



Get Ready for Back to School at the Midtown Farmers Market

Miguel Goebel | Midtown Farmers Market Manager

As summer winds down and we get ready for fall enjoy what's left of the season at the Midtown Farmers Market and take advantage of the plentiful varieties of produce available. Apple season is in full swing and melons, squash and more will begin to arrive on market tables. Some event we have planned for the month include Nordic Fest on September 9th, our final blood drive of the season with Memorial Blood Centers on September 23rd, and a Native American Celebration on September 30th.

The market will also be holding its annual **Fall Harvest Celebration on September 30th at Du Nord Craft Spirits** from 6-9 pm. The event will include live music, great food, an amazing silent auction, cocktails and non-alcoholic drinks from Du Nord, as well as an opportunity to mingle with market vendors and neighbors. Don't miss out on your chance to show your love for the market!

Some items you're sure to find include:

Fruits—strawberries, apples, and melons. **Vegetables and Herbs**—cabbage, onions, cauliflower, beets, broccoli, potatoes, cucumbers, green beans, zucchini, patty pan squash, lettuce, green garlic, kohlrabi, snap peas, arugula, kale, swiss chard, collard greens, spinach, fennel, microgreens, carrots, radishes, snow peas, romaine, hot peppers, green peppers, peas, green onions, tomatoes, garlic, sweet corn, basil, and other herbs. **Flowers and Plants**—assorted cut flowers, potted flowers and plants. **Animal Products**—cage free eggs, pasture raised pork and lamb, free range chicken, cheese, honey. **Canned and Prepared Foods**—maple syrup, pickles, preserves, hot sauces, herb and vegetable sauces,

bread, cookies, scones, and other baked goods, granola, kettle corn. **Hot and Ready-to-Eat Foods**—bubble tea, omelets, boiled and fried peanuts, tamales, Himalayan momos, samosas, chana masala, coffee, tea, mango lassis, and other refreshments. **Arts, Crafts, and More**—Books, clothespin bags, art, aprons, garden work baskets, handmade toys, 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.

Thanks to our Sponsors:



Es temporada pico de producción en el mercado de agricultores Midtown

Miguel Goebel | Gerente del Mercado de Granjeros de Midtown

Como los vientos de verano hacia abajo y nos preparamos para el otoño disfrutar de lo que queda de la temporada en el Midtown Farmers Market y aprovechar las abundantes variedades de productos disponibles. Apple temporada está en pleno apogeo y melones, squash y más comenzará a llegar en las mesas del mercado. Algunos eventos que hemos planeado para el mes incluyen Nordic Fest el 9 de septiembre, nuestra campaña de sangre final de la temporada con Memorial Blood Centers el 23 de septiembre y una celebración de nativos americanos el 30 de septiembre.

El mercado también celebrará su Celebración de Cosecha de Otoño anual el 30 de septiembre en Du Nord Craft Spirits de 6-9 pm. El evento contará con música en vivo, buena comida, una increíble subasta silenciosa, cócteles y bebidas no alcohólicas de Du Nord, así como una oportunidad para mezclarse con los vendedores del mercado y vecinos. No te pierdas la oportunidad de mostrar tu amor por el mercado!

Algunos artículos que está seguro de encontrar incluyen:

Frutas: fresas, manzanas y melones. Verduras y hierbas-repollo, cebolla, coliflor, remolacha, brócoli, patatas, pepinos, judías verdes, calabacín, calabaza de la cacerola empanada, lechuga, ajo verde, coles, guisantes rápidos, rúcula, col rizada, acelga, col rizada, espinacas, hinojo, microgreens, zanahorias, rábanos, guisantes, lechuga romana, pimientos picantes, pimientos verdes, guisantes, cebollas verdes, tomates, ajo, maíz dulce, albahaca y otras hierbas. Flores y Plantas-variedad de flores cortadas, flores en macetas y plantas. Productos de origen animal - huevos libres de jaula, cerdo y cordero en pastos, pollo, queso, 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 consumir té de burbujas Foods-, tortillas, cocidos y los cacahuets amigo, tamales, Momos del Himalaya, samosas, chana masala, café, té, lassis mango y otros refrescos. Artes, y más-- Libros, bolsas pinza de ropa, arte, delantales, cestas trabajos de jardinería, juguetes hechos a mano, joyería hecha a mano, grabados sol, artículos para el hogar, la fotografía y, enrejado, pajareras, alimentadores, marcos, cajas de flores estacionarias, Mesas, letreros, 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.

Gracias a nuestros Patrocinadores:

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

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See page 4 for tips on conserving water while gardening from Minnehaha Creek Watershed District and Corcoran GROWS.

Septiembre – Calendario Comunitario | September – Community Calender

Meetings

Thursday, September 7th
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, September 11th
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

Wednesday, September 20th
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, September 12th
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 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

Tuesday, September 5th
Food Shelf Distribution
3 – 4:30pm
Lebanon (21st Ave & 36th St.)

Saturday, September 9th
Ward 9 Candidate Forum
10am
Hear candidates discuss renters rights, economic development, land use, public safety, and the hiawatha intersection.
> Location: Midtown Farmers Market
See page 3 for more information.

Sunday, September 10th
Karl Hinkle Country Gospel Concert
9:30am
Free to attend.
> Location: Lebanon Lutheran Church.



Sunday, September 17th
Community Breakfast
9:15am
> Location: Vine Church (22nd Ave & 33rd St)

Saturday, September 30th
Midtown Farmers Market Fundraiser
6 – 9pm
Come enjoy live music, great food, an amazing silent auction, cocktails and non-alcoholic drinks from Du Nord
>Location: Du Nord Craft Spirits, 2610 32nd St E

Save the Date (October):
Saturday, October 7th
35th St & 23rd Ave Block Party
Noon – 6pm
Save the date for a fun-filled afternoon at the corner of 23rd Ave & 35th St. The CNO Economic Development Committee is partnering with the businesses in planning entertainment, activities, food, and fun. The block party will be a great chance to stop in and learn more about the businesses and visit with neighbors. More details coming soon! Stay tuned to the CNO’s website and social media.

Events

Wednesday, September 6th
6:30 – 7:30pm
Minneapolis Air Quality Open House
The Minneapolis Health Department (MHD) is working on an upcoming air quality study in conjunction with the Minnesota Pollution Control Agency (MPCA). This study design will provide one air monitoring site in each zip code within Minneapolis. The pollutants to be monitored are fine particles, ozone, nitrogen dioxide, sulfur dioxide, and carbon monoxide. A special emphasis will be placed on sharing the data with the public. The format will be an open house with MPCA and City of Minneapolis staff present to discuss the project, answer questions, and take suggestions and comments from residents on locations of the air sensors.
> Location: Powderhorn Park, 3400 15th Ave S, Minneapolis, MN 55407.

Friday, September 8th
Somali Museum Dance Class
4 – 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

Saturday, September 9th
Monarch Festival
10am – 4pm
The annual Minneapolis Monarch Festival takes place at Lake Nokomis Park, participants are welcome to attend one or all workshops. While attendance is free, advance online registration is requested, to assist with preparations.
> Location: Lake Nokomis Park

Saturday, September 9th
Mini Mile Night Market
4 – 9pm
The Minne-Mile NightMarket is a semi-annual community festival in the Longfellow neighborhood, the event is a showcase of local, independently-owned businesses, highlighting vintage, re-used and up-cycled goods.
> Location: Adams Triangle, 4051 Minnehaha Ave (next door to Junket: Tossed & Found).

Friday, September 15th
Hispanic Heritage Month
(through Oct 15)

Weekends through October 1st
Renaissance Festival
9am – 7pm
12364 Chestnut Blvd. in Shakopee

Corcoran News

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Sandy Spieler
Paula Holden
Sean Gosiewski
Ryan Flanders
Timothy Cameron
Mary Bue
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Thursday, September 14th, 7pm
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Powderhorn 24 Recap

Russ Grigsby | Editor & Corcoran Neighbor

For the seventh straight year, Corcoran residents enjoyed front-row access to a sea of cyclists zooming along 21st Avenue in the 2017 PH24 (Powderhorn 24), the round-the-clock community ride that is part of what makes Minneapolis the #1 biking destination in the United States. I caught up with Scout at 35th Street, who was busy earning her team (code-named: Wheely Wheely Fast) two points by serving a shift as a glorified crossing guard, alerting riders to an obstructed stop sign. Waving a neon flag in one hand and scarfing a rice bean lasagna hotdish in the other, she was replenishing some much-needed carbohydrates after sprinting nearly thirty miles overnight. This

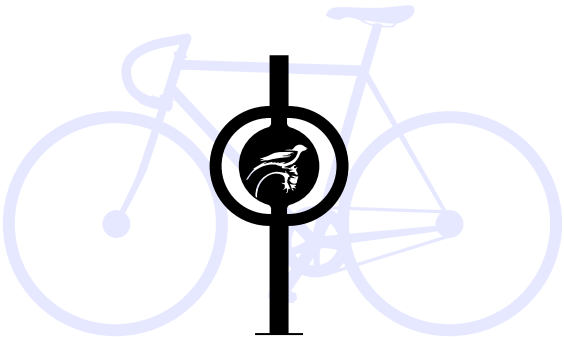
is the third official year for the Seattle native. Last year was unofficial due to sickness, but she still managed to take a few laps, off the books. “And anyone can,” she added enthusiastically. “Lots of families choose to tag along... there was even a dad and his three small children participating past 1am last night!” And perhaps that is the greatest hope for the continuation of PH24, that it is being unashamedly handed down to the next generation. Scout recalled with fondness having an interstellar conversation two years ago with a team of unicyclists at 3am along the route, “Where else can you do that?” For more information, go to: powderhorn24.com



The Fraedrich Family (Corcoranites) ‘tagging along’

New Corcoran Bike Racks Are On Their Way

Matt Kazinka | CNO Economic Development Committee Chair and Corcoran Neighbor



Bike rack design provided by local bike rack manufacturing company Dero

It will soon be easier to arrive at your favorite Corcoran businesses by bicycle. Over a dozen new yellow bike racks featuring the Corcoran bird logo will be installed in September or October in front of several neighborhood businesses.

Twelve racks will be installed in front of several businesses near the intersection of 35th Street and 23rd Avenue, a corner that has sorely lacked bike parking. The idea for purchasing bike racks came out of conversations lead by the CNO Economic Development Committee with the various business owners at the corner.

These bike racks were made more affordable with the help of the City of Minneapolis Bike Rack Cost Share program, which pays for 50% of the cost of new bike racks. CNO contributed the remaining 50% of the funds for the racks at 35th & 23rd.

Five additional Corcoran bike racks will be installed in front of the three businesses along 35th Street near Cedar Avenue - Sea Wolf Tattoo, Northern Rose Bicycles, and the soon-to-open Dead Media Records. CNO funded a portion of the cost of these racks, but they were primarily paid for by the businesses.

Minnesota Nice – Resolving Neighborhood Conflict

Conflict Resolution Center | Press Release



Steve was bothered by the noise and traffic from a business next-door to his home, but was unsure how to talk to the business owner. Eventually, he contacted the Conflict Resolution Center (CRC). Steve and the business owner used mediation to solve the problem of traffic and noise. They arrived at mediation agitated and unwilling to talk, but left with a cooperative plan. “I wish we could have talked to each other before we needed mediation. Now we are definitely able to talk across the fence, so to speak.” Steve said.

If you’re experiencing a conflict, CRC can help! CRC is a non-profit organization that provides mediation services

and conflict resolution training for individuals and organizations. We have been operating in Minneapolis and its surrounding suburbs for 33 years.

What is Mediation? Mediation is a voluntary, collaborative process where people work together with a mediator to find solutions in a safe, confidential and peaceful way. Mediation focuses on maintaining relationships and helps build stronger communities.

How Does It Work? Trained mediators create an environment where individuals in conflict can be heard and listen to each other in a way that may not have been possible before; moving from conflict and stress to understanding and resolution. Mediation sessions are private and confidential. They are low or no-cost.

Types of Mediation CRC offers: neighbor to neighbor, landlord-tenant, and relationship, divorce parenting, court mediations, business-consumer, business-to-employee, and employee-to-employee

Want to learn more? Attend a Taste of Mediation event! Our next events are September 12th

and 26th at 2101 Hennepin Ave. S., Minneapolis

Want help resolving a conflict? Call 612.822.9883; Email mediation@crcminnesota.org, or visit our website CRC

Become a Mediator or Volunteer with CRC? Register for our certified 30 Hour Mediation Training! Our next training is September 27-28-29 & October 2-3.



Business Spotlight: Interested in Corcoran Home Businesses

Kelly Savage | Corcoran Neighbor

Hello Corcoran!

Do you enjoy my monthly Business Spotlights? I am always looking for businesses who would like me to share their story with my fellow neighbors. Currently, the CNO Economic Development Committee is working to set up a meet and greet for our at home business owners, but we don’t have everyone’s contact information. We have discussed trying to create some sort of directory, perhaps online, of all Corcoran’s neighborhood businesses.

If you own/run a home based business in Corcoran, please email your name, the business name, the type of business and contact information to Vannessa Haight at vannessa@corcoranneighborhood.org Let her know if you’d like to be included in a directory. Emails will not be shared beyond the CNO, unless approved for directory use, and will be used to contact you about neighborhood opportunities, meetings, training or other items of interest. Select businesses may be asked to appear in a future Business Spotlight!

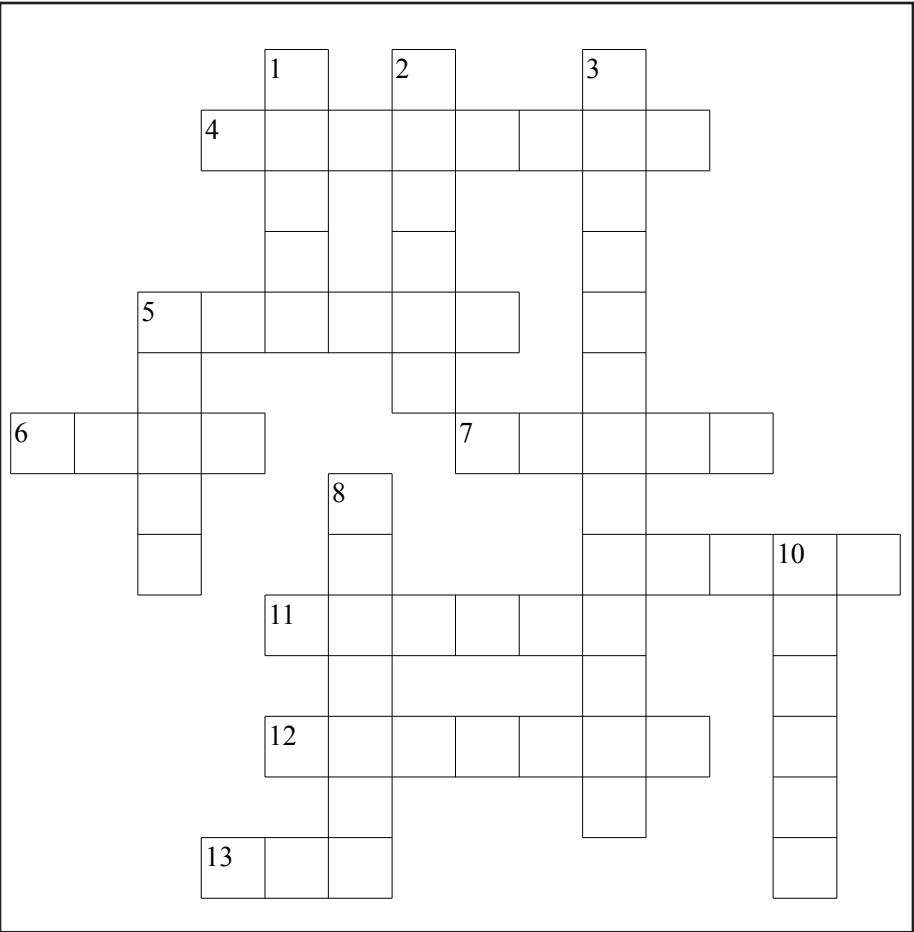
5 Day Club Recap

Russ Grigsby | Editor and Corcoran Neighbor

Lebanon Lutheran Church held a 5 day club this summer at Corcoran Park. every color, shape, and size, they are precious in his eyes...Jesus loves the little children of the world.



Kids Corner: September Crossword



Don't worry, the answers are on page 7 if you need to check.

Across

- Together we are the _____ Neighborhood.
- You can find this orange veggie walking around at the MFM
- September the 22nd, is the first day of _____.
- You can sing and dance to it.
- Round and red, a perfect gift for teacher.
- The days are getting _____.
- Head of the classroom.
- The wheels go 'round and 'round.

Down

- Last month there was a rare total _____ eclipse.
- It's time to go back to _____!
- Corcoran is home to the Mid-town _____.
- The leaves are starting to change _____.
- A blooming bunch of _____.
- And the nights are getting _____,

Capturing Stormwater and Making a Difference

Minnehaha Creek Watershed District | Press Release



Did you know that 40% of Minnesota’s water bodies are impaired? The chief contributor, causing more than 85% of these impairments, is nonpoint source pollution (NPS). NPS pollution is pollution that happens when water moves over and through land (both built and natural environments). This water collects anything on or in the landscape, like excess sediment, trash, pet waste, fertilizer, etc. The water then flows into storm drains and directly into our lakes and streams without treatment.

Capturing stormwater before it runs off the land can make a big difference in water quality and the health of our waters. Here are some easy things you can do to help:

1. Install a rain barrel: rain barrels are an easy way to collect and use rainwater for your yard and landscape plants.

They range in size from 50 gallons to 130 gallons, and you can either build your own rain barrel or purchase one. Position the barrel under your gutter downspouts to collect rainwater, and an easy pour spout will allow you to connect a hose or fill a watering can. Make sure the barrel has a cover so the water is closed off to bugs and debris. Learn more: www.minnehahacreek.org/rainbarrels.

2. Install a rain garden: rain gardens are a functional and beautiful way to collect rainwater. The garden is bowl-shaped so that it captures stormwater and allows it to soak into the ground while filtering out sediment and pollutants. Perennial native plants work best in these gardens as their long roots increase soil’s ability to

hold water. Perennials also provide habitat and food for wildlife and pollinators! Learn more: www.minnehahacreek.org/raingardens.

3. Install porous pavement: porous (or pervious/permeable) pavements are surfaces that allow water to filter and flow through them rather than running off of them. These pavements are specially engineered to have extra spaces that allow water to trickle down to a sand and gravel sub-base beneath the surface that filters out pollutants. This kind of pavement can be used almost anywhere, from large parking lots to residential driveways, sidewalks, and patios. Learn more: www.minnehahacreek.org/porouspavement.
4. Install vegetated swales: vegetated swales (grass swales) are shal-

low areas built to store, filter, and transport small amounts of water before it gets to storm drains. Vegetated swales are usually made with either tall native grasses or turf grass, making them easy to maintain. Swales built with turf can be mown and maintained like the rest of the yard. Swales divert water, slow water to prevent erosion, filter out sediment and pollutants, allow water to soak into the ground, and reduce the temperature of water before it goes into a stream or pond. Learn more: www.minnehahacreek.org/vegetatedswales.

Learn more about these practices and other ways you can make a difference at www.minnehahacreek.org/education.

Corcoran GROWS: September Update – Invitation To Share Your Skills With Neighbors!

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

Know how to preserve garden produce or fix a screen window? We invite you to let us know what skills you would like to teach your neighbors so our neighborhood can become more resourceful and resilient. Corcoran GROWS (Grass Roots Opens Ways to Sustainability) is one of a dozen Transition Towns in the Twin Cities strengthening connections among neighbors as we transition to a vibrant, equitable low-carbon future.

Please send your ideas of resilience skills you would like to with your neighbors at a pot luck or evening at Corcoran Park to Joe Hesla 612 722-6473 jhesla@juno.com

Celebrating a Year of Water

We enjoyed a wonderful Pollinator Party on August 18 at Dawn and Nicks house with neighbor and Master Water Steward Curtis Wilson giving us a tour of the wonderful pollinator-friendly rain garden he helped design and install at their house.

This fall we are focusing on consumer issues around water, and are looking at how our use of energy and mineral resources are impacting water in our state.

What Can YOU do to protect the Water? We can live without oil but we cannot live without water. As you see this, people all over the world are rising for the water. We need water and water needs us. Some vital regional concerns: www.nibiwalk.org; www.StopLine3.org; www.SaveTheBoundaryWaters.org.

Update on the Corcoran Pollinator project

<https://corcoranpollinatorproject.org/>

We are still seeking folks who want to put in pollinator gardens and who want to donate native plants. We are also seeking volunteers to help us document all the pollinator friendly gardens in Corcoran. Over the next two years if we install enough pollinator and wild life friendly habitat, the Corcoran Neighborhood can be recognized as a wildlife friendly neighborhood www.nwf.org/Garden-For-Wildlife/Certify.aspx Please email Sara Nelson corcoranpollinatorproject@gmail.com if you can help or want to get involved.

City Council, Mayoral and Park Board elections are this fall.

Let’s ask candidates to share their specific proposals to help our city and region achieve the Paris Climate Goals, while growing equity, job access, business ownership and energy



and transportation affordability by expanding building efficiency, renewable energy, biking, transit and electrification of transportation. Come up with your own list of questions to ask when candidates call you on the phone or for when you attend a candidate forum

With ranked choice voting this November we can help elect candidates with the skills and specific plans to empower help Minneapolis and our region cut carbon, save money on energy and grow local green jobs.

Sean Gosiewski, & Paula Holden, Corcoran GROWS volunteers www.facebook.com/corcorangrows

TrainUpAChild Family Childcare

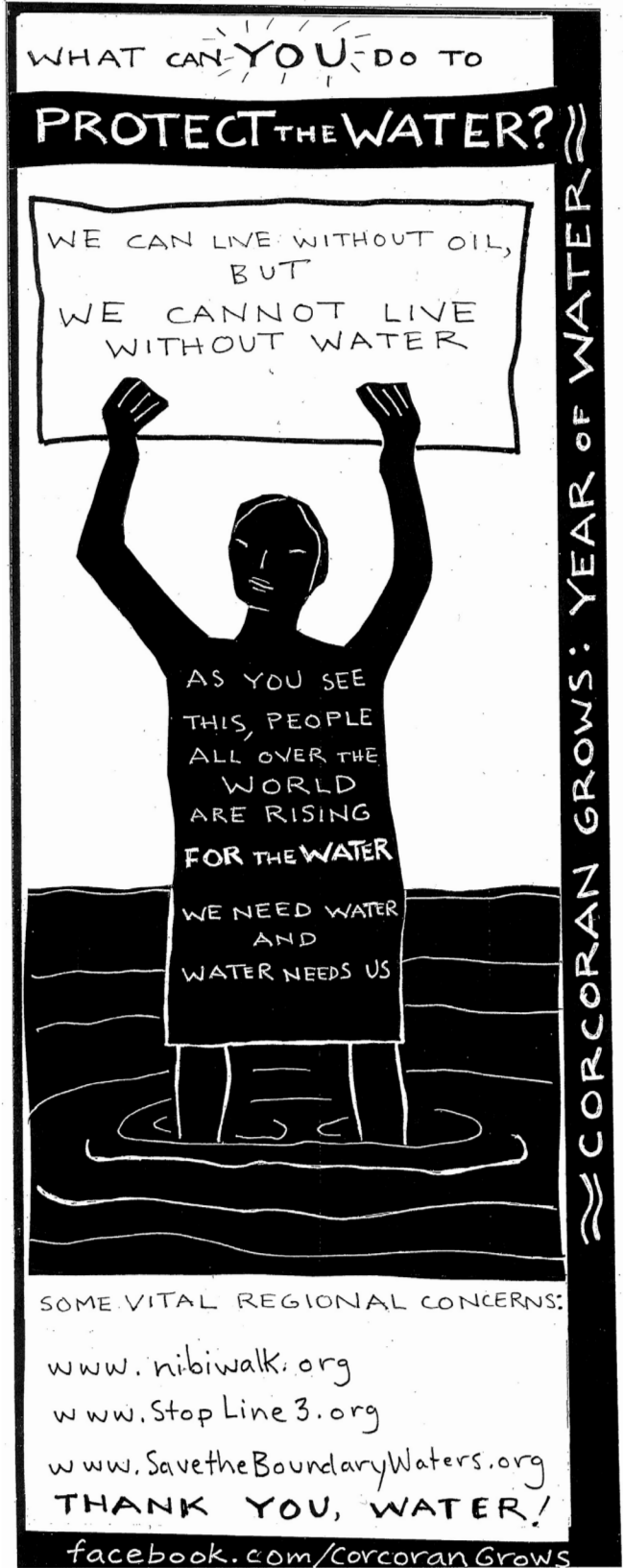
"Quality Care for the Children you care about!"
Hours of Operation: 6am-6pm
3428 19th Avenue South
Minneapolis, MN 55407

Jalilia A. Brown
Director

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

Corcoran GROWS: A Year of Water

Sandy Spieler & Paula Holden | Cocoran Grows & Corcoran Neighbors



Hiawatha Golf Course Update

Minneapolis Park and Recreation | Press Release

At its August 9 meeting, Minneapolis Park and Recreation Board (MPRB) Commissioners approved Resolution 2017-243, which directs MPRB staff to apply for a groundwater appropriations permit from the Minnesota Department of Natural Resources (DNR) to reduce pumping at the Hiawatha Golf Course property from the current amount of 242 million gallons of groundwater to 94 million gallons.

The resolution also directs staff to organize a process of amending the Nokomis-Hiawatha Regional Park Master Plan to accommodate changes to the Hiawatha Golf Course property made necessary by the reduced groundwater pumping. An amendment to the resolution also called on MPRB staff to form and work with a Community Advisory Committee (CAC) to determine if some form of traditional golf can remain on the property.

The resolution did not directly address the closure of the golf course, and the process to determine future usages of the course is estimated to take between 9 and 12 months. The process to prepare plans and obtain permits will take another 12 months or more. During that time, the MPRB will work with the DNR to continue current pumping levels so that Hiawatha Golf Course will remain open as an 18-hole golf course until at least the end of 2019.



National Night Out

Heidi Johnson McAllister | CNO Staff

Blocks all over Corcoran were closed on August 1st as people came out of their houses to mingle with their neighbors. Each block party was different, but Corcoran saw neighbors playing together, eating, drawing with chalk, kids playing with cardboard creations, dancing, or screen print t-shirts. National Night Out is an opportunity for people to come together and get to know one another. Residents got to see neighbors they knew as well as get to know new neighbors.



Minnehaha Unity Walk

Steve Nylin | Motion City Church

My first thought as our family approached the North Campus of Minnehaha Academy was “I don’t think I’ve ever seen this many red shirts in one place.” I was in gray. Our family is new to the academy and we don’t have any school swag yet. Those who were participating in the Unity Walk on Tuesday, August 15th were wearing red to show solidarity in both the tragic deaths of beloved Campus Receptionist Ruth Berg and custodian John Carlson, as well as represent a unified spirit in the process of moving forward.



Students and families hadn’t seen each other since the final bell rang to start summer vacation, and I don’t imagine anyone planned on this being the event to ‘catch up.’ Some laughed and others hugged while shedding tears. Students spoke of Ruth and John as one speaks of a treasured aunt or beloved grandfather.

As we made our way through the crowd (me pushing the 3 year old in a stroller), I found myself getting frustrated weaving through all the people occupying the front

lawn on the North Campus. Then, in a moment, frustration turned to overwhelming gratitude as it hit me...THIS is what community looks like. Not simply being in the same proximity as others, but being involved and engaged in the lives of others for the better. And then I had another revelation...I was now a part of this incredible community.

Dr. Donna Harris, President of Minnehaha Academy, called everyone to attention atop a fire truck. I cannot even imagine what she’s had to process and lead her staff through in these last few weeks. She stood as one who had experienced - and is experiencing - trauma and grief, yet with the poise and strength of a general leading troops through the battle that remains. She encouraged those students who were part of the choir, as well as choir alumni, to grace us with the anthem, ‘The Lord Bless You And Keep You’. Afterward, she addressed the situation that WE as the community find ourselves in. It is a situation that deals with loss and questions unanswered. She opened up about the reality that there will be times, possibly many unexpected, where grief will need to be expressed. It will be in those times that we will lean on each other, but most importantly, lean on God...putting our hope in the fact that He will give us the

strength we need...that He is a God that we can place our trust and faith in...that times of sorrow are not moments where God is absent, but where He is closest, because “The Lord draws near to the brokenhearted and saves those who are crushed in spirit.” -Psalm 34:18

As we began the walk back to the South Campus, I could feel that as a family... as a community...we were moving forward, together, even with questions unanswered and the pain of loss being so real. When we arrived at the flagpole (it had been half-mast since the day of the explosion), the flag was once again raised, symbolizing our resolve in moving forward.

As I reflect, I remain incredibly grateful for Dr. Harris and her leadership...for the staff’s commitment to the families who call Minnehaha home...for the first responders, the firefighters and police officers who have served and continue to serve as the renovation process begins. But, most of all, I am grateful (by way of my daughter) to be a part of the Minnehaha Academy community. I am excited about the future.

Steve Nylin pastors Motion City Church that meets at both Folwell School & Lebanon Lutheran Church in the Corcoran neighborhood.

Powderhorn Park Upgrades

Russ Grigsby | Editor and Corcoran Neighbor

I love our Corcoran Park, but must admit that Powderhorn had some extra draw for our family this summer thanks in part to a new zero-depth wading pool, with a very generous deep end (nearly 3 feet). Additional amenities include three fountains, a waterfall umbrella, adequate seating for parents/caretakers, and even an awning over the Southeast side. And while pool fun may be over for the year, do not despair as brand new playgrounds have emerged - one next to the pool, and another on the far West side of the park, the latter of which boasts an impressive climbing structure that matches any the Twin Cities has to offer.



Ask The Yoga Instructor: A Pain in the Seat!

Mary Bue | Corcoran Business Owner of Imbue Yoga Studio

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

Q: I tried to go to a yoga class and the instructor had us sitting cross-legged on the floor for what seemed like hours before we got moving. The front of my hips and back were killing me! Is there a better way?

A: I hear ya, friend! Remember the days as little kids when we could sit for hours crossed-legged & watch cartoons? Alas, our adult bodies have adapted to sitting/slouching in couches, desk chairs and cars. The US has a very high rate of back

pain, which is much related to our ways of sitting. I agree that sitting on the floor first thing at a yoga (asana) class is one of the most challenging postures! If we are in pain or feeling tense, it’s very challenging to find energy to focus on the breath and ground ourselves for a mindful practice. Here are some tips to sit!

Many studios have chairs, big bolsters (firm pillows), round zafu cushions, blankets and blocks. If your low back is inflamed, never hesitate to ask to sit in a chair for the beginning of practice, or relax on your back during that beginning “grounding” session. For those of us who

want to try sitting on the floor, it is helpful to have your hips above your knees. This helps to allow the psoas muscle to relax, the pelvis to maintain balance, and the spine to be straight and long. You can prop on the edge of a bolster, block, zafu or blanket until you feel the front of your hips soften and the knees lowering towards the floor a bit. Another option is to come to kneeling, place a block or bolster underneath your bum and have the spine erect so you can welcome deep breaths with ease. Never be afraid to modify for your body so that you can feel the full expression of your breath without pain. Namaste!



Counterpoint: The Midtown Station Is the Pulsing Rhythm of the Neighborhood

Kevin Kirsch | Corcoran Neighbor

A few years ago, someone coined the phrase “Humanize-Hi Lake” as the moniker for a group effort to improve the public realm surrounding Hiawatha and Lake Street.

That nickname feels especially apt to me after reading a de-humanizing City Pages article titled “Piss, dope, beggars, & blowjobs: Welcome to the Lake Street Met Transit Station.”

Let me sum up the article in case you missed it. You see, Metro Transit is making capital improvements to the station for the first time since it opened in 2004. The reporter interviewed a few people on the platform who had witnessed said behavior at the station.

According to the author, the station is bereft of all human decency. Policing, and not the planned capital improvements, will fix everything. Facebook commenters piled on, furthering urban stereotypes. And I feel compelled to respond.

So to the author and flip-pant commenters, allow me to provide you with an alternate point of view:

By all means, if you are at the

station and you feel your personal safety is threatened, call 911 or hit the safety button on the platform. If the station is in need of custodial attention, contact Metro Transit.

But if you really want to make a day-to-day change to your commuting experience, try something entirely different: a humanizing response.

You see, I’m not of the belief that we can police our way to a better world.

And the Midtown Station is a microcosm of our greater world. For a few moments, people from a cross section of our city are sharing space together before we go about our day. To make a better world, we have to take advantage of these ephemeral moments. We have to collectively pop out our ear buds, look each other in the eye, and see each other as human beings.

Coexisting is not as clean as those bumper sticker slogans would have you believe. Coexisting is a messier prospect. One that is kind of like the beautiful jumble of vibrancy and urban life that is the Midtown Lake

Street Station.

You probably have about seven minutes before next train comes. Take advantage of this time. Change the experience. Do something!

If you see a person sleeping or in need of a humane response, contact St. Stephens at (612) 879-7624.

Or if you see someone (anyone), don’t look down. Offer a smile. Start a conversation. Try leading from your heart the next time you’re on the platform, and see what happens. Then, allow yourself to be surprised by the response.

When you board the train, you could look up Humanize

Hi-Lake on Facebook to see what we’re up to. But please don’t. Try smiling at someone on the train. And keep offering that smile everywhere you go, all day long. That’s the only way we can humanize this station, this train, this city, this world.

Kevin can be reached at kevinkirsch3@gmail.com

<http://www.citypages.com/news/piss-dope-beggars-blow-jobs-welcome-to-the-lake-street-met-transit-station/437209823>

<https://www.facebook.com/MetroTransitMN/posts/1235114606600432>



photo courtesy of George Paulwels (entitled: Eye Contact?)

New Adult Education Building Already Rising

Kevin Kirsch | Corcoran Neighbor

By the time this publication reaches your doorstep, excavation will be complete and concrete forms will have begun in earnest at the future south campus of Adult Basic Education/Transitions Plus, a post-secondary education and training center.

Were fossils discovered during the dig? No, according to Andrew Lesch of Minneapolis Public Schools, who kindly briefed the Land Use and Housing Committee on the project. Although workers did unearth a fuel tank and came across an old Burma Shave sign (which was saved).

The new four story build-

ing will feature a light-filled atrium that serves as a link between the two arms of the school. It will also feature a half-sized gymnasium, multiple classrooms and meeting rooms, underground and surface parking, and ample bicycle parking on the Lake Street side of the building. The aluminum, brick, and metal-clad structure will have vehicle curb cuts on 21st and 20th avenues.

The edifice will sit on a parcel of land just west of the YWCA on the south side of East Lake Street. It is scheduled to open in late 2018 and is part of the larger redevelopment of the greater Hi-Lake area. When



complete, the existing ABE building will be shuttered and demolished in preparation for the next phase of housing.

Adolfson and Peterson Construction is handling the project. The company has been quick to respond

to tagging at the site. You can direct your concerns to the construction site office at 952-417-8370, or email contactmn@a-p.com. Land Use and Housing meets on Thursday, September 7 at 6:30. Join us!

The Incomplete Skeptic: Quoteworthy & Trustworthy

Timothy Cameron | Corcoran Neighbor



has defects, shortcomings, and practice varying degrees of hypocrisy in our respective areas of life, if we are honest and admit it. Lack of trust in people is giving your power away. You’re letting people live rent-free in your head. Evict them!

The world is addicted to judgment, but we don’t have to let it kill our hearts. Keeping one’s heart open after experiencing trauma, and open to pain, is not always easy, but the outcome outweighs the risk. The worst pain, grief, is both painful and beautiful because it’s also evidence of love. People who don’t grieve, don’t love.

Pain burns us down to raw existence; it disintegrates all of the impurities from our lives, the removal of which can be excruciating. But the raw beauty of one who prevails discovers who they are thereby uncovered, allowing us to see others as we truly are. When we see ourselves clearly, we see others with pure clarity. Trust restored to its right size; the ego-state goes to sleep.

Going into mysterious beauty ain’t always easy, but it’s trustworthy

Here are four more quotes from May Sarton to help digest the meal:

“It always comes back to the same necessity: go deep enough, and there’s a bedrock of truth, however hard.”

“We have to dare to be ourselves, however frightening or strange that self may prove to be.”

“Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace.”

“Loneliness is the poverty of self; solitude is the richness of self.”

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 July:

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

* denotes CNO / MFM Sustainers

Corcoran Park Happenings | Acontecimientos en el Parque Corcoran

Ryan Flanders | Corcoran Park Director

- Preschool: Ages 3-6 September 5th – December 14th, T/W/TH 10am-3pm, currently 7 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 lunch time 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. Activities include games, sports, arts and crafts, homework help, field trips and nutritious snacks.

- Preescolar: Edades 3-6 5 de septiembre - 14 de diciembre, T / W / TH 10 am-3pm, actualmente quedan 7 manchas. 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. Ninguna clase Nov. 22nd or 23rd.
- Rec +: M-F 2-6pm, después de la escuela Rec + coordinador: Mackenzie Rodine Llame para más detalles: 612-370-4919
Rec Plus provee cuidado de niños en edad escolar para niños de 5 a 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. Las actividades incluyen juegos, deportes, artes y artesanías, ayuda con las tareas, excursiones y meriendas nutritivas.

CNO Board of Directors Meeting

Thursday, August 10th, 2017, 7 – 9 pm at CNO, 3451 Cedar Ave. S.

Attending: Flannery Clark, Adam Tomczik, LisaBeth Barajas, Ellie Watkins, April RJordan, Mike Novak, Russ Grigsby, Matt Kazinka, Lori Kinzel-Auer, Mandie Kender, Heidi Johnson McAllister (CNO Staff)

Absent: Marvin Applewhite, Alberta Smith, Siyad Warsame

A. Call to Order and Introductions

1. Each board member shared their name, the area of the neighborhood they live, and how long they have been on the board.

B. Financial Training and Discussion

1. Due to scheduling Daniel from McKnight will come next month. For training purposes this month, the board walked through the budget lines and discussed where our funding comes from as well as our expenses.
2. The board discussed the current financials.

C. Strategic Planning

- i. The strategic planning process was proposed and the reason for us starting now were shared. The stage was set by discussing board and staff participation, the expected outcomes for the process. The board brainstormed items to consider:
 - ii. Financial Sustainability. Refer back to the McKnight discussion from the financials.
 - iii. It was discussed that we will hold off on small area planning.
 - iv. Questions were raised around space and capital plans. The idea that we don't know our future in this building. The following questions were voiced: do we want to stay here? Under what conditions would we want to stay? What we could rent the space for?
 - v. Discuss the city or planning in the next years. What are they planning? Is it changing? - is it a change we want? With the new developments, the population of neighborhood is increasing. More people in the neighborhood live south of 34th, but could change with the Phase 2 of 2225 East Lake.
 - vi. Adding more cultural diversity to our organization to reflect the neighborhood.
 - vii. Board leadership. What committees do we have and what ones do we need.
 - viii. Connecting to the larger community, other organizations and engaging our neighbors.
 - ix. Measuring our impact to be able to share that story with funders, donors, etc.
 - x. The park was a reason the organization was created. We want to keep the park vibrant and keep the Park board ac-

countable to this park.

- x. What does the Midtown Farmers Market look like in five years?
- xi. South High is a potential place to engage and have representation from them. Additionally, the board mentioned continuing our strong connection with Minneapolis Public Schools and Hennepin County.
- xii. Expanding north to 28th Street between Cedar and Hiawatha. Additionally, it was discussed that we should expand south.
- xiii. Look ahead by polling our neighborhood, gathering buy in from people across the neighborhood. A multi-pronged outreach effort is needed.
- xiv. Next Steps: the ExCo committee will discuss more and propose something at the August board meeting.

D. Midtown Farmers Market Plaza Design

1. Hennepin County presented tentative plans for the plaza as being the final designs last month. We thought the bids were baselining for the plaza. The subcommittee would like to see full engagement of the community on the plans by translating something from one dimensional view to actual view. The Musicant Group put together an action plan for programming and promoting the plaza. At this point, we haven't gotten to governance structure - we have agreed who the stakeholders are on the governance structure. Hennepin County is taking lead on drafting the bylaws due to having more attorneys. We want to have a more robust conversation about staffing for the programming and governance of the plaza. Flannery shared that Hennepin County does not want to program. CNO wants an active, vibrant programmed space for concerts, celebrations, etc.
2. Motion: CNO explores the opportunity to program the plaza at 2225 East Lake Street, including the benefits, cost, and staff capacity needed to accomplish the programming of the plaza. The motion passed.

E. Committee reports

1. Land Use and Housing
 - i. The plans for Humanize Hi-Lake at Open Streets were shared. There will be balloons to draw attention and images to show how to get across the intersection. Ask people to take selfies. At the end, hand out balloons. Share informational pieces to build momentum and keep it going. 2015 was remarkably successful with 500 postcards. People will vote on options - more lights, trees, ADA compliant, pedestrian in-

tervals, smart channels . Informational posters and voting at Open Streets. 1 Hennepin County representative and 2 city representatives will be there as experts. Tier 3 is most likely narrowed down to 1 option. If you are able, would appreciate volunteers, your role would be to engage folks.

- ii. The Minneapolis Public Schools have their permits and are planning a 16 month construction with sidewalk closures continuing to be in effect. There are parking restrictions. Current school building next to market will be torn down spring of 2019. There is a phone number to handle complaints.
- MFM Advisory Committee
- i. The market will be at Open Streets, providing market trivia, breakdancing, making connection to people on the street. The AC is looking for volunteers to help with setup and takedown.
 - ii. The fall fundraiser is coming up and is a fun event with bands and food trucks.
 - iii. Attendance is down 1000 at the market on a Saturday.
 - iv. The market has been paying for some facebook ads and has a radio campaign to promote the market.
- Economic Development
- i. Bike racks will be ordered soon for 35th and 23rd; they are waiting for final approval from businesses. 12 bike racks with the yellow Corcoran bird will be installed. It takes 6-8 weeks. There will be an event this fall at that corner. The block party is being worked on, but it is taking time to plan. 2 tenants are near signing leases at the Hennepin County building. The east end will have a restaurant, which is between two local places. A coffee shop is huge priority. The committee is working on some options getting finalized. Hennepin County has approved several potens by talking to people who already applied and looking at other potential applicants. Restaurant on the east end: Hennepin County is working out potential concepts and drawings with 2 possible restaurants.
- Newspaper -
- i. The committee will be starting to meet at 7pm in August, which is a more advantageous time for people.
 - ii. We are considering Somali translation and working to secure a translator.

F. Announcements and Adjourn

1. Next Board Meeting: Thursday, August 13
2. Renter Energy Surveying at the Corcoran Park Ice Cream Social: Wednesday, July 19
3. Open Streets: Sunday, July 23

Corcoran Watch Update

Shawn Kinzel-Auer | Corcoran Neighbor & Block Leader

This month's Corcoran Watch is again light due to preparations for a larger article and end of summer activities. This month's topic is theft. Or as titled by the MPD website, "theft: a crime of opportunity". The MPD lists several tips to help protect yourself and your property from theft:

To prevent theft:

- Do not leave valuables unattended or unsecured on your property, in your vehicle, or in public spaces. This includes bicycles, laptops, purses, wallets, keys, and especially anything that may contain personal information.
- Keep valuables in your garage, house, or apartment, and lock your doors! This includes all garage, house, apartment and car doors. Do not carry excess cash and credit cards.
- Practice CPTED (Crime Prevention through Environmental Design). Consider use of space, proper delineation, land use, interior and exterior design, and lighting.
- If you have outdoor furniture, secure it with a lock or place it inside when you are not using it. Lock your bike to something stationary even if you are at home or just leaving it for a few minutes.
- Keep your property well-lit during evening hours.
- Know your neighbors and watch out for each other. Form or revitalize a block club.
- Be aware of your surroundings.
Call 911 if you witness suspicious behavior.

Source: "Theft: A Crime of Opportunity" <https://goo.gl/TQSwq5>

Corcoran Neighborhood Crime Map Mid-June 2017 to Mid-August |

Mapa de Delinquencias en Corcoran desde medio-junio 2017 a medio-agosto.



Part 1 Crimes

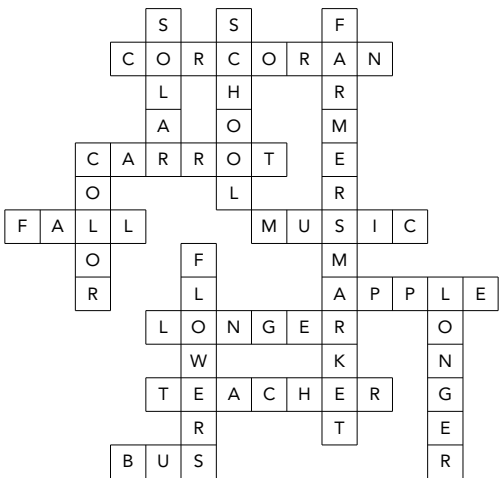
Corcoran
7/12/2017 - 8/12/2017

Total - 9 0.599 PSMPD

- | | | | |
|---|-------------------------|---|------------------------|
| ✖ | UCR 01-02: Homicide (0) | ✦ | UCR 06: Burglary (1) |
| ◆ | UCR 03: Rape (0) | ★ | UCR 07: Larceny (5) |
| ▲ | UCR 04: Robbery (2) | ⊕ | UCR 08: Auto Theft (0) |
| ■ | UCR 05: Agg Assault (1) | ✧ | UCR 10: Arson (0) |

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

Page 2 crossword answers,
No peeking now. :)



Sell Your Products at the Midtown Farmers Market

Vanessa Haight | CNO Staff



The Corcoran Neighborhood Organized is thrilled to announce the Midtown Farmers Market Try It! Program. The Economic Development Committee, in collaboration with the Midtown Farmers Market, is offering an opportunity for entrepreneurs to try a market vending experience with limited investment. Valued at over \$1,000, the program provides a booth at the Saturday Midtown Farmers Market for 1-2 dates, a table with chairs, tent, and program signage.

Entrepreneurs who make their own products or offer a service are encouraged to apply. Preference is given to those vendors with limited or no previous market experience.

We can't wait to see you at the market!

Visit our website (www.corcoranneighborhood.org) or call Vanessa at the CNO office for more information: 612-724-7457.

Candidate Forum on September 9th at the Midtown Farmers Market

Heidi Johnson McAllister | CNO Staff

This fall, Minneapolis residents will be voting to elect their city councilmember. Do you know who is running in Ward 9, which covers all of Corcoran neighborhood? Join the CNO board at the Candidate Forum on Saturday, September 9th at 10am at the Midtown Farmers Market on the corner of Lake and Hiawatha.

Currently, four candidate are running for the Ward 9 council seat. All four have been invited and Alondra Cano, Gary Schiff, and Mohamed Farah have confirmed. Ronald Peterson has been invited but as of the newspaper publishing, we have not heard whether he will be attending. Hear candidates discuss renters rights, economic development, land use, public safety, and the hiawatha intersection. There will be a time at the end for question and answer session. Please come and bring your questions.



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



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Neighborhood
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where there's
something for everyone!

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FAMILY OWNED-OPERATED www.Hudson-Hardware.com



Fall Harvest Celebration

A fundraiser for the Midtown Farmers Market

SATURDAY, SEPT. 30

6-10pm

@ Du Nord Craft Spirits

2610 E 32nd St, Minneapolis, MN



FEATURING:
Craft cocktails by Du Nord • Food by Peep's Hot Box
Live Music by Javier Trejo
+
SILENT AUCTION
Featuring items from local businesses, artists and market vendors!

Purchase advanced tickets for \$25 online.
(\$30 at the door)
Ticket includes one appetizer and one Du Nord cocktail. Food truck eats and additional drinks for purchase.



September Events at the Midtown Farmers Market

- Saturday, September 2nd, 8am-1pm
#FeedTheCarrot
9am-11am – music by Heart of a Tinman
11am-1pm—music by Siana and Dallas
- Tuesday, September 5th, 3pm-7pm
4pm-6pm—music by Matt Yetter
- Saturday, September 9th, 8am-1pm
Nordic Fest
8:30am—Free Yoga by Imbue Yoga
9am-11am—music by Bob & Lynn Dixon
11am-1pm—music by TBA
10am-noon—Second Saturday Arts for All Activity
9th Ward City Council Candidate Forum
- Tuesday, September 12th, 3pm-7pm
4pm-6pm —music by Ginger Bones
- Saturday, September 16th, 8am-1pm
9am-11am—Music by Four Legg Fish
11am-1pm—Music by Jason Streitz
- Tuesday, September 19th, 3pm-7pm
4pm-6pm —music by Brian Pat
- Saturday, September 23rd, 8am-1pm
Memorial Blood Centers Blood Drive
8:30am—Free Yoga by Imbue Yoga
9am-11am—music by The Jugsluggers
11am-1pm—music by The Neighborhood Trio
- Tuesday, August 26th, 3pm-7pm
3:30-5:30pm—music by TBA
- Saturday, September 30th
Native American Celebration
9am-11am—music & poetry by TiWakan
11am-1pm—music & poetry by Oyate Hotanin

Eventos de septiembre en el Midtown Farmers Market

- Sábado, 2 de septiembre, 8 am-1pm
#FeedTheCarrot
9 am-11 am - música de Heart of a Tinman
11 am-1pm-music por Siana y Dallas
- Martes, 5 de septiembre, 3 pm-7pm
4 pm-6pm-music por Matt Yetter
- Sábado, 9 de septiembre, 8 am-1pm
Fiesta nórdica
8:30 am- Yoga libre por Imbue Yoga
Música de 9 am a 11 am por Bob & Lynn Dixon
11 am-1pm-music por TBA
10 am-noon-Second Saturday Arts for All Actividad
Foro del Candidato del Consejo de la Ciudad
- Martes, 12 de septiembre, 3 pm-7pm
4 pm-6pm - música de Ginger Bones
- Sábado, 16 de septiembre, 8 am-1pm
9 am-11am-Music por cuatro pescados de Legg
11 am-1pm-Music de Jason Streitz
- Martes, 19 de septiembre, 15.00-19.00
4 pm-6pm - música de Brian Pat
- Sábado, 23 de septiembre, 8 am-1pm
Centros de sangre conmemorativos Blood Drive
8:30 am- Yoga libre por Imbue Yoga
9 am-11am-music por The Jugsluggers
11 am-1pm-music por The Neighborhood Trio
- Martes, 26 de agosto, 3 pm-7pm
3: 30-5: 30 pm-musica por TBA
- Sábado, 30 de septiembre
Celebración del nativo americano
9 am-11am-music & poetry por TiWakan
11 am-1pm-music & poetry por Oyate Hotanin