



With Partners, CNO Hosts a Ward 9 Candidate Forum

Heidi Johnson McAllister | CNO Staff

Corcoran Neighborhood Organization Partners with Make Homes Happen and Powderhorn Neighborhood Organization to Host Ward 9 Candidate Forum

With a warm sun shining and a breeze blowing through the new transit plaza, residents of Ward 9 gathered on the plaza to listen to the candidates running for that city council seat. All four candidates participated in the Ward 9 Candidate Forum on September 9th while transit buses, the light rail, bikes and cars drove by the site and people wandered through to make their way to the Midtown Farmers Market.

Over 70 people listened as the candidates responded to questions relevant to the ward and city. Candidates began by introducing themselves, their background, and relating why they should be the next Ward 9 City Councilmember. The moderator, Chad Weinstein, provided candidates some history and context as questions were posed to the candidates. The moderator asked the candidates to respond to the following topics: Just Cause evictions, reducing the amount of Tier III rental housing, new housing development, community centric development, preventing economic displacement, racial disparities, developing a dynamic and resilient workforce, transportation challenges at Hi-Lake and funding to address the challenges, addressing implicit bias in the police force, and improving community safety at the same time as reducing repeat offenders.

Residents provided over 20 questions on new topics or follow up questions from the previous topics. The candidates had time

to respond to the following three questions: Car2go and carsharing, response time from the council office, and ---. CNO provided the opportunity for candidates to provide an introduction to be published in the Corcoran News. Additionally, the opportunity was offered to respond to the additional questions via email to be posted on the CNO website. The questions ranged from the park system, police brutality and violence, commitments outside of the council office, incentivizing landlords, breaking down bureaucracy, interest in city council committees, changes to the Urban Ag Plan, rent control, tiny homes, opposing federal immigration mandates, and addressing public safety at the hi-lake interchange. No candidates have responded to either opportunity by the time this article went to print.

Voting information:
(Minneapolis uses ranked choice voting)
Districts:
Congressional: 5
Mn senate: 63
Mn house: 63a
County commissioner: 04
Judicial: 04
Park: minneapolis 3
Soil and water conservation:
School: minneapolis (1)- district 3
County: hennepin
Candidates and sample ballot can be found here: <https://goo.gl/xjtjsm> (url shortened for clarity)
For more information visit <http://vote.Minneapolismn.gov>

Con Partners, la CNO acoge un Foro Candidato de Ward 9

Heidi Johnson McAllister | Personal de la CNO

Corcoran Neighborhood Organization se asocia con Make Homes Happen y Powderhorn Neighborhood Organization para albergar el Foro de Candidatos del Area Distrital 9

Con un sol cálido y una brisa soplando a través de la nueva plaza de tránsito, los residentes de Ward 9 se reunieron en la plaza para escuchar a los candidatos que corren para el asiento del consejo de la ciudad. Los cuatro candidatos participaron en el Ward 9 Candidate Forum el 9 de septiembre, mientras que los autobuses de tránsito, el tren ligero, las bicicletas y los coches condujeron por el sitio y la gente se abrió camino hacia el Midtown Farmers Market.

Más de 70 personas escucharon cuando los candidatos respondieron a preguntas relevantes para el barrio y la ciudad. Los candidatos comenzaron presentándose ellos mismos, sus antecedentes, y relacionando por qué debían ser el próximo miembro del Concejo Municipal de la Sala 9. El moderador, Chad Weinstein, proporcionó a los candidatos una cierta historia y contexto mientras que las preguntas fueron hechas a los candidatos. El moderador pidió a los candidatos que respondieran a los siguientes temas: Desalojar Just Cause, reducir la cantidad de viviendas de alquiler Tier III, desarrollo de viviendas nuevas, desarrollo céntrico comunitario, prevención del desplazamiento económico, disparidades raciales, desarrollo de una fuerza de trabajo dinámica y fuerte Hi-Lake y financiación para abordar los desafíos, abordar el sesgo implícito en la fuerza policial y mejorar la

seguridad de la comunidad al mismo tiempo que reducir a los reincidentes.

Los residentes proporcionaron más de 20 preguntas sobre nuevos temas o preguntas de seguimiento de los temas anteriores. Los candidatos tuvieron tiempo para responder a las tres preguntas siguientes: Car2go y carsharing, tiempo de respuesta de la oficina del consejo, y ---. La CNO brindó la oportunidad para que los candidatos presentaran una introducción para ser publicada en Corcoran News. Además, se ofreció la oportunidad de responder a las preguntas adicionales por correo electrónico para ser publicado en el sitio web de CNO. Las preguntas iban desde el sistema de parques, la brutalidad policial y la violencia, los compromisos fuera de la oficina del consejo, los incentivos a los propietarios, la descomposición de la burocracia, el interés en los comités del ayuntamiento, los cambios en el Plan Ag Urbano, y abordar la seguridad pública en el intercambio hi-lake. Ningún candidato ha respondido a ninguna de las dos oportunidades en el momento en que se publicó este artículo.

CORCORAN NEIGHBORHOOD ORGANIZATION
3451 CEDAR AVE S.
MINNEAPOLIS, MN 55407

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PERMIT 30308



Your next election is:
11/07/2017 Municipal general election
You vote at: Corcoran neighborhood center
3332 20th ave s, Mpls., MN 55407
Precinct: Minneapolis w-9 p-06 1775

Su próxima elección es:
11/07/2017 Elección general municipal
Usted vota en: Corcoran
3332 20th ave s, Mpls., MN 55407
Recinto: Minneapolis w-9 p-06 1775

Octubre – Calendario Comunitario | October – Community Calender

Meetings

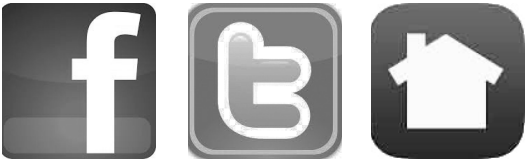
Thursday, October 5th
Land Use & Housing Committee Meeting
6:30 – 8:30pm
Monthly meeting of residents working together to protect and improve the built environment in Corcoran.
> For more information go to <http://www.corcoranneighborhood.org>
> Questions? vanessa@corcoranneighborhood.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Monday, October 9th
Newspaper Committee
7 – 8pm
Monthly meeting to plan the next edition of the Corcoran News.
> Questions? Russ Grigsby news@corcoranneighborhood.org
Location: CNO office, 3451 Cedar Ave S

Tuesday, October 17th
Economic Development Committee Meeting
6 – 7:30pm
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 vanessa@corcoranneighborhood.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Wednesday, October 25th
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

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



Community

Sundays
Community Dinner at First Nation's Kitchen
5:30-6:30pm
Hau Kola! Boozhoo! Greetings! Share a meal or volunteer with us!
First Nations Kitchen is a multicultural interfaith community space in South Minneapolis that serves healthy, organic and Indigenous food every Sunday. All are welcome to dine with us. “It is a gospel mandate as well as a traditional Indigenous practice: everyone gets fed and no one goes hungry.” - Reverend Robert Two Bulls
> Location: 3044 Longfellow Ave South, Minneapolis"

Sunday, October 2nd & 4th
Open Garden Nights
6:30 – 8pm
Live music, refreshments, community! The Gandhi Mahal Interfaith Garden is a collaboration of First Nations Kitchen, Minnesota Interfaith Power and Light, and Gandhi Mahal Restaurant. Together, we are exploring the intersections between food justice, faith, and climate change by growing healthy food for our partners and creating a radically welcoming space for community to thrive.
> Location: 3201 22nd Ave South

Tuesday, October 3th
Food Shelf Distribution
3 – 4:30pm
> Location: Lebanon (21st Ave & 36th St.)

Tuesday, October 3th
LBFE Orientation
6 – 8pm
As a prospective volunteer, you’ll gain valuable insights on working with older adults, handling various situations and LBFE (Little Brothers -Friends of the Elderly’s) practices and policies.
> Location: Corner of Longfellow Ave. & Lake St.

35th St & 23rd Ave Block Party
Due to unexpected expenses in closing 35th Street, the block party has been postponed until 2018. Stay tuned!

Save the Dates (November):
November 7th
Election Day
Corcoran Park Recreation Center
On Election Day, you must vote at your assigned polling place based on the precinct where you live. All polling places are open from 7 a.m. until 8 p.m. for regularly scheduled elections.
> See pages 1 and 6 for your voting location and other information about the upcoming election.

November 15th
Community & Leadership Awards Dinner
> See page 4, for more information

Events

Sunday, October 1st
Cat Conservation Weekend
@ Como Zoo
10am – 6pm
A weekend of fun, games, crafts and special Zookeeper and Gardener talks all while celebrating our feline friends!

Sunday, October 1st
Medtronic Twin Cities Marathon
7am
Grand Rounds Scenic Byway System

Friday, October 6th
Somali Museum Dance Class
4 – 6pm
1516 East Lake Street
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

Friday, October 27th
Halloween at the Horn
6 – 8pm
Powderhorn Park is the place to be the Friday before Halloween! We’ll have creepy creatures, some awesome activities (indoor and out) and sweet treats for you to enjoy with family and friends. Wear your favorite costume and come ready to party at the park!

Corcoran News

Editor
Russ Grigsby
Other volunteers
Shawn Kinzel-Auer
Sandy Spieler
Paula Holden
Sean Gosiewski
Ryan Flanders
Timothy Cameron
Mary Bue
Kelly Savage
Casey Joe Carl
LuAnne Speeter
Anne Holzinger
Graphic Design
Lorien Kinzel-Auer

Publisher
CNO Board (listed right)
Advertising
Heidi Johnson McAllister
612-724 -7457
info@corcoranneighborhood.org
Circulation
1,800 mailed
Printing
Cannon Valley Printing
Next edition
Deadline: October 20th
Article Word Count
Suggested Limit: 300 words
Viewpoints are those of the writer and may not reflect the views of CNO or its funders.

Published by the Corcoran Neighborhood Organization
3451 Cedar Ave S, Minneapolis
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Mandie Kender, At Large
Next board meeting
Thursday, October 12th, 7pm
3451 Cedar Ave S

Submissions or for more information:
news@corcoranneighborhood.org, ph# 612-724-7457
CNO Staff
Organizer
Brettina Davis
brettina@corcoranneighborhood.org
Executive Director
Heidi Johnson McAllister
heidi@corcoranneighborhood.org
Community Development Manager
Vanessa Haight
vanessa@corcoranneighborhood.org
Farmers Market Manager
Miguel Goebel
manager@midtownfarmersmarket.org
Farmers Market Ass't Manager
Mallory Forseth
info@midtownfarmersmarket.org

Frank Theatre Presents: Revolt. She Said. Revolt Again.

Press Release | News of Frank Theatre



Directed by Wendy Knox
Lighting design by Mike Wangen, Costumes by Kathy Kohl,
Sound design by Dan Dukich, Properties by Kellie Larson,
Stage managed by Rachael Rhoades and Glenn Klapperich
Performed by Joy Dolo, Charla Marie Bailey, Jane Froiland,
Emily Grodzik, Grant Henderson, Gabriel Murphy

- Tickets available at www.franktheatre.org. Click on REVOLT, then on the “Buy Tickets” button. By phone, through brownpapertickets.com, call 1-800-838-3006.

REVOLT. SHE SAID. REVOLT AGAIN. was written in response to the quote “well-behaved women seldom make history,” and begins with the directive that “above all, this play should not be well-behaved.” Structured as an episodic piece with multiple roles performed by an ensemble of six, the play is “kaleidoscopic, unruly, searing, sharply funny,” as it explores the power of language to shape the relationships and world around us. It is unapologetically feminist, and yes, funny, as it illuminates ways in which women are confined and defined by the invisible power of the words we use. Opening with a hysterical dating scene where roles are reversed, to a failed marriage proposal, and peaking in a Fellini-esque carnival, REVOLT is a provocative and highly theatrical call to arms.

Classics Lost ‘n’ Found Presents: An Ideal Husband

Press Release | Lost ‘n’ Found Theater Company

For more information, contact Steven LaVigne, lavignebiz1@gmail.com

Classics Lost ‘n’ Found Theater Company is pleased to announce their fall 2017 production of Oscar Wilde’s “An Ideal Husband.” Performances are

Friday and Saturday evenings, October 20-21 and 27-28 at 7pm. The production will be presented at Lake Nokomis Lutheran Church, 5011 S, 31st Avenue in South Minneapolis.

“An Ideal Husband” was produced in London’s West End in 1895 at the same time his masterpiece, “The Importance of Being Earnest” was playing in another theater. This spritely comedy of high society men and women adds romance, blackmail and political intrigue to the mix of manners and morals. Sir Robert Chiltern is a respected member of Parliament, while his best friend Lord Arthur Goring prefers gossip and an idle life. When a woman from their past arrives, their lives - and Sir Robert’s “ideal” marriage - are thrown into jeopardy.

The production will be directed by Noreen Brandt, and the cast includes Robert Permenter as Lord Goring; Daniel Dyke as Sir Robert; Greg Bastien as Lord Caversham; Tony Gillen as Vicomte de Nanjec; David Norini as Phipps and Mr. Montford; Peter Olson as Mason; Coral Bastien as Lady Chiltern; Shelley Anderl as Lady Markby; Rebecca Edgington as Mabel Chilton; J. Emily Peabody as Lady Basildon and Lisa Phelps as Mrs. Marchmont.

Tickets for the production are \$10 adults, \$8 students or seniors. Tickets can be purchased at the door 20 minutes prior to curtain. For more information, contact (612) 724-4539.



Will Snider’s sharp-edged comedy, How to Use a Knife

Press Release | Mixed Blood Theatre



Mixed Blood open it's 2017/18 Season with:
Will Snider’s sharp-edged comedy, How to Use a Knife
A suspense-filled, expletive-laced comedy sizzling with sparkling banter and second chances.

Sep 29 – Oct 15, 2017 at Mixed Blood Theatre.

In the cultural collision of a restaurant kitchen, Chef George, trying to stay sober, spends his shifts yelling at trash-talking Guatemalan line cooks, a wet-behind-the-ears American busboy, and a quiet East African dishwasher. But the heat turns up when an immigration agent arrives.

Directed by Jesca Prudencio, How to Use a Knifebursts with hilarity, suspense, machismo, and surprises as secrets from the past come to a boil.

Says Artistic Director Jack Reuler: “How to Use a Knife is definitive Mixed Blood: hilarious until it’s not, propelled by catalytic cultural collisions, simultaneously political and theatrical, timely in America and in our own Cedar Riverside neighborhood, multi-lingual, and 90 intermission-less minutes. It’s the ideal vehicle to jump start this theatre’s 42nd season.”

The cast includes Ansa Akyea, Taous Khazem, Raúl Ramos, Zack Myers, Michael Booth, Jake Ceseres, and Maxwell Collyard. How to Use a Knife marks the 25th consecutive season that Raúl Ramos has been involved with Mixed Blood shows and the 13th consecutive year for Ansa Akyea.

- All performances take place in the Alan Page Auditorium in Mixed Blood’s historic firehouse theatre.
- Memberships are on sale now: \$35 for members under 35; \$50 for first time members; and year-long memberships from \$70 to \$140.
- Visit www.mixedblood.com or call 612-338-6131 for more information and performance schedule.

Medtronic Announces: Inaugural 2017 Global Champions Team

Press Release | Jeffrey Trauring & Danielle Pierce, Medtronic PLC

Long distance running is never easy. But for twenty long-distance runners participating in the Medtronic Twin Cities Marathon Weekend, just toeing the starting line is a remarkable achievement. This unique collection of athletes who benefit from medical technology will be honored as the 2017 “Medtronic Global Champions” during Medtronic Twin Cities Marathon Weekend, Sept. 29 - Oct. 1, 2017. This year’s team includes runners from five continents and 13 different countries: Australia, Brazil, Canada, China, Iceland, Indonesia, Italy, Malaysia, Mexico, Poland, Sweden, United Kingdom and the United States. Each runner has benefited from medical technology to treat conditions such as heart disease, stroke, diabetes, obesity, neurological and gastrointestinal disorders. “Medtronic Global Champions personify perseverance and resilience. They are passionate and empowered individuals who not only proactively manage their own health needs, but serve as an inspiration to all, demonstrating that a medical condition does not

mean an end to an active lifestyle,” said Rob Clark, Medtronic vice president of Global Communications and Corporate Marketing. The health conditions managed by the Global Champions athletes include heart disease (such as bradycardia and valve disorders), diabetes, gastroparesis, obesity, Parkinson’s disease and stroke. Their ages range from 22 to 60. On October 1, ten Global Champions will run in the Medtronic Twin Cities Marathon and ten will run the Medtronic TC 10 Mile race. The races begin in Minneapolis and finish near the State Capitol grounds in St. Paul, Minnesota. Medtronic Global Champions participants are selected through a cooperative effort between Medtronic and Twin Cities In Motion, the nonprofit organization that operates the Medtronic Twin Cities Marathon. Additional information about the 2017 Medtronic Global Champions team can be found at <http://www.medtronic.com/us-en/about/global-champions/meet-the-champions.html>, or visit the Medtronic Global Champions Facebook page.

New Minneapolis Program Available to Clean Up Litter in Public Spaces

Press Release | City of Minneapolis



The City of Minneapolis’ Division of Solid Waste and Recycling recognizes that not all volunteers are able to commit to reoccurring cleanup events, or maintaining areas for an extended period of time. The new Request for Litter Clean-Up Supplies program offers volunteers an opportunity to participate in one-time, no commitment cleanup activities. The program provides litter clean-up supplies such as bags and gloves at no cost, and delivery is provided. The program is available to

Minneapolis residents, business and property owners, visitors and other groups that are interested in volunteering to collect litter in their community. Clean-up areas are limited to public sidewalks, curbs, and boulevard greenbelts, green spaces and other public property within the City of Minneapolis.

Find more information here or contact the Division of Solid Waste and Recycling’s Clean City Coordinator at (612) 673-2789.

Community Welcome at South High School

Heidi Johnson McAllister | CNO Staff

Over 30 elected officials, business leaders, community leaders, and community members cheered on the high school students, faculty, and staff arriving at South High for their first day. Thanks to all those who came out, including Mpls School Board Members Siad Ali, Kim Ellison, and Rebecca Gagnon, Superintendent Ed Graff, Commissioner Peter McLaughlin, Council Member Jacob Frey, Rep Ilhan Omar, Gary Schiff, Tom Hoch, Alex Aguilar from the YMCA, Cory Zoll from The Heart of the Beast, Stew Lindberg from Vine Church, Russ Grigsby from Lebanon Lutheran, Father Jim Spahn from Holy Rosary Catholic Church, and many community members!



Ask The Yoga Instructor: It Can Be Halloween Every Day With Yoga Postures

Mary Bue | Corcoran Business Owner of Imbue Yoga Studio

Imbue Yoga
2223 E 35th Street
Minneapolis MN 55417
imbueyoga.com
imbueyoga@gmail.com

Q: Are there any fun yoga postures for Halloween?

A: SO many! With yoga asana (postures) we can embody animals, explore the myths of gods and goddesses, and even invoke full body expressions of symbols. Many if not all yoga postures have meanings and you could create quite a spectacle of a Halloween-themed class! Here is a story of one posture that some of us may have tried in our youth, and possibly still today - the SPLITS aka Hanumanasana.

Long ago and far away there lived a king named Rama. His beautiful wife, Sita, was abducted by a demon and so he and his troops set out to find her. In the battle that ensued, Rama's brother Lakshmana was injured and the only way to save him was

with a secret herb from deep in the Himalayas. Who could find this herb? Thankfully, Rama had a monkey friend named Hanuman. Hanuman was so devoted to his friend King Rama that he took a mighty leap across the ocean (the splits!) carrying the mountain with him so the healers where there to help him find the healing herb, saving the brother and Queen Sita. With great devotion comes great power. In the splits, one must have trust, faith, hope, passion and devotion to the practice to stretch open those hamstrings and hip flexors. It matters not if you actually get there — the meaning of the attempt is greater. To approach the challenging postures and obstacles in our paths with the spirit of devotion to what we love - to our deeper cause - is truly what matters.

Hope to see many Hanumans in Corcoran this Halloween! Please do stop by the studio for candy & good vibes. Be safe and Namaste!



Stay Socially Connected When Aging in Place

LuAnne Speeter | Little Brothers – Friends of the Elderly staff



“All are welcome here” signs promoting inclusion are in many yards in the neighborhood. One aspect of being inclusive means providing a welcoming environment to older persons so we are better able to “age in place” when that time comes.

Most of us choose to age in our homes rather than move to a retirement community. Corcoran demographics show that persons ages 65 and older now make up 8% of households, up from 6% in 2010, and this percentage will continue to increase as Baby Boomers reach retirement age.

Aging in place, though, isn't the same as aging well in place. To do this, we need to take into account a number of factors. Our changing physical needs may require that we add grab bars and ramps to homes, for example, and that curbs accommodate wheelchairs.

But the factor that best supports our well-being as we age is maintaining a strong social network. According to a study published in the

Journal of the American Medical Association, chronic loneliness leads to decline in nearly every physical function. One study reported by the AARP Foundation likened the health effects of long-term isolation to smoking 15 cigarettes a day.

As we age, it's important to stay connected to family and look for ways to build and maintain rapport with friends and neighbors. Strike up conversations with neighbors, volunteer, socialize at the Midtown Farmers Market, attend CNO functions and get active in your faith community. If you lack mobility, look into organizations that can offer social connection, such as Meals on Wheels and Little Brothers – Friends of the Elderly.

If you have neighbors who are older, include them in your social network. Simple invitations for coffee or sharing cuttings from your garden can contribute to their well-being and will enhance our neighborhood's welcoming and inclusive environment.

Milly's Peace Garden Update

Anne Holzinger | Corcoran Neighbor and Milly's Peace Garden Coordinator

The gardening season at Milly's Peace Garden is going very well. This year gardner Peggy Kaproth decided to try growing watermelons, and she has counted 11 growing in her plot! Pam Morgan decided to try growing corn, and it has grown really well. Other thriving veggies are potato, kale, Swiss chard, tomato, and basil. Herbalist Cynthia Thomas' plot is full of blooming medicinal plants, and the pollinators love them.



Above: Peggy Kaproth with one of her watermelons, with Pam Morgan looking on
Below: Pam and Peggy standing by Pam's corn



Corcoran GROWS: GROWS at MFM

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

Join Corcoran Grows volunteers at the Midtown Farmers Market on Saturday Oct 14th from 8-1pm.

Learn how you can engage with Corcoran GROWS through the fall and winter. We'll be continuing our conversation about the importance of water, celebrating our dedication to pollinators through community-led installations and thinking about upcoming programming! Here's what to look forward to!

Interested in Adopting a Storm Drain or already an Adopter? Be sure to stop by to pick up your free compostable bags to clear the leaves from the drains to protect our watersheds. Even with city wide street sweeping our drains get clogged with leaves which empty into our watersheds and compromise the quality and oxygenation of our beautiful waterways.

Learn about the water journey of an average tennis shoe and commit to Buying less, Buying local and Buying re-used to improve your impact on water use.

Are you a Corcoran resident with a skill to share? We'll be collecting names and interests at the Market. We're looking for those teachers among us that have something to share that can benefit our community and enrich our neighborhood.

Keep updated on our facebook page and contact us if you are interested in being more involved!

www.facebook.com/corcorangrows

corcorangrows@gmail.com

Community and Leadership Awards Dinner November 15th.

Send Nominations by November 1st.

Heidi Johnson McAllister | CNO Staff

The leaders in Corcoran Neighborhood help to make the neighborhood a well loved place to live. This year, CNO is moving our Community and Leadership Awards Dinner from February to November to better include the volunteers from the Midtown Farmers Market. Every year, the dinner celebrates the work that has occurred over the past year by dedicated leaders.

Join your neighbors at CNO's Community Awards Dinner on Wednesday, November 15th. Dinner will begin at 6:00 pm at Corcoran Park (3334 20th Ave S), accompanied by music. A program will feature neighbors toasting other neighbors who have shown outstanding volunteer leadership in the Corcoran neighborhood during the past year, or

over their lifetime. Community leaders are folks who undertake large- or small-scale efforts, gestures of goodwill, and leadership that benefits our neighborhood.

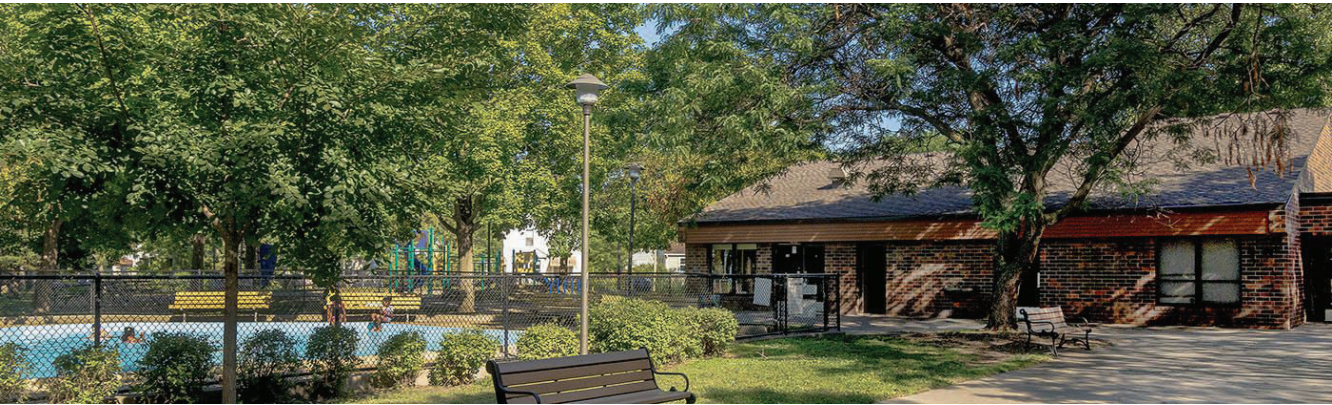
Nominate your neighbor for the Lifetime Community Leader or Leader of the Year to be celebrated at the Community Awards Dinner on November 1st. Submit the nominee's name, your name, and a brief statement explaining how they have contributed to the neighborhood to Brettina Davis at Brettina@corcoranneighborhood.org or by mail at 3451 Cedar Ave S. You may also call Brettina at 612-724-745 to phone in your nomination.

Mark your calendars for November 15th and plan to join us for a fun, community focused evening. Hope to see you then!



Corcoran Park Happenings | Acontecimientos en el Parque Corcoran

Ryan Flanders | Corcoran Park Director



There are openings for our Fall 2017 Preschool Program and after school REC+ child care program.

Preschool: Ages 3-6 September 5th – December 14th T/W/TH 10am-3pm Preschool Instructor: Cierrah Hansen currently 5 spots remain. Call for more details: 612-370-4919 Take advantage of this time for your little one to make new friends while playing and learning new social skills. Each day your child will enjoy music, storytelling, and creating artwork. Parents, pack your child’s favorite food for lunchtime each day at the park. You won’t want to miss out on this opportunity for your little one. Child must be potty trained. No class Nov. 22nd or 23rd.

Rec+: M-F 2-6pm, After School Rec+ coordinator: Mackenzie Rodine, call for more details: 612-370-4919 Rec Plus provides school-age childcare for children ages 5-12 (must be in grades K-6) at neighborhood recreation centers. Rec Plus operates @ Corcoran park ONLY after school 2-6pm daily. On MPS school release days there will be no Rec+ @ Corcoran; other locations available for these days. Daily activities include indoor gym-games, sports, arts and crafts, homework help, reading field trips and nutritious snacks.

Hay aperturas para nuestro Programa de Preescolar de otoño 2017 y después de la escuela REC + programa de cuidado infantil.

Preescolar: Edades 3-6 5 de septiembre - 14 de diciembre T / W / TH 10 am-3pm Instructor de preescolar: Cierrah Hansen actualmente 5 lugares permanecen. Llame para más detalles: 612-370-4919

Aproveche este tiempo para que su pequeño haga nuevos amigos mientras juega y aprende nuevas habilidades sociales. Cada día, su hijo disfrutará de la música, la narración de cuentos y la creación de obras de arte. Padres, empacar la comida favorita de su hijo para la hora del almuerzo cada día en el parque. Usted no querrá perderse esta oportunidad para su pequeño. El niño debe ser entrenado. No hay clase el 22 o 23 de noviembre.

Rec +: M-F 2-6pm, coordinador de After School Rec +: Mackenzie Rodine, llame para más detalles: 612-370-4919

Rec Plus provee cuidado de niños en edad escolar para niños entre 5 y 12 años de edad (debe estar en los grados K-6) en los centros de recreación del vecindario. Rec Plus opera @ Corcoran Park SOLAMENTE después de la escuela 2-6pm diariamente. En los días de salida a la escuela de MPS no habrá Rec + @ Corcoran; otros lugares disponibles para estos días. Las actividades diarias incluyen juegos de gimnasia en el interior, deportes, artes y manualidades, ayuda con la tarea, lectura de excursiones y meriendas nutritivas.

Business Spotlight: Northern Rose Bicycles

Kelly Savage | Corcoran Neighbor



Owner – Eric Lyngaas
1830 E. 35th St.
(612) 440-1830

It’s no secret that Minneapolitans love their bikes. Winter or not, we have one of the best cycling communities in the country and now, Corcoran has its own full service bicycle shop!

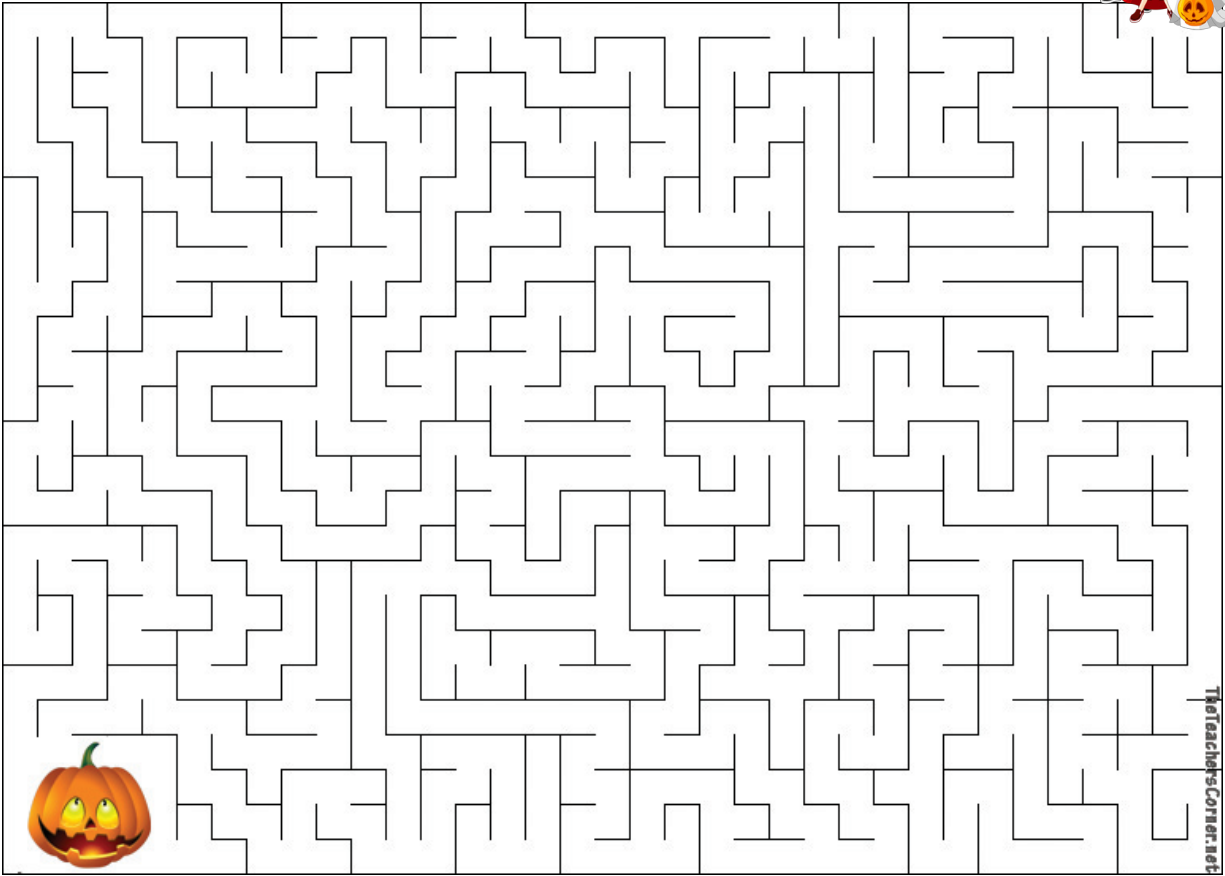
Eric’s lifelong passion for biking began young. Before he was old enough, he applied regularly at all of the local Madison, WI bike shops until finally, at 16 he got a job! His passion had him leaving school early and staying late to get in extra hours as he loved the work. He continued there even after starting at the U, and since then he’s worked every angle of the bike service industry in numerous shops - mechanic to manager, from Madison, to Vancouver and back to Minneapolis. Days, nights and after hours, he helped friends open a store in Vancouver. There he learned to hand build custom wheels that are superior to factory made without a huge additional investment for the customer.

After 5 years in Vancouver, his wife’s job landed them back in the Twin Cities. He’s worked at other shops in South Minneapolis but was looking for the perfect location (close to his home) to open his own, and just east of the Corcoran Neighborhood Office you will find Northern Rose Bicycles.

Northern Rose Bicycles is homey and bright. The store opens into a showroom flanked with bikes. A counter and oriental rugs are the centerpiece and bike parts surround. You’ll likely be greeted by Eric, or his employee, Laura Alicia, on Saturdays. The place is lively with friends or maybe his young daughter. Due to limited space, he sells only custom bikes and has paired up with Erik Noren of Peacock Groove (the “Orange County Choppers” of the bike world!) and other specialty bicycle builders, but don’t let this intimidate you. Everyone is welcome and no repair is too small.

Eric wants his shop to be all about service. Prices will be comparable to any shop in town, but he aims to get the work done more quickly and with the best possible customer service. He wants it to be fun and easy to visit him at the shop. He strives to keep his repair turnarounds the quickest in town and if you need new wheels, those custom-deals come with a 2 year warranty! Stop in and welcome Eric to the neighborhood or to “ooh and ah” over the fancy custom bikes for sale.

Kids Corner: Help the Trick-or-Treaters Find their Jack O'Latern



Your Donation Keeps CNO Moving Forward!

Heidi Johnson McAllister | CNO Staff

CNO continues to invest time and energy into working with you to create a stronger neighborhood. We work with renter’s, help foster new development in the neighborhood, run the midtown farmers market, support businesses in the neighborhood, and enable 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 August:

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

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Rank Your Choices: Easy As 1-2-3

Casey Joe Carl | Minneapolis City Clerk



2017 is a municipal election year, and that means time for Ranked-Choice Voting. RCV is easy as 1-2-3. You have the option of ranking the candidates in each race on the ballot as your first, second, and third choice (including the ability to include a write-in candidate). With RCV, voters choose the candidate they prefer, just like they would with a traditional ballot. However, they also have the ability to rank other candidates in the same race, if they wish. If a

candidate receives a majority of first-place choices, that candidate wins. If not, the least popular candidate(s) is/are eliminated and the ballots for that candidate are divided among the remaining candidates based on a voter's subsequent choices. That process continues until one candidate gains a majority of support. Or, in the case of multi-winner elections, until all seats are filled.

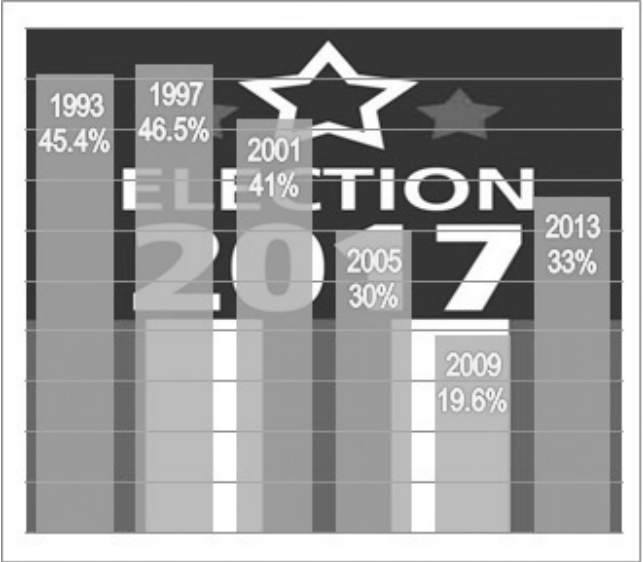
Minneapolis voters approved the use of RCV for municipal elections in

2006. It was first used in the 2009 Municipal Election and then again in the 2013 Municipal Election. In a 2013 post-election survey, 92% of participating voters knew they would be given the option of ranking their ballots and 82% of voters did so. Of the respondents, 87% found RCV simple to use and 81% indicated they understood RCV fairly or perfectly well. Those high marks reflect an informed electorate. In the end, a solid majority — 53% of voters — said RCV should continue to be used for municipal elections in Minneapolis.

RCV fosters wider participation in political processes by expanding ballot access through a single, high-turnout general election in November. It also promotes greater civility in political campaigning, as shown in

the 2013 election here in Minneapolis. And, most importantly, it increases choice and the strength of a voter's voice in the electoral process. In order to prepare, the City's Elections & Voter Services Division encourages you to review the educational materials available on our website, at vote.minneapolismn.gov, and to use your sample ballot to practice making your choices in each race. You can bring your marked sample ballot to the polls with you to help complete your official ballot, too. Election workers will be attending a number of community events this summer to help promote awareness and turnout for the municipal election on November 7. That includes education about Ranked-Choice Voting and the options it provides to all voters.

City Elections Turnout: 1993-2013



Minneapolis voters will go to the polls this November to elect their city leaders. Sadly, despite the fact that local government has a more significant impact on voters' daily lives, turnout for municipal elections lags participation compared to state and federal elections. In recent years, that downward trend has worsened — in Minneapolis, across Minnesota, and throughout the nation. Research shows that declining participation in municipal elections skews representation in favor of whiter, more-affluent, older, property-owning voters. That disproportionate level of participation can result in policy priorities and outcomes that create disadvantages (or worsen existing disadvantages) for some communities and uneven prioritization of public spending, investments, and the allocation of resources.

In 2013, Minneapolis achieved a 33% turnout rate, which reversed a declining trend over the previous decade. Still, that level of participation is far lower than in previous years. For example, in 1997, Minneapolis achieved a 46.5% turnout rate. This year, we want to push turnout as high as possible. To support that goal, Elections & Voter Services is working to make access to the ballot as easy as possible. Here are some examples:

- 1. Get registered – or verify your registration status**
You can't vote if you're not registered. You can register in advance using on-line tools from the Secretary of State, or you can register at the polls when you vote. Learn more about registration requirements.
- 2. Use your sample ballot to practice**
Your sample ballot is the key to being prepared. It shows all races on the ballot exactly as they will appear on your official ballot. Here's a pro tip: print your sample ballot and use it to review and make your decisions, then take it to the polls with you and use it as a guide in filling out your official ballot. You'll save time that way, and reduce the potential for errors in the process. Sample ballots can be accessed from the website a few weeks before Election Day.
Vote early, at your own convenience, either —
 - **Early In-Person:** If you want, you can come to the City's Early Vote Center and cast your absentee ballot in-person, get assistance in the process, and check this year's election off your to-do list. The Early Vote Center opens Friday, September 22, and will be open Monday – Friday, from 8 a.m. to 4:30 p.m., through November 6. Extended in-person service hours will be available in the final two weeks, so check the City's website for more details about available hours at that time.
 - **By Mail:** If you opt to vote by mail, then you have the luxury of completing your ballot from your favorite spot — the couch, the park bench, the bus, wherever. It's up to you! Just be sure to follow the vote-by-mail instructions that are included with your packet and get your completed ballot submitted by no later than October 30 to ensure it's received and counted in the final tally of results. To request and complete an absentee ballot application, visit our website.
- 3. Vote at the Polls on Election Day**
Finally, you can go to your assigned polling place on Election Day (November 7) and cast your ballot. Again, remember to use your sample ballot to practice, and bring it to the polls with you to expedite the time spent in the booth completing your official ballot. Polls will be open on Election Day from 7 a.m. to 8 p.m. Check the EVS website for information about poll locations and other voter resources.

No matter how you choose to participate, it's important to engage, to cast your ballot, and to make sure your voice is heard in this year's election. Remember, it's **Your City. Your Vote.**

E-poll Books Debut This November

Casey Joe Carl | Minneapolis City Clerk



They're here! In November, voters will find new technology in the polls. These are the electronic poll books, or EPBs, and they're bringing a heightened level of service to Minneapolis voters. In a nutshell, these devices replace the bulky printed roster books used for voter verification and check-in at the polls on Election Day. As a result, EPBs help reduce long lines and wait times on Election Day.

Until now, election judges have been dependent on printed roster books containing lists of registered voters in a particular precinct.

Expensive and cumbersome, these roster books required significant effort to produce and compile before Election Day, and an equal investment after Election Day to update voter history in the statewide registration system. The transition to an electronic roster not only expedites voter check-in and verification processes and makes it easier to look up voter data, but also saves money, makes post-election data updates faster and easier (and less prone to human error), and strengthens the integrity of the election.

Each EPB unit includes an iPad, a stand, battery pack, and a mini-printer. The iPads have limited functionality, tied specifically to the single purpose of checking, verifying, and — when necessary

— registering voters. By limiting their functionality, the security of the voter data, access, and potential hacking is significantly minimized. Because multiple devices can be interconnected and working at the same time in a single precinct, the EPBs are able to synchronize voter data in real-time throughout the day, helping ensure the integrity of the election by preventing individuals from voting more than once.

EPB technology is currently deployed in 32 states, plus the District of Columbia. Last year, the technology was deployed throughout Hennepin County, with the exception of the City of Minneapolis. The EPBs worked well for other cities in the 2016 Presidential Election, and this year

Minneapolis joins the other cities in using EPBs. The agreement with Hennepin County provides that the EPB hardware, software, operating equipment, license, and vendor support are all provided at no cost to the City. The entire EVS team completed training provided by the vendor, KNOWiNK, and is preparing specialized training programs for the City's election judges. Training for election judges will be held in the months of September and October.

Be sure to look for the EPB in your polling place this year. We're confident that this new technology will help ensure a successful, seamless, and positive implementation to improve service to our voters.

Make Sure You're "Election Ready" This Year

Casey Joe Carl | Minneapolis City Clerk



On November 7, Minneapolis voters will have the opportunity to make their voices heard by ranking their choices for all municipal races; that includes: Mayor, City Council, Park & Recreation Board of Commissioners, and Board of Estimate & Taxation.

Remember, there are several ways to cast your ballot.

Early Voting

Since 2014, Minnesota voters have benefitted from "no-excuse" absentee balloting, which means any voter has early access to their official ballot. The absentee voting period this year

begins September 22 and runs through November 6. That relates to Vote-By-Mail options as well as early in-person voting (see below).

Early Voting – In Person

This year, Elections & Voter Services will support in-person early voting at its Downtown Early Vote Center, located one block north of City Hall, at 217 S. Third Street. The Early Vote Center will be sufficiently staffed to ensure curbside support, translation and language assistance, and information to assure a smooth process for everyone choosing to take advantage of this voter convenience. The City will also offer extended in-person service hours in the two weeks leading to Election Day. That includes service hours from 9 a.m. to 4 p.m. on the two Saturdays (Oct. 28 and Nov. 4) and from 12

to 5 p.m. on the two Sundays (Oct. 29 and Nov. 5), as well as extended weekday service hours from 7 a.m. to 6 p.m., Monday through Friday, Oct. 30 to Nov. 3, and then 7 a.m. to 5 p.m. on Monday, Nov. 6, the day before Election Day.

Early Voting – By Mail

Voting by mail is one of the greatest conveniences because it allows voters to cast their ballots from any location, with all the same security protections, without the hassles and pressures that can be associated with the narrow window of time on Election Day. Vote-by-Mail options also ensure voters who are actively deployed in the military, who are overseas and away from home, or who otherwise cannot participate in-person — for any reason — can still participate in the election. The City's elections website has

helpful instructions on how to request and complete an absentee ballot by mail.

Election Day – At The Polls

And, of course, voters can opt to go to their assigned polling place on Election Day to cast their ballot.

Preliminary results will be posted on Election Night to the City's Elections & Voter Services website, at vote.minneapolismn.gov. If tabulation is required in any race, it will begin the following day and results will be posted continuously until all races on the ballot have been completed and unofficial winners declared.

No matter which option you choose, be sure to get involved, get informed, and participate in this year's municipal election. Your voice is your vote, and every vote counts!

Corcoran Watch Update

Shawn Kinzel-Auer | Corcoran Neighbor & Block Leader

It’s been awhile since CWU posted anything disaster preparedness related. With two hurricanes down south, and extensive forest fires to the west, it’s a good time to review family disaster preparedness. Luckily the City of Minneapolis has been promoting September as disaster preparedness month. The City website (<http://www.minneapolismn.gov/health/preparedness/index.htm>) has a lot of good information on disaster and emergency preparedness. Included are links to other organizations like the American Red Cross and FEMA. A good checklist can be found here (URL shortened for clarity): <https://goo.gl/6zXAA3>

The important short list of things to have are:
A plan, known by all members of your family, this includes a plan of how to handle your pets in the event of a disaster.

Corcoran Neighborhood Crime Map Mid-August to Mid-September 2017 |
Mapa de Delinquencias en Corcoran desde medio-agosto a medio-septiembre 2017.



Part 1 Crimes		✕ UCR 01-02: Homicide (0)	◆ UCR 06: Burglary (4)
Corcoran		◆ UCR 03: Rape (0)	★ UCR 07: Larceny (10)
8/12/2017 - 9/12/2017		▲ UCR 04: Robbery (1)	● UCR 08: Auto Theft (1)
Total - 18		■ UCR 05: Agg Assault (1)	✱ UCR 10: Arson (1)
1.199 PSMPD			

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

The Incomplete Skeptic: Grief: Magi of the Sacred Fire

Timothy Cameron | Corcoran Neighbor



“COGI QUI POTEST NESCIT MORI” (‘Who can be forced has not learned how to die’) ~ SENECA THE YOUNGER

A 13-year-old girl I know recently overdosed on prescription drugs. Her Godmother grieved because she promised the girl’s mom who was on her deathbed with cancer that she would protect her daughter. Hence, the motivation for the following article on grief.

“There can be no grief without love, for a person who does not love, cannot grieve. Grief is the Servant of Love, but this Servant’s duty is of ‘Firekeeper.’

What is the purpose of grief? Grief fire burns off everything that is not essential to Love. This whole, lengthy undertaking, is excruciatingly painful to the carrier of Love but is key to Love’s purification.

Ironically, Grief burns off illusions and attachments, but nothing more. The only thing real is Love, and when the attached illusions are but embers, Grief itself does its Sacred Last Dance around the Dying Life of the Fire.

Then, its duty consummated, Grief throws itself upon the embers of an old existence to die in a brilliant burst of flames. The beauty of the moment illuminates beautiful mystery, and unforgettable

higher learning is left alone to leave its newborn to experience life on life’s terms.

Here’s another Seneca quote: “ignis aurum probat, miseria fortes homines”. A loose translation, ‘as fire tempers gold, so strong people are tempered by suffering.’ To become pure gold, the original gold-bearing ore must go through the tempering process or Trial by Fire; the analogy being that for a person strong in spirit, adversity and suffering are the tempering agents necessary to refine character and bring out real potential.

The entirety of humanity is at times perplexed by its inner demons, but burn off the demons, and all that remains is true Self. Our problem is that we have forgotten who we are. But there is Hope, for our Friend Grief is the Magi of the Sacred Fire.

If Grief fails to kill itself after performing its duty, then the process of renewing attachment begins, and the cycle of grief begins anew. Wave after wave of pain drowns the fire until the Spirit learns Love is more powerful and necessary than oxygen.

Here’s a poem titled, “Phoenix” that I wrote about this process from my experience, and I share it to help my friends make some sense of their Grief.” Religiously stated, maybe the process was like LOVE...the ghostly gift rising like the phoenix from the curse, like Christ leaving hell. This Too Shall Pass.

Follows is a poem I wrote about grief after losing a marriage, a loved-one who drank herself to death, and more. No matter what happens to us, we grow stronger with time.

PHOENIX

spirit body
broken,
gathered up limbs
collected for a stretcher.

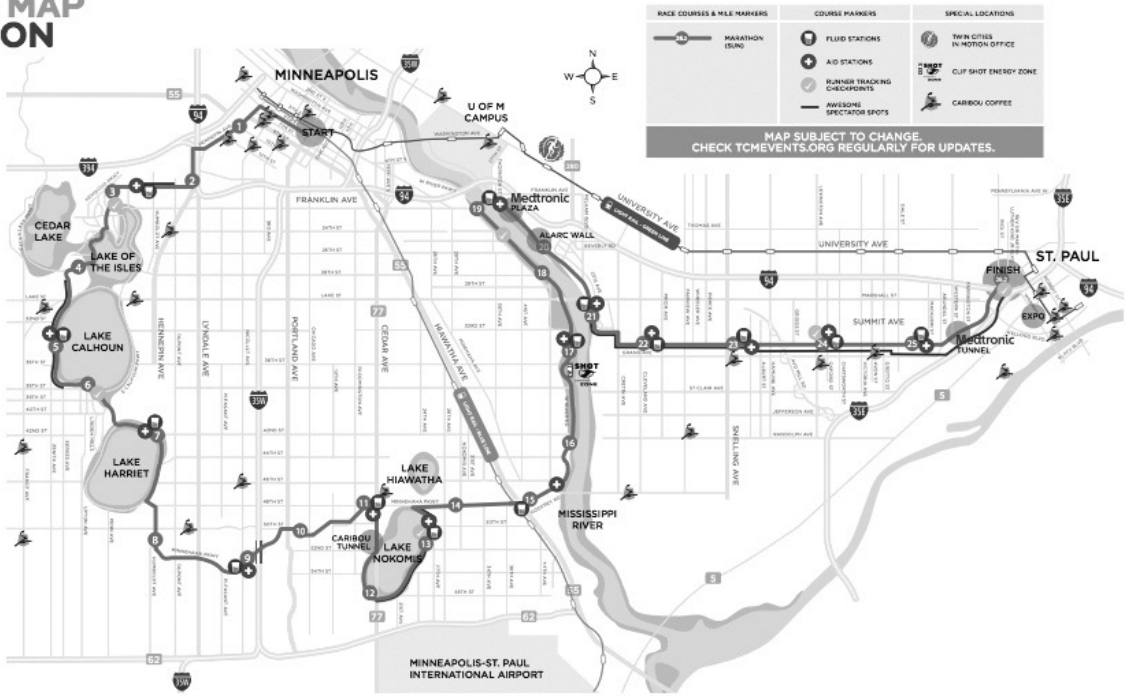
he’s cutting, again.
shadow sky dips into midnight;
snail clouds creep along
straight razor moonbeams.

not like a nightmare,
for nightmares shift quickly
and unconsciousness’ dies in the waking.
There are few pains as sickly,
As lost love spoken thickly.

ease along,
press into and face your pain,
but lean not, oh outer mind, to your own understanding.
travel through every drawn & quartered layer
of affection vanished.
it’s a sacred space where slowness heals just fast enough
to create new skin.
~new skin~
fresh
for the next cut.
moving, sliding, inching along, just keep moving, surviving.
how many more times will you watch this full moon rising?
it all seems so limitless, so fruitless.
this seems the strangest life one can ever know,
this surviving surviving.

only when I realize I am both snail and blade,
my aloneness plummets like honest angels to the earth,
the high blade bathes a blood red moon.
~the fall murders my pain~
finally, I am
poet.

MEDTRONIC TWIN CITIES MARATHON WEEKEND COURSE MAP MARATHON



October Events at the Midtown Farmers Market

- **Tuesday, October 3rd, 3pm-7pm**
4pm-6pm — music by Jeffrey Skemp & Friends
- **Saturday, October 7th, 8am-1pm**
#FeedTheCarrot
8:30am — Free Yoga by Imbue Yoga
9am-11am — music by Siam and Dallas
11am-1pm — music by Mojo Roots
- **Tuesday, October 10th, 3pm-7pm**
4pm-6pm — music by Jennifer Byers
- **Saturday, October 14th, 8am-1pm**
9am-11am — music by The Common Ground Company
11am-1pm — music by Mama Caught Fire
10am-noon — Second Saturday Arts for All Activity
- **Tuesday, October 17th, 3pm-7pm**
4pm-6pm — music by Ukulele Drive
- **Saturday, October 21st, 8am-1pm**
8:30am — Free Yoga by Imbue Yoga
9am-11am — Music by Steve West & the Northern Stars
11am-1pm — Music by One Ukulele
- **Tuesday, October 24th, 3pm-7pm**
4pm-6pm — music by Bob & Lynn Dixon
- **Saturday, October 28th, 8am-1pm**
9am-11am — music by Punt on Third
11am-1pm — music by Matt Yetter
- **Tuesday, October 31st, 3pm-7pm**
3:30-5:30pm — music by The Jugsluggers

Eventos de septiembre en el Midtown Farmers Market

- **Martes, 3 de octubre, 3 pm-7pm**
4 pm-6pm - música de Jeffrey Skemp & Friends
- **Sábado, 7 de octubre, 8 am-1pm**
#FeedTheCarrot
8:30 am - Yoga libre de Imbue Yoga
9 am-11 am - música de Siam y Dallas
11 am-1pm - música de Mojo Roots
- **Martes, 10 de octubre, 3 pm-7pm**
4 pm-6pm - música de Jennifer Byers
- **Sábado, 14 de octubre, 8 am-1pm**
9 am-11 am - música de The Common Ground Company
11 am-1pm - música de Mama Caught Fire
10 am-noon - Segundo sábado Arts for All Activity
- **Martes, 17 de octubre, 3 pm-7pm**
4 pm-6pm - música de Ukulele Drive
- **Sábado, 21 de octubre, 8 am-1pm**
8:30 am - Yoga libre de Imbue Yoga
9 am-11 am - Música de Steve West y las Estrellas del Norte
11 am-1pm - Música de un Ukulele
- **Martes, 24 de octubre, 3 pm-7pm**
4 pm-6pm - música de Bob & Lynn Dixon
- **Sábado, 28 de octubre, 8 am-1pm**
9 am a 11 am - música de Punt on Third
11 am-1pm - música de Matt Yetter
- **Martes, 31 de octubre, 3 pm-7pm**
3: 30-5: 30pm - música de The Jugsluggers

First Time Vendor Shines at Midtown Farmers Market

Vanessa Haight | CNO Staff



Last month, CNO launched a new program, the Midtown Farmers Market Try It! Program. Try It! gives small businesses the opportunity to try a farmers market experience with limited financial investment. Funding from the CLA Foundation covers the expense of the tent, table, vendor fees, and some signage.

CNO is thrilled to support Alan Scholer of Bad Gyros at the Midtown Farmers Market through the Try It! Program in September. Bad Gyros features made from scratch street food with locally sourced ingredients. Alan recently left his position with Trevail Kitchen to pursue his dream of starting a food truck business. The Try It! Program offers him an opportunity to jump into the food business with limited up front investment as he works towards purchasing a food truck.

On Bad Gyros’ first market day, I was thrilled to arrive to find Alan’s booth abuzz with activity. Several people were lined up to purchase food and several others were waiting for their orders. The menu included smashed lamb meatball sliders (lamb and pork meatball with toasted sesame and peanut butter paste, sichuan chili oil, mint, sawtooth cilantro, red onion and japanese mayo served on ciabatta) and currywurst (bratwurst with ketchup and curry powder), as well as chips and soda. It was a tough choice between the sliders and currywurst but I went with the sliders and they were phenomenal. The flavors of mint and cilantro paired with the lamb and followed by some heat from the chili oil was a perfect combination.

When asked about his first market experience, Alan said, “My first day was an ecstatic blur of success. The Try it! Program was a crucial resource as I navigated permits and the logistics needed to bring my food to the market. It takes a village and I can’t wait to continue feeding the gracious Corcoran neighborhood.”

Look for other Try It! Vendors during the months of September & October.



Enjoy the Final Markets of 2017!

Miguel Goebel | Midtown Farmers Market Manager

As fall arrives the Midtown Farmers Market season is nearing its end, so be sure to enjoy all the market has to offer in its final month for 2017. As we head into October there are only four remaining Saturday markets and five Tuesday markets left this season! Although the market season is almost over there will still be plenty of great items available at the market and lots of activities to come out and enjoy. Be sure to stock up on fresh, local veggies for canning and pickling and don’t miss your final opportunities to enjoy the market and visit with friends, neighbors and our wonderful vendors before the season draws to a close!

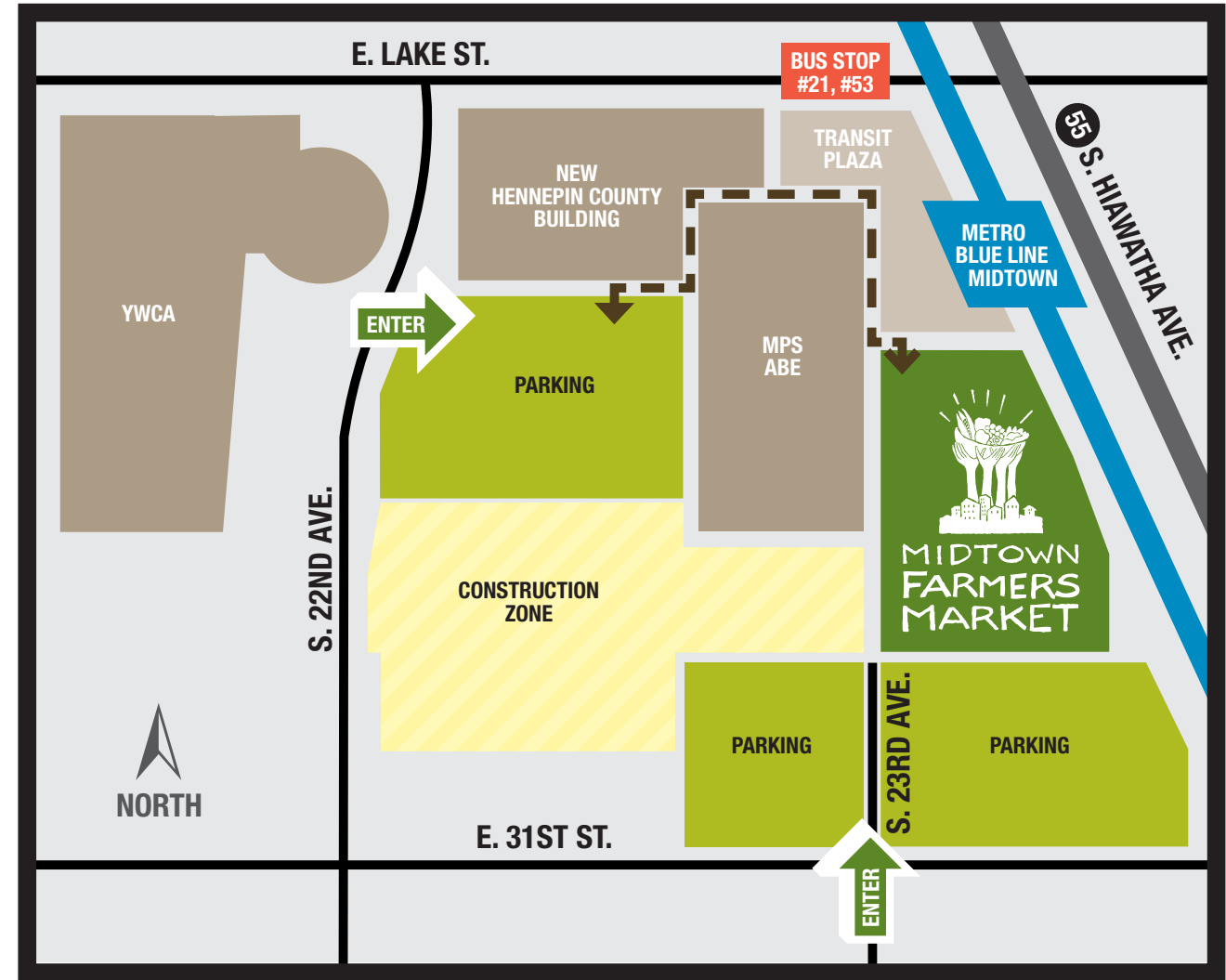
Vegetables and Herbs—apples, carrots, green beans, bell peppers, zucchini, green onion, white, yellow and red onions, jalapenos, cabbage, cauliflower, red, white and yellow potatoes, wax beans, parsnips, beets, leeks, green leaf lettuce, tomatillos, okra, cucumbers, kale, string beans, squash, broccoli, Brussel sprouts, banana peppers, collard greens, pumpkins, turnips, shallots, fingerling potatoes, long beans, spinach, braising greens, thai peppers, multiple varieties of winter squash, basil, fennel, parsley, cilantro, rosemary, garlic, mint, dill, oregano, thyme, sage, turmeric root, ginger root. Fruits— watermelon,

cantaloupe and other types of melons, apples, pears, raspberries. Animal Products—cage free eggs, pasture raised pork and lamb, free range chicken, cheese, honey. Canned and Prepared Foods—maple syrup, pickles, hot sauce, jams and jellies, preserves, breads, cookies, scones, and other baked goods, granola, chai, kettle corn. Hot and Ready-to-Eat Foods--omelettes, boiled and deep fried peanuts, tamales, samosas, chana masala, lamb meatball sliders, coffee, tea, mango lassis, healthy versions of soul food recipes, and other refreshments. Arts, Crafts, and More—Books, handmade sewn, crocheted,

and knitted items, glass pendants, semi-precious stone jewelry, flower photography prints, note cards, magnets, and tote bags, crocheted baskets and dishcloths, hand-made beading, and more.

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

You can find the Midtown Farmers Market at 2225 E Lake St. Hope to see you there!



Thank you to our sponsors:

