



# Hill & Lake Press

‘Where the biggies leave off...’

Published for the East Isles, Lowry Hill, Kenwood & Cedar-Isles-Dean Neighborhoods

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## OPINION

by Martin A. Carlson

### Cedar-Isles Master Plan: A Month in the Life



Summer recreationalists on Lake of the Isles. The Minneapolis Park & Recreation Board is determining the future of Cedar Lake and Lake of the Isles Regional Parks. (Photo Courtney Cushing Kiernat)

I'm glad I wasn't writing this article last week. The past month has been an abject lesson in the ups and downs of the ordinary political process, but as of this writing we're on an "up" note.

At the beginning of last month we were digesting and largely celebrating the release of the Park Board's "preferred park concept" for Lake of the Isles and Cedar Lake, which was a grounded, principled, practical improvement over the scattershot and pointlessly disruptive initial park concepts. There was much to celebrate, and there were some areas to tweak, as I outlined in my July article for Hill & Lake Press.

Then came the July 28 CAC meeting at my church, featuring a set of bicycle-centric proposals from a putative "circulation working group" that deviated significantly from the preferred park concept and the substantial public input that drove it. A boardwalk was back. The much-disputed proposed pedestrian path on southeast Cedar Lake returned. There was mountain biking in Burnham Woods. And, while parkway closures remained off the table, there was a proposal to narrow the entirety of Lake of the Isles Parkway by 40% to accommodate two-way off-roadway bike trails. It was a raucous meeting, and I don't think anyone felt very good about it.

I'm pleased to report the pendulum has now swung back, and we appear to be

moving again towards a more unified, positive position. What changed? At the end of the July 28 meeting, the CAC elected to form an actual circulation subcommittee, comprised of most of the CAC members, now chaired by the indefatigable Craig Wilson. Its first meeting, on August 10, was a model of effective civic debate. It was efficient, respectful, and featured reasoned, fact-based decision-making throughout.

While particular thanks are due to Craig Wilson for crafting a structured, sensible agenda and running a structured, sensible meeting, the subcommittee as a whole deserves great credit as well. These were (and have been) potentially divisive issues, but rather than bunkering down in their corners, the members were responsive to new facts, respectful of differing opinions, and generally willing to move in new directions. The highlights:

**1. Two-way biking around Isles:** The subcommittee unanimously rejected the two-way bike sections in the current preferred park concept as impractical and unsafe, meaning the current one-way format will remain unchanged. This will be satisfying to our many neighbors (most bikers themselves) who wrote in with safety concerns. The proposal to narrow the parkway by six feet to allow off-street, two-way biking around the entirety of the lake was deferred until the next regularly-scheduled rebuilding of the parkway, anticipated to

be 20-30 years from now (it was last redone in approximately 2009). This makes eminent sense: why make such a decision now when it can be done later with more certainty as to what the actual needs will be? I thought this was an excellent resolution, driven by new facts and flexible thinking. In the here and now, the existing parkway will be striped for counter-clockwise bike traffic, which appropriately emphasizes the current right of bikers to use the parkway and be safely accommodated by car traffic.

**2. Southeast Cedar Shoreline/Public Access:** This was another thorny issue effectively resolved by fact-gathering and a flexible exchange of views. The subcommittee recommended ending the existing private encroachments along Park Lane within ten years and restoring that shoreline (now a rip-rap wall) to a more naturalized state. The issue of public trail access will be revisited after restoration, but only if feasible. The major concern here is that some of the parcels in question are so narrow they likely cannot accommodate both a naturalized shoreline and a trail at the same time. Because water quality and ecology are primary goals, the subcommittee prioritized shoreline naturalization unanimously (with two abstentions).

**3. Bike access on the Kenilworth Channel:** The subcommittee voted to retain the proposed new bike access from the Kenilworth Trail to Lake of the Isles on the north side of the channel. After a robust discussion about the ecological impact of this new access point, and whether it is basically duplicative of the existing Dean Parkway access, a supermajority voted to endorse this aspect of the preferred park concept as-is.

**4. Access on the south side of Isles:** In separate votes, the subcommittee unanimously asked the board staff and consultants to make relatively light changes to the Midtown Greenway access point, which would include moving the restroom a short distance, and also to shift the proposed new pedestrian access trail from the west side of the dog park to the east side, where it would be more direct and have less impact on existing tree cover.

**So what's next?** The next Circulation Subcommittee meeting, on August 18, will likely have been held by the time this issue goes to press. Once again, there will be proposals discussed of great importance to many of us, including multi-modal transportation on the northwest portion of Cedar Lake (i.e., the new boardwalk proposal), and mountain bike access on the east

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side of Cedar. While my crystal ball does not tell me how these matters will be resolved, the August 10 meeting certainly underscored the importance of fact-gathering and open-mindedness. If this group can take the same approach to this new set of issues, I'm guessing reasonable solutions will emerge.

What I do know right now and does not require a crystal ball is that all of us who care about these concerns and the health of our parks should be very grateful to this CAC. Every member is a volunteer, donating hours and hours of time, willingly wading into thorny, potentially divisive issues. While we can criticize specific positions, no one should doubt the sincerity of this group or its commitment. What we saw on August 10 was a model of civic process, and I was thoroughly impressed with both the quality of the discussion and the quality of the decisions. This CAC has been a commendably consensus-driven group, and that is something we should strive for in our local decision-making. This isn't abortion, guns, or taxes—it's our local parks—and I'd like to think that reasonable minds can coalesce around reasonable solutions when the facts are gathered and reasoned positions are aired. That appears to be precisely what's happening here, and it's something we should all be grateful for.

*Martin Carlson is a longtime Kenwood resident who lives with his wife, Mary, near the West Bay of Lake of the Isles.*





# Hill & Lake Press

The Hill & Lake Press has served the community since 1976. Views expressed are not necessarily those of Hill & Lake Press.

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## FROM THE EDITOR'S DESK

By Craig Wilson, Editor

### HAPPY SUMMER!



The sphinx or hawk moth "Clear Winged," with partially transparent wings, loves wild phlox.  
(Photo Angie Erdrich)

## LETTERS TO THE EDITOR

**Dear Emma Pachuta (Park Board) and Members of the Citizens Advisory Committee (CAC) for the Cedar-Isles Master Plan**  
*By Kate Christianson*

Thank you for creating a Circulation Subcommittee with a gracious, even-tempered leader and offering to host up to two additional public meetings via Zoom, so that a range of perspectives—emotionally charged at the last CAC meeting—could be carefully heard.

In many ways, it seems that the community came together last night during the first meeting, and we have much to be grateful for.

The Zoom format allowed public comments to be shared "in the moment," while CAC members followed a timed agenda and civilly discussed proposed recommendations, one by one. Professionals from the Park Board and the consultant team were on hand to address practical issues; fresh documents had been prepared; and, perhaps most importantly, the lens of the Circulation conversation expanded (from current wants at odds with each other) to include possibilities for the next generation of Minneapolitans to address. This kept us

humble and connected.

Clearly, much structural work was done in advance, to pull facts together and incorporate our history of civic leadership in and around the Chain of Lakes.

I appreciate your efforts and will remember you, among many other things, for the attentive and transformative work you did last night.

*Kate Christianson lives in Kenwood.*

**We adamantly oppose a two-way bike path around Lake of the Isles for these reasons**  
*By Sandra Nelson & Larry Lamb*

1) Lake of the Isles (LOI), Bde Maka Ska, Harriet and Nakomis all have one-way paths. One of us, Larry, CC is an avid year-round cyclist; he and his fellow cyclists are accustomed to the uniformity and predictability of the current path structure around the lakes. The cycling distance around these lakes ranges from 2.76 miles (LOI) to 3.19 miles (Bde Maka Ska). It is hard to believe that any cyclist would be inconvenienced — in any way — by these short distances. As was noted in the meeting, city lake biking paths are designed and used for recreation, not commuting.

2) The current LOI bike path is already dangerous in winter because it is shared with walkers due to the unplowed walking path. A two-way bike path would significantly increase accident risk. Larry witnessed numerous near-accidents this past winter.

3) As CAC member Aaron Shaffer described, his proposal would require narrowing the parkway to accommodate the buildout for a two-way bike lane. That would require relocating 75 classic light fixtures, all of the lakeside curb signage and removing several trees next to the current cycling path. When one adds repaving the entire parkway and two-way bike path, rerouting electrical and drainage infrastructure, we must be looking at a multi-million dollar expenditure, not to mention the disruption to the neighborhood during a massive and lengthy reconstruction project.

4) We cannot imagine what could possibly justify a project of this scope and expense. The desire of some people who simply "want it," or for whom "my bike is my religion" as one person defiantly declared at the July 28 CAC meeting, is not defensible or persuasive, in our judgment.

5) In our view, people who advocate for bikes at any cost do not represent the diversity of residents in our neighborhood. The Hennepin Avenue Redevelopment Plan is/ was a prime example of biking fanaticism at the expense of neighborhood residents who are elderly, disabled, fear for their safety, lack confidence, have dyspraxia or other medical conditions that make cycling impractical or impossible. Inclement weather and Minnesota winters are a cycling deterrent for many people.

In lieu of a two-way LOI cycling path, we recommend the following:

1) Install improved and prominent directional signage on the walking and biking paths. On the east side of LOI this week, I met a high-speed cyclist on the walking path. In my 30+ years in the neighborhood, I have encountered countless rollerbladers and skateboarders on the walking path; when I point out the bike path, they always respond, often swearing, that it is for bikes. At frequent intervals, we suggest painting "WALKERS ONLY" on the walking path. Ditto on the biking path: "BIKES, BLADES & BOARDS ONLY" or similar instruction.

2) Allocate MPRB funds to plow city lake walking paths in winter in order to preserve a dedicated path for pedestrians and improve safety.

3) Allocate MPRB funds to increase maintenance

of existing bike paths. The recent bike path resurfacing on the east side of LOI was along overdue.

The CAC committee and MPRB have listened and responded to feedback and input from stakeholder neighborhoods. We are grateful for your diligence and your recommendations to date.

Many thanks for your leadership on behalf of our neighborhood,

*Sandy Nelson and Larry Lamb live in East Isles.*

**As with most opinions, there is usually more than one side to the story and this is certainly true in relation to Martin A. Carlson's latest submission to Hill & Lake Press: "Cedar-Isles Master Plan: Vast Improvement."**  
*By Jake Warner*

This new latest plan, labeled the "Preferred Concept" is a great plan for the well placed nearby residents who want to keep Cedar Lake a "hidden gem" and "secluded." It's as if they want this regional lake for themselves.

But it is a horrible plan for the general public and especially for the underrepresented segments of the population such as our elderly, mobility-challenged, and ADA populace. Also this "soft touch" plan doesn't work well for our diverse communities that are wary of hidden, secluded parks and are more comfortable having people around. The "Preferred Concept" discarded some very practical improvements to long-standing problems with the Cedar-Isles regional parks that were addressed in the trashed "Unique Lake Experiences Plan." The baby was thrown out with the bathwater.

Regional park master plans involve a broader perspective than neighborhood parks. They draw park users from beyond the neighborhoods. The planning process is administered by the park board and funded by the Met Council—including implementing plan designs.

Inclusion and equity are bulwarks of regional park master plans, ideals endorsed by both the Minneapolis Park & Recreation Board and the Met Council. If equity and inclusion are existing problems with regional parks, steps must be taken to try and correct the conditions that foster these situations.

From the very onset of this master plan, access and circulation were defined as problems to be addressed, especially at Cedar Lake. The most egregious equity and inclusion problems entailed ADA, elderly, and mobility-challenged



communities that are now, and with the “soft touch” Preferred Concept Plan, will continue to be, excluded from large portions of Cedar Lake, especially the “nature park” area, the Kenilworth Channel, and the SE lake shore, which is off-limits to all of the public save for the few homeowners along here who have had exclusive access to the park land for 80 years!

These areas would all be served by the hard paths that were incorporated into the “Unique Lake Experience Plan.” In the Preferred Concept Plan the conducive access paths were replaced with “soft surface” wood-chip paths that restrict access to those needing hard-surfaced paths.

There is an element of mean-spiritedness to this position of no hard paths. And for what reasons? Beyond improving access for a greater variety of visitors, including the underserved, would one hard path through the “wild & natural” zone detract from, or change in any way the aura of the area? My opinion is that it would bring a wider population through the area and this would make it a better park. It may surprise a lot of people, but secluded, isolated, heavily vegetated areas, with poor sight lines are threatening areas for many people and are therefore avoided! These features are not attributes of successful parks—in fact, these parks can become disamenities. There is a reason why the Kenwood Neighborhood Association still pays for extra police

presence since 1995, at East Cedar Beach.

Adding a pedestrian footbridge (similar to the 19 footbridges that cross Minnehaha Creek corridor) at Kenilworth Channel and Cedar Lake would enable a loop trail around Cedar Lake. No longer would pedestrians have to negotiate Burnham Road’s two-way vehicle traffic with no public sidewalk to reconnect to Cedar Lake. It is an uncomfortable and dangerous route.

Finally, the dangerous confluence of bikers and pedestrians at the northwest corner of Cedar Lake needs a remedy. Increased bike traffic coming from the trailhead at Theodore Wirth has heightened the problem. The “Preferred Concept Plan” eliminated the proposed boardwalk for pedestrians along this corridor. In a 1997 “Chain of Lakes Renovation” plan, a boardwalk along this stretch was also proposed and turned down. The boardwalk solution gets introduced because it is the most viable and aesthetic solution to an area that must be addressed!

As for two-way biking around Lake of the Isles—we must support infrastructure that enables alternate transportation modes. The busiest bike trail in Minneapolis is the Midtown Greenway, which safely supports two-way biking, in addition to a pedestrian lane. Lake of the Isles also needs a public gathering spot—a commons area—to meet, to sit, to interact, to just people watch.

*Jake Warner is a 31-year resident of the “west side” of Cedar Lake.*

**Celebrate Black Label Movement in September**  
By Ana Morel

I want to make you aware of a special event happening September 23-25 at the Cowles Center for Dance. Long-time Kenwood resident, Director of the UMN Dance Program, and Artistic Director of Black Label Movement—one of Minnesota’s leading dance companies—Carl Flink is celebrating the company’s return to live performance! The company is premiering Carl’s technicolor evening length work Canary, Crimson then Emerald that explores the energies surging right before (Canary) and during the COVID Winter (Crimson), then ends with the joyful celebration of touch (Emerald), which we all so desperately need right now!

Carl’s work is smart, daring, and athletically physical. The premiere includes original sound by Twin Cities composers Queen Drea and Greg Brosfke. The diverse company is itself beautiful and a delight to experience. These are some of the area’s finest dance artists from many different movement backgrounds: Breaking, Athletics, Contemporary, etc., and includes Cheng Xiong, who just received a 2022 McKnight Dancer Fellowship.

Tickets for the event are pay-as-able, starting as low as \$10, fee included, for

all three performances. To celebrate the company’s return to the stage, audience members can also take part in a unique opening night event on Friday, September 23 called Bites with Black Label. This event features the culinary magic of James Beard Award recipient Chef Gavin Kaysen. Chef Gavin and his award-winning bar team from Spoon & Stable will present an array of bites and a designer cocktail (mocktail available) inspired by the premiere’s concept and rich colors.

For details visit: [thecowlescenter.org](http://thecowlescenter.org) and find the Black Label Movement ticket pages on the event calendar. Recommended ages are 12 and up, although younger children may also enjoy the exhilarating, high-flying movement!

Come celebrate live performance and powerful art created by one of our neighbors!

**Where:** Cowles Center for Dance  
**When:** Sept. 23 and 24 @ 7:30 pm, Sept. 25 @ 2:00 pm (Length: 65 minutes)  
**Tickets & Info:** [thecowlescenter.org](http://thecowlescenter.org)

*Ana Morel is a long-time resident of the Wedge neighborhood and Black Label Movement Board Member.*



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- East Isles Neighborhood Association (EINA)
- Kenwood Neighborhood Organization (KNO)
- Cedar-Isles-Dean Neighborhood Association (CIDNA)
- Lowry Hill Neighborhood Association (LHNA)

**Thank you!**  
By Ross Rezac

I am so impressed with your paper. All the stories were so spot-on in the July issue. Thank you for great reading.

*Ross Rezac lives in Bryn Mawr.*



(Photo provided by Black Label Movement)

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Minneapolis Police Lt. Kelly O'Rourke, Aileen Johnson with the Loring Park Neighborhood Safety Block Club, Officer Maiya Cain who was just named the 2021 Co-Police Officer of the Year and Council Member Lisa Goodman at National Night Out on August 2.  
(Photo Patrick Sadler)







The Kenwood Elementary Girl Scout Brownie troop 18939 volunteered at the Thomas Lowry Park monthly clean up in August. The Brownies are working on their Eco Friend badge and learning about ways to help the outdoors, take care of wildlife and campfire safety. (Photo Shirley Cardoza)





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**GUEST OPINION**

By Katie Jones

**Signs of Progress**

It's been a week of progress. The Hennepin Avenue South layout was finally approved and as I write, the Inflation Reduction Act (IRA) is poised for adoption in Congress. Both years in the making, they set us up at the local and national levels to address the climate crisis and reduce inequities. They're not perfect. They both require roundabout ways to get to their intended outcomes. Yet, they both give me hope.

Initiated in 2018, the City finally approved the Hennepin Avenue South layout on August 4. The original full-time dedicated transit lanes were reduced to 6 hours per day in the approved plan, with the remaining hours each day reserved for parking. The reduction was the result of a veto from Mayor Frey and opposition from a minority of Council members including Goodman, Vetaw, Koski, Rainville, and Palmisano.

The IRA too is a cutback—a slimmed iteration of the Build Back Better bill from \$1.7 trillion to \$430 billion due to the minority holdouts of Senators Manchin and Sinema.

Such cuts are incredibly frustrating. How much more clean energy could have been accelerated or families supported with additional funding? On Hennepin, with a parking lane

much of the day the buses will be forced into the single lane of traffic. Who really wants that? In both cases, why is no one listening to the data?

At least for Hennepin, data will be central going forward. On day one of the new Hennepin Avenue's opening in 2026, buses will have dedicated lanes at a minimum 6 hours each day. Quarterly, bus reliability will be reported to City Council. If reliability thresholds are not met, the hours of bus lane operation must expand. The City's own data (which Public Works Director Margaret Anderson Kelliher withheld until a formal data request was made) shows the existing reliability risks to transit without dedicated lanes. Given this, I have every reason to hope that transit lane hours will expand quickly in 2026.

Other progress is more clearcut. On Hennepin, wider sidewalks, curb-level bike lanes, and bump outs to reduce crossing distances will bring greater safety and accessibility and make carbon-free travel more attractive.

Perhaps most importantly though is how the reservoir of good climate ideas and actions has finally broken through the dam. The years-long debate on Hennepin Avenue South has impacted the designs of Hennepin and 1st Avenues in Northeast Minneapolis such that the County's design includes protected bike lanes and full-time

transit lanes. At the national level, I can only imagine the wave of air source heat pump adoption and pathways for home electrification that are to come from the IRA.

As of early August, we've experienced nearly double the number of above 90-degree days compared to average in Minneapolis. That is a danger to people's health, disproportionately so for black and brown neighbors who are more likely to have underlying health issues and lack air conditioning due to historical environmental injustices. We're in the early days of the climate crisis, and it will only get worse unless we take action to mitigate it. Progress is rarely smooth, and just like with Hennepin and the IRA, it is often met with resistance. Every step taken may not be the giant leap we need to reduce greenhouse gas emissions and environmental harms, but given political realities every inch forward is a gain. The pursuit of perfection can breed cynicism. The celebration of each win, regardless how small, breeds hope. The Hennepin layout approval and the IRA are important signs of not perfection, but hopeful progress.

*Katie Jones is a Lowry Hill East resident. She also serves on the City's Capital Long Range Improvement Committee and recently served on the Governor's Sustainable Transportation Advisory Committee.*



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MEET NEIGHBOR KATHERINE DOEPKE

Everything about Katherine Doepke goes back to her love of music. Even the large, hooked rug in her living room, which she completed years ago, is musical. It has a structure, colors and tones, and is pleasing to the eye.

Katherine has lived at the Kenwood since 2013. Her husband had died, and macular degeneration was increasing its toll on her vision. She felt she needed to be among people. While visiting a fellow AAUW member at the Kenwood, she realized that, as her son said, “these are your people.” She likes having conversations with “well-educated, well-traveled people who don’t talk about their health all the time.” Although she never had a sister, she feels that many of the women she has met at The Kenwood are like her sisters, and that The Kenwood is a “wonderful place, my home, my family.” She is a positive woman with a musical voice, and a laugh that often doubles her over.

More than a hundred years ago, Katherine was born in Michigan. Her minister father was called to Fosston, Minnesota when Katherine was about 16. In Fosston Katherine blossomed as a musician. She played the pump organ in church, sang in the choir, played clarinet in the school band, and took piano and voice lessons. Making and listening to music for her was and continues to be “a thrilling satisfaction.”

Katherine was amazed when she scored highest in her class on a music test. She just assumed that everyone had her ability. She went on to Bethany Lutheran College in Mankato, where she took pipe organ and voice, and then to the University of Minnesota in Minneapolis, achieving a BS in voice, minor in piano, and ultimately, a master’s degree in Music Education. Katherine married, and once her four children were all in school, Katherine became a music teacher for Minneapolis Public Schools, a job she held for 20 years. One of her students at Central High School was Prince. She quickly realized he already knew a lot about music and that she wouldn’t be able to teach him much. He was her only student who asked her to teach him music theory, and even that he master quickly and easily. And she can say she once played with Prince because she loaned him a school synthesizer (against the rules) but figured if she was there, it would be all right. She played

the maracas and tambourine with his band.

Katherine has a long list of other musical credentials. After retiring she formed a group, the Gray Aires, which performed different shows at retirement communities like The Kenwood. She is a longtime member of the music fraternity Mu Phi Epsilon and was its international president for a time. She was a president of Thursday Musical, a non-profit organization which promotes local musicians. She was the choir director at her church for 40 years and was also president of the congregation.

But for The Kenwood Retirement Community, perhaps Katherine’s most important musical contribution are the almost daily concerts she performs in the Parlor. And during the COVID crisis, Katherine would play “Kitchen Concerts” so that kitchen staff could enjoy her music while preparing dinner for the residents.

In addition to attending every musical activity offered at the Kenwood (concerts, sing-a-longs, and MacPhail classes to name a few) Katherine also makes a point of attending other activities such as yoga, exercise classes, book club, the Great Courses. She tries to go to everything she can to support the culture of lifelong learning at the Kenwood.

This spring, Katherine and her son produced a CD “Hello Kenwood Friends” in celebration of her long life. In it, Katherine plays piano, tells stories, offers wisdom, and exudes positivity. She is amazed that she has “lived this well, this long,” and remarks that “The Lord has a job for me to do, to help people here (at the Kenwood) by lifting their spirits. Despite her low vision, Katherine lives her basic advice to “keep moving.” She believes that “Music is healing. Music holds people together.”

Thank you, Katherine, for sharing the healing power of music, and connecting the Kenwood residents and staff together.



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# Meet Your Neighbor

A monthly column by Craig Wilson, Editor

## Katie Winkelman



Katie Winkelman.  
(Photo provided by a friend)

**Craig Wilson interviews Katie Winkelman via email about her passion for animals and rescuing strays.**

### Where did you grow up?

I grew up in Morris, Minnesota and Sartell, Minnesota and went to college at Gustavus Adolphus College in St. Peter, Minnesota.

### What do you do for a living?

I run my own dog-walking and -sitting business, specifically for animals with behavioral issues. (I currently have such a strong caseload that I am not taking on new clients—sorry.)

### How did you become passionate about animals?

Both of my parents are veterinarians and I think that's why it started. In particular, my mom has taught me a lot about caring for non-human animals and compassion in general.

### What are common behavioral issues you see in dogs and cats?

There is such a wide range, although most issues are based in fear—they may not trust any new people outside their current trusted family, so very gradual and careful introductions while trying to create positive associations are a must. (And, FYI, 'introduction' may not involve any touching as that may be what they want least.) If they are not too stressed to eat, I use lots of treats in hopes to win some trust, always at a safe distance.

### How can humans be better companions to their pets?

Learn species-specific body language from credible sources. It's important to learn – and respect – the subtle signs of stress and fear and not put animals in situations that make them worried as that may make them even more afraid. For example, it's best to protect dogs and cats from loud noises like fireworks. And many dogs, even though we would like them to go along, don't do well in crowded social situations.

**We met when I posted a picture of stray kittens on my back deck on Nextdoor. You came to the rescue and have diligently been placing live traps around my house and laying**

### out food to catch them for weeks. Why is it important to fix cats and get them off the streets?

There are various reasons why it's best to spay/neuter your companion animal. Some include a decreased risk (or elimination) of certain types of cancers, increased longevity, curbing unwanted behavioral issues, potentially saving of future veterinary costs, etc. And of course, a major motivator is population control and to decrease their suffering in many ways, especially via euthanasia in shelters and animal impound facilities. Cats reproduce 45 times as prolifically as humans. That's a lot of homeless cats, many of whom are euthanized due to spatial reasons. The world does not need more domestic cats reproducing.

For female cats, this means that they won't go into heat, get pregnant, or have to nurse and care for kittens over and over and over again—which takes a lot of energy and can impact a cat's overall health.

For male cats, it means they won't have to fight other male cats for the chance to mate, continually look for females in heat, or constantly defending their territory.

So, whether the cat is an unowned, feral cat, also called a community cat, or an owned cat, spaying and neutering improves their lives.

Spaying and neutering aren't just good for individual cats, they also improves the communities where those animals live. When cats are spayed and neutered, it means fewer cats and kittens end up in animal shelters, where it's very likely they would be killed. It also frees up shelter resources that can be used to help more animals needing permanent homes.

That's where what I do comes in. I do what's called TNR (Trap Neuter Release/Return). And I consider it vital in all communities. While studies show most owned cats are spayed or neutered, that's not the case for unowned or community cats.

The purpose of TNR is to ensure these cats who live outdoors are also spayed or neutered. Through TNR, community cats are humanely trapped, spayed or neutered, vaccinated, ear-tipped, and then returned to their outdoor home. (Ear-tipping is the removal of the tip of one of their ears, while they are already under anesthesia for their spay or neuter and indicates that a feral cat has already been spayed or neutered so there is no need to live-trap them again).

Ideally, domestic animals wouldn't have to live outside, "on the streets," but there are cats who have either never had any contact with people or their contact with people has diminished over time. They are not socialized to people and survive

on their own outdoors in family groups called colonies. Many community cats are not likely to ever enjoy living indoors as they are too terrified to be in close proximity to humans. After being trapped in a live-trap and taken to a veterinarian for spaying/neutering and vaccinations, these cats often do best to continue living outside. Providing shelter (critical in a Minnesota winter), food, and water all year round is important for these cats. Providing these things makes releasing them back outdoors in our climate humane.

TNR makes a huge positive impact in communities by stabilizing cat populations and helping cats and people coexist.

I'm not part of a program or volunteering with a particular organization; I'm just doing this on my own. To have other members of the public educating themselves on the benefits of TNR and how to take TNR into their own hands, in their own neighborhoods would be amazing. I get overwhelmed with the number of uncared for cats and it's very reassuring to hear when other people also share in the effort to help animals.

### What's a typical day like for you?

Between dog walking and caring for many other animals throughout the day, I am often trying to keep tabs on community cats and setting live-traps for them. If one is caught, I hurriedly search for openings for spay/neuter appointments through AHS Veterinary Centers or MNSNAP. Appointments are always required for surgical procedures and there are days where I cannot find an opening to get a cat in for surgery. This can make things very complicated because it isn't humane to keep cats in live-traps for extended periods of time as it's very scary to them and they don't have access to a litter box, food, or water. It is not smart to re-release the cat before seeing a veterinarian as the cat may be wary of a trap next time and it's likely I would never be able to catch them again for an appointment. In these cases, I have to frantically find a temporary foster home and get the feral cat or kitten into a large dog crate or room with all the basic necessities until the morning of the procedure. With the animals I have in my own home, I am not able to take more in. I feel like trying to find foster homes for cats is like trying to find a magical unicorn. Actual rescues are also always desperately looking for more foster homes, so reaching out to rescue groups and being willing to foster animals, this could be for a matter of days or months, is incredibly helpful in preventing animals from being euthanized in shelters.

Another difficult thing about not being able to get feral cats into spay/neuter appointments right away is having to transfer them from trap to carrier or large

dog crate and back to trap again for their appointment. Just last week, this was the case when I trapped some very feral kittens in the Kenwood/Lowry Hill area. I wasn't expecting to catch any when I set the traps right away on that particular day, so was unprepared with appropriate gloves and a secure place to transfer the first kitten. The kitten started to get loose again trying desperately to flee, although I knew if he escaped, he would likely not be found again. In my persistence to keep hold of the little guy, I sustained several puncture wounds and scratches to my hands. Knowing that cat bites can result in serious infection, once the kitten was secured in a carrier, I went to urgent care to address my wounds.

The first days to two-to-three weeks of life are critical for early gentle handling for kittens to accept social interaction with humans. Without the benefit of such handling, kittens are truly wild, usually resulting in a fight or flight response that can lead to defensive aggression in attempts to escape. Their first response is to flee, but in the process of capture, they may react aggressively, essentially fighting for their lives as a physiologic response. Just two days after this happened, other neighbors found two-to-three-week-old kittens crying under a house in the afternoon. Their rescue ended up taking the rest of my day and more. Cats mate in warm weather so this kind of thing is neverending for me in the warmer months, also known in the rescue world as "Kitten Season".

### You do all of this as a volunteer yet your time and all the of food, vet bills, etc. must add up. Is there a way that people can help to support your efforts?

The recent bites to me are not the norm, although I felt compelled to persist to avoid another feral left to the 'wild.' It is true that TNR takes up a significant amount of my concentration and time. This work also gets quite expensive, incurring personal expense with limited funds. Donations are always welcome to assist in my efforts. Venmo: @Katie-Winkelman-7

### Any parting advice for people who find strays?

Alley Cat Allies is a nationally-known organization with incredible resources regarding cat welfare. I encourage everyone to learn from their website. (Alleycat.org) You can do anything from simply educating yourself on the issues to learning how to directly involve yourself in helping community cats.

*Craig Wilson is a Lowry Hill resident and the editor of the Hill & Lake Press. Craig has been contributing to this column since 2008.*



Feral kittens in Lowry Hill caught in live traps to be spayed and neutered and, it is hoped, adopted. (Photos by Craig Wilson)



PHOTO FEATURE

Photos by Tim Sheridan

# Lowry Hill Ice Cream Social





# MINUTES



## EINA Association Update by Quinton Courts, Secretary.

This summer, our neighborhood welcomed the sight of community members out and about – catching up, walking, and biking through our streets and parks. The newly elected 2022-2023 EINA board was also busy rolling up our sleeves and getting to work. At our May meeting, the cohort elected Mike Erlandson President, Shanti Mittra Vice President, Quinton Courts Secretary, and Brian Milavitz Treasurer. Our new committee chairs include Jason Spaeth for the Neighborhood Revitalization Program (NRP) committee, Ellen van Iwaarden for the Green Team committee, Mark Green for the Built Environment and Transportation (BET) committee, Julia Edelman for the Outreach and Engagement committee, and Richard Stadtherr and Sandy Nelson for the Finance and Communications Chairs, respectively. Our next board meeting is scheduled for Tuesday, September 13, from 7PM to 9PM at Grace Trinity Community Church. Meetings are open to all, and we appreciate the contributions of our neighbors.

For our May and June meetings, Ward 7 Council Member Lisa Goodman attended and spoke about city initiatives that directly impact our neighborhood, including incentives for

zero carbon emission lawn equipment and her work in partnering with the Uptown Association to support our East Isles business community. Lisa also graciously addressed candid questions and concerns from board members and residents about public safety in our neighborhood and the city as a whole. In June, District 4 Park & Recreation Board Commissioner Elizabeth Shaffer detailed updates on the MPRB's ongoing work with the Southwest LRT construction and the Cedar Lake-Lake of the Isles Master Plan. Elizabeth fielded questions about efforts to improve the water quality of Lake of the Isles and offered her support in the EINA board's endeavors in creating a shade structure for Joanne R. Levin (Triangle) Park in the heart of East Isles. We thank Lisa and Elizabeth for attending our meetings and for their contributions to our neighborhood. In July, we hosted Jennifer Waisanenn, Fifth Precinct Crime Prevention Specialist for the city of Minneapolis, who discussed crime prevention tactics that we can share with our neighbors to reduce opportunities for crime in our neighborhood.

Board member Debra Altschuler is spearheading this year's rebranded EINA Summer Social, formally EINA Ice Cream Social, featuring traditional favorites and the addition of the Tin Fish food truck and more live music! The annual event will be held the evening of August 17 at Joanne R. Levin Park with a rain date of August 18. We invite East Isles residents and local business owners and their staff to this awesome annual tradition!

The EINA Farmers Market is also going strong, and we invite you to this

neighborhood summertime favorite. The Market takes place every Thursday evening from 4PM to 8PM on The Mall between James and Irving Avenues S. This year's season runs until September 29, with the exception of August 4. Bring your reusable bags and come support local purveyors while meeting your neighbors!

If you would like to take part in supporting our neighborhood in any of the aforementioned or future neighborhood activities, we welcome and appreciate the extra hands and expertise.

The EINA board extends a big thank you to our coordinator, Jenna Egan, who has supported our neighborhood for the past few years. The EINA board is partnering with the East Bde Mka Ska Neighborhood Association (formerly ECCO) to hire one person to serve as coordinator for both neighborhoods.

Many East Isles streets were blocked off on August 2 for a very warm evening to celebrate National Night Out. Despite the heat, it was wonderful to see so many neighbors connecting! Also, this year's Uptown Art Fair was a huge success after a two-year hiatus. A projected 350,000 visitors came to The Mall in East Isles and our businesses on Hennepin Avenue and Lake Street from August 5 to 7 to support local artists and those who traveled to Uptown Minneapolis from afar. We are so thankful to see this event once again and we're counting down until next year! We hope all of our neighbors are enjoying the summer months and we look forward to seeing you at upcoming events!

**At the time of publishing the minutes for the following neighborhood associations were not available. Please visit the association's website to see their July 2022 meeting minutes.**



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## CREATIVE WRITING

By John Erlandson

## The Life of a Worker Wasp



Worker Wasp (Photo Craig Wilson).

Emerging from my egg I find myself in my own little shell, walls made from a wood, saliva, and wax paste letting a cool breeze seep through the cracks. I bump into my newly hatched brothers and sisters as we stumble our way around the nest. We know our orders, some will tend to the larvae, others will hunt, and the rest will defend the nest. Our nest is still young so I soon reach my point of takeoff. But the spring is newborn too, and so a frigid dry wind accompanies my first gaze at the barren but bustling landscape beyond the nest.

The grey sky, naked branches, and brown fields create a gloomy atmosphere for my first day's flight. I depart the nest along with a small group of my siblings. We drone through the branches of bushes and hover above the tangle of tall tan and greedy green grasses. Some of my group team up in a standoff with a queen ant while others chase after flies. I scope out a small beetle as my target and the chase is on. He's got sheer speed on me, but I've got agility and I've got size. He leads me through a dense evergreen but I stay on his tail. In a last-ditch effort, he dives down through a crack in a fence. Smart little bugger. I don't fit. I dart to the top of the fence, but I've lost him.

My pursuit has left me resting atop a fence surrounding a garden bustling with noise and freshly planted unbloomed flowers. Within the fence a couple of giants dance in a circle—plants, and shovels in hand, smiling and staring at each other, and playfully trading off belting the words to a song

called "Don't Go Breaking My Heart." The music fades out now and I feel an odd sensation, a warmth, the heat of the sun. I think I'll stay a while.

Travelling across the sky the sun shone down on me and as I basked in its rays the grass turned green, the branches budded, and the couple's garden grew. Over the course of the afternoon their smiles grew as well with each hole dug and each plant placed. But the woman gets tired. Yawning, she tosses her gloves to the man and takes the music inside. The man collects their tools and empty plastic plant containers, slowly making his way towards the garage. And as the patio door swings shut behind the woman, he begins to hum. His hums slowly turn to words and he cradles the lyrics arriving at the soothing final phrase: "For I can't help falling in love with you..." and the patio door cracks shut.

The evening has crept up on me. Under the orange glow of tonight's full moon, I snatch up a few aphids for the colony, and return to the nest.

A couple weeks have passed and our once-barren wax nest has turned to a bustling golden palace. It's warmer now, and the flowers have bloomed. My morning flight takes me to the couple's garden. I slide down to the bottom of the calla lilies, dipping myself in the little pool of water their vase-shaped petals so perfectly store. Cleansed, I glide down to brush against the lavender, stealing some of its soothing scented oil. Feeling energized today, I'll skip my usual snuggle between the silky sheets

of the carnations. Instead, I fly over to admire the enchanting tiger patterns of the alstroemerias. It's a serotonin overload. My colony is thriving, so life is good.

But I've noticed the increasing number of wilted petals in the couple's garden. The man sits in the garden often, but the woman not so much. He brings her out occasionally, but no longer inspires her smile. The sunny twinkle has left both of their eyes, and they never listen to music.

I see now a jumping spider crawling over to the other side of the fence, an easy target. I jolt up, he's scurrying down the fence, desperate for cover. But I've got him. Diving down I... I hear the patio door slam shut followed by the woman's giggle. I abandon the chase, curiosity calls me. Peeking over the fence I see the woman with a different man. With him, her lips never cover her teeth, it is clear to me now. Her cheeks are sore from the new man, her smile stolen from the man with whom she nurtured the garden. I hear the rumble of a storm. I ought to get back to the nest before the rain.

I'm returning empty-handed but it doesn't seem to matter. Entering the colony, I feel unseen. We've got plenty of food, my younger siblings bring back plenty and a new larva sleeps in my cell. It is clear to me now.

The rain is close but the couple's hostas will shield me. Finding a leaf not

browning on the edges is proving difficult. I suppose this leaf will do. It's darker than it was before, colder too. The rain is closing in and drawing insects of all types under the hostas. This doesn't excite me. I'm unable to eat insects, they were for the larvae. I've been eating the sugar spit which our larvae in turn produced. Cold and malnourished, I'll have to ride this storm out.

Finally, the storm is over. The clouds have yet to part, though. The rest of the bugs with me—ants, spiders, and a grasshopper too—all quickly head off to resume their daily routine. Having nowhere else to be, I'll stay for a while. But now I hear the patio door swing partially shut; this sound is accompanied by an infatuating scent. Sugar. Like the smell of the larvae spit but far more pungent. The scents of the moist soil, lavender, and composting bugs and plant parts have all vanished. The whiff of sugar clogs my antennae. I race to the man and his mysterious sweets.

He sits slouched way back in his metal rocking chair at the wet table supporting a slice of cake on a paper plate and a tall brown glass bottle, similar to the ones filling his trash bin. It's time to make a move. I dive at the cake. Touch down. My legs are nearly completely submerged in the frosting, this must be heaven. But he raises his hand at me, I'd flee normally but my legs won't move and anyways this seems like a rather nice place to die. His hand

stays raised though; he seems reluctant to finish the job. He looks at me, and I look at him. It's silent beside Bruno Mars's "When I Was Your Man" playing in the background on the neighbor's speaker. Lowering his hand, a brief and subtle grin forms on his face. Followed by a long gentle sigh. He reaches for me but I'm not worried anymore. He carefully pinches my abdomen and frees me from the frosting, setting me back down on a dry spot on the table beside the plate. He cuts me a small piece of his cake, one with extra frosting, and pours me a few drops from his brown glass bottle. Its smell, reminiscent of the fermenting apple I snacked on the other day, manages to break through the intoxicating smell of frosting. And we sat. Looking out at the dying garden we both watched grow all summer. But as the sun's rays peeked out from the clouds, the hostas' leaves shone, the flowers rebloomed, the grass reached back towards the sky, the man smiled despite a tear rolling down his cheek, and having satisfied my sweet tooth, I decide I'll rest and let my beautiful world slowly turn black.

*John Erlandson is a sophomore at Bowdoin College in Maine. He is a 2021 graduate of The Blake School in Minneapolis and has called East Isles home since birth. At 17 he was the youngest person ever elected to serve on the East Isles Neighborhood Association Board.*

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# Dear Neighbor

A monthly column by Dorothy Richmond

It's that time of year: Let's talk about high school reunions.

Actually, let's not, and here's why: I was recently in New Mexico with my daughter, Lily, visiting my other daughter, Daisy, who's been living there since earlier this year. We settled on Silver City, a couple hundred miles south of Albuquerque, for its location and all-around grooviness. I did not choose Silver City as a great place to break my elbow, but that's what happened.

Silver City is where both real and wannabe hippies live out their days. The town's social hub is Tranquil Buzz, a coffee shop so named as it dispenses both caffeine and cannabis. The rest of its commerce is pretty much dedicated to pottery shops, handmade-jewelry stores and places to eat. (If you want anything practical, say, an ice pack, or to have a prescription filled, you'll have to leave the city limits.)

We were staying in the center of it all, the Murray Hotel, an art deco gem built in 1938 that doesn't appear to have had a visit from OSHA during that tenure.

As we were leaving the hotel the morning after our arrival, the sunken lobby sank without warning.

It's a wild sensation to go from walking on flooring to all support disappearing, à la Peter Pan—I'm flying!—to THUD landing on WPA-poured concrete. They say when you break a bone, you know it, and I knew it.

Instead of enjoying breakfast with my daughters, I was having the first ambulance ride of my life and howling in pain. The EMT asked, "Morphine or fentanyl?" in a friendly tone reminiscent of flight attendants inquiring "Chicken or fish?"

All I'd wanted minutes earlier were a cup of coffee and a scone.

The entire day can be summed up by the wise lyricists, Mick Jagger and Keith Richards: You can't always get what you want. I'm optimistic enough to believe that in the scheme of things little was lost: The ambulance arrived lickety split; the Gila Regional Medical Center is a mere two miles from the Murray Hotel; even sort of out in the sticks, the emergency room was staffed with qualified, competent people; I'm not Brittney Griner; I'm not in Ukraine; the list continues. I didn't lose a tooth or an eye.

The girls and I (and a temporary cast) spent four days together and we had a great time. I'm hoping that Mick and Keith's words come through and I'll be rewarded with what I need, whatever that may be.

As I write this I'm back in Minneapolis a few days post-op. Three screws and a metal plate hold my arm together. Positively bionic, especially encased in the swanky immobilizer Twin Cities Orthopedics provides.

Maybe next month we can tackle high school reunions. Or not. One never knows.

**- Dorothy**

*Dorothy Richmond is an experienced Spanish instructor and the author of several Spanish textbooks. She is a longtime resident of Cedar-Isles-Dean.*



## Saint Paul's Church on Lake of the Isles Collection: Saturday, August 27 10am-2pm

Future dates: Sept 24, Oct 22

We will be sorting all donations at the curb this year, so please check carefully before you donate to save time as you drop off (we don't have the staff or space to distribute/dispose of unrequested items). Thank you so much for thinking of your neighbors -locally and throughout the world- during their time of need!

**Groveland Food Shelf** ([grovelandfoodshelf.org](http://grovelandfoodshelf.org))  
and **Joyce Uptown Food Shelf** ([joyceuptownfoodshelf.org](http://joyceuptownfoodshelf.org))  
All non-expired, shelf-stable foods and unused household product donations are welcome.  
The most popular items chosen by clients are:  
• coffee  
• beverage mixes  
• cooking oil  
• canned meats and fish  
• beans  
• peanut butter  
Cash donations will also be collected on-site to support Joyce Uptown's bulk purchasing efforts.

**Books for Africa** ([bookforafrica.org](http://bookforafrica.org))  
and **Saint Paul's Little Library**  
Gently used/new, culturally sensitive books\* accepted - no mildewed, dirty, or torn books, please.  
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\*Not accepted: encyclopedias, travel, or cookbooks.

**Episcopal Relief & Development** ([episcopialrelief.org](http://episcopialrelief.org))  
Cash donations will be taken to assist those displaced by the invasion of Ukraine.

**YouthLink** ([youthlinkmn.org](http://youthlinkmn.org))  
Listed items only, please; space is very limited.  
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• backpacks of various sizes (preK-8)  
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## LOWRY HILL NEIGHBORHOOD NEWS

**September LHNA Board Meeting: Tues Sept. 13<sup>th</sup> 7pm (via Zoom)**

All residents are welcome. A zoom link and agenda will be on our website. If you have a question or wish to be on the agenda, please email us at [lhna@lowryhillneighborhood.org](mailto:lhna@lowryhillneighborhood.org)

**East Isles & Lowry Hill Super Sale: Sat Sept. 10<sup>th</sup> 9am to 3pm**

Shoppers, the super sale is back! Sellers, registration closes Sept. 1<sup>st</sup>. A \$10 registration fee covers ads, yard signs, and neighborhood maps of participating garage sale locations. A link to register is available on our website - [lowryhillneighborhood.org](http://lowryhillneighborhood.org)

**Connect with us on social media!**

LHNA is on Instagram @lowryhill\_mpls. Or follow us on Facebook: search for Lowry Hill Neighborhood Association.

**We rely on support from residents like you.**

Please consider making a charitable donation to LHNA on our website, or send a check to: LHNA, PO Box 3978, Minneapolis, MN 55403



safety tips to  
**KEEP YOUR HOME SAFE**

- **Keep exterior lights on!** On front porches, back porches, side doors, and near your garage. Motion detector lights are also very effective.
- **Keep exterior doors and windows locked.** Use quality locks, including the garage doors. Keep garage doors closed unless you are in or near the garage, even during the day.
- **Don't leave a garage door opener in a car** parked outside on the street, parking pad, or alleyway.
- **Don't leave wallets, purses, computers, or other valuables in a car, even if the car is in the garage.**
- **Don't leave valuables, like bicycles, unsecured on porches, patios, or in the yard.** And, if you have very valuable bicycles, even if stored in the garage, keep them locked.

Sign up for the LHNA email newsletter at [lowryhillneighborhood.org](http://lowryhillneighborhood.org)



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