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Nokomis

# Messenger



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## 'Two Bettys' grows from 2 to 120 with its green cleaning service

By MARGIE O'LOUGHLIN

Two Bettys Green Cleaning Service is an eco-friendly company that uses only non-toxic cleaning products: no bleach, no ammonia, and no petroleum-based irritants. Headquartered at 3258 Minnehaha Ave., the company currently employs 120 people, and serves upwards of 1,100 clients in the Twin Cities and first-tier suburbs.

Two Bettys started small a little more than a decade ago. Company co-founders Anna Tsantir and Sam Meyers (who passed away in 2014) were both artists struggling to find time to practice their art. They were too busy working their day jobs and thought there had to be a better way. They quit their jobs and started cleaning houses. Both Bettys found that the work was peaceful, the income decent, and the scheduling more flexible than the 9-5 routine.

Over time, Tsantir and Meyers hired contractors to help with increasing demand for their services. There were a lot of people looking for jobs for whom flexible scheduling was a priority: artists, activists, students, and single parents. As their business grew, it became clear that their business model needed to change too. Tsantir said, "We



Two Bettys Green Cleaning Service owner and co-founder Anna Tsantir said, "Our eco-friendly cleaning products are made with a range of biodegradable agents that clean dirt, scum, and mildew, but don't have health or environmental safety risks. What you want to smell after a good cleaning is not astringent bleach or ammonia. What you want to smell, is nothing." (Photo by Margie O'Loughlin)

scrapped the idea of hiring cleaners as independent contractors a couple of years ago, and brought them on fully as company employees."

Tsantir believes this has strengthened the company in many ways. "We're currently hiring," Tsantir said, "and our starting wage is

\$15 per hour. Cleaners' wages rise to \$19 per hour after the first year. We've been testifying at Minneapolis City Hall for a livable wage for years, along with other progressive small business owners. We offer a 50% health insurance cost share for employees working at least 30

hours per week. If an employee has been with us for a year or more and is injured, either on or off the job, they'll receive disability payments for up to three months. We pay for drive time between jobs, and all cleaning supplies and products. We can do much more for our cleaners now that they're actual employees and not contract staff."

Two Bettys welcomes new clients, as well as new employees. To schedule a free, in-home or in-office estimate for cleaning services, call 612-720-8768 or visit [www.twobetysclean.com](http://www.twobetysclean.com).

"Many of our clients are busy with long hours at work or in care of others," Tsantir said. "We believe that a cleaning service can open up more time to engage with community, family, and friends. Our services are tailored to meet our clients' needs. For that first estimate, we'll send a member of our sales/client service staff to you, to learn which aspects of your home or office frustrate you the most from the standpoint of cleaning."

One of the company's 2018 initiatives is developing another Longfellow property at 4010 E. Lake St., just west of the Hi-Lo Diner. Tsantir explained, "We're building out a refill station where

our employees will go to get their cleaning supplies. Almost all of what you buy in a bottle of cleaning product is water, which results in a tremendous amount of packaging waste and inefficiency in transportation/use of fuel. We'll be purchasing 1,000 lb. barrels of super concentrated cleaning solutions, which our employees will refill into reusable bottles. We look forward to partnering with Climate Generation and local artists to create a 'Wall of Hope' mural on the alley side of the property, with a message of the many successes that climate activists have had in recent years. Contrary to what we hear in the news, some good things are definitely happening."

Two Bettys Green Cleaning Service received a huge accolade last year when they were awarded the 2017 Minnesota Women-Owned Small Business of the Year by the U.S. Small Business Administration.



### Did you know...?

Tsantir said, "There are virtually no trade regulations about labeling cleaning products. Truly, anyone can put 'green' on their product line. As a consumer, it can be hard to stay up to date." An online search confirms that a common cleaning product, Comet Disinfectant Powder, contained 146 different chemicals, including some thought to cause cancer, asthma, and reproductive disorders. The most toxic chemicals identified were formaldehyde, benzene, and chloroform; they were not listed on the label.

Tsantir recommends using an online resource called the Environmental Working Group to check the ratings of more than 2,000 household products. The non-profit research group gives each product a grade from A-F, based on how hazardous it is to health and the environment, and how much ingredient information is on the label.

## MPRB approves Skate Park Activity Plan

Activity Plan serves as 20-year roadmap for the local skate community

On Jan. 3, Minneapolis Park and Recreation Board (MPRB) Commissioners approved the Minneapolis Skate Park Activity Plan. This plan is a 20-year roadmap for providing quality support to the local skate park community and encouraging skating among new generations of park users.

"This is a thorough, thoughtful plan that provides a solid framework for improving skate park facilities in Minneapolis parks," said Michael Schroeder, MPRB Assistant Superintendent for Planning. "We'd like to thank the local skate park community, including our project partner City of Skate, for serving as a well-organized, dedicated ally in the pursuit of better skateboarding opportunities in Minneapolis."

The Minneapolis Skate Park Activity Plan has three goals:

- Increase the number, variety, and distribution of skate parks in Minneapolis
- Address policy barriers to high-quality skate park experiences
- Improve the overall skate park experience through design, op-



The Skate Park Activity Plan looked at what elements would be best suited to which park locations within Minneapolis. (Illustration provided)

erations, partnerships and safety measures

It also provides context and analysis to help inform future decision-making regarding skate park opportunities within Minneapolis and the Minneapolis park system. This includes:

- Snapshots of each of the six existing skate parks in Minneapolis, including park-specific suggestions for improvement
- Overview of possible and in-progress skate parks in Minneapolis
- General skate park trends, oppor-

tunities, and challenges

- Precedents and examples set by other cities across the world
- Summary of public feedback received since 2013

"City of Skate is excited that the MPRB has adopted this citywide plan for 18+ skate parks and is ready to invest in a world-class skate park infrastructure," said Paul Forsline, City of Skate President. "This plan will offer a great opportunity for youth and citizens to discover and share the creativity of skateboarding at unique custom skateparks throughout Minneapolis."

The Minneapolis Skate Park Activity Plan was created after nearly five years of community engagement, research, and evaluation. The MPRB would like to thank its Steering Committee and project partner City of Skate for the outreach, expertise and time spent helping create the plan.

You can read the entire plan at [https://www.minneapolis.parks.org/\\_asset/dknrfm/skate\\_park\\_activity\\_plan.pdf](https://www.minneapolis.parks.org/_asset/dknrfm/skate_park_activity_plan.pdf).



# Lawless aims for lighthearted cocktails that reflect Minnesota roots

Cocktail lounge offers winter Minnesota experience complete with fire, decor, and music

By TESHA M. CHRISTENSEN

Lawless Distilling (2619 28th Ave. S.) takes a lighthearted approach to cocktails, making spirits that are approachable and not so serious.

Drop by the cocktail room for a Minnesota winter experience, complete with decor and a Minnesota music playlist. Order one of the hot cocktails from last winter's menu. Or, select from the beverages that were part of the big holiday pop up called Miracle at Lawless.

The menu includes a Hot Buttered Rum (which comes with a marshmallow to roast), a Hot Dog! Toddy or a Sweater Weather. Prefer something cooler? Perhaps you'd like a Sno-ball Old Fashioned #2, a Snow Shoes Glög, or a Boundary Water. All cocktails feature Lawless Distilling Company spirits and other house-made additions.

The holiday cocktail bar—the only such event in Minnesota—was a pop-up concept in partnership with Cocktail Kingdom, explained Nate Karnitz of Seward, who owns Lawless with his wife Kristen Karnitz, and friend Chris Kulzer who lives near Powderhorn Park.

"The concept originated in New York City a few years ago and has since grown to include over 50 bars across the country. The response was overwhelming. It will be coming back bigger and better next year," the Seward resident promised.

## Minnesota born

The three-year-old company was born out of an idea Karnitz had while earning an MBA at Carlson School of Management. He wrote the business plan but didn't decide to pursue it until shortly after his graduation when legislation changed to allow distilleries to operate cocktail rooms. Nate, Kristin, and Chris came together, flushed out the concept, and brought the business plan to life.

The trio first focused on the distilling end. They opened up the distillery in October 2014 and began distributing to liquor stores and bars. They moved on to add the cocktail room a year and a half ago.

Lawless Tippling House Vodka is hand-crafted in an area of Minneapolis once known for its flourishing tippling scene and notoriously labeled the "Hub of Hell." The beverage is named after the illegal home bars enterprising residents of Minneapolis opened before, during and after Prohibition. More functional than fashionable, the tippling house was the speakeasy's less cultured counterpart.

The Greenway Gin pays homage to the evolving Greenway Trail a few blocks away by blending the past and present to create a traditional dry gin with a touch of modern character. Beginning in 1872 the Milwaukee Road passenger train carried travelers into Minneapolis on a stretch of land running through the south side of the city. Today, a portion of that defunct passenger rail line has been transformed into the Midtown Greenway, a bustling bicycle highway that transports people differently.

Both beverages are distilled from Minnesota red wheat and sugar beets. The wheat is grown on the family farm owned by Chris' aunt and uncle in Cold Spring.



Photo left: Lawless Distilling bartenders Mark Sather and Nora Curcio mix up one of the lighthearted cocktails Lawless is known for. (Photo by Tesha M. Christensen)



Lawless Distilling bartender Eli Morris lights up the cinnamon fire pit served alongside a Hot Buttered Rum while Longfellow resident Andrew Matthews looks on.

unique maceration process, which brings out a very green and fresh pine flavor."

## Partnership with Bittercube Bitters

From the start, Lawless has partnered with Bittercube Bitters, which developed its Minnesota-themed cocktail program.

Bittercube Bitters offers two regular classes at Lawless, which fill up quickly. One of the classes focuses on how to make specific drinks from the Lawless menu, including direction on how to make some of the ingredients that go in them. The other class is the Bittercube 7 Pillars class, which focuses on the seven basic drink ratios that can be used to make hundreds of drinks. Information on the classes is available online.

"The classes are small and personal," said Karnitz, "part education, part entertainment."

His own favorite drink to make is a classic. "The gin old fashioned is delicious and easy to make at home," remarked Karnitz.

## New spirits coming

Lawless has recently added Sunday hours and is expanding its

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production capabilities.

"We're working on bringing some liqueurs to market, some of which will be unique collaborations with Bittercube. First up are Bitter Orange, Fernet, Creme De

Flora, and Pink Gin," said Karnitz.

He added, "Look for a number of new products to hit liquor stores in the coming months."

More can be found at [www.lawlessdistillingcompany.com](http://www.lawlessdistillingcompany.com).

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The Minneapolis Park and Recreation Board (MPRB) is continuing their community meetings on the Lake Nokomis Shoreline Project, which is part of an effort to increase the amount of natural landscape within the park and reduce impacts from invasive vegetation.

The next public meeting for the project is scheduled Tues., Feb. 13, 7-9pm at Pearl Recreation Center, 414 E. Diamond Lake Rd. This meeting will provide a recap of the first meeting, potential stabilization measures, and discuss options and opportunities for how shoreline improvements may eventually look.

Visit the Lake Nokomis Shoreline Enhancements project page on the MPRB website to stay informed.

### NENA Board elections

At our Annual Meeting on Apr. 26, NENA will hold elections for Board of Directors positions. NENA has nine Board seats up for election—two seats from each of the four neighborhoods (Keewaydin, Minnehaha, Morris Park, and Wenonah) and one additional replacement seat for Wenonah. Applications are due on Apr. 12, and can be found on the NENA website at

# NENA (Nokomis East Neighborhood Association)

4313 54th St. E.

## Lake Nokomis Shoreline Enhancements

### Upcoming Meetings and Events:

- 1/27, 12pm: Nokomis Green Fair, Nokomis Community Center, 2401 E. Minnehaha Pkwy.
- 2/7, 6:30pm: NENA Housing, Commercial, and Streetscape Committee, NENA Office, 4313 E. 54th St.
- 2/15, 6:30pm: NENA Green Initiatives Committee, NENA Office
- 2/18, 7pm: Lake Nokomis Shoreline Enhancement Meeting, Pearl Park Rec. Center, 414 E. Diamond Lake Rd.
- 2/22, 7pm: NENA Board Meeting, NENA Office

Web: [www.nokomiseast.org](http://www.nokomiseast.org) • Facebook: [www.facebook.com/Nokomiseast](http://www.facebook.com/Nokomiseast)  
Twitter: [twitter.com/NokomisEast](https://twitter.com/NokomisEast) • Email: [nenan@nokomiseast.org](mailto:nenan@nokomiseast.org) • Phone: 612-724-5652

[nokomiseast.org/board](http://nokomiseast.org/board).

### Board candidate information session

Interested individuals are strongly encouraged to attend the info session or to schedule a time to meet with Becky Timm, NENA's Executive Director, to learn more about serving on the Board. Eligibility requirements, terms of service, and other information will be discussed at the upcoming Board Information Session on

Apr. 5, 6pm, at the NENA Office.

### Project update

The Green Initiatives Committee has focused on further engaging the Nokomis East community in environmentally sustainable practices by launching the Nokomis Green Fair, completing a project with Lake Nokomis Lutheran Church through the Hennepin County Green Partners program, finishing the first growing season of the Giving Garden, and beginning the Monarch Mile pollinator pathway.

The Nokomis Green Fair will host over 12 environmental organizations and businesses in a family-friendly format on Jan. 27 from 12-3pm, to reduce knowledge barriers to green living.

The Green Partners project introduced a robust recycling, composting, and waste reduction program at Lake Nokomis Lutheran Church, with exemplary participation by church members. The project will complete in late February 2018.

The Giving Garden donated over 450 lbs of produce to area food shelves in 2017, and 17 pollinator patches along E. 50th St. were the first of the Monarch

Mile gardens.

The Green Initiatives Committee looks forward to hosting more education events, being active on Earth Day, and expanding the pollinator pathways throughout the neighborhood in early 2018. Join the effort by attending the February committee meeting on Thur., Feb. 15 at the NENA office.

### Project update

The Housing, Commercial, and Streetscape (HCS) Committee had a productive 2017, focusing on the Minneapolis 2040 Comprehensive Plan, new grants for businesses, and 34th Ave. reconstruction meetings. They engaged 150-180 people with the Comprehensive Plan Input Session and the online survey, and all comments were presented to city planning staff.

The Nokomis East Marketing Matching Grant and the Nokomis East Business Partnership Grant were launched in November 2017 to encourage further innovation and collaboration among area businesses.

Three community meetings were also held in 2017 to inform residents and businesses of the

34th Ave. reconstruction plans and to gather feedback. The HCS Committee looks forward to starting a utility box wrap project and is looking into refreshing neighborhood signs this spring.

Attend the February committee meeting on Feb. 7, 6:30pm, in the NENA office, and make a difference in our neighborhood.

### Low- and no-interest loans

NENA is now offering two home improvement loan programs. Homes in the Keewaydin, Minnehaha, Morris Park and Wenonah neighborhoods are eligible. Loan applications are processed on a first-come, first-served basis.

### Home improvement loans

Owners of one to four unit residences can apply for up to \$15,000 to make improvements to their properties. Owner-occupants and investors may apply. The interest rate is either 3.5% or 4.5% depending on income. No income restriction applies.

### Emergency repair loans

A limited amount of funds are available for emergency repairs. Only owner-occupied households are eligible. Income restrictions apply. The maximum loan amount is \$7,500. The loan is 0% interest, and there are no monthly payments. The loan is due in total at the sale of the property or the transfer of title.

For more information or to request an application, call the Center for Energy and Environment at 612-335-5884, or visit the CEE website.

### Sign up for NENA News

Get your neighborhood news delivered to your inbox every other Wednesday. Sign up today at [www.nokomiseast.org](http://www.nokomiseast.org). Once you sign up, you'll receive updates on news and happenings in your neighborhood.

# Messenger

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

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

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## Garden parcels available through the City of Minneapolis

The City of Minneapolis invites community gardeners and market gardeners to apply through Feb. 9 to lease vacant City-owned lots. Gardeners can check out a map of available parcels, a description of the application process and list of lease fees at [www.minneapolismn.gov/gardenlease](http://www.minneapolismn.gov/gardenlease). Interested parties can submit a garden request form online for each parcel they would like to request.

About 40 parcels are currently available in the city. In the Messenger delivery area there were two lots open at the time of this reporting: a 2400 sq. ft. lot at 4657 33rd Ave. S., and a 7693 sq. ft. lot at 4400 35th Ave. S. Most of the currently available lots in the city are in northwest Minneapolis.

### Compost

The City also offers free and reduced price compost through an additional application, while supply lasts. The 2018 compost application will be open Feb. 1-Apr. 20 for spring compost deliveries. Find more information on the compost program.

## Lake Nokomis Shoreline Enhancements Community Meeting #2 Notice

The Minneapolis Park and Recreation Board (MPRB) will host a second community meeting regarding shoreline enhancements at Lake Nokomis. Shoreline enhancements will seek to stabilize the shore and promote a more naturalized park setting and diverse plant community.

This second community meeting is scheduled for Tuesday, Feb. 13, 2018, at Pearl Recreation Center. This meeting will provide a recap on site analysis and potential stabilization measures and discuss options and opportunities for how shoreline improvements may eventually look. All are welcome to attend, please join us and share your thoughts.

**Meeting #2:** February 13th, 2018

**Start Time:** 7:00 pm

**Place:** Pearl Recreation Center, 414 E. Diamond Lake Road, Minneapolis, 55419

For project information contact: Jon Duesman, MPRB Planning Department at 612-230-6471



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Transition Longfellow is an all-volunteer group of Longfellow/South Minneapolis neighbors who create opportunities for neighbors to get to know one another while also learning how they can reduce their energy use and waste, grow more of their food, and prepare for the extreme weather ahead. Visit [www.transitionlongfellow.org](http://www.transitionlongfellow.org) to learn more.

### Pancake breakfast and silent auction

Transition Longfellow hosts one fundraiser a year to support all of its activities—a pancake breakfast with silent auction. This year the event will be held Sat., Jan. 27, 9-11am at Minnehaha Community Lutheran Church, 4101 37th Ave. S.

The menu includes hot pancakes (vegan and regular), real maple syrup, an array of toppings, and a gluten-free option. Cost for breakfast is \$6.

This year's auction includes gift certificates and energy and water-efficient house items from Castle Building and Remodeling, tickets to Trylon Microcinema, art calendars and preparedness

# Transition Longfellow

By LESLIE MACKENZIE

## Transition Longfellow Pancake Breakfast and February Activities

food supplies from Northern Sun, an assortment of DIY books from Moon Palace Books, a gift certificate from Seward Coop, tickets to the Hook and Ladder, and an assortment of usable and handmade items from individual supporters. Checks or cash for auction; must be present to pick up items.

### 'Get Prepared' email challenge

In 2017, Transition Longfellow brought experts to the community to talk about current and expected real-life effects of a changing climate. This year the group is offering an email "mini-challenge" with step-by-step actions people can take to increase their preparedness.

January's challenges (available on the website) covered

vehicle preparedness—getting ready for a breakdown, for medical needs, and for being stranded.

February's email challenge will be protecting your home if the heat goes and creating an emergency communications plan for your family. Sign up at the website, [www.transitionlongfellow.org](http://www.transitionlongfellow.org).

### Book group

Transition Longfellow Book Group meets the second Thursday of each month (Feb. 8), 6:30pm, from January through April at Moon Palace Books.

This month's selection is "The Joy of Missing Out: Finding Balance in a Wired World" by Christina Crook. This book is a must-read for anyone seeking a sense of peace in the cacophony

of our digital world. You may not be able to throw away your cell phone, but you can discover ways to achieve balance and discipline when it comes to the technology of our everyday lives. February's reading is Section 2.

### Movie night

Movie night is planned for Fri., Feb. 16, with a potluck at 6:30pm, and a movie at 7:15am, at Minnehaha Communion Lutheran Church, 4101 37th Ave. S. Meet new friends and neighbors and share a meal together.

Drawing on work from the Center for the Advancement of a Steady State Economy, this month's movie is "Enough is Enough." This movie lays out a visionary but realistic alternative to the perpetual pursuit of eco-

nomie growth. The film suggests specific strategies to fix the financial system, reduce inequality, create jobs, and build an economy where the goal is enough, not more. Enough Is Enough is the primer for achieving genuine prosperity and a hopeful future for all.

### East Indian cooking class

Cherylyne Vaz, the "cooking realtor," will be offering another East Indian cooking class through Transition. Learn how spices can help you heat up a cold winter night, adding color and flavor to your favorite vegetables or meat. You'll get to taste the results. The class is limited to 25. There is a small fee. Watch the group's website or Facebook page (Longfellow Transition) for details on date and location. Registration required.



## St. Albert's Lenten fish dinners to feature sustainable tilapia

By MARGIE O'LOUGHLIN

The parish of St. Albert the Great Catholic Church will once again throw its doors open wide during the six Fridays of Lent. Beginning Fri., Feb. 6, parishioners, guests, and neighbors are welcome to enjoy the baked and fried fish dinners featuring tilapia from Regal Springs, a company with the distinction of being the #1 producer of natural tilapia in the world.

Brian Arvold, a long-standing St. Albert's parishioner, has been running the kitchen side of the Lenten fish dinners for the last five years. A chiropractor who owns his own business, he said, "I'm a frugal man, and I work hard at getting the best possible prices for the products we use for this event."

This year, he plans to order 2,500 lbs. of tilapia from Regal Springs, which he hopes will be more than enough to feed the 1,500 or 1,600 people that will fill the church dining hall every Friday during Lent. According to Arvold, "This event, now in its 22nd year, has really taken on a life of its own. It's our biggest fundraiser, and it has all the elements of a three-ring circus—with tartar sauce."

Why does Arvold choose tilapia over cod, the traditional mainstay of fish dinners? "It's a moister, lighter fish that blends well with whatever it's cooked with." He added, "We use lemon juice, oregano, and Zatarain's Spices from New Orleans to give our dinners their distinctive flavor."

From a health standpoint, tilapia is an excellent choice for any kitchen because it's a fish that has a mostly vegetarian diet. It also tends to be short-lived, which means that mercury doesn't build up in its tissues. The Regal Springs tilapia are raised from hatch to harvest in large, floating pens in clean lakes. For optimal health and development, their tilapia are fed a nutritious, grain-based diet. Fish that are raised this way don't eat the algae, mud, or shallow pond waste that wild or irre-

sponsibly farmed tilapia might be exposed to.

Arvold and his team are looking forward to this year's Lenten dinners. He said, "We literally had to write a manual about how to produce this event. At least 120 people volunteer every Friday night; last year we served 7,100 meals. I just placed an order for sixteen cases of tartar sauce, which

would be enough to fill a bathtub to overflowing. For a small church, the scale of this event is amazing.

St. Albert the Great Catholic Church is located at 2836 33rd Ave. S. Cost for attending this year's dinner will be \$12 for adults (no senior discount), \$6 for ages 6-12, and free for 5 and under.

## Help envision a safer East 46th Street

Hennepin County and partner agencies are studying ways to make East 46th Street (County Road 46) between Hiawatha Avenue and the Ford Parkway Bridge safer and more comfortable for all road users. Now that the alignment for the Riverview Streetcar project is determined and will not use East 46th Street, there is an opportunity to look at other possible strategic safety improvements to the roadway.

The purpose of the study is to:

- Address safety concerns for people walking, biking and driving
- Evaluate different design alternatives
- Understand related impacts and opportunities along the corridor
- Identify a preferred configuration that could be implemented in coordination with routine street maintenance and/or a full road reconstruction in the future



As a major part of the study, Hennepin County is coordinating a community-based process to evaluate opportunities to improve safety on 46th Street, and wants to hear from you.

Come share your experiences and vision for this important neighborhood route during an interactive workshop at an upcoming event:

**46th Street Open House**  
February 22, 2018 • 6:30 – 8:30 pm • Longfellow Park  
Longfellow Recreation Center Multipurpose Room  
3435 36th Ave S • Minneapolis, MN 55406



For more information, visit the project web page at [www.hennepin.us/e46streetstudy](http://www.hennepin.us/e46streetstudy)

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## 2nd Annual Crock Pot Cookoff & Fundraiser

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# KALY 101.7 reaches underserved East African population

South Minneapolis radio station focuses on bridging the gap between immigrants and their community

By TESHA M. CHRISTENSEN

KALY 101.7-FM is more than a radio station, according to Executive Director Mahamed Cali. It provides the East African community with a voice, and it's saving lives.

"The work we do makes a difference," stated Cali.

The two-year-old radio station located at 301 E. Lake St. does that by providing important information to the underserved East African community, including updates on severe weather, the benefits of vaccines, and security tips.

A program of the Somali American Community (SAC), KALY-FM is the only radio station in the United States that educates and informs Somali and East African immigrants 24 hours a day, seven days a week.

The Somalis and East African immigrants in the Twin Cities face many challenges, according to Cali. Parents often don't know how the school system

works, and their kids are failing their classes. They may not know how to get along well with their landlords. They are susceptible to various scams. KALY Radio brings in experts such as teachers, doctors, elected officials, and lawyers to address questions immigrants have about life in Minnesota.

Before launching the station, the Somali American Community surveyed 3,000 people and asked what they wanted out of a radio station. The number one response was that listeners wanted to learn about education and schools, pointed out Cali. Next were employment and immigration issues. Third was enjoyable music.

Factoring those results in, KALY structured its programming to feature educational and motivational speakers in the morning while parents and kids are on their way to school and work. Applicable topics include how

school is necessary for success in life, and why jobs are important.

In the afternoon, the station airs music and news.

In January, staff from the Governor's office talked about the significance of Martin Luther King Jr., and provided information on activities honoring his life, to bridge the knowledge gap of listeners. Another program focused on the upcoming Super Bowl in Minneapolis and provided information on safety, security and transportation changes.

Other segments focus on bridging the gap between Minneapolis Somali-Americans and their homeland by airing news updates about their country.

Many listeners have a favorite show they won't miss, pointed out Cali. Some people are sure to catch Kowsar Abdulai from 3-5pm on weekdays to hear about family and financial issues. Others make time from 6-10pm for Osman Aweys who discusses what is new each week. Amira Adawe's show on beauty each Saturday from 2-3pm is another favorite. Somali culture is the focus of a show that airs every Tuesday.

The station has partnered with several local neighborhood groups, including Midtown, East Phillips, Ventura, Central, and Whittier, and hopes to expand their reach. They've discovered that by broadcasting community announcements and events, attendance has increased and the East African community has begun participating more in their neighborhoods, observed Cali.

## Local radio

KALY 101.7 is one of the stations made possible by the Local Community Radio Act, which President Barack Obama signed in 2011, providing the first chance



The two-year-old radio station located at 301 E. Lake St. is making a difference every day by providing important information to the underserved East African community, according to KALY 101.7-FM Executive Director Mahamed Cali. (Photo by Tesha M. Christensen)

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in more than a decade for a low-power FM radio station license. The Philadelphia-based Prometheus Radio Project had lobbied for years for the bill in Washington, D.C., and actively worked to recruit independent community broadcasters across the nation. The Prometheus Radio Project helped build the KALY studio, install the broadcast equipment, and train volunteers.

KALY 101.7-FM aired its first broadcast on the Eid al-Adha holiday on Sept. 24, 2015.

Thanks to a grant from the Waite Foundation, six new people are currently being trained in broadcasting to join the crew at KALY.

## Expansion plans

KALY staff members recognize that not everyone has a radio. For those without, KALY gives away small radios. People can also listen to 101.7 FM by going online to the website, listening through

the app available on either Android or Google devices, or by calling the station at 717-623-4287. Through all these various options, KALY can reach 9 out of 10 East Africans in the Minneapolis area. Plus, they've pulled in listeners from Alaska, Seattle, Virginia, and Washington.

KALY 101.7 hopes to expand to a new location at the Midtown Global Market with a taller and larger antennae to reach farther. Right now the station has a 7-10 mile radius with an estimated reach of 200,000 people, and Cali hopes to bump that up to 15-20 miles.

He'd also like to see the station's operating budget increase so that they can pay full-time workers.

The station is asking people for one-time and monthly donations to help support its work and seeking additional partners in the community. Checks can be mailed to Somali American Radio, 2323 11th Ave., Minneapolis MN 55404.

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# LoLa sponsors first-ever fine art exhibit at Squirrel Haus Arts

The public is invited to the first-ever fine art exhibition put on by The League of Longfellow Artists (LoLa), planned for mid-February at Squirrel Haus Arts, 3450 Snelling Ave. The opening is planned for Thur., Feb. 15, 6-9pm and will include food and beverages sponsored by businesses that support LoLa.

The show can also be seen during gallery hours, Sat. and Sun., Feb. 17-18, noon-5pm.

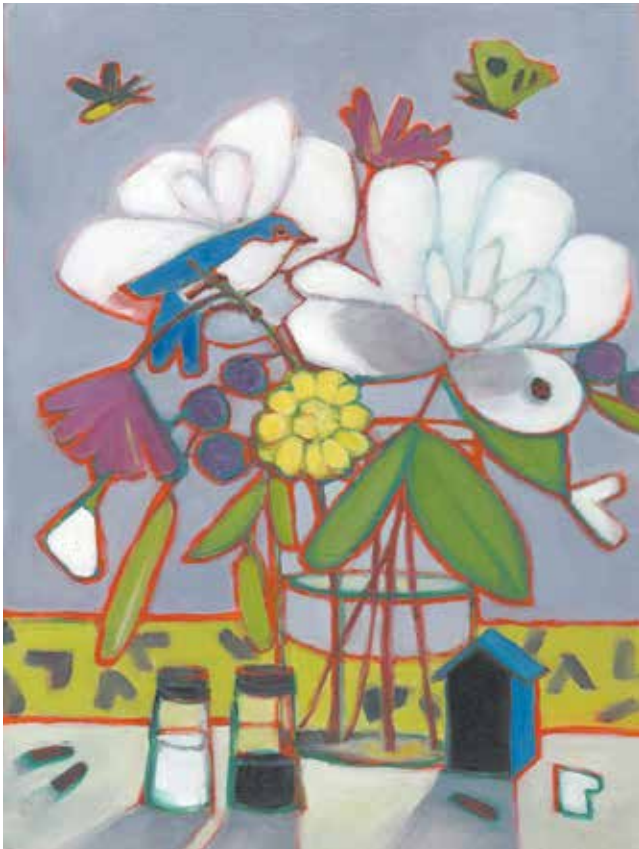
"The Winter Fine Art Exhibition" will present the work of member artists in a gallery format, with one to three pieces for each participating artist. The show is being organized by LoLa volunteers, and the gallery hours

will also be staffed by LoLa artists and volunteers. A wide range of media will be displayed, including painting, photography, printmaking, mosaic, collage, jewelry, and sculpture. Most artists will be at the reception to give the public an opportunity to meet the creators and ask any questions their works provoke

in this centralized and intimate location.

This exhibition is a different format from LoLa's September neighborhood art crawl, which is more of a sales event with each artist presenting a wide range of their work from their home, studio, or at a hosted location in the neighborhood.

"Squirrel Haus owners Michael and Donna Meyer have been great supporters of LoLa since they moved to the neighborhood in 2015. We love the support and energy they are bringing to the arts in our neighborhood," said LoLa representative Megan Moore Smith.



"Still Life with Box Elders" by Megan Moore. (Photo provided)



"Dancing with Raven Spirit" by Gordon Coons. (Photo provided)



"MN Love" by Karen Grimm. (Photo provided)



Untitled piece by Chris Miller. (Photo provided)



"Solitario, No. 4" by Nadine Mercil Corazon. (Photo provided)

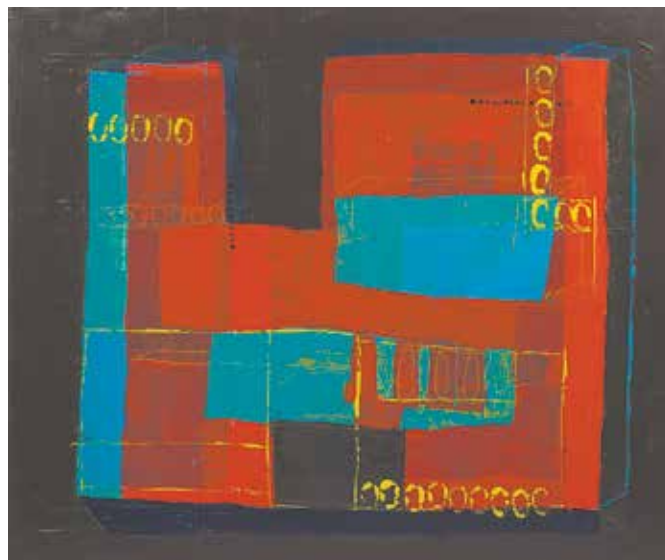


Photo left: "Untitled Red and Brown" by Lisa Anderson. (Photo provided)

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For our listing of summer activities for youth of all ages! (And don't forget to support the **Messenger** advertisers who make it possible!)



# Trylon Cinema to present rare 35mm print Kung Fu classics

The Shaw Brothers' Kung Fu style, when correctly used, is almost invincible. Shaolin, Wu-Tang, pole-fighting, and Mad Monkey—all became famous in the 1970s and 1980s thanks to Run Run and Runme Shaw. The Trylon Cinema, 2820 E. 33rd St., is proud to present four very rare 35mm prints of these classics, courtesy of film collector Dan Halsted.

"The 36th Chamber of Shaolin" starts the series on Sun., Feb. 4, 3pm, and will be reshowed Mon.-Tue., Feb. 5-6, at both 7pm and 9:15pm. "The 36th Chamber of Shaolin" (1978, 35mm, 115m, Mandarin with English subtitles) was directed by Chia-Liang Liu w/Gordon Liu, Lieh Lo, and Chia Yung Liu. After escap-

ing a brutal attack by government forces, San Te (Liu) seeks refuge at a Shaolin temple, learning the art of kung fu so he can take revenge. One of the best martial arts films ever made, it's also a must for any movie lover.

The next week, Sun., Feb. 11, 3pm, "The 8 Diagram Pole Fighter" (1984, 35mm, 98m, Mandarin with English subtitles) will take the screen. This film was directed by Chia-Liang Liu w/Gordon Liu, Sheng Fu, and Kara Hui. After his father and brothers are betrayed and murdered, Yang Wu-Lang (Liu) devotes himself to the art of pole-fighting. When his sister (Hui) is taken a hostage, he must break his Buddhist vows to exact revenge. The movie will rescreen Mon.-Tue., Feb. 12-13, at

both 7pm and 9pm.

Starting Sun., Feb. 18, 3pm, "The Kid With The Golden Arm" fills the screen with repeats on Mon.-Tue., Feb. 19-20, at 7pm and 9pm. "The Kid With The Golden Arm" was directed by Cheh Chang w/Chien Sun, Meng Lo, and Feng Lu. Yang Hu Yun (Chien) is assigned to bring gold to a famine-stricken province, but the Deadly Venoms have other plans! The film boasts some of the genre's finest action scenes.

The final film in the series, "Bastard Swordsman" (1983, 35mm, 89m, Mandarin with English subtitles) was directed by Chin-Ku Lu w/Norman Chu, Tony Liu, and Jung Wang. Screenings are Sun., Feb. 25 at 3pm, and Mon.-Tue., Feb. 26-27 at 7pm and 9pm. Yun Fei Yang (Chu) must uncover his past and master the Silkworm style to defeat the Invincible Clan in this mind-bending martial arts crowd-pleaser.



"The Kid With The Golden Arm" will screen Sun.-Tue., Feb. 18-21, at Trylon Cinema. It is third in the series of rare Kung Fu films being shown. (Image provided)

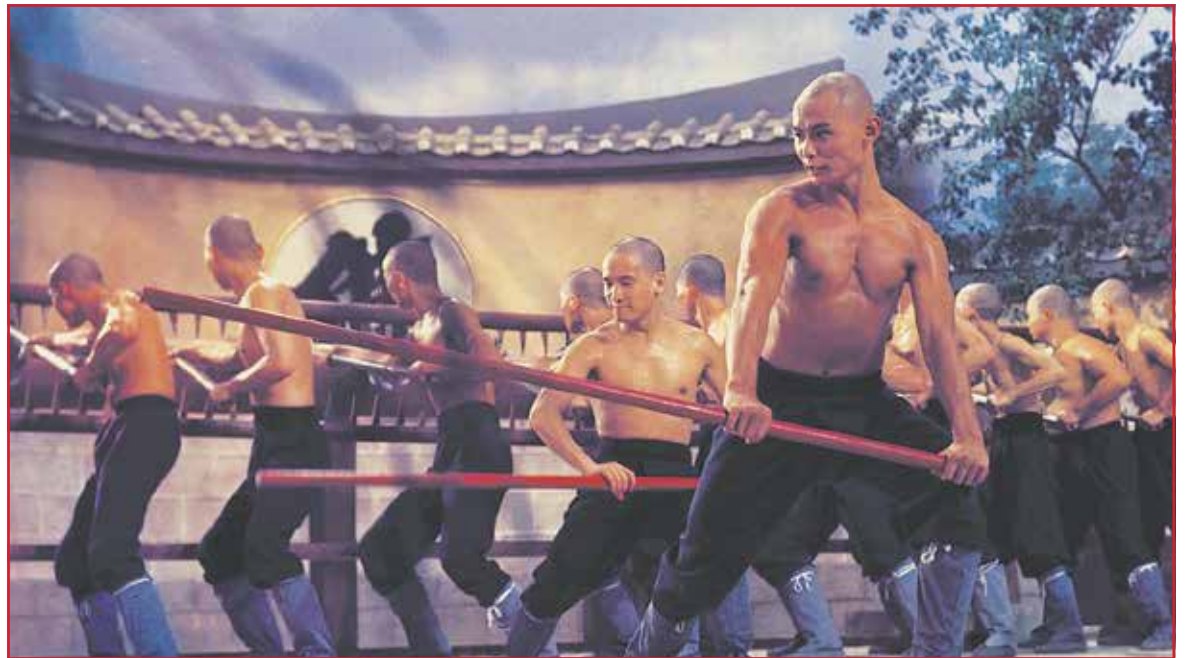
Trylon is a 501(c)3 non-profit specializing in repertory showings of classic, cutting-edge, foreign, and art-house films. They screen six nights a week at the Trylon

Cinema, with regular special engagements at the Heights and Riverview theaters. You can learn more about them at [www.trylon.org](http://www.trylon.org), or calling the show-time hotline at 612-424-5468.

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The first of the rare King Fu 35mm films will be shown Sun.-Tue., Feb. 4-6, at Trylon Cinema. The nearly two hour film was made in 1978. (Image provided)

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# Lock and Key Escape Rooms busting out on Minnehaha Ave.

By MARGIE O'LOUGHLIN

Behind an unassuming storefront at 4020 Minnehaha Ave., brothers Alex and Tony Ducklow have created an adventure-based business called the Lock and Key Escape Rooms. While the doors to the three themed escape rooms are never actually locked (it's against the law), the key to freedom lies in solving puzzles and riddles with team members—in 60 minutes or less.

"We first heard about escape rooms 3½ years ago," Alex said. "We went to one in Uptown, and we loved it. Both of us had a light go off, and we thought, 'Wow, people will pay to do this!' As former church youth directors, Tony and I share a love for setting up games for kids, and connecting with people."

The brothers originally opened their business in the Shasta Building in 2016. "When that building was sold," Tony said, "we knew we wanted to stay in the Longfellow neighborhood. We were lucky that Alex happened to find our new location when he was just out driving around."

So, what happens in an escape room? Alex explained, "Our three rooms are immersive, story driven. It's like you're in an adventure movie, and the movie comes to life around you. We like to say though, if this really were a movie, it would only be rated PG. There's nothing scary or claustrophobic about the experience, and it isn't frustrating either. The skill level for our rooms is medium because we want people to succeed in solving the mysteries."

"People usually pick rooms by availability," Tony said. "They're all really fun. We recommend that customers be 13 years old at a minimum. The puzzles are designed to keep ten adults busy for an hour or so. We book the rooms on a 90-minute schedule, in case a group runs overtime. The



Brothers Alex (left) and Tony (right) Ducklow are co-creators and business partners in this venture. Tony said, "We think this is a great activity for everybody. There are other escape rooms in the Twin Cities that have scarier themes, but we're not interested in that."

groups that come through here most often are 20-30-year-old friends, families with older kids, and corporate groups."

A lot of work goes into creating the themed rooms. The brothers plan to change one or more of the themes every couple of years, but probably not before. Their father's skill as a contractor and builder have come in handy, as has Alex's experience working in theater set design and construction.

The three room themes at present offer something for everyone. In Professor Jones' Office, a famous archaeologist has recently gone missing after discovering an important artifact. The challenge is to keep that artifact from falling into the wrong hands.

In the Quest for Excalibur, the famed King Arthur has left the kingdom of Camelot along with all his knights. His sword, embedded in solid stone, must be freed.

In Escape the Locker Room, a sports team has made it all the way to the championship game—but the opposing team has trapped them in their locker room by jamming the

door. Will they get out in time to play?

The Lock and Key Escape Rooms are open Thursdays, 5:30-9pm, Fridays 12-10pm, Saturdays 10am-10pm, and Sundays 12:30-8:30pm. Cost is \$25 per person; groups of 15 or more receive a 20% discount. Reservations are required and can be made by visiting their website at [www.lockandkeyescape.com](http://www.lockandkeyescape.com) or by calling 612-643-0539.

Promote your summer activities for youth in the next Messenger!

## SKOL Vikings!



Greg Kelly, 5235 41st Ave. S., puts finishing touches on his model of the new U.S. Bank Stadium just in time for the playoffs. The model stands 13" high at the marquee and is 3' wide and 4' long—and made entirely out of toothpicks. Kelly reports that he used approximately 6400 toothpicks to construct the stadium and that it was displayed in the concourse at the playoff game Jan. 14. The Vikings made a plexiglass case for the model to protect it. He and his wife Dana had intended to attend the playoff game, but were sidetracked with a case of the "horrible flu." "I've built a lot of models in my time and after visiting the Stadium last year decided this would be the challenge I need to see if I still have it. Since I never used toothpicks before this would lend itself perfectly," Kelly said. He reports that he has already begun his next toothpick project, an Indian Teepee with Indian designs.

## Southside Singers in Concert



Tuesday, February 27 at 1:30 pm

Location: Holy Trinity Lutheran Church  
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Sponsored by Longfellow/Seward Healthy Seniors

The event is open to area seniors. Suggested donation of \$3.00.

Questions? Call Longfellow/Seward Healthy Seniors at 612-729-5799

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Sunday School for all ages - 10:00 am  
Traditional Worship - 11:00 am  
Español - 1:30pm  
Feb. 14 Ash Wednesday service: 7:00pm  
Wednesdays at 5:45 pm  
Meal and activities for the family

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

Pastor Steven Reiser  
Sunday Worship: 10:30 am  
(Childcare Provided)  
(Wheelchair Accessible)  
Upcoming:  
February 14 - Ash Wednesday Blessing, 12 p.m. & 5 p.m.  
February 21 - March 18 - Lenten Study, Wednesdays 6 p.m. or Sundays 12 p.m.  
March 29 - Maundy Thursday Service, 7 p.m.  
April 1 - Easter Service, 10:30 a.m.

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Ash Wednesday Service 7PM February 14  
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**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527  
[www.minnehahacomunion.com](http://www.minnehahacomunion.com)  
Pastors Dan and Sally Ankerfelt  
Sunday Worship - 9:45 am  
Sunday School - 9:45 am  
Community Healing Hub Open House  
January 28, from 11:00-1:00pm  
(Wheelchair Accessible)

**Spirit Garage**  
The Hook & Ladder Theater & Lounge  
3010 Minnehaha Ave. • 612-827-1074  
[www.spiritgarage.org](http://www.spiritgarage.org)  
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Third Thursday Theology on Tap  
Sisters' Sludge Wine and Coffee Bar  
February 15, 7-8:30 PM  
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**St. Albert the Great Catholic**  
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[www.saintalbertthegreat.org](http://www.saintalbertthegreat.org)  
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Saturday Mass: 5 pm  
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[www.stpeders.org](http://www.stpeders.org)

Julie A. Ebbesen, Pastor  
Sundays: 9 am Worship (childcare available)  
9 am Children & Youth Faith Formation  
10 am Coffee & Fellowship  
Feb. 14 Ash Wednesday service: 7 pm  
Wednesdays during Lent - Soup Suppers at 5:30 pm, Vespers at 7 pm (Handicap accessible, Braille)

**Trinity Lutheran Church of Minnehaha Falls**  
5212 41st Ave. S. • 612-724-3691  
[www.trinityfalls.org](http://www.trinityfalls.org)  
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Sunday School 9:15 am  
Wed suppers 5:30 pm (beg 2/14)  
AA Sun & Tues 7:00 pm

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# In Our Community

## Messenger

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

### Pancake Breakfast scheduled Jan. 27

Transition Longfellow will hold their Pancake Breakfast and Silent Auction on Sat., Jan. 27, 9-11am, at Minnehaha Communion Lutheran Church, 4101 37th Ave. S. This is their one and only fundraiser for the year so the hope the community will help make it a success.

On the menu are hot pancakes (vegan and regular), real maple syrup, an array of toppings, and a gluten-free option as well. Cost is \$6; bring a check-book or cash for silent auction item bidding. (Must be present to take it with you.)

Transition Longfellow wants to thank its local business donors: Castle Building and Remodeling, Trylon Cinema, Northern Sun, Moon Palace Books, Seward Coop, Hook and Rail—and individual donors Nancy Bartlett, Aggie Hoeger, Mandy Lodermeier, Elizabeth Merryman, Wilbur Ince, and more!

### Nokomis Green Fair planned for Jan. 27

The Nokomis Green Fair is planned for Sat., Jan 27, 12-3pm, at the Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy. This is a family-friendly event for an environmentally sustainable lifestyle. Visit more than 12 local environmental organizations and learn how simple changes can make a big difference. The event will also offer informative presentations and high-quality giveaway items. The first 100 attendees will receive a free kitchen food scrap bin for composting, courtesy of NENA's Green Initiatives Committee. For more info go to [nokomiseast.org/nokomis-green-fair](http://nokomiseast.org/nokomis-green-fair).

### Annual dinner scheduled Mar. 2

St. Peder's Lutheran Church, East 42nd St., will hold its annual Codfish and Meatball Dinner on Fri., Mar. 2, with seatings at 5pm and 6:30pm. The dinner also includes boiled potatoes with their famous mustard gravy, peas and carrots, Havarti cheese on pumpnickel, cupcakes and beverages. The cost is \$12 for adults and \$5 for children 12 and under. Email the St. Peder's Church office at [office@stpeders.org](mailto:office@stpeders.org) or call the office at 612-722-8000 for reservations. Please state how many meatball or cod dinners, seating time preference, and phone number if leaving a message.

### Burn the Mortgage Dance set Jan. 27

The Tapestry Folkdance Center, 3748 Minnehaha Ave., just

finished paying off their mortgage! Celebrate at their Burn the Mortgage Dance on Sat., Jan. 27, 7:30-11:30pm. Starting the night off at 7:30-8pm, there will be contra dance instructions, followed from 8-9pm with contra dancing with caller Beau Farmer and the band Northern Aire. From 9-9:45pm participate in Sweet Celebration, and then more contra dancing until 11:30pm. The celebration is free.

### Lent Procession planned Feb. 18

Join Mount Olive Music and Fine Arts for a contemplative service of lessons and carols for Lent. Typically associated with Advent and Christmas, this service is designed especially for those caught up in preparations for the coming Easter and spring seasons. It provides an opportunity to withdraw from the busy-ness of life to pray, sing, listen, smell—an opportunity to fully enter into the season of Lent, a time to renew our lives as baptized children of God.

The event takes place at 4pm, Sun., Feb. 18, at Mount Olive Lutheran Church, 3045 Chicago Ave. S. It is free and open to the public.

This is the fourth event in the 2017-2018 Mount Olive Music and Fine Arts season. For further information on this event and on the Music and Fine Arts program, please contact Dr. Cherwien at the church office by phone at 612-827-5919, by email at [cantor@mountolivechurch.org](mailto:cantor@mountolivechurch.org) or online at [www.mountolivechurch.org](http://www.mountolivechurch.org).

### Beer and Bible group meets on Feb. 7

Whether you're new to the Bible, new to beer, or well-versed in both, you're invited to join the Beer and Bible group once a month at Merlin's Rest, 2601 E. Lake St. The next event is Wed., Feb. 7, 6:30-8:30pm. All walks of life and faith welcome. Come and enjoy great discussion and fellowship—beer is optional.

### Transit 911? There's an app for that.

Metro Transit customers can now discreetly report suspicious or unwanted behavior through text messages.

Using the "Text for Safety" feature, customers are put in direct contact with trained Metro Transit staff who can respond by text and send Transit Police if needed.

The service was introduced so individuals can seek help even if they don't feel safe making a phone call. It is expected to be especially useful in harassment situations.

"Our riders expect—and more importantly deserve—to

feel safe whenever they ride with us," Metro Transit General Manager Brian Lamb said. "Providing another option to report suspicious or unwanted behavior enhances that feeling and sends a message to our customers that we'll be there for them when they need us the most."

The Text for Safety service also benefits individuals who are deaf, blind or hard of hearing. Translation services for multiple languages will also be available through the service.

Customers can access the service anytime, seven days a week, using the latest version of Metro Transit's app or by sending a text message to 612-900-0411. The Text for Safety service is free, but standard messaging rates apply to text messages, as determined by the user's mobile plan.

Metro Transit's app has been downloaded nearly 104,000 times since it was introduced in late 2016. The app can also be used to purchase fares, plan trips and access real-time transit information.

In emergencies, customers should continue to call 911 or use emergency call buttons available at all rail and A Line stations and on trains.

Questions or comments about issues like service delays, facility or vehicle maintenance needs or lost items should continue to be directed to Metro Transit's Customer Relations Department.

### Dist. 63 Republicans caucus Feb. 6

Senate District 63 Republicans Precinct Caucuses will be held Tues., Feb. 6, 7pm. Minneapolis residents will meet at Minnehaha Academy Lower and Middle School, 4200 W. River Pkwy. Richfield residents will meet at Richfield High School, 7001 Harriet Ave. S. At the Precinct Caucuses there will be a preference ballot for Governor, the election of precinct officers, a discussion of candidates and resolutions, as well as the election of delegates and alternates to the district convention.

### AA and NA meets

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

### Food Addicts Anonymous meets

Food Addicts Anonymous meets every Friday, 8pm, at Living Table United Church of Christ, 3805 E.

40th St. No fees are required, and everybody is welcome.

### Faith Book Club meets Feb. 3

The Faith Ev. Lutheran Book Club meets the first Saturday of every month from 10-11am at the church, 3430 E. 51st St. The book for Feb. 3 is "Beneath the Scarlet Sky" by Mark T. Sullivan.

### Healing Hub plans open house Jan. 28

The Community Healing Hub at Minnehaha Communion Lutheran Church, 4101 37th Ave. S. will hold an open house Sun., Jan. 28, 11am-1pm. Refreshments will be served. Everyone is invited.

According to the church newsletter, the Healing Hub is for neighborhood folks and church members who need a space for meetings or difficult conversations. People can reserve the space for up to several hours at a time. The gathering space has both bright and ambient lighting choices; calming colors on the walls and in the carpet; positive pictures on the walls that reflect the community they serve and the natural beauty of the neighborhood; comfortable chairs; a counter for coffee or teapots and aromatherapy diffuser with calming essential oils; drawers to house sensory items for use during meetings; and a TV for presentations.

Along with the Community Healing Hub is an attached Sensory Library that houses items that can be checked out by members of the community. These items lessen stress and support individuals with sensory issues. The collection includes items such as fitness balls, body socks, body shirts, noise-canceling headphones, a sensory rocker, weighted blankets, yoga stretchers, and mats.

### Brunch Bunch to gather Feb. 4

Join the Epworth Brunch Bunch Sun., Feb. 4 at noon, at Peppers & Fries (3900 E. Lake St.) to try one of the many great eating establishments in our neighborhood. Bring a friend and get ready for some fun conversation while trying some great food!

### Southside Singers in concert Feb. 27

Longfellow/Seward Healthy Seniors and Holy Trinity Lutheran Church are co-sponsoring a concert featuring the Southside Singers on Tues., Feb. 27, 1:30pm, at Holy Trinity Lutheran Church, 2730 E. 31st St. Refreshments will follow the concert. The concert is open to area seniors and a suggested donation of \$3 is

appreciated. Southside Singers is a chorus of Minneapolis seniors who love to sing. Their repertoire includes music from the 30s and 40s, show tunes, spirituals, patriotic songs, dance numbers and vaudeville-style skits.

### NA group meets twice weekly

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

### Cabin Fever Wed. back at Epworth

Epworth United Methodist Church, 3207 37th Ave. S., continues Cabin Fever every Wednesday, 9:30-11:30am. There is space for kids 0-5 years to play with others. Large and small motor activities, crafts, books, and a healthy snack are provided. Kids must bring a caring adult. Coffee and conversation will be provided for adults. This free program happens weekly and ends in mid-March.

### Roosevelt Growler Gala planned Feb. 15

The Roosevelt High School Theater program is sponsoring their third annual Growler Gala on Thur., Feb. 15, 6:30-9pm, at Hook and Ladder, 3010 Minnehaha Ave. S. The night live "Afrocoustic" music by Wanaku and garage pop and rock by The Betsies, a growler "cake walk," silent auction, and more. This benefit for the theater program costs \$15 in advance or \$18 at the door, and tickets can be purchased at [thehookmpls.ticketfly.com](http://thehookmpls.ticketfly.com).

### Healing Waters meets Wednesdays

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

### Gamblers Anonymous meets Wednesdays

Gamblers Anonymous meets Wed-

*Continued on page 10*



## In Our Community

Continued from page 9

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

## Hiawatha Academies awarded \$125,000

On the brink of its 20th anniversary in 2018, the Robins, Kaplan, Miller & Ciresi (RKMC) Foundation for Children has awarded \$125,000 to Hiawatha Academies as part of its \$1,520,000 in grant funding to improve the lives and education of Minnesota students. The grants are targeted to:

—Expand high-performing schools and school networks;

—Increase parent demand for schools that provide excellent educational outcomes for all students; and

—Create a sense of urgency to close the gap in outcomes between students of color and white students in Minneapolis-St. Paul.

## February events at LS Healthy Seniors

Longfellow/Seward Healthy Seniors' monthly Senior Social/Health Talk will be held on Tues., Feb. 20, 10:30am at Holy Trinity Lutheran Church, 2730 E. 31st St. The presentation is on "Tai Chi Easy," which is basic motion exercises that open the joints and relax and strengthen the muscles. This Chinese healing art improves health, balance, flexibility, coordination and vitality. Learn easy breathing techniques and relaxation methods. Presented by Jan Cummings, certified Tai Chi instructor.

A concert featuring the Southside Singers will be held on Tues., Feb. 27 at 1:30pm at Holy

Trinity Lutheran Church. The concert is open to area seniors and a suggested donation of \$3 is appreciated.

The Senior Art Class Series, "Origami – the Japanese Art of Paper Folding," starts Wed., Feb. 7. The class will be on Valentine cards and heart ornaments and will be held from 1:30-3:15pm at Trinity Apartments, 2800 E. 31st St. (Participants don't need to be residents to attend.) The Mar. 7 class will be on birds, butterflies and animals; and the Apr. 4 class will be on flowers, stars and mini boxes. Registration is required by calling 612-729-5799. Classes cost \$4 each and include all materials.

A monthly Diabetes Support Group for adults will be held Wed., Feb. 7, 6:30-8pm at Hiawatha School Park Recreation Center, 4305 E. 42nd St.

Tai Chi Easy exercise classes are held on Mondays from 10:30-11:30 am at Holy Trinity Lutheran Church, and cost \$5/class (discounts available for lower-income seniors).

Additionally, the Longfellow/Seward Healthy Seniors are always looking for "Friendly Visitor" volunteers and volunteer drivers to help seniors live independently. Call Longfellow/Seward Healthy Seniors at 612-729-5799 or email us at info@LShealthyseniors.org for more information on activities, services or volunteer opportunities.

## Healthy Seniors plan upcoming programs

The Nokomis Healthy Seniors plan Lunch and a Movie for Thur., Feb. 8, 11am-1:30pm, at Bethel Lutheran Church, 4120 17th Ave. S. Enjoy lunch with others, followed by the movie "Moonstruck." RSVPs needed and can be made by calling 612-729-5499.

"Letters to Your Family: What Documents to Pass On" is sched-

uled for Wed., Feb. 14, 1:30-2:30pm, as part of their Health and Enrichment Program series. This free program will be held at Nokomis Square Cooperative, 5015 35th Ave. S.

A monthly support group geared towards those who have diabetes meets on the first Friday of every month (Feb. 2), 1-3pm, at the Nokomis Public Library, 5100 34th Ave. S. The group is free.

A low vision support group meets the 2nd Tuesday of each month (Feb. 13) at Nokomis Square Cooperative, 5015 35th Ave. S. This free support group is facilitated by a staff member from Low Vision Resources. No RSVPs needed.

A Caregiver Support Group meets on the fourth Thursday of each month (Feb. 22), from 1-2:30pm, geared towards those who care for an older adult. No RSVP is necessary, and the group meets at Nokomis Healthy Seniors, located in Bethel Lutheran Church, 4120 17th Ave. S.

## Nokomis Shoreline meeting set Feb. 13

The second public meeting for the Lake Nokomis Shoreline Enhancement project is scheduled for Tues., Feb. 13, 7-9pm at Pearl Recreation Center, 414 E Diamond Lake Rd. The meeting will recap on-site analysis and potential stabilization measures and discuss options and opportunities for how shoreline improvements may eventually look.

The Minneapolis Park and Recreation Board (MPRB) will announce the next steps in a new project that will enhance the Lake Nokomis shoreline as part of a long-term effort to increase the amount of natural landscape within the park and reduce impacts from invasive vegetation.

A new online survey is available for public comment on the

project. Go to [www.surveymonkey.com/r/NokomisShoreline](http://www.surveymonkey.com/r/NokomisShoreline) to take the survey.

The first public meeting was held Nov. 30, 2017. At that meeting, interested community members reviewed current site conditions and gave feedback on potential changes along Lake Nokomis's northern and eastern shoreline.

## Participants sought for research project

Are you looking to increase your ability to lead inclusively in the workplace? Do you want to learn skills that will help you with open communication, decision-making and participation for diverse employees?

A graduate student at St. Catherine University is conducting an action research project and is looking for 6 to 12 managers/leaders that want to voluntarily participate in a free three-part class on Feb. 3, 10, 17, 9-10:30am, in South Minneapolis to learn and practice skills in a safe environment.

To learn more, please visit [inclusionclassforleaders.weebly.com](http://inclusionclassforleaders.weebly.com) or contact her directly at [mgthompson@stkat.edu](mailto:mgthompson@stkat.edu).

## LCC reaches out to grow businesses

The Longfellow Community Council (LCC) and its Business Support Network want to share a couple of opportunities to partner with LCC to help connect neighborhood business to the local community and its residents.

First, is an opportunity for LCC to highlight neighborhood businesses through their online media channels. In multiple community surveys, residents have made clear the high value they place on our local businesses and a desire to

see those businesses succeed. LCC knows that people are more likely to support local businesses when they have a personal connection to the business and/or its owner. To that end, they have created a survey for business. After a business finishes the survey, LCC will use the answers to highlight your business to the community through LCC's website and Facebook page.

The second opportunity is a grant program. The purpose of the grant program is to help local businesses connect with and build community in the Greater Longfellow Neighborhood. Grants of \$3,000 are available to either individual businesses that apply or multiple businesses that want to apply together. Guidelines for both individual businesses and multiple businesses applying together can be obtained from the LCC.

## Longfellow Garden Club meets Feb. 21

Mette Nielsen will be the guest presenter at the next Longfellow Garden Club, Wed., Feb. 21, 7pm at Epworth United Methodist Church, 3207 37th Ave. S.

Nielsen, photographer of "Minnesota's Bounty; The Farmers Market Cookbook," will talk about ways to make the most of the food available from farmers markets. Minnesota's bountiful growing season often tempts us to buy with our eyes, and Nielsen will describe how to shop the markets and make best use of what we bring home or grow.

A Master Gardener, Nielsen established and maintains the edible gardens at Seward's Birchwood Cafe. Originally from Denmark, Nielsen has been a commercial photographer in the Twin Cities since 1984. She will bring copies of "Minnesota Bounty" to the meeting.

# Classifieds

## Messenger

Want ads must be received by the Messenger by February 12 for the February 22 issue. Call 651-645-7045 for more information.

Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 125 1st Ave. NW, PO Box 168, Minneapolis, MN 55369. Want ads must be mailed to the *Messenger* before Feb. 12 for the Feb. 22 issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto:denis@deruyternelson.com). Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the *Messenger's* website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

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## EMPLOYMENT

Volunteer & Earn Money! - Seniors Corps is looking for volunteers to assist seniors in your community. Volunteers receive a stipend, mileage reimbursement & other benefits. Contact Kate Lecher 651.310.9447 or [kate.lecher@lssmn.org](mailto:kate.lecher@lssmn.org) 4-18

## HANDYMAN

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Painter Jim. 35 years experience. Small painting jobs wanted. 612-202-5514. 2-18

## PETS

John's Dog Walking - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. [www.facebook.com/johnpetservice](http://www.facebook.com/johnpetservice). 2-18

## STORAGE

MPLS Storage located in the Longfellow neighborhood has units for rent at low rates. Locally owned and family operated. 1/2 block from Lake and Hiawatha. 612-333-7525. B-18

## TILING

Tiling by James, quality work, reasonable rates, free estimates and references. Contact James

at [jrmagnuson7@gmail.com](mailto:jrmagnuson7@gmail.com) or [makahhill@hotmail.com](mailto:makahhill@hotmail.com). Telephone 612-799-8265. 2-18

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# What it looks like when youth become Agents of Change

By JAN WILLMS

Youth helping youth.

Sounds like a simple premise, but usually grants designed to assist young people are operated by adults.

A Bush Foundation grant awarded to Urban Arts Academy is unusual in its direct involvement of youth in its planning and operation.

"Originally youth organizations in South Side Minneapolis came together to see what was wrong with their communities and try to fix it. They were trying to do this for about a year and realized they couldn't. They decided to bring in youth from their organizations to come together and try to solve the dilemma they were in," said Christopher Ortiz, a young man who is working directly with the collaborative.

"The youth-serving organizations in South Minneapolis were not reaching all the kids and families with their programs," explained Sandra Richardson, who serves as a program consultant, focusing on programming, fundraising, and sustainability for the project. "The agencies wondered how they could work more closely together, and they came up with a plan. Part of that plan was to have youth serve as navigators (a name that didn't stick) and focus on four neighborhoods: Bryant, Central, Bancroft, and Powderhorn." She said the decision was made to concentrate on those neighborhoods and not spread the program too thin. This was all happening around 2013 or 2014 before the grant was awarded.

"Sandra facilitated gathering all of those agencies for a year," said



Christopher Ortiz, one of the young men working with the collaborative Agents of Change. (Photo by Jan Willms)



Christopher Ortiz and Rayo Daniel (Photo submitted)

Art Serotoff, motivator and project evaluator for the grant. "The result of their plan was the grant they submitted to Bush as an innovation grant. Bush saw the potential, and they liked it."

Besides Urban Arts Academy, the organizations in the collaborative are Boys and Girls Club at Phelps, courageous heARTS, Full Cycle, Migizi School, Minneapolis Youth Farms, Pillsbury United Communities, WE WIN Institute, Centro, COMPAS, EDIT, Hennepin County A-GRAD, Minneapolis Youth Coordinating Board, Project Footsteps, SYWEG, YIPA and Neighborhood Associations of Bancroft, Bryant, Central and Powderhorn Park communities.

Up until this point, the people working on the grant were adults employed by the service agencies.

"Then they came up with the idea that they wanted to have the youth themselves work with

the program," Ortiz said. The first step was to change the name from Youth Navigators to Agents of Change (AOC). The youth said they did not like the term navigators—they were not a form of GPS.

"Selecting the name itself for the project was a long process," Ortiz said. "We eventually called it AOC because we want to bring change to the community. We want to change the dynamic between adults and youth, so we are agents of change."

Ortiz said that initially the organizations enlisted youth who were participating in their programs. He was a high school senior and involved with Pillsbury House, one of the 20 collaborative members.

"One of the program leaders came up to me and told me about this new program for youth navigators. We didn't receive much information other than that it's a new youth program that wants to change youth programs. The other cherry on top was that we would get paid," he continued. "I went, and it was different from what I expected. They were trying to find out what we wanted to do. That was a defining moment on becoming an Agent of Change. The motivator asked us what we saw wrong with our community, and we all responded honestly. At this time we saw what this could be."

"We knew that if we're really talking about something that would make a change, the youth would have to have a voice and be involved in it," Richardson said. "But it was like when you're having a baby, and you've been reading all the baby books for a year. You

get your baby, and it doesn't act like those babies in the books. So that's what happened. We got the youth organizations and the youth didn't act like our plan."

Ortiz agreed. "We looked at the plan and we said nope, we have some other things we want to take care of. That was our real taste of what this program was to be about."

Serotoff said the adults running these youth programs did step back and changed the direction of what the program was about. "Chris and other youth defined the core values," he said.

"We came up with core values for each community," Ortiz said. One value was to have real youth leadership opportunities and not just to have a program where youth are being taught to lead, but actually get an opportunity to lead.

Richardson noted that the youth participants said they were sick of going to programs on youth leadership and seminars, and at the end, there is no place for them to lead. "It wasn't enough just to get information and education when there's no place to use it."

"The next value was 'Don't be like them,'" Ortiz said. "In going to middle school and high school, I witnessed a lot of my friends who fell through cracks. Society tries to forget about them and encourages us not to be like them. Everyone in the group agreed this is going on and is not unnoticed by us." He said the youth do not want to be like them, referring to people who have let youth fall through the cracks. "We want to go to schools and push so that they do something to help those youth in need," he said. "Every youth has a different story, and there may be actual reasons they are falling through the cracks."

The third core value, according to Richardson, is that people need to value youth and demonstrate it. "Everyone says that, but if they don't feel valued, what's the point?" she asked.

Ortiz said the fourth core value was to tell the truth. "School and youth organizations don't encompass all of history," he stated. "There is a saying that history is told by the winners, and that plays a role in our schools. We are not really taught all of history from both sides and reflecting our own cultures." He cited examples of African Americans learning their ancestors had been slaves, and that was it. "I realized as well, being Hispanic, that we immigrated here, and that was it. Nothing happened before." He said both schools and youth organizations should be pushed to teach stu-

dents about their own cultures. "We just hammered on that specifically," he said.

The project has set up a site visit guide, and Ortiz and one other high school Agent of Change member, Rayo Daniel, take that guide to each organization that is participating as a collaborator. "We interact with staff and youth participants in each organization," he said. "Does this agency relate to our four core values? Would we recommend this program? We have done two site visit rounds and are planning a third in the upcoming months."

"They are getting out in the community, like neighborhood consultants," Serotoff added. "They table at events and ask kids what they are doing and talk about the potential of youth programs. They are referral agents doing outreach in the community. The goal is to develop this relationship with youth and family and organizations."

He said the project wants an ongoing relationship—refer a youth to a program and then check back a month later and see how that referral is working, and if the program is responding to the core values. "If they are, communities will change. If not, we recommend improvements to the program."

Ortiz, who is taking a gap year off from his current studies at Normandale Community College, emphasized how important being part of Agents of Change is to him.

"We want to see a different interaction or dynamic between youth and adults," he said. "We are supposed to be the future hopes and dreams of the next generation, but we really don't see that through adults' actions, especially in the past couple years. We want to see that change."

"Sandra and Art have been so helpful," he commented. "Art acts as a supervisor, but more than that he is motivating us to do work that is youth-led."

Richardson said the grant is funded through mid-2019. "The goal is to try and find additional agents and have youth connecting with youth programs in their communities."

Ortiz sees nothing but growth for the future of Agents of Change. "We can't let what is happening in the world push us down or let us lose our focus. Now more than ever, we need to push for families to come together, and for everyone to come together as a community not separated by race or economics...we are the Agents of Change."

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# Caliper Works Watch Repair offers unique service to South Minneapolis

By STEPHANIE FOX

Like a lot of people, Tyson Niemeyer wasn't happy working in the corporate world. She'd been at American Express for about seven years, she said, when her mother sent her an article from a local newspaper. Her mom knew she was looking for another professional path and the article, about St. Paul Technical School's Watchmakers of Switzerland Training and Education Program, captured her interest.

"I took the aptitude test. They gave us a watch movement and had us take it apart and put it back together. I'd never taken a watch apart before," she said. "I didn't know how to hold tweezers. I know I put some parts in upside down."

"I always like how watches looked but never opened one up before, and school seemed like a good idea at the time. It sounds flippant, but that's how I ended up there."

The school thought she had the right stuff and she was accepted into the two-year program, one of three women in a class of 10 students. When she graduated, she got a gig repairing watches for HUB Jewelers and as a watch repair freelancer for 20 small jewelry shops. When HUB closed, she started working from her chilly basement but found that the basement wasn't good enough.

"I couldn't stand the basement. It was isolating. I had to talk with people. The two dogs and three cats weren't enough," she said.

Last year, she started to search seriously for a space to open her own shop, touring empty storefronts, at first near 43rd and Chicago. "Those stores needed too much work to get them ready," she said. And then, she found a spot around the corner from Todd Park, at 815 E. 56th St. It was just what she'd been looking for, she said. She



Tyson Niemeyer loves the stories behind the watches that she repairs. (Photo by Stephanie Fox)

moved in and last Aug. 1, and Caliper Works Watch Repair opened for business.

"It's better than the basement," she said of the sunny store with powder blue walls, shiny hardwood floors, and bookcases displaying decades of bound yearbooks from *Horological Times* (see Editor's Note at the end of article).

Most days, Niemeyer sits at her desk fixing broken watches and clocks. Many customers come in seeking a replacement watchband or battery. But, others bring in ancient clockworks that need healing.

"I really like it when I can take someone's favorite watch and make it keep time," she said. "Plus, I don't like to see people toss away useful things."

Although Niemeyer majored in studio arts in college, she claims she's not an artist.

"I'm a mechanic," she said. "Some people can design watches, but my mind doesn't work that way. I like to look what's visibly

wrong with watches. It's similar to car repair. It's diagnostic."

Niemeyer's current wife and business partner, Karyn Mickelson, runs the non-diagnostic end of Caliper Works, putting together publicity and advertising and keeping track of the financial end of the establishment. Niemeyer calls her the chief personnel, financial and marketing officer, part-time since, said Niemeyer, "She's got a real job. She's a teacher." The couple also shares the care of their three children, 8th-grade twins, and a 6th-grader.

The shop also sells collectible watches, some from the 1970s, but others going as far back as the 1800s. Her private collection numbers about 1,400 watches. "People give them to me. Clients give me bags of watches that they don't want to repair and I get some at estate sales.

One of her favorites is from 1876, picked up at an estate sale. "It still runs pretty well for a 142-year-old timepiece," she said. "There is a

keyhole in the back, and you have to put a key there and wind it up." It's a high-quality Rockford watch, originally popular with railroad workers and now admired by serious collectors.

"I love the stories behind the watches," Niemeyer said.

One pocket watch, brought to

her by an elderly client, belonged to the man's immigrant grandfather, who might have come from Scotland. The watch is from England, made sometime in the 1700s.

"It's got a different kind of movement called a fuse. This chain links around these barrels," she pointed out as she displayed the piece. "That's the power source. The chain is broken, so I'll have to make it." The chain is too small to see clearly without a strong magnifying glass.

"I've never worked on one before," she said. "But, I have high hopes that I'm going to be able to do this."

Caliper Works Watch Repair is located at 815 E. 56th St., in the heart of the West Nokomis neighborhood. It's open Tues.-Fri., 10am-8pm and Sat., 10am-2pm. Call 612-822-8282 for more information.

**Editor's Note:** Horology is the art and/or science of measuring time. Clocks, watches, clockwork, sundials, hourglasses, clepsydras, timers, time recorders, marine chronometers and atomic clocks are all examples of instruments used to measure time.

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