



## HOLIDAYS ON HENNEPIN: A MONTHLONG CELEBRATION OF UPTOWN’S REOPENING

Interview By Paula Chesley



Left: Will Stancil, who is leading the effort to promote Holidays on Hennepin. Right: Support local small businesses by visiting Hennepin Avenue, Lake Street and beyond — and spending your dollars where they matter most. (Images: Sarah Grundhoefer)

*Paula Chesley is a neighborhood volunteer. She lives in East Isles.*

Holidays on Hennepin is a monthlong celebration from Nov. 28 to Jan. 1, marking the full reopening of Hennepin Avenue South after two years of road construction. I sat down with Will Stancil, vice president of the Lowry Hill Neighborhood Association and head of the Holidays on Hennepin project, to learn more.

**What Is Holidays on Hennepin?**  
Holidays on Hennepin is a series of events, a business passport program, and lighting and decoration displays along Hennepin Avenue S. With funding and support from the city, neighborhood organizations, and private donors, businesses and organizations near the corridor are partnering to bring visitors back to Hennepin — with little to no additional overhead for them.  
We’re encouraging businesses to be creative with decorations —

think Red Cow’s holiday light display from previous years, but all along Hennepin. And we have a passport program. Pick up a passport at any participating business for

“We’ve had several difficult years on Hennepin Avenue with business closures and road construction, and I wanted to do something for the reopening. I wanted it to be festive — I got sick of hearing people who don’t live here say, “I used to go to Uptown, but not anymore.” I wanted to show people that it’s safe here and that there are still plenty of things to do, see, eat, drink and buy.”

some great deals and a chance to win prizes.  
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(Image: Craig Wilson)

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## HELP HILL & LAKE PRESS CARRY ITS LEGACY INTO OUR 50TH YEAR

By Craig Wilson, Editor

*Craig Wilson is the editor of the Hill & Lake Press. He lives in Lowry Hill.*

As the Hill & Lake Press approaches 50 years of continuous publication, we invite you to join us in celebrating a half-century of community journalism — and to help ensure we remain strong for decades to come.  
Since 1976, the Hill & Lake Press has chronicled the stories, struggles and successes of our lakes-area neighborhoods. When I stepped in as editor in 2022, after longtime editor, the late Jean Detrick, retired, my goal was simple: to help build community. That remains at the heart of our mission today.  
This year, we launched a new website that now houses every article since March 2022, along with digital archives dating back to 2010. Our next goal is to make the entire paper — nearly 50 years of local history — freely accessible online. To do that, we need your help. Your tax-deductible gift will support ongoing digitization, website improvements and volunteer efforts to bring our archives to life.

In December 2024 and again in 2025, we’ll be providing free ad space to support small businesses that have been affected by the Hennepin Avenue and Lake Street construction projects.  
The Hill & Lake Press covers news “where the biggies leave off” — a space for local voices, civic dialogue and neighborhood pride. With your support, we can keep amplifying those voices for another 50 years.  
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(Illustration: Christopher Bohnet)





# Hill & Lake Press

Founded in 1976, Hill & Lake Press is a 501(c)(3) nonprofit reporting community news and events, educating and informing neighborhood residents about issues of the day. Views expressed are not necessarily those of Hill & Lake Press.

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*Our goal is to offer readers diverse perspectives on newsworthy events or issues of broad public concern to the Hill & Lake community. Our copy limit is 300 words (750 words for a commentary or as space permits), and we reserve the right to edit for clarity and length. We do not publish submissions from anonymous sources; all contributor identities must be verified.*



Bicyclists glide through a late-autumn prairie along the Cedar Lake Trail, heading downtown, parting a sea of soft golden grasses beneath an ocean of sky. (Image: Courtney Cushing Kiernat)

## I Hate Plywood

As someone involved in civic matters, I often hear friends complain that Uptown doesn't have businesses that attract them. I usually respond with a list of options to refute that, but everyone knows there's too much vacancy in Uptown — much of it boarded with plywood.

As I reflect on the changes made to Hennepin Avenue, the proposals for Lyndale, and the Doran residential development at 31st and Hennepin, I wonder whether the future will bring what these designs intend. Governments don't make the future, but they shape it. Capital markets take what the government gives them and either find a way to make money — or find a different place to make money.

The City Council envisions Uptown as a walkable neighborhood akin to New York City. Automobile use in Uptown is being discouraged. Lyndale Avenue, having been converted to one lane, now moves at the pace of the slowest car — further slowed by stoplights and pedestrian crossings. Lake Street, as it enters Uptown from the west, is down to two lanes, but one is flanked by parked cars and pedestrians, so a safe speed is very low. When completed, Hennepin Avenue will dedicate significant space to bicycles, pedestrians and mass transit — at the expense of parking and automobile efficiency.

Reducing traffic speeds increases pedestrian and bicycle safety, but it also reduces consumer traffic as people find alternate routes that are more efficient. It's idyllic to imagine a neighborhood where everything is within walking distance and cars aren't needed, or where transit is accessible and safe enough to move people and their cargo to

and from local businesses with ease. But the population density of truly walkable cities like New York is far greater than Uptown's. We simply don't have enough people within Uptown's boundaries for businesses to thrive without drawing customers from beyond a walkable perimeter.

That means any new business has to plan to profit from the number of people it can naturally attract. They must do more with less. Rent, employee wages and raw materials are all very high in Minneapolis, so many businesses can't see a way to profit. St. Louis Park and Richfield are nearby, with similar consumers and more business-friendly regulations.

We see this dynamic play out nationally as the unpredictable and vindictive Trump regime creates a business environment hostile to new investment. Why would someone build a new factory in America if the rules surrounding that business could change daily and arbitrarily? The same mentality exists in Minneapolis: Why would someone start a new business under a City Council that's hostile to business and similarly unpredictable? The answer is they wouldn't — so new businesses aren't springing up, and we have our plywood.

Minneapolis needs to create an environment that attracts new businesses. Those new businesses will employ our neighbors. Those employees will spend their earnings locally. Yes, business owners will prosper — but so will all Minneapolitans. A revitalized Minneapolis will benefit all Minnesotans. We are the shoulders of commerce for the entire state, and our success is essential.

So let's elect leaders on Nov. 4 who are committed to building an exciting and prosperous city — and let's get rid of the plywood once and for all.

*Scott Graham  
Former Ward 7 Candidate  
Bryn Mawr*

## Setting the Record Straight

Recent claims by Minneapolis for the Many suggesting that we — Andy Luger, Mike Erlandson and Brian Melendez — are Republicans are completely false and misleading. The facts could not be clearer: All three of us have long, proud histories of service and leadership within the Democratic-Farmer-Labor Party.

Andy Luger was a DFL candidate for office and has twice been appointed by Democratic presidents — first by President Barack Obama and again by President Joe Biden — to serve as U.S. attorney for the District of Minnesota. His record reflects a deep commitment to justice, fairness and public service that align squarely with Democratic values.

Mike Erlandson likewise has an extensive history of DFL leadership. He served as chair of the Minnesota DFL Party for six years, was a DFL candidate for Congress and spent two decades working alongside the late Congressman Martin Olav Sabo — one of Minnesota's most respected and progressive voices

in Washington.

Brian Melendez also brings decades of DFL experience and leadership. Like Mike, he served as chair of the Minnesota DFL Party for six years, guiding the organization through critical elections and working tirelessly to strengthen Democratic values and voter engagement across Minnesota.

We are all proud Democrats who care deeply about Minneapolis and its future. Our endorsement of Elizabeth Shaffer for Minneapolis City Council in Ward 7 is based on her qualifications, her commitment to results for residents and her ability to make real progress on public safety, housing and livability. Shaffer is a Democrat — not a Democratic Socialist — and she represents the pragmatic, solutions-focused leadership our city needs.

Astonishingly, Minneapolis for the Many insinuates that Shaffer is a Republican, even though she's the DFL-endorsed candidate for Ward 7.

It's unfortunate that misinformation is being spread to divide Democrats and distract from the issues that matter most. The record speaks for itself: We are lifelong DFLers who have dedicated our careers to advancing Democratic values in Minnesota.

*Andy Luger, Lowry Hill  
Mike Erlandson, East Isles  
Brian Melendez, Lowry Hill*

## Let's Keep Our Parks Grounded in Common Sense

Those of us who live in the Hill & Lake area know how deeply our lives are intertwined with our parks — walking the Lake of the Isles loop, biking the parkways or gathering at neighborhood playgrounds. These spaces give our community beauty, calm and connection. They also need good governance. The Minneapolis Park and Recreation Board plays an essential role in keeping our parks safe, clean and accessible.

This election, we're supporting candidates who understand that stewardship, not ideology, should guide the Park Board's work:

**Park Districts**  
District 1: Dan Miller — A longtime park volunteer focused on maintenance and safety in North and Northeast parks.  
District 2: Charles Rucker (unopposed) — A firefighter, incumbent commissioner and strong voice for community partnerships and youth recreation on the North Side.  
District 3: Kedar Deshpande (unopposed) — Dedicated to access, equity and continued investment in trails and recreation centers in the University and Southeast areas.  
District 4: Jeanette Colby — A Kenwood resident with experience in the arts, planning and budgeting, focused on safety, riverfront access and pragmatic leadership.  
District 5: Steffanie Musich — A veteran commissioner known for environmental expertise and thoughtful decision-making.



ing in Southeast and South Minneapolis.

District 6: Cathy Abene — A Southwest Minneapolis civil engineer, fiscal watchdog and advocate for lake health, trees and transparent park operations.

At-Large

Mary McKelvey — A collaborative leader committed to accessibility and parks for all ages.

Meg Forney — A veteran commissioner and champion for the Mississippi Riverfront and sustainable design.

Matt Dowgwillo — A small-business owner with practical ideas for park safety, programming and community engagement.

These candidates share a commitment to protecting the natural resources that make Minneapolis exceptional. They understand that political activism doesn't belong on the Park Board — stewardship does.

Early voting has begun. Let's elect leaders who will keep our parks green, safe and welcoming for everyone.

*Tamara Kaiser,  
East Bde Maka Ska  
Constance Pepin,  
Linden Hills*

Jeanette Colby Brings Steady Leadership to North Loop Parks

The 4th Avenue Playground in the North Loop is one of those small gems that make city life special — a nature-inspired play space along the Mississippi River. It connects kids to the river while giving families a safe, imaginative place to play outdoors. Parks like this remind us what truly matters to our North Loop neighbors: safe, well-maintained spaces to gather, play and enjoy nature.

That's why I'm supporting Jeanette Colby for the Minneapolis Park and Recreation Board's District 4 seat. Jeanette understands that what neighbors need most isn't ideology but practical, representative leadership. She listens, does her homework and focuses on results.

Jeanette knows that families, workers and visitors simply want parks that are safe, funded and cared for — not political agendas. She will continue the thoughtful, balanced leadership of Elizabeth Shaffer, who set a high standard for collaboration and professionalism on the Park Board.

Now is not the time to elect activists. It's time to elect adults — people like Jeanette Colby, who understand that our parks are for everyone and that their care requires steady, experienced leadership.

*Jolene Zich  
North Loop*

Supporting Meg Forney Will Keep the Riverfront Thriving

Please return Meg Forney to office with your No. 1 vote for Park Board commissioner at-large to support the continued transformation of riverfront parks along our iconic Mississippi River. It was — and remains — a legacy

vision.

As chair of the Minneapolis Riverfront Partnership, and with Meg serving as vice chair, I witnessed firsthand her dedication to converting former industrial parcels into public parklands, creating a continuous linear park along the river. For too long, North and Northeast residents have had little or no access to the Mississippi — even though this world-renowned natural asset runs right through their backyards.

Viewing the serenity of a waterscape enhances well-being, reduces psychological stress and creates a tranquil atmosphere. Greening the riverbanks improves air and water quality, mitigates urban heat islands and expands the tree canopy in areas where it has been most diminished — providing essential habitat for wildlife and a renewing refuge for people.

Meg Forney will carry on this important vision for the city and for generations to come.

*Linda Mack  
Kenwood*

Cathy Abene Has My Vote and Deserves Yours Too

I support Cathy Abene for another term on the Minneapolis Park and Recreation Board representing District 6 because she has done an exceptional job as both commissioner and board president. Cathy is a professional civil engineer who understands how parks operate best and brings common sense and steady leadership — qualities that are too often missing among elected officials. Her technical expertise, professionalism, and ability to work effectively with both staff and constituents make her uniquely qualified for this role. We should be grateful for her generosity and commitment to public service. She has my vote for sure, and I encourage you to vote for her as well.

*Kim Kozachok  
Fulton*

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MATTERS

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VOTE  
★★★★★

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SCAN TO FIND YOUR  
POLLING PLACE



MINNEAPOLIS  
GENERAL ELECTION  
Tuesday, November 4th

Wishing For Snow by Susan Lenfestey



A narrow path winds through a snowy field at sunset. (Image: Craig Wilson)

*Susan Lenfestey is a regular contributor. She lives in Lowry Hill.*

It's fall, and other than the leaf blowers droning from dawn to dusk, you'd hardly know it. October has been weirdly balmy, allowing for late blooms in the garden and deep plunges in the lake — guilty pleasures if we don't allow ourselves to think about why this is happening.

It's also election season, heating up the city like hot coals in the barbie. Who's getting roasted changes from day to day, depending on which PAC is adding fuel to the fire.

I miss the good old days when two candidates raised their own money and slugged it out in newspapers and forums — not on social media. The fervid few who inhabit this hyperpolitical sphere — and I am one of them — struggle to make sense of endorsements and strategize how to make ranked choice voting work for their candidates.

But many other voters, regular folks busy with jobs, family and life, will head to the polls barely aware that there are 15 mayoral candidates on the ballot — five with DFL after their names — plus a slew of City Council and Park Board candidates, not to mention those running for the Board of Estimate and Taxation. And they can “rank” their choices, even though they have little idea who is promising what.

Once the ashes from the election settle and we come to terms with who will be running our city for the next four years — as we must — we'll have to face Thanksgiving.

This is going to be a tough year for gratitude. Sure, there are the perennial favorites — good health, friends, family and fortune — but they seem trite and selfish when so many are suffering so deeply. It's a perverse sort of gratitude to be thankful for all the bad things that aren't happening to us.

As we slice into factory-raised turkeys and homemade pies, it's impossible not to think about the people who produced and packed our food, now living in terror under the boot of this undemocratic and heartless regime. In the spirit of Thanksgiving, maybe the president could

pardon the workers instead of a turkey. Even better, maybe he could legalize them, not criminalize them.

Well, magical thinking.

Back in 2003, when I thought the invasion of Iraq was as senseless and amoral as anything our government could possibly do, I wrote a piece about Thanksgiving for the Star Tribune and ended it wishing for snow.

“We all need the forgiving stillness that snow brings — the wonder, the rounding of the sharp edges, the time to think. Maybe a layer of snow would smother a fanatic's fire. Maybe a blanket of white would comfort the grief of the wounded. Maybe the snow's sparkle would bring hope to a child.”

But this time, no amount of snow can soften the edges of what is happening in the streets of Chicago and Portland and beyond. We need more than a blanket of white to comfort terrorized families, and more than the sparkle of snow to give hope to a handcuffed child.

**“Turn off the news and  
build a garden  
Just my neighborhood  
and me  
We might feel a bit less  
hardened  
We might feel a bit  
more free  
Turn off the news and  
raise your kids  
Give them something  
to believe in  
Teach them how to be  
good people  
Give them hope that  
they can see ...”**

— Lukas Nelson,  
“Turn Off the News (Build a Garden)”

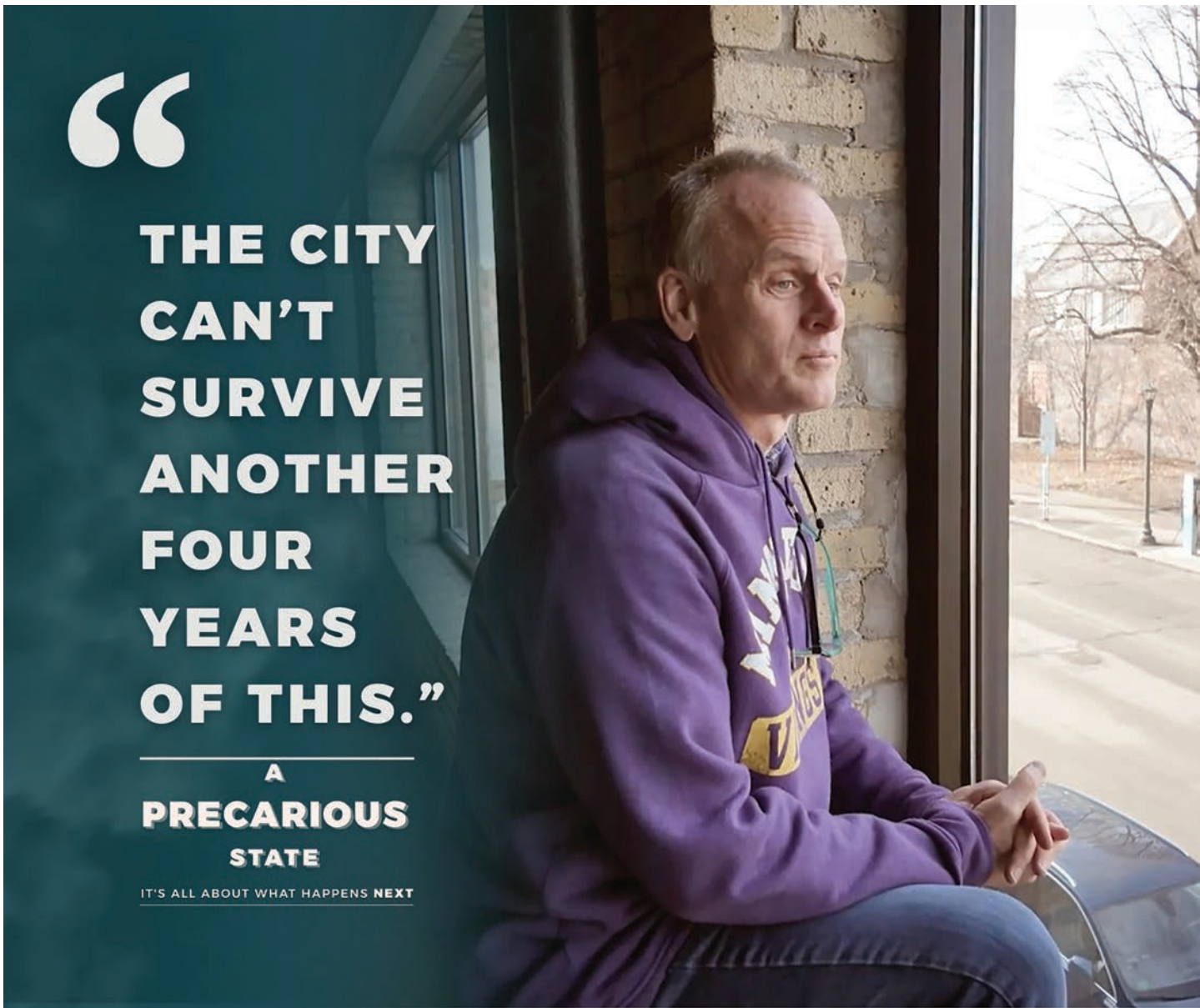
This Thanksgiving I'll skip the turkey and the platitudes about gratitude. I'll find a glimmer of hope to pass around and sweeten it with a dollop of humor. Hey guys — maybe the warming planet will melt ICE!

I'll turn off the news and listen to music. And I'll still wish for snow.



# ‘MINNEAPOLIS FOR THE MANY’ PAC ISSUES APOLOGY TO LOCAL LANDLORD

By Marty Carlson



Jim Rubin, a longtime Minneapolis property owner, is featured in the documentary “A Precarious State,” which explores economic and public-safety concerns in the Twin Cities. The film, produced by Rick Kupchella, has drawn both praise for spotlighting urban challenges and criticism for what some see as a politically slanted portrayal of the city’s future. It aired Oct. 2 on ABC-affiliated stations across Minnesota and is now available to stream on the documentary’s website, precariousstate.com, and YouTube channel: A Precarious State. (Image: precariousstate.com)

date and property manager Scott Graham faced similar media attacks in 2023 when he was running against Katie Cashman. Minneapolis for the Many chose the wrong landlord in Rubin, however. In a statement issued Oct. 15, the PAC published the following retraction and apology:

“A few weeks ago, Minneapolis for the Many made social media posts and emails describing Jim Rubin, of Mint Properties, as a ‘negligent’ landlord and stated that he ‘is singlehandedly responsible for hundreds of property violations.’ We retract those statements and sincerely apologize to Mr. Rubin. He has never been held negligent in his duties as a landlord by a court, nor is it fair to say he is personally responsible for every property violation found at his company’s properties. Mr. Rubin has a history of purchasing, renovating and operating older buildings, which often includes inheriting major maintenance backlogs. Mr. Rubin’s efforts to create naturally occurring affordable housing in Minneapolis are laudable and much appreciated. Minneapolis for the Many regrets the implication that Mr. Rubin could be considered a ‘slumlord’ or ‘negligent landlord.’ Please direct questions regarding the statement to the PAC’s attorney, Daniel Suitor, at [danielsuitor@proton.me](mailto:danielsuitor@proton.me).”

Marty Carlson is a regular contributor. He lives in Kenwood.

Attack ads from the left-leaning progressive political action committee Minneapolis for the Many have become a familiar feature of local elections in recent years, but the group recently picked the wrong target and was forced to issue an extensive apology to local landlord Jim Rubin.

Rubin first appeared on the electoral radar Oct. 1, when Min-

neapolis for the Many launched a multimedia attack on Ward 7 City Council candidate Elizabeth Shaffer, complaining that she had received campaign donations from several landlords the PAC didn’t like. Rubin was flagged prominently in this campaign and remains so on a website from the PAC targeting Shaffer.

The attacks continued after Rubin was featured in the locally produced documentary “A Precarious State,” which aired on KSTP

and drew attention online. The film focuses on a range of issues, including crime, economic stagnation and dysfunctional government, which it asserts have pushed Minneapolis into serious decline. Along with personal anecdotes, the film uses Rubin’s experience as a landlord to tie together its themes and argue that these forces are undermining the city’s well-being.

Readers may recall that former Ward 7 City Council candi-

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# TEMPLE ISRAEL DEFACED AGAIN, LESS THAN A YEAR AFTER FIRST INCIDENT

By Terry White



Antisemitic graffiti was discovered Oct. 7 on the education wing of Temple Israel in Minneapolis, on the second anniversary of Hamas’s terror attack on Israel. The Jewish Community Relations Council of Minnesota and the Dakotas, known as JCRC, condemned the vandalism as “a deeply troubling act of hate” and thanked law enforcement and community members for their swift support and solidarity. (Images: JCRC)

*Terry White is a regular contributor. He is also the author of the Better Minneapolis newsletter and podcast. He lives in Field.*

Temple Israel was defaced for the second time in less than a year — this time around 2:30 a.m. Oct. 8 by two people on bicycles, police said.

The previous incident occurred Dec. 16, 2024, at about 7:19 a.m., when someone in a silver Honda Civic was seen defacing the synagogue. In both cases, police said they have leads, but no arrests have been made.

Authorities described the latest attack as more brazen and possibly timed to coincide with the Oct. 7, 2023, Hamas assault on Israel, which killed about 1,200 people and resulted in 251 hostages being taken.

On Oct. 13, 2025, the final 20 hostages still alive were released to the Red Cross as part of a cease-fire brokered by the Trump administration. The bodies of some of those killed were also returned. The two-year conflict left an estimated 67,000 Palestinians dead, according to Gaza’s Health Ministry.

It is unclear whether the defacement would have occurred had the cease-fire been completed a week earlier. The graffiti included messages such as “Watch out Zionists,” the phrase “Al-Aqsa Flood” — Hamas’s code name for its Oct. 7 attack — and multiple inverted red triangles, a symbol used by Hamas that observers say has become a modern equivalent of a swastika.

**Community Leaders Condemn Second Defacement**

Temple Israel Senior Rabbi Marcia Zimmerman said in a statement, “Seeing hateful words and symbols on our sacred space is deeply painful, especially as we mark the second anniversary of Oct. 7.”

A full video of the press conference about the incident is available on YouTube. City, state and federal leaders condemned the act. Statements from the Minneapolis Police Department, the FBI and the mayor’s office emphasized that Minneapolis “will not tolerate these hate crimes.”

One notable exception was U.S. Rep. Ilhan Omar, whose office has as of yet not released a public state-

ment about the incident.

The Minneapolis Police Department has increased patrols around all houses of worship, and the FBI’s Behavioral Threat Team is leading the hate crime investigation.

**“Rabbi Zimmerman said the graffiti was not a political statement but an act of intimidation. ‘These images are not expressions of political opinion — they are symbols of terror and anti-semitism,’ she said.”**

Park Board District 4 Commissioner Elizabeth Shaffer, candidate for the Ward 7 City Council seat, said in a statement, “Temple Israel

and our Ward 7 Jewish community were brazenly threatened this morning by antisemitic graffiti running the length of the Temple along 24th Street. I was onsite as police collected information, and residents believe the style is similar to antisemitic graffiti that appeared on the Lake of the Isles west channel bridge a few days ago. Hate speech in our public spaces cannot be tolerated, and the Park Board has a 24-hour rule for removal, which we strictly followed with the bridge defacement.”

Photos of the graffiti posted by Shaffer on Instagram received about 50,000 views within one day, reflecting widespread concern about antisemitic crimes locally and nationwide.

Ward 7 City Council Member Katie Cashman also condemned the incident, saying, “We cannot and will not tolerate this criminal and hateful activity in our community. I was in touch with the Police Department immediately to ensure they launched an investigation. I’ve also been in contact with Temple Israel staff and clergy to show my support and thank them for their steadfast leadership.”

Cashman’s campaign noted that she co-authored a resolution establishing the Hate Crime Prevention Program in Minneapolis, in partnership with Jewish Community Action.

The Southern Poverty Law Center lists 20 active hate groups in Minnesota, including neo-Nazi and white nationalist organizations such as the Aryan Freedom Network, Folkish Active Clubs and Patriot Front.

Rabbi Zimmerman said the graffiti was not a political statement but an act of intimidation. “These images are not expressions of political opinion — they are symbols of terror and antisemitism,” she said.

Police continue to review surveillance footage and urge anyone with information to contact investigators.

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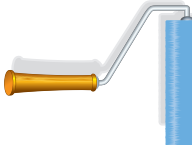
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# Jeanette Colby

for Minneapolis Park and Recreation Board

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HOLIDAYS ON HENNEPIN Front page

Is it just the businesses that are participating?

No, that's the great part. Holidays on Hennepin will also activate public spaces along the corridor, such as Smith Triangle Park. Potential activities include non-denominational choruses and even a skating rink.

What inspired Holidays on Hennepin?

We've had several difficult years on Hennepin Avenue with business closures and road construction, and I wanted to do something for the reopening. I wanted it to be festive — I got sick of hearing people who don't live here say, "I used to go to Uptown, but not anymore." I wanted to show people that it's safe here and that there are still plenty of things to do, see, eat, drink and buy.

Is Holidays on Hennepin family-friendly?

There will definitely be family-friendly events, but also, this is Uptown. We want to be inclusive. For instance, the Phoenix Theater has an age 18-plus holiday-themed show, and we want to celebrate that. It's important that the event reflects Uptown, which has always had a bit of an alternative edge.

What's been your favorite part of the process so far?

I love going door to door and talking with business owners. There can be initial skepticism, but once they get the idea, they start dreaming of all the things they can do. People have been so used to things being gloomy on Hennepin that it's great to see their faces light up when they have a fun idea.

We've talked to almost 100 business owners, but there are still a few we haven't reached. If there's someone you want to take part, tell them to reach out to us.

Any special dates to keep in mind?

Dec. 6 is the scheduled opening of the E Line Bus Rapid Transit along Hennepin Avenue, so we're encouraging people to mark that day. We want to work with Metro Transit to create fun events for the opening.

There's been talk online of you being Santa for Holidays on Hennepin. How do we make that happen?

[Laughs] Okay, this is an exclusive announcement I'm making up on the spot — if we can raise \$60,000 for Holidays on Hennepin, I'll do it.

How can people get involved?

Businesses can join at any point throughout the event. We're committed to including any business along or adjacent to Hennepin that wants to participate.

Our website is [www.holidaysonhennepin.com](http://www.holidaysonhennepin.com) — businesses can sign up there, and residents can donate or volunteer. Several businesses would appreciate help with decorating.



**OLD HOLIDAY DECORATIONS**

If you have old holiday decorations to donate, please email us at [info@holidaysonhennepin.com](mailto:info@holidaysonhennepin.com).

RESIDENTS RALLY TO SAVE LAKE OF THE ISLES SKATING RINK

By Craig Wilson, Editor



A couple skates across the frozen Lake of the Isles, carrying on a cherished Minneapolis winter tradition. (Image: Craig Wilson)

Craig Wilson is the editor of the Hill & Lake Press. He lives in Lowry Hill.

When Lowry Hill residents Janet and Phil Hallaway learned that the Lake of the Isles skating rink was threatened with closure, they didn't hesitate. Within days,

the couple organized a grassroots campaign to preserve one of Minneapolis's most beloved winter traditions.

For more than a century, generations of residents have laced up their skates at the north end of Lake of the Isles, where the rink has served as a community gath-

ering place and a symbol of winter in the City of Lakes. The Hallaways, longtime neighborhood advocates, mobilized friends and neighbors through Phil's network of West High School graduates. Their effort quickly gained traction, gathering thousands of signatures on a petition urging the Minneapolis Park and Recreation Board to restore and maintain the rink.

Park Board staff took notice. Hearing the concerns of both residents and commissioners, staff developed a plan to restore not only the Lake of the Isles rink but all outdoor rinks that had been cut in the previous budget cycle. The proposal reflected a renewed commitment to accessible winter recreation across the city. Staff are also developing a long-term policy to guide how outdoor ice rinks are managed as winters shorten and weather patterns shift due to climate change — ensuring skating remains a viable and equitable part of Minneapolis's future.

Area District 4 Park Board Commissioner Elizabeth Shaffer and District 3 Commissioner Becky Alper championed keeping ice rinks from early 2025 onward — squeaky wheels working together to ensure that funding for

ice skating remained in the Park Board's 2026-27 budget.

Alper, who has written publicly about how much skating at Matthews Park in Seward means to her family, praised the collaboration between staff and elected officials. "I'm super excited about the plan for ice and how we managed to collectively come up with something that's going to work really well for the community," she said.

Thanks to community determination, staff initiative and cross-city cooperation, the rink and warming house at Lake of the Isles will stay open this winter — continuing a cherished tradition that binds neighbors together under the open sky.

When asked for her reaction, Janet Hallaway said, "It's so refreshing when politicians listen to their constituents' desires. A lot of people will be very happy about this outcome."

MARY McKELVEY  
for Minneapolis  
Park Board at-Large

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for CITY COUNCIL - WARD 7



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# WOODYSTOCK ROCKS!

By Jim Lenfestey

*Jim Lenfestey is a Hill & Lake Press founder and notorious Urban Coyote. He lives in Lowry Hill.*

Unlike the fabled Woodstock, visitors needed only to walk a few city blocks to experience the delights of Woodystock, held from 11 a.m. to 2 p.m. Saturday, Sept. 6, to celebrate the completion of Kenwood School’s “outdoor classroom” between the school and Kenwood Park.

Organized by Kenwood parents Marstal Aamodt, Elyse Colpitts, Michelle Kemp and Natalie Quinn, along with beloved kindergarten teacher Cathy Sullivan, the event more than fulfilled its goal of “three hours of peace, love and community.” About 400 visitors admired eight new raised-bed gardens — one for each classroom — already sprouting with beans and herbs, as monarch butterflies swarmed the dill. Children picked produce, showed off their classroom gardens and scrambled across rocks, trees and walls.

A cover band, the MTVs, kept things lively without being too loud. Food trucks OG ZaZa and Tin Fish filled plates, while art-making stations by Highpoint Center for Printmaking and ARTrageous kept hands busy.

The longest line formed at Sebastian Joe’s ice cream booth, which offered a custom flavor mixed for the occasion — “Just Woodchucking Around.” A much-petted stuffed woodchuck, Kenwood School’s mascot, stood beside the stand. “Hard to find a stuffed woodchuck,” said Mike Pellizzer, proprietor of Sebastian Joe’s. “Had to track one down in Europe!”

Like the Kenwood PTA, he left no stone unturned to make Woodystock a rocking, green and hopeful afternoon for the community.



Peace, love and community bloomed at Woodystock on Sept. 6, as Kenwood families rocked out, gardened and celebrated their new outdoor classroom in true neighborhood style. (Images: Jim Lenfestey)





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# COMPOSTING: WORTH THE EFFORT

Photos and Article by Sandy Clarke and Maria Klein



Left: Craig Phillips, Maria Klein, Manzie Di Angelis, Sandy Clarke and Rick Schoeff stand beside a pile of cured, ready-to-use compost. Right: Jake Daume, inspector and tour guide (right), explains how the trommel screener spins contaminants out of curing compost and directs cleaner compost into a new pile. (Images: Sandy Clarke)

*This story originally appeared in the Kenwood Isles Reporter, a newsletter for the condo association, and was written by two residents who live in East Isles.*

When you carry your little green bag to the garage and drop it in the big green bin, do you ever wonder what happens next? Five Kenwood Isles residents went to find out.

In June, Sandy Clarke, Manzie DiAngelis, Maria Klein, Craig Phillips and Rick Schoeff toured Specialized Environmental Technologies (SET) in Rosemount — about 35 miles south of Minneapolis — where Minneapolis, including Kenwood Isles, sends food waste to be processed into compost.

### What Happens at the Site

The Rosemount operation is one of several serving the metro area. Aside from using two trailers that function as offices, the 10-employee company operates outdoors. Large mounds of compost in different stages of curing are turned on a regular schedule over several months.

To prevent contamination, partially cured compost sits on a polyurethane membrane. Retention ponds capture runoff, which is hauled to a wastewater facility for treatment.

Residents and communities drop off tree and yard waste, food scraps and dirt at a drive-in area; farmers bring feedstock. The City of Minneapolis contracts with SET for food and yard waste. An on-site scale records each truck’s load, and a tipping fee is charged.

Our tour guide, Jake Daume, manages public outreach and inspects loads for contamination. He routinely sends samples to a Califor-

nia lab to test pH, herbicides, contaminants and nutrient levels.

### How Compost Is Finished

Donated tree waste — bark and brush — is ground into wood chips. Those chips, along with shredded fall leaves, grass clippings and other yard waste, are blended with treated compost and turned a few times before the material is ready for sale. This product isn’t intended for home gardens, but it’s used as foundation fill at construction sites.

Ash tree trunks and branches, presumed infected with emerald ash borer, are chipped to small size and sent to an incinerator.

Food waste takes the most effort — and the most acreage. Three employees, supplemented by day laborers, operate heavy equipment. Food scraps from homes and grocery stores run through a trommel screener — a large rotating, vibrating drum — that removes contaminants longer than 2 inches. We watched the machine spit out plastic, cardboard, cloth, paper, foil and hard materials such as coconut shells and bones — and those tiny produce stickers.

The screened food waste is conveyed onto a polyurethane liner and formed into tall windrows. Jake monitors temperature and moisture — both crucial to producing garden-ready compost.

### The Science Behind It

Composting at SET is essentially solar powered. Sunlight heats the piles to about 160 degrees — hot enough to kill pathogens and activate bacteria that break down sugars and fats. Air is piped through tubes beneath each pile to supply oxygen the bacteria need to work.

Jake checks temperatures regularly to ensure the process is on track.

Piles are turned and relocated every few weeks. Bobcats move curing material; the trommel screens finished compost one last time and forms new piles.

After about nine months, Kenwood Isles food waste becomes clean compost sold to garden centers, landscape contractors and construction sites. The site can be, well, aromatic, but finished compost smells like humus — pleasantly earthy.

### Why It Matters

There’s a good chance some of your former food waste is nourishing a Kenwood Isles garden right now. Gardeners here see how annual applications of compost boost flowers and vegetables.

So keep taking out your little green bag of food waste each week. It’s worth the effort — appreciated by your gardening neighbors and by all of us who enjoy the neighborhood’s blooms.



## QUESTIONS

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# Lowry Hill Update

Thanks to all who attended October events Lowry Hill sponsored—Thrill Uptown and the Ward 7 City Council Candidate Forum! Special thanks to the many, many event partners and volunteers who helped make them happen.

This year, LHNA is leading **Holidays on Hennepin**! Eat, shop, explore, and celebrate on a new and improved Hennepin Ave! Pick up your Holiday Business Passport at participating businesses starting Nov. 22, for access to local bargains and prizes!

Learn more and follow along at [holidaysonhennepin.com](http://holidaysonhennepin.com) and [@holidaysonhennepin](https://twitter.com/holidaysonhennepin) on social media.



**Election Day 2025**

**Nov. 4** Tues. Polling places open 7AM – 8 PM

Find your polling place, learn how to register, and how to take work PTO to vote without using personal leave or vacation time: [vote.minneapolismn.gov](http://vote.minneapolismn.gov)

**Lowry Hill Board Meetings**

**Nov. 5** Wed. • **Dec. 2** Tues. 6:30 – 8 PM

Kenwood Community Center: 2101 W Franklin Ave

Join us for neighborhood updates! To join the agenda, please email [lhna@lowryhillneighborhood.org](mailto:lhna@lowryhillneighborhood.org).

**Lowry Hill Neighborhood Walks**

**Nov. 15 • Dec. 20** 3<sup>rd</sup> Sat. 10 – 11:30 AM

Start + end at Sebastian Joe's: 1007 W Franklin Ave

Join us for friendly walks around Lowry Hill! Get outside, meet neighbors, pick up litter, and build community.

**Holidays on Hennepin**

**Black Friday – New Years**

Hennepin Ave S (Douglas Ave – W 36th St)  
W Lake St / Lagoon Ave (Knox – Emerson Ave S)

Eat, shop, explore, and celebrate on a new and improved Hennepin Ave! Pick up your Holiday Business Passport at participating businesses starting Nov. 22.



**[lowryhillneighborhood.org](http://lowryhillneighborhood.org)**  
for full details, newsletter sign-up and more



# A SUNDAY RUN THROUGH HILL & LAKE COUNTRY — AND BEYOND!

By Brian Lammers



East Isles runner Brian Lammers takes in the city’s natural and human beauty during the Twin Cities Marathon. (Image: MarathonFoto)

Brian Lammers is an avid runner and finished the 2025 Twin Cities Marathon in 3:47. He lives in East Isles.

Long-distance running is a uniquely individual sport. Joggers log lonely miles, racing the clock, preoccupied with pace, splits and personal records. It may be the simplicity of a sport requiring little equipment that contributes to its solitary appeal. Runners eschew gym memberships, gear and team dynamics, adhering to regimens and routes with a monastic commitment to training at odd hours in all kinds of weather. It’s difficult to find a truly compatible running partner — someone with a matching schedule and pace. A running club may offer an occasional group workout, but mostly we run alone. Yet in marathons, we thrust our solitary selves into a throng of thousands of runners surrounded by tens of thousands of spectators. The experience belies the notion of running as a solitary pursuit.

The Twin Cities Marathon, held this year on Sunday, Oct. 5, bills it-

self as “The Most Beautiful Urban Marathon in America.” Having run several marathons in the Twin Cities and elsewhere, I agree. Early October typically brings fair weather — dry air, cool mornings, warm afternoons and sunlight rippling through burnt red, orange and yellow leaves.

The marathon route winds a scenic 26.2 miles from downtown Minneapolis up Hennepin Avenue, through the Chain of Lakes, along Minnehaha Creek and both banks of the Mississippi River, finishing along Summit Avenue at the State Capitol in St. Paul. Neighborhoods turn out in force, with spectators three and four rows deep cheering runners — mostly strangers. Hand-made signs are ubiquitous and witty. My favorite: “Worst Parade Ever!”

The stretch along Douglas Avenue from Hennepin Avenue to Kenwood Park offers Lowry Hill residents and marathoners a chance to exchange shouts of recognition and encouragement as runners hit their stride and spectators sip morning coffee. Justice Alan Page is a steadfast supporter at the 2.5-mile mark,

accompanying participants with tunes from his sousaphone.

Volunteers staff a refreshment station at Douglas and Knox Avenues for runners needing early hydration. Neighbors and friends offer fist bumps and later express surprise at how strong we looked — forgetting perhaps that the marathon passes our neighborhood between miles 2 and 3. I’m grateful most of my local friends see the version of me with a spring in my step, not the beleaguered one slogging through St. Paul’s uphill finish.

During the event, I greeted dozens of friends and neighbors, traded nervous pre-race banter, shared high-fives along the route and appreciated volunteers who told me, unconvincingly, late in the race, that I looked great. To my surprise, I joined a friend and fellow runner at mile 25, and we ran the final stretch together, pushing each other to finish strong.

At the end, I was sore, proud and relieved to have finished — pleased with the result and wishing I’d trained just a little harder. Once the race is over, you realize it’s the

human encounters — the jokes and camaraderie among runners, the words of encouragement from volunteers, the recognition of friendly faces along the route and the amazing community turnout — that make the Twin Cities Marathon memorable. For this uniquely individual sport, our local marathon offers a beautiful urban setting to connect meaningfully with one another, reminding us that building and nurturing human relationships is, after all, our greatest accomplishment.

## TWIN CITIES MARATHON AT A GLANCE

- **FULL NAME:**
  - Medtronic Twin Cities Marathon
- **NICKNAME:**
  - “The Most Beautiful Urban Marathon in America”
- **FOUNDED:**
  - 1982
- **COURSE:**
  - Starts in downtown Minneapolis and finishes at the Minnesota State Capitol in St. Paul
- **DISTANCE:**
  - 26.2 miles (42.195 kilometers)
- **HALF MARATHON:**
  - Also held on the same day, starting near Lake Nokomis
- **TYPICAL RACE DAY:**
  - First Sunday in October
- **AVERAGE PARTICIPANTS:**
  - 8,000–9,000 marathoners; 25,000 total across all events
- **SPECTATORS:**
  - More than 300,000 line the course each year
- **FASTEST RECORDED TIMES:**
  - Men: Dominic Ondoro, 2:08:51 (2019)
  - Women: Jeannette Faber, 2:32:37 (2013)
- **CHARITABLE IMPACT:**
  - Millions raised annually for local nonprofits through Team Medtronic and community partners
- **SCENIC HIGHLIGHTS:**
  - Chain of Lakes, Minnehaha Parkway, Mississippi River Parkway, Summit Avenue, and the St. Paul Cathedral
- **RACE MOTTO:**
  - “The Most Beautiful Urban Marathon in America”



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# CLEAR AS MUD!

## A VOTER’S GUIDE TO THE RACE FOR PARK BOARD

By Marty Carlson



The Mud Pit, located at Cedar Lake East Beach — also known as Hidden Beach — is a distinctive natural feature that has been part of Minneapolis lake culture for decades. (Image: Stephanie Kohnen)

*Marty Carlson is a regular contributor. He lives in Kenwood.*

With Election Day fast approaching on Tuesday, Nov. 4, much ink has already been spilled on the mayoral race and the campaigns for City Council, and there’s probably little to add that hasn’t already been said. The candidates have campaigned, the PACs have sent their mailers, the pundits have pundit-ed, and most voters have likely made up their minds by now.

The one race that does seem to be causing substantial confusion is the more down-ballot race for the Minneapolis Park and Recreation Board. Who’s running? How many people do I vote for? What district am I in? What about that DFL endorsement? All good questions — and all questions that seem to be causing reasonable people to gnash their teeth and cry in supplication. This article is an attempt to help answer those questions.

### How many positions am I voting for?

The answer is four — one district commissioner and three at-large commissioners. There are nine total commissioners, with six district commissioners each representing one of six geographic districts in the city, and three at-large commissioners representing the city as a whole. So, each voter votes for four candidates in total. Easy, right?

### What district am I in?

That depends. Most residents within this paper’s circulation area live in Park Board District 4 and are currently represented by Elizabeth Shaffer, who is leaving her seat to pursue a bid for City Council. But readers in CIDNA and West Bde Maka Ska are in District 6 for this election, which is currently represented by incumbent board president Cathy Abene.

### But wait, you say — I live in CIDNA and am currently represented by Elizabeth Shaffer. Aren’t I in District 4?

The answer is yes and no. Yes, you currently live in District 4, but starting with this election, you now live in District 6. Why? Redistricting. After the last census, the six Park Board district boundaries were redrawn, with District 4 now extending across the Mississippi to include a portion of northeast Minneapolis, while giving up CIDNA to District 6 on the southern end. This is the first election to

use the new boundary lines. So, good news — you now live in District 6.

Still confused? The best thing to do is check the new maps or go to the Minnesota Secretary of State website and view your sample ballot — that will tell you for sure.

### What about those DFL endorsements?

The short answer is the Park Board candidates endorsed by the Minneapolis DFL at its July convention are in fact endorsed by the Minneapolis DFL. But wait — wasn’t Omar Fateh endorsed for mayor at that same convention, and wasn’t his endorsement revoked by the state DFL? Yes, it was, but that doesn’t apply to the Park Board candidates.

Here’s the short version. In the lead-up to the final mayoral endorsement vote, the Jacob Frey camp instructed its delegates to leave the convention, claiming that it was an unfair process. Fateh was endorsed by the remaining delegates, and after that, they proceeded to vote on Park Board endorsements. That means the Park Board endorsements were essentially decided in the convention’s final hour by delegates who preferred a mayor not named Frey.

After much hue and cry and an appellate process, the state DFL rescinded the Fateh endorsement but allowed the Park Board endorsements to stand. So, the Park Board candidates claiming the DFL endorsement actually have it, albeit without the participation of most Frey delegates. Still confused? The good news is that voters get to make their own judgment about what matters to them, and Election Day is rightly referred to as “the only poll that matters.”

### So Who Is Running?

Good question — there are a lot of candidates. The summaries below are, by necessity, brief. Some candidates have been profiled at greater length in earlier editions of this paper; others have not. The idea here is to provide a name, brief background, website address and key endorsements. You take it from there.

### Park Board At-Large

There are three open seats. There are eight candidates (plus a ninth spot for “write-in”). You get to vote for three. The top three vote-getters citywide will win election. In alphabetical order, the nine candidates are:

**Matthew Dowgwillo:** Describes himself as “a voice for parents on the Park Board.” Web-

site: [matt4mpls.org](http://matt4mpls.org). Says he’s a lifelong DFLer, works in tech strategy, and is a University of Minnesota alum with degrees in environmental science and economics. Top issues include promoting “clear, goal-centric policies with data-driven results” focused on kids and community, promoting the city’s brand, and streamlining the Park Board website.

**Meg Forney:** Park Board Commissioner since 2014 and a recent past president who says she is deeply passionate about our parks and their future. Website: [megforney.org](http://megforney.org). Cites park accessibility, improving the environment and diversifying revenue sources to drive down property taxes as key issues. Endorsed by Mayor Jacob Frey, City Council members Linea Palmisano, Michael Rainville and La-Trisha Vetaw, and Rep. Jamie Long, among others.

**Amber Frederick:** A youth-support specialist with the YMCA and a community volunteer. Cites mentorship, support for labor and community organizing as formative influences; priorities include investment, protecting green spaces and inclusion. Website: [amberfrederick.com](http://amberfrederick.com). Endorsements include the Minneapolis DFL, various labor unions, Hennepin County Commissioner Marion Greene, and Reps. Sydney Jordan and Mohamud Noor, among others.

**Mary McKelvey:** A public school teacher, coach, mother and longtime advocate for parks who has served on various citizen advisory committees. Says her top issues are kids, nature, racial and social justice, and “amplifying parks with smart partnerships.” Website: [maryforparks.org](http://maryforparks.org). Endorsed by Women Winning, Park Board Commissioners Cathy Abene and Steffanie Musich, and others.

**Tom Olsen:** Current commissioner since 2022. Has lived in Minneapolis for 11 years and began on the Community Environmental Advisory Committee before running for office four years ago. Website: [olsenforparks.org](http://olsenforparks.org). Key issues include prioritizing pedestrians on parkways, reimagining parks for a new generation, equity and reforming liquor-use policies to allow open, responsible use in parks. Endorsements include the Minneapolis DFL, various labor unions, Rep. Ilhan Omar, City Council members Katie Cashman and



history, preserving nature, community commitment and maintaining Minneapolis' status as a premier park city.

This is the seat currently occupied by incumbent Park Board president Cathy Abene, and which will include CIDNA in this election and going forward. The candidates are:

**Cathy Abene:** Incumbent Park Board President and board member since 2022. Lives in Lynnhurst with her wife, where they raised three kids. Works as principal civil engineer at the University of Minnesota managing water resources and previously served on the Board of Estimate and Taxation. Website: [cathyabene.com](http://cathyabene.com). Top priorities include youth, protection of climate, water and the environment, maintaining existing assets and protecting common spaces. Endorsements include Women Winning, Park Board Commissioners Billy Menz, Steffanie Musich and Elizabeth Shaffer, and City Council Members Linea Palmisano, Michael Rainville and LaTrisha Vetaw, among others.

**Ira Jourdain:** A former Minneapolis School Board member rooted in the Kingfield neighborhood, a proud tribal citizen of the Red Lake Band of Ojibwe, with a background in human services working with families receiving public assistance. Website: [iraforparks.org](http://iraforparks.org). Top priorities include recreation and opportunities for youth and seniors, navigating Trumpism, environmental stewardship and tree canopy, and respect for park workers and unions. Endorsements include the Minneapolis DFL, School Board member Kim Ellison and past Park Board president Brad Bourn, among others.

**Andrew Gebo:** A Loring Park resident since 2018 with a decade of experience in the finance and technology industries. Believes parks can foster community rather than division in fractured times. Website: [gebo4parkboard.com](http://gebo4parkboard.com). Top issues include honoring park



# DEREK NICHOLAS: THROUGH FOOD WE KNOW OURSELVES

Interview By Craig Wilson, Editor



Derek Nicholas, a member of the Red Cliff Band of Ojibwe and resident of the East Bde Maka Ska neighborhood, shares his passion for Indigenous foodways across Minneapolis–St. Paul. His new cookbook, “Through Food We Know Ourselves,” explores the deep connections between food, culture and identity through Anishinaabeg traditions, legends and wild plant knowledge. (Images: Anona Maya)

*Craig Wilson is the editor of the Hill & Lake Press and is Kanaka Maoli (Native Hawaiian). He lives in Lowry Hill.*

Derek Nicholas is a member of the Red Cliff Band of Ojibwe and lives in the East Bde Maka Ska neighborhood. He works across Minneapolis–St. Paul facilitating education around Indigenous foodways, highlighting the connections between food, culture and identity. His newly published cookbook, “Through Food We Know Ourselves,” is a restorative cultural journey rooted in Anishinaabeg traditions, legends and wild plant knowledge.

**Can you share a bit about your background, your connection to the Red Cliff Band of Ojibwe and what brought you to the East Bde Maka Ska neighborhood?**

I’m an enrolled member of the Red Cliff Band of Lake Superior Ojibwe, a tribal community in northern Wisconsin along the coast of Lake Superior. I carry that identity in all the work I do, especially around food, land

and community. Growing up, food wasn’t just something we ate — it was something we lived. It told stories, held knowledge and brought us together. That understanding shaped my perspective and eventually led me to explore how food connects us to who we are and where we come from.

I was drawn to the East Bde Maka Ska neighborhood because of the energy around food sovereignty, culture and community healing. I wanted to be in a space where those conversations were not just happening but being lived out. Being here has allowed me to engage with other Native folks and allies who are passionate about reclaiming food systems, reconnecting with ancestral knowledge and building community resilience. It’s not just about food — it’s about identity, healing and remembering who we are.

**You work deeply in Indigenous foodways here in the Twin Cities. What does that look like in your day-to-day life?**

It depends on the day, but at the heart of it my work is about reconnecting Indigenous

people with our traditional food system. One day I might be out foraging. The next, I’m in a classroom with students, teaching about the cultural stories behind our foods, how to cook with traditional ingredients, or why food sovereignty matters.

**How do food traditions help connect people — both Native and non-Native — to culture, identity and place?**

Food is one of the most powerful connectors we have. For Native people, food is tied to every part of who we are — our stories, our languages, our ceremonies and our relationship to the land. When we prepare or share Indigenous foods like manoomin (wild rice), we are not just eating — we’re engaging in a cultural practice that goes back generations, nourishing ourselves physically, mentally, emotionally and spiritually.

Food has the same potential for non-Native people too. Everyone comes from somewhere, and every culture has food that tells a story about where they’re from and what they’ve been through. When people take the time to understand their own food traditions — or engage respectfully with Indigenous ones — they’re connecting to something deeper than just ingredients or recipes. They’re reconnecting to identity, values and place.

In the Twin Cities, I’ve seen food bring Native and non-Native folks together in beautiful ways. Whether it’s through community feasts, land-based workshops or foraging walks, these shared experiences open up space for healing, learning and relationship-building. Food can be a bridge if we let it. It reminds us that we all belong to the land, and we all have a responsibility to care for it — and each other.

**What inspired you to write “Through Food We Know Ourselves,” and why do you call it a restorative cookbook?**

The biggest inspiration came from what I see as one of the most pressing challenges in Native communities today: identity confusion, especially among youth. A lot of young Native people are struggling to figure out where they belong in this world. One major factor is our school systems, which often take a one-size-fits-all approach that doesn’t reflect our ways of knowing, our histories or our values. There’s a deep disconnect between what’s being taught and what many of our young people need — to feel seen, understood and empowered.

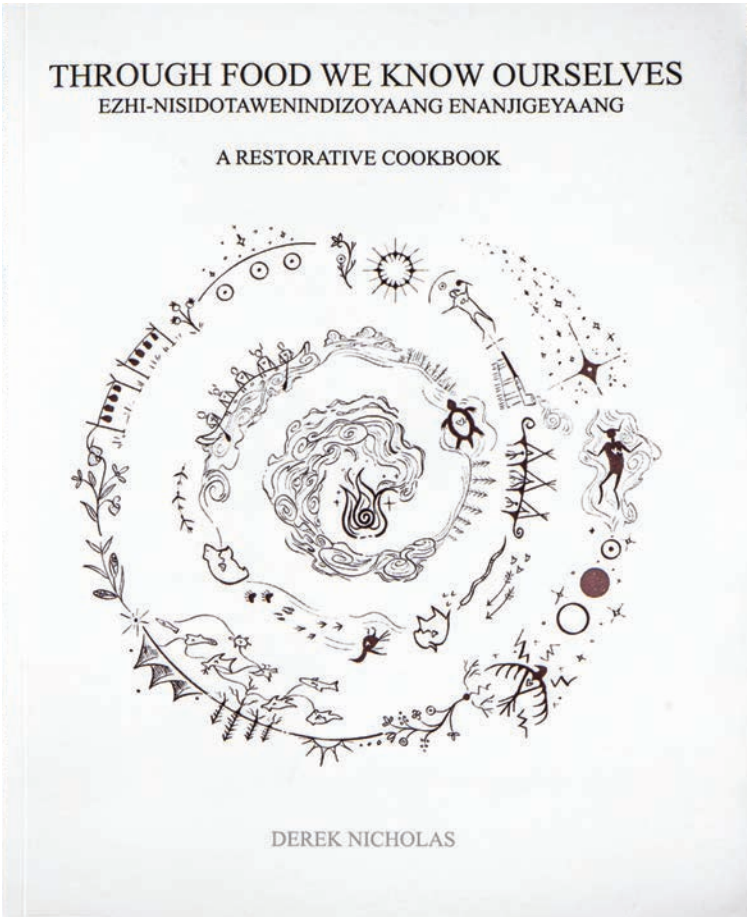


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I wrote “Through Food We Know Ourselves” because I truly believe Indigenous food systems can help restore that sense of identity. Food touches everything — whether you’re a moccasin maker, a seed keeper or even a policy advisor working to protect water. It all ties back to Indigenous food systems, and that can reconnect us to who we are.

That’s why I call this a restorative cookbook. It’s not just about ingredients or recipes — it’s about restoring identity rooted in culture. It’s a reflection of the beauty, complexity and future of Indigenous food systems. I wanted to create something that shows what’s possible when we return to our food, our stories and our teachings.

**Some recipes are based on legends and oral histories. Could you share one that especially resonates with you?**

One that stands out is venison milkweed soup. Many of the ingredients in that recipe are wild foods I first learned about from a dear elder — someone who took the time to walk with me and teach me.

**What has been the most rewarding part of creating this book, and how has your community responded?**

The most rewarding part has been seeing how it resonates with the community. Hearing from people who say a dish reminded them of their grandmother, or that they’re excited to forage for an ingredient they hadn’t used before — that’s what makes it all worth it.

The response has been supportive and powerful. There’s been a sense of reclaiming — not just recipes, but relationships to land, food and one another.

**How do you see Indigenous foodways shaping a more sustainable and connected Minneapolis–St. Paul, and how can neighbors support that work?**

In the Twin Cities, we’re already seeing Indigenous food sovereignty take root — through community gardens, Native-led organizations reclaiming traditional knowledge, or chefs reintroducing wild ingredients in respectful and innovative ways. Neighbors can support this work by showing up — by attending Indigenous food events, supporting Native-owned businesses and advocating for equitable access to land and resources. Even small acts, like learning the names of local plants or where your food comes from, help build that connection.



**What do you love most about living in the East Bde Maka Ska neighborhood?**

What I love most is all the Native plant restoration work happening here. It’s especially noticeable along the Greenway bike trail — you can really see the land coming back to life. Watching those plants return season after season is exciting. It’s a quiet but powerful reminder of what was always here, and what can return when we care for the land in the right way. It feels good to live in a place where restoration isn’t just a concept but a practice.



**PURCHASE YOUR OWN COPY ...**

Readers can purchase physical copies of “Through Food We Know Ourselves” on the Blurb.com website. E-books are available on Google Play Books.



**TO MEET NICHOLAS ...**

... at a reading or to learn more about his work, follow @wiisinigllc on social media or visit [wiisinigllc.com](http://wiisinigllc.com).



**WOODLAND NETTLE HUMMUS**

**SERVES 6**

**INGREDIENTS:**

- 28 ounces chickpeas
- 2 cups nettles
- Juice of 2 lemons
- 2 tablespoons sunflower oil
- Smoked garlic powder and salt, to taste

**DIRECTIONS:**

1. Soak chickpeas overnight and boil until al dente, or rinse canned chickpeas, thoroughly.
2. Blanch nettles: Bring a small pot of water to a boil, turn off heat, add nettles for 1 minute, then transfer to an ice bath. Drain and set aside.
3. With an immersion blender, combine chickpeas, nettles and lemon juice. Slowly emulsify with sunflower oil, adding more as needed until desired consistency is reached.
4. Season with smoked garlic powder and salt. Blend until seasoning is evenly incorporated.



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# WHY GO?

## RINATA: A LONGTIME UPTOWN TRATTORIA WORTH REVISITING

By Jason Suss

*Jason Suss spent 15 years in tech before leaving the corporate world to pursue his passion for cocktails. For the past 12 years, he has worked on both sides of the bar at local restaurants. He now lives in Lowry Hill and owns @AProper-Pour.*

After nearly 20 years at the corner of Hennepin and 25th, Rinata should not be a new name to anyone in the neighborhood. A classic Italian trattoria — cozy, small, family-owned, traditional. Rinata translates to “reborn” in Italian, and the name couldn’t be more appropriate. We’re all hoping for a bit of a rebirth along the Uptown Hennepin corridor as construction finally wraps up. Rinata was hit particularly hard, sitting almost at the epicenter of both the north and south phases of the project.

So this article is less of a “why go?” and more of a “why go again?” A gentle reminder that they’re still there — and that says something.

### A Neighborhood Classic

Rinata opened in 2006. Nearly 20 years as a small family restaurant is quite a feat on its own. Most fail in fewer than five years; some recently in as few as a month. In fact, it was one of the first restaurants we went to when we moved here in 2006. It was good then, and it’s good now. They’ve persevered through everything their location and life have thrown at them — construction, Uptown’s challenges, even a death in the family.

### Food and Experience

Rinata does everything well. First and foremost, they make all their pasta in-house. You can always tell when the pasta is freshly made — it just has that wonderful tender but toothy texture. Your meal starts with fresh-baked crusty bread accompanied by olive tapenade and oil. It’s complimentary — as opposed to the \$9 any North Loop spot would charge for it.

We shared a large arugula salad: sweetness from cherries, crunch from pistachios, acid from the light dressing, and umami from the pecorino. Everything worked. I opted for the bucatini — arguably one of the best pastas. A spaghetti-like shape but hollow, it lets the rich tomato sauce hide inside. The house-cured pancetta (think Italian bacon) added a salty, meaty note. Exactly the kind of rich, hearty bowl of pasta I often crave.

My wife went with the gnocchi. Gnocchi can be tricky to make — they often turn dense and heavy — but these were nice and fluffy, balancing well with the rich lobster cream sauce. We saw several pizzas heading to nearby tables, and they looked great, too. Pasta dishes range from about \$25 to \$35, and pizzas are in the low \$20s. Service is friendly and attentive — and if you go a couple of times, they’ll probably remember your name.



A cornerstone of the Hill & Lake community, Rinata Restaurant has become a beloved gathering place on Hennepin Avenue — the kind of family spot that feels like home, only without the dishes to wash and with far more delicious food. Left: Gnocchi with lobster; right: bucatini and bread. (Images: Jason Suss)

### Wine, Cocktails and Atmosphere

The wine list is relatively small but suits the space. Plenty of Italian options to pair well with the cuisine. There are enough by-the-glass options for everyone to find something they like. The full bar and cocktail list also have something for everyone.

### Why It Matters

Here’s the rub: Unless you’ve had your head in a traffic cone for the last five years, you’ve probably noticed the Twin Cities food scene is blowing up — nationally and internationally. James Beard, Food & Wine (hi, Diane!), The New York Times and others are all recognizing our culinary scene. Gavin’s empire, Daniel del Prado’s 137 new restaurants, Yia’s everything — and more.

It’s great to try the new celebrity-chef hot spots, but let’s not ignore the tried-and-true mom-and-pop ones.

### Located:

Rinata  
2451 Hennepin Ave South  
Minneapolis, MN, 55405  
(612)-374-8998  
Tuesday – Thursday: 4:30 – 9 P.M.  
Friday – Saturday: 4:30 – 10 P.M.  
Sunday & Monday: Closed.

➔

## WHY GO?

- Support a quality, small, family business.
- Fresh-made pasta and authentic Italian cuisine — there aren’t many other Italian spots in the neighborhood.
- Friendly, warm, attentive, unpretentious service.
- The bread is free.

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# 2505 E. LAKE OF THE ISLES PARKWAY — 1913 TO TODAY

By Josie Owens



Looking over Lake of the Isles at spectacular pink skies at sunset , 2505 E. Lake of the Isles Parkway is once again for sale. (Image: PKA Architects)

*Josie Owens is a regular contributor. She lives in Lowry Hill.*

2505 E. Lake of the Isles Parkway is once again for sale. Designed by Peterssen/Keller Architecture of Minneapolis and built by John Kraemer & Sons in 2018, this stately home is full of paradoxes. As an elongated one-story home, it is grand but unimposing. Natural light pours in through numerous windows, skylights and glass doors, yet the occupants are hidden from external view.

Filled with modern and environmentally sustainable amenities, it is a new home in one of the oldest Minneapolis neighborhoods.

“Perfectly thought out” is how Josh Zuehlke, the listing agent for Coldwell Banker, describes the home. He calls it “an audibly and visually quiet home inside and out.”

This is the third home to grace the property, and each one has reflected its era and the architectural diversity of Minneapolis.

### The Gates Mansion

This property, which Zuehlke calls “probably the biggest piece of dirt on the lake,” was first acquired and developed in 1913, soon after the successful municipal project to dredge the Chain of Lakes and rebuild shorelines.

(See my September 2022 Hill & Lake Press article “Linking of the Lakes — A Municipal Challenge” for more information about real estate development on Lake of the Isles.)

Charles Gates, who had considerable wealth thanks to his father John W. “Bet You a Million” Gates’ speculation in barbed wire, railroading and oil, was drawn to Minneapolis because it was the home of his second wife, Florence Hopwood. They wed in 1911, a month after his father’s death, which brought him a \$19 million inheritance. The newlyweds decided to build a “cottage” on Lake of the Isles.

Designed by Marshall & Fox of Chicago and built by George A. Fuller Co., the home was a 38,000-square-foot, four-story stone mansion. Like the home today, it possessed the amenities of its time — a 300-pipe Aeolian organ, a ballroom, two elevators and the first home air conditioning system in the nation.

Unfortunately, Gates never occupied the mansion, as he died in 1913 at age 37 while on a hunting trip, recovering from an appendectomy. His young widow finished the mansion and took occupancy in 1914.

Florence soon realized that the time and cost — about \$60,000 a year — to run the home were overwhelming. After marrying a Connecticut stockbroker in 1915, she spent her time in Florida and Connecticut and had no need for the home. She put it up for sale in 1920, hoping the city would purchase it for an art museum.

In 1923, Dr. Dwight F. Brooks, a St. Paul businessman, bought it for \$150,000. He never lived there but enjoyed it as a quiet getaway until his death in 1930. His estate had no luck selling it, and it was demolished in 1933.

### A Different Architectural Look

Before the second home was built at 2505 E. Lake of the Isles Parkway, a section of the large property was sold to Abram M. Fiterman, for whom Minneapolis architect Edwin Lundie designed a Cape Cod variant of a Colonial Revival house in 1953. This home still stands at 2525 E. Lake of the Isles Parkway.

Arthur C. Melamed, co-founder of Coast to Coast Stores, hired Chicago architect Henry L. Newhouse Jr., an acolyte of Frank Lloyd Wright, to design a modern home on the remaining one-acre property. The home bore the markings of the Usonian style, with its use of simple materials and open floor plans that made it harmonious with the natural surroundings.

Rhea Isaacs and Fred Isaacs, the chairman of American Iron & Supply Co., purchased the home and made a few changes in the 1980s, including adding a greenhouse. Their house was known for its massive atrium with a white grand piano visible from Lake of the Isles, several patios and a large pool. Fred died in 2005, and Rhea decided to sell the home in 2013.

### The Third and Current Home

In 2014, the Ericsons purchased the home and property with the intention of updating the Newhouse design. However, they realized that it was impossible to achieve the home they envisioned within the existing footprint. Their demolition removed the second home and the last remnants of the original Gates Mansion foundation and retaining wall.

In many ways, the house the Ericsons built extends the Usonian style. The 2018 house, with its muted tones of stone and wood, seeks to fit into the natural surroundings rather than dominate them.

The occupants are encouraged to enjoy time outside year-round — a challenge in Minneapolis — “with an elevated lakeside terrace and a secluded courtyard featuring a fireplace, fountains, dining area with phantom screens and a full grilling station.” From the road below, one sees billowing natural grasses and only a whisper of the one-story home.

In 2021, the Ericsons decided to sell. Before doing so, they separated the property into three parcels: the 8,930-square-foot home at 2505; the north section at 2501 with no structure; and another lot with no structure on Lake Place. The current owners are now selling all three properties.





The Gates Mansion, 1914. (Image: Mitch Berger)



2525 E. Lake of the Isles Parkway, designed by Edwin Lundie, 1953. (Image: Edwin Lundie Architecture)



Arthur C. Melamed, co-founder of Coast to Coast Stores, commissioned Chicago architect Henry L. Newhouse Jr.—a protégé of Frank Lloyd Wright—to design a modern home on the remaining one-acre site. Completed in the Usonian tradition, the house featured simple materials, open interiors, and a seamless connection to its natural surroundings. (Image: USModernist Archives)



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# STRESSED OUT? MAYBE YOU NEED TO WATCH SOME PROFESSIONAL WRESTLING

By Molly Mogren Katt



Editor Craig Wilson attended his first professional wrestling match at the Uptown VFW this past winter at the urging of his empty-nester neighbors who have been catching up on things they missed over the years. He was surprised by how much he enjoyed it — and by the depth and diversity of the pro wrestling subculture. It was campy like a drag show, theatrical like a stage drama, rowdy like a monster truck rally and amped like a punk rock concert and pro sports game all rolled into one.. (Images: Craig Wilson)

*Molly Mogren Katt is a writer, entrepreneur and mom who launched HeyEleanor! on Substack to document facing her fears. She is a regular contributor and lives in the Wedge.*

I attended my first professional wrestling match at age 10. I loved the trash-talking, booing my favorite heel (that’s wrestling lingo for “bad guy”) Ric Flair, and high-fiving El Matorito Santana as he sauntered to the ring. I returned home with my very own pair of Bret “Hitman” Hart pink mirrored sunglasses. Thirty-three years later, I’m unsure there’s anything I enjoy more than professional wrestling.

I know what you’re thinking: Ew, Molly, isn’t wrestling fake? And isn’t everyone all spray-tanned and ‘roided out? And isn’t Vince McMahon highly problematic? These preconceptions are too simplistic — akin to saying you’ve been to Paris when you really only had a two-hour layover at Charles de Gaulle.

Professional wrestling melds storytelling with feats of strength, acrobatics with the drama of a telenovela. It’s a burlesque show mixed with slapstick comedy — and, to be honest, if you leave a match unfulfilled, maybe try unplugging yourself and rebooting to the factory settings.

Wrestling is the pinnacle of entertainment — action, drama, emotion, physicality — and it’s about as progressive as it gets. This is especially true in Minneapolis.

In 2007, local wrestler Arik Cannon launched F1rst Wrestling, an independent professional wrestling organization. They’ve performed outside the Bryant-Lake Bowl during Pride, in the Mall of America rotunda, and at sold-out shows at First Avenue and the Uptown VFW. Their tagline? Wrestling is for Everyone. And when they say everyone, they even mean you — the deeply skeptical person still reading this article. Here’s why you should attend an upcoming F1rst Wrestling show.

### It’s All About Consent

We all know professional wrestling is “fake,” but only in the sense that outcomes are agreed

upon. The physicality is real — and people do get hurt — but matches are built on trust and consent. That’s why wrestling is fun as hell while ultimate fighting or boxing can feel icky.

“Before a show, there’s a lot of conversation and consent,” says Cannon. “There have been a number of times before a match where I’ve said, ‘I don’t feel comfortable with that,’ and the response from my opponent is, ‘Okay, no problem.’ At the end of the day, our job is to protect the person we’re in the ring with.”

**“Professional wrestling melds storytelling with feats of strength, acrobatics with the drama of a telenovela. It’s a burlesque show mixed with slapstick comedy — and, to be honest, if you leave a match unfulfilled, maybe try unplugging yourself and rebooting to the factory settings.”**

### All Body Types Are Celebrated

As someone who turned 18 in the year 2000, I’m still processing what it meant to come of age in the hyper-body-focused Britney Spears “Oops!... I Did It Again” era. And this is another reason I love wrestling: whether you’re a gym rat, rock a beer belly, are covered in hair or

waxed to a shine; whether you have cellulite, breast implants, tattoos, scars, meaty thighs or wispy arms — professional wrestling celebrates all bodies.

“It’s important that the F1rst Wrestling line-ups are diverse and representative,” says Cannon. “We want everyone in the audience to connect with someone in the ring.”

Cannon can’t overstate how much female wrestlers are killing it. “I don’t think a lot of fans realize how hard the women have it,” he says. “I genuinely believe they work harder than the men, and I often hear people leaving our events saying the women stole the show.”

### You Cry It Out

Wrestling fandom is largely made up of men. Maybe that’s because of its physicality, but I think it’s actually because the ring serves as a place where men are encouraged to showcase big emotions.

“Oftentimes, society dictates that men shouldn’t have feelings or cry,” says Cannon. “In wrestling, doing all those things helps us tell our stories and build connections with our fans. If you aren’t emoting with your facial expressions, it’s harder to understand what point you’re trying to make.”

### So You Want to See Your First Wrestling Match

I’m personally treading lightly around the news cycle — it’s too depressing. That doesn’t mean I’m disengaged. I’m talking to my neighbors, supporting small businesses and participating in joyful local events.

If you’re tired of eating or drinking your feelings, may I suggest attending one of F1rst Wrestling’s upcoming events?

Cannon offers some simple advice for first-timers. “Leave your preconceived notions at the door,” he says. “We’re going to party, and you’re invited. After a show, I’ve had so many people tell me, ‘I’m not a wrestling fan, but my face was hurting from all the smiling and laughing.’ That’s really what it’s all about. I love sending people home so happy that they tell their friends they have to come next time.”

**UPCOMING:**  
**F1rst Wrestling Events Uptown VFW**

- Sat., Nov. 11, 7 p.m. (21+)
- Thurs., Dec. 4, 7 p.m. (21+)

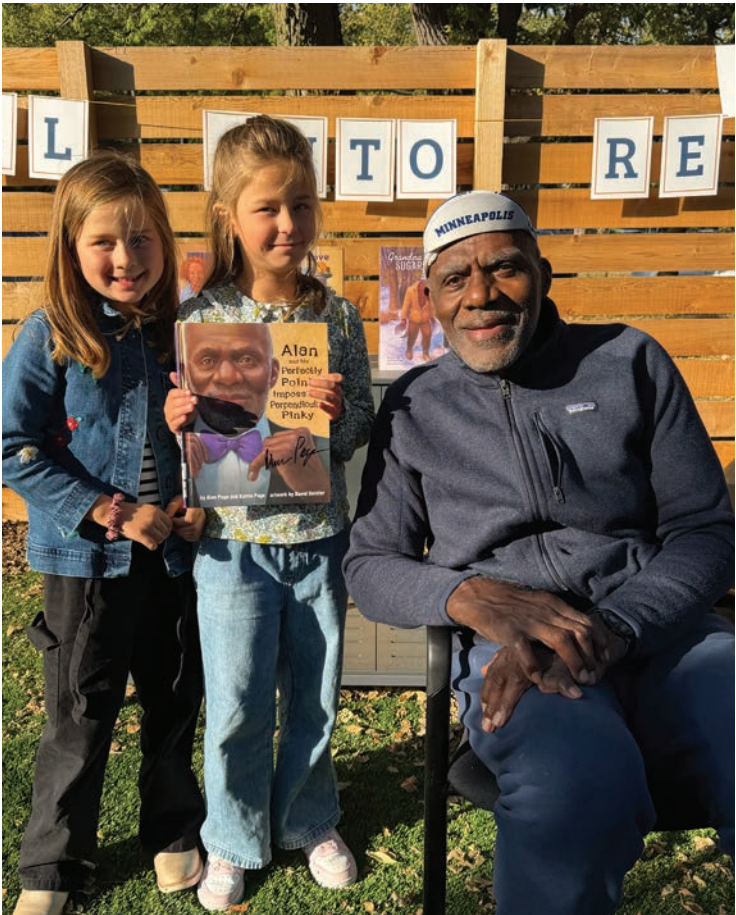
  
**Minneapolis Convention Center**

- Fri., Nov. 7, 7 p.m. (All ages)
- Sat., Nov. 8, 7 p.m. (All ages)





The east side of Cedar Lake, a natural preserve in the Chain of Lakes, is being celebrated through the Cedar Lake DNR School Forest initiative. Neighbors met throughout October for community workdays, focusing on rewilding two areas damaged by heavy foot and bike traffic near Cedar Lake East (Hidden) Beach. Volunteers planted sedges, reforested a path and removed buckthorn. Check out the School Forest area again in the spring on your way to the beach! (Images: Paula Chesley)



Kenwood Elementary was honored to welcome Justice Alan Page to this year's Fall Festival, where he delighted attendees by reading his children's book "Alan and His Perfectly Pointy Impossible Perpendicular Pinky." Families gathered in the school's new outdoor classroom, where kids and adults alike were captivated by the story — and by their distinguished neighbor. (Image: Elyse Erickson)



# Hill & Lake Press

The Hill & Lake Press is a non-profit newspaper funded and supported by its advertisers and neighborhood associations:



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# AROUND TOWN: A MIX OF SPIRITS, FLARE AND FALL ART FAIR FUN

Photos by Courtney Cushing Kiernat





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FINDING GRACE IN KANSAS

A monthly column by Dorothy Richmond

Dorothy Richmond is founder of the Dear Neighbor column and a longtime resident of Cedar-Isles-Dean.

Dear Neighbor,

Michael is the son of my favorite cousin, Rita, who died 11 years ago, gutting us both. Rita, ever wonderful, loving and giving, left Michael and me what I consider the greatest inheritance imaginable — each other.

Recently I returned to Lawrence, Kansas, for Michael’s installation as pastor of his church. Lawrence is a wonderland because Michael and his husband, Matt, live there — and for so many other reasons, some rediscovered, some newly found on this visit.

Lawrence is like stepping into Mayberry, the fictional town of Sheriff Andy Taylor, Aunt Bee and Opie — where the snottiest person was Aunt Bee’s friend Clara, who by today’s standards would be a saint. The people of Lawrence, I’ve discovered again and again, are decent and, what’s more, good. For me, Lawrence is a site of grace, a kind of reassuring rock at a time when the world can feel scary, complicated and difficult.

I stayed at The Eldridge Hotel on Massachusetts Street — “Mass Street” to the locals — which hosts and boasts a ghost. The Colonel Shalor Eldridge room (No. 506) is where Shalor, an anti-slavery abolitionist, chooses to roost. Like Casper, he’s friendly, and the room is nearly impossible to book due to its popularity.

Michael’s installation was celebrated by a potluck luncheon in the church basement — a bounty of homemade casseroles, salads and dessert bars. I sat with Michael’s dad, his partner Vicki, and three not-for-long strangers:

Shan, who officiated at Michael and Matt’s wedding; her wife, Kathy, an elementary school teacher; and Eve, their longtime friend. In the course of conversation (no small talk at this table!), Eve revealed that her sister was the social worker for Charles Manson during his stay at California’s supermax Pelican Bay Prison. Eve was quickly christened the “Manson Girl,” and the high spirits rolled on.

An afterparty followed for close friends and family at Michael and Matt’s home. I found myself sitting next to Jana, a spiritual guide. I asked her something I’d long wondered: What’s the difference between therapy and spiritual guidance? She said there’s a lot of overlap — both focus on interpersonal relationships, but a spiritual guide brings in one’s relationship with God.

Jana’s theory is that people’s image of God is closely related to their relationship with themselves. Tears came to my eyes. I thought of my tightly wound Catholic upbringing, how I’d seen God as judgmental, punitive — a bean counter. “Being good” meant checking innumerable boxes, mostly man-made rules impossible to fulfill. I was hard on myself (and by default on others), always striving to be good but never measuring up.

I left the church as I’d known it when I was in my 30s. I wasn’t happy. One Sunday in the middle of Mass I walked out. “It’s not working between You and me anymore,” I told God. “I’m taking a break.” God survived, and I wasn’t struck dead. The separation healed me and brought me to places I’d never imagined. For me, this is Grace: I could be my real, imperfect self and still be a Good person.

The theologian Richard Rohr writes, “That which you long for, you also are. In fact, that is where the longing comes from.” What a comfort.

I was definitely longing to be Good. Was I there yet? No — but what human being ever is?

Setting sail from my original belief system allowed me to see goodness in myself and in others. Judgment turned into appreciation. Openness replaced rigid thinking. The goal of perfection transitioned into an aim to be real. On my last day, I set out from the Eldridge to get Michael and Matt treats for their upcoming wedding anniversary. My destination: Au Marché, a swanky chocolatier four blocks down Mass Street. It was raining, then pouring. My kingdom for an umbrella! I made it three blocks and took refuge in Wonder Fair, a delightful stationery shop, to take a break from the storm. I’d been there a couple of days earlier, and Manda, the salesperson, remembered me.

She asked, “Do you want an umbrella?” My eyes widened. “Really?” “We have a bunch in the back, and there’s a red one that would go great with your dress.” “Wow, thanks! I’ll return it on the way back.”

“Okay — or just keep it.” Double wow. Double thanks. I walked on, got the chocolate, the downpour continued, and I handed the umbrella to Michael to return (he loves Wonder Fair).

That umbrella, so kindly selected to go with my dress, was exactly what I needed that morning. That’s Lawrence, Kansas. That’s grace. That’s goodness. That’s love and generosity — as are my dearest cousins, Rita and Michael, and now Matt, too, part of the magic circle.

— Dorothy

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# NEIGHBORS HONOR MEMORY OF THE “TULIP HOUSE LADY”: GARDENER LISA STORTZ

By Paula Chesley



Community members gathered Oct. 10 in Levin Triangle Park to plant tulips in memory of Lisa Stortz, known for her colorful “Tulip House” on Humboldt Avenue. (Image: Joe Peris)

*Paula Chesley is a neighborhood volunteer. She lives in East Isles.*

On Oct. 10, East Isles neighbors planted tulip bulbs and dedicated a bench in Levin Triangle Park to commemorate Lisa Stortz, the beloved owner and gardener of the Tulip House who died in June.

Lisa’s neighbors have created a Venmo fund for the memorial garden, and the planting will take place annually. The “Humboldt Heroes” — Lisa’s term for

the neighbors on her block — are also planting tulips in their front yards and boulevards so that when folks drive down the 2400 block of Humboldt Avenue in the spring, they will still see plenty of tulips.

The plan is to continue the tradition, spreading the joy of the Tulip House into future years.



## TO HELP HONOR LISA’S MEMORY – “THE TULIP HOUSE LADY”

If you’d like to honor Lisa’s memory, there are two ways to do so. You can contribute to Lisa’s memorial garden fund at Levin Park via Venmo at [@TulipsForLisa](#), or plant tulips in your front yard or boulevard to help spread the joy of the Tulip House throughout our neighborhoods.



For years, a burst of spring color brightened the corner of Humboldt Avenue South and 24th Street in East Isles. Known fondly as the “Tulip House Lady,” Lisa Stortz planted thousands of bulbs to bring joy and light to neighbors and visitors from afar. After each long Minnesota winter, smiles returned as people paused to admire the blooms, snapping photos and soaking in the season’s first warmth. (Images: Craig Wilson)