



SENA NEWS

The Standish-Ericsson Neighborhood Association Newsletter

Volume 16, Number 3, June/July 2008 • www.standish-ericsson.org

Lake Hiawatha Festival, August 6

The Lake Hiawatha Neighborhood Festival will take place on Wed., Aug. 6, from 5:00 p.m. to 8:30 p.m. at Lake Hiawatha Park (27th Ave. S. and E. 44th St.). This will be the 13th year for the festival. New activities for 2008 will include a sand castle contest for preschoolers, scavenger hunt, family fitness challenge, and talent contest. Food will be served by vendors. Send an e-mail to lhfest@yahoo.com to preregister to participate in the fitness challenge or talent contest. If you wish to have a table to display information about your business, go to the festival Web site www.lhrc.freeservers.com/festival.htm to download a registration form.

"Best of the Twin Cities"

Congratulations to Standish and Ericsson neighborhood businesses for being selected "Best Of" by *City Pages* in 2008! Visit the following locations for a taste of what the neighborhoods have to offer.

Best...

*New Neighborhood Bar -
Buster's* on 28th (4204 28th Ave. S.)

*Bakery & Doughnuts -
A Baker's Wife* (4200 28th Ave. S.)

*Seasonal Ice-Cream Stand -
Dave's Popcorn/Carmelcorn*
(1848 E. 38th St.)

*Golf Course -
Hiawatha Golf Club*
(4553 Longfellow Ave. S.)

*Best View -
Lake Hiawatha at sunset
on an autumn day*
(27th Ave. S. and E. 44th St.)

6th Annual Standish, Ericsson, and Corcoran Neighborhood Garage Sale! Saturday, June 14, 9:00 a.m.–3:00 p.m.

The Standish, Ericsson, and Corcoran Neighborhood Garage Sale is a community-wide event that extends from Lake Street to Minnehaha Parkway, and Cedar Avenue to Hiawatha Avenue. The Neighborhood Garage Sale will be held rain or shine.

Fri., June 6, is the last day to submit your sale for inclusion in the "Garage Sale Map and Guide." Call 721-1601 to have your sale included. Each year over 600 maps are distributed to eager shoppers.

The map and guide to all of the sales will be available from 8:45 a.m. to 3:00 p.m., on Sat., June 14, the day of the sale, at these locations: *Tillie's Bean* (2803 E. 38th St.); *Firefly Cafe* (3445 Cedar Ave. S., opens 6:30 a.m.); *Midtown Farmers' Market* (E. Lake St. and 22nd Ave. S., until 1:00 p.m.); *Caribou Coffee* (4745 Cedar Ave. S.).

This year a City of Minneapolis Climate Change grant is helping to sponsor the garage sale. Garage sales are a great way to reduce your carbon footprint—purchasing used goods instead of new is even more beneficial than recycling an item, because the item does not need to be reprocessed before it can be used again. The MN Energy Challenge Web site has a number of other great ways to reduce your energy use and save money. Check it out at <http://www.mnenergychallenge.org/>.



25th National Night Out, August 5



How would you like to: Improve the safety of your block? Have a fun time with your neighbors? Build community? Take part in a huge, nationwide program?

If you answered yes to any of these questions, then start planning now for your block's National Night Out (NNO) event. NNO this year will be Tuesday evening, Aug. 5. When neighbors know and care about each other, they feel more comfortable reporting crime and suspicious behavior to the police. More people watching out for each other and calling 9-1-1 will make your block a safer place. And it all can start (or be recharged) with your NNO event!

The Minneapolis NNO Web site (www.ci.minneapolis.mn.us/nno) has event ideas, information about fees and deadlines for closing streets and registering your event, and many downloadable materials.

SENA's Role in Neighborhood Development

The Standish and Ericsson neighborhoods are changing; and more change is on the way. With the addition of two light-rail stations, Standish and Ericsson are suddenly attractive spots for developers who are interested in "transit-oriented design/development."

What exactly is SENA's role in all of this? Well, the short answer is, it depends. It depends on whether the property being developed is owned by the city (which has a much higher requirement for community engagement), whether the developer is asking for local or federal funds to assist with the project (which is another set of requirements), or whether

Where Is It? (No. 10)



Where would you be if you were looking at the plaque on this stone?

A special thanks to Minnehaha Falls Nursery & Garden Store (4461 Minnehaha Ave. S.) for donating trees to SENA's Green Give-Away project. The store is a great asset to our neighborhoods. Stop by and let its staff help you decide on the perfect plants and trees for your yard!

SENA Says Thank You to

- Joyce Boettcher for donating computer memory for one of the office computers.
- Steve Klein for passing on donated office supplies from his workplace. It was great that he thought of us when he knew the supplies were available.

SENA NEWS

The Standish-Ericsson Neighborhood Association Newsletter

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

Community Events Calendar

June

- 3 Senior congregate dining, Sibley Park (19th Ave. S. and E. 40th St.), \$5, 11:30 a.m.
- 5 Blood pressure checks following congregate dining, Holy Cross Lutheran Church (1720 E. Minnehaha Pkwy.).
- 7 Take a Kid Fishing Day, Lake Nokomis dock, 10:00 a.m.–2:00 p.m. (See p. 8.)
- 9 SENA Board meeting, 1830 E. 42nd St., 7:00 p.m., handicapped accessible
- 12 Low Vision Support Group, Ebenezer Lutheran Church (1830 E. 41st St.), 10:00 a.m.
- 14 6th Annual Standish, Ericsson, and Corcoran Neighborhood Garage Sale, 9:00 a.m.–3:00 p.m. (See p. 1.)
- 19 Ice-cream social, Sibley Park (1900 E. 40th St.), 6:00–8:00 p.m. (See p. 8.)
- 21 Home Renovation Open House, SENA office, 12:00 noon–2:00 p.m. (See p.3.)
- 24 Senior blood pressure checks, Standish Green (2210 E. 40th St.), 12:00 noon
- 25 Nokomis Healthy Seniors Health Program: "Music and Memories," Faith Lutheran Church (3430 E. 51st St.), 1:30 p.m. (See p. 5.)
- 26 Caregiver Support Group, Nokomis Healthy Seniors office (4200 Cedar Ave. S.), 1:00 p.m.

July

- 3 Blood pressure checks following congregate dining, Holy Cross Lutheran Church (1720 E. Minnehaha Pkwy.).
- 8 Midtown Farmers' Market (E. Lake St. and 22nd Ave. S.) now open on Tuesday afternoons, 3:30–7:30 p.m. (See p. 4.)
- 10 Low Vision Support Group, Ebenezer Lutheran Church (1830 E. 41st St.), 10:00 a.m.
- 14 SENA Board meeting, 1830 E. 42nd St., 7:00 p.m., handicapped accessible
- 22 Senior blood pressure checks, Standish Green (2210 E. 40th St.), 12:00 noon
- 25 Annual cornfeed (6:30–8:30 p.m.) and outdoor movie (8:45 p.m.), Sibley Park (1900 E. 40th St.). (See p. 8.)
- 31 Caregiver Support Group, Nokomis Healthy Seniors office (4200 Cedar Ave. S.), 1:00 p.m.

Folwell Students Enjoy Community Service Project



Eleven students and two staff members from Folwell Middle School (3611 20th Ave. S.) gave up their Friday night on Apr. 11 to give back to the community. They spent three hours at Cub Foods on Lake St. bagging groceries and, often, assisting the customers to their car. The students decided that they would not take donations and that the purpose was to do something nice without expecting anything in return. Student Steffi Bishop said the experience was "great because we got to help people ... and some people had so much stuff and they were by themselves and needed help." Esmerelda Ryes liked it because "we got to help people with disabilities that couldn't do their grocery shopping."

Home Renovation Open House

Are you thinking about doing work on your home? Don't know where to start, or if it's even the right project to tackle first? SENA's Housing Action Group has put together an open house on Sat., June 21 (12:00 noon–2:00 p.m.) to help you find answers to the many questions you may have about a home renovation project: What might it cost? What are some financing options? What kinds of questions should I ask of a potential contractor? What are the City's requirements? Bring floor plans, photos, or just your questions to this informal open house at the SENA office (1830 E. 42nd St.). They will be answered by experts from the Metropolitan Housing Corp. and the City of Minneapolis Construction Code Services Division.

SENA's Role in Neighborhood Development

—Continued from page 1—

the developer is asking for rezoning, variances, or conditional use permits (a somewhat different set of required public input). If a developer is building a project that doesn't require those changes, then the opportunity for public input is greatly reduced.

You may assume that your neighborhood organization has the power and authority to determine where developments go and what they look like. But the fact is, SENA does not. SENA's role is to inform residents of prospective developments and facilitate community meetings to gather input; SENA has a contract with the city that obligates the organization to provide that function. SENA submits information gathered from the community to the Planning Commission. It is the Planning Commission and the City Council who make final decisions.

The SENA Board does not voice an opinion on projects but instead encourages immediate neighbors to provide input. SENA-sponsored development-specific meetings are open to all residents, but staff are directed to target notification to the immediate area affected by any proposed development.

Projects are first reviewed by the SENA Development Review Committee (DRC). The DRC is made up of neighborhood residents, many with development and planning backgrounds, who volunteer time to help their neighbors ask the relevant questions of developers and officials. They help organize meetings beyond those required by the city that allow neighbors to meet with developers and gather information about a project as early as possible. The DRC meets as needed and is open to new volunteers. Its meetings are always open to the public.

SENA uses *SENA News* for neighborhood-wide information and for informing the community about larger projects such as the light-rail-station-area planning processes that have taken place over the last several years. In the case of geographic-specific projects, SENA generally uses flyers hand-delivered to impacted homes to inform residents of meetings. Meetings are also announced in the SENA weekly e-mail update. (You can sign up for the update by sending an e-mail to news@standish-ericsson.org with "Subscribe" in the subject line.)

The city has its own required meetings and notification guidelines. Generally those notices are mailed directly to impacted property owners. Property owners may submit their comments and concerns directly to the city; those comments do not have to come through SENA.

Housing Action Group (4th Monday)

- See the article on this page about an open house for anyone who is considering home renovations and has questions about working with contractors, financiers, and the City.

Quality of Life Action Group (1st Monday)

- We coordinated the Earth Day cleanup at Nokomis Community Center. This cleanup site, once again, was the best attended in the entire city, with over 225 participants. (See the photos on p. 4.) Thank you, everyone, for all your great work!

Transportation Action Group (1st Thursday)

- Our bike rack program is shifting into high gear. The SENA Board approved the scope of services, and the paperwork is under way. The next step is to prioritize the locations for bike racks and begin making contact with business owners. If you would like to help, please join us.

We also continue to receive updates from our representatives on the RiverLake Greenway Community Action Committee (CAC) as their work progresses.

Development Review Committee (Meets as Needed)

- We help neighbors ask developers pertinent questions for planned projects and provide open forums for conversations between neighbors, developers, and elected officials. Join us if you'd like to help the neighborhood work through the increased development interest in our area.

Graffiti Task Force (3rd Tuesday)

- We recently received funding to produce four murals along 38th St. to help combat graffiti. Each mural project will be led by a professional muralist but will be conceived, planned, and produced by neighbors, starting in June. Call the SENA office if you'd like to be a part of these great projects!

Grant-Writer's Group (Meets as Needed)

- Members of our group work individually or in subgroups on specific grant applications. The entire group only meets occasionally. If you have grant-writing or program development skills, we'd love to have your expertise. Contact Shirley at the SENA office for more information.

Web Site Committee (3rd Wednesday)

- Our group continues to monitor the SENA Web site and to make plans for revisions and updating. We'd love to have new members join us.

All meetings take place at the SENA office. Please call the office (721-1601) to confirm meeting times.

Summer Events at Roosevelt Community Library

Check out these exciting summer events at Roosevelt Community Library (4026 28th Ave. S.)! Note that all book clubs now require online registration (www.hclib.org). The library is open Tuesdays and Thursdays from noon to 8:00 p.m. and Saturdays from 10:00 a.m. to 6:00 p.m.

Kids' Events

Summer Reading Club Kick-off Party: Thurs., June 5, 4:30 p.m. Make some noise! Discover music with hands-on activities from the Minnesota Children's Museum. Sign up for the Summer Reading Club, and pick out your very own *free book* to start the summer off right.

Family Story Time: Every Saturday at 10:30 a.m. (Sorry—due to lots of other activities for children during the summer, the library will *not* offer Thursday night story time.)

Thrilling Thursdays: Every Thursday from 4:30 p.m. to 5:30 p.m. There will be different fun stuff for kids—to get busy, get active, and maybe even get messy! The second Thursday will be "Read a Book, Do a Project" and the fourth Thursday will be "Puzzle Mania."

Magician Matt Dunn: Thurs., June 19, 7:00 p.m. Thrilling Thursday afternoon is cancelled so kids can come later for this entertaining magic act!

Alpha Betty: Sat., July 19, 10:30 a.m. Alpha Betty will create wacky, on-the-spot stories and songs that will make you sing your way to the bookshelves to pick out a book to read!

Illustrator Mike Wohnoutka: Thurs., July 31, 4:30 p.m. Learn how this children's book illustrator creates his vibrant drawings, and listen to him read his latest book, *Mama's Little Duckling*. Then you'll have a chance to do some illustrating of your own!

Book Clubs: (1) Kids' Book Club for kids entering second and third grades. Every other Tuesday from 2:00 p.m. to 3:00 p.m., starting June 17. (2) Knit & Lit for kids entering fourth through sixth grades. Meets the fourth Tuesday (June 24, July 22, and Aug. 26) from 4:30 p.m. to 6:00 p.m. for knitting workshops and book discussion. (3) Guys Read for boys entering fourth through sixth grades. Meets for one Tuesday (June 10, July 8, and Aug. 5) from 6:30 p.m. to 7:30 p.m.

Teen Events

Baby-sitting Class: Thurs., July 10, 4:00 p.m. to 6:00 p.m. Learn the basics that will make you an in-demand baby-sitter. This workshop will be limited to 10 teens so register early. You can sign up at www.hclib.org.

Go Graphic Book Club: Call Lisa (630-6591) for day and time.

Adult Events

Mystery Book Club: Third Tuesday, 6:30 p.m. to 7:30 p.m.

Scanner Workshop: Sat., June 21, 2:00 p.m. to 3:00 p.m. Learn how to use the library's Epson Scanner to scan and edit photos, slides, and more! Come with your questions or projects.

How Have Neighborhoods Spent Their NRP Funds?

(excerpted from *NRP News Digest*)

A summary of Neighborhood Revitalization Program (NRP) investments, from 1991 to 2007, is now available online. You can download the link from the NRP home page at www.nrp.org, or download a pdf file of the report at http://www.nrp.org/R2/News/NewsArch/2007/NRP_Investment_SummaryC.pdf.


This report summarizes how Minneapolis neighborhoods have prioritized and invested their NRP resources since the program began in 1991. Given the volume and breadth of activity undertaken through neighborhood plans, it is difficult to fully capture the program's impact on the people and character of the city. The report attempts to provide a sense of the scale and variety of activity carried out through the program and give some examples to help illustrate that variety.

Midtown Farmers' Market in Full Swing



The Midtown Farmers' Market 2008 season is well under way. The Market Advisory Committee is pleased to welcome new market manager Laura Wolff. Laura comes to the market with extensive experience in event planning, recruiting volunteers, raising funds, communications, low-budget marketing, and staff management. She and her family reside in the Standish Neighborhood.

Upcoming market events include a solstice celebration on June 21, a celebration of bees and honey on June 28, home brewing day on July 5, and an Indian cooking demonstration on July 26. For more information on any of these events, please call 724-7457.

The Midtown Farmers' Market, located at E. Lake St. and 22nd Ave. S., is open to the public on Saturday mornings through Oct. 25, from 8:00 a.m. to 1:00 p.m. Beginning July 8, the market will be open on Tuesday afternoons, from 3:30 p.m. to 7:30 p.m.



Parks & Environment Memo



Children and adults picked up trash around Lake Nokomis, Lake Hiawatha, and Minnehaha Creek on Apr. 19. The annual watershed cleanup, which is part of citywide Earth Day activities, helps to protect valuable water quality.

Business Feature

Twin City Scale: Let's Count the Weighs

by William Fietzer, Standish Resident



When President Steven Kohner of Twin City Scale discusses the services his company provides, his face lights up at all the different types of businesses he has worked with. "It's kinda neat," he says of his lifelong occupation, begun in high school under his father. "You get to go everywhere

and see every company there is."

Of the variety there can be no doubt. Businesses as disparate as Pillsbury and John Deere need their weighing machines calibrated annually. Iron mines must test for compression on their taconite pellets; chemical companies need to check the blending of their fertilizers; and telecommunication companies have to monitor the tension of the guy wires holding up their cell phone towers. Each industry must have its equipment certified by the state's department of weights and measures. Whether that equipment counts inventory to ensure that a manufacturer's customers receive 100 items in every box or picks up rods of spent nuclear fuel at Xcel's generating facilities, it must be checked, perhaps repaired, and sometimes set up and delivered.

Not as extensive is the travel. While Steven has gone as far as Wausau, WI; the Dakotas; and Davenport, IA, for jobs in the past, most of his travel now falls within a 200-mile radius of the Twin Cities. With rising gas and travel costs, he and his five service techs "don't travel near as much." Nor do they have to. As the only established (founded in 1959) large-scale

calibrator and certifier in Minneapolis, his company can focus on local industries, certifying dollies that can lift as much as 20,000 pounds or constructing scales for grain and freight elevators.

At any time, an industrial scale might break down anywhere in Minnesota. The company's current location at 3011 E. 42nd St. provides his staff with ready access to all of the major interstates and makes his office easy to find for customers wanting to bring in their scales for checking. Equally important is connectivity. To fix a balky grain elevator scale with "waiting semis down the line," Steve regards "cell phones [as] the greatest thing" for dispatching his techs. *Accuracy* and *speed* have become watchwords in a business once completely mechanical and now almost totally electronic. "That's the biggest change," Steve says of the ever-increasing ways that reliable, precise weighing tools are needed in today's business world.

Twin City Scale's services are available 24/7 via telephone (metro area, 612-724-4334; outside the metro, 877-724-4334) and by fax at 612-724-5055.



Steve Kohner with a dynamometer, which measures mechanical force.

Nokomis Healthy Seniors

Nokomis Healthy Seniors (NHS) sponsors the "Nurse Is In," a blood pressure clinic at Bethel Lutheran Church (4120 17th Ave. S.) every Thursday from 9:00 a.m. to 12:00 p.m. In addition to the blood pressures, a foot care clinic is offered by appointment. Just call the NHS office (729-5499) to schedule a pedicure. Free manicures are now being offered by an NHS volunteer. No appointment is needed.

Seniors who attend the "Nurse Is In" may also use Bethel's halls for activities such as walking, playing shuffle board, and shooting pool. Check the board posted by the clinic to see which activities are available on a particular Thursday.

The Sixth Annual Clean-A-Thon on Apr. 19 was a great success. Ten teams assisted 12 seniors to get their homes and yards ready for spring. The Clean-A-Thon raised over \$3,000 to support NHS programs.

Wally Hannes, a local musician, will present "Music and Memories" on Wed., June 25, 1:30 p.m., at Faith Lutheran Church (3430 E. 51st St.). All seniors and those who care for them are invited to attend. There will be no seniors health program in July.

Church Day Camp

Ebenezer Lutheran Brethren Church (1830 E. 41st St.) is taking registration for its day camp on Aug. 11-14. This year's theme is "Play ball!" The camp is for children from age 3 to entering sixth grade. Preschoolers come in the morning only (cost for the week: \$15, including daily snack). Older children meet 9:00 a.m. to 3:00 p.m., with lunch (cost: \$25). Register before July 20 and get a \$5 discount. Call Karen Schroeder (1-866-882-3372) or the church office (722-0157).

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Neighborhood Feature

Trash and Grass

by Judy Peacock, Standish Resident



Minneapolis city housing inspector Darrell Spears

On a sunny April morning, I rode along with city housing inspector Darrell Spears as he inspected residential properties in the Standish Neighborhood. As we started out, Darrell, who is the only inspector for Standish and five other neighborhoods, explained that almost all inspections of nonrental housing are complaint driven.

We made seven stops in about an hour and a half. Our first stop was in response to a complaint of debris in the yard. Darrell told me

that the most common complaints are about trash and unmown grass. This particular property looked as if it might not be receiving trash pickup, and Darrell said he would investigate the property's status when he got back to the office.

Our second stop was to check out an insecure wrought-iron stair railing. Darrell noted an additional problem of a storm door with no safety chain or closure. He pointed out that a main goal of city housing inspections is to safeguard the health and safety of the community.

Stop number three was a complaint about construction debris. According to city code, if the suspect material is within 10 feet of the sanitation collection point, the property owner does not receive a citation. After checking the front of the house for more debris, Darrell decided there was no code violation here and did not write up an order against the property.

Some of an inspector's stops are follow-up inspections. At stop number four, Darrell was relieved to see that the property owner had cleared up a mess of paint cans. Depending on the type of violation, the property owner has a certain length of time to comply with an order. If the owner is not in compliance, a city contractor is called in, and the owner is billed for cleanup.

City inspectors keep their eye on boarded-up houses. Our fifth stop was to check that the water had been turned off on a

foreclosure. I couldn't tell that it was a board-up until I stepped inside the porch and saw the plywood nailed to the front door with the house number scrawled on it.

Stop number six was another follow-up inspection and another vacant house. Darrell wanted to see if trash in the backyard had been cleaned up. It hadn't and, in fact, had gotten worse. Darrell noted that yards of vacant houses often attract dumping. He took a photo to pass on to the city cleanup crew.

Our seventh, and final, stop was a complaint about cars parked in a yard. I couldn't see that this was a problem. A high, wooden fence kept the cars from street view. But Darrell said that the number of cars (three) not only was a code violation but also a possible clue that the property was being used as unlicensed rental housing or perhaps even as an informal used car sales lot. (There were two cars with For Sale signs parked in the street as well.) Sometimes being an inspector is like being a detective.



Ride-along stop number six

At the end of my ride-along, I asked Darrell for his impression of the overall maintenance of houses in the Standish Neighborhood. He said that compared to neighborhoods in many other cities, Standish is doing great. He also judges neighborhoods by whether or not he'd like to live there. And, yes, he'd live in Standish!

To submit a housing-related complaint, call 3-1-1. Callers may remain anonymous. The city must respond to all complaints within 30 days. If the situation is deemed an emergency, the city will respond within 24 hours. If you need help complying with an inspections order, also call 3-1-1. The city can refer you to housing resources.

Events at the Parks

— Continued from page 8 —

Lake Hiawatha Park (27th Ave. S. and E. 44th St.)

Between June 16 and Aug. 14, Lake Hiawatha Recreation Center will have weekly children's camps that run Monday through Thursday from 11:00 a.m. to 5:00 p.m. Each week's camp will have a different theme, such as Harry Potter, Build-a-Boat, Say Cheese (photography), and CSI (mysteries). The cost per week is \$75 per child. Call the park (370-4930) for more information.

In April, *City Pages* chose Lake Hiawatha as a winner in its "Best of the Twin Cities" issue. It won for having the best sunset on an autumn day. The description read: "The tiny park at the northeast corner of Lake Hiawatha houses a handful of park benches facing the southwest corner of the lake, strategically placed to provide an amazing sunset view without putting the

sun directly in your eyes. On an autumn day when the wind is just chilly enough to catch at the back of your throat, wander down just before evening and you'll be treated to the most peaceful (if not largest) expanse of pink, orange, and red in the Cities, interrupted only by the low, lazy flight of Canada geese or mallard ducks, and the jet trails of landing airplanes." Of course, we in Standish and Ericsson knew that already and are justly proud of the park and its view.

Answer to Where Is It? (No. 10)

This stone, at the north end of Sibley Park, near where 19th Ave. meets 38th St., is part of a very small park dedicated to Harold Burnside. Mr. Burnside died when the basement of his house on 38th St. caved in during the "storm of a century" in July 1987. On that night, 10 inches of rain fell in three hours. The house was demolished, and the Minneapolis Department of Public Works, with the help of the City Council and the neighbors, turned the lot into a quiet green space.

Sponsorship Program

This page contains an article written by acupuncturist Matt Murray, who is taking advantage of a sponsorship program offered by *SENA News*. The program is meant to help raise money for newsletter expenses in view of the fact that many funding sources are not available or as generous as they were in the past.

The program includes two types of sponsors. The first is an issue sponsor, such as Matt, who can sponsor one issue or several by writing an informational column about his or her area of expertise. (Newsletter staff are willing to help with the writing.) The second type is a donor sponsor, someone who donates at least \$75 and is featured in a business-card-sized box. (See the Jay Anderson ad on p. 5.) This kind of sponsorship may be more appropriate for small businesses or self-employed individuals.

Sponsors must have some tie to the Standish and Ericsson neighborhoods, so this program is meant to help local businesses as well as the newsletter. People considering an advertising budget may be interested to know that *SENA News* is put directly into the mailboxes of 4,300 homes.

Arbor Day at Northrop



Kindergarteners covering the roots of the red pine.



Second graders add wood chips to the white pine.

Northrop Urban Environmental Learning Center (4315 31st Ave. S.) celebrated Arbor Day on Apr. 28 with a "Naturally Native" tree-planting event. Kindergarten through fifth-grade students helped plant four native Minnesota trees: a quaking aspen, a red pine, a white pine, and a burr oak. The oak was planted in memory of Kate Dannucci, a Northrop teacher who passed away earlier this school year. Students sang the Beatles song "Here Comes the Sun" in her memory. The event also featured tree-related games and samples of maple syrup candy. Student-constructed signs containing information about each tree were installed in May. The Arbor Day event was made possible by a grant from Project Learning Tree, part of the American Forest Foundation.

Paid Sponsorship

Treating Back and Neck Pain with Acupuncture

by Matt Murray, L.Ac.

As an acupuncturist, I am frequently asked two questions: (1) What does acupuncture treat? and (2) How does acupuncture work? The first answer is easy: acupuncture can be used to treat an unbelievably wide variety of conditions. For 3,800 years, acupuncture, along with herbal medicine, was the stand-alone system of health care in China and was used to treat all disease. This doesn't mean acupuncture is the best choice for every condition today. The best way to determine what acupuncture can do for you is to discuss it with a licensed acupuncturist (L.Ac.).

So, how does acupuncture work? Traditional Chinese medicine (TCM) theory posits that circulation in the body—food, blood, air, water, etc.—is like a river. Just as a river can become obstructed (think logjam), so can our bodies. The TCM solution for breaking the circulation logjam was to poke it with a needle. The ancient practitioners didn't worry about why the needle worked; they simply observed its positive effects and focused on choosing the right combination of needles to maximize uninterrupted circulation. In addition to ancient explanations on acupuncture's mechanism, modern research has demonstrated that acupuncture increases levels of inflammation-fighting steroids and pain-fighting endorphins. Acupuncture, in essence, stimulates production of natural chemicals that help your body heal itself.

Circulation logjams in the back and neck can be particularly painful and debilitating. This is due, in part, to the fact that most back and neck pain is muscular in nature, and muscle pain perpetuates what is known as the *pain cycle*, i.e., pain causes a muscle to spasm, which leads to more pain, which leads to further spasm. This vicious cycle is designed to protect the body from further injury, but it often leads to long-term pain. Acupuncture is unique in how it breaks the pain cycle in that it uses needles to access deep muscle tissue. This tissue, once relaxed, helps neighboring tissue relax as well. It's basically the pain cycle's alter ego (a "healing cycle" of sorts), and once the deepest tense muscles relax, the rest follow in a domino-like manner.

A limited course of acupuncture is often all a patient needs to initiate the healing cycle. Remember, according to TCM theory, all substance in the body flows like a river, and a river, once opened, likes to stay that way. Our bodies want to be balanced and pain-free, but sometimes the logjams of life (whether internal or external) interrupt our flow. Everyone should experience acupuncture. Come give it a try; you won't be disappointed.

Matt Murray, L.Ac., holds a master's degree in acupuncture and is licensed by the Minnesota Board of Medical Practice to practice acupuncture. He is an Ericsson resident and can be reached at the Acupuncture Health Center in the Southdale Medical Center, Edina, MN.

 acupuncture
health center

6545 France Ave. S., Suite C-21, Edina MN 55435, 952-922-5000

Website: www.acupuncturehc.com

Open Monday through Saturday, daytime and evening hours



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Events at the Parks

Sibley Park (1900 E. 40th St.)

What's cooler than a blizzard in June? An ice-cream social at Sibley Park on Thurs., June 19 (6:00–8:00 p.m.). Feast on fabulous flavors! Cool off, take a break, and mingle with your neighbors while the kids enjoy music and the magic of The Big Fun Show! There is a small fee for ice cream.

On Fri., July 25, Sibley hosts its annual cornfeed and outdoor movie—an evening of fun, food, and entertainment. It runs from 6:30 p.m. to 8:30 p.m., with hot, delicious roasted corn on the cob, family-friendly entertainment, face painting, concessions sold by the athletic council, live bluegrass music, a moon walk, games, and more! Corn will be \$1 per ear, with free lemonade for all! Stick around for an outdoor movie in the park at dusk. *Enchanted* will be shown on a 20- by 25-foot screen at 8:45 p.m.

The Second Annual Take a Kid Fishing Day is at Lake Nokomis dock on Sat., June 7 (10:00 a.m.–2:00 p.m.). The Minnehaha Creek Watershed District presents this event. Adults are not required to possess a fishing license on this special day that is recognized statewide. They just need to bring youth along for a fishing trip. All bait and fishing equipment will be provided. Come to the fishing dock located off East Lake Nokomis Pkwy. Fishing instructors will be available to assist people, and free shore lunch will be provided to all participants. You can also

take advantage of free canoe use and expert instructions from qualified environmental staff. Don't miss out on this exciting fishing and boating event on Lake Nokomis.

The last senior luncheon until September is on Tues., June 3, at 11:30 a.m. (See the Community Calendar on p. 2.)

Besides these special events, Sibley Park has many ongoing activities. Adult yoga classes are on Tuesday evenings and Wednesday afternoons June 24 to July 30. First Tee golf program for ages 6 to 12 years will be held on Mondays, Wednesdays, and Fridays from July 21 to Aug. 1 (11:15 a.m.–12:30 p.m.). The cost is \$40, with scholarships available. Friday field trips are available all summer long! Come down to the park for a flyer or check out the Web site for details.

RecPlus full-day child care runs from 6:30 a.m. to 6:00 p.m. Monday through Friday (\$128/week). It features trips on Wednesdays and Fridays, swimming lessons on Tuesdays, supervised child care, snacks, and directed activity. Part-time care is available. Contact Becky or Brian for more information. Get details on all programs at Sibley Park (370-4954) or the Web site (www.minneapolisparcs.org).

— See Lake Hiawatha Park News on Page 6 —