

THE TULIP HOUSE BLOOMS AGAIN

By Barbara LaBounta



The “Tulip House” at 2450 Humboldt Ave. S. in East Isles bursts into color each spring, drawing neighbors and passersby with its vibrant display of tulips lining the front yard. (Image: Courtney Cushing Kiernat)

Lisa Stortz, “the Tulip Lady,” died last year. Her neighbors and her bulbs have made sure her garden returns.

The Minneapolis Tulip House garden is once again starting to bloom.

The future of the annual display at the well-known and

well-visited “Tulip House” hung in the balance at the end of The home’s owner, Lisa Stortz, who for years created the stunning display of blooms, had passed away.

Neighbors were deeply shaken. She had been the social anchor of the neighborhood, frequently bringing them together and generously hosting them on the deck beside her home.

Seeking a way to honor her, neighbors banded together to raise funds for a memorial tulip garden at Joanne R. Levin Park in East Isles, colloquially known as Triangle Park.

With help from the Minneapolis Park and Recreation Board, two large stands of tulips were planted, and visitors can rest on a bench, which now has a memorial plaque, while admiring the tulips in bloom.

Countless neighbors on Humboldt Avenue South and surrounding streets also plant-

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WILL LYNDALE BECOME THE NEXT HENNEPIN?

Opinion by Susan Lenfestey



The 2900 block of Lyndale Avenue South (Image: City of Minneapolis)

The Lyndale Avenue redesign is a slow-moving ping-pong game between business owners and bus and bike advocates. The latest volley just bounced back.

Watching the plans for the re-configuration of Lyndale Avenue is like watching a slow-moving ping-pong game, with the ball bouncing between small business owners on one side and bus and bike lane advocates on the other. Only with higher stakes.

Business owners and their supporters say that the removal of parking places in favor of bus and bike lanes, and adding concrete center medians to prevent turns, will drive customers away

— and point to the re-configuration of Hennepin Avenue as Exhibit A.

The bus and bike lane advocates say we must move away from our reliance on cars if we’re to have a chance of surviving as a planet, and that roads need to be made safer for those who walk and bike, and more convenient for those who ride the bus. And they say that businesses will be fine with a slower paced traffic flow that favors strolling and pedaling over driving and parking.

Lyndale Avenue is a county road, but the planning process has been a joint effort with the City of Minneapolis, and the

City Council has final say on the plan.

After a lengthy community-input process to review various options — parking bays, bikeways, a dedicated bus lane,

“The bike path will require the removal of 52 mature trees. People getting out of their cars will step into an active bike lane — one that encourages speed rather than slows it.”

more crosswalks — and hearing passionate arguments from all sides, planners released a compromise plan last fall. Some parking would be retained, there would be no northbound dedicated bus lane and bikers and pedestrians would share a wider, winding pathway.

The business owners and supporters thought this was a workable solution. The bus and bike lane advocates thought differently.

Among other things, the bike and transit proponents favored a dedicated bus lane over parking, arguing that this is a once-in-a-lifetime chance to make our roads more car free and more transit friendly. They cited safety concerns of putting bikes and pedestrians on the same path, noting that e-bikes and scooters move at higher speeds as well as the high potential for mashups. Their push-back was well organized and effective.

So effective that in March, the county released another plan reflecting their concerns. It puts back the designated bus lane, removes center turn lanes and retains lengthy concrete medians. Instead of a shared pathway, there will be a sidewalk and a separate, straighter bike path.

The business owners and their supporters returned the volley. The bike path will require the removal of 52 mature trees. People getting out of cars will step into an active bike lane — one that encourages speed rather than slows it.

The bus lane will not only take away much-needed parking, it will cause congestion. There is no place for plowed snow to go in the

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50TH
ANNIVERSARY
 1976 - 2026

**Hill &
 Lake
 Press**

Founded in 1976, the 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 the Hill & Lake Press.

HILL & LAKE PRESS

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Distribution

U.S. Postal Service

Deadlines

Next issue — June 2026
 Reservation deadline —
 May 10, 2026
 Materials due —
 May 15, 2026

Our circulation reaches over 16,000 households across Minneapolis' Lakes District and Uptown neighborhoods.

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TO THE Letters editor

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.



From Concrete Void to Living Corridor

There is some welcome good news from the Hennepin and Lyndale crossroads. The Minnesota Department of Transportation is stepping up with long-overdue planting upgrades along this critical corridor, more than a decade after a major public investment transformed what was once a confusing, multi-jurisdictional expanse of concrete into a far more navigable and attractive space.

That transformation made a difference. Strategic plantings helped soften the edges of a once-hostile environment, with the Douglas median at Hennepin Avenue and Douglas Avenue in Lowry Hill standing out as a particularly successful and beautiful feature. It showed what is possible when infrastructure is paired with thoughtful design.

Now there is an opportunity to build on that progress. Seasonal plantings can bring color, life and a stronger sense of place to the corridor, but they require community support to become a reality.

Donations are being accepted through the Lowry Hill Neighborhood Association. Contributions can be mailed to Lowry Hill Neighborhood Association, P.O. Box 3978, Minneapolis, MN 55403. Please include "Douglas Median" in the memo line.

This is a chance for neighbors, businesses and supporters of our community to invest directly in a corridor that serves as a gateway to the neighborhood. With a little collective effort, we can continue turning yesterday's concrete into something that feels alive.

*John Van Heel
 Loring Park*

A Chief Who Showed Up

As we approach the second anniversary of the ambush killing of Officer Jamal Mitchell on May 30 and the City Council contemplates the reappointment of Chief Brian O'Hara, I cannot help but think about the extraordinary support Chief O'Hara provided his officers, the community and — most importantly — Jamal's family during that terrible time.

Chief O'Hara spent the evenings from May 31 through June 12, 2024, at the squad car memorial in front of the Fifth Precinct. He comforted officers, spoke with community members and prayed the Mexican rosary with parishioners who arrived each evening from Incarnation Church to keep company.

Chief O'Hara came to the Minneapolis Police Department as a change agent to lead the department through and out of extremely challenging times. At that time, the department's reputation was in tatters, community trust was eroded and officer morale was poor.

Since his first appointment in 2022, the chief has led MPD reform, built trusted relationships with the community and driven down crime.

Can you imagine enduring Operation Metro Surge had we been operating under 2022 conditions? With the chief's front-and-center leadership and the excellent work of our MPD officers, our city did not burn. A terrible situation was not made worse. Today, recruitment is up, officer diversity is up and the uniform is worn with pride.

Chief O'Hara feels called to do this work in this city at this time. He approaches his responsibilities with a sense of strength and purpose. His family supports him in his work. I ask you to support him also. Your voice will make a difference. Please take a moment to let all 13 City Council members know of your support for Chief O'Hara and ask them to support him. Their contact information can be found at — minneapolismn.gov/government/city-council/members.

*Aileen Johnson
 North Loop*

1,200 Acres in Decline

Watching another Park Board meeting, I saw a clear process for moving neighborhood parks through stages of improvement, with budgets, timelines and funding projections. It raises a question: Why aren't the Park Board's natural areas treated as a real asset?

Roughly 1,200 acres of natural areas represent about \$240 million in public assets. By the Park Board's own assessment, more than three-quarters are in poor or very poor ecological condition, with hundreds of acres — especially woodlands — already at the lowest rating. Some are slipping toward a point where recovery becomes uncertain.

A reasonable maintenance standard is 1% to 2% of value annually — roughly \$2.4 million to \$4.8 million here — just to hold the line. Yet

natural areas management is funded at a fraction of that. With about \$700,000 a year, only around 400 acres are classified as "managed." Combined with volunteer park stewards, total investment reaches roughly \$1.4 million, or just over \$1,000 an acre.

This isn't a maintenance issue. It's a repair issue. Restoring degraded systems takes closer to 5% — roughly \$10,000 an acre annually for a period of recovery.

What would that fund? People, first: ecological staff, field crew leaders and seasonal crews to plan invasive removal, prescribed burns and replanting. It funds sustained, multi-year restoration — buckthorn doesn't stay cleared after one pass. It supports rebuilding native trees, shrubs and hydrology. And it strengthens park stewards, who already give thousands of hours.

When healthy, these lands filter water, moderate heat, support vanishing biodiversity and offer children something increasingly rare: unstructured space to explore.

Time is not neutral. Delay makes recovery harder, costlier and sometimes impossible. These lands fall squarely under the Park Board's responsibility. What will commissioners do?

*Steve Kotvis
 Bryn Mawr*

Grateful to Our Police

The start of a woman's worst fear while home alone began as a man recently attempted a home invasion at my Cedar-Isles-Dean home at 11 p.m.

I scared him off, then went to my second floor to look out the back window as he moved to an apartment building nearby. I called the police and watched him ring various apartment doorbells.

He didn't get into the building and headed around the block. I felt safe in my car, so I drove to look for him, in case the police were busy. I didn't want another neighbor to experience what I had. I couldn't find him.

I was grateful that two Minneapolis Police Department patrol officers were able to arrive quickly. After seeing that the police were driving the neighborhood, I went home.

At 12:45 a.m., a neighbor saw the man being led in handcuffs to a police vehicle from her second-floor bedroom window, taken from inside a different nearby apartment building.

This conclusion allowed me to sleep. What I realized is that perhaps most often victims, or potential victims, don't learn the outcome of a 911 call. And police officers don't know that sometimes we're watching out our windows and very appreciative of their actions.

I also realized that this is the work that I rely on from police officers. It doesn't make the news but outcomes like this are what make people able to sleep, to function.

I'm grateful to Chief Brian O'Hara, the Fifth Precinct and each Minneapolis police officer who strives to do the right thing each shift, providing safety and peace.

*Monica Nilsson
 Cedar-Isles-Dean*

Minnesotans Sure Know How to Get Rid of ICE

Kudos to the editor Craig Wilson and the team at the Hill & Lake Press for the expansive coverage of



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THE TULIP HOUSE BLOOMS AGAIN Front page



(Image: Henry LaBounta)

ed tulips on their own properties and boulevards as blooming tributes.

The house was sold last summer. With little time before the first frost, the new owner decided to plant tulips as well. Aided by neighbors who were busy with their own bulbs, the future garden was quickly planted.

The first sprouts of the renewed Tulip House garden have

ing the tradition she started continues to live on.

Once again, we look forward to welcoming visitors from all over the Cities and surrounding region to our beloved, tulip-filled neighborhood.

Barbara LaBounta lives in East Isles.

“All her neighbors are sure she would be smiling, knowing the tradition she started continues to live on.”

appeared, heralding the arrival of spring. Lisa, often called “the Tulip Lady,” was very private and never sought the spotlight for her spectacular floral display.

Even so, all her neighbors are sure she would be smiling, know-



CONTRIBUTE

To contribute funds for next year’s memorial tulip garden at the Levin Triangle, visit @TulipsForLisa on Venmo.



BRYN MAWR SPRINGFEST 2026



Bryn Mawr Spring Fest, held Thursday, April 9, 2026, at La Doña Cervecería, brought neighbors together for an evening of food, music and community connection. Organized by the Bryn Mawr Neighborhood Association, the annual fundraiser reflected a longstanding local tradition of neighbors supporting neighbors. (Images: Craig Wilson)



EARTH DAY 2026



Volunteers braved a blustery morning to clean up Lake of the Isles, Bde Maka Ska, Kenwood Park and surrounding streets. Their haul: aluminum cans, plastic bags, underwear, a dragon sculpture and a computer printer. (Images: Courtney Cushing Kiernat)

IS LYNDALE THE NEW HENNEPIN? Front page

winter. It compromises the ability of emergency vehicles to move through narrowed traffic lanes.

Business owners suggest county and city planners hit pause and take an in-depth look at the effect a similar plan is having on Hennepin Avenue businesses and nearby residents before committing to any new plan on Lyndale.

What's Next?

Due to the lengthy give-and-take, the deadline for finalizing the plan has already been extended.

A final plan will be submitted to the City Council in late spring. The council will vote it up or down, and the mayor will have the option of a veto.

For now, construction is slated to start in 2028 and to take three years to complete.

The current plan can be viewed at beheardhennepin.org/lyndale-avenue.

Comments can be directed to the mayor at Jacob.Frey@minneapolisismn.gov, to the City Council at councilcomment@minneapolisismn.gov, or to individual council members (see sidebar).

Susan Lenfestey writes for the Hill & Lake Press. She lives in Lowry Hill.



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WHAT'S GOING DOWN IN UPTOWN

By Susan Lenfestey



Please support the local businesses you love, like Barbette in Uptown on Lake Street. The closing of The Lowry this past month is another loss for Minneapolis' restaurant scene. If we don't go, they can't stay. (Image: Courtney Cushing Kiernat)

Uptown may still be finding its footing, but between neighbors showing up, businesses testing the waters and the city leaning in, the long-stalled comeback finally feels like it has a pulse.

For the last few years, Uptown's recovery has been caught in an eddy of good intentions and bad actors. But thanks to the efforts of residents and business owners and attention from city leaders, things may finally be moving in the right direction.

First, the Good

The 50-year-old Uptown Association is rightly proud of its efforts to bring stability, safety and businesses back to the area. The Farmers Market is returning to Uptown for a second season, and the iconic Uptown Art Fair will be back after a two-year hiatus to Bachman's in Richfield. Arizona Tacos, a popular restaurant in New Hope, is opening a second location at Seven Points in May. It's rumored that a restaurant will be moving into the former Sooki and Mimi space, aka Lucia's to old timers, and there's even a whisper that there may soon be some action in the former Apple store.

Neighbors Step Up

Uptown United started when Kevin Norman moved back to Uptown after 10 years in Oakland, California, and saw empty storefronts and open drug dealing in his formerly thriving neighborhood. Norman wrote a letter to city officials pleading for them to pay attention, and he started community walks on Friday and Saturday nights to bring energy — and people — back to the streets.

The City Steps Up

In other good news, there is now a dedicated Fifth Precinct patrol unit in Uptown, and since March 1, officers have issued 120 misdemeanor trespassing citations and made 60 arrests, many involving people with outstanding warrants.

On April 7, Ward 7 Council Member Elizabeth Shaffer announced that safety ambassadorswill finally be coming to Uptown in November. "The community has been asking, and now we're delivering!" she said. At a press conference on April 21, Shaffer was joined by Mayor Jacob Frey, Chief Brian O'Hara and other city officials to talk about the ambassador program.

The speakers credited the collaboration between city agencies, health care teams and the county, as well as the Uptown Association, business owners and neighbors, for the changes starting to happen. Hennepin County Commissioner Marion Greene noted that the

county has a big presence in the neighborhood with the Walker Library — ground zero for much of the open drug use in Uptown — and thanked the county's staff for stepping up as well.

The mayor and Shaffer noted that the city is not just sweeping dealers and addicted people off the streets and into other neighborhoods; they are working with appropriate agencies to get them the help they need.

To the question of why the ambassadors won't hit the streets until November, Amanda Harrington, director of the Neighborhood Safety Department, said the ambassadors need to be recruited, vetted and trained in everything from de-escalation techniques to CPR, and that data shows training is critical to the program's success.

She said it also takes time to allow for community input on where and how the ambassadors can be most effective.

A Walk Through Uptown

Response to the announcement of an upturn in Uptown ranged from cautious optimism to wary skepticism.

Carla Pardue, a longtime resident of Uptown, captured the mixed emotions that many people feel about Uptown in an account of her experience on a recent Uptown United community walk.

"About 30 of us gathered in front of Seven Points to get our T-shirts before setting out. We had wonderful conversations about the future of Uptown, what we all could do to help and how nice it was to be walking around the neighborhood together on a beautiful Friday evening.

"We stopped in new places and old places to tell them — please stay, we are here and we want you here.

"It reminded me of the old days when we would walk to Uptown with no idea where we were going or what we were going to do. There was just so much going on, we knew we would find something.

"My takeaway from the evening was that the Uptown community does care. The police do care. And now it seems the city does care. But two restaurants just closed, there is still drug use on the streets and too many vacant storefronts.

"I am not giving up on my neighborhood, and I will go on more of these walks. Meeting my neighbors gave me hope. It reminded me of why I always loved living in Uptown."

Susan Lenfestey writes for the Hill & Lake Press. She lives in Lowry Hill.



COMMUNITY SAFETY AMBASSADOR PROGRAM

The city is expanding the Community Safety Ambassador Program to Uptown. The expansion comes after the pilot program launched last summer, which showed success on East Franklin Avenue and East Lake Street. The program is funded for one year.

There will be eight ambassadors and a dispatcher with a designated number that can be called to report livability or security issues.

Ambassadors provide help with filing police reports, safety escorts, support for businesses, wellness checks in public spaces, connection to city services and basic first aid such as CPR and Narcan. They are not armed responders.

The goal of the program is to get more "eyes on the street" and to coordinate responses to livability issues that the Minneapolis Police Department does not have the capacity to address.

Public engagement will take place over the coming months to determine the best use of the program in Uptown.



COMMUNITY WALKS

Uptown United hosts community walks through Uptown's commercial corridors on Friday and Saturday evenings, 6 to about 7:30 p.m. Along the way, walkers support local businesses by grabbing a taco, picking up a coffee and stopping in to say hello. The goal is to bring energy back to the streets.

To learn more, visit - uptownunitedmpls.org.

A FIVE-DECADE VIEW OF HOW UPTOWN GOT HERE

By Craig Wilson



The opening of the Uptown Apple Store in 2015, back when Uptown was a vibrant commercial district. (Image: Minnesota Historical Society)



The former Uptown Apple Store in 2026, following “street improvements” that eliminated parking in favor of expanded sidewalk space and a bike lane, and amid the lasting effects of the pandemic, social unrest, street closures and policies that make Minneapolis less competitive than nearby suburbs for doing business. (Image: Courtney Cushing Kiernat)

A longtime developer walks through the rise and retreat of Uptown and argues that the commercial district will not recover quickly without new public tools.

It is also, he believes, a community in its worst stretch in his lifetime.

“It’s been a rough six years,” Ackerberg said. “All those principles and the elasticity of how markets work, when they fail and

Stu Ackerberg has been looking at Uptown his whole life. He grew up near Cedar Lake, attended the original Bryn Mawr and Minneapolis West schools (both now converted to housing), graduated in 1975 and has run The Ackerberg Group from offices in and around Uptown for roughly four decades.

His father renovated the Rainbow Building at Lake and Hennepin in the 1970s, one of the first significant conversions in the neighborhood. His family has developed, bought and sold real estate in the lakes district for two generations.

When he talks about Uptown’s economic cycles, he is describing a landscape he knows at the parcel level.

“This is my home, my stomping grounds,” Ackerberg said. “This is my community that I’m fortunate to be a part of.”

then they eventually come back, just aren’t the way it’s happening today.

“Usually it’s like a rubber band. You get into a recession or some other challenging economic

environment, things are stretched out, but they always historically had come back into alignment. This time it’s just not coming back. I’m not sure it’ll ever come back the way that it did.”

After the Unrest

To understand where Uptown is, Ackerberg said, it helps to understand where it came from. Modern Uptown took shape in the wake of civil unrest in North Minneapolis, first on Plymouth Avenue in 1967 and again after the assassination of the Rev. Martin Luther King, Jr. the following year. The fires were across town, but the aftershock reshaped the whole city.

“People were so afraid of the city that they started to leave the city, especially the north side,” Ackerberg said. “They went to St. Louis Park and Golden Valley and the first- and second-ring suburbs.” Ridgedale, he noted, did not open until 1974. “That was the sticks.”

The outflow hollowed out density in Minneapolis, contributed to the eventual closure of several city high schools including Central and West, and pulled retail energy with it. In that vacuum, Uptown was not yet the place it would become. Before Ackerberg’s father bought it, the Rainbow Building had 26 sleeping rooms upstairs in what amounted to a “flophouse.” His father cut an atrium through the structure, added skylights and turned it into creative office space.

“That was really, I think, one of the first renovation projects in Uptown,” Ackerberg said. His father went on to build the Rainbow Shops on the same block, where FedEx and Huntington Bank now sit, as well as a retail building on a portion of the site that eventually housed Calhoun Square.

The Calhoun Square Era

Calhoun Square opened in 1984, and with it came the first real surge of momentum. The new

“Lisa Bender will go down in history as the mastermind that started the demise of Uptown.”

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Uptown is Hanging On: In 2015, the Apple Store opened on Hennepin in Uptown, surrounded by national chains including North Face, Columbia and Urban Outfitters. Since 2020, more than 70 businesses have closed or relocated from the area. Most recently, The Lowry, a locally owned restaurant, announced its closure after 15 years on Hennepin Avenue. Today, nearly all of the national brands are gone, with the exception of Penzey's Spices, and many of the small, local businesses that once made Uptown a destination have shuttered. Still, a number of committed local businesses are hanging on, including Magers & Quinn, Lunds, Combine, Barbette, Lake and Irving and others. There are still a lot of wonderful things happening in Uptown, and we plan to report on those next month. But the question remains: can Uptown climb out of this precarious state without strong leadership, and the financial tools and incentives needed from local government? (Image: Courtney Cushing Kiernat)

shopping district echoed what had long made the area distinctive, a place where, as Ackerberg put it, people could “only go to this sort of unique area of Uptown to see one-off kinds of things.”

That was the point. The district drew a creative class that was alternative in almost every sense of the word.

“If you were alternative in whatever fashion, maybe religion or sexual orientation, you were safe, and you could be in Uptown,” Ackerberg said. “That creativity, that openness and that liberalism created an opportunity to express yourself, whether that was individually, collectively, or even in how you operated your retail business.”

The economic engine was a mix: genuinely local shops, restaurants like the Uptown Bar, and national tenants such as Borders Books that, he said, “operated like a local tenant. If you didn’t know, you would think it was a local mom and pop kind of operation.”

That mix is what Ackerberg now describes as Uptown’s peak alignment. Local creative energy was underwritten by national rent payers, but the creative energy was still in charge.

From Local to International

Success attracted success, and with it pressure. The Gap moved in. MAC Cosmetics replaced Caribou Coffee, which replaced a local hot dog spot called Spudsters, on a Rainbow Building corner. One block could trace the entire progression.

“We went from a local, to Caribou that was at that time a local, becoming a regional, turned into a national, into an international,” Ackerberg said. “That was just an evolution that changed the course where the creatives couldn’t afford to be in Uptown.”

The rents rose with each step. National tenants were willing to pay two, three, even four times what local operators could, and the locals migrated to cheaper corridors. The market, Ackerberg said, “worked until it didn’t work.”

The Mall of America opened in 1992, and even before e-commerce, retail economics were shifting. Stores like the Gap wanted bigger footprints than Uptown could provide. Chain tenants consolidated into suburban big boxes. The nationals that had propped up the rent structure began to leave.

“I think we all lost our way, ourselves included,” Ackerberg said. “We lost our uniqueness. Uptown used to be the only art fair. Now there are art fairs everywhere.”

The Perfect Storm

By the late 2010s, Uptown was already adjusting to a harder retail environment. Then came what Ackerberg calls the perfect storm: COVID, the murder of George Floyd, the fatal shooting of Winston Smith by a federal task force in an Uptown parking ramp, the encampments on the vacant parcel near Seven Points (the shopping district formerly known as Calhoun Square), and the Hennepin Avenue reconstruction that removed street parking and restricted left turns through the heart of the commercial district.

Ackerberg points to business-unfriendly design as a central factor in the corridor’s commercial collapse.

“Lisa Bender will go down in history as the mastermind that

“If Uptown continues to suffer, most of Minneapolis will suffer... If Uptown can be stronger, the rest of Minneapolis will be stronger. It’s the bellwether of our community.”

started the demise of Uptown,” he said, referring to the former City Council president. “It all sounded good, but while it may work in Amsterdam and some other locations, it doesn’t work here today.”

Losing on-street parking, he said, broke a basic customer pattern. A shopper who once parked in front of the Apple Store or ran into Magers & Quinn on the way home now has to use a ramp or park in the residential neighborhood and then walk several blocks or skip the trip entirely.

“We’re still a car-driven city,” Ackerberg said. “There aren’t lots of parking lots. If you want to go somewhere on South Hennepin, where do you park during certain times of the day? So, you don’t. You go somewhere else.”

He cited earlier Hill & Lake Press reporting that found the city of Minneapolis spent \$1.24 million studying transit on Hennepin and zero studying the effects on the commercial corridor. “They put their money where their values are,” Ackerberg said.

What Uptown Needs

The structural problem on the retail side, Ackerberg argues, is that Uptown’s restaurant and entertainment footprints are simply too large for the current market demand. Big rooms like the former Libertine, Stella’s, Chino

Latino and Bar Louie cannot be subdivided affordably. A young chef and a sous-chef with a concept, the kind of pairing that has made Nicollet Avenue and Lynndale Avenue thrive with small storefronts, cannot find comparably small Uptown retail to lease.

“The reason that people are not staying in Uptown is there aren’t a lot of places to go,” Ackerberg said.

The reconfiguration he proposes is less cosmetic than it may sound. He is calling for a suite of new public tools, including a tax increment financing district for small parcels, tax abatement, empowerment-zone low-interest loans and bagged parking meters until the area becomes more vibrant, as well as a regional-draw use. He noted that other states are willing to incentivize or subsidize these business-friendly strategies.

“As Seven Points goes, so Uptown goes,” Ackerberg said. “And the reality is, it has to be a completely different use than it is today.”

He argues that Hennepin County, as a primary funder of the City of Minneapolis and a major employer with many staff still working remotely, has more leverage than most residents realize — and should use it to help support Uptown businesses.

According to County Commissioner Marion Greene, “approximately 4,472 employees are assigned to downtown county facilities. Of those, about 2,241 work in a hybrid model, 1,411 are fully in person and roughly 810 are fully remote. The vacancy rate in the county’s downtown office buildings is about 14%.”

He said Mayor Jacob Frey has committed publicly to making Uptown a priority, but the resources have not followed.

“If Uptown continues to suffer, most of Minneapolis will suffer,” Ackerberg said. “If Uptown can be stronger, the rest of Minneapolis will be stronger. It’s the bellwether of our community.”

He has been through enough cycles to know that recoveries happen. “Fortunes will be lost and fortunes will be made,” he said. “But if the city is going to wait for the free market to help create those fortunes, it’s going to be a long time.”

He remains an optimist, he said, though the word is starting to feel strained.

“I still have hope, but it’s getting harder to see,” Ackerberg said. “I’m not as confident as I used to be that I knew the answers; in fact, I am learning that there’s very little I know anymore. But I’m happy to work hard and participate with my neighbors and whomever for change for the good for everybody. It’s the only way it’s going to work.”

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

THERE'S A NEW BUD BLOOMING ON HENNEPIN

By Quinton Courts



(Images: Courtney Cushing Kiernat)

The Hennepin Avenue corridor has lost salons, gyms and restaurants. It's gaining dispensaries.

Have you noticed that Hennepin Avenue is host to a number of new businesses?

Say what?!

That's right. While the Hennepin Avenue commercial corridor has seen mainly the loss of big-box retailers and local restaurants — most recently The Lowry and Cardamom in Lowry Hill — a new industry has planted itself in Uptown: cannabis dispensaries.

Minnesota officially legalized recreational cannabis in 2023, with the first state-licensed recreational dispensaries opening in 2025. In early April 2026, WCCO reported that “since September [2025] — the month when the Office of Cannabis Management issued the first licenses for retailers — sales have exceeded \$50 million in total for recreational cannabis. ... In 2025, sales topped \$210 million for both adult-use marijuana and hemp-derived THC products, which have been around much longer. That means \$27 million in new state tax revenue. ... More is likely to come as the legal market continues to ramp up.”

Minneapolis set its own rules for where cannabis businesses can open in a 12-1 City Council vote in October 2024. Dispensaries must be at least 300 feet from K-12 schools and from one another (except in downtown zones), and at least 1,000 feet from pawnshops, alternative financial establishments and missions. They must also sit within a contiguous commercial or industrial area of at least three acres. Under state law, Minneapolis is required to allow at least 36 dispensaries citywide — or one for every 12,500 residents.

Now that it's legal in nearly half the states and the District of Columbia, it's common (and sometimes unavoidable) to catch a waft of the earthy scent of someone enjoying weed on the sidewalk or in the next lane. Even more common are the new retailers selling cannabis products.

There are now at least five open or soon-to-open cannabis dispensaries along or just off Hennepin Avenue between West 27th Street and West Lake Street.

With many in a concentrated area, it's natural to wonder how they will compete, whether there is really that much demand in

Uptown to make this many viable, or whether different dispensaries' offerings, like different cuisines in restaurants, make close proximity a nonissue.

Josh Bruns, owner of Unanimous Cannabis on Hennepin Avenue, also serves as legal advisor to others in the industry. I happened to catch him on April 20, otherwise known as 420, and he graciously took time to unpack these wonderings on this very busy day for his store.

Bruns said, “In Minneapolis, they're required to have 36, but we're not going to have 36. So, there's not too many dispensaries. However, yes, they are close together. As a business owner, obviously it's not ideal, but at the same time, there's like a shoe shop effect, right? So, people will come to this area

“A new industry has planted itself in Uptown: cannabis dispensaries.”

because there's going to be a lot of competition, so prices will be a lot lower. We think.” As far as differences in cannabis dispensaries, Bruns noted, “They'll try to advertise that they offer different things, yes, but it's their access to the cultivators and so there'll be different products in the market as we compete for access to products from cultivators. But as the market matures, everybody will gain access to all of the products. So, no, I don't think there's a big difference.”

As to what sets his dispensary apart, Bruns said, “Unanimous is community-owned, hence the name. I was able to hang a lot of local [art], so this is also kind of an art gallery... And one thing that we are good at here is value.”

Another source familiar with the licensing process said that not all of those storefronts will actually open. “A lot of these companies have come in in the hopes of getting licensed, but they secure storefronts in areas where they want to make sure that they

have the business,” the source said. “In some areas, they don't all get the license. Then they just don't finish executing the lease. They never open.”

Minneapolis stands to see revenue from local sales tax as well as a 20% allocation to local governments from the state cannabis tax. While the city will happily accept the funds, it remains to be seen what additional regulations it will place on dispensaries.

Neighbors are asking what the concentration of dispensaries says about broader consumer trends in the area. Since 2022, the east side of Uptown and the Hennepin Avenue corridor has seen the loss of multiple personal care and wellness businesses, including hair salons like Sudz and JUUT Salonspa and health clubs like the YWCA, LA Fitness, CorePower Yoga and Orange Theory Fitness.

In May 2024, the City Council amended the ordinance regarding tobacco dealers, setting a minimum price of \$15 per pack of cigarettes sold within the city limits, on the premise that it would protect people, notably youth, from the harms of tobacco use.

The former Orange Theory and JUUT spaces are both slated to become cannabis dispensaries. If the City Council amended the tobacco ordinance because of health concerns, will it do the same for cannabis dispensaries, whose health claims sit alongside claims of addiction and short- and long-term harm risks?

Answers to these questions and more will play out as Minneapolis and the rest of the state join other cities and states that have permitted cannabis sales and use. So far, Bruns said, “The City Council chose not to restrict businesses,” whereas in Isanti County, “my cultivation endorsement was stopped by the municipality because of too strict of rules.”

Quinton Courts writes for the Hill & Lake Press. He lives in East Isles.

BACK TO THE BATHHOUSES: BEFORE AIDS CLOSED THE DOORS

By Craig Wilson

Through the memories of Kelly Hayes, a look back at Minneapolis' bathhouse era, what drove it underground and the renewed debate over bringing regulated spaces back into the light.

Kelly Hayes was 18 when he moved to Minneapolis in January 1974, two weeks after graduating high school in rural Cloquet. He turned 19 that March.

"It was great," he says of the city he found. "Hennepin Avenue looked like New York City for about 10 blocks."

"This was a Minneapolis where, by Hayes's account, the cops were the most dangerous people a gay man could encounter."

The streets were packed. Bumper-to-bumper traffic every night. A small Chinatown. Tons of theaters. Four gay bars downtown — the Happy Hour, the Cabaret in the basement of the Roaring 20s, Sutton's at 7th and 1st Avenue and the 19 — and three bathhouses, as Hayes remembers them: one at 7th and Hennepin, one at 7th and 2nd Avenue, and one across from where the Fine Line Music Cafe stands today.

Few people in Minneapolis today can name those bathhouses. But the City Council would like the city to start talking about them again.

On April 10, the council voted 12-0, with one abstention, to refer four ordinances on "safer sex spaces" to staff for further study.

The package, spearheaded by Council President Elliott Payne and co-authored by Council Members Jason Chavez and Soren Stevenson, would set up a licensing and regulatory framework for commercial establishments that facilitate consensual sexual activity.

The ordinances would update the zoning code, rework health and sanitation rules, and carve exceptions into existing indecency laws. They borrow from San Francisco's approach, which emphasizes condom access, staff training, lighting, hygiene facilities and waste disposal.

"Some of these activities are happening now in the shadows," Payne said, "but are completely unregulated without proper hygiene and public health intervention."

The proposal is the culmination of years of advocacy from the Safer Sex Space Coalition, formed in 2023 by the Aliveness Project, OutFront Minnesota and other community partners.

Their pitch is that the 1988 ordinance that padlocked the

bathhouses drove sex spaces underground, blocking outreach, condom distribution and HIV testing. Regulated venues, advocates argue, are safer than unregulated ones.

What Went Away

What went away, in Hayes's telling, is worth describing. The bathhouse he visited as a high schooler at 7th and 2nd Avenue was "just rooms with beds in them, single beds for cruising."

The one across from the Fine Line was multi-level, with a disco, food service and an orgy room, open until 3 or 4 a.m.

"People were living in there," he says. A mix of men in street clothes and men in towels moved between the dance floor and the private rooms. After his bartending shifts at Sutton's, Hayes would sometimes drift over just to keep the night going.

This was a Minneapolis where, by Hayes's account, the cops were the most dangerous people a gay man could encounter.

"The people I was most afraid of were the cops," he says. "Cops hated gay people. Officers would walk into gay bars with hookers and expect the bartenders to pour drinks for them all night for free. If you had trouble, you didn't call the cops."

Then came AIDS. Hayes was 25 in 1980. Health insurance companies were redlining ZIP codes. He lived in 55403. He was a hairdresser. He could not get covered. "It was very scary," he says. "People were dying. They were dying." And, he adds, "the government was doing actually the opposite of helping us."

The Ordinance and the Man Behind It

The 1988 Minneapolis ordinance targeted commercial venues where specific sexual acts took place. It passed the City Council unanimously.

Its most visible champion was also the council's first openly gay member, Brian Coyle, elected in 1983. The 315 Health Club on First Avenue North closed one day before the ordinance took effect, with picketers outside holding signs that read "AIDS kills / Avoid gay bath houses."

Coyle had been diagnosed with HIV in 1986. He kept it private until April 1991, when he announced his status publicly. He died later that year at 47.

Hayes does not remember Coyle's role in the ordinance. But he remembers the bathhouses already fading by the late '80s.

"They seemed like a dinosaur," he says. "It was a dying business. The people who went there were dying. AIDS just completely put the nail in the coffin on those. They closed immediately."

Who's Going to Go There?

Hayes has a shrug-sized response to the idea of Minneapolis licensing sex spaces again.



Locker Room Baths, later known as the 315 Health Club, at 315 First Ave. N. in downtown Minneapolis. The bathhouse operated for decades as part of the city's nightlife before closing in 1988, just ahead of Minneapolis' ban on such establishments. (Image: Hennepin County Library and Ben Hovland)

"I'm surprised," he says. "But no, I don't have an opinion about it. I think people should be able to do whatever they want. I mean, as long as they're not hurting anybody else, why not?"

The question he keeps circling back to is practical: "I'm curious, who's going to go there?" Minneapolis now is not the Minneapolis of 1974. Acceptance is wider. Bars

"I'm curious, who's going to go there?' Minneapolis now is not the Minneapolis of 1974. Acceptance is wider. Bars are not the only option. 'There's Grindr,' Hayes says."

are not the only option. "There's Grindr," Hayes says.

He is also skeptical that the council should be prioritizing this over what he sees as more pressing neighborhood concerns. Chief among those is his own council member. Ward 10 Council Member Aisha Chughtai, whose district includes the neighborhood Hayes has lived in for nearly 40 years, is, in his words, "absentee."

"She could not do less," Hayes says. "Nothing from her. And a couple of things she does do are just not helping."

He reserves similar feeling for Uptown, which he blames on the council's redesign of Hennepin Avenue, the project advanced under former Council President Lisa Bender. "What they did to Uptown is the travesty," Hayes says.

"I blame it totally on the City Council." Hayes does not own a car. He bikes everywhere. He still thinks the new bike lanes went too far. "I bike everywhere, and the bike lanes are out of control," he says.

But the bathhouse question seems to interest Hayes more as memory than as policy. What replaced it is not necessarily worse, in his telling. Just different and evolving.

"Gay bars are actually coming back," he says. "I think people want to socialize more." But not, he suspects, to cruise. "People do that on apps these days."

"At the end of the day, if they want to go out, they just want to be around their own. It's a safer environment today to go and do stuff if you're gay."

"Still, it's not a perfect world for queer people by far," he says.

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

UNSHELTERED IN UPTOWN: LISTENING FIRST

By Paula Chesley



East Isles resident and Avivo Village Program Director David Jeffries.
(Image: Avivo Housing)



Kenwood resident Dr. Angie Erdrich is a pediatrician and member of the Turtle Mountain Band of Ojibwe.
(Image: Angie Erdrich)

Voices from Uptown's streets, and the fuller picture they reveal.

Unsheltered homelessness and substance use disorder have sharply increased in Uptown since the fall of 2025. The easy narratives of addiction and mental illness explain some of what people see on the street but not all of who is there. The Hill & Lake Press spent time at Hennepin and Lake looking for the fuller picture.

Local Experts

When I first tried to interview people experiencing unsheltered homelessness in Uptown, I got many rejections.

On a personal level, I struggled to believe anyone really wanted to talk to me, and my questions seemed to come out awkwardly — I was grappling with a sensitive topic, aware that to them I might look like some random “reporter” asking intimate questions. They wouldn’t have been wrong.

For more context, I spoke with two neighborhood profes-

sionals who work in the field.

Dr. Angie Erdrich

Angie Erdrich, a Kenwood resident, is a pediatrician in Phillips who regularly interacts with family members of people experiencing unsheltered homelessness and addiction.

“I hope it is uncontroversial to say that nobody wants their child or relative to live outdoors and have an unaddressed addiction or human trafficking problem,” Erdrich said. “We don’t even know the degree to which people living outdoors are trafficked for their bodies or their services as a means of survival. Some of the people on the street are quite young and desperately suffering from addiction.”

“I have known many moms who lost custody of their children but eventually grounded themselves and, with support, turned their lives around and truly became leaders,” she added. “As a society we are losing this human potential. I believe we can find a better balance of intervention to help people reclaim their lives.”

“I have known many moms who lost custody of their children but eventually grounded themselves and, with support, turned their lives around and truly became leaders.”

— Dr. Angie Erdrich

David Jeffries, Avivo Village

David Jeffries, an East Isles resident, is the program director of emergency services at Avivo Village in the North Loop.

“Most people on the streets have a dual diagnosis of substance use disorder and mental illness,” Jeffries said. Still, he encouraged the Hill & Lake Press to pursue further interviews (which we did): “People want to tell their stories. You just need to find the right people.”

“It’s better to give them a resource than to give them money. I know people want to help, but giving someone money can keep people stuck. Instead, you can tell people where to eat, where to sleep and where to get support.”

— David Jeffries, Avivo Village

Asked some big-picture questions about unsheltered homelessness, Jeffries was direct. “People think it’s such a difficult problem, but it’s not,” he said. “We need to create a system where it’s as easy to get out of experiencing hardship as it is to get into it. That’s it.”

“It is the public’s will that we still have unsheltered and unhoused people,” he continued. “We make choices as a society about allocating our resources — if we had more desire to fix this, we would prioritize getting peo-

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ple off the streets. Right now, our federal government is choosing to prioritize war. With the money spent on that, they could have given every homeless person a home.”

Asked what advice he would offer to people encountering folks living unsheltered or struggling with addiction, Jeffries replied, “It’s better to give them a resource than to give them money. I know people want to help, but giving someone money can keep people stuck. Instead, you can tell people where to eat, where to sleep and where to get support.”

Listening to the Unhoused

At Hennepin and Lake, three people agreed to share their stories. Their names have been changed to respect privacy.

“Michael”

Michael has friends and family he can stay with but sometimes sleeps outside in case of emergency, such as missing the last bus home.

Asked how he came to be homeless, Michael said he was running his own company, but a few of the people he tried to give a job to ended up stealing from him. “Then,” he continued, “I ended up getting a gambling addiction that caused me to put my company’s assets at risk.”

Michael maintains a “side hustle.” The weather can impact how much money he makes in a day and whether his customers are outside. He was not asked for details.

Michael said one challenge of being on the street is that some people, “before they let you get clean and successful, they will try to keep you down in a situation where you’re not progressing past them, you know? Like a crab in a bucket. So, you might have to let go of some of the people around you.”

In a perfect world, Michael said, he and his girlfriend would both be employed, have a place of their own, working toward licenses and getting a vehicle. Michael would like to be self-employed.

“Rebecca”

When Rebecca asked for money, I offered to buy her food in-

stead. We went into a restaurant and were looking at the menu when the server turned to Rebecca: “I’m sorry, you can’t be in here.” He added: “She messed up our bathroom pretty bad, and we had to call the cops. I’m not judging, we just can’t have her in here.”

Rebecca vociferously disagreed with the server’s story. “I didn’t do it!” she said.

After some back-and-forth, Rebecca agreed to wait outside while I ordered and brought food out. The server apologized again.

After the food arrived, Rebecca began to talk. She said she lived in a group home in the northern suburbs but hadn’t been back in a while because they don’t pick her up. Asked how she gets back, she replied: “I don’t.” She seemed to have accepted this. Asked where she slept: “Here, in the building,” she said.

Rebecca has “so-called friends.” Asked whom she could lean on for support, she replied: “Me.”

Asked if there was anyone else, she said: “No.”

She mentioned that her back hurt and that she was in a lot of pain. Asked whether she felt she could get the care she needs, she

**“We’re not animals.
We’re human too.”**
— “Joe”

said: “No. Where would I go? There’s nowhere to go.” When HCMC was suggested, she said she would never go back because they had taken money from her. Rebecca then excused herself because she had to talk to someone about getting money.

Rebecca said if she ever “got on [her] feet,” she would like to help women, pregnant women in particular. She would like to have a business.

“Joe”

Joe lives with his sister now, but was previously homeless, which, he specified, was a choice. After being in prison for a long

time, he wanted to be outdoors. “I was never homeless, I always had a place to go and rest my head,” he said. Like Michael’s, Joe’s situation underscores the gray nature of homelessness that came up again and again.

Asked if there was something he’d like to share with readers, he said: “We’re not animals. We’re human too.” Asked if he felt people treated or judged him as an animal, he replied: “Yes. They think we all do drugs on the streets, but that’s not true. Get to know a person before you judge.”

Joe said he was mostly out to provide support for Rebecca, who had encouraged the interview. “I want to see her get off the streets,” he said. “She’s a great person, but she’s been out here a long time.”

Joe is working with his parole officer on getting his birth certificate and an ID so he can get a job. He has previously worked in plumbing.

Paula Chesley writes for the Hill & Lake Press. She lives in East Isles.



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METHODS

All interviewees around Hennepin and Lake/ Lagoon gave consent to be interviewed and audio recorded. During conversations with multiple interviewees, their ability to consent became unclear. They were mentally ill, high, or both, and those interviews were not included. (The judgment was subjective.) The names used in the article are pseudonyms. All interview subjects were given the reporter’s phone number in case they wanted to edit anything they said. A few thanked the Hill & Lake Press for the opportunity to share their perspectives.

RESOURCES

Free meals are available at the **Catholic Charities Opportunity Center** 740 E. 17th St., Minneapolis. **Breakfast:** 8-9 a.m. **Brunch/Breakfast:** 9:30-10 a.m. **Lunch:** 11:30 a.m.-12:30 p.m. **Contact: 612-204-8300.** Also has free showers and laundry. The **Hennepin Shelter Hotline** is available Monday to Friday, 8 a.m.-10 p.m., and Saturday and Sunday, 1-9 p.m. It is the best first step for accessing shelter. **Contact: 612-204-8200.** For further resources for food, shelter and other services, please refer to “Handbook of the Streets” from Agate Housing. The 2024-2025 edition is available for free download from Agate’s website - www.agatemn.org



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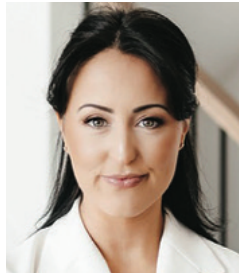
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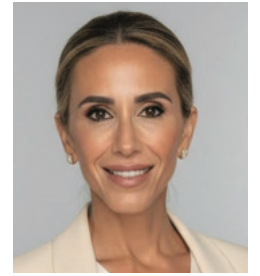
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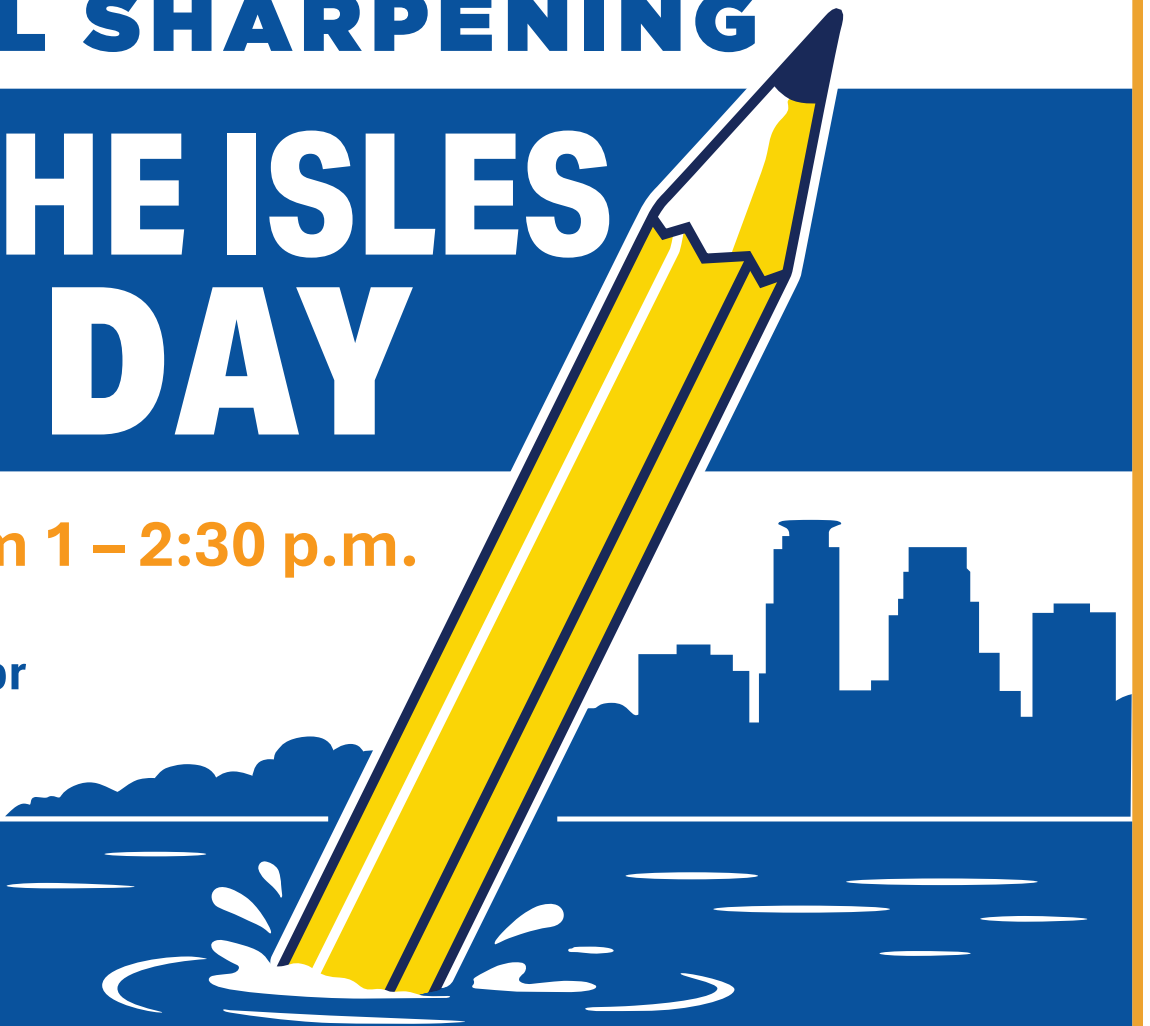
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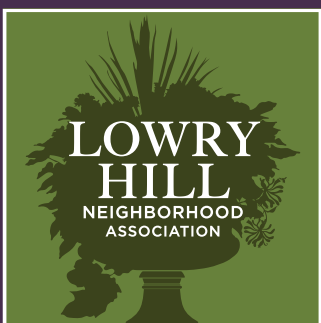


Lowry Hill Update

It's been heartening seeing the community respond to this moment. Rent relief remains a priority—many residents still can't leave their homes. Whether you need resources or are looking for ways to help, visit lowryhillneighborhood.org/ice.

Uptown Farmers Market returns June 11! Still 4–8 PM Thursdays, but the location moves north to Girard & Lagoon plaza, due to construction. Learn more at uptownmarket.org.

Did you know storm drain street trash pollutes lakes and rivers? Debris breaks down in the elements, then drains into our waters. But adopting a drain is free, and takes only a few occasional minutes to maintain: mn.adopt-a-drain.org



Garden Tool Swap

May 2 Sat. 1 – 4 PM

Kenwood Community Center: 2101 W Franklin Ave
 Gather unused yard tools, planters, garden decor, books, seeds, and share them with neighbors. Kenwood School's plant sale occurs around the corner May 1–3 too!

Lowry Hill Board Meetings

May 5 • June 2 1st 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.

Lowry Hill Service Saturdays

May 16 • June 20 3rd 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.

Lowry Hill Annual Meeting

May 19 Tues. 5 PM social, 6 PM meeting

First Unitarian Society: 900 Mount Curve Ave
 Hear from your elected officials, get neighborhood updates from the past year, and run for our Board!

Resources: ICE in Our City

www.lowryhillneighborhood.org/ice

Find actions, trainings, fundraisers and relief options. Every bit helps, and ongoing support is still needed, particularly with rent relief as some still shelter in place.

lowryhillneighborhood.org
 for full details, newsletter sign-up and more

THE SALT CURE FUND: PRESERVING LOCAL RESTAURANTS

By Brian Lucas



Supporting local restaurants has never been more important. The Lowry closed on April 26 after 15 years on Hennepin Avenue, and its loss is a reminder that these places are more than businesses. They are gathering spaces, first jobs, date nights and neighborhood anchors that help define Uptown's identity. As rising costs, construction impacts and shifting customer habits continue to challenge the industry, efforts like the Salt Cure Fund play a critical role in helping independent restaurants weather tough periods, retain staff and stay rooted in the communities they serve. (Image: The Lowry)

A culinary preservation trick, now an emergency lifeline for Minnesota's restaurants.

Running a restaurant is daunting in the best of times. Managing inventory, payroll, staffing and schedules while still focusing on customers' needs is an unrelenting task. Throw in a federal invasion of ICE agents, and you have a recipe for disaster.

That's why a new nonprofit initiative is stepping in to help. The Salt Cure Restaurant Recovery Fund is raising money to support businesses that have been hit hard by Operation Metro Surge, providing much-needed assistance before it's too late.

"It's a unique combination of factors," said Stephanie March, local food journalist and co-founder of the Salt Cure Fund.

"Winter is always a tough time for restaurants, but then the surge started, and everyone was worried about going out. Sales bottomed out. Workers were scared to go to work. That's when I realized that we could be in a mass closure event."

The Salt Cure Fund was established in late January, when the founders saw the writing on the wall that Minnesota's restaurants were in jeopardy. They worked with the Minneapolis Foundation to administer the fund, collecting donations and distributing grants to recipients.

The "Salt Cure" name comes from a culinary preservation technique. March says their goal is to preserve something that is vital to Minnesota's quality of life.

"We are fortunate to have a wide array of wonderful restaurants," said March. "These busi-

nesses drive tourism to our state. They serve as 'third places' where people can gather outside of home and work. They also expose us to other cuisines and cultures in a way that makes us richer and more connected."

Restaurants in Minnesota were already struggling before the ICE occupation.

The COVID pandemic and the murder of George Floyd forced many restaurants to close and pushed others to the brink.

After a long period of recovery, Metro Surge put the industry at risk once again. In January, hospitality revenue plummeted, with many businesses reporting drops of 50 to 80%. This was on top of added operational expenses and uncertainty.

With federal agents patrolling the streets, many restaurant workers were no longer safe going to and from work. Owners had to step in and either pay for transportation for their workers or drive them to and from work themselves.

March said restaurant owners are, by their nature, service oriented, and that showed up in many ways during the ICE escalation.

"At the same time these restaurants were under siege, they were helping neighbors by becoming donation spots and raising funds to give to other organizations to aid people," she said.

"They were doing this work in the community while losing their people and losing sales. That's where we thought, 'This can't go unnoticed. We have to fix this at a level that can help sustain them.'"

The Salt Cure Fund provides needs-based grants to locally

owned, independent restaurants. The money can be used to cover urgent operational costs for things like rent, payroll or equipment repairs. March said that in the first 60 days, the fund raised more than \$1.2 million and had requests from more than 400 restaurants. They just completed their first round of dispersals, giving amounts ranging from \$2,500 to \$10,000 to more than 200 recipients across the state.

"It was really important to us that we didn't just do one area. We had 31 different cities around the seven-county metro that we've been able to help so far," said March. "It's a wide variety of places, from small mom-and-pop food trucks, restaurants that have been around for decades, Somali restaurants in the Karmel Mall and places in the North Loop area. These are all businesses that are part of the fabric of this community."

The money from the Salt Cure Fund stays local, benefiting other businesses such as farmers, fishmongers and cheese makers. March says restaurants are also an important path for creating generational wealth for immigrants or people who may not have a college education.

While Operation Metro Surge may be over, the crisis for many restaurants continues as business owners struggle to recover from an unprecedented challenge.

already. That is a boost that the local economy and the local restaurant industry need."

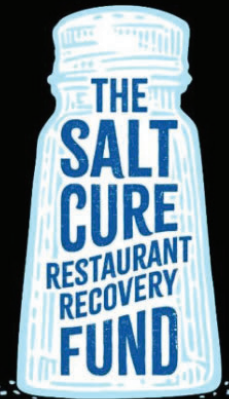
Brian Lucas writes for the Hill & Lake Press. He lives in Kenwood.



HELP SUPPORT THESE BUSINESSES

To donate to the Salt Cure Restaurant Recovery Fund, visit -

thesaltcurefund.org



(Image: The Salt Cure Fund)

"These businesses drive tourism to our state. They serve as 'third places' where people can gather outside of home and work. They also expose us to other cuisines and cultures in a way that makes us richer and more connected."

March encourages people to contribute at thesaltcurefund.org. In addition, she says one of the best things you can do is to go out to eat.

"Getting people out, particularly during the midweek, is crucial right now," she said. "Restaurants are still digging out, so if we can get some 'butts in chairs' across the metro that really helps.

Eating out on a Wednesday or Thursday is more vital than if you're going on Fridays and Saturdays, which tend to be busy



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SUPPORT A SMALL BUSINESS (AND GET YOUR FEET SUMMER-READY) AT THE CROWN SPA NAILS

By Molly Mogren Katt



Family-owned and deeply rooted in the neighborhood, Crown Spa Nails at 2653 Hennepin Ave. S. is the kind of small business that keeps Uptown going. Owner Tim Pham opened the shop in 2017 after years working at other local salons, and today it's truly a family operation, with his wife, parents and a close family friend all working alongside him, and even grandparents pitching in with childcare so the business can run seven days a week. Supporting places like Crown isn't just about a service, it's about sustaining the people and families who make this community what it is. (Images: Molly Mogren Katt)

An Uptown nail salon, a Vietnamese family and five hard years. One regular's case for showing up.

I gave up on DIY pedicures long ago. I'm the least careful person (don't look too closely at the wood trim in the back hallway I painted) and never wait the full dry time. Plus, who couldn't use 45 minutes to read a book while someone massages your feet?

Some nail salons just feel better than others. I've found myself wondering if that's truly a bottle of OPI's legendary "I'm Not Really a Waitress" red lacquer, or just a cheapie version poured into an old bottle. Are the tools sterilized? And if I'm told "it'll just be 15 minutes — pick a color and take a seat," does that actually mean it'll be an hour?

I crossed the threshold of The Crown Spa Nails (2653 Hennepin Ave. S.) nearly 10 years ago and never looked back. Owner Tim Pham, 38, opened the jewel box salon located at 27th and Hennepin in 2017 after years working at other neighborhood nail spots.

The Crown is open seven days a week, and employs Pham's wife Kim, his mom and dad, and family friend, Trang. His younger sister, Vi, worked on and off at the salon while attending pharmacy school (she's now a pharmacist in Crystal). Pham's grandparents, who live in St. Paul, often babysit his 3- and 7-year-old kids while everyone else works.

The Crown serves as the family's financial linchpin — not too far off from their life in Vietnam, where Pham's mother operated a spa. When the family immigrated to the United States in 2007, Pham, then in high school, never thought he'd end up doing nails. But it was work the family knew, and an easy access point to stability in a new country.

The eldest of three kids, Pham reluctantly started working alongside his parents in nail salons. "I hated doing nails, if you want to know the truth," he told me during a recent appointment. "But I got really good at it. I love art and drawing, which I got to incorporate into my business."

Pham is so good that clients travel into Uptown from the 'burbs for his designs. I'm talking glamorous acrylics bedazzled with rhinestones, coffin-shaped golden chrome talons, nails so long that a layperson like me wonders how people can do things like type and cook and, ahem, wipe.

I'd describe my personal nail preferences as basic — red or pink gel polish on the toes (the gel dries almost instantly under UV light

and lasts two months) and a short and sensible dip manicure in something neutral — or maybe purple if I'm feeling saucy — that lasts around three to four weeks.

The salon itself is clean, simple and inviting, with a handful of manicure stations and pedicure massage chairs. Pham takes a huge amount of pride in using high-end products and doing a service right the first time.

Whereas most salons literally dip your nails into a pot of acrylic powder to create their dip manicures, Pham uses an overlay method that's a bigger expense on his end but lasts significantly longer. His pricing is straightforward. Manicures are \$40 for gel and \$60 for dip (a full acrylic set starts at \$125). Regular gel pedicures go for \$55. A deluxe pedicure, which includes a foot soak in scented organic sea salts, scrub, mask, and deep tissue and hot stone massage — all with a glass of

“Most people wouldn't take the time to apologize to their nail person for moving on. But they do to me, because I treat them like family.”

champagne — is \$75. I've never been upsold or felt like they've rushed a service.

Despite his talent, Pham has noticed a significant downtick in clients. In 2020, with the impact of both the COVID pandemic and the murder of George Floyd, his business sustained serious damage from looters, who broke the windows and ripped shelves filled with polish off the walls. Next came two years of Hennepin Avenue construction.

When you're visiting a business every two or three weeks, navigating a dusty and always-changing detour route grates on you. What's more, when a city employee dropped off paperwork for relief funds for businesses affected by the construction, Pham submitted his forms and was told the money had already been allocated.

And then there's the perception of Uptown as unsafe. Pham said he recently had a long-time client tell him she just didn't feel safe driving into the city from Eden Prairie anymore. "I've had so many clients apologize for leaving," he said. "Most people wouldn't take the time to apologize to their nail person for moving on. But they do to me, because I treat them like family."

I know that's a thing business owners say, but as a client, I feel it. Pham knows it's me when I call their landline (he claims to have a near-photographic memory and recognizes who's calling based on the last four digits of the number). He asks about my kids. He knows I like my nails boring. In this social-media-heavy world where everything is about the next viral place, it feels good to be a regular somewhere.

I worry that the business, like so many others, won't make it. Pham, who once dreamed of expanding, of hiring a receptionist and pulling in enough money to really support four generations, is barely scraping by. "I don't even know who to ask for help," he says. "I've aged so much in the last five years." When I asked him about the latest round of financial relief from Hennepin County, he shrugged.

So I'm helping in the best way I can: by asking neighbors to get their nails done. Treat your favorite lady to a Mother's Day pedicure. Do a self-care date night with your sweetie (champagne included!). Meet a friend to catch up over manis. It might sound superficial, but nice nails put a smile on my face, even in times when there's not much to smile about.

Molly Mogren Katt writes for the Hill & Lake Press and also publishes the "Hey Eleanor!" column on Substack. She lives in the Wedge.



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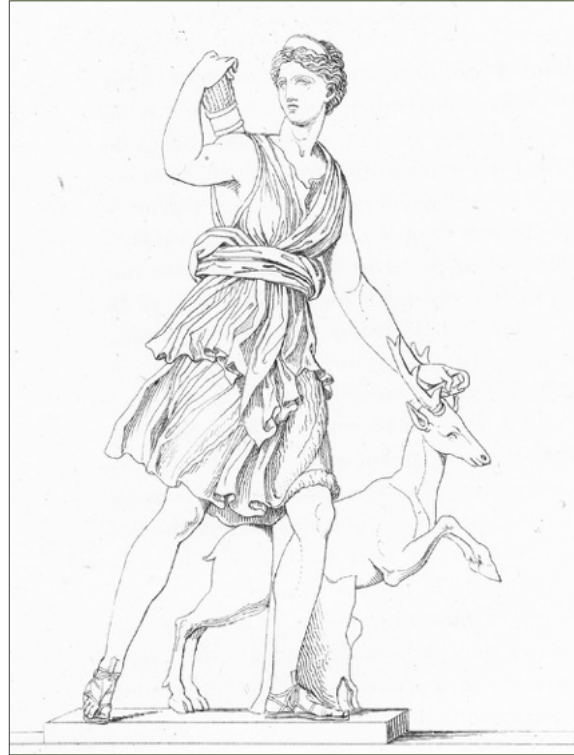


PLANET EARTH, YOU ARE A CREW

By Susan Lenfestey



(Image: Angie Erdrich)



Artemis (Greek deity) by Tommaso Piroli, ca. 1752-1824 (Engraver) (Image: The New York Public Library Digital Collection)



(Image: Angie Erdrich)

From lunar orbit to the Pope, reasons not to move to Canada just yet.

It's May, when spring finally happens in Minnesota, and we try to see things through a fresh lens and find hope — no easy task when every headline could be from *The Onion*. But the last few weeks offered some surprises.

Artemis II

Who knew that going to the moon, again, could pack such an emotional wallop? It reminded us of the astonishing beauty of the universe and the fragility of our tiny home planet. It was a demonstration in real time of the power of science — something pushed to a back burner by this administration.

And for a younger generation that has been raised to believe that government is nothing more than a bumbling bureaucracy, it showed that NASA's engineers have the right stuff to loop the moon and stick the landing off the coast of San Diego with exact precision. It reminded us of the pride that comes from taking on great challenges as a nation.

The Crew

It would be hard to find a more inspiring foursome, but mission specialist Christina Koch moved us all — and herself — describing Earth hanging like a lifeboat in the universe, and defining a crew as a group that pulls together and is “inescapably, beautifully, dutifully linked.” “One thing I know, planet Earth — you are a crew.”

The Defeat of Viktor Orbán

Back on earth, Donald Trump's role model for how to destroy a democracy and line your pockets at the same time went down in a flaming election blowout, despite Vice President JD Vance's last-minute visit to bolster support. Not only is it a reflection on Vance's charisma deficit, it's a harbinger of things to come in America — albeit not soon enough.

The Pope

Pope Leo XIV has taken “speaking truth to power” to a whole new level. He handles

Trump like a bemused parent putting up with an unruly toddler. Republican leaders should take note.

NYC Mayor Mamdani

This will be a stretch for some, but Zohran Mamdani addresses the wealth gap while soft-pedaling, some say back-pedaling, his socialist policies. He knows the role of city government is local, not global, and that it's possible to support workers without bashing businesses. In early April he joined DOT workers in filling the 100,000th pothole since he took office. The socialists on the Minneapolis City Council should take note.

“Minneapolis is getting a lot of praise for our peaceful resistance, and dang, we earned it.”

Bruce Springsteen

His cameo at the No Kings rally lit a match of hope, but his Target Center concert two days later ignited a bonfire of resistance. And it's a fire he's lighting across the nation with his Land of Hope and Dreams tour.

The No Kings Rally

The weather and speeches were too windy and some of us petered out before Joan Baez took the stage, but if the (unpaid!) organizers who drew 200,000 (unpaid!) people to the Capitol can create that same energy and passion around elections, we'll have an Orbánesque blowout in November.

Volunteers

From Singing Resistance to Brass Solidarity to artists and poets, to Haven Watch and Signal responders and school bus es-

corts and legal aid providers and ad hoc groups that helped feed and protect immigrants targeted by ICE, volunteers rocked. Minneapolis is getting a lot of praise for our peaceful resistance, and dang, we earned it.

Teachers

They stepped up and taught, comforted and protected children, whether kids were hiding behind blanketed windows or sitting in half-empty classrooms. Teachers showed us that they are a crew.

Kids

I was a small part of a school-based team that took groceries and other supplies to immigrant families during the occupation. Despite whatever trauma they were experiencing, the children were just kids, laughing, slapping high fives, their eyes bright with promise.

The goddess Artemis had a lot on her plate, from hunting to the moon, but also the protection of children. May she be with them now. And may Artemis II inspire them, and all of us, to pull together, to give grace and to be a crew.

Susan Lenfestey writes for the Hill & Lake Press. She lives in Lowry Hill.



A BODY (UN)BECOMING: AN ORGANIC DANCE SHOW COMES TO MINNEAPOLIS

By Josie Owens



(Images: A Body (Un)Becoming)

A dancer-biochemist, a cellist, a blues singer and a pile of eggshells — onstage at the Center for Performing Arts May 22 and 23.

A one-of-a-kind, hard-to-categorize art experience titled “A Body (Un)Becoming” will be performed on May 22 and 23 at the Center for Performing Arts in South Minneapolis. Dancers, an original score, cello, vocals and biomaterials are all acting and reacting in this unique art event that has been many years in the making.

As both a biochemist and a dancer, Beth Graczyk has investigated the way in which the

“Something new is going to be revealed each time.”

body interacts with disintegrating materials. “A Body (Un)Becoming” is the seventh in a 12-part dance series titled “Desire Motor” about the tension between decay and transformation.

According to Graczyk, “the piece investigates what new forms can emerge through pressure, heat, and attention which is also reflected in the kinetic sculptures made from eggshells.”

These laborious sculptures are created by Graczyk but further interpreted by the other performers through dance and music. Eggshells are simple and domestic — a quotidian object that is partly used and partly thrown away.

She questions how one processes decay and examines the human body as it also decays. “Perhaps the pleasure of tactility with self, surroundings and objects offers a potential discovery of something and brings more attention to the material of our lives.”

Graczyk, originally from Seattle, moved to New York City 12 years ago. Around the same time, she met Aaron Gabriel, a Minneapolis-based musician and composer. While the two artists have collaborated before, Gabriel joined this project in 2023 on the sixth version titled “Decay Delay.” He began to explore the sounds that could be found in the biomaterial.

“Working with Beth has been a complete departure and expansion,” Gabriel says. He must find new ways to meet her ideas. He took the eggshells and some other biomaterials and manipulated them in an unfamiliar percussion.

He recorded all these sounds and asked Zena Moses, a New Orleans vocalist, to listen and replicate them with her voice. From her new melodies, Gabriel created the first musical score with its unusual notations.

It is important to the artists that this version of the “Desire Motor” series use local performers. Gabriel is now further developing the score with Twin Cities musicians who are pushing themselves in new ways. Laura Sewell, a classically trained cellist, is exploring improvisation. Thomasina Petrus, known for her rich blues and jazz vocals, tests what her voice can do.

Graczyk, her dance partner Leah Wilks and the egg sculptures arrive for rehearsal two weeks before the show. After three years of development, everyone will finally be together in this new space. Gabriel jokes that anything could happen as it is aleatoric, meaning it is chance

music. “You have to have patience for that as a musician and not force it.”

“The piece investigates what new forms can emerge through pressure, heat and attention which is also reflected in the kinetic sculptures made from eggshells.”

You definitely want to experience one of these performances of “A Body (Un)Becoming.” You may want to see both — “Something new is going to be revealed each time.”

Josie Owens writes for the Hill & Lake Press. She lives in Lowry Hill.



“A BODY (UN)BECOMING”

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MONTY HAYS

By David Piper



(Image: Unknown)

A young actor returns to the Children's Theatre Company stage where he first performed as a child, this time on his own terms.

Monty Hays, age 23, uses the pronouns they/them or he/him. I use he/him pronouns for this interview. He was born and raised in Minneapolis and currently lives in East Isles with his partner. His parents live in Northeast Minneapolis. He has two part-time jobs, hosting at a restaurant and working at a box office at a Northeast Minneapolis theater, in addition to taking classes toward his degree at Metro State University.

Monty is an actor and has performed at the Children's Theatre Company (CTC) in "The Wizard of Oz," "Dr. Seuss' How the Grinch Stole Christmas," "Alice in Wonderland" and "Shrek the Musical." He has also performed at Theater Latte Da, the Guthrie Theater and the Chanhassen Dinner Theatres.

Monty is currently an ensemble external understudy at CTC in "The Wizard of Oz." The show opens April 21, and runs through June 14. For more information, visit childrenstheatre.org.

Monty was interviewed on Zoom on March 20. The interview has been edited for clarity and brevity.

Are you comfortable talking about coming out of the closet?

Absolutely. I always had this inkling that whether it had been my name assigned at birth or any sort of outside gender stereotypes that were put on me, whether conscious or unconscious, it never felt right. It was hard for me to put it into words, and it was hard to get other people to understand. Some of the most open-minded, kind people even were perplexed: I don't know, is this what you want to do? Are you sure?

I came out as bisexual when I was in sixth grade, so from a very young age I realized I am not the baseline, cisgender, heteronormative girl. I knew that's not me. My senior year of high school was when I fully felt like I really grew into myself and understood and looked back on these small moments in my life that I realized I'm not a girl. That's just not me.

I fully came out as trans and nonbinary, and I dropped my deadname and changed my name to Monty my senior year of high school. I am in the process of formally changing my name, and my parents will be my witnesses at my name change court hearing!

How did your family react?

It was a journey because it wasn't as straightforward as the "yes, we love you, we accept you" or the "get out of my house, we don't accept that." There were some things they were more accepting of and other things that they couldn't really wrap their heads around or fully understand.

When I came out as bisexual, they were very understanding, very accepting, but they said, if you have sleepovers with girls, you have to keep the door open, or when you hang out with girls, there was always a "we want to make sure no tomfoolery is happening." I was like, yep, totally, I understand.

There was more pushback from my parents when I told them I don't think I am a girl and that I don't feel comfortable in my name and identity. They were not as well-versed with trans culture. They didn't have a lot of trans friends, and while they have a lot of gay and lesbian friends, they just didn't really understand.

It was also in the later Obama era where things were becoming more accepted, and my parents were sort of like, are you doing this because your friends are doing it, or do you feel this way? Eventually they came to understand that this is who I've always been, and they've noticed a distinct difference between who I was before and who I am now. And they are two of my biggest supporters now!

Has the Children's Theatre Company been accepting?

100%. Yes! It's interesting because you work with kids so much and it is catered toward kids. It's a nuanced conversation that is very new to have with kids about identity and sexuality. You don't want to get into the details, but representation matters. Seeing someone openly trans is important to show kids that it is an option.

How did you end up at the Children's Theatre Company?

This is the fifth show I've done there, but I did most of my shows when I was ages 9 to 11. A lot of the staff knew me by my deadname and as a young person. This has been a fun experience because the first show I did there was "The Wizard of Oz."

Can you explain what it means to be an "external ensemble understudy?"

Each ensemble member has their own scenes and path through the show. I understudy three of the ensemble roles, and another understudy covers three others. I'm not part of the show day-to-day, but if someone is out, I step in and fulfill their track, sometimes on short notice, the night before sometimes.

What do you do for fun, and what is in store for the future?

I love having people over and having dinner parties. I like live theater, concerts and dancing. I just love moving my body. And I love hanging out with my cats. I love live theater so much. It is what I want to do for the rest of my life. I also would like to graduate with my bachelor's in technical communications and professional writing. And yes, I would love to just stay involved in the arts, whether that be writing for theaters or acting or playing music or dancing.

All I want is to live a long and creatively fulfilled life.

David Piper writes for the Hill & Lake Press. He lives in Kenwood.

THE KENWOOD

By Jason Suss



(Images: Courtney Cushing Kiernat)

The Kenwood is back with a full bar, new banquettes and the same pistachio butter pancakes. In a rough season for neighborhood restaurants, a case for walking over.

The Kenwood is back! Well, it never really left, it just took a brief winter vacation. Although I think it was anything but a vacation for the staff: they did a full refresh of the space.

The kitchen was updated, the floors refinished, plush banquette seating added against the wall, the plaid is gone, the paint is new and, the most exciting part for me, there's a full bar.

There are only a handful of seats, but if you can snag one, you'll get a great spot. The previous lounge-style area was cute, but now it's more functional and accommodates a full cocktail menu.

The spirits are well curated, and the cocktails are what you'd expect to complement the level of the food: premium local spirits, fresh juices and house-made ingredients.

The space still has the classic vibe of dark wood tables and earth-tone walls, but a more modern style. It's less lodge and more country club. Weather permitting, there are still several tables outside.

I'd classify the food as "upscale bistro." There are bits and pieces of all different world cuisines. Italian and fresh pasta are still a big focus — focaccia, bruschetta, burrata, and at least four pasta options for lunch and dinner.

But there are also other global ingredients like za'atar, dukkah, nori and tobiko. But don't worry, the pulled pork and Kenwood burger haven't gone anywhere. Neither have the perfect pancakes with the pistachio butter — a brunch must-have.

Dinner offers three fully composed entrees spanning seafood, white meat and red meat. The veggie and gluten-free crowd shouldn't have trouble finding something they can enjoy.

My last visit was for brunch during their "grand opening" weekend. Yay, free banana bread! I was fortunate to be with some of my Hill & Lake Press colleagues and we "brunched hard," as the cool kids would say. The place was full and hopping. However, along with that came quite a bit of noise. I suspect the owners are aware, and I hope some acoustic panels are on the way.

The Kenwood has been around in its current form since 2012. Ownership changed hands in 2021, but overall, it stayed relatively the same. It's a neighborhood staple. Let's try to keep it that way.

"It's a neighborhood staple. Let's try to keep it that way."

I write this just after the news of the closing of The Lowry, another favorite neighborhood spot, and the announcement of the closing of Cardamom. The restaurant business is hard ... like really, really hard. If you've never worked at one, or owned one, I promise you have no idea ... even if you think you do.

Changing consumer behavior and spending, rising product cost, rising rent, rising insurance, rising utilities, rising labor costs, construction,

federal occupation, navigating the Family and Medical Leave Act and more are all hacking away at already razor-thin margins. There's only so much that a consumer will pay for a burger.

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.

→ THE KENWOOD so why go?

- The food is good. It easily rivals any city's swanky downtown bistro, despite being tucked away in a neighborhood.
- There's a full bar now. Get a cocktail after work, or before — who cares?
- If you get this paper delivered to you, you can probably walk there, or easily bike.
- Outdoor seating while the kiddos play on the playground next door.
- Lunch and dinner Tuesday through Saturday. Brunch Saturday and Sunday.
- The pancakes with that pistachio butter.



Friends.
Neighbors.
Architects.



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Navigating Uncertainty:

An Immersive Mind-Body-Spirit Experience



Cathy Wurzer
Broadcast Journalist at
Minnesota Public Radio & PBS



Gregory Plotnikoff, MD, MTS
Founder & Medical Director at
Minnesota Personalized Medicine



Catherine Duncan, MA, BCC
Integrative Spiritual Consultant
& Author of Everyday Awakening



Henry Emmons, MD
Psychiatrist, Author & Co-Host
of the Joy Lab Podcast

In a time that feels uncertain and overwhelming, join journalist **Cathy Wurzer** as she draws out empowering lessons from decades of mind-body-spirit care from **Henry Emmons, Gregory Plotnikoff, and Catherine Duncan.**

Through story, science, and simple grounding practices, you'll learn to calm your nervous system, listen to the wisdom of your body, honor your emotions and reconnect with spirit.

Come for an extraordinary evening of reflection, resilience, and renewal.

Appearance by Midwest Taiko Arts.

Date: Wednesday May 13th, 2026

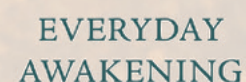
Time: 6:30 PM

Location: The O'Shaughnessy
at St. Catherine University

Ticket Price: \$30



All proceeds go to support
www.endinmindproject.org



MOMMING

A monthly column by Dorothy Richmond



(Image: Lucy Kiernat)

For my May column, I'm reclassifying "Mom" from noun to verb — because raising a good kid takes far more than money.

Dear Neighbor,

It's May, when we celebrate moms. I've come to the conclusion that "Mom" should be reclassified from noun to verb. We all know that a noun is a person, place or thing. However, a verb is an action, and that's where mothering — "momming" — comes into being.

Long before I had children, I'd hear people talking about parenting as if money were the sole criterion for being a fit parent. I found the sentiment hollow, lacking; it consigns parenting to the material realm, reducing it to a commercial transaction.

Let's consider Maslow's hierarchy of needs, from physiological needs to self-actualization. Food, shelter, air, water, clothing and sleep are at the bottom because they simply keep the child alive. After all, these same needs apply to a goldfish (aside from clothing). At the top are morality, creativity, self-actualization, fulfillment. Raising a good, honorable, kind human takes much more than money. You can't

buy honor any more than you can buy happiness or confidence.

When I was pregnant, I wanted, first, that the baby be healthy. When scientific procedures foretold that was covered, I switched to hoping the baby be smart.

I knew so little: I see now that my impending motherhood was in utero so much as the unborn baby. As time went on and milestones were met — some right on time, some early, some late — my daughters' personalities developed and I came to hope that they be happy and good.

Jacqueline Kennedy Onassis famously said, "If you bungle raising your children, I don't think whatever else you do matters very much." She believed that parenting is the most important undertaking, outweighing all professional achievements. This guided me and freed me: The best way to make your mark on the world was to raise a good kid. And I discovered, as a mother, that rather than just money, this takes time. And patience. And unconditional love. And, perhaps more than anything, being there.

Daisy's birthday is July 14 — Bastille Day. Over the past decades I've been invited to several Bastille Day parties. The number I've attended is zero. There was one I especially wanted to go to, but attending was out of the question: It was Daisy's eighth birthday. The next year on Mother's Day, Daisy wrote to me, "Remember on my birthday last year when you got invited to a party but you came to my birthday instead? That made me feel good." Her framed card hangs in my kitchen.

My girls are now in their twenties. Over the years, was I told that I was rotten? That I was embarrassing? That I wasn't like other mothers? That I didn't know anything? That I was weird? That I had no fashion sense? Yes, to all of these (and much more) and if you've raised teenagers, you've heard it all, too. While these invectives never felt good, I knew they were hurled from a safe place, and that my daughters knew they could say anything and still be loved. They were right! I loved them pre- and post-bile. We plod on. And we learn in the process.

When Lily was four, we got the girls a kitten. We named her Little Kitty, and she quickly became a much-loved member of the family. One night I was making dinner and Lily was hanging with Little Kitty, the paragon of sweetness and docility, in the living room. All was calm and right with the world until OUCH! I HATE YOU! Lily came storming into the kitchen, "Little Kitty just bit me. Get rid of her. Take her back!"

Confused, I asked Lily, "What was going on right before she bit you?" "Well," Lily recounted, hand on hip, exploding with indignation, "I was reading [reciting from memory a favorite book] to Little Kitty, and she wasn't paying attention so I put her in a box and shut the lid and she jumped out and bit me." I so wanted to laugh, but instead asked, "Would you want somebody to put you in a box?" She softened, "No." "Well, let's not put Little Kitty in a box anymore." "OK."

That night, Lily learned to not put a cat in a box, and I, to ask people in high dudgeon who start a story right at the point of attack ("He called me a . . ." or "She gave me the finger"), to widen the lens and consider what led up to the affront.

Little Kitty stayed on for 13 years. We wept when she died. We all mourn her still.

The most important teachers children will ever have are their parents. The rewards for all the love and hard work are love in return, respect, laughter, advice-seeking, friendship, and endless stories. None of which has anything to do with money.

Now, go forth and celebrate all the moms you have and know. And, always remember: Regale your children on their birthdays and don't put a cat in a box.

Happy Mother's Day to all!

— Dorothy

Dorothy Richmond writes for the Hill & Lake Press. She lives in Cedar-Isles-Dean.

THURSDAY, MAY 7 NATIONAL DAY OF PRAYER

Our Church and Bookstore
will be open until 8:00 pm

This is a wonderful place to "enter into
thy closet... and pray to thy Father..."

Matt 6:6

OUR FATHER WHICH
ART IN HEAVEN,
OUR FATHER-MOTHER GOD,
ALL-HARMONIOUS,

The Lord's Prayer and its spiritual interpretation from
the Bible (Matt 6:9) and Science and Health with Key
to the Scriptures by Mary Baker Eddy (page 16)



NATIONALDAYOFPRAYER.ORG

CHURCH AND SUNDAY SCHOOL SERVICES

SUNDAY SERVICES: 10:00 – 11:00 am

SUNDAY SCHOOL: 10:00 – 11:00 am

WEDNESDAY TESTIMONY MEETINGS: 7:30 – 8:30 pm

Childcare provided at all church functions.

OUR CHRISTIAN SCIENCE READING ROOM IS MORE THAN A BOOKSTORE;

it's a sanctuary and resource hub offering the Bible,
Mary Baker Eddy's writings, exhibits, books, magazines,
and more—available for study or purchase. Visitors can
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PAWS & PECKS FOR JOY



VASH



DERRY

When life is stressful and complicated, our pets give us unconditional love and companionship. Research shows that pets provide significant physical and mental health benefits, including lower blood pressure, reduced stress, increased physical activity and decreased loneliness. Our beloved pets are not only a comfort to us but also to others, and they are a way to connect with friends, family and complete strangers. A dawdling puppy, a cat riding in a stroller or a bird perched on their human's shoulder can give us a moment of happiness, awe and connection. The last few months have been heavy and traumatic, and our pets will continue to play an important role in our recovery. To help spread much-needed joy, we will feature pets of all kinds in our next few issues. If you want to submit your pet for consideration, please contact Courtney Cushing Kiernat at courtney@hillandlakepress.org. (Images: Courtney Cushing Kiernat)



SALLY



DOT



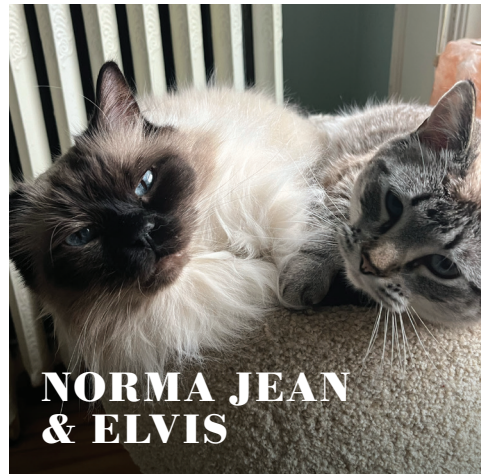
KONA



SIDNEY



HALO



NORMA JEAN & ELVIS



CHILI

SPRING, FINALLY

(Images: Courtney Cushing Kiernat)





SUMMER FUN & WELLNESS 2026

All are welcome to join the free fun at East Cedar Lake Beach, the Cedar Lake School Forest & Kenwood Park

MAY

- 8 15 22 29 6:30 - 8:30 am **Guided Spring Bird Walks** at Kenilworth Trail & 21st with Dave McIntosh
- 23 **Safety Walk & Clean-Up** at the Kenwood Rec Center
- Kenilworth Trail Opening Celebration** at Kenilworth Trail & 21st with Venture Bikes
- 30 8 - 10 am *Slow Roll Bike Ride with Melanin In Motion*
10 am - Noon *Quick Bike Repair, Bike Donation & Ride*
- EVERY F-Su **612 Sauna Residency Weekends**, Registration required

AUG

- 1 8 15 10 am **Qigong & Sound Bath** at the Beach
- 8 3:30 - 6:30 pm **Families and Food Trucks** at the Beach with Pizza Karma
- 22 10 am **Super Stretch Kids Yoga!** at the Beach (Open to ages 1 through 167!)
- 23 3pm **Pickup Truck Opera** at the Beach
- EVERY Su 7 pm **Yoga at the Beach - Slow Flow**
- T 7 pm **Yoga at the Beach - Flow**
- Th 7 pm **Yoga at the Beach - Flow**

JUN

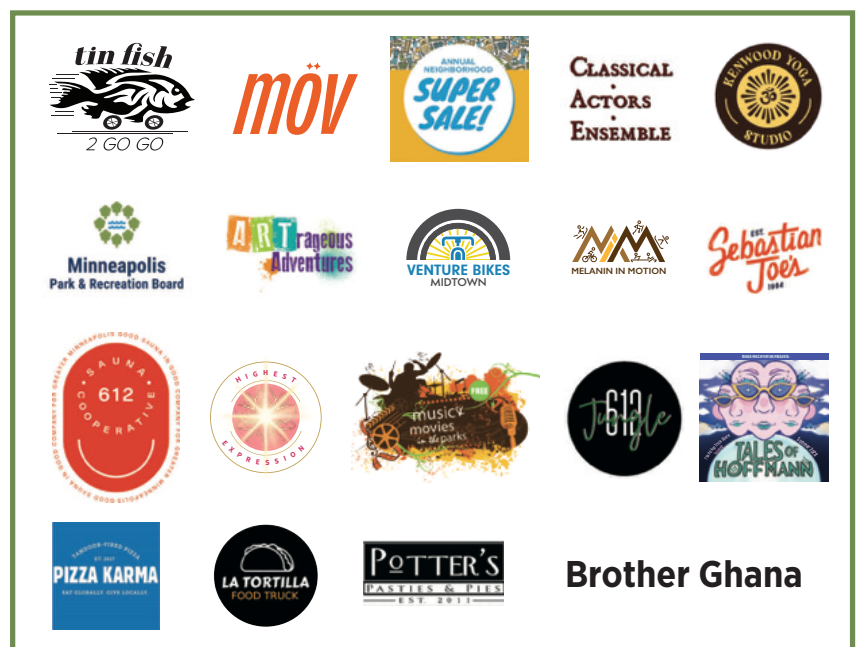
- 13 3 - 6 pm **Family Beach Opener** featuring: La Tortilla Food Truck, ARTrageous Adventures fun & Brother Ghana Drumming (3:30)
- 21 3 pm **Classical Actors Ensemble - Shakespeare's "The Tempest"** at the Beach
- 27 3:30 - 6:30 pm **Families and Food Trucks** at the Beach with Tin Fish
- EVERY Su 7 pm **Yoga at the Beach - Slow Flow**
- T 7 pm **Yoga at the Beach - Flow**
- Th 7 pm **Yoga at the Beach - Flow**

SEP

- 12 6:30 - 8:30 pm **Fire & Ice Cream** at the Beach
- 19 9 am - 3 pm **Super Sale Multi Neighborhood**
- EVERY F-Su **612 Sauna Residency Weekends**, Registration required

JUL

- 14 Dusk **Ice Cream Social & Movie in the Park** *Smurfs* movie at Kenwood Park
- 18 3:30 - 6:30 pm **Families and Food Trucks** at the Beach with Potters Pasties & Pies
- 25 10 am **Qigong & Sound Bath** at the Beach
- EVERY Su 7 pm **Yoga at the Beach - Slow Flow**
- T 7 pm **Yoga at the Beach - Flow**
- Th 7 pm **Yoga at the Beach - Flow**



Stay up-to-date on KNO summer events!



All Summer Fun & Wellness events are hosted by the Kenwood Neighborhood Organization (KNO) in part, thanks to the generosity of Kenwood neighbors. All KNO events are FREE except for Food Truck items.