



## Nokomis business owner levels the playing field for people of color with mental health and addiction issues

# Matching clients of color with therapists of color

By JAN WILLMS

Nokomis resident Katy Armendariz wanted to start an agency that would level the playing field for people of color seeking help with mental health issues, and diminish the disparities between them and the dominant culture.

And so she did.

She started Minnesota CarePartner, located at the old Central Medical Building at I-94 and Lexington on the Saint Paul side of the river. Starting with a couple of part-time therapists, the agency has grown to 55 employees.

But this did not happen overnight, and along the way, Armendariz has struggled with her own traumas and issues while forging a path forward in building and strengthening Minnesota

CarePartner.

### Stripped of cultural identity

"I am from Korea," she said in a recent interview, as she described her background. "My birth mom was homeless and had a mental health condition. She couldn't parent, so she gave birth and then walked out of the hospital."

Armendariz was first placed in an orphanage and then foster care, and eventually was adopted by a Minnesota couple.

"There were good intentions, but I was completely stripped of my cultural identity," she recalled. "They denied any racial experience I had. I was exposed to a lot of comments growing up, and I started to grow very critical of the systems that create disparities between who is adopting and

who is being adopted."

Armendariz noted that oftentimes the child's adoptive parents did not know how to do their hair, did not know much about their culture, and did not raise them around people who looked like them.

### Burn out leads to new business

She attained her master's degree and became licensed and started working as an Adult Rehabilitative Mental Health Services (ARMHS) worker, then became a therapist. "But I was unfulfilled; it was just a burnout," she said.

"I wasn't sure I wanted to stay in the social work field," she continued, "so I went out and got my real estate license when I was pregnant with my second son. One week after I had given birth to him, I held my first open

house. And I hated it, really hated it. I decided I didn't want to do that."

Armendariz was drawn back to the field of social work, but she determined she wanted to provide mental health services for individuals who faced disparities and families at risk of child protection services.

"In Minnesota, 85 percent of child protection services are with families of color," she said, "in a system that is unfair and unequal."

Armendariz went out and applied for a business name, got a tax ID and got certified for ARMHS and Children's Therapeutic Services and Supports (CTSS.)

"I hired a therapist part-time, I made some flyers and brochures and set up a website, and I



As an adult, Katy Armendariz has delved into how she lost her cultural identity after being adopted from Korea, and she's working to help others sort through various types of trauma through that lens. (Photo by Jan Willms)

went out to several counties and told them what we wanted to do. And it just exploded. We now have 55 employees."

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# Shared mobility changing how people get around

## Nice Ride/Lyft now offers two types of bicycles, scooters and Ebikes in rapidly shifting market

By TESSA M. CHRISTENSEN

Nice Ride planned to offer 3,000 Ebikes this summer in Minneapolis, but in such a rapidly changing market they weren't able to deliver.

It's both frustrating and exciting for Nice Ride's Bill Dossett, who has been along for the ride since former Mayor R.T. Rybak first suggested Minneapolis needed a shared bicycle system and he should get involved.

Nice Ride partnered with Motivate (now owned by Lyft) in July 2018 with the understanding that it would provide 3,000 new dockless bikes for 2019. They provided 1,500 regular pedal bikes and then proposed an alternative for the rest: pedal-assist Ebikes. The agreement was then modified for 1,800 Ebikes instead.

However, Lyft has had trou-



Nice Ride Minnesota Executive Director Bill Dossett (front right) rides with Council Member Kevin Reich, chair of the Minneapolis City Council Public Works Committee, at the launch of the Nice Ride dockless system last September. The non-profit is now partnering with Lyft to offer pedal-assist ebikes, as well. (Photo by Nice Ride)

ble fulfilling that order. There have been three versions of its Ebike this year, pointed out Dossett. Lyft recalled most of its second version fleet in April due to faulty front brakes. The third, The Watson, is in development and

receiving major upgrades.

Minneapolis is one of the only cities in the country to have the Watson - and there are only 50 here.

They will be part of demonstrations at various events, in-

cluding Open Streets, but won't be available for rent until next spring when the full shipment of Ebikes is expected.

"My frustration is we don't have the Ebikes," acknowledged Dossett.

But he's excited by the possibilities for how Ebikes will shift the shared mobility marketplace, and offer users more options.

### Twists and turns

Dossett has been part of the shared mobility journey in Minneapolis since 2008 when you couldn't ride a bike down Nicollet Mall.

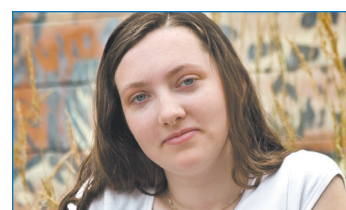
He was among a group of local active-living advocates led by the Loppet Foundation and supported by the city of Minneapolis Community Planning and Economic Development Department that launched Nice Ride in 2010. While bike share has been around for about 40 years, they were inspired by the subscription program Paris implemented in 2007.

They operated 65 stations with 700 bikes in that first season. Nice Ride grew to 200 stations with 1,850 bikes in 2017. (More at managesharedmobility.org)

"There have been a million twists and turns," said Dossett.

The first bikes were funded by \$2 million in federal funds and \$1 million from Blue Cross. They knew from the start that they wouldn't earn enough in subscription fees to cover all the costs, so they solicited about \$200,000 a year in station sponsorships from companies such as Target, Seward Co-op and Peace Coffee.

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Take a stroll, hear stories, connect with community

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Trail-blazing park keeper retires from Nokomis

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## What does the life of one young climate activist look like?

By MARGIE O'LOUGHLIN

Marianna Hefte will be a junior at South High School this fall. She loves history and English; she competes in debate. She is 16 years old and, like many of her close friends and colleagues, has already been working on climate justice issues for years.

Hefte is part of a fast-growing youth movement for climate action. She said, "When I first learned about climate change as a 5th grader at Dowling Elementary School, I lost faith in humanity. As I've gotten older, I've learned that activism is a remedy for hopelessness."

Hefte began cultivating a spirit of activism that has grown steadily stronger over time.

She got involved in the local chapter of iMatter Youth, a group that advocates for city and state level climate policy. In 2018, her chapter wrote a comprehensive, 100% renewable electricity plan for the city of Minneapolis – and delivered it.

Along with other members of the youth movement MN Can't Wait, Hefte sat with Governor Tim Walz on his third day in office last January – and presented a three-point platform to reduce greenhouse gas emissions across the state now, including the Minnesota New Green Deal.

As a member of the Green Tigers Environmental Club at South High School, Hefte went back to Dowling Elementary School last year and gave a presentation to second graders about climate change.

She said, "Talking to kids about climate change is really hard. In the future, I think we'll take a more discussion-based approach to engaging kids on this issue."

**'I want to make sure the city is working its hardest'**

Most recently, Hefte has been a summer intern for Ward 12 Council Member Andrew

Johnson.

Her internship is part of a city of Minneapolis program called Step Up. The program connects youth ages 14-21 to internships in nearly 200 companies, public agencies, and nonprofit organizations.

Her internship has involved working with constituent concerns, researching health issues that impact residents of South Minneapolis like diabetes and the opioid epidemic, and drawing things out of the Minneapolis Climate Action Plan.

She said, "I want to make sure the city is working its hardest not to be reliant on fossil fuels. We only have about 10 years left to solve the biggest threat humanity has ever faced – and we have to make sure our solutions are equitable."

**South High plans demonstration for Sept. 20**

Hefte has been inspired by the work of young Swedish climate activist Greta Thunberg, creator of the Friday School Strikes that have been carried out in several countries around the world. Thunberg's strategy is extremely straight forward. To the adults, she says, "If you aren't going to do what you need to do to clean up our earth, then we aren't going to do what we're supposed to do – which is go to school." View her TED Talk at Greta Thunberg: the disarming case to act right now on climate change.

Students at South High School will participate in an international strike day on Friday, Sept. 20 (follow details on Instagram.)

Hefte said, "At South, we'll come to school in the morning and then, at a designated time, all of the strikers will leave school and take the train to the St. Paul Capitol for a rally from 11:30 a.m.-2 p.m.. I'm looking forward to that. I'm glad so



### Give your input

Marianna Hefte is one of 19 Minneapolis residents appointed by the City Council and the Mayor to serve on the Community Environmental Action Committee. Members offer advice on issues regarding the environment, climate change, and sustainable development.

The group meets the first Thursday of every month from 6-8 p.m. in different parts of the city. Meetings are always open to the public.

The next meeting is scheduled for Thursday, Sept. 5 at Roosevelt Library (4026 S. 28th Ave.)

Email [Kelly.muellman@minneapolismn.gov](mailto:Kelly.muellman@minneapolismn.gov) or call 612.673.3014 with questions.

*Climate justice activist Marianna Hefte, said, "I want to feel that I'm making a difference in working toward a livable climate. Being involved in actual policy making and projects has helped me regain a sense of hopefulness." (Photo by Margie O'Loughlin)*

many of my peers are joining this movement.

"We need to keep equity in mind when we organize. People from under-represented communities should be given space to lead these movements because climate change will not affect everyone equally; it will especially hurt people in low-income communities."

## Book It to the Watershed'

The Minneapolis Parks Foundation has stocked three Little Free Libraries in South Minneapolis parks with new books aimed at teaching young readers and their adults about the value of caring for and conserving the region's vital lakes, rivers and wetlands. Brackett, Hiawatha School, and Longfellow parks were chosen because they are within the conservation area of Mississippi Watershed Management Organization (MWMO), which is supporting this project with a Stewardship Fund grant.

The little lending libraries

in Minneapolis Parks are "take one, leave one" free book exchanges. The Parks Foundation and MWMO together chose 10 water-themed children's titles for this summer's "Book It to the Watershed" effort.

"It's more important than ever to tell the story of water to our youngest generations so we can all work toward preserving and protecting this precious element," says Tom Evers, Executive Director of the Minneapolis Parks Foundation, which believes parks have the power to connect us, heal us, and make us whole.

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# Shared mobility changing how people get around

>> from 1

They were driven by experimentation. They tried out pilot projects in Greater Minnesota including Bemidji and Rochester. And in the middle of it, apps happened.

The biggest challenge arose two years ago: dockless systems and much cheaper bicycles came on the scene. Bikes been selling for \$1,100 and were now only \$40 because they didn't need as much technology. They had shifted from a smart bike to a smart dock, pointed out Dossett. China led the way, and saw bike share numbers jump from zero to 25 million in less than two years.

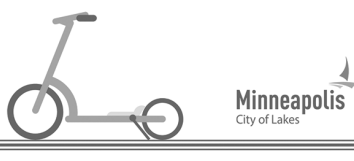
Nice Ride made the decision to get away from operation (although it still holds the official license agreement with the city through August 2021), and hire another firm to do that piece. They selected Motivate International, the largest operator of bike sharing in North America, to operate the green bikes and deliver a dockless (blue) bike pilot. Nice Ride's board and only staff member Bill Dossett then entered a new role as mobility manager, serving as the bridge between public sector goals and private investment. Their goals are order in the right of way, quality and reliability, and equity, said Dossett.

"We knew that the technology was going to continue to evolve," observed Dossett, so they sought to structure their contract with Motivate in a way that allowed for that. "We didn't think it would change this much."

## How do you grow bike share use?

### Scooter Parking 101

- Don't block pedestrian walkways or access
- Park upright using the kickstand
- Do not park on private property
- Park near the curb when possible



### Scooter Riding 101

- No riding on sidewalks
- Wear a helmet
- Ride in bike lane or with traffic
- Yield to pedestrians



The question Nice Ride posed was: "How can we get a lot more people to use bike share for transportation?"

A typical user will only bike to work for a certain distance and after that they think it is too far or they worry about arriving sweaty. The Ebikes solve that problem by helping a rider get farther. Dossett hopes that Ebikes will be used by people in the suburbs to transport themselves the 20 miles into the city, or by those in smaller cities to travel within those areas.

He clarified that the Nice Ride offers pedal-assist Ebikes. They work effortlessly, engaging based on how hard the rider is pedaling, and can mean the rider doesn't necessarily know when its working. Instead, they feel like "Wow! I have Superman legs," observed Dossett.

The assist stops after a rider has reached 18 miles per hour. they can go faster on the bike – but only with their own power. The Ebikes do not have a throttle like scooters.

### Dockless pedal bikes

One of the next steps is to work out the kinks in storage and return of the dockless bikes and

scooters.

As Nice Ride was planning how to implement its dockless system, they were driven by an idea. "Our goal was to be the one city in the world that came up with a rational way to manage right-of-way," stated Dossett.

"It hasn't worked perfectly." Contributing to the issue is that the expectations for scooters and bikes are different. With a scooter, you can leave it at your destination. The bike is expected to be left at the virtual station that the rider finds on the app.

When blue bikes are left at other locations, they can usually be found – but not always. If the batteries run all the way down the GPS no longer works. Other times, the 2G network fails.

So, if you see a bike or scooter where you don't think it belongs, check for the number on the device and call it or 311. (Please note that there are several companies in the Twin Cities that offer scooters, not just Nice Ride/Lyft).

Rainy weather delayed the installation of hubs this summer, and the system didn't reach 250 hubs until July.

Nice Ride has been happy with the quality of the bikes and

Lyft's team of in-shop and on-street mechanics who are maintaining each fleet at a level higher than the nonprofit was able to achieve in prior years.

Moving forward, Nice Ride is working to make things simpler for riders.

"If we want increased participation in bike sharing, we have to make it simple to find a bike and end a trip," observed Dossett in an Aug. 19 memo. "If we want to enforce parking requirements with penalties, compliance must be easy and intuitive."

### The Scooter Experience

Scooters have come on the scene fast, and Dossett thinks they are here to stay.

"This is a way to get people out of cars and using more sustainable transportation."

He added, "This is what consumers want, and we need to figure out how to get there."

That leaves policy makers and businesses to figure out what the rules will be for this new type of shared mobility, particularly as it relates to scooters left lying on sidewalks and blocking right-of-way. Our Streets, the city's Bicycle Advisory Committee and others will really start to ask those questions this fall and gather input from residents, according to Dossett.

Right now, JUMP, Lyft, Spin, and Lime are operating about 2,000 scooters in Minneapolis, governed by contracts with the city.

Companies are required to collect scooters starting at 10 p.m. The scooters may be re-deployed beginning at 5 a.m. the following day.

From August to November

of 2018, the city of Minneapolis permitted a scooter pilot with up to 400 scooters available for shared use throughout Minneapolis. Almost 75,000 people took over 225,000 trips during the 4-month pilot period.

Minnesota Statute 169.225 (passed in 2018) outlines where motorized foot scooters can operate:

- Must follow the same traffic laws as bicyclists
- Cannot be ridden on the sidewalk
- Can be ridden in bike lanes, paths, and trails unless signs prohibit
- Ride as close as is practicable to the right-hand side of the road

"Scooters help make the case for why we need more and better bike lanes," observed Dossett.

### Shared mobility to keep growing

Last year, there were 70 different companies with new capital working on shared mobility options, including Ford.

Dossett predicts that over the next few years, cities will increasingly design streets, sidewalks, and boulevards to create space for shared micromobility parking, and will likely require that shared vehicles be parked in those spaces, particularly in downtowns.

Micro mobility and shared mobility options are only going to continue to grow and develop, believes Dossett. He foresees more electric cars and smaller cars coming onto the scene.

"You're going to see a lot of experimentation," he said.

~ Contact editor at tesha@longfellownokomismessenger.com

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# The Motley Conversation

**Messenger**

Join the conversation, and let us know your diverse and varied thoughts on the issues that affect your neighborhood. Send letters and guest commentaries to [news@LongfellowNokomisMessenger.com](mailto:news@LongfellowNokomisMessenger.com) or call 612-345-9998.

I've worked as a reporter for the *Longfellow Nokomis Messenger* and *Midway Como Monitor* since 2015. I came into the job with a fledgling interest in community activism, a 20+ year career as a photographer, and a life-long love affair with newspapers.

As the years have passed, one topic has grown in importance for me as a reporter. I'm grateful that our new owner/publisher, Tesha Christensen, has let me take ownership of a few pages in each issue of both papers – and dedicate them to environmental stories happening close to home. We've dubbed these pages RRR, which stands for Rebuild, Repair, and Recycle, and we hope they'll keep you informed about ways your neighbors are taking action.

Minnesota is one of the more aggressive states nationwide in its efforts to replace fossil fuels with renewable energy, and many other initiatives. In this time of growing concern over the climate crisis, we want our newspapers to be an intelligent, clear-thinking, and practical resource. Are you trying out a new idea or product in your home that you think our readers might want to hear about? Let us know!



## meet our staff

By MARGIE O'LOUGHLIN

### Writing about environmental issues

I've gone on two public tours recently that have strengthened my commitment to writing about environmental issues: at Eureka Recycling in Northeast Minneapolis, and the Hennepin County Energy Recovery Center in Downtown Minneapolis. Seeing mountains of recyclable materials and waste in these facilities was convicting, to say the least. I stopped thinking in a theoretical way about the amount of waste my own small household produces, and vowed to make better choices for the environment. Both tours are open to the public, with a little advance planning, and are offered free of charge. Check out these websites to learn more or to sign up:

- [www.eurekarecycling.org/tours](http://www.eurekarecycling.org/tours)

- [www.hennepin.us/your-government/facilities/herc-tour-request-form](http://www.hennepin.us/your-government/facilities/herc-tour-request-form)

I just completed the Climate Reality Leadership Training held at the Minneapolis Convention Center Aug. 2-4, hosted by founder and former vice president Al Gore. There were 1,400 people in attendance from 32 countries around the world. Participants ranged in age from 13-86, and we've now joined the ranks of more than 20,000 trained Climate Reality leaders worldwide.

Within one year of completing the training, graduates are required to perform 10 acts of climate leadership. These acts can be anything from giving a formal presentation, to writing a blog post, to submitting a letter to the

editor, to organizing a climate action campaign, to meeting with local community leaders.

My main act of leadership in 2019 will be working as an artist-in-residence at Eureka Recycling this fall. I'm offering a quilting workshop there on Nov. 2, and will create three wall hangings for Eureka's education space – with the help of 15 community participants. The cost of admission to the workshop is one cotton garment that would otherwise be destined for the trash. We'll talk about the growing problem of textiles in the waste stream, due to fast fashion (on the production side) and over-consumption (on the consumer side.)

This summer, my husband and I are trying to live plastic

free, which has been eye-opening and, in some ways, kind of fun. I've discovered the best milk I've ever tasted, produced by Autumn Wood Farms of Forest Lake. It's available in half gallon glass bottles at Oxendale's Market in East Nokomis, and the Mississippi Market Co-op in St. Paul. My husband came home from PetCo in Highland Park last week, proudly carrying a re-fillable 30-pound plastic pail of cat litter. We're learning about all kinds of new products, including tooth powder from the bulk bin at Tare Market (to avoid tooth paste packaged in non-recyclable tubes.) Who knew?

If there's one thing I came away from the Climate Reality training with, it's this. Dr. Jonathan Doyle, founder and CEO of the non-profit Project Drawdown, said, "We have to solve the climate crisis with our heads and with our hearts. But, especially, we have to solve it with our hands." I believe there's a way for every one of us to make a positive contribution to this movement, according to our circumstances.

I look forward to sharing what I learn along the way.

We were vacationing up along the North Shore last month and it was a great time of the year to see those iconic spots that make Minnesota the great state it is: the views at Gooseberry Falls, the crafts of Grand Marais, ships pulling into the Duluth harbor, the sea gulls serenading the tourists along Lake Superior, and the list goes on. The North Shore is like a picture postcard at every turn.

As we stopped in at various merchants in and around the North Shore I was struck at how often the North Shore, a vacation destination that draws visitors from around the state and the country, still proudly promotes its own "Buy Local" campaign. Businesses religiously remind local residents that they need their support to be successful.

But that Buy Local state of mind is not unique to the North Shore. I think it goes without saying that many residents and business owners believe that their own neighborhood is the best place to live and work. I know that's true of the Longfellow and Nokomis neighborhoods. I think it's also true that when given the opportunity, many residents want to do whatever they can to support their local merchants. They know the stability of their neighborhood and their city



## View from the Messenger

By DENIS WOULFE, [Denis@LongfellowNokomisMessenger.com](mailto:Denis@LongfellowNokomisMessenger.com)

### Make your neighborhood your brand

depends on the vitality of their business community.

That's why when advertisers ask me what they should promote in their advertising, I usually tell them that in addition to their products and services, they also should promote the fact that they are longtime Longfellow Nokomis businesses that are devoted to the community and devoted to making their community the best place to live and the best place to do business. And I believe those businesses that partner with local schools and charities to "give back" through special promotions where a portion of the proceeds goes to the charity make a strong statement that they are committed to the community in which their business is located.

Now when Longfellow Nokomis business owners ask me about what the best options are for them to advertise in the *Messenger*, the answer can get a bit complicated. In addition to

a run of press ad in the paper, we also offer clients inserts and online advertising. Sometimes a marketing plan might call for a mix of options that might include print, radio, TV, social media, and so forth.

And while there's no doubt that a full page ad with color is bound to attract the attention of our readers, the story of advertising is much the story of the tortoise and the hare. While there is always that temptation of wanting to get to the finish line faster than anyone else, the magic of advertising is really about the long game. It's about having a presence in your local media on a regular basis for the long haul. And when *Messenger* readers finally have the need to buy their next home or that pepperoni pizza for tonight's dinner, and maybe can't remember your name or your contact information, they will pick up a copy of the *Messenger* and see your ad.

But in addition to those fine

products and services that businesses are offering, I hope businesses also know to convey their local ties and community investment when they advertise their wares. Certainly mammoth companies like McDonald's, Apple, WalMart, or Heinz Ketchup will always be companies that capture market share in their respective industries, but there are times when being the local guy, the merchant down the street, can be an important selling point in the equation.

Make your neighborhood your business. And be sure to share that message in your advertising in the *Messenger* and in other media. It's a message that your customers will appreciate and respond to. And to our loyal *Messenger* readers, don't forget to support local businesses, and particularly, those businesses that make a statement by advertising in the *Longfellow Nokomis Messenger*. They are asking for your business, reinforcing the fact that

they are a community minded business, and need your support to thrive in our community. And we need those same advertisers to hear that from you.

As always, thanks to our loyal advertisers to making advertising in the *Messenger* a priority in their marketing plans. And thanks to our loyal readers who take the time to keep up on important community news in the *Messenger* and also take the time to support our advertisers with their pocketbook.

## Corrections

In the front page article titled, "Multiple sinkholes and utility line breaks frustrate residents," that printed in the August 2019 *Messenger*, one person who was quoted would like to make a clarification about what he views as a mischaracterization of what he communicated during the interview. "We are moving because we bought a lake home east of the city," said Erik Swanson. "The issues with the city are definitely in play, but this is not the reason we are selling the house."

The pull-out quote attributed to Tim Brandon on page 2 of the August *Messenger* should have been attributed to Jim McKie. We apologize for the error.

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Matthew Davis, Stephanie Fox, Terry Faust,  
Iric Nathanson

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**TMC**  
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# Letters to the Editor

## Why do we have so many grocery stores?

Dear Editor:

Why do we have so many grocery stores in the area? And even though we had plenty, two new ones just recently opened, even though they already have a store nearby - Cub and Aldi.

From my house in Cooper, these are all within a three-mile radius - an easy bike ride.

Aldi - in the old Rainbow location

- Aldi - on Lake and 20th
- Cub - by Target
- Cub - by 46th & Hiawatha
- Longfellow Market - Lake St
- Oxendales - 34th St
- Seward Coop - on Franklin
- Seward Coop - on 38th St
- Lunds - in Highland Park
- Target Express - small grocery section - in Highland Park
- Everetts Foods - 38th St
- Bergans Supermarket - by Cedar and the parkway

Midtown Global Market has a little grocery store

Whole Foods on Snelling That's 14 places to buy groceries! (that I know of). This is kinda crazy! I find it interesting that some people were thinking of this area as a food desert. Quite a few of the stores I mentioned have been around for quite a while. I've lived in Longfellow since 1997 and have not felt like I had limited choices, or that there needed to be more grocery stores because of long lines.

Rachel Guerrero

## Good to know many are still sailing

Dear Editor:

Many thanks to Jill Boogren for her wonderful article "Building Community Through Sailing." I learned to sail many years ago in 12-foot, cat rigged Tech dinghies.

Eventually I graduated to Interlakes (sloops), but I think the little, very responsive, Tech dinghies were always my favorites. Like Lake Nokomis, the weather could change FAST on Lake Mendota, and you had to keep an eye out for whether they were flying the green, blue, or red flags.

The day I went out to try to get my "heavy weather certificate" the weather suddenly went from blue flag to red, and before I could get back to shore, I capsized. Jibe ho!! Whoops. The patrol boat came to rescue me and three other boats that capsized at the same time.

Eventually, I bought my own boat (an unresponsive sloop that had started life as a row boat) which I sailed for a couple of years on Lake Winnebago.

So, good to know that many are still enjoying sailing and passing along their love of sailing right here in my own neighborhood.

Bev Turk



## Sign missing

The front sign for the Danish American Center at 3030 W. River Pkwy. is missing. At left is Bent Paulsen, who hand made the sign. It was revealed to the DAC community at Danish Day, June 7, 2009. "It is still missing and we have no clue where it could be," remarked Diane Graves. "We thought if the neighbors would just be aware if they see it in an alley or discarded somewhere they might be able to let us know. Or, maybe someone saw it being taken down or transported." (Photo submitted)

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# REDUCING HARM

When Jack Loftus and Jack Martin saw a gap in services for safe injection equipment and more access to naloxone to prevent deaths from opioid overdose, they started Southside Harm Reduction Services.

Two years later, they're leading a crew of volunteers quietly working to distribute and pick up syringes in the Southside as they seek to reduce the stigma and judgement people using drugs experience.

"We recognize that drug use and the overdose crisis is incredibly complex and difficult to deal with, but we also know that everyone has the ability to make positive changes, from reducing stigma to picking up syringes to distributing naloxone themselves," said Jack Martin. "And we know to embrace every positive change."

AT LEFT Luce Guillen (left) carefully places a used syringe into a container held by Michael Neil on Saturday, Aug. 24 during a clean up on the Midtown Greenway, Lake and Bloomington. Neil, a former user himself, says it is important to not just pick up the syringes, but to get to know the people who are homeless in order to know what they need. Plus, then he has some who save their syringes until the next time they see him, knowing he'll dispose of them properly. "I let them know we love them," said Neil. "It's a reflection of where I come from, too." (Photo by Tesha M. Christensen)

## Matching clients of color with therapists of color

>> from 1

### Roots in Recovery

Minnesota CarePartner has a unique outpatient program, according to Armendariz.

"It is not a typical Minnesota model," she said. "We take a social justice approach, where we validate and support."

The program reaches out to people where they are, staff meeting with them in their homes or homeless shelters or libraries. "A lot of our clients have been underserved and over oppressed," she said, "and programs designed by the dominant race don't always work for people of color."

As well as addressing men-

tal health concerns, Armendariz's agency has set up its own substance abuse program called Roots in Recovery. The program, which started last December, now admits 200 participants. The substance recovery, also, approaches things from a cultural standpoint, according to Armendariz.

"We deal with the experiences, systematic and traumatic, that contribute to addiction," she said. "We take some of the more violent clients who have been kicked out of other programs. We will help them."

### Her own addiction

As Armendariz continued to

build her organization, she struggled with her own problems with addiction.

"I was doing payroll, billing, hiring, marketing, clinical supervision and compliance, raising a family and dealing with a lot of unresolved trauma, and I started drinking a lot of wine. It became an addiction. I went to treatment, and it was one of the best things I could have done."

### Coffee Rehab

As the substance abuse program for Minnesota CarePartner took off, Armendariz started planning for a project that could employ addicts as they grew in their sobriety. She wanted to

start a coffee house called Coffee Rehab, run and operated by individuals in recovery.

"I did a Kickstarter and found a location on East Lake St. in Minneapolis," she said.

She had support from her Twelfth Ward council member Andrew Johnson, who said the following about her proposal: "For anyone struggling with addiction, knowing they are not alone and getting support from others can make a huge difference. Having Coffee Rehab in our neighborhood is going to help many people on their path towards healthier and happier lives. It's truly an asset for our community."

Mayor Jacob Frey and Chef Andrew Zimmern were also supporters. She got T-shirts made. But the location fell through.

"It was kind of a sign I needed to slow down," Armendariz said. "I needed to clean up in any areas where we are struggling." She said that in a couple years, when her current lease is up, she will look again for a location that can house her agency and the coffee house.

### Reflecting community they serve

Regarding her agency, Armendariz said, "I wanted to reflect the community we serve." She said she looks for staff members who may speak the same language, share a similar background and look like the clients they work with.

"It is hard during a therapy session to have to use an interpreter," she noted.

It is Armendariz's hope that Minnesota will make an investment in communities of color, offer more opportunities for clinicians of color and help them get into school.

"We apply the same standards to all people, but starting out I had less credibility and more issues getting off the ground," she said.

Looking back a few years to when she began her agency, Armendariz said she was not certain she had what it took to run a company. "Who am I, to think I can do this?" she recalled asking herself. "But through the process of recovery and sobriety, watch-

*"A lot of our cliences have been underserved and over oppressed, and programs designed by the dominant race don't always work for people of color."*

~ Katy Armendariz

ing things fall into place and attracting a great staff, I know I can do this."

Currently Minnesota CarePartner provides addiction services for adults only, but in mid-September this will include an adolescent program that will help children suffering from addiction. For mental health treatment, the agency treats all ages, including babies.

### Exactly what she's supposed to be doing

Armendariz said initially one of her biggest challenges was retaining staff. "There's a big staff turnover when you don't offer PTO or benefits," she said. She also realized she was doing too many things at once and wearing too many hats. "When you do too many things, you can't do everything with quality," she said.

"But now I have an administrative team, a clinical supervisor and staff. I can wear the hat of manager."

She added, "Being a start-up is really hard. People want to judge you and criticize you, and it is hard to build from the ground up."

Right now, Armendariz said she feels amazing. "I am in a perfect spot, doing exactly what I am supposed to be doing."

She said one of the greatest rewards she has felt has been seeing a culture at her company that is truly a safe space for clinicians and counselors of color, as well as others. "We have fun."

"The staff members now stay because they get the mission and they believe in it," Armendariz said. "Finally, after blood, sweat and tears and being out in the arena, I am glad now things are shaping up."

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Español – 1:30pm  
Sept. 8 - Gathering Sunday  
Worship 10:30am  
Block party to follow: 11:30-1  
Fall worship schedule starting Sept. 15  
Contemporary Worship – 8:45am  
Traditional Worship – 11:00am  
Español – 1:30pm

**Epworth United Methodist**  
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September 11 - Beer & Bible @ Merlin's  
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Julie A. Ebbesen, Pastor  
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9:00 Youth Faith Formation (Resumes 9/22)  
10 am Coffee & Fellowship  
10:30 Adult Faith Formation (Resumes 9/22)  
September 8: God's Work Our Hands, Service Projects begin at 10:30 am  
September 15: Rally Sunday, join us as we kick off a new year of Faith Formation.  
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**Trinity Lutheran Church of Minnehaha Falls**  
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# Minnehaha Academy's rebuilt Upper School opens doors



Two years after a deadly gas explosion ripped apart Minneha Acadmey's Upper School building, killing two and injuring others, the campus reopened to students during a ribbon-cutting ceremony on Aug. 19. Speaking at the event was Minneapolis Mayor Jacob Frey. The event included tours of the new facility, which sits closer to the river and was built with an environmentally-conscious approach, and a celebration walk. (Photos submitted)



The new building at 3100 W River Pkwy as viewed from the E. 32nd St. parking lot next to the auditorium. (Photo by Tesha M. Christensen)

On Aug. 21, 2019, Minnehaha Academy opened its doors to students of its newly rebuilt Upper School for the start of the 2019-20 school year.

Along with incoming freshmen, it will be the first time sophomores and juniors will experience student life at Minnehaha Academy's historic campus at 3100 West River Parkway in Minneapolis.

It will be a homecoming for seniors who have not gone to school at the 3100 campus since their freshmen year before the tragic gas explosion on Aug. 2, 2017.

"The new Upper School reflects our celebrated history, while meeting the current and future needs of our students, faculty and staff," said Minnehaha Academy President Dr. Donna Harris. "We are thrilled to welcome everyone back to where we've called home for over 100 years, and we are excited for what

the next century will bring to Minnehaha Academy."

An environmentally-conscious approach was taken for the design of the Upper School. Windows facing the Mississippi River are installed with bird-safe glass and window glazing to prevent collisions with migratory birds. Landscape architecture has been integrated throughout the campus to promote local wildlife, pollinator habitats and outdoor science curriculum. Also, a new drainage system minimizes the effects of soil erosion and runoff on the local ecosystem. Outside, over 100 new trees have been planted alongside several replanted after the explosion.

Efforts were made to integrate the school's history into the new campus. Artifacts like an original sign, cornerstones and historic lockers are featured in the new building. Recovered stair treads are used as the base for two olive trees planted in the

commons area, allowing students to literally follow the path of alumni. Salvaged trees during construction are being repurposed for interior design use.

The building itself has been constructed from unique, handmade bricks similar to those used in Minnehaha Academy's other school buildings.

"A school's physical environment greatly impacts teaching and learning, and that research and understanding has played a significant role in this process," said Upper School Principal Jason Wenschlag. "We took a student-centered approach to the Upper School design, and we have a bright future of reimagined teaching and learning at Minnehaha Academy."

Minnehaha Academy community hosted a "Celebration Walk" with a ribbon cutting and open house at the rebuilt 3100 campus on Aug. 19.



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# Take a stroll, hear stories, and connect with community

Preserve Minneapolis offers historic walking tours of Downtown Longfellow and other locations

By TESHA M. CHRISTENSEN

On a cooling summer evening, about 20 people gathered at the corner of Lake and Minnehaha with their walking shoes for a Preserve Minneapolis tour.

They spent the next hour and a half walking through Downtown Longfellow, learning about the people and businesses that shaped the area.

The tour began at what is now a large parking lot for Target, Cub and the Minnehaha Center, and also ended there.

"We are starting here because it really represents one of the main reasons this area exists today: this historic industrial complex, which for nearly 100 years, starting in 1873, built things here, and attracted people to jobs that fueled residential, then commercial and retail growth of this area," explained tour guide Cara Letofsky.

In 1873, a bunch of Minneapolis businessmen, including the city's first Mayor, Dorilus Morrison, established Minneapolis Harvester Works on the site, and by 1880 it employed about 200 men in industrial manufacturing.

As the year's grew, the company name changed through various mergers, becoming the Minneapolis Steel and Machinery Company and then Minneapolis-Moline. The company prospered in the 1930s and 1940s as the Lake St. plant specialized in the production of tractors and engines, pointed out Letofsky, who also drew on information gathered by Eric Hart, Eric Nathanson, and other members of the Longfellow History Project during her tour.

There were 20 shops in separate buildings at the sprawling plant at its peak, including an engineering department where the original Jeep was designed, located in the building at 2841-47 26th Ave. S., the last remaining building of the Moline campus (now the 7-Sigma building).

At its peak, the site employed 6,000 people.

White Motor Company of Lansing, Mich., acquired Minneapolis-Moline in 1962 and decided to shutter the plant in 1972, laying off the remaining 1,300 workers. When it couldn't find a buyer, it demolished all the buildings on the site.

"The city then purchased the land and helped redevelop it into a retail mall, anchored by Target's first inner-city store," said Letofsky.

## Toro gets its start

Nearby, the Toro Manufacturing Company had its start, setting up shop in an old two-story Victorian home at 3042 Snelling Ave. S. The economic depression after World War I threatened to close Toro for good.

Members of the Minikahda Club, who were looking for a better way to keep up their golf course, approached the company. Toro rose to the challenge and began designing lawn mowing equipment. The firm grew on Snelling Ave., eventually occupying more than 70,000 square feet in various buildings and employing 400 people before moving



Old and new – Preserve Minneapolis Tour Coordinator Katy Epler holds up a historic photo showing Minnehaha Grill with the building as it is now in the background at Lake and 27th. (Photo by Tesha M. Christensen)

to a new Bloomington plant in 1962.

## Large buildings rise 1909-1914

Many of the familiar buildings in Downtown Longfellow were built between 1909 and 1914, including the Coliseum, Lake Street Bank, and International Order of Odd Fellows, with the Fire Station No. 21 preceding it in 1894. Others have since been torn down including the original three-building campus of the Longfellow School (current AutoZone/Aldi site) and Lake Theater.

According to one report, about two-thirds of the residential areas around 27th and Lake had been built by 1911, said Letofsky, and 90% by the end of the 1920s.

## Foot trail to transportation corridor

"The story of the Minnehaha-Hiawatha Ave. corridor and its evolution from humble beginnings as a foot trail running between Fort Snelling and the Falls of St. Anthony to the current multi-modal transit corridor that crosses South Minneapolis diagonally, bringing people from downtown Minneapolis to the Minneapolis-Saint Paul International Airport and Mall of America, is the story of how evolving transit modes also change the urban landscape," pointed out Letofsky.

In 1865 the Minneapolis and Cedar Valley Railroad Company – forerunner to the Chicago, Milwaukee and St. Paul railroad – chose to lay its railroad tracks parallel to Fort Snelling Road.

In 1886, the streetcar line from downtown reached Lake St. along 27th Ave., then the final piece of the neighborhood framework came in 1888 when Lake Street was chosen as the route on which to construct the cross-river bridge linking Minneapolis and St. Paul.

As residents and jobs began moving out to the suburbs, the



Streetcar on Lake Street at 27th Ave. with the main Minneapolis Moline door in the background. (Courtesy Minnesota Streetcar Museum)

streetcars were pulled up in 1954 in favor of buses and cars. By 1933, Hiawatha Ave. was designated as a segment of State Highway 55, which extended from Hastings to Tenney, Minn. Hundreds of homes and businesses were demolished in the 1960s for an 8-lane freeway, but intense neighborhood opposition arose in the 1970s. The freeway plan was abandoned in favor of a four-lane roadway with a light rail transit (LRT) system that was approved in the mid-1980s. The light rail line began operating in 2004.

## Sharing stories

Cara Letofsky is fascinated about how cities grow and change and the stories behind why our communities look how they do.

"It's fun to do the research on local neighborhoods, then put the changes that happened in the larger historical context. How was this neighborhood impacted by the Great Depression? By Post-war suburban growth? Reinvestment in urban areas? Doing tours allows me to share these same stories of our own community to a broader audience who want to understand how their own communities came to be," observed Letofsky.

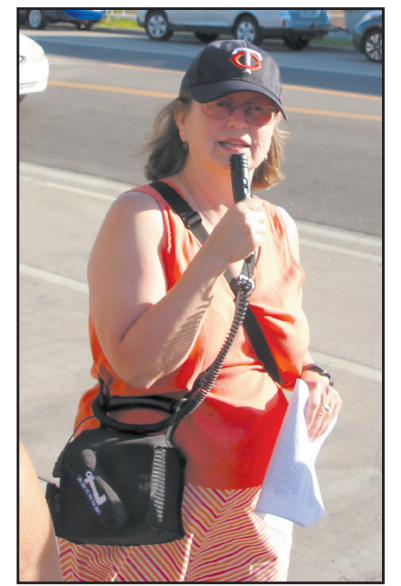
The Cooper neighborhood resident who grew up in South Minneapolis had been a fan of

walking tours and Preserve Minneapolis for years. She began as a tour guide in 2012 just as the Lake Street Council's Museum in the Streets tour panels were being installed. Three tours were given that summer: in Uptown, in Midtown, and at 27th and Lake. (See sidebar)

Since then she has led at least one tour a year, bringing her longtime knowledge of the area and work experience into her tours.

A past board member and president of the Hennepin History Museum, Letofsky runs her own consulting firm, Mill City Consulting, partnering with nonprofits and other community efforts on community-improving projects. Her background includes working for Mayor R.T. Rybak, representing District 8 on the Metropolitan Council from 2015-2019, and founding the City of Lakes Community Land Trust in 2002.

Letofsky has also led the "Dinkytown: Forever Young" tour, and supported Shari Albers' great tour of the Washburn-Fair Oaks Historic District, the neighborhood around Mia and the Hennepin History Museum. Last year she partnered with the Mapping Prejudice Project and Tina Burnside (now of the Minnesota African American Heritage Museum and Gallery) on an extremely popular bus tour with Preserve



Cara Letofsky gives a tour of Downtown Longfellow on Aug. 8 2019. (Photo by Tesha M. Christensen)

## Join a tour

>> Milwaukee Avenue Historic District Walking Tour, Saturday, Sept. 14, 11 a.m. - 12:30 p.m., \$12

>> Murder and Mayhem: Pioneers and Soldiers Memorial Cemetery Walking Tour, Sunday, Sept. 15 9:30-11:30 a.m., \$12

>> Neighborhood Movie Theaters Walking Tour, Calhoun Square, Sat, Sep 21 2-4 p.m., \$12

>>The Lost Gateway District of Minneapolis Walking Tour, Sunday, Sept. 22 9:30-11:30 a.m., \$12

>> Nicollet Island Walking Tour, Saturday, Sept. 28 10 a.m - noon, \$12

More at <http://www.preserveminneapolis.org/>

## Stroll for free down Lake St.

>> Residents can take the Museum in the Street tour at three locations along Lake St. at any time by strolling down the streets at their own pace.

>> There are three bilingual heritage-discovery walks with 15-20 stopping points: Uptown: Minneapolis' Lake District, Midtown: A Place to Call Home, and 27th and Lake: Industry and Transportation Infrastructure.

>> This tour helps foster a sense of historical identity while educating; encouraging the preservation of local historic sites; and promoting knowledge of the stories, events, and traditions of Lake St.

Maps and more at <https://www.lakestreetcouncil.org/programs/museum-in-the-streets>

Minneapolis titled, "Housing Discrimination Revealed: History of Race and Real Estate in Minneapolis."

Preserve Minneapolis was founded in 2003. The non-profit is dedicated to improving the quality of life in Minneapolis by recognizing, preserving, and revitalizing the architectural and related cultural resources of the city of Minneapolis.

TAKE A STROLL >> 9





Weaving stories of then and now, Cara Letofsky leads a tour in Downtown Longfellow on Aug. 8, 2019, walking in a 6-block radius of Lake and Minnehaha. The AutoZone was once home to three buildings of the Longfellow school campus. All were torn down. (Photo by Tesha M. Christensen)

TAKE A STROLL >> from 8

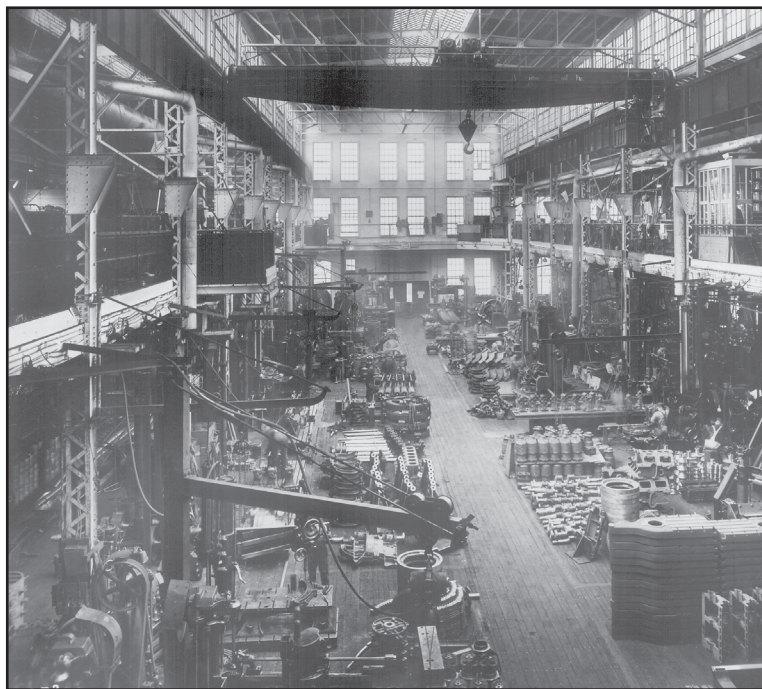
Past helps to ID solutions

"As a history enthusiast, I believe understanding what came before us helps us better understand what is happening today, and can help us identify real solutions to today's challenges," remarked Letofsky.

"When it comes to neighborhood walking tours, they are valuable in that they not only get people out enjoying their community, but they also teach people about what came before them, and help people appreciate their community more.

"I mean, don't you have more appreciation of the Minnehaha Mall parking lot more now that you know it used to house a factory that employed up to 6,000 people?"

~ Contact editor at tesha@longfellownokomisemessenger.com



Minneapolis Moline from above, 1938. (Photo from Eric Hart's book, "The Neighborhood by the Falls")

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## Monarch Festival – Festival de la Monarca 2019

Join butterfly, music and art lovers from all over the Twin Cities on Saturday, Sept. 7, from 10 a.m. to 4 p.m. for the free 11th Annual 2019 Minneapolis Monarch Festival-Festival de la Monarca. Filled with music, art activities, games, food, plants that monarchs love and more, the day offers many fun ways for people of all ages to learn about the monarch butterfly and its amazing 2,300-mile migration from Minnesota to the mountains of Michoacán, Mexico.

The Minnesota/Mexico connection is highlighted with music and dance on an all-day stage featuring Mariachi Mi Tierra, Ballet Mexico Azteca, Marimba Bullies, the Aztec dance troupe Kalpulli Ketzal Coatlicue (“Precious Mother Earth”), Tropical Zone Orchestra, and Salsa del Soul.

A variety of hands-on Art Activities include Art in the Park with Mia, folding paper flowers with Karine Rupp, print making with Sarah Nassif, painting giant monarch caterpillars with Heart of the Beast, block printing with Sol y Luna, make paper from plants with Paper Plains, and create a puppet with Lynette LaRue, and much more! Puppet shows by In the Heart of the Beast Puppet & Mask Theatre: The Way of the Monarch (English & American Sign Language (ASL), Spanish & ASL).

Children ages 0–12 are encouraged to dress up in monarch-themed costumes and join the costume parade led by Chicks

## NENA (Nokomis East Neighborhood Association)

4313 E. 54th St., www.nokomiseast.org, 612-724-5652



Drop by Lake Nokomis Park (near the recreation center) on Saturday, Sept. 7 between 10 a.m. and 4 p.m. for the annual Monarch Festival - Festival de la Monarca. Make it more fun by donning a butterfly costume. (Photo submitted)

on Sticks. Line-up is at 10:50 a.m. and the parade starts at 11 a.m.

Monarch Joint Venture is bringing monarch butterflies for an up close and personal learning experience. Adult butterflies with small identification tags affixed to their wings will be released throughout the day at the Education Tent. The Wild Ones, the Mexican Consulate, US Forest Service and other organizations working on habitat conservation

will be on hand to talk about actions everyone can take to help monarchs and the migration that means so much to people here and in Mexico, where the monarch has been an important part of culture going back hundreds of years to the time of the Aztecs.

The festival is presented by the Minneapolis Park & Recreation Board, and the Nokomis East Neighborhood Association (NENA), in collaboration with Monarch Joint Venture. The Fes-

tival also receives support from the US Forest Service, Metropolitan Regional Arts Council, and the Minnesota State Arts Board through the Clean Water Land & Legacy Amendment.

To find out more about the stage lineup, activities, schedule for the day, the Nokomis Natureescape and more, visit the Minneapolis Monarch Festival-Festival de la Monarca™ website at [www.monarchfestival.org](http://www.monarchfestival.org).

The festival also offers many opportunities for a rewarding volunteer experience. For information about volunteering please call 612 313-7781 or [volunteer4monarchs@gmail.com](mailto:volunteer4monarchs@gmail.com).

### Organics Recycling 101

Organics Recycling is a simple household task that reduces waste going to the landfills by 25%, improves the soil, and reduces green house gases, among other environmental benefits.

Did you know that more than food can go in your green organics recycling bin?

Learn how to start composting, get to the next level in your practice, and get your questions answered by an expert. Attend our Organics Recycling 101 Workshop, offered at two different dates for your convenience. Each attendee will receive a free organics recycling countertop bin and a roll of compostable bags.

- Monday, Sept. 16, 6:30–8 p.m. NENA Office
- Wednesday, Oct. 16, 6:30–8 p.m. NENA Office

Limited to residents in the

Keewaydin, Minnehaha, Morris Park and Wenonah neighborhoods. Sign up today at [nokomiseast.org/organics-recycling](http://nokomiseast.org/organics-recycling).

### NENA Neighborhood Jam

Back by popular demand, the NENA Neighborhood Jam has moved to a larger venue in the Wold American Legion (5600 S 34th Ave). Join us Saturday, Sept. 28 from 4–7 p.m. for live music, cold brews, wine, tasty treats, a silent auction full deals from neighborhood small businesses, and more surprises.

All proceeds go to benefit Nokomis East projects like Night Before New Year's Eve, Curb Appeal Grants, Neighborhood Business Grants, and community meetings. Tickets for adults are \$5, children get in free. Go to <http://nokomiseast.org/neighborhood-jam-fundraiser/> for tickets and more information.

### Upcoming Meetings and Events:

09/04/19: NENA Housing, Commercial and Streetscape Committee, NENA Office, 6:30 p.m.

09/07/19: Minneapolis Monarch Festival, 49th Street and Woodlawn Blvd., 10 a.m.

09/11/19: NENA Green Initiatives Committee, NENA Office, 6:30 p.m.

09/23/19: NENA Board Meeting, NENA Office, 6:30 p.m.

09/28/19: NENA Neighborhood Jam, Wold American Legion Post 99, 4 p.m.

## MPRB shuts down Nokomis Beach for summer after confirmed cases of E. coli

Disease investigators at the Minnesota Department of Health (MDH) have identified a total of 49 people so far who became ill with diarrhea after swimming at Lake Nokomis. The total includes the three initial lab-confirmed cases of Shiga toxin-producing E. coli (STEC) announced

Wednesday, Aug. 14, 2019.

The cases include both children and adults, with about 20% of cases younger than 10 years old. In all cases, people became ill after swimming at the lake between July 16 and Aug. 11. No one has been

hospitalized.

Minneapolis Park and Recreation Board (MPRB) officials said the Nokomis beaches will remain closed for the rest of the swimming season out of an abundance of caution. Health officials said they would need to see no ill-

nesses reported for at least 16 days (two incubation periods of 8 days) before they could say there was no longer a risk of STEC spreading through water at the beaches.

Anyone who is experiencing symptoms of STEC infection – diarrhea (often bloody), stomach

cramps, no or low-grade fever – should see a health care provider.

Health officials remind all Minnesotans that anyone who has diarrhea should not go swimming in any body of water.

# Aging Well

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Join the conversation on aging well. Offer our readers information on how to live life to the fullest after age 50.

Advertise in this quarterly feature coming in October 2019. Deadline Sept. 16.

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# DO THE MATH!

It costs **50¢ /piece** to mail a promotional flyer to local residents letting them know about your business, organization or upcoming event. *That does not include design, production, and printing charges.*

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# Go your own way on LoLa Art Crawl, Sept. 21 & 22

Here comes LoLa! Sept. 21-22, 10 a.m.-5p.m. both days. The LoLa Art Crawl is a friendly neighborhood art tour among the bungalows, gardens, and small indie businesses of the Longfellow neighborhood.

A total of 116 artists and makers will be showing and selling their work at homes and businesses throughout Greater Longfellow, with most of the 56 sites hosting two or more artists together. Participating artists live and/or work in Longfellow, or are guests of these neighborhood artists.

Longfellow is an easy neighborhood to navigate, with lots of transit options, bike lanes and quiet side streets, and plenty of free curbside parking. It's tucked into Minneapolis's southeast corner, bordered by the Midtown Greenway on the north, Minnehaha Falls to the south, Hiawatha Ave. on the west, and Mississippi River to the east.

While the ambitious art lover could visit all 56 sites over the two days, touring by bike or by car, those who prefer a more leisurely experience or who need to plan around transit will find helpful information and a map in the directory, to

design their personal mini crawl. Directories are available after Labor Day at neighborhood businesses and on the website, [LoLaArtCrawl.com](http://LoLaArtCrawl.com), and at participating sites during the event. Don't worry if you don't have a map at the start of the day, just look for the bright yellow LoLa signs to find a site, start your tour, and get a directory.

You could also start your crawl by first visiting one of Longfellow's many cafes (some of which will be hosting artists), pick up a directory there, and enjoy some food and drink while you make your plans.

The League of Longfellow Artists (LoLa), formed in 2009 and incorporated as a nonprofit in 2017, is a volunteer-run organization of artists who live or work in Longfellow. Its mission is to partner with neighborhood arts organizations, nonprofits, small businesses, and residents to design and host a variety of events and activities that support Longfellow artists at any stage in their creative lives, and invite and encourage community participation in the arts. Find out more at [LoLaArtCrawl.com](http://LoLaArtCrawl.com).



Artists featured on the postcard: Gwen Partin, Megan Moore, Sue Romain, Gordon Coons, Jenny Levernier, Dock 6 Pottery, and Lisa Anderson.

# Classifieds & Service Directory

## Messenger

Want ads must be received by the Messenger by Sept. 16 for the Sept. 26 issue. 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)

**Messenger Want Ads** are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 5139 34th Ave. S. #17097, Minneapolis, MN 55417; e-mail [denis@longfellownokomisessenger.com](mailto:denis@longfellownokomisessenger.com); or call 651-917-4183.

### APARTMENT WANTED

Seeking Longfellow apartment. Non-smoking, no pets, good references. Lynn - 651-489-9053 OR [lynns@bitstream.net](mailto:lynns@bitstream.net)

### CRISIS HOTLINE

Call the Minnesota Day One Crisis Hotline at 1-866-223-1111 if you or someone you know is seeking shelter due to a dangerous relationship or needs to create a safety plan. B-19

### EMPLOYMENT

Fresh Heir Delivery is looking for a newspaper delivery carrier available to handle 2-4 routes a week in the Minneapolis/St. Paul area. The carrier role pays about \$13-\$15 and hour per route. Email [FreshHeirDelivery@gmail.com](mailto:FreshHeirDelivery@gmail.com). B-19

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### LAWN SERVICE

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A Greener Lawn service provides weekly mowing, spring clean-up, and complete lawn care. Owner operator, 20 years in South Minneapolis. 612-554-4124. 9-19

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### PETS

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### SELF DEFENSE

Five Fingers of Self-Defence and Empowerment for women and girls (age 13+), Monday, Nov. 18, 6-8pm, \$50. Student, senior rates, scholarships. Five Element Martial Arts studio, Cedar and

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### SERVICES

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### STORAGE

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### WINDOW CLEANING

Professional Window and Gutter Cleaning. Save 25% when you book both services! Call today for a Quote (612)389-9553. [www.metrowidemn.com](http://www.metrowidemn.com). 8-19

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# Longfellow women earn Fringe award

For the first time, Fringe Festival staff recognized a powerhouse audience member exemplifying support for Adventurous Artists through their spectatorship. The Beverlee Award was jointly given to Longfellow residents Candice and Sarra Beckham-Chasnoff.

This year's Fringe Festival ran Aug. 1-11. Awardees were announced Sunday, Aug. 11 at the Closing Night Party At Can Can Wonderland in St. Paul.

## How many years have you been attending the festival?

Candice and Sarra: We've been attending the Minnesota Fringe Festival since the early 2000s. For many years we attended the Fringe on a casual basis, and our attendance has gradually increased. For the past few years, we've been seeing 50 or more shows during the 11 days of Fringe. This year we attended 57 shows.

## What draws you to the Fringe Festival and how does it build community?

Candice and Sarra: For us, the Fringe is about art and about community. As we've been dealing with the inevitable stressors of life and the stress of the world, we've become increasingly in-

tentional about how we spend our free time. We try to spend our free time engaging in activities that leave us feeling positive, rejuvenated, validated, and connected. Fringe does all that for us.

At the Minnesota Fringe you can see dance, spoken word, storytelling, comedy, live podcast recordings, puppetry, performance art, and plays of all genres. Some shows address the problems of the world, some shows are an escape from the problems of the world, all of the shows feel deeply personal.

Every artist involved in Fringe has put their heart into their show. It's truly beautiful to engage with that.

And regarding community, while the Fringe is underway, the Fringe artists, staff, and audience members end up forming a vibrant sub-community within Minneapolis. While buying tickets, standing in line for shows, walking between venues, and attending shows, it is very easy to get to know other patrons and the artists who are milling about. Everyone is talking about the shows they've seen, the shows they're looking forward to seeing, where to get a snack and some coffee between shows. It's a very fun community, and it's easy to make new friends!

## How do you feel about winning this award?

Candice and Sarra: Winning the inaugural Beverlee Award is one of the most lovely things that has ever happened to us. The award is named after Beverlee Everett. Her son, Matthew Everett, is a Twin Cities playwright and theater reviewer who avidly attends and reviews Minnesota Fringe shows each year. Beverlee would travel from Pennsylvania to Minnesota each year to attend Fringe shows with Matthew, and she was a beloved Fringe presence.

Beverlee passed away in July of this year, just a few weeks before the 2019 Minnesota Fringe Festival began, and the Fringe community was heartbroken. At least one show was dedicated to her, and the Fringe staff also created this award in her honor to recognize an audience member "who exemplifies support for Adventurous Artists through their spectatorship" (quote from an Aug. 5 MN Fringe Facebook post).

We feel honored to think we are walking in the footsteps of Beverlee Everett who was such a warm presence. We are probably most excited about this award because it means the artists know



Longfellow residents Candice and Sarra Beckham-Chasnoff receive the inaugural Beverlee Award at the conclusion of this year's Fringe Festival. They saw 57 shows this year, part an effort to be more intentional about how they spend their time and where they seek community. (Photo by Max Haynes)

how much we appreciate them. Somehow, from our seats in the back of each theater, our admiration and appreciation of the artists has reached them.

That means a lot to us be-

cause we really feel that we can't thank the artists enough for the beauty they bring into our lives.

~ Compiled by Tesha M. Christensen.

# Rebuilding Together, Every Third Saturday partner to renovate Veterans Center

Every Third Saturday, a non-profit organization benefitting homeless and struggling Veterans, has a shiny, new space – inside and out – thanks to volunteers from Rebuilding Together Twin Cities and other partners.

More than two dozen volunteers pitched in on Saturday, Aug. 3, 2019 to build a community garden, paint the fence and the building at Every Third Saturday's new facility for veterans at 5400 43rd Ave. S.

Tom and Jessi McKenna are grateful for all the volunteer support renovating their new location.

"We are eternally grateful to Rebuilding Together Twin Cities and Republic Services volunteers for helping us spruce up our new location," said Tom McKenna, a veterans advocate and Co-Founder of Every Third Saturday. "The new facility will expand our capacity to serve more veterans in need."

Since 2010, Every Third Saturday has been helping homeless veterans by providing basic necessities including clothing, toiletry items and blankets.

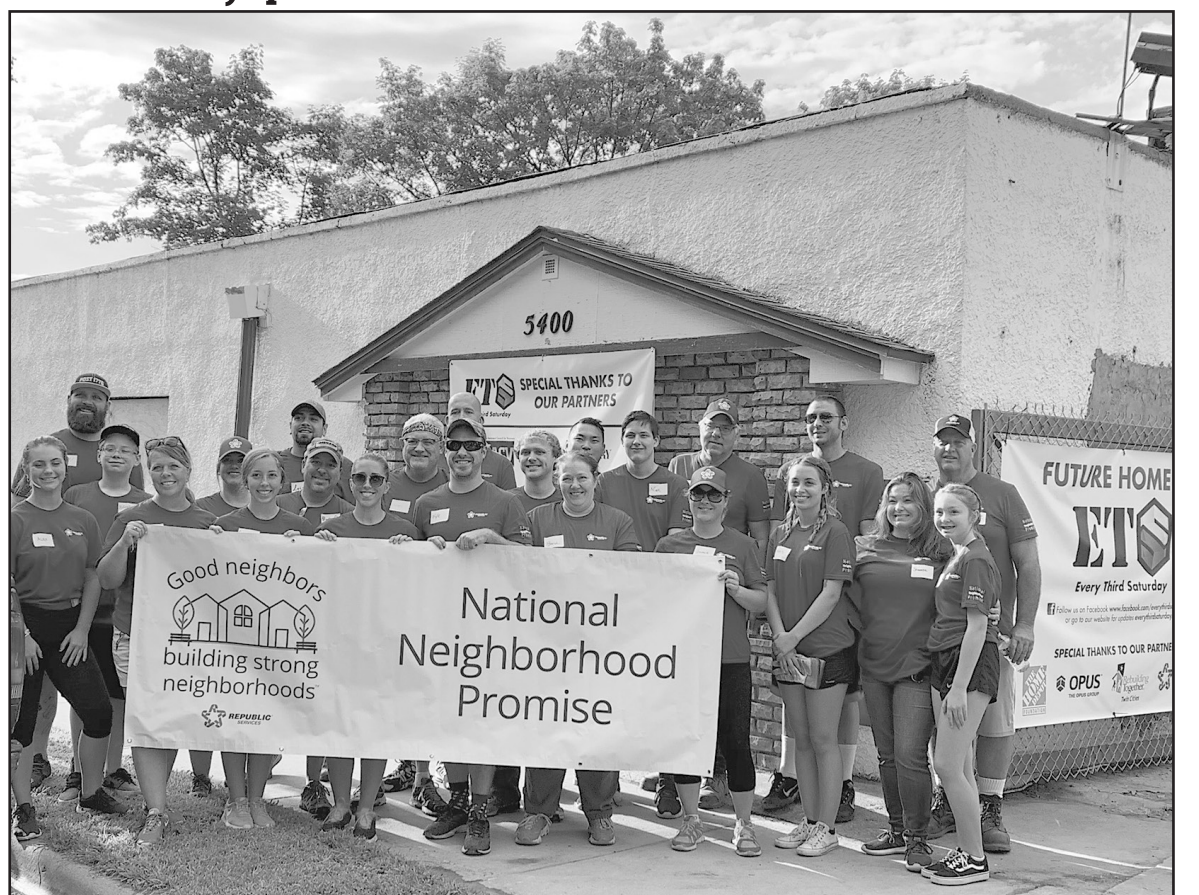
The new building will pro-

vide the physical space where community among veterans can be created, explained McKenna. "Much more than walls and a floor, the VREC (Veterans Resource and Empowerment Center) will be a place where veterans can find support, healing, and purpose. Anytime vets are connecting with each other face to face, great things happen, and this new space will ensure the atmosphere exists for those connections to happen," he said.

Every Third Saturday hopes to open in the fall, possibly Veteran's Day. More at everythirdsaturday.com.

Partnering on the project was Rebuilding Together Twin Cities, Republic Services, Minnesota Assistance Council for Veterans (MACV), and the Nokomis East Neighborhood Association (NENA), MidCountry Bank, Boston Scientific, and Biffs.

"Our goal is to stabilize and revitalize neighborhoods by providing safe and welcoming spaces for communities to gather," said Kathy Greiner, Executive Director of Rebuilding Together Twin Cities. "We were proud to help Every Third Saturday improve its new facility for veterans."



More than two dozen volunteers pitched in on Saturday, Aug. 3 to build a community garden and paint at Every Third Saturday's new facility for veterans at 5400 43rd Ave. S. It is expected to open later this fall. (Photo submitted)

## Briefs

### Should name of Historic Fort Snelling change?

The Minnesota Historical Society will launch a statewide effort, now through Nov. 15, to gather public input on the name of Historic Fort Snelling, in light of the ongoing revitalization and the expanded stories of history being shared at the historic site.

MNHS is looking at whether the current name, Historic Fort Snelling, adequately reflects the experience visitors have at the site, engaging with the history of the many women and men who

have crossed paths there. These stories are of soldiers, veterans and their families; enslaved and free African Americans; Japanese Americans; and Native Americans who have lived in the area for 10,000 years.

Running through Nov. 15, the public is invited to share input online at [www.mnhs.org/naming](http://www.mnhs.org/naming). In addition, facilitated meetings will be held to further the conversation. A list of the meeting locations will be available by Sept. 9, 2019, at [www.mnhs.org/naming](http://www.mnhs.org/naming).

Specifically, the public is being asked to comment on the name of the MNHS historic

site, Historic Fort Snelling. The name of the restored 1820s fort structure, which sits on about 4 acres of the 23-acre historic site, will not change—it will continue to be called Fort Snelling in state and federal records. MNHS is asking the public to weigh in whether the name of the entire site should be expanded to reflect the broader area and many stories of history now shared there.

### New pastor at Faith Ev. Luth

Faith Evangelical Lutheran Church at 3439 East 51st Street, Minneapolis installed a new pastor, Rev. Jesse L. Davis, on Aug. 11, 2019, at 3 p.m.

Pastor Davis is coming from Centerville, S.D., where he served a dual-point parish. His wife, Brenna, and he are originally from the Milwaukee, Wis. area. Brenna is a physician's assistant, specializing in pediatric gastroenterology. They have one son, Emmitt, who is 3.5 months old, as well as a 70-pound poodle.

"Please join us in welcoming Pastor Davis and his family as he leads Faith into the next chapter of its 94-year history," urge church members.

### Black swallowwort infestation threatens monarchs

There's been a new and rel-

atively widespread black swallowwort infestation discovered in the Longfellow neighborhood by Master Gardeners.

Black swallowwort is on the Minnesota Noxious Weed Eradicate List in part because it's a sink for monarch butterflies who confuse it for milkweed and lay their eggs on it. When Monarch caterpillars hatch on swallowwort, however, they can't survive on it and die.

Use these preferred invasive species sites to report your sighting:

1. GLEDN app (Great Lakes Early Detection Network App)
2. EDDMapS online
3. Arrest the Pest

# RR crossing at 35th finally fixed

The notoriously bad railroad track crossings off of 35th St. and Hiawatha have finally been fixed. "It took a lot of effort, but I was able to get this moved up by several years," remarked Ward 12 Council Member Andrew Johnson.

## What was the initial schedule for this project?

Johnson: When I first came into office, this wasn't in the five-year Capital Improvements Program (CIP) to fund the repair work. I worked with Public Works at that time to get it added to the CIP, but it was scheduled for 2021. Working with then Mayor Hodges we were able to get it moved up in the CIP to 2019 (as part of the budget process for FY2016). I think it helped driving her Deputy Chief of Staff over the tracks several times!

## What were the challenges?

Johnson: As Public Works began working on this, the reality of getting agreement from multiple companies (including the railroads) made it challenging. Another complication was the news that ADM is closing their mill at the corner of 35th (the Nokomis mill) in the near future, which meant that they didn't want to pay for a permanent fix on a track they would soon no longer need. General Mills also recently sold some silos at the corner of 38th Street and indicated an openness to having it removed. So we were at somewhat of a crossroads on whether to proceed this year or wait for the ADM and General Mills tracks to eventually be abandoned so that they could be removed to make for an even better experience.

This road sees more than 6,500 vehicles a day though, and it has been a major road head-

ache in our community for years, so it was important to proceed with the permanent concrete and steel solution for the track we knew would remain, fix the asphalt grading and improve the crossing for the rest of the tracks, and get the administrative ball rolling on removing these additional tracks in the coming year or two.

Public Works also identified other opportunities for this stretch of road to make it more friendly for users, which they are interested in incorporating into the next phase of work. Kudos to Public Works for how quickly they got this done once construction started!

It's also worth noting that 33rd Street is getting permanent fixes right now too.

## What do residents think about the work?

Johnson: I have heard from



Here is a before photo showing the potholes and damage to the surface of 33rd. (Photo submitted)



A new surface means a smoother ride for those traveling over the tracks. (Photo by Tesha M. Christensen)

many residents since this work wrapped up and they are delighted that the tracks are finally fixed! It's icing on the cake that we'll see even more improve-

ments in the next few years here. Glad to see this done!

~ Compiled by Tesha M. Christensen.

# Longfellow Business Directory

## We're building a community.

## Come, be part of it.

This Directory is the only one of its kind that lists Longfellow businesses by category, including name, address, phone and web site information. Connect with your community shoppers who want to support local businesses.

The 2020 *Longfellow Business Directory* will be published in late 2019.

Prime advertising spots are sold on a first come, first served basis.



### FOR ADVERTISING INFORMATION, CONTACT:

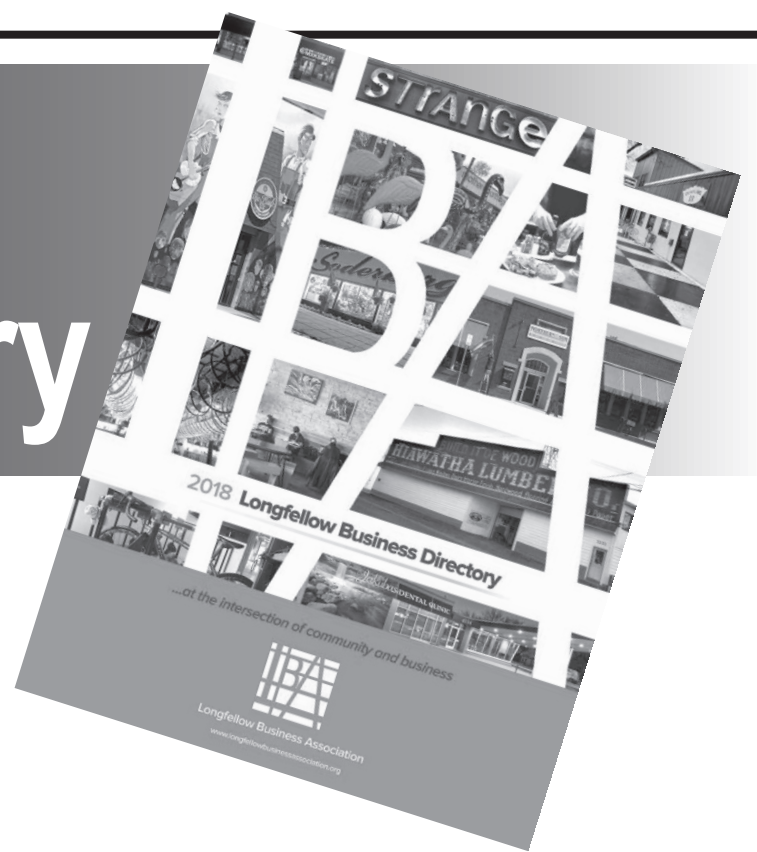
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**Advertising Deadline:** September 30, 2019

*Longfellow Business Association members receive discounted advertising rates!*

The LBA Directory is published by TMC Publications, CO. (dba *Longfellow Nokomis Messenger*), in conjunction with the Longfellow Business Association (LBA).



# 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.

### Community forum #2 on water

Get an update on water management and protecting homes during a second community forum on water hosted by Nokomis Water Sustainability on Tuesday, Sept. 17, 6:30-8:30 p.m. at First Free Church (5150 Chicago Ave.) Speaking will be ground and surface water experts and others: Dr. Joe Magner - University of Minnesota-Department of Bioproducts and Biosystems Engineering currently studying the Nokomis water issues, expanding study to watershed; Jean Wagenius, Minnesota House District 63B Representative - Chair- House Energy and Climate Finance and Policy Division - advocate for Minnehaha Creek, Nokomis, Hiawatha water management study; Hydrologists - including USGS and others.

### Give input on Food Action Plan Sept. 11

Share your input on Topic 3: Agricultural Food Production of the Minneapolis Food Action Plan. Homegrown Minneapolis invites community members to participate in upcoming Food Council meetings to develop a food policy action plan. The plan will guide the city toward a more equitable, climate resilient, just and sustainable local food system and local food economy. Join us on Sept. 11, from 5-7:30 p.m. in the Wirth Chalet Fireplace Room, 1301 Theodore Wirth

Parkway, Minneapolis. RSVP is encouraged, but not required. More information and link to RSVP at [minneapolisismn.gov/FoodActionPlan](http://minneapolisismn.gov/FoodActionPlan).

### Craft Fair Sept. 8

Looking for fun gifts for this holiday season? Kick things off with an incredible craft fair at Faith Evangelical Lutheran Church, (3430 E. 51st St.) on Sunday Sept. 8, 11 a.m. - 3 p.m. With over 30 crafters showing their work, attendees will be able to seek out the perfect holiday gifts for their loved ones. This event is on conjunction with the Nokomis East Business Association (NEBA) block party. For more information, call 612-729-5463.

### Firehouse celebrates 3rd anniversary

The Firehouse Performing Arts Center will commemorate its 3rd Anniversary by partnering with three awesome communities: MNSpin, Rain Taxi, and Roots, Rock & Deep Blues Festival X for three days of celebratory programming filled with visual art, live music, literary readings, beer tastings, food, and community on Thursday, Sept. 12-Saturday, Sept. 14. More at [thehookmpls.com](http://thehookmpls.com).

### MPS hosts free BBQ

Learn about local food in the Minneapolis Public School district and community at a FREE community BBQ on Sept. 17 from 4:30-7 p.m. The evening

will include delicious local foods, hands-on activities for children and families, farm animals, a corn shucking contest and more at the MPS Culinary Center, 812 Plymouth Avenue N. Meet the farmers who grow the food, taste chef-inspired recipes that are served in MPS schools, and learn about the local food system. Everyone is welcome.

### Plan ahead for 'Expectation Station'

DanceCo, in collaboration with the Roe Family Singers and Engineer Paul of the "Choo Choo Bob's Train Show," will present Expectation Station at SteppingStone Theatre, Oct. 16-20 (MEA week). This interactive one-hour show combines dance and musical theater with a little history and a lot of fun to create a truly original performance for the entire family. Tickets cost \$0-16 and include a free pre-show workshop (25 minutes before curtain), to teach audience members about dance and movement elements of the production. Participants will be invited to perform in a section of the show. DanceCo produces original dance for young audiences and their families in an interactive format with professional artists. More at [DanceCoMN.com](http://DanceCoMN.com).

### Watercourse Counseling celebrates

In 1999, four visionary mental health professionals saw an opportunity to improve how people in Minneapolis access mental health services. With a commitment to providing community-based mental health, they came together to found The Mental Health Collective, today known as Watercourse Counseling Center (3548 Bryant Ave. S.). Watercourse's 20th Anniversary Celebration will be Sunday, Oct. 6, 5 to 8 p.m. at the Town and Country Club, 300 Mississippi River Blvd., St. Paul, and includes, cocktails, dinner and silent auction. It features John Moe, host of "The Hilarious

World of Depression." Tickets are \$50, \$100 or \$600 for a table of 10. Proceeds will benefit Watercourse Counseling Center's school-based mental health program and community outreach services. For tickets go to [www.watercoursecounseling.org/fundraiser](http://www.watercoursecounseling.org/fundraiser) or call 612-822-8227.

### Join the grass revolution Sept. 11

Longfellow Garden Club invites people to hear Justin Demmer from Blazing Star Gardens LLC talk about native grasses join us on Wednesday, Sept. 11 at 7: p.m. Learn how to combine the serenity of grasses and sedges with the visual punch of flowers in any garden. No longer seen as ornamental novelties, grasses are a crucial component in low maintenance gardens and an important source of food and habitat for pollinators. The meeting begins at 7: p.m. at Epworth United Methodist Church, 3207 37th Ave South.

### Suicide Awareness Symposium

Mental Health Connect Presents... Suicide Awareness Symposium: The Role of Faith Communities in Suicide Awareness and Prevention - Helping, Healing, Hope on Saturday, Sept. 28, 8:30 a.m. to 3:30 p.m. at Bethlehem Lutheran Church Twin Cities, 4100 Lyndale Ave. S., Minneapolis. Register by visiting [www.eventbrite.com](http://www.eventbrite.com) and search for "Suicide Awareness Symposium." Mental Health Connect is a collaborative ministry of Twin Cities faith communities. To learn more visit [www.mhconnect.org](http://www.mhconnect.org).

### King's Fair Sept. 21

The Seward neighborhood will celebrate its biennial event, the King's Fair, on Saturday, Sept. 21, from noon to 5 p.m., with a family-oriented day in Mathews Park, 2318-29th Ave. S. This year's theme is "Celebrating

Seward's History." The fair is a fun, low key, neighbor-centered affair, co-sponsored by the Seward Neighborhood Group and the Minneapolis Park Board. There will be a variety of entertainments, music from local bands, offerings from local artist and crafters, activities for kids, and, of course, food. This event is sponsored by the Minneapolis Park Board and the Seward Neighborhood Group.

### Anxiety support group meets in Highland Park

NAMI Minnesota (National Alliance on Mental Illness) sponsors free support groups for persons with anxiety disorders. The groups help individuals develop better coping skills and find strength through sharing their experiences. An Open Door Anxiety and Panic support group meets in St. Paul from 6:30 to 8 p.m., on the 2nd and 4th Thursday of the month, at Gloria Dei Lutheran Church, 700 Snelling Avenue S., in Room 108. For information, call Les at 612-229-1863 or NAMI at 651-645-2948..

### Fall book sale

Mark your calendars! This is the book sale you have been waiting for all summer. The Friends of East Lake Library will be having a book sale on Friday, Oct. 25 from 11 a.m. to 5 p.m. and Saturday, Oct. 26 from 9 a.m. to 4 p.m.. Donations of gently used books, CDs and DVDs accepted from Saturday, Oct. 12 to Tuesday, Oct. 22. There will be a cart near the rear door of the library for donations. Only books in good condition will be accepted. The Friends always welcome new volunteers to help at the sale; come to the community room at East Lake Library, 2727 E. Lake St., between 10 a.m. and 5 p.m. on Oct. 23 and 24 to help sort books.

*Continued on page 15*



**Saturday, September 7, 10 am - 4 pm**  
 Lake Nokomis, 49th St & Woodlawn Blvd  
 A family - friendly festival with art, dance, food music, and educational activities  
[monarchfestival.org](http://monarchfestival.org)

**YOU'RE INVITED**

**OPEN HOUSE & COMMUNITY CELEBRATION**  
 Saturday, September 14, 2019

Music, tapas, free flamenco classes, and a 37<sup>th</sup> birthday celebration for Zorongo!

**11:00 A - 11:20 P**  
 FREE Children's Class

**11:30 A - 12:45 P**  
 Mini Performances

**12:45 P - 1:15 P**  
 FREE Flamenco Class for All

**1:30 P - 3:00 P**  
 Community Celebration

**Come dance with us with this amazing new student offer:**

4-Weeks Beginners & All Abilities classes \$49 (value up to \$192)  
 One registration per person. Offer expires 1/31/20

Children's Classes: 4-Weeks \$40

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## Local homes on Architects Tour

The 12th annual AIA Minnesota Homes by Architects Tour will be held Saturday, Sept. 21 and Sunday, Sept. 22, 2019 and will feature two local homes.

This self-guided tour will showcase 13 newly-constructed and remodeled residences located throughout the Twin Cities metro area. All homes are designed by registered members of the American Institute of Architects Minnesota (AIA Minnesota). Homes are open from 10 a.m. until 5 p.m. each day. Advance tickets may be purchased at [HomesByArchitects.org](http://HomesByArchitects.org) or at the AIA Minnesota office for

\$15. Tickets are available at each home on the tour for \$20 for a full tour ticket or \$10 for an individual home ticket.

Home #9 by Christopher Strom Architects is located at 3456 33 Ave S.

Home #10 by Petersen/Keller Architecture is located at 4170 Edmund Blvd.

At each home along the tour, visitors can meet the designing architect and team, ask questions, and learn their process firsthand. Plus, they'll get a close-up look at how an architect can transform ordinary living spaces into personalized, relevant, beautiful environments by responding creatively to each homeowner's needs.



CHRISTOPHER STROM ARCHITECTS

## In Our Community

Continued from page 14

### Minnehaha Falls Art Fair rescheduled

Planners were devastated when severe weather rolled in on the morning of July 20, forcing them to cancel the art fair that so many people had worked so hard to make a success. But they are thrilled to announce the Minnehaha Falls Art Fair REBOOT has been rescheduled for Oct. 5 from 10 a.m. - 5 p.m. Enjoy art, music, food, activities, and more!

### Volunteer at Litter Be Gone fall cleanup events Oct. 5

Residents of Minneapolis are invited to take part in Litter Be Gone, an annual community-wide litter cleanup event:

• **Longfellow Neighborhood:** Oct. 5, 9- 11:30 a.m.

Meet at the Midtown Farmers Market next to Moon Palace Books (3032 Minnehaha Ave.). Hosted by the Longfellow Community Council's Environment-River Gorge Committee, [longfellow.org](http://longfellow.org)

• **Nokomis East Neighborhood:** Oct. 5, 10 a.m. - 1:30 p.m.

Meet at Bossen Field Park (5701 S 28th Ave.). Hosted by the Nokomis East Neighborhood Association, [nokomiseast.org](http://nokomiseast.org)

### Submit your news

If you are an organization located in the *Longfellow Nokomis Messenger* delivery area, you can submit your event, special program, or noteworthy news to us for consideration by email to [news@longfellownokomismessenger.com](mailto:news@longfellownokomismessenger.com).



## Open house at MIGIZI Sept. 12

MIGIZI staff members, including new Executive Director Kelly Drummer (far left), are excited to be in their new office at 3017 27th Ave. S. and gave tours during a morning mixer on Aug. 22, 2019 organized by the Lake Street Council. MIGIZI will be holding an open house on Sept. 12, 4-8 p.m. RSVP at [www.migizi.org](http://www.migizi.org). MIGIZI acts as a circle of support that nurtures the development of Native American youth in order to unleash their creativity and dreams - to benefit themselves, their families and community. (Photo by Tesha M. Christensen)

# FALL

## Dance Classes Beginning!

### Sep 9th

- Parent & Me ages 2.5-4
- Children's Creative Dance ages 2-7
- Ballet: Upper & Lower Schools ages 8-18
- Introductory Ballet & Dance ages 7-12
- Boys ages 7-12 and Adult/Teen Ballet to age 100!

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651-690-1588

# Walk to Fight Suicide

## Twin Cities, MN September 15

[afsp.org/TwinCities](http://afsp.org/TwinCities)

American Foundation for Suicide Prevention

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# Trail-blazing female park keeper paved the way for others

## Longtime Nokomis Recreation Center's Cindy Waelhoff Lidstone retires

By MARGIE O'LOUGHLIN

Cindy Waelhoff Lidstone began her long career with the Minneapolis Park and Recreation Board in September 1980, when she was hired as a park keeper trainee. Half a year later, she moved into a permanent position – and a park keeper she remained for just two months short of 39 years.

Lidstone's first assignment was at South Minneapolis' Pershing Field, where she worked for 22 years.

She said, "I was 23 when I started there, and only the sixth female park keeper in the history of the city. At the time, I was one of the youngest people on staff. By the time I retired on June 28 of this year, I was one of the oldest. I felt like I grew up in the park system, like we all grew up together."

Robert Nielsen, an early co-worker, said, "Cindy always had a positive attitude and a great work ethic. I'm sure those helped her get through in the beginning, when the world of park maintenance was very much a man's world. I know she had to prove herself along the way. She not only hung in there, she went on to open doors for other women to follow her as park keepers and crew leaders."

**"It was kind of scary at first, being so much in the minority."  
~ Cindy Waelhoff Lidstone**

A park keeper has a long list of responsibilities but, in short, their job is to keep all aspects of their park looking clean and good throughout the year. That includes maintenance of park buildings, park grounds, athletic fields, and ice rinks – as well as helping park patrons to have a positive experience.

Lidstone said, "Things were very different back when I started; each park had a couple of telephones, but there weren't any computers. I suppose nail guns had been invented, but we didn't have one. When we put the ice rinks up, we pounded every nail in by hand."

"The work was very physical in all seasons, but we used to say, 'The winters would make or break you.' Working with ice is really hard."

**"Cindy was definitely a trailblazer for us women who followed in her footsteps. Along with the few other gals who survived, she paved the way for the rest of us. Cindy is a real trooper." ~ Former co-worker Mary Mattson**

Seventeen years ago, Lidstone transferred to Lake Nokomis Park.

She said, "I grew up a stone's throw from there. I eventually bought our family home, so I'm still close by. I walked the park grounds for all those years, and just got a cart right before I retired."

There are plenty of reminders for Lidstone that nearly four decades have passed since she first donned a park uniform.

For starters, when she was a young park keeper there was no such thing as work clothing for women. She said, "We had to buy men's steel toed boots, and work clothes that were cut and sewed for men. Everything was always a little too big."

Lidstone claims she had no sense of being a role model for women in the 1980s. She said, "I just needed a job. I couldn't live with mom and dad forever!"

As it turned out, the Minneapolis Park and Recreation Board employed half her family. She said, "My two brothers and I worked our whole careers there, and my son has joined the ranks, too. My sister worked as what was called a 'park matron' many years ago, helping the park keeper with cleaning jobs."

Lidstone is still getting used to the new rhythm of retirement. As someone who has worked full-time since graduating from high school, it's been an adjustment. While she may not miss the alarm clock going off at 5 a.m., she is grateful for her long tenure as park keeper with the Minneapolis Parks and Recreation Board.

She said, "This turned out to be the best job in the world for me. I learned new things every day, until the day I walked out the door."



Retired park keeper Cindy Waelhoff Lidstone at the Nokomis Recreation Center, where she worked for 17 of her nearly 39 years with the Minneapolis Park and Recreation Board. (Photo by Margie O'Loughlin)



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or text **4WARMTH** to **555888**

Energy Assistance Program offices are now open in several locations, including: St. Louis Park, Minnesota Council of Churches, Sabathani Community Center and Minneapolis Urban League



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