



LOWRY HILL EAST NEIGHBORHOOD ASSOCIATION NEWSPAPER

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Trading for Joe's

Trader Joe's offer's replacement for small and closed businesses at 2700 Lyndale



Digital illustration provided by ESG Architects

The Trader Joe's at 2700 Lyndale would have a total footprint, including parking lot, of just under an acre.

By Bruce Cochran

At a very busy December 14 LHENA monthly meeting, Told Development Company of Plymouth gave a presentation of ESG Architects' preliminary designs for a Trader

Joe's. After a short description of the primary owner's of the Sunnyside Up Cafe and Coin Laundry, they went on to describe a short history of their own company.

Before designs were pre-

sented a description of existing businesses was given for background on what the new grocery would replace: Coin Laundry, the now closed Sunnyside Cafe, La Societe

See *Trader Joe's* page 8

Uptown Theatre II: The Sequel



Photo by Bruce Cochran

Property owners for the Uptown Theatre at the corner of Hennepin Lagoon Avenues have recently signed a long term lease with Landmark Theatres and are planning on renovating and expanding the two existing retail areas adjacent to the theatre. Construction is anticipated to begin by this spring.

Be like The Don, Read the Wedge



Photo by Bruce Cochran

Don Shelby takes time out from his book tour of "The Season Never Ends" at a December Magers And Quinn book signing to stop and read the Wedge newspaper. Shelby is one of the most accomplished local TV journalists in the country. Off camera, he has been involved in organized basketball as a player, coach and advocate since 1960. Inducted into Indiana's Delaware County Athletic Hall of Fame in 2003, Shelby has been compiling stories of pivotal basketball games—those he has played, and those that have inspired him—for over twenty years.

Living for the City

'City Walk Uptown' proposes residential in Uptown's core



Digital illustration provided by BKV Group

City Walk Uptown from Lake Street and Girard Avenue is located within the core Activity Center, as designated by the Uptown Small Area Plan.

Clark Gassen's latest proposal for the Cowboy Slim's/ Parking space is a mixed use project complete with restaurants, residential, gym,

retail and underground parking. The project consists of approximately 92 rental housing units, 23,800 square feet of restaurant/re-

tail space and approximately 212 parking stalls. Two as yet unnamed restaurants will

See *City Walk* page 8



LHENA Calendar

LHENA Board and committee meetings are held Jefferson Community School, 1200 West 26th Street, in the second-floor media center, unless otherwise indicated.

Tues., Jan. 10, 6:30pm

LHENA Fundraising Committee

The LHENA Fundraising Committee has decided to meet the first Wednesday of every month at 6 pm. This committee focuses on developing and implementing fundraising strategies for the organization, including quarterly Dine Out for LHENA events, direct solicitation campaigns, grants and more.

Wed., Jan. 11, 6:30pm

LHENA Zoning and Planning (Z&P) Committee

The Z&P Committee meets the second Wednesday of every month at 6:30 p.m. This committee reviews any project, development, or zoning request in the

neighborhood. A good fit for anyone interested in city planning, architecture and transportation.

Date change: Thurs., Jan. 12, 7pm

LHENA Neighborhood Revitalization Program (NRP) Steering Committee

The LHENA-NRP Steering Committee meets the first Wednesday of every month at 7 pm. This committee focuses on implementing the LHENA Neighborhood Revitalization Program Phase II Action Plan. The plan is divided into sections: housing; infrastructure; crime & safety; and youth, arts & commerce. Members serve on a volunteer basis and are elected to one-year terms at the annual meeting in April.

Mon., Jan. 16, 10am

Wedge Newspaper Committee

Meeting held at Jackson's Coffee and Gelato, NE cor-

ner of Lake St. and Bryant Ave. The Wedge Newspaper Committee oversees content and production of the Wedge newspaper.

Wed., Jan. 18, 6:30pm

LHENA Board of Directors

The LHENA Board of Directors regularly meets the third Wednesday of every month at 6:30 pm.

LHENA's mission is to represent the interests and values of Lowry Hill East residents, property and business owners to the larger community and government. The LHENA Board makes neighborhood building and land use recommendations to the City, maintains financial oversight of the organization, publishes the Wedge newspaper, organizes neighborhood social events, and serves as a forum for neighborhood concerns. Members serve on a volunteer basis and are elected to two-year terms at the annual meeting in April.

First-ever Communities Connections Conference

Feb. 11 conference will showcase best practices in neighborhood engagement

The City of Minneapolis' Neighborhood and Community Relations department is hosting the first-ever Communities Connections Conference Saturday, February 11, at the St. Mary's University Event Center, 2540 Park Avenue South. Registration for the event begins Monday, January 9.

This new conference is specifically designed for neighborhood organizations, cultural communities, non-profit organizations, City departments and residents to share best practices of neighborhood engagement. In addition, the conference will introduce people to new and innovative ideas for working within communities and neighborhoods. A major theme of the conference is building diversity and increasing participation in neighborhood organizations and communities.

The conference will include 16 concurrent workshops. The topics include: One Minneapolis One Read, bridging the digital divide, reducing waste at local events, social justice, neigh-

borhood safety and success stories of collaborations with City departments. There will also be neighborhood and community booths, a Neighborhood Café, food from communities throughout the city, local cultural entertainment and a closing reception. Angela Glover Blackwell, president and CEO of PolicyLink, a national research and action institute working to advance economic and social equity, will give the keynote address.

The Neighborhood and Community Relations department supports the city's 71 neighborhood organizations, which serve as the City's primary community engagement infrastructure. The department also has an Access and Outreach team whose focus is to support engagement of all residents particularly where cultural norms or customs, language or disabilities limit access.

For more information about the event visit www.minneapolis.gov/ncr/index.htm or contact Carrie Day Aspinwall at 612.673.2243.

LHENA Historic Preservation Program to Accept Applications

The Lowry Hill East Neighborhood Association-Neighborhood Revitalization Program (LHENA-NRP) Steering Committee will begin accepting applications for the historic preservation program in early 2012. An information session will be held in February, with application deadline to follow in March.

Funding is available for historic exterior home restoration and improvements. All residential property owners within Lowry Hill East may participate. Funds up to \$10,000 per property are available and must be matched by the property owner on a 1:1 basis. Eligible improvements include those made to the exterior of the property for the pur-

pose of preserving or restoring its historic character. Past projects have included repair and restoration of windows, doors, porches, stucco and siding. All proposed improvements must be historically accurate to the property in order to receive funding through this program. A panel with expertise in historic preservation, architecture and historic rehabilitation will review and rank all submissions.

Additional program details and guidelines will be posted at www.thewedge.org and included in the February edition of the Wedge. Please call the LHENA office at 612.377.5023 or email LHENA@thewedge.org with any questions.

THE WEDGE LOWRY HILL EAST Neighborhood Association Newspaper

The Wedge is a monthly publication of the Lowry Hill East Neighborhood Association (LHENA). Distribution is free to residents and businesses of the Lowry Hill East Neighborhood. Mailed subscriptions are \$20 per year.

The Wedge newspaper exists to address neighborhood events, issues, and causes, while providing a public forum for the community to share information and ideas and to voice individual opinions and concerns within the Lowry Hill East neighborhood.

Stories, ideas, opinions, letters, photographs, drawings, and drawings are always welcome. Call 612.377.5023 for assignments or to share your ideas. The deadline for submitting items is the 17th of the month prior to publication. The display ad deadline is the 15th of the month prior to publication.

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The contents of this publication do not necessarily reflect the views of LHENA or its board members. The Wedge reserves the right to exercise discretion in publishing any material submitted and further reserves the right to refuse any advertisement. Questions about The Wedge may be directed to the editor or to The Wedge committee chair. ©2011 LHENA, all rights reserved.

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Opinion

Reeder's Digest

Rye, on Lowry Hill



Photo by Bruce Cochran

By Rich Reeder

We've been a vast deli wasteland since the Lincoln Deli and Bernie's (both terrific Jewish Delis) closed shop ages ago, and one would think that a city this size needs some authentic and scrumptious deli eats. Yes, there is Mort's and the Crosstown Deli, and St. Paul has Cecil's but aren't we Uptowners in need of our own deli?

Open for just a couple of months, Rye at 1930 Hennepin Ave is "Not Your Grandpa's Deli," according to their notices. They also promote "fresh bagels & bialys baked daily."

We've been twice to the deli. The first visit we weren't really that hungry so we thought a deli would be a good choice. We each ordered a cup of the chicken noodle soup, and split a corned beef sandwich on, of course rye! Neither were great—the soup was bland and the corned beef was not the typical thinly sliced deli type, and it lacked flavor.

There are two fairly distinct parts of the place, a large dining room and the bar which has a number of high tables. We sat at one of the bar tables on our second visit. This time we split the

Knife & Fork Reuben (an open faced version), and it was good but a bit expensive. We also had the Israeli Salad (tomato, cucumber, red onion, lemon & olive oil) and it too, was quite good.

A word about pickles—they are usually a trademark of a good deli, and one knows when they've eaten a really fine deli pickle when it's crunchy, briny, acidic and you want more. Sorry, but we (and others near us) were disappointed in the Rye pickles. The Well Built Burger, Hot Turkey Sandwich, Chopped Liver and Lox & Bagel looked pretty good, but we have yet to try those. Maybe next time.

The strong points of the deli are its friendly staff, large wine & beer selection, lots of seating, and that it caters to families, many of which were there during both our visits. And, we're told that the egg cream is delicious and truly an authentic deli treat.

I'm convinced that the deli will eventually work out the kinks that normally go with a new cafe. For deli lovers, let's hope so.

Rich Reeder lives in Uptown

Hey, Katie K-9

Kids—and dog bites

By Katie Riopel

[Katie Riopel runs a dog obedience school in Hugo and her weekly radio show can be heard on MyTalk 107.1. For more information please see www.kik9.com.]

Recently I have received calls and emails about kids and dog bites. This is an important topic, and let me start by saying that this subject could fill a book. I only have limited space in this column.

The email subject line read: "Dog bit my 2-year-old son."

The telephone call: "Do you have a minute? I have a one-year-old daughter and my dog, whom I dearly love, is growling at her."

Toddlers are a dog's worst nightmare. Their movements are jerky, they are unstable, most are at the dog's eye level. They poke, grab, and usually fall on them. Toddlers also love to check out what the dog has in his mouth: a toy, a chewie, or one of the toddler's toys.

Many dogs try very hard to accommodate this small person. But when enough is enough, they seek out their kennel, hide under a table or behind a couch to get away. They give a warning growl ("Back off," it says). At times it may be very low, and you may not hear it.

But toddlers do not understand dog language. In a dog's world, the child has received fair warning.

You can just turn your head or leave the room for a second, then there it is: the chilling scream, blood streaming down the toddler's face, and panic sets in. The child is whisked up and—more often than not—it is time to head to the Emergency Room.

Humans are appalled that their beloved, loving four-legged furry friend could do that to their child, his friend! "How can we ever trust him ever again? We need to put him to sleep!"

Now, that beloved family four-legged friend has to pay the ultimate price because the adults in the home did

not do their job. They did not protect their dog from the toddler and protect the toddler from the dog.

A majority of dogs do not like children under the age of five. Those dogs, like many humans, have a hard time dealing with kids. What do humans not? They avoid children. If a close family member has kids, humans may stop by for a bit—then off they go. A dog does not have that choice.

There is no place to go but his kennel, under a table, behind the couch. They get yelled at for growling a warning—a mistake. Now, the dog will not growl to let you know he is displeased; he will just go directly to the bite.

So now what?

Human adults have to teach their children to respect the dog/cat space and learn their pet's signals. Know your dog's limits. Acknowledge it if your dog is uncomfortable with toddlers or kids in general. Have a family meeting to discuss the problem and make decisions on how to handle it before a bite happens. Talk to a professional dog trainer.

Never leave the pets alone with any young child!

When you leave a room, even for a second, someone comes with you: the pet or the child. If it is a busy day, put the dog in his kennel or outside.

Watch your dog's behavior when your child is around him. Is he looking for an escape route? Does he give a growl as your child approaches? There are always warning signs when a dog does not like children. Pay attention. There is nothing you can do to get the pet to like the child. You have to respect this and deal with it.

Cats can get away from children more easily than a dog; they learn to hide until the coast is clear.

Once a dog crosses the line and bites, 99 percent of all rescue groups will not take them.

See Dogs page 9

Community POWER Comes to LHENA

The Community POWER Grant

By Rebecca Harnik,
LHENA Environmental
Coordinator

2012 will be a big year in Lowry Hill East for composting, recycling, and overall sustainability, thanks to the receipt of the Community POWER grant, a new opportunity for LHENA to engage with Wedge residents around sustainability issues.

The Community POWER (Partners on Waste Education and Reduction) grant through Hennepin County will allow LHENA to host workshops around "green initiatives" in the community. These areas were originally identified through the 2008 Phase II Neighborhood Revitalization Program (NRP) planning process and further prioritized as a 2010 LHENA Board directive. Green initiatives continue to be an active focus as shown through stakeholder feedback at the April 2011 neighborhood brainstorming session.

Community POWER grants have had a significant impact in the Twin Cities — they have helped over 100 groups in the metro area work to reduce waste and toxicity since 2001.

Over the next eight months, LHENA will be hosting a series of six free workshops for residents. Seminars will include worm composting, food storage container workshops, recycling, composting for buildings, and a community materials exchange workshop. Other solutions will be addressed at the Uptown Market, and a neighborhood "Green Sweep" will be organized in the spring to ensure proper move-out, based on last year's "Clean Sweep." More information on the POWER grant will soon be available on the LHENA website.

Our first workshop: Worm Composting

The topic of LHENA's first workshop this month will be worm composting. Com-



Harnik does her best "American 'Urban' Gothic." (American painter Grant Wood painted a now-famous husband and wife holding a pitchfork in front of a farm in 1930 entitled "American Gothic.")

posting with worms creates some of the highest and most nutrient-rich soil one can find. Worms can help you do your share in diverting trash from the incinerator, while also saving the fuel costs from hauling waste. Worms also will keep your own healthy nutrients right in your own home, replacing the need for fer-

See POWER page 8

Exercise

Kite Festival Takes Flight

Winter fun with strings attached, Saturday, January 14



The Minneapolis Park and Recreation Board will hold the eleventh annual Lake Harriet Winter Kite Festival on Saturday, January 14, from Noon to 4 pm. Kites of all shapes, sizes, colors and themes will fly over frozen Lake Harriet. But there's more fun to be had on the ice – and even underneath it. Other fun family activities at the festival include ice fishing, horse-drawn wagon rides, snowshoeing, a kid's medallion hunt and a marshmallow roast.

Festival sponsors include the Minneapolis Park and Recreation Board, the Minnesota Kite Society, the Minnesota Department of Natural Resources (DNR), the East Harriet Farmstead Neighborhood Association; People for Parks and the Linden Hills Neighborhood Council.

Minnesota Kite Society experts will demonstrate their skills maneuvering spectacu-

See *Kites* page 9

Warning: Exercise studios may be closer than you think

It's a well known exercise tip. Pick a workout that's close and you're more likely to stick to your exercise goals. Here's a list to get you started in the new year.

Align Pilates

3021 Holmes Ave. S.
612.343.7500
www.alignpilates.com

Barre Bliss

2920 Bryant Ave. S., #107
612.817.2866
www.barrebliss.com

Bikram Yoga

2836 Lyndale Ave. S.
612.870.YOGA
www.bikramyogamn.com

Core Power Yoga

2930 Emerson Ave. S.
612.822.9642
www.corepoweryoga.com

Custom Fitness

1221 W. Lake St., Suite 104
612.886.2642
www.customfitnessuptown.com

Hauser Dance

1940 Hennepin Ave. S.
612.871.9077

LA Fitness

Calhoun Square, 2nd Floor
(612) 392-0395
www.lafitness.com

LifePower Uptown

2901 Hennepin Ave. S.
612.822.0600
www.lifepoweryoga.com

The OM Collective

3350 Lyndale Ave. S.
www.theomcollective.com

Pangea World Theater

711 W. Lake St., Suite 101
612.822.0015
www.pangeaworldtheater.org

Rendezvous Dance Studio

www.theplacetodance.com

The Shed

2800 Lyndale Ave. S.
612.720.2121
www.theshedfitness.com

Snap Fitness

1207 Lagoon Ave
612.823.1333
www.snapfitness.com

YWCA

2808 Hennepin Ave. S.
612.874.7131
www.ywcamps.org

Exercise your Right—to Right your Exercise

If you have any 2012 exercise goals the Wedge is launching a monthly series to bring you exercise advice from fitness professionals in Uptown.

Coaching and Positive Thinking for Results

By Philip Yannuzzi, Fitness Coach, Custom Fitness Uptown

At Custom Fitness Uptown we believe that the importance of having a trainer or coach cannot be valued enough when it comes to getting the most out of your health and wellness program. I have recently been in close contact with quite a few people who have achieved great things through the combined teamwork of the trainer and client relationship, far greater than would have been possible on their own. It is very important to have someone on your side...someone pushing you to do the right thing...someone picking you up when you're down...and someone celebrating your successes with you when you achieve your goals.

While most people think the process of getting in shape and training for athletic events as a very physical endeavor, I have found that at best it is an even split between the physical work involved and the mental aspect of planning, prepar-

ing, and motivating yourself. While it may take some level of education and experience to design effective workout plans for someone,

"While most people think the process of getting in shape and training for athletic events as a very physical endeavor, I have found that at best it is an even split between the physical work involved and the mental aspect of planning, preparing, and motivating yourself."

— Philip Yannuzzi, Fitness Coach
Custom Fitness Uptown

it takes far more skill to find out what may happen to motivate them and how to create a reasonable exercise and nutrition program that can be followed over a long period of time. True success in health and wellness, after all, is not decided in the short term but is shown in the long term through keeping your body physically capable, free of illness, and feeling good into old age.

Many people also have a difficulty in seeing the potential in themselves. Frequently a person may have no problem looking at someone else and have confidence in them to perform a certain task or be able to learn something new but they do not have that same level of

confidence in themselves. Sometimes all you can focus on are the problems and the barriers that stand between you and your goals. This is where having a trainer and a coach is critically important. A good trainer can look at your and see what your true potential may be and how to access it. Everyone is good at certain things and not so good at others. The key is to be able to recognize what your strengths and weaknesses are and how to then create a game plan that will work around those obstacles.

At Custom Fitness, every day we work with individuals who have had severe injury or body issues that can make them very unsure about trying to exercise and get their bodies physically fit again. Our job is to get them back involved with exercise and to start rebuilding that confidence in themselves. Usually our first step is to perform a total fitness assessment on the person to find out exactly where their strength and en-

See *Exercise* page 9

Takin' it to the Streets

Loppet celebrates its tenth anniversary, Feb. 4-5

The City of Lakes Loppet is celebrating its tenth anniversary with a move to Hennepin Avenue. Participants will ski from Lake Calhoun and up Lake Street before turning south down Hennepin with a grand finish in front of Kitchen Window. Event Headquarters will be based in Calhoun Square. The weekend events will radiate from the lagoon on Lake of the Isles and Theodore Wirth Park, with all courses finishing in Uptown.

"Minneapolis is one the few cities that can host an event

like this," said Nordic Ski Foundation director John Munger. "We have the climate, landscape and culture that makes skiing in the city possible. The Loppet course unites both the urban and natural environments of Minneapolis. The last time we finished on Hennepin was in 2005. We are thrilled to be bringing the celebration back to the heart of Minneapolis."

With the move, the City of Lakes Nordic Ski Foundation is expecting the event to grow beyond 2011's re-

cord of 10,000 participants and 40,000 – 50,000 in total attendance. "We genuinely looking forward to the event," said Associate Director of the Uptown Association Megan Orr. "On these cold winter days, we all need to come together like this to stay warm." The Nordic Ski Foundation is also excited to announce its partnership with Park Nicollet on the new Park Nicollet Luminary Loppet, part of Loppet Saturday's Mall of America Family Day.

Business

Hennepin Business Casualties

Il Gatto Last Meow



Photo by Bruce Cochran

"Parasole restaurants have been a major presence in Uptown for 27 years. We continue to believe in the viability of the Uptown community," said Kip Clayton, vice president at Parasole. "Parasole is Uptown's largest restaurant employer and," Clayton notes, "is experiencing strong sales at our other restaurants in the area, including the Uptown Cafeteria, Burger Jones and Chino Latino." Il Gatto was located in the northwest corner of Calhoun Square.

Duplex Closes Doors



Photo by Bruce Cochran

A note posted on the front door read "Duplex Restaurant Bar has closed. Thank you for six great years." The restaurant at 2516 Hennepin was owned by Michael Trebnick and Sonja Hayden of Lowry Hill East.

Finite Tea



Closing its doors for good on December 24th, Infinita, at 2827 left a closing note for its fans. "We thank you for your support over the last year and half, and will miss each and every one of our loyal customers." (Photo by Bruce Cochran)

Out of Ztyle



Ztyle at 2827 1/2 closed its doors in early January to move to an undisclosed location. The store will continue cyber sales at www.ztylemn.com.

Greco Project Gains Momentum

2900 Lyndale redevelopment finalizing details with the neighborhood



Photo by Bruce Cochran

In this view looking southeast from the corner of 29th Street and Aldrich Avenue, Greco is finalizing plans for a redevelopment that includes the air rights over the adjacent James Ballentine VFW parking lot.

Greco Development returned to the LHENA Board on December 14 to request support various land use applications. After an update on the building design details, Greco primarily spend its time defending the issue of Midtown Greenway shading from their proposed building. After a lengthy discussion and short animation on mid-winter shadow patterns, the Board mostly agreed to support the project again.

The latest project details 176 rental units, a 7,500 sq. ft. restaurant space, 1,545 sq. ft. of retail space, 1,495 sq. ft. of office space, on-site property management and approximately 249 parking stalls.

With a majority vote, the LHENA Board approved

the following land use applications:

1-Conditional Use Permit: to allow 176 rental housing units

2-Conditional Use Permit: to increase the maximum building height to 73'-6".

3-Variance: of the PO overlay district standard requiring placement of the first floor of the building to be located no more than 8' from lot line adjacent to a street. (29th Street setback is 15'.)

4-Variance: of side/rear yard setback requirements—along southeast angled property line and alley property line.

5-Variance: to reduce the drive aisle requirement to

See *Greco* page 10

Move Your Soul



Photo by Bruce Cochran

"Barre Bliss strives to create a warm, inviting yet challenging experience." Barre Bliss owner Mia Jenneman describes her new business as "An urban studio with child care." Classes are offered in Barre, Yoga Sculpt and Bliss Yoga. For more information see www.barrebliss.com, 2920 Bryant Avenue, #107, or call 612.817.2866.

A Custom Fit

You and Me boutique brings it all together



Photo by Lewis Kuhlman

...and jewelry makes three: Tim Navarro, Katy Vereide and Thom Navarro.

By Lewis Kuhlman

You and Me is a design boutique that creates affordable custom clothing and jewelry for picky customers looking for a one-of-a-kind look. Three designers got together to open a storefront squeezed between Clown Glass and the Red Dragon on Lyndale Avenue. Katy Vereide, Thom Navarro, and Tim Navarro each had studio spaces before they opened You and Me in March 2011. Vereide designs custom jewelry as

Katy Schmaty Jewelry, while the Navarro brothers handle clothing design and alterations as Tim + Thom Custom Design. Their new location is more convenient for some loyal customers and has helped reach a new clientele. This combination of services has been great for the designers and the people who use their services.

In what used to be a storage space for Clown Glass, You and Me's atmosphere

See *You and Me* page 9

Uptown Association Annual Meeting, January 18

Celebrating Uptown as a premier visitor destination

Festivities will include a cocktail hour and networking, a Business and Community Expo, dinner catered by Rudolphs and an Uptown Update, followed by special guest speaker Robert Stephens.

The Business and Community Expo is a popular component of the event that grew from just over 10 exhibitors in 2009 to nearly 40 exhibitors in 2011, with similar participation anticipated in 2012. Attendees will have a chance to visit with the diverse businesses and organizations that make the Uptown area vibrant and unique, as well as collect special offers, giveaways, and information about involvement opportunities.

The newest addition to the meeting is special guest speaker Robert Stephens.

A native of Chicago, Robert left a scholarship at the Art Institute of Chicago in 1990 to pursue a degree in computer science at the University of Minnesota. While attending the University, he landed a job fixing computers for the Human Factors Research Laboratory. Over a three year period, he rose to become head engineer of the lab while earning scholarships from the U.S. Navy and the FAA building flight and driving simulators. It was also during this time he started a computer consulting business. In April 1994, after three years at the University, he formed Geek Squad with \$200. In 2002, Best Buy acquired Geek Squad and opened all Best Buy U.S. and Canadian stores. Now, with over 25,000 Agents, Geek Squad

See *Uptown* page 9

Highpoint: 10 Years and 20 Member Shows

By Vanessa Moore Ardolino

I am aware that I seem to continually marvel over the beautiful prints on display at the Highpoint Center for Printmaking, but this continuous output of such a high level is remarkable. It is also remarkable that so many of the shows are focused on featuring the works of its members, including the current "Twenty: the 20th Cooperative Exhibition."

Anyone with the wherewithal to join the center's cooperative and put in the time to create a body of work, is able to show their pieces in the bi-annual co-op exhibitions. As Highpoint celebrates its 10th year of existence, the 28 artists participating in this milestone show represent a healthy swath of styles and messages.

Therese Krupp's screenprint uses six simple colors to convey a humorous issue that I am sure concerns many of us: "National Security Problem - Gluten!"

Pamela Carberry' prints, such as "Wall Shadows #1" and her sketch-



"Red River Trail" by Miriam Rudolph

like "One Day in Autumn," use the medium in a more abstract way, allowing me to escape the cold weather for a moment, as I basked in liquid gray shadows and the bronzed colors of a field in fall.

Miriam Rudolph's "Red River Trail," looks like a simple etching done in a primitive style similar to a lot of artwork from this country's colonial period. Upon closer inspection,

however, one can see she used blind embossment to create snowmen, ski tracks, and footprints in the snow. Unfortunately, those visual gems cannot be seen in the picture accompanying this article - you will just have to go see the exhibit to see for yourself.

The series of screenprints by Zac Adams-Bliss is another offering that I found humorous, but in a more

thoughtful way. He chose to print silhouettes of light posts and trees using black ink on black paper. One has to look at the pictures at the right angle in order to see that anything is there.

"Twenty" will be on display until Saturday, February 4. Highpoint is located at 912 Lake Street. For more information, please see www.highpointprintmaking.org or call 612.871.1326.

Flanders Returns to Uptown

Lake Street soon to be known as 'Gallery Row'?

By Vanessa Moore Ardolino

The gallery field in Uptown has missed the presence of Douglas Flanders for the last three years. This month we welcome him back to a new, prime location on Lake Street. The new space, called Douglas Flanders & Associates, is located at 910 Lake Street - next to Highpoint.

"It will be nice to be back in the public again," Flanders said. Since closing his previous location in November, 2008, he has been working with museums and clients out of his home. "I like the neighborhood."

While smaller, the new space's exhibition area is all in one spot, rather than spread throughout various rooms. The public is invited to a grand opening scheduled for Saturday, January 21.

Flanders has been in the art collection business for 40 years, but his relationship with art began a lot earlier.

"My grandfather was an art collector and my grandmother was an artist," he said. "When I was eight years old, she took me to Spain and I got to meet Picasso and Joan Miró."

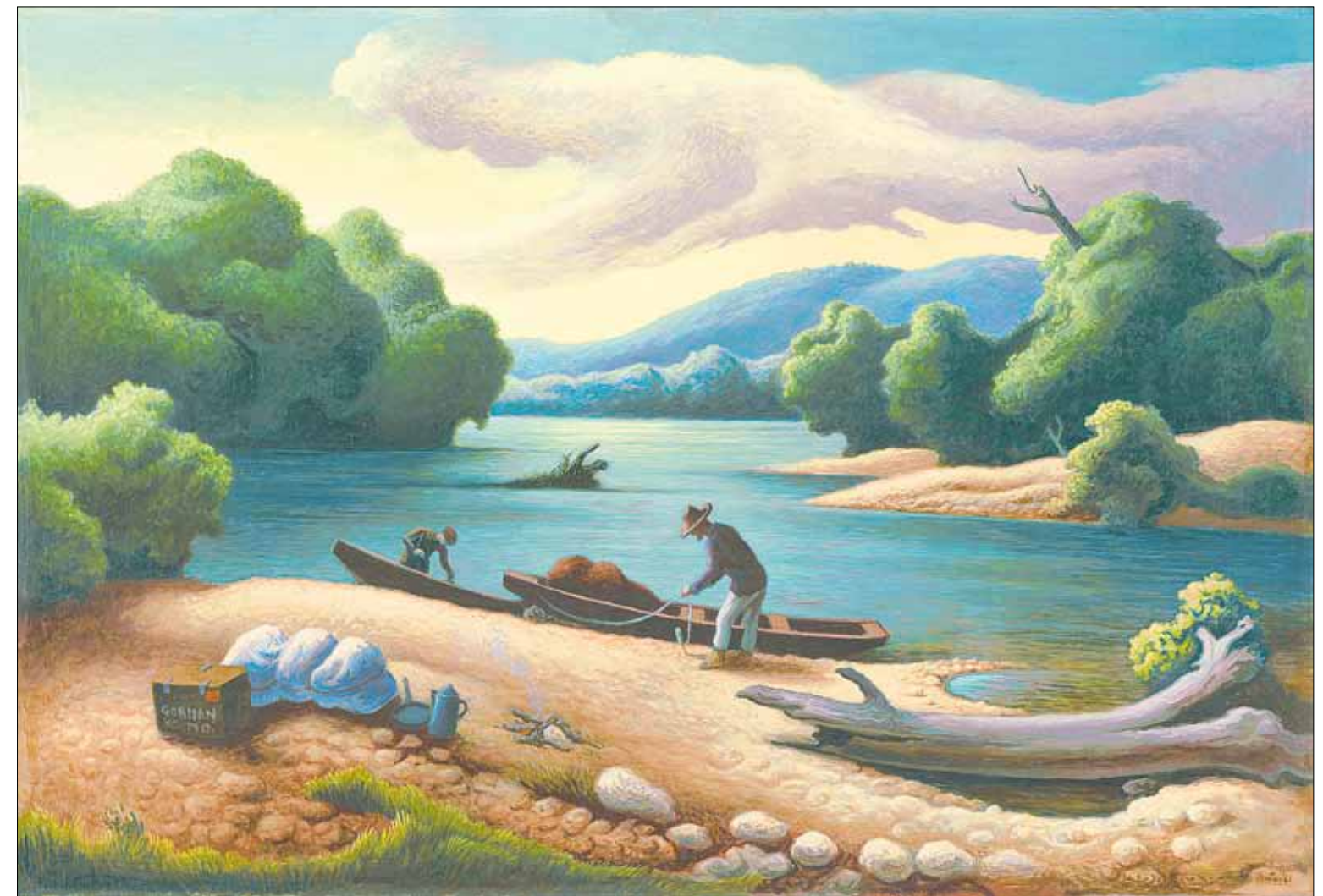
This unique background led to many friendships within the art world that fuels Flanders' acquisition abilities. Plus, he is privy to the more personal relationships buyers and sellers have with their art than one would have from purely professional encounters.

While Flanders has been working within the art scene of the Twin Cities for four decades, his reach has always been much farther.

"The Twin Cities are a peculiar situation," he said. "In the 1970s, I made friends with art galleries and did art fairs. There were not many collectors or buyers here."

Currently, while there may be more local art collectors, Flanders finds he still is doing a majority of business with buyers in other countries, such as South Korea and the Philippines.

"I think I've expanded my contacts ten-fold (through the use of social networks, like Facebook and LinkedIn)," he said, "In the last two years, I have about 2,000 contacts in the Twin Cities and 5 to 10,000 outside."



Thomas Hart Benton, River Current

With such an international influence, Flanders has enjoyed seeing some of the artists he has championed over the years gain notoriety, such as abstract painter James Leonard and figurative painter Luke Hillestad - a Minnesotan. Both of these artists will have work on display in the new gallery.

"A lot of (local) galleries are focused on a very narrow field of art," Flanders said. "There may be no other gallery in the Twin Cities that has the scope we have."

In this new location, however, Flanders said he and his associates, including Japheth Storlie and Genie Castro, are going to focus more on art consulting rather than being an exhibition venue.

"If an individual wants to put together a collection (of art),"

Flanders explained, "we can help them figure out their taste and budget and find them the things they can (acquire). We also get museum curators who come to us with a wish list."

Since Flanders has been in this business for so long, a number of his original clients are now at the stage where they are doing estate planning.

"I know of a lot of things coming back onto the market for the first time in 30 or so years," he said.

Flanders & Associates will be open 10 am to 5 pm Tuesday thru Saturday. It is located at 910 Lake Street. For more information regarding the gallery and its January 21 grand opening, call 651.213.2662.



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Trader Joe's from page 1

du The, T-Shirt Shop, Planet Soccer and Art Materials.

To bolster their proposal Told gave a list of potential benefits from the development. That list boasted "75 permanent jobs, numerous construction jobs, fills vacant spaces (soon Art Materials and now Sunnyside Cafe), upscale grocery with low pricing, vibrant intersection discourages crime, increased property values, less visible phone antennas, no turnover and quality project professionally developed by a proven team of a local family."

Although generally enthusiastic about a grocer coming to the neighborhood the board's reserved support paired with various critiques. The primary concerns were it's lack of density and surface parking lot. "It seems suburban, began one board member, and he continued, "it just seems like it's kind of behind the times."

Although a rezoning of the project would be required for a liquor store (to be built next to the grocery similar to the St. Louis Park location), it's likely a small hurdle compared to the overall project.

Bruce Cochran is Editor of the Wedge and lives in Uptown.



Photo by Bruce Cochran

This view looking southeast from atop the Mozaic project, shows the target location of City Walk Uptown bordered by Lake, Girard, Lagoon and the east side of the property line between Cheapo and Cowboy Slim's.

City Walk from page 1

be located at Lake & Girard and Lagoon & Girard. The site will retain the current C3A (Community Activity Center District) zoning designation which permits restaurant and retail uses and allows for housing with a conditional use permit.

POWER from page 2

tilizers. Worm castings are a step above compost – they are the valuable, good stuff. Castings can be useful whether or not you have a yard and can be used in pots and gardens alike.

Worm composting isn't nearly as hard as you might fear; worms are quite self-sufficient little critters. In optimal conditions, they can digest more than half their body weight per day in food waste – a pound of worms can create about half

The LHENA Board unanimously supported the project along with the following land use applications at their December 14th monthly meeting

1-Conditional Use Permit: to allow 92 dwelling units.

2-Conditional Use Permit:

a pound of nutritious soil per day. Think about that ratio in human weight!

They're not creepy...

Last year for my grandmother's 90th birthday I trepidatiously plopped down a box of worms in front of her, hoping I could get her on the composting boat in the middle of the city. She's blind, so she reached right into the gobs of worms and raised her eyebrows with slime-filled surprise. Probably the first connection with earth she's had in a long time in her NYC apartment, she soon cooed to them and fed them diligently.

Months later, inspired by my grandmother's dedication, I started a bin for my office. Composting with worms has become a highlight for my co-workers too – it's a nice way to bring in a piece of the outdoors to our cinder block walls. They can swallow up the peels and rinds from of our lunches and coffee breaks. We never know what to expect when we open the lid – sometimes the worms will be nestled away, munching inside a banana peel, other times they'll be as active as the squirrels during acorn season.

While I initially feared pungent odors, there haven't been any real problems at

to increase the building height (75'-8" to flat roof and 82'-2" to top of roof prow).

3-Variance: of the PO overlay district standard requiring placement of the first floor of the building to be located not more than 8' from lot line adjacent to a

5-Site Plan Review.

all, even with seven of us managing it.

Quite honestly, when you stick your nose into it, the box smells like the earth after a fresh spring rain – one of my favorite smells. Worms are one of the most dynamic and enjoyable science projects I've undertaken for my daily routine.

No, they don't bite. And it's pretty hard to kill them.

Setting up a worm bin is not complicated. To learn more about preventing food waste and worm composting, come to LHENA's worm compost workshop on January 24th at 6:30 pm in the Jefferson School Cafeteria at 1200 West 26th Street. We're fortunate to have Tim Farnan from the Minnesota Pollution Control Agency coming to share his tips on worm composting and food waste management.

You'll also put together and take home a FREE worm compost bin, complete with the critters. Please RSVP to Rebecca.LHENA@gmail.com to ensure that we buy the proper quantity of worms.

Share your stories. If you have a worm composting story to share, email it to the above address. We love to hear about the work already happening in the neighborhood.

street.

4-Variance: to reduce the minimum parking requirement for the commercial uses. (18 stalls required for retail, 142 stalls required for restaurants; 105 commercial stalls provided)

A bit about me, the LHENA Environmental Coordinator

Currently an Uptown resident myself, I'm originally from the Washington D.C. area. I found my way to the Twin Cities in 2006 to attend Macalester College. I graduated with majors in Environmental Studies and Geography and have grown quite attached to Minneapolis. I enjoy virtually everything related to the outdoors, and am even learning to grow fond of the Minnesota winters.

I am the Project Coordinator at Gardening Matters, where I was formerly a Minnesota GreenCorps member. Gardening Matters works towards successful and sustainable community gardens in the Twin Cities, and my particular focus is on composting and waste reduction with a group called the Compostadores.

Last spring, I immersed myself into the recycling realm when I participated in Hennepin County's Master Recycler/Composter training. As a result of this work, I have been equipped with many tools to confront waste on numerous scales. I hope to bring these tools to the Lowry Hill East Neighborhood in 2012 through the Community POWER initiatives.

You and Me from page 5

feels like the trio is helping you right in their living room. The art and antiques make it feel like home. Here they can help you with matching and coordinating outfits, accessorizing, and getting a great fit. Customers can find scarves, sweaters, jewelry, novelty items or even gift cards. Their products use a lot of reused and vintage materials in a process called up-cycling—taking old material and putting it together to make something new and improved.

In addition to the products and services available, You and Me hosts private events. These events include trunk shows, outfit parties and collaborative outfitting. Designers will consult for different looks and basically allow clients to have a dress-up party. These events are popular around seasonal

Uptown from page 5

is now the world's largest technology support company offering phone, in-store, and in-home and online support. In 2010, Robert was appointed as the Chief Technology Officer for Best Buy.

Attendees will hear Robert's personal stories firsthand, including anecdotes and experiences about the perils and pleasures of his journey.

The Annual Meeting will be

Exercise from page 4

duration is at, as well as to find out what motions they seem to be able to perform properly and what body movements do not work so well. After the initial assessment we will then sit down and find out what that person's individual goals are. These goals can be anything from losing and gaining body weight to toning up muscles or keeping the body in good health as it ages. Once we have this information we can then set up a program that will be completely customized for that person's current abilities and have it directed towards achieving the specific goals that they are looking for. We have found that practice does really make perfect, and when we construct an exercise program we try to set it up so that we can see small bits of improvement on almost a daily basis. This then allows the client to adapt to the training gradually so that

changes when both men and women are looking for ways to spice up last year's or last season's wares.

Watch for the You & Me Designers in the Nuclear Winter Fashion show; a post apocalyptic look at survival in the tundra, January 28th on Medicine Lake. See www.sashayshantay.wordpress.com for more information. And be on the look out for the You & Me Fashion Week event at the Amsterdam Bar; a winter fashion rock show called Resurgent.

You and Me is open Tuesday through Friday, 11am to 7pm, Saturday, 11am to 8pm, and by appointment at 2114B Lyndale Avenue. For more information call 612.823.8200 or visit www.shopyouandme.com.

Lewis Kuhlman is Vice President of LHENA and lives in Lowry Hill East.

held on Wednesday, January 18 from 5pm to 8pm at Lake Calhoun Event Center located in St. Mary's Church (3450 Irving Avenue). Tickets are available until January 11 at www.uptownminneapolis.com under the "Upcoming Events" section of the homepage.

Uptown Association (UA) is a nonprofit organization whose mission is to improve the economic vitality and sustainability of Uptown through collaboration and partnerships. UA advocates

our risk of injury is less and so they can develop the coordination and skill that the exercise requires over time. Just as important however is how this process allows the client to see the gradual strength increase and the mobility improvements that we are making which is fantastic for improving their desire to train and getting them feeling really positive about their bodies again. As I have witnessed from my own experiences many times, a person who is feeling extremely positive about what they are doing is going to see much better results. As people get older they can tend to focus on the downward spiral of aging and that surge in positivity and motivation that occurs with someone seeing results in their fitness program is undeniable. I have seen this change result in a confidence, energy, and a great sense of well being that you could never put a price on.

Kites from page 4

lar kites throughout the day, and offer their expertise to kite flying enthusiasts and to those who are new to the pastime. Bring your own kite, or buy an inexpensive one at the lake.

The DNR Ice Fishing Expo will teach kids ice fishing skills and safety tips; the DNR will provide all the equipment needed to participate.

The festival will take place on the north end of Lake Harriet near the Bandshell, located at 4135 W. Lake Harriet Parkway; admission is free. In case of extreme weather or poor ice conditions, the event will be re-scheduled for January 21.

For more information on the Lake Harriet Winter Kit Festival please see www.minneapolisparcs.org or call 612.824.9350.

for the greater benefit of the entire Uptown community. The organization is member-based with a 15 member volunteer Board of Directors and serves in a variety of capacities to more than 500 businesses and nine neighborhood associations in Uptown's perceived boundaries. It has six working and active committees that include Board of Director, member, non-member and resident representation. The Uptown Association is also the producer of the Uptown Art Fair, now in its 49th year.

Every day I see the importance of this relationship, no matter what the fitness level of the client or the goals that they may be looking to achieve. I really do believe that exercise is a necessary part of leading a happy and healthy life and that anyone can get this benefit with the proper instruction. If you haven't experienced this first hand then I strongly urge you to check it out and do something truly meaningful for yourself.

Philip Yannuzzi is the owner of Custom Fitness in Uptown, 1221 Lake St., #104, www.customfitnessuptown.com, 612.886.2642. He is an advanced personal trainer with more than 10 years of experience in the fitness industry and competitive athletics. He holds a B.S in Exercise Science from Iowa State University and has been helping people of all types in the Minneapolis area get in shape for the past seven years.

Dogs from page 3

In the human world, one of the most unforgivable sins is for a dog to bite a child; however, if an adult is bitten, the question is: "What did you do?"

Dogs should never be expected to "take a licking and keep on ticking" from a child or anyone. It may come down to finding a new home for the dog. Dog owners need to see the situation from a dog's point of view. Some dogs love all the excitement; many are looking for a place to get out of the way until everyone is gone.

With the holidays here, many people are coming and going, many kids are excited and energetic, and the holidays are a prime opportunity for people—and pets—to be stressed, and for something to go wrong.

Be fair. Pay attention and keep everyone safe.

Happy New Year to all!

Salem
English Lutheran Church
We've moved into
SpringHouse
Ministry Center
OPEN HOUSE
Feb. 4, 1-4pm
Join Us Sundays
8:30am Traditional Service
9:15am Sunday School
10:30am Jazz Worship
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Check out Lyndale United Church of Christ in the new SpringHouse Ministry Center (3 churches, 1 building)

We left our building at 31st and Aldrich in 2008, left Inter-media Arts December 21st, 2011 and are now figuring out everything in our newly renovated historical building. Please stop in - for no matter who you are or where you are on life's journey, you're welcome at Lyndale UCC.

Sunday, January 8th, 10:30 a.m. A service of rituals to say goodbye to 2011 and welcome 2012.

SUNDAYS
9:15 a.m. Christian Education for all ages
10:30 a.m. Worship (in the north sanctuary)

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Yep, You can Recycle That

Holiday lights and Christmas trees

Strings of holiday lights that no longer work are now being accepted for recycling. A local drop off site for your lights is Frattallone's Ace Hardware, 2737 Hennepin Avenue, 612.238.0196.

Minneapolis offers curbside pick-up of Christmas trees through the month of January. The city will turn it into mulch, which can be used on gardens. Cut your tree in half if it exceeds 6 feet and place it next to your garbage can on trash day.

School Information Fair Saturday, January 21, 9am-2pm

The fair will be held at the Hyatt Hotel, 1300 Nicollet Mall. Free parking is available with a stamped ticket.

Attending the fair is an important first step in choosing the right school program for your child. While the Minneapolis school district has moved to a new attendance zone model, there are still many choice options available to families. At the event, you will be able to ask questions of principals and school staff from every Pre-K-8 program in the city. There will also be giveaways and fun activities for the entire family.

Please note that school request cards are due by February 29, 2012.

Joining Hands for Waste Reduction

Sarah Sponheim spearheads grand project with four Uptown neighborhoods

East Calhoun neighborhood board president, resident and local recycling whiz knows no bounds when it comes to reducing waste. Her latest venture involves leveraging the knowledge and connections of the four core neighborhoods of Uptown. At a December 13 meeting Sponheim met with six individuals from four neighborhoods to begin talking about developing a model for introducing organics recycling to apartment buildings in the Uptown (CARAG, East Isles, East Calhoun, Lowry Hill East). They've outlined a series of "next steps," including meeting with the owner of Solhem (a building with its own organics recycling), the sales representative from Randy's Sanitation and an organics guru from Hennepin County Environmental services.

East Calhoun is the site of two joint City-County pilot projects to reduce waste through single-sort recycling and curbside composting. In addition, that neighborhood was the recipient of a 2011 grant from Hennepin County to encourage residents (primarily homeowners) to participate in these waste reduction ventures by means of a group called Waste Watchers. As a next step, Waste Watchers wants to facilitate waste reduction in apartment buildings. The neighborhoods of EIRA, LHENA and CARAG have significantly more apartment buildings than East Calhoun and are thus well-suited to this expanded effort.

The six members at the meeting included: Sarah Sponheim (Chair): President, East Calhoun neighborhood board and Green

Team chair; Betsy Allis: EIRA (East Isles) NRP committee and Green Team chair; Carol Bouska: CARAG neighborhood board; Kate Davenport: East Calhoun neighborhood board; Rich Harrison: EIRA (East Isles) Green Team member and apartment building care-taker; and Elise Maxwell: LHENA (Wedge) neighborhood board. Each member of the group is pursuing environmental projects in their respective neighborhoods via a Green Team or NRP committee. They all share an interest in waste reduction with a particular focus on recycling and composting in multi-family buildings. As residents of the four core neighborhoods in Uptown, they feel we could increase their impact by joining forces and sharing resources.

Greco from page 5

allow 7 parking spaces to maneuver in the public alley.

6-Variance: to increase the maximum size of a projecting sign and the amount of signage allowed on a primary building wall (for the LynLake sign).

7-A Travel Demand Management Plan: (study conducted by RLK and final document will be provided to LHENA)

8-Preliminary and Final Plat

9-Site plan review

'No Impact Man' ECCO is teaming up with EIRA for a Free viewing

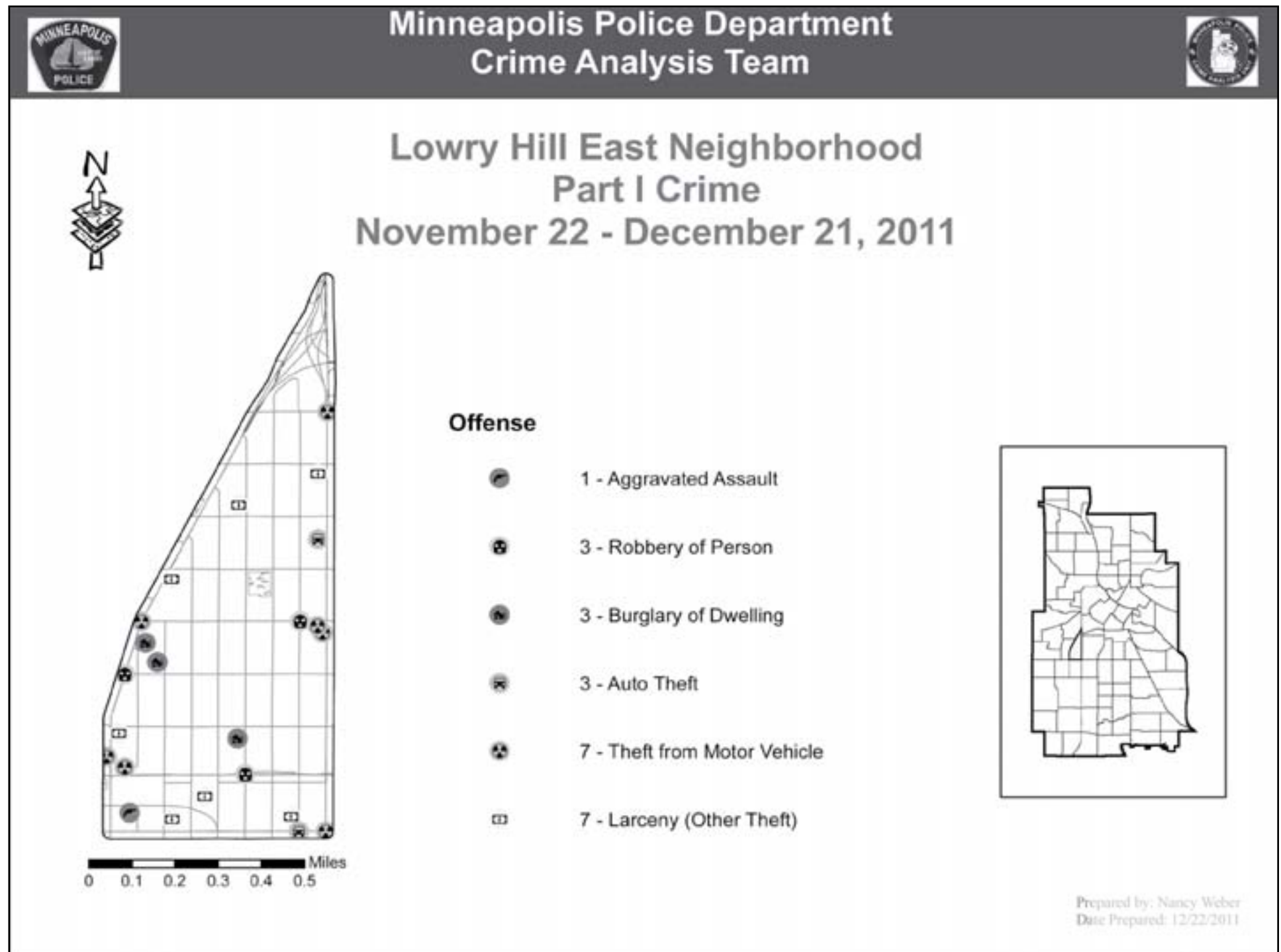


Monday, January 16, 7pm, Grace Trinity Community Church, 1430 W. 28th St.

The film follows the Beavan family as they abandon their high consumption 5th Avenue lifestyle for a year of no-net environmental impact. The LA Times called this 90-minute movie "Terrifically entertaining, compelling and extremely funny." In 2009, No Impact Man was an official selection of the Sundance Film Festival.

The evening includes refreshments and a short discussion. Please RSVP to Monica Smith at nrp@eastcalhoun.org.

Public Safety



Stop, Look and Listen



Photo by Bruce Cochran

Meg Tuthill, Ward 10 Council Member, reported at the December 6 East Isles neighborhood meeting that the City has agreed to add a 4-way stop at the intersection of 24th St and Fremont Avenue (just north of Kowalski's.) The traffic counts don't warrant a 4-way stop but the City agreed that this is a difficult intersection.

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susanhagler@earthlink.net

A Holiday Thank You

The Lowry Hill East Neighborhood Association (LHENA) would like to thank our friends and neighbors for coming out to the holiday party on December 21. It was great to see everyone.

Many thanks to Social House, 2919 Hennepin Avenue, for hosting the party.

LHENA wishes all a happy and healthy new year!

Ink, Vinyl & Fans



Photo by Bruce Cochran
Hip hop artist Macklemore (center), and his producer Ryan Lewis (right) hail from Seattle, Washington. They dropped by 5th Element at 2411 Hennepin Avenue in December to autograph their music and visit with fans.

The Home Team



Photo by Bruce Cochran
Guertins Sports Resource Group will move into this building at 3539 Hennepin by February. The business sells products that support indoor soccer, inline hockey, cross ice hockey and roller hockey. More info at www.sportresourcegroup.com.

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