



# SENA NEWS

The Standish-Ericsson Neighborhood Association Newsletter  
 Volume 19, Number 2, April/May 2011 • www.standish-ericsson.org

## Neighborhood Garage Sale! Saturday, June 11, 9:00 a.m.–3:00 p.m.



Start spring-cleaning now for the largest neighborhood garage sale in Minneapolis! The 9th Annual Standish, Ericsson, and Corcoran Neighborhood Garage Sale will be on Sat., June 11. The garage sale is a community-wide event that extends from Lake St. to the Minnehaha Pkwy. and from Cedar Ave. to Hiawatha Ave.

**For those who would like to have a sale:** Individual households will set up their own sales at their own homes. SENA and the Corcoran Neighborhood Organization will take care of the publicity, including advertising in the *Star Tribune* and sending press releases to area newspapers and other media. SENA will create a “sales guide and map” of all homes having sales that day. *To be added to the list of sales and to the map, simply call the SENA office at 721-1601 by Fri., June 3.* You’ll be asked for your address and the type of merchandise being sold at your sale.

**For shoppers:** A free map and guide to all of the sales will be available from 8:45 a.m. to 5:00 p.m. the day of the sale at these locations: Midtown Farmers’ Market (E. Lake St. and 22nd Ave. S. until 1:00 p.m.), A Cup A Joe (3445 Cedar Ave. S.), the Angry Catfish Bicycle and Coffee Bar (4208 28th Ave. S.), and Caribou Coffee (4745 Cedar Ave. S.).

## Residents Start Petition for Additional Streetlights

A night walk on E. 38th St. between 24th Ave. S. and the light rail station can be a dark and unwelcoming experience. Some residents believe additional lighting along this stretch would go a long way toward improving safety and establishing a sense of a welcoming community. To this end, they have started an effort to have more street lighting installed.

Francy Scurato, a block club leader on E. 38th St., has been leading this effort. She will continue to knock on doors, and will be talking to folks about the petition every Sunday in April from 1:00 to 3:00 p.m. at the Angry Catfish Bicycle and Coffee Bar (4208 28th Ave. S.).

The lighting project would be funded by a 20-year assessment of the properties within 100 feet of the lighting installation. The rough cost estimate is from \$0.75 to \$1.00 per property square foot in the assessment zone. An initial petition must garner 35% support from those who would be financially affected by this project. This would be followed up by a process that requires 70% of affected property owners to return a signed letter indicating acceptance of the petition/assessment.

— Continued on page 3 —

## Minneapolis Earth Day Cleanup, April 16

The 17th Annual Minneapolis Earth Day Cleanup is Sat., Apr. 16, from 9:30 a.m. to noon. In the Standish and Ericsson neighborhoods, volunteers (adults and children) are needed to pick up trash along Minnehaha Creek, around Lake Hiawatha and Lake Nokomis, and in Sibley Park. No pre-registration is required. Simply go to one of the neighborhood cleanup sites (Sibley Park, 19th Ave. S. and E. 40th St., or Nokomis Park, 2401 E. Minnehaha Pkwy.), pick up a garbage bag, and find out where to go and where to leave

— Continued on page 3 —

## SENA Community Conversation: We Love Our Parks!

Monday, April 18 — 7:00 p.m.  
 Lake Hiawatha Park, 2701 E. 44th St.

Have you ever wondered how the parks choose which sports programs to offer? Would you like to know how to volunteer your time at Sibley Park or Lake Hiawatha Park? Do you have questions about changes in park staffing structure? Do you have an idea for a park improvement you’d like to discuss? This is your chance to be part of the conversation.

Meet new Minneapolis Park Superintendent Jayne Miller and hear about her work with parks. In addition, a great lineup of parks personnel will join the conversation: Lake Hiawatha and Sibley park directors, Ryan Vossen and Brian Hall; Community Service Area Team Leaders Jeanne Whitehill and Peter Jaeger; Park Board Planner Lonnie Nichols; and District 5 Park Board Commissioner Carol Kummer.

A special activity—creating art from a recycled product—will be available for children ages 2–6 with a limit of 10 children. Call the SENA office (721-1601) or e-mail [office@standish-ericsson.org](mailto:office@standish-ericsson.org) to reserve a spot for your child.

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## Where Is It? (No. 27)

If you saw this in a store window, where would you be? The answer is on page 5.



## WRBA Holds Annual Meeting

The West of the Rail Business Association (WRBA) held its first annual meeting on Jan. 12. In addition to reviewing past accomplishments and the work plan for 2011, those present elected new officers and began to make plans for a new website. The web address will be [www.westoftherail.com](http://www.westoftherail.com), and the website should be launched soon. The WRBA has a goal of increasing membership by 100% in 2011. All businesses within the WRBA boundaries are encouraged to join. Boundaries are Hiawatha Ave. on the east; 15th Ave. on the west; 34th St. on the north; and Minnehaha Pkwy. on the south. For more information, contact Shirley Yeoman at [shirley@standish-ericsson.org](mailto:shirley@standish-ericsson.org) or WRBA President Amos Deinard at [amos@nokomispetclinic.com](mailto:amos@nokomispetclinic.com).

## SENA NEWS

The Standish-Ericsson Neighborhood Association Newsletter

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*SENA News* is available in alternative formats (e.g., large type) upon request.

## Community Events Calendar

### April

- 5 Senior congregate dining, Sibley Park (19th Ave. S. and E. 40th St.), 11:30 a.m. Call 370-4954 one day ahead for a reservation. (See p. 7.)
- 7 Congregate dining and blood pressure checks, Holy Cross Lutheran Church (1720 E. Minnehaha Pkwy.), 12:00 noon. (See p. 6.)
- 11 SENA Board meeting, 1830 E. 42nd St., 7:00 p.m., handicapped accessible
- 14 Low Vision Support Group, Bethel Lutheran Church (4120 17th Ave. S.), 10:00 a.m.
- 16 Earth Day Cleanup, 9:00 a.m.–12:00 noon. (See p. 1 and p. 3.)
- 17 Roosevelt Foundation pancake breakfast, RHS cafeteria (4029 28th Ave. S.), 8:00 a.m.–1:00 p.m. (See p. 3.)
- 18 Community meeting on Minneapolis parks, Lake Hiawatha Park (2701 E. 44th St.), 7:00 p.m. (See p. 1.)
- 23 Bunny Brunch, Sibley Park, 9:30–11:00 a.m.; egg hunt at 11:30 a.m. (See p. 7.)
- 26 Senior blood pressure checks, Standish Green (2210 E. 40th St.), 12:00 noon
- 27 Nokomis Healthy Seniors Health Program: “Medication Safety and Tips.” Speaker: Pharmacist Peggy Kaproth. Faith Lutheran Church (3430 E. 51st St.), 1:30 p.m.
- 28 Caregiver Support Group, Bethel Lutheran Church, 1:00 p.m.
- 28, 29 Moliere’s *The Miser*, presented by Roosevelt Players, RHS auditorium, 7:00 p.m.
- 30 Nokomis Healthy Seniors Clean-A-Thon. (See p. 6.)

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- 7 Midtown Farmers Market (E. Lake St. and 22nd Ave. S.) opens for the season, 8:00 a.m.–1:00 p.m. (See p. 4.)
- 9 SENA Board meeting, 1830 E. 42nd St., 7:00 p.m., handicapped accessible
- 12 Low Vision Support Group, Bethel Lutheran Church (4120 17th Ave. S.), 10:00 a.m.
- 21 Mosaic Festival, Roosevelt High School (4029 28th Ave. S.), 4:00–8:00 p.m. (See p. 5.)
- 24 Senior blood pressure checks, Standish Green (2210 E. 40th St.), 12:00 noon
- 25 Nokomis Healthy Seniors Health Program: “Medicare Fraud: Don’t Be a Victim.” Speaker: Kathy Green, A Little Help, Inc. Faith Lutheran Church (3430 E. 51st St.), 1:30 p.m.
- 26 Caregiver Support Group, Bethel Lutheran Church, 1:00 p.m.

## Neighbor to Neighbor

- Marilyn thanks the neighbors who shovel the ends of the 3900 block alley between 28th and 29th avenues. She says, “I know how hard it is to shovel that amount of plowed snow, especially when there’s no good place to put it.”
- Carol on 27th Ave. says, “Heartfelt thanks to Jon, Jobi, Scott, and Carmen for all their shoveling and loving neighborliness. I am so fortunate.”
- Doris thanks all her neighbors who help each other—especially during the winter months—and a very special thank you to Richard for shoveling and shoveling and *shoveling* the sidewalk for the older couple on her block.
- Tim P. would like to thank the 38th St. and 25th Ave. block and the block club leaders “for having such a great block club. We all look out for one another and do a great job of detouring crime in our immediate neighborhood. Thanks to those of you who step forward and make sure our block is a safe one.”
- Jessica says, “Thank you to Tony, my new neighbor across the alley. He hadn’t even started moving into his new home yet and he was already digging his neighbor out of the snow. I got stuck four times in half a block, and Tony pushed me out and even grabbed shingles from his garage to give my car traction on the ice. Thanks, Tony, and welcome to the neighborhood!”
- Jan and Jeff on 24th Ave. S. send a big thank you to their neighbors on all three sides! Jan says, “Ron to the north, Tim and Co. to the south, and Herb across the alley dug us out over and over this winter. Jeff has a broken left arm and is not supposed to shovel. If it weren’t for you guys, I would still be digging out!”

If you would like to recognize the thoughtfulness of a neighbor, send an e-mail to [office@standish-ericsson.org](mailto:office@standish-ericsson.org) with “Thank You” in the subject line.

## Residents Start Petition for Additional Streetlights

— Continued from page one —

The project would then be reviewed by the Minneapolis Planning Board. A capital appropriation would need to be made, which requires a public hearing at the Minneapolis City Council. Then bonds could be sold to allow the project to move forward. The project is estimated to cost less than \$350,000.

The streetlights would be 15-ft. poles, with the option of lantern or acorn fixtures. Residents can see examples installed on 13th Ave. N.E. between Main St. and Washington Ave. and on Chicago Ave. S. between 8th and 17th streets. Poles and fixtures would be black, dark-skies-compliant, and have no uplight and minimal side light.

Francy knows that the process could take six months or more. She hopes that the neighborhood will support businesses and residents by working together to create a safe place to live, work, and play. She can be reached at [fscurato@gmail.com](mailto:fscurato@gmail.com).

## Minneapolis Earth Day Cleanup, April 16

— Continued from page one —

trash. Light gloves are available, but you might want to bring your own work gloves. You might also want to bring your own tools for grabbing debris from hard-to-reach places. There will be environmental displays and festivities at each site.

The Minneapolis Earth Day Cleanup is a project of the Minneapolis Park and Recreation Board and Minneapolis Solid Waste and Recycling. It was started in 1995 to raise awareness of the importance of preserving the city's water quality.

The Minneapolis Recycle Run 5K will be held on Sun., Apr. 17, at Lake Harriet. This event is a fundraiser for future Earth Day cleanups. For more information, go to [www.minneapolisparcs.org](http://www.minneapolisparcs.org).



## Roosevelt Principal Receives MnSCU Award

Roosevelt High School Principal Bruce Gilman was recently honored with the Principal Leadership-Partnership Award, sponsored by Minnesota State Colleges and Universities (MnSCU). The award honors excellence in collaborating with one or more MnSCU colleges and universities to advance shared goals of educational excellence. Gilman was nominated for helping to connect his students and staff to Minneapolis Community and Technical College. His collaborative efforts include allowing students to be assessed for college readiness, providing his staff with professional development opportunities, and supporting such initiatives as Jump Start to College and Power of YOU. Congratulations, Principal Gilman!

## Roosevelt Pancake Breakfast, April 17

The Roosevelt Foundation will hold its Annual Pancake Breakfast on Sun., Apr. 17, from 8:00 a.m. to 1:00 p.m., in the Roosevelt High School cafeteria (4029 28th Ave. S.). Admission is \$5 for adults and \$3 for students. As well as enjoying a pancake breakfast, guests will have an opportunity to win valuable door prizes and tour the school. The proceeds from the event support scholarship programs for Roosevelt students and fund special school projects throughout the year.

## Committee UPDATES

The **Business, Development, and Transportation Committee** meets the first Thursday of the month at 6:30 p.m.

Meetings are held as needed for the **Communications Committee, Newsletter Subcommittee, Graffiti Task Force, Housing Committee, and Quality of Life Committee**. Call the office (721-1601) for more information.

Meetings are generally held at the SENA Office, 1830 E. 42nd St.



## Changes to Cedar Avenue Coming

This spring, several things will change along Cedar Ave., specifically between E. 42nd St. and E. 46th St., making the avenue safer for pedestrians, cyclists, and motorists. The

planned improvements are the result of discussions between Cedar Avenue United (CAU), a neighborhood group formed in 2008, and city and county staff members. Meeting at the Minneapolis traffic planning office over a period of several months, they discussed how to decrease speeding and make the area safer so that residents could have increased access to transit, recreation, and local businesses.

Signage will be greatly improved by the use of larger, brighter signs placed farther away from the intersections at E. 42nd and E. 46th streets. Periodically, a "speed-wagon" digital sign will tell motorists how fast they are going, and the Minneapolis police will provide increased and targeted enforcement.

At E. 44th St., midway between the two major intersections, temporary bump-outs will be installed to narrow the crossing distance for pedestrians and help slow the traffic. This will be done with 4-ft. tubes that should not affect cycle traffic. They will be used from May to October.

The city has asked CAU to collect information that will help in planning possible future changes to the Cedar Ave. and E. 42nd St. intersection. CAU also depends on area residents to report problems to its reporting website at [www.SeeClickFix.com](http://www.SeeClickFix.com).

CAU encourages all friends and neighbors to get involved. Meetings, when necessary, are held at Sibley Park (19th Ave. S. and E. 40th St.). Will Peterson, who has led the group since its beginning, can be reached at [cedartraffic@gmail.com](mailto:cedartraffic@gmail.com).

## Update on New Apartment Development

Look for construction on the apartment building at 3725 29th Ave. S. (the triangular lot behind the light rail) to be under way in April. According to John Bell of Klodt, Inc., "Once we start, we will run an aggressive schedule with the hopes of completing 98% of the building exterior by December, including landscaping. The building completion should occur in one year, and our first occupancies are targeted for April 1, 2012."



## Warming the Heart at Lake Hiawatha

On Sat., Feb. 12, the third annual Hiawatha Heart Warmer took place at Lake Hiawatha Park (27th Ave. S. and E. 44th

St.). The event is an opportunity to get outside and enjoy what the winter weather has to offer, while learning about local businesses, both new and old. This year's Heart Warmer was attended by approximately 1,000 people, with 28 businesses participating. It was organized again through the boundless energy and enthusiasm of Jessica Hill (a Standish resident), with lots of help from Park Director Ryan Vossen and several other neighborhood residents.



The Heart Warmer once again featured free sleigh rides and hot dogs, with fantastic A Baker's Wife hot dog buns provided by the West of the Rail Business Association. New this year was a kids' dance DJ, which became a crowd favorite in no time. Coffee was provided by the Angry Catfish, and hot cider



and cookies by the Longfellow Grill. Inside the park building were children's activities, including face painting, Flamenco guitarist John Hart with Flamenco dancer Sarita, and toddler yoga by Tree of Life Yoga.

The date for next year's Heart Warmer has already been set, so mark Sat., Feb. 11, 2012, on your calendar and be there!



### Businesses and organizations that supported this year's Heart Warmer:

A Baker's Wife, Angry Catfish Bicycle and Coffee Bar, Brushed Monkey Painting, Buster's on 28th, Citizen Café, Dr. Kori Chiropractic, Dunn Brothers Coffee, Ensemble Music, Giving Tree Gardens, Glaciers Café, Hymies Vintage Records, Laurel Clift—Arbonne Consultant, Libelula Boutique, Longfellow Grill, Mother Earth Garden, Natural Built Homes, Northern Sun, Patrick's Cabaret, Pizza Lucé, Pretty Clean Cleaners, Reddy Rents, Regal Pet Grooming, Riverstone Salon Spa, Soderlin Plumbing, Heating & Cooling, Standish-Ericsson Neighborhood Association, Tree of Life Yoga, West of the Rail Business Association

## Standish-Ericsson, How Does Your Garden Grow?

by Sam Ridenour

Silver bells and cockle shells may suffice for a nursery rhyme garden, but getting a real garden to grow takes real work, and although there is truth in the old saying "many hands make light work," many backs might disagree.

"We are all still scarred from the sod removal last year," jokes Laura Hansen, membership coordinator of the Southside Star Community Garden (32nd Ave. S. and E. 41st St.). But the efforts of two dozen Standish and Ericsson residents who pitched in last April really paid off, resulting in a flourishing community garden that provided fresh organic fruits and vegetables to many neighborhood families and more than 400 pounds of produce to the food shelf.

This year, with a wait list of nearly 40 names, the garden itself must grow. The space is there, but getting it ready is going to take—you guessed it—many hands. Once the ground is thawed, sod will need to be peeled, rocks removed, soil tilled, raised beds built, seeds planted. . . . You get the idea.

If enough people lend a hand, the community garden can accommodate those on the wait list and more. If you are interested in becoming part of this vibrant community resource, contact Laura Hansen at [bigelle71@yahoo.com](mailto:bigelle71@yahoo.com). Then go find your work gloves.

## Midtown Farmers Market Opens for Ninth Season, May 7

On Sat., May 7, the Midtown Farmers Market welcomes the community back for a ninth season of fresh, local flavor for all. Join your neighbors for a delicious outdoor breakfast, browse the aisles for bedding plants, berries, vegetables, and other grocery staples from local farmers, enjoy the music of market entertainers, learn from a variety of demonstrations, and shop for the handmade goods of local artisans.

The market is located at the intersection of E. Lake St. and 22nd Ave. S. and will be open on Saturdays from 8:00 a.m. to 1:00 p.m. (May through October) and Tuesdays from 3:00 to 7:00 p.m. (June through October). For more information, visit the market website at [www.midtownfarmersmarket.org](http://www.midtownfarmersmarket.org) or contact Amy Behrens at [manager@midtownfarmersmarket.org](mailto:manager@midtownfarmersmarket.org). See you in May!

## Lake Hiawatha Neighborhood Festival, August 3

The Lake Hiawatha Neighborhood Festival is the summer festival for the Standish and Ericsson neighborhoods. This year the festival will be on Wed., Aug. 3, from 5:00 to 8:30 p.m. at Lake Hiawatha Park (2701 E. 44th St.). If you would like to help with the planning, please e-mail Joyce Boettcher at [lhfest@yahoo.com](mailto:lhfest@yahoo.com). Look for festival updates at [www.lhrc.freesevers.com/festival.htm](http://www.lhrc.freesevers.com/festival.htm) or call Park Director Ryan Voss at 370-4930.

Local businesses, both home based and retail, are welcome to have a table at the festival. This is a great opportunity to display information about your business. You can request a table by e-mailing the above address; put "Business Table" in the subject line.

More food vendors are needed. If you have an existing license and permit to sell food on Minneapolis Park Board property, please send an e-mail for more information.

# Business Feature

## Peoples Acupuncture: Needles to Cure What Ails You

by Nykol Johnson



Peoples  
Acupuncture,  
4205 31st Ave. S.

Acupuncturists Patrick Denny and Andy Stockman of Peoples Acupuncture (4205 31st Ave. S.) seek to help people improve their lives through affordable acupuncture. They derive a great deal of satisfaction in seeing how much better clients feel after treatment.

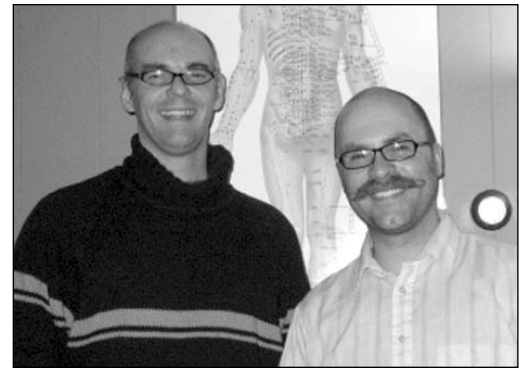
Peoples Acupuncture treats people through group acupuncture, rather than through individual appointments. Patrick likes group acupuncture to group prayer or group meditation—the energy from the group adds to the experience. Treating patients in groups also enables Patrick and Andy to keep the cost of treatments down for all of their clients.

Patrick and Andy practice distal acupuncture. Instead of placing the needles at the focal point of the pain, they place them at points away from the body's core such as in the hands, arms, legs, and feet. Since distal acupuncture does not require patients to disrobe, they usually feel more comfortable and relaxed.

Acupuncture can be an effective way to treat many health concerns, both mental and physical. Pain is one of the most common reasons why people seek acupuncture treatment and a condition that responds very well to acupuncture. In the winter months, Peoples Acupuncture also sees clients for seasonal affective disorder. Patrick and Andy recommend at least five visits to get a good feel for how a patient is responding to acupuncture.

Both Patrick and Andy have master of acupuncture degrees from Northwestern Health Sciences University in Bloomington. Last year, they treated around 100 patients at Project Homeless Connect, and they offer free acupuncture at their clinic about four to six times a year. Look for the next free acupuncture day this spring.

You can find out more about Peoples Acupuncture and acupuncture in general at <http://www.peoplesacupuncturemn.com/>. Clinic hours: Monday through Friday from 3:00 to 7:00 p.m. and Saturdays from 10:00 a.m. to 2:00 p.m. Phone: 354-7485 (clinic) or 812-1959 (cell).



Acupuncturists  
Andy  
Stockman (left)  
and Patrick  
Denny (right)

## Roosevelt Library Events

Roosevelt Library (4026 28th Ave. S.) is open 12:00 noon to 8:00 p.m., Tuesdays and Thursdays, and 10:00 a.m. to 6:00 p.m., Wednesdays and Saturdays.

### Special Events

*Make a Book with Library Mouse.* For kindergarten and up. Does Roosevelt Library have a resident mouse who writes little books and leaves them on the shelves for people to find? Children will hear the story "Library Mouse" by David Kirk and create their own little books for Roosevelt Library. Tues., Apr. 5, 4:30 to 5:30 p.m.

*Celebrate Children's Book Day: Make Your Own Book.* For preschool through grade 5. Local bicultural artist Anne Sawyer-Aitch will guide children in creating a book where they can write anything they like. They may want to tell a story, a poem, or a riddle! Materials provided. Tues., Apr. 26, 2:00 p.m.

### Ongoing Events

*Family Storytime.* For children age 2 and up. Share books, stories, rhymes, music, and movement with your children. Thursdays, 3:15 p.m., through May 26, and Saturdays, 10:30 a.m., through May 28.

*Kids Book Club.* For kids in grades 4–5. Meets Saturdays, Apr. 2, Apr. 23, and May 14, 4:00 to 5:00 p.m. Join other kids to talk about

a great book! Books are available for checkout at the information desk. Register online at [hclib.org](http://hclib.org) or call (952) 847-2700.

*Parent-Child Book Club.* For kids in grades 1–3 and their grown-up. Meets Saturdays, Apr. 9, Apr. 30, and May 21. Join others to talk about a great book! Books are available for checkout at the information desk. Register online at [hclib.org](http://hclib.org) or call (952) 847-2700.

## Roosevelt Mosaic, May 21

Roosevelt High School invites one and all to its annual Mosaic Festival on Fri., May 21, from 4:00 to 8:00 p.m. The Mosaic Festival is a celebration of the arts, cultures, and diversity at Roosevelt High. Join the Roosevelt community in a fun-filled afternoon of stage entertainment with music, dance, spoken word, skits, and more. Visit over 30 booths filled with student artwork, soul and ethnic food, jewelry, greeting cards, gift ideas, and other goods for sale. The event will be held in the main gym (enter on 30th Ave.) and admission is free.

## Answer to Where Is It? (No. 27)

You would be outside the Angry Catfish Bicycle and Coffee Bar (4208 28th Ave. S.), probably about to go inside for a cup of java while your bicycle is being tuned up.

# Neighborhood Feature

## Senior Circuit

by Judy Peacock

Each issue of *SENA News* lists activities and services for seniors in our neighborhoods. I decided to go “undercover” to find out what happens at these events. Actually, I *am* a senior so I didn’t have to disguise myself.

### *NHS Health Program*

My first visit was to the monthly health education program sponsored by Nokomis Healthy Seniors. This event is held at Faith Lutheran Church (3430 E. 51st St.) on the last Wednesday at 1:30 p.m. When I arrived at the church, I took the elevator to the lower level (basement). There I found about 30 people sitting around tables and enjoying coffee and treats.

The topic of today’s program was respite care for caregivers and featured two speakers from Catholic Charities. Their presentation, which ended promptly at 2:30, was very informative. I got a free blood pressure check before I left.

### *Congregate Dining at Sibley Park*

On the day of the senior luncheon at Sibley Park (the first Tuesday of the month), I was sick and enlisted my coeditor, Ann King, to carry on my investigation. Ann was welcomed at Sibley Park (19th Ave. S. and E. 40th St.) even though she hadn’t reserved a spot the day before, as is requested. Director Brian Hall and his staff, who buy the food and do the cooking each month, usually prepare for a few extra people. The cost was \$6, and no proof of age was required. Director Sara Richards from Keewaydin Park was helping serve. Many of the same people had gone to her luncheon the week before.

On the day Ann went, 31 people had come, and the theme was St. Patrick’s Day. Many were wearing green, and at each place were two strings of beads, green and white, so that everyone could be festive. The menu was a favorite of the diners, featuring tilapia or salmon, with apple pie for dessert. After the meal, a staff member led an activity making boutonnières.

### *Pedicure at the Nurse Is In*

I made an appointment (729-5499) for a pedicure at the Nurse Is In clinic. The clinic, sponsored by Nokomis Healthy Seniors, takes place on Thursday mornings at Bethel Lutheran Church (4120 17th Ave. S.). The pedicures cost \$28, and you must bring your own towel.

Although I qualify by date of birth, the pedicures are really for people who have difficulty bending down or who are visually



*Getting ready for my pedicure*

impaired. Nevertheless, Marcia, the registered nurse who gave me my pedicure, was happy that I had come to check out the clinic. As she clipped and filed my toenails, she gave me tips for foot care. We chatted the entire time, and I could see how her pedicures could also be psychotherapy for seniors. When my pedicure was done, my feet felt and looked wonderful.

### *Congregate Dining at Holy Cross Lutheran*

The following Monday at noon I went to the senior dining at Holy Cross Lutheran Church (1720 E. Minnehaha Pkwy.). This program, for ages 60 and older, is sponsored by Volunteers of America and operates Monday through Friday.

Muriel, the program coordinator, introduced me to the other diners. Today’s meal was sloppy joes, steak fries, green beans, butterscotch bar, milk, and coffee. My tablemates were friendly and fun and kept up a lively conversation. One of them, Dolores, had been coming to the dining program at Holy Cross for 25 years.

The cost of each meal is \$3.50, and you need to make a reservation three days in advance (call Muriel at 729-6668). Monthly menus are published so you can look ahead and see which days you want to go. (I’m going back for liver and onions!)



*Two of my tablemates at the senior dining at Holy Cross: Bob and Fern*

## NHS Spring Clean-A-Thon, April 30

Nokomis Healthy Seniors (NHS) will hold its ninth annual Clean-A-Thon on Sat., Apr. 30. “Clean teams” made up of three to five volunteers will spend the morning doing household chores or yard work for a senior in the community who has requested assistance.

In addition to helping seniors, the Clean-A-Thon is a major fundraiser for NHS. Team members raise money by collecting pledges from sponsors. In 2010, for example, 14 teams cleaned 19 houses and raised more than \$2,500. There is no charge to seniors (except maybe some home-baked cookies!).

The Clean-A-Thon is truly a community event. Teams have been

made up of NHS board members, staff, and their friends and family members, members of church youth groups, and even local politicians. Local businesses support the event through monetary sponsorships and by donating cleaning supplies and food for hungry team members. (There are breakfast treats before the event and pizza afterwards.)

Please contact the NHS office at 729-5499 if you are interested in volunteering on a clean team or if you are a senior who would like a visit from a clean team. Both seniors and volunteers are needed to make this event a success.

## Tapped In: Northrop's First Year as Community School

by Sam Ridenour

When Northrop Urban Environmental Learning Center (NUELC, 4315 31st Ave. S.) underwent a change in designation last year from magnet to community school, a commitment was made by the staff and the new principal to embrace the new status while still maintaining the school's environmental focus. As the school year winds up, the new role appears to be a natural fit.

In March, Northrop's Young Naturalists continued the tradition of tapping maple trees to make syrup, this time with a neighborhood twist. To give the school's maple trees a year off, a request was sent home with parents. Almost immediately, a nearby family offered the use of their stately sugar maple, requesting nothing in return except a sample of the finished product.

Northrop will host two rain garden workshops in April, presented by Metro Blooms and sponsored by the City of Minneapolis, the Minnehaha Creek Watershed District, and the McKnight Foundation.

- Workshop A (Tues., Apr. 19, 6:30–8:30 p.m.): Incorporating native plants into landscaping, limiting fertilizers and pesticides, and capturing rainwater on site.
- Workshop B (Tues., Apr. 26, 6:30–8:30 p.m.): Planning your rain garden. Landscape designers and Hennepin County master gardeners will provide one-on-one design and plant-selection assistance.

The cost is \$10 per workshop. To register, call (651) 699-2426 or visit [www.metro-blooms.org](http://www.metro-blooms.org).

Just before the school year ends, fifth-grade students and teachers, along with the principal and parent volunteers, will go on a three-day camping adventure to Jay Cooke State Park. Contact Jim Nannemann ([jim.nannemann@mpls.k12.mn.us](mailto:jim.nannemann@mpls.k12.mn.us)) if you would like to help sponsor this irreplaceable opportunity for urban kids to experience firsthand the history and natural splendor of the Upper Midwest.

Northrop is seeking a community and/or business person to serve on its Leadership Team for a term of two years. Leadership Team generally meets one hour a month to provide feedback and direction that will enhance student achievement and growth. If interested, please contact the Northrop Family Liaison Office at 668-4546 or [northrop@mpls.k12.mn.us](mailto:northrop@mpls.k12.mn.us) for more information.

## Waters Assisted Living Nears Completion



The Waters of Minnehaha Assisted Living is scheduled for completion in June. This photo, taken in early March, shows the 38th St. side and part of the west side. Rental applications are now being accepted. Contact Emily Rinaldi, (612) 238-0010 or [erinaldi@thewatersseniorliving.com](mailto:erinaldi@thewatersseniorliving.com).

## Events at the Parks

**Lake Hiawatha Park** (27th Ave. S. and E. 44th St., 370-4930)

*Little Lakers.* Preschool classes will be held from Apr. 4 to May 26 on Mondays, Tuesdays, Wednesdays, or Thursdays (or all four, \$140 per day for the session) from 9:00 a.m. to 1:00 p.m.

*Spring sports.* Practices are on Wednesdays, starting Apr. 27. They include fundamental T-ball (ages 3–4, 4:30–5:15 p.m.), T-ball (K and 1st grade, 5:30–6:30 p.m.), four-pitch (2nd and 3rd grades, 6:45–7:45 p.m.), and four-pitch girls' softball, 7:00–8:00 p.m.). For all but the youngest group, games will be held on Fridays. In addition, 11U and 13U baseball will be available, with times and dates varying. Contact the park for more information.

*Yoga.* Adult yoga classes are held on Saturdays from 10:45 to 11:45 a.m. The cost is \$5 per class.

**Sibley Park** (19th Ave. S. and E. 40th St., 370-4954)

*Senior luncheons.* Join your friends on Tuesdays, Apr. 5 and May 3, 11:30 a.m. The new cost is \$6 (the park has to add tax and rental now). Please call a day ahead for a reservation.

*Spring sports.* These include T-ball (K and 1st grade), coach pitch (2nd and 3rd grades), baseball, and girls' softball. Registration has been going on. Practices begin in April and games in May. Volunteer coaches are needed.

*Spring programs.* Information is available at the park or by e-mail ([sibley@minneapolisparcs.org](mailto:sibley@minneapolisparcs.org)). Contact the park with questions.

*Special events.* On Sat., Apr. 16, bring the family and join your neighbors for Earth Day Cleanup (9:00 a.m. to 12:00 noon). Bags, gloves, and refreshments will be provided.

The annual Bunny Brunch will be Sat., Apr. 23, with breakfast from 9:30 to 11:00 a.m., games and activities during the morning, and an egg hunt at 11:30 a.m.

*Closings.* The park will be closed on Apr. 22 and May 9, 27, 28, and 30. All are budget closures except for May 30, which is a holiday.

(612) 728-2230

[Nokomis@CBBurnet.com](mailto:Nokomis@CBBurnet.com)

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**Aaron Ritchie**  
**Jay Anderson**  
**Nick Archer**

**45 Years Combined Experience**



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## *President's Corner* **Tom Evers**



It's a fact of life that Minnesota's weather forces us to experience our city differently depending on the season. The sidewalks are becoming refreshingly passable now that winter has let go of its grip, and we are all becoming reacquainted with our favorite walking routes.

One of my frequent walks has changed considerably since last fall. The gritty stroll along 38th St. now has a new assisted-living facility overlooking Dreamhaven Books and the Social Dance Studio. One of my first favorite haunts of the neighborhood, Tillie's Bean, has closed its doors.

The first SENA meeting I ever attended six years ago was at Tillie's, on 38th St. at 28th Ave. It was a little gem of a coffee shop that was new to the neighborhood like me. It was one of the first businesses in the community where I knew the proprietor by name, and it was an indicator for my wife and me that our neighborhood suited us well.

I'm sad to see the For Sale sign hanging in the window now. But I am hopeful that someone else will take a chance on that corner—opening a business that represents our community as well as Tillie's did.

To help make our neighborhood even more inviting to future businesses, we need to draw more potential customers to our streets. SENA is working with local businesses through the West of the Rail Business Association to make sure that we're attentive to the challenges our local business owners are facing. Addi-

tionally, SENA is supporting individual efforts to do extra things that might draw people by foot, bike, or car.

One demonstration of local citizens making a difference is Francy Scurato. Francy and others are leading the effort to install newer, more-attractive lights along 38th St. to inspire more pedestrians. If you want to support the effort, visit Francy at the Angry Catfish on Sunday afternoons and add your name to the effort.

Just as 38th St. changes over time, so does SENA itself. In the next year, we are redesigning our role to remain a valuable forum to support citizen-driven, neighborhood-focused efforts like the West of the Rail Business Association and the 38th St. lighting project. How we best do that needs to be determined in the coming months by you—the residents and business owners of the Standish and Ericsson neighborhoods. Our neighborhoods will change—it's inevitable. Our role is to be sure they are continually changing in ways we desire. I encourage everyone to help us at SENA to keep renewing our neighborhoods more permanently than spring does.