous meets Wednesdays from 6-7pm in the Hope Room at Living Table Church, 3805 E. 40th St. Anyone with a desire to stop gambling is welcome.

### Adoption support group meets Mar. 7

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. Next meeting will be held on Mar., Feb. 7 at 6:30pm.

Adoptive parents are provided 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 [gabbyblade@nacac.org](mailto:gabbyblade@nacac.org) (parents); or Christina Romo at 651-644-3036, ext. 17, or [christinaromo@nacac.org](mailto:christinaromo@nacac.org) (teens).

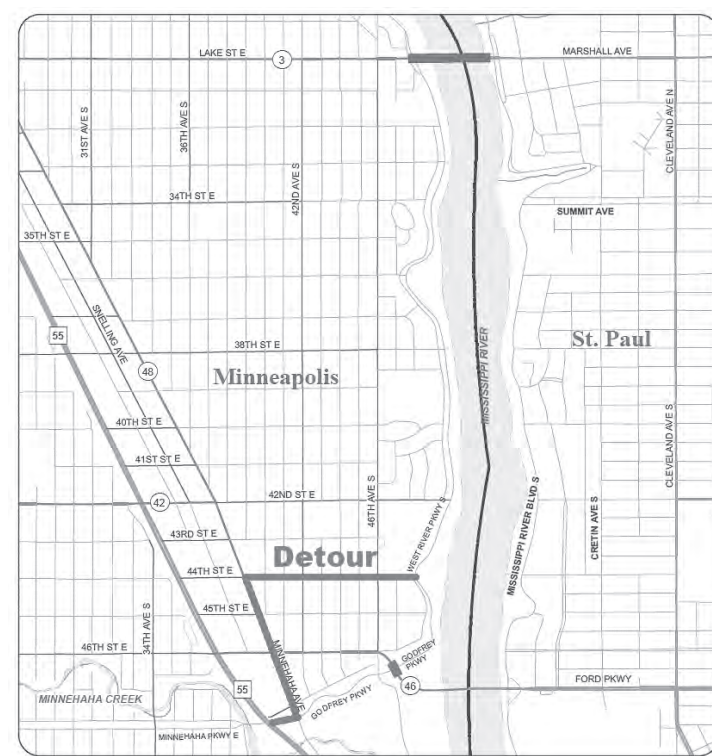
### \$530K approved for safer crossings

Funding of \$530,000 has been approved for safety improvements on the Midtown Greenway. The majority of the improvements are part of our "Making the Connection: Midtown Greenway to Lake Street" plan, which was created in partnership with Hennepin County, the City of Minneapolis, and the Lake Street Council.

Improvements to crossings will include James Ave., Irving Ave., Humboldt Ave., 5th St., 28th St. E., and Minnehaha Ave.

Hiawatha Ave, one of the Greenway's crossings that has the most potential for danger to cyclists and pedestrians, will also see important safety improve-

### Bridge project closes Godfrey Pkwy.



Godfrey Pkwy. is now closed to all motorized through traffic for a Hennepin County project that will replace the 46th Street bridge (sometimes referred to as the Godfrey Bridge) over the parkway. The closure will continue through fall 2017. There may be temporary re-openings, including for special events. The parking lots located on Godfrey Parkway will remain open. The Wabun Picnic Area can be accessed from 46th Ave. S. Bike and pedestrian trail traffic will be accommodated under the bridge during most of the construction. The detour for motorized traffic on Godfrey Pkwy. uses Minnehaha Ave., 44th St., and W. River Pkwy. (Illustration provided)

ments.

Proposed improvements range from installing new durable high-visibility crosswalk markings and enhanced traffic signal technology, to connecting sidewalk gaps and installing raised medians and curb extensions. These improvements will be implemented over the next several years.

### Cabin Fever slated for Wednesdays

Epworth UMC, 3207 37th Ave., offers space for kids 0 to 5 years old to play with other little kids from 9:30-11:30am on Wednesdays. Toys, crafts, and snacks will be provided. Kids are required to bring a caring adult with them to watch them as they play. There will also be coffee and conversation for adults. There is no cost. Cabin Fever ends in March. Contact the Epworth office at 612-722-0232 or [epworthumcmplsmn@gmail.com](mailto:epworthumcmplsmn@gmail.com) if you have questions or need more info.

### Healthy Seniors plan March events

"Financial Fitness" will be the topic of the Tues., Mar. 21 Senior Social/Health Talk which starts at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St.

Learn how to prevent financial scams and ID theft, live within your means, and stay out of debt. Presented by Suzy Wheeler from Family Means, a consumer credit counseling service.

"Yoga for Structural Integrity" classes are held on Mondays through Mar. 20 and meet at Bethlehem Covenant Church, 3141 43rd Ave. S. from 9:30-10:30am. Classes are sold in a package at a rate of \$5/class.

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

A Low Vision Support Group will be held Tues., Mar. 14 at 1:30pm at Trinity Apartments, located at 2800 E. 32nd St.

Also, we'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.

### State of the River talk set Mar. 28

So, how is the Mississippi River? Can you swim in it? Is water pollution improving? Can you eat the fish you catch?

A public presentation on the "State of the River" will answer such questions. The talk by Longfellow resident Trevor Russell will

be held at Minnehaha Academy North Campus Chapel, Tues., Mar. 28, 7-8pm. The talk is hosted by the Longfellow Community Council's River Gorge Committee and will highlight the new State of the River Report.

Friends of the Mississippi River (FMR) and the National Park Service's Mississippi National River and Recreation Area (MNRRA) collaborated to produce the second edition of the award-winning State of the River Report. The new report highlights 14 key indicators of water quality and river health in the metro Mississippi River. The report examines the status and trends of each indicator and highlights strategies for improvement. The report also comes with a Stewardship Guide and Policy Guide to help readers take personal action to protect and restore our great river. (See [www.stateoftheriver.com](http://www.stateoftheriver.com).)

Speaker Trevor Russell co-authored the report. Trevor is the Water Program Director for Friends of the Mississippi River. His work focuses on issues related to agricultural water quality, urban storm water, legislative policy and more. He coordinates a coalition of statewide conservation organizations working collaboratively to improve Minnesota's water quality. Trevor has a degree in economics from the Colorado College and 16 years of experience in environmental advocacy. Trevor is a former board member of the Longfellow Community Council and co-founder of The Longfellow Homebrew Club.

### Metro Bloom workshops planned

Unseasonably warm weather, long droughts and flooding rains are the new normal for spring and summer in Minnesota. Learn how your yard can adapt to and even help mitigate threats posed by these extreme weather events.

The workshop, "Creating Weather Resistant Yards," is planned in 10 locations throughout the Minneapolis metro. Participants will receive an overview of Minnesota's changing weather patterns and ways to minimize their impact in your yard by using alternative turf, rain gardens, and other resilient-yard practices.

There will be 1-on-1 design assistance from Metro Blooms and Blue Thumb landscape designers and U of M Extension Master Gardeners from Hennepin County.

Most of the workshops are \$15, although there are a couple of free ones planned. For more information and to register (space is limited for these workshops), go to [metroblooms.org](http://metroblooms.org) or call 651-699-2426.

Continued on page 11

## Summer adventures

Continued from page 7

Cost: \$75-335  
612-202-5164  
kidyogamn.com

### LEONARDO'S BASEMENT

Girls and boys ages 6 to 17 can design and build their creative ideas, mixing art, science, and technology during partial-day, weekday camps. There are more than 115 classes available over 10 weeks.

Cost: \$185-370, scholarships available  
612-824-4394  
www.leonardosbasement.org

### LOPET ADVENTURE CAMPS

Roller ski, mountain bike, canoe and more during adventure camps for ages 9-13 at Theodore Wirth Park in Minneapolis. Equipment provided during the full-day, five-day sessions.

Cost: \$200  
612-604-5330  
http://loppet.org

### MINNESOTA WALDORF SCHOOL

Join the Minnesota Waldorf School for good, old-fashioned summer fun June 12 to Aug. 18. Outdoor games, natural crafts, water play, gardening, caring for the school's chickens, and much more, all on their beautiful 8-acre campus. 70 East County Road B, St. Paul. For children ages 3.5 to (rising) 6th grade.

Cost: \$150- \$275  
651-487-6700 x202  
http://mnwaldorf.org/  
summercamp



Get active this summer with Southeast Minneapolis Soccer. (Photo submitted)

### MILL CITY MUSEUM

Play music, get creative, bake bread, and construct books while exploring the rich culture of the Minneapolis riverfront district. Campers aged 9-11 will explore a new experience each day at four arts centers.

Cost: \$225-\$250  
612-341-7555  
http://www.mnhs.org/  
summercamps

### NORTHERN CLAY CENTER

Work with sculpture, tiles, or wheel-thrown pottery in half or full-day sessions for ages 6 and up.

Cost \$160-305  
612-339-8007  
www.northernclaycenter.org

### TECH CAMPS

Use LEGO bricks, gears and motors to construct and program robots. Opt to learn to code or create your own video game. Math Advantage offers five-day, half-

day camps for grades 2-8.  
\$215  
http://mathadvantage.com

### SCIENCE MUSEUM OF MINNESOTA

Summer programs for youth ages 3 to 16 combine science, art, drama, and literature in ways that encourage kids to actively discover and examine concepts for themselves. Programs also offered at the Lee & Rose Warner Nature Center, the state's oldest outdoor environmental education facility.

Cost: \$60-345  
651-221-4511, 651-433-2427  
http://www.smm.org/classes

### STEPPING STONE THEATER

Learn about devised theater, music, and other performance art forms during these one- to two-week, half- and full-day sessions for those pre-K to grade 12. Two theater classes offered in collaboration with the Science Museum and Minnesota Zoo.

Cost: \$125-475  
http://steppingstonetheatre.org

### SPIRIT TAE KWON DO

Fun, exciting camps that combine physical fitness and education are offered throughout the summer for school-age kids. Register early for discounts.

651-428-6172  
www.istkd.com

### ST. PAUL ACADEMY

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warts." Debate, play chess, learn about mathematical modeling and forecasting, make movies or delve into creative science options. Eight options at SPA cover a wide range of academic, arts, and enrichment activities for grades 2-12. The Minnesota Institute for Talented Youth offers the ExplorSchool for students in grades 4-6.  
Cost: \$195-385  
651-698-2451  
http://www.spa.edu

### ST. PAUL BALLET

Summer is a great time to try dance. Programs include workshops and camps for ages 3 and up, weekly drop-in classes for teens and adults, and a new "mommy and me" baby class.

Cost: \$8.50-20  
651-690-1588  
www.spballet.org

### ST. PAUL URBAN TENNIS

Located at 30+ sites, St. Paul Urban Tennis offers a summer program for all age groups and skill levels. Tennis lessons combine high-quality instruction with life skills learning. Sampler Camps offer a condensed, 4-day version of the lesson program. Scholarships are available.

612-222-2879  
http://stpaulurbantennis.org/2011-summer-program.php

### TEXTILE CENTER CAMPS

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http://textilecentermn.org

### TRAPEZE CENTER CIRCUS CAMP

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Cost: \$275  
651-262-9477  
twincitiestrapeze.com

### WEST BANK SCHOOL OF MUSIC

There's something for everyone at WBSM this summer! Camps: Rock, Pop, Funk, Brass, and Girls Rock--Ensembles: Jazz, Gypsy Jazz, Fiddle, String Quartet, and Irish--Guitar Classes: Blues, Celtic, and Finger-style, and more.

612-333-6651  
wbsm.org

### WHITE BEAR CENTER FOR THE ARTS

Painting, drawing, clay, theater, writing, glass and much more for ages 6-14.

Cost: \$23-\$97  
651-407-0597  
http://www.WhiteBearArts.org

*EDITOR'S NOTE: This is not a comprehensive list of every camp in the Twin Cities. If you would like to be included in next year's Longfellow/Nokomis Messenger guide, please send us detailed information on the camp.*

# Classifieds

## Messenger

Want ads must be received by the *Messenger* by March 20 for the March 30 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the *Messenger's* website at [www.LongfellowNokomisMessenger.com](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, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before March 20 for the March 30 issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto: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](http://www.LongfellowNokomisMessenger.com)

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### EMPLOYMENT

Volunteer & Earn Money! - Seniors Corps is looking for volunteers 55+ to assist seniors in your community. Volunteers receive a tax-free stipend, mileage reimbursement & other benefits. Contact Kate Lecher 651.310.9447 or [kate.lecher@lssmn.org](mailto:kate.lecher@lssmn.org) 4-17

### HANDYMAN

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### PAINTING

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estimates. Attention to details. Call Bill 612-790-1266. 3-17

Painting, wallpaper removal. 35 years experience. Small painting jobs wanted. 612-202-5514. Lawn mowing. 6-17

### PETS

John's Dog Walking - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. [www.facebook.com/johnpetservice](http://www.facebook.com/johnpetservice) 3-17

### RENTALS

MPLS Storage located in the Longfellow neighborhood has units for rent at low rates. Locally owned and family operated. 1/2 block from Lake and Hiawatha. 612-333-7525. B-17

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@NELSONELECTRICINC.COM](mailto:KRZ@NELSONELECTRICINC.COM). B-1

### SERVICES

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530. 11-16

### WOODWORKING

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## In Our Community

Continued from page 9

### Annual rummage sale planned Apr. 1

Minnehaha Communion Lutheran Church (4101 37th Ave. S.) is planning their annual rummage sale for Sat., Apr. 1, 9am-1pm, with bag time starting at noon. Lunch is served with the best sloppy joes and homemade bars available for purchase.

### Pancake breakfast planned Mar. 5

Boy Scout Troop 1 will host its annual Spring pancake breakfast fundraiser 8:30-11am, Sun., Mar. 5 in the lower level of Minnehaha United Methodist Church, 3701 E 50th St.

Reservations are not needed. Advance tickets are available from any Troop 1 Boy Scout or at the door for \$5 a person or \$20 for a family of four or more. Tickets can also be purchased online at <https://squareup.com/store/boy-scout-troop-1>. Children younger than five can eat free with a paid adult meal. Breakfast includes all-you-can-eat pancakes, sausage, and a beverage. Funds raised will help the scouts in Troop 1 pay for upcoming adventures, camping trips, activities, and supplies.

For information regarding tickets or questions about the breakfast, call Corey Needleman at 612-867-5379 or email [needlemanbsa@gmail.com](mailto:needlemanbsa@gmail.com). Visit [www.troop1min.org](http://www.troop1min.org) to learn about the troop.

### Schuttinga named CCS president

Calvin Christian School (CCS) has announced that Dr. Betha-

ny Schuttinga has accepted the appointment to serve as the school's next president. Schuttinga brings to CCS a 17-year career in education, having served in administrative leadership at Dordt College (Iowa) and Iowa State University before her most recent role building a platform for Christian education in Indonesia.

Schuttinga will start as CCS's president on a full-time basis on July 1. Until then, she will work closely with CCS's current president, Randy Kroll, to ensure a smooth transition, and will spend time getting acquainted with the CCS community and area educational leaders.

Schuttinga received her B.A. from Dordt College, a master's from Minnesota State University in Mankato, and a Ph.D. in Educational Leadership and Policy Studies from Iowa State University.

Calvin Christian was founded in 1961 and today serves more than 400 students at K-8 campuses in Blaine and Edina and a high school campus in Fridley. As an independent school, unaffiliated with a single church or denomination, the school serves a student body representing scores of

churches and more than 45 municipalities in the greater Twin Cities.

Calvin Christian is accredited by the Minnesota Nonpublic Schools Accrediting Association, is a member school of Christian Schools International, and is affiliated with the Minnesota Independent Schools Forum.

Additional information about Calvin Christian School is available at [calvinchristian.org](http://calvinchristian.org).

### Codfish/meatball dinner set Mar. 3

St. Peder's Lutheran Church will be holding its annual Codfish and Meatball Dinner on Fri., Mar. 3, with seatings at 5pm and 6:30pm. The dinner also includes boiled potatoes with 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 St. Peder's Church office at 612-722-8000 for reservations. Please state how many meatball or cod dinners, seating time preference, and phone number if leaving a message.

### Living Table UCC

Continued from page 5

lunch line for weekends," Owen added. He said there is a whole range of risk tolerance in how much a church member might be willing to stand up.

"We have people who are ready to be arrested in defense of refugees," he said. "And we have people who bring food to a child's locker at school as a way they feel they can be invested in social justice."

There are a lot more challenges for progressive Christian churches today, according to

Keefe. "We have spoken a lot of words in recent years, but now we really are being called to live our faith out loud, and to go to support marches or protests or rallies, to more publicly embrace what we internally believe."

She cited challenges that Living Table, like other social justice churches, faces. Need for money to be able to do things is one challenge, to keep the building in repair and the bills paid. And she described the risks for people having to stand up for what they believe. "To live that out publicly can be unnerving for lots of folks who aren't used to it," she said.

Owen said, however, that the welcoming aspect of Living Table brings the church to a very exciting point of discernment. "We have never been stronger in terms of having an understanding theologically of what our faith can mean, and so we are hopeful that as people come through our doors and hear the kinds of things we are engaged in, they will also want to be engaged."

He compared the feeling to one that was a part of the TV show, Cheers.

"It's like when Norm comes in and someone says 'Hi, Norm.' Living Table is a place where everyone knows your name."

"God is still speaking, as the sign says," Owen continued. "And we are still listening. We are trying to figure out what we are being called to do."

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# Got lots of stuff in your garage? You can now rent it out.

By STEPHANIE FOX

After seeing the success of companies like Airbnb and Uber, business partners Jason Wood and Kristian Pflieger have come up with the idea that they think will be the next big thing. Their company, One Garage Over (OGO), will allow neighbors with tools or other items to rent them out to other neighbors who need them, simply by posting them on their OGO internet site.

**“It’s an obvious idea, one that we think will take off and expand exponentially. We all have a lot of stuff and in the new sharing economy, why not share our stuff?”**

— Jason Wood

“It’s an obvious idea, one that we think will take off and expand exponentially. We all have a lot of stuff and in the new sharing economy, why not share our stuff?” Wood said.

The two are working together despite a nearly 2,000-mile distance between their neighborhoods. Wood lives in the Nokomis neighborhood while Pflieger’s group will be operating out of a start-up incubator in his hometown of Greenville, SC.

“Greenville is one of the top small cities in the country which means that we have the resources of a much larger metropolitan area, while still maintaining a very close-knit community of a small town,” Pflieger said.

Wood said that his Nokomis neighborhood is also the perfect location for a start-up in what some are calling ‘the village economy.’

“South Minneapolis is a very friendly place. A lot of us already share our stuff with our neighbors,” Wood said, “so why not make this an opportunity to make a little money?”

What triggered this idea, Wood said, was seeing displays of screwdrivers for rent at a local hardware store. “They told me it was one of their most popular items.”

“A lot of tools are expensive, and a lot of people use them only once or twice a year. Not everyone needs to own an aluminum ladder. Some people don’t have space or the financial ability to acquire a lot of these tools. But this way, for \$5 or \$10, you can rent what you need from OGO,” he said.

OGO finished their first phase of beta testing their site right after Thanksgiving, expanding to surrounding neighborhoods while figuring out how to make the site as user-friendly and secure as possible.

“We plan to focus on South Minneapolis, Richfield and Edina for the first few months while we fully develop and perfect the

site,” Pflieger said. “From there we will expand quickly to all surrounding areas in the south metro area. At the same time, we are doing a similar launch in the Greenville area.” They are hoping that people all over the Twin Cities will eventually go to the website and register.

Renters register on the site and with a few clicks, can see photos and the rental prices of everything from trailers and ladders to miter saws and pipe wrenches. A click on the ‘rent’ button gives more details. Renters have to agree to reimburse the owner if the item is lost or damaged, but there is an option to buy damage insurance. “Enter a credit card number and arrange up pick up or delivery, and you’re done,” Wood said.

Tool owners who wish to rent their items simply list them, along with a photo. Tool owners set the price, per day or per week. OGO takes a service charge of 10 percent, with a minimum of a dollar from the owner. “You rent a trailer for \$25. The owner will get \$22.50, and OTO will get \$2.50,” Wood said. The site handles the financial transaction.

“Think of all those things that sit on your lawn or in your garage,” he said. “All those things that you have but use only once in a while. Now, you can share them with your neighbors and make a little money.”

Wood thinks that once the site is up and running and more people sign up, the type of items available will expand. There are, however, some limits.

“Of course, it’s limited to legal things, and it’s not for services,” he said. “You won’t be able to rent out a dog to go jogging with you. But, we envision that shortly, people will rent out their kitchen items, their clothing or jewelry. People might want to rent their patio furniture for a party.”

Wood predicts that ‘power owners’—those like himself who have a lot of items to rent—might bring in a few thousand extra dollars a year. Others might make a few hundred.

Wood sees a social advantage to the idea as well. “Rent from a large brick and mortar store and you are on your own,” he said. “But, when you rent from neighbors, it’s friendly and sociable. You rent a grill or a smoker from a neighbor; you end up talk about recipes and what kind of rub to use.”

Wood said that they plan to include small neighborhood rental and hardware stores, leaving the big box stores to rent to commercial companies. “We support local businesses, too.”

The focus right now is on spring, which along with fall, is expected to be a peak season. “And during the summer, we’ll have kayaks and things for sporting activities, for biking to the falls, even for lawn parties.”

“In 2017, we hope to rev up our business. It’s a hobby for me right now, but over the next year, we expect to have 25,000 items with 500 to 1,000 items a month rented. I’m very passionate about this. We believe that there is a basic need in the market and we want to fulfill that need for homeowners.”



Jason Wood shows off tools he is renting to his neighbors from his small South Minneapolis garage. He is partner in a start-up online business called One Garage Over where people can post the tools they own that they are willing to rent to neighbors by the day or by the week. (Photo by Stephanie Fox)



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