



'Where the biggies leave off...'

# Hill & Lake Press

Published for East Isles, Lowry Hill, Kenwood Isles, & CIDNA

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JANUARY 20, 2012

## Birchbark Books is Open for Business

By Jean Deatrick

"We are Open!" declared Louise Erdrich when I spoke with her this week. "If you hear a rumor that Birchbark is closing too, it is untrue," she said. "The closing of Kenwood Café is a demoralizing dismal event." She urged neighbors to visit her comfy and cozy corner bookstore and enjoy free morning coffee while looking over the new gifts and local native jewelry. And as we all know, Birchbark Books has the best selection of books, best sellers, classics, and children's books. And soon there will be a romance table for Valentine's Day selections and maybe even free chocolates.

"We don't want people to lose the habit of coming to the Kenwood Corner and we encourage people to show their support by visiting Birchbark Books," added Erdrich who remarked how sad it was to see paper in the windows in the former Kenwood Café space. She hopes the neighborhood will continue to stay involved with Birchbark. Erdrich talked about the generations of children, now teenagers who remember the bookstore from when they were little, "reading real books in a real bookstore. They were changed for life." Birchbark Book events will take place in the future at St. Paul's Episcopal church on Logan Avenue. Please check Birchbark's website at [www.birchbarkbooks.com](http://www.birchbarkbooks.com) or Hill and Lake Press for event information.

Erdrich told of the BYOB Bookclub held on January 8th with Catherine Veigel of the Kenwood Cafe' and how everyone sent Catherine off on her new voyage with champagne and wild rice. Erdrich remarked about the huge personal loss she is suffering and that she couldn't have partnered with a better person. At her last visit for morning coffee at Kenwood Cafe, Erdrich said, "I bought a box of pastries and put it into the freezer." Success cannot be measured in dollars and cents only according to Erdrich. She said Catherine brought people together from nearly the first moment when she opened her doors six years ago. Erdrich related that when the bookstore installed a door that opened into the Café, people were immediately curious and asked, "What's on the other side of the door?" That door provided a spirit of connection between Birchbark Books and Kenwood Café and helped create a community. Catherine and Kenwood Café and Louise and her sisters at Birchbark Books affected change right across the street by Kenwood School. Trees were installed and a wonderful garden exists where there used to be only concrete and asphalt.

According to Erdrich, there is an ongoing effort to persuade the landlord, Paul Modell, to agree to use the space for a community restaurant. While the space is in negotiation, perhaps a temporary use of the space



Susan White with Dharma at Birchbark Books

Photo by Dorothy Childers

would be possible. A community group is already working on that possibility. Volunteers have offered to pay insurance and volunteer their time. Erdrich emphasized that the most positive result that has come out of Kenwood Café's closing is that there is an effort to make Kenwood Corner a truly sustainable community enterprise.

Erdrich didn't forget her neighbors at the Kenwood Corner. She mentioned Stephen Dean who "quietly mends the community day after day, he stitches our community together". Amanda at Artrageous Adventures brings children's minds into understanding of art; Todd at Bockley Gallery does the same for adults; and Trudy at Framestyles frames the art. And our many pet lovers in the neighborhood support

Kenwood Pet Clinic.

Louise Erdrich ended our conversation stating, "We love our community. Our community has supported us in a grand way in this vital corner of Kenwood in Minneapolis."

Birchbark Book is open for business. Birchbark Books is not closing! Stop in and say hello to Susan White, Birchbark's manager, and keep beautiful downtown Kenwood bustling. Come Visit!

Birchbark Books, 2115 West 21st Street, Minneapolis, MN 55405 (612) 374-4023, [www.birchbarkbooks.com](http://www.birchbarkbooks.com)

"Winter Hours" Monday - Friday 9 am to 5 pm/ Saturday 10 to 5 Sunday 11 to 5.

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## ANNUAL ICE SKATING PARTY

### SUNDAY JANUARY 22, 2012 FROM 1-3 PM

### Lake of the Isles Ice Rink and Warming Hut

Enjoy Skating with your Neighbors and Family

Get warm by a blazing fire  
 Drink hot cider  
 Eat cookies.  
 Have winter fun!

SQSA - Parade Figure Skating Club will be joining us!

Sponsored by East Isles, Lowry Hill, and Kenwood Isles Neighborhood Association

"Back up date in case of poor ice conditions: Sunday, January 29"






## Lunch with Lisa

Join Council Member Lisa Goodman for lunch. Assistant City Attorney Lois Conroy will speak about Minneapolis' Downtown 100 Initiative and learn how it has led to a 74% decrease in crimes committed by the top offenders in downtown Minneapolis. St. Thomas University Minneapolis. 446 Terrance Murphy Hall. Note room change.

Enter at southwest corner of 10th and LaSalle; take elevator right off main atrium to 4th floor. \$10 lunch is offered. Come early to get lunch and a good seat.

## Meg Tuthill Tenth Ward

On Tuesday, October 25, Community Energy Services (CES), in partnership with the McKnight Foundation and the City of Minneapolis, hosted the Award Ceremony for the 2011 Outreach Grant Challenge. Monica Smith, staff for ECCO, East Isles Residents Association (EIRA) and Cedar-Isles-Dean Neighborhood Association (CIDNA), was also one of five who won an Outstanding Contribution Award for her extraordinary efforts to assist ECCO, EIRA and CIDNA to be successful in the Outreach Challenge. Thank you Monica for all your hard work and dedication!

Last but not least, I would like to thank each of the 10th Ward neighborhoods for participating in the CES Outreach Challenge. As a result of your hard work, the 10th ward was one of only two wards that had 100% participation!! Congratulations on this achievement! I am so proud to represent each and every one of you.

Snow Emergency Information – Stay Informed!

Hotline - Call (612) 348-SNOW

The City's Website - Visit [www.minneapolis.gov/snow/](http://www.minneapolis.gov/snow/).

MPRB releases Winter-Spring activities Guide

Check out the Minneapolis Park and Recreation Board's (MPRB) new Winter-Spring Guide! You can find the guide at [www.minneapolis.org/documents/2011-2012-Winter-Guide.pdf](http://www.minneapolis.org/documents/2011-2012-Winter-Guide.pdf) and at recreation centers and libraries citywide. The Guide features activities, amenities, events and sports for youth, teens and adults available at parks, lakes and recreation centers throughout Minneapolis.

For park information or an online copy of the Guide, visit [www.minneapolis.org/home.asp](http://www.minneapolis.org/home.asp).

Meet with Meg for Lunch 12 to 1 second Tuesday of each month. Precinct's Community Room (3101 Nicollet Ave S). Bring your sack lunch! Cookies and lemonade are provided! .

## Park Board to hold open houses for review of Brownie Lake Area Plan

The Minneapolis Park and Recreation Board (MPRB) has been working with a Citizen Advisory Committee (CAC) to develop recommendations for an area plan for Brownie Lake. An open houses was held on January 17 and another will take place on February 14, for review of those recommendations before they are forwarded to the Board of Commissioners for approval. The open house will be held from 6:30 to 8:00 p.m. at Kenwood Community Center, 2101 W Franklin Ave.

Brownie Lake, a secluded water body surrounded by steep wooded slopes, is located at the north end of the Chain of Lakes. This natural area is enjoyed by hikers, bikers, skiers, canoeists, and an occasional fisherperson. Amenities will support existing recreational opportunities.

## Achieve Minneapolis Presents

Second Monthly Public Education Engagement Series

Our City, Our Schools

Closing the Gap: Success stories

Our City, Our Schools will kick off its first session with a program on "Community Engagement and the Achievement Gap", led by staff from AchieveMpls. The event will be held on Thursday, January 26 from 7:30-9 am at the Walker Art Center, 1750 Hennepin Ave South in Minneapolis. Come with your questions, your ideas, and your friends. Refreshments will be served. Please RSVP to Shoshana Daniels at 612/455-1535 or [sdaniels@achievempls.org](mailto:sdaniels@achievempls.org) to reserve your spot today.

About AchieveMpls

As the strategic nonprofit partner of the Minneapolis Public Schools, AchieveMpls mobilizes a wide web of community support and resources to ensure academic achievement, equitable opportunities, and career and college readiness for all students. Preparing our young people to succeed in school, work, and life is the best investment we can make in our city's health and vitality. For more information, visit [www.achievempls.org](http://www.achievempls.org) or call 612/455-1564.

## Around the World in Kenwood

ARTrageous Adventures "Cultural Creations" School Release Day camps take children on an imaginative journey to other countries through storytelling, visual arts and dramatic play.

Children ages 5-11 are welcome to attend these half day or full day camps that teach cultural awareness while creatively socializing with their peers. Each camp day children are able to get a stamp in their reARTcycled passports representing what country they have visited that particular day.

There are still 12 more release days in Minneapolis before school lets out on June 5th. If your child wants to travel the world right in their own neighborhood while using their imagination to paint, sculpt and create amazing art then check out this studio!

For more information about the Cultural Creations Camp program call the studio at (612) 423-7554 or check out the website at [www.artrageousadventures.com](http://www.artrageousadventures.com).

## Classified Advertising

JANUARY 2012

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## HAPPENINGS IN THE NEIGHBORHOOD

JANUARY 20, OPENING AT BOCKLEY GALLERY

JANUARY 22, 1-3PM ICE SKATING PARTY LOI

JANUARY 22 10AM ROYAL WINNIPEG BALLET AUDITIONS

JANUARY 25, NOON LUNCH with Lisa

January 26 7:30am Achieve Minneapolis, Walker Art

February 7 Precinct Caucuses

February 11 6:30pm Kenwood School fundraiser

February 14, Brownie Lake meeting at Kenwood Rec

Neighborhood monthly meetings:

CIDNA: 2nd Wednesday 6pm at Jones-Harrison

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

except for Feb 8 precinct caucus day

EIRA: Feb. 1 meeting

KIAA: 1st Monday 7pm Kenwood Rec Center,

LHNA: 1st Tuesday 7pm at Kenwood Rec Center

## Looking for bridge players who play on days ending in "Y"

**The Kenwood has tables available**

If you like to play bridge, then call the Kenwood! Games are played frequently in the 15th floor party room, overlooking the downtown Minneapolis skyline. Bring in your own bridge group and enjoy a beautiful room with no hassle.

If bridge isn't your game, visit the Kenwood's website at [www.thekenwood.org](http://www.thekenwood.org) to see our full calendar of events. Most events are free and open to the public. Call Jenny at 612-294-1684 or stop by 825 Summit Avenue to get a schedule.

## Ahmoo Angecneb

Opening Reception: Friday, January 20, 6 to 9 pm  
Exhibition: January 11 through February 11, 2012

Bockley Gallery is excited to announce its upcoming exhibition of works on paper by Canadian artist Ahmoo Angecneb. This exhibit marks a chance to see Ahmoo's work in the U.S. where he has rarely shown. This is his first show at Bockley Gallery.

Gallery Hours: Wednesday through Saturday, Noon to 5 pm

[Bockley Gallery](http://BockleyGallery.com), 2123 W. 21st Street (west of Lake of the Isles, near Franklin), Minneapolis

## 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>

## Fall Wine Tasting

By Patrick Fleetham

The fall Hennepin Lake Community Wine Tasting raised \$14,821.00 for the 9 neighborhoods of Uptown.

The 9 neighborhoods retained all ticket sale money and this is the largest fundraiser of the year for the bulk of the neighborhoods.

In addition, the 4 founding neighborhoods, CARAG, ECCO, EIRA, & LHENA each received a check in the amount of \$1,274.00, compliments of the sponsors Parasole, il Gatto, Calhoun Sq., Great Clips and Hennepin Lake Liquors and general ticket sales.

Uptown Never Tasted So Good ~ ! ~

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## MEET YOUR NEIGHBOR, BRIAN MEEKER

Craig Wilson interviews Brian Meeker of Kenwood Gymnastics about the 1984 Olympics, his ESPN crash of the millennium and the “Meeker Stoop Night” rendezvous.

**You’re a former Olympic athlete?** Yes, I was an alternate on the U.S. Team that won the Gold Medal in the 1984 Olympics in Los Angeles.

**When did you start gymnastics and what was your athletic career like?** I started at age 10, which is considered old these days. I did well as a Junior gymnast and won the 1978 Junior National All-Around Championship. From there I went to the University of Minnesota where we won three Big Ten Championships. I was a two time All-Around Champion. I also was an NCAA All-American. I was also a five-time National Team member for USA Gymnastics.

**Rumor has it that you’re a sports legend for a particular incident a few decades ago?** Yes, my claim to fame is my vault crash. While vaulting in the Sports Festival in Syracuse in 1982, my foot slipped off the spring board and I went chest first into the vaulting horse. I’m still well-known for that crash. Just search under my name on YouTube. ESPN recently voted the incident the crash of the millennium, so I have a thousand years before someone usurps my title.

**How has gymnastics changed over the years?** Gymnasts continue to raise the bar on difficulty. I can’t believe the things my 13 year old son, Henry, is doing in gymnastics. Some things he does as a teenager we had not dreamed of in my day in college.

**What do you offer at Kenwood Gymnasium and where is it located?** We are a community gym. We offer preschool classes from 24 months to 5 years old. We have our progressive classes for 5 years and older for traditional gymnastics training. We have a tumbling and trampoline class and one of my favorites is our adult gymnastics class. If you ever wanted to learn how to flip, or relive your old glory days the adult class is for you. In addition to our classes, we have Boys



Brian Meeker

and Girls competitive teams. Finally, we have Open Gym on Tuesday’s at 7:00 and Friday’s at 6:00. Open gym is an hour where all kids 5 and older are welcome to run off some energy and try out their gymnastics and tumbling skills in our gym.

**What other athletic activities do you pursue?** I am an avid mountain and road biker. I also do a lot of cross-country skiing when there is snow on the ground.

**You and your very industrious wife, Barb, have painstakingly restored your historic home. Can you highlight its evolution?** I have to give all the credit to Barb, she has an amazing eye and has put in hundreds of hours restoring the house. It thankfully was never ruined by the bad rehabs of the 70s and 80s so much of the original architecture was intact. We appreciate the beauty of older architecture and work hard to keep true to our original design when possible.

**Your corner of Lowry Hill, south of Franklin, has a very active group of neighbors. What is life like with alleys and lots of activity?** We love our neighborhood. We organize lots of progressive dinners with our block so we can catch up and tour each other’s

home projects. We also organize a pub crawl or two. There is nothing like a last minute “Meeker Stoop Night” where I call neighbors and say if they come to my stoop within 20 minutes on a Friday or Saturday night the first beer is on me. Our alley is always crowded with kids and parents alike and that’s the way we like it.

**What’s in store for 2012?** We are off to a great start in the gym and look forward to continuing growth. Hope to see you at Kenwood Gymnastics Center. Check us out at [www.kenwoodgym.com](http://www.kenwoodgym.com) or on our facebook page.

### Canada’s Royal Winnipeg Ballet School Audition Tour

What: Minneapolis-area dancers will have the opportunity to audition and take master classes with instructors from the acclaimed Royal Winnipeg Ballet School (RWB School). RWB is holding auditions for its RWB School Professional Division and Teacher Training Programs on Sunday, January 22.

Who: Media and cameras are invited to gather footage/photos of the auditions or master class.

When & Where: Sunday, January 22

9:00 - 10:00 Audition 10 - 12 years

10:00 - 10:30 Question & Answer Period

10:30 - 11:15 Audition 13+ years

12:00 - 13:30 Ballet Master Class 10 - 13 years

13:30 - 15:00 Ballet Master Class 14+ years

Cole Leinburd, Royal Winnipeg Ballet

P: 204-510-4350 E: [cleinburd@rwb.org](mailto:cleinburd@rwb.org)

Minnesota Dance Theatre & The Dance Institute

528 Hennepin Ave, 6th floor

Why: For over 40 years the Royal Winnipeg Ballet School Professional Division has been preparing young artists for careers with the Royal Winnipeg Ballet Company and companies around the world. Contact: Report to Lindsay McKnight on January 22nd at 528 Hennepin Ave, 6th floor in Minneapolis.



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## CAFE CLOSES. VACANCY DARKENS KENWOOD CORNER

By Janet Hallaway

Kenwood Cafe closed its door last Sunday leaving the future of the space uncertain.

Following a public meeting in December when the cafe's closing was announced, a group of neighbors convened to explore options for how the space could meet continue to meet the needs of the community. The darkened storefront is a loss for the many people who gathered here for morning coffee, meetings, or lunches. The cafe was a favorite destination for people of all ages and incomes.

The neighborhood group, a well-heeled group of business, real estate, and finance professionals, talked with landlord Paul Modell of Excelsior, MN about several options for the space. Modell was not interested in selling the building. He did agree to have prospective tenants meet with the neighborhood group. The hope is that any new business owner would support continued use of the space for bookstore, gallery, and school events and community meetings. The group reported that several financially viable businesses have expressed interest in the space.



Photo by Dorothy Childers

During the closing of the Kenwood Cafe, a large crowd of well wishers stopped by with bouquets of flowers, and champagne, wine, and sparkling apple cider to toast Catherine Veigel and wish her well. During the bittersweet camaraderie, Catherine and her staff took a break for a photograph to commemorate the event. Shown here, left to right are Alec Gruba, Gloria Iacono, Mary Bergherr, Catherine Veigel, Jenna Bloom, Lori Mittag, Megan Bauman, Ana Albrecht, Lisbeth Shively, Rosemary Callahan, and Lara Rommereim.



Catherine receiving a bouquet of roses from Connie Remele, left, and Beth Dooley, right.

Photo by Dorothy Childers

## Thomas Lowry Park

### *The First Fight for Preservation of the Neighborhood*

By Bill Payne

Lowry Hill residents remember the fight, carried into the courts, against a proposed high rise on the Dunwoody mansion site (now Mount Curve Place). But that wasn't the first fight against commercial intrusion onto Lowry Hill and probably never would have occurred had the first fight been lost.

In the summer of 1922 John Friedman applied for a building permit to erect a 13-story apartment house on the tract of land between Colfax and Bryant and Mount Curve and Douglas, now the site of Thomas Lowry Park. At that time, Bryant went through to Mount Curve.

Friedman was a real estate developer and responsible for numerous apartment buildings in the area.

The Minneapolis Morning Tribune on September 16 published a rendering and provided details of the proposed building.

When he appeared before the planning commission on September 18, Friedman asserted he had owned the tract since 1919. According to the Tribune, 50 residents appeared in opposition; 21 residents, including many noted residents of early Minneapolis, had signed a petition opposing the project.

Apparently some who spoke in opposition suggested that the site would be appropriate for a park, and the planning commission deferred action until September 28.

A petition was submitted to the park board and considered at its meeting on September 22. It was referred to a committee.

At the meeting of the planning commission on September 28, Wyman Phelps, the park board representative, asked the commission to defer until after an October 4 park board meeting.

The park board had, by law, the power of eminent domain. It could decide that a particular parcel of land should be used for park purposes, condemn the land (paying fair value for it) and then assess the costs of acquisition and improvement to the benefited owners (much like a street assessment). This power had been used, more than a decade before, for the acquisition of Kenwood Park.

At its October 4 meeting, 25 residents appeared. Friedman had no objections, and the park board approved going forward. Final action was taken at the November 1 meeting of the park board.

Why did John Friedman acquiesce in the taking of the tract? He had proposed at least two other developments on a portion of it, one a four-story apartment building and the other a six-story one. Perhaps there were others. No organized opposition was reported, and it is not known why they were not constructed. Perhaps his proposal in 1922 was intended to be so outrageous that the residents would buy him out, relieving him from ownership of this unsightly gravel mound.

At its December 28 meeting the park board approved plans and appointed commissioners to appraise the tract.

The proposed park continued to be controversial. The 1923 board proceedings had 20 entries on "Mount Curve Triangle." The appraisers reported back on March 7, apparently with an over-the-top valuation of over \$76,000 for the land with additional improvements bringing the amount assessed to \$100,200. On March 21 a delegation protested the amount, but the apprais-

Thomas Lowry Park to page 11

## What do you see? A glass half full or a leaky roof?

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**Kenwood Implements Popular Volunteer Program; Tours Continue This Month**

By Nicole Valentine

Photos by Leslie Nall



Kenwood Elementary School is having tremendous success this year with a new, parent-led math enrichment program. "Parents as Partners" was developed and implemented by East Isles resident and Kenwood parent, Kathy Moe. "The school community has had an interest in creating a multi-level math enrichment program for the students for some time. And with such tremendous parent participation in the school, I had an interest in creating a program where children could work in small groups with consistent volunteers," said Moe. After a short trial at the end of the last school year, the program was implemented in grades 1 through 5 this fall.

Volunteers meet with the same small group of students for 30 minutes each week. The groups range in size from 2 to 6 students. Most of the volunteers meet with their groups between 7:45 and 8:15 a.m. one day a week. "One of the advantages of our 'early start school,' is that there are great opportunities for working parents to volunteer

before they begin their work day.

I come in and participate in Parents as Partners one morning a week and then go off to work," said CARAG resident Brad Ehalt.

Currently the program has 85 regular volunteers, including parents, grandparents, aunts, and community members. "The amount of parent interest in this program has been tremendous," said Principal Cheryl Martin. "And the children and the teachers really benefit from the specialized small group work."

"I've been thrilled by the parent interest and teacher support of this program. And I think it is really benefiting the children at the school. A teacher recently told me that the kids enjoy their small groups and that the program makes math accessible and fun," said Moe. If you are interested in learning more about the program or volunteering, contact Community Liaison Sue Payne at 612-668-2778.

Tours of Kenwood Elementary continue this month. School request cards are due to the Minneapolis School District for the next school year February 29. The parent-led tours take about an hour and will be held most Tuesday and Thursday mornings at 8:30 a.m. through February 23. Call Sue Payne at 612-668-2778 to schedule your tour. Come and see why "Arts+Smarts=Kenwood."

Mark your calendars for Kenwood's biggest fundraiser of the year. The annual auction to benefit the school's PTA will be held at Kenwood Gymnastics Saturday, February 11 from 6:30 p.m. until midnight. This year's theme is "Midnight at the Oasis." Through this fun party, which includes both silent and live auctions, the PTA hopes to raise over \$38,000 to support arts programming and classroom needs at the school. The ticketed event is open to the public. If you are interested in attending or have an item to donate, please contact event chair Alyssa Peterson at [Alyssa@evokedesigninc.com](mailto:Alyssa@evokedesigninc.com).

**Food is Medicine: Cold and Flu Strategies**

By Andrew Litchy

Winter is here in Minnesota. It brings mornings with freshly fallen snow clinging to trees and houses, blanketing our state with pristine beauty. It also brings cold temperatures and the dreaded cold and flu season. Fortunately, we can prepare ourselves for the inevitable exposure to cold and flu viruses. If we catch a cold or flu, we can help ourselves heal quickly and effectively.

Food choices can help support a healthy immune system. Deficiencies in vitamins and minerals leave us vulnerable in infection (1). Eating fresh or frozen produce at every meal is a wonderful way to improve or maintain your health by providing essential nutrition. Bright vegetables have flavinoids, vitamins, and minerals which can boost immune function and have many other health benefits as well. Different colors of vegetables and fruit indicate different, healthy nutrients. A way to make sure we have what we need is to "eat a rainbow" every meal. That is, be sure to eat foods with several different colors. Simple!

Common spices like garlic, turmeric, and cardamom also have been shown to have many health benefits, including enhancing immune function(2,3). Not only are they delicious, but they can help you stay healthy.

Eating fermented foods like yogurt, sauerkraut, kefir, or kim chi helps maintain a healthy intestinal tract (4). When our gut is healthy, we have improved immune response to colds and flu (5). Also, eating fermented foods can help slim belly fat (6).

If we do get a cold or flu, it is important to rest and sleep. Resting as soon as we start to feel ill will help us fight the infection quickly. This may be difficult with our busy lives, but it may be better to be ill for a few days rather than a few weeks!

When we are sick, we should eat simple foods like soups or stews. These foods are comforting, and they are also easy to digest. The body needs to spend its energy on getting healthy, not digesting rich food. Try some mush-

rooms and onions in your soup. These vegetables possess immune enhancing compounds like beta-glucans and flavinoids(7). Plus, they are delicious.

Herbal tea can also be very helpful when healing. A strong pot of fresh ginger tea can help clear your sinuses and boost your immune system. Try simmering some sliced, fresh ginger in water for 10-15 minutes. You can add lemon or lemongrass for flavor and vitamins.

Winter is part of life here in Minnesota, but suffering from prolonged colds and flu is avoidable. Take care of yourself with healthy foods and rest!

**Andrew Litchy, ND is a licensed naturopathic physician. He is passionate about the healing powers of food, fun, and balanced lifestyle. More information about Dr. Litchy can be found at [www.neighborhoodnaturopathic.com](http://www.neighborhoodnaturopathic.com).**

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Getting ready for Loppet

Photo by Steve Korvis

An 80+ plus patch on her ski jacket says it all.



Meet Betty (Penny to her friends) Jacobs, our 80 years plus Bryn Mawr neighbor who can be found skating on Cedar Lake almost every day this winter in spite of a somewhat thin ice surface. Ice skating is just one of her many activities and challenges that she takes up at age 85. She says that she likes to challenge herself and try new things. In addition to ice skating she is relearning to play the guitar. If there ever was an example of "its never too late" our neighbor Penny is the go to girl for an example. We wish her well and happy skating.

Photo by Dorothy Childers

## CITY OF LAKES

Loppet celebrates its

By Steve

How fitting that on a weekend known for the National Football League's Superbowl, where each year's event is numbered using Roman numerals, that this year's City of Loppet festival celebrates its Xth consecutive year, Saturday and Sunday, February 4th and 5th.

I was able to sit down and ask some questions of John Munger who has served the past X years as the Executive Director of the City of Lakes Loppet and the City of Lakes Nordic Ski Foundation.

**Q. What are your thoughts or feelings as you reach this ten-year milestone?**

What am I thinking about it today specifically, or in general? (He says chuckling as he looks out the window on a sunny, snow melting, above freezing afternoon.) No, of course I'm excited about it. We all are. There were times in the early years that it seemed like we couldn't reach this point. But we've learned a lot over the years and we've always faced whatever mother nature threw at us. We're especially excited about moving to the streets in Uptown and Calhoun Square as our center stage for the event this year.

**Q. Did you image this, being where you are today, ten years ago?**

I think once we got started we imagined that this had the capability to being just as big as the Birkebeiner (annual Nordic ski race held in Wisconsin), but different, an urban cross-country skiing event.

**Q. What's easier now that you've done this 10 times.**

The weather. We had the most challenge handling the extremes. The second year it was super cold. Year three it was 50+ degrees for three days preceding the event, so our Sunday event was just a ski party in Uptown. Year four was "the year of the shovel" where we had to move a lot of snow to make it work. But we did. And year five was our coldest, often referred to as "the Moleskin Loppet." Since then, we've been prepared.

**Q. What's become harder?**

The first five years we put on an event for 1,800 to 2,000 people. It's become a whole new challenge to do an event for six, eight, or ten-thousand. I mean, for example, it's a lot different to try to hand out that many cookies at the end of a race. Also, beyond the event, our programming in the schools has taken on new issues of scale. We started doing ski training at one and two schools, but today we're up to serving more than 600 kids in six different schools.

**Q. How has the surrounding Lake-Isles neighborhoods reacted, embraced, supported the Loppet over the years?**

Tremendous! The residents in the lakes neighborhoods have been the core of our volunteers, the core of our support, and core of our contributors. The individuals and volunteers from those who live near Lake of the Isles have been what's made putting on the Luminary Loppet possible. And the general population, those who aren't into skiing, they've embraced it as a community event. I hear so many stories about people holding Luminary parties, and celebrating the Loppet as a community event, and something that makes them proud to be living here.

**Q. How many people do you expect this year and how does that compare to last year and your first year?**

That's so hard to say, because the weather is always a factor. But we believe that moving the event to the streets of Uptown on Hennepin Avenue between Lake Street and 31st will create more exposure and excitement. We're thinking we'll see about 12,000 participants and between 70,000 to 100,000 spectators. Last year we had an estimated 10,000 participants and 50,000 spectators. Our first year? We had 750 participants and about 1,500 spectators.

**Q. How has the Loppet evolved over the years? What's new this year?**

Well, we started as a ski race. Today, it's become a festival with so many kinds of events, from snow

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# ES LOPPET X

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sculptures to ice bike racing to Skijoring, in addition to a lot of kinds of ski races. This year we're adding a "Kubb" tournament. It's a Swedish "lawn game" that's played on ice. We've got a 32-team field tournament that will be held in front of Tin Fish on Lake Calhoun. It's going to be fun.

**Q. Finally, John, what do you see looking ten years forward from today?**

I see more national and international events take place here because of what we have established with the Loppet. We had the Junior Olympics last year. This year we'll host the ParaOlympics. I see world nationals for seniors and other events looking seriously at Minneapolis as the place to host their events. These kinds of events are of benefit to the city's economy because they attract people from out of town in the winter months when the hotel occupancy seasonally drops. Bringing people to Minneapolis in the winter means a lot to hotels.

From a broader perspective, I see the Loppet becoming a more established or formal part of Minneapolis' identity. This Nordic skiing is, or should I say has become, unique to Minneapolis.

**Q. Is there anything you'd like to add?**

(Looking again out the window) I wish it would snow. Or actually, I wish we could sustain some cold temperatures. But bigger picture, I hope in the long run that the Loppet will have acted as a foundation for how we get Minneapolis kids outside and gain a passion for outdoor activities.

For information on the event, weather updates, or volunteering, contact the Loppet office at [www.CityoflakesLoppet.com](http://www.CityoflakesLoppet.com) email at [info@cityoflakesloppet.com](mailto:info@cityoflakesloppet.com) or call 612-612-604-5330.

Steve Kotvis is a regular contributor the Hill & Lakes Press and opted this month to cover the Loppet in place

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of his monthly "Minneapolis Minds" column about public education. Steve has been a volunteer with the City of Lakes Loppet organization for eight of the past

ten years and serves as Photography Coordinator, creates its annual radio and TV ads, and participated on the Loppet's Sponsorship committees.

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## KENWOOD ISLES AREA ASSOCIATION (KIAA)

By Amy Lucas

### January 2012 KIAA Meeting Minutes

The KIAA meeting was called to order on January 9, 2010 at 7:00 p.m.

Board Members present: Larry Moran, Chair, Michael Bono, Jeanette Colby, Angie Erdrich, Amy Lucas and Ed Pluimer. Others present: Dylan Thomas, Southwest Journal; Rob McCabe, Kenwood resident.

#### Kenwood deli update

The current owners will be vacating the deli space in mid-January. A neighborhood meeting was held at the deli in December to discuss future uses of the soon-to-be-vacated space. At the meeting Kenwood residents, Ed McConaghay and Marion Moore, were identified as contacts willing to pursue viable use of the deli building. There have been suggestions for purchase/lease of the building by a non-profit like KIAA. Four potential tenants have expressed interest in the space.

KIAA will explore a neighborhood survey (i.e. Survey Monkey) to gather Kenwood residents wishes for building use like beer/wine license and ability for KIAA to act as a 501(c) (3) operator. KIAA is interested in assisting in any way possible that continues viable use of the deli building.

There are approximately 250 emails in the Kenwood database. Kenwood residents that would like to receive KIAA emails/updates/surveys should contact Kathy Williams at [kathyroyw@gmail.com](mailto:kathyroyw@gmail.com).

#### LRT Update – Jeanette Colby

The DEIS (Draft Environmental Impact Study) has not been issued and is not expected until late spring/early summer.

Co-location of light rail and freight is being studied.

The CAC may be enlarged for more representation.

Henn Co. Community Works committee for the SW Corridor have requested a Kenwood representative. No one has been identified at this time.

#### KIAA Term Limits-Larry Moran

KIAA board members currently serve for one year; elections are held at the annual meeting.

Ed Pluimer explained that the board is not represented or controlled by one person as in official elected positions (i.e. governor, legislator) and therefore term limits are not as important.

The board by-laws allow for more KIAA members than currently on the board.

KIAA approved maintaining the current KIAA by-laws, which do not require membership term limits.

#### Announcements

Ice Skating Party on Lake of the Isles will be Sunday, January 22 from 1:00-3:00 p.m. If the ice is unstable, the back-up date is Sunday, January 29 from 1:00 to 3:00 p.m. Free cocoa and cookies; sponsored by the surrounding neighborhood associations.

Angie Erdrich was interested in edible plantings (apple trees, blackberry bushes, wild asparagus) in Kenwood parks. Amy Lucas will contact the Mpls Park Board about the possibility.

#### February KIAA Meeting will include:

Presentation of 7th Ward activities by Lisa Goodman

Update from Crime Committee Chair, Mark Johnson

KIAA to page 9

## EAST ISLES RESIDENTS ASSOCIATION (EIRA)

By Monica Smith, Recorder

### CORRECTION

The minutes from the December 2011 EIRA Board of Directors meeting incorrectly stated that Council Member Meg Tuthill will be introducing an ordinance change for recreation fires. Two Community Advisory Committees (environmental and health) are studying the issue and will report their findings to the City Council for further consideration.

### Minutes from the EIRA Board of Directors (BOD) Meeting January 3, 2012

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 Quintero, and Linda Schutz.

Vice President Dan McLaughlin called the meeting to order at 7:00 p.m.

#### Announcements

Dan McLaughlin reported that EIRA is a self declared 501(c)(4) – not a 501(c)(3) as is stated in the bylaws. The bylaws will need to be amended but no action will be taken at this time.

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

Told Development is working on a proposal for 27th St and Lyndale Ave. with Trader Joe's as the potential tenant. The site is not currently zoned for that type of business and would require a zoning change to be permitted.

Mosaic is proposing adding Bar Louie with 250 indoor and 150 outdoor seats.

The public hearing for Tao Natural Foods will be January 5, 6 p.m. at Kenwood Rec Center. Tao Natural Foods has not been in contact with EIRA about their plans. EIRA will contact them to learn more about their application for a bar and wine license, expansion of exterior sidewalk seating and also interior seating, and changes in hours of operation.

The Kite Festival will be held on January 21 (one week later than original date of Jan 14 due to warm weather) noon-4 p.m. at Lake Harriet.

The four-way stop will be added to 24th and Fremont Ave in the next few months.

CM Tuthill is waiting for information on a potential new development in CIDNA (near the Calhoun Beach Club).

#### Open Forum

The EIRA Board unanimously approved a motion to form a Nominations Committee to recruit candidates for the EIRA BOD employing a variety of citizen participations outreach and informational methods/efforts/techniques to broadly publicize opportunities to serve on the BOD at the Spring EIRA Members' annual meeting. A budget of up to \$150 was approved for the committee.

The committee will have a minimum of three members, including Chair Linda Schutz, Dan McLaughlin, and if she is agreeable to serve again on this special committee, past EIRA president, Nancy Johnston. Not all 11 EIRA board members are expected to return for another one-year term (May 2012 - April 2013).

Current board members' positions on reelection: four members running for re-election, three will not be seeking reelection, and four undecided/undeclared.

The BOD discussed changing the regular meeting dates since the first Tuesday of the month has several conflicts. Dan McLaughlin and Monica Smith to discuss options to present at the February 7th BOD meeting.

### REPORTS

EIRA Zoning Committee

Harvey Ettinger reported that the Zoning Committee has been in contact with Mike Warren, 2844 Irving Ave regarding an addition to his duplex. Mr. Warren will meet with the Minneapolis zoning staff and then he will meet with EIRA's Zoning Committee.

EIRA received notification that the construction of a new home will begin soon at 2841 Lake of the Isles Parkway. The property owner may be invited to the February BOD meeting to present the plans.

### Social Committee

The Ice Skating Social will be held on Sunday, January 22 (Jan. 29th is the back up date) from 1-3 p.m. at the Lake of the Isles Ice Rink. Coffee, hot chocolate and cookies will be available. New this year, the Parade Figure Skating Club will be joining us.

The Social Committee was encouraged to make sure that fire pit regulations are met.

The BOD unanimously approved placing an ad in the January issue of the Hill and Lake Press to promote the social.

Treasurer's Report Al Rodriguez presented the Treasurer's report.

### NRP Report

The NRP Committee and the Green Team are promoting Community Energy Services (CES). A free workshop will be held on Saturday, January 21, 10 a.m., Jefferson Community School at 1200 26th St W. (other dates and times available). The price of the follow up home visit will be increasing in Spring 2012. Attend a workshop and schedule the home energy visit before the end of March to receive the home visit for just \$30.

The administration of NRP has been transferred to the City of Minneapolis. EIRA's NRP Steering Committee secured contracts for much of the work we have been discussing. We are still pursuing a contract for improvements to the vegetation along the Greenway/Mall area and for boulevard trees.

The BOD unanimously approved a budget of \$1,000 to produce a mailing to all East Isles residents to announce the NRP programs.

Dan McLaughlin and Monica Smith will meet with an interested resident to explore the formation of a communications committee.

### Green Team

The Green Team met with Lowry Hill East, East Calhoun and CARAG to work on multi-unit composting partnership. They are working to identify one or two owners of multi-unit building in East Isles to join in a trial composting project. The next meeting for this project is January 12.

The next meeting of the East Isles Green Team is Monday, January 9.

The Green Team is hosting a screening of the film "No Impact Man" on Monday, January 16, 7 p.m. at Grace-Trinity Community Church, 1430 W. 28th St.

### Strategic Planning

Dan McLaughlin reviewed demographic information about East Isles compiled by Wilder Research (October 2011). Dan also shared the ranking of the issues priorities that board members discussed at the November 2011 EIRA BOD meeting (top three issues were: zoning, parks, and crime).

EIRA to page 10

## Join your neighbors for these East Isles events!

### Ice Skating Social

SUNDAY, JANUARY 22, 1:00-3:00 P.M. FREE  
Lake of the Isles Rink, 2500 E. Lake of the Isles Pkwy

You are invited to join your East Isles, Lowry Hill and Kenwood neighbors for an ice skating social. Bring your skates and enjoy a warm fire, hot cider & cookies. New this year, SQSA - Parade Figure Skating Club will be joining us!

Back up date in case of poor ice conditions: Sunday, Jan. 29. Check [www.eastisles.org](http://www.eastisles.org) on 1/22 to confirm.

Questions? Contact Amy Sanborn, [amysanborn18@gmail.com](mailto:amysanborn18@gmail.com).

### EIRA Board of Directors Meeting

WEDNESDAY, FEBRUARY 1, 7:00 P.M.\*\*  
Grace-Trinity Community Church, 1430 W. 28th Street

\*\*Please note: The February meeting of the EIRA Board of Directors has been changed to Wednesday, February 1 due to a conflict with precinct caucuses being held during our usual meeting time (2nd Tuesday of the month).

Contact [president@eastisles.org](mailto:president@eastisles.org).



**WANTED:** East Isles residents interested in joining the EIRA Board. If you would like to participate and learn more about your neighborhood, contact Monica Smith at [nrp@eastisles.org](mailto:nrp@eastisles.org) or 612-821-0131.

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# CEDAR ISLES DEAN NEIGHBORHOOD ASSOCIATION

By Monica Smith

Note: Below are abbreviated meeting minutes from CIDNA's December 2011 and January 2012 meetings. The complete minutes can be found at [www.cidna.org](http://www.cidna.org).  
**BOARD MEETING MINUTES, December 14, 2011**

Chair Gail Lee called the meeting to order at 6:04 p.m.

**Announcements:**

The board unanimously voted to donate \$500 to Jones Harrison Residence.

Chair Lee reported on a concern from a resident about parking and traffic safety issues around Jones-Harrison. The topic will be discussed at a future CIDNA board meeting.

Ray Greco was unanimously approved as a new member of the CIDNA Board.

**NRP Committee Report:**

NRP Phase I & II and CPP budget review:

The current CPP program has been extended until June 30, 2012 and CIDNA will receive an additional \$8,000 for the six-month period. Monica Smith presented the revised budget for the CPP program. The budget was unanimously approved. An overview of NRP Phase I and II budgets were also reviewed.

**Annual Report filing:**

The CIDNA Board unanimously approved a resolution approving the contents of the Annual Report for submission to the Attorney General for the State of Minnesota.

**Sunset Boulevard:**

Ryan Fox reported on the City's position on the reconstruction of Sunset Boulevard. Public Works will allow the elimination of one lane of parking to be replaced with green space and a sidewalk. The City will reduce the petition threshold from 100% to 75% for a new sidewalk. If 75% of one side of Sunset approves, a sidewalk will be installed (paid for by Metropolitan Council Environmental Services). Property owners need to commit to the maintenance of the sidewalk (snow removal, etc.) and agree to the costs of future sidewalk repair. If 75% of residents do not approve of the sidewalk plan, the City will instruct MCES to replace the roadway "as is".

**Transportation Committee Report:**

Ed Ferlauto reported on the Dec. 5th Southwest LRT Stakeholders meeting for Calhoun Village and Calhoun Commons. A health and wellness fair is being planned for April 21, 2012 (Earth Day).

Ferlauto also reported on the Southwest Community Works Steering Committee Meeting held Nov. 17th at which the Transit Oriented Development

(TOD) funding was discussed

The Cedar Lake Park, Autumn 2011 publication included a summary of the general goals for design and mitigation for the Southwest LRT.

The DIES is now expected to be released at the end of first quarter 2012. Residents are encouraged to join the DEIS review committee.

**Treasurer's Report**

Ed Bell presented the treasury report.

**Weisman Project Update**

Bob Corrick, co-chair of Land Use and Development Committee attended the board meeting to announce a new project that is being considered for the Weisman property (W. Lake Street at Thomas). The proposed project is for rental units (vs. the previously proposed condo project for the site). The developer is Ted Bigos and his architect is Tod Elkins, Urban Works.

The Land Use and Development Committee will provide monthly reports to the CIDNA Board as the project develops.

Meeting was adjourned at 7:15 p.m.

**BOARD MEETING MINUTES, January 11, 2012**

Vice Chair Art Higinbotham called the meeting to order at 6:00 p.m.

**Park Siding Park Update**

Adam Gordon, Metropolitan Council Environmental Services (MCES) discussed the force main sewer project between France Ave and Dean Parkway. The sewer follows Sunset Blvd to Depot St where it crosses the Kenilworth Trail and railroad to W 28th St. The crossing at Kenilworth will be completed by tunneling 27 feet under the active rail operation. This requires the construction of two tunneling pits, one at Depot St and the other at W. 28th St adjacent to Park Siding Park.

The duration of the heavy construction will be 6-10 weeks during the winter of 2012/13.

MCES is seeking a temporary easement from the Park Board for work on park property. CIDNA and the Park Board were planning betterments to Park Siding Park in 2012. MCES is requesting delays to some of the betterments.

MCES will return to CIDNA with more information as the project develops.

**Council Member Lisa Goodman, Ward 7**

Sidewalks need to be shoveled within 4 hours of snowfall for commercial properties and 24 hours for residential property. Call 311 to report non-compliance.

Lunch with Lisa will be Jan 25, noon at the University of St. Thomas.

CM Goodman's office is tracking the proposed new development for the Weisman property and the proposed sidewalk for Sunset Blvd.

**Sunset Boulevard**

Ryan Fox reported on his meeting with Park Board Commissioner Anita Tabb regarding the Sunset Boulevard reconstruction and asked for the Park Board's support for snow removal for pedestrian access.

MCES needs a decision from the neighborhood regarding the pedestrian trail. Ryan Fox will draft a sur-

vey for Sunset Blvd property owners regarding the placement of a sidewalk.

**NRP Committee Report**

The NRP Committee will not be meeting in January.

**Transportation Committee Report:**

In December 2011, the Hennepin County Regional Railroad Authority (HCRRA) authorized an additional \$450,000 to add freight rail relocation to St Louis Park and co-location on the Kenilworth Trail to the Southwest LRT DEIS as required by the Federal Transportation Authority in their preliminary approval letter.

Minnesota Department of Transportation has dropped the freight rail re-route Environmental Assessment Worksheet (EAW) and will have the issue studied more in-depth as part of the Southwest Light Rail project. As a result, Safety in the Park has dropped their lawsuit. Co-location on the Kenilworth will now be considered as an alternative and restudied, not on an EAW level but on an Environmental Impact Study (EIS) level, which is a far higher standard.

Now that co-location is being considered, Ed Ferlauto is proposing that the CIDNA Board consider a resolution requesting a reassessment of the location of the Southwest LRT. The resolution will be discussed at the February meeting of the CIDNA Board.

**Midtown Greenway Coalition Report**

Public Utilities Commission (PUC) ordered Xcel to bury high-voltage power lines under E. 28th St.

The Coalition is hosting a seminar and Open House on January 21 at Freewheel Midtown Bike Center.

An apartment building is being proposed at Lyndale and 29th. Shadowing of the Greenway is concern.

Mike Wilson and Ryan Fox to review lighting needs for CIDNA's section of the Greenway.

**Weisman Project Update**

CIDNA's Land Use & Development Committee had their first meeting (December 19) with the developer regarding the Weisman site (2622 W Lake St). The development will be a rental property with approximately 150 units. The next meeting is January 23.

**New Business**

A public hearing was held on January 9 for a Conditional Use Permit for Orange Theory Fitness (3253 W. Lake St) for the installation of one shower at the facility.

**Brownie Lake CAC Report – Martin Richmond**

The CAC has held three (of four planned) meetings to discuss the \$1 million improvements to Brownie Lake.

Open Houses are planned to review recommendations for the Brownie Lake Area Plan: January 17 to review preliminary plans and February 14 to review the preferred option (meetings are from 6:30 to 8:30 p.m. at Kenwood Community Center, 2101 W Franklin Ave).

Meeting was adjourned at 8:08 p.m.

**Next meeting Wednesday, February 8 at Jones-Harrison, 6:00 p.m.**

**KIAA from page 8**

The meeting was adjourned at 8:00 p.m.

**Reminder: The next KIAA Board meeting will be Monday, February 6 from 7:00 to 8:30 p.m. at the Kenwood Rec Center. The public is welcome to attend these monthly meetings.**

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## LOWRY HILL NEIGHBORHOOD ASSOCIATION (LHNA)

By Janis Clay, Secretary

**Lowry Hill Neighborhood Association Board Minutes** Tuesday, January 10, 2012, Kenwood Recreation Center

Present - Board Members: David Weinstein, President; Maureen Sheehan, Vice President; Janis Clay, Secretary; Dan Aronson, Treasurer; Jimmy Fogel; Sherie Tazelaar; Mark Brauer; Maggie Thurer; Ruth Shields.

Present - Guests and staff: John Erwin, Anita Tabb, and Ginger Cannon, Minneapolis Park & Recreation Board; Chris Madden, LHNA Administrator.

The meeting was called to order at 7:05 p.m. by President David Weinstein, noting a quorum was present.

Approval of Minutes and Agenda: Jimmy Fogel moved and Sherie Tazelaar seconded approval of the December 6, 2011, minutes and tonight's agenda. All approved

**Treasurer's Report:** Dan Aronson reported that he received payment from the City for NRP funds allocated to the Spring Lake Floating Island project, and we have now paid the vendors for their work. We are waiting for payment for bike racks that were installed.

### Committee Reports:

**Communication/Events:** Mark Brauer brought flyers to distribute to publicize the Annual Lake of the Isles Ice Skating Social, Sunday, January 22, 2012, from 1 - 3 p.m. Brian Meeker and Raj Dash will provide the fire pit. The 2012 Annual Meeting will be held in May. Mark is working on arranging a speaker on Conservation Districts. We will work with the Walker to secure either May 15 or 22 as the meeting date.

**Zoning and Planning:** Maureen Sheehan reported on the status of the Hennepin Avenue median planting project (between Groveland Terrace and Douglas). The various government units are communicating, and the process seems to be proceeding. David Weinstein spoke with Patrick Sadler of Lisa Goodman's office regarding the demolition of two houses at the corner of Franklin and Fremont. Both structures were completely demolished over the past month, and so far no applications have been submitted for anything to replace them. The site is presently zoned R2, and so could be a single family house or a duplex. An out of town investor owns the lot.

**Environment:** Jimmy Fogel and Sherie Tazelaar looked at locations of bike racks installed under the matching program, where concerns were raised regarding placement. No changes will be made. Future locations will receive more oversight.

**Crime and Safety:** Maggie Thurer reported that we have two new block captains on Bryant, an area where there have been some recent break-ins. The budget is sufficient to retain the positions of Minneapolis Police Department neighborhood crime prevention specialists Chelsea Adams and Amy Lavender. These positions had been in jeopardy due to budget concerns.

**Thomas Lowry Statue:** Jimmy Fogel suggested a

EIRA from page 8

At the next BOD meeting, we will discuss the following:

- What we feel are key elements of our vibrant neighborhood and we want to preserve
  - What we would like to improve
  - What we do not want
- The meeting was adjourned at 8:40 p.m.

The EIRA February meeting has been changed due to Precinct Caucuses. The new date for the next meeting of the EIRA Board is Wednesday, February 1, 7 p.m. at Grace Trinity Community Church, 1430 W. 28th St.



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Reservation deadline

February 6, 2012

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.

presentation at the March meeting from David Graham and Barbara Fogel regarding the possibility of moving the Thomas Lowry statue from Smith Triangle in East Isles to Thomas Lowry Park. The statue was moved to its present location due to freeway construction during the 1960s.

**Status of Sidewalk Improvements:** Anita Tabb, John Erwin, and Ginger Cannon, Minneapolis Park and Recreation Board, gave an update on the status of the planting plan for the Kenwood Park sidewalk linking Lowry Hill with the playground, baseball diamond, and Kenwood School. The original allocation for the project included money for landscaping. Some funds are also apparently available from money raised by the Palio, for a total of about \$16,000. However, all bids for the present landscaping plan have come in well above this amount. LHNA has options ranging from doing no landscaping and using the money for something else, scaling back the landscaping, or exploring having the Park Board do an "in house" installation, which might cost less, but would lack the guarantees and maintenance obligation of having an outside contractor provide the plants and do the work. We will explore this further, and address it at the February meeting.

**Status of Search for Staff Member:** David Weinstein introduced Chris Madden, a Lowry Hill resident and graphic designer. David Weinstein moved, and Jimmy Fogel seconded, a motion to retain Chris as an independent contractor at \$20.00 per hour for an ini-

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### To the Editor:

Nice work! Janet Hallaway wrote a great article about the community in support of Kenwood Cafe, and what we have done. The people in this community made it what it is today. The value we place on community is shown by the effort put into this common place, the meeting, this article. So many people have shared their stories that have their roots here.

I am often overwhelmed and amazed by how much it means to not only them, but also to me. Thankyou.

Catherine Veigel

### Where we are Now

By Jean Deatruck, Editor

The closing of Kenwood Cafe has been the big news in the neighborhood. Catherine Veigel and her Cafe have been a popular and needed meeting place. We regret losing businesses. On the bright side, new restaurants The Lowry and the Rye Deli seem to be thriving.

We applaud the four-way stop at Fremont and 24th Street. Recently as I drove from Kowalski's, three cars went through the stop signs. We will all be safer now!

2012 is election year and precinct caucuses take place on February 7. Be sure to attend and add your voice to our political system. You can find your caucus location after January 18 by going on the website [www.sos.state.mn.us/](http://www.sos.state.mn.us/).

tial range of about 20 hours per month. All approved.

Other business: There was no other business.

**LHNA's next Board meeting will be held Tuesday, February 7, 2012, at the Kenwood Rec Center. All residents are welcome.** Everyone is encouraged to visit the LHNA website at [www.lowry-hillneighborhood.org](http://www.lowry-hillneighborhood.org), where they can sign up to receive LHNA's monthly E-Blast about events in the neighborhood.

HILL LAKE PRESS Real Estate Sales Nov-Dec 2011											
STREET ADDRESS	ORIGINAL PRICE	Seller Contrib	DAYS MKT	SALE PRICE	TYPE	BED BATH	SQ FT	TAX VALUE	PROP TAX	YR BLT	
2928 Dean Pkwy #4B	\$ 134,000	\$	1	\$ 134,000	C	1/1	700	\$ 143,500	\$ 2,149	1960	
52 Groveland Terr	134,900	4,000	132	136,900	C	1/1	745	145,500	2,462	1967	
1425 W 28th St #618	150,000		18	146,500	C	2/2	1,020	145,500	2,185	1986	
2885 Knox S #708	199,900		63	189,900	C	1/1	875	188,500	3,020	1979	
48 Groveland Terr #306B	219,900		146	216,875	C	2/2	1,195	205,100	3,433	1966	
48 Groveland Terr #406B	224,900		96	229,744	C	2/2	1,200	205,100	2,313	1966	
48 Groveland Terr #207	289,900		233	239,900	C	2/2	1,245	210,900	3,530	1967	
2517 Humboldt S #301	269,900		38	250,000	C	2/1	1,229	280,900	4,575	1922	
2517 Humboldt S #803	309,900		26	295,000	C	2/2	1,500	324,000	5,626	1977	
2950 Dean Pkwy #2404	430,000		84	330,000	C	3/2	1,895	504,500	8,934	1977	
2508 21st St W	449,900		122	410,000	H	4/3	2,279	437,000	7,286	1921	
1773 Knox S	604,000		115	459,000	H	4/3	2,220	604,500	10,706	1926	
1915 James S	599,900	15,703	169	498,000	H	6/3	2,880	761,000	13,769	1905	
2553 Washburn S	549,900		77	500,000	H	2/2	1,602	463,000	7,719	1953	
2950 Dean Pkwy #1801	584,900		34	540,000	C	3/2	1,920	458,500	8,061	1977	
1823 Fremont S	839,000	6,000	412	579,900	H	5/4	5,089	851,500	15,474	1902	
1712 Humboldt S	835,000		694	575,000	H	5/5	2,828	632,500	11,278	1915	
2725 Drew S	749,900		105	611,000	H	4/3	3,423	724,000	12,888	1934	
2116 Oliver S	700,000		1	675,500	H	4/3	3,391	655,000	11,484	1910	
2619 E Lake of Isles Pkwy	2,250,000		15	2,250,000	H	5/6	5,814	2,155,000	42,767	1923	
Sources: Harvey Ettinger - Steve Havig Broker Reciprocity Websites / Hennepin County											
					Home	H					
					Townhouse	TWN	(Go to <a href="http://mplsrealtor.com">mplsrealtor.com</a> for additional info)				

# KNIT SIMPLE

By Madeleine Lowry

When the weather turns cold, the knitting needles and the wool come out of storage. Well, at least that's the way it works at my house.

There is something comforting about sitting by the fire (or even a bright light bulb) clicking away with a soft springy ball of wool by your feet.

I like the feeling of knitting, I like the yarn. I love the colors, especially when there are no colors outside the window.

I hate the patterns.

As a result, even though I have been knitting for close to a decade, I have the rudimentary skills of a beginning beginner, though I can make mistakes faster, identify them more rapidly and rip them out with less regret than when I started. (That's called Progress in my book.)

Knitting builds character. You either learn to wear your mistakes, which keeps a person humble, or you learn to rip them out and start all over again. (Frustration keeps one humble, too.)

Knitting fosters mindfulness. It's quiet, it's meditative. It's an activity that you can fit into odd moments in life, like waiting for your child at a piano lesson. It's a lot less stressful than checking work emails on your phone, for example.

Knit in public and you will make friends. I have

often stopped someone in the middle of their work to ask about the kind of yarn they are using, the kind of stitch they are doing, and their favorite local yarn stores. (My favorite store is Bella Lana in North East Minneapolis near Surdyks. Go and be dazzled by wool.)

Once, while I was working on a moss green scarf in a checkerboard pattern (four knits, four purls, switch every four rows) outside of a classroom at MacPhail, one of the other mothers leaned my way and said, "That is very beautiful." I assured her it was simple to do. She looked intrigued. I offered to teach her. She was very grateful.

She had no need to be grateful, actually. Though I've been at the knitting needles for years, I was only ten minutes ahead of her on the learning curve.

The main thing that is holding me back is decoding skills. Knitting is like a cult. To break in, you must be able to decode the lingo. Many's the time I was seduced by a full-color photo of some darling garment, dreamed of knitting it and had my hopes dashed once I eyeballed the impenetrable instructions.

Those darn patterns always start out in English (ha, just to draw you in, the uninitiated beginning knitter!) The last bits of intelligible text are usually something like, "Cast on 41 stitches." But even this is not a clear direction, since there are about 27 different ways to cast

on depending on whether you want a firm edge, a stretchy edge, whether you are Continental or American.

After that, all natural language is left behind and you must fend for yourself in a forest of random letters and numbers: K12, S11 wyib, K12, P1, S11 wyib, P1, K2, P2, C4B, P2, S11 wyib, P1, K1, K2, P1, K2, P4, K2, P2, K1, P1, K13, P1, K12.

Couldn't those pattern writers spell things out more plainly with the help of a few more letters? Are they afraid of running out of paper? Are they allergic to patterns that extend beyond one page?

By this time I get through reading a pattern like that, I'm thinking, "With these great instructions, a ball of wool and some needles, I too can knit a mitten!" (Not.)

I think that using Native Americans to send coded messages in WWII was a missed opportunity. Really, if they wanted their messages to be perfectly opaque, they should have used knitters.

So, mostly I stick to knitting simple scarves—no pattern required. Although, I may soon run out of relatives and friends that need scarves.

But, there is hope! I found a book called Knitting in Plain English, which may unlock all the cult secrets of the knitting world for me.

One can only hope.

## Thomas Lowry Park from page 4

ers reiterated their valuation.

On April 26, a committee of the park board was at an impasse on whether to go forward. But when the park board met on May 2, swayed by 40 residents in favor, it decided to proceed. On May 9 the Board confirmed the report of the appraisers. Bonds were issued, payable over 10 years, and presumably the benefited properties were assessed this cost.

To learn more about the history of Thomas Lowry Park, see [http://www.minneapolisparcs.org/documents/parks/Parks\\_Lakes\\_Trails\\_Much\\_More.pdf](http://www.minneapolisparcs.org/documents/parks/Parks_Lakes_Trails_Much_More.pdf), the park board's online history by David C. Smith and Smith's blog, <http://minneapolisparkhistory.com/>.

While this story has been reported before, sometimes the dates were wrong and the mythology was not correct. The costs were not donated by interested citizens, but assessed against all benefitted properties. While we don't know which properties were assessed, it was the policy of the park board to assess property within one-half a mile of a new park.

Next month: the design and construction of Thomas Lowry Park.

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# sand upon the waters

By Tom H. Cook

It wasn't as charming as We Bought a Zoo and at times it felt like I was going to buy the farm, but we survived an eight dog holiday season. Hannah, our sweet border collie, and The Cowboy, our aging boxer whose first name is The, have always been good hosts. As I wrote in December, our daughter and son-in-law left us Sunny (chow), Cooper (lab), and Hudson (large and getting larger mix) for the holidays. Henry and Jane (puggle and border collie respectively) claim dual residency down the block and with us. On December 22nd the seven dogs and assorted people waited in anticipation for Sadie, the chocolate lab who was dodging rain and icy cold weather driving out from Minneapolis with her parents, our dear friends, to frolic in the ocean and bask in the California sun.

Sadie and her people made the drive successfully. We were delighted! After just a few minutes of greetings by people and sniffing by dogs, we became a rather impressive (at least in numbers) pack. The dogs handled the details of Sadie's orientation:

Day to day activity Bathroom facilities are in the grassy area out back. We get at least two outings a day. The dog door may look scary at first, but it comes in handy if you want to come and go. Some of us like to eat grass and vomit, usually around midnight. The food is unimaginative but filling. We eat twice a day. You will be fed way over there until we know you better. Don't let Hudson poach your food; he pretends he's just following a scent...

The toys are very average: tennis balls, stuffed animals from garage sales, cow hooves (though they claim to be vegetarians). The best are the squeaky toys, but for some reason they seem to disappear for long stretches at a time, particularly late at night.

The couch that smells like us is the prime sleeping spot. Three of us can fit on it so no stretching out; make tight little balls! The scattered dog beds are on a first come basis. Every time we get up to bark there is fresh seating. Ignore the dog beyond the trees; he's all talk, and none of us have ever even met him. Feel free to join in and bark frantically if you hear people walking by the side yard.

We often watch a movie after dinner (crime dramas, political thrillers; pretty mainstream, and rarely anything with dogs). Plan to rest in the evening. Sometimes there



is popcorn and boy are they messy. There are three water bowls. If the one you want to use is empty, just tip it over and paw it while barking. A staff member should be with you promptly.

Duties and responsibilities Fairly standard. Squirrel and skunk protection. 24/7 watchdog. Dropped crumbs of food detection (as inclined). Random barking (fire drill type readiness). Howling when a fire engine or ambulance passes (mandatory). Serve as an official greeter to welcome visitors as if they have just returned from outer space. Answer any knock at the front door like the four horsemen of the apocalypse have arrived to spirit us away.

Christmas and New Years were rich and made more enjoyable by our benign pack. They shared and played in peace and harmony. The Cowboy and Sadie became good friends, lying on the couch together. The interactions of all eight dogs was humorous, inspiring, and more in keeping with the spirit of the holidays than exchanging gizmos

or putting up garish decorations. I made ridiculous pronouncements about animals living together more successfully than humans.

I am admittedly a bit daft and prone to both exaggeration and anthropomorphism, but it was heartwarming to watch the dogs interact and behave on walks and in the yard. There were moments when it felt like we were living in a kennel and preparing for the Iditarod. Now five dogs have gone home and I am nostalgic. With only three dogs, the house feels empty. The Fed Ex guy came a few hours ago and for a while it sounded like the Spanish Inquisition, but somehow it is not the same.

**Tom H. Cook is a formerly local writer. He is knowledgeable on four subjects other than dogs.**

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