

RiverWest Living News

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November / December 2009

Resident Spotlight

Researching the puzzle pieces of the brain

by Nancy Verdier

Brazilian-born Alana Feijo (FAY-joe) is a young woman with a big goal. Through research, she wants to understand the neurological processes behind mental disabilities and then put that knowledge to use to help people. This first-floor resident isn't just indulging in wishful thinking, either. Although she still has more undergraduate work to do, this University of Minnesota student is already conducting graduate-level research.

As a neuropsychology major, she says, "I like the fact that you deal with some of the mechanics of the brain, but you have more of a hands-on approach. You need to know the person, too. It's an essential part. Then you can work on developing things that will help them."

Alana received a U of M grant to see if individual differences affect problem solving and executive functioning. The results of her research may benefit schools, as well as the research community. Teachers may be able to increase their effectiveness by understanding that different teaching methods might work better with different personality types (perfectionist, conscientious, disorganized, careless).

Ultimately, Alana wants to be a neuropsychologist with a Ph.D. It would involve both helping clinic patients and doing "copious amounts of research."

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Alana Feijo takes a break from her studies at the U.

Veterinary hospital to open nearby

A full-service veterinary hospital will open in our neighborhood on Nov. 2. The Minneapolis Veterinary Hospital is located at 1030 Washington Ave. S. (street level of the Bridgewater Condo building).

Dr. Curtis Sanford and his staff will treat dogs, cats, birds, rabbits, reptiles and other small mammals. "We will provide medical, surgical, dental and immunizations for dogs and cats," he said. He is also certified in stem cell therapy for arthritis in dogs and cats.

The facility will be open Monday through Friday 7 a.m. to 6 p.m., and Saturday from 8 a.m. until noon. Dr. Sanford said he is considering being open until 8 p.m. one evening a week, probably on Thursday. Free garage parking is available with entrance from 11th Street.

Appointments may be made by calling 612-746-0300. For more information, see www.mplsvet.com. *

Inside this issue

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Pet Profile

Adopted dog pays it forward

by Kelly Merchant

In June of 2007, Amy Rosenthal, a resident at RiverWest, brought home a new puppy. Living in a condo made it hard to continue owning the breeds she had always chosen, large dogs such as German Shepherds and Boxers. This time, she adopted a small, terrier-poodle mix and named him Oliver. The Animal Humane Society informed Amy that her dog had been through a variety of living situations, and that she would be his third family in the past three months. Oliver was in rough shape.

"When I brought him home, he was just a train wreck," Amy explained, cuddling little Oliver in her arms. "He was pooping in the training crate, running through my condo terribly confused, belly up submissive with every person and dog that he met. He was afraid of the world!"

Soon after the adoption, Amy took him in for training at the Animal Humane Society. As an employee who works there, she is aware of the obedience, as well as the bonding that takes place between a dog



Amy Rosenthal and Oliver



Marion, a resident of a local assisted living facility, always welcomes Oliver's visits.

and its owner if taken through proper instruction. Within the first few classes, she noticed just how intelligent Oliver was. Within four months, Oliver passed the Canine Good Citizen test created by the American Kennel Club on his first try. This test, which is considered to be rather difficult, demonstrated his good manners.

Given Oliver's potential, he and Amy then went straight into pet therapy team training. They trained for five months and when it came time for the evaluation, Oliver and Amy once again passed on their first attempt. Everyone was stunned at Oliver's gift, and he quickly earned the name Zen Puppy. Today, Oliver and Amy are a Pet Partners Therapy Team, registered and insured by Delta Society, an international organization whose mission is to further the animal-human bond.

It was time to put Oliver's skills to work! On his first day of providing therapy, the residents at the nursing home were apprehensive around Oliver, but that quickly changed. Today, when Amy and Oliver pull into the parking lot, many of the residents are found waiting in the lounge, aware that Oliver is coming. According to the facilitator at the home, their visits have made a big difference in resident's lives. One woman named "Mary" had never cracked a smile until the day she met Oliver. Another resident's daughter took the time to send Amy a letter. It informed her that Marion always speaks of Oliver to the family, and that they can see just how much he has brightened her life. "I'm just so proud of how far he's come since I brought him home," Amy beamed.

With Oliver's credentials, visiting hospitals is another opportunity they may pursue in the future. In the meantime, Oliver will continue his nursing home visits, as well as make time for the local dog park. It is at the park where Oliver makes girlfriends easily and demonstrates that he is the fastest dog there, despite his size. *

Do you have an interesting pet you'd like to see featured in a future Pet Profile? Send your suggestions to riverwestnews@gmail.com. Please include your e-mail address or phone number.

Save the Date
RiverWest Condominium
Association Board Meeting
Thursday, Nov. 12, 6 p.m.
in the Club Room

Artist Spotlight

Dan Raphael finds art as a conduit between himself and the rest of the world

by Lisa Whitney



Dan Raphael

"Art is social," Dan Raphael proclaimed as we each sipped a glass of Monte Volpe at the NE Social. The self-taught artist, who started out drawing animated super heroes, loves pooling people and ideas into a room.

As a result, the residents of RiverWest will have the opportunity to meet this very talented and social artist at the First RiverWest Art Crawl on Saturday, Dec. 12 from 4 – 8 p.m. Details of this event to come soon, so, please mark your calendars and "save the date."

Dan grew up on a hobby farm just south of Duluth. Through our chat we discovered a common background: a mother of Swedish heritage and a father serving in the Air Force who hails from Long Island. A Puerto Rican who grew up in New York, Dan's father was stationed in Duluth, and the rest is history.

Bringing his talents to Minneapolis, Dan has worked and lived downtown, in Uptown, and near Lake of the Isles. Drawing inspiration from his surroundings, he truly is, as he says, "creating art that is beautiful to look at." Along with local landscapes, such as his nighttime depiction of our beloved Stone Arch Bridge, he also produces oil paintings of other familiar views in Minneapolis, as well as stunning portraits.

Before the Art Crawl, you can catch a glimpse of Dan's works at "Cachè," Friday and Saturday, Nov. 13 - 14, at the Casket Arts Building in NE Minneapolis.

Links: www.danraph.com, www.casketarts.com.

If you are interested in attending the RiverWest Art Crawl, please e-mail artcrawlrw@gmail.com to receive more information. ✨



"Stone Arch at Dusk" by Dan Raphael

Traffic Zone holds fall open studio

by Penny Peterson, Preserve Minneapolis

The Traffic Zone Center for Visual Art at 250 N. Third Ave. will open all 24 of its artist's studios for public viewing on Saturday, Nov. 14 from 5:30 p.m. to 9:30 p.m.

With its distinctive limestone exterior, the six-story Traffic Zone is one of the most beautiful buildings in Minneapolis' historic Warehouse District. Built in 1886 as a farm implement warehouse, it was later converted into a bakery. From 1951 to 1992, it was an appliance parts warehouse. It is on the National Register of Historic Places.

The Traffic Zone was created to meet the needs of a group of artists who approached Artspace in the early 1990s because they were being forced out of their studios in other buildings in the area. Pooling their resources, the artists formed a for-profit corporation that now owns and operates the property in partnership with Artspace.

The Traffic Zone has studios on its first, second, and third floors. Come and visit all of these large studios and meet the artists during this free event. Visit www.artspace.org/properties/trafficzone/ for more information. ✨

Reminder !!!

When ordering food delivery, please be sure to tell the restaurant your name, unit number and phone number. The delivery person can then find your name on the front door directory and call you from there or call directly to your home or cell phone when they arrive at RiverWest.

We're living on once sacred ground

by Bobbi Patrow

Have you ever wondered what this area looked like before the city was built? The Mississippi flowed free and the falls rushed over the rocks. Bald eagles fished at the base of the falls and had nesting grounds on Spirit and Nicollet Islands.

About 10,000 years ago the falls were estimated to be 180 feet high and located at the confluence of the Mississippi River and the glacial River Warren, near the location of Fort Snelling, which was originally called Fort St. Anthony. The falls continued to recede as the water eroded the sandstone and limestone, which are part of the Platteville Formation created during the Ordovician Period, 500 million years ago, when parts of Minnesota were undersea.

The Mdeakanton (Dakota or Sioux) and Anishinaabe (Chippewa or Ojibway) portaged their canoes around the falls. The portage followed the east side of the river. The Mdeakanton called the river, hahawakpa, "river of the falls". The Anishinaabe called the area gitchi gakaabikaa, "the great severed rock". The area was a significant trading area, resting place, and sacred ground for Native peoples, fur traders and explorers.

In 1680, Father Louis Hennepin observed the falls and named them after his patron saint, Anthony of Padua. Father Hennepin named them *Chutes de Saint-Antoine*. Other explorers, such as Zebulon Pike and Jonathan Carver, also observed and wrote about the falls. Due to the explorers' writings, cartographers began identifying the falls on their maps, and named them, simply, St. Anthony Falls.

The United States government took the St. Anthony Falls area land through treaty. This was one of 348 treaties "negotiated" between the federal government and Native nations between the early 1800s and 1860. The majority of the land transfers, including the federal government's acquisition of St. Anthony Falls, occurred during the Indian removal period of the 1830s.



St. Paul photographer C. A. Zimmerman captured this view of workmen building a wooden apron below the St. Anthony Falls to prevent further erosion of the limestone in 1870. (MN Historical Society photo)

In 1854 approximately 300 squatters called the St. Anthony Falls area home, and due to an 1855 congressionally passed law, were given the right to buy the land (squatter's rights). In 1856 Franklin Steele built a dam with financial backing from three New York financiers, and created the St. Anthony Falls Water Power Company. During this period not only dams, but also tunnels, were developed to divert the water to power numerous sawmills, textile mills and flour mills which dotted both banks of the river. The limestone and sandstone foundations continued to erode at a staggering 26 feet per year.

The extreme temperature variations in the area and the water diversion caused the then-exposed limestone to freeze and thaw, escalating its erosion. Concerns in 1868 surrounded the reality that only 1,100 feet of limestone remained, and the associated waterpower was in jeopardy. On October 5, 1869, one of the tunnels (the Hennepin Island tunnel) collapsed due to the limestone erosion. This disaster prompted an engineer from Lowell, Mass. to suggest a wooden apron to harness the water and seal the tunnel in an effort to retain what was left of the limestone.

Today we see the concrete apron over the falls, the horseshoe dam on the north side of the Third Avenue Bridge, Lock Number One (one of 10 locks on the Mississippi built between 1948 and 1963) and reminders of the past, such as sawmill and flour mill ruins.

The next time you walk near or look at St. Anthony Falls, the only waterfall on the Mississippi, reflect on what came before. Whether geologically or historically, we are privileged to call this area home.



Visit the new Water Power Park across the river for a stunning up-close view of St. Anthony Falls.

Alana Feijo (continued from page 1)

"My main goal deals with mental disabilities," Alana said. "In the past, I volunteered to help people with Down Syndrome and epilepsy. They were from high school age to age 25. You could tell they were intelligent. It was very interesting to work with them and to see how they approached certain complex tasks."

But research isn't all that Alana does.

In the warm months, she bikes to Minnehaha Park and Lake Calhoun, and kayaks around Lake Harriet. In the winter months, she loves to watch hockey ("I'm a big fan of the Anaheim Ducks"). And she voraciously reads online news, starting her day with the New York Times website and then checking USA Today, CNN and Wall Street Journal sites.

Alana moved to the United States at age 10, when her mother got a job at the University of South Dakota in Vermillion. "I liked it," said Alana. "It was a small town and it was safe. You could go everywhere on your bike."

One and a half years after moving there, Alana's mother got a job with Silicon Graphics, Inc. in Eagan, Minn., and later with Symantec in Roseville. Alana graduated from Simley High School in Inver Grove Heights and then headed to the University of Minnesota.

Alana and her mother, Lilia, moved to RiverWest in January 2006, primarily because it is close to the university. Alana also loves the location because "there are a lot of great parks near here and a lot of history. I like the new Water Power Park (across the Mississippi River from RiverWest). If I'm stressed, I'll sit on a bench that faces the falls. It's so relaxing."

Alana has been involved in activities of the RiverWest Social Committee this past year.

"It's fun to plan the parties and bring the residents together," she said. "Our hope is for everybody to become more aware of their neighbors. It's nice to be able to know people's names!" ❁

DMNA Annual Meeting – Save the Date

The Downtown Minneapolis Neighborhood Association (DMNA) Annual Meeting has been scheduled for Tuesday, Dec. 8, at 6:30 p.m. in the Minneapolis Depot. Watch for more information about the event in the coming weeks, including speakers. Elections will be held that night. There are four open seats on the board. If you are interested in running for a seat, please contact Christie Rock, DMNA coordinator, at info@thedmna.org.

Spotlight on the Neighborhood

Places to go, things to do this fall

by Kathy Rose

MacPhail Center for Music, 501 S. 2nd St.
The Bach Lunch series is back!

Bring a sandwich and enjoy Bach's Lunch Concert Series, which takes place the first Friday of each month. Admission is free. During the performance, free coffee and cookies are served. Performances from 12:15 p.m. to 1 p.m. now through June 2010.

Also, there are Jazz Thursdays at MacPhail. Each Thursday evening at 8 p.m., listen to cutting edge jazz at MacPhail's Antonello Hall. Tickets can be purchased for \$10 online at www.macphail.org.

Guthrie Theater, 818 S. 2nd St.

- "Faith Healer," by the legendary Irish playwright, Brian Friel, will be presented on the McGuire Proscenium Stage thru Dec. 6. This is a powerful play about a faith healer, his wife and his talent manager. Guthrie Director Joe Dowling, in a rare performance, plays the lead.
- Peter Michael Goetz returns after a six-year absence to play the mean-spirited Scrooge in Guthrie's 35th annual production of "A Christmas Carol." The play begins Nov. 19 and runs through Dec. 31. This is a brand new 90-minute adaptation of Dickens' tale, suitable for the whole family.
- Learn more about the mechanics of "A Christmas Carol" by attending the "How'd They Do That" backstage workshop Saturday, Nov. 21 at 9 a.m. Visit the stages, scene and costume shops during a 45-minute tour.
- Nationally celebrated humorist, actor and playwright Kevin Kling returns to the Guthrie in his celebrated one-man show "Tales from the Charred Underbelly of the Yule Log." Monday, Dec. 7 at 7:30 p.m.
- Don't miss Bela Fleck and the Flecktones at 7:30 p.m., Dec. 14 at the Guthrie. Renowned banjo player Bela Fleck and his band will play holiday music with a twist, plus everything from traditional bluegrass to progressive jazz.

Order tickets online at www.guthrietheater.org or by calling 612-377-2224.

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RiverWest resident finds local organization a 'lifesaver'

by Nancy Verdier

Twelfth-floor resident Lloyd Beebe needed a hand after his July heart valve surgery. He was able to get the practical help he required and companionship, too, thanks to Mill City Commons, a nonprofit organization created to help riverfront residents "age in place."

"Mill City Commons came along just in time for me," he said.

The membership organization has a member-to-member volunteer program, as well as alliances with selected health care providers. Lloyd took advantage of both.

"I've used them to help me with grocery shopping," he said. "And they pet-sat for my cat. AgeWell [a home health care agency that has an alliance with Mill City Commons] has been driving me around to appointments and seeing that I get my medications right. They've been a lifesaver. I don't know what I would do without them."

A fellow member of Mill City Commons, Leslie Van Duzer, a professor of architecture at the University of Minnesota, started out as the volunteer who did the grocery shopping for Lloyd. However, now the two of them enjoy an inter-generational friendship. They go shopping together, attend plays at the Guthrie and share conversations on everything from travel to favorite ethnic foods.

Lloyd was featured in the lead story of the Oct. 6 "Mill City Musings," the online newsletter of Mill City Commons. To read the full story about Lloyd, go to www.millicitycommons.org. Click on "Mill City Commons Newsletter Archive" in the left navigation menu. Under the heading "Mill City Musings Archive" click on "October 6, 2009."

For information about joining Mill City Commons or to subscribe to the Mill City Musings online newsletter, email Emily Hutchinson at emilyhutchinson@millicitycommons.org or call her at 612-455-3329. ✱

Join Your Neighbors

The Social Committee will host a Pancake Breakfast on Saturday, Nov. 21 from 9 a.m. to 11 a.m. in the lobby Social Room. Watch the daily bulletin for more details.



RiverWest resident Lloyd Beebe and his "buddy" Leslie Van Duzer

Spotlight on the Neighborhood

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Winter Farmer's Market, Local D'Lish, 201 N. 1st St.

Don't despair – even though the summer and the Mill City Farmer's Market are over for the season, you can continue to shop Local D'Lish at the Winter Farmers Market. All your favorite vendors will continue to sell their locally grown or made products at our own neighborhood store.

Winter market hours begin on Saturday, Nov. 7 from 10 a.m. until 2 p.m.

Continue to meet your neighbors Nov. 21 and Dec. 5 and 19 at Local D'Lish's Winter Farmer's Market.

Depot Ice Rink, 225 S. 3d Ave.

The neighborhood ice rink opens Wednesday, Nov. 25 for the season. Take your family and join the fun! \$8 for adults, \$6 for seniors and juniors and \$7 for skate rental. Most days during the season the rink is open from 10 a.m. until 11 p.m. Check the schedule for hours at www.thedepotminneapolis.com or call 612-375-1700. The rink will be open on Thanksgiving Day, Nov. 26, from 10 a.m. until 9 p.m.

Holidazzle Parade, Nicollet Mall

Watch a 30-minute parade on Nicollet Mall Thursday through Sunday evenings, beginning Friday, Nov. 28 through Sunday, Dec. 21. The parade starts near Peavy Plaza in downtown and goes north on Nicollet Mall to 4th Street. The parade of colorful and lighted floats and costumed characters has been a holiday hit since 1992. Check www.holidazzle.com for hours and more information.

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Spotlight on the Neighborhood

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Five fun things for fall

1. Central Library in Cargill Hall – View the works of 14 Minnesota artists as they explore the issues of nature, craft and fantasy through a broad range of materials and processes. Ends Jan. 3.
2. St. Anthony Main Theater – Support your local movie theater. Check out the show schedule at www.stanthonymain.com
3. The American Swedish Institute dresses up for the holidays with a Nordic Christmas from Nov. 7 until Jan. 10. Located at 2600 Park Ave. S. The Institute charges \$6, \$5 for seniors and \$4 for students and is open Tuesday through Saturday, 12 to 4 p.m.; Wednesday, 12 to 8 p.m. and Sunday 1 to 5 p.m.
4. Scoot over to The Minnesota Institute of Art at 2400 3rd Avenue S. to see “The Louvre and the Masterpiece,” featuring some of the world’s finest artworks from France’s great museum, now through Sunday, Jan. 10. This once-in-a-lifetime event is in the Target Gallery. Tickets to the Louvre exhibit are: \$14 weekdays and \$16 weekends, seniors and students receive a \$2 discount. (Free for MIA members.) MIA also dresses its period rooms in holiday finery through December. Admission to the general museum is free. Hours are from 10 to 5 p.m. Tuesday, Wednesday, Friday and Saturday, 10 a.m. to 9 p.m. on Thursday and 11 a.m. to 5 p.m. Sunday. www.artsmia.org
5. Alliance Francaise, 113 N. 1st St. shows French movies every Friday evening at 7 p.m. Free admission and free popcorn, too.

Holiday Shopping

There’s no need to leave the neighborhood for your holiday shopping. The Mill City Museum and the Guthrie Theater have wonderful shops and are themed during the holidays. 10% off for subscribers, too.

If you find your way over to the Swedish Institute or MIA, check out their shops as well.

These museum shops in particular have wonderful holiday gifts for everyone in the family.

Happy Holidays to everyone in RiverWest!!!! * ❁

Pamper your pooch

by Kelly Merchant

Attention Dog Owners! Regular grooming is important to maintaining a clean, happy and healthy pet. Ollu Self-Serve Dog Wash is a new business recently opened in St. Anthony Main whose mission is to help you reach your companion's basic needs with ease.

Located at 221 Main St. SE, services offered include a self-serve dog wash, full-service bath and brush, and full-service grooming (with breed specific haircut). Self-serve is on a walk-in basis, whereas appointments are required for the full-service options.

In addition, there are retail items for sale such as treats, toys, and grooming supplies. Hours of business are 10 a.m. to 7 p.m. Monday through Sunday. For more information, check out the website at www.olludogwash.com. To make a grooming appointment, call 612-331-1025 or email info@olludogwash.com

Sanctuary – a special restaurant in a building transformed

by Kathy Rose

When you walk down Washington Avenue, have you noticed a building between 10th Avenue South and Portland that has gone from seedy to fantastic? 903 Washington Ave. S. has undergone tremendous changes in the past two years. Paul Fry, a local entrepreneur, artist and craftsman, purchased the old warehouse and renovated the space by himself.

Fry has since sold the building but kept Suite 100 for his family business, **DecorAtion**. The warehouse-sized room is gorgeous with much of the old floor, walls and ceiling kept intact. Fry sells beautiful furniture, much of which has been made from reclaimed wood and other natural products and goes well with the natural look of the space. Besides furniture, you can find architectural products and lovely handmade jewelry. Learn more at www.decor-ation.com.

In another part of the building, you can settle in for a delightful evening at **Sanctuary**, one of our newest neighborhood restaurants. The elegant restaurant is just a year old and truly is warm and inviting. Its cuisine by Executive Chef Patrick Atanalian is American with Mediterranean and Asian influences. This is a special place for a special night. For more information go to www.sanctuaryminneapolis.com.

Under Sanctuary is a first-class hair and nail salon called **Level**.

Above Sanctuary you will find yet another fine restaurant, **Wasabi**. Reading the menu is like taking a quick trip to Japan. Be transported via www.wasabimn.com ❁

Avoid frozen HVAC coils this winter

As colder weather approaches, residents should take a few precautions to avoid having the coil within their HVAC cabinet freeze and burst. The coils are located in the HVAC cabinet behind the air filter. These coils carry heated water from the building's boiler and are made of soft copper. Opening a patio door or window at this time of year for even a few minutes can cause the coil to freeze. You will not realize you have a problem until the temperature rises, the frozen area thaws, and the coil bursts, releasing water into a unit.

When a coil bursts, it is messy, it does a lot of damage, and it is really expensive to repair and clean up. Some coil breakage in the past has affected adjacent units or units on the floor below. This sort of incident can also have a negative effect on an individual homeowner's HO-6 insurance policy premium. Renters should protect themselves and their property with an appropriate renter's insurance policy.

In addition to the personal upheaval and turmoil of dealing with damages to your home, if the Association also has to file an insurance claim, it affects all homeowners. Just like any other type of insurance, the number of claims submitted on the Association's master policy is reviewed annually. Results may be increased homeowner deductibles, increased dues because of policy cost, or cancellation of the policy due to excessive claims.

Please address plumbing issues at the first warning sign and exercise caution during winter weather conditions. ❄

RiverWest Living News

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Published bi-monthly by and for residents of RiverWest Condominiums. The views expressed reflect those of the authors, and not necessarily the views of RiverWest Management or Board of Directors.

Residents are encouraged to contribute articles or suggestions for future articles to <mailto:riverwestnews@gmail.com> or in writing through the Resident Manager's office addressed to Editor, RiverWest Living News.

Breakfast with a Preservationist

Here's the best excuse you have to put off your holiday gift shopping until after Dec. 2.

Join Preserve Minneapolis for an informal and informative "Breakfast with a Preservationist" on Wednesday, Dec. 2 from 8 a.m. to 9 a.m. in the ADM Conference Room, Mill City Museum, 710 S. 2nd St.

Preserve Minneapolis also is inviting you to send them your choice of a historic (or old enough) place in Minneapolis you enjoy visiting. That building or landscape may be where you work, live, learn, worship, dine, or just hang around.

Photos will be displayed on Dec. 2, and submitters will be asked to describe in a few words why the place is meaningful to them.

E-mail your choice, along with a digital image, by Nov. 25, the day before Thanksgiving, to admin@preserveminneapolis.org. Join others who share an interest in historic preservation, or who just enjoy knowing more about some of the unique buildings and sites in the area, on Dec. 2 to see your favorite, along with others, and learn a bit why preservation has a functional value of personal connection.

Coffee and pastries will be available - donations are appreciated. This event is free!

Tips for enjoying our Fitness Center

- Turn off the treadmill after use, even if taking a short break.
- Return all weights to racks after use, including weight plates on exercise machines.
- Wipe off equipment after use (but don't use the sani-wipes on TV screens).
- Never leave personal items unattended.
- Report any broken or malfunctioning equipment to the residential site manager.
- Turn off TVs and lights when leaving, if you are the last one to depart.
- Don't open windows or outer doors. This could result in frozen HVAC coils.
- If using the whirlpool after a workout, please shower first.

And last but not least, please be aware of noise when working out. Respect your neighbors by not dropping free weights or allowing weights on machines to slam together. Residents in adjacent units will appreciate the courtesy, especially during early morning or late hours.

❄