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Longfellow  
Nokomis

# Messenger



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## Parks plan bringing changes to neighborhoods

*Planners seek to individualize neighborhood parks and offer diverse activities within entire service area*

By TESHA M. CHRISTENSEN

In the coming years, you'll see fewer tennis courts and baseball diamonds in Minneapolis parks, and more multi-sports courts and multi-use fields.

There will be fewer wading pools and more hybrid aquatic facilities.

There won't be as many manufactured playgrounds, but there will be more natural play areas and interactive water features.

It's part of a movement to diversify parks to fit the desires of neighborhood residents.

When the parks in Minneapolis were first developed, the same components were included in each park: playground, wading pool, ballfields, and recreation centers.

Today's 20-year vision for the parks is one where each park is individualized, according to Minneapolis Parks and Recreation (MPRB) Director of Strategic Planning Adam Arvidson.

The focus is on local need and not area-wide equity. In fashioning the South Service Area Master Plan, MPRB recognizes that every amenity cannot be in every park, and it is looking to the local community as the basis for park designs.

The South Service area is south of downtown and east of I-35. It includes 33 park properties.

The project guiding principals include the protection and enhancement of the natural environment, connections between parks, and designs that streamline operations and maintenance pointed out Arvidson.

In fashioning the South Service Area plan, they began by asking: What are the current uses and where do these occur? They also sought to figure out which areas are used heavily and which are underutilized.

"Our development of these concepts didn't happen in a vacuum," stated Arvidson.

MPRB planners interviewed recreation center staff, analyzed ActiveNet data, and talked to community members.

A Community Advisory Committee (CAC) was appointed and held its seventh meeting on Nov. 19 to review two sets of options.

### Community input wanted

CAC member and Longfellow



Adam Arvidson chats with Community Advisory Committee (CAC) members and fellow Minneapolis Parks and Recreation Board staff about the two concepts presented during the Nov. 19, CAC meeting at Sibley Recreation Center. The plans will next be presented at four community open houses. If you can't make the one focused on your particular area, Arvidson encourages you to go to another as comments will be accepted on all 33 parks at each open house. (Photo by Tesha M. Christensen)

resident Jane Tigan stated, "I think it looks like a well thought-

out master plan, but it will have to pass muster with the commu-

nity."

Four community open houses are planned:

—Upper: Mon., Nov. 30, East Phillips Recreation Center, 6-8pm

—Central: Thur., Dec. 3, Powderhorn Recreation Center, 6-8pm

—Lower: Tue., Dec. 8, Pearl Recreation Center, 6-8pm

—East: Tue., Dec. 15, Longfellow Recreation Center, 6-8pm

Arvidson pointed out that while each open house has a focus area, the plans for all the parks in the South Service area will be available for comments at each meeting.

"Ultimately this will only be as good as the community engagement that is done," remarked Tigan.

After these open houses, the parks department plans to spend January reviewing comments. A preferred concept will be presented to the Community Advisory Committee in January or February. Then it will have a 45-day

public comment period before it goes before the Park Board of Commissioners for approval.

New concepts have not been proposed for Bossen Field or the Nokomis and Hiawatha Regional Park as they have recently developed master plans that will be incorporated into the South Service Area plan.

Concepts have not been developed for Currie Park or Cedar Avenue Field as MPRB doesn't think it has garnered enough community input in these neighborhoods.

### What's changing?

The plan replaces 20 baseball diamonds with multi-use fields where residents can play soccer, football, lacrosse, and more. The existing arrangement with four baseball diamonds places them so close together that four games can't be played at the same time. Instead, the proposal is to have

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By JAN WILLMS

There are other special needs playgrounds at other schools and parks in the area, but it is unlikely any has as much space as the Dowling Elementary, a K-5 urban environmental magnet school located at 3900 W. River Pkwy.

"We have almost one acre of special needs accessibility," said school principal Joe Rossow as he conducted a tour of the renovated playground. The school was built in 1924, and the original special needs playground in 1977. The playground is now redesigned for the 21st century.

"Many years of planning have gone into the playground update," Rossow explained. "We made sure to design this where wheelchair kids who have trouble moving around can access and play with their peers."

He said the playground features parallel play as well as areas where children of different physical abilities can intermingle. For example, there are two zip lines where kids can get in a seat and zip down from one spot to another. "There's one for kids who need a special chair, and they can swing next to their buddy going down together on two separate zip lines," Rossow said.

Dowling has a special needs population of 15 percent, according to Rossow, with a wide range



Dowling Elementary Principal Joe Rossow (pictured) explained how phase 2 of their accessible playground development focused on the big play area—tunnel, water wall were created, and a spongy surface laid down that is easy for wheelchairs to go across. (Photo by Jan Willms)

of disabilities, including developmental and physical.

The school has partnered with Flagship Recreation, a Minnesota-based company that strives to design, construct, and maintain spaces and structures that are available for all to use and enjoy.

"Charley, the designer, is really good at designing play-

grounds for special needs kids," Rossow claimed.

The actual work on the playground was divided into three phases. Phase 1 is complete. It included Harmony Park, where outdoor instruments are available for the kids to perform on. It also provided swings and rear course pavement.

"The triple swing, which

seats three kids at a time, is very popular," Rossow said.

Phase 2 focused on the big play area. A tunnel and a water wall were created, and a spongy surface laid down that is easy for wheelchairs to go across. A special product is mixed and laid out, left to sit and harden and

*Continued on page 3*

# Mental Health Connect: helping people find their way to better mental health

By MARGIE O'LOUGHLIN

The approaching stretch of holidays and the shorter, winter days can be a real challenge for people struggling with anxiety, depression or other mental health challenges. And while Minneapolis has a wealth of community resources, knowing where to begin can be overwhelming.

According to the National

Alliance on Mental Illness, one in four adults in America will struggle with a form of mental illness in any given year. That's approximately 61.5 million people. One in 17, or about 13.5 million people, live with a serious mental illness such as schizophrenia, major depression or bipolar disorder. Mental illness has a presence in every community and many families. It doesn't discriminate by age, gender, ethnicity, income or education.

Recognizing how widespread this problem is, Bethlehem Lutheran Church (41st St. and Lyndale Ave.) launched a new ministry last January to address the barriers people face when trying to access mental health services. Called Mental Health Connect, its goal is to connect people in the community to a full spectrum of mental health services, education, resources, and support.

One of the many ironies of mental illness is that, on average, the time lapse between onset of symptoms and treatment is 8-10 years. If you or a family member are struggling with what you suspect is mental illness, one of Mental Health Connect's two staff people may be able to connect you to vital resources.



Kristina Swanberg, a mental health navigator with Mental Health Connect, believes the program's ability to connect with community members out in the community is a strength. (Photo by Margie O'Loughlin)

Kristina Swanberg is a mental health navigator with the program. A graduate of St. Mary's University with a dual degree in political science and sociology,

she has two years of experience as an outreach specialist at Vail Place, a program focused on recovery issues. Swanberg said, "I've learned to listen carefully, and to direct people to the services they need."

Swanberg and her co-worker Liz Timm, a certified peer specialist, can meet clients at Bethlehem Lutheran Church, at clients' homes, or out in the community. The Mental Health Connect model is unique in its mobility. Its services are offered free of charge; no income verification

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## Correction

The *Longfellow Nokomis Messenger* would like to make a correction in the address of the Minnehaha Food Shelf, located in the Minnehaha United Methodist Church. An incorrect address was listed in last month's article on the Food Shelf. The correct address is 3701 E. 50th St., Minneapolis. We apologize for the error.

## Messenger

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Now it's easier than ever to keep in touch with the *Messenger*. Letters to the editor and news releases for publication can be sent via e-mail at editorial@deruyternelson.com. Be sure to send copy in the body of the e-mail, and please mark whether the copy is a letter, a news release for publication, or perhaps just your thoughts on the last issue. Don't forget to write!

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## Dowling Playground

Continued from page 1

then is colored on top. If children fall on this surface, they are not going to get hurt as they would on a concrete base.

During phase 2, interactive panels were also built. These feature information on the Monarch butterfly and show how rainbows are made and explore climate control. "With the water wall, the kids can change the pattern of the water," Rossow noted. Phase 2 was completed in late October.

Phase 3, the final phase of the project, is scheduled to be finished in the summer of 2016. "This phase will finish up the asphalt, get the new railings painted, finish the stage and regrading of the grassy area, and complete the new door," Rossow said.



The new accessible playground at Dowling Elementary also has a musical component. (Photo by Jan Willms)

Rossow explained that the project has been a result of private donations and community support. The school district has funded the maintenance.

"The playground is custom made and pretty ambitious," he said. "It's not something you can purchase out of a book. The community has really brought this project to life, and it is designed as a peaceful area for the children."

"We had to work in phases

with the playground," Rossow said, "using the money as it became available. It should be ready for use this month."

The playground is designed for use year-round, with different parts of it being used with the different seasons. Rossow said that Dowling offers archery, biking, and a snowshoe and ski course. In warmer weather, a lot of the kids can be spread out, with soccer being played in one area and tag games in another.

The kids can explore the tunnels, sit on the grass and read a book, play music or swing.

"The parents have also put together recess kits, with certain games designed for each grade level," Rossow said.

The playground will have power outside and access to bathrooms so that it can be used for community events and by other schools.

"We have other schools come here for field trips and ex-

perience the zip lines, amphitheater and snowshoeing," Rossow added.

Designed for children of all ability levels to play, explore, learn and socialize, the special needs playground at Dowling reflects the input of children, parents, and school staff.

"It will be exciting to see how the kids interact with it once we have it fully open," Dowling said.

## Mental Health Connect

Continued from page 2

is required, and no one is ever turned away.

"Every session starts the same way," Swanberg explained. "We meet wherever the client feels most comfortable, and I ask, 'What is it that you'd like to work on in your life?'"

She has received a wide range of answers to this question over the last ten months. "I got fired from my job, and I'm too depressed to figure out how to get a new one." Or, "I lost custody of my children. I really want to get my life together, but I don't know where to start." Or, "I just don't know what's going with me right now."

Here are some of the signs of deteriorating mental health:

- feel very sad or withdrawn for a period of more than two weeks;
- trying to harm oneself, or others, or thinking about doing so;
- uncharacteristic risk-taking behavior;
- sudden, unexplained bouts of

- anxiety;
- significant, unexplained weight loss or gain;
- serious mood changes that affect relationships;
- repeated use of drugs and/or alcohol; and
- noticeable difficulty concentrating and/or staying on task.

"People can get pushed around in the mental health care system," Swanberg said, "and that creates distrust. When you call Mental Health Connect, you'll be talking to a real, live human being and because there are only two of us, we won't shuttle you from department to department. Either Liz or I will help you identify what resources you're looking for, and two weeks later we'll call to follow-up."

As the first point of contact, Swanberg can be reached at [kswanberg@bethlehem-church.org](mailto:kswanberg@bethlehem-church.org), by phone at 612-312-3377, or through the Mental Health Connect website at [www.mh-connect.org](http://www.mh-connect.org).

Mental Health Connect is likely to receive extended funding after its first 18 months expire in June 2016. While the



Kristina Swanberg, mental health navigator with Mental Health Connect, in conversation at Peace Coffee in the Longfellow neighborhood. (Photo by Margie O'Loughlin)

program is a ministry of Bethlehem Lutheran Church, it is non-denominational and is available to concerned family members as well as to individu-

als suffering the effects of mental illness.

As Swanberg said, "Our model is very community-based."

The following events are planned at the East Lake Library (2727 E. Lake S.) during December:

The Adult Nonfiction Book Club will meet on Tue., Dec. 1, 6-7pm. Join their discussion of "Deep Down Dark" by Hector Tobar. Lending copies may be picked up at the information desk prior to meeting. Bring along your recommendations for future meetings.

A Childcare Group Storytime meets the first Wednesday of the month, Dec. 2, 10:15am. Talk, sing, read, write and play together in a format appropriate for the children in your care. Share books, stories, rhymes, music and movement.

The Adult Biography Book

Club meets on Wed., Dec. 2, 10:30-11:30am to discuss "Into the Wild" by Jon Krakauer. Join the discussion of new and interesting biographies. Bring along your recommendations for future meetings. Lending copies may be picked up at the information desk prior to meeting.

The Teen Geekery Club meets on Thur., Dec. 3, 6pm. This

club is for teens who are anime and manga fans, a cosplayer, fans of Doctor Who, Sherlock, Homestuck or Supernatural. anime, share your artwork and discuss your favorite fandoms.

Winter Wellness: Aromatherapy and Essential Oils will be the discussion on Tue., Dec. 8, 6:30-7:30pm. Stay happy and healthy this winter. Learn about aroma-

therapy and essential oils from a local holistic health expert. Presented in collaboration with Radiant Life Chiropractics.

The Adult Book Club meets Fri., Dec. 11, 10:30-11:30am to discuss December's title, "Mr. Penumbra's 24-Hour Bookstore" by Robin Sloan. Lending copies may be picked up at the information desk prior to meeting.

The Quick Reads Adult Book Club will meet Mon., Dec. 14, 6:30-7:30pm to discuss "Dept. of Speculation" by Jenny Offill. This club discusses new and interesting under-200-page titles.

eReaders: Try Before you Buy is planned for Tue., Dec. 15, 6:30-7:30pm. This is an opportunity to learn about different types of eReaders. Practice using eReaders to choose the right one for you.

Digital Learning Lab: eBooks will be discussed on Tue., Dec. 29, 6:30-7:30pm. Do library eBooks have you stumped? Drop in for one-on-one help to learn how to download eBooks from the library. Bring your device and they'll provide the experts.

"Act Out for Teens: Intro to Physical Comedy" will be the program on Wed., Dec. 30, 11am-12:30pm. This program is for grades 6-9, who are ready to get serious about being funny? An experienced Guthrie teaching artist will help you explore theater techniques for a wide variety of physical comedy. Let your humor run wild in a safe and creative environment. No experience necessary!

Conversation Circles continue on Sundays, Dec. 6, 13, and 20. Non-native English speakers: practice your English and make new friends in an informal, volunteer-led setting, and learn about the library, too.

## Check It Out - News from East Lake Library

### Events for all age groups is focus of East Lake Library in December

*You're Invited...*

**Nokomis Square Cooperative**  
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**Community input open house  
– Cap's Grille**

Council Member Andrew Johnson (Ward 12) and NENA's Housing, Commercial and Streetscape Committee are co-hosting a community input open house on Dec. 16, from 5-7pm, for the community to learn about an upcoming development project for Cap's Grille. As of the printing date, the meeting location has not been finalized. Please visit [www.nokomiseast.org](http://www.nokomiseast.org) for more information.

**Thank you Nokomis East!**

The NENA Board and staff would heartily like to thank all of you who made a donation on Give to the Max Day! We are a small, but energetic organization, and every dollar truly counts. If you missed out, please consider making a year-end donation to NENA and the other nonprofits, schools and communities of faith working to make our community shine!

**Vacant board seat**

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

If you live, work or own property in the Morris Park neighborhood, you can nominate yourself (most common); or any NEN A member can nominate a Morris Park neighborhood resident, business owner or property owner as an applicant for the Board. Visit [www.nokomiseast.org](http://www.nokomiseast.org) to find more information and the Board Nomination Form. Completed

**NENA (Nokomis East Neighborhood Association)**

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**Community Input Open House, vacant board seat, City of Minneapolis resources and more**

**Upcoming Meetings and Events:**

- 12/02/15: NENA Housing, Commercial and Streetscape Committee, NENA Office, 6:30pm
  - 12/10/15: NENA Executive Committee, NENA Office, 7pm
  - 12/16/15: Community Input Open House–Cap's Grille, Location TBD, 5-7pm
  - 12/17/15: NENA Board Meeting, Crosstown Covenant Church, 7pm
  - 12/30/15: Night Before New Year's Eve, Lake Nokomis Community Center, 5-8:30pm
- Web: [www.nokomiseast.org](http://www.nokomiseast.org)  
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 Chair: [chair@nokomiseast.org](mailto:chair@nokomiseast.org)  
 Phone: 612-724-5652

Nomination Forms are due on Dec. 28.

The NENA Board of Directors will review all applications and appoint a new Board member at its Jan. 28, 2016 meeting. This is a replacement appointment serving from January to April 2016. The appointed member can run to be elected to the seat at the April Annual Meeting (4/28/16) and then serve a full two-year term.

**Night Before New Year's Eve**

The Night Before New Year's Eve, Dec. 30 is a family-oriented, free event, offering families a chance to celebrate the coming New Year a night early. The event includes food, carnival games, music, a

photo booth, the famous Nokomis Fish Pond and a "midnight" (7:55 pm) countdown complete with noisemakers and much more. Join us for this party chock-full of family-friendly activities. The event runs from 5-8:30pm at the Lake Nokomis Community Center. NENA and the Minneapolis Park and Recreation Board co-host this annual celebration.

Volunteers needed! Join the NBNYE Planning Group and/or volunteer at the event. Contact NENA at [nenan@nokomiseast.org](mailto:nenan@nokomiseast.org) to sign up.

**Home improvement loan program available**

Whether by choice or necessity,

starting planning your next project now with the help of a home improvement loan from NENA. Owners of 1 to 4 unit residences can apply for up to \$15,000 to make improvements to their properties. Owner-occupants and investors may apply. Interest rate is either 2% or 3% depending on income. No income restriction applies.

For more information or to request an application for the NENA loan program, call our partner, the Greater Metropolitan Housing Corporation's Housing Resource Center 612-722-7141, or visit [www.gmhchousing.org](http://www.gmhchousing.org). Loan applications are processed on a first-come, first served basis.

**City of Minneapolis resources**

**311 – the place to start**

Need to report a broken street light? Stray dog in roaming your neighborhood? Do you just want a question about the City of Minneapolis answered? Minneapolis 311 can help. You can access Minneapolis 311 by calling, online, email-

ing and by a downloadable app. Call 3-1-1 weekdays from 7am-7pm or e-mail [Minneapolis311@MinneapolisMN.gov](mailto:Minneapolis311@MinneapolisMN.gov).

**Snow emergencies / parking**  
See story on page 14.

**Animal care and control**

Is your pet lost? Do you need a pet license? Want to learn more about the Comprehensive Update of Minneapolis Animal Care & Control Ordinances? Is there a barking dog on your block? Visit [www.minneapolismn.gov/animals/index.htm](http://www.minneapolismn.gov/animals/index.htm) to find out everything you need to know about living with your pet in Minneapolis. Did You Know? You can adopt a pet from Minneapolis. Check out the dogs, cats and small animals looking for a forever home.

**Crime maps and statistics**

Through the Minneapolis Police Department (MPD) website, you can sign up for neighborhood crime alerts, pick up crime prevention tips, submit a complaint about fireworks, read about the MPD body camera pilot project, learn more about block clubs and access crime maps and statistics. Also, you can schedule a Ride-Along with local police and spend a day in the life of a Minneapolis police officer by visiting [www.ci.minneapolis.mn.us/police/index.htm](http://www.ci.minneapolis.mn.us/police/index.htm).

**'Triangle Park' opened Nov. 25**

The new play area in the triangle park near the intersection of E. 54th St. and Bloomington Ave. S. was opened Wed., Nov. 25.

New asphalt trails and concrete walks are complete and the contractor is spreading a seed mix over turf areas. It's too cold for the anything to grow this year, but the seed mix is expected to establish when temperatures rise next spring. Please stay off the turf areas until then.

Over the next few days workers will perform a safety check of the play equipment and install picnic tables and benches.

A grand opening ceremony celebrating the new play area is scheduled next spring.

The Minneapolis Park and Recreation Board expressed its sincere gratitude for park users' patience and understanding while the project was delayed, and hopes the community enjoys this wonderful new public amenity.

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# Becketwood Buddies forging bonds between elders and youngsters

By IRIC NATHANSON

Jack Neal wasn't sure what to expect when he came to Becketwood for the first time in September.

"It looked really big--like a castle," Jack remembers.

Now, the Dowling fifth grader looks forward to his twice weekly visits to the castle to meet with his Becketwood Buddy, Ruth Halvorson. Jack and several of his classmates are participating in a unique project that links Dowling Elementary students who need a little help in boosting their reading skills with volunteer tutors from the Becketwood Cooperative.

The tutoring project was initiated by Wayne Tellekson, a member of the W. River Rd. cooperative.

"I had just finished reading Atul Gawande's 'Being Mortal' and I was impressed with his views on aging," Tellekson recalled. "Gawande talked about how older people need to find significance in their lives. That struck a chord with me. I knew that many of my neighbors at Becketwood had done important things during their working years, but now they weren't as engaged with the world as they once were.



Ruth Halvorson is helping her Becketwood Buddy, Jack Neal, improve his reading skills. (Photo by Eric Nathanson)

I realized that we needed to help people here bring more significance into their lives."

Tellekson decided that a tutoring project for school-age

young people might be a way to re-engage his neighbors by helping them create the kind of bonds that link grandparents with their grandchildren. "Dowling School was just a few blocks away from our campus, so I decided to float the idea by Joe Rossow, Dowling's principal. It turned out that Joe and I were on the same wavelength. He had been thinking about ways to draw on the resources here at our co-op, so that is how Becketwood Buddies was born.

Tellekson and Rossow agreed to test the idea with a pilot project that would bring Dowling fifth graders to Becketwood for help with reading. "Initially, we needed to resolve some logistical problems," Tellekson said. "We had to get the Dowling students here to our campus and then get them back to school so they could ride the bus home. It was a little too far for the students to

walk here on their own, so one of the school staff had to drive them here and then pick them up and bring them back to Dowling. That placed some limitations on the size of the program."

Rossow and his teachers decided to select a group of fifth graders for the pilot project who could benefit from some personalized attention to improve their reading comprehension.

"They are not the children with the most serious reading deficiencies, Rossow explained. "Those children are working with our professional reading specialists. Instead, we are targeting the students who need a little extra help to move ahead with their reading skills--help they could get from a well-motivated volunteer.

"So far, we are very pleased with the program," Rossow added. "It is giving our students a chance to develop relationships with a new set of adults who have

a broad range of experiences. Over time, we hope to get some hard data from the program, but for now the relationships are important for all of us."

Jack Neal is part of the first group of Becketwood Buddies. "I really like coming to Becketwood, and I think my reading is getting better now that I get to work with Ruth," he said. "I only we had a longer time to read once we get here. A half an hour doesn't seem long enough."

Now, two months into the program, the Buddies have created quite a buzz among fifth graders, according to Paul Sarver, who teaches physical education at Dowling. "One of our Buddies kept being asked by her friends why her reading was getting better," Sarver reported. "The word is Becketwood," she told them. Now, a lot of the kids want to go there."

Sarver said the tutoring project is being expanded to include two additional students, but he doesn't expect to see further expansion at Becketwood. "We are at our capacity there, so now we will be looking at ways to bring Becketwood volunteers down to Dowling. It may not have the same feel for our students if the tutors come here, but we will be able to serve a larger group of young people on our own campus."

"My student has gotten more enthusiastic about reading since she has started coming here," noted Priscilla Young, one of the Becketwood volunteers "For me, that is very gratifying."

"I don't have children of my own, so I can't be a grandmother," added another volunteer, Dee Schaefer. "But now I know what it is like to be a grandparent. Each time, my student learns a new word, it is very thrilling. I want to tell all my friends about it," Schaefer said.

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# Local resident envisions food forest at Hiawatha Golf Course

Orchards, gardens, and even rice could be part of his new vision for city parks

By TESHAM. CHRISTENSEN

What's a good use of the land at the Hiawatha Golf Course?

Standish-Ericsson resident Ryan Seibold questions whether it is a golf course due to the troubling water issues there.

Instead, he is proposing that the land be transformed into a food forest, full of fruit trees, berries, vegetables, and grains.

"I think now is the time for the city to look at new visions for how best to use our abundant parklands," stated Seibold, 38, who earned his master's degree from the University of Minnesota Landscape Architecture program in 2010.

Seibold explained that a food forest is an intentionally designed edible ecosystem that hosts mutually beneficial plants and animals for food production purposes. And, he maintains a food forest could co-exist with the golf course if the decision is made to keep it there once studies are complete.

"I see recreational opportunities and habitat creation for wildlife as possibilities that can go together," said Seibold. "I envision a dynamic environment for humans, plants, animals, and insects to play in."

Jeff Zeitler of the soon-to-be-opened Urban Forage Winery



This 1929 aerial photo shows Minnehaha Creek entering Lake Hiawatha at a much different location than today. It is farther east. Seibold surmises the change was made to reduce the amount of space between where it entered and left. (Photo submitted)

**"Our kids are bussed out to Minnetrista to see an apple orchard for a field trip in the fall. Wouldn't it be cool if they could go to Minneapolis instead?"**

—Jeff Zeitler, Urban Forage Winery

(3016 E. Lake St.) thinks this idea could catch fire.

"Our kids are bussed out to Minnetrista to see an apple orchard for a field trip in the fall," Zeitler observed. "Wouldn't it be cool if they could go to Minneapolis instead so that they don't have to think that growing food has to take place 'somewhere else'?"

In addition to showing kids (and grown-ups) where food comes from, Zeitler pointed out that this could potentially make fresh food available for free or at a low cost to anyone willing to pick it.

"As the chair of the Homegrown Minneapolis Food Council I understand the importance of growing healthy food for the community to access," said Russ Henry of Giving Tree Gardens, at 4549 41st Ave. S. "As the owner of a local landscaping company, I can see the obvious potential for food grown in public spaces.

"Whether we're talking about urban food forests, urban farming, or community gardening, the land around us needs to be productively utilized in the city," said Henry. Public health improvement is one result of having economically accessible fruits and vegetables, he added.

"Sustainability results when we grow our food close to home because it takes far less gasoline

to ship a tomato from across town than it takes to ship it across the country," said Henry. "Mostly, though, Minneapolis needs a city full of fruits and vegetables growing all around us so that the children that are raised in the city can connect with nature, health, and community by learning how to grow, harvest, and eat healthy food."

Giving Tree Gardens has pledged 50 trees to the project, and Urban Forage Winery has offered 100 fruit trees.

## Community as stewards

The food forest fills in a niche between community gardening and urban agriculture, pointed out Seibold.

## MPRB monitoring water at Hiawatha

Work is proceeding on the installation of monitoring wells on the Hiawatha golf course property. The wells will help Minneapolis Park and Recreation Board (MPRB) staff and consultants to understand ground water conditions and will allow them to define better the quantities of storm water and ground water pumped into Lake Hiawatha.

In October, the MPRB applied for a ground water appropriation permit from the Minnesota Department of Natural Resources. That application is currently being processed. As a result of the pumping that has occurred without the proper permits, there may be fees assessed to the MPRB for the groundwater that has been pumped, including back fees for the last seven years prior to having an approved permit. (For more information on the

monitoring wells and Department of Natural Resources permit, visit the project page.)

The original pumps were installed in the 1960s. In 1992, pumps and ponds were added at the site. In 1999, five ponds were added, and fairways 6, 7 and 9 were raised with pond excavation material. In 2009/2010, the city installed a direct connection from the storm water system in pond A to ease the stormwater load in the city system. There are currently six sump pumps in five locations at the golf course.

As the 2015 golf season comes to a close, it's important to note that storm and ground water assessment should not impact cross-county skiing, snowshoeing and other winter activities held on the Hiawatha Golf Course property.

Information from the Minneapolis Parks and Recreation Board.

**"Whether we're talking about urban food forests, urban farming, or community gardening, the land around us needs to be productively utilized in the city."**

—Russ Henry, Giving Tree Gardens

The key to making this work, he observed, is by educating and coordinating group efforts around different harvests.

"The people who show up most to understand the various plants and what fruits are in-season will also become teachers and stewards of the land," Seibold said. "Networking with local organizations that donate food and make meals for the community will be important also. Connecting with local schools and restaurants will help bring the community together."

Zeitler is one community member whose winery and cider making business links into com-

munity agriculture.

"Mature apple trees usually produce more fruit than people can eat, and a lot of the fruit is small or misshapen, but it makes excellent cider," he pointed out. "I'd like to be able to take the seconds from the apple orchard and juice the apples."

He is fascinated by the idea of greening the city and has been slowly integrating the principles of permaculture in his own yard.

"I think we're seeing a movement toward urban agriculture because young people want to live in the city for better access to jobs and cultural opportunities, but also want to be connected to agriculture in some way," said Zeitler. "We're living in a not very dense urban area, built on some of the most fertile soil on earth, so I think Minneapolis and St. Paul are obvious places to practice urban agriculture. It makes me proud to see our cities becoming leaders in this!"

## Seed planted

The seed for Seibold's proposal began last summer when he attended a meeting held by the Minneapolis Parks and Recreation Board (MPRB) about budget shortfalls for projected park improvements for his local parks, Sibley and Hiawatha. "After hearing about the funding gaps involved for even the basic improvements such as fixing paths and replacing old equipment, I started to think about how we could see our parks as more productive spaces by using nature as a guide," explained Seibold.

When he attended the September community meeting that revealed groundwater was being pumped from the Hiawatha Golf Course to make it playable in excess of what was allowable by the Minnesota Department of Natural Resources permit, he became convinced that an alternative land-use solution should be considered.

"My proposal is really interested in the intersection of land types—where upland, riparian, wetland, and shoreline and lake meet—because this is where there will be the most species diversity," said Seibold. "This type of garden tends toward self-maintenance if good design and management practices are established."

Inspired by the history of Lake Hiawatha, Seibold is interested in seeing wild rice grown again in the water body that was once called Rice Lake.

Continued on page 7

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## Food forest

Continued from page 6

Henry agrees. "When this golf course was made we intentionally drained and destroyed a native food source called Rice Lake," Henry said. "To grow equity, justice, and health I'd like to see us rebuild Rice Lake under the guidance of local native elders and fill the area around the lake with a community orchard for all to access."

Seibold is happy to see MPRB collaborating with Minnehaha Creek Watershed District (MCWD) and the city of Minneapolis on this effort to determine what's suitable for this land.

A recent meandering of Minnehaha Creek in St. Louis Park has demonstrated how a little meander changes the whole feeling of the landscape, and shows that making the lake and creek better is a realistic goal.

"I believe the land has been informing us all along," commented Seibold. "It's unfortunate that major flooding events need to remind us of who's in charge."

The back nine at the Hiawatha Golf Course has been closed since the 2014 flooding, and will remain so until MPRB determines the extent of the water issues at the site.

"Golf offers an amenity for folks and an opportunity to relax and recreate. Unfortunately, the entry cost for golfing equipment and the fact that golf is a European sport played almost entirely by middle-class and wealthy white men means that the space occupied by the golf course is only for the recreation of relatively few city residents," stated Henry.

"This golf course, in particular, is actually an ongoing environmental catastrophe due to the 275 million gallons of ground water that are being pumped out of the ground on an annual basis to maintain this golf course in what is a natural wetland area."



Ryan Seibold stands next to Minnehaha Creek near where it currently empties into Lake Hiawatha. Given the water issues at the Hiawatha Golf Course, which at some points lies about 4 feet lower than the lake, he is proposing that a food forest be put there instead. (Photo by Tesha M. Christensen)

Zeitler pointed out the environmental benefits of turning a golf course into a food forest. "Golf courses are notoriously chemically dependent," he pointed out. "They use more water, fertilizer and pesticides than any other land use, due to the need to have very dense, green grass the entire season. It's unsustainable, and I think it would be a good demonstration project for the city of Minneapolis to dedicate a portion of the resources that normally go to a golf course, and instead spend them on a food forest."

### MPBR not focusing on alternate uses

MPRB is currently focused on the water issues at the golf course and is not exploring other uses, according to Commissioner Steffanie Musich. "As we are still researching the groundwater situation at Hiawatha, and what impact existing conditions will have on the course and its use for playing golf, exploring alternate uses for the parkland the course occupies is not underway at the park board," she said.

She did point out that MPRB

has been talking about ways to incorporate agriculture throughout the city, and the new Urban Agriculture Activity Plan (and related South Service Area Master Plan) can be viewed online or at a num-

**"My hope is to get people really excited about the project, have a little ownership of the idea, and to encourage folks to start thinking about their parkland differently—not as something that needs constant upgrade but as a place that has unlimited growing potential."**

—Ryan Seibold

ber of open houses being held in December (see story on page 1). Within the plans is a proposal to locate a community orchard at Adams Triangle in Longfellow.

### Nurturing the idea

Seibold is currently collaborating with a hydrologist professor at the

University of Minnesota, whose spring 2016 class "Environmental Problem-solving" hope to look at the technical/ecological opportunities and constraints of implementing a food forest.

His son's school, Northrop Elementary, an urban environmental learning center, is just a few blocks away from Lake Hiawatha. "I would love to see a growing connection between our kids' learning environments, urban forests, and how we can start seeing abundance in our own backyards, whether it is a local park, your kid's school grounds, or our backyards," said Seibold.

In the next few months, Seibold intends to organize a Participatory Design Workshop and invite community members. The tentative date for the workshop is Sat., Feb. 27.

"My hope is to get people really excited about the project, have a little ownership of the idea, and to encourage folks to start thinking about their parkland differently—not as something that needs constant upgrade, but as a place that has unlimited growing potential," said Seibold.

For more information, email [ryanseibold.design@gmail.com](mailto:ryanseibold.design@gmail.com) or browse <https://www.facebook.com/reciprocityurbanfoodforest>.

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Article and photos by MARGIE O'LOUGHLIN

The Longfellow Community Council (LCC) held their annual Chili Cook-Off Fundraiser on Sun., Nov. 15, at Gandhi Mahal Restaurant. Twelve cooks squared off to vie for the coveted Chili Cook-Off Cup, a trophy that travels from winner to winner each year. All proceeds from the event go to fund LCC's programs and initiatives in the neighborhood.

As Longfellow resident and cook-off competitor Jan Pearson said, "Making chili is fairly simple, but it's hard to get it just right."

# The Great Chili Cook-Off 2015



executive director, was very happy with Sunday night's turnout. "We learned long ago that people will come out for two things," she said, "'issues of concern' and just having fun. The Chili Cook-Off falls into the second category."

Majors continued, "It's hard not to be proud of Longfellow and the work we're able to do here. The neighborhood residents are engaged, and the business community is strong. From our end at LCC, we want to promote everybody. The money we raise at an event like this helps us to do just that."

Each competitor claimed to have a secret ingredient. For the Minneapolis Police Department Third Precinct, it was nutmeg. Other undercover ingredients in their recipe

were kale and butternut squash.

Reigning 2014 champs Trevor and Kelly Russell boasted four kinds of chili peppers in their chili. Trevor, a member of both the

LCC board and the Longfellow Brew Club, hoped that a splash of Jalapeno Brown Ale would help them garner a second win—and ultimately it did.

Melanie Majors, LCC



The event spotlighted a vital local business and brought community members together.

Officer Amber Degitio-Wick and Lieutenant Kim Lund from the Third Precinct in the line-up of competitors. Attendees could vote for their three favorite chilies.




Ruhel Islam, owner of Gandhi Mahal Restaurant, event host and Cook-Off competitor. His secret ingredients were chilies grown in Gandhi Mahal's basement aquaponics garden, and turmeric.



Melanie Majors (left), executive director of the Longfellow Community Council, with a friend. Majors, wearing full disco attire, said, "Just because we do serious work doesn't mean we can't have fun doing it."



Trevor and Kelly Russell were voted the 2015 champions, successfully defending their culinary victory last year.

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Peace, Equality, Simplicity, Integrity, and Community



By JAN WILLMS

The large building at 3307 Snelling Ave. S. does not yet have a sign outside. Its surroundings are quiet. But step inside and you will find carpentry tools, woodworking equipment, lumber and unfinished logs. For just six weeks, this has been the home of We Actually Make Stuff, a woodworking cooperative.

Jason Holtz, Laurie McKichan, and Richard Helgeson build customized furniture in this space. Tom Caspar, who teaches woodworking classes, is also part of the cooperative. Amy Hubbard, who has another job but is a hobbyist woodworker, rents a small space in the building. And Sam Devine, a general contractor, has an office here.

Holtz said he comes by this career naturally since his dad is a carpenter and his grandfather was a carpenter. "While I don't build houses, I do some things my dad doesn't do, and vice versa," Holtz said, "but there is some overlap."

He started by studying pre-architecture at the University of Minnesota. "I ended up in a woodshop in a design class, and here I am, over 20 years later."

McKichan was a theater major. "I was bored, looking for things to do. I had always liked crafts, and I took an intro to woodworking

Photo right: Jason Holtz standing by 14-foot table he is creating from slab. (Photo by Jan Willms)

class. I built a coat rack, and I was hooked," she said. She and Holtz both apprenticed for the same furniture maker in Chicago, but at different times. They connected when they returned to Minnesota, and then McKichan met Helgeson through some friends. She said they all got connected "through this crazy web we weave."

Caspar has been in the picture all along. "My career goes back to when dinosaurs roamed

the earth," he joked. After graduating from college, he and some friends opened the Malt Shop in south Minneapolis.

"None of us knew anything about restaurants, and I didn't know how to use a hammer," he recalled. "But I got put in charge of fixing the rickety furniture in the restaurant, and I found out I like it. After burning out on the restaurant business, I got really lucky and found an apprenticeship with an



old-time furniture shop, Eric's Interiors. I worked there, and then for ten years on my own. I did custom-made furniture for a long time and found out how difficult it is to make a living on your own."

He then was offered a position as editor for *American Woodworker Magazine*, where he remained for 15 years until the magazine folded last year and he again found him-

self on his own.

"While I was an editor, I hired Laurie, Jason and Richard at different times to write stories," Caspar explained.

"I'm teaching classes because that's what I like to do best," he said. He offers individual and group instruction in woodworking at Woodcraft Supply in Bloomington. He also teaches at a school in Maine.

"I had previously been with another woodworking co-op like this, but with a few more members, called the Fourth Street Guild. That group has now moved to northeast Minneapolis.

"There are very few operations like this in the entire country," Caspar noted.

"It works if you get along," Holtz added. "First and foremost, a commercial space like this is ex-

pensive, as is the equipment. As an individual, it's hard to justify this amount of space."

But for a co-op, it is less costly and more effective. The woodworkers don't have a showroom to display their wares because they are doing mostly custom work. "We don't have a lot to show," Holtz explained, "because everything we build is sold before we make it."

Each furniture maker has his or her own website showing work samples.

"We don't build kitchen cabinets over and over again; it's one-of-a-kind," Holtz said. "We found it a lot better to band together and try and struggle together."

"This co-op gives you community and gets you out of the house," McKichan said. "For us, it works because we're older. We have established ourselves. And we have been together long enough that we know each other's idiosyncrasies."

Caspar said the co-op moved to the Longfellow area from a location in St. Paul. "We were gentrified out of our area in St. Paul," he said. "It used to be low rent, but with the light rail the rent went up, and we had to move. Also, this is local for Richard and Jason and me. Jason lives just a couple blocks from here."

Helgeson builds a lot of church furniture; McKichan does arts and crafts, and Holtz calls himself the slab guy. He is currently working on a 14-foot long table that he is creating from a slab of wood.

"I do a lot of built-in work," he said. "I'm not opposed to doing small jobs others don't want to do. I get a lot of work from my own neighborhood, like a replacement entryway in Longfellow."

McKichan said she has a client who bought a sofa and is having her take it apart and make it into two different chairs. Another client had an old sofa and wanted it made longer.

Caspar said he likes to teach woodworking by using early tools. He has a plane that he demonstrates that is from the civil war era.

The group agreed that their first challenge will be to figure out what winter brings. "Our heat used to be included in the rent," Holtz said. "Now we will be paying that separately."

"And we'll have to shovel sidewalks," Caspar added.

Although the co-op does not have specific hours, someone is usually there during the day if anyone wants to drop by and see their operation in progress. Some of their customers will stop by to see them work or ask questions.

"We are more expensive than Ikea," McKichan said. "But it's custom furniture. We want to make the expectations clear of what the client is getting, so everyone is happy."

Websites for the woodworkers are as follows:

- jholtz.com
- lauriemckichan.com and
- richardhelgeson.com



Tom Caspar working with a plane from the Civil War era. (Photo by Jan Willms)



Laurie McKichan making plans for furniture pieces. (Photo by Jan Willms)

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# LONGFELLOW

COMMUNITY COUNCIL

## LCC welcomes new Community Engagement Coordinator Libby London

The LCC is proud to introduce our newest addition to the staff. Libby London was born and raised in Minneapolis, MN. For the past five years she has focused her efforts in supporting emerging entrepreneurs and farmers, and in collaborating with local community leaders around environmental and economic issues. She currently works part time as the Community Outreach Director at the Permaculture Research Institute-Cold Climate, a Longfellow-based non-profit. She is crossing her fingers for a cold and snowy winter this year, because she is an artist with the Art Shanty Projects, which is a public art project that happens in the middle of a frozen lake each weekend in February. She lives in the Bancroft neighborhood of Minneapolis.

Libby is a dynamic and skilled person and will absolutely en-

hance the capacity of LCC. We are really excited to have her join our team.

## Join the Longfellow Shoveling and Raking Volunteer Network!

Need help shoveling snow or raking your yard this season? The good neighbors of Longfellow are excited to help - just ask! Or are you a shoveling or raking volunteer? Do you love getting outside and helping your neighbors with their raking and or snow shoveling needs? Email Libby@longfellow.org for more information!

## Longfellow Neighborhood Raingarden Project Coming This Spring!

Building on the success of the 2014 pilot program, the Envi-

## Give the Gift of LCC Merchandise this Holiday Season



The Longfellow Community Council has new merchandise just in time for the holidays. This year's design features the Brackett Rocket. Options include unisex sweatshirts for \$25, men's and women's shirts for \$15, and onesies and children's shirts for \$12. There are also copies of "Longfellow365" available. Go to [www.longfellow.org](http://www.longfellow.org) for more information.

ronment and Transportation Committee has secured \$30k in grant funding to install 40 raingardens neighborhood wide this spring. These raingardens will be made available

to businesses and residents alike. Make sure to follow LCC communications for registration and project details. LCC is still seeking several neighborhood residents for help with

the planning of this project (Landscape design expertise is a plus) please contact Joe Sturm with any interest Joe@longfellow.org or 612.722.4529 ext. 13.

## LCC Crowns New Longfellow Chili Champs



The Longfellow Community Council hosted its Annual Chili Cook Off on Sunday, November 15th at Gandhi Mahal. Trevor Russell and Kelly Wilson took the title of Longfellow Chili Champs for their four pepper white bean chili. Other winners included Fireroast Café for Best Vegetarian Chili, Le Town Talk for Best Business Chili, the Minneapolis Police 3<sup>rd</sup> Precinct for Best Meat Chili, and William Fitzgerald for Best Spicy Chili. The LCC would like to thank Solar Microgreens LLC, New French Bakery, and Longfellow Market for generously donating food, along with Gandhi Mahal for providing space for the event.

## President's Message

**Eric Day,**  
President of the Board

On behalf of the entire Longfellow Community Council Board of Directors, I want to thank everyone who supported LCC last month, as we are incredibly grateful for the support and donations that we received from the community. Thank you to everyone who donated during Give to the Max Day as well as to those that attended our successful Chili Cook Off! The money raised from these two events will help us continue our work in the Greater Longfellow community. If you didn't get a chance to support the organization during these events, there is still time to make a donation to help your neighborhood organization. All donations made to LCC are tax deductible and really make a difference in the reach of the organization in the community! Donate online or at



Eric Day

the LCC office today!

I also would like to thank everyone who participated in our recent community survey. We had an overwhelming response and the insights we gained from this survey helped the Board at our retreat last month to shape the vision and

goals of the organization over the next two years. There are many exciting things in store for LCC! We have decided to continue to keep this survey online at our website [www.longfellow.org](http://www.longfellow.org), as we feel it is a great tool to connect with the needs and priorities of the community. So, go online and let us know what you think!

Finally, I'd like to wish everyone in the Greater Longfellow Community, a very happy holiday season. This time of year brings out the best in everyone and I'd like to challenge you all to take a moment and think of how you can affect our community in a positive way, both this month and in the coming year. We are fortunate to live in such a great community filled with folks that care about each other and look out for each other. I hope you all have a wonderful holiday season!

Thanks again for your continued support and I'll see you around the neighborhood!

COOPER HOWE

LONGFELLOW



HIAWATHA

## Longfellow Community Council

2727 26th Avenue S., Minneapolis, MN 55406

612.722.4529 • [www.longfellow.org](http://www.longfellow.org)

Melanie Majors, Executive Director  
Libby London, Community Engagement Coordinator  
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# Parks Plan

Continued from page 1

two baseball diamonds and two multi-use fields in the same space the former four baseball fields occupied, such as at Morris Park.

Some tennis courts are being replaced with multi-sports courts that have striping for tennis, pickleball, volleyball, kato and bicycle polo. This is being proposed at Hiawatha Park.

Basketball courts are being added at places like Longfellow and Morris parks.

A sports dome with year-round use is proposed for East Phillips Park.

An aquatic center is also in the works for the Phillips neighborhood, and will be the only indoor pool in the South Service area due to the high cost of implementation and operation. Beaches will remain at Lake Nokomis.

MPRB seeks to transition from a wading pool-dominated system to a mix of wading pools, splash pads, and hybrid facilities to cater to a broader age range. The only park with a possible pool removal is Keewaydin.

Currently, the city offers traditionally manufactured play structures, but the goal is to diversify this to include adventure and natural play. Of note is the plan to include both adventure play and natural play at Keewaydin, and natural play at the Seven Oaks Oval. The initial plan is to decrease the playground space at Longfellow and add a natural play area there.



Current configuration with 4 ballfields



Proposed configuration with 2 ballfields and 2 multipurpose fields

The plan replaces 20 baseball diamonds with multi-use fields where residents can play soccer, football, lacrosse, and more. The existing arrangement with four baseball diamonds places them so close together that four games can't be played at the same time. Instead, the proposal is to have two baseball diamonds and two multi-use fields in the same space the former four baseball fields occupied, such as at Morris Park.

Natural play areas use natural materials and trees while an adventure play area might have climbing walls, small-scale ziplines, and large climbing walls.

A playground will be added at Shoreview and 54th St. E.

Adult fitness areas that may include outdoor fitness equipment and climbing structures is proposed for Longfellow.

Within the plan is the goal of adding a walking loop with seating in most parks, increasing the total number from 5 to 10 or 12.

There is an effort to increase winter recreation, particularly in the northern portion of the service area. A year-round skating rink is being proposed for Corcoran Park.

A skate park is proposed for Todd Park, a pizza oven for Phelps, and additional fishing piers for Diamond Lake and Powderhorn Lake. There is cur-

rently space for archery at Solomon Park, but the goal is to add an archery walk. Disc golf is also slated for Solomon.

Urban agriculture sites will also be created, and food-bearing vegetation included in most parks. This includes the renewal of Adams Triangle as an urban agriculture site with a group shelter, rather than as a boulevard as it is now.

"It will be great to see that particular space cultivated a little more than currently," said Tigan.

Urban agriculture is also being proposed at Hiawatha Park, which is adjacent to Hiawatha School.

This is being done in conjunction with MPRB's Urban Agriculture Activity Plan that was adopted in August 2014.

Learn more online at [www.minneapolisparcs.org](http://www.minneapolisparcs.org).

**"Our development of these concepts didn't happen in a vacuum."**

**— Adam Arvidson**

**"I think it looks like a well thought-out master plan, but it will have to pass muster with the community."**

**— Jane Tigan**

**COMING SOON!**

**URBAN FORAGE**  
• WINERY & CIDER HOUSE •

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

**AQUATICS**

- Wading Pool
- Swimming Pool
- Beach Access
- SP Splash Pad
- IW Interactive Water Play

**PLAY ELEMENTS**

- Traditional Play Structure
- AP Adventure Play
- NP Nature Play

**ATHLETIC FIELDS**

- Multi-use Field
- Multi-use Diamond (only fields overlapping with existing and quantity shown)
- Premier Field
- Winter Diamond
- SD Sports Dome

**COURTS**

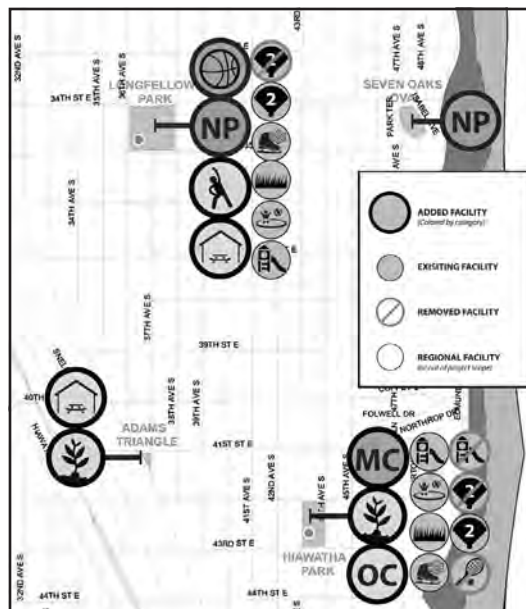
- Tennis Court
- Basketball Court
- Volleyball Court
- MC Multi-sport Court

**WINTER USE**

- Sledding Hill
- Seasonal Skating Rink
- Year-Round Rink (Maintenance Consideration - Please Contact 311)
- Warming Hut

**OTHER**

- Skate Park
- Group Shelter
- OC Outdoor Classroom
- Stage/Bandshell
- Adult Fitness
- Walking Loop
- Urban Agriculture
- Dog Park
- Disc Golf
- Archery



Highlights of changes proposed for parks on the east side of Hiawatha include the addition of urban agriculture at Adams Triangle and Hiawatha, and natural play areas at Longfellow and Seven Oaks Oval. Other proposed changes include an enhanced archery area and disc golf at Solomon Park, and adventure play and natural play areas at Keewaydin. The wading pool at Keewaydin is the only pool in the South Service Area in danger of being closed. At the Nov. 19 Community Advisory Committee meeting, two options were shown; the image above is one of them.

## Neighborhood Churches Welcome You!

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

*Pastor Jo Bauman*  
Sundays:  
9:15 am Education for Adults & Kids  
10:30 am Worship  
Saturdays, Dec 5 & 19  
5:00 pm Soul+Food Dinner Church  
Dec 5 at noon Ladies Christmas Lunch \$8  
Christmas Eve Candlelight Service 4 pm  
Christmas Day Jazz Service 10:30 am

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

*Children especially welcome*  
**Christmas Eve Services**  
December 24, 4:30pm and 10:00pm  
Espanol 7:00pm  
Contemporary Worship Sundays 8:45am  
Sunday School for all ages 10:00am  
Traditional Worship Sundays 11:00am  
Espanol Sundays 1:30pm  
Wednesdays at 5:45pm  
Meal and activities for the family

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

*Rev. Pam Armstrong*  
Sunday Worship: 10:30 am  
(Childcare Provided)  
(Wheelchair Accessible)

**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527  
[www.minnehahacomunion.com](http://www.minnehahacomunion.com)

*Pastors Dan and Sally Ankerfelt*  
Sunday Worship – 9:45 am  
Sunday School – 9:45 am  
Child Care Available  
Dec. 20: Longest Night Service (for those experiencing loss and grief): 4 pm;  
Dec. 24: Christmas Eve Worship Service: 4 pm (Wheelchair Accessible)

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

[www.saintalbertthegreat.org](http://www.saintalbertthegreat.org)  
*Fr. Joe Gillespie, O.P.*  
Sunday Mass: 9:30 am (Childcare available)  
Saturday Mass: 5 pm  
Dec. 24: Family mass at 5:00 pm  
Candlelight Mass at 10:00 pm  
Dec. 25: Christmas Day mass at 10:00 am  
Jan. 1: New Year's Day mass at 10:00 am  
M,T, Th, F: Rosary at 8 am, Daily Mass 8:15 am  
Adoration of the Blessed Sacrament, First Fridays from 9 am to noon (Handicapped accessible)

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

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

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

*Pastors Derek Johnson & Matt Oxendale*  
Dec. 17 Meatball Dinner - Call for reservations  
Christmas Eve 4pm & 11pm  
Sunday Worship 8:30 & 10:30 am  
AA Meetings Tuesdays/Sundays 7:00 pm

### Projects of the Neighborhood Churches Include:

Minnehaha Food Shelf, Serving People Tuesday, 10:30 am - 3 pm  
Call us at 612-721-6231  
Minnehaha United Methodist • 3701 E. 50th St.

# In Our Community

**Messenger**

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

## Holiday celebration for seniors Dec. 15

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for their annual Holiday Party for Seniors on Tue., Dec. 15 at 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. Enjoy live music, lunch, and door prizes! The event will be held in the basement gymnasium and doors will open at 10am. All seniors who reside in greater Longfellow and Seward neighborhoods are welcome to attend this free event (however, a suggested donation of \$2 is appreciated). Pre-registration is not required. Call Longfellow/Seward Healthy Seniors at 612-729-5799 for more information.

## Arts Showcase scheduled Dec. 10

Mark your calendars for Roosevelt's Winter Arts Showcase on Thur., Dec. 10! Join them for music, dance, art and more and celebrate the reopening of their renovated auditorium. Dinner will be available for purchase from La Poblana from 5:30-6:30pm in the south gym. Then, fun for the whole family, a free concert of music and dance from Roosevelt's fine arts programs, will be from 6:30-8pm. Roosevelt is located at 4029 28th Ave. S.

## Roosevelt HS marks 45th Holiday Basket

Roosevelt High School Operation Holiday Basket provides a holiday meal to those in our community that have expressed a need. This is the 45th year of Holiday Basket. Last year 350 local families received a turkey and box of non-perishable food items to make a holiday dinner. The baskets are packed and delivered by our students (with the help of the YMCA) on Dec. 20.

If you'd like to donate food items or money, please drop off at Roosevelt the month of December. If you have questions, contact Christol Kjome, 612-668-4839.

## Annual Advent Workshop at Epworth

Christmas Crafting for All Ages at Epworth's Annual Advent Workshop on Nov. 29, 1:30-3pm at Epworth United Methodist Church, 3207 37th Ave. S. Starting at 1:30pm you can: craft wreaths and ornaments, make cards and other gifts, create hats for our mitten tree, help with the hanging of the greens, get a keepsake photo keepsake, mess around with finger paint, have your face painted, and more. The cost is a donation of non-perishable food items for the Minnehaha

## Tree Lighting slated for Nov. 28



The third annual Nokomis Tree Lighting returns on Sat., Nov. 28, 4-6pm, hosted by Oxendale's Market and presented by the Nokomis East Business Association. NEBA is proud to welcome back Steve's Tire & Auto as a sponsor of the tree with lights provided by Nokomis Hardware. The tree will be lit up at 5:30pm surrounded by spirited holiday music in the background. Town Hall Lanes will be providing free samples of their root beer outside in the parking lot.

Santa Claus will make a special appearance inside Oxendale's Market, hosted by Brushed Monkey, with free pictures taken by professional photographer Pamela Diedrich. Children will also be able to pick out a free book, provided by the Friends of the Nokomis Library. All Nokomis East families and neighbors are invited to kick off the holiday season and support the Nokomis East Business District during this free event on Small Business Saturday.

Roosevelt High School kicks off their longtime tradition of "Operation Holiday Basket" at the Nokomis Tree Lighting on Nov. 28. The school will be on site accepting food donations that are given to over 300 families. Throughout the month of November, look for a special postcard in the neighborhood with event details. For additional information for the Nokomis Tree Lighting event, visit [www.nokomiseastba.com](http://www.nokomiseastba.com).

Food Shelf or donations of hats, gloves, mittens, or scarves or the Epworth Mitten Tree. The Mitten Tree benefits the children at two local elementary schools.

## St. Peder's hosts joyous "Jul" Dec. 20

St. Peder's (4600 E. 42nd St.) will host a unique, traditional celebration of the Christmas season, its annual Song Service Sun., Dec. 20 at 9am followed by traditional Danish fare of kringle and coffee and punch—and singing around the Christmas tree!

On Christmas Eve, St. Peder's offers a Danish language service at 3:15pm. The liturgy and carols are in Danish.

## Christmas Boutique slated at St. Albert

The Christmas Boutique and Bake Sale will be held at the Church of St. Albert the Great on Sat., Dec. 5 from noon to 6:30pm, and Sun., Dec. 6 and Sun., 13 from 8:30am to 12:30pm. Dozens of holiday CDs and retired Dept. 56 collect-

ibles plus holiday decor and gift items will be for sale. The Bake Sale features St. Albert's delicious fudge and Alberto's Salsa along with all the holiday favorites. The church is at E. 29th St. at 32nd Ave. S., and there is an accessible entry behind the statue of St. Albert. Call 612-724-3643 for more information or visit [www.saintalbertthegreat.org](http://www.saintalbertthegreat.org) for more information.

## Soul+Food planned Dec. 5 and 19

Soul+Food Dinner Church is planned at 5pm at Bethany Lutheran Church (3901 36th Ave. S.) on Saturdays, Dec. 5 and 19. This is an alternative worship service including communion and discussion during a shared meal.

## Art Class for Seniors planned Dec. 10

Making a seasonal candle holder and pine cone wreaths will be projects of the Art Class for Seniors held on Thur., Dec. 10 from 1-3pm at St. Peder's Lutheran

Church, 4600 E. 42nd St. The class costs \$3, and pre-registration is required. Call Longfellow/Seward Healthy Seniors at 612-729-5799 to register.

## Cabin Fever slated weekly at Epworth

Cabin Fever is a weekly play date for kids and their caregivers (required to stay) every Wednesday from 9:30-11:30am at Epworth UMC, 3207 37th Ave. S. Their Fellowship Hall is transformed with several stations: art, dress-up, climbing structure, manipulatives, sensory table and more! Enjoy a safe space for infants and toddlers to play and for caregivers to talk with other adults!

## Scholars named at Minnehaha Academy

National Merit Semi-Finalists and Commended Scholars were recently announced at Minnehaha Academy.

National Merit Commended Students are those who placed among the top five percent of the 1.5 million juniors who took the Qualifying Test (PSAT/NMSQT). Sam Carlen, Sarah Kaminski, Kitra Katz, and Jack McGillivray were named Commended Students.

National Merit Semi-Finalists are those who placed among the top one percent of the 1.5 million juniors who took the Qualifying Test (PSAT/NMSQT). Minnehaha's National Merit Semi-Finalists are Gabriel Hartmark, Caroline Paulsen, Tyler Radtke, Nathan Rowley and Alexandra Wilson.

## Bethany schedules luncheon Dec. 5

Bethany Lutheran Church (3901 36th Ave. S.) will hold their Ladies' Christmas Luncheon on Sat., Dec. 5, at noon. The event will feature a lunch and entertainment by musician Mary Hall. Tickets are \$8. Make reservations through the Bethany Church office by phone (612-729-9376) or e-mail [office@bethanyon36th.com](mailto:office@bethanyon36th.com). There will also be a Mitten Tree collection of mittens, hats, and scarves for local schools.

## Faith-based tutoring help available

Each Tuesday, from 4-6pm, Faith Lutheran Church (3430 E. 51st St.) provides after-school tutoring and activities through a nationally-recognized tutoring and mentoring program called Rebecca's Garden of Hope. This is a free, volunteer-driven ministry of learning and support "anchored in Christ and reflecting

the qualities of love, perseverance, discipline, and structure" to help the community's children grow. Tutoring and Homework Help is available in language arts and mathematics, grades 1-5. In addition to academic help, students will receive healthy snacks, will enjoy games and other enrichment activities, and will learn about God's Word. Please contact Faith Lutheran Church, 612-729-5463, if you'd like to register your child or if you would like to volunteer as a tutor the program.

## Winter Solstice celebration Dec. 20

Let the joyful energy of music and dance carry you through the longest night, 6:30-8pm on Sun., Dec. 20, at Lake Hiawatha Recreation Center, 2701 E. 44th St. This participatory evening on Winter Solstice draws upon old European traditions for welcoming the return of light and, with the light, the energy for life. Winter Solstice is seen as the beginning of a "thin time" when the material and spiritual worlds are very close. The group will use this time to honor the year that has passed and prepare for new growth. Through live music, meditation, community dancing, writing, and sharing fortune bread, participants will cultivate high spirits to set them on the way to a great year. Featuring Emily Jarrett Hughes and Greg Herriges. No experience necessary.

## Discussion on Vatican set Dec. 15

Vatican expert Massimo Faggioli will talk about Pope Francis, his impact and encyclicals, the recent Synod in Rome and the continuing legacy of Vatican II Tue., Dec. 15, at St. Albert the Great Church (E. 29th St. at 32nd Ave. S.) Social time will begin at 6pm, with the talk beginning at 7pm. This program is free and open to the public.

Dr. Faggioli is associate professor of theology and director of the Institute for Catholicism and Citizenship at the University of St. Thomas in St. Paul. He is the author of "Pope Francis: Tradition in Transition" and numerous other books.

## Christmas Pageant planned Dec. 13

Epworth United Methodist Church, 3207 37th Ave. S., will hold their Christmas play, "A Not So Silent Night," will be during the 10:30am worship service on Dec. 13. See what happens when "hoodlums" come to prank a church's outdoor manger scene!

## NA meeting open every Friday night

Faith Evangelical Lutheran Church, 3430 E. 51st St., hosts a Narcotics Anonymous (NA) meeting every Friday from 7-9pm. Everyone is welcome.

## Holistic Moms meets on Dec. 16

Our bodies have an ability to heal themselves when properly supported. Registered Herbalist Lise Wolff will present the next program of the Holistic Moms Network on Wed., Dec. 16, 7-9pm, at the Fuller Park Recreation Center, 4800 Grand Ave. S.

Wolff will give an overview of herbalism and conditions/illnesses that can be helped through herbs, as well as safe, simple and effective herbal remedies for the whole family (babies through adults). In her practice, Wolff often uses local herbs she gathers to treat a wide range of conditions including skin problems, allergies, fertility issues, auto-immune disorders, migraines, hormonal imbalances, ADHD, depression, anxiety, arthritis and neurological concerns. In addition to her practice, she teaches herb courses at the U of M and St. Catherine.

Meetings are free and open to the public. No matter where you are on your parenting or holistic journey, you are welcome! Children are welcome.

## Farmers Market happy with 2015

The Midtown Farmers Market would like to thank everyone who took part in the 2015 season. The market wouldn't exist without community and they are grateful for the support. This year over 60,700 people visited the market, and 63 local nonprofits shared their visions and projects with shoppers. In addition, \$14,787 EBT (food stamp) tokens were issued and, of that, \$5,943 were matched with Market Bucks to give our EBT customers even more spending power. The Midtown Farmers Market is already looking forward to May 2016 when they will open once again.

## 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.

## Adoption support group meets monthly

The Adoption Support Network holds monthly support groups at Minnehaha Communion Lutheran Church (4101 37th Ave. S.) for parents and teens who have been adopted. Meetings are held the first Tuesday of every month (Dec. 1) at 6:30pm. Adoptive parents are provided with a confidential, non-judgmental environment where they can support each other and share resources. Teens are invited to meet other teens who understand

# Holy Trinity and partners work to build community solar garden

Community solar gardens are relatively new in Minnesota and few people understand what they are or how they can participate in a "garden." Residents in the Longfellow neighborhood may be a bit ahead of the game because the Twin Cities' first solar project—organized by MN Community Solar (40th St and Minnehaha)—has already enrolled participants, gotten through the Xcel approval process, and is ready to be installed on the roof at Northern Sun Merchandising.

Now a new model is emerging for community solar garden, and again it's happening right here in Longfellow, with a project led by Holy Trinity Lutheran Church (2730 E. 31st St.) and MN Community Solar.

This new garden will have all the benefits of a community solar garden, but it will be located outside the neighborhood, on 2-3 acres of undeveloped land near Rochester. The planned 1 Megawatt system will provide enough energy to offset the church building's energy use and the energy of 150 families.

### Why community solar rather than solar on your roof?

Solar garden organizers cite a number of benefits to participat-

ing in a solar garden rather than putting solar on your roof, such as:

—It doesn't matter if your roof is structurally sound; your house is oriented correctly, or if there are trees in the way. The solar garden is located somewhere else—in just the right conditions.

—You can participate even if you don't have a roof! Renters and homeowners alike can become 'subscribers' to a solar garden, and their subscription goes with them wherever they live, as long as they live in Xcel service territory.

—You don't have to worry about keeping solar panels clear of winter snow or summer dust. Someone else does all the maintenance.

### Different payment methods for different solar gardens

The biggest differences between the Northern Sun Garden and the proposed new garden being organized by Holy Trinity is the payment model. While the Northern Sun garden required participants to pay up front for the solar panels that would offset the subscriber's energy bill for 25 years, the Holy Trinity Garden will operate on a pay-as-you-go model.

With pay-as-you-go, participants pay a small fee on each monthly bill but then receive an energy production credit worth more than their fee, thus saving them money every month. Holy Trinity's solar garden will generate a 9% savings on the subscriber's energy bill every month.

Compare this funding model to Xcel's Wind Source program, a program many people participate in as a way to offset the carbon impact of their energy usage. With Wind Source, you pay extra for renewable energy production. With a community solar garden, you pay less each month.

### Holy Trinity Garden is seeking subscribers now

Holy Trinity would like to make participation in their community solar garden available to families and small businesses, in addition to the church and its members. The 1 MW system can provide power to 150 to 200 subscribers.

Holy Trinity has been sponsoring open houses to provide residents with information about community solar gardens as a source of renewable energy, about the financial considerations for subscribers, and about the sustainable land management practices they intend to use

for the 3-acre parcel where the 'garden' will be located.

The next informational session will be on Wed., Dec. 2 at 6.30pm at Gandhi Mahal Restaurant (3009 27th Ave. S.) in the community room.

If you are interested in learning more but can't make that session, you can contact their project partner, The Alliance for Sustainability, to talk to Sean Gosiowski at 612-250-0389. The Alliance has produced a 5-minute You-Tube video explaining the benefits of joining a solar garden. You can find it here: <http://allianceforsustainability.com/communitysolar>.

If you would like to reserve a spot in this garden, you can express your interest at <http://www.mncommunitysolar.com/faith-communitysolar>.

Holy Trinity is working with a number of other congregations and neighborhood groups to seek subscribers for this project, including Transition Longfellow, the Longfellow Community Council, and Christ Church Lutheran as well as the Corcoran Neighborhood Association, Whittier Alliance, East Isles Neighborhood, and ECCO Neighborhood.

## Solar Incentive Program starts third year

The Minnesota Department of Commerce has announced incentive amounts for Made in Minnesota solar panels for the third year (2016) of the 10-year, \$15-million-a-year Made in Minnesota Solar Incentive Program. This program is available to customers of Xcel Energy, who install solar electric systems (also known as solar photovoltaic [PV]) using solar modules certified as manufactured in Minnesota. Modules from four Minnesota companies—tenKsolar, Silicon Energy, Heliene and Itek Energy—have been certified for the program to date.

Many Twin Cities property owners have already taken advantage of the program since it was launched in 2014. All Energy Solar, a local full-service solar installer based in the Merriam

Park neighborhood in Saint Paul and with roots in South Minneapolis, has completed more than 100 installations for local property owners who qualified for the Made in Minnesota Solar Incentive Program in neighborhoods throughout the area.

"There has never been a better time to go solar in Minnesota," said Ryan Buege, All Energy Solar's Director of Sales. "The Made in Minnesota incentive is one of the strongest incentives for homes and businesses to go solar in the entire county, and the underlying cost to install has come down over 80% in the last ten years. If you get the sun on your property, this is a program you should be considering."

This is expected to be an especially big year for the Made in Minnesota Incentive Program

because it is the last year to secure both a Made in Minnesota Incentive and a Federal Tax Credit to offset the cost of a solar installation. Currently, Federal Tax Credits for solar are set to expire on Dec. 31.

The Made in Minnesota Solar Incentive Program is administered by the Minnesota Department of Commerce with an annual budget of up to \$15 million for ten years. About 50 percent of the incentives will go to residential systems and about 50 percent to commercial. Applications will be accepted annually from January 1-February 28 each year through 2023 and will be selected by lottery.

More information on Made in Minnesota program is available on the All Energy Solar website, [www.allenergysolar.com](http://www.allenergysolar.com).

## Parkway Pizza continues fundraising Dine-Out for Schools

Parkway Pizza continues their Dine-out for Schools program this year. This year, the same ten schools that took part in last years' fundraisers are participating in the hope that even more money will be donated to the community's schools. Last year, Parkway Pizza gave over \$10,000 to ten schools in a five-mile radius of the restaurant, the majority through Dine-out for Schools.

On Monday, Tuesday, and most Wednesday nights, the restaurant donates five percent of the proceeds from total sales to one of the ten local schools. Dine-out for Schools is a way to come together in support of schools, and for students, parents, teachers, and faculty to interact outside of the classroom. As Molly Kroesch, a parent and PTO President at Hiawatha Community School, said, "this is an easy, fun way to meet up with other families from our school, knowing we are helping our school too."

All of the money raised goes directly back to teachers and students to meet classroom needs, field trip expenses, and other experiential learning costs.

"The Dowling PTO gives money to teachers at the beginning of the year as a start-up fund for classroom items," says Diane Lesmeister, the Dowling PTO Co-Chair. "Parkway Pizza is an essential partner to Dowling, as their fundraising support directly impacts students and teachers," says Lesmeister.

Heather Craig, the Northeast Middle School PTO Treasurer, stated that the money donated by Parkway last year was used to sponsor a free Spring dance for the kids, for some classroom grants and also to cover the cost of a custodian after the Johnson St. merchants movie night.

Parkway Pizza has been a part of the Longfellow community since 2006. In years past, Parkway has also donated gift cards, build-your-

own-pizza experiences and large pizza orders to various students, teachers, and Parent-Teacher Organizations. Previously, the winner of Student of the Month, at Hiawatha Community School, won an opportunity to make his or her own pizza at the Parkway Pizza restaurant.

As a restaurant that was built by the Longfellow and Nokomis neighborhoods, Parkway believes in giving back to the students, teachers, and families that make up the restaurant's rich character.

"Parkway Pizza is always willing to be at our Sweet on School dance and our Spring Fiesta, selling their delicious pizza and donating part of the take to the Hiawatha PTO," says Molly Kroesch.

Increased community support on Dine-Out for Schools nights directly increases donations to help schools get the financial support they need. Now, that's a meal everyone can feel good about.

# Be prepared for snow emergencies!

Snow season is coming, and the City of Minneapolis recently sent out almost 178,000 snow emergency brochures, one to each household in the city. The brochure has graphics and text showing where to park during the three phases of a Snow Emergency.

Folks should hold on to the brochures throughout the winter and have them handy whenever a Snow Emergency is declared. The brochure contains the Snow Emergency parking rules and lists ways people can find out when the City of Minneapolis declares a Snow Emergency. The more people follow the Snow Emergency parking rules and help their neighbors do the same; the easier snow season is on everyone.

When the snow flies, City Public Works crews have enormous jobs to do, with more than 1,500 miles of streets, park-

ways, and alleys that need to be cleared. It's important for drivers to follow the Snow Emergency parking rules so plows can do the best job possible clearing snow. Vehicles parked on the street in violation of Snow Emergency rules can be ticketed or towed.

Getting drivers to follow Snow Emergency parking rules helps the City, too. Towing and impounding vehicles is expensive and makes plowing inefficient, so it's in everyone's interest to help drivers follow the parking rules and avoid a ticket and tow.

## Stay informed

Residents, workers, and visitors have a number of ways to learn when Snow Emergencies are declared and what to do when they are. We're advising drivers to put many of these tools to use, not just one or two. The more ways people use to learn about a Snow

Emergency, the more prepared they will be to do their part, and the less likely they will be to be towed because they didn't know one was declared.

- **Hotline** - By calling the automated 612-348-SNOW hotline, folks can find out if a Snow Emergency has been declared. If a Snow Emergency is in effect, the hotline will have information on that day's parking restrictions that drivers need to follow to avoid tickets and tows. The hotline includes information in English, Spanish, Somali, and Hmong.

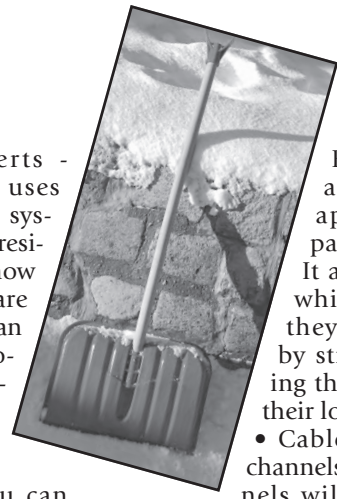
- **The City's website** - Go to [www.minneapolis.gov/snow](http://www.minneapolis.gov/snow) to find out whether a Snow Emergency has been declared and for a wealth of information on Snow Emergencies in many languages. Also, check out the street lookup, which lets you put in an address or neighborhood to see where you can park during a Snow

Emergency.

- **Phone alerts** - Minneapolis uses a phone alert system to notify residents when Snow Emergencies are declared. It is an automated notification system that can place thousands of calls per hour. You can add your cell phone or unlisted landline number to the alert system by signing up at [www.minneapolis.gov/snow](http://www.minneapolis.gov/snow).

- **Email alerts** - You can sign up to get Snow Emergency alerts automatically emailed to you. Go to [www.minneapolis.gov/snow/snow\\_esubscribe](http://www.minneapolis.gov/snow/snow_esubscribe) for more details.

- **App for Android devices and iPhones** - Drivers who have Android devices or iPhones can



download the Snow Emergency app. During a Snow Emergency, the app will tell them the parking rules for that day. It also has a street lookup, which lets them see where they can park on that day by street address or by having the device's GPS pinpoint their location.

- **Cable TV** - Tune into cable channels 14 and 79. These channels will have information in several languages when a Snow Emergency is declared.

- **Facebook** - Like Minneapolis Snow Emergency on Facebook. Go to [www.facebook.com/MinneapolisSnowEmergency](http://www.facebook.com/MinneapolisSnowEmergency).

- **Twitter** - [twitter.com/minneapolisnow](http://twitter.com/minneapolisnow). If you have a Twitter account, just follow us. Both the Twitter and Facebook pages will tell fans and followers when a Snow Emergency is declared.

# Classifieds

## Messenger

Want ads must be received by the Messenger by Dec. 11 for the Dec. 23 issue. Call 651-645-7045 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before Dec. 11 for the Dec. 23 issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto:denis@deruyternelson.com). Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the *Messenger's* website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com).

### ANTIQUES

Northwest Architectural Salvage - 2000 sq ft. of vintage lights, house hardware, doors, door knobs, tubs, etc. Also furniture hardware. 651-644-9270. 651-227-0382. 20% off with ad. B-15

### BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds. etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 11-15

### COMPUTER REPAIR/SERVICE

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605-5804. 4-16

### HANDYMAN

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### LEGAL

Ortiz Law Firm; Representing individuals in their claims for social security disability benefits; Sonja R. Ortiz, Attorney-At-Law, 612-242-8840. 12-15

### MASSAGE THERAPIST

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Ave. B-15

### PAINTING

Bill's Painting. 38 years experience. Painting, wallpaper, staining and texturing. Fully insured. Free estimates. Attention to details. Call Bill 612-790-1266. 11-15

Painting, wallpaper removal. 35 years experience. Small painting jobs wanted. Jim. 612-202-5514. Also lawnmowing. 3-16

### PETS

John's Dog Walking - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. [www.facebook.com/johnpetservice](http://www.facebook.com/johnpetservice) 12-15

### RENTAL

MPLS Storage located in the Longfellow neighborhood has

units for rent at low rates. Locally owned and family operated. 1/2 block from Lake and Hiawatha. 612-333-7525. B-15

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

### SENIOR VOLUNTEERS

Reimbursed Senior Volunteer - Position: Lutheran Social Service Foster Grandparent & Senior Companion Programs are seeking volunteers 55+ willing to visit isolated adults to provide in home companionship and transportation or serve as a mentor and tutor to children at school and early learning sites nearby. Tax-free stipend, mileage reimbursement and other benefits. Contact Sara Koch, 651.310.9448 or [Sara.Koch@lssmn.org](mailto:Sara.Koch@lssmn.org). 12-15

### WANTED

\*\*WANTED\*\* - Old Stereo, HiFi Equipment, HAM, and Cameras. Andy 651-329-0515. 12-15

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**NEXT ISSUE  
DECEMBER 23**

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# Managing our urban forest

City of Minneapolis foresters vs oak wilt and emerald ash borer

Article and photos

by MARGIE O'LOUGHLIN

About a dozen red and white oak trees disappeared from the Longfellow River Gorge last month. The diseased trees had to be removed from the West River Parkway median between 36th and 38th streets, and the natural area called the Prairie Oak Savan-

nah.

According to Ralph Sievert, Director of Forestry for the City of Minneapolis, oak wilt is spread in two different ways. Most commonly, the roots of an infected tree find the roots of a healthy tree underground. The roots graft, or join, and fungal spores pass to the healthy tree.

There's only one way to stop this underground transmission, and it's no small undertaking. Hire an arborist to trench around the drip line of diseased trees with a five-foot vibrating blade, severing any underground connection.

Oak wilt is also spread by an insect called the Picnic Beetle, which deposits fungal spores on open wound sites. For this reason, oaks should only be pruned during dormancy (Dec. 1 - Mar. 1.) If an open wound is created outside of these months through storm damage or accident, Sievert advised spray painting the wound to seal it shut.

Some homeowners choose to have their oaks preventively inoculated. A fungicide is injected into the root flare at the base of the trunk. As with trenching, this procedure should only be done by a certified arborist or tree service.

When an oak is infected, the fungal spores clog its vascular system—meaning that water and nutrients can't move up or down the trunk. Leaves begin to turn unseasonably bronze at the edges. Once this occurs, an oak can wilt completely in less than six weeks.

Regarding boulevard trees, Sievert was quick to say, "don't panic!" While it is significant to lose a beloved tree on personal property, widespread oak wilt on Minneapolis boulevards is unlikely.

Sadly, the risk of tree loss to oak wilt is much higher in parks and natural areas, where they grow close together. With a staff of 76 full-time employees and a budget of 9.6 million dollars, the Forestry Department is doing its best to stay ahead of this problem—and many others.

When dealing with tree diseases, some battles are won, and some are lost. Minnesota has the highest concentration of ash trees in the country, and they're also under attack. Sievert estimated there were 30,000 ash trees on boulevards and 10,000 in parks before the Emerald Ash



Ralph Sievert, Forestry Department Director, standing in front of a Burr Oak.



Looking north from Edmund Blvd. and 38th St. along the River Rd. Several mature red and white oaks were removed from this median in October.

Borer arrived here.

This beguilingly beautiful insect is bright metallic green and measures 1/2" in length. The City has elected not to treat for Emerald Ash Borer but instead is acting on an "Ash Canopy Replacement Plan," whereby 5,000 ash trees will be removed and replaced every year for eight years.

Replacement species include Kentucky Coffee, River Birch, Dawn Redwood, Bald Cypress, Prairie Gem Pear, Swamp White and Bi-Color Oak. Disease-resistant elms are also being introduced back onto Minneapolis boulevards with varietal names like Accolade, Triumph and New Horizon.

Maples have been suspended as a choice for boulevard planting, Sievert said. "About 25% of our boulevard trees are currently maple and, if there's one thing we've learned in the

last several years, it's to avoid a dominant planting. We want diversity."

"Some blocks in Minneapolis have nothing but ash trees," Sievert noted. "In those cases, we'll remove a handful each year, replacing as we go. That way the loss isn't so devastating and some of the trees will have gotten a good start when the last of the ash trees have to go."

Currently, the City is marking ash trees in three different ways. "The green plastic ribbons are part of an awareness campaign," Sievert said. "We want people to understand which trees are ash, and which are not."

If an ash tree is painted with a green ring, that means the tree is already infested with the Emerald Ash Borer. If a green "X" has been painted on a tree, it's slated for removal.

The Emerald Ash Borer is yet another in a long list of invasive species changing our landscape. It's thought to have entered the US in Detroit MI, arriving from China on shipping palettes made from infested wood.

Homeowners may elect to treat ash trees on their property at their own expense. According to Sievert, the cost is about \$10 for every diameter inch of trunk. That means that for a 20" diameter tree, the cost (every 2-3 years) to inoculate would be about \$200. Check the U of M Extension website for tips on how to choose a certified arborist at [www.umn.edu](http://www.umn.edu).

Even with the waves of tree diseases that have hit South Minneapolis over the years, Dutch Elm Disease and Emerald Ash Borer being among the worst, we still have an abundance of trees in our urban forest. Sievert estimated that our tree-lined city boulevards extend for 1,100 miles—stretching the equivalent of from here to New York City.

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- Mental Commitment Attorney Panel Advisory Board

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# Deck the halls with boughs of... microgreens?

By MARGIE O'LOUGHLIN

While most Minnesotans have finished putting their gardens to rest weeks ago, Anesh and Maytsua Patel and still rising at 5am to water and tend to theirs. The entrepreneurial Longfellow couple has a small-scale family farm in their basement, growing several varieties of fresh, nutritious microgreens.

Sprouts and microgreens are often lumped into one food category. However, the difference between the two is determined by whether or not the seed is planted in soil, and how much of the plant is being consumed. Microgreens are grown in soil, harvested at soil level and measure 1-3" in length.

Research has shown that microgreens are way ahead of their mature plant counterparts in nutritional value. Having

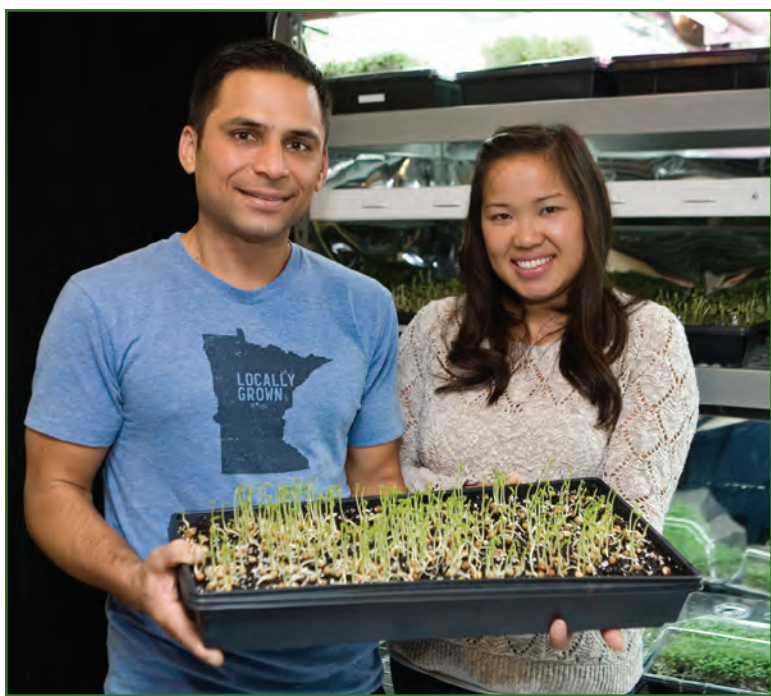
a hard time getting your kids to eat their broccoli? Consider broccoli shoots that are tender, delicious and packed with nutrients. Is red cabbage high on the reject list at your house? Microgreens grown from red cabbage seeds have 40 times more vitamin E and six times more vitamin C than a full grown cabbage.

Anesh is quick to point out, "We grow micro greens, not sprouts." A sensible man with a Ph.D. in psychology, a full-time clinical practice and two small children, Anesh was drawn to the farming life for several reasons.

"I grew up in Clarkfield, Minnesota," he explained, "where both of my grandfathers were farmers. My childhood was filled with pulling weeds and moving rocks. But when it came to my education, my par-



A tray of healthy microgreens nearly ready for harvest. (Photo by Margie O'Loughlin)



Anesh and Maytsua Patel, co-owners of Solar Micro Greens LLC in the Longfellow neighborhood. (Photo by Margie O'Loughlin)

ents encouraged me to take the traditional route. While part of me is satisfied with my work as a clinician, another part of me loves to garden, to work with my hands and to see the end result of a day's work."

"Mahatma Gandhi was born in my home state of Gujarat, India," Anesh continued. "Maytsua, the boys and I are experimenting with a vegan diet right now, a way of eating that would be common practice in Gujarat. We love being able to grow much of our own food in our summer garden, and to be able to offer the best quality microgreens to customers through our business: Solar Microgreens, LLC."

Their microgreens are currently available at the Longfellow Market at the corner of 39th Ave. and E. Lake St. Anesh and Maytsua hope to eventually have their product at the Midtown Farmers Market, and in ten local stores and restaurants within biking distance of their

home.

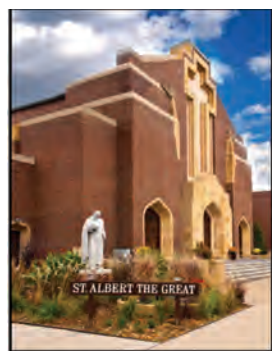
Formally established in August of this year, Solar Microgreens receives strict quality control from an expert. Maytsua, who is Laotian and grew up in France, is a former mortgage compliance specialist with an eye for detail. While Anesh tends to the planting, watering, and harvesting, Maytsua oversees quality control, packaging, and distribution.

The following microgreens are available for purchase: sunflower, broccoli and pea shoots, arugula, mild mix, spicy mix, kale, kohlrabi, red cabbage and daikon radish. All of the varieties are packaged in recyclable plastic containers, and have a surprisingly long shelf life when properly refrigerated (up to two weeks).

Anesh said of their rooftop solar panels, "We're grateful to be able to use non-polluting energy to power our business." He continued, "The way things have evolved for us fits

the model of permaculture we believe in. The 'stacking functions' (a permaculture term) of having a healthy home-based business, using sustainable energy, and growing good, healthy food with a quick turn-around time—it all feels like the right thing for our family."

For more information or to place an order, contact Anesh and Maytsua at solarmicrogreens@gmail.com, facebook.com/solarmicrogreens or by phone at 651-236-0887.



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