



'Where the biggies leave off...'

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Our Neighbors Working to make bike-friendly Minneapolis even friendlier

By Ethan Fawley

You may have noticed that there are new bike routes popping up around town. And more of those great green Nice Ride Minnesota bikes. And more bike parking around. And more people out biking. And you may have heard that Minneapolis was named America's #1 bike city earlier this year. And, there's even more to come!

Our neighbors are part of the work to make Minneapolis – and our corner of it – even more bike-friendly. An innovative collaboration between the Minneapolis Bicycle Coalition, Lowry Hill Neighborhood Association, and East Isles Residents Association, and the City of Minneapolis is adding bike parking in dense residential parts of our neighborhoods and at three local businesses.

City creating "bicycle boulevards" One big area of focus for the City is installing new "bicycle boulevards," which convert a relatively sleepy residential street into a bike-friendly street that works great for families, seniors, and others that don't feel comfortable riding in bike lanes on busier streets. There is a new bicycle boulevard on Bryant Avenue between Lake Street and Franklin Avenue, and by next year there will be five other such bicycle boulevards around Minneapolis. The Bryant Avenue bicycle boulevard includes speed bumps and big "bike blvd" paint markings to calm traffic and make it clear to drivers to watch for bicyclists. It also includes safer crossings at busy intersections, like Franklin Avenue where there is a new pedestrian/bicyclist median.

In the coming decades, the City hopes to add an additional nine bicycle boulevards, bringing the total to fifteen boulevards and giving most residents a safe, comfortable, and speedy bike route within one mile. They also give local residents a quieter street where kids can feel more comfortable playing without as much speeding traffic. And the boulevards provide a great addition to the amazing off-street trails like the Midtown Greenway or Chain of Lakes bike path.

There are also a host of new bike lanes—more than 15 miles worth—installed all over the city. Some of these new lanes are adding green color to help raise visibility for bicyclists to improve safety, and other innovative lanes are being installed as well. One example is a new safer crossing where the Lyndale Avenue bike trail crosses 15th Street near Loring Park and the Walker Arts Center.

More Minneapolitans speaking up for biking While the City has been busy building new bike routes, there are an increasing number of Minneapolitans interested in pushing forward to make the city more bicycle friendly. A number of those people have formed a new,

all-volunteer nonprofit called the Minneapolis Bicycle Coalition to do just that. The Minneapolis Bicycle Coalition joins a big family of important groups supporting biking at the neighborhood level or at the Twin Cities level, including Transit for Livable Communities, the Bicycle Alliance of Minnesota, and the Midtown Greenway Coalition just to name a few. Overall, there are more people interested in a more bicycle friendly Minneapolis than ever before—and that's a great thing!

The volunteers with the Minneapolis Bicycle Coalition have been busy coordinating bike rack installation initiatives, working for smart new bike routes, hosting events, and working with the City on policy.

Janne Flisrand, a Minneapolis Bicycle Coalition volunteer who lives in Lowry Hill, worked with three neighborhoods and the City of Minneapolis to promote secure bike parking for residents of Lowry Hill and Lowry Hill East, and for customers of businesses in Lowry Hill and East Isles. Taking advantage of the City's 50:50 bike parking cost share program, the willingness of the neighborhoods to provide a smaller match, and bicyclist volunteer time through the Coalition, she coordinated a survey of the dense areas of the neighborhood and reached out to apartment building managers and business owners to encourage them to install bike parking so tenants will have safe, secure, visually appealing places to leave their bikes while at home. The first racks were installed on November 14th, and over 60 are scheduled to be installed by local bike manufacturer Dero in the next few weeks.

The Bicycle Coalition hosted the first-ever Open Streets Minneapolis event when it opened a two-mile stretch of Lyndale Avenue South to walking, biking, yoga, dancing, and enjoying our great city. The June event attracted more than 5,000 people who got to experience Lyndale as a community playground—a place to enjoy, not just pass through. There is a lot of interest in hosting future Open Streets events as well.

The Minneapolis Bicycle Coalition also worked with

Happy Thanksgiving!



PUMPKIN CARVING BY GREG

the City to get new bike lanes downtown on 6th Street, 4th Avenue South, and 5th Avenue South while working with the County on several important projects like Franklin Avenue in Seward. If you bike on the Midtown Greenway, you may have noticed a new median at the 28th Street crossing (near the Sabo Bridge over Hiawatha)—this was thanks to the work of the Midtown Greenway Coalition, Minneapolis Bicycle Coalition, Council Member Schiff, and City staff. Work continues to try to get bike lanes on Central Avenue NE and a great bike route on the soon-to-be-completed Lowry Avenue Bridge.

There is also a lot of interest in adding bike lanes on Franklin Avenue—look for more about that possibility in 2012.

If you want to learn more about or are interested in becoming involved with the Coalition, visit www.mpls-bike.org or follow them on Facebook.

Future is bright for bicycling

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Summer Open Streets Event on Lyndale Avenue

Photo by Peter and Emmet Kowler

Bread Crumbs by Anne Ursu

Anne Ursu signing a book for one of her young fans.

Photo by Dorothy Childers

Anne Ursu

By Joyce Murphy

There is a lovely line in a movie starring Audrey Hepburn in which Miss Hepburn says that "one is in the world and of the world." It is a quote worth recalling when describing Anne Ursu, our neighborhood author and her latest book, "Bread Crumbs." Her story is set in the world of our neighborhood and of the world when her story is told and ready to be read by one and all from near and far. She uses her childhood memories of growing up near Lake of the Isles and in Kenwood Park's snowy hills and woods as inspiration for her story. The three main characters in the book are Hazel, Jack, and the Snow Queen who befriends first Jack and then Hazel. Their adventures take place after a snowfall transforms the neighborhood into a magical place of quiet wonderment and softness. Her book is based on Grimm's fairytale, The Snow Queen, told in these contemporary times

"It takes a village".

By Jennifer Sarteau

I often wondered where in the world is this principle still applied today? Well, we just returned from TC Habitat for Humanities' Global Trip to Mozambique, and in the village of Chicumbane, near the town of Xai-Xai, we not only observed true village spirit, but we became a part of it! Eighteen of us, ages 19-72, felt so much at home there, that no one wanted to leave. Not a dry eye was left in saying good-bye to these awe-inspiring people.

Isabelle, our soon to be homeowner, spent her days balancing gallons upon gallons of water for our daily use, which she carried on her head; mixing and cooking her corn/cabbage once daily meal for hours over a small outside "camp-fire"; teaching her four boys the responsibility of taking care of each other and doing chores; and like any mother, scolding them when they hung upside down in trees. But what was invisible, at least to us during these moments, is that Isabelle is HIV positive, along with one

This is a book mainly for young readers but no law says that the rest of us can't jump in and enjoy the book along with the younger reader. It is a story of adventurous episodes that befall the young people occurring in a magical snowy dreamlike setting that is appealing to readers both young and old.

On Saturday afternoon October 29, 2011 our neighbors were treated to a visit and reading by the author of the book, Anne Ursu. She read two chapters to us to whet our appetites to find out more. The reading and book signing took place at the Kenwood Cafe on West 21st Street. Her visit was sponsored by Birchbark Books. It was a treat for one and all and an experience which makes this neighborhood so special. The book is available at Birchbark Books on west 21st Street next to the Kenwood Cafe. *Bread Crumbs* is a book that would make a great Christmas gift for many readers on your list. It was a lovely way to spend a Saturday afternoon.

of her four boys. Yet her physical strength, and perseverance were astonishing, and all because, as a Habitat homeowner, she now has the security of a place to live with cement floors and the assurance of warmth of the walls of a Habitat home. Her children will be 80% less likely to contract diseases, and Alberto, Aviando, Carlito, and Adarto, will get to keep this home forever. Tsembaka, who partners with Habitat, helps get Aids meds to Isabelle and her son. Now that they are Habitat beneficiaries, they are held accountable to keep their children in school. All of this together makes for a new life and prosperity.

Daily, several dozen children surrounded the build site, and as we dug, filled wheel barrels, mixed cement, carried bricks, and slowly spun out stucco with something that looked like a cheese grater, they watched with eyes of wonder! The singing and playing brought us instant joy, because their laughter and hugs meant hope. They fell asleep on our laps at lunch, and then suddenly one of the mothers would sweep them off to a hut. People look after each other in Chicumbane. Neighbors feed dying friends,

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HAPPENINGS IN THE NEIGHBORHOOD

Nov. 19, 30m Christmas Reading Birchbark Books

Dec. 4, 12:30-3:30 Ard Godfrey House party

Dec. 14, 7pm, Birchbark Books reading series

Dec. 19, Later with Lisa, Normandy Inn

Neighborhood monthly meetings:

CIDNA: 2nd Wednesday 6pm at Jones-Harrison

EIRA: 1st Tuesday 7pm at Grace-Trinity Church

KIAA: 1st Monday 7pm except for Jan 9.

Kenwood Rec Center,

LHNA: 1st Tuesday 7pm at Kenwood Rec Center

1850s Holiday Party at the historic Ard Godfrey House. Sunday, December 4, 2011, 12:30-3:30pm. Chute Square at the corner of University & Central. Free admission. Sponsored by The Woman's Club of Minneapolis.

Mrs. Claus & the Batty Christmas reading by Jeff Berg, Nov. 19, 3pm, Birchbark Books, 2115 W. 21st St.

Barbershop Singing

The Minneapolis Commodores, members of the Barbershop Harmony Society, welcome all men who love to sing to join us every Tuesday evening at 7pm at House of Prayer Lutheran Church in Richfield! If you would like to experience the joy of BARBERSHOP HARMONY, call Chuck at 612-377-5140 or go to <http://minneapoliscommodores.org>

Birchbark Books Reading Series

Carolyn Holbrook and members of Twin Cities Black Women Writing Wednesday, December 14, 2011. 7:00 p.m. curated by Michael Kiesow Moore

The Kenwood Cafe will offer a lovely prix fixe menu that will include a soup and salad with bread. Beverages and sweets will also be available. The Cafe will start serving at 6 pm. The Birchbark Books Reading Series features new, emerging, and established writers every month. Join us the 2nd Wednesday of the month, from September through May.

and although most are under the force of adversity, they share crops, and no man is an island. Some wore shirts torn in half, trousers without zippers, and diapers did not exist. Others had worn out huts built of straw, cracked pots, and pans, but they all worked hard to make a living selling goods, and some simply to make it day to day. Then, along comes Mozambique Habitat, workers of great tenacity and persistence, to help transform lives.

It takes a village to page 5

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MEET YOUR NEIGHBOR, DAVID WEINSTEIN, OWNER OF RYE DELI

Craig Wilson interviews David Weinstein about his new Lowry Hill restaurant Rye Deli, choosing the 'tundra-belt' and why he likes all things close to home.

Congratulations on the opening of your new restaurant, Rye Deli in the former Auriga space on Hennepin Ave in Lowry Hill. What is the concept and when do you officially open? We officially opened on November 15. Our concept is to bring a great, unique delicatessen and bar to the neighborhood. We will focus on some of the classic deli dishes and flavors, but what makes us unique is the fact that we are making almost everything in our own kitchen. We are brining and smoking our own deli meats and baking our bagels, bialys, and pastries. We also have a full bar which makes us pretty unique among delis. We want this place to be both a great deli as well as a comfortable neighborhood gathering spot.



What's typical in a traditional deli and how will Rye be different? There are probably many different interpretations of what a traditional deli is and what a deli should be, but, in addition to the bar, one thing that is different about Rye is our focus on using local and sustainable suppliers. For example, we get our turkeys from Ferndale market in Cannon Falls and our butter from Hope Creamery.

A really good deli makes so much sense in a city that's evolved such a terrific food scene. It's remarkable there aren't more around. Did you feel like one was missing in Minneapolis? Very much so. I have been very surprised that Minneapolis does not have a great deli so my goal was to create something to serve a huge unmet need.

What are Rye's hours of operation and what can one expect at different times of the day? We are open from 7 am to 2 am. It is interesting you ask about

the different times of day because I have really been struck in the 2 short days we have been operating how different the building feels depending on the time of day. We added some windows to the old Auriga space and removed some interior walls, so in the morning the space feels really light and bright. In the evening, the space feels more like a cozy nightspot, particularly in the bar portion of the building. We are playing music to fit those moods with some jazz in the morning and more rock at night.

What was life like growing up in Connecticut? Is it really a bedroom community for New York City filled with Country Clubs, white picket fences and men in hats commuting to work? I grew up in West Hartford which is not really within commuting distance of New York. My area was pretty suburban and a lot like Edina. Going to New York was always a special occasion sort of thing. Plenty of white picket fences but very few fedoras

What brought you to Minnesota? Like many transplants I have met here, my wife brought me here. Pam and I met in law school in New Orleans and both found work here after graduation.

I understand family encouraged you to move briefly to Florida and your family longed for, and returned to, Minnesota. You rarely hear of people leaving the Sunbelt for the 'tundra-belt'. We did spend a couple of years in Florida but I guess we just couldn't give up our coats and boots. I never would have predicted I would find myself living in Minnesota



David Weinstein

but Pam and I really do love being in Minneapolis. I don't know of many other cities that provide this mix of livability and arts, music, parks – and great delis.

I've never seen you drive a car. You always appear to commute on bike or foot. What's the state of bicycling in Minneapolis? I do love cycling but have not been getting enough time on the bike recently. I think Minneapolis is great about providing the ability to ride just about everywhere. When I worked downtown, biking was actually quicker and easier than driving. I am not sure what I would change except that it would be great if both cyclists and drivers become aware enough of each other that we could avoid the occasional tragic accidents we all hear about.

You're the President of the Lowry Hill Neighborhood Association. What's in the works for Lowry Hill in 2012? We have a few important projects going. One of the biggest was the floating island project that was just completed in Spring Lake (Thanks Craig). We are also working on trying to add landscaping to the concrete median on Hennepin between the Walker and Douglas.

You're trained as a real estate attorney. With this in mind, what is your opinion of establishing a conservation district or historic district in the Hill Lake community? I think it could be a great alternative for neighborhoods that want to protect certain aspects of the neighborhood, whether it be architecture, landscaping, trees, etc., but do not want to be subjected to the level of regulation that may come with full historic designation. We have been discussing this within LHNA and hope to be able to present a forum on the issue to a wider audience soon.

What is your favorite thing about living in Minneapolis? I don't think I can name one favorite thing – it is just great to be able to do so much so close to home.



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“They’ll be just fine,” but where?

MINNEAPOLIS MINDS

By Steve Kotvis

Just over a week ago, Pam Costain spoke at the near-monthly “Committee on the Achievement Gap.” As President and CEO of AchieveMpls (and past Minneapolis Public Schools Board member), Ms. Costain spoke of the need to address the achievement gap. After citing statistics describing the student body — 65 percent living in poverty, one of every 12 students who are homeless or highly mobile, 23 percent who are learning English, and 16 percent who are in Special Education — she said something that’s been nagging me like a splinter under the skin. So small to be possibly ignored as inconsequential, yet bothersome. In noting that our district also has among its population some of the highest achievers in the nation who come from affluent households, she kind of wrinkled her nose and said with a nod, “they’ll be just fine.”

That nagging splinter was nudged in further the following day. I was seated among tens of tables sponsored by corporations and individuals at \$100 per plate at the AchieveMpls luncheon, where Boston Public Schools superintendent (and former MPS superintendent) Carol Johnson spoke about public education as the civil rights issue of today. It was there that Ms. Johnson echoed the sentiments. “I am not worried about” the IB students at Southwest High School, she said. “The ‘all’ strategy is no longer best.” We need to target to the low income, she stated.

Undoubtedly, we have a most pressing need to raise achievement among many students. Far too many are not completing high school, and too many are not completing high school with the skills they need to be adequately prepared for their lives ahead. And it is apparent that changes in how we educate some students are overdue. In the name of sanity, we cannot keep doing the same and expect different outcomes.

The irritating splinter has grown sorer as I think about the new language being used to address our achievement gap challenge. Language that says “they’ll be fine” and “I’m not worried.” Does anyone else sense a seemingly cavalier attitude? Can good come from sim-

ply dismissing those with the means? Do we really wish to disregard families who bring their children up with advantages, believing that in the end, as privileged and empowered they can be expected to find their own way?

I realize, in the context of today’s socio-economic turbulence (See “We are the 99%” campaign) that it’s become more fashionable to hold contempt for those on the top rungs of our socio-economic ladder. But, in the context of public education, does this new language impose unnecessary costs and barriers to solving our problems? In saying, top achievers go fend for yourselves, are we creating a productive and sustainable model for public education, or are we creating a welfare state that relies on social conscience over embracing it?

It would seem reasonable that instead of using language that divides and alienates, that we consider ways that we may be more productive in appreciating the many levels of academic performance. While the needs among top performing students may not seem as dire, the consequences of dismissing them could unfold very undesirable consequences. After all, the needs to bring up the bottom require resources, much of which comes from residential property taxpayers, individual donations and goodwill, and corporate giving.

To this point, much of the support of education and of efforts to raise the performance of at risk kids has been, not because it’s been about their kids, but rather because it’s been “the right thing to do.” “Given the fact that only about one in five households contains school-age children, and given that two-thirds of families with children do not live in underserved urban neighborhoods, or otherwise do not stand to benefit from the gap-closing agenda – the result is a tiny potential constituency for achievement gap reform, made up of perhaps 6% or 7% of American households.” (Source: “Our Achievement Gap Mania,” by Fredrick Hess in National Affairs, Fall 2011.)

This past year’s \$14 million in grants AchieveMpls received from Target Corporation, Cargill, and General Mills was not about it being about their kids. Let’s ask, how many of the top executives of those organizations have children who even attend Minneapolis Public Schools, much less live in Minneapolis? The Strong Schools Strong City Referendum that brings in \$60 million in property tax revenues to the district each year would not have passed in 2008 without the high voter turnout and support of the euphemistic “Golden Crescent” — households in our city with the highest education, wealth, and student achievers.

While I understand the need to focus and target in times of limited resources, I can’t help but ask that we don’t do so at the risk of creating an unsustainable resource development model. Create one that everyone is a member of and one that everyone owns and embraces. Please don’t simply believe that the high achievers will be fine on their own. Please keep a place in our hearts and worry a little about the IB students at Southwest and the like.

Students achieving at all levels need to look at MPS schools that are places where they will be challenged and supported. It’s not a threat to say that students who are not challenged or don’t feel they belong will leave. A whole lot of them, many at the highest level, already do, either by attending the private schools, or the families who simply do not see Minneapolis as a viable option to raise their kids move to suburban districts. Loosing the top performers. That would be a way to close the achievement gap. But not one I will sit by and witness without raising concern.

Steve Kotvis, a Kenwood resident, serves on a number of boards and committees relative to public education and offers a monthly perspective in the Hill & Lake Press “Minneapolis Minds” column. He can be reached at stevek@f-go.us

Kenwood Students Show Impressive Academic Growth

By Nicole Valentine

Last month, Minneapolis Public Schools (MPS) reported that Kenwood is one of only two southwest-area elementary schools to make “Adequate Yearly Progress (AYP)” as determined by the federal No Child Left Behind law. The school’s proficiency rating in both math and reading went up this year based on the state’s Minnesota Comprehensive Assessments (MCA), which is used to determine AYP. MPS also measures school performance based on a value-added rating, which measures instruction and student academic growth. Kenwood’s “value added” score also shows that most of its students have shown one year’s academic growth since last year. This rating is determined by the state’s Measure of Academic Progress (MAP) test, which identifies skills and areas that need strengthening for each student. Principal Cheryl Martin reports that the school’s students and teachers “have a lot to be proud of” and notes that family support of students at home also “played a key role in student improvement.”

Principal Martin reports that Kenwood will be completing the application process for the Minnesota School of Excellence Program. This program, supported by the MN Department of Education and the National Association of Elementary School Principals, assesses schools based on six national standards for quality elementary and middle level school communities: Learning Centered Community; Diverse Community; 21st Century Learners; Quality Instruction; Knowledge and Data; and Community Engagement. Martin said, “Research shows that if these standards are evident, best practices are being followed. I see evidence supporting each standard at Kenwood and want to share the great things being done here with others.” Martin says the process is a long one and completion of the self-study and application can take up to two years, but Kenwood’s goal is to submit the completed application for consideration this spring.

Park Board Commissioner Anita Tabb acted as Kenwood’s “Principal for a Day” October 11th as part of the Principal Partner Day program hosted by ACHIEVEMPLS. The program pairs community and business leaders with Minneapolis school principals for one morning each year to help create an informed and engaged community of leaders to support our schools. Tabb was impressed with the creative energy at Kenwood and said it is great example of a healthy school climate.

The topic of discussion was youth and safe use of electronics at the November 8th evening PTA meeting. Chelsea Adams, Crime Prevention Specialist for the 5th Precinct of the Minneapolis Police Department was the invited speaker. She addressed the interested crowd of parents on the topics of Internet usage and cyber bullying. “This is a very important topic and an area of concern for our families as their elementary age children become older. We are very pleased that Ms. Adams could join us. Her comments were very much

Kenwood School to page 5



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LOWRY HILL NEIGHBORHOOD ASSOCIATION

Kenwood School from page 4

By Janis Clay

Lowry Hill Neighborhood Association Board Minutes

Tuesday, November 1, 2011, Kenwood Recreation Center

Attendees: David Weinstein, President; Maureen Sheehan, Vice President; Janis Clay, Secretary; Dan Aronson, Treasurer; Jimmy Fogel; Ruth Shields; Maggie Thurer; Rebecca Graham; Marty Broan.

Guests: Lisa Goodman, Seventh Ward Minneapolis City Council Representative.

The meeting was called to order at 7:02 p.m. by President David Weinstein, noting a quorum was present.

Approval of Minutes and Agenda: Jimmy Fogel moved and Dan Aronson seconded approval of the October 4, 2011, minutes and tonight's agenda. All approved

Community Announcements - Seventh Ward City Council Representative Lisa Goodman. Fall leaf sweeping is starting soon, and Lisa reminded everyone to move their cars when indicated so as not to be towed. Licensing is complete for the new Rye Delicatessen & Bar, which will be opening soon. There will be no Lunch with Lisa this month. There will be a Later with Lisa in December. There are many City Boards and Commissions with openings. Lisa invited those interested to check the City website.

Election of Vice President: Maggie Thurer nominated Maureen Sheehan to serve as Vice President of LHNA. Marty Broan seconded the motion and all approved.

Committee Reports:

Communication/Events: Mark Brauer submitted his committee report in writing, as he could not be present. The Hennepin Lake Wine Tasting event was held October 26, 2011. Proceeds from tickets sold by each of the eight neighborhood associations involved go directly to benefit that association. LHNA sold 18 tickets this year, for \$450.00. The annual Lakes Area Ice Skating Social will be held on Sunday, January 22, 2012, with Sunday, January 29, 2012, as a back-up bad weather day. The Board discussed dates for the LHNA annual meeting, which, under our Bylaws, must be held each May. The meeting will be scheduled Tuesday, May 15, 2012, or May 22, 2012, if the 15th does not work. The Board discussed getting a speaker to address the Conservation District proposal at the

meeting.

Zoning and Planning: The Hennepin Avenue/Douglas concrete median greening project is progressing. Scott Robinson of MnDOT has some drawings to share with us. MnDOT will pay for soil and plant materials. The rest must come from other sources. The Hill and Lake Press featured the First Avenue Summer Concert Proposal in the last issue. David Weinstein received one favorable email following the article, and no negative comments.

Environment: Marty Broan discussed the use of proceeds the neighborhood might receive in connection with the First Avenue Summer Concert event. One possibility is additional improvements to Spring Lake, perhaps a path around the Lake. There has been headway made on issues remaining from the Lake of the Isles renovation project. The turf used in the project was of a lower than acceptable grade. The present Park and Recreation Board seems open to remedying the situation. Marty noted that there is opportunity for input to an Area Plan which is being formulated for Brownie Lake.

Crime and Safety: Rebecca Graham offered to join the LHNA Crime and Safety Committee. Maggie Thurer reported that a community crime and safety meeting is scheduled with our Minneapolis Police Department neighborhood crime prevention specialist Chelsea Adams, set for Tuesday, November 15th at Temple Israel.

Treasurer's Report: Dan Aronson reported that we have \$31,200 in the bank and our bills are paid.

Community Participation Program Grant: Marty Broan reported that LHNA has secured a Community Participation Program grant for \$32,976.13, to be used over the next year and a half. We plan to put this money toward part-time staffing. Maggie Thurer moved, David Weinstein seconded, and all approved, a resolution thanking Marty for his effective and much appreciated work in securing this grant. A discussion was had on what we need in staffing and on the hiring process.

Other business: The Board discussed the status of the installation of bike racks. We will get an update for the next meeting.

LHNA's next Board meeting will be held Tuesday, December 6, 2011, at the Kenwood Rec Center. All residents are welcome. The meeting adjourned at 8:04 p.m.

It Takes a Village from page 2

Sharon Petrie, who heads the group, has what it takes, along with her great team. We had the privilege of joining them for two short weeks.

The outward rejoicing coming from a woman living in a hut with all but the roof collapsed, the radiant singing and clamoring of cackles of another whose lips were cut out by rebels, the laughter of children who live on pennies a day, not to mention the faith of these ever so precious people, combined with Habitat's efforts, THIS is what makes a village. Our journey, and it was truly marked as a

milestone for all, taught us the virtue of community, and the value of helping one family at a time. I know I felt I was touched by angels from Chicumbane village, and will never be the same.

Since Jennifer has returned from Mozambique a month ago, she has committed to building 10 more Habitat homes, along with a church, and after having met with the Ambassador of the country in Washington DC, she hopes to help get University scholarships, and help charities collaborate their efforts in the country.

appreciated," said Kenwood resident and PTA Co-President Lori Johnson.

Because all 4th and 5th graders at Kenwood receive "Gmail" accounts for use in their Media classes, Kenwood media specialist Georgette Micheletti was also at the meeting to explain the program to parents and answer questions. "These accounts are created and given to the children so they can become educated users of today's technology. They are for school use only and are monitored by the school," said Micheletti. "I appreciate the PTA presenting such useful and important information. I learned quite a few things tonight and am glad I came," said Nanette Geroux of the Whittier neighborhood. Kenwood's next evening PTA meeting will be held January 17. The scheduled topic is Middle School Information Night.

Kenwood's Fall Bike/Walk to School Day was Wednesday, October 12. The popular event brought about 90 students and family members out on foot or two-wheelers early on the fall morning. The event promotes exercise, reduces traffic, and our use of fossil fuels, and shows school spirit. Another Bike/Walk to School Day will be held in the spring. And speaking of using less power from fossil fuels, Kenwood also held its first of three "Unplugged" nights on the 12th. This program is in its third year and it encourages families to turn off the television and the computers and spend some time together "unplugged." Students report having a fun evening with family members doing things like playing games, baking cookies, and catching up on homework.



Walk to School Day at Kenwood

Photo by Leslie Nall

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Beth Dooley: From Soup to Sorbet, She Makes It All

By Joyce Murphy

Who knew a cooking class could be so interesting, informative, and entertaining? Not me, until I attended a sold out class on November 11 taught by Beth Dooley, our Kenwood neighbor, teacher, cookbook author, restaurant reviewer, and cook extraordinaire at the Saint Louis Park Byerly's Store cooking school. The recipes used for the class were from Beth's latest cookbook, "Northern Heartland Cooking." Her book urges us to grow, buy, cook, and eat the healthy food that grows locally here in Minnesota on our farms, backyards, and sold in our markets.

During the class she talked, sliced, and stirred her way through four recipes from her cookbook. The recipes were: Store bought dough crust Pizza topped with Peppers and Mushrooms; Apple Ginger Squash soup; Barley pasta Veggie Pilaf; and Cranberry Sorbet. The staff of the Byerly's cooking school assisted her in many tasks while she gave us step by step instructions, tips, and hints on how to make these delicious and healthful foods.

We also perused her cookbook, Northern Heartland Cooking, while we watched and listened to Beth produce these delicious dishes. The book was filled from cover to cover with recipes that proved that healthy can be tasty and nourishing. One recipe that especially caught my eye was how to make kale very tasty, a very nourishing vegetable and a good source of folic acid but also a very bitter vegetable. Other recipes were similarly enticing and although I had promised myself I would not buy any more cookbooks because my kitchen cookbook library shelves are sagging under the weight from cookbooks I already have, I am going to break my promise and buy this book.

This book encourages us to buy our foods from local sources and farms and eat what is in season and for sale at our local markets. As an interesting aside, Beth Dooley told us that she has an acquaintance, Monique Hooker, who farms near Winona who tells her that Minnesota has a similar climate as the farms in Tuscany.



Beth Dooley Cooking and Teaching at a Byerly's Cooking Class

Photo by Dorothy Childers

She also told us that she used to spend time with her grandmother who told her that "good tasters make good soup." In other words be somewhat casual in your cooking. Put in what tastes good to you. Nothing is written in stone when it comes to cooking. We finished our visit with a taste of the pizza, which was the first dish that was finished.

Beth Dooley's cooking class and latest cookbook, Northern Heartland Cooking was an excellent way to learn how to keep oneself healthy while enjoying the pleasure of delicious dishes. Signed copies of Northern Heartland Cooking are available at Birchbark Books.

BIKE-FRIENDLY MINNEAPOLIS FROM PAGE ONE



New bike racks at Tao Foods. Photo by Janne K. Flisrand

This summer, the City adopted an exciting new 30-year bicycle plan that will help give more and more people access to biking routes while also targeting outreach and education to encourage more safe biking.

The Minneapolis Bicycle Coalition worked hard to encourage a restructuring in the Public Works Department to bring more of a focus and accountability to bicycle and pedestrian work and help make both the bike plan and pedestrian plan reality. The result will soon be the hiring of a Bicycle and Pedestrian Coordinator, who will oversee and be responsible for meaningful progress to encourage more and safer walking and biking. This position will improve the efficiency of the City's work by combining similar efforts and eliminating redundant work. Mayor Rybak deserves a lot of credit for championing this important change, which was also supported by nearly all of the City Council.

All of this progress is exciting and will help make Minneapolis a healthier, happier, cleaner, safer, and better place to live, work, and play. Happy riding—even in the winter!

Ethan Fawley is the volunteer President of the Minneapolis Bicycle Coalition, serves of the Minneapolis Bicycle Advisory Committee, and works to support state-level Complete Streets efforts at the non-profit Fresh Energy. He lives in the East Phillips neighborhood and enjoys visiting friends and parks in the Hill-Lake area.

GIVING THANKS

At this time of year, we take a moment to reflect and thank our neighbors, friends, clients and colleagues for a successful year. The Twin Cities' market continues to improve and strengthen. Contact us to see how we can help with your needs, whether you're buying or selling, or just need real estate advice. We'd love to talk with you.



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FRIENDS OF THOMAS LOWRY PARK
Barbara Fogel and Barry Lazarus

Hello Neighbors. Happy Thanksgiving!

Friends of TLP has received favorable comments about moving the Thomas Lowry monument from Smith Triangle Park to Thomas Lowry Park. Friends is aware this is a daunting undertaking but where else should Mr. Lowry reside? Friends thanks East Isles' Zoning Committee for its review of such a move with a nod to proceed. Friends will work with MPRB and East Isles on a relandscape for Smith Triangle Park. Friends is asking for your (our readers) input and comment. Please send comments to Barbara Fogel at bfoegel@comcast.net.

Many of you and others from Kenwood, East Isles, and Cedar Lake area have remarked to us on the Friends board that the Park never looked better than this summer. The Park attracted The Foursome Attire Magazine to use the Park as background in its August, 2011 issue. One of the photos is reproduced on this page.



The September 2011 Friends fundraiser at Park Commissioner Anita and Rob Tabb's home was a success—it raised about \$3750. The wonderful shrimp served at the event, prepared by Jimmy Fogel, The

TLP to page 11

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EAST ISLES RESIDENTS ASSOCIATION (EIRA)

By Monica Smith, Recorder

Minutes from the EIRA Board of Directors (BOD) Meeting November 1, 2011 Grace-Trinity Community Church

Board members present: Dan McLaughlin (Vice President), Al Rodriguez (Treasurer), Ginna Portman Amis, Vaughn Emerson, Harvey Ettinger, Tina Frontera, Ramon Ramirez Qunitero, Linda Schutz, and Joe Sinnott.

Dan McLaughlin called the meeting to order at 7pm..

Announcements:

Monica Smith won a grant of \$333 for East Isles for an Outstanding Contribution Award at the Community Energy Services (CES) Award's Ceremony. Council Member Meg Tuthill won the Ward Award for having 100% participation from neighborhoods in her ward. Congratulations!

A Community Advisory Committee has been formed for Brownie Lake.

Met Council is planning two sanitation sewer projects in East Isles (2012 and 2013). They will be invited present to the EIRA Board (Dec or Jan).

Meg Tuthill, Ward 10 Council Member, City of Minneapolis:

Council Member Gary Schiff is proposing changes to the Conditional Use Permit process for residential development with 5-9 units. CM Schiff will meet with neighborhoods to answer questions and get feedback on the proposal. CM Schiff will be invited to EIRA's December meeting.

The City is conducting traffic counts at the intersection of 24th and Fremont. We hope to have an update at EIRA's December meeting.

Although Mesa Pizza is now open for business at 1440 W. Lake Street, the Council's Committee on Regulatory, Energy & Environment, denied its application for extended hours, preferring it establish a track record of operations in Uptown then reapply.

Kowalski's application for an addition of a liquor store is expected to be approved by the City Council on Nov 4. A spring opening date is planned.

The zoning committees of EIRA and LHENA are encouraged to work together to consider future redevelopment possibilities and features the neighborhoods' might prefer to see at the site of the former BP gas station (2700 Hennepin Ave S).

Increasingly residents experiencing congestion are interested in learning about critical parking (permit parking) on their block. For more information contact Tim Drew at timothy.drew@minneapolismn.gov at 612-673-2152.

The Lakes Area Crime and Safety Committee will meet on Nov. 15, 6 p.m. at Temple Israel. The focus of the meeting will be the recent burglaries in the area.

Meet with Meg is Nov. 8, 12-1 p.m. at the 5th Precinct, no meeting in December.

Discussion for a proposed downtown casino is heating up. Much work would need to be done before it can be brought to a vote.

The Mayor's 2012 budget proposes eliminating 4 Crime Prevention Specialists.

CM Schiff is proposing an ordinance change to allow liquor to be served at restaurants within 300 ft of churches/parochial schools.

Robert Thompson, Neighborhood and Community Relations (NCR)

Community Participation Program (CPP) was established in 2011 to fund neighborhood association throughout the City. Funding comes from frozen NRP dollars. NCR would like feedback on the draft guidelines for next year's program by Nov. 21. Feedback can include the process for the 2011 program as well as opportunities and barriers.

CPP purposes:

- Identify neighborhood priorities
- Help inform city decisions
- Increase neighborhood involvement.

Four steps:

- Organize and complete a CPP submission
- Identify Neighborhood Priority Plan
- Partner with NCR to develop partners
- Implement

Develop a Neighborhood Priority Plan (NPP) – the allocation can be used to fund projects. Plans will show what is important to Minneapolis neighborhoods and help inform City priorities.

Concerns expressed by at least one of the Board members present include:

5 NCR staff members working with 71 neighborhoods.

Execution seems to be missing in the guidelines.

Funding is subject to NRP rules (i.e. food is not an allowable expense).

Extent of involvement given neighborhood groups have experienced difficulty engaging residents. Answer: make a good faith effort to involve appropriate stakeholders. There will be a strengthened grievance process for those who may complain, "you didn't approach me."

To best protect the funding in the future: do some good programs and show why neighborhood organizations are important.

NCR will facilitate networking between neighborhoods, conducts neighborhood training, and is planning a conference in Feb 2012.

Reports

Social Committee Chair Amy Sanborn reported that the Wine Tasting Fundraiser went well however ticket sales were lower this year. EIRA will receive a percentage of revenue from tickets sold at the door. Thank you to sponsors: Calhoun Square, Great Clips, Hennepin Lake Liquor, il Gato (Parasole Restaurant Holdings) and special thanks to event coordinator Pat Fleetham. Board members will write thank you notes to the sponsors.

The Board unanimously approved funding the Ice Skating Party on Jan 22 (back up: Jan 29) and advertising in the Hill and Lake Press.

EIRA Zoning Committee

The Board approved a motion to have the Zoning Committee investigate seeking funds from events held in East Isles (Art Fair and Loppet). Zoning Committee will also be discussing historic homes and a proposed conservation district ordinance.

NRP Report

The NRP Steering Committee interviewed two housing administrators to handle our \$70,000 home improvement loan program. The committee recommends the selection of Center for Energy and Environment (CEE). CEE offers many programs that would leverage our dollars for improvements in the neighborhood and has a strong energy efficiency focus. CEE charges a per loan fee so the committee may recommend adjusting the minimum loan amount to limit our exposure. The Board unanimously approved.

The Board unanimously approved the committee's recommendation of \$2,640 to the Neighborhood Involvement Program's Senior Program that provides low-cost home maintenance, yard and chore services to support seniors living independently.

Communications Committee

The Board will investigate establishing a communication committee. The committee should have a clear charge.

Strategic Planning for EIRA

Purpose:

3-5 year vision for East Isles

Seek new funding without NRP

Evaluate new development (land use)

Provide background for those outside of the neighborhood

The Board will work on a plan over the next months and present at the spring Annual Members Meeting.

Board members individually ranked a list of neighborhood priorities. The results will be shared next month.

Assignment for next month: identify classic neighborhoods around the world and think about what makes them great.

The meeting was adjourned at 8:55 p.m.

A new Executive Chef for The Woman's Club of Minneapolis: Frédéric Bermond.

Frédéric Bermond was born in Marseille, France, where he was raised living above a bakery owned by his parents. He spent many hours playing and working in the bakery; he has fond memories of secretly baking cakes while his father took a nap. All of Frédéric's family still works in the food industry. In 1998 Frédéric moved to the United States, where he met his wife while attending high school. He completed his cooking internship in France, and then began working in country clubs, including Interlachen and Edina, before developing further as a chef at L'hotel Sofitel. He most recently served as Executive Sous Chef at Golden Valley Country Club. Frédéric and his wife Jessica recently purchased a home where they spend their free time playing with their sons, Samuel and Soren.

The Woman's Club is located at located at 410 Oak Grove Street in Minneapolis. 612-813-5300.

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KENWOOD ISLES AREA ASSOCIATION (KIAA)

By Amy Lucas

November 2011 KIAA Meeting Minutes

Chair Larry Moran called the November 7, 2011 KIAA meeting to order at 7:00 p.m.

Board Members present: Larry Moran, Chair, Jeanette Colby, Kathy Low, Amy Lucas, Ed Pluimer, Pat Scott, Eric Sjoding, Kathy Williams, and Roy Williams

Others present: Lisa Goodman, 7th Ward council member; Dylan Thomas, Southwest Journal, Maggie Mercil, Kenwood Rec Center; Mark Johnson, Kenwood resident and chair of Crime and Safety Committee; John Outlaw, Park Board; and Josine Peters, Kenwood resident.

7th Ward City Council Update – CM Lisa Goodman

The City recently issued demo permits for the two houses in Lowry Hill at Franklin and Girard (2000 Girard Ave S and 1415 Franklin Ave W). They were recently boarded and condemned.

Mpls Public Works is investigating repair of the historic streetlight at Penn Ave S and Summit Ave.

“Late with Lisa” will be December 19 at the Normandy Inn. For more information visit www.ci.minneapolis.mn.us/ward7.

Announcements

Eric Sjoding is relocating and will resign from the board at the end of December.

Mark Johnson, Chair of Crime and Safety Committee, was introduced to the Board and will attend the upcoming Crime and Safety presentation at Temple Israel on Nov. 15.

Maggie Mercil, Director of Kenwood Rec Center, is moving to Van Cleve Park and Mark Holte (previously at Pershing Park) will transfer to Kenwood Rec Center.

Southwest Transitway Update – Jeanette Colby

Gail Dorfman, Hennepin County Commissioner, recently explained to Jeanette that the FTA (Federal Transportation Authority) asked the County to include study of co-location of freight and light rails along the Kenilworth Trail in the Draft Environmental Impact Statement (DEIS). This will delay the release of the DEIS by 3 to 4 months.

Jeanette met with Don Pflaum, Mpls Public Works, and Amanda Arnold, CPED station area planner. They asked for neighborhood priorities concerning LRT for future Met Council discussions.

Kathy Williams-Communications Committee and KIAA Secretary

The next KIAA newsletter may go out in December. Mike Bono and Kathy Low have volunteered to update the KIAA website upon Kathy Williams' resignation. Kathy will continue to write and circulate the e-newsletter until May 2012.

As KIAA secretary, Kathy is responsible for the “Welcome Kit,” newsletters, January tax letters, updating email/contact lists. Kathy also maintains KIAA historic records. KIAA members will consider their ability to

undertake these duties upon Kathy's resignation.

NRP Updates-Pat Scott

KIAA approved the following resolution regarding Phase 1 NRP Allocation: “a) move small amounts of unspent funds in the Parks, Recreation and Libraries strategy of \$540.37, into the Safety/Security Capital Fund Strategy, which when added to the \$9,632.76 remaining in the Strategy will provide a new total of \$10,173.13; b) make minor language addition to the Safety/Security Capital Strategy, so that it reads: “Unused funds will revert to the general safety and security needs of the neighborhood, including issues related to the Southwest Light Rail Transit line.”

It is understood that any future contracts related to these funds will be done collaboratively between KIAA and the Minneapolis Park and Rec Board.

Budget-Roy Williams, Treasurer

There are unused funds in the Communications grant. Some will be used as part of the KIAA website revision. Others may be used for newsletters/mailings concerning the upcoming LRT reports.

Wine Tasting Event-Ed Pluimer

The Wine Tasting Event at Calhoun Square was a huge success! Ticket sales went to surrounding neighborhood organizations as direct contributions. KIAA thanks Patrick Fleetham of Calhoun Square for organizing the event every year AND for this year's sponsors: Ray Barton of Great Clips, Randy Stanley of Parasole Restaurant Holdings, Brittany Mercado of Calhoun Square Management, Tammy Wittek and Tim McKee of il Gatto, and Phil Colich of Hennepin Lake Liquor.

Announcements

Pat Scott explained that NRP funds are being reviewed and redistributed. Many neighborhoods without completed NRP Phase I plans may lose funds. Pat will draft comments on the new proposed NCR/NCEC guidelines and will circulate to KIAA board for consideration.

Josine Peters, Kenwood resident, asked if KIAA reviewed the new addition at 2374 W. Lake of the Isles Pkwy. It appears that construction met the zoning and planning regulations; therefore, KIAA did not review the project. Josine Peters also asked if KIAA will consider changing the by-laws to consider term limits.

The meeting was adjourned at 8:40 p.m. **The next KIAA Board meeting will be Monday, December 5 from 7:00 to 8:30 p.m. at the Kenwood Rec Center. The public is welcome to attend these monthly meetings.**

CEDAR ISLES DEAN

By Monica Smith

The CIDNA Board of Directors met on Wednesday, November 9 at the Jones-Harrison Residence.

Ward 10 Council Member Meg Tuthill:

The Mayor is proposing cutting four of the 18 Crime Prevention Specialists in the City. Concerned residents should send emails opposing the cuts to all the council members, the mayor and the police chief.

The Lakes Area Crime and Safety Committee will meet on November 15 at Temple Israel (2324 Emerson Ave S)

Mesa Pizza's (1440 W. Lake St) application for extended hours was denied by the Regulatory, Energy and Environment committee.

Kowalski's (2440 Hennepin Ave S) application for their liquor store was approved by the City Council.

Residents interested in learning more about critical parking (permit parking) may contact Tim Drew at timothy.drew@minneapolis.mn.gov at 612-673-2152 for more information.

Mayor Rybak is holding a community meeting about the 2012 budget on Nov. 16, 6:30-8:00 p.m. at Temple Israel, 2324 Emerson Ave S.

The next meet with Meg will be in January (no meeting in December).

On Dec. 12, the Planning Commission will vote on proposed changes to the Conditional Use Permit (CUP) process for residential development with 5-9 units.

A concern was voiced that the bus service through Kenwood is being reduced due to low ridership yet Light Rail continues to be pursued.

NRP Committee Report:

Monica Smith won a grant of \$333 for CIDNA for an Outstanding Contribution Award at the Community Energy Services (CES) Award's Ceremony. Council Member Meg Tuthill won the Ward Award for having 100% participation from neighborhoods in her ward. Congratulations!

The motion to extend Monica Smith's contract until June 30, 2012 was unanimously approved.

Park Siding Park Update: The drip irrigation system will be installed next spring. A spring plant sale is being considered. The Park Board will host a neighborhood meeting in early 2012 for public input on proposed improvements to the park.

The NRP Committee recommended a NRP Phase I Plan Modification to move excess money from old strategies to more currently relevant strategies such as: park improvements, sidewalk installation, bike lanes and paths. This change does not authorize any spending of funds – it merely shifts funding within the budget. Unanimously approved as outlined.

The next meetings of the NRP Committee will be Monday, November 21, 3:30 p.m. and Wednesday, December 7, 3:30 at Ed Bell's office, 3033 Excelsior Blvd. **Sunset Boulevard:**

CIDNA to page 10

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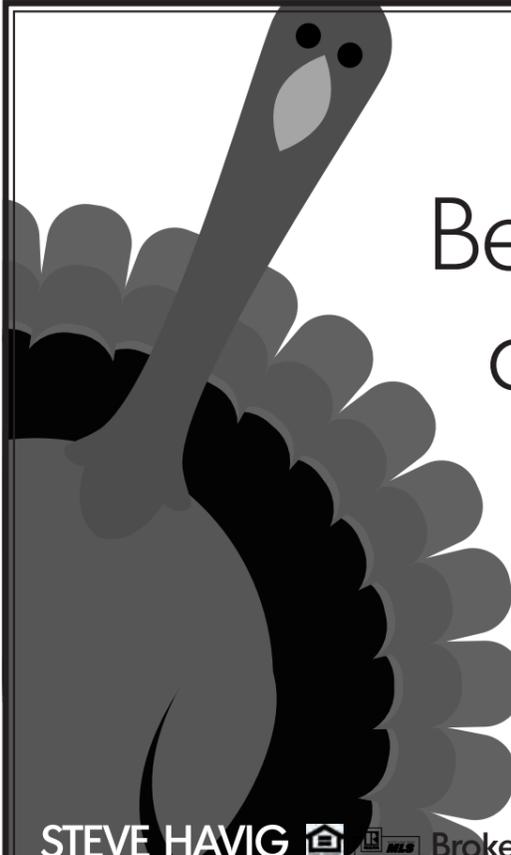
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CORRECTION

The October issue of Hill and Lake Press carried a large poster ad on page two that publicized the annual Community Winetasting Fundraiser that was held at Calhoun Square on October 26. We are grateful for this event that benefits our neighborhoods and regret that the name of the ad's designer was inadvertently left off this fine ad. The poster art was donated by Bruce Cochran, www.satellitedesign.com



CIDNA from page 9

The fifth public meeting about the Sunset Boulevard reconstruction was held on November 1st with approx. 30 participants. The agenda included a recap of previous meetings and a review of the HR Green report. The goal was to generate a design recommendation. A straw poll results: 2/3 of attendees support a center median and 1/3 an asymmetric design on Section B (Chowen to Depot). Section A (France to Chowen) will be replaced as is. Comment cards from the meeting provided feedback consistent with the other meetings.

The desired outcome is to have the boulevard improved not just replaced "as is" per the City's instructions to the Met Council.

The design needs to meet four criteria established by the stakeholders' feedback: traffic calming, improve pedestrian mobility, adequate landscaping, and adequate on-street parking.

A petition signed by nine residents was read. The petition requests that other design options be reconsidered.

After much discussion from residents as well as CIDNA Board members, the Board voted unanimously to submit resolutions to the Metropolitan Council (asking them to continue working with the stakeholders to address the needs of the community) and to the Minneapolis Park and Recreation Board (requesting maintenance of green space and a pedestrian trail).

The Board approved sending a resolution to the City of Minneapolis (vote: 8 yea - 1 nay) asking the City to work with stakeholders toward developing a Sunset Boulevard reconstruction plan to meet the neighborhood needs in partnership with the CIDNA, the Park Board, and the Met Council.

The full resolutions can be found with the CIDNA Board meeting minutes on our website: www.cidna.org

Transit

Ed Ferlauto attended the November 2nd meeting of SW LRT Corridor Coalition. The coalition is an informal confederation of Minneapolis' corridor neighborhood associations and citizen organizations that directly relate to the corridor. Their mission is: to support each neighborhood addressing its needs, to coordinate designs where possible, to preserve the park like setting of the corridor, to advocate for needed mitigation and to speak as one voice when appropriate to decision makers. The group also discussed addressing the DEIS and the types of approaches that can be taken when responding. There will be a public meeting on how to respond to the DEIS.

Capstone Project

Art Higinbotham attended a meeting of the Capstone Project. Four new students have been assigned to build on the work of last year's students regarding traffic flow at Excelsior and Lake area. The students will provide a full report at the end of the term.

Midtown Greenway Coalition

An administrative law judge recommended that Excel's high-voltage power lines be buried under 28th St. A public hearing will be held in early 2012.

Metro Transit has been awarded \$600,000 by the Federal Transit Administration to help fund the planned Alternatives Analysis for the Midtown Corridor to review options for transit improvements.

The NRP Committee will investigate additional lighting along the Greenway.

Meeting was adjourned at 8:35 p.m.

The read the complete meeting minutes, please go to www.cidna.org.

Next meeting

Wednesday, December 14, at Jones-Harrison, 6:00 p.m.

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paper and funded and supported by its advertisers and neighborhood associations: East Isles Residents Association (EIRA); Kenwood Isles Area Association (KIAA); Cedar Isles Dean Neighborhood Association (CIDNA); and Lowry Hill Neighborhood Association (LHNA).

Hill & Lake Press welcomes stories, poetry, articles, photos, and ideas. Please direct contributions and advertising queries to Jean Deatrck at 612-377-5785

Since March 1976, The Hill & Lake Press has served the community as a non-profit newspaper staffed by volunteers. Views expressed are not necessarily those of Hill & Lake Press.

Please be patient when calling or emailing. We promise to get back to you.

And please remember to patronize our advertisers!

Where we are Now

By Jean Deatrck, Editor

The neighborhoods still look beautiful in this most wonderful fall of 2011. Some trees still carry golden leaves that glisten in the sunshine. When I returned to my street recently, I was unable to get into my driveway because our street was blocked. A truck with a huge crane that was taller than the many tall trees in the area was parked in the middle of the block along with two other trucks and assorted equipment. The crane was being used to remove an enormous tree in our neighbor's back yard. It was quite a sight to see the crane extend from the middle of the street across a sideyard and into a back yard where the tree was being removed in pieces from the top down and then carried by the crane into the middle of the street where the pieces were then reduced in size. Very impressive work. I have no idea why the tree was being destroyed, but I assume it was diseased or fragile and a danger to the many small children who live nearby. Losing a tree is a sad event!

One of the features of Hill and Lake Press that readers enjoy is the monthly real estate chart that shows the homes and condos that were sold during the previous month. It appears that the real estate market is gaining momentum. We certainly hope so. We value our many real estate advertisers who help keep Hill and Lake Press afloat. And we worry about our homes and hope they hold their value.

And congratulations to Rye Deli. We wish them success. When I drove by Rye tonight, the Deli was packed with people. A good omen for starting week!

We are happy to see empty spaces being filled with new businesses. The Lowry is doing very well too. Now if we could only find a tenant for the old Burch Pharmacy space.

La Vonne Moist of Lowry Hill died October 7th, 2011. She was way too young to leave us. If you don't know her, the next time you go to City Hall for an important issue at City Council, you will remember her by her absence, because La Vonne and her life partner Robert Hinck rarely missed an important neighborhood or city meeting. La Vonne was an activist. She believed in getting involved, being out in the neighborhood, meeting people, and enjoying life. Because of health problems, she traveled in a motorized wheelchair dressed in beautiful clothes with dazzling shoes to match. Our heartfelt condolences to Bob.



La Vonne Moist at Thomas Lowry Park four years ago.

HILL LAKE PRESS
Selected Real Estate Sales
October 2011

STREET ADDRESS	ORIGINAL PRICE	Seller Contrib	DAYS MKT	SALE PRICE	TYPE	BED BATH	SQ FT	TAX VALUE	PROP TAX	YR BLT	
48 Groveland Terr #B104	\$ 119,900	\$ 3,948	41	\$ 131,436	C	1/1	995	\$ 180,600	\$ 3,023	1967	
52 Groveland Terr #A308	164,900		434	134,000	C	1/1	756	145,500	2,435	1967	
52 Groveland Terr #A307	134,900		68	139,140	C	1/1	745	145,500	2,435	1967	
52 Groveland Terr #A410	139,900	4,314	27	143,815	C	1/1	745	146,100	2,445	1967	
52 Groveland Terr # 409	139,900	5,026	1	143,593	C	1/1	745	147,100	2,462	1967	
52 Groveland Terr # 415	199,900	4,530	507	151,000	C	1/1	773	181,300	2,838	1966	
2950 Dean Pkwy #1004	219,900		221	172,500	C	1/2	1,000	195,500	3,074	1977	
48 Groveland Terr #B208	224,900	4,500	1	224,900	C	2/2	1,110	190,500	3,188	1967	
48 Groveland Terr #B307	239,900	6,100	1	248,950	C	2/2	1,245	210,900	3,530	1967	
52 Groveland Terr #A202	243,000	7,419	1	247,300	C	2/2	1,240	220,400	3,689	1966	
2420 Irving Ave S	449,000	5,000	196	405,000	H	4/2	2,017	480,000	8,128	1907	
2806 Dean Pkwy	499,900		95	462,000	H	3/2	2,769	461,000	7,685	1955	
1790 Girard Ave S	649,900		394	485,000	H	3/3	2,132	594,000	10,244	1959	
2437 Irving Ave S	769,900	8,000	21	745,000	H	5/4	3,662	737,000	13,324	1914	
116 Groveland Terrace	1,375,000		203	719,000	TWN	3/4	4,411	964,000	17,902	1990	
110 Groveland Terrace	2,700,000		519	1,310,000	TWN	3/5	5,144	1,276,000	24,350	1990	
Sources: Harvey Ettinger - Steve Havig											
Broker Reciprocity Websites / Hennepin County											
					Home	H					
					Townhouse	TWN	(Go to mplrealtor.com for additional info)				

Lessons from Japan

By Madeleine Lowry



Madeleine Lowry

who rely on bicycles for transportation from an early age!

We asked our hostess, an Austrian woman who had made Japan her home, about this. "Oh, yes, the Japanese do have cars," she assured us, "but mostly they take them out on weekends."

She held forth on a number of fascinating topics about the Japanese lifestyle and culture while we ate the breakfast she had prepared for us. Something else she said intrigued me. "The older generation is very fit," she said with admiration, "The older Japanese women move around very well—their knees and hips seem to work better than my own."

Hmmm. I wondered about this. Much has been made of the Japanese diet, but what about their level of fitness?

Now understand, the Japanese, like the Europeans, do not workout in gyms. It's not part of their culture. And, as I found by observing them, they don't need to—they've built exercise into their daily life. Not only do they walk and bike, but they also sit on the floor for meals and sleep on the floor at night. And although a tourist may encounter a variety of jazzed up toilets in restaurants and shopping malls, this is traditionally a country of squat toilets.

Now, if you've ever used a squat toilet you may remember that the technique requires muscles—muscles not often used by most Westerners.

Bingo! Mystery solved. This is why the older generation moves around so well: more likely to still have

squat toilets at home, they are maintaining the muscles around the knees and hips every day.

It made me think of a conversation I'd had with my husband's 97-year old aunt. "I'm grateful that my house has stairs," she said, "It forces me use the stairs every day and since I do, I still can."

Suddenly, the fact that my house has three sets of stairs seemed much more significant to me. This is counter to the prevalent notion that older people should live in one-level homes, so as to accommodate the aging process.

Just remember: If you don't have to do stairs, soon you won't be able to.

I witnessed many older Japanese men sit cross-legged on the floor for long periods with ease, something that many Western men cannot do. And I watched Japanese women kneel on thin cushions for hours, appearing as comfortable as we do in a chair. Their practice of sleeping on futons on the floor requires that you be able to get up from a prone position, another essential daily exercise.

I think we can learn something from the Japanese. As Americans we too often focus on making life easy for ourselves (and I include myself here). We use our cars too much, avoid stairs, and sit for too long.

How much more fit could we be as a society if we squatted more, did some of our daily activities on the floor, and walked and biked in our daily routines?

Squat toilet, anyone?

This fall we took our kids to Japan. It was quite an experience.

We whipped through a number of cities and did the usual tourist stuff: temple, shrine, castle, repeat. But more impressive than all the ancient edifices and bronze Buddhas were the Japanese people themselves.

Our first morning in Kyoto we woke before dawn, being 15 hours off their time zone, and walked the early morning streets. It was amazingly quiet. Here at home there is the drone of car traffic, the barking of dogs, the sounds of garbage trucks and school busses. In Japan, where the population density is much greater, there were few cars on the road and the streets were nearly silent until eight o'clock when groups of kids appeared.

It was a delight to see the school children in their uniforms and ponderous backpacks making their way to school in small groups by foot and by bicycle. Apparently, there are no school busses in Japan. At many of the sights we visited there were crowds of schoolchildren on field trips. They traveled by foot, bike, city bus, subway, train, or streetcar.

The working class traveled similarly. Multitudes of bicycles lined the sidewalks all over town. The Japanese do not have space on their crowded streets for bike lanes, so they bike on the street (if the traffic is light) or on the sidewalk, expertly dodging pedestrians.

It was commonplace to see a parent on a bicycle with a small child in a seat on the front handlebars and another in a seat behind them, an approximation of the American minivan. We saw a child, no older than five, ride his bike up a hill to kindergarten. These are people

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House Doctor, can be made by you by following this recipe:

Jimmy's recipe for fresh, peeled shrimp directly from executive chef Dustin Pallansch of The Lowry: Purchase one pound of shrimp deveined;(16-20 per pound) Place shrimp in large pot with enough water to cover; add pickling spices and fresh squeezed lemon juice from 2 lemons; Boil 6-9 minutes; remove shrimp and drain and immediately place in a bowl of ice water to stop them from cooking. This is very important. Now peel and place shrimp on a serving tray with lemon wedges as garnish and your favorite cocktail sauce. Enjoy!

Next month, Dr. Jen Holm, DVM, DACVECC, will answer questions about your pets in another article. Please send your questions to Barb at the above email address.

Have a good month and enjoy this pleasant fall weather in the Park.

Later with Lisa, December 19th, at the Normandy.

Lunch with Lisa will continue in 2012. Plan to attend Council Member Lisa Goodman's annual holiday event at the Normandy Inn. Instead of lunch, enjoy cocktail hour with Lisa's friends and neighbors.

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sand upon the waters

By Tom H. Cook

Playing "bop" is like playing Scrabble with all the vowels missing.

—Duke Ellington

I was peacefully enjoying the prime of my senility. Content to watch the carnival of politicians wreathe, contort, and embarrass themselves, turning into figures of pity and scorn as they shamelessly pander and grovel for the highest office in the land. A friend, perhaps concerned about my increasing interest in my other hobby (looking for two identical salt crystals), challenged me to play WORDS WITH FRIENDS, a bastardized form of Scrabble. WWF is an app for those who find talking on the phone, shaving, and making breakfast, all while driving, not challenging enough. Young Type A multi-taskers may squeeze in games with up to twenty opponents during spare seconds of their busy days, or at night as a way to unwind during the slow parts of action movies, or romantic dinners.

For me it is all I am able to do. I have become frustrated, enthralled, and addicted to this silly exercise. I live in a world where vice ((11 points) is better than nice (9 points). and a quarter (17 points) is worth almost twice as much as a dollar (9 points). You can play with strangers of all skill levels to sharpen your game. I prefer to be humiliated by those closest to me. I am not being modest when I say I am not very good. "The Scrabble Book" by Derryn Hinch states that the game is only 12 percent luck, I prefer to believe that I have just been slow to adjust to the bare knuckles reality of WWF.

Hinch suggests there are two approaches. With thinly veiled disdain, he describes expansive play, laying down long words that may impress your partner but produce few points. The rest of the chapter is devoted to playing tight which sadly does not involve drinking. A tight strategy focuses on hooks (like plumbers' elbow joints) that redirect the game to triple letter and triple word squares. The point total of a well placed pluralizing "S" or a prefix or suffix can dwarf the original offer-

ing. Just yesterday my cleverly arranged CAVORT (13 pts.) was eclipsed by my opponent's added "S" in a triple word square. The skillful player then sandwiched my word with parallel two and three letter words. I am not sure if "words" like (EF, TA, XU, EFS, PFT, SUQ) are vocabulary building, but 93 points later I was in no mood to cavort.

The tight approach is more than making words/points; it features a defensive plan of attack. Like the game Stalingrad (which I have never played but witnessed a roommate's two year battle in college), WWF requires blocking your opponent with words that cannot be added to, and capturing the triple letter and triple word squares. It is also imperative to memorize small obscure words that do not come up in polite conversation like crwth (an ancient stringed instrument), phpht (an alternative form of pht), and cwm (Welsh for valley). I have yet to use glycls (a residue present in a polypeptide), or thymy (fragrant smell of thyme) but I am ready.

WWF also records when moves are made. I know more of the sleep and work habits of my friends than I care to. The game is something of a Rorschach test. Liberal arts majors lay down different words than engineers. I play with my son Ben, whose final scores almost double mine. This is fine with me as he will someday be providing my care. I watch the window for my neighbor. She and her kids are blithely unloading their Costco run, not realizing I have the drawn the "Z" to make the word SYZYGY! One friend called to make sure our relationship would survive our fervent long distance war of words.

Besides working my brain a little, playing has helped exorcise some negative feelings I had buried about competition. Scrabble games of my youth began with harmless bluffing and degenerated into loud altercations. Some boor would think that if you slowly enunciated the word but in a sufficiently loud and menacing tone it would jog the memory of the other players. Invariably Noah Webster's name would be impugned,

and the dictionary thrown across the room. A pleasant element of WWF is the immediate (no appeal) scoring feature. This is not Scrabble, there are word discrepancies, omissions and head scratching inclusions, but the resulting peace, as the commercial says, is priceless.

Tom H. Cook currently holds a record of 5-12 (single play high score of 76 points) since devoting most of his waking hours to Words With Friends. He is beginning to like non-Scrabble playing people better.



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