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paddling Minnehaha: A South Side adventure

By JILL BOOGRIN

One Saturday afternoon in July, Nate Selstad and his young kids, Olin and Berit, hauled their kayak up the street after paddling Minnehaha Creek to the lagoon area before Minnehaha Falls.

Selstad, who grew up along Minnehaha Parkway and has been paddling the creek for about 40 years, said he tries to get out every week in the summer. This time he launched the boat near 35W, for an hour and 18-minute trip. Sometimes he'll put in at the lagoon, paddle upstream and then float back.

Other times he'll do the full 22-mile length from Gray's Bay at Lake Minnetonka.

That same Saturday, Matt Lombardi of Minnetonka arrived at the same landing in a kayak with his friends Laura Scandrette, of Minneapolis, and Jeff Beatty, of Hopkins, close behind in a



Jill Boogren paddles Minnehaha Creek in high water during 2011. On July 1 of this year, after heavy rainfall and the windstorm that toppled thousands of trees (and again after the July 13 deluge had Minnehaha overflowing its banks), the MCWD posted on its website that creek flows were "far exceeding what is considered 'dangerous' for paddling," and multiple trees were down along the route.

canoe. They put in near Hwy 169. It was Scandrette's third time paddling that week.

Just upstream, a man and

two teenagers swamped their canoe in swift-moving water near

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There She Is!



Minne the Lake Creature is living at Lake Nokomis this year, thanks to neighbors turning out the most votes to bring her here. You may find her bobbing in the water, but don't be startled, she's friendly. Minne was created by artist Cameron Gaine. (Photo by Jill Boogren)

The annual celebration of art and community offers an end-of-summer ritual



Each year since 2009, the League of Longfellow Artists (LoLa) invites the public into artists' home studios as well as independent neighborhood businesses to celebrate the treasures of artistic expression in our community. This year's LoLa Art Crawl takes place on August 24 and 25, 10 a.m. to 5 p.m. both days. (Photo by Barbara Hamilton Photography)

Each year since 2009, the League of Longfellow Artists (LoLa) invites the public into artists' home studios as well as independent neighborhood businesses to celebrate the treasures of artistic expression in our community. Always on the last weekend of August, and beginning to rival the State Fair as an end-of-summer ritual—at least for our corner of the city—this year's LoLa Art Crawl takes place on August 24 and 25, 10 a.m. to 5 p.m. both days.

The LoLa Art Crawl has grown each year, and this year's roster of participants now stands at 155 artists, up from 120 in 2012, who will be exhibiting at more than 70 sites. Even as it has grown in numbers, LoLa still offers visitors an intimate, neighborhood-focused tour dubbed "the biggest little neighborhood art crawl in Minnesota."

Mosaic artist Chris Miller, who attended as a visitor for the first two years, will be returning for his third time as a LoLa artist. "LoLa weekend is without question my favorite weekend of the year," he says. "It is a lot of fun to see complete strangers come

through my yard and look through my hobby." Miller is currently working on a glass mosaic map of the world on a large storm window.

Sculptor Richard Parnell is busy constructing a kinetic sculpture of a "not-so-Little Free Library" out of bike parts. He participated in the second year of LoLa and is back again this year, looking forward to the social interaction, both "folks coming by

during the art crawl," and the informal gathering of artists after the event.

"I love the neighborhood aspect of LoLa," says first-year participant Sarah Simpson. "It's fun to have people gathering together in the community setting." Simpson is a potter who takes pride in combining form and function. "Some of my pottery is simple

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What did you possibly miss by not being a Messenger Facebook friend?



A listing of some of the featured items at the Midtown Farmer's Market • The Red, White and Boom Independence Day celebration • Fireworks safety tips • Some of the new foods coming to this year's Minnesota State Fair • Information about The League of Longfellow Artists (LoLa) • Public meeting about the Minnehaha Avenue reconstruction project • The sculpture re-installation celebration at the Nokomis Library • Free family concert performance by The Summer Singers • A public hearing on property variances • Dental Health & Seniors presentation • Energy Efficiency workshop • Midtown Global Music Festival • "Native Plants as Medicine" presentation • Open house at Lock and Dam 1 • Earth Day in the River Gorge • Hiawatha Reddy Rents 50th anniversary celebration

First public meeting on Minnehaha Avenue reconstruction draws a crowd

By JILL BOOGREN

About 100 people packed the room at Minnehaha Communion Lutheran Church on July 11th for the first public meeting on Minnehaha Ave. reconstruction.

Commissioner Peter McLaughlin described the challenges of divvying up a limited amount of space and said he wanted to hear from others.

Despite a news release requesting "input from the public on the two [design] options" — one that runs bike lanes on each side of the street and one that installs a two-way bike trail, or "cycle track," on the west side of the street — Hennepin County staff showed no signs of veering from their support for the bike lane option.

The first presenter, Senior Project Manager Nick Peterson, suggested that bike lanes would offer better sight lines between riders and drivers and more continuity to what's there right now (a cycle track would require having to cross the street to rejoin bike lanes at both ends of Minnehaha).

Peterson said the "buffer can be wider" than the one foot now allocated to separate bikes from cars, and that was a detail to work out. He said 49 trees and 175 parking spaces would be removed in the project, 97 trees and even more parking with the cycle track option.

The Minneapolis Bicycle Coalition (MBC) has suggested redesigning bus stations to minimize tree loss in the cycle track option. Likewise, the Minneapolis Bicycle Advisory Committee (BAC) has offered specific recommendations, such as stopping buses in the travel lane and reducing the width of the bus loading and unloading zone, to allow bus stops and a cycle track to co-exist without any extra tree removal. Peterson said there would be a "conflict" between someone with a disability getting off the bus, who (in the county's design) would have to cross the cycle track to reach the sidewalk.

C.J. Fernandez of LHB gave a description of area enhancements, including "pocket parks" that could serve as gathering places while managing stormwa-



About 100 people packed the room at Minnehaha Communion Lutheran Church on July 11th for the first public meeting on Minnehaha Ave. reconstruction. Hennepin County Commissioner Peter McLaughlin addresses residents at the first public meeting on Minnehaha Ave. reconstruction, scheduled for 2015-16. (Photo by Jill Boogren)

ter underground.

The rest of the meeting was an open forum for comments and questions.

Responding to an assertion by Peterson that there aren't many cycle tracks yet to compare to, Tony

Deznick of Nice Ride Minnesota asked if they had looked to northern Europe, which has "thousands of miles of cycle tracks." Peterson's response later was there's a different culture of car use in Europe than here.

A member of Youth Environmental Activists MN asked why bus pullouts look designed for Bus Rapid Transit, a much higher capacity than the less frequent 30-min. intervals buses stop on Minnehaha.

Lois Hill, who lives at 34th and Minnehaha, said the public process was "appalling." The July 2nd letter she received was the first notice she got. Not seeing her neighbors there, she wondered who else was left out.

"If this were a card game, the deck feels very stacked," she said. She doesn't want to lose her trees.

People asked questions about snow removal and plowing, sewer and utility upgrades, and how construction would be sequenced, most of which the county noted but couldn't answer yet. Council Member Cam Gordon got clarification that standard Uniform Assessment Rates would be applied to properties, regardless of project costs.

Many comments focused on the bikeway.

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By JAN WILLMS

Summertime.....and the livin' is easy....

And that easy summertime livin' will be in full swing from 10 a.m. to 4 p.m. Aug. 11 as Open Streets Minneapolis takes place from Lake Street East to Godfrey Parkway, along Minnehaha Avenue in Minneapolis.

The event is designed to promote activity in the streets sans motor vehicles. Whether you are on bike or foot, Open Streets provides the opportunity for everyone to gather and play in the streets, which will be blocked off to auto traffic.

The event is modeled after the Ciclovía of Bogota, Columbia. The Ciclovía originated there nearly 40 years ago, and to this day every Sunday is designated as an Open Street day, where families and friends can gather and enjoy activities.

This year, Open Streets Minneapolis held an event on Lyndale Ave. S. June 23, and will have one on Central Ave. N. on July 28 as well as Sept. 21 on Lowry Ave. N. For the first time, Open Streets Minneapolis will have an event in the Minnehaha Avenue neighborhood, and people seem to be ready for it.

Luke Derheim of the Rail Station Bar and Grill, 3675 Minnehaha Ave., said the restaurant will be offering live entertainment with the D-Tour band playing 80s and 90s covers from noon to 5 p.m. A beer garden will be set up in the parking lot, but the business is offering events for the whole family, with face painting and balloon art

for the kids, ice cream from Sebastian Joe's and food from Stanley's On Wheels Food Truck, all beginning at 10 a.m.

"This is all in conjunction with our 9th anniversary, also," Derheim added. "We are doing a lot of remodeling and hope to have it done before the Open Streets event. We want to be as much a part of the community as possible, and so we are offering

both family and adult activities."

Peace Coffee-Wonderland Park, 3282 Minnehaha Ave., will be serving cold press coffee during Open Streets. Manager Mire Regulus said the store will be inaugurating cold press growlers that weekend.

She said the street car used to stop at the space currently occupied by the coffee shop, and let people off to visit the Wonderland Amusement Park that used to be there.

Open Streets is meant to focus on community support, and Regulus said she has felt that support all along. "We draw on customers both from the Longfellow area and people who don't live in the neighborhood, but come here from a distance," she said. "Open Streets is a chance for everyone to get out and celebrate."

For Steve Young-Burns, national sales manager for Kalona SuperNatural, Open Streets is a perfect way to introduce the community to products from his certified organic dairy in Iowa.

"We work with Peace Coffee to provide really good organic half and half to go with their real-

Open Streets event celebrates summertime living in Minneapolis

My Broadsheet is partnering with the Longfellow Business Association to host a game of Bingo, according to editor Rebekah Peterson. Players can pick up a Bingo card and take a photo of different sites indicated on the card that they will find along Minnehaha Avenue.

"When they get Bingo, they can return the card to be entered into a drawing for a fabulous prize," Peterson said. "They can also enter their best photos in a photo contest, where the winner will receive a fabulous prize."

Colin Harris, vice president of Minneapolis Bicycle Coalition who has assisted with the Open Streets in Minneapolis, said several other businesses and organizations in the Minnehaha Avenue area are participating in the Aug. 11 event.

"Harris Antiques, 3458 Minnehaha Ave., is presenting music by the Lila Ammons Trio," Harris said. "The Minnehaha Communion Lutheran Church at 4101 37th Ave. S., is having lots of children's activities. The Tapestry Folk Dance Center, 3748 Minnehaha Ave., will be offering dances that viewers can participate in, and there will be a bike rodeo for children."

All along Minnehaha Avenue, there will be festivities for young and old alike. Open Streets is one summer event that truly lives up to its name—the streets will be open for people to play and relax in the streets without any worries of automobile traffic. The events are all free for participants to enjoy the summertime....when the livin' is easy.

ly good organic coffee," Young-Burns said. This is the first Open Streets the dairy has participated in, and he sees it as an opportunity to connect with the community about healthy and sustainable foods.

Free samples from Seven Sundays Muesli will also be provided, and Ethnotek Bags will be represented at Open Streets. Both businesses offer their products at Peace Coffee.



For the first time, Open Streets Minneapolis will have an event in the Minnehaha Avenue neighborhood, and people seem to be ready for it. The event is modeled after the Ciclovía of Bogota, Columbia. The Ciclovía originated there nearly 40 years ago. (Photo by Christina Hausman)



Peace Coffee at Wonderland, 3282 Minnehaha Ave., will be serving cold press coffee during Open Streets. Manager Mire Regulus said the store will be inaugurating cold press growlers that weekend.

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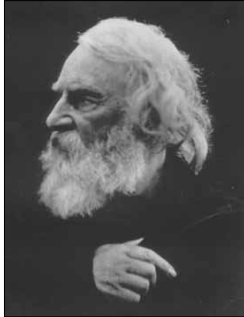
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Henry Wadsworth Longfellow in 1868. Photography by Julia Margaret Cameron (Wikimedia Commons)



Hiawatha Notebook

By TOM GILSEMAN

Who shaped our neighborhoods?

Who would you include on a list of the ten most influential people in the shaping of our neighborhoods? These could be people from our history or people who are living now. They could be in any field, from art to literature, from business to politics, and from health care

*By the shores of Gitche Gumee,
By the shining Big-Sea-Water,
Stood the wigwam of Nokomis,
Daughter of the Moon, Nokomis.
Dark behind it rose the forest,
Rose the black and gloomy pine-trees,
Rose the firs with cones upon them;
Bright before it beat the water,
Beat the clear and sunny water,
Beat the shining Big-Sea-Water.*

Ever since the poem was first published in 1855, people have been coming to Minnehaha Falls to see one of the settings for the story. On any weekend, you can hang out by the Falls and meet people from all over the US and beyond who have come here because of the poem.

In addition, many street and place names in our neighborhoods have come from the poem. Among them: Nokomis, Nawadaha, Wabun, Wenonah and Keewaydin.

That's a pretty amazing impact for a poem which is partly fiction and partly a mash-up of stories from several Native American traditions. Also, Longfellow never visit-

ed Minnehaha Falls. He based his geography on the accounts and photographs of others who had been here.

Beyond Longfellow, who would you include in a list of ten most influential? How about Gratia Countryman, who brought the first branch libraries to our neighborhoods. The East Lake, Roosevelt and Longfellow (now Nokomis) branches opened during her years as head of the Minneapolis libraries (1904-1936).

How about Theodore Wirth? Or Charles Loring? They were key figures in the development of the city parks and lakes which include Nokomis and Hiawatha.

What about the founder of Freeman's Department Store at the corner of Lake and Minnehaha? Orville Freeman (father of the governor of the same name), opened the store in 1917. It was an early anchor for an important commercial district in our part of the city. Freeman's is long gone, but the building which housed the store is still there and if you look closely you can still find a "Freeman's" sign on it.

Those are just a few suggestions for a list of "ten influential." Now it's your turn. Flip over to the Messenger Facebook page and make your suggestions. Don't have Facebook? Write to me via email or in care of the Messenger.

(Tom Gilseman has been writing for the Messenger since 1997. You can write to him at tomgilseman@gmail.com or via the Messenger.)

to religion.

We'll start the conversation here, continue it during the month on the Messenger Facebook page, and then return here in September to compile the list.

At the top of the list would likely be Henry Wadsworth Longfellow (1807-1882), the 19th century poet who wrote the "Song of Hiawatha." This is probably the best-known excerpt from the epic poem about Hiawatha:

Raising Monarchs Workshop

NENA, the Park Board and folks from the U of M Monarch Lab are holding a workshop for people who want to raise monarchs for the September 7 Minneapolis Monarch Festival. The monarchs will be used in the monarch tent where their life cycle is explained, people get a chance to hold and tag the monarch, and then release the butterfly in the Nokomis Naturescape.

The workshop will cover the monarch life cycle, habitat needs, migration, identifying milkweed, the care and feeding of your monarch eggs, caterpillars, and butterflies (cages, disease prevention, etc.), and the importance of your monarchs to the Monarch Festival.

The first session will be Saturday, August 3, 9:30 - noon, and the Nokomis Community Center (2401 E Minnehaha Pkwy). A second workshop is tentatively planned for Monday, August 5, 6:00-8:30pm.

The fee for the workshop is \$5 to cover supplies. You can register by visiting the Monarch Festival website and downloading the form and mailing it in. You can also contact the NENA office at 612-724-5652 or nenafestival@nokomiseast.org. Please register in advance so that we have enough supplies.

Make this the best Monarch Festival yet

Give us a half day or a couple hours on September 7, and your time can make all the difference. It can make all the difference in the experience of a child you guide through a game or show how to hold and tag a monarch. It can inspire a child to raise monarchs, to write a story about butterflies, or even become a scientist. Or it may prompt a parent to donate money to a monarch conservation or-

NENA (Nokomis East Neighborhood Association)

BY RITA ULRICH AND DOUG WALTER

Raise a Monarch, Make a Festival

ganization, to volunteer for the Monarch Larva Monitoring Project, or to learn more about what is killing the butterflies.

From set up and tear down, to teaching and directing, the Monarch Festival has many ways you can help. Give us a call, or send an email and we'll talk about what you'd like to do and where your work will have the most impact: 612-724-5652 or rulrich@nokomiseast.org

If you can attend one or two meetings before the Festival, you can be a team leader or area coordinator. Make the Monarch Festival part of your annual schedule, and know that you are part of a great event that supports a great cause.

Take the Garage Sale Survey

If you held a sale, or shopped the Nokomis East Neighborhood Yard and Garage sale in June, we'd like to hear about your experiences. You can link to the survey on our website, www.nokomiseast.org. It's short, easy, and takes just a few minutes.

We had a total of 139 sales in the June 22 event (the day after the big June storm). Your answers and comments on the survey help us document and evaluate the event, and also let us know if we need to make changes in how it's organized.

National Night Out – Do you know where your neighbors are?

A quick note for block leaders who are organizing parties for National Night Out on August 6. NENA will make copies of handouts, flyers, etc for your party. Just call before you stop by to make sure we're in the office.

Upcoming NENA Meetings and Events

NENA Board: 7 PM, Thursday, August 1 at NENA, 3000 East 50th St.

Raising Monarchs Workshop: Saturday, August 3, 9:30-noon, and Monday, August 5, 6-8:30. Nokomis Community Center, 2401 E. Minnehaha Pkwy. Call NENA to register: (612) 724-5652.

National Night Out: Tuesday evening, August 6, your block.

Livability Working Group: 6:30 PM, Monday, August 12, at NENA.

Naturescape Gardens Maintenance: 6:00-8:00 pm, Tuesdays, August 13, 20, and 27, Nokomis Parkway and E. 50th St.

NENA Board: 7 PM, Thursday, August 22, at NENA

Minneapolis Monarch Festival: 10 AM - 4 PM, Saturday, September 7, Nokomis Naturescape, Nokomis Parkway and E. 50th St.

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

Stay up-to-date on neighborhood events, meetings and issues: Sign up for the NENA E-mail List by sending an email to nenafestival@nokomiseast.org

Letters to the Editor

Interest in the Green Party candidate

While I was pleased to see coverage, in the July issue, about Sandy Colvin Roy's decision to withdraw from the race for 12th Ward Council Member, I'm wondering if it was the writer's intention to focus mainly on the DFL? Mr. Nathanson writes, "But with an open council seat, other candidates may be drawn into the race when filings for the No-

member election open in July." Chris Lautenschlager, the Green Party endorsed candidate, has been campaigning for this seat almost as long as Mr. Johnson has and participated in the forum held on April 11th at Roosevelt High School, along with the other two candidates at the time. Chris offers a common sense approach and a fresh alternative to politics as usual in what is a mostly one-party town. I hope the omission was an oversight, since so much of the mainstream

media (in contrast to our lovely, homegrown neighborhood paper) marginalizes third-party political voices. The Longfellow/Nokomis Messenger would do well to cover Mr. Lautenschlager's campaign as well as his opponent's, going forward. I look forward to reading all about it!

Lisa Boyd
Longfellow resident

Airport noise continues to draw concerns from So. Mpls. neighbors

By JAN WILLMS

The plight of Minneapolis residents contending with airport noise and pollution continues to draw concerns from neighborhoods and the City Council.

"Minneapolis remains focused on reducing environmental impacts to our residents, homes and schools—including airport related noise—that can only be derived through abatement, operational changes and dispersal of flights," said John Quincy, Ward 11 council member.

"There is a changing fleet mix of planes in the air, and the efforts we will be continuing to work on include the intervals of operations, the rates, altitudes and turn locations," he added. "These changes will result in a more livable, healthier and safer co-existence with Minneapolis St. Paul International Airport (MSP). There is no change in noise standards."

Increased air traffic brings with it increased noise, and residents in nearby cities want to see a soundproofing decree first entered into in 2007 to secure home mitigation amended. The decree is scheduled to end in 2014.

According to Ward 12 Council Member Sandy Colvin-Roy, the amendment would assure that if there is a specified increase in noise in the future, the Minneapolis Airport Commission (MAC) will provide home mitigation. "This would provide security if there is an increase," she said.

The amendment would lock in local noise standards at a time when federal standards are moving in a different direction, according to Colvin-Roy.

"Our real goal is to contract the DNL Contours and reduce sound exposure to residents, which would mean fewer homes would be affected by airplane noise," said Quincy. "We want to



Increased air traffic brings with it increased noise, and residents in nearby cities want to see a soundproofing decree first entered into in 2007 to secure home mitigation amended. The decree is scheduled to end in 2014.

see lower noise impacts as a result of better and safer operations at MSP. That being said, if noise expands, our residents deserve relief and mitigation, only attainable through the memorializing of the consent decree standards in place, and hopefully extended."

Quincy said that the FAA is not a party to the consent decree, but its approval is needed.

"The FAA approved the original consent decree, so we are hopeful it would approve this amendment that is already beyond what FAA approves for other programs," he said.

"Minneapolis has the most extensive airport noise mitigation program in the nation, and this action was needed to preserve that program for the future," Colvin-Roy said.

The FAA is moving in a more stringent direction regarding standards. The FAA has issued a Performance Guidance Letter (PGL) for noise mitigation programs. Under this new PGL, the FAA will not allow mitigation to be paid for with any source of

federal funding, including the normal passenger facility charge, if the mitigation is taking place outside the 60dB DNL contour or if the noise pollution, measured inside their house, is less than 45 dB DNL.

This is problematic for MSP, according to Quincy, because the local standard is to mitigate homes out to the 60dB DNL. "Since we are a cold weather climate, most of our homes have ceiling insulation, which means most of them would not be greater than 45dB DNL interior," he said.

Representatives from the office of Lockridge Goodall Nauen in Washington, DC, a firm that has been working with the City of Minneapolis to represent the city's interests on FAA-related issues at the federal level, gave a presentation to the City Council on June 27.

Emily Tranter, a member of the firm, said they have been working with FAA to allow current programs to continue using the standards in effect before the PGL, the waiver that the City and

MAC are waiting for from FAA regarding the Consent Decree.

"We are asking for permission for MAC to use passenger facility charge fees to pay for the mitigation, in spite of the fact that it does not comply with the PGL," she said.

"The City of Minneapolis has long fought to have MAC protect Minneapolis residents from the detrimental impacts of the airport," Quincy said, "including noise pollution generated by air traffic. As a result of that work, we have the most extensive noise mitigation program in the country; however, the City's work cannot stop there."

He identified the ultimate goal of the city as advances in technology and flight procedures to produce less noise and air pollution over Minneapolis.

"But that is an evolving process with multiple strategies," Quincy added. "Noise mitigation, while not perfect and far from a complete solution, is a positive intermediate step to provide relief for residents inside

their homes."

Quincy explained that MAC will have to produce Actual Noise Contour maps annually.

"Though these maps will continue to use the Integrated Noise Model (INM) as their basis, they will use actual flight volumes, altitudes and INM inputs, as well as Remote Monitoring Tower (RMT) data to verify and validate," Quincy continued. "This more accurately reflects the noise pollution pattern compared with the original plan to base mitigation on estimates of flight patterns in 2020."

Quincy claimed that Minneapolis has long expressed its concerns about the INM process and has concerns about how the mapping software fails to account for event noise, exposure and how noise is experienced on the ground.

"We will continue to advocate for enhanced measurement methodologies, but the amendment does not change or limit future efforts on our part," he said.

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Lola

Continued from page 1

and plain, while some has a more involved form. My favorite technique to make my pottery unique is putting my hand grip in my mugs and pitchers," she says.

Each artist brings a unique

vision and voice to this annual event, while also embracing and delighting in the larger community of artists all around them. That balance of individualism and mutualism makes the LoLa art crawl a joy for artists and visitors alike.

The League of Longfellow Artists is an artist-organized, all-volunteer association dedicated to raising the visibility of local

artists and to building community through art in greater Longfellow, which is the area defined by Cedar Avenue to the Mississippi River and East 28th Street to the Crosstown.

For more information, including a full list of participating artists, and to download a map when they are available (about mid August), please visit lolaart-crawl.com.



One of the exhibits is from Lolly Obeda: Concrete garden mosaic sculptures.



Dick Brewer - Painted bas-relief sculptures in plexiglass.



Monarch Festival Volunteers Needed

The Minneapolis Monarch Festival, this **September 7**, offers many opportunities for a rewarding volunteer experience! Please help us make this a successful, fun event for everyone. You will receive an official Festival T-shirt as our way of saying thank you!

The Festival celebrates the amazing 2,300 mile journey of the Monarch Butterfly to the mountains of Michoacán Mexico every fall. The Monarch serves as a natural bridge between the American and Mexican people and their cultures. Last year's event drew between 8,000 and 10,000 guests.

- Bilingual volunteers are especially needed to help our Spanish-speaking guests.
- Volunteer Team Leaders are needed to organize and direct specific volunteer groups with specific tasks or areas.
- And, we need approximately 50 other volunteers to help with various tasks during the event including morning set up and late afternoon teardown.

Learn more about this year's Festival and register to volunteer at www.monarchfestival.org



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Sgt. Sandberg honored by Roosevelt for years of duty

By JAN WILLMS

Sgt. Joel "Joey" Sandberg of the Third Precinct in Minneapolis has spent almost his whole life affiliated in some way with Roosevelt High School.

He graduated from there in 1982 and became a licensed police officer with the Minneapolis Police Department in 1987. For the past 18 years, in both a full-time capacity as a School Resource Officer and more recently in a part-time capacity as a hired off-duty officer, Sandberg has worked at Roosevelt, 4029 28th Ave. S., Minneapolis.

In May, the school honored him for his years of mentoring and supporting students by creating the Sgt. Joel Sandberg RHS Community Award. This award will be presented annually to a Roosevelt student who best exemplifies leadership, and who has a lasting impact on the Roosevelt students and staff and surrounding community.

Today, Sandberg primarily works out of the Third Precinct, but he still spends Wednesdays at Roosevelt and works there off-duty at sporting events and dances.

And the thousands of relationships he has developed with students over the years are just as strong as those youths reach adulthood.

"Just the other day I sat down with a former student who was having problems in a domestic relationship with his girlfriend," Sandberg said. "And he tells me what is happening in the neighborhood."

The trust and respect that Sandberg has made a part of his work with students has enabled him to continue those connections and help prevent crime in the neighborhood. In 2007, he was named Investigator of the Year. As well as working with the School Resource Program, Sandberg has worked in the Patrol Division, S.W.A.T. and Property Crimes Investigation.

"I truly believe I was meant to work as a cop in the neighbor-



In May, Roosevelt High School honored Sgt. Joel "Joel" Sandberg for his years of mentoring and supporting students by creating the Sgt. Joel Sandberg RHS Community Award. (Photo by Jan Willms)

hood where I grew up," Sandberg claimed.

He said that over the years, he has seen Roosevelt faculty and staff work hard to change the image it once had as a rough school. It has not always been easy.

"I have had a gun pulled on me once in the school, and many years ago it was tough dealing with gang members and fights," Sandberg recalled. He said SRO officers work in full uniform, including being armed.

"There were some rough kids in the school in past years. But Roosevelt has gotten rid of its bad apples. There is zero tolerance for bad behavior," Sandberg said.

He said that with all of the news reports of students bringing weapons to school, Roosevelt has had that decrease in the past three or four years.

"School security is more at the forefront, and we are more aware of it," he said. "A lot of kids will tell us about things that are about to happen before they hap-

pen. We are pretty safety conscious and work as a team with the Roosevelt High staff."

He said the school does what it can to minimize the opportunity of any problems. There is one main door open, and that is manned by people. To gain entrance to the school, one needs an ID and a visitor's pass. "You just do the best you can," Sandberg said.

Sandberg said the current full-time School Resource Officer, Dennis Milner, works really hard and is good with the students.

"Roosevelt has become a

quiet school where parents want to send their children," Sandberg added. As a school resource officer, he has worn many hats.

"You are Dad, big brother, a social worker and a cop," he said.

And serving in that capacity has made a difference.

Terry Nutter, who is currently a fugitive apprehension investigator for the Department of Corrections, was a Roosevelt freshman when he first met Sandberg.

"I remember trying to skip school with my friends, hanging out at home. He showed up at my house. He kept a very watchful eye

on me, and he helped me out with tutoring and schoolwork," Nutter said.

Sandberg remembers Nutter as a kid who would jump out of a second-floor window to get out of school. "I took a liking to him," he recalled.

With Sandberg's help, Nutter got into the Minneapolis Community Service Officer program and eventually graduated from the Minneapolis Police Academy.

"Joey is probably one of the most caring guys I have ever met," Nutter said. "He always had an open door policy, and people felt more comfortable going to him than going to some of the teachers. He's fantastic."

Kelly Jacques is another Roosevelt graduate who still maintains a friendship to this day with Sandberg.

"He was like a big brother to me," she said. "I had it a little rough, and he was always there for me."

"Today, I have a five-year-old daughter and we still stay in touch. I still use him as a mentor."

For Sandberg, holding onto relationships he has developed with students over the years at Roosevelt is important. Not just for the friendships, but for good community policing.

"I love the fact that people come to me," he said. "I want to be receptive to the people in my neighborhood and do whatever I can to help them."

Sandberg said his award kind of entails all his work in the Third Precinct.

"It has been a huge asset, growing up in this community and going to Roosevelt and gaining that trust," he continued. "In this day and age, cops don't always get the best profile, and it's nice to know you are appreciated for what you do."

Sandberg has only one regret. His dad died last year, before Sandberg received the award created in his name.

"I wish he could have been here to see it," Sandberg mused.



"I truly believe I was meant to work as a cop in the neighborhood where I grew up."

- Sgt. Joel Sandberg

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A GENERAL PRACTICE LAW FIRM IN SOUTH MINNEAPOLIS

By TESHAM CHRISTENSEN

Every Friday night, you can find Standish-Ericsson residents Mariana Leimontas and Suzie Holzinger at the GIA Kitchen in St. Paul chopping, dicing and mixing.

They are making the Tango Chimichurri sauce they'll be selling fresh for the next two days at the Minneapolis Farmers Market on E. Lyndale Ave.

"We're just so excited to share Mariana's authentic recipe with everyone here in the city," said Holzinger.

During their first attempt, it took about six or seven hours to make 60 jars. After five weeks, and they had cut the time down to around four hours for 70 jars.

"Chimichurri is a sauce that Argentines have used for nearly 200 years on all of their grilled meats," said Holzinger. "It is also their traditional table sauce."

Chimichurri originated in Argentina, but has found its way north through South and Central America. "There are several varieties using different herbs, but Mariana's recipe is the authentic recipe," pointed out Holzinger. Liemontas brought it with her from Argentina 10 years ago, and still imports her spices direct from Argentina.

"Tango Chimichurri is the closest you will come to what the gauchos used nearly 200 years ago," noted Holzinger. "It has an Italian flavor that is quite unexpected. This has made it a versatile sauce that works great for more than just BBQ. It is amazing in vegetable stir fry, as a sandwich spread, in bruschetta, dips and much more. The great thing about Tango Chimi, is that it is naturally vegan, gluten free and sugar free.

"It's a sauce for everyone."

THE BIRTH OF A BUSINESS

Tango Chimichurri was born overnight.

Leimontas has been making

Two Minneapolis women launch Tango Chimichurri

'A sauce for everyone,' it is sold at the Minneapolis Farmers Market



Suzie Holzinger and Mariana Leimontas sell Tango Chimichurri each weekend at the Minneapolis Farmers Market. The secret to the authentic taste is the spices they import from Argentina.

her family's special recipe for years (with spices from Argentina) and her friends and family have loved it considering a special treat at parties.

"We started our business the day after going out for my birthday with friends this past March," recalled Holzinger. We were chatting about summer plans when my good friend, Marnna, demanded that we sell Mariana's famous chimichurri at the Minneapolis Farmers Market. We all looked at one another and said, "You know what? Why not???"

Leimontas had the name picked out and a logo started before the sun came up.

"If we knew what we were getting ourselves into, we may have brushed it off as just another

night joking about start ups with friends," admitted Holzinger.

"It has been a whirlwind these last three months and it hasn't quite slowed down," she said.

They have learned the most from talking to other entrepreneurs and people at the farmers market.

"For those who are interested in starting a food business, my best advice would be to check with the permits department in the city you are planning to sell and also check with the Department of Agriculture for laws surrounding your product and the way it should be manufactured," recommended Holzinger. "We would have saved a lot of time if we had checked there first."

When starting a business,

"You have to be flexible, keep your eye on your goal, and understand that it can be expensive and time consuming," said Holzinger.

At first their business plan involved canning the chimichurri sauce. They consulted food experts, did a ton of research, and spent the majority of April experimenting with different processes to can it. "We ordered jars of processed chimichurri online from across the country to taste it, in the end we found that it was horrible and nothing like the traditional sauce," said Holzinger. "We decided in a few short weeks that we were going to make our product fresh, weekly for the market using no preservatives in the traditional style so that everyone could enjoy Chimichurri the way

it is meant to be enjoyed, just like they would have it in Argentina."

AUTHENTIC TASTE

What is the secret to making a great, authentic sauce? According to Holzinger, the secret is keeping it simple and using fresh ingredients. They buy local when they can, and have just started using sunflower oil from a local producer. "We never compromise and always stay true to the product," said Holzinger.

"We put a lot of love into each jar, as we make each jar one at a time," she added. "We measure each ingredient and add them to each jar separately — just as Argentines would make it for their family."

Confirmation that they're on the right track has come when "their most discerning customers", those from Argentina as well as Brazil and Uruguay, try it. "They have all admitted that it is the real deal," said Holzinger.

"Many people are surprised by its flavor," observed Holzinger. "It has a boldness, a zesty, tangy bite as we use premium red wine vinegar, and a sweetness from our authentic spices."

The two have included recipes for how to use Tango Chimichurri on their web site, <http://www.tangochimi.com/>.

Tango Chimichurri is currently available at the Minneapolis Farmers Market on E. Lyndale Ave N. Holzinger and Leimontas have received a permit from the Minnesota Department of Agriculture which allows them to sell retail, and they hope to introduce it at a few local co-ops soon. Each 9-ounce jar is \$8 or purchase two for \$15.

They are also working on a "spicy" version that will be for sale by the end of the summer.

"It has been a lot of fun to see people try it for the first time," said Holzinger. "From really small children to their grandparents, we have gotten a great response."

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Real estate boom underway in Longfellow and Nokomis

By IRIC NATHANSON

This summer, "sold" signs are popping up like dandelions in front yards all over the Longfellow and Nokomis. The ubiquitous yard signs point to a real estate boom underway in the two South Minneapolis districts.

Only a few years ago, "for sale" signs sat in neighborhood yards for months at a time, as home prices kept dropping and buyers were scarce. From pre-recession highs in 2007, the median sales prices finally bottomed out in 2011, dipping down to \$144,900 in Longfellow and to \$180,000 in Nokomis. That year, Longfellow homes stayed on the market for 106 days on average before they were sold, while those in Nokomis remained on the market for 120 days. When they finally found a buyer, Longfellow sellers received about 88% of their asking price; Nokomis buyers received about 90% of the asking price.

While median sales prices in June 2013 has not yet sprung back to pre-recession high, they have been steadily increasing. Over the past 12 months, they have gone up by nearly 12% in Longfellow to \$195,000 and by about 8% in Nokomis to \$209,000.

Homes in Longfellow now stay on the market for an average of 33 days before they are sold. Sellers now receive, on average, about 100% of their asking price. Nokomis homes remain on the market for about 60 days. There, sellers receive about 98% of their asking price.

The real estate market has been strengthening in South Minneapolis neighborhoods recently, but size of this year's jump was



This summer, "sold" signs are popping up like dandelions in front yards all over the Longfellow and Nokomis. The ubiquitous yard signs point to a real estate boom underway in the two South Minneapolis districts.

unexpected, according to Ben Trudeau, an agent with Edina Realty. "There has been a huge influx of new buyers and not enough inventory, so my sellers are often seeing multiple offers. That is something we didn't see just a few years ago," Trudeau said.

"The neighborhoods here have a lot going for them. They are near the river and centrally located. The business sector is strengthening and that is a real plus. We

have new restaurants and coffee shops that are providing an amenity and attracting younger buyers who are looking for an urban lifestyle.

"Many buyers are into biking," he added. "They want to live near the center of the city, and close to the bike trails. The Midtown Greenway has done a lot to generate interest in this part of town. All of this is helping to create a strong real estate market."

Longfellow and Nokomis Real Estate Activity June 2013

	Longfellow	Nokomis
Median sales price	\$195,000	\$209,000
Days on the market until sale	33	59
Percent of original price received	99.7%	97.6%
Months supply of inventory	1.7	2.6

Source: Minneapolis Area Association of Realtors

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Paddling Minnehaha

Continued from page 1

the Nokomis Ave. bridge (having had so much fun, they returned to swim there the next day).

This is a day in the summertime life of Minnehaha Creek, where people seize every opportunity to jump in and go for a ride. Like surfers to big waves, as soon as the creek is up, people grab their kayaks, canoes, rafts and tubes and get on it.

Whether you paddle in segments or go the whole length, paddling the creek is a great adventure.

Here in town, the creek twists and turns through the heart of the south side, through

you'll paddle across expansive wetlands then through suburbs, beneath freeway overpasses, and along the back yards of palatial homes in Edina before reaching Minneapolis. A typical trip from the headwaters to the lagoon, according to the Minnehaha Creek Watershed District (MCWD) website, takes about five or six hours.

For Selstad, paddling the full length is the only way to go.

"It's like a marathon, you get to say you did it," he said. "Everyone should try to do it once a year."

Yes. For river rats (creek critters?) Minnehaha is a huge temptation. It beckons us often when the timing isn't right and becomes unavailable when it is. It changes on a dime from a sleeping kit to a raging beast. The trick is to know when is which.

MCWD website. It's possible for the dam discharge to be within range but for water levels to be too high due to recent rainfall. Or lower.

On July 1, after heavy rainfall and the windstorm that toppled thousands of trees (and again after the July 13 deluge had Minnehaha overflowing its banks), the MCWD posted on its website that creek flows were "far exceeding what is considered 'dangerous' for paddling," and multiple trees were down along the route. They advised against

paddling until levels subside.

But as quickly as it rises, water will drop.

On the 1st, USGS water levels were in the 230's, but by that Saturday, they were at 195cfs, a doable paddle in normal conditions. Trees downed in the storm that were creating obstacles had already been cut to clear passage.

Many paddlers don't consider levels in the low 200's "dangerous" as much as "swift." Lower levels can be a real drag, where you scrape bottom or are thrust, embarrassingly, onto a

protruding rock.

"I like it when it's swift," said Scandrette. "It keeps me on my toes."

Safety is paramount, though, and even skilled paddlers should wear a life vest.

However you float it, you'll never see the creek – or the city – the same way again.

(Go to the Messenger website: LongfellowNokomisMessenger.com for more information.)



"It's like a marathon, you get to say you did it. Everyone should try to do it once a year."

- Creek paddler Nate Selstad

wetlands and wooded areas, and along parks and trails. At turns gentle then quick, it lets you drift along, gazing at beads of sunlight bobbing on the water, letting your mind wander – until each next set of rapids jolts you awake.

You'll no doubt see mallards, geese, and red-winged blackbirds along the way. You might also see great blue herons, kingfishers, orioles, deer, muskrat, or the elusive fox, mink or coyote.

You'll also see plenty of bridges. Some are elegant, like the many arched wooden walkways and the stone bridge at 12th Ave. At least one is downright scary.

Hop onto the creek upstream from France Ave., and you will suddenly, without warning find yourself in a corrugated metal tunnel that lurches into darkness. A blink and a slight curve later, there's light on the other side.

If you start at Gray's Bay,

Know the Flow

Minnehaha's water levels are regulated by Gray's Bay Dam at Lake Minnetonka and are posted on the MCWD website almost daily.

The Watershed District suggests the ideal range for paddling is between 75-150 cubic feet per second (cfs). This can mean the difference between a leisurely float – not quite a lazy river because there are plenty of small rapids to negotiate – and being spun around in an unexpected eddy.

Above 150cfs it's tougher to maneuver around low-hanging tree branches. Also, some bridges become impassable; one of three required portages along the route is in the Hiawatha Golf Course due to a very low bridge.

Any amount of rainfall alters flows as well, so it's best to look at the real-time water levels provided by the U.S. Geological Survey (USGS), also posted on the



Olin, Berit and Nate Selstad haul their kayak up the road after paddling Minnehaha Creek from near 35W to the lagoon in July (Photo by Jill Boogren).

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Longfellow Community Council

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Coming Soon to Longfellow: New Canopy Trees!

The Environment and Transportation of the Longfellow Community Council is launching a new neighborhood tree program! The program will make several varieties of native canopy trees available at low cost. More canopy trees will reduce storm water run off, reduce pollutants entering our water system, reduce homeowner energy costs, and offset the effects of emerald ash borer. Look for more information about this new multi-year program at community events, and on the Longfellow Community Council website at www.longfellow.org/trees. Volunteers will make this program a success.

Contact spencer@longfellow.org or 612-722-4529 for information on how you can be a part of the effort to grow Longfellow's Tree Canopy!

LCC Proposed By-law Changes

The LCC Board of Directors began a review of the organizational By-laws in May of 2013. There are several proposed amendments that will be voted on by the Board at the August 15th Board meeting. To view these amendments visit our website at www.longfellow.org or call LCC at 722-4529 to request a copy of the proposed changes.

Meet the New JoAnna!

Hello neighbors! My name is JoAnna Lund; I'm the new Community Engagement Coordinator with the Longfellow Community Council. Just one week into my job, I can already tell that it's going to be a wonderful experience. Longfellow has an engaged and organized citizenry, exciting community events, and so many great plans, ideas and actions to improve this neighborhood. I am incredibly excited to be able to support and grow these initiatives with LCC.



JoAnna Lund

I am a graduate of U of MN-Twin Cities. I started community organizing several years ago after training with Hope Community in the Phillips neighborhood. I have since been supporting various initiatives and hosting community

events in Phillips and SE Como. My projects have included racial equity issues, food justice and local food access, as well as environmental justice and community building. I look forward to what Longfellow will bring!



Longfellow Corn Feed

The 43rd Annual Longfellow Corn Feed is Thursday, August 8th at Longfellow Park (3435 36th Ave S) from 5:30pm to 8pm. This year we will have all the staples of the Corn Feed—live music, a resource fair featuring neighborhood businesses and organizations, ice cream, games, activities, and (of course!) roasted corn. Please join us for a fun summer evening with plenty to do! Once again an UNLIMITED Youth Activity Wristband will be offered for \$5.00, or the cost for activity tickets will be \$1.00 a piece (activities include: moonwalk, ball pit, giant slide, and more!). Sweet corn will be \$1.00 per ear.

Ground Broken for Longfellow Community Hops Garden

In July, the Longfellow Community Council, The Minnesota Beer Activists, Hippy Hops Farm, and several other partners broke ground on a first-of-its-kind community garden dedicated solely to the production of hops by and for the local community. Residents from the Longfellow area and beyond will be able to sign up to take part in maintaining the garden in exchange for a portion of the annual autumn harvest. Shared responsibilities will include tilling, weeding, and watering. The Longfellow Community Hops Garden will serve as a pilot project, with the long-term goal of bringing more community hops gardens to the midwest, followed by the rest of the country. The Garden is located at 3116 East 38th St and was made possible thanks to Hennepin County. Learn more or sign up to participate at <http://communityhops.org/>.



National Night Out is August 6th!

The 30th Annual National Night Out is Tuesday, August 6th. This is a nationwide event that encourages residents to get out in the community, holding block parties and getting to know their neighbors as a way to encourage crime prevention. Block club leaders can register their parties and get streets blocked off to vehicles by registering their event at www.minneapolismn.gov/nno/nno_register.



Enjoy a pleasant night out with your friends and neighbors!

Calendar of Meetings and Events AUGUST 2013

Meetings are free and open to the public, and are accessible. Check the calendar on our website www.longfellow.org

ADVANCEMENT COMMITTEE

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

NEIGHBORHOOD DEVELOPMENT COMMITTEE

Monday, August 12
6:30 - 8:00 pm
check website for location
FFI: spencer@longfellow.org

RIVER GORGE COMMITTEE

Monday, August 12
6:30 - 8:00 pm
Hiawatha School Park
4305 42nd St. E
FFI: joannalund@longfellow.org

LONGFELLOW FAITH FORUM

Tuesday, August 13
12:00 - 1:30 pm
check website for location
FFI: joannalund@longfellow.org

COMMUNITY CONNECTIONS

Tuesday, August 9
6:30 - 8:00 pm
LCC Office, 2727 26th Ave S
FFI: joannalund@longfellow.org

BOARD OF DIRECTORS

Thursday, August 15
6:30 - 8:30 pm
LCC office
2727 26th Avenue S
FFI: melanie@longfellow.org

ENVIRONMENT AND TRANSPORTATION

Tuesday, August 27
6:30 - 8:00 pm
check website for location
FFI: spencer@longfellow.org

Longfellow Community Council

2727 26th Avenue So., Minneapolis, MN 55406
Phone: 612-722-4529
www.longfellow.org

Melanie Majors	Executive Director	melanie@longfellow.org
Ruth Romano	Office Staff	ruth@longfellow.org
Spencer Agnew	Housing and Environment Coordinator	spencer@longfellow.org
Joanna Lund	Community Engagement Coordinator	joannalund@longfellow.org
Jessica Buchberger	Communication & Events Manager	jessica@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 - August 5 - 8

Bethany Lutheran Church (3901 36th Ave S) invites all kids from Kindergarten to 6th grade to its Day Camp, Monday - Thursday, August 5 - 8, from 9 a.m. - 3 p.m. plus a program and ice cream social for families on Thursday evening. Enjoy music, crafts, games and Bible stories. The theme this year is "Faith Alive!" \$25 includes all materials, snacks and lunch. Scholarships are available. Please register by July 29th by calling 651-556-2108 or 612-729-9376.

LCC partners with VOA Center

The LCC has partnered with the VOA Residential Reentry Center, Harvest Moon Backyard Farmers and Minnehaha Communion Lutheran Church to bring 5th Wednesday Free Meals to the Longfellow community. Our next meal will be at 4101 37th Ave. S., MCL Church, 6-7:30 p.m. on July 31. The meal will consist of fresh produce grown and prepared by VOARRC residents. Please join us for this free meal and fellowship!

Pastor installed at Faith Church

Rev. David Domanski was installed as pastor of Faith Ev. Lutheran Church, 3430 East 51st, at an afternoon service on Sunday, July 21. The 3 p.m. service was followed by a reception.

Stevens House Museum presents two events in August

The Stevens House Museum will present Art in the Park 2013 on Sunday, August 11, 12 noon to 4 p.m. Our forefathers envisioned a city based on health and beauty; in 1896 their maxim was "Let us make out whole city a work of art." Stevens House supports this view with this yearly event.

Artists whose photographs, drawings, and paintings visually capture the beauty and wonder of Minnehaha Falls Park, and the corridor between Coldwater Spring, the newest site within our national park system, and John H. Stevens House, will display their works in the afternoon at Stevens House.

The second event is: Bruce Mackenzie: The Mothers & Families of Coldwater Spring: Giving Birth to Minnesota on Sunday, August 18, 2 p.m. Historian Bruce Mackenzie provides a fascinating in-depth view of early Minneapolis and the events which shaped our city and state. An event not to be missed by history buffs!

Historic John H. Stevens House Museum is located in Minnehaha Falls Park, at 4190 Minnehaha Avenue, conveniently across from the 54th Street LRT Station. Visit our website www.JohnHStevensHouse.org for more information about the House.

Longfellow Garden Club Social and Potluck - August 14

Time to spend an evening outdoors talking and eating all things garden!

Again this year, we'll share stories and pictures (please bring some) of another unusual gardening season. The location is a member's beautiful garden that has won Metro Bloom awards for a dozen or more years!

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.

We will start a bit earlier, at 6:30 p.m. on Wednesday, August 14. Directions will be available after 6 p.m. at the front door of the Epworth United Methodist Church, 3207 37th Ave South! See us at:

LongfellowGardenClubMail@gmail.com or go to www.facebook.com/LongfellowGardenClub.

LBA at Open Streets August 11

Longfellow Business Association does not meet in August. Please look for us at Open Streets Sunday, August 11 under the big tent near Peace Coffee at 33rd & Minnehaha Avenue where we'll be hosting a game of Bingo! with My Broadsheet. For more information call Ruth at 612-722-4529, ext. 1.

Public hearing set on municipal utility authorization

The Minneapolis City Council set two public hearings to consider authorizing the establishment of municipal electrical and gas utilities. The hearings are: 10 a.m., Aug. 1, to consider authorizing the establishment of a municipal electrical utility; 10:30 a.m., Aug. 1, to consider authorizing the establishment of a

Becketwood open house scheduled for August 4

Becketwood Cooperative at 4300 West River Parkway will hold its annual open house from 3 to 5 p.m. on Sunday, August 4. The cooperative's grounds and gardens will be open to the public and visitors will be able to tour a variety of housing units in the senior housing complex.

Parking will be available in Minnehaha Academy's 42nd Street lot, with shuttle service provided to Becketwood's main entrance. For more information, contact Becketwood's marketing department at 612-746-1008.

municipal gas utility.

The public hearings will take place during the City Council's Committee of the Whole meeting in the City Council Chamber, Room 317 of City Hall.

This action comes as the City prepares to enter into energy franchise negotiations with Xcel Energy and CenterPoint Energy. State law currently limits Minneapolis' authority over utilities in franchise agreements; however, the City is seeking legislative changes to allow negotiations with Xcel and CenterPoint to explore how Minneapolis could make progress toward its goals for sustainable energy, improved air quality, equity and green jobs. The City wishes to explore options to achieve its energy goals outside the existing franchise agreement structure including the potential for municipalization of one or both energy utilities.

Choosing an Appropriate Rehab Care Center

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a presentation about choosing rehab care centers on Tuesday, August 20 at 10:30 a.m. at Holy Trinity Lutheran Church, 2730 E. 31st St. Get information on transitional care units for short term needs. Learn what to look for, what questions to ask, and find out about Medicare coverage pertaining to this care. Presented by Leslie Brown, Director of Provider Relations with Extencare.

Hip Hop Hope coming August 12-16

"Hip Hop Hope" is the theme for the joint community faith and arts Vacation Bible School Aug. 12-16 at Epworth UMC, 3207 37th Ave. S. in partnership with St. James AME. Each day focuses on something that makes us "glad" for what God has done for us, and the ways we express that joy through music, stories, community activity, dance, games and crafts. Hip Hop began as an art form to share peace and hope and to form community. Sessions are 9 a.m. to 1 p.m. and include lunch. Cost is \$5 per child/teen; scholarships available. Please register by Aug. 4 by calling Epworth UMC, 3207 37th Ave. S., or via e-mail: EpworthOffice@mplsEpworth.com

Lake Hiawatha Neighborhood Fest

The Lake Hiawatha Neighborhood Festival will be held on Wednesday, August 7 from 5-8 p.m. at Lake Hiawatha Park (2701 E. 44th St.) Kids enjoy pony rides for under 10 years old, face painting, hair painting, games, and a 5-in-1 sports moonwalk. We will also have the family fitness challenge and talent contest - please pre-register for both by contacting Lake Hiawatha Park at 612-370-4930. You can also take part in the raffle and medallion hunt. The Minnesota Lynx women's basketball team will be at the festival with an inflatable basketball pop-a-shot, will have giveaways for kids, and chances to win free tickets, etc. This is also the last few days you can sign up to have a table for your at-home or in-store retail business by emailing Joyce Boettcher at lhfest@yahoo.com. We will have food for sale by vendors. As usual we will be looking for more volunteers the day of the festival. Look for more up-to-date information at our website: www.lhrc.freesevers.com/festival.htm.

Spark Wellness becomes first holistic quick care clinic

Spark Wellness, in south Minneapolis, is the first holistic quick care clinic in the US. With the addition of Dr. Nathan Horek, ND, Spark Wellness is now the most comprehensive wellness center in Minnesota including a holistic clinic and yoga studio. An ideal alternative to conventional clinics, Spark Wellness allows Minneapolis residents the opportunity to get well, naturally.

Spark Wellness services now include chiropractic, acupuncture, naturopathy, homeopathy, massage, shiatsu, cupping, Reiki and yoga; serving a range of patients from those desiring alternatives to antibiotics to people needing relief from flu, fever, headache, rash or any other symptom. Spark Wellness guides and directs patients to the best practice needed for their own personal, optimal healing.

Spark Wellness, founded by Desiree Brazelton in 2009, is located at 4748 Chicago Avenue South, Minneapolis, MN 55407. For more information call 651-232-6453.

South High students combine Batman, Shakespeare for 'A Midsummer Night's Gotham'

A cast and crew of sixteen students and alumni from South High School present "A Midsummer Night's Gotham," a one-act play combining Batman and the Bard. Written and directed by Collin Knopp-Schwyn, the play will premiere at the Playwrights' Center during the Minnesota Fringe Festival starting on August 1st. More info can be found at <http://www.fringefestival.org/2013/show/?id=2589>.



Theo Linder, a South High junior, as The Joker in "A Midsummer Night's Gotham." (Photo by Emmet Kowler)

Power to the People:

Northern Sun to Sprout City's First Community Solar Garden

By JILL BOOGREN

With a name like Northern Sun Merchandising, you pretty much have to go solar. Well, this is no stretch for owner W. Scott Cramer, who first installed solar panels on his Lake St. building about 10 years ago and whose rooftop will now host the first community solar garden in Minneapolis.

In a July announcement at the shop, Mayor R.T. Rybak said Northern Sun is "ground zero for the values of the people in Minneapolis."

"We've shared water... we really should be sharing in the bounty of the sun," said Rybak. "A community project says we're all sharing in it. Anyone can buy into this project."

Offered as a service by Longfellow-based MN Community Solar, community solar allows people to be part of the solar economy -- all right, let's call it a revolution -- even if they can't install solar at their own home or business.

In the Northern Sun garden, subscribers will be able to lease a minimum of one "leaf" for an estimated cost of \$950, according to Peter Teigland, vice president of business development and strategy and partner of MN Community Solar (each panel has two leaves, for 180 total available in this garden). They will then be given credit on their energy bill every month for 25 years.

Investment pay back is expected within about 10 years, down substantially from 30 years just a short time ago and a sign that investment in solar is making it affordable.

"I myself am going to buy the first leaf from the first community solar garden in Minneapolis," said Teigland.

There's also no cost to the host site. In fact, they earn revenue for leasing the space and can subscribe themselves if they want.

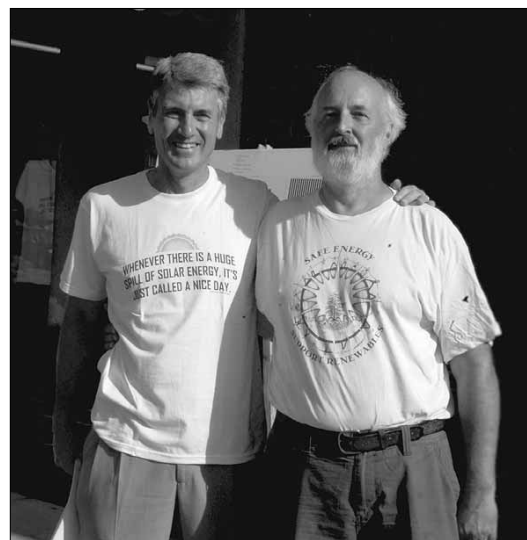
"Anyone with a flat roof, this is a good investment for you," said Cramer, adding that it pro-

TECTS your roof, lowers cooling costs and is practical. "This makes sound business sense."

Because it's a subscription, not ownership, subscribers aren't responsible for installation, and they don't have to mess with rebates. Instead, they enter a contract to earn monthly credit on their energy bill while supporting clean energy jobs. Taking its Minnesota roots seriously, MN Community Solar uses Minnesota solar panels, Minnesota labor, and Minnesota financing.

Rybak asked what it would take for the city to become a host site. MN Community Solar President Dustin Denison said all the city would have to do is put it on their website and help market the opportunity. "There's zero cost to city government. Zero cost to Scott Cramer of Northern Sun. Zero cost to the host site," he said, and called it an opportunity to earn revenue compensation.

Rybak then said "Give me a plan for five, 10 and 20 buildings."



Mayor Rybak, together with Northern Sun owner Scott Cramer, announces the city's first community solar garden, which will be installed in 2014 on the rooftop of Northern Sun on Lake St. (Photo by Jill Boogren)

The Northern Sun garden is expected to take root in 2014.

"It's my belief that we have to do this on every building that is possible," said Cramer. "Depending on carbon-based fuels is going to be an evolutionary dead end."

(Go to the Messenger website: longfellownokomisessenger.com for more information.)

Minnehaha reconstruction

Continued from page 2

One resident asked why there's so much emphasis on bikes if only 200 people (the

county reported 200-500 cyclists per day) use it, prompting some applause.

Another said the reason it's low is it's not considered safe, which drew even more applause.

Tina Blondell, 60 years old and a cyclist, remarked: "The reason so many of us don't ride on Minnehaha, is I don't wanna be

doored [when drivers in parked cars open their doors into oncoming bicyclists]. I don't feel it's safe." She later said she sees a whole new generation of people out biking and that it's only going to increase.

"We have an opportunity to do something new from scratch," she said. "I think it'll really im-

prove the Longfellow neighborhood."

Joseph Sabir, who lives at 28th and Minnehaha, also took a long view.

"We have an opportunity to do something in our community," he said. "Let's not do something to solve just today's problems. The population will con-

tinue to grow."

He later said the biggest mistake is the data being used by the county seems to be outdated. "Things have been dramatically changed."

He said with a new protected bike lane on Milwaukee Ave. in Chicago, the number of bicyclists has "exploded."

Deznick suggested the number of riders will increase with safer facilities and cited Amsterdam as the "gold standard" with 38% of its mode share bikes commuting.

"I'd love to be a motorist knowing every third vehicle would be taken off the street," he said, adding that, in planning for 20-30 years into the future "if we build it, they will come."

Nick Mason, chair of BAC, said they have submitted resolutions with in-depth research data that show cycle tracks are safer than on-street bike lanes.

Sheldon Mains, of Spokes, which teaches adults how to ride, said what they hear constantly is "paint isn't gonna stop a car. I'm afraid of riding in the street." He called for some "creative engineering."

Tami Traeger of Nice Ride, which just opened two stations along Minnehaha Ave., mentioned the revenues cyclists can bring.

"Because I don't own a car, I spend more of my money in my neighborhood," she said.

Taking issue with the county's cycle track design, Ethan Fawley of the MBC and BAC asked the county to re-look at the proposal and come back with something that better reflects neighborhood values.

"That's what the community deserves," he said, to applause.

The County plans to transcribe all questions and comments and post on its website with their responses. The next public meeting was scheduled for July 17th.

(Go to the Messenger website: longfellownokomisessenger.com for more information.)



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Since I still get up at 5 a.m. every morning, I indulge in naps on the sofa whenever I can. I inherited this habit from my father, who inherited it from his mother. It's easy to set the timer, wake a half hour later and get up and get going.

When I awake, the first thing I look at is the popcorn ceiling in the alcove, which I hate beyond belief. Mr. M. hung my beautiful old light fixture from my Como house (it's been moved to every house I live in), hoping it would divert my attention. I still hate the rough and bumpy ceiling.

Last week, my friend, Liz, agreed to come over and help me knock down the ceiling. First, I went on line to see how other people have removed it. It seems there's a lot of home renovators removing popcorn ceilings across



The Old White House

By SHERRI MOORE

Exciting times in the alcove

the country. There were numerous videos of different techniques, showing how easy it is to do. In some, it showed running a big putty knife against the ceiling; popcorn falling down in long strips.

Of course, my ceiling wasn't easy. Liz and I worked for two hours, and completed a little three foot square area. We called it off for the afternoon. I started up again in the evening, and stood on a ladder with my four inch putty

knife, spraying with water and scraping. It's an awful messy job, the sprayed plaster stubbornly clinging to the ceiling. After six hours, I managed to clear the ceiling. I sent Mr. M. a picture on my cell saying "Wish you were here." He replied, "I don't." Mr. M. was away that week on a business trip.

I couldn't help but put some chinks in the dry wall while removing the popcorn. In the corner, where there had been water damage, I could see there were

another two ceilings above the dry wall! Of course, why not? The house is over a hundred years old, and evidently, many people made their personal mark by adding another ceiling. The job had become too big, so I called over my son, Sean, and the plaster and dry wall expert.

He came over when I wasn't home, and saw the mess, texting me on my phone his reaction, "LOL, You've got to be kidding. Tear down the other ceilings, and

I'll put up a new one."

So that's where it is for now. I had 20 of my closest book club friends over last night, many making suggestions of new ceilings. Maybe I should put up a tin ceiling, or how about dry wall with fancy moldings around a small chandelier ala a French Chateau. One thought I should put up a wood ceiling with matching beams. All of these ideas are under advisement, and I'll be doing more investigating on line. Mr. M. is happy with that, he believes any procrastination is a good thing.

(Sherri Moore is a free lance writer, and lives in the Nokomis neighborhood. She and Mr. M. are in their twentieth year of renovating their old white house. Sherri welcomes your comments and can be reached at sherrimoore92@msn.com.)

Letters to the Editor

Disappointed in Minnehaha Avenue plan for bicyclists

I am writing in regards to the proposed Minnehaha Avenue redevelopment project after attending the July 11th public meeting. I am a Longfellow neighborhood resident who rides bicycle year round as my primary mode of transportation. I do not currently ride on Minnehaha Avenue - even though it is the shortest and most direct route to my destination - because under the best of circumstances it is a frightening and unpleasant experience, while during the winter months it becomes a truly life threatening undertaking as cars parked in the bicycle lanes force riders to share the slippery roadway with high-speed motor vehicle traffic.

I was therefore very disappointed to learn at the public meeting that that LHB Architects and Hennepin County's recommended plan would leave the bi-

cycling infrastructure essentially unchanged from current conditions, especially given that a cycle track separated from motor vehicle traffic is a viable option. A growing body of scientific research unambiguously shows cycle tracks are the safest bicycle infrastructure option, even in areas with numerous access points. Those of us who have had the pleasure of bicycling through downtown Amsterdam, Netherlands can attest to this.

During the public meeting Michael Schroeder of LHB categorically rejected this body of research, although he provided no rationale for this rejection other than a vague allusion to "cultural differences" that apparently make these peer-reviewed scientific studies inapplicable to Minneapolis. I subsequently conducted a literature review and was unable to locate any studies showing in-the-street bicycle lanes providing a reduced risk of injury and death when compared to cycle tracks. Nor was I able to find a study defining the "cultural differences"

that render cycle tracks unfit for Minneapolis.

In fact, cycle tracks are not only safer; they also increase the perception of safety. This is an important point as fear of motor vehicles is the number one reason more cyclists do not take to the road, even while research has steadily shown that the more people out there riding bicycles, the safer bicycling becomes. A dedicated cycle track separated from motor vehicle traffic would provide a pathway between two high volume routes; the Midtown Greenway and the Minnehaha Park / River Road cycle track network. If this route is perceived as safe by the cycling community

ridership will undoubtedly skyrocket. In fact, I fully expect Minnehaha Avenue would become something of a Minneapolis cycling destination. This increased volume would not only provide real safety benefits for cyclists and pedestrians, it would also have an enormous positive impact on our local economy. In contrast, in-the-street cycle lanes will likely continue to receive sparse use as the vast majority of the population will perceive this route as unsafe - especially in wintertime.

I realize there are many different viewpoints concerning this issue. Many would like to see a continuation of the car-centric infrastructure that currently domi-

nates our city in the decades to come. It would appear that Hennepin County and LHB fall into this camp. Many cyclists themselves seem to prefer a non-bicycle infrastructure option. This thrill-seeking camp tends to be young, male, testosterone fueled, and very confrontational with motor vehicles. Personally, I would like to see our neighborhood construct infrastructure that would support year-round safe bicycling for utilitarian and transportation purposes by people of all ages, genders, and backgrounds.

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Maya Moore hosting summer youth basketball clinic at YWCA



Maya Moore

The YWCA of Minneapolis is gearing up for a youth basketball clinic at the Midtown location on August 1 from 2-4 p.m. for girls and boys between the ages 6-12. The clinic will feature Maya Moore, a gold medal Olympian and star forward with Minnesota Lynx. Moore will speak with youth and help lead them through several fundamental drills, including ball handling, shooting and defense. All skill levels are welcome.

"The YWCA of Minneapolis is committed to help lay the groundwork for young athletes," said Lauri Ludeman, league coordinator. "We're excited because this youth basketball clinic will inspire youth in our community, and show them how Maya's commitment to sportsmanship and work ethic has influenced her success with basketball," she added.

Moore is regarded as one of the best women's basketball players of all time. She was the first overall pick in the 2011 WNBA draft and captured Rookie of the Year honors while leading the Minnesota Lynx to its first league championship. Her impressive basketball resume also includes leading Connecticut to back-to-back NCAA championships and winning a gold medal with Team USA 2012.

Ludeman admires Moore's talent and she praised the Lynx star for her excellent character. "I hope the kids will realize not only what a great athlete Maya is, but also what a great person she is," said Ludeman. "This is a wonderful opportunity for youth to develop their skills and learn from one of the best role models in the sport," she said.

The YWCA Youth Basketball Clinic will be a highlight of the YWCA's 10-year relationship with the Minnesota Lynx. To learn more about the YWCA Youth Basketball Clinic visit www.ywcampls.org or call 612-215-4342.

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Education Hour 10:30 am
Rev. David Domanski

Holy Trinity Lutheran (ELCA)
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Construction begins on the universal access play area as part of Minnehaha Park renovations

The Minneapolis Park & Recreation Board (MPRB), People for Parks, and Falls 4 All announced the groundbreaking for the new universal access play area at Wabun Picnic Area in Minnehaha Falls Regional Park this week. The Wabun play area's theme is based on the historic Auto Tourist Camp once located at the site. Ground-breaking occurred on Wednesday, July 24.

"Wabun will be home to the first universal access play area in the Minneapolis Park system," said MPRB Superintendent, Jayne Miller. "It will be a playground where children and adults, with or without disabilities, can challenge themselves to explore, interact and play with independence and dignity."

To be "universally accessible," a play area must have at least 70% of its play features designed to be fully accessible, far more than required by the American Disabilities

Act (ADA). While all new playgrounds planned in the Minneapolis park system meet the requirements of the ADA, playgrounds with 'universal access' include many more opportunities for play, including multiple ramps, more accessible surfacing, and multiple paths to play within a structure, all of which foster interaction and allow everyone to be included.

"With all of these special features, universal access playgrounds are far more expensive to build than those meeting the minimum ADA requirements," commented Superintendent Miller. "Without the generosity of our donors, this level of accessibility would not have been possible. We want to thank donors at all levels and Falls 4 All for their support."

"Falls 4 All raised approximately \$450,000 to fund this universal access playground," says committee chair Peggy Halvorson.



The Wabun play area's theme is based on the historic Auto Tourist Camp once located at the site.

"All funds raised by Falls 4 All were used to increase the playground's accessibility above ADA standards." The Falls 4 All volunteer group is a committee of People for Parks. The committee was recognized by MPRB for outstanding volunteer work in 2012 at the May 1 Board of Commissioners

meeting. MPRB Volunteer of the Year Awards recognize the invaluable contributions made by individuals and volunteer groups.

The Wabun play area's grand opening will be celebrated with a ribbon-cutting ceremony slated for Spring 2014.

The current Minneapolis Park

and Recreation Board (MPRB) capital improvement program includes funding in the amount of \$600,000 for the renovation of the two family play areas in Minnehaha Park in 2012-13. The funding is from the Parks and Trails Fund of the Clean Water Land and Legacy Amendment, approved by voters in 2008.

The second play area, near the band shell and refectory in the North Plateau Area is a remnant from the 1930s Works Progress Administration (WPA) era; the approach for this area will be to preserve the historic nature of the playground and sensitively add new equipment to increase the play activities.

For background information and to view the approved improvement plan, please visit the project page at www.minneapolisparcs.org/currentprojects or call 612-230-6466.

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- Paul Snetting

A strike in Nokomis!



Top right, Brewer Mike Hoops greets Jeff Boogren and Dave Dobish at the new Town Hall Lanes on its opening night July 23. Below, people check out the Town Hall lanes while at bottom, folks gather to indulge in some of Town Hall's well known brews. Town Hall Lanes marks the third establishment in Minneapolis opened by Town Hall. (Photos by Jill Boogren)

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Spring Clean-ups • 651-224-9299

LAWN CARE

Classifieds

Messenger

Want ads must be in the Messenger before August 19 for the August 29 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

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 19 for the August 29 issue.

ACCOUNTING & TAXES

Individual and corporate tax returns prepared for small and medium sized companies. Accounting and payroll services performed in addition. Vern Teichroew Accounting, 612-726-1544 or vtteichroew@cast.net. B-13

BATHROOMS

Bathroom/kitchen!! Basement finishing. Bad water pressure? Sinks, Toilets and tub/surrounds, etc. Ceramic tile. Basement bathrooms installed Call 612-275-9815. 9-13

CEMENT WORK

Cement work, chimney repair, brick and sidewalk repair, steps, walks, patios. John Dynneson. 612-247-1517. B-13

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 8-13

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.

FLOORING

Drennen's Hardwood Floors - Sanding, install, repair. 25 years experience. Call David 612-877-2019. 8-13

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-12

GARAGE SALE

Garale Sale - August 2-3, 9-5, 3912 41st Ave. So. 13-8

HALL FOR RENT

Spacious, clean and refurbished hall for rent. Parties, Birthdays, Weddings, Anniversaries, etc. call the Post @ 612-724-9909 or 612-724-8611. B-13

HANDYMAN

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-13

HAULING

Just Call, We Haul, for free estimates for garage, attic, and basement clean-ups. Call 612-724-9733. 8-13

HOUSECLEANING

Housecleaning - Honest, reliable, reasonable, 26 years, excellent quality. Robin. 612-724-0817. 8-13

PAINTING

Wallpaper removal, painting, small jobs wanted. Jim 651-698-0840. 9-13

Interior/exterior painting, enameling, plaster patching, free estimates. Bob. 651-633-5565. 12-13

PIANO TUNING

Quality piano tuning and repair. Reasonable rates. Call Robert Clough @ 612-722-7586 or e-mail: robtclough@aol.com. 12-13

REAL ESTATE

Flourish Realty LLC. Full Service Real Estate/Property Management Services. Local Realtor®, Ecobroker®, & Resident, Daniel Schultz: 612-408-0233, dan@flourishrealty.net 7-13

RENTALS

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-ELECTRIC.COM. B-1

SERVICES

Sheetrock, tape, texture, paint, free estimates. Dick Evans, 612-889-9228, 952-888-0600. 8-13

Custom Remodeling - Roofing, siding, exterior/interior painting, Sheetrock, taping and texturing. Marty 612-724-8819. 8-13

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530. 11-13

Tuckpointing and repairs of steps--foundations--chimneys--Humid basement repairs--concrete steps and slabs repaired. 31 yrs Curt 651-698-4743 / c 651-210-9521 8-13

Continued on page 16

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Get in shape with group fitness classes at the YWCA of Minneapolis

By Sam Baltes, Kelli Klein and Diana Person, YWCA Group Fitness Coordinators

The benefits of group fitness are boundless. From mixing up your workout to ensuring structure, accountability, and support, group fitness may be the link to helping you reach your fitness goals.

If you are looking for a reason to try a group fitness class, consider the following four benefits:

Motivation

The energy in group fitness classes can be electrifying. On those days you're feeling sluggish and disinterested, the power of the group will lift you up and carry you through. Instructors are uniquely trained to keep the group on track with words of encouragement and moving each person toward their individual goals. The friends you make in class keep you accountable and the regular schedule keeps your exercise consistent.

Mix It Up

The wide-array of classes offered at the YWCA allows you to mix up your routine and incorporate cross-training into your workouts. The most meaningful fitness results are achieved when all muscle groups are challenged in a variety of ways to engage the total body. Group exercise includes high intensity cardiovascular formats, strength and power training as well as mind/body training. All are important in maintaining a balanced, high functioning body.

Exercise shouldn't look the same on all bodies. The highest quality movement is the movement that best fits each body. Group exercise offers the opportunity for you to work at your level while enjoying all the benefits of working in a group.

Maximum Results in Minimum Time

One of the best benefits of group fitness is that you achieve maximum results in a minimum amount of time. Classes like circuit training, R.I.P.P.E.D., and HIIT (high intensity interval training) can send your metabolism soaring while mixing cardio and strength training together. At the YWCA, you can maximize your calorie burn in as little as 25 minutes by attending one of our three convenient locations.

Meet New People

In a group fitness setting you have

the opportunity to meet new people, and make new friends. The people in group fitness classes share your goal to live a healthy lifestyle with a desire to have fun and get the most from their workouts. A unique connection evolves when people work together towards their goals. There is a group pride associated with achieving an hour of working out together week after week.

We are offering an added in-

centive for our members to participate in Group Fitness activities during the summer months. We have launched the Group Fitness Summer Challenge and are providing some exciting giveaways such as a new gas grill and Twins Tickets.

Join us today for an experience that may very well change your life! Check out www.ywcamps.org for a complete listing of exciting group fitness classes.



The benefits of group fitness are boundless. From mixing up your workout to ensuring structure, accountability, and support, group fitness may be the link to helping you reach your fitness goals.

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- Ryan Widuch
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Classifieds

Continued from page 15

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WANTED

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WANTED TO BUY

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