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Midtown Farmers Market at a critical and challenging crossroad

By MARGIE O'LOUGHLIN

It isn't often that a figure of speech is true both figuratively and literally, but this is one of those times. The Midtown Farmers Market, which sits at the crossroad of E. Lake St. and Hiawatha Ave., is in a time of transition—and where that transition will lead is not yet known.

The venerable community gathering space has sat adjacent to the Hi-Lake LRT Station for the last 15 years. Originally located on the Lake St. side of the property, it was shuttled to the back in 2015 when construction began on a building that now houses Hennepin County Human Services.

"Our current location is less visible and less accessible than the original one," said Market Manager Mallory Forseth. "For the last couple of years, customers have had to deal with major construction issues. Attendance for last year's market season was down 20% from our peak year in 2014. We want people to know that we're still here, even though we may not be visible from Lake St. We need the support of the neighborhood to keep our market going strong."

Forseth continued, "There are other big changes ahead," Forseth "We've recently learned



Market Manager Mallory Forseth said, "What makes this market so great is the sense of community celebration that comes from bringing healthy food to the middle of South Minneapolis twice a week, six months out of the year." (Photo by Margie O'Loughlin)



The proposal for the new public plaza would reduce the number of vendor stalls from 65 to 42. Market administrators say this number is inadequate to provide the variety of goods that customers have grown accustomed to. (Photo by Margie O'Loughlin)

that we'll have to find a temporary location for 2019 and 2020, while the 1.4-acre public plaza meant to house us, and many other neighborhood functions, is built. The Corcoran Neighborhood Organization (which is the Midtown Farmers Market parent group) is looking, but hasn't yet found a suitable neighborhood

site for the market to relocate to." According to Forseth, the process of working with Hennepin County on the plaza design has been frustrating. The operational requirements of the market are basic, but requests for public restrooms, storage for market supplies, and a sufficient number of vendor stalls have not

been accommodated in the current plan. Without them, Forseth said, "I don't see how we can continue to operate in this space. We feel we are at an impasse."

Market supporters believe it should be clear [to Hennepin County Commissioner Peter McLaughlin and City Council Representative Alondra Cano] that the

benefits of keeping the Midtown Farmers Market in Midtown are worth those accommodations.

Also, the proposal for the new public plaza would reduce the number of vendor stalls from 65 to 42. Market administrators say this is inadequate to provide

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Lights, Camera... Oh My Stars!

Nokomis writer Lorna Landvik's novel becoming a short film

By JILL BOOGREN

It was all action on a Nokomis block as novelist Lorna Landvik's home was transformed to a movie set for one evening in June. Her front porch was used for a scene in a short film being created from her novel, "Oh My Stars."

Neighbors gathered as equipment was hauled out of a large truck and erected on Landvik's lawn and across the street. Young Ellie Hugener said she was excited to see "all the cool stuff to set up." For Linda Skoglund, it was "a little touch of Hollywood in South Minneapolis."

It's something Landvik remembers from her days living in Los Angeles: big trucks pulling up to film locations.

Giving her characters life on the big screen is a dream coming true for Landvik. A couple of her novels (she has written 11) were once optioned—"Patty Jane's House of Curl" and "Your Oasis on Flame Lake"—but nei-



Book jacket for Landvik's "Oh My Stars" (Photo provided)

ther went anywhere. At book readings, people would ask "When's it gonna be a movie?" to which Landvik would jokingly reply, "Surely someone has a cinema connection?"

And one day someone did.

That connection was Director/Producer Cynthia Uhrich, who soon met with Landvik and the idea for "Oh My Stars" the movie was hatched. It would be a short film, a "proof of concept" that would sing the possibilities of a full-length feature but also stand on its own as a 10-minute movie.

The story, which takes place during the Great Depression, is

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Filmmakers converge as the crew prepares the set for a scene in the film of Lorna Landvik's celebrated novel "Oh My Stars" (Photo by Jill Boogren)

Nokomis writer

Continued from page 1

of young Violet Mathers, whose arm is amputated after an accident. Facing bullying by her peers and mistreatment at home, Violet decides to travel to California and take her own life by jumping off the Golden Gate Bridge. She is waylaid, however, and meets musicians Kjel and Austin, who restore her spirit and sense of belonging through music and friendship.

"It's about people who don't think they have people in their corner. Then they find them," said Landvik. The characters transform, defeating huge obstacles—adjusting after having an arm amputated, trying to live as a black man in America (Austin is black), letting go of bitterness, finding comfort and forging on. A perfect movie, Landvik thinks, for these divisive times.

"It's about finding ways to get along," she said. "Who doesn't benefit when we all get along?"

It's also a type of movie that Landvik says just isn't being made right now, but one that she as an audience member wants to see. "I think the movie [will] be many things, including a real palliative."

From page to screen

The film is being made possible by a Kickstarter on GiveMN, with donations tax deductible through Uhrich's nonprofit production company In the Moment Films. Its mission statement, to provide employment opportunities for women both in front of and behind the camera, is appealing to both of the women at the helm of the film.

"Especially exciting for me, is that not only are we going to have a lot of women crew (we've hired I believe 13 women on this production)," says Uhrich in a promotional video that is posted on their GiveMN page. "Also... our leading lady, we see her [played by two different actors] as an elderly lady and a young girl, and she's a great protagonist."

Producing any film presents challenges, but this is especially so when one is set in another time.

"It's expensive. It's not like we can just run outside and grab footage," Uhrich explains. "We have to be very, very particular with all of the details. The props have to be right. The wardrobe has to be right. The music has to be right." While on set, Landvik spoke of the details involved in scouting for a vintage truck and costumes from the period and finding a perfect Depression-era home.

And regardless of whether the film is a short or full-length feature, a wide range of equipment is required. For the porch scene, lights, gels, and filters of various sizes were placed just so to invoke the right mood and tone, which in this case was Kjel and Austin sitting on a front porch in the evening, making music by candlelight and shooting the breeze.

They also have to cover salaries and hauling equipment (and people) to various locations. Another couple of scenes were set right up the street at Roosevelt High School, where Landvik is an alumnus. (Another point of synergy: she discovered that the

librarian's grandparents graduated from Roosevelt in 1937, the year the story takes place.)

Other film locations include a factory in northeast Minneapolis, a couple of private homes, the stage of the Black Dog music cafe in St. Paul, the countryside near New Prague, and a 1930s home in Arkansas, WI.

Landvik, who wrote the screenplay for the film, has enjoyed being along for the ride. She's been on set and sat in on auditions. Though an actor herself, she's been out of that process for a while.

"I was pleasantly surprised," she said, adding that her three main principles—Violet, Kjel, and Austin—are emotionally spot on. "They're so fun to watch."

Full circle

To film a scene on her porch is to come full circle for Landvik; it was exactly here, while rocking in a chair, that her novel's characters first presented themselves.

Violet came first. Landvik knew she was from Kentucky, that there would be a terrible accident, and that the bulk of the story would take place during the Great Depression.

Kjel came next. "With this odd Nordic name, I knew he had the charisma and looks and musicality of pre-Elvis Elvis," said Landvik.

Then Austin came. An African American man in a story set in the 1930s... how was that going to be? "The fun of it is, I [was] going to find out."

The title came later, which to Landvik reflects Kjel's exuberance and love of the world. "He loves being in this world."

"Oh my stars" is also an expression her mom, Ollie, used all



Director/Producer Cynthia Uhrich (left) and Author Lorna Landvik on set for "Oh My Stars." (Photo by Jill Boogren)

the time. Breaking with her usual writing approach (she keeps her stories-in-progress close to the vest), Landvik talked with her mom "so much" with this book. Her parents had grown up in the Depression. Her mom had made all of Landvik's clothes, including her Barbie's clothes, which she hated as a kid. "I wanted store bought."

But when her mom, who Landvik said never needed a pattern and would have loved to have been a designer, made her a tulip dress that she loved and then made her friend the very same one, Landvik became a "real pill."

Sadly, her mom passed away before the novel was published. Some time afterward, Landvik

learned from an aunt sharing old letters that in their childhood games they went by names they made up for themselves. Her mom's invented name? Violet.

Filming for the movie is now complete, and the team is moving into post-production (editing and sound) with hopes for a wrap by the end of summer. Completion will depend on the success of the Kickstarter, which is about half-

way toward its goal.

In the online video, Uhrich tells would-be contributors they'll be part of a project that's "pretty exciting."

"[Lorna] is a Minnesota treasure," she said. "She's one of our local celebrities."

More information can be found on the "Oh My Stars Movie" Facebook page and GiveMN fundraising page.

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Program on medical cannabis planned by Nokomis Healthy Seniors Aug. 2

It's been four years since the use of medical cannabis—commonly referred to as medical marijuana—was approved in Minnesota. But, many people still have questions and misconceptions about its use and how the state-managed program works.

So when several older adults who participate in Nokomis Healthy Seniors (NHS), which supports local elders maintain their health and independence, asked about the possibility of hearing from an expert to educate them about medical cannabis for its Health and Education

program, the nonprofit's Executive Director, Megan Elliassen, took notice.

Everyone is welcome to attend a free program on Thur., Aug. 2 at 11am at Nokomis Healthy Seniors' office, located within Bethel Lutheran Church, 4120 17th Ave. S. The program will be presented by staff from Minnesota Medical Solutions of Otsego, MN, which is one of two companies that "cultivates" medical cannabis in the state. No RSVPs are needed. People can come as early as 9:30am to take advantage of NHS' free

weekly "Nurse is In" blood pressure clinic and grab a treat and socialize.

Over its 24-year history, Nokomis Healthy Seniors' program has presented a wide range of topics to educate and benefit older adults—from learning about how to spot a stroke and organics recycling to decluttering and the benefit of companion rabbits. But scheduling a session about medical cannabis marked the first time the organization tackled a topic some consider controversial.

"That's why I decided to schedule an expert to speak about it," Elliassen said. "I think the public has a lot of questions and misconceptions about it, and since many older adults are dealing with chronic pain and other medical issues, more and more of them are wondering how the state program works and if medi-



Medical cannabis in Minnesota is provided to qualified patients as a liquid, pill, topical or vaporized delivery method that does not require the use of dried leaves or plant form. (Stock image)

cal cannabis might be able to help them manage their conditions and improve their quality of life."

Effective as of July 1, 2018, legal Minnesota residents who have been diagnosed with one of these the qualifying condi-

tions are eligible to receive medical cannabis*:

- Cancer associated with severe/chronic pain, nausea or severe vomiting, or cachexia or severe wasting;
- glaucoma;
- HIV/AIDS; Tourette's syndrome;
- amyotrophic lateral sclerosis (ALS);
- seizures, including those characteristic of epilepsy;
- severe and persistent muscle spasms, including those characteristic of multiple sclerosis;
- Inflammatory bowel disease, including Crohn's disease;
- terminal illness, with a probable life expectancy of less than one year;
- intractable pain;
- post-traumatic stress disorder; and autism spectrum disorders

(*source: health.state.mn.us/topics/cannabis/patients/conditions.html)

Letters to the Editor

It will be tough to follow Terry and Cherie

To the Editor,

I apparently did not get "the memo" about Reidy's Market changing ownership.

I became aware of the change when I was at the store to get copies made and needed to find someone who could help me with the problem I was having with the copier. As I interacted with the person trying to help me, I realized that this person was the new owner.

I have lived in Great-

er Longfellow for just over 30 years which means I shopped at Reidy's many times. In my experience over the years, Terry and Cherie Reidy set a high bar for convenience and customer service standards which I will sorely miss. One time I left my art in the copier. The original had my name and address on it. When I got home there was my original on my mailbox.

Already the price of an ice cream sandwich at Reidy's has gone up significantly. It remains to be seen if the new owners can fill the void left by the departure of Terry and Cherie and the staff who had become such fixtures in the neighborhood.

Donald Hammen
Hiawatha neighbor/retiree



Transition Longfellow

By LESLIE MACKENZIE

Movie Night, book group, garden and food skillshares

The volunteers with Transition Longfellow create opportunities for South Minneapolis neighbors to get to know one another while also learning how to live more sustainably and prepare for changes ahead. Visit www.transitionlongfellow.org for more details on these and other activities.

Transition Parents and Kids Play Group, Sat., July 7, 10am to noon, Longfellow Park, 3435 36th Ave. S., free.

Join with other parents who are concerned about raising resilient kids, living a sustainable, less consumer-oriented, low-waste, family life. Share conversation, resources, and ideas in a kid-friendly play space with toys. Bring kids aged 10 and under for a playdate.

Book Group, Thur., July 12, 6:30pm, Moon Palace Books, 3032 Minnehaha Ave.

This summer, join with

folks in Transition Longfellow as they grow more food, learn to cook and preserve local food, and work to reduce food waste. We are reading from "Independence Days: A Guide to Sustainable Food Storage and Preservation" by Sharon Astyk. This month we are discussing chapters 6-11, which covers different methods of food storage and food preservation, with recipes. This book is out of print, so Moon Palace will not have copies available, but used copies are available online.

Movie Night, Fri., July 20, potluck 6:30pm, movie 7-9pm, Minnehaha Communion Lutheran, 4101 37th Ave. S.

Share a meal, then watch several short videos from the folks who produced "The Story of Stuff," exploring challeng-

es to our water supply. From over-extraction to microbeads to microfibers, our freshwater heritage is endangered by the choices being made every day. What can we do to protect our water? Bring a dish to share. Donation accepted.

Day of Garden and Food Skillshares, Sat., July 21, 9am-3pm.

See website for time and location of each workshop. Sign up for workshops separately at www.transitionlongfellow.org. Food workshops may have an additional materials cost. A box lunch can be ordered as well.

This day-long event features workshops in the kitchen and the garden, led by master gardeners and Longfellow area neighbors.

Garden workshops include:

- Build a multi-barrel rainwater collection system to collect enough rainwater to make a difference.
- Build an inexpensive and simple hydroponics unit to grow your own greens and other veggies. This 1-hour demo precedes a separate 3-hour hands-on session where you can build your own.
- Edible landscaping: Bringing food into unexpected corners of your yard and garden.
- Animal and pest control with Theresa Rooney, author of "Humane Critter Control." Learn strategies for dealing with bunnies, raccoons, squirrels, Japanese beetles, and more.
- Identifying vegetable diseases: A primer on the pests and diseases that may be reducing your vegetable yield.

Food workshops include:

- Canning
- Jam making
- Vegan cooking
- Healthy snacks



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Neighborhood Association

Bossen Renters Party

July 7, 12-3pm

33rd Ave and 58th Street



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Connect with your neighbors, celebrate summer, and get out in your community. Hold a National Night Out (NNO) Block Party on Aug. 7. Last year Minneapolis had over 1,500 NNO events, the largest number for any US city of over 250,000 people.

If you register your NNO Block Party with the City of Minneapolis by July 24, you can block your street for free. If you register from July 25 through July 30, there is a \$100 fee. You will not be able to block off your street if registering after July 30. Register at www.ci.minneapolis.mn.us/nno/nno_register.

Invite NENA to your block party! Email nenan@nokomiseast.org with the time and location of your NNO event and we'll make sure a NENA staff member or Board member will stop by.

Summer Concert Series

The ever-popular Nokomis East Business Association Summer Concert Series is back! Each free,

NENA (Nokomis East Neighborhood Association)

4313 E. 54th St.

Register your National Night Out Block Party free by July 24

Upcoming meetings and events:

- 7/7/18, 12pm: Bossen Renters Party, 33rd Ave. and 58th St.
- 7/7/18, 9pm: Movies In The Park: "The Birds," Lake Nokomis Park, 94955 W. Lake Nokomis Pkwy.
- 7/9/18, 6:30pm: NENA Housing, Commercial, and Streetscape Committee, NENA Office
- 7/10/18, 6:30pm: NEBA Board Meeting, McDonald's Liquor Event Space, 5010 S. 34th Ave.
- 7/11/18, 6:30pm: NENA Green Initiatives Committee, NENA Office

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outdoor concert is located at a small, locally owned Nokomis East business.

Get a multi-genre experience with the talented singer and guitarist Javier Trejo at Nokomis Shoe Shop, 4950 S. 34th Ave., on Sun., Aug. 5 at 4pm. Then take in the 60's jams of The Caffeines

at new performance space Off-Leash Art Box Theater, 4200 E. 54th St., on Sat., Aug. 11, at 7pm.

Nokomis East Business Grants

NENA is currently offering the Marketing Matching Grant and the Business Partnerships Grant, exclusive to businesses located in

Keewaydin, Minnehaha, Morris Park, and Wenonah neighborhoods.

Marketing Matching Grant

Businesses seeking to update their branding, website, marketing, or looking to attract more customers can apply for up to

\$2,000 for their project. This grant matches \$1 for every \$2 spent by the participant.

Nokomis East

Business Partnership Grant

Two or more Nokomis East businesses that seek to engage in a short or long-term marketing or public engagement partnership can apply for up to \$5,000 in matching funds.

Contact Program and Communication Manager Lauren Hazenson at lauren.hazenson@nokomiseast.org or go to www.nokomiseast.org for more information.

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. Once you sign up, you'll receive updates on news and happenings for your neighborhood.

Farmers Market

Continued from page 1

the variety of goods that customers have grown accustomed to.

According to Forseth, "We're located at a very busy transit hub. From a transportation standpoint, that makes us one of the most accessible farmers market in Minneapolis—and we have the potential to grow that even more. When all of the construction is complete, there will be a total of 500 units of housing divided between the various buildings here. This is an enormous opportunity!"

"With Hennepin Coun-

ty Human Services being on-site," she added, "we saw our EBT and SNAP Food Program sales go up by 25%. We're able to offer a food match for customers participating in either of these Hennepin County assistance programs. When they enter the market and stop at our table, they can purchase \$10 worth of tokens, and we'll match their purchase with an additional \$10 worth of 'market bucks'. This is a step in the right direction for access and equity, having fresh, healthy food right here in the neighborhood for people with limited income."

"In addition to healthy food," Forseth said, "the Mid-

town Farmers Market offers free fitness classes, live music, kids' activities, family games, and plants for the garden."

"The Hi-Lake Intersection has been neglected by both Hennepin County and the City of Minneapolis for a long time," Forseth said. "Reasonable accommodation for the Midtown Farmers Market in the public plaza design would give officials and politicians a chance to make good on some of their many promises."

The Corcoran Neighborhood Association will be distributing information at the market over the next few weeks to educate customers on the

issues it is facing. A neighborhood forum is in the planning stages for July 26, 5-7pm. Place yet to be determined. To learn more, go to www.midtownfarmersmarket.org and subscribe to their newsletter. Community input will be sought as the discussion continues.

Forseth concluded, "We would also value input regarding the lower level retail spaces of the buildings being constructed. The Midtown Farmers Market is a food business incubator. If the market finds a way to stay in this location, what about designing in a commercial kitchen where vendors could make or bake their prod-

ucts? There are many ways that retail might be implemented to support and complement market offerings, as well. With big picture thinking, this transit-oriented development project has the potential to be an amazing opportunity for the whole community."

"In the meantime," Forseth said, "neighbors can support us by shopping here."

Market hours are Saturdays 8am-1pm, and Tuesdays 3-7pm. Cars can enter the Midtown Farmers Market on 31st St. and 23rd Ave. Bike racks are located near the LRT Station. Bus and train stops are at Lake St. and Hiawatha Ave.

Free youth soccer league kicks off in Nokomis with NENA's help

NENA and park board partner with father-son team to offer a regular activity for kids at Bossen's multi-use fields

By TESHA M. CHRISTENSEN

Thanks to a father-son team, nearly 400 kids are participating in a free youth soccer league on Saturdays at Bossen Field.

José Garcia and his 20-year-old son José (Beto) Garcia approached the Nokomis East Neighborhood Association (NENA) in December 2017 about starting a soccer league in the neighborhood. They have been running an informational soccer skills group that meets about two times a week and wanted to do something more formal.

The Garcias asked NENA for help finding field space as they were tired of getting kicked off baseball fields.

NENA agreed to approach the Park Board with the Garcias, in part due to community response from a set of activities held last year courtesy of a grant from Blue Cross/Blue Shield.

NENA used the grant funds to put on a series of activities with the Park Board, including flag football, soccer, and bird-house making at the multi-use fields at Bossen, explained NENA Community Organizer Karla Guadalupe Arredondo-Payan. Residents asked for more activities for younger kids.

A free soccer league an-



Members of the soccer league meet up during the week at Bossen field to practice, despite the rainy weather on Tuesday, June 19, 2018. (Photo by Tessa M. Christensen)

swered that request.

"We are here to serve residents. We don't dictate the events going on. We ask for resident input," observed Arredondo-Payan.

She added, "We want to help build the community."

The Minneapolis Parks and Recreation Board (MPRB) supplies the goal posts, soccer balls, and other equipment. NENA provides the paint to mark the fields and other items as needed.

While the multi-use fields don't have soccer markings, they are free compared to the soccer fields that are rented by groups.

Open to every race and gender

The league includes 24 teams that were organized by each coach and began playing in late May. The league will continue through Sept. 22, and conclude with a big end-of-the-season celebration. Games are held between 8:30am and 4pm on Saturdays.

The coaches met at NENA's office in April to iron out the rules of the league, which focus on good sportsmanship and safety. The Garcias were clear that they can't run a league alone, but need the commitment of coaches and others to make it happen.



Father and son, José Garcia (left) and José "Beto" Garcia, have been running a soccer skills group in the Nokomis neighborhood that grew into a free, 24-team soccer league this summer. "We're doing this for the reason that we want to help our community and we want to share the disciplines of this beautiful sport," stated José Garcia. "We want to teach them the values of respect, leadership, gratitude and compassion for each other." (Photo by Tessa M. Christensen)

"It's not an easy task to be a leader, but we're trying to do the best we can to satisfy everyone," stated Beto Garcia.

This year, the Garcias are focusing on creating a strong league that puts a priority on skill-building and teams. Next year, they may add other amenities such as food trucks.

They will also evaluate whether to offer a winter league

based on demand from participants.

The league seeks to be inclusive and is open to every race and gender. While many of the players from South Minneapolis are from the Latino community, the majority from St. Paul are of Asian descent. There are also African American and Caucasian

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24/7 Crisis Line for abuse, crime survivors, operates along 38th

Advocates recognize it takes a lot of courage to just pick up the phone, identify issues, offer options, and just listen

By TESHA M. CHRISTENSEN

For those who don't feel safe at home, the 24/7 Minnesota Day One Crisis Line, 1-866-223-1111 is a lifeline.

Advocates listen, offer options and help callers make a safety plan. It's their choice to go to a shelter, use resources, or just talk.

The statewide Day One call center operated by Cornerstone at 2249 E. 38th St. handled 28,000 calls last year. The call center is the only one in the state that connects victims of domestic violence, sexual assault, human trafficking, and general crime to emergency safe housing and resources from over 80 agencies. People can call via phone, text or online chat message at dayone-services.org.

"We work together to make sure survivors get what they need in one call," pointed out Day One Program Director Colleen Schmitt.

Before Day One began in 1995, someone might need to make 8-15 calls trying to find shelter. Today, Day One can search shelters throughout the state to find immediate housing for those trying to leave an abusive or unsafe situation, and then connect the caller to the shelter via a three-way call. Other resources are also available with a quick search of the regularly updated Day One database.

Day One first operated through the Alexandra House in Blaine until it came to Cornerstone in 2005 and expanded. Schmitt, who has been in the field for 30 years, came with the call center.

Day One moved into space along 38th Ave. in January 2017, when it expanded to include a 24/7 General Crime Victim Services Line through funding by the Minnesota Office of Justice Programs (1-866-385-2699). At the same time, Cornerstone expanded to offer support to people who have experienced any type of victimization through crime. Cornerstone's experienced staff members provide services through a trauma-informed lens to help individuals rebuild their lives.

Exerting control

Calls spike at the Day One Crisis Line once school lets out for the summer. "Many feel it is an easier time to get out of a relationship," explained Schmitt. Another peak time is the day after a holiday. "A lot of times someone is trying to keep the family together during the holiday, and they need that extra support," said Schmitt.

Rather than use the term "victim" found in the courts, Cornerstone staff members prefer the term "survivor" to refer to someone who has experienced domestic violence, sexual assault or human trafficking.

"We tend to use 'survivor' because it's more empowering," explained Schmitt.

The term domestic violence is used for "any pattern of physical, emotional or psychological tactics of control over another person," stated Schmitt.



There are many good services for domestic abuse survivors in the Twin Cities, but what sets Cornerstone apart is its comprehensive approach, according to Day One Program Director Colleen Schmitt. Programs include the Day One Crisis Line, Crime Victim Services Line, Emergency Services including a 35-bed shelter, Children, Youth and Families, Community and Economic Empowerment, and Civil and Criminal Justice Intervention. (Photo by Tesha M. Christensen)

"It's not always physical. It can be emotional. It can be financial. It can be threats over actual physical violence."

The term domestic violence is pretty encompassing, but at its basic level it is about one person trying to maintain control over another, she said.

"A lot of calls we receive are from folks who are experiencing emotional abuse and are unsure how to identify that," observed Schmitt.

Calling the crisis line is often the first step in figuring things out.

"It takes a lot of courage just to pick up the phone," remarked Schmitt.

Callers often hear about the crisis line from family members or friends—or social media.

'It's not that bad'

Cornerstone staff members encounter many false stereotypes around why someone stays in an abusive relationship. Some are things the general society believes, and others what the survivors tell themselves.

- It's really not that bad.
- They could get out if they wanted to.
- It's better for the children to stay.

"In reality, it's very difficult to leave for a variety of reasons," remarked Schmitt.

Some survivors still love their abusive partner, and so they stay.

Others don't have the financial ability to get out. Some fear that if they leave, they'll be killed. In 2016, 21 people in Minnesota were killed in domestic-related homicides.

"It's very difficult to find affordable housing now,"

pointed out Schmitt. "The option may be to stay in the relationship because they have a place for their children to live. Leaving may lead to homelessness."

There's the belief that those with more money don't experience abuse or feel stuck in a relationship, but that's not accurate, according to Schmitt. "All their finances may be taken away by that abusive person," she said. "I think that economics is a big reason why people stay."

Abusers may turn children against their spouse or partner, convincing them that it is all the other one's fault. Or, there is a threat of taking children away or threatening not to allow future contact.

And even though more and more is known about domestic violence, it's still a hidden problem, pointed out Schmitt.

"Some of it is we want to deny that something this horrific can happen," Schmitt said.

Adding to the problem is that some people think that this type of thing should be kept within a family and not shared with others.

"The media tends to glorify extreme violence, so sometimes survivors compare themselves to that and say, 'It's not that bad in my situation,'" said Schmitt.

But she stressed that the emotional abuse can be just as severe as the physical. "Often it causes trauma that takes longer to heal," she said.

Abuse effects on kids

The impact on children can be hard to pinpoint as it can just look like they're behaving badly.

"What we know about chil-

dren that experience domestic violence in their homes is that they may have physical and emotional symptoms," said Schmitt. Children may complain of general aches and pain, such as headaches and stomach aches. They may also have irritable and irregular bowel habits, cold sores, bed-wetting, constant tiredness, and fatigue. Symptoms can mirror those of attention deficit hyperactivity disorder, and include short attention spans. They may appear nervous, exhibit out of control behavior, suffer from frequent nightmares, and distrust adults. They can be withdrawn or act out. School truancy is common.

Sometimes there is also child abuse going on which can show up as bruises or other psychological effects.

"It can affect them for a long time unless we do work in a trauma-informed setting," said Schmitt.

Kids are often labeled as bad kids instead of helped.

Cornerstone is working to educate teachers and school staff on the dynamics of violence and how it can affect youth.

Staff members also focus on court services and education within the criminal justice system, working with police officers, custody evaluators, judges and attorneys.

A comprehensive approach

There are many good services for domestic abuse in the Twin Cities, but what sets Cornerstone apart is its comprehensive approach, according to Schmitt.

Cornerstone offers everything from the statewide crisis line to shelter to mental health

services. There is someone to help with filing a protection order, multiple support groups to join, and one-on-one services offered.

Overall, they work to protect children, youth, and families.

When it comes to support groups, there are many to choose from. Some are topic-driven and look at financial literacy, economic empowerment, and general information about options. Others provide ongoing support for those 18+ and older adults, as well as children. Some offer support for family members and friends.

Cornerstone services for youth focus on one-on-one support and mentoring. Special staff members are assigned to the youth living in Cornerstone's shelters.

Knowing that abusing pets is a way to control, intimidate and hurt other members of the family, Cornerstone initiated the Minnesota Alliance for Family and Animal Safety (MNAFAS) to help find safety for pets. Women in shelters often report they delayed leaving because of concern for their pet.

Cornerstone operates three offices in Bloomington, Brooklyn Center, and Minneapolis.

In addition to housing the two 24/7 crisis lines, the Minneapolis location on 38th St. is home to the general crime program. Plus a therapist is in the office several days a week to see adults and children.

"We are finding this a great location to be at," said Schmitt, in part of because of its accessibility via light rail and bus.

Cornerstone will be expanding at 38th to offer additional support groups. Learn more at www.cornerstonemn.org.

Residents favor one-span curved bridge design at S. 28th Ave.

Design will offer better sightlines of the creek for trail users traveling under the bridge

By TESHA M. CHRISTENSEN

Local residents are helping decide what the new S. 28th Ave. bridge will look like over Minnehaha Creek.

The feedback gathered during a public meeting on May 30 was that neighbors want to see a curved façade design with enhanced concrete cutouts.

People also prefer a design without a pillar separating the trail from the creek. This will provide better sight lines to the creek for trail users, and replicate the existing historic structure. Plus, a one-span bridge will have less impact on the park during construction.

There was a discussion about railings, but this element will be determined further along in the design process. However, the bridge railings used at the Burnham Road Bridge near Lake of the Isles were well received by historians. The original railings on the bridge were concrete but will be replaced with metal ones.

While the existing bridge is an arch, the new one has to be square to accommodate the trail underneath the roadway and the house to the south, explained City Bridge Engineer Jack Yuzna.

Top priority to move trail beneath the road

Moving the trail beneath the busy S. 28th Ave. bridge is a top priority of users. This intersection was highlighted in the Nokomis-Hiawatha Regional Master Plan, and a trail crossing below the bridge ranked as the second most important priority for the entire park. Citizens at a May 9 open house on the project reiterated the danger of crossing S. 28th Ave. as it is now with a skewed trail alignment.

This trail is a component of the Grand Rounds National Scenic Byway that has been nominated for inclusion on the National Register of Historic Places, and so the bridge needs to complement the historic setting as well as the natural setting, pointed out Yuzna.

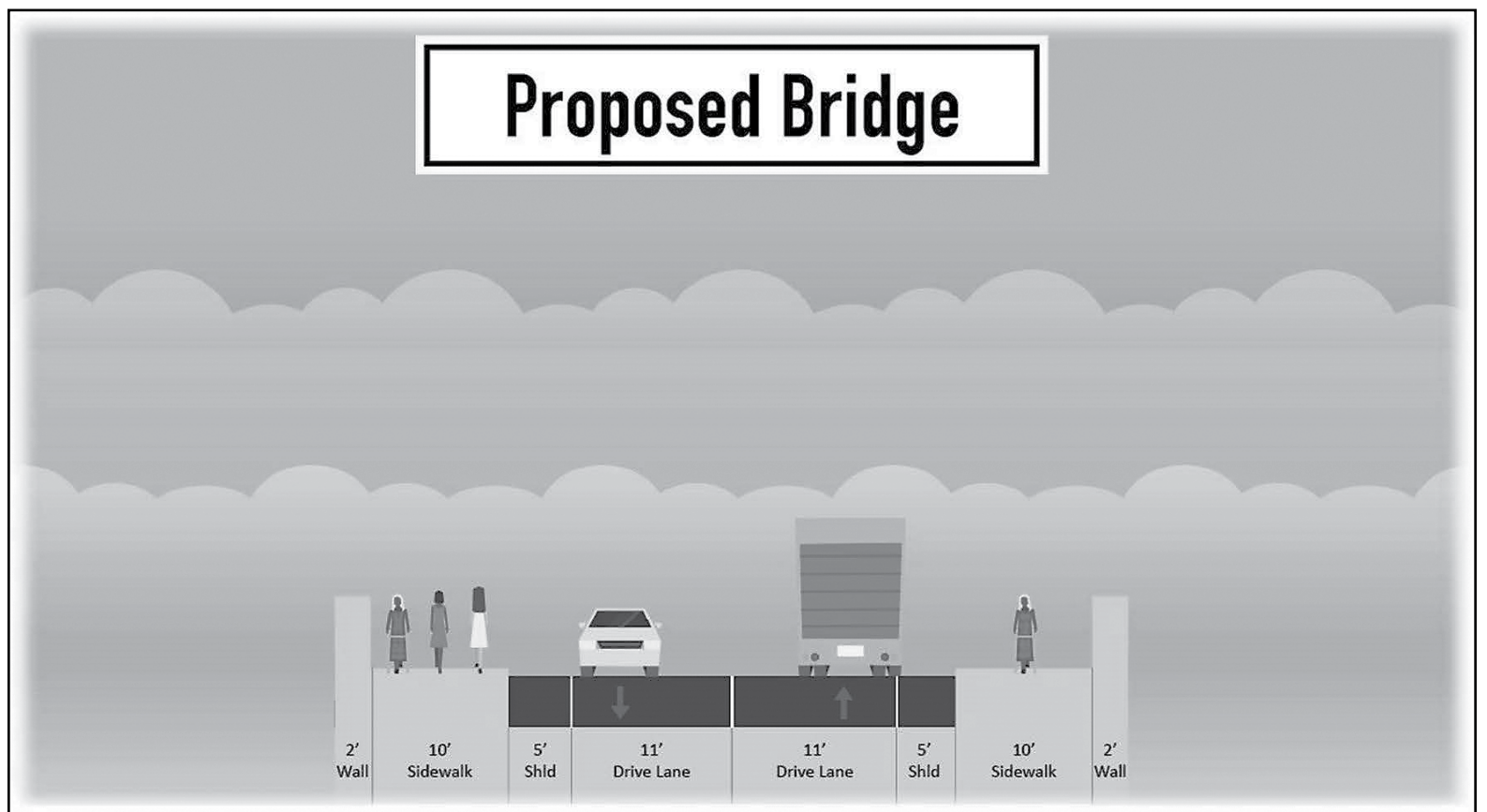
"It's a community amenity," stated Yunza.

The original bridge was constructed in 1904 when vehicles and pedestrians shared the roadway. The arch has a clear span of 25 feet and rise of 7 feet. In the 1920s, the iron railing from the Franklin Ave. bridge was installed on the 28th Ave. bridge and sidewalks were added by cantilevering 3.5 feet beyond the bridge's spandrel walls.

The existing structure has narrow sidewalks of 4.5 feet wide. In the new design, there will be 10 feet on each side to make it more comfortable for pedestrians and easier to remove snow. Approaching the bridge there will be eight-foot sidewalks with 6 feet of green space between the sidewalk and the street.

When the new bridge is constructed, the street lanes will be narrowed to make a shorter crossing for pedestrians, explained Public Works employee Patty Day.

Lanes are currently 22 feet and will be 16 feet in the future. The bridge will remain 56 feet wide.



While the new bridge will take up the same space as the old one, the configuration will be different. The driving lanes on the new bridge will be more narrow while the sidewalks will be wider. (Graphic submitted)



When the new bridge is completed in 2019, trail users will cross under the busy S. 28th Ave. roadway along Minnehaha Creek. (Photo by Tesha M. Christensen)

There will also be new ADA-compliant crossings at E. 47th St.

Bridge will be out for six months in 2019

While the work is underway, S. 28th Ave. will be closed to vehicles and pedestrians for about six months. Residents didn't favor using Nokomis Ave. as a detour route, so S. 34th Ave. will be the designated route for vehicles. This will be coordinated with the 34th Ave. reconstruction project from E. Minnehaha Pkwy. to E. 58th St., as well as Metro Transit.

Trail users will be directed

up a block to E. 46th St.

The 28th bridge work is expected to begin in April 2019 and be finished in November 2019.

During that time, the disruption to flora and fauna will be minimized.

"The engineering team is working closely with the neighbors immediately impacted by the project and have made adjustments based on that feedback," said Day. "Engineers are also working closely with the Minneapolis Park and Recreation Board to ensure that the design of the pedestrian and bike trail is consistent with the long-range

plan for the Nokomis-Hiawatha Regional Park."

The proposed layout will be shared next with the Bicycle Advisory Committee and the Pe-

destrian Advisory Committee. It will then be brought before the Transportation and Public Works Committee of City Council in July 2018.

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Acorn Montessori Preschool and Kindergarten to open Fall 2018

By MARGIE O'LOUGHLIN

Longfellow resident and long-time teacher Kristi Papenfuss looked for a Montessori preschool with a language immersion program when her daughter was little. There wasn't one in the metro area—so, along with fellow teachers Veronica Vital and Li Sun, she started one.

Acorn Montessori will be Minneapolis' first trilingual Montessori preschool and kindergarten when it opens this fall at the Sabathani Community Center in South Minneapolis. Operating under a public charter, the school will serve children ages 3-6 from across the city. Tuition and transportation will be free for all kindergarteners. Parents of preschoolers will pay tuition and provide transportation unless their children qualify for the free and reduced lunch income guidelines. In that case, there is no cost to attend (but transportation must still be provided).

Acorn Montessori will be part of a national network called the Wildflower Schools. The classroom model is to have three teacher leaders in a mixed age classroom. There are openings for 30 students, and school starts Sept. 4.



Longfellow resident Kristi Papenfuss (l to r), with Acorn Montessori co-teachers Veronica Vital and Li Sun. They believe that their new Montessori-based, trilingual preschool will impact the community in a peaceful, respectful way. (Photo by Margie O'Loughlin)

"We chose to locate our school at Sabathani because it's accessible

from many different neighborhoods," Papenfuss said. "We want our school to be available to all families interested in Montessori and language immersion for their children. Acorn Montessori provides an option for kindergarteners on the waitlist at other schools, and a preschool program to give children early language exposure in Chinese and Spanish. Even if a child only went through our school

for preschool and kindergarten, the benefits of being in a Montessori and language immersion environment are enormous."

The three teacher leaders have more than 40 years of teaching experience between them.

Sun has been teaching Mandarin Chinese for 18 years. "Our curriculum helps students develop skills to become global citizens," Sun said. "English, Chinese, and

Spanish all belong to different language groups. Exposure to several languages at a young age has been proven to be beneficial for brain development. The Montessori method emphasizes grace and courtesy in social interactions. As teacher leaders, we will model good conversation and listening skills."

Vital was born in Mexico and has been a Montessori and Spanish teacher for 22 years. She said, "My three boys went to Montessori schools from infancy until third grade, and I wish they could have continued in that method through high school. It is a 'whole child' education system. They learned to be peaceful members of their communities, and they felt respected for who they were. With Acorn Montessori, it's important to us that the school is open to all. We have no geographic preference, and the income guidelines make it possible for any child to attend."

Acorn Montessori is operating under the auspices of Wildflower Schools. Wildflower is a network of learning environments that share the following learning principles:

- A peaceful, mixed-age, child-directed environment.
- Small, teacher-led schools.
- Schools that are nested in communities where students feel anchored and involved.
- A strong commitment to on-going scientific study, and the exploration of new ideas.
- Home, school, and community life are seen as seamless, interconnected experiences.
- A commitment to making diverse, inclusive learning environments that are models for justice and peace.
- Cultivation and appreciation of the deep beauty of all things.
- Cultivation of each child's relationship with the natural world.
- Cross-pollination across Wildflower's ecosystem of independent schools for the benefit of all children.

Acorn Montessori will be housed in the Sabathani Community Center at 310 E. 38th St. A community Open House is scheduled for Wed., July 11, 6-8pm at the Seward Community Coop Friendship Store (right across the street from Sabathani at 317 E. 38th St.).

For more information, call 612.444.2236 or visit the following sites: www.acornmontessori.org, www.facebook.com/acornmontessorimpls, or www.wildflowerschools.org or email info@acornmontessori.org.

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Lake + Minnehaha Open Streets scheduled July 22

By JAN WILLMS

People choose to experience it in different ways.

Whether biking, strolling or rolling, Lake Street and Minnehaha Open Streets will offer visitors a chance to explore the many offerings of this part of Minneapolis without any vehicle traffic on Sun., July 22, from 11am to 5pm.

Starting in the Lyndale neighborhood in 2011, the event has grown to include seven neighborhoods in Minneapolis, opening their streets to pedestrian traffic on different weekends throughout the summer.

"But the idea is much older than that," said Maria Wardoku, president of the board of Our Streets, formerly the Minneapolis Bicycle Coalition, which hosts Open Streets each year. The event began in Bogota, Colombia, in 1974 and is called "Cyclovía" in Spanish-speaking countries. That translates to "cycleway."

The Lake and Minnehaha Open Streets will run from Chicago to Minnehaha Ave. and then from Lake down Minnehaha to Minnehaha Regional Park, just south of 46th St.

"Businesses are invited to come out onto the street and participate," Wardoku said. "There are different options for how they can partner with Open Streets. We want to encourage businesses who are on the street or close to it to be a part of the event."

Wardoku explained that each of the seven Open Streets is unique. "Every year is also different because



Maria Wardoku, president of the board of Our Streets, discussed Open Streets. "At Open Streets, you appreciate the neighborhood at a different level, and everyone is in a good mood." (Photo by Jan Willms)

different partners come out," she added. She said this year there will be a Midtown-Phillips zone at Lake and 15th Ave., hosted by the Midtown-Phillips Association. "There are going to be stages featuring musicians from the area, a soccer team participating, and Heart of the Beast Theater, among others," she noted. She mentioned one business along the way will be hosting its grand opening. "It's an ideal day for people to launch their businesses," she said. "Where else can you connect with 10,000 people, who mostly live in the area?"

Open Streets is scheduled to happen, rain or shine. "There are certain safety issues we would follow—for example, if there is lightning—but we have had good luck with the weather in the past," Wardoku said. "One year there were a lot of storms during the summer, but every Open Streets day was nice."

The first year the event was scheduled in Minneapolis at Lyndale, it attracted a crowd of 5,000. "Last year we had a little longer route in that neighborhood, and 45,000 people came,"

Wardoku said. She said E. Lake and Minnehaha is definitely a strong draw for Open Streets also, and 18,500 were in attendance last year. "We have volunteers counting each year," she added, "and about 101,000 came to all of our Open Streets in 2017."

A lot of work goes into the planning for Open Streets, according to Wardoku. "We have some down time in the fall and early winter, but most of the year we are focused on engaging businesses on the street and organizations," she said. So many people are involved in each Open Streets, and keeping the logistics straight can be a big job.

The event is very family-friendly, appealing to all different ages and different cultures.

"We survey the businesses who participate every year," Wardoku said, "and we got 90 percent of them saying it was a positive experience. For E. Lake and Minnehaha, 95 percent of businesses said they would recommend it. I think people get a lot of value out of it."

There are seven to ten staff members working on Open Streets, along with some interns in the summer. "Mostly, it is volunteers," Wardoku said. "It can take 100 volunteers to put on a good event."

She said Open Streets has had great sponsors, including Blue Cross Blue Shield, Metro Transit, and the City of Minneapolis.

Businesses can participate in a tiered system. "You can come in as a basic business and have a spot on the street," Wardoku ex-

plained, "for the lowest cost." She said there are approximately 200 different vendors, and maps are printed out to help people follow the route. "Businesses participating at a higher level are highlighted on the map," she said.

Considering the most challenging aspect of putting on Open Streets, Wardoku said it all depends on the role one is playing. "The person recruiting volunteers might say that is the hardest; the person getting sponsors might say that is the most challenging part. We are always looking at funding and long-term larger sponsors. It really helps to have some city-wide sponsors that can provide the foundation we have to work from."

Wardoku said she loves to ride her bike from one end of Open Streets to the other and engage along the way. "Some people like to walk the whole route, pulling their kids in a wagon. But if they are limited for time, they will look at that map and hit certain high spots."

"One of the joys of Open Streets is that it's closing down a main thoroughfare for a long stretch, and it's fun to ride or walk from beginning to end and not worry about traffic for that whole time. You really see things you don't normally because of the speed you are going. Even streets I have been down a hundred times before, I have missed little details. At Open Streets, you appreciate the neighborhood at a different level, and everyone is in a good mood."



Although US Bank moved to its present location at 2800 E. Lake in 1979, it first opened its doors in 1910, according to Cheri Kay Getz (pictured), who has been an employee since 1980. The branch bank has a "wall of history" of photographs of its earliest structures, board members, and officers.

Pointing to a photo of a bank vice president who became president in the 1960s, Getz said he started out as a 19-year-old teller. "His duties were to take money in for deposit, clean out the skylight and the spittoon," she said. He would put the money under a seat in the streetcar to deliver it for deposit. "There's a lot of history here," Getz said. She has collected numerous old photos of Lake St. from when the bank first opened.

This year Getz will join five other bank employees in a booth for Open Streets. Two can man the booth while the others go out and see the other businesses along the street. "We want to see how our bank can help businesses," she stated. "I also want to talk to some of the craft people, and see how we can help them build their businesses, also."

She said people taking photos of Open Streets can send their photos to US Bank and win a good prize. "We just want people to know we are here to really help the community," Getz said. (Photo by Jan Willms)



Samosa, a deep fried pastry pocket filled with vegetables. Reshmi Kebab, chicken marinated in garden fresh cilantro and green chilies, blended with yogurt and baked in a Tandoor oven. These are the foods that will be served by Gandhi Mahal, 3009 17th Ave. S., at Open Streets. The restaurant features fine dining Indian cuisine. Profits from Gandhi Mahal and Minnehaha Lake Wine and Spirits for their Open Streets offerings will go to Surly Brewing, to be donated to charity. (Photo by Jan Willms)



A demonstration of the art of aikido (pictured) will be given by individuals attending classes at East Lake Aikido, 3359 36th Ave. S., at Open Streets. Galen David teaches classes to youth and adults in aikido, a Japanese martial art that is described as a path for polishing the spirit, nourishing the body and developing the whole person. Visitors to Open Streets will have an opportunity to view aikido. (Photo by Jan Willms)

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Lake + Minnehaha Open Streets July 22



Minnehaha Communion Lutheran Church, 4101 37th Ave. S., has participated in Open Streets the past three years. Last year the church featured a rap artist. This year they will be offering soap bubbles, according to Pastor Dan Ankerfelt (pictured). The church also has an orchard, and Trevor Russell with Community Hops will be on hand. Community Hops educates the community and facilitates involvement in the cultivation of specialized crops with sustainable agricultural practices.

"I think Open Streets is a wonderful opportunity and chance to greet people without traffic," Ankerfelt said. (Photo by Jan Willms)



Surly Beer Brewing will be on hand with a beer truck in the parking lot of Minnehaha Lake Wine and Spirits, 2613 E. Lake St., according to owner Jason Krause (pictured).

"We will have games going on in our lot: bag games, a gigantic tic-tac-toe, and Jenga," he said. People can have a beer and sample food from Gandhi Mahal's food booth. "It works well," Krause said. "It's just great for lunch."

He said Open Streets is good for the community as a whole. Previously, when the store was closed on Sundays, he didn't participate. But last year he did, and he considered it a great event. "People bike up and down the streets, and it's a good day," he noted. (Photo by Jan Willms)



The Fix Studio, 3725 Minnehaha Ave., offers a training studio and bike shop and, as of a few months ago, a café that serves healthy snacks. Owners Sophie St. Jacques and Larry Foss (pictured) have been at this location since 2010.

"We teach indoor cycling strength, provide injury rehab and massage therapy," Foss said. "Sophie was the massage therapist for the Canadian Olympic team."

He said the bike shop, in business since 1921, is the oldest bike shop in the Metro that he is aware of.

For Open Streets, they hope to get the business owners on their block to come up with something that will make it "the most fun block for Open Streets." (Photo by Jan Willms)



Pizza slices and poetry will be offered at Moon Palace Books, 3032 Minnehaha, during Open Streets. "It will be like poetry karaoke, combining two great parts of our business," said co-owner Angela Schwesnedl (pictured). The bookstore moved to a new location, and two months ago added a restaurant, Geek Love Café. A patio is also being added.

The move has allowed for a larger inventory of books. There is an auditorium where book readings can be held, and an upstairs floor that has a wonderful view of Minnehaha Ave. "Up here on the second floor we also sell used books and have room for book clubs to meet," Schwesnedl said.

She said she finds Open Streets to be a lot of fun, especially when the weather is nice. "We have had good luck with the weather, and I really like that you can go the whole length of Open Streets and see something different in every part of it," Schwesnedl claimed. "We spend so much of the year inside; it is really nice to get access to the outdoors." (Photo by Jan Willms)

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Making connections in our communities through art

This July, Glass Endeavors, 2716 E. 31st St., will once again join the Minnehaha + Lake Open Streets event.

Glass Endeavors, a longtime Longfellow retailer has teamed up this year with the Native American Community Development Institute (NACDI) for upcoming Open Streets events in July and August. Glass Endeavors is always looking for ways to make new connections and celebrate the art of stained glass and fused glass. Through their new relationship with NACDI, local artist Natchez Beaulieu was chosen through sponsorship to add another medium to her repertoire and will be showcasing her stained glass instruction at the Open Streets Event.

Beaulieu is a born Minnesotan of the White Earth Anishinabe Tribe. As a young child, Beaulieu had art around her, rich traditional stories of her ancestry, and she knew early on that art was very much a part of her too.

Growing up in South Minneapolis, Beaulieu has fond memories of playing in her father's gift shop of authentic regalia. Mostly self-taught, she added to her array of knowledge by taking every art class she could during her college years.

Making art came easy for Beaulieu, and she was called upon at an early age to adorn her community with artwork. Her early years were spent helping her community beautify their world—painting murals, designing books, adorning traditional

(l to r) John Sandy, Zoi Sandy, and Natchez Beaulieu inside of Glass Endeavors, 2716 E. 31st St. (Photo provided)

regalia with underpaintings and beading.

Flowers are her inspiration and painting them in their native style is her forte. Beaulieu remembers painting Ojibwe Florals on everything. Finding old drawings and paintings she has carried with her over the years has also inspired her to know she is on the right path.

Now as a mother of four and the sole breadwinner for her family, this artist has a studio called Ashagi in the Northrup King Building in NE Minneapolis and continues to provide the community with any artful need. She is a self-starter, loves learning new things and is always willing to take on a challenge.

Beaulieu believes that her art-making has been about connections, being in the right place and knowing the right people. It has been her experience that The Creator is going to give her what she needs and she is ready to see the opportunities.

Greet Beaulieu and the Glass Endeavors representatives as they embark on a newfound relationship at two Open Streets events—Longfellow July 22 and Franklin Aug. 26.

More info can be found at www.glassendeavors.com, nacdi.org, and www.openstreetsmpls.org.



Youth soccer league

Continued from page 4

players.

"We're working together to build something for all of us," said Garcia.

Giving back

In addition to helping to run the league with his father, Garcia coaches a team of 10-year-olds. He sees his role as more than just instilling the discipline of soccer skills. It's also about team building and respect.

When two of his team members argued recently, he stepped in to help them resolve their differences by modeling respect and conflict resolution.

Beto is inspired by his father and what he's done to give back to his community by sharing his love of soccer.

The Latino community is passionate about soccer, pointed out Garcia, so he and his father wanted to build upon that interest. Plus, they recognize that parents appreciate some help with their kids.

"A lot of the kids spend so much time on PlayStation or video games," pointed out Garcia. "They have a lack of exercise in the summertime."

"Families and kids really enjoy playing soccer," agreed Arredondo-Payan. "It gets them

physically active and doing something productive."

For Garcia, his work as a volunteer comes down to "inspiration, motivation, and dedication for our community."

He added, "We just feel inspired, and we know that this is important for kids and families."

For more information, contact Beto Garcia at 612-707-1499.

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Elder Voices meets June 29 and July 27

"Elder Voices Telling Our Stories" will meet Fri., June 29, 10-11:30am at Turtle Bread Company (4205-34th Ave.). Telling Our Stories typically includes, but is not limited to, issues with retirement, security (Social Security, Medicare, Medicaid, Affordable Housing) or whatever comes up. They share information, offer support, and suggest action options as appropriate. They will also meet Fri., July 27 at the same place and time.

NA group meets twice weekly

A Narcotics Anonymous group meets every Wednesday at 7:30pm, and every Friday evening at 7pm at Faith Evangelical Lutheran, 3430 E. 51st St. All are welcome to attend.

Garden Club tours scheduled July 11

The Longfellow Garden Club invites you to two gardens on Wed., July 11, beginning at 6:15pm. We will see a yard transformed from a long-neglected lot into a shady, low-maintenance retreat honoring a Mother's memory. (Spoiler alert: Mom loved hostas.) The gardener is also kindly offering summer lemonade and refreshments.

Next, they move to Longfellow House in Minnehaha Park where Park Board gardener Teresa Burton leads a tour of these historic and unique gardens, full of fragrance and color, located in part above the Highway 55 overpass.

The tour is free and open to everyone. Pick up the Tour Map beginning at 5:45pm, July 11, at Epworth United Methodist Church, 3207 37th Ave. S. If you are on the Garden Club email list, the address for the first tour is included in the meeting reminder so you won't need a map.

Carpooling/biking will help with Minnehaha Park's tight parking. See info about the club at www.facebook.com/LongfellowGardenClub and sites.google.com/view/longfellow-garden-club-of-minn/home.

Brunch Bunch with Epworth set July 8

Join the Epworth Brunch Bunch to try one of the many great eating establishments in our neighborhood. Bring a friend and get ready for some fun conversation while trying some great food! The next one is on Sun., July 8, 12:30pm, at Mon Petit Cheri, 2401 E. Franklin Ave. RSVP at epworthmpls.org/event/july-

Local graduates receive TruStone awards



The TruStone Financial Foundation recently awarded \$12,000 in scholarships to nine high school seniors. The applicants were scored on their academic merit, extracurricular activities, work experience and essay response regarding financial management. Roosevelt High School graduate and TruStone Financial member Benjamin Oman (pictured above) received a \$1,000 scholarship from the organization. He will be attending the University of Minnesota, Twin Cities. Clare McDonald, a South High School graduate, attending St. Olaf College in the fall, received a \$2,500 scholarship. (Photo provided)

brunch-bunch.

Greenway Glow scheduled for July 28

Join the Greenway Glow—the night-time Arts Festival and Bike Ride on the Midtown Greenway—on Sat., July 28, 6pm-midnight. The arts festival is free, but they invite you to join them for an organized Bike Ride during the festival to help support the Greenway!

Fundraising for the bike ride is optional, but if you choose to raise funds for the Greenway, you can get a glow-in-the-dark t-shirt, gift certificates to Taco Cat and Eastlake Brewery, and more! The top fundraiser will win a Surly Cross Check Flat Bar bike!

Early-bird registration for the Bike Ride is just \$49 for adults and \$29 for youth, with no additional fundraising required. But you can only win the new bike and other great prizes by raising funds for the Greenway. All donations are tax-deductible.

To register and for more info go online to go.midtowngreenway.org/glow.

Entrepreneurship info sessions planned

Longfellow Business Association hosts a WomenVenture Entrepreneurship Information Session on Mon., July 23, 7-8pm at the Kennedy & Cain offices, 3400 E. Lake St., 2nd floor (enter from 34th Ave.). There is plenty of free parking on the street and in the front lot.

WomenVenture offers a variety of different services to those planning to start or expand a for-profit business. Come to learn about WomenVenture programs at this free information session.

Register at www.womenventure.org/services/training/information-session.html.

Blind Ministry meets

The Blind Outreach fellowship will meet on Sat., June 9, at Faith Ev. Lutheran Church, 3430 E. 51st St., from 12-2pm. Lunch is served at noon followed by a Bible study and fellowship.

Community garden celebrates 75th

Dowling Community Garden (DCG) will celebrate its 75th anniversary with an event to be held in the Garden area (3901 46th Ave. S.) on Sat., Aug. 18, from 11am-1pm. Many of the almost 300 gardeners will attend, the public is invited, and admission is free. There will be a short program and refreshments at noon. Everyone is welcome. There will be exhibits featuring the 75-year history of the Garden. Also featured will be exhibits of vegetables grown in the Garden, tastings of heirloom vegetables, and garden tours.

DCG was founded in south Minneapolis in 1943 as a World War II Victory Garden. Victory Gardens were a way for civilians to help with the war effort by growing much of their own food, thus freeing up commercially-grown produce (mostly canned) for the troops and for export to U.S. allies. The garden area grew explosively during the war. By 1945 it covered almost all of the area west of Dowling School and south into the area that is now the Luella B. Anderson addition of Minneapolis, encompassing about 20 acres. Plots were large, and most gardeners came from rural backgrounds with plenty of gardening experience. After the war, the Garden

continued, but on a much smaller scale, shrinking to the area that is the north portion of today's Garden.

Beginning in the 1960's, the Garden expanded slowly, and some of the large plots were subdivided into smaller, more manageable plots. This continued until the 21st century when the Garden reached its current configuration of 185 plots on roughly 3 acres of land. Most plots are rented to couples or friends, so there are almost 300 registered gardeners.

The property is owned by Minneapolis Public Schools and leased to DCG, which rents the plots to individuals, most of whom live in the Longfellow community. Gardeners retain the same plot year after year, thus permitting the growing of perennial plants such as berries, rhubarb, and asparagus. DCG is entirely volunteer. It has no paid staff, thus keeping plot rents low. Today DCG is one of only two continuously operating Victory Gardens in the U.S.

Because DCG has no paid staff, each plot is required to provide 4 hours of service to the Garden each season. Tasks vary from mowing paths to maintaining tools to delivering gardener-donated vegetables to area food-shelves.

DCG maintains a very active program of collecting surplus vegetables and delivering them to area food-shelves. Donations reach several tons per season.

Children's choir to perform at Mt. Olive

Mount Olive Music and Fine Arts presents a concert by the Fort Wayne Children's Choir of Fort Wayne, IN, as part of their Midwest tour. The choir is an after-school music education curriculum that has grown from one choir to nine different ensembles, involving over 300 children!

The free event takes place at 2pm, Sat., July 14, in the air-conditioned nave of Mount Olive Lutheran Church, 3045 Chicago Ave. S.

Music in Parks continues in July

Music in the Parks program continues in July at Minnehaha Park, 4801 S. Minnehaha Dr. All programs start at 7pm, and scheduled programs include:

- Thur., July 5, Meg & Moni and the Conference Room (70's, 80's 90's cover band)
- Fri., July 6, The West Metro Big Band (classic big band sounds)
- Wed., July 11, Brooklyn Community Band (concert band)
- Thur., July 12, Sonic Love Child (acoustic Americana, folk, vintage pop)
- Fri., July 13, Blue Groove Bluegrass Band! (contemporary

Bluegrass)

- Wed., July 18, The Badinovs (making pretty music that rocks)
- Thur., July 19, Barbara Meyer Band (roots rock & reggae, groovy love)
- Fri., July 20, No Man's String Band (high energy contemporary bluegrass music)
- Wed., July 25, Emergence Brass Band (pop & rock based brass band)
- Thur., July 26, River City Jazz Orchestra (big band jazz)
- Fri., July 27, M French (Americana music)

Brackett hosts weekly Frisbee

Weekly informal Ultimate Frisbee games happen Thursdays from 5:30pm to dusk at Brackett Park, 2728 S. 39th Ave. It's purposely a low-barrier-to-entry group and style of play. If you kind-of-maybe know how to throw a Frisbee and are OK with some light jogging, this game is for you! Feel free to come and go as you need anytime between 5:30pm and dusk, and come out as often as you want. Just show up or contact Mike via email mikenation@gmail.com to get on the list for weekly invites and reminders.

Epworth Garden plans events

Epworth Gardens Weeding Wednesdays for Kids is planned for every Wednesday through Aug. 22, 9:30-11:30am. School-aged kids are invited to join in the watering and weeding the Epworth gardens, plus a story, craft, games, and a snack! Children ages 3-10 are required to bring a caring adult to help and watch over them.

Epworth Gardens Fun Adult Fridays are planned for every Friday through Aug. 24, 9:30-11:30am. Adult Fridays are all about learning more about maintaining the garden this summer! Adults will water and weed, as well as do special projects to maintain the garden. Occasionally there may be a speaker or discussion included. Coffee will be provided.

Epworth Gardens Sunshining Sundays are scheduled every Sunday through Aug. 26, 12-1:30pm. All ages are welcome to water and weed the gardens and enjoy a snack – occasionally there will be a special speaker or project during these sessions.

Learn more about Epworth Gardens at EpworthMPLS.org/Garden.

Float Fridays at Rick's this summer

Rick's Place, 4307 E. 54th St., will sponsor Float Fridays through

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In Our Community

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early Oct. (except July 6th). Get \$2 ice cream floats (root beer, coke, cherry coke) every Friday, 5-9pm, with all proceeds going to Every Third Saturday and help support veterans and their families. Everyone is invited to come out and enjoy a sweet treat to beat the summer heat. For more information about Every Third Saturday and what they do, visit www.everythirdsaturday.com.

Healing Waters meets Wednesdays

The Healing Waters Qigong Practice Group meets every Wednesday year round, from 3:30-4:30pm, at the Lake Hiawatha Recreation Center, 2701 E. 44th St. Healing by the water, through the water, and for the water, learn simple Spring Forest Qigong healing movements, and guided meditations for health. Every week they practice sending their healing to the world and blessing Lake Hiawatha. There is a suggested donation of \$5 per meeting.

Nokomis seniors plan upcoming events

Nokomis Healthy Seniors (NHS) would like to invite the public to the following programs and events. Unless otherwise noted, events are held at Nokomis Healthy Seniors, 4120 17th Ave. S., in the Bethel Evangelical Church building. All events are free, open to all, and no reservations are required unless noted otherwise.

Join Nokomis Healthy Seniors on Tues., July 10 from 1-3pm for a free Low Vision support group. No RSVPs needed. Held at Nokomis Square Co-op, 5015-35th Ave. S.

NHS hosts a Health and Enrichment program on "Essential Oils for Seniors," presented by Sherry Graham on Wed., July 11 at 1:30pm. It will be held at Nokomis Square Co-op, 5015-35th Ave. S.

Join Nokomis Healthy Seniors for "Lunch and a Movie" on Thur., July 12. We'll share a meal at 11:15am, then watch "In America," in our own theatre. The 2002 Irish-British semi-autobiographical film focuses on an immigrant Irish family's struggle to start a new life in New York City. It will be held at Nokomis Healthy Seniors, inside Bethel Lutheran Church. Reservations are required by calling 612-729-5499.

NHS hosts a free Book Club discussion on the book, "Victoria and Abdul," by Shrabani Basu, on Thur., July 19, 11am. (Join us to watch the movie on Aug. 9.) It will be held at Bethel Lutheran Church.

On Thur., July 26, 1-2:30pm, join a free Caregiver support group designed for those caring for an older adult. Held inside Bethel Lutheran Church.

NHS will host a Health and Enrichment program on "Medical Cannabis in Minnesota," presented by Minnesota Medical Solutions on Thur., Aug. 2, at 1:30pm. It will be held at Nokomis Healthy Seniors inside Bethel Lutheran Church.

Get your blood pressure checked, socialize with your neighbors, and enjoy a treat

Share the Gorge event scheduled July 25

Share the River Gorge—a free family event with ice cream from East Lake DQ, walking tours of the oak savanna restoration area and more—will be held at 35th and W. River Pkwy. on July 25, 6-8pm. Canoe rides will be provided by Wilderness Inquiry and the National Park Service, and rowing experiences with the Minneapolis Rowing Club will be staged from the sand flats below the stone steps at 34th and W. River Pkwy. The event is sponsored by the Longfellow Community Council (LCC) and its River Gorge Committee. For more information contact ashleigh@longfellow.org. (Photo by Margie O'Loughlin)



and coffee at Nokomis Healthy Seniors' "Nurse is In" drop-in Blood Pressure Clinic on Thursdays, 9:30-11:30am. This free clinic is held every Thursday morning (July 5, 12, 19, 26).

Beer & Bible with Epworth set July 11

Whether you're new to the Bible, new to beer, or well-versed in both, you're invited to join the Beer and Bible group once a month at Merlin's Rest, 2601 E. Lake St. The next event is Wed., July 11, 6:30-8:30pm. This month, we will start a conversation about the Book of Genesis. All walks of life and faith welcome. Come and enjoy great discussion and fellowship—beer is optional.

LGBTQ support group meets Saturdays

A support group for LGBTQ adults living with mental illness meets weekly on Saturdays, 1-2:30pm, at Living Table United Church of Christ, 3805 E. 40th St. This free support group is sponsored by NAMI Minnesota (National Alliance on Mental Illness) and led by trained facilitators who are also in recovery. For information call David at 612-920-3925 or call 651-645-2948.

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.

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.

Tuesday evening Women's Group

Women of all ages, teens to seniors, are invited to a creative series, "Praying in Color - Drawing a New Path to God," on five Tuesday evenings this summer.

Join as they explore learning to pray and doodle at the same time, using drawing as a tool to open ourselves to all the possibilities God has for us. Come to the Roosevelt Library meeting room (4026 28th Ave. S.) from 6:30-7:45pm on June 26, July 10, 17, 24 and Aug. 7.

Bring a blank journal of your choice and your favorite writing/drawing tools. Cost is \$15 for the series book. For more details, call or text Denise at 612-814-5590 or Jane at 612-554-1924.

This summer series is sponsored by Trinity of Minnehaha Falls, and the meeting location is handicapped accessible.

July Events at LS Healthy Seniors

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a monthly Senior Social/Health Talk on Tues., July 17 at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. The presentation is entitled "Anyone Can Fall." Minimize your risks of falling and get tips on how to prevent falls. Staff from the Metropolitan Area Agency on Aging will introduce you to evidence-based programs that help with fall prevention. (There is a \$1 suggested donation.) Free blood pressure checks are conducted afterward. Everyone is welcome.

A monthly Diabetes Support Group for adults will be held on Wed., July 11 from 1-2:30pm at Trinity Apartments (in the dining room), 2800 E. 31st St. (Please note, this is a new time and location for the meeting.) You do not need to be a resident of Trinity Apartments to participate. Call the Healthy Seniors office at 612-729-5799 for more information.

There will be no Tai Chi Easy exercise classes in July or August. The classes will resume in September.

Additionally, LS Healthy Seniors is looking for "Friendly Visitor" volunteers and volun-

teer drivers to help seniors live independently. Call Longfellow/Seward Healthy Seniors at 612-729-5799 or email us at info@LShealthyseniors.org for more information on our activities, services or volunteer opportunities.

Faith Book Club meets July 7

The Faith Ev. Lutheran Book Club meets the first Saturday of every month from 10-11:30am at the church, 3430 E. 51st St. The book for July 7 is "The Curious Charms of Arthur Pepper" by Phaedra Patrick. Join the group for coffee, treats, and conversation in the basement fellowship room.

Loring Park Art Fest planned July 28, 29

Organizers of the Loring Park Art Festival have a full weekend of fun planned for the annual artful garden party, July 28 (10am-6pm) and 29 (10am-5pm). Loring Park is located at Oak Grove St. and Hennepin Ave.

For the nineteenth year, festival-goers can view and take home art pieces from 140 local and national artists. A rich variety of styles and art forms are presented each year, including jewelry, printmaking, glass, fiber, photography, clay, painting, drawing, sculpture, woodworking and mixed media. A variety of art will be available at a wide range of prices - making it possible to own one-of-a-kind artwork.

New to the festival this year is the Lakes & Legends Beer Garden. Lakes & Legends Brewing Company specializes in craft beers with locally grown ingredients. In addition to the local brews, they will offer kombucha and soda. The beer garden will be located on the East side of the pond.

Several food vendors will be stationed throughout the park featuring a variety of savory and sweet, ethnic, gluten-free items that will appeal to vegans, vegetarians and omnivores alike. The main food court will be located on the northeast side of the pond.

Activities to foster family creativity will take place each day with Simply Jane, the Minneapo-

lis Institute of Arts and Open Eye Figure Theatre. Live music and dance will be held in the performance area at the Loring Park Community Art Center and locations throughout the park.

The festival itinerary and maps will be available throughout the park. For full details and hour-by-hour schedule, go online at loringparkartfestival.com.

Hymn Festival planned July 27

Mount Olive Music and Fine Arts presents a program of hymns and reflections which proclaim the Gospel in a variety of cultural styles, from a range of times. This hymn festival precedes and is offered in conjunction with a two-day conference on liturgy co-sponsored by the Association of Lutheran Church Musicians (ALCM) and Mount Olive Lutheran Church, entitled "With Hearts and Hands and Voices."

The event takes place at 7:30pm, on Fri., July 27, in the air-conditioned nave at Mount Olive Lutheran Church, 3045 Chicago Ave. S. This event is free and open to the public.

For further information on this event and the Music and Fine Arts program go online at www.mountolivechurch.org.

2018 garden tour scheduled July 14

Get up close with nine gorgeous gardens at the 2018 Hennepin County Master Gardener Learning Garden Tour on Sat., July 14, 9am-4pm. The gardens are located in South Minneapolis and Richfield.

This year's self-guided tour includes food trucks at select stops, a Book Nook with a variety of books for kids and adults, and the Garden Shed, which offers fun and useful gardening accessories. Master Gardener Volunteers will be on hand at each garden, conducting demonstrations at various education stations covering topics such as hydroponics, native plants and composting.

The tour is held rain, or shine. Single tickets are \$15 in advance; \$20 on the day of the tour. Discounts are available for groups of 10 or more. Children under 12 get in free when accompanied by a paying adult. All proceeds help support the University of Minnesota Extension Master Gardener Program - Hennepin County community programs.

Admission includes entry to all nine gardens and a booklet with garden descriptions, on-site demonstration details, and driving directions. To buy tickets and learn more about the Learning Garden Tour, visit <https://hennepinmastergardeners.org/events/hcmg-learning-garden-tour>.

Parks add more "Good Chairs"

This summer the volunteer-led nonprofit, The Minneapolis Good Chair Project, will be expanding in its third year to provide up to 150 custom wooden chairs to 12 Minneapolis parks. Given the popularity of the free-standing chairs, the Minneapolis Park and Recreation Board invited the nonprofit to place more chairs throughout its

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Reading Corps volunteer receives President's Lifetime Award

By STEPHANIE FOX

Kristen Evanston's life has always been one of service, whether to her country or her community. And on June 14, Evanston received some deserved recognition when she was presented with the President's Lifetime Achievement Award, given to those with a commitment to building a stronger nation through volunteer service.

For the last four years, Evanston has been working as an AmeriCorps volunteer with the Minnesota Reading Corps, tutoring at the Lake Nokomis Community School's Wenonah Campus, a school serving kindergarten through 2nd-grade students.

Evanston lives in South Minneapolis and calls Wenonah Elementary her neighborhood school.

The Minnesota Reading Corps is a statewide effort to tutor students in math and reading. The program focuses on the one in three students who, without intervention, will not be reading at grade level by 3rd-grade. A study at the University of Chicago found that the Reading Corps was one of the most effective national literacy programs available.

Schools identify the kids who might fall behind and then, volunteers like Evanston are called upon. "They just need a little bit of support," Evanston said. "Up through the 3rd grade, they're learning to read. From the 3rd grade on, they are reading to learn. That's why this is so important."

The AmeriCorps program allows volunteers to serve for only four years and no longer, and this year, Evanston had reached her maximum time allowed. Minnesota is one of the top states for volunteering, with more than 40 percent of people putting in time on their



Kristen Evanston (left) receives a Lifetime Achievement Award from Chris Erickson, the program manager with the Reading and Math Corps for her for her years of commitment to local children. (Photo by Stephanie Fox)

favorite causes. Nationally, most people who put in time volunteering serve about 52 hours a year, averaging an hour a week. But, based on this 'average,' Evanston's work—4,000 hours of volunteerism—added up to a comparable 76 years

of service.

Right out of school, Evanston joined the military hoping to follow in her military father's footsteps. She was looking, she said, for a chance to serve her country and to travel the world. Her 18 years

in the army took her to Germany, France, and Switzerland and then to a two-year assignment in Iraq.

"I was in Iraq in 2003 until the end of 2004, part of the Iraqi Freedom. As an officer—I was a first lieutenant—I was put in charge of a supply unit, distributing items that soldiers needed and helping work with our unit to reach our goal," she said.

When she returned to the states as a civilian, she worked for eight years as a graphic designer, but the job just didn't seem to fit. She wanted to do more. "I wanted to work with kids," she said. She went back to school, earning a degree in early childhood education, with the goal to work with the very youngest students.

"In that age range, the kids are eager to learn new things. We try to help improve their confidence and their skills, and when we can do that, then they just fly," she said.

This last year, Evanston worked tutoring 55 kids, teaching them basic reading skills, working on vocabulary words and reading aloud with them. "We work with all kinds of kids. When they come in, you get to build a relationship with them. Kids need adults to support them in everyday things."

This year, her job with the tutoring program ending, Evanston applied for positions around the Twin Cities and got three offers. She chose Lucy Craft Laney Community School in North Minneapolis where she begins in August, working with 1st-grade students. But, she still strongly supports the Minnesota Reading Corps.

I wish everyone who graduates high school or college would have to serve on a volunteer program, she said. "It's not just what you can give, but what you get back. You learn to work with a

staff; you get connections to a community. I want my own kids to volunteer and interact with everyone, to work with all kinds of people. Once you give, you want to give more."

Evanston has advice for the parents of young kids, recommending that they read to their children every day. "It's essential to get them to love books. And you can build relationships with them and with their educators."

The tutoring program is currently looking for 1,700 volunteer tutors throughout the state, in reading and math. Locally, they've already recruited about 20 percent of the 325 volunteers needed, but are looking for more people in the community who can work full or part-time, teaching reading or math to students who need a little extra help.

In schools, each tutor is paired up with a professional educator working in the school. For Evanston, her guide was Andrea Carter, the school's media specialist at Wenonah, and she attributes some of the program's success to the training and support tutors are given. "The initial training starts with a week of intensive training at the Minneapolis Convention Center. When they are done with that, they are ready to go," Carter said. "We have a rigorous support structure, internal coaches are provided, as are master coaches."

The program accepts volunteers just out of high school, those taking a year during a career change, college students, and those who have retired but are looking to make a difference.

Anyone interested is urged to call 866-859-2825 or visit www.minnesotareadingcorps.org or www.minnesotamathcorps.org.

Neighborhood Churches Welcome You!

Bethlehem Covenant Church
3141 43rd Ave. S. • 612-721-5768
www.bethlehemcov.org
Pastor Matt Kennedy
Contemporary Worship – 9:00 am
Traditional Worship – 10:30 am
Espanol – 1:30pm
Day Camp
Kids going into 2nd grade-6th grade
July 16-19, 9:00am-3:00pm
Register online
(Handicapped Accessible)

Epworth United Methodist
3207 37th Ave. • 612-722-0232
www.epworthumcpls.org
Pastor Steven Reiser
Sunday Worship: 10:30 am
(Childcare Provided)
(Wheelchair Accessible)
Upcoming:
Now-August 26 - Epworth Gardens
Weeding Wednesdays for Kids,
9-11:30 a.m.
Fun Adult Fridays, 9-11:30 a.m.
Sunshining Sundays for all, 12-1:30 p.m.
July 8 - Brunch Bunch, 12:30 p.m.,
July 11 - Beer & Bible, 6:30 p.m.,
Merlin's Rest
August 13-17 - Vacation Bible School,
Epworth UMC

Living Table United Church of Christ
Where there is a place set for you!
3805 40th St. E. • 612-729-7556
www.livingtable.org
Sunday Worship 10:30 am
Adult Education 9:30 am Sunday and
6:30 pm Wednesday
Pastor: Rev. Dr. Rachael Keefe
Minister of Music: Kevin Werner Hohlstein
Choir rehearsals at 7:30 pm Wednesday
- Join us!
Open and Affirming

Minnehaha Communion Lutheran
4101 37th Ave. S. • 612-722-9527
www.minnehahacommunion.com
Pastors Dan and Sally Ankerfelt
Sunday Worship – 9:45 am
July 11 - 7 p.m. Healing and Recovery
Meeting.
(Wheelchair Accessible)

Spirit Garage - The church with the really big door
The Hook & Ladder Theater & Lounge
3010 Minnehaha Ave. • 612-827-1074
www.spiritgarage.org
Come to church - 10:30 AM Sundays!
Strong coffee, loud music, serving all makes and models
3rd Thursday Theology on Tap:
Sisters' Sludge Wine and Coffee bar
July 19, 7-8:30 PM
Pastor: Holly Johnson
Music: John Kerns and bands
Find us outside the Hook at Open Streets!

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.org
Julie A. Ebbesen, Pastor
Sundays: 9 am Worship (childcare available)
10 am Coffee & Fellowship
Holy Communion is celebrated on the first
Sunday of the month.
July 15th Courtyard Worship Service
(Handicap acc., Braille)

Trinity Lutheran Church of Minnehaha Falls
5212 41st Ave. S. • 612-724-3691
www.trinityfalls.org
Pastor Matt Oxendale
Sunday Worship 10:00 am
AA Sun & Tues 7:00 pm

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

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

In Our Community

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acclaimed parks system through September.

In addition to its first locations in Currie Park and Lake of the Isles, park patrons can now find a comfortable place to sit and recharge at ten other parks throughout Minneapolis, including Keewaydin Park (3030 E. 53rd St.) and Lake Nokomis.

After multiple requests, Good Chairs are now available for purchase for memorials and personal use, including personalized engraved messaging. The chairs cost \$1,500 and can be purchased by contacting the designer and builder, Minneapolis-based, Willie Wil-

lette Works. Proceeds will support the construction of more chairs for public use.

This summer, the chairs will also serve as a platform for leaders of local nonprofits to be filmed in a video series called, "Who's in the Good Chair?" The videos will be shared on social media and through paid media placements to generate more awareness of the good works being done in our community. Executive directors from a diverse set of organizations will share their mission while being filmed sitting in a Good Chair.

The program, started by retired General Mills' chief marketing officer, Mark Addicks, is designed to equip the Minneapolis parks system with high-end chairs that help foster community connections and personal re-

flection through engraved phrases such as "Sit. Share. Debate. Engage," and "Sit. Breathe. Contemplate. Meditate."

"We're honored to work the city to expand the program to all corners of the city," said founder Addicks. "From popular parks like Bde Maka Ska and Lake Nokomis, to Currie Park in the Cedar-Riverside neighborhood, and Fairview Park on the north side, the chairs are now adding more resources for residents throughout the entire Minneapolis community."

Castle Building offers free classes

Castle Building and Remodeling is continuing its summer

class schedule, where community members can learn about how to plan for, budget, get a better value from, and prepare for the most common remodeling projects. During the classes, the group will discuss design process, typical project budgets, cost savings ideas, homeowner participation in the remodel, rebates and incentives, timelines, and design tips.

Our designers or expert partners will lead each class and also answer questions about your remodeling project. Also, all attendees will receive a certificate for \$100 off design and planning services. To attend one of these classes, please sign up in advance on their website www.castlebr.com/education-class-schedule-sign-sheet.

The following classes are

planned at Castle's Longfellow location (4020 Minnehaha Ave.):

- July 21, 10am - planning a kitchen remodel
- Aug. 11, 10am - planning a 1/2 story (attic) remodel
- Aug. 18, 10am - evaluating your home for solar

Submit your news

If you are an organization located in the Longfellow Nokomis Messenger delivery area, you can submit your event, special program, or noteworthy news to us for consideration. Submit your item by email to editorial@deruyternelson.com. The deadline for the next issue is Mon., July 16 for the July 26 issue.

Classifieds

Messenger

Want ads must be received by the Messenger by July 16 for the July 26 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com

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Citizens worry sewer project will decrease flow to Coldwater Spring

Replacing 90-year-old sewer tunnel under Minnehaha Creek that is in danger of leaking sewage into groundwater

By TESHAM. CHRISTENSEN

Will a sewer tunnel project in south Minneapolis affect how much water flows at Coldwater Spring?

Some people are worried that it will, and this has prompted the Metropolitan Council Environmental Services (MCES) to revise its original plan for the regional sewer interceptor tunnel. Yet some Coldwater Spring supporters don't think the risk has been eliminated.

Tom Holtzleiter has been active in working to preserve Coldwater Spring for the past 20 years. A current resident of Bloomington, Holtzleiter grew up playing at Coldwater Spring. When the Highway 55/62 interchange was redone in 2002, Holtzleiter led a group, the Preserve Camp Coldwater Coalition, which pushed for the installation of an 8-acre liner to isolate the road from the nearby spring.

Coldwater Spring, located on the southern end of Minnehaha Park in Minneapolis, is considered sacred by some Minnesota tribes and has been home to people for 10,000 years. Dubbed the birthplace of Minnesota, it was the first place European settlers lived when Fort Snelling was being built in 1820. As recently as 1976, Coldwater was an emergency drinking water supply for south Minneapolis when the city's water supply was "putrid with algae," according to www.friendsofcoldwater.org.

Managed since 2010 by the National Park Service as part of the Mississippi National River and Recreation Area, Coldwater is the last natural spring of size in Hennepin County.

Sewer line failing

The existing regional sanitary sewer tunnel about 40 feet under Minnehaha Creek near 3901 Minnehaha Pkwy. E. is deteriorated and in danger of leaking wastewater (sewage) into the groundwater in the future.

This sewer pipe has served the city of Minneapolis and MCES since the mid-1930s, but it now



Nobody knows where Coldwater's source waters come from. Tom Holtzleiter of Preserve Camp Coldwater Coalition is pushing local government agencies to pinpoint the exact location of that fracture that feeds water towards the spring. "More and more projects are going to come up, and they're going to need to know where that line is," stated Holtzleiter. "So far they've gotten lucky and not hit it. But sooner or later they're going to run across it." (Photo by Tesha M. Christensen)

needs some attention, according to Tim O'Donnell of MCES.

"The long-term environmental risks are too great to do nothing," stated O'Donnell.

The regional sanitary sewer collects wastewater via local sanitary sewers from South Minneapolis (south of approximately E, 42nd St.) and about one-third of Edina. MCES conveys the wastewater through additional regional sanitary sewers through Minneapolis and St. Paul to the Metropolitan Wastewater Treatment Plant (Metro Plant) located about three miles southeast of downtown St. Paul.

Plan changed to avoid dewatering

Originally, MCES planned to replace the existing, damaged regional sanitary sewer with a new deep sewer tunnel. That would have required dewatering of the limestone bedrock—that is, temporarily lowering the groundwater level in the limestone layer by pumping it out.

Recognizing that this had the potential of impacting groundwater flow to Coldwater Spring, which is located approximately 1.5 miles southeast of the sewer tunnel, MDES decided to rehabilitate the existing tunnel instead, which will not require dewatering.

However, this will still involve drilling up to three ventilation shafts into the limestone bedrock.

According to O'Donnell, the shafts will allow fresh air to be transferred into the deep tunnel system for workers' safety.

"These ventilation shafts are necessary to meet strict OSHA requirements for working in underground, confined spaces," he said. "The shafts will be encased in steel and grouted in place, which will allow groundwater to flow around them without affecting the flow to Coldwater Spring."

However, Holtzleiter isn't so sure. He's worried that any drilling through the limestone into the sandstone beneath will break the seal. It's possible that if this happens, water will flow towards the Mississippi River another way, and the flow at Coldwater will trickle away to nothing.

There has also been some disagreement about how much water has flowed through Coldwater in the past, and how much is going through now.

There is a monitoring point on the southern wetland but not one on the spring reservoir north of it, so the data only shows part of the complete picture, pointed out Holtzleiter.

MDES received a mix of comments at the May 22 public hearing and in writing. "People appreciate that MCES had re-evaluated the alternatives and found an alternative that would not impact the groundwater flow to Coldwater Spring," stated O'Donnell. "Others were concerned with temporary park and trail access impacts during construction and some tree loss. And the Friends of Coldwater and its followers, and some members of the Mendota Mdewakanton Dakota Tribal Community are opposed to MCES installing two or three ventilation shafts from the ground surface down to the regional sanitary sewer pipe that will be rehabilitated."

The National Park Service, Minnehaha Creek Watershed District, the city of Minneapolis, and the Minneapolis Park and Recreation Board (MPRB) support the revised project.

Where is the fracture line?

Nobody knows where Coldwater's source waters come from. The consensus is that about two-thirds of the groundwater flows to the spring through basal Platteville limestone to the north and west. Beneath this 20 feet of limestone is 70 feet of sandstone. Much of

the water flowing into Coldwater moves along a fracture line, but the exact location of that fracture has never been determined. Engineers have guessed that it is near where the sewer tunnel work is planned, but it could be 20 feet away or right at the project site.

Holtzleiter is pushing local government agencies to pinpoint the exact location of that fracture.

"More and more projects are going to come up, and they're going to need to know where that line is," stated Holtzleiter. "So far they've gotten lucky and not hit it. But sooner or later they're going to run across it."

He pointed out that the budget of this current project is \$31 million, and believes a concurrent study of the fracture line would be a "drop in the bucket" comparatively.

Construction begins next year

MDES is working to finalize the project design and will then select a contractor. Construction will take place between spring 2019 to fall 2021.

Bike/walking trails and streets may be affected during this project, but MCES is working with the city of Minneapolis and the MPRB to minimize potential disruptions.

MDES will also work with the National Park Service to increase their monitoring of water flows into Coldwater Spring during the construction project.

"In the unlikely event that there are changes to these water flows during our construction project, we will know that quickly and will make any necessary modifications to our construction," stated O'Donnell.



A sewer tunnel project near 3901 Minnehaha Parkway E. may affect the flow of water at Coldwater Spring, but the Metropolitan Council Environmental Services (MCES) is working to minimize the impact. (Photo by Tesha M. Christensen)

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Lake Street Dumpling Tour is first of many 'Make on Lake' events

By MARGIE O'LOUGHLIN

Sat., June 2 dawned cool and rainy, but people still came out in substantial numbers for the first ever Lake Street Dumpling Tour. Preregistration closed weeks before the event happened when 800 tickets were sold out. Five dollars covered two randomly selected tokens for dumpling samples at two of the 14 participating businesses along Lake Street, a dumpling map, and a dumpling sticker—all handsomely illustrated by south Minneapolis artist Cori Lin.

Participating businesses included Safari Express (sambusas) and Pham's Deli (fried dumplings) at the Midtown Global Market; Panaderia San Miguel (empanadas) at 1623 E. Lake St.; Ashkay Paatram (samosas) at the Midtown Farmer's Market; Midori's Floating World (Japanese gyoza and wontons) at 2629 E. Lake; Gandhi Mahal (samosas) at 3009 27th Ave. S.; El Nuevo Rodeo (empanadas) at 2709 E. Lake; the Himalayan (momos) at 2910 E. Lake; and Urban Forage (samosas from Alimama's Mediterranean Food Truck) at 3016 E. Lake St.

It's hard to find a culture that doesn't lay claim to dumplings. What exactly is a dumpling, and why are they so popular?

First off, they're delicious, tasty morsels of dough that are steamed, baked or fried, and most often filled with meat, beans or cheese. Some are served plain, but most come with sauces.

Dumplings also make people happy. At Gandhi Mahal, diners stood contentedly underneath the awning as rain streamed



Niko Simning served up steamed Japanese chicken and veggie gyoza, and fried banana wontons at Midori's Floating World Café. (Photo by Margie O'Loughlin)

down. Inside, the cashier kept shouting into the kitchen, "More, they want more!"

Theresa Swaney, Communications and Program Coordinator for the Lake Street Council, said, "We're continually offering these kinds of events to highlight the unique qualities of Lake St. There isn't another street quite like it but, even so, running a small busi-

ness is hard. We often hear from small business owners that one of the challenges is getting new customers to come through the door. We opted to have people pick their two tokens randomly when they started the dumpling tour at the Midtown Farmer's Market, in hopes of getting them to try a restaurant they didn't know."

The Lake Street Dumpling

Tour was sponsored by Metro Transit and the City of Minneapolis Great Streets Program. The event was created by the Lake Street Council, whose mission is to engage, serve, and advocate for the Lake Street business community to ensure the vitality and prosperity of this commercial corridor.

For the summer of 2018, the dumpling tour was just the

start. With support from the McKnight Foundation, Twin Cities LISC, the City of Minneapolis Great Streets Program, and GoodSpace Murals, the Lake Street Council is undertaking a creative placemaking initiative to develop relationships between local artists and Lake St. businesses. The coordinated public artwork series is called "Make on Lake," and fifteen separate public art projects are part of this initiative.

Projects will take place through August 2018. One of the primary goals of Make on Lake is to support the success of small businesses, particularly those negatively impacted by changes in the current political environment and immigration policies.

The projects include permanent and temporary visual art and performance art installations meant to draw residents and visitors onto Lake St.

One of the projects currently on view at the East Lake Library is called Lake of Dreams: The Poetics of Forgiveness. Visual artist Alan Milligan and poet Nichole Mary Kelby collaborated on the 14' long wooden boat, whose shell is lined with poems. The Lake of Dreams project will create a series of culturally themed boats and display them at various businesses and locations along Lake Street throughout the summer.

Details about upcoming Make on Lake activities and events can be found at the Lake Street Council's Facebook page: @VisitLakeStreet.



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