



LOWRY HILL EAST NEIGHBORHOOD ASSOCIATION NEWSPAPER

thewedge.org

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You Can Sell That?

VFW sells air rights to Greco project



Photo by Bruce Cochran

James Ballentine VFW is now the last of what used to be 26 VFWs in Minneapolis.

By Bruce Cochran

After a year of negotiations between the James Ballentine VFW and Greco Development, a creative surprise in the recently reached agreement sells the air rights over the VFW's parking lot

(west of the building) for an undisclosed cash sum. According to Tim Keane, Real Estate Council for the VFW, they will retain ownership of the building and property. Greco will create their

See VFW page 2

Walker Library Final Approval

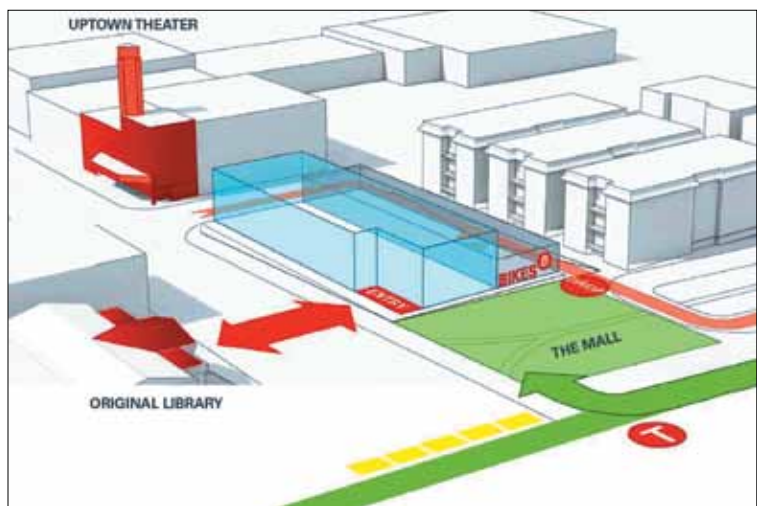


Illustration provided by VJAA Architects

The Hennepin County Board officially approved the design report for the new Walker Library in mid-November. Construction is estimated to be complete by 2014. Above is a schematic showing context and patron travel patterns for the proposed building at Hennepin and Lagoon Avenues.

Trader Joe's Eyes 27th & Lyndale



Photo by Bruce Cochran

Can Trader Joe's thread the needle by squeezing in it's grocery/liquor store in an already crowded liquor neighborhood?

By Bruce Cochran

The California based grocery retailer is working on a proposal to develop a grocery/liquor store at 2700 Lyndale Avenue. After a looking at other sites along Lyndale from Franklin Avenue to Lake St. in past years, Trader Joe's has set it's sites on a possible location at the current site of Coin Laundry, Sunnyside Cafe and possibly more buildings along the block.

The site poses at least two potential hurdles. First, does it legally satisfies the city's proximity requirements to other liquor stores? Secondly, as the Wedge Co-op has proven—with regular paid traffic officers, parking and traffic for a grocery store on this part of Lyndale can cause headaches.

Representatives for Whittier and LHENA the project will make a neighborhoods in presentation to both the December.

Be like Brokaw, read the Wedge



Photo by Bruce Cochran

News anchor Tom Brokaw takes time out from his recent book tour schedule at the St. Louis Park Costco, to read the Wedge newspaper.

Happy Holidays from LHENA!

Come celebrate with us at the
Lowry Hill East Neighborhood Association Annual Holiday Party
 Wednesday, December 21, 2011, 6:30 - 8:30 p.m.
duplex restaurant.bar Appetizers Provided/Cash Bar
 2516 Hennepin Avenue



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.

Wed., Dec. 7, 6pm

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., Dec. 7, 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., Dec. 13, 10am

Wedge Newspaper Committee

Meeting held at Jackson's Coffee and Gelato, NE corner of Lake St. and Bryant Ave. The Wedge Newspaper Committee oversees content and production of the Wedge newspaper.

Wed., Dec. 14, 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.

**Immediately following adjournment of the Zoning & Planning Committee meeting on December 14, the LHENA Board of Directors will convene for a brief meeting to conduct urgent neighborhood business.*

Wed., Dec. 14, Time TBD*

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.

**Immediately following adjournment of the Zoning & Planning Committee meeting on December 14, the LHENA Board of Directors will convene for a brief meeting to conduct urgent neighborhood business. There is*

normally no regular meeting of the Board of Directors due to the neighborhood holiday party.

Wed., Dec. 21, 6:30-8:30pm

LHENA Neighborhood Holiday Party

Duplex restaurant bar, 2516 Hennepin Avenue, Upper level

All neighbors are invited to join LHENA in celebrating the holidays at duplex restaurant bar on December 21. Appetizers will be provided. Cash bar available.

Find us on Facebook:
www.facebook.com/TheWedgeNeighborhood
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 @TheWedgeNhood

LETTER FROM THE BOARD

Lowry Hill East Neighborhood Association

Fall is coming to an end and LHENA is gearing up for an eventful winter. During the month of October LHENA hosted two successful neighborhood fundraisers, the Hennepin-Lake Winetasting event and the City Ghosts event. Both of these events generated over \$2000 for LHENA.

LHENA also recently secured our first grant for over \$11,000. The Community POWER Grant will allow us to provide educational opportunities for the neighborhood around waste reduction. In November, we will hire a part-time environmental education coordinator and begin providing monthly environmental workshops and seminars.

The Lowry hosted this month's Dine Out for LHENA. Thank you to all who participated in this event. Please stay tuned for the results of this fundraiser. The LHENA fundraising committee will be organizing several fundraisers for this spring including more Dine

LHENA Fundraiser: Trilby's Tales of Terror



Residents were entranced by the exciting tales of local crimes from noted folklorist, Trilby Busch. The scene of the crimes were set at the Historic Gluek Mansion and the Drew House Halloween weekend.

Out for LHENA events.

Although the LHENA Board is hard at work generating funds for LHENA, the neighborhood association was facing a budget deficit for 2012 and was forced to reduce Caroline Griepentrog's position as neighborhood coordinator down to part-time. This decision was incredibly difficult. The LHENA Board is working with Caroline to ensure that essential work is still completed for the neighborhood.

Mark your calendars for this year's holiday party. On Wednesday, December 21st from 6:30-8:30 pm, the LHENA Board will be hosting a neighborhood holiday party at the Duplex. We hope to see you there.

Please feel free to contact the board if you have any questions or concerns regarding the neighborhood. Enjoy the snow!

Sincerely,

The LHENA Board

VFW from page 1

own underground private parking as part of their 170-unit apartment building on the north side of the VFW, add 60-65 public pay parking spaces and build above the VFW parking lot.

Once all of the contracts are ironed out, construction is estimated to begin next spring for the Greco project as well as the VFW at 2916 Lyndale Avenue. The VFW is using the money from the agreement to do an entire remodel and upgrade of their current building.

Overall interior and volume will stay about the same.

The James Ballentive VFW is the last one in the City of Minneapolis according to Keane, "they take very seriously their commitment to the returning vets." With a growing membership list from overseas action, the organization is thinking big about its future. Keane adds, "this development will greatly allow the VFW to serve post membership into the future to really solidify its presence in the Lyndale Neighborhood."

They Exchanged Words



Photo by Bruce Cochran
 Patrons took advantage of the Friends of the Walker Library Book Sale in November. Although reconstruction is now pending for the new library, one more book sale is scheduled for the spring. For more info see www.supportthclib.org.

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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Opinions

Letter to the Editor

We Can Have a Civilized Property Tax Burden

By Juris Curiskis

We pay our property taxes for the common good of our community. It should not be any different how a family would approach to finance a home project. For example, one day Mr. Jones announces that they need to fix the muddy driveway and that it will cost \$400, but he can't afford it. Everybody is disappointed. But then Mrs. Jones has an idea. She says that she earns about \$600 a month from her part time job and she can help. Then Andy says, I can help to, I make \$250 a month delivering newspapers. And then Susie joins and declares that she can help as well because she makes about \$150 per month baby sitting. Mr. Jones declares, I think that now we can afford it, on my \$2000 salary a month and your help. Then Mr. Jones figures out what each family member's FAIR share is and declares that he will pay \$267, Mrs. Jones will pay \$80, Andy \$33 and Susie \$20. How do you think the family members would feel if someone came along and said NO NO that is not legal, you must collect \$100 from each family member completely disregarding their ability to pay the \$100. Where is the logic of our MN property tax concept?

In the above example, the family's solution was to have each family member pay 1.3333% from their income to satisfy the \$400 bill. That was very reasonable. What was wrong with it, or what is wrong with it? However, the present concept of collecting \$100 from each person is very wrong. It does not meet the intent of our State Constitution.

Look at the comparisons of burden:

	FAMILY PLAN (reformed property tax)	LEGAL STATE PLAN (property tax now)
Mr. Jones	1.33% burden	Mr. Jones 00.5% burden
Mrs. Jones	1.33% burden	Mrs. Jones 17.0% burden
Andy	1.33% burden	Andy 40.0% burden
Susie	1.33% burden	Susie 67.0% burden

It seems very obvious why people are angry about their property tax burden. In the example above, 3/4 of the family members are unfairly taxed by the present (legal) property tax concept. This model can be extended for the whole State of Minnesota, and the results will be similar.

There is a solution, but the Legislators will not listen.

Juris Curiskis lives in the Bryn Mawr Neighborhood.

Letters to the Editor and Community Voices and Opinions

We value your insights and points of view. Please send letters to the editor or longer opinion pieces to Wedge.Editor@yahoo.com

Danielle Everine's Fall Collection



Photo by Bethany Heemeyer

Cliche fashion boutique at 2403 Lyndale Ave. gave an in-store presentation of Danielle Everine's Fall 2011 Collection called Call Me Ishmael on November 11th. More info at www.clichempls.com.

Buy Local

By Guest Columnist Kirk Gryder

I once visited a Home Depot in Alpharetta, GA. In the same shopping center, straight down the row, were the ubiquitous electronics store, discount store, and sporting goods store. Aside from the heat and accents it could have been Maple Grove.

There are many things that make urban areas unique and one of the most visible is their particular assemblage of local businesses.

Consumers have long supported local musicians and local artists. Now it is time to support local businesses, particularly if we do not want Uptown to become a strip mall.

There are a number of reasons that the buy local movement has gained support across the nation in recent years, but one of the most pertinent right now is jobs.

We've been told by the Federal government that the recession officially ended in June of 2009. Despite the gyrations of the stock market corporate America seems to have bounded back in many regards. Locally many of our Fortune 500 companies are sitting on hoards of cash and yet either not hiring or actually letting people go.

If we want to make a difference in our community,

if we want to preserve the character of our community, if a neighbor, friend, or relative has recently been laid off and we want to make an impact on the job market, we have an opportunity to do that this holiday shopping season.

If Twin Cities consumers shift even 10% of their spending from chains to locals for one day, the Twin Cities economy gains some \$2 million.

Buy local. Buy from a locally owned, independently owned businesses.

Local businesses, while the great majority are owned by really awesome people, do not hire people out of the goodness of their heart. They hire people because it improves their bottom line. They

hire people because they are so busy that they need additional help.

Consumers can affect that ever day.

Small business hire people and pay taxes. Large businesses hire people and some pay taxes, General Electric comes to mind. Many many large corporations are using more and more contract workers which allows them to avoid providing benefits. Nothing wrong with that, it is a smart business move on their part. Unless you happen to be one of the contract workers and need the benefits. Almost every small business that is capable of providing benefits does so. They actually know their employees by their first name and want them to

See Buy Local page 4

Opinions

Streetcars in the Greenway?

Why a trolley in the trench is good for the corridor and for Minneapolis



By Guest Columnist
Michelle Beaulieu,
*Midtown Greenway
Coalition*

On a nice day, I can sit at my desk at the Midtown Greenway Coalition office and look out over the Greenway, watching people walking, biking and skating. I see kids going to school, professionals getting to work, retirees running errands, and people of all ages getting exercise, enjoying the green spaces and breathing the fresh air.

Even on rainy days or snowy days, or days covered in ice after a good snowfall, there are still people on the Greenway, using it to commute back and forth to their jobs or classes.

The Midtown Greenway is a beautiful amenity in this city—one that I have almost come to take for granted. Working for the Midtown Greenway Coalition, I have come to appreciate this bicycle and pedestrian “highway” in new ways, and I have come to realize the Greenway’s potential to be so much more.

The Midtown Greenway would be a great location for public transportation for all the reasons we love it as a bicycle and pedestrian path. It is largely separated from the traffic of the city streets, making it faster than any alternative along parallel routes. The Greenway is only a block from Lake Street, and all the businesses and commercial activity that Lake Street has to offer.

Furthermore, the Greenway connects the Hiawatha light rail line, to numerous existing north-south-running bus lines, as well as to the planned Southwest light rail line and to a future 35W rapid bus transit station at Lake Street.

The Midtown Corridor, or the blocks on either side of Lake Street and the Midtown Greenway, has been on the radar of the City of Minneapolis and Metro Transit as a candidate for improved public transportation for some time now. Metro Transit recently received funding to study the corridor’s potential for various forms of public transportation including bus rapid transit, streetcars and light rail, in a study called an Alternatives Analysis.

Metro Transit is also finishing up an Arterial Transit Corridor Study, which examines Lake Street for a potential rapid bus route (as well as ten other routes across the region). And as far back as 2000, the City of Minneapolis proposed putting a busway on the Midtown Greenway.

But as someone who uses the Greenway as both a cycling trail and a pedestrian path, I worry what motorized transit would do to this space I love. In particular, buses would destroy many of the attributes of the Greenway that define it. A busway’s asphalt would cover up much of what makes the Greenway green. Buses would spew emissions in the face of pedestrians and cyclists, and would not at-

tract as many riders as rail transit would (and has) in Minneapolis. A busway would destroy an amenity that Minneapolitans in the Midtown Corridor have grown to love.

The Midtown Greenway Coalition has fought against a busway in the Greenway for many years. In 2003-4, we helped 15 neighborhood organizations (including the Lowry Hill East Neighborhood Association) pass resolutions opposing such a busway. The Coalition also offered an alternative—a Midtown Greenway streetcar.

The Coalition envisions a streetcar that would run on tracks embedded in grasses, maintaining the Greenway’s green spaces. It would be able to run on a single track in some areas, minimizing the need for intrusive construction in the Greenway. And it would improve not only public transportation in the Midtown Corridor, but it would improve the Midtown Greenway as well.

The Midtown Greenway streetcar’s greatest asset would be its speed. It would be able to travel between Hennepin and Hiawatha in under 15 minutes, thanks to the Greenway’s lack of interaction with regular vehicular traffic. The streetcar would also complement existing bus service on Lake Street by reducing the number of local trips and improving the bus for those traveling longer distances. A streetcar would attract more users than a comparable bus line would, reducing single-occupancy vehicles on the road and reducing emissions as well.

This streetcar would also improve our experiences on the Midtown Greenway as pedestrians and cyclists. Streetcar operators would be connected to a central office via radio at all times, providing even more safety on the Greenway.

Regularly spaced stations would also provide amenities to the Greenway such as improved lighting and

elevators to get to the street level. The streetcar would bring new elements to the Greenway, but would also bring back a form of transportation that has long been important to the city of Minneapolis.

Streetcars have a long history in the Twin Cities. In 1920, over 900 streetcars ran over 523 miles of track, carrying more than 200 million passengers a year. By comparison, in 2010, Metro Transit’s ridership was only at about 91 million, and in a region much larger than that of 1922.

Streetcars are seeing a resurgence in popularity across the country, from Portland, Oregon to Salt Lake City to New Orleans to Washington DC. These cities are recognizing not only the importance of improving their transportation networks, but the fact that people want to have more sustainable, efficient ways of getting around. These cities are investing in their communities’ futures. The Midtown Greenway Coalition hopes that Minneapolis will do the same.

I look forward to the day when I can look out my window and see people on their bikes, people taking walks, and people using sustainable, public transportation on the Midtown Greenway. A Greenway streetcar would bring improvements and more transit riders to the entire Midtown Corridor, and create a richer, faster transportation network in the Greater Minneapolis-St. Paul region.

The Midtown Greenway Coalition hopes that with Metro Transit’s upcoming Alternatives Analysis study, neighborhoods like Lowry Hill East will continue their support for the Midtown Greenway streetcar.

See you on the Greenway!

Michelle Beaulieu is Alternative Transportation Planning and Outreach Coordinator at the Midtown Greenway Coalition, www.midtowngreenway.org.

Buy Local from page 3

succeed as much as they want the business to succeed.

The State of Minnesota has estimated that it will be 2013 before the workforce has returned to its pre-recession level. We can expedite that by buying locally, allowing local business owners to hire more people.

In addition to making a difference in the workforce, the act of buying locally has a huge ripple affect throughout the community. Sixty-eight cents of every dollar spent at a local establishment stays within the community. Only 42 cents of every dollar spent at a national chain stays within the community.

One of the biggest challenges of the buy local movement has been to educate the public. Organizations such as Metro IBA, the Metropolitan Independent Business Alliance, in the Twin Cities are constantly working to ensure that the buying public knows that what they do does make a difference.

If Twin Cities consumers shift even 10% of their spending from chains to locals for one day, the Twin Cities economy gains some \$2 million. For just one day. That is a huge difference.

So, this holiday shopping season do two things: 1) Buy from a local business. 2) Tell someone that it does make a difference where they shop.

Minneapolis, and particularly Uptown, is a great place to live, work and play. Let’s keep it that way. It’s our choice.

Kirk Gryder has worked at First National Bank of the Lakes and lived in Uptown off and on for the past 16 years. He is also a former board member of Metro IBA.

**SEE OUR
NEW WEDGE
SHOPPING
DIRECTORY ON
PAGES 6 & 7**

**SHOP, EAT,
DRINK, AND BE
MERRY!**

New Business



Photo by Bruce Cochran

BRAVE NEW WORKSHOP held the grand opening of its new theater space at 824 Hennepin Ave. S. in early November. The Workshop will retain its old space at 2605 Hennepin Ave. S. for classes and student performances. Their new holiday show "Miracle at 824 Hennepin Ave., Skyway to the Manger Zone" features Uptown resident actors Lauren Anderson, Bobby Gardner and Ellie Hino. Above is Artistic Director Caleb McEwen cutting the ribbon. More info at www.bravenewworkshop.com.



Photo by Bruce Cochran

SOCIAL HOUSE is now open at 2919 Hennepin Ave after it was previously Zeno and then Fusion. The establishment is now upscale dining. More info at www.socialhousempls.com.



Photo by Bruce Cochran

SPA NAILS hopes to open before year's end at 2653 Hennepin, with eight spa chairs.



Photo by Bruce Cochran

SUIT UP, by Atmosfere co-owner Dan Capetz, is now open again at 1406 Lake St. The men's suit shop sells \$199 suits, \$149 sport coats, \$69 shirts and ties for \$39.



Photo by Bruce Cochran

VITAL, now open at 2443 Hennepin, wants to be "Your One-Stop Source for Event Promotions," with rental equipment, printing, tickets and promotions. Manager Michael Tadross says the 15 year old business' recent move from 15th and Nicollet is a "couple steps up." More info at www.vitalculture.com or 612.7702.4275.

A Man with a Plan: Rybak hosts Q&A on his budget



Photo by Bethany Heemeyer

There is one last time for the public to comment on the Mayor's 2012 budget at 6:05pm, on Wednesday, December 14, City Hall, 350 S. Fifth St., room 317. The City Council will hold a budget mark-up process December 6 to 7 with final approval for the 2012 budget to take place on December 14. For more info please see www.ci.minneapolis.mn.us. Above is Mayor R.T. Rybak presenting and answering questions about his budget proposal at Temple Israel on November 16.

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Barbers on Bryant
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Rainbow Foods
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La Société Du Thé
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Ducati International
2800 Lyndale 612.746.5116

Intermedia Arts
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Lyndale United Church of Christ
2822 Lyndale 612.871.4444

Salem English Lutheran Church
2822 Lyndale 612.871.4444

Bikram's Yoga College of India
2836 Lyndale 612.870.9642

Opening Night Framing & Gallery
2836 Lyndale 612.872.2325

James Ballentine VFW Post No. 246
2916 Lyndale 612.823.6233

Tatters
2928 Lyndale 612.823.5285

Moto I
2940 Lyndale 612.821.6262

We hope to be in our Newly Renovated and Named SpringHouse Ministry Center for 9 p.m. Christmas Eve Candlelight Worship

LYNDALE UNITED CHURCH OF CHRIST

610 W 28th St.
Minneapolis, MN 55408
612.825.3019, Lyndaleucc.org

Sunday Worship, 10:30 a.m.

Salem English Lutheran Church

This month we're on the move from Intermedia Arts (2822 Lyndale Ave. S.) to the re-newed shared facility at 28th and Garfield, SpringHouse Ministry Center!

Sundays
8:30 am Traditional Service
9:15 am Sunday School
10:30 am Jazz Worship

Wednesdays
7 pm Advent Evening Service

Christmas Eve
Dec. 24, 4 pm, Candles, Carols, Communion.

Hopefully in the Ministry Center!

Christmas Day
Dec. 25, 10:30 am, simple Christmas service

discoversalem.com
612.872.4650

You're invited!

Lowry Hill East Neighborhood Association Annual Holiday Party

Wednesday, December 21, 2011
6:30 - 8:30 p.m.

duplex restaurant.bar
2516 Hennepin Avenue
Minneapolis

Appetizers Provided/Cash Bar

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If we missed any other Wedge businesses, we apologize, and we'll try and get them in next year

Holiday Word Search

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 O J J E G V U A X N H M O J A
 X Z E C Y H O L L Y F E U U E R
 M R Z E Q W Y U B Q N G W Y R
 T X N T O D Q X B J C B X U W
 X N C E O Y H J U Q J I Y C B
 L P Y V X L N N H Q Y N T Q P
 Z Y S J R E Q X G Z K T U I J
 X Y I O E G R A G L T C M F Q
 N R P O Q A E P C O X N L S T
 R R F N T C O R F R X I E N Q
 O H N S J J F E O A B P B O K
 Y C N U X S R S S C K A I W L
 U W C T S X G E A V O J E G I
 A W R B D D U N H V A P Z J G
 R F W N J T Y T K E Q O R M H
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Happy Holidays
 to our friends in the
 Wedge neighborhood from the
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Walker Debuts Pieces of Massive New Acquisition

Legacy of Merce Cunningham Dance Company has a home

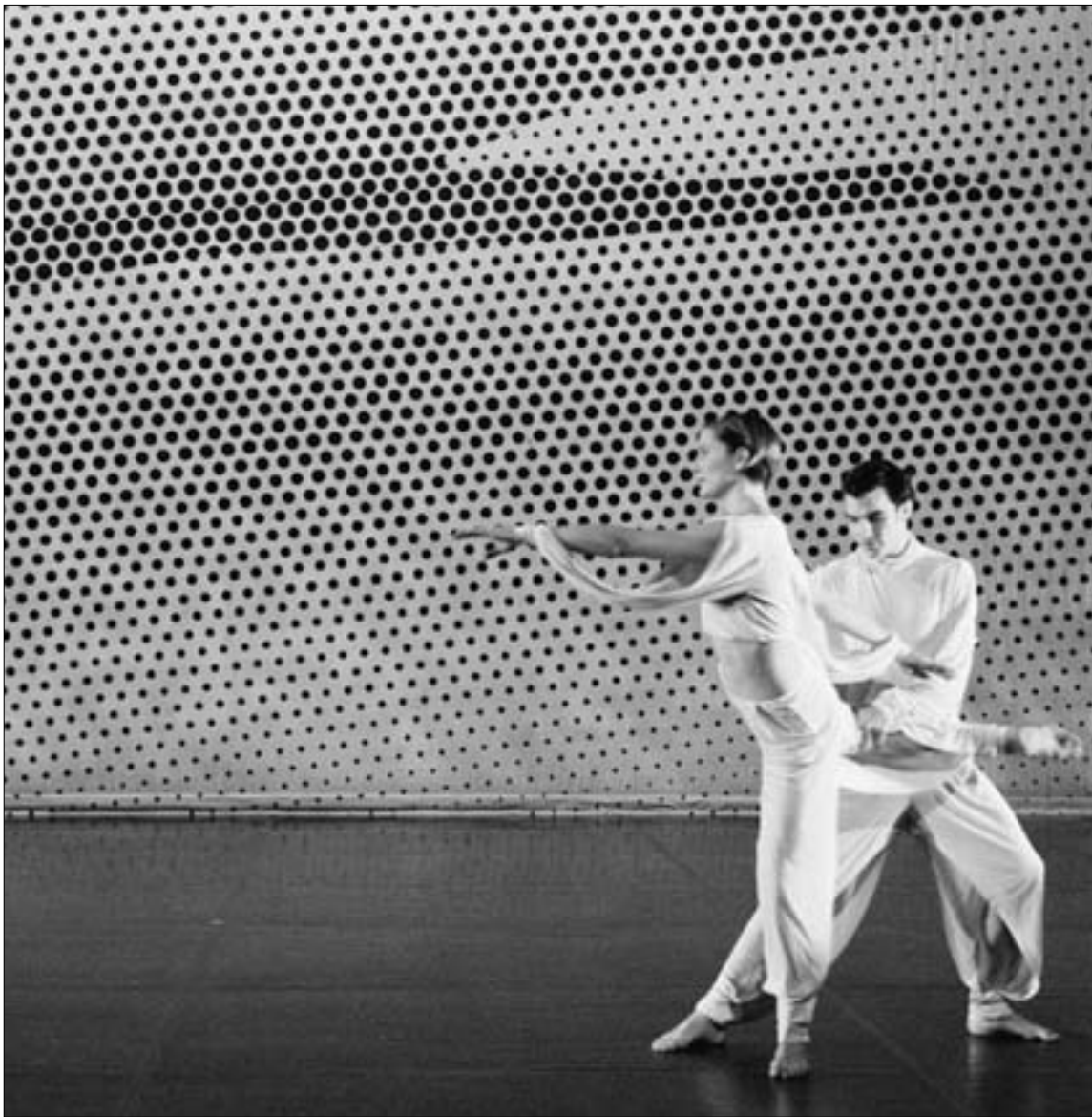


Photo by Anna Finke, 2010

By Vanessa Moore Ardolino

Writing about dance is difficult because a body's movement through space is fleeting. Talking about a dancer's costume, or a performance's props can become overwrought and technical. Nevertheless, when one stands within a few feet of something used in a dance, I believe a bit of that dance's energy is released. This month, visitors to the Walker Art Center will have a chance to put my theory to the test with two exhibits, "Dance Works I: Merce Cunningham/Robert Rauschenberg," and "Dance Works II: Merce Cunningham/Ernesto Neto."

These exhibitions, as well as dance performances and gallery talks earlier in the year, are in honor of the Center's acquisition of more than 150 pieces from the Merce Cunningham Dance Company collection. According to a March 16, New York Times article, "From the Backdrop to Their Own Stage," by Randy Kennedy, "The [acquisition] agreement represents the most

important transfer to date of works from a modern-dance company to a museum."

The two displays highlight Cunningham's collaborations with visual artists. His work with Rauschenberg began early in his dance career—they met in 1952 – and his collaboration with Neto occurred near the end of his life (Cunningham passed away in 2009).

In the Medtronic Gallery, a faint breeze passes through "Dance Works I," causing billowy white dresses to drift. Braided fibers on a sculptural headdress undulate and curtains flutter from panels of a freestanding, paint-splattered wall.

With the help of projected recordings and photographs of the dance performances, the scale and purpose of the costumes and backdrops designed by Rauschenberg begin to make sense. I found it fun to imagine how it would feel to dance while wearing a bearskin coat, or a dress made of parachute material.

A massive backdrop that Rauschenberg covered in multicolor dots of paint for the 1958 performance of "Summerspace" is next to a stack of archival drawers holding some of the dancers' similarly spotted costumes.

In the back of the room, visitors can observe Walker staff continuing the work of archiving the acquisitions, including performance programs and newspaper reviews.

On December 15, "Dance Works II" will open. Installed in the high-ceilinged Perlman Gallery, visitors will be able to walk under "Otheranimal" – the nylon globules artist Ernesto Neto created for the 2004 dance performance, "Views on Stage."

"Dance Works I" will be on display until August 5, and "Dance Works II" will be up until July 1. The Walker is located at 1750 Hennepin Avenue South. For information call 612.375.7600 or see www.walkerart.org.

YWCA Receives Excellence Award



"We are so thrilled to be the recipient of the 2011 Nonprofit Excellence Award," says Becky Roloff, CEO and president of the YWCA of Minneapolis.

Excellence in the world of nonprofits takes more than good intentions. Smart governance and powerful, real-world impact are two of the qualities recognized by the annual Nonprofit Excellence Award and exemplified by the YWCA of Minneapolis. One of the highest awards a nonprofit can achieve, this award honors Minnesota's two top nonprofit organizations, one large and one small. The YWCA of Minneapolis is the 2011 winner for excellence in a large organization. Organizations are selected based on the Minnesota Council of Nonprofits Principles & Practices of Nonprofit Excellence, measuring effective leadership, governance, strategic initiatives and management in nonprofits. Over 130 measures of best practices are used to assess organizations from throughout Minnesota.

Came Crawlin' Back



Photo by Bruce Cochran

Loyal shoppers took advantage of the seasonal Uptown Boutique Crawl at Everyday People at 2912 Hennepin Ave. on November 10. Participating stores offered light snacks, beverages and generous discounts. Check with any of the following participating stores to find out about the next one: Atmosfere, Cliche, Covered, Cynthia Rae, Design Collective, Everyday People, Local Motion, My Sister's Closet, Via's Vintage or V-State.

DIY TV Crashes LHENA President's Kitchen



The Bender's Kitchen after the DIY remodel. For more photos see <http://bit.ly/vJxemi>.

By Kathy Kullberg

LHENA Neighborhood President Ryan Bender and his wife, Lisa, will make their TV star debuts this coming week on Do-it-Yourself (DIY) network's Kitchen Crashers. Though it has been a rocky road for this young couple after both buying a vintage home and having a baby in less than a year, they found themselves in a "couldn't pass it up" situation when the DIY producers decided to come to Minneapolis and renovate the Bender's tired small kitchen this past May. Lisa and Ryan had just had their first baby in March. With a TV crew and workmen spending over 5 weeks doing the remodel, it felt as though the family of 3 had very much expanded beyond the walls of the kitchen. Here is their story which you can see this December 6th when the show is scheduled to air.

Q: What is the theme of the Kitchen Crashers show?

A: The theme of the show is homeowners who have awful kitchens, and want to completely remodel them. However, the show strives to keep the remodel within a tight budget, by relying on creativity and hard work on the part of the homeowners (after all this is DIY Network -- roll up your sleeves).

Q: How did you get picked?

A: Lisa put in an application for the show when she saw an article in the Star Tribune. I thought "no way we'll get picked," but they emailed us to say, yes, indeed your kitchen looks awful, and you sound like an interesting couple, so how about we send

a cameraman over to have you talk a bit about yourselves and your kitchen? We did that, and again I thought 'no way'. They asked us how much I've DIY'd around the house (after all, it's the DIY Network) and I could only say I've rewired a chandelier and fixed a toilet since we'd only been living in the house for six months. But they emailed us a week later to say we'd been chosen! We were ecstatic. Our kitchen was the worst part of our house, absolutely a disaster, and now it's the best.

Q: If a typical project like this was offered to another household, what kind of costs would be expected?

A: We paid about half the total value of goods and services we received. Many products were donated, thanks to the tireless work of the producer Anna, on our behalf. She got the apron front sink, copper backslash, black walnut counter tops, copper faucet, and copper hood all donated. In addition, the show paid us \$4000 outright, and provided a designer's advice free, as well as being the general contractor to get it all done in only 5 weeks. Our daughter was only eight weeks old when we started, so speed was crucial--have you ever tried to wash bottles in a bathroom sink?

Q: Would you recommend the experience?

A: I would definitely recommend it. It was a lot of fun. The host of the show, the producer and all the people on the production crew were great to work with. The pace was quick, we had to make

decisions and get stuff done before each shoot date, so there was some pressure, but you wouldn't know it. The kitchen came out amazing in the end.

The most fun shoot was a 'field trip' to a reclaimed wood lumberyard near Stillwater. The whole crew went out there and James, the host, hammed it up riding around in a forklift. We got to walk the yard and pick an old piece of barn wood that was milled into new shelves for our kitchen.

Q: Would you do it again knowing what you know now?

A: If I could do it all over, I would do it the same, though maybe I'd time it for when we had less other things going on.

Q: Has it changed your lives?

Being on the show has definitely changed our house, and how we feel about it and dwell in it? It's a different home to us now. We spend a lot of time hanging out in the kitchen. Our daughter Alice loves it; it's got lots of shiny metal, and a big smooth floor for her to scoot around on.

Q: When is the show scheduled to air?

A: It will first air on December 6 on the DIY Network, but syndicate on HGTV and other Scripps properties. Here are our initial air dates: December 06, 10pm e/p and 1am e/p, December 10, 7pm e/p, December 11, 10:30am e/p, December 15, 5:30pm e/p.

Reeder's Digest

Mesa Pizza: A Slice of Uptown



Photo by Bruce Cochran

By Rich Reeder

Macaroni and Cheese, Bacon Cheeseburger, Spicy Chicken Burrito, Chili Cheese Fries, Southwest Beans. Is it happy hour? A tail gate party? No, these are just five of the 43 types of pizza slices at Mesa, recently opened on Lake Street, just a half block west of Hennepin. The slices are all the same thinness, and we rated the pizza dough and crust pretty average, but the toppings are ample, and the slice you order is heated before served in a hot oven.

On a very late Saturday night (the cafe is pushing for a 2 am to 3 am close), we tried slices of the pulled pork and onion rings with a savory bbq sauce and the Greek Special that had gyros, feta and kalamata olives. Both were tasty, and for a late night snack, they did hit the spot. While Mesa will deliver, you can't just

order a slice sent to you, you have to order a 12", 16" or 18" full pizza that'll arrive piping hot at your home or work. They have five salads, but the folks eating at Mesa that night had come only for the slices.

I'll be heading back for the Avocado Delight (with black beans, feta and chopped tomatoes), or the Chili Cheese Fries (beef chillie, cajun seasoned fries & cheddar cheese), but that still leaves a bevy of choices to take care of almost any late night palate.

Yes, there are a few 'pizza by the slice' spots in Uptown, but not just pizza by the slice. Mesa, located at 1440 West Lake St. fits the bill. And for my money, the key to their plan is that there a variety of slices. The restaurant phone number is 612.206.3026.

Rich Reeder lives in Uptown.

Nice Ebelskivers!



Photo by Bethany Heemeyer

Nicole from Kitchen Window cooking Ebelskivers at the November 19 Coffee Fest in Calhoun Square. Ebelskivers are traditional Danish pancakes in the shape of a sphere.

Public Safety

Watching Your Back

Basic Concepts in Self-Defense



Photo by Maude Lovelle

This Uptown Association/Fifth Precinct MPD sponsored self-defense class was taught on November 10th at Bryant Square Park.

Mary Brandl recently taught a class in self-defense at Bryant Square Park. The following are excerpts and adaptations from the book entitled *Scenarios In Self-Defense*, by Mary Brandl, 4th Degree Black Belt, Anita Bendickson, 5th Degree Black Belt. To order a complete copy, or for information on the DVD/video program please see www.beprosafe.com.

What Is Self-Defense?

Self-defense is any available means of safely avoiding or escaping a potentially dangerous encounter. It needn't involve fighting, or even a direct physical encounter. Since no self-defense techniques are guaranteed, our goal is not to "win," but rather to get away from a potentially dangerous situation safely.

Psychology of Attacks—Disrupting the Attack Scenario

Most attackers have thought their actions out to some degree. They have developed a scenario - either conscious or unconscious - of how their attack will proceed. This is true whether the attacker is a stranger or someone you thought was a friend. This scenario is every attacker's security blanket. It is his or her assurance that the attack

is going "well". By disrupting an attacker's scenario, you put yourself on more even ground with your attacker. You exploit the attacker's weaknesses and assert your own strength.

Attacks vary in seriousness (presence of weapons, degree of isolation, etc.) and in purpose (rape, mugging, being discovered while burglarizing, etc.). Assessing the seriousness and purpose behind an attack will help you determine what means to use to act - whether to use physical, verbal or other forms of resistance.

Middle Ground Self-Defense—Act Early

Attackers need to get close in order to attack. The first part of their scenario depends on it. Most attackers' scenarios include ploys or approaches that allow them to get within hand-shaking distance...without signaling the potential victim that an attack is starting. Even on the occasions when an attacker is using a weapon, he or she will almost invariably move in before wielding a gun or knife. Usually the approach is casual: "Have you got a match?" "Do you have change for a dollar?" There are also many approaches which do not include speech, they can be non-verbal.

Trust Your Feelings

Victims often report that something made them feel "uneasy" even before the attack began. This seems to be especially true when the assailant is a stranger. The most useful thing you can do to upset an attacker's scenario and regain the initiative is to trust your feelings. You don't need to wait to find out why you feel uneasy before acting!

Set a Boundary

To interrupt a casual approach, set an unmistakable boundary using:

Distance

If you don't feel right about a person or situation, get or keep some distance. Don't assume that an attacker will always be a stranger.

Strong Body Language

If you can take a good, deep breath, you are probably in a strong body position. For the strongest position, place your feet slightly apart, with some space between them from side to side as well as from front to back. This is like having your heels on the diagonal corners of a square. Relax your joints. Place shoulders directly over your hips. You can look at someone without making it easy for them to talk to you by centering your vision in the triangle made up of the area between their eyes and shoulders.

Assertive Verbal Responses

If a verbal response is called for, using commands and statements in a firm but non-challenging tone is perhaps your most valuable response for ending a situation. Use simple statements and commands that refer only to what "I want" or "I don't want".

See *Self-Defense* page 11

Local Burglary Update

Fifth Precinct MPD holds Crime and Safety meeting

The Minneapolis Police Department held a Crime and Safety meeting for Cedar-Isles-Dean, East Isles, Kenwood, Lowry Hill and Lowry Hill East neighborhoods on November 15th at Temple Israel. The meeting was in partial response to recent burglaries and arrests within the listed neighborhoods. It was also a general crime and safety meeting with a Q&A session.



Photo by Quincy Stroeing

Crime Prevention Specialist Chelsea Adams answers questions about recent arrests made in the Fifth Precinct.

There was a reported increase in burglary for August and September but there was a dramatic decrease in the month of October. This was due, in part, to the number of burglary arrests that were made. The goal of the meeting was to inform the residents, reassure them that burglary is on the decline, and to thank them for taking crime prevention measures.

There has been a continued decrease in crime since September for Lowry Hill East. MPD officers are paying particular attention to the area as they enter the holiday season. MPD's recommendation is that residents remain alert and call 911 for any suspicious activity.

Faster Removal and Cleaner Sidewalks?

Wedge neighborhood is chosen for experimental snow removal project by City

From the office of Council Member Meg Tuthill

A sidewalk snow removal pilot program is being tested in the Lowry Hill East neighborhood (the Wedge) this winter. Both commercial and residential properties are part of the pilot program. The program is in response to city wide complaints on the poor condition of sidewalks in winter.

Currently, after the City receives a complaint about an unshoveled sidewalk Public Works inspects it. If the sidewalk is confirmed as not cleared, a letter is mailed to the property owner and is given a chance to clear their sidewalk. Public Works inspects the sidewalk again to verify it was cleared. If the work was not done, a work order is issued to street crews to clear the sidewalk and bill the property owner. City street crews perform many duties including plowing and corner clearing

in additional to sidewalk work. As a result there can be a substantial delay in clearing sidewalks.

In the pilot program area, the inspector's work order will go to a private contractor instead of to the City crews. This is very similar to how long grass complaints are handled. Property owners will continue to be billed. The expectation is for the work will be completed more quickly.

Lowry Hill East was chosen as the pilot neighborhood because of the high number of pedestrians, the high housing density and the variety of housing and commercial properties. Council Member Meg Tuthill commented, "As someone who walked to work for over 30 years, and watched young parents with strollers, the disabled, the elderly, struggle—really struggle—with sidewalks that hadn't been shoveled, this pilot program thrills me!"

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Public Safety

Crimes by Location

October 24 - November 21, 2011

Offense

- 1 - Robbery of Person
- 1 - Aggravated Assault
- 2 - Burglary of Dwelling
- 3 - Theft from Motor Vehicle
- 3 - Larceny (Other Theft)



Bike Lane Markings Explained

Provided by Traffic & Parking Services, Public Works Department, City of Minneapolis

In 2011, Minneapolis added approximately 35 miles of on-street bike-ways, including several new projects in the Uptown area.



To inform users how to drive or ride along the new projects, the Minneapolis Public Works Department is developing a set of educational materials and resources. Below is a sample of some of the information that is currently in development. In the coming months look for additional resources and videos instructing road users how to drive and ride. Information on the Bryant Avenue green shared lanes is forthcoming. Visit www.minneapolismn.gov/bicycles for updates.

driver's side doors of parked cars open).

Green shared lanes do not designate any part of the roadway as either being exclusive to motorists or exclusive to bicyclists. Rather, the green background highlights the fact that the travel lane is shared and that motorists should expect to see bicyclists.

Bicycle Boulevard

A bicycle boulevard is a lower-volume, lower-speed street that has been optimized for bicycle traffic. The purpose of a bicycle boulevard is to provide bicyclists, especially those who are not comfortable riding on busy streets and in traffic, a relaxing and safe place to ride. While many residential streets are already favorable to most bicyclists, a bicycle boulevard goes the extra step to provide safe crossings at major streets and encourage motorists to travel at safe speeds, while reducing the frequency of stop signs.

This environment is created through a variety of traffic calming and design elements such as speed humps, traffic circles, curb extensions, medians, and bicycle traffic signals. Many of the changes, especially the intersection treatments, improve safety for pedestrians and motorists, too. Bicycle boulevards are designated with pavement markings that include a large bicycle symbol with the text "BLVD."

Bike Lane

A bike lane is a striped and signed lane for bicycle traffic. The purpose of a bike lane is to provide a dedicated space on the roadway for bicyclists. They are marked by solid white lines with a white bicycle symbol each block.

As a bike lane approaches an intersection or bus stop, the white lines are often dotted to allow turning motorists the opportunity to merge and prepare for a turn. The dotted lines indicate a shared space between thru bicyclists and turning motorists.

Green Shared Lane Markings

Green shared lane markings are similar to regular shared lane markings or "sharrows" but also include a solid green background. Like regular shared lanes, green shared lanes are used to mark a designated bike route. Placed in the center of the travel lane, they encourage bicyclists to ride in a safe position outside of the door zone (where

Self-Defense from page 10

Your Legs as Weapons

Physical Resistance

While many situations can be averted early, there are times when physical resistance may be the only chance you have to get away safely. However, if you decide to respond physically, it is imperative that you make your strike as effective as possible. Use your strengths against the attacker's weaknesses and give it everything you've got. Use all the speed and energy you can. If you commit to a physical response, you must be willing to injure your attacker.

To use your body most effectively, you need a strong base, with your weight centered and low. (See "Strong Body Language" above.) You can get into this position by either stepping as you strike, or by starting from this position and rotating your hips and body into your strike.

Your Arms as Weapons

To strike with your arms, hand or fist, bend your arm at the elbow and pull your fist back by your side, or around your head. You can unleash your energy by uncoiling your arm and body into a strike. Hard surfaces to strike with are your fist, fingers/nails, heel of your hand, edges of your hand, and elbows.

If you are stomping, coil the leg and drive the foot downward into your target. If you are kicking straight ahead, coil your leg and snap it out and back quickly for extra power. To kick backward, coil and drive the whole leg back into the target. Hard surfaces to use are your knees, ball of the foot, outside edge of the foot, and the heel.

Targets

Regardless of an attacker's size or strength, he or she has weak areas. If you choose your target carefully, even a fairly weak blow can be very painful and potentially disabling. Your targets can be divided into three main body areas. Generally, the most serious targets are above the shoulders.

THE HEAD: Includes the eyes, temples, ears (boxing), nose, under the chin, and the front and sides of the throat. To remember, think of the five senses plus breathing.

MID-BODY: Includes the solar plexus, stomach, groin. Mid-body targets are usually less serious. To remember, continue to think of breathing and what interrupts breathing.

LOWER-BODY: Knees, shins, ankles, and instep. The knee is the most serious lower-body target. To remember, think of

interrupting mobility.

To identify available targets and weapons, ask yourself: What do I have free? What targets are available?

Fear and Panic—Breathe Deeply and Visualize in Advance

Fear can actually be helpful. It gives you a burst of adrenaline. Panic is anything but helpful. It can keep you from thinking straight, considering your options, and acting decisively. If you start to feel afraid, take a couple of deep breaths. Although you don't need every option, visualize a few preferred self-defense options in advance. The more positive options you have considered, the more resources you'll have in a crisis. This is not paranoid thinking. It is prepared thinking.

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Mondale Receives Max A. Shapiro Tzadik Award



Former Vice President Walter F. Mondale was honored with the prestigious Max A. Shapiro Tzadik Award at Temple Israel's 11th Annual Benefit on October 22nd. The word "tzadik" means "righteous person," and the award recognizes those whose actions and lives are devoted to a passion for learning, a quest for social justice and an undying faith in human kind.

Nearly 800 people attended the event, including clergy from many faith communities, political leaders, community leaders and individuals from across the Twin Cities area. Pictured above is Cantor Stephen H. Abelson, Rabbi Jennifer S. Gertman, Vice President Walter F. Mondale, Cantor Barry Abelson, Rabbi Sim I. Glaser and Rabbi Marcia A. Zimmerman.



Finally, an immediate benefit to exercise.

Join the YWCA of Minneapolis during December, and get **50% off the Joiners Fee and a \$25 gift coupon**, good for use toward any of our services, such as massage or personal training. Treat yourself, or give the coupon as a gift. End the year on a healthy note, and get rewarded right away.

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