



Obama drops by for a visit

Page 2



Reconnecting locally with our food

Page 5



Flooding takes toll on local parks

Page 8

Longfellow  
Nokomis

# Messenger



Your community newspaper since 1982

August 2014 • Vol. 30 No. 6

www.LongfellowNokomisMessenger.com

21,000 Circulation

## 44th annual cornfeed is a neighborhood tradition

By JAN WILLMS

Roasted corn with melted butter. Bounce houses, a giant slide and obstacle courses for kids. Live music and additional food choices. What better way to enjoy a warm summer evening?

The 44th annual Longfellow Park Cornfeed will be held Aug. 14 at the park, 3435 36th Ave. S., from 5:30 to 8pm.

What has become a yearly tradition to bring the community together started back in 1970 as a

fundraiser for the park.

"The corn wasn't roasted at first. It was boiled in huge pans," said Denise Caldwell, recreational assistant at Longfellow Park. "They had games for the kids, like a water balloon toss, fish pond and gunny sack race."

"The kids' games were so laborious," added Brian Cornell, Longfellow Park recreation supervisor. "Over the years we have moved into inflatables, and the kids can get a wrist band for \$5



and go as many times as they want."

"This works out a lot better," Caldwell said. "We had to find trinkets for prizes, and that could be very expensive. We used to have some things donated. But now we try to do something for the community."

Cornell said that if any money is made from the event, it now goes into funding the next year's cornfeed.

"We use a food vendor who used to be from the neighborhood. He lives in Andover now, but he still comes with multiple trailers and sells things like corn dogs and hot dogs."

"He brings whatever we want," Cornell said. "We also have a band from the neighborhood, Together Again."

"The band plays some rock,

some country, quite a variety," Caldwell said. "The band members live just a couple blocks away."

The cornfeed also features a community business resource fair with informational booths.

"There's information on aquatic invasive species," Cornell said. "Sometimes animal pelts are brought out. And the Minneapolis Institute of Arts usually has a special hands-on art project."

Hair and face painting is also available.

Cornell said the corn comes from Waverly, MN. Last year 1,000 people attended and 1500 ears of corn were eaten.

He said that Rochdale Farms, a co-op farm, is donating about 20 pounds of butter for the event.

Planning for the cornfeed,

with help from the Longfellow Community Council (LCC), is almost a year-long process.

"Denise and I will have a debriefing within ten days after the event," Cornell explained. "We will go over what went well and what we might want to change. We start talking seriously about the next one in January and get together with LCC in spring to discuss the resource fair."

"We always have our ears open for something new," he added. "We put together a cornfeed file and toss things into it through the year. We review it in the spring and go from there."

Cornell said three main things are done first: schedule the corn, get the band and get the food vendor lined up. "Then we get the face painting arranged and additional chairs for the event. The last thing we do is start lining up equipment. We get chairs and tables from other parks as needed."

Continued on page 15



Last year's Cornfeed was a huge success with over 1000 people eating 1500 ears of corn. This year's event will be held Thur., Aug. 14.

## Longfellow man missing

Community gathers to support the Josef Zurnieden family

By TESH M. CHRISTENSEN

The Longfellow community has rallied around the family of a missing Longfellow resident.

On Sun., July 6, a vigil was held at Wabun for the family of Josef Zurnieden, 42, who was last seen by his family at 6am on July 1. His wife, who typically talks to him multiple times a day, last spoke with him two hours later.

His white van was found on July 3 in the area of 26th Ave. and Marshall St. in Northeast Minneapolis. His wife, Katy, is worried that he may have fallen into the river. Katy told Fox News that her husband takes walks in beautiful spots to clear his mind.

She also said that his disappearance is very out of character. In 13 years, he's never missed dinner.

On Tues., July 8, community members gathered near the river to search. The search is also being treated as a possible recovery effort, but police do not suspect foul play. Groups of 6-10 people searched on both sides of the Mississippi River from Marshal Terrace Park at 27th Ave. down to the Stone Arch Bridge. They were instructed to wear pants, long sleeves and sturdy footwear, and to bring along rope and life jackets. Bug repellent and water were provided by

organizers.

"The Zurnieden family needs your help to bring Josef home! Thank you for the support, prayers, words of strength and comfort that you have provided to Katy, Grace and Veronica Zurnieden," wrote Ruediger Held in a post on E-democracy.org.

Zurnieden is 6 feet tall, weighs 165 pounds and has dark receding hair. He has a rose tattoo on his arm.

Anyone with any information about this case is asked to send a text to 847-411 (tip 411), enter MPD and the tip or call the tipline at 612-692-TIPS (8477). All texts are anonymous.



Josef Zurnieden's family is still waiting for closure. If you would like to support the Zurnieden family, donate to the trust fund at Wells Fargo: Zurnieden Family Trust, Tax ID 47-6346506, Wells Fargo Account 8678229694. Friends of the family are working to put together a benefit in the next month or two.

# Messenger

1885 University Ave.  
St. Paul, MN 55104  
651-645-7045

**Publishers:**

Calvin deRuyter, Tim Nelson

**Managing Editor:**

Calvin deRuyter

**Advertising:**

Denis Woulfe - 651-917-4183

**Production/Illustrations:**

Bob Wasiluk

**Contributing Writers:**

Eric Nathanson, Jane McClure,  
Tasha M. Christensen, Sherri Moore,  
Jan Willms, Jill Boogren,  
Matthew Davis

Now, communicate with the  
Longfellow/Nokomis  
Messenger electronically!

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!

The Longfellow/Nokomis Messenger is a monthly community publication in the Longfellow and Nokomis areas of Minneapolis, owned and operated by deRuyter-Nelson Publications, Inc. All correspondence should be sent to the Messenger, 1885 University Ave., #110, St. Paul, MN 55104. Editorial and advertising offices can be reached at 651-645-7045. Our fax number is 651-645-4780.

All rights reserved. The contents of the Messenger cannot be reproduced without express written permission of the publisher. Copyright ©2014.



Our reporter, Jill Boogren, was in the press corps as the President visited Minnehaha Park in Minneapolis in June. Clockwise: 1) President Obama arriving at Minnehaha Park; 2) Quinn Graham, an intern with Right Track youth career development in St. Paul Mayor Coleman's office, was among those called on for questions; 3) President Obama answering guests' questions at a gathering at Minnehaha Park; 4) Air Force One ready for departure; 5) Ward 12 Council Member Andrew Johnson shook the President's hand and told him he was an inspiration. (Photos by Jill Boogren)

## President Obama drops by for a visit

By JILL BOOGREN

President Barack Obama made a stop at Minnehaha Park during his two-day visit to Minneapolis-St. Paul. After cheering on Team U.S.A.'s advancement to the World Cup to the crowd of about 250 guests, he acknowledged statewide flooding. Obama said, "We will be there" to help, with assistance from FEMA (Federal

Emergency Management Agency) and the Army Corps of Engineers.

He talked about the economy then said he came to listen, and went — his words — "boy-girl-boy-girl, to make sure it's fair" in answering people's questions. Topics ranged from gun violence, to paying for higher education, investing in science and technology, especially in teaching young girls,

equal pay for women, and climate change. The mood was relaxed, and the President seemed to be in his element. At one point he was asked how you get the president to do a commencement speech, and he said UC Irvine did a petition drive, and he mentioned their having an anteatr as their mascot. Someone in the crowd called out "We have a gopher," to which the

president replied "Gophers are cool."

Among local elected officials present were Governor Mark Dayton, Minneapolis Mayor Betsy Hodges, St. Paul Mayor Chris Coleman, Ward 12 Council Member Andrew Johnson, and Minneapolis park commissioners. "It's great to see [the president] in such a beautiful setting," said District 3 Park Commissioner Scott Vreeland. "It's really intimate, like a living room... It's our park living room."

District 5 Park Commissioner Steffanie Musich said she was thrilled to have the president visit the park in her district and told him so when she shook his hand. She regretted not being able to ask how the federal government can help fund neighborhood parks. "It's important to me and citizens to fix our aging infrastructure," she said.

Park Commissioner At Large John Erwin said it's no accident the president singled out Minnehaha Park and Lake Harriet (where he was scheduled the next day) as stops. The Minneapolis Park System has been ranked #1 in America in 2013 and again this year.

The President also ate a Jucy Lucy at Matt's Bar and visited Grand Ave. in St. Paul.



President Obama waving goodbye to the crowd from Air Force One. (Photo by Jill Boogren)

Stay on top of local events by visiting the *Messenger* Events Calendar at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

### COUPON CUT-OUTS

# Aerial acts, triple trapeze, hoops, cradle-to-cradle, silks, triangle, theatre, and fire dance... oh my!

By JAN WILLMS

Summer means theater camps and ecological camps, but even though Juliette Kline would like to participate in them, something else gets priority.

Kline, 12, the daughter of Longfellow residents Shannon Tolzin and James Kline, is performing in the Circus Juventas' summer show, "Neverland," and she is spending her days practicing new acts.

She has been a participant in Circus Juventas, the largest youth performing arts circus in the country, since she was eight.

"I took a circus experience class when I was six," she said, "so I could try everything. I skipped a year and then took acrobatics and a tumbling class for a year or two. I was in gymnastics in school, so that seemed a good fit."

For "Neverland," which runs Aug. 1-17 at the circus' performing school at 1270 Montreal Ave. in St. Paul, Kline is playing the role of a faerie. The story of Peter Pan, Wendy and the Darling Children, and Captain Hook and his motley crew will be told through circus acts.

A fire dance routine, high flying cradle-to-cradle act and "human juggling" are all a part of Circus Juventas' 20th anniversary summer production.

"Getting invited to participate in the summer show has been one of the most exciting parts of being in Circus Juventas," said Kline, who will be a seventh grader at Laura Jeffrey Academy in the fall.

She has practiced aerial techniques, multiple trapeze, Spanish web, silks and hoops. "Spanish web involves a big rope, hanging, that is really tall, and you climb it and do different wraps and things," she said. She has reached level 3 of acrobatics and has taken mini-hammock, one of her most enjoyable classes.

In mini-hammock the performer runs and grabs a looped silk and spins.

"I have taken acrobatic classes all the years I have been here, and I have gotten way better," Kline explained. "It feels good, like I have accomplished a lot."

Another local Circus Juventas



Juliette Kline is in makeup for her role as a faerie for Neverland. (Submitted Photo)



Morgan Frober takes a break from practice at the Circus Juventas. (Photo by Jan Willms)

performer who has accomplished a lot is Nokomis resident Morgan Frober, 15, the daughter of Mike and Robyne Frober. She has been with the circus school for six years.

She will play the part of Wink, a grotto faerie, and will perform in aerial acts, triple trapeze, hoops, cradle-to-cradle as well as theatre.

"I went to see 'Raven's Manor,' the summer show when I was in third grade, and I loved it," Frober said. "My mom signed me up for classes in the fall, and I took a whole mix of things with the circus experience class. I loved aerials and picked multiple trapeze and did that for a year. After that, I went on and did bike team, low-casting (a mini version of the flying trapeze, with acts performed lower to the ground), and mini-hammock."

She has also done silks, hoops, triangle and French trapeze. And she performs the cradle-to-cradle, with two standing people hanging from the ceiling. The

third participant jumps or gets thrown between them.

"The first time you jump from the ceiling to a catcher in the middle, it's really scary," Frober said. "It still is."

She loves to work on hoops, doing tricks by herself or in sync with a partner. "I got a hoop for Christmas, and it's in my front yard," she said.

Frober, who will be a 10th grader at Highland Park High School in the fall, said she practices from about 4pm to 7:15 or 9:15 weekdays and on Saturdays from 10am to 2pm.

"Sometimes it's a little more intense during the school year, because I'm not at the circus school on weekends, so I spend longer days at practice."

She said her best friends are performers at Circus Juventas, where she has met so many great people.

If she stays in the Twin Cities for college, she plans to continue performing for a couple years.

## Neverland

Aug. 1-17, Circus Juventas Big Top, 1270 Montreal Ave., Saint Paul, MN

Tickets: All reserved seating \$14-\$35

Box Office: 612-343-3390 or online at [www.ticketworks.com](http://www.ticketworks.com)

For more information call 651-699-8229 or go to [www.circusjuventas.org](http://www.circusjuventas.org)



Students rehearse on the Russian Bar for the summer production of Neverland, Aug. 1-17. (Photo by Jan Willms)

Kline said she hopes to continue with Circus Juventas until she is 21, and then may consider a circus college.

She recommends that for young people considering Circus Juventas, they should begin with the circus experience class to get a taste of all the different skills they can learn. She added that she

wanted to give a shout out to her coaches, friends and family who have helped her throughout the years.

Frober summed up the experience she has gained from performing in Circus Juventas.

"I learned that every show, even if you are performing by yourself, it is always a team effort."

★ ★ ★ ★ ★

## Roger Kittelson announces candidacy for District 63B

★ VOTE IN THE AUG. 12 PRIMARY! ★



The Roger Kittelson Family: from the left, Alex, son; Sydney, daughter; Roger, proud father and grandfather; Maddox, grandson; Andrea, daughter-in-law; Logan, son; Laura, future daughter-in-law; Anders, son.

**I am seeking your support in the August 12 DFL Primary for the Minnesota Legislature, District 63B. If elected I will be more visible and active for 63B residents.**

I have a strong commitment to education, affordable health care and fair international trade laws and wages.

Like Paul Wellstone, I have supported Single Payer Health Care. What we have with the Affordable Care Act is better than what we had, but we could do a lot better with Single Payer.

My background includes B.S. and M.A. degrees from the U of M; former candidate for Congress, 2008; candidate for the MN House, 1982; six years school board; 17 years Lions Club; 30 years dairy marketing specialist.

Please send donations to Roger Kittelson 63B to Laura Griffin, Treasurer; 5324 48th Ave. So.; Mpls, MN 55417. Email: [RogerKittelson63B@gmail.com](mailto:RogerKittelson63B@gmail.com)

Thank you for your support.

**Roger Kittelson**

Absentee ballot applications can be requested online at: <https://mnvotes.sos.state.mn.us>

★ Prepared and paid for by the Roger Kittelson for 63B Campaign Committee. ★  
5324 48th Avenue South, Minneapolis, Minnesota 55417

By JILL BOOGREN

Now through Aug. 12, voters in the primary election have a chance to get their preferred candidates placed on the ballot for November's general election. Any eligible voter is able to vote by absentee ballot before election day.

The ballot contains both partisan and non-partisan races. On the front is a partisan ballot for U.S. Senator, State Representative District 63B (no primary in 63A), Governor & Lt. Governor, Secretary of State, State Auditor, and Attorney General. On this side voters must vote a straight party ticket for all races: Independence, Republican, or Democratic-Farmer Labor (DFL). The top vote earner in each party for each race will be on the ballot in November. On the back is a non-partisan ballot for At-Large (citywide) School Board Members and District Court Judges.

Here are the primary races, where two or more candidates are vying to represent their party on the ballot in November. In each of these races, the incumbent seeking reelection is endorsed by the DFL Party.

In the Minnesota House (63B), incumbent Jean Wagenius is being challenged by Roger A. Kittleson. Originally from Zumbrota, MN, Kittleson is a former (30-year) dairy marketing specialist and a former candidate for the U.S. House of Representatives in Wisconsin (2008) and the Minnesota House (1982). He's a pro-life Democrat who believes men, women and unborn children should have the same rights to a healthy productive life, he stated by email. His two strong interests are education and health care. He supports Single Payer Health Care and suggests that costs are significantly lowered in industrialized countries that use this system.

Wagenius may be best known for her environmental advocacy. She chairs the Legislature's Environment, Natural Resources and Agriculture Finance Committee and has received recognition over the years from prominent organizations for her strong conservation ethic. Key legislative

# Vote in the primary Aug. 12



actions by Wagenius include co-authoring the voter-approved Legacy Amendment; authoring the first law to provide state funds for all-day kindergarten; coauthoring bills to increase the minimum wage; and voting for marriage equality. On choice, Wagenius believes decisions about abortion are private and votes to support the principles in Roe v. Wade.

Challenging DFL incumbents Governor Mark Dayton and Lt. Governor Tina Smith are: Leslie Davis and Gregory K. Soderberg; and Bill Dahn with James Vigliotti. The Republican Party has a field of five teams vying for Governor

and Lt. Governor: Marty Seifert and Pam Myhra; Kurt Zellers and Dean Simpson; Merrill Anderson and Mark Anderson; Jeff Johnson and Bill Kuisle; and Scot Honour and Karin Housely.

The largest field of candidates is for U.S. Senator. Incumbent Al Franken is being challenged within the DFL Party by Sandra Henningsgard. Five Independence Party candidates (Steve Carlson, Kevin Terrell, Jack Shepard, Stephen Williams, Tom Books) and five Republican Party candidates (David Carlson, O. Savior, Jim Abeler, Mike McFadden, Patrick D. Munro) are also on the ballot to represent their parties.

Secretary of State, currently held by Mark Ritchie who is not seeking reelection, is an open seat, with "Dick" Franson, Steve Simon, and Gregg A. Iverson looking for the DFL nod, and Bob Helland and David A. Singleton looking to represent the Independence Party.

For State Auditor, DFL'er Matt Entenza is challenging incumbent Rebecca Otto. Incumbent Attorney General Lori Swanson has no DFL challenger, but two candidates, Scott Newman and Sharon Anderson, are running for the Republican Party.

In the non-partisan races, voters can select up to two of seven candidates vying for an at-large seat on the School Board. Incumbent Rebecca Gagnon is seeking reelection, and Doug Mann, Don Samuels, Andrew Minck, Iris Altamirano, Soren Christian Sorenson, Ira Jourdain are also looking for a seat.

Voters can also choose one of seven candidates for Judge of 4th District Court 43 and one of five candidates for Judge of 4th District Court 61.

Any voter can show up at their polling place on Election Day Tues., Aug. 12th, or vote absentee in advance, including in-person at City Hall until 5pm, Mon., Aug. 11. Non-registered voters may register on-site at either with photo ID and proof of residence.

## National Night Out – August 5

National Night Out (NNO), held on the 1st Tuesday of August, has become an annual tradition around the country. People on a block, or several blocks, plan a party for neighbors to get to know each other better, exchange information like email addresses and phone numbers, talk about issues they may have, welcome new people on the block, and just have a good time.

Block parties create a friendly, relaxed atmosphere that encourages neighborliness and communication. Residents who have had block parties say that they look out for each other more, feel safer, and are more connected to their community because they know their neighbors. It also helps ease tensions over issues on the block – the person who has late night parties, the family that doesn't mow often enough. Getting together for a party rather than just complaining about a problem can make it easier to resolve issues in a friendly and helpful way.

Block clubs are a powerful tool for preventing crime and creating a milieu of looking out for each other, paying attention, and noticing when something isn't quite right. It helps in apprehending suspects, and makes for a better neighborhood. For all these reasons, NENA encourages everyone to get involved with their block club or start one if you don't have one. If you need help getting started you can call Sue Roethle, Crime Prevention Specialist, at 612-673-2839, or contact the NENA office at 612-724-5652.

**Block Leaders:** NENA will copy materials for your NNO party, or other block club business, free of charge. We also have handouts you and your neighbors may find useful, so call the office (612-724-5652) and stop in.

## Minneapolis Monarch Festival, Sept. 6

Monarchs, music, food and art return to Lake Nokomis

## NENA (Nokomis East Neighborhood Association)

BY RITA ULRICH AND DOUG WALTER

### Summer is all about community

on Sat., Sept. 6, 10am-4pm for the 6th annual Minneapolis Monarch Festival. This celebration of the amazing monarch migration from Minnesota to central Mexico has taken on new meaning as the population has declined dramatically each of the last 3 years. The population that made it to the overwintering area in Mexico last winter was an estimated 35 million, the smallest number on record. At their peak in 1996, one billion monarchs reached Mexico.

Along with an all-day music stage, a dance floor, dance performances and other activities, the festival will give guests plenty of opportunities to learn about monarchs: the life cycle, the milkweed and nectar plants they need to survive, the loss of habitat causing the population decline, and how you can do your part to preserve the Midwest monarch population and the migration.

The **Kids Butterfly Fun Run** will be back, with short races for children ages 1-11. The Fun Run raises money for monarch habitat conservation. Registration is \$10 and includes a Fun Run T-shirt.

The Festival takes place at the Naturescape Gardens on E. Lake Nokomis Pkwy. at East 50th St. Admission is free and all activities except the Fun Run are free. Food will be available for sale from vendors offering both Latin and more traditional Minnesotan food. Bring your own water bottle to refill with free water, courtesy of Minneapolis Tap.

**Volunteers** are needed for kid's games, art activities, the Fun Run, monarch tagging, set up and other jobs at the Festival. Volunteer applications are available on the festival website, [www.monarchfestival.org](http://www.monarchfestival.org) or you can call

the NENA office at 612-724-5652.

The Minneapolis Monarch Festival is produced by the Minneapolis Park and Recreation Board and NENA, in collaboration with the University of Minnesota's Monarch Lab.

More information on the stage lineup, art activities, food, the Kids Butterfly Fun Run, and

other festival activities will be available on the website as details are confirmed. The website has all the information in English and Spanish.

### Upcoming NENA Meetings and Events

**National Night Out:** 5pm – dusk, Tue., Aug. 5. Check with your block club leader for details.

**Housing Working Group:** 7pm, Mon., Aug. 18 at NENA, 3000 E. 50th St.

**NENA Board:** 7pm, Thur., Aug. 28 at NENA.

**Minneapolis Monarch Festival:** 10am– 4pm, Sat., Sept. 6, at the Lake Nokomis Naturescape Gardens (50th St. and Nokomis Pkwy.). Go to [www.monarchfestival.org](http://www.monarchfestival.org) for details.

**NEBA Block Party:** 11am– 4pm, Sun., Sept. 7, 34th Ave. and E. 51st St. The fifth annual block party hosted by the Nokomis East Business Association.

**Naturescape Gardening:** 6-8pm, every Tuesday evening at the Nokomis Naturescape.

Last-minute schedule changes are posted on our Calendar page at [www.nokomiseast.org](http://www.nokomiseast.org) or you may call 612-724-5652.

If you would like to join us as a volunteer, contact the NENA Office at (612) 724-5652 or email [nenan@nokomiseast.org](mailto:nenan@nokomiseast.org).

## The Schubert Club and Kate Nordstrum Projects announce the sixth season of Accordo

In its sixth year, recently named "Best Chamber Ensemble" by the *Minneapolis Star Tribune*, Accordo is composed of Saint Paul Chamber Orchestra and Minnesota Orchestra principal string players Rebecca Albers, Ruggero Alfianchini, Steven Copes, Erin Keefe, Kyu-Young Kim, Maiya Papach and Anthony Ross; and former SPCO principal cellist Ronald Thomas.

Accordo is presented by at the National Historic Landmark Christ Church Lutheran, 3244 34th Ave. S. New for the 2014-15 season, seating at Christ Church Lutheran will be pre-assigned. All concerts begin at

7:30pm and programs include:

—Mon., Oct. 13: Haydn String Quartet in G minor, Op. 20, No. 3; Lerdahl Waltzes; and Dvorak String Quintet No. 2, in G major, Op. 77.

—Mon., Dec. 8: Beethoven String Trio No. 3 in G major; Schulhoff Duo for Violin & Cello; and Glazunov String Quintet, Op. 39.

—Mon., Apr. 20, 2015: Debussy Violin Sonata in G minor; Honegger Sonatina for Violin & Cello; and Elgar Piano Quintet in A major, Op. 84.

—Mon., June 1, 2015: Brahms String Quintet No. 1 in F

major, Op. 88; and Mozart String Quintet No. 5 in D major, K. 593.

Musicians and patrons gather in the Luther Lounge after each Accordo concert for complimentary drinks and small bites courtesy of Parka.

New for this season, seating will be pre-assigned at Christ Church Lutheran. Subscriptions are on sale now with prices 20% less than single tickets. Subscriptions include all four concerts at Christ Church Lutheran and range from \$60 to \$100. Single tickets will be on sale Aug. 4.

Messenger

For more information on submitting letters or news announcements to the Messenger email Calvin deRuyter at [editorial@deruyternelson.com](mailto:editorial@deruyternelson.com).

# Urban CSA provides neighborhood with locally-grown food

*Urban farm movement growing in Twin Cities as people reconnect with their food*



Corinne Bruning of Jack Dog Farms pulls out a cabbage stalk that has gone to seed. Jack Dog Farms opened at the corner of 38th St. and Standish Ave. in 2013. Watch for a farm stand on site later this summer. (Photo by Tessa M. Christensen)

By **TESHA M. CHRISTENSEN**

The number of urban farms is rapidly growing. Corinne Bruning, who runs an urban farm with her partner Justin Wells at the corner of Standish Ave. and 38th St., estimates that there are between 15-20 urban farms in the Twin Cities area.

"I think a lot of people look at vacant space in the city and say there could be something beautiful and abundant in this space," Bruning said.

The size of these urban farms runs the gamut, from people providing shares to two friends to those who have lots of space and sell to 60 people.

With the economic downturn, Bruning saw a growing movement of young people who decided to re-school and learn about farming. "A lot of us have a pretty large disconnect with food," said the 30-year-old. "The local food movement is all about reconnecting with food and growing food for survival. I think that people don't want to be so distant from that anymore."

People want to know what's in their food, as well. When they buy a jar of strawberries in the grocery store, they want it to be just strawberries without additives. To get that much control over their food, people are growing and canning their own, pointed out Bruning. "I know everything that comes into my body,"

said Bruning.

It's a marked change from her parent's generation. With the rise in supermarkets, the generation ahead of her decided it was easier to shop for food than to grow it, Bruning observed. They had been forced to work the farms of their parents, and they decided they didn't want that anymore.

Bruning experienced that disconnect with her food until her family moved back to South Dakota when her dad retired from the military. Up until then, they had moved around too much to plant a garden. However, she did plant her first seeds - morning glories - while they lived in Japan. In eighth grade, she became close to her grandma, a woman who had grown up on a farm, slaughtered her own animals, and always had a garden.

"When I moved to the Midwest, everyone had rhubarb in their yard. It was a whole new thing," stated Bruning.

## A NEIGHBORHOOD FARM

Brunings, who has a background in community organizing, and Wells, who has a background in the restaurant industry, began Jack Dog Farms last year on land they lease from acupuncturist Sabrina Miller. In 2013, Jack Dog Farms provided 12 CSA shares. This year, it doubled to 24. More than 70% of the shares go to people who

live in the area. In 2015, they hope to add two drop sites, one in St. Paul and another in Apple Valley.

Last year, they built a fence with a trellis around the edges of the yard, and worked to enrich the soil by adding 2 inches of compost across the entire 1/4-acre lot. They continue to dig up a lot of garbage from the time the land was vacant - the primary source of pollution they deal with. Near the road, they grow sunflowers because they help to pull up heavy metals from the soil. In other areas of the yard, they have comfrey plants, a dynamic nutrient accumulator they cut down and till in because it helps enrich the soil. They filter the water they use, although this year they've been able to rely mostly on rainwater.

Bruning envisions a wall of raspberries along the road that neighbors can help themselves to. This year, they also plan to plant boulevard gardens to attract more pollinators.

Everyone who walks by their farm comments on the garden. "That's really motivating," said Bruning. "We really want to be a neighborhood farm," she said.

## RURAL VS. URBAN FARMING

Last year, Bruning and Wells earned the Urban Farming Certification from the Permaculture Research Institute Cold Climate, a non-profit organization in Minneapolis. They were linked with a mentor, Courtney Tchida, who runs the Cornocopia Student Organic Farm at the University of Minnesota. "She helped us figure out our planting plan to have X amount of veggies by a certain week so that we would be able to provide for our CSA," said Bruning.

Jack Dog Farms isn't able to become organically certified because so much of their land is too close to the road. Bruning doesn't want to see organic certification going down in quality, but she does think it's not keeping in line with the urban farming movement. "What can we do differently so that we can organically certify urban spaces?" she asked. Until things change, they make sure they are as transparent

as possible.

Urban farmers are more concerned about space than rural farmers, and because of that, Jack Dog Farms uses intensive spacing when they plant. There is a lot of interplay between different plants that are growing together. They don't plant in straight lines or rectangles, either, but instead use curvilinear lines, which makes the garden more pleasing to look at and provides them with more space.

"Eventually we want to do some community art on the space to beautify it for ourselves and the neighborhood," Bruning said.

## EXPANSION

This year, they expanded at a second location in Prior Lake, leasing 3/4 of an acre from their permaculture instructor. The land came with a hoop house that they used for most of their tomato plants this year. "We're trying to see what it's like," said Bruning. "They're huge and have tons of tomatoes on them already."

Bruning and Wells hope to find more land to expand to in south Minneapolis, in part because they live in the Powderhorn neighborhood and appreci-

ate being able to bike to the farm. While some people have offered their yards, they've found that most yards simply don't have enough sunshine because of the number of trees in Minneapolis. Instead, they're hoping to partner with a larger property owner, such as Standish Greens, and convert lawn to garden to create growing space for food for the community.

"This is a lot prettier than a swath of grass," said Bruning.

Last month, Jack Dog Farms hosted a lacto-fermentation skillshare. Bruning noted that they plan to continue offering informational classes like this. Check their web site ([www.jackdogfarms.com](http://www.jackdogfarms.com)) or their Facebook page for upcoming events. In August, they hope to open a farm stand on 38th St.

In the long-term, Bruning dreams of living in an intentional community, a place where they grow enough food to feed those who live there, as well as visitors. She wants to homestead and be self-sufficient. She envisions hosting retreats and weddings.

"We want to be rural eventually," said Bruning. "We're hoping to connect with more people who are interested in doing that and bringing in more partners."

*"Eventually we want to do some community art on the space to beautify it for ourselves and the neighborhood."*

- Corinne Bruning



Justine Wells and Corinne Bruning run an urban farm in the Standish neighborhood. They both wanted to be more connected to their food, and to help others be as well. (Photo submitted)

minneapolis  
**monarch festival**  
festival de la monarca 

**Saturday, Sept. 6, 10 am - 4 pm**  
East Lake Nokomis Pkwy at 50th St.

**Volunteers Have a Blast!**

Consider spending a few hours helping with one of the many activities during the Festival. Some of the positions available are for kids games and the Fun Run, art activities, monarch tagging, education, etc. We also need Spanish-English speakers for guest assistance. Volunteers receive a free MMF Tee. Call 612-724-5652 for more info.

 **2014 Monarch Festival Features:**

Kid's Butterfly Fun Run, monarch tag & releases, all-day live music stage, art activities, traditional Aztec dancers, Latin and American food vendors, native plant info & vendors, tours of the nature scape, kid's games and costume contests. **FREE ADMISSION**

For the latest schedules, performers, and Fun Run info, please visit:  
**[www.monarchfestival.org](http://www.monarchfestival.org)**

Mpls Park and Recreation Board  
612-230-6400  
[www.minneapolis-parks.org](http://www.minneapolis-parks.org)

  Nokomis East Neighborhood Assoc.  
612-724-5652  
[www.nokomiseast.org](http://www.nokomiseast.org)

# Diabetes Support Group meets monthly in Longfellow

*Living with diabetes can be discouraging, but a support group can provide an encouraging community*

By **TESHA M. CHRISTENSEN**

Living with diabetes can be very discouraging, according to Longfellow resident Mary Ellen Crolley. She should know. She's had type 1 diabetes for 37 years. For the last three, she's had an insulin pump and continuous blood glucose monitor.

"To stay healthy with this disease requires more effort than most diseases, more self-care," Crolley explained. "It's hard work, and you have to keep it up year after year, so it's easy to get discouraged."

Three and a half years ago, Crolley began helping co-lead a Diabetes Support Group, sponsored by Longfellow/Seward Healthy Seniors, that meets on the second Wednesday of each month at Hiawatha School Park from 6:30 to 8pm.

"It's helpful to share encouragement with taking care of diabetes," observed Crolley.

"We encourage each other to exercise and eat healthy. Also, it's good to see the same people every month; it feels like community."

Crolley was asked to help lead the group by Carol Engelhart, a certified diabetes nurse specialist who works at Health Partners - Riverside. "I started the group with Mary Ann Crolley, Anita Martinez and Bev Young because I saw a need for a continual monthly support



Carol Engelhart uses a poster she found hanging on the wall at the recreation center while talking about healthy eating. Engelhart, a certified diabetes nurse specialist who works at Health Partners - Riverside, occasionally gives informational talks during the support group. She's in the middle of a two-part series now on "Juggling It All." The August meeting will focus on the latest medications, the standard medications, an emergency plan and a circle of support to stay healthy. (Photo by Tesha M. Christensen)

group in the South Minneapolis neighborhood," explained Engelhart. "I am passionate about people getting the help they need to

stay healthy with diabetes."

She added, "I asked people who have had leadership experience in community groups, teaching community education classes, church or their work to be co-leaders. A support group does not work well unless there is a core group of leaders who have the disease assisting in leading it. It also really helps to have a diabetes expert."

## WHAT A MEETING LOOKS LIKE

The group is for those with diabetes and also for their loved ones. Attendees range from pre-diabetes, gestational diabetes, types 1 and 2.

Each meeting starts with a check-in time that includes both an introduction and something of interest. "Attendees can share what is going well or not going well in their daily lives with diabetes in a confidential group experience," said Engelhart.

She stressed, "Everybody's journey is their own."

During check-in time in July, she reminded attendees to listen and accept each other's stories. "We are all listening to each other. We are all there for each other," Engelhart remarked.

The group frequently has professional guest speakers, including a dietician and an endocrinologist. Currently, Engelhart, a diabetes nurse specialist, is in the middle of a two-part educational series on "Juggling It All." The July meeting focused on "How Your Body Metabolism" works normally and how it works with diabetes. It included information on the body, food, monitoring targets, and more.

The second meeting on Aug. 13 will include information on the latest medications, the standard medications, an emergency plan and a circle of support to stay healthy.

Other topics at meetings

have included:

How do you eat or pack a healthy lunch?

What would you do to treat a low blood sugar?

Anybody can suggest or request topics.

"The educational meetings are top-notch," stated Crolley. "I recently learned from an endocrinologist why some foods raise my blood sugars more than expected."

"We have speakers and Q&A time, and we have time to talk amongst ourselves," observed Anita Martinez. "Often we divide up into smaller discussions groups according to how we treat our diabetes; for example, a small group using insulin pumps or insulin injections, one using various oral medications, and one focused on diet/exercise."

## INSPIRATIONAL AND HELPFUL

Martinez was diagnosed with type 1 diabetes 38 years ago. When the group began, she lived in the Minnehaha neighborhood of Nokomis East.

"It helps me to know that there are others facing the same and similar challenges as I am. It's interesting and inspiring to hear how others handle things," Martinez observed.

## TOWARDS GREATER HEALTH

"It takes commitment and usually support of others to stay on track with a healthy lifestyle for diabetes," said Engelhart.

According to Engelhart, a healthy lifestyle includes choosing activities that decrease stress, such as yoga, reading, and quiet

music. Daily movement such as walking, swimming, biking, chair exercises, and gym classes are also important. There are free or low-cost senior classes available through Longfellow Seniors, Nokomis Seniors and the Minneapolis Community Education Department. One of the most important lifestyle choices you can make for healthy living with diabetes is eating natural, healthy foods from the farmers market and the grocery produce aisle, she pointed out. Portion control is critical. Avoiding regular pop with high fructose corn syrup, baked goods, deep fat fried foods, candy and chips is equally important.

"What is truly contributing to diabetes today is high fructose corn syrup," said Engelhart. For many years, people thought that low-fat diets were the answer, but then everyone ate too many carbohydrates and put on weight. "Weight is the issue," said Engelhart. That makes the amount a person eats very important.

She pointed out that if a diabetic ate a controlled diet, their own body might be able to handle the sugar they take in and they might not need as much medication.

Regular meals are important, a way to avoid the "glucoaster," as Martinez labeled it.

Engelhart pointed out that there are two common symptoms of undiagnosed diabetes: thirst and lack of energy.

"We are here for you if you have diabetes and want help to live healthy!" said Engelhart.

To learn more, contact sponsor Longfellow/Seward Healthy Seniors at 612-729-5799 or email [carolengelhart@gmail.com](mailto:carolengelhart@gmail.com).



When her blood sugar is high, Trisha VanErt's 18-month-old Black Labrador Faith alerts her by nuzzling her chest. It's one of the ways VanErt is managing her diabetes. (Photo by Tesha M. Christensen)

Jay Anderson:  
Experienced. Reliable.  
Real estate agent.

**COLDWELL BANKER**  
**BURNET**

612-819-7555  
Jay@CBBurnet.com

**Classifieds:**  
**\$1 per word**

**KOWALSKI'S**  
MARKETS

THE TWIN CITIES OUTSTANDING GROCERY STORE!

**5615 CHICAGO AVE. SOUTH**

**LOCAL EVENT**  
**Saturday, August 2nd • 11:00 AM – 4:00 PM**

Sample a variety of fresh food from the many local farmers, growers, and producers Kowalski's supports.

*Thanks for shopping locally!*

612-824-2430 [www.kowalskis.com](http://www.kowalskis.com)



The Longfellow Support Group is led by four women: (left to right) Bev Young, Anita Martinez, Mary Ann Crolley and Carol Engelhart. It meets monthly at the Hiawatha School Park building, 6:30-8pm. (Photo by Tesha M. Christensen)

## TIPS FOR DIABETICS

- **Carol Engelhart:** Juggling it all is hard on your own. Find the help you need to live a life in healthy balance of exercising, health eating, and reducing your stress in addition to the help from your medical clinic.
- **Anita Martinez:** Keep on trying to do the best you can. If you think you are too much or too many carbs, just try again at the next meal. Move as much as possible throughout the day, and remember that house and yard chores and playing with the kids count as exercise, too. During any and all holidays, remember that it's a holiDAY, not a holiWEEK or a holiMONTH!!!
- **Mary Ellen Crolley:** Find a way to exercise that you enjoy. Find a buddy to go on walks with, or bike or swim, or take a movement class, or try a competitive sport. It doesn't matter what, it matters that you do something to get your heart rate up. Scary movies don't count.

*Editor's Note: This is the time of year when sales people canvas neighborhoods, or when crime is up in an area, so we thought this article that crossed our desk from the Better Business Bureau was a timely addition!*

# Home Security Alarms – How to choose the right company

The installation of a home security system is much more common than in years past. In fact, many newer homes come already equipped with them. Not only can a security system provide a line of defense against intruders, it can, in some cases, help lower insurance premiums as well as help ensure personal safety and the safety of family members. Better Business Bureau of Minnesota and North Dakota® (BBB) offers some advice on things people should consider before signing an agreement with a home security company.

"Security systems can offer homeowners additional peace of mind, but people should always pay attention to warning signals when searching for the right company," said Dana Badgerow, president and CEO of BBB of Minnesota and North Dakota.

A good place to start this process is to determine whether you are going to purchase the alarm or lease it. If you purchase the system, you'll own the equipment outright. A leased system may cost less initially, but it won't belong to you and could be removed from your home once you discontinue your service or switch companies.

Most alarm systems are linked to a central monitoring center. It's a good idea to see if the company installing the alarm will be the one monitoring your system. If not, make sure you obtain the name, address and phone number of the company providing monitoring services. You'll want to research them as well at [www.bbb.org](http://www.bbb.org).

Another good question to ask a salesperson is, 'What is the process?' For instance, when an

alarm is triggered, some security firms call the homeowner first and only alert the authorities if no one answers or if the property owner confirms there's a problem. Ask for their procedures in writing as far as exactly what will happen when your alarm goes off, so you know what to expect. The monthly cost of monitoring can vary, so it's also worthwhile to get an idea of the market rate. Systems that are not monitored rely solely on a siren as a form of deterrent.

Since alarm systems are available in a wide range of prices and technologies, customers have a number of options to choose from. The most economical systems usually include a control panel, keypad,

door and window sensors, and a siren. More advanced systems may include advanced keypad options, glass break sensors, and heat and carbon monoxide sensors. Some households only need the basics while others want the deluxe package – which now includes video security systems so that homeowners can actually see what's happening inside their house. Decide which options best suit your needs.

In recent years more and more households have switched from traditional landlines to cell phones and Internet-based lines. Making a switch midway through your contract may affect your alarm service. Ask the sales representative what your options are in the event you decide to

discontinue the use of a landline.

It's also important to know that most companies will require you to sign anywhere from a 24 to 60 month contract for monitoring. This is especially true if they installed the alarm system. Consumers who cancel before their contract expires are often subject to hefty cancellation fees. Before you sign up with anyone, be sure to ask how long your contract is for and what the cancellation policies are. In discussions with your sales representative, ask what would happen if the company were to be bought out. Also, don't rely on oral promises; get everything in writing.

Furthermore, be aware that it

is a common practice within this industry to use "evergreen contracts." If proper notice has not been given, an evergreen contract automatically renews upon expiration. Companies often require consumers to provide notice of their intent to discontinue service at least 30 days in advance. It is the consumer's responsibility to know when the contract expires and to give notice by the cut-off date stipulated in the contract. If you end up signing an evergreen contract, it's a good idea to place a label in a visible area near the alarm to remind you when the contract expires and when the cancellation must be made.

## Other things to consider:

Alarm companies frequently send sales teams to canvass neighborhoods in search of new customers. If you already have a home security system and the sales representative tells you that your service is about to expire, don't take their word for it. Contact your alarm company and verify the expiration date on your contract. If the company claims they are acting on behalf of your current alarm company, verify that as well.

It's a good idea to ask for identification. A reputable salesperson will provide you with all the information you request, including ID and a business card. It's always a good idea to contact the company directly to ensure the person on your doorstep is an employee.

Does the sales person have a solicitor's license from the city you're in?

Ask about false alarms – will you be charged?

Avoid snap decisions. Tell the salesperson you will consider the offer and get back to him or her after doing your research. Watch out for high-pressure sales pitches.

Always research companies at [www.bbb.org](http://www.bbb.org).



Ready to Make Your Move?

We're Ready to Help.

River Realty

[www.RiverRealty.net](http://www.RiverRealty.net)

FIRE UP THE GRILL 🔥

Pick up all your grilling needs at Seward Co-op!

2823 E. Franklin Ave. | Minneapolis  
612-338-2465 | [seward.coop](http://seward.coop)

Seward COMMUNITY CO-OP

# Park Board seeks FEMA aid for flood recovery

Over \$7 million would repair golf course, trails, and athletic fields



Crews sandbagging to keep the creek from surging into Lake Nokomis in June. (Photo by Jill Boogren)

By JILL BOOGEN

We may be enjoying a roaring Minnehaha Falls this year, but drying out after months of heavy rainfall will carry a hefty price tag. Park land, ball fields and many bike-walk paths remain under water where the creek burst its banks and lakes have expanded their shorelines. Trees are getting waterlogged. And except for the driving range and practice area, the 18-hole Hiawatha Golf Course has been closed.

"We're concerned about the damage the flooding is doing along bike paths," said 5th District Park Commissioner Stefanie Musich, after President Obama's visit to Minnehaha Park in June. She said the area is prone to sink holes, given its nature as filled-in wetland as well as gopher activity.

In partnership with Hennepin County, the Minneapolis Park and Recreation Board (MPRB) is requesting over \$7

million in Federal Emergency Management Assistance (FEMA) aid to recover from flood impacts, a third of which would bring relief to south side parks and trails impacted by floods.

The highest expense (\$4 million) would repair the bluff along W. River Parkway beneath the Fairview-Riverside Hospital, which collapsed in June, closing off a popular route (between Franklin Ave. and 4th St.) for motorists and cyclists into downtown Minneapolis.

Golf courses are next highest, at an estimated \$1 million for Hiawatha and Meadowbrook, although MPRB Finance Director Julia Wiseman said it is too soon to know for sure how much it will cost.

"Everything's under water for us," said Wiseman. "Everything we're estimating is pure guesses. We can't get contractors out there to view anything yet." Estimates are based on course managers' knowledge of what it costs to reseed and restore turf, but with a lot still under water they don't know yet what's been washed away. Only the driving range and practice areas have been open at Hiawatha, with the front 9 reopening July 25.

"The condition of the fairway and condition of the green



Egrets, being seen in groups of three or more, seem to have gotten the word that there are easy pickin's in the shallows where the creek has overflowed and where Lake Nokomis has expanded its shoreline. (Photo by Jill Boogren)



The intersection of Cedar Ave. and Minnehaha Pkwy in June. (Photo by Jill Boogren)

are paramount to a good golf experience," said MPRB spokesperson Robin Smothers. Areas under water need to be evaluated and may not be salvageable, she said. "It's a shame. It's a well-used, well-loved course."

In addition to cleanup costs, there's lost revenue.

"It's a significant amount of revenue, even with the practice course open," said Smothers. "The cost of hitting a bucket of balls doesn't generate the same kind of revenue as a round of golf." Leagues have been moved to other courses; Theodore Wirth, Columbia, Gross and Fort Snelling are open.

Funds (about \$1 million) would also be used to restore park land and trails along Minnehaha Creek and surrounding

lakes. Of highest concern are the pathways that have been under rushing creek water.

"Any time you have moving water and moving water for a significant amount of time... it's washing away and eroding things," said Wiseman, adding that the million is a very rough estimate that will depend on how much is washed away and how much has to be rebuilt.

Some funds (\$300,000) would repair athletic fields. This means ball fields at Lake Nokomis that have been unplayable for most of the season and are attracting ducks may get some much-needed attention.

Egrets and other waterfowl seem to have gotten the message

Continued on page 9



We Move You In!

Today you could be getting more out of life — freedom, convenience and a real sense of belonging. And now, you could be getting even more. Receive up to \$1000 in moving services when you reserve an apartment at Good Samaritan Society - Heritage Place of Roseville.

To learn more call  
(651) 489-3293



All faiths or beliefs are welcome. 13-G0668

Proud to be part of this great neighborhood.

To schedule an appointment, call 612-873-6963.

- Same day/next day appointments
- Patient-centered care for the entire family
- Prenatal care, including Certified Nurse-Midwives and group sessions

**East Lake Clinic**  
Hennepin County Medical Center

2700 East Lake Street, Minneapolis  
hcmc.org/clinics



David Hilden, MD  
The host of WCCO Radio's "Healthy Matters"



# Flood recovery

Continued from page 8

that it's easy pickin's in the newly-created shallows lining the creek and lakes. It smells pretty rank now that waters are receding, with plant life rotting and dead fish and other aquatic life beginning to decompose. Some trees have been lost, and others are likely in jeopardy from being in standing water for so long.

According to Wiseman, FEMA only reimburses for trees lost, however. We may not know to what extent trees have been impacted until the next wind-storm (recall last year's wind-storm after trees were heavily saturated) or until we go through another winter into spring.

"There's definitely damage being done to the life of those trees," said Wiseman.

Another significant chunk (\$800,000) would go toward the glen below the falls, where gushing waters may be undoing nearly a third of the \$2.7 million in recently-completed channel improvements. No park buildings sustained damage due to flooding.

## Flying Fish?!

Flooding follows the wettest Twin Cities June (11.36 inches of rain) since 1874 and historically-high water levels in the lakes and creek. According to a Minnehaha Creek Watershed District (MCWD) statement posted online, June 23 saw Lake Minnetonka, the creek's headwaters, at an all-time high - 931.11 feet above sea level, a volume so great it was flowing over the spillway north of Gray's Bay Dam, which normally regulates water flow to Minnehaha Creek.

Since May 9, MCWD has recorded the dam discharge rate at 300 cubic feet per second (cfs), considered maximum capacity for the creek. This doesn't reflect spillover or fluctuation

due to rain events, however. Actual flow levels, according to U.S. Geological Survey data, are way higher. On June 19 Minnehaha Creek reached the highest level recorded at the USGS gauge at Hiawatha Ave. since it was installed in 2006 - a whopping 893 cfs. While it dropped substantially the next day, levels were still in the 300's as this went to press, well above the >150 cfs MCWD deems dangerous for paddling.

At Lake Nokomis, sandbags were piled on top of the weir that prevents the creek from dumping pollutants, zebra mussels, and other invasives into the lake. Fish were seen "literally taking a flying leap," according to Smothers, to get from the lake to the creek. The weir wasn't breached, and some sandbags have since been removed to release excess lake water into the creek.

Water may be receding, but engineers don't expect Lake Minnetonka - and therefore the creek - to be at ordinary water levels until mid-August, assuming normal weather conditions for the rest of the season.

In total, Hennepin County is requesting \$14.9 in aid (which includes MPRB requests), far surpassing its threshold of \$4 million as well as the state's threshold of \$7.4 million to be eligible for aid. Federal relief for Minnesota seems almost a certainty. During his visit to Minnehaha Park President Obama promised as much.

"You should feel confident that you're going to have a strong partner in FEMA and the federal government in the process of cleaning up," he said.

According to Wiseman, flooding is affecting 49 counties in Minnesota. News from Washington D.C. as to whether Minnesota and Hennepin County qualify for aid could come in early August.

See [www.minnehahacreek.org](http://www.minnehahacreek.org) for water levels.



Photo upper left: Minnehaha Creek pounds through the Hiawatha Golf Course June 19, reaching the highest-recorded levels since the USGS gauge was installed in 2006. The golf course still had standing water in July. Photo upper right: This bench, offering a great view of Lake Nokomis, becomes part of the lake in high water. Photo center: Fowl ball? Ducks enjoy their new bathing pond on Field 6 at Nokomis Park, which has been under water for most of the playing season. Photo below: Area resident Sam Olson takes advantage of a flooded walking path along the creek to try out his skim board. (Photos by Jill Boogren)



**10TH ANNIVERSARY**  
**Come Celebrate with us & enjoy a week of Specials!**

**AUGUST 11-14**

**Mon. Aug 11th**  
**1/2 Price burgers**

**Tues. Aug 12th**  
**\$3 Minnesota Tap Beers!**

**Wed. Aug 13th**  
**Free Tap Beer with any burger purchase!**

**Thurs. Aug 14th**  
**\$4 Pork Sandwiches and \$3 Summit pints**

Every time you eat or drink at The Rail Station from Mon. August 11th - Thurs. August 14th, you will be entered into our drawing for \$500 cash and other great prizes. You must be present to win the \$500 cash.

Drawing Thursday, August 14th at 8pm.  
 \*no purchase necessary.

**FREE**  
**Pint or Cocktail**

with purchase of a new menu item (up to \$6.00)  
 Expires December 31, 2014. Not valid with any other offer.

612-729-3663

37th Ave. & Minnehaha Ave. South

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





# LONGFELLOW

COMMUNITY COUNCIL

## Longfellow Cornfeed August 14

The 44th Annual Longfellow Corn Feed will be Thursday, August 14th at Longfellow Park (3435 36th Ave S)! This year will have all the staples of the Corn Feed—live music, a resource fair featuring local businesses and organizations, ice cream, games, activities, and (of course!) roasted corn. The "Together Again" band will be playing again this year. Kids Unlimited WristBands can be purchased for \$5 to enjoy the inflatable games without a limit! Face painting, food and fun will be available. Please join us for a summer evening with plenty of activities for the whole family!

## LCC at Midtown Farmers Market

The Longfellow Community Council will be at the Midtown Farmer's Market on Saturday August 9th. This is the one day a year where LCC sponsors the Market, and we'd love to see you there to chat about what is happening in the neighborhood and connect with more people over locally produced food. The market runs from 8am-1pm at 2225 East Lake Street. If you're interested in working at the booth with LCC staff e-mail Jessica (jessica@longfellow.org) to let us know!

A big thank you to everyone who attended the Summer Celebration



LCC staff Joe Sturm and board member Vicki Farden

at the end of June! We saw so many new faces, enjoyed catching up with those we already knew and enjoyed food and beverages from the Fireroast Café and Kabomelette! Many folks signed up for a free massage from Julia Chavira, the Well Being Massage Therapist while enjoying the musical talents of Pastor Dan Ankerfelt on keyboard. We can't wait to see you all again at the next event!

## Community Happy Hours are Great Fun!

Community Happy Hours have taken off! After a great turn out in May the Advancement Committee of the LCC chose to have another get together at Parkway Pizza in July and saw double the number of attendees! Thank you to Parkway Pizza, who hosted the event and agreed to donate 10% of the profits from the event back to the LCC! Check out the LCC Facebook page for upcoming Happy Hours!

## NNO August 5

This year's National Night Out (NNO) will be on Tuesday, August 5th! NNO is a great opportunity to celebrate our community and the positive changes we have all accomplished over the past year to make it safer and more livable- and it's the perfect excuse to hang out with your neighbors! Minneapolis has repeatedly been ranked #1 in participation among all US cities over 250,000- let's make it happen again this year! After July 31st, you cannot get a permit that allows you to block the street off, but you still have time to talk to neighbors and organize a barbecue or activities in front lawns and on sidewalks.

As you may be aware, one of the main goals of NNO is proactive



Council member Andrew Johnson makes his point with resident Marisa Helms.

crime prevention through people knowing their neighbors. LCC recently reprinted lawn signs (18"x24") that read, "Together We Make the Neighborhood Safer: If you see any suspicious activity, call 911." NNO is a perfect opportunity to get some of these signs for yourself and make sure your neighbors have some too! They can be picked up at the LCC offices (2727 26th Ave S) Monday-Friday between 9 and 5. You are also welcome to make copies at the LCC offices for your event to give to neighbors.



Longfellow resident Lisa Boyd shares the love.

## Calendar of Meetings and Events

# AUGUST 2014

Meetings are free and open to the public, and are accessible. Check the calendar on our website [www.longfellow.org](http://www.longfellow.org)

### ADVANCEMENT COMMITTEE

Wednesday, August 6  
7:00 - 8:00 pm  
Fireroast Café, 3800 37th Ave  
FFI: jessica@longfellow.org

### LONGFELLOW FAITH FORUM

Tuesday, August 12  
12:00 - 1:30 pm  
FFI: joannalund@longfellow.org

### COMMUNITY CONNECTIONS

Tuesday, August 12  
6:30 - 8:00 pm  
Longfellow Park 3435 36th Ave S  
FFI: joannalund@longfellow.org

### RIVER GORGE COMMITTEE

Wednesday, August 13  
6:30 - 8:00 pm  
Hiawatha School Park, 4305 42nd St. E  
FFI: joannalund@longfellow.org

### NEIGHBORHOOD DEVELOPMENT

Wednesday, August 20  
6:30 - 8:00 pm  
LCC Office, 2727 26th Ave S  
FFI: joe@longfellow.org

### BOARD OF DIRECTORS

Thursday, August 21  
6:30 - 8:30 pm  
Minnehaha Academy North  
FFI: melanie@longfellow.org

### ENVIRONMENT AND TRANSPORTATION

Tuesday, August 26  
6:30 - 8:00 pm  
LCC Office, 2727 26th Ave S  
FFI: joe@longfellow.org

## President's Message

Eric Day,  
President of the Board

Summer is a great time to live in Longfellow. From trips to Minnehaha Park to walks along the Mississippi River to biking along the Greenway to eating at the many delicious local restaurants, there's no shortage of ways to get out and enjoy the warmer weather. With everyone spending so much time outdoors, now is also a great time meet your neighbors (old and new).

For many people, work slows down and vacation and family time take precedence. However, for the Longfellow Community Council, summer is definitely the

busiest time of the year. In addition to the regular committee and board meetings, this summer the LCC has held two board trainings, the annual Summer Celebration and Silent Auction, several community engagement forums, the Share the Gorge ice cream social and canoe ride event, and a very well attended Community Happy Hour. The result has been bringing more neighbors together to get to know each other and to talk about the important issues facing our community.

And there are still many more events on the horizon as summer winds down. Be sure not to miss National Night Out on August 5th and the annual Longfellow Corn Feed on August 14th from 5:30-8:00 pm at Longfellow Park. These will be great opportunities to



meet and socialize with neighbors and learn about community resources. Also, be sure to follow us on LCC's Facebook page or visit [longfellow.org](http://longfellow.org) for details on the next Community Happy Hour.

As always, we appreciate volunteers and folks looking to get involved. Summer's too short, so make sure to get out and enjoy it. See you around the neighborhood!

COOPER

HOWE

LONGFELLOW



HIAWATHA

## Longfellow Community Council

2727 26th Avenue S., Minneapolis, MN 55406

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

Melanie Majors, Executive Director  
Ruth Romano, Office Staff  
JoAnna Lund, Community Engagement Coordinator  
Jessica Buchberger, Communication & Event Manager  
Joe Sturm, Housing & Environment Coordinator

[melanie@longfellow.org](mailto:melanie@longfellow.org)  
[ruth@longfellow.org](mailto:ruth@longfellow.org)  
[joannalund@longfellow.org](mailto:joannalund@longfellow.org)  
[jessica@longfellow.org](mailto:jessica@longfellow.org)  
[joe@longfellow.org](mailto:joe@longfellow.org)

# 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.

## Kids' day camp planned at Bethany

Bethany Lutheran Church (3901 36th Ave. S.) invites all kids from Kindergarten to 6th grade to its Day Camp, Mon.-Thur., Aug. 4-7, 9am plus a program and ice cream social for families on Thursday evening. Enjoy music, crafts, games and Bible stories. The theme this year is "Living in God's Time." \$25 includes all materials, snacks and lunch. Scholarships are available. Please register by July 28th by calling 651-556-2108 or 612-729-9376 or email [office@bethanyon36th.com](mailto:office@bethanyon36th.com).

## Garden club plans social / potluck

The Longfellow Garden Club invites you to spend an evening outdoors talking and eating all things garden, and sharing pictures and stories you bring of this gardening season. The location is a nearby member's beautiful garden!

Bring a folding chair (if you care to) and something to share – a dish using your (or other local) produce is the theme. Ice water and tea will be provided. Feel free to bring a plate/utensils - we are trying to achieve close to a zero waste event.

They will start a bit earlier than regular meetings—at 6:30pm on Wed., Aug. 13. Directions will be available after 6pm at the front door of the Epworth United Methodist Church, 3207 37th Ave. S.! See us at:

[LongfellowGardenClubMail@gmail.com](mailto:LongfellowGardenClubMail@gmail.com) or go to [www.facebook.com/LongfellowGardenClub](http://www.facebook.com/LongfellowGardenClub).

## Children's choir to perform Aug. 13

The Asante Children's Choir, made up of children from East Africa, will present a concert on Wed., Aug. 13, at 7pm at Trinity of Minnehaha Falls (5212 41st Ave. S.). Their homeland is recovering from years of civil war and genocide that have claimed millions of lives, leaving thousands of women as widows and children as orphans. The choir is dedicated to spreading love, hope and joy while raising awareness for the desperate plight of orphans and other vulnerable children. Their colorful clothing, pounding drums and sweet voices demonstrate their hope and dream for a brighter future.

"Asante" is a Swahili word translated "Thank You" in English. The children who have been rescued from some of life's most difficult circumstances take pride in expressing gratitude through their music. Their performances are the true testimonies and living "Thank-You" notes sung to everyone who has invested in their lives giving them great pride and hope for a brighter future. There is no

## Journaling group meets July 31

Looking for a way to revitalize your spirituality, your creativity, your soul? Join in the process called Soul Journal. Using art materials (like water colors, oil pastels, colored pencil, markers, charcoal) and collage/journal writing techniques you will begin a journal expressing your soul path and spiritual journey. The group will meet at St. Albert the Great (social hall) E. 29th St. at 32nd Ave. S. on Thur., July 31, from 9:30-11:55am. Registration required. Contact: [mysticinthewoods@msn.com](mailto:mysticinthewoods@msn.com) for information.



admission for the concert; free-will donations will be received. For more information, please call 612-724-3691.

## Bethany hosts "Lunch Unplugged"

Bethany Lutheran Church (3901 36th Ave. S.) will sponsor "Power Down: Lunch Unplugged on 36th Ave." on Tues., Aug. 5, at noon. Enjoy a light lunch with your Longfellow neighbors while having a chance to connect and network. A \$5 donation towards lunch is appreciated but not required. More information can be obtained by emailing [office@bethanyon36th.com](mailto:office@bethanyon36th.com).

## Creek cleanup rescheduled to July 27

The cleanup is sponsored by the Minnehaha Creek Watershed District and the Jacob Leinenkugel Brewing Company's "Canoes for a Cause" campaign has been rescheduled to Sun., July 27, due to flood waters. Volunteers will receive a free t-shirt, water bottle, trash bags, and gloves. Following the cleanup, Leinenkugel's will provide a free BBQ lunch at Lake Hiawatha Park, and for those 21 or older with a valid ID, free Leinenkugel's beer (limit of two per person). There will be prizes for kids and adults, music, and fun. The event begins at Lake Hiawatha at 9am-noon. For info. and to RSVP: <http://minnehahacreek.org/events/minnehahacreek-cleanup-lake-hiawatha-site>.

## South High senior wins first place

Tasha Holtman from South High School, took First Place at the 2014 National History Day awards ceremony, held recently at the University of Maryland, just out-

side Washington, D.C. Holtman took the prize for her senior paper, "A Covert from the Tempest: Responsibility, Love and Politics in Britain's Kindertransport." Sixty Minnesota students joined almost 2,900 other students from across the nation in the week-long competition. The students, representing grades six through 12, from schools around the country, presented exhibits, papers, documentaries, performances and websites that showed off months of research into topics based on the 2014 National History Day theme: "Rights and Responsibilities in History."

## Restored sign relighting Aug. 5

Northwest Graphic Supply Co., 4200 E. Lake St., will be celebrating the grand relighting of their fully-restored classic marquee sign. In October of this year Northwest Graphic will start their 55th year in business (49 years on Lake St.) as a supplier of Screen Printing and Fine Art supplies.

Come celebrate Tues., Aug. 5 from 8-9pm in their parking lot at 42nd and E. Lake, rain or shine. Share your history of the neighborhood and some ice cream before we "Flip the Switch" on the restored sign.

## Belgium poet in summer residency

Belgium-based poet Éireann Lorusung is returning to Minnesota and will spend part of her summer as a writer-in-residence at East Lake Street's Little Poetry Library. Over several summer days, Lorusung will utilize and observe the Little Poetry Library's collection and the community that surrounds it, noting how the neighborhood uses, contributes to, and passes by it. The residency is part of "Coffee House Press's CHP In the Stacks" program.

The Little Poetry Library, located outside of the Blue Moon Coffee Cafe, was created by writer Carolyn Williams-Noren, with support from a Minnesota

State Arts Board grant.

Lorusung is the author of "Music For Landing Planes By" (Milkweed Editions, 2007), "Her book" (Milkweed, 2013), and "Sweetbriar" (dancing girl press, 2013). She has just completed a month-long residency at the Vermont Studio Center, where she is at work on her first novel. Originally from Minnesota, she now resides in Belgium, where she co-runs Miel, a small press.

Lorusung will have a reading and presentation on Mon., Aug. 4, 7pm above the Blue Moon Coffee Café, 3822 E. Lake St. The reading is free and open to the public.

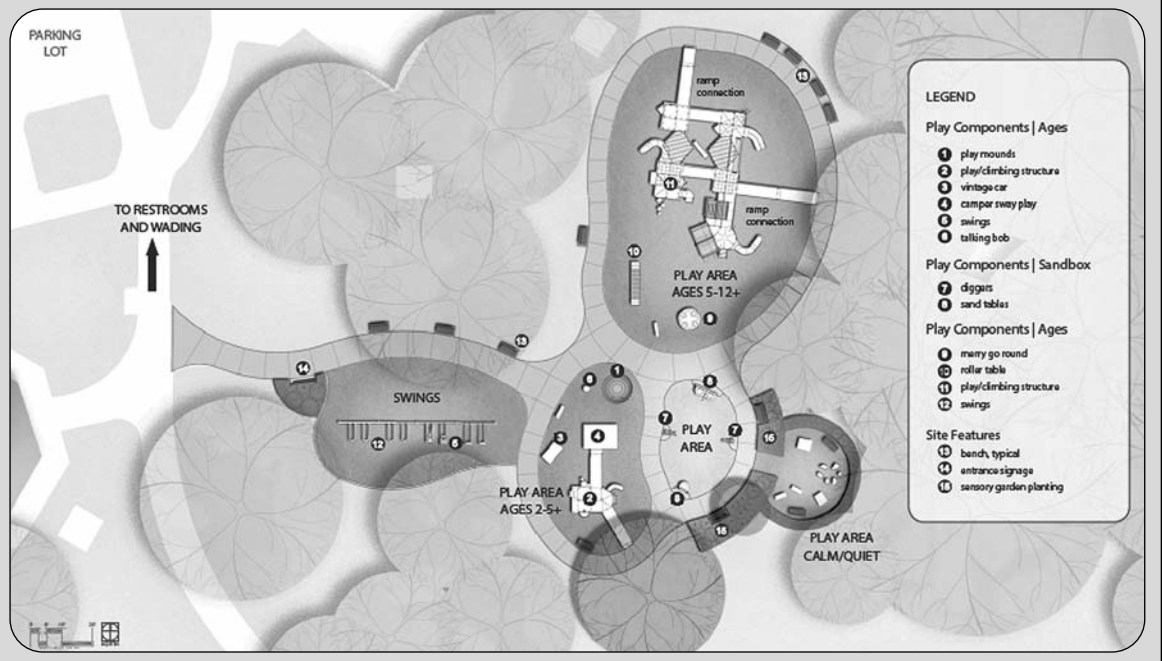
## Ice Cream Social planned July 29

The 10th Annual Share the River Gorge Ice Cream Social is scheduled for Tue., July 29 from 6-8pm. Attendees can look forward to free ice cream, free guided canoe rides from Wilderness Inquiry and tours of the beautiful 36th St. oak savanna restoration area. Come celebrate the Mississippi River, the river gorge and adjoining parkland with your neighbors and learn how you can be a better steward of this natural area. Donations to keep this event running in years to come are encouraged! For details and to RSVP go to [www.facebook.com/events/1460841337491770](http://www.facebook.com/events/1460841337491770).

Continued on page 12

## Minnehaha Parks Playgrounds reopening

According to Council Member Andrew Johnson, two playground areas in Minnehaha Regional Park have undergone renovations and will be open for use at the end of July. One playground, North Plateau, has been open for use since June 13 while some fenced off areas of it are still being completed. North Plateau Area playground's historic nature has been preserved and new equipment added to increase play activities. Pieces in this playground date back as far as 1906. Wabun Picnic Area will become the first universal access playground in the Minneapolis Park system. That means that at least 70% of the play features will be accessible, far more than required by the American Disabilities Act (ADA). Construction on the playgrounds was delayed due to weather both last fall and this spring. The grand opening is scheduled for July 31, from 4:30-6:30pm and will be a family friendly event with face painting and kids games. A ribbon cutting at North Plateau Play Area will start events at 4pm, with the grand opening beginning at Wabun with guest speakers and ribbon cutting starting at 4:30. At 5pm, there will be a Special Celebratory Dance, refreshments and family activities!



# In Our Community

Continued from page 11

## Take a "Praise Break" at Epworth in August

Epworth UMC and St. James AME will host Praise Break! Vacation Bible School at Epworth (3207 37th Ave. S.) Aug. 11-15, 9am-1pm to celebrate God's good works.

Children from 4 years old through teens can hear stories about how people in the Bible (Moses, Miriam, Hezekiah and Jesus' followers) as well as historical figures and 21st Century leaders praise God, persevere through tough times and celebrate what was thought to be impossible. Each day, children and helpers will celebrate faith with music, crafts, and stories and share lunch. The cost is \$5 per person for the week, with a maximum of \$15 for large families.

For more information and registration forms, contact Epworth 612-722-0232 or e-mail us at [epworthumcmplsmn@gmail.com](mailto:epworthumcmplsmn@gmail.com).

## Minnehaha plans August Bible School

Mark your calendars for the first 4 Sundays in Aug. (3, 10, 17, 24) for "Funtime Falls," Vacation Bible School at Minnehaha Communion Church. It will run from 11:30am-2:30pm - cost for the entire program is \$5/person or \$10/family. Families can attend with their children or pick them up at the end of the event. Children that attend the first 3 Sunday afternoons are eligible to bring their family on the Aug. 24 field trip to the zoo. Free ride, free admission. Any children who

are entering grades Kindergarten through 5th grade are welcome to attend. Registration is required - sign up online at [www.minnehahacommunion.com](http://www.minnehahacommunion.com) or call 612-722-9527. Minnehaha Communion Church is located at 4101-37th Ave. S., across the street from Adams Triangle off of Minnehaha Ave.

## Bethany schedules dinner on Aug. 2

Bethany Lutheran Church (3901 36th Ave. S.) will hold a "Soul+Food: Dinner Church on 36th Ave." on Sat., Aug. 2, 5-7:30pm. Feed your soul; prepare the meal together in community and worship while we share food at the table. Reservations appreciated by emailing [office@bethanyon36th.com](mailto:office@bethanyon36th.com).

## Patrick's to focus on "Horrifying Youth"

Patrick's Cabaret presents "My Horrifying Youth" for one night only on Fri., Aug. 22, 7:30pm. Tickets are \$8 in advance from artists or \$10 at the door (cash or check only).

"My Horrifying Youth" is a one-night performance event exploring the trials, tribulations, and occasional joys of adolescence. Part empowering group therapy, part collective shamefest, this is your chance to explain the many awkward, blemished, brace-faced, first love, last dance moments of youth.

Each act presenting their unique take on growing up, storytellers Amy Salloway and Hannah Quinn Rivenburgh share the stage with emerging dancer/choreographer Ashley Yergens, and a short piece by Washburn High School playwright Eshay Natreese.

Plus, the audience is invited to participate by sharing their "public confessions of youthful transgressions." Participants get up to 7 minutes at the mic to share an especially histrionic diary excerpt, crudely executed visual art, middle school video class project (on DVD), or garage band demo tape (on CD). They have room for 8 performers, stay tuned to the Facebook event to find out when we're full!

## Documentary to be screened Aug. 13

Sound Unseen presents the MN Premiere of the 2014 Sundance and SXSW documentary, "No No: A Dockumentary," a documentary on legendary MLB pitcher, Dock Ellis, as part of their monthly film series, Wed., Aug. 13, 7pm at the Trylon microcinema, 3258 Minnehaha Ave. S.

Peter Schilling, local writer and novelist, "The End of Baseball" will introduce the screening.

On June 12, 1970, Dock Ellis threw a no-hitter for the Pittsburgh Pirates. Dock is the only pitcher to ever claim he accomplished this while high on LSD. During his 12 years in the major leagues, Dock lived the expression "Black is Beautiful!" He wore curlers on the field. He stepped out of his Cadillac wearing the widest bell bottoms and the broadest collars. When he put on his uniform, he was one of the most intimidating pitchers of the 1970s. Dock was often at the forefront of controversy and has been called the "Muhammad Ali of Baseball." He spent his last decades using that blunt honesty as a counselor helping other addicts, until his death from liver disease in 2008. Since then, the Internet has fueled the legend of Dock Ellis. This will be the first time his legend - and the story of the man behind it - will be told in a feature film with a jazzy score by Beastie Boys' Adam

Horovitz (Ad-Rock). (Dir. Jeffrey Radice, 2014, USA, HD, 100m)

Tickets can be purchased online at [www.soundunseen.com/buy-tickets](http://www.soundunseen.com/buy-tickets).

## Holistic Moms to discuss budgeting

Join the Twin Cities Chapter of the Holistic Moms Network on Aug. 20 to discuss holistic living on a budget. Holistic living generally means we consider our mind, body and spirit, as well as the environment when making decisions to live our healthiest life. This may include choices like eating organic, buying green products, using natural medicine and alternative healthcare. Sometimes these choices can be expensive! How do you make holistic living affordable? Join us as we discuss and share ideas about accomplishing holistic living goals while staying within a budget. We will also share local resources such as buying clubs, farmer's markets, and which stores have the best deals.

Holistic Moms Network is a non-profit national organization that connects parents who are passionate about holistic health and green living. The Twin Cities Chapter holds monthly meetings the third Wed of each month, 7-9pm, at Fuller Park Rec Center, 4800 Grand Ave S. No matter where you are on your parenting or holistic journey, you are welcome! Children are welcome. To contact the Twin Cities Chapter,

or for more info, an event calendar, and a map to our meeting location, visit <http://twincitiesmn.holisticmoms.org> or e-mail [tcholicmoms@gmail.com](mailto:tcholicmoms@gmail.com) or visit us on Facebook at [www.facebook.com/HMNTwinCitiesMN](http://www.facebook.com/HMNTwinCitiesMN).

## Area seniors need handyperson help

Help an elderly Minneapolis resident remain safely in their home. Volunteer your time to assist with minor repairs. Snowbirds, retirees, and trainees welcome (over the age of 18). You must have some experience to ensure that the work is done correctly (license not required). Choose your own unpaid handyperson schedule. Adult individuals, two-person teams, and small groups are welcomed.

Exact location TBD in Minneapolis, depends upon where the senior citizen resides. One-time unpaid volunteer opportunities are also available. Please contact Jeanne the NIP Seniors Program, Volunteer Coordinator at [srvolunteer@neighborhoodinvolve.org](mailto:srvolunteer@neighborhoodinvolve.org) or call 612-746-8549 for more information. Their website is [www.neighborhoodinvolve.org](http://www.neighborhoodinvolve.org).

Senior citizens who reside in Minneapolis and need a handyperson should call 612-374-3322 or email [seniors@neighborhoodinvolve.org](mailto:seniors@neighborhoodinvolve.org) for more information.

Your Longfellow REALTOR® Since '01

Call Today!  
**RICH ROBBINS**  
 Associate Broker - GRI  
**612.239.8504**  
 RobbinsRealtor  
 @hotmail.com  
 lakesarearealty.com

Quality service you deserve!  
 1428 W. 28th Street, Minneapolis

**Southside Chiropractic**  
 Massage • Acupuncture • Adhesion Breaking  
 Lee Ann Herfort, DC • Nicole Borell, DC • Erin Hovey, DC  
**\$5 OFF Any Service**  
 Excludes Copay or Medicare  
 5536 Chicago Avenue South • Minneapolis, MN • Phone: 612-827-0657 • [www.southsidechiro.com](http://www.southsidechiro.com)  
 We Welcome New Patients and We Take Most Insurance

**An investment for the future.**  
 Protect your family and your home by investing in a Garlock-French roof.  
 At Garlock-French Corporation we guarantee our workmanship and you can feel secure knowing your Garlock-French roof will give you years of trouble-free service. We take care of all the details, so you won't have to.  
 We've been up on roofs longer, and it shows.  
 Celebrating 80 years of providing homeowners peace of mind.

**GARLOCK-FRENCH CORPORATION**  
 Call 612-722-7129  
 2301 East 25th Street, Minneapolis  
 Garlock-French.com  
 MN License #BC001423



Photos clockwise from upper right: a bike rack by David Holliday; jewelry by Rebecca Wicklund; MinneBites Disco Party Shark by Mary Pow; pottery by Kerry Brooks at Dock 6; and the painting "Isles Dawn" by Laughing Waters Studio artist Bob Schmitt.

## Sixth annual art Crawl set Aug. 23-24

The League of Longfellow Artists (LoLa) proudly presents the 6th annual LoLa Art Crawl on Sat.-Sun., Aug 23 and 24 from 10am-5pm both days. The Crawl takes place right here at various sites in The Greater Longfellow Neighborhood, and maps and other information will be available at your Greater Longfellow area Public Library, Park Buildings, Longfellow Community Council, at various local coffee shops, restaurants and merchants and online at [www.lolaartcrawl.com](http://www.lolaartcrawl.com) in early August. For a fun sneak preview, complete with lovely photographs of artists' work and a little bit of what inspires them and how they work, take an armchair gallery tour through our new LoLa blog at [www.lolaartistsmn.blogspot.com](http://www.lolaartistsmn.blogspot.com). Hope to see you at the Crawl!

## Events planned at Nokomis Library

Nokomis Library, 5100 S 34th Ave., has the following events planned in the coming month:

— Used Book Sale is scheduled Sat., Aug. 23, 10am-4pm. Bargain hunters and book lovers take note: the Friends of the Library will hold a sale of hundreds of adult and children's fiction and nonfiction books in hardcover and paperback. Most books are withdrawn from the Hennepin County Library system or donated by the public. Funds raised will benefit the library. Book donations accepted at the library.

— Learn Together: Reading With Horse Power! Is scheduled Wed., Aug. 13, 3-4pm. Registration required online or call 612-543-6800. All ages. Learn all about horses through stories. At the end of the event, you will be able to pet and interact with a live miniature horse.

— Crafty Minnesota: Not Just Knots is planned for Sat., Aug. 9, 3-5pm. Registration required, and register online or call 612-543-6800. For adults. Plant hangers, owl art and knotty jewelry are all back and better than ever. Learn a simple collection of knots used to make unique jewelry and funky accessories. Materials provided.

—Diabetes Support Group meets Friday, Aug. 1, 1-3pm.

—Read the Book, See the Movie Teen Club (entering grades 6-12) meets, Mon., Aug. 4, at 3pm when they will be discussing "Warm Bodies" by Isaac Marion. Join others to talk about a great book that's been turned into a movie. Register by calling 612-543-6800.

— Kids Jr. Book Club (entering grades 2-3) meets Tues., Aug. 5, 2-3pm, when they will be discussing "My Father's Dragon" by Ruth Gannett. Join other kids to talk about a great book! Lending copies may be picked up at the information desk prior to meeting. Register by calling 612-543-6800.

—Guys Read Kids Book Club (guys entering grades 4-6) meets Wed., Aug. 6, 2-3pm, when they will be discussing "Kenny and the Dragon" by Tony diTerlizzi.

—Childcare Group Storytime will meet Tues., Aug. 26, 11am. Talk, sing, read, write and play together in a format appropriate for the children in your care. Share books, stories, rhymes, music and movement.

—Fearless and Friendly Knitting Group will meet Wed., Aug. 13 and Aug. 27 from 10am-noon. This meeting is for men and women at all skill levels. Make new friends while creating your own handmade masterpieces! Learn how to knit or practice new techniques. Bring your own needles and yarn, please. Other needlecrafts welcome!

—Mystery/Thriller Adult Book Club meets Mon., Aug. 11, 6:30p.m. Join the discussion of new and interesting mystery and thriller titles. Lending copies may be picked up at the information desk prior to meeting.

—"Paws to Read With an Animal" meets Sat., Aug. 16, 3-5pm. This event is for families. Volunteers will help put young readers at ease so they can cuddle up with a certified therapy animal and practice reading aloud. Most libraries host dogs and you can call ahead to see if other animals will be visiting.

—The Nokomis Library Writing

# Local library schedule of events

There are a lot more events at the local libraries than we could list here. For a more complete list go to the online calendar at [www.longfellownokomismessenger.com/events](http://www.longfellownokomismessenger.com/events).

Group meets the first Monday of the month (Aug. 4) at 6:30pm. Join fellow writers for encouragement, feedback, and to help each other take writing to the next level. Bring works in progress, paper and pen.

— "Game On! Gaming Thurs." takes place on every Thursday through Aug. (except Aug. 21), 4:30-6pm. This event is for teens. Play Xbox 360 or Magic: The Gathering game cards are available at the library or you can bring your own.

—Teen Anime Club meets Thurs., Aug. 21, 4:30-6pm. This club is for teens. Watch anime, discuss manga and share artwork. Something different every time!

—The Graphic Novel Adult Book Club meets Thur., Aug. 14, 6:30pm.

—The Sci-Fi Adult Book Club meets the first Thursday of each month (Aug. 7) at 6:30pm. In July they will discuss "Oryx and Crake" by Margaret Atwood. Lending copies for this month's selection may be picked up at the information desk prior to meeting.

—Family Storytime for children of all ages, and their parents, meets Fri., July 25, Aug. 1, Aug. 8 and Aug. 15, at 10:30am and is for children of all ages and their parent or caregiver.

—Baby Storytime, for children from birth to 24 months (and their parent or caregiver) meets every Saturday through August 16 at 9:30am.

—LEGO Lab meets Sat., Aug. 2, from 2-4pm. This event is for families. No experience necessary. We'll have LEGOS and DUPLOS®, so all ages are welcome.

## Events scheduled at East Lake Library

East Lake Library, 2727 E. Lake St., has numerous scheduled events in the next month:

— Art Out of the Box: Eye Wonder is for kids entering grades 2-5 and scheduled Mon., July 28, 2-3pm. Discover artists' secrets and uncover illusions meant to trick the eye by looking closely at art from the Minneapolis Institute of Arts (<http://new.artsmia.org/>). Museum-trained teens will help you make art to hide your own secret messages. Materials provided. Registration required by calling 612-543-8425.

—The Adult Book Club will meet Fri., Aug. 8, 10:30-11:30am. Contact library for the title they are discussing.

—Family Storytime is held on Fri., 25, at 10:15am. This event is for children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children.

—Baby Storytime is scheduled Fri., July 25, at 11:15am. This event is for children from birth to 24 months and their parent or caregiver.

—"Game On," Sat., Aug. 2 and Aug. 16, from 2-4pm. Join up to learn the basics - or some new tips and tricks - to the popular "Magic: The Gathering" trading card game. This is event is for teens. Use our free cards and decks, or bring your own.

— Conversation Circles will meet Sundays through Aug. 24, 1-3pm. Non-native English speakers can practice their English and

make new friends in an informal, volunteer-led setting, and learn about the library, too. Call 612-543-5669 for more information in English or, in Hmong, 612-543-8845; in Somali, 612-543-8756; in Spanish, 612-543-8510.

— Job Search Assistance is planned for every Tuesday in August, from 3-5pm. Are you seeking new employment or re-entering the workforce? Do you need help looking for a job, filling out applications or writing your résumé? Stop in for free one-to-one assistance with a job search representative.

—Childcare Group Storytime, Wed., Aug. 6, 10:30am. Talk, sing, read, write and play together in a format appropriate for the children in your care.

—Teen Anime Club (for teens) meets Thur., Aug. 7, at 6-7:30pm. Watch anime, discuss manga and share artwork. Something different every time!

## Events slated at Roosevelt Library

Roosevelt Library, 4026 28th Ave. S., will sponsor a number of events in the coming month:

—Art Out of the Box: Eye Wonder is planned for Thur., Aug. 7, 2-3pm. Registration required online or call 612-543-6700. Entering grades 2-5. Discover artists' secrets and uncover illusions meant to trick the eye by looking closely at art from the Minneapolis Institute of Arts (<http://new.artsmia.org/>). Museum-trained teens will help you make art to hide your own secret

messages. Materials provided.

— Roosevelt Library Writing Group will meet Sat., Aug. 2, at 2pm. Join fellow writers for encouragement, feedback and to help each other take writing to the next level. Bring works in progress, paper and pen.

—Kids Jr. Book Club (entering grades 2-3) will meet Thur., Aug. 14, 4-5pm. Join other kids to talk about a great book! Register by calling 612-543-6700.

—"Remember When? A Social Club for Adults 55+" meets on every Thursday through August, from 1-3pm. Gather with others from the community to share stories, memories and enjoy good company.

—The Mystery/Thriller Adult Book Club meets on Sat., Aug. 2, 1pm. Join a discussion of new and interesting mystery and thriller titles. Bring along your recommendations for future meetings. Lending copies may be picked up at the information desk prior to meeting.

—"Paws to Read with an Animal" will take place Sat., Aug. 9, 3-5pm. This event is for families. Volunteers will help put young readers at ease so they can cuddle up with a certified therapy animal and practice reading aloud. Most libraries host dogs and you can call ahead to see if other animals will be visiting.

—Game On! Meets Thur., July 31, 6:30pm. For families: It's your turn! Drop in for a variety of lawn games, both old and new. In case of rain, this event will be cancelled.

—Family Storytime meets Tuesdays through Aug. 12 at 6:30pm. For children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

For even more library activities see the online calendar at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com).

**WINDOW SAVINGS YOU INSTALL YOURSELF.**



**Marvin Windows** E-Z TILT PAC  
you install the savings.

Save on energy costs. Save on window installation. Just replace your drafty old double-hung sash with a new, energy-efficient Tilt Pac by Marvin.

**LUMBER COMPANY**

"Your full service lumber yard"  
**OPEN SATURDAY 8:00-NOON**  
Monday-Friday 7:30-5:00

**729-2358**

3233 E. 40th Street  
Between Hiawatha & Minnehaha

## Neighborhood Churches Welcome You!

**Bethany Lutheran**  
3901 36th Ave S • 612-729-9376  
[www.bethanyon36th.com](http://www.bethanyon36th.com)  
Pastor Jo Bauman  
Sundays Worship - 9:30 am  
Aug 3 & 24 - Traditional, Aug 10 - Contemporary, Aug 17 & 31 - Gospel  
Wednesdays Bible Study - 9:30 am  
Saturday Aug 2 - Soul+Food Dinner Church at 5 pm  
Tuesday Aug 5 - Power Down Community Lunch at Noon  
Mon - Thur, Aug 4 - 7 Kids Day Camp, 9 am - 3 pm  
Sat & Sun, Aug 23-24 LoLa Artist Site  
Sun Aug 24 Concert at 4:30 pm

**Epworth United Methodist**  
3207 37th Ave. • 612-722-0232  
[www.epworthumcmpls.org](http://www.epworthumcmpls.org)  
Rev. Pam Armstrong  
Sunday Worship 10:30 am  
(Childcare Provided)  
(Wheelchair Accessible)

**St. Peder's Evangelical Lutheran**  
4600 E. 42nd St. • 612-722-8000  
[www.stpeders.net](http://www.stpeders.net)  
Julie A. Ebbesen, Pastor  
Worship 9:00 and 10:30 am,  
Summer - 9:00 only  
Education for all at 9:00 am  
(Childcare; Wheelchair Acc., Braille)  
Coffee 10 am

**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527  
[www.minnehahacommunion.com](http://www.minnehahacommunion.com)  
Sunday Worship at 9:45 am  
Pastor Dan Ankerfelt  
Pastor Sally Ankerfelt  
(Handicapped accessible)

**Trinity Lutheran Church of Minnehaha Falls**  
5212 41st Ave. S. • 612-724-3691  
[www.trinityfalls.org](http://www.trinityfalls.org)  
Pastors Derek Johnson & Matt Oxendale  
Sunday Worship 10:00 am  
Children's Church during service  
AA Meetings Tuesdays/Sundays 7:00 pm

**Bethlehem Covenant**  
3141 43rd Ave. S. • 612-721-5768  
[www.bethlehemcov.org](http://www.bethlehemcov.org)  
Pastor Ryan Eikenbary-Barber  
(Handicapped accessible)  
Children especially welcome  
Contemporary Worship, Sundays 9:00am  
Traditional Worship, Sundays 10:30am  
Vacation Bible School - for ages 3 thru entering 5th grade  
August 11 to 15, 9:30-Noon  
Register online or by phone

**Minnehaha United Methodist**  
3701 E. 50th St. • 612-721-6231  
[www.minnehaha.org](http://www.minnehaha.org)  
Traditional Service 9:00 am  
Contemporary Worship 11:00 am  
(Sept.-May) 10:30 am (June-Aug.)  
Education for all ages 10:15 (Sept.-May)  
(Childcare; fully accessible)

**St. Albert the Great Catholic**  
E. 29th St. at 32nd Ave. S. • 612-724-3643  
[www.saintalbertthegreat.org](http://www.saintalbertthegreat.org)  
Fr. Joe Gillespie, O.P.  
Sunday Mass 9:30 am (Childcare available)  
Saturday Mass 5:00 pm  
M, T, Th, F: Rosary at 8 am, Daily Mass 8:15 am  
Adoration of the Blessed Sacrament,  
First Fridays from 9 am to noon  
Air conditioned!  
(Handicapped accessible)

**Projects of the Neighborhood Churches Include:**

Minnehaha Food Shelf,  
Serving People Tuesday  
10:30 a.m. - 3:00 p.m.

**Call us at 612-721-6231**

**Minnehaha United Methodist,  
3701 E. 50th St.**

# Classifieds

**Messenger**

Want ads must be in the Messenger before August 18 for the August 28 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, 1885 University Avenue, Ste. #110, St. Paul, MN 55104. Want ads must be mailed to the Messenger before August 18 for the August 28 issue. Ad copy can be e-mailed to [denis@deruyternelson.com](mailto:denis@deruyternelson.com). 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)

## BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds. etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 8-14

## COMPUTER REPAIR/SERVICE

Harmony PC computer repair, service, instruction. Service in your home. 20 years exp. State Courts, Microsoft. Woman-owned. 651-605-5804. [www.harmonypc.us](http://www.harmonypc.us) 8-14

## EMPLOYMENT

The Longfellow/Nokomis Messenger is looking for local reporters to write news and feature stories on a free-lance basis. Pay is based on small stipend per story. Journalism students or graduates are preferred, but not required. Prior newspaper experience a must. Send resume, cover letter and clips to: Longfellow/Nokomis Messenger, 1885 University Av. S., St. Paul, MN 55104.

Dungarvin - Love What You Do! Direct Care Openings. Apply today at [www.dungarvin.com](http://www.dungarvin.com). Come join our company in fulfilling the mission of respecting and responding to the choices of those with disabilities. Now hiring: PT/FT every other weekend direct support staff positions in the Twin Cities Metro for our group homes and supportive services segment. Hours are days & evenings. Responsibilities: direct care; administrative medication, & community activities including transporting. Min. Req. strong computer & comm. skills, a valid driver's license w/ an acceptable driving record, & 18+, & HS Diploma/GED. Paid Training, Benefits, 401(K), and internal growth opportunities! Apply online to requisition # 14-0099 [www.dungarvin.com](http://www.dungarvin.com)! AA/EOE. 8-14

## FOR SALE

For Sale: Vintage 1900-1949 lights, house hardware, doors, tubs, radiators, etc. Also furniture hardware. 651-644-9270. 20% off with ad. B-14

## HANDYMAN

Carpentry handyman services. Rotten wood repair, door replacements, trim projects, shelving and more. Licensed, bonded and insured. 30+ years experience. Call Mike 612-382-4322. 9-14

Dr. House does it all: From a leaky faucet to a new addition. I can save you money on electrical and plumbing. Call John at 651-231-5652. B-14

45 yrs. experience. Insured. Fix/replace faucets, toilets, ceiling fans, light fixtures, outlets, sheetrock, rotten sill, windows, storm door, interior painting, stucco patch, stone and brick masonry, brick patios. No free estimates. Time and material. Kevin 612-722-8312. 8-14

## HAULING

Just Call, We Haul, for free estimates for garage, attic, and basement clean-ups. Call 612-724-9733. 8-14

## PAINTING

Painter Jim. 25 years experience. Small jobs wanted. 651-698-0840. 9-14

## REAL ESTATE

Flourish Realty LLC. Full Service Real Estate/Property Management Services. Local Realtor®, Ecobroker®, & Resident, Daniel Schultz: 612-408-0233, [dan@flourishrealty.net](mailto:dan@flourishrealty.net) 7-14

## RENTALS

MPLS Storage located in the Longfellow neighborhood has units for rent at low rates. Locally owned and family operated. 1/2 block from Lake and Hiawatha. 612-333-7525. 8-14

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

Hang your shingle. Office space available in renovated building with lawyers and other professionals. Flexible, affordable lease terms. Convenient Minnehaha Avenue location. Amenities include: high-speed internet, fax, conference

room, kitchen, deck, and private client parking in adjacent lot. Contact Dave at: (612) 760-1212 or [djacobs@mrwill.com](mailto:djacobs@mrwill.com). 8-14

## SERVICES

Keeping mice and water out of basements and living areas. Also brick and stone, tuckpointing, steps, chimney and stucco repairs. 35 yrs exp. Curt 651-698-4743 / c 651-210-9521. 8-14

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530. 11-14

## WANTED TO BUY

Paying the most for your furniture, dishes, glassware, knickknacks, costume jewelry, antiques, pictures, lamps, household items, etc., I make housecalls. Call Mary. 612-729-3110. 8-14

## WINDOWS

Basement Window Guy.com. Replacement windows, glass block windows. Free estimates. 651-208-8210. Lic.# BC 646746. B-14

Next deadline  
for classifieds: Aug. 18

**Merriam Park Painting**  
• Exterior & Interior Painting - Enameling  
• Ceiling Texturing  
• Wallpapering  
• Free Estimates  
**Call Ed 651-224-3660**

**ESCOBAR HARDWOOD FLOORS LLC**  
Installation • Repair • Sanding • Refinishing • Patching  
14 Years Experience  
Free Estimates • Insured  
**952-292-2349 • 651-230-7232**

## SERVICES • SERVICES • SERVICES • SERVICES • SERVICES • SERVICES

Support our advertisers!

**With You at every step**  
Vintage Home Restoration • Remodeling Design & Build  
Decks • Stonework • Garages • Free Estimates  
**PINECONE BUILDERS, INC. 763-370-8474**  
MN Lic. #20217567 • Bonded & Insured • Local References

**Nilles Builders, Inc.**  
Additions • Remodeling  
Renovation • Windows & Siding  
Concrete • Garages  
Licensed • Bonded • Insured #4690  
**651-222-8701**  
[www.nillesbuilders.com](http://www.nillesbuilders.com)

**A-Tree Service Inc.**  
35 Years of Professional Service  
Owner/Operator  
Cleve Volk  
Licensed & Insured  
1849 E. 38th St.  
South Mpls.  
We accept **612-724-6045**  
Tree trimming/removals • Firewood  
Mulch/dirt/compost • Straw  
[www.atreeservices.com](http://www.atreeservices.com)

**ROOFING**  
Nilles Builders, Inc.  
Full Warranty  
Licensed • Bonded • Insured #4690  
"We Work All Winter"  
**651-222-8701**  
[www.nillesbuilders.com](http://www.nillesbuilders.com)

**WREN WINDOWS**  
612.387.7055 [www.wrenwindows.com](http://www.wrenwindows.com)  
AUGUST SPECIALS!!!  
COMBINE ANY 2 SERVICES & RECEIVE 10% OFF  
COMBINE ANY 3 SERVICES & RECEIVE 15% OFF  
\*WINDOW CLEANING\*PRESSURE WASHING\*GUTTER CLEANING\*  
LOCAL FAMILY OWNED, ANGIE'S SUPER SERVICE AWARD WINNER  
FULLY INSURED, ECO FRIENDLY & BIO DEGRADABLE PRODUCTS USED

**LAWN SERVICE KERN**  
LAWN SERVICE, INC.  
Total Lawn Maintenance  
Large or Small Landscaping Projects  
Office: 651-207-5396  
Cell: 612.328.6893  
Since 1984 / Major Credit Cards Accepted  
[www.kernlawnservice.com](http://www.kernlawnservice.com)  
**LANDSCAPING**

**BASEMENT WINDOW GUY**  
• Replacement Windows  
• Glass Block Windows  
• Free Estimates  
**FRANK GARDNER**  
651-208-8210  
[www.basementwindowguy.com](http://www.basementwindowguy.com)  
Frank Gardner Construction LLC • Lic# BC646746

**BEAVER TREE SERVICE**  
"Mpls. licensed since 1978"  
612-727-1671  
Dave Currier  
"Former owner of Nokomis Tree"

**Nokomis Concrete**  
"When Quality Counts"  
All your flatwork concrete needs  
• Patios • Sidewalks • Steps • Driveways • Garage Floors  
Licensed (L303), bonded, insured  
25 years experience  
Call Ben  
**612-822-7959**  
[www.NokomisConcrete.com](http://www.NokomisConcrete.com)

**Borden Window L.L.C.**  
Keep your old windows  
We turn old drafty windows into energy efficient tilt-in windows  
**BordenWindow.com**  
**651-338-7163**

**RIDGE CONSTRUCTION L.L.C.**  
• Kitchens • Bathrooms  
• Additions • Garages  
• Basements • Brick Patios  
Locally owned & operated  
[www.ridgeconstructionllc.com](http://www.ridgeconstructionllc.com)  
**(612)382-9386**  
Lic # 20638502

**TOP-LINE CONCRETE**  
612-721-1069  
LICENSED • BONDED • INSURED

**BRATT TREE COMPANY**  
licensed & insured free estimates  
Professional Quality Service  
Reasonable Price  
• Trimming • Removal  
• Storm Damage Clean-Up • Stump Grinding  
Check out our website [www.bratttree.com](http://www.bratttree.com)  
for an easy way to get a free estimate  
Stan, Jon and Wally • **612-721-4153**

# Longfellow Boys win city championship



Longfellow Park 13U team (the Bulldogs) won the Minneapolis Park and Recreation Board 13U RBI tournament championship game 13-7 on July 18. They played the final game on the new Rod Carew Field in Xcel (NSP) Park. The opponents, the Lake Nokomis Lakers, gave them an uphill battle to come back from a deficit in the 5th inning. Pictured in front Will Danaher; kneeling, Sebastian Gonzales, Curtis Jones, Zach Jones, Issac Gonsoir, Forest Paulson, Tait Erickson, Josiah Lossow; standing, Will Heichert, Marcus Acha, Coach Mike Burkhardt, Will Sax, Coach Rodney Lossow, Louie Peterson, Coach Pete Sax, Darrin Dione; not pictured: Head Coach Kory Kiekhoefer.

# Cornfeed

Continued from page 1

"It always seems like a lot of planning, and it's easy to get panicky the morning of the cornfeed," Caldwell said. "But

there was only one time I really panicked, when only four bags of corn were delivered one year. But they immediately went back and loaded up the truck and brought the rest of the corn, and everything was fine."

Cornell said the Minneapolis Park Board Teen Team workers will husk the corn the morn-

ing of the event. "We're also expecting a full complement of 10-12 park staff, and 20 plus volunteers. There are quite a few people we involve."

He said that anyone age 16 and older who is interested in volunteering for this year's cornfeed can email Longfellow@minneapolisparcs.org.



SERVICES • SERVICES • SERVICES • SERVICES • SERVICES • SERVICES • SERVICES • SERVICES • SERVICES • SERVICES • SERVICES

## SUBSTAD PLUMBING COMPANY, LLC



612-724-1342

Serving our customers in South Minneapolis for over 50 years

Dan Substad - Owner  
Master License 0055152

## RIVARD CONCRETE AND COATINGS, LLC

Family owned and operated

Driveways, Patios, Walks, Steps, Floors, Block Work, Retaining Walls, Additions

Decorative Concrete, Colored / Stamped / Exposed Aggregate / Floor coatings

**Garage floor restoration..**

"Make that ugly old garage floor look brand new"

Free, no hassle estimates • Insured • 651-245-7166, Mitch  
mitch@rivardconcreteandcoatings.com

Treating your house like a home.

- Interior & Exterior Painting
- Wallpapering & Paper Stripping
- Wood Stripping & Refinishing
- Plaster/Sheetrock Repair
- Ceiling Texturing/Repair
- Wood Floor Sanding & Refinishing

METRO-WIDE FREE ESTIMATES

VISA (612) 827-6140 or (651) 699-6140  
WWW.PAINTINGBYJERRYWIND.COM

## ROTTEN WINDOW REPAIR

Trim and Sill Replacement  
ENTRY DOOR REPLACEMENTS  
Storm Windows and Doors

CARPENTRY HANDYMAN SERVICES  
Call Mike  
612-382-4322

Mpls. Lic.#L30350518 • Bonded • Insured

## PAINTING

Professional Quality Work

Exterior Painting • Interior Painting • Wood Finishing  
Water Damage Repair • Exterior Wood Restoration  
Patching • Enameling • Insurance Claims



BBB NARI Licensed & Insured

greg@chileenpainting.com | chileenpainting.com

612-850-0325

www.buck-bros.com

We live & work in your neighborhood.

Residential Additions, Restorations, Baths, and Kitchens

BUCK BROTHERS CONSTRUCTION

Call us at: 612.729.7608  
or email Bob at: bob@buck-bros.com

NARI MEMBER mngreenstar



## Reddy Rents

Maintenance & Remodeling Equipment  
Trucks & Trailers  
Lawn Care Tools  
LP Gas



## HIAWATHA REDDY RENTS

44th & Hiawatha • 722-9516

## NELSON ELECTRIC INC CONTRACTORS INC

est.1963

### Service is Our Specialty

Residential Industrial Restaurant  
Lighting Retrofits Commercial Solar

FREE - estimates

Call today for an appointment.

Office Space for Lease

Robert Nelson—Owner 612-724-9500  
www.nelsonelectricinc.com

Contractor's Lic. #20636575  
Electrical Lic. #EA001304



# U.S. Cleaners installs new equipment for safer air

By JAN WILLMS

It was a tight squeeze, but a safer model of dry cleaning equipment was pushed through the doors of U.S. Cleaners, 4729 Hiawatha Ave., on July 17. The dry cleaners and the City of Minneapolis worked to remove the old equipment that had been causing indoor air quality concerns.

"It was a real concern for the nearby daycare," said Andrew Johnson, Ward 12 council member, "as well as other businesses."

The older equipment at U.S. Cleaners was found to be releasing a dry cleaning chemical, perchloroethylene (perc), which was detectable in the air at other businesses in the Parkway Plaza strip mall. Perc is the main chemical solvent used in dry cleaning and is a neurotoxin that can cause kidney damage. It is listed by the Environmental Protection Agency as a likely carcinogen.

U.S. Cleaners made use of a matching grant of \$30,000 offered

by the City of Minneapolis to help dry cleaners reduce pollution by switching their old equipment to machines that use safer solvents.

"All of the cleaners in Ward 12 are now using the newer equipment," Johnson said. "However, there are nine cleaners left in Minneapolis that need to switch." He said Minneapolis is hoping to become the first voluntarily perc-free city in the nation.

The new equipment is being installed by Weinberg Supply out of St. Louis Park. "We will install it and provide training on using it," said employee Erin Doll. Owner Dave Weinberg said the equipment was built in Italy, shipped to Atlanta and then to the Twin Cities.

Johnson said this was one of the first environmental problems he has dealt with since his election to the City Council, but added there are other environmental issues as well the city is dealing with.

"Cam Gordon (Ward 2) has been working with tryclosan," Johnson said. Tryclosan is an antibacterial ingredient in soap and is bad for the environment and for personal health issues."

He emphasized the importance of the City of Minneapolis continuing to deal with environmental problems.



Andrew Johnson, Ward 12 council member, and Patrick Hanlon, environmental initiative manager of the City of Minneapolis, are pictured in front of old equipment replaced at U.S. Cleaners to improve air quality. (Photo by Jan Willms)



It was a really tight squeeze to get the new equipment through the door of U.S. Cleaners. (Photos by Jan Willms)

EPISCOPAL HOMES



All aboard for Midway Village - three new residences arriving November 2014 with the Green Line at the door!

Imagine living with the **Fairview Avenue Green Line Station** (and the rest of the world) at your door! **The Terrace at Iris Park** will be the first senior residence in town to offer *Catered Living*. All apartments have already been spoken for, but if you're a planner, you are welcome to join the wait list. **Episcopal Church Home - The Gardens** will be Minnesota's first *Long-Term and Memory Care* residence to embrace the trailblazing *Green House Model of Care*. **Midway Pointe** will raise the bar on affordable *Independent Living*. As with The Terrace, all of its apartments have already been spoken for, but you are welcome to join the wait list. **Welcome Home!**



Call **Deb Veit** for the whole story! **651-632-8800**  
Or visit **EpiscopalHomes.org**

Mark Your Calendar!



Saturday, August 16 • 3-7 p.m.

70 Classic Cars & Street Rods from the best years of your life!  
Vintage-priced "State Fair Food"  
Beer Garden (NEW!) • MORE!

Live Music by Luke Warm  
and the Cool Hands • DJ (New this Year)  
Inflatable Slide/Bouncer for the kids

**FREE ADMISSION**  
(We request one food shelf donation per person)  
**FREE PARKING WITH SHUTTLE**

