

May/June 2018

Join the fun Saturday, June 2

## Our Annual Neighborhood Celebration

By Maria Gilleece, Chair, Parks Committee  
Field Regina Northrop will host its annual neighborhood celebration on **Saturday, June 2, at McRae Park.** This event is an opportunity to celebrate with your community, connect with your neighbors, learn about local businesses, visit your park, and enjoy the much-anticipated warm weather.

This year we are bringing back the parade with marching drummers, dancers, and even some of our local elected representatives. Lineup will be at 10:45 a.m. at the Field School parking lot at 46th Street and 4th Avenue. The parade will start at 11 a.m. and end at McRae Park to kick-start the festivities. Everyone is invited to join the parade; parents, kids, and red wagons are all welcome!

Activities at the park will start around 11:45 a.m., including pony rides, games of chance, face painting, kid games, and

of course, ice cream and fabulous food. On stage, we have a full program of family-friendly music and activities. Some of the popular acts from last year will be returning: Field School Band, Night Stones, and Mactir Irish Dancers. Food truck vendors will be on hand serving a variety of treats. We are excited to have our newest neighborhood business—**El Burrito Mercado**—bring their food truck to introduce themselves. (See article on page 4.) **Wha' Jamaican—authentic bistro** is also planning to attend. There will be plenty of food choices for everyone!

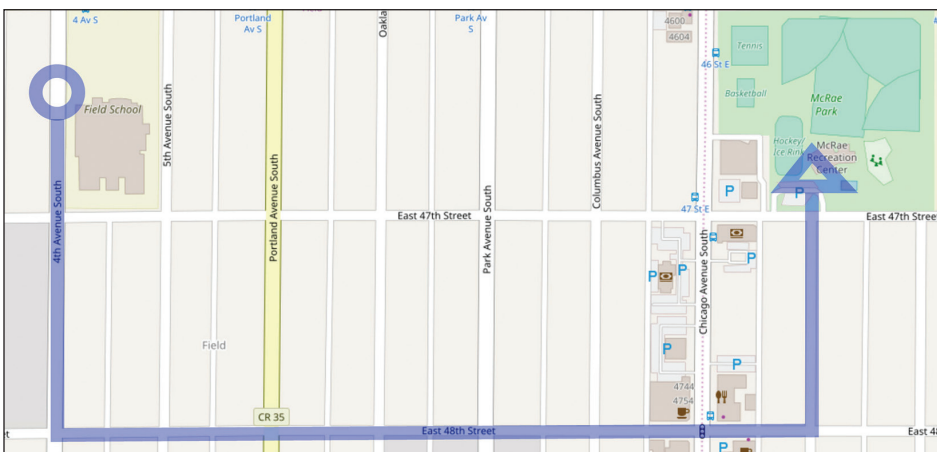
We also plan to have a business showcase for locals to learn about businesses around our neighborhood. In addition, we will have the popular raffle to see who takes home a bike, a flat screen TV, or some of our other fabulous prizes.

We hope you can join us on June 2. FRNNG plans the annual celebration in



partnership with McRae Park and MARC (McRae Area Recreation Council). Keep track of the event by visiting [www.frnng.org](http://www.frnng.org) or follow us on Facebook and Twitter for the latest information.

This event will take place on this date—rain or shine. See you there! ❖



Photos: Sue Filbin

## President's Letter

Hello FRN,  
I came across a letter that I had sent to Scott Benson, past city council member, a number of years ago, in 2001. In it,

*Continued on page 3*

## Community Conversations About Our Neighborhood Schools

**Save the date: Tuesday, June 5**

Field Community School, 6-8:30 p.m., Lucille Cruse Commons  
Light refreshments will be available

### Equity and Inclusion Panel

#### Myron Orfield

U of M law professor and director of the school's  
Institute on Metropolitan Opportunity

#### Andrea Jenkins

8th-Ward Council Member

#### Heidi Adelsman

Local historian and graduate of Hale, Field and Washburn schools

*"If we want a better future, we must know our past!" — Field AVID Students  
(Advancement Via Individual Determination)*

*"Whatever affects one directly, affects all indirectly. I can never be  
what I ought to be until you are what you ought to be." — Martin Luther King Jr.*

## Be Part of the Conversation

By Terry Mazig, Chair, Education  
Committee

This is part of our journey "moving forward" to gain insight into equity in education, housing and our neighborhoods. We must continue the important conversations this city needs to have about how to construct equitable public education systems and affordable housing.

How can we be more inclusive in our homes, schools and neighborhoods?

**Come be part of the conversation  
with our whole community!**

## Planning Underway for Minnehaha Creek and Parkway

By Chris Schommer, Chair, Communications  
Committee

The Minneapolis Park & Recreation Board (MPRB) is starting a planning process that will create a new Minnehaha Parkway Regional Trail Master Plan. This plan will help guide projects along Minnehaha Creek. After completion of the master plan, the MPRB will be able to implement \$2.7 million in capital improvements based on this planning

process. This work is also funded by the Parks and Trails Legacy Fund.

The MPRB is asking for community input at several stages along this process, and your voice can help guide ideas for where this money is spent along the creek. The first two public informal meetings were held on April 12 and 17, and more will be announced throughout the summer, with "Community involvement

in refinement of designs" planned for July-September 2018 and a final document by the end of 2018.

Sign up for updates on the MPRB webpage at this shortened URL:  
<https://bit.ly/2H5V6iw>

Or search the MPRB webpage:  
[www.minneapolisparcs.org](http://www.minneapolisparcs.org) ❖

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I was talking about the importance of our community having control of what we would like our community to look and be like. FRN, fast forward to today, and we are still having a similar conversation with the City on its new 2020 plan. The conversation will be about some of the same issues, including who should control what...our communities themselves or our city council? When I look back on our neighborhood over the years, I think we've done a good job on improving our FRN community. Of course, there is still more good work that we can accomplish together, such as using our loan program to fix up housing (see page 4). The business community here can continue to evolve and prosper, with our retail and service pockets, such as at 47th and Cedar, and 48th and Chicago, as well as our other small businesses in the neighborhood. Our McRae Park building could benefit from some improvements, such as maybe air conditioning.

Of the years that I've enjoyed being our FRN community president, I think what I've enjoyed the most has been the oppor-

tunity to meet and get to know a lot of you, the people in our communities. I really tried to look out for the good of the whole, while knowing that I'm not going to be able to please everyone. We've talked about community-related issues such as bike and vehicle lanes co-existing, having a new coffee shop enter the area, the need for low-income housing options, about the potential block development where our Walgreens is now located and parking in the business area. These are all ongoing issues that still need to be addressed.

FRN, you have been and are a great community of people. You've undoubtedly given thousands of hours of your time as volunteers to our community and in many capacities through the FRN committees: Business, Communications, Community & Safety, Education, Greening, Housing, and Parks. You've also volunteered on the board of FRN and as neighborhood representatives. Thank you for your contributions. I would also like to thank our one FRN staff member, Stearline Rucker, for all the hard work she has done for our neighborhood.



Provided photo

Willie Bridges, President, Field Regina Northrop Neighborhood Group (FRNNG)

FRN, thank you for allowing me to be president of FRN these last four years. Though I'm not running again for office, I will continue being involved and proactive in and for our neighborhoods.

I wish whomever comes after me the very best. I also ask that whomever is elected to the position, to remember that he or she needs to always regard the good of the whole community, as well as representing and being the voice of our community, to the larger group of our City of Minneapolis and city council. ❖

## Have you seen us in your neighborhood?

By Jama Tushaus, Northrop resident  
Recently, a group of neighbors in Northrop neighborhood joined together to initiate a community safety team. Maybe you have seen us walking on your block. We are a Northrop branch of Neighbors In Action (check out the website: [niamn.org](http://niamn.org)) dedicated to improving neighborhood safety and increasing a sense of community between residents.

### What is the Safety Team?

Neighbors In Action's Safety Team is a group of neighborhood volunteers who are interested in coming together to meet other neighbors and take action to improve safety and reduce criminal activity while building a sense of community. We are a group of volunteers who walk throughout the Northrop neighborhood



Provided photo

as a watchful, positive, and peaceful presence.

### Our Values in Addressing Community Safety

Respect for the rights, differences, and

dignity of all community members. Results—we remain focused on solutions, rather than protesting wrongs. Cooperation—commitment and focus on collaborating within our community. Responsibility—we are responsible and accountable for our personal behavior. Communication—inclusive of the diversity in our community.

Interested in joining? Fire up your Fitbit and come on a walk with your neighbors. We would love to connect with you. We are all-inclusive and are actively seeking additional volunteers (18+ years). The walking patrol schedule is based on volunteer availability and changes every week. Please email us with questions or to sign up: Jason @ [jason@ttlolaw.com](mailto:jason@ttlolaw.com) or Jama @ [jthaus000@gmail.com](mailto:jthaus000@gmail.com) ❖

# Volunteer Planting Day Saturday, May 26

By Lauren Anderson, Co-Chair, Greening Committee

Love to garden? Field Regina Northrop Neighborhood Group's Greening Committee will install TWO new gardens this year to welcome visitors to our neighborhood.

The first gateway garden at the intersection of 46th Street and 2nd Avenue South

will be planted this spring and we need your help. Join our volunteer planting crew on Saturday, May 26, from 8 a.m.-11 a.m. (weather permitting). Bring your shovel, gloves, and come ready to dig. Light refreshments, gloves, and safety vests provided. To sign up or for questions, please email [greening@frnng.org](mailto:greening@frnng.org) by May 19.

Thanks to the City of Minneapolis

Department of Public Works and the MN Department of Transportation for their generous support of this project. Due to the high-traffic planting location, this is an ideal volunteer opportunity for older teens and adults. Look for another volunteer opportunity this fall to plant another gateway garden at 50th Street and 2nd Avenue. ❖

## Nokomis Farmers Market

By Chris Schommer

The Nokomis Farmers Market returns to 52nd and Chicago starting June 13. The market is open every Wednesday from 4-8 p.m. through August, then 3:30-7:30 p.m. for September. Started in 2014, the Nokomis Farmers Market offers a great mid-week stop to purchase seasonal fruits, vegetables and meats. Also present are specialty vendors, food trucks, live music, cooking demos, bouncy houses, neighborhood bake-offs, and a visit from the Raptor Center! The market is also looking for volunteers to help with activities. The market will run rain or shine, and all vendors accept EBT and credit-card payments. Come meet your neighbors and see what's growing in the garden each week!

For more information, visit [www.neighborhoodrootsmn.org](http://www.neighborhoodrootsmn.org) ❖

## Home-improvement Loans Available

Thinking about a bathroom remodel? Need a new window or central AC? Spring has arrived and now is the time to get those home-improvement projects started. The Field Regina Northrop Neighborhood Group has partnered with the Center for Energy and Environment Lending Center to provide low-interest financing for your interior and exterior home-improvement projects.

Call the Lending Center's residential loan specialists at 612-335-5884 or visit their website at [www.mnlending-center.org](http://www.mnlending-center.org) to get started today! The Center for Energy and Environment is a Minnesota nonprofit that has been helping homeowners for over 40 years. ❖

## Pepitos Renovation Underway

By Chris Schommer, Chair, Communications Committee

Pepitos restaurant and the Parkway Theater sold to new owners in February and renovations are well underway with a scheduled re-open date sometime in June 2018. The new owners are Ward Johnson and Eddie Landenberger, and both are longtime fans of Pepitos. Johnson, in particular, has a special connection to Pepitos. "My wife and I had our first date at Pepitos. And fittingly in 2001, it's where I proposed."

The restaurant's new tenants will be El Burrito Mercado, a fixture on St. Paul's West Side for 36 years. El Burrito Mercado is led and operated by Milissa

Silva-Diaz together with her sister and niece, which makes it a 100%-women-owned Latina business. Fittingly, according to Silva-Diaz, the bar portion of the restaurant will carry a theme featuring prominent Latina entertainers, artists, and influential women. Like it's St. Paul counterpart, El Burrito Minneapolis will feature an award-winning menu of authentic Mexican cuisine, a take-out deli, as well as their popular tamale-making classes.

In addition to remodeling and updating the theater, Johnson and Landenberger are looking to put their take on programming for the Parkway Theater. Landenberger said the new programming might include, "...curated movie and speaker series,

contemporary chamber music, and more." They are also looking into upgrading the projection system in the theater which currently can only screen movies on 35mm film which is a rare commodity in the age of digital projection.

Former owner Joe Minjares, for his part, is happy to be handing off the torch to people with deep connections to the neighborhood, and to his restaurant. "It's bittersweet to say goodbye," says Minjares. "But I feel like I'm leaving things in good hands, and there's a bit of serendipity to be handing over the reins of the restaurant to another family-owned Mexican restaurant with a long history in the Twin Cities." ❖

# Annual SCABA Car Show Set for Sunday, June 10

By John R. Dorgan Esq.

The South Chicago Avenue Business Alliance (SCABA) will host its 9th-Annual Classic Car Show on Sunday, June 10, from 10 a.m. to 3 p.m. at the intersection of 48th Street and Chicago Avenue in south Minneapolis. As in other years, the car show will feature a wide variety of classic cars and trucks from the 1940s through the 1980s—and hopefully some cars even older than that! Also as in other years, spectators will be admitted FREE to the show! Everyone is invited to stop by and “stroll through the past” while dreaming about the cars from yesteryear!

Mike Kmiciek, president of SCABA, welcomes everyone to this year’s car show, which has become a true “summer neighborhood celebration.” Kmiciek added that SCABA looks forward to receiving the support of the entire area to make the day a success. He also mentioned that after last year’s show was rained out, everyone at SCABA was eagerly anticipating this year’s show. “We’ve only had bad weather one year out of eight, so this year’s show promises to be sunny and warm!”

All types of classic cars and trucks are welcome to enter the show, with just a small

registration fee per vehicle (\$8 pre-registration; \$10 day of show). Trophies will be awarded in various classes, and door prizes will be given away throughout the day. The car show will feature a “bounce house” for kids, as well as a D.J. “spinning” classic ’50s-’80s tunes, plus a “paint truck” for the kids to work on during the show. SCABA is also hoping to again offer a dog adoption exhibition sponsored by Minnehaha Animal Hospital, in partnership with Underdog Rescue, where people can meet dogs available to be adopted! (Actual adoptions would occur at a later date.) Last year’s dog adoption exhibition was a big hit—in spite of the rain! Of course, all of that would be in addition to the great restaurants and stores around the 48th and Chicago business node that are open that day.

Anyone interested in entering the car show should visit the SCABA website at [www.48chicago.org](http://www.48chicago.org) for more information. People may also wish to check out the SCABA car show information in the “Events Calendars” in [Autoswalk.com](http://Autoswalk.com) or [MSRA.com](http://MSRA.com). And, for more information on the dog adoption demonstration, please go to [www.minnehahaanimalhospital.com](http://www.minnehahaanimalhospital.com). We hope to see you on June 10! ❖



## Close to Home

*Close to Home* is the official publication of the Field Regina Northrop Neighborhood Group (FRNNG) and is published six times per year by the [FRNNG](http://FRNNG) Communications Committee.

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**The next deadline is  
Wednesday, May 30**

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# Preparing your Home for Sale

By [Christian Fritberg](#), Communications Committee

Selling your home can be a daunting task. Where to start, what to do, whom to call? Read on, and this article will give you a good head start on your home-sale process.

The ultimate goal is to sell your home in the shortest amount of time, with the least amount of hassle to the seller, and for the largest net price. This is generally accomplished by prepping your home for sale so that it is in the best condition possible. Doing so helps ensure that potential buyers don't note flaws and start deducting money from their offer for repairs. If you don't prepare your home, buyers may not even consider or submit an offer, and instead move on to the next property.

To make your home shine, take on some of these easy tasks to present your home in the best light possible. Many of the most important home-prep tasks that homeowners can do themselves cost little, but require some time, dedication, and elbow grease. Fresh paint is relatively inexpensive and makes a dramatic, positive difference on a home. Neutralizing your home's interior and exterior color scheme ensures that it will appeal to the greatest number of buyers. Buy high-quality paints, as you get what you pay for. Currently, a gray color palette is popular in interior spaces. Repainting peeling or faded exterior paint will help your home present better and also allow the possibility of FHA- or VA-qualified buyers being able to purchase your home.

Make sure all projects have been completed. That piece of baseboard molding you've been meaning to install? Take care of this before your home goes on the market. Consider hiring a handyman for a day to tidy up some of those intended weekend projects, and just get them done. If you have hardwood flooring underneath your carpeting, consider removing the carpeting and having your floors refinished. Hardwood floors are very desirable among buyers, and refinishing can be done at a relatively low overall cost. If your budget allows and it makes economic sense, upgraded kitchens and baths with timeless finishes are still selling points and worthwhile improvements, as is a new roof and an updated HVAC and electrical system.

Once you have wrapped up your project list, consult with your real estate professional to see if your city requires a city inspection prior to going onto the marketplace. Homes in both Minneapolis and St. Paul proper require these inspections, as do a great many suburban cities now, to ensure building-code compliance and safety needs in housing are met.

Cleaning is of the utmost importance. Clean and organize everything. If possible, empty out cupboards, closets, the basement, and garage, and reorganize them with only the essential items. Make sure everything is put away neatly. Excess belongings can be put into an off-site storage unit, donated, or discarded. Deep clean your home. This means cleaning all

surfaces, especially floors, windows, and all elements of the kitchen and baths. If this task is overwhelming, keep in mind that there are many professional cleaning services that can assist you in this endeavor. If you have pets, were or are a smoker, or your home has a musty basement, consider hiring an odor-remediation company to treat the home and neutralize these odors so they aren't a turn-off to buyers. Odor remediation companies often offer a guarantee, so if the odor returns, they'll retreat the area until odors go away.

Once your home is spotless from floor to ceiling and wall to window, it's time to depersonalize and stage your home. Put away family photos, collections, and valuables, and leave the essential furnishings that provide staging. Paint a picture of what each space should be used for. Your goal here is to show off the space and have buyers focusing on the house and picturing themselves in it, not looking at your family photos and feeling as though they're invading your home. Professional stagers often offer consultations on what to edit as well as room purposing, furniture placement, and accessory ideas. This service is often not very costly and well worthwhile for the insight it provides, which often helps a home sell faster.

To make your home inviting to potential buyers, make sure it has curb appeal. Ensure the exterior shows as nicely as the interior. Otherwise, it will not be

*Continued on page 7*



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# Southside Sprint Bike Race Returns July 22

By [Jason Lardy](#), organizer and co-founder, Southside Sprint Bike Race

The 2018 Southside Sprint returns as Minnesota's most popular amateur bike race weekend. Sunday's race in south Minneapolis concludes the two-day Big Waters Classic July 21-22.

The Big Waters Classic brings the Midwest's best bike racers to south Minneapolis for the 8th consecutive year. "The Big Waters Classic is the most popular sanctioned amateur road race in MN," notes Big Waters Classic co-founder, Jason Lardy. "We're honored to have been named the MN State Criterium Championship for the 4th straight year. The state championship and the fantastic fan support from the Field Regina Northrop

neighborhood will bring riders and fans from across the upper Midwest to our vibrant south Minneapolis neighborhood."

As in past years, family fun activities will keep fans engaged throughout the day. The Kids Activity Area gives kids a chance to make art with their race numbers, practice their sidewalk art skills and have their faces painted. The Athletes' Village brings racers and their team tents right into the middle of the action. Fans can get up close and personal with their favorite racers as they prepare for their state championship efforts.

One of the most popular spectator events in south Minneapolis, the 2017 Southside Sprint was the largest amateur road



Photo: Lisa Lardy Photography

bicycle race in Minnesota for the sixth consecutive year. More than 400 racers will showcase the speed and skill of US bike racing in front of 700+ spectators each day in the 2018 series. ❖

More information about the Big Waters Classic is available at [www.bigwatersclassic.com](http://www.bigwatersclassic.com)

## Preparing Your Home for Sale, *continued from page 6*

enticing for buyers to view as they browse through real estate listings. In colder months, make sure snow is removed promptly from all sidewalk and driveway surfaces. In warmer months, make sure the grass and landscaping are neatly kept. Landscaping often benefits from a fresh topping of natural mulch. Keep in mind that dark-brown mulch often keeps its color longer. Ensure that your front door presents well. Consider replacing or refinishing your front door with a fresh coat of paint. Repair or replace damaged or worn storm doors. Put out a new welcome mat, and a couple of seasonally appropriate potted plants. Look at your exterior light

fixtures and house numbers to ensure they appear to be in good condition. These are easy replacement items that help set your house apart from the competition and create a first impression of a well-kept and maintained home.

A home will sell regardless of the condition if it is priced right. Pricing a property appropriately from the start is key to ensuring that your real estate transaction is successful and hassle free, and that you get the best net proceeds from your home sale. To assist you in your house sale and to guarantee you the maximum return, hiring a licensed real estate agent who

specializes in your area is key. That agent can support and advise you through the entire process, and provide a list of vetted vendor services to aid you in whatever your home or move may require. A realtor can market your property to the world via the MLS (Multiple Listing Service). The MLS populates the information on all the real estate websites, so you can be guaranteed that your listing is seen by all prospective buyers to gain you the highest price for your home. Good luck with your home sale, and happy spring! ❖

*Editor's note: The author lives in Field neighborhood and is a realtor for Coldwell Banker.*

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# 8th-Ward Update

Council Member Andrea Jenkins



Provided photo

Council Member [Andrea Jenkins](#)

Dear Neighbors:

Thank you for this opportunity to update you on city and neighborhood issues.

## Get ready for street sweeping

Starting April 24 for approximately four weeks, sweeping crews will take care of more than 1,000 miles of city streets in addition to sweeping alleys. To make sure the crews can do the most complete job possible, temporary “No Parking” signs will be posted at least 24 hours in advance to make sure streets are clear of parked vehicles. Drivers need to follow street-sweeping parking rules or they may have their cars ticketed and towed to the Minneapolis Impound Lot.

By the Friday before the first week of the sweep, you can visit [www.minneapolismn.gov/publicworks/streetsweeping](http://www.minneapolismn.gov/publicworks/streetsweeping) and click on “street sweeping schedule lookup” to find out when the sweeping crews are coming through your neighborhood.

## City draft comprehensive plan

A draft of the City’s comprehensive plan is now available for public input. The online plan, called Minneapolis 2040, is a draft framework of interdependent policies, topics, actions steps and maps intended to drive a citywide conversation about how Minneapolis will grow and change over the next two decades so that all residents can thrive.

While still in the early stage, the goal is to provide a 20-year roadmap to change the course of existing disparities so that Minneapolis can become a city that works for everyone who lives here.

In the draft report, policies are organized under 14 goals adopted by the City Council in 2017, and also as 10 topic areas. Draft policies include:

- Increasing the supply and diversity of housing in all Minneapolis neighborhoods, including small-scale multi-family buildings.
- Committing to the production and preservation of affordable housing and to limiting housing displacement.
- Enhancing transportation options and reducing air pollution from transportation.
- Prohibiting new heavy industrial uses while preserving land for quality living-wage production and processing jobs.
- Supporting businesses by making it easier to have commercial uses near transit.
- Supporting entrepreneurship particularly in communities of color.
- Supporting the arts and creative economy.
- Supporting workers through living wages and workplace protections.
- Reducing greenhouse gas emissions through energy-efficient buildings.

This draft plan is the result of extensive civic engagement over a period of three years, involving residents, business owners, developers and just about anyone with an interest in the future of Minneapolis.

## Public comment period

From March 22 through July 22, 2018, the City will be reaching out to the Minneapolis community to discuss this draft plan and to encourage review and feedback.

Comments will be collected at public meetings and online through July 22, 2018. That feedback will be taken into consideration as City staff revise the plan for City Council consideration.

Comments can also be made at [minneapolis2040.com](http://minneapolis2040.com) or shared on Twitter: #Mpls2040 @Mpls2040.

## Gateway Planting Project

Congratulations to FRNNG for securing the Gateway Planting Project grant award from MnDOT. We are excited about this opportunity to beautify and maintain a vibrant green space along the freeway at 2nd Avenue. This has been a long-time desire for neighbors and for the neighborhood. Thank you to the Greening Committee and everyone involved. Volunteers are needed! Contact Greening Committee co-chair Tim Price at [greening@frnng.org](mailto:greening@frnng.org) to learn how you can support the Gateway Planting Project.

## I-35W Closures

Work on the 35W@94: Downtown to Crosstown construction project will have significant impacts, due to road, ramp and bridge closures, over the next four years. Stay prepared with the latest updates regarding closures as they change from week to week and month to month:

To learn about this project, including all current traffic impacts and detour routes, visit the MNDOT website at [www.dot.state.mn.us/35w94](http://www.dot.state.mn.us/35w94)

- Metro Transit bus routes will be impacted as a result of construction. For updated route information, and to sign up for Rider Alerts, visit [www.metrotransit.org/35W](http://www.metrotransit.org/35W)
- Follow MNDOT on Facebook at facebook.com/mndot and Twitter: @mndotnews
- Email the MNDOT project team at: [info@35w94.com](mailto:info@35w94.com)
- Call the project MNDOT hotline at: 612-284-6125
- For real-time travel information anywhere in Minnesota visit <http://www.511mn.org/> or dial 5-1-1

Contact Andrea! As always, please feel free to contact me at the Ward 8 office, (612) 673-2208 or [andrea.jenkins@minneapolismn.gov](mailto:andrea.jenkins@minneapolismn.gov). Visit the Ward 8 website at [www.minneapolismn.gov/ward8](http://www.minneapolismn.gov/ward8) ❖



# Welcome, Linkage Childcare Center

By Sue Filbin, Communications Committee

The bright colors and the sound of children's laughter continue on the northeast corner of 47th and Chicago Avenue, but everything else has changed. In February 2018, Lisa O'Halloran took over the former Artisticrats space, renaming it Linkage Childcare Center (LCC).

O'Halloran, a metro-area computer science teacher, was "blown away" by the significance of the first five years of life on a child's development. She became certified in early-childhood development, hired talented staff, developed a partnership with nearby McRae Park, and cleaned and renovated the space in our neighborhood. There's new paint everywhere, floors were cleaned and buffed, new carpet was laid in the infant room, and new storage cabinets were installed.

In this language-immersion Spanish-curriculum childcare center, the term "Linkage" is part of the center's name to indicate the focus on building skills



Photo: Sue Filbin

Iris Mascio, M.S., director of Linkage Childcare Center, located at 47th and Chicago Ave.

with which students will "link" to their future. Students learn by engaging in "developmentally appropriate activities" through doing, discovering, and creating. All students learn social, behavioral, and emotional skills including manners, getting along with others, follow-through, making wise choices, independent play, and more.



Photo: Sue Filbin

Director Iris Mascio, M.S., noted the three age groups of children served by the childcare center: Infants, toddlers, and pre-school children. Perhaps most beneficial for the children are the ratios of children to adults. For infants, the ratio is 1:4; for toddlers 1:5 (state mandates are 1:7); and pre-schoolers 1:7, with state mandates at 1:10. Iris stated the progress a child makes with more attention from licensed teachers and assistants is "amazing."

Directions, lessons, and conversations are conducted by Spanish-speaking personnel. Gestures also show children what to do, ensuring that children who are unfamiliar with the Spanish language encounter no communication problems.

Iris, the mother of two pre-schoolers and two elementary students, grew up in Ohio where her mother was a pre-school director. After earning a B.A. in history and an M.A. in teaching, Iris taught secondary-school social studies as well as pre-kindergarten and toddler-level students. Iris' management experience at KinderCare led to her earning a food-management certification that she now uses every day when preparing a healthful breakfast, mid-morning snack, lunch, and mid-afternoon snack. She stated with pleasure that the kids say they "love Miss Iris' food."

Iris stated that the trained staff at Linkage Childcare Center knows which milestones and expectations to watch for during a child's development. They also understand that for a parent, finding a safe childcare center is the most stressful part of parenthood. They have addressed those concerns by establishing a welcoming, stimulating, nurturing environment at Linkage Childcare Center. Several spaces for spring and summer are still available. ❖

[www.linkagechildcare.com/](http://www.linkagechildcare.com/)  
4653 Chicago Avenue  
Minneapolis, MN 55407  
Linkage.Childcare@gmail.com  
(612) 584-3672



Photo: Iris Mascio

# Spotlight on Seniors

By Christian Fritzberg, Communications Committee

This will be a new feature to our FRNNG newsletter, highlighting services and organizations that serve and assist our senior community. If there is a local organization that you would like to see highlighted, please let us know: [communications@frnng.org](mailto:communications@frnng.org); [Christian.fritzberg@cbburnet.com](mailto:Christian.fritzberg@cbburnet.com)

## Nokomis Healthy Seniors

Nokomis Healthy Seniors (NHS) has been serving our neighborhood seniors since 1994. NHS is currently operating Monday-Thursday from Bethel Lutheran Church located at 4120 17th Avenue South. The mission of NHS is to keep seniors healthy, vibrant, active, and in their homes by providing services, resources, and a community so they may continue to live independently and safely.

The program has a part-time paid staff of four, led by director Megan Elliasen. The

Nokomis Healthy Seniors offers a caring community of support for area seniors.



Photos: Christian Fritzberg

Bethel Lutheran Church houses the majority of programming for Nokomis Healthy Seniors, such as group exercise classes.

majority of the programming manpower is provided by volunteers; some 100 volunteers help make this program a success. Volunteers help with transportation (door-to-door rides to and from medical appointments, running errands,

and grocery shopping), yard and home maintenance (spring and fall cleanup, general maintenance, and handyman services), and companion care services (regular visits and safety checks to aid in decreasing isolation), in addition to many social programs that volunteers assist with.

Bethel Lutheran Church serves as the social activities hub for the group. The church allows for easy accessibility and has several spaces that have worked well for social programming, including group exercise classes, movies (with seating from the old Guthrie Theater), arts programming, lectures, cards, games, and a monthly meal. A variety of monthly support groups are also hosted at the church.

Additionally, foot care and blood pressure clinics, along with other health programming, are held by NHS on a scheduled basis. NHS partners with Fairview Home-care Services. Through this partnership, NHS is able to provide some reduced-cost home-care services when coordinated through Nokomis Healthy Seniors.

For more information on Nokomis Healthy Seniors, please visit their website: [nokomishealthyseniors.org](http://nokomishealthyseniors.org) or call: (612) 729-5499. ❖



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# Business Corner

## Welcome New Businesses

### Green Bee Juicery

- Fresh, cold-pressed juices
- Juices, nut milks, and extras
- Made from "...as much locally grown organic produce as possible."

1526 East 46th Street (next to Sift)  
orders@greenbeejuicery.com  
[www.greenbeejuicery.com](http://www.greenbeejuicery.com)

### Groovy's Minneapolis

- Vintage and contemporary items
- Home décor, records, fashion, toys, depression glass

4206 Cedar Avenue  
612-287-5069  
Facebook—Groovy's Minneapolis  
Instagram—Groovy's Minneapolis

### Rock Paper Scissors Goods

- Owners Tes & Jason moved from Seattle to Minneapolis two years ago.
- Used records & new releases, gifts, hand-crafted jewelry, handbags, art supplies and "daring" toys.

On-site workshops for kids & adults  
4806 Chicago Avenue  
buyerrps@gmail.com  
612-823-0269  
[rockpaperscissorsgoods.com](http://rockpaperscissorsgoods.com)

## Changing

**Minnesota Sword Club** became **Center for Blade Arts** under new ownership and management. 4744 Chicago Avenue. More on Facebook.

## Moving On

**Rosie Posie** Moved from 4802 Chicago Avenue. More on Facebook.

**Valentine Wood** From 733 E 48th Street to [www.prospectrefugestudio.com](http://www.prospectrefugestudio.com)



# FRNNG Meeting Information

### Full Board

3rd Wednesday of each month at 6:30 p.m.,  
Lake Nokomis Presbyterian Church (LNPC)  
17th Avenue and East 46th St. The full board  
does not meet in July or December.

### Business Committee | [business@frnng.org](mailto:business@frnng.org)

1st Tuesday of each month at 8:30 a.m.,  
Turtle Bread Company, 48th and Chicago

### Communications Committee | [communications@frnng.org](mailto:communications@frnng.org)

2nd Monday of each month at 6:30 p.m.  
Sovereign Grounds, 48th and Chicago.

### Community and Safety Committee | [communityandsafety@frnng.org](mailto:communityandsafety@frnng.org)

4th Tuesday of each month at 6:30 p.m.  
McRae Park Rec. Center

### Education Committee | [education@frnng.org](mailto:education@frnng.org)

1st Tuesday of each month at 6:30 p.m.  
McRae Park Arts & Crafts Room

### Greening Committee | [greening@frnng.org](mailto:greening@frnng.org)

2nd Tuesday of each month at 6:30 p.m.  
Turtle Bread Company, 48th and Chicago

### Housing Committee | [housing@frnng.org](mailto:housing@frnng.org)

1st Monday of each month at 7 p.m.  
Town Hall Tap, 48th & Chicago

### Parks Committee | [parks@frnng.org](mailto:parks@frnng.org)

1st Monday of each month at 7 p.m.  
McRae Park Rec. Center



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