

It's Peak Produce Season at the Midtown Farmers Market

Miguel Goebel | Midtown Farmers Market Manager

As we enter the month of August we also enter our peak season for produce at the Midtown Farmers Market. As favorites such as sweet corn and blueberries have already arrived, we'll see others such as heirloom tomatoes, melons and apples begin to show this month. Be sure to arrive early to ensure you'll get the best pick of your favorites!

On **August 21st** we'll be celebrating the Latino Community in South Minneapolis with our **4th Annual Festival del Maíz**. The day will include music from Ina-Yukka and Javier Trejo, dance with Ketzalcoatlicue, a seed art activity with local artist Tammy Ortegón, a Midtown Flavors cooking demo, a and we will also be continuing with the 4th installment of our Summer Poetry Series with local poet Teresa Ortiz, thanks to Wellington Management.

Some items you're sure to find include:

Fruits - raspberries, blueberries, melons and apples. **Vegetables and Herbs**—cabbage, onions, cauliflower, beets, broccoli, potatoes, cucumbers, green beans, zucchini, garlic, kohlrabi, snap peas, arugula, kale, swiss chard, collard greens, fennel, microgreens, carrots, radishes, snow peas, romaine, hot peppers, green peppers, peas, green onions, tomatoes, sweet corn, basil, parsley, cilantro, and other fresh herbs. **Flowers and Plants** - assorted cut flowers, potted flowers and plants. **Animal Products** - cage free eggs, pasture raised pork and lamb, free range chicken, salamis and other artisan meats, aged and fresh cheeses, honey. **Canned and Prepared Foods** - maple syrup, pickles, preserves, hot sauces, herb and vegetable sauces, breads, cookies, scones, and other baked

goods, granola, kettle corn. **Hot and Ready-to-Eat Foods** - bubble tea, omelettes, boiled and fried peanuts, Himalayan momos, tamales, samosas, chana masala, tostadas, coffee, tea, mango lassis, and other refreshments. **Arts, Crafts, and More** - Books, clothespin bags, art, aprons, garden work baskets, birdbaths, fiber toys, sewing and mending services, handcrafted jewelry, sun prints, home goods, photography, and stationary, trellis, birdhouses, feeders, picture frames, flower boxes, tables, signs, cabinets, and more

The Midtown Farmers Market is located at the corner of E. Lake Street and Hiawatha Avenue at 2225 E. Lake Street and offers fresh, local goods every Saturday 8:00am-1:00pm from May-June and Tuesday from 3:00pm-7:00pm June-October.

See full August MFM schedule on page 7
Thanks to our Sponsors:



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Es temporada pico de producción en el mercado de agricultores Midtown

Miguel Goebel | Gerente del Mercado de Granjeros de Midtown

Al entrar en el mes de agosto también entramos en nuestra temporada alta para producir en el Midtown Farmers Market. Como los favoritos como el maíz dulce y los arándanos ya han llegado, veremos otros como los tomates, los melones y las manzanas de la heirloom comienzan a demostrar este mes. Asegúrese de llegar temprano para asegurarse de que obtendrá la mejor selección de sus favoritos!

El **21 de agosto** estaremos celebrando la Comunidad Latina en el sur de Minneapolis con nuestro **4to Festival Anual del Maíz**. El día incluirá música de Ina-Yukka y Javier Trejo, bailar con Ketzalcoatlicue, una actividad de arte de semillas con el artista local Tammy Ortegón, un Midtown Sabores de cocina de demostración, ay También vamos a continuar con la cuarta entrega de nuestra serie de verano Poesía con La poetisa local Teresa Ortiz, gracias a Wellington Management.

Algunos artículos que está seguro de encontrar incluyen:

Frutas-frambuesas, arándanos, melones y manzanas. Verduras y hierbas de col, cebollas,

coliflor, remolacha, brócoli, patatas, pepinos, judías verdes, calabacín, ajo, coles, guisantes rápidos, rúcula, col rizada, acelga, berza, el hinojo, microgreens, zanahorias, rábanos, guisantes de nieve, Romaine, pimientos picantes, pimientos verdes, guisantes, cebollas verdes, tomates, maíz dulce, albahaca, perejil, cilantro y otras hierbas frescas. **Flores y Plantas** - variedad de flores cortadas, flores en macetas y plantas. **Productos de origen animal** - huevos gratuitos en jaulas, carne de cerdo y cordero en pastos, pollo de gallina, salamis y otras carnes artesanales, quesos maduros y frescos, miel. **Los alimentos enlatados y preparados** - jarabe de arce, encurtidos, conservas, salsas picantes, hierbas y vegetales salsas, panes, galletas, bollos y otros productos horneados, granola, palomitas. **Caliente y listo para el consumo de té Foods** - burbuja, tortillas, cocidos y los cacahuets amigo, momos del Himalaya, tamales, samosas, chana masala, tostadas, café, té, lassis mango y otros refrescos. **Artes, manualidades, y más** - libros, pinza bolsas, arte, delantales, cestas de trabajo de jardín, birdbaths, juguetes de la fibra, cosiendo y remendando servicios, joyería handcrafted, impresiones del sol, mercancías caseras, fotografía, y inmóvil, enrejado, pájaros, alimentadores, Marcos, cajas de la flor, tablas, muestras, gabinetes, y más.

El mercado de los granjeros Midtown se encuentra en la esquina de E. Lake Street y la avenida de Hiawatha en 2225 E. Lake Street y ofrece productos frescos de la zona todos los sábados 8:00 am-1:00pm de mayo-junio y martes de 3:00 pm-7 : 00 de junio a octubre.

Calendario de agosto en la página 7.
Gracias a nuestros Patrocinadores:

National Night Out is August 1st! See page 3 for a list of Corcoran locations.

National Night Out es el 1 de agosto! Vea la página 3 para una lista de las ubicaciones de Corcoran.



Agosto – Calendario Comunitario | August – Community Calender

Meetings

Thursday, August 3rd
Land Use & Housing Committee Meeting
6:30 – 8:30pm
Monthly meeting of residents working together to protect and improve the built environment in Corcoran.
> For more information go to <http://www.corcoranneighborhood.org>
> Questions? info@corcoranneighborhood.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Monday, August 7th
Newspaper Committee
7 – 8pm (NEW TIME!)
Monthly meeting to plan the next edition of the Corcoran News.
> Questions? Russ Grigsby news@corcoranneighborhood.org
Location: CNO office, 3451 Cedar Ave S

Wednesday, August 16th
Midtown Farmers Market Advisory Committee Meeting
6 – 7:30pm
Monthly meeting of residents working together to support market staff in identified areas of need including fundraising, communications, operations, outreach and partnerships, and on-site support..
> Questions? Miguel Goebel miguel@midtownfarmersmarket.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Tuesday, August 15th
Economic Development Committee Meeting
6:30 – 8pm
Monthly meeting of residents working together to build a retail environment that is fully-occupied, stable, and responsive to residents’ needs through strategic support and collaboration with property and business owners.
> Questions? Matt Kazinka info@corcoranneighborhood.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Like CNO on Facebook, follow us on Twitter, and join Nextdoor to stay in touch with your neighbors.



Community

August 1st
NNO (National Night Out)
6pm
See page 3 to find out if there is a National Night Out block party near you.
If Block Leaders have kids on the block, registering will let the MPD send a bundle of Nickelodeon Mystery Tickets to share at NNO. Permits for NNO are free if registered before July 18th.

Tuesday, August 1st
Food Shelf Distribution
3pm – 4:30pm
Lebanon (22nd Ave & 36th St.)

Tuesday, August 8th
LBFE (Little Brothers Friends of the Elderly) Volunteer Orientation
6pm – 8pm
1845 E Lake St.
As a prospective volunteer, you’ll gain valuable insights on working with older adults, handling various situations and LBFE practices and policies.

Wednesday, August 23rd
Neighborhood BBQ
6 – 7:30pm
Vine Church (22nd Ave & 33rd St)

Saturday, August 26th
Taco Sale
10am – 5pm
Lirio de los Valles (21st Ave & 36th St)



Monday, August 28th
Community Welcome for South High Students
7:45am

Events

Friday, August 4th – Sunday August 6th
Uptown Art Fair
The award winning Uptown Art Fair hosts over 350 professional fine artists from around the world whose work spans 12 different media including sculpture, painting, ceramic, jewelry, mixed media, and more. If you find yourself hungry or thirsty throughout the fair 25 different food vendors and several beer gardens are available to take care of those cravings. With nearly 400,000 people attending the fair you’ll be in great company to find that perfect piece of art.



Saturday, August 5th – Sunday August 6th
Powderhorn Art Fair
Saturday 10am – 6pm
Sunday from 10am – 5pm
Powderhorn Art Fair, one of the finest juried regional art fairs in the country, celebrates artistic expression and community engagement.
> More information at <http://powderhornartfair.com/>
Location - 3400 15th Avenue South, Mpls., MN 55407

Friday, August 11th
Somali Museum Dance Class
4pm – 6pm
This practice class is open to any youth or young adults who want to learn about traditional Somali dancing.
> Location: The Somali Museum of Minnesota
1516 East Lake St. Suite 011

Monday, August 24th – Labor Day September 4th
The Minnesota State Fair!!!



Corcoran News

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Russ Grigsby
Other volunteers
Zoe Riordan
Shawn Kinzel-Auer
Sandy Spieler
Paula Holden
Sean Gosiewski
Sara Nelson
Adam Tomczik
Ryan Flanders
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Bill Oliver
Mary Bue
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Tricia Theurer
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Mandie Kender, At Large
Next board meeting
Thursday, August 10th, 7pm
3451 Cedar Ave S

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National Night Out

Zoe Riordan | Youth Reporter

National Night Out is a special night for everyone. Especially the kids.

NNO is a night in August (this year it is *insert date here*) when the streets are blocked off, and neighbors come out of their houses to eat, tell jokes and get to know each other. Will Riordan, a regular NNO kid happily told me that it is a great way to play with other kids and the food is always great. Alice Riordan, Will's sister, agrees that it is always "super duper fun" to play with



Corcoran Locations & Attendance Plans for NNO

- 31st and 19 AV S 30 Band playing music, BBQ, kids games 5-9p
- 34th and 19 AV S 50 Games, puppet theaters,/sidewalk chalk for kids. Food! 6-9p
- 35th and 20 AV S 35 Pot luck neighborhood dinner. Lots of kids riding bikes! 6-9p
- 32nd and 21 AV S 25 Meet yr n'bors, bring dish to share, music 6-8p
- 31st and 22 AV S 50 Bi lingual block party/hot dogs/games/ bike rodeo/volley ball 5-9p
- 33rd and 22 AV S 60 Potluck, Rootbeer Floats, community singing. 6-10p
- 35th and 22 AV S 30 Balloon Animials, water balloon toss, music 6-8p
- 34th and 23 AV S 20 Grill out, parade bikes in street, lawn games, bean bags, neighbors sit and talk5-9p
- 35th and 24 AV S 50 Potluck, music, water-balloon toss 6-9p
- 32nd and 24 AV S 50 Grill out, bean bag toss, games, meet and greet neighbors 4-9p
- 33rd and 24 AV S 30 Pot luck-hopscootch-bicycling-jumproping-foodshelf donations-prizes 6-9p
- Note: Please don't "crash the party"!
- If your block doesn't have an event,
- sign up as a block leader to organize one! Questions? Email Crime.Prevention@minneapolismn.gov
- 33rd and 25 AV S 50 Pot luck, dessert bar, sidewalk chalk bike riding for kids 6-9p
- 34th and 26 AV S 25 Potluck dinner, games, speaker 6-9p
- 26th and 38 ST E 100 Outreach, kids games, refreshments 6-8p
- 31st and LONGFELLOW AV S 50 Grill, potluck, music, wading pool for kids 8-10p
- 33rd and LONGFELLOW AV S 50 NNO Block Party-food, games, talking 6-9p
- 34th and LONGFELLOW AV S 35 Pot luck, kids on bikes, beanbag, piñata, maybe musicians! 6-8p
- 35th and LONGFELLOW AV S

Vine Church Summer BBQs

Russ Grigsby | Editor & Corcoran Resident

Who doesn't love a free community barbeque? I know we do! Our family has been there twice, and not only do they have good food, but the people are really loving, warm and friendly. They've been on the corner of 22nd Avenue and 33rd Street for half a century, and have always sought to serve the neighborhood, but Vine is now doing as much as possible outside the four walls of their building. That begins with community barbeques, which they are hosting every month this summer, along with sponsoring the Farmer's Market. Pastor Stew Lindberg says, "It is our heart and desire to show the people of the Corcoran neighborhood the same love and kindness that the Lord has shown to us. All are welcome." The next community barbeque is Wednesday, August 23rd at 6:00pm.



ASL in Corcoran - Interview with a Tactile Signer

Russ Grigsby | Editor & Corcoran Neighbor

While working Twins games at the Metrodome, Steve Carlisle began teaching himself ASL (American Sign Language) so that he could interact more effectively with hearing-impaired workers. He quickly issued himself a goal of learning ten words a day. Two years later he was signing fluently. "It was like I had found my natural gifting...it just flowed." After honing his skills at local tech schools, he began interpreting at universities, federal establishments, retail, and more. In the process, he developed a real bond with the deaf community, and began to see his work as a calling,



Today he is living out that calling with Stonearch Employment Solutions, where he facilitates communication between handicapped clients and their employers. In the process, Steve has had to become proficient in TSL (Tactile Sign Language). Tactile signing works with those who are both deaf and blind (think Helen Keller), requiring Steve to actually sign in the person's hand. "It takes a lot of patience, but knowing that you are helping someone get a job and then stay on that job is beyond rewarding! I'm working with a guy right now who is a prep cook, and he's slicing

and dicing onions, tomatoes, cilantro...without sight or hearing! These are incredible people." Steve believes the stigmas attached to blindness and deafness are on their way out, but admits it's a process. "People don't expect as much of them. Yet, right here in Corcoran, we have a blind couple that lives up the street. They moved in a few years ago and bought a house. They have a son. They're super capable."

One of Steve's other callings is working with children. With

five of his own and two on the way, he and his wife Kristen appreciate exposing them to the diversity that Corcoran has to offer. "Park interactions with Hispanic and Somali children are a true blessing for us." During the academic year, Steve is a teacher at Hope Academy, as well as Youth Director at Vine, the church at 22nd Avenue and 33rd Street. "At Vine we give hugs! We want people to know they are loved by God." Vine will be back at the Farmer's Market August 5.

The Carlisle family, with twin boys on the way.



Corcoran Watch Update

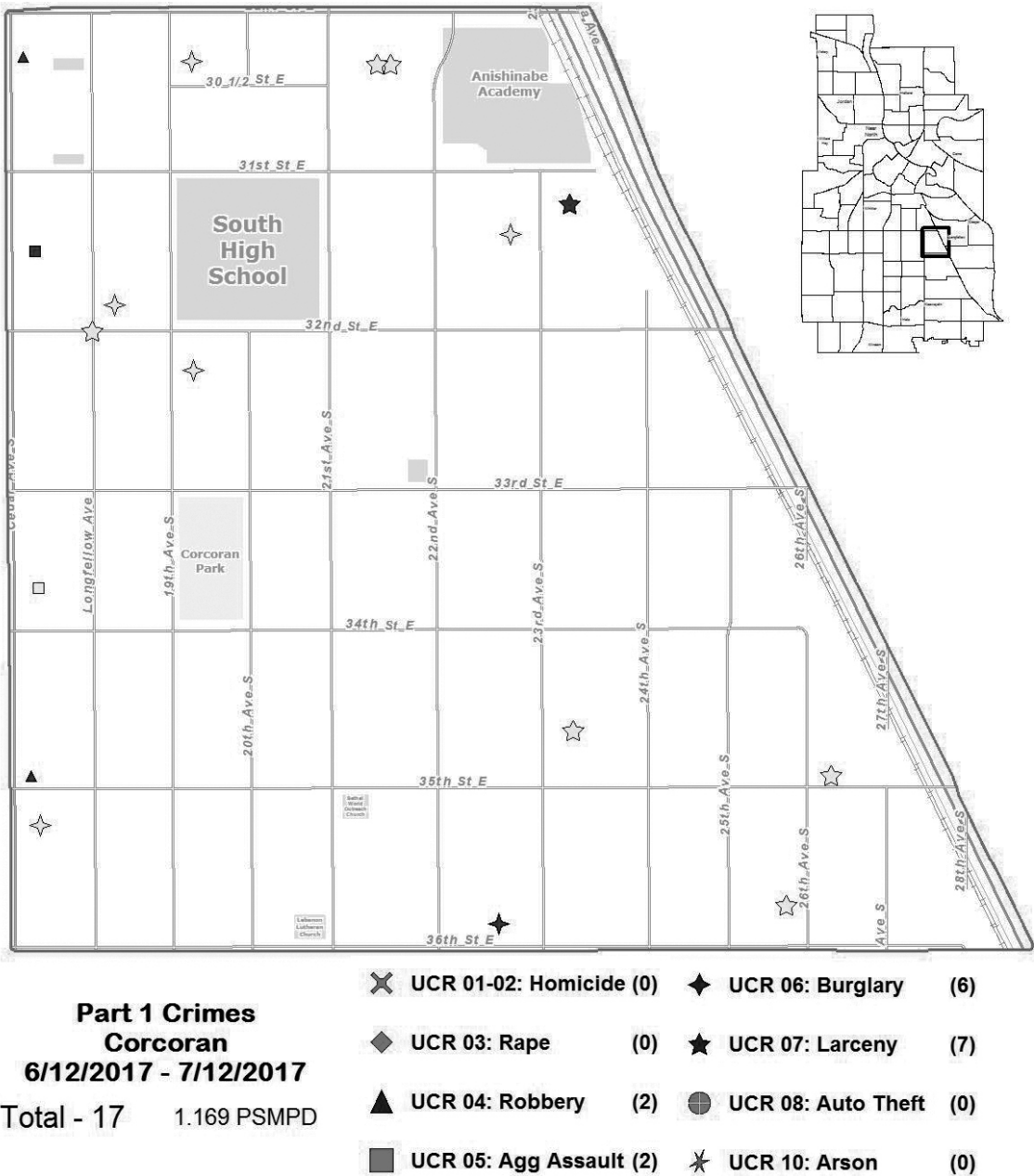
Shawn Kinzel-Auer | Corcoran Neighbor & Block Leader

This month's Corcoran Watch will be smaller than usual as I'm working on a bigger article for next month. August in Minneapolis is the end of summer and back to school. Back to school for MPS is August 28th. Be alert of an increase in bus traffic and children crossing the street during the morning and afternoon commutes, as well as increase in pedestrian traffic near South High. Respect the crossing guard signals, be them on buses or flags. For parents of students, MPS has

a resource to help you plan a safe route to school at: <http://nutritionservices.mpls.k12.mn.us/sr2s>

National Night Out is Tuesday, August 1st. Keep an eye out for activities going on for your block or a block near you. More information on National Night Out (NNO) can be found on the City of Minneapolis website: <http://www.ci.minneapolis.mn.us/nno/>

Corcoran Neighborhood Crime Map Mid-June 2017 to Mid-July | Mapa de Delinencias en Corcoran desde medio-junio 2017 a medio-julio



source: MPD, Karen Notsch, karen.notsch@minneapolis.gov, 612/673-2856

Wetlands are Important Too!

Minnehaha Creek Watershed District | Press Release



There is a lot of information out there about protecting lakes and streams, but did you know that wetlands need protecting too? Wetlands are characterized by wet soils and support vegetation that adapt to the damp conditions. They function as natural sponges that trap and slowly release surface water, rain, snowmelt, groundwater, and floodwater. As they trap and release water they filter out pollutants (especially phosphorus), control erosion, and provide habitat for birds, fish, and other wildlife.

If you live near a wetland, you can take steps to ensure you are helping protect this important resource:

- Establish and maintain a natural buffer area around the wetland. A wetland buffer is an unmowed, naturally vegetated area next to the wetland that protects the wetland from the effects of nearby development by

providing initial filtering of stormwater runoff. The larger the buffer, the more effective it will be.

- Consider planting native plants in your wetland buffer. Native plants are well-adapted to local environmental conditions, help maintain or improve soil fertility, reduce erosion, and are more effective in removing pollutants because of their deep roots.
- Decrease runoff from your property. By mowing your lawn higher, decreasing the amount of fertilizer and pesticides used, picking up pet waste, and sweeping up excess sidewalk salt, you can help minimize your impact on the wetland all year long.

To learn more about wetlands and wetland restorations, visit www.minnehahacreek.org/education/keep-our-water-clean-home/wetlands.

Corcoran GROWS: A Year of Water

Sandy Spieler & Paula Holden | Cocoran Grows & Corcoran Neighbors



Corcoran GROWS: August Updates

Sean Gosiewski, Paula Holden & Sara Nelson | Cocoran GROWS & Corcoran Neighbors

We want your yard for Pollinator Habitat! Let us introduce the Corcoran Pollinator Project a new grassroots initiative of Corcoran GROWS that was launched by Corcoran resident Sara Nelson and a dozen neighbors. So far this summer together they have already installed four pollinator gardens in yards or boulevards in Corcoran with 15 different species of perennial pollinator plants. We use the “crop mob” model in which neighbors help each other install new pollinator gardens with plants donated by other neighbors.

This is a new project and we are looking for sites for new gardens to plant in August and September! We also need people who would like to donate plants, help with a garden installation, or help with outreach or mapping. This is a fun way to meet gardeners in the neighborhood, learn about gardening, and receive beautiful free plants that help the bees, butterflies, and other pollinators. See photos of the beautiful pollinator gardens we have installed in Corcoran so far at www.corcoranpollinatorproject.org

If you can help by donating plants or with garden installations and/or are interested in having a new pollinator garden please contact Sarah Nelson at corcoranpollinatorproject@gmail.com Also please plan to join us at our

Corcoran GROWS Rain Garden/ Pollinator Garden Tour and Pot Luck

Thursday August 17 6pm to 8pm at

Dawn and Nick’s House, 3300 21st Ave S. Minneapolis, MN 55407

Bring a dish to share and get a tour of their beautiful new rain garden/pollinator garden led by Corcoran resident Curtis Wilson, a Master Water Steward and Permaculture instructor. Learn how to

- rain gardens capture storm water to let it soak in, preventing harmful runoff into lakes and creeks
- native plants both soak in rain water with deep roots, stay green during drought and feed pollinators
- you can get free help installing a rain garden or pollinator garden in your yard through our “crop mob”

RSVP to join us on Facebook www.facebook.com/CorcoranGrows or by emailing Curtis at curtis.gwilson@hotmail.com

Celebrate the Gift of Clean Water with your Block Club

With our neighbor and artist Sandy Spieler (see Sandy’s wonderful graphic) Corcoran GROWS is celebrating a 2017 as year of water.

Here are four fun ways you can celebrate and project our lakes, creek and river with your neighbors during (or after) National Night for Tues August 1st

First – Serve and Enjoy City of Minneapolis Tap Water (with ice if you like) with re-usable cups at block parties and ask neighbors not to bring bottled water to save money and reduce waste.

Second – Help neighbors see that our streets connect with the river by stenciling the storm drains on your block as a fun groups activity – request a storm drain stenciling kit from the City of Minneapolis at www.minneapolismn.gov/stenciling

Third – Sign up neighbors to volunteer to adopt one or more storm drains on your block to keep them free of grass clippings, leaves, sticks and trash to protect Lake Hiawatha, Minnehaha Creek and the Mississippi River. You get a recognized with a cool yard sign! www.minneapolismn.gov/adoptadrain

Four – Invite neighbors to volunteer with our “crop mob” to get help to install a beautiful rain garden or pollinator garden in their yard or on their boulevard. They can sign up at www.corcoranpollinatorproject.org

Little Libraries in Cocoran

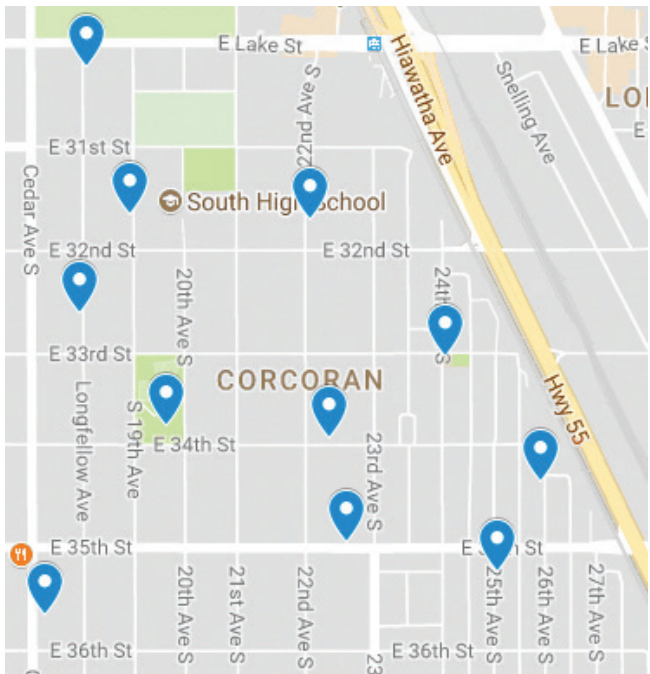
Shawn Kinzel-Auer | Corcoran Neighbor

On a beautiful Sunday a few weeks ago I decided to get on my bike and search the neighborhood for little libraries in the hopes of chronicling their location for a map for the paper. You can go to websites like <https://littlefreelibrary.org/> and see the ones that were purchased/registered through this organization. But I knew there was at least one in the neighborhood that was not on their list, so I suspected there may be more hidden gems. I really enjoy little libraries. I like the idea of available books and feel personally that it helps build a community. A neighbor near saw me looking through her library and came out to talk. She asked me what genre of books I read (my favorite is sci-fi). She became excited then went into her house and brought out an anthology of stories to read. It was great. I read the book and put it back into her library. I like her library (it’s on the 3100 block of 19th Ave) as it always has an interesting mix of books. I set off that Sunday on a systematic search and

learned a few things. The first is that we have 11 little libraries in our neighborhood boundary. Most of them are not “official” little free libraries (in that they did not have the little free library plate on them) or do not appear on the LFL website. The second thing I learned is about half of them had kid friendly and

teen-reader books. The other half had a mix of fiction and romance. Some had VHS tapes in them. The third thing I learned is that our neighborhood has over 10+ miles of streets when you take them all together, at least according to my app I used to map out my ride. I’m glad I did

this task, for the exercise, to see parts of the neighborhood not seen before, to meet some of my neighbors (Corcoran really is a friendly place) and to be inspired. Inspired to get working on that little library we’ve wanted to have out front but have never seemed to find the time to build.



Monarch Magic!

Minneapolis Monarch Festival / Festival de la Monarca

Press Realse | Presented by Wavelets Creative, Nokomis East Neighborhood Association, & MPRB



Monarch Magic! is a new, free activity program offered by Wavelets Creative Arts, in partnership with the Minneapolis Parks & Rec Board (MPRB) and the Nokomis East Neighborhood Association (NENA), and led by Artist-in-Residence James Everest, with Naturalist Jenny Winkelman and several guest teaching artists. All activities take place outdoors at Lake Nokomis Park, and are free and open to people of all ages and abilities. In a series of FREE interactive workshops, participants learn about Monarch Butterfly life cycles, migration, and habitat and then join in outdoor art activities to create a community performance installation that will debut at the annual Minneapolis Monarch Festival / Festival de la Monarca in September. This Monarch Magic! Pathway installation serves as an immersive entryway from Lake Nokomis and nearby neighborhoods into the Festival, and into the Nokomis Naturescape Gardens.

Each workshop’s Naturalist-guided Nature Walk is followed by artist-led activities in music, dance, poetry, storytelling, sculpture, murals, and mosaic, which will eventually integrated into a unique site- specific installation environment at the Monarch Festival. No previous arts experience necessary to participate.

The annual Minneapolis Monarch Festival takes place at Lake Nokomis Park on Saturday, September 9, 2017 from 10am-4pm. Participants are welcome to attend one or all workshops. While attendance is free, advance online registration is requested, to assist with preparations.

Monarch Magic! Workshops begin June 25 and continues all summer. For more information and to register for free, go to www.monarchfestival.org. Contact: James Everest at james@waveletscreative.org

This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council,



Corcoran Housing Update

Bill Oliver | Corcoran Neighbor and Realtor

With 4-5 months of housing supply considered to be average, presently Corcoran has .8 months of housing supply down from 1.1 months supply in January. Being well below the average indicates more buyers than sellers. This lower supply in relation to a strong demand creates the current seller’s market. Median data versus Averages will be discussed as they tend to mitigate extremes. The Median Sale price rose from January’s \$183,950 to June’s \$190,000 (June 2016 was \$184,500). Percentage of original sale price attained was 100.1% in January rising up to 101.4% in June. Showings per listing rose from 11.7 in January to 18.1 in June with days on market ranging from 19-21 in the same time frame. Median Price per square foot also rose from \$153 at the beginning of the year to \$156 in June.

Humanize Hi-Lake at Open Streets

Adam Tomczik | Corcoran Resident & Board Member

Humanize Hi-Lake connected with nearly 300 people at Open Streets! We asked Open Streets participants for their top favorite improvement at the intersection. The totals from the four ballot boxes were:

- Leading Pedestrian Intervals: 29% (84 votes)
- Smart Channels: 28% (80 votes)
- Lighting and Trees: 25% (71 votes)
- ADA-Compliant Pedestrian Ramps: 18% (51 votes)

TOTAL: 286

Our goal, of course, is to see the City and County implement all of the recommended improvements contained in the [2016 Hi-Lake Interchange Study](#). This vote helps spread our message, sharpen our focus, and show our elected officials that we will continue to exuberantly advocate for humanizing Hi-Lake.

Thank you to all of the volunteers who helped!



The State of the Fair: with Jeff & Val - Longtime Corcoran Residents

Russ Grigsby | Editor & Corcoran Neighbor

1987 - A Special Year. The channel tunnel connecting the UK with France was underway, Michael Jackson released his hit album ‘Bad,’ the Twins miraculously won the World Series, and an eclectic couple known as Jeff & Val made their debut at the Great Minnesota Get-Together, America’s largest state fair by daily attendance.

Two Parts not Equal. While Val had nothing against the Fair, per se, she was not yet the dyed-in-the-wool aficionado that her counterpart needed her to be. Enter re-education. Jeff began the schooling by setting his alarm for 3:30am Opening Day, and Val has agreed to this madness ever since, as long as a pot of coffee is brewing for her. Think of a more sophisticated Clark Griswold leading the charge to Wally World and you are beginning to understand Jeff’s enthusiasm. They would be one of the first into the grounds (in

2004 they actually were the very first!) and one of the last to leave (after midnight). One year Jeff timed the Sky Glider just right so that they were in the air as the fireworks were going off. Val was hooked.

Food, Food, Food. When the grounds open at 6:00am, the first stop is breakfast at ‘The Peg,’ the fair’s only full service restaurant. From there it’s open season on any vendor. While pronto pups are a natural bull’s-eye, the pair has recently refined their taste: a breakfast sausage dipped in pancake batter and deep fried on a stick, complete with a tray of maple syrup...which I am told is refillable! Pulling in the reins on any more ‘variation,’ the unified couple stalwartly defended traditional staples such as Tom Thumb for mini-donuts and the Dairy Barn for milkshakes.

A Season for Everything. While a few years shy of the

coveted Senior Discount (\$9 admission on select days), a recent surgery has Val renting a power scooter for around \$50, which in her words, “is worth every penny.” So much so that she has taken to naming her scooters. Last year, *Sea Biscuit* approached 7 mph on a rare open stretch! That’s as close as the two get to thrill rides these days, though they enjoy reminiscing about the mighty Midway of years past. The brief-lived ‘Tank Tag’ stands out. “You and your partner would strap into a scale size tank with one as driver and the other on the turret gun, and seek to eliminate your opponents in other tanks, all the while taking hits from onlookers who could rent cannons from the sides. It was pure deregulated 80’s mayhem!”

Musical Memories & More. When pressed for some of their favorite acts, they spoke longingly of Grandstand con-

certs with ShaNaNa, Lynyrd Skynyrd, and The Kentucky Headhunters, though this year may in fact make a new favorite memory with the arrival of the Pointer Sisters opening night at the more intimate Bandshell. They are so excited they just can’t hide it.

Honor, Principle, & Duty. Aside from a brief hiatus in 1991 that took Val away for work-related reasons, the dynamic duo claims a perfect record. Val recalls a remote possibility that at least one other year could have been affected, but Jeff vehemently insists otherwise. “I defy anyone to furnish proof of such nonsense.”

Jeff & Val recommend a trip to Cub Foods between now and August 23rd to purchase pre-fair discount tickets for \$11, versus \$14 at the gate. And while you’re there, ask for an official Blue Ribbon Bargain Book for \$5. You’ll make your money back faster than you can say indigestion!



The hands of a proud owner of two breakfast sausage corndogs.

Corcoran Park Happenings | Acontecimientos en el Parque Corcoran

Ryan Flanders | Corcoran Park Director



- **Rec Plus:** starts August 28th from 2 to 6pm every Monday thru Friday
 - **Fall Preschool:** fall session runs from Sept. 5th through December 21st every Tuesday, Wednesday, Thursday. Class starts at 10am and ends at 3pm.
 - **Bojutsu Japanese Martial Arts:** Thursdays June 1 – August 24th 7pm-8:30pm 14+ \$25
 - **Family ZUMBA Dance Class:** Mondays/Wed 5-7pm Friday 4-6pm June 2nd – August 25th Free
 - **Kindertots Summer PreSchool:** July 11th – August 17th 10am-1pm 3+ \$270
 - **Summer food Program:** June 19th – August 18th 3pm snack 5pm dinner every day. 18 and under Free
- The Summer Food Service Program provides children nutritious meals during summer vacation. Times and types of meals served (breakfast, lunch, snack or dinner) vary by site and are available on a first-come-first-serve basis. The Summer Food Service Program is free to all children 18 and younger.

- **Rec Plus** comienza el 28 de agosto de 2 a 6 pm todos los lunes a viernes
 - **La sesión preescolar** de otoño comienza del 5 de septiembre al 21 de diciembre cada martes, miércoles y jueves.
 - **Bojutsu Artes Marciales Japonesas:** Jueves 1 de junio - 24 de agosto 7 pm-8:30 pm 14+ \$ 25
 - **Familia ZUMBA Clase de Danza:** Lunes / Miércoles 5-7pm Viernes 4-6pm 2 de Junio - 25 de Agosto Gratuito
 - **Kindertots Preescolar de verano:** 11 de julio - 17 de agosto 10 am-1pm 3+ \$ 270
 - **Programa de Alimentación de Verano:** 19 de junio - 18 de agosto 15:00 snacks 5pm cena todos los días.
- El Programa de Servicio de Alimentos de Verano ofrece a los niños comidas nutritivas durante las vacaciones de verano. Los horarios y tipos de comidas servidas (desayuno, almuerzo, merienda o cena) varían según el lugar y están disponibles según el orden de llegada. Los sitios selectos sirven comida reducida, centrándose en la reducción tanto de los alimentos como de los residuos de envases. El programa de servicio de comida de verano es gratuito para todos los niños de 18 años o menos.

Ice Cream Social

Russ Grigsby | Editor & Resident

For the second straight year, *Raiders of the Lost Ark*, Corcoran’s selected ‘Movie in the Park’ was canceled due to inclement weather. That didn’t stop the fun at the ice cream social however, with a good turnout of young and old alike. Along with the ice cream, a bounce house and live music from the band Parks & Wreck provided plenty of entertainment... minus the snakes.



Hiawatha Golf Course Update

Lori-Kinzel-Auer | Corcoran Neighbor

If you haven’t heard yet, Minneapolis Park board is considering closing the Hiawatha Golf Course. The reasoning is basically due to the large quantity of groundwater being pumped from the golf course. There are two basic plans up for consideration:

- Alternative A perpetuates pumping of 242 million gallons of groundwater annually; continues pumping stormwater from the neighborhood; addresses stormwater issues and trash in the neighborhoods; and maintains the current 18-hole golf course.
- Alternative B reduces pumping to 94 million gallons per year; eliminates pumping of stormwater; addresses stormwater issues and trash; realigns Minnehaha Creek; maximizes water quality treatment; and introduces new uses to the property.

As of now Hiawatha will remain open and maintained until the end of the 2019 golf season. The full Board of Commissioners will consider the committee’s recommendation at its meeting on August 9, 2017. You can find the Hiawatha Golf Course Pumping Assessment at minneapolisparcs.org/park_care_improvements/park_projects/current_projects/hiawatha_golf_course_improvements/, as well as other reports and assessments. Unfortunately, the public’s last opportunity to weigh in was June 21st.

There is an active group still working to save the historic golf course. You can find more information on Facebook at facebook.com/SaveHiawathaGolf, as well as a petition at Change.org/p/minneapolis-park-board-keep-hiawatha-golf-course-in-minneapolis-open.

Other proposals for the park have included an urban food garden, including fruit trees and bushes, and re-dredging of lake Hiawatha and removal of the two small dams in the area.

If you would like to learn more about the 83 year old course, there is a history available at minneapolisparcs.org/golf/courses/hiawatha_golf_club. There are also several articles available from the Star Tribune, the City Pages and the local Southside Pride.

The Incomplete Skeptic: Eulogy for Flibbertigibbetting

Timothy Cameron | Corcoran Neighbor



Gossiping about someone without giving them a chance to color the evidence is cowardly, harmful, and wrong. Gossip is born in mind, passes the lips like a subtle hiss, and brings down the greater good to the lowest common denominator. It commonly serves as a tool to make oneself feel superior to someone else. I’ve rarely heard accurate information transmitted regarding a person who was not present to hear it communicated. This same mistake broadly applies to religion, science, politics, management/HR, family, homelessness, race, gender, income-levels, etc.

Bobby Fischer, the 11th World Chess Champion that many esteem as the best that’s ever been (probably a higher percentile of Americans subscribe to this notion than abroad), taught a lesson on chess that I absorbed as a life truth. He said it is paramount to look at every square on the board that every piece can move before committing oneself to a move. Sounds like great advice for life in general, right? Silence and circumspection should attend every important decision that one makes before pulling the trigger. This training readies us for real life when we might not have time to flesh out all the possibilities.

When we are in training or otherwise have time, here’s what has helped me through the years. I call it T-3, and in certain circles, it is an axiom or Slogan. “Think, THINK, Think” has for me become a lifestyle, akin to Bobby Fischer’s’ prescrip-

tion for winning chess. 1-T) Think. I briefly consider the matter at hand, then separate myself quickly from it to suspend my judgment, then return to it with objectivity. 2-T) On important issues, I consider every aspect of it as deeply as I am capable, analyzing the interplay of ideas, moves, and relational outcomes consummate to the task at hand. Then after holding on to the possibilities that seem most promising and dismissing the chaff, I select the strongest sequence of moves available, and then I WALK AWAY or day-dream about anything other than the plan. Then, 3-T) Returning to the decision I made after the thorough consideration, I reconsider my options confidently but without conceit, looking for things I might have missed.

In tournament chess, the hard and fast rules are, “Touch Move, Touch Take.” If you touch the piece, then you must move it or take it. Touching is a total commitment; just like speaking is not easily unspoken, one should weigh it out carefully before committing to it.

Then comes the clincher for clarity. I free my mind of everything I think I know, then reach for the piece to move, and deliberately ‘almost’ touch the piece several times. With the spirit of humility and gentleness rather than fear or agenda, I wait for my intuition to reveal what my logical mind missed. I can’t begin to count the number of times the intuitive mind shows me what I missed in my ‘Think, THINK, Think’ processing. Emily Dickenson said, “Dwell in possibility.” How can we gossip about a thing that doesn’t feed our ego or anger? Gossiping is a strange form of lazy supremacy. Rise above it, and you’re bound to taste the sweetness & peace you’ve been desiring.



Candidate Forum

Heidi Johnson McAllister | Executive Director

This fall, Ward 9 residents will be deciding the next City Council Member. Will we re-elect Alondra Cano, vote for Gary Schiff again, the new candidate Mohamed Farah, or another yet unknown candidate? On Saturday, September 9th, the Corcoran Neighborhood Organization and Powderhorn Park Neighborhood Association will be hosting a candidate forum for candidates running at the Midtown Farmers Farmers Market from 10:00-11:30am.

The forum will ask candidates questions on a variety of topics such as renter’s rights, economic development, the Hi-Lake Interchange, and other topics relevant to Ward 9. All candidates are invited. Please join us for the discussion and learn more about the candidates running.

TCNL (Twin Cities Native Lacrosse)

Russ Grigsby | Editor & Resident

TCNL Director and Coach, John Hunter, had nothing but praise for Ryan Flanders, Corcoran Park’s Recreation Leader. “We have been welcomed here in Corcoran. Other parks kind of look at us crosswise. Here the people are genuinely interested in what we are doing.” And what they are doing is nothing short of inspirational, putting traditional wooden lacrosse sticks in the hands of native youth since 2014. For more information, go to: twincities-nativelacrosse.org



CNO Board Of Directors Meeting

Thursday, June 8th, 2017, 7 – 9 pm at CNO, 3451 Cedar Ave. S.

Attending: Flannery Clark, Adam Tomczik, LisaBeth Barajas, Ellie Watkins, April RIordan, Mike Novak, Russ Grigsby, Matt Kazinka, Lori Kinzel-Auer, Siyad Warsam, Mandie Kender, Vanessa Haight (CNO Staff)

Absent: Marvin Applewhite, Alberta Smith, Evan Lee-Ferrand

Guests: Phillip Koski

- A. Call to Order and Introductions**
- B. Welcome New Board Members**
MOTION: Accept May 20, 2017 election results and welcome Lori Kinzel-Auer, Mandie Kender, and Siyad Warsame to the CNO Board of Directors. Motion passes.
- C. Review of NCR Guidance on Elections**
The Board received an overview of NCR guidance on elections. What CNO can do: hold candidate forums (inviting all candidates), take position on policy (i.e. Real ID). What CNO cannot do: speak in favor of or endorse a candidate on behalf of CNO, allow candidates to campaign at CNO events or meetings. The board is discussing CNO hosting a candidate forum in the fall at MFM.
- D. Treasurer’s Report**
First Quarter Financial Report:
The board reviewed Q1 financials. CNO switched from monthly to quarterly financial reports recently as finances do not change significantly each month. Right now, CNO is in a position where we can pay our debts (ratio greater than 1), CNO’s cash on hand is at 152 days, right in the middle of the noted benchmark for nonprofits, and the net checking/savings is higher than Q1 2016. Lisa recommends exploring a financial sustainability task force once Heidi returns.
The Treasurer walked through Budget V Actual overall and pointed out the 64000 Partner Reimbursement is MRC payments to partners that was not budgeted for and notes that it most likely should have been budgeted within Quickbooks. Staff will look into the issue and bring answers to board for July financial report.
CNO should consider holding cash on hand in an interest bearing account. This will be part of the discussion for a financial sustainability group.
Update on window replacement
In 2015, CNO budgeted \$12k for window replacement to occur in 2016 but did not spend. We now have secured a bid but the board needs to decide if the improvement should occur in 2017. It is recommended to hold off on a decision until July when the board can look more closely at the reserves and cash on hand. We are also still determining how much the repair for the car crash damage will be. Staff will look into the partner reimbursement, reserves, and cash on hand and will update the board with more information by July.
The current windows are not functional - they fog and ice over during the winter. Replacement will address the structural deficiencies and improve energy efficiency.
The suggestion was made for board and staff to look at office income and how that can contribute to capital improvement budget.
The information is just an update and no motion is needed at this time. At the board retreat, the group will hear more information on the partner reimbursement, see updated financials and then

consider the window replacement.

MOTION: Table approval of financial report to July, once we learn more information from Heidi and April. Motion passes.

- E. Committee motions and updates**
Economic Development Committee
An overview of the work was given: the committee is currently focusing on retail recruitment for the commercial space at the new Hennepin County building and working with businesses at the 35th Street & 23rd Avenue node. Bike rack installation at the 35th and 23rd node is moving forward this summer with a grant from the City coupled with CNO funds. The committee has also been thinking about how policy impacts intersections such as 35th & 23rd. ED Committee took feedback from city, residents and businesses and developed the draft Position Statement on Streetcar-Era Commercial nodes, which the board reviewed.
- More active storefronts are recommended at this node to engage the street. This was also expressed by residents and could be part of a guidance from the board when future businesses consider these spaces.
 - The question was raised: is this document an amendment to the planned designation for the node. The 35th & 23rd is not currently identified as a commercial node in current comp plan. In conversations with Joe Bernard from the city planning office, the most useful feedback is what the community would like to see at this node. Feedback on designation isn’t as helpful as these designations may be changed in the new comp plan. If node changes, denser development would be encouraged in the future and the node would be eligible for city programs.
- MOTION:** Submit guidance to the City of Minneapolis regarding how they regulate and support streetcar-era nodes. Motion passes.
- Land Use & Housing Committee**
At the board election, residents of Blue Line Flats expressed concern regarding safety at the property and the relationship with the property manager. At the last Land Use & Housing Committee meeting, the committee requested sending a CNO staff to Blue Line Flats to gather facts on what’s going on and figure out if CNO should step in and advocate for new neighbors.
The board requests a report on engagement with the tenants at Blue Line Flats and identified issues at the August meeting. Tenants of the Blue Line Flats are welcome to join the discussion at the August board meeting.
- F. Selection of Elector & Alternate for District 7 NCEC Election**
MOTION: Warsame appointed as Elector for June 15th NCEC Election. Motion passes.
- G. Midtown Farmers Market Plaza Design (Adam)**
Background was provided on the H&L Station development. The first concept for the plaza design came out in July of 2016 and the Land Use & Housing Committee reviewed and made recommendations. Since then, the concept has gone through several iterations. At the April 27, 2017 meeting, it became clear that we are getting closer to a final plan. Will also be having a governance conversation regarding this plaza soon: management, programming, maintenance, etc.

Project Program Brief document from February 2010 was shared; it identifies physical requirements, utility requirements, additional site amenities. This document was introduced into current project but Hennepin County likely didn’t give it much weight. Phillip reads an excerpt from the Muiscant report where it states that a concept was to be produced, sent out for initial pricing, followed by an RFP for final designs.

At the April 27 meeting, Hennepin County stated that the current plan is a construction document and it’s ready to be put out for bid. The following discrepancies between what CNO has stated it has wanted and the plan before us were outlined:

- 41 stalls vs desired 70
- Bike path isn’t incorporated to plaza
- Relocation of Metro Transit mechanical shed unfeasible
- Minimal bike storage
- No raised stage
- 3 play equipment areas: not properly located, no site seating, has not been part of any other conceptual plan
- Overall, feedback doesn’t seem to be incorporated into plan and there have been no alternate concepts presented

The board discussed how they want to move forward and notes the need to speak in a unified voice and have a strategy. Next steps include potential hiring of landscape architect for next steps. A letter will be drafted to send to Hennepin County prior to the next oversight committee meeting and CNO staff will look at potential funding options.

H. Small Area Planning
Concerns from the LUH Committee were raised:

- Midtown Revival was done in response to large change in that area
- We are not looking at much change for interior of Corcoran
- Typically small area plans are done in preparation for big changes to guide
- The majority of neighborhoods are not under small area plans
- Lisa replies that the current plan doesn’t speak to where we’re at today; some of our current issues might be good to explore in small area planning; could help identify what areas we want to preserve and/or address to get us to where we want the neighborhood to be. FC: Can Lisa come to LUH to offer planner perspective? Yes
- Dedicate time at the retreat to discuss small area planning.

- Meeting Adjourned.**
- Announcements (All)**
- NCEC Election, Thursday, June 15, 6:30-8:00 PM at the Crown Roller Mill Building
 - Executive Director, Heidi Johnson McAllister, returns by Monday, June 19
 - Ribbon Cutting for Hennepin County Service Center, 6:30-7:30 PM
 - MPS Community Meeting re: ABE/T+ Construction, 6:30-7:30 PM at current ABE site
 - Next Board Meeting: Thursday, July 13
 - Open Streets, July 23

Your Donation Keeps CNO Moving Forward!

Heidi Johnson McAllister | CNO Staff

CNO continues to invest time and energy into work with renter’s, new development in the neighborhood, the midtown farmers market, supporting businesses in the neighborhood, and changes to the intersection at Lake and Hiawatha. This work will not happen without you - whether you give your time or donate to CNO or the MFM. We rely on residents like you. We are continually grateful for the generosity as well as the years of involvement and dedication to create a community that is a great place to live!

Thanks to the following residents who made donations to CNO and/or the Midtown Farmers Market in June:

- | | |
|----------------------------|----------------------------|
| • LisaBeth Barajas* | • Wendy McCormimck |
| • Mary Buhr* | • Gwen McMahan* |
| • Stacey Burns* | • Kim and Tom Medin* |
| • Andrea Cecconi* | • Greg and Chelsea Miller* |
| • Kate Duffy* | • Genevieve Olive* |
| • Fierce Ferments* | • April & Simon Riordan* |
| • Russ & Jenna Grigsby* | • Phyllis Root |
| • Eric & Kimara Gustafson* | • Kelly Savage* |
| • Susan Hensel* | • Tanya Snyder* |
| • Mary Jansen* | • Adam & Devin Tomczik* |
| • Matt Kazinka* | • Mary Wittenbreer* |
| • Sarah Lawrence-Lupton* | • Andrew Zimmer* |
- * denotes CNO / MFM Sustainers*

August Events at the Midtown Farmers Market

- **Tuesday, August 1st, 3pm-7pm**
3:30-5:30pm—music by Bob & Lynn Dixon
5:30pm—Free Zumba by the YWCA
- **Saturday, August 5th, 8am-1pm**
#FeedTheCarrot
9am-11am – music by Dan Rumsey
11am-1pm—music by King Hot Baron Several
- **Tuesday, August 8th, 3pm-7pm**
3:30-5:30pm—music by Ginger Bones
5:30pm—Free Zumba by the YWCA
- **Saturday, August 12th, 8am-1pm**
Farmers Market Week!
8:30am—Free Yoga by Imbue Yoga
9am-11am—music by Lila Ammons Duo
11am-1pm—music by Jason Streitz
10am-noon—Second Saturday Arts for All Activity
- **Tuesday, August 15th, 3pm-7pm**
3:30-5:30pm—music by Matt Yetter
5:30pm—Free Zumba by the YWCA
- **Saturday, August 19th, 8am-1pm**
Festival del Maiz
9am-11am—Music, Poetry, Dance & Entertainment TBA
11am-1pm—Music by Javier Trejo
- **Tuesday, August 22nd, 3pm-7pm**
3:30-5:30pm—music TBA
5:30pm—Free Zumba by the YWCA
- **Saturday, August 26th, 8am-1pm**
8:30am—Free Yoga by Imbue Yoga
9am-11am—music by Jeffrey Skemp and Friends
11am-1pm—music by Lonesome Dan Kase
- **Tuesday, August 29th, 3pm-7pm**
3:30-5:30pm—music by Nancy Olson
5:30pm—Free Zumba by the YWCA

Other Special Events This Season

- September 9th—Nordic Fest
- Septebmer 30th—Native American Celebration

Eventos de agosto en el Midtown Farmers Market

- **Martes, 1 de agosto, 3 pm-7pm**
3: 30-5: 30 pm-music por Bob & Lynn Dixon
5:30 pm- Zumba libre por la YWCA
- **Sábado, 5 de agosto, 8 am-1pm**
#FeedTheCarrot
9 am - 11am - música de Dan Rumsey
11 am-1pm-music por King Hot Baron Varios
- **Martes, 8 de agosto, 3 pm-7pm**
3: 30-5: 30 pm-music por Ginger Bones
5:30 pm- Zumba libre por la YWCA
- **Sábado, 12 de agosto, 8 am-1pm**
¡Semana del mercado de los agricultores!
8:30 am- Yoga libre por Imbue Yoga
Música de 9 am a 11 am por Lila Ammons Duo
11 am-1pm-music por Jason Streitz
10 am-noon-Second Saturday Arts for All Actividad
- **Martes, 15 de agosto, 15.00-19.00**
3: 30-5: 30 pm-music por Matt Yetter
5:30 pm- Zumba libre por la YWCA
- **Sábado, 19 de agosto, 8 am-1pm**
Festival del Maiz
9 am-11am-Música, Poesía, Baile y Entretenimiento TBA
11 am-1pm-Música de Javier Trejo
- **Martes, 22 de agosto, 3 pm-7pm**
3: 30-5: 30 pm-music TBA
5:30 pm- Zumba libre por la YWCA
- **Sábado, 26 de agosto, 8 am-1pm**
8:30 am- Yoga libre por Imbue Yoga
9 am-11am-music por Jeffrey Skemp y Amigos
11 am-1pm-music de Lonesome Dan Kase
- **Martes, 29 de agosto, 3 pm-7pm**
3: 30-5: 30 pm-music por Nancy Olson
5:30 pm- Zumba libre por la YWCA

Otros Eventos Especiales Esta Temporada

- 9 de septiembre-Nordic Fest
- Celebración Septebmer 30a-Native American

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Ask The Yoga Instructor: To invert or not to invert ...

Mary Bue | Corcoran Business Owner of Imbue Yoga Studio

Imbue Yoga
2223 E 35th Street
Minneapolis MN 55417
imbueyoga.com
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Q: I keep hearing about the benefits of inversions but also the dangers to the neck. Can you help me find an inversion that won't damage my neck over time?

A: Headstand and shoulderstand are the “king and queen” of postures in many yoga classes. Even in “drop in / all levels” classes, instructors will throw out these postures as if they are safe and available to everyone. While I wish this were so, all of our bodies are different ... and different each day! This uniqueness makes us beautiful and it's okay if we don't want to do headstands.

That said, there are some wonderful benefits to being upside down. Inversions bring blood flow to the brain, helping us focus and concentrate. They stimulate the lymphatic system, possibly increasing immunity. They keep us humble when we tumble, literally change our perspective, and are relaxing!

Contraindications to some of the more intense inversions include an unfortunate laundry list: if done improperly, can damage the cervical spine (spinal cord, nerves, chronic pain, ouch!). Not recommended during pregnancy, and risky if you have glaucoma, high blood pressure & heart disease.

To try inverting without putting any weight on your neck, try an Aerial Yoga class (Imbue Yoga just started offering one). Also, a gentle inversion you can try at home and feel safe with is “legs up the wall” pose - viparita karani. To practice, find an unobstructed wall and sit down by it. Maybe place a pillow or blanket under you. Nestle your bum as close to the wall as you can and swing your legs up, adjusting so that hamstrings don't feel strain. Let your arms open wide or rest on your belly. Stay 3-10 minutes and feel the blood drain, giving your feet and legs a break. Keep your breath smooth, long, flowing. To come out, move VERY slowly pausing in a seated or kneeling posture and notice how you feel. Namaste!



Little Shop of Auras Welcome to The Future of Corcoran

Will Wlizlo | Corcoran Neighbor



“So many people are realizing they're into witchiness and healing,” says Lacey Prpić Hedtke. She's the founder of The Future, at 35th Street & 23rd Avenue, a new business with a *very specific* clientele that opened in Corcoran earlier this year.

Don't come looking for smoking cauldrons or eye-of-newt, though. In the front of the smart boutique, you'll find a small collection of the everyday items of witchcraft and alternative healing, plus a few handsome baubles that your whole coven will covet. The tightly curated shelves hold artisan incense and tasteful ceramic works, local fruit preserves with and the proprietor's own line of astrologically inspired sprays and oils. Zines and periodicals of occult persuasion, as well as other homegoods and handcrafts that celebrate differences among people are proudly featured.

“A lot of the things we sell are things that I wished I could buy locally but couldn't,” she says, pointing to an underground-favorite magazine called *Sabat*.

Perhaps most eye-catching to a witch-curious window-shopper is the gleaming collection of crystals. The storefront glimmers with shards of jasper and labradorite and fluorite. Consider an amethyst if you're looking for some ethereal help in your

sobriety, or if you're unsure try a plain-old quartz.

“It's a good, all-purpose crystal for people who are just dipping their toes into witchy stuff,” says Prpić Hedtke.

Traveling through the The Future's rooms, you'll also find a collaborative space that serves as a studio, an esoteric library of spellcraft, a community gathering room, and a residence for traveling artists. In all aspects of the business, Hedtke hopes to support, encourage, and inspire artists and makers, especially those who identify as women, people of color, or trans.

The Future is the latest establishment to open in the newly founded “Witch District.” It's a nebulous and unofficial business district that includes parts of Corcoran, Standish, Phillips, and Powderhorn. Participating businesses include Sea Wolf Tattoo Company, Women's Woodshop, and Modern Times Cafe on 32nd & Chicago. (“It's where witches go to lunch.”)

Arguably, there's no better time for The Future to open than now. “Neptune is in Pisces,” notes Prpić Hedtke, referring to the astrological calendar. “It's the first time that's happened since the birth of Spiritualism.” For more information, visit www.thefuturempls.com.

Business Spotlight: UMSF Preserves (Upper Mississippi Specialty Fruits)

Kelly Savage | Corcoran Neighbor



Midtown or Kingsfield Farmer's Markets
Owner - Darla Evanovsky
Instagram @umsfpreserves
canswapmpls@gmail.com

Darla grew up canning with her family on their West Virginia farm and she's never really stopped. Self-admittedly, she doesn't eat a lot of jam, but possesses a real passion for creating all sorts of unique flavors from summer tomato jams to marmalades in the winter.

Three years ago, this Corcoran resident who has lived between here and the Powderhorn neighborhood the last twelve years, found her shelves filling up with jam but her passion not fading. Even without much business experience, she jumped in and obtained her at home, cottage food license (aka the “Pickle Bill”) and started setting up shop once a month at our own Midtown Farmer's Market.

Her methods are traditional, the flavors fresh and creative, and generally made without pectin or added thickeners. She may use just enough sugar to help the real fruit flavors shine. Darla seems to have a flair for mixing sweet and savory like strawberry/rhubarb combined with lemon thyme and white pepper. For those without a sweet tooth, sometimes she adds extra spices and onions to the fruit, and voila – chutney!

She has added shrubs, a form of sweetened drinking vinegar, to her inventory. The strawberry basil and black pepper shrub has proven quite popular and makes a nice dressing or can be mixed with soda water as a refreshing spritzer.

If you find something you like, enjoy it while you can as Darla prefers to create small batches and is able to enjoy her work by changing up her flavors constantly. She won't say a flavor will never come back, but prefers to create new and different tastes with each canning session.

Fruits are purchased locally as much as possible and she seeks out small earthy or organic farms and woman owned businesses when possible. Another of her hobbies is foraging and gleaning the ingredients. In fact, if you have a fruit tree or berry bush going unused, she is more than happy to stop by and reduce the amount left to fall on the ground and rot.

Darla's next appearance at the Midtown Farmer's market will be September 2. Stop by if you want to discuss all things “canning and preserving” and find your favorite new flavor!

TrainUpAChild Family Childcare

"Quality Care for the Children you care about"

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3428 19th Avenue South
Minneapolis, MN 55407

Jalilia A. Brown
Director

Phone: 612-721-0250
Fax: 612-721-0250
jalilia1@yahoo.com
www.trainupachild.vpweb.com

Shear Art
Hair Studio

Welcome Ciara to our salon Team! Come in and see Ciara this month for a haircut. All haircuts \$25.00 for month of August with Ciara only!

Call 612-729-1125 or book online at sheararthairstudio.com

Lunch and . . .

Tricia Theurer | Nokomis Healthy Seniors.



Join other older adults each month and share lunch and then watch a movie or play Bingo. Lunch starts at 11:15 am, followed by a movie or Bingo. On Thursday, August 10th, we'll enjoy The Sound of Music in a special theater with comfortable seats that are designed just for watching movies. On October 12, the movie will be the classic comedy Airport, and on November 30th, we'll watch the holiday movie Joyeux Noël. If Bingo is more your style, we'll share lunch and then play Bingo on Thursday, September 14 and on November 16th. Hosted by Nokomis Healthy Seniors; held at Bethel Lutheran Church, 4120-17th Avenue South. Free-will donations. RSVPs required. Please call 612-729-5499.

Taking Your Business Idea to the Next Level

Vanessa Haight | CNO Staff



Congrats to the 2017 NDC Plan It! Graduates & Entrepreneurs

Are you thinking of starting a business? Corcoran Neighborhood Organization can help! We are seeking to assist one business with their start-up and have funding and resources to help you launch. Interested parties should submit the following information to vanessa@corcoranneighborhood.org - name, address, phone number, brief business concept, brief description of where you are at in the process, current challenges, and expected next steps. We look forward to hearing from you!