

In Our Community

St. Albert's sponsors dinner January 29

On Saturday, January 29, 2011, the Church of St. Albert the Great is sponsoring a benefit dinner for the We Care Emergency Outreach fund, which provides grocery and bus cards to those in need of a helping hand. Dinner includes salad, chicken parmesan or eggplant parmesan, dessert and beverages.

Reservations are requested. Call the Parish Center at 612-724-3643. Tickets are \$18 per person and will be available at the door. St. Albert's is located at the corner of East 29th Street and 32nd Avenue South in Minneapolis, where the elevator entry is located behind the statue of St. Albert. Parking available across from the church and behind the church (enter on 33rd Avenue).

Diabetes group now in Nokomis

"Artificial Pancreas Research Update" will be the education topic on Wednesday, January 12, at 6:30 p.m. Each month a short professional presentation will be followed by small-group discussion on living well with diabetes. All adult diabetics and their loved ones are welcome! Meetings are the second Wednesday of each month at Minnehaha United Methodist Church, 3701 East 50th Street. Contact carolengelhart@gmail.com or the church at 612-721-6231.

Garden Club's New Year meeting

Happy New Year and a "Join us for the Longfellow Garden Club January Meeting!" The Longfellow Garden Club meets January 12 to introduce new officers and engage attendees in a short planning session for the coming year, to be followed by a roundtable discussion: "The Dirt about Gardening in Longfellow."

Topics to include: getting started on a new garden, coping with clay, planting natives, little-known gardening resources here in Longfellow, questions and answers - positives and negatives of our near and dear Earthly diggings explored!

Cake and refreshments will be served to honor our Club's history and a new year of garden fun.

We'll see you Wednesday, January 12, from 7 to 9 p.m., at Epworth United Methodist Church, 3207 37th Avenue (the southeast corner of the intersection of 32nd St. and 37th Ave.). All meetings are free and open to the public. New members are always welcome! Questions? Please contact us at: longfellow-gardenclubmail@gmail.com

Understanding hypertension program on January 18

Join Longfellow/Seward Healthy Seniors and Minneapolis Community Education for a presentation about hypertension (high blood pressure) on Tuesday, January 18 at 10:30 a.m. at Holy Trinity Lutheran Church, 2730 E. 31st Street. Come learn why high blood pressure is more common in older adults and how it can be treated. Presented by Kay Jones, retired geriatric nurse practitioner. Everyone is welcome. Contact Longfellow/Seward Healthy Seniors at 612-729-5799 for more information.

Stormwater Management for Faith Organizations

Is your faith organization planning a building improvement or parking lot repave? Want to encourage your church to put in a rain garden? On Wednesday, January 26th, from 6:30 - 8:30 pm come learn how you can reduce stormwater runoff using rain gardens and other best management practices.

Stacy Anderson of Earth Wizards, Inc. will give a presentation and answer questions about the types of improvements you can make, including rain gardens, pervious pavers and green roofs. Earth Wizards designed and installed the new Rainwater Discovery Courtyard at Holy Trinity Lutheran Church in Longfellow. The workshop will be held at Holy Trinity at 2730 E 31st St and following the presentation there will be a Q&A session with those who planned that project and other similar ones. The workshop is free and all are welcome to attend. Please register in advance with Hillary Oppmann at hillary.oppmann@gmail.com or 612-724-8110. This workshop is sponsored by Longfellow Community Council and the Mississippi Watershed Management Organization.

East Lake offers monthly programming

As the holidays wind down, find your way back to the Hennepin County East Lake Library for programs, information and services for the entire family. Storytimes have been on break during December, but we'll return during the first

week of January with preschool storytime (Wednesdays at 10:30 a.m.); toddler storytime (Fridays at 10:15 a.m.); and baby storytime (Fridays at 11 a.m.). For adults, we encourage you to make writing a New Year's resolution: on Thursday, January 6 (6:30-8 p.m.), we're hosting "First Pages: Start Your

Memoir," a writing workshop from the Loft Literary Center. And don't forget about our ongoing job search assistance. We provide one-on-one help every Tuesday from 4-6 p.m. The East Lake Library is located at 2727 E. Lake Street in Minneapolis.



On December 10, the City of Minneapolis Department of Health and Family Support and Roosevelt High School Health Careers students assisted Flag Foods in celebrating the store's healthy makeover to carry more fruits and vegetables. Flag Foods is frequented by Roosevelt students and is one of 10 stores the City has been working with to boost their selection of fresh produce as part of a wider Statewide Health Improvement Program effort to combat obesity and chronic disease. Back row: Roosevelt High School Health Careers Coordinator Michael O'Connor, school mascot Teddie, Flag Foods store owner Nadeem Khalid, and Roosevelt Principal Bruce Gilman. Front row, from left: Roosevelt Health Careers students, juniors Dulce Gonzalez Sanchez, Fartun Ahmed, and Sophia Mai.

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OPEN HOUSES

January 29, 2011

February 17, 2011

SHM does not discriminate on the basis of race,
color, national and/or ethnic origin.

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TRAVELING BASEBALL TRYOUTS

For over 15 years, the **Minneapolis Youth Baseball Association (MYBA)** has helped hundreds of Minneapolis kids ages 9-14 learn the fundamentals, and compete against top talent in metro-wide leagues and tournaments. MYBA ballplayers play home games in the state-of-the-art Leonard H. Neiman Sports Complex located at Fort Snelling State Park beginning in early May.

Minneapolis Youth Baseball Association Tryouts
February 5th & 12th, YWCA Fieldhouse, 2121 East Lake Street

Register now at www.myba.us