



VOICES against VIOLENCE

In recognition of Domestic Violence Awareness month, the Messenger is launching a new series that seeks to put a face on domestic abuse and intimate partner violence.

Jennifer's ex tried to convince her, others she was crazy

She finally left, but the abuse continues through court system

By TESHA M. CHRISTENSEN

Jennifer* grew up in a loving, two-parent household in the suburbs. She didn't think she was in an abusive marriage but she knew that after five years and two kids, she had to get out. On the day he started screaming at her in front of her mom, she decided she'd had enough. She kicked him out.

It was only later that someone gave her a label for what she had experienced: domestic violence or intimate partner terrorism.

"I was so naïve," admitted Jennifer, age 41. "I am an example of someone who is educated and grew up in a loving home, but had no idea that emotional, financial, or psychological abuse existed – or what it was."

A business and French major, Jennifer had gone back to earn her master's from Carlson in business management. She dated Dave* for two years and they got

married in 2011. Their son was born in 2013, and their daughter was an infant in 2016 when they split up.

No, she didn't see any signs

"The number one question I get is 'Did I see any signs?'" Jennifer pointed out.

"No I didn't. That question isn't helpful. People think I went to Vegas and married a douchebag. When we first started dating, he came across as very alluring." He was well-groomed, took care of himself and was attractive. "He didn't fit the mold of what I thought an abuser would be," she said.

Now, Jennifer knows she's the typical victim. "We're all helpers," she observed. "We're all pleasers."

When they were dating, Dave might mention that his back hurt. She was quick to call the chiropractor for him to schedule an appointment. She'd feel good that he felt better. "Five years later, you're exhausted from doing everything for him and not helping yourself," Jennifer said.

JENNIFER'S EX >> 5

FOR SOUTH HIGH STUDENTS: Homecoming or Climate Strike



About 200 South High students walked out of school on Friday, Sept. 20 during the Global Climate Strike. Carrying signs, they headed to the Blue Line train station at Lake and Hiawatha to travel to St. Paul's rally. (Photo by Tessa M. Christensen)

By MARGIE O'LOUGHLIN and TESHA M. CHRISTENSEN

The 200 students who left South High School to be a part of the Global Climate Strike on Friday, Sept. 20, 2019, were not allowed to participate in their homecoming football game and related activities that night.

Because of that, senior Claire Hennen made the tough choice to not attend the strike so that she could go to her last homecoming pep rally during

seventh hour.

It wasn't an easy choice to make, and she's frustrated by the district's decision to prohibit students from returning to school grounds for events later in the day.

"I care about climate change," said Hennen. "It affects us, but people don't give us the chance to say anything."

She added, "That's why I think older people need to step up for us."

Students strike despite MPS policy

Despite the school district's policy, many students at all grade levels participated in the Global Climate Strike held three days before the UN Climate Summit in New York City.

Protests were held in more than 150 countries around the world to demand transformative action to address the climate crisis.

SOUTH >> 3

New athletic field with lights at South High

Families can finally watch home games at updated South High

By TESHA M. CHRISTENSEN

Thanks to South High parents and students who pushed the district to upgrade the field for 20 years, South High's teams can finally play night games.

Scott Schluter was part of the group that made the final push towards making this a reality for South High. His two children attended South High, and that's when he realized what bad shape the field was in and

how unsafe it was for athletes. The old grass field was usually a mud field, and players had to avoid the dangerous storm grates on the corners. Much of the track was torn up and jagged parts exposed concrete underneath.

"If you see something you believe could be better, not only say something, but do something positive to help create that outcome," encouraged the 28-year Ericson resident. "You might not be able to do everything, but you can do something."

For him, it was hearing from another soccer parent that the district was not planning to

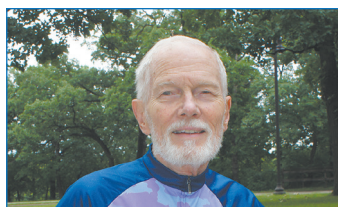
construct a better athletic field as promised nor did it intend to switch the field to a north-south layout in July 2016 with land it had bought and cleared just north along E. Lake St. Instead, the district planned to erect a brand new \$29 million, 87,000-square-foot educational building at E. Lake St. and 21st Ave. The new building replaced the adult basic education (ABE+) facility being torn down to make room for a new Hennepin County Service Center and related multi-use development at Hiawatha and Lake.

FIELD >> 3



Dessa comes back to Longfellow with memoir, ice cream

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Check out our new special section AGING WELL

PAGE 8 & 9



Rain gardens improving water quality in Nokomis

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Dessa stops in Longfellow on memoir, ice cream tours

'Ask me about soaring' jacket references dad's love of flight and building wings in community ed at Roosevelt High

By JILL BOOGREN

Minneapolis rapper, singer and writer, Dessa, embarked on two mini tours in September that took her to the Longfellow neighborhood – to Moon Palace Books to sign her memoir, "My Own Devices: True Stories from the Road on Music, Science, and Senseless Love," and to Hiawatha School Park to give out free samples of her latest Izzy's Ice Cream flavor collaboration, Night Drive.

As the line formed at Moon Palace Books, Dessa threw on her dad's old flight jacket, the back of which reads: "Ask me about soaring." Dessa devotes a chapter of her memoir to her dad's love of birds and flight and his determination to build his own wooden glider. The building kits no longer available, he bought the instructions and raw materials, signed up for a community education wood shop class at Roosevelt High School, and used their equipment to mill and plane his own wood.

It was a project many years in the making, but eventually he took off.

'What color?'

Everything is fair game in Dessa's memoir, including how a former relationship gutted her so emotionally she took to neuroscience to try to fall out of love. It's a story she shared during a performance with the Minnesota Orchestra, in which an oversized sculpture resembling rams' horns – what this particular part of the brain looks like – was lowered from the ceiling.

Dessa's artistry with language shines on every page. She

brings plenty of humor but isn't shy about going deep, often with the same snappy delivery as propels her lyrics at a Doomtree show.

As a musician, Dessa's a pro on the tour circuit. Her chronicles – right down to the banter about which snacks are the most satisfying and games of "Would you rather..." with fellow sleep-deprived musicians – are relatable to anyone who's been on a road trip, traveling in cramped quarters with the same people for hours and days at a time. As if to recreate a familiar gas station conundrum, she brought some bite-size Dove chocolates and Starburst candies for guests to choose from at Moon Palace. When Starburst weren't not visible on the counter but requested, she gleefully pulled a package out of a magic bag, opened it and said, "What color?" as if THAT was the order of the day.

A sweet collaboration

Bayley Nolen, who came to Moon Palace to have Dessa sign her copy, has read the memoir four times (including listening to the audiobook read by Dessa). Nolen became a fan of Dessa's after her friend Maria Lynch, of Circle Pines, "dragged her" to a concert at St. Kate's. Today she was completing a Dessa trifecta – having also seen her at a "literary conversation" with Curtis Sittenfeld and Nora McInerney at The Parkway Theater in August, and at Dessa's ice cream stop in St. Paul the previous night.

Ah, yes. Dessa's sweetest collaboration, naturally, is the one



Dessa sports her dad's old flight jacket, the embroidered lettering on which reads: "Ask me about soaring." She was at Moon Palace Books signing her memoir "My Own Devices." (Photo by Jill Boogren)

she has with Izzy's Ice Cream.

Her latest flavor was first unveiled at the State Fair and is described on Izzy's website as: "Inspired by long espresso-fueled drives between cities when she's on tour, Dessa's Night Drive is a remix of classic and inspiring flavors featuring Bizzy Coffee's House Blend Cold Brew and Izzy's cream base, chocolate-covered espresso chips, toffee crunch, finished off with a hint of cardamom." It is as delicious as it sounds and right on par with Dessa's first Izzy's flavor,

Existential Crunch (fans needn't fear, an Izzy's employee assures it will still be in rotation – the two are sort of begging for an ice cream slam).

Chocolate, caffeine and anxiety

This two-hour tour took her from Izzy's downtown Minneapolis to Izzy's St. Paul, with stops in between at Kowalski's Uptown and Hiawatha School Park – Dessa's old neighborhood. She grew up a few blocks away and played softball at the park.

As she handed out samples – and glow-in-the-dark key chains – Dessa chatted and took photos with many of the few dozen neighbors gathered around the Izzy's truck.

It's been a whirlwind of activity for Dessa. These tours were sandwiched between free performances at the State Fair and upcoming book signings and concerts in Eau Claire, Madison, Chicago, Boston and Wales. Collaborator, risk taker, flavor maker – Dessa is in "go" mode, with a streak as independent as the book stores and ice creameries she visits and no signs of taking a minute.

Asked at Moon Palace how she does it – as in, all of it – Dessa's reply flew off her tongue: "A lot of chocolate, a lot of caffeine and a lot of natural anxiety and fear."

But you'd never know that last part.

She always sang in the shower

At Hiawatha School Park, Dessa leaned in to listen as a young girl asked when she started singing.

"I sang along to the radio since I was yay high," Dessa said, gesturing her hand flat at about knee high. "I always sang in the shower, but I didn't start professionally until I was 20 or 21."

When the girl said she aspired to be a singer and was in the choir, Dessa replied, "Well, you're already way ahead of me." Like her dad in his wooden plane, Dessa, too, is soaring. Good thing she's so down to earth.

"My Own Devices" is available at Moon Palace and other locations, and a recording of one of Dessa's recent performances with the Minnesota Orchestra, "Sound the Bells: Recorded Live at Orchestra Hall," will be available Nov. 8.

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South High School junior Isru Hirsi (pictured far left at podium) addressed the crowd. She is a member of the US Youth Climate Strike. (Photo by Margie O'Loughlin)



Meridel Kearns-Stanley, a 5th grader from Howe Elementary, went to the rally because she doesn't want hers to be the last generation. (Photo by Margie O'Loughlin)

Homecoming or Climate Strike

>> from 1

The Twin Cities Youth Climate Strike began at 11:30 a.m. with students meeting at the Western Sculpture Park in St. Paul and then marching to the capitol a few blocks away. Some younger students left neighborhood schools with their parents. Many high school students took public transportation to downtown St. Paul to participate in the rally.

Julie Schultz Brown, executive

director of marketing and communication for MPS said, "Like Black Lives Matter, Immigration Reform, and so many other worthwhile events, the Climate Strike was a hard call for the district. But our mission is teaching students, and we have an extremely diverse student body of more than 36,000. We strive to be fair, and also to be true to our mission of educating students. We try to avoid 'mission creep,' which is what happens

when you lose sight of your primary focus. When you choose to protest, you are making a sacrifice. That's one of the lessons of life."

Minneapolis Public Schools (MPS) issued the following statement in a letter sent to all families: "Climate change is a threat to our planet's future and ultimately to our students. The science is clear, and we share responsibility as a school system, and as individuals, to leave future

generations a healthy and livable Earth. There are no easy answers, but our country and our school communities must have real conversations about how to move forward."

"MPS respects students' First Amendment rights to peacefully assemble, and will not discipline students for the act of protesting as long as their protest remains peaceful. Our normal protocol

regarding students returning to school and after-school activities continues to apply when students leave their school grounds/campuses. To be clear, if students walk out of school, they will NOT be able to return to the school for the remainder of the day or participate in after-school activities such as athletic events or homecoming even with an excused absence."

New athletic field with lights

>> from 1

That parent went to the school board. "She couldn't do more, but mentioned it to me and then I started," recalled Schluter.

"Other parents, students, and soccer players took time to go to the board meetings and write letters. Each had a role. Each was important."

'Shining example of what we can accomplish'

A few of the people involved were honored at a short ceremony and given a commemorative coin by new principal Brett Stringer prior to the South High vs. Breck School football game on Thursday, Aug. 29, 2019.

Among them was Harold Benson, a 1950 graduate of the 'old' South High and football player. After working as an elementary school teacher, Benson moved into principal positions and then consulting work, totaling 34 years with Minneapolis Public Schools. He served on the South High Foundation from the mid-1980s to recently, and was instrumental in helping raise funds and finding workers to build the concession building in 2006. The bronze tiger by the building was donated by his family.

Benson pushed hard for the field upgrades, which include a synthetic track and field improvements, lights, bleachers, scoreboard, press box, and sound system.

"This is a shining example of what we can accomplish," said Benson, who was given a special

plaque as a thank you for never giving up on the students at South.

Also honored was Harvey Feldman, who heard that funds were too short to cover the press box or sound system, and stepped in to pay for both. (Feldman also paid for upgrades at the Southwest High School, where he attended school.)

"Being part of a team, whether it be athletics, arts, or parent organizations, is essential for positive change," stated Minneapolis Public Schools District Athletic Director Tony Fisher. "It also cements a strong sense of belonging, which is paramount in our community. This new stadium is a metaphor for a launchpad into continued greatness for South."

'Football will be a family event'

"We have parents of football players who've never seen them play at home, because with no lights, our games have been scheduled immediately after school, at 3:30 p.m. Finally, football will be a family event at South High," said South High Athletic Director Amy Cardarelle, who noted that the impact of these upgrades on many sports, like soccer, track and field, is significant, but particularly so for the football team.

The first 500 people at the Aug. 29 game received a commemorative t-shirt. At half-time, they also met new incoming Principal Brett Stringer, who replaces Ray Aponte.

Contact editor at tesha@longfellownokomisemessenger.com.



Those honored for helping make the new stadium at South High a reality include (left to right): South High Foundation President Judy Ayers, 2014-2019 South High Principal Ray Aponte, MPS Superintendent Ed Graff, MPS School Board member Siad Ali, Harvey Feldman, South High School Site Council Field Committee Chair and former SHS parent Scott Schuelter, Parents United for South High representative Anita Newhouse, and MPS District Athletic Director Tony Fisher. (Photo by Tesha M. Christensen)



South High plays Breck School on Thursday night, Aug. 29. (Photo by Steve Simmons)

The Motley Conversation

Messenger

Join the conversation, and let us know your diverse and varied thoughts on the issues that affect your neighborhood. Send letters and guest commentaries to news@LongfellowNokomisMessenger.com or call 612-345-9998.

I have been a writer for the *Monitor* and *Messenger* since around 2003. From the time I edited my high school newspaper, I have loved to write. My undergraduate degree is in journalism, and I worked as a staffer for the Fargo Forum, where I met my husband.

We later started and operated a weekly in Montana. The newspaper was our life. When our first son was born, after my water broke, I went in and did a few things on the paper and then drove myself to the hospital. It was print day, and we had to get the paper out, so my husband met the deadline and then came in to meet our son. A few days later, we put Liberty in a blanket in a drawer at our office, and he observed firsthand how newspaper production works. When our second son was born six years later, he too nestled in a drawer in the office with a colorful mo-

It's time to believe women and children.

This month, we launch a new series aimed at putting a face on domestic violence and intimate partner terrorism that we're calling "Voices of Violence."

The majority of people in this series will be anonymous for their safety, and to avoid causing trouble with their custody cases. Unfortunately, we can't get the full story unless they can be assured that it won't blow-back negatively on their drive to protect their kids – the foremost concern of the women I've interviewed.

However, I have carefully vetted their stories, and know that each woman is speaking for many who can tell the same sorts of stories with the same cycles of abuse. They all fell in love with a man who was good to them, and who later switched to angry, manipulative and controlling actions that left them baffled and confused. Things started out with behaviors that didn't seem so bad, and then got worse with a fair amount of gaslighting thrown in so they would question what was really happening.

And then they got the questions from friends and family: Why did you stay? The answer is complicated, as you'll see from these stories. And women are often pressured to stay and patch things up for the "sake of the kids" while they're also told by others that if it were them, they would have left a long time ago. They would never have stood for this. In many ways, these women can't win. And, sometimes, a vic-



Meet Our Staff

By JAN WILLMS

Asking questions, talking about interests and events

bile above his head.

Running a weekly, we did it all – wrote the features, news articles and commentary; sold the ads; did the layout; wrote the headlines; took the photos; covered sports and entertainment. We were never caught up on sleep, and our social life consisted of covering stories, but it was the happiest time in our lives. After my husband died prematurely, and I entered the human services profession I have still always tried to keep a link to news-

paper writing.

Community newspapers like the *Messenger* and *Monitor* are perfect, because I can still work full-time and continue to do interviews after work or on weekends. Although I have written about everything from elections to neighborhood meetings to conversations with authors and filmmakers, I love doing feature articles. Exploring what spurs a person's creativity, what challenges him or her, or what stirs up the passion within is what I like

most to do.

What sets off the creative spark in an author's quest to complete a novel? What drives someone to start a nonprofit and help others less fortunate? Who are the mentors a musician looks up to? These are all questions that I like to find the answers to and share them with our readership.

I also like to write about the events that have shaped a person's life. A young man once wanted to talk to us about his

brother's murder, and how it affected the family. We agreed to meet on three different occasions, but he never showed up. But the fourth time he did, and we talked for hours, and his story about his brother got told.

Perhaps most of all, writing for these papers has given me the opportunity to meet so many different people from all walks of life.

It is said that writing can be a lonely profession, but not when you are sharing a part of someone else's world.

Meeting different persons, talking with them about what interests them, and putting it down on paper is a challenging but fulfilling task. I find that just the physical act of writing is therapeutic, and if you can make a story interesting enough to catch a reader's eye, it makes journalism a very rewarding profession.



Too Much Coffee

By TESHA M. CHRISTENSEN, Tesha@LongfellowNokomisMessenger.com

Let's start believing women and children

timized person may not be able to get away from their abuser because the abuser will not let them do so.

Take a look around you. One in every three women you see and 1 in 4 men have experienced some form of physical violence by an intimate partner. This includes a range of behaviors (including slapping, shoving, pushing), and in some cases might not be considered "domestic violence." That's a pretty high number. This kind of thing is happening all around us and we probably don't know it.

The sad thing is, being smart and educated, kind and empathetic, a good mom and a good wife – none of that prevents you from being abused. Anyone can be a victim of domestic violence and there is no safeguard from it, even though we wish there was.

But what is even sadder is the stories women tell about how they and their children haven't been believed. How someone has questioned if what they said really happened. How a family member sided with the abuser. How Child Protection Services came out and said that the bruises and pain he left weren't bad enough to launch an investiga-

tion that might impinge upon his career. How family courts ignored the signs and put children into unsafe situations because they think that any dad is better than no dad.

It's true that fathers are important, but what's even more true is that kids need to be protected. It's up to us adults to keep them safe.

The children affected by this is staggering, and can be considered the greatest health crisis of our time. More and more research is backing up that Adverse Childhood Experiences (ACES) – such as witnessing abuse, being abused and experiencing your parents divorce – can be traced to a myriad of health and mental health issues that cost the world millions of dollars to treat.

Our series will look more closely at the women affected by intimate partner violence because they comprise the majority of those being abused and they are hurt more severely more often, but we recognize that men also find themselves in abusive relationships, as do those in same-sex relationships.

As I've chatted with people involved in domestic violence advocacy and the family court

system here in Minnesota and around the country, one thing that is clear is our family court system hasn't made enough progress in the area of intimate partner violence. It recognizes bruises and may hand out orders for protections for women, but it hasn't stopped to consider the effect of that continued and ongoing abuse on children. It's also stuck thinking that "It takes two to tango" when it can just take one disordered and mean individual determined to keep fighting and using the family court system to engage in domestic abuse via proxy. It is sad and hard to believe that some people will use their kids to keep hurting their exes for years – with no regard to the damage inflicted on their children.

Mothers know – and they're pushing for change even while they are painted as vindictive, crazy and hysterical liars.

It's past time that we listen when children tell us through their actions that they are in unsafe home environments. Next time you get frustrated by a kid with rebellious or aggressive behavior, consider the message they may be trying to tell you behind that "bad behavior."

External signs of child abuse include:

- learning difficulties
- problems with relationships and socializing
- rebellious behavior
- aggressive and violent behavior
- anti-social behavior and criminality
- self-isolating behavior (making people dislike you)
- negative impulsive behavior (not caring what happens to yourself).

Signs of a child being emotional abusive or in an emotional abusive home include:

- Appear continually withdrawn, anxious or depressed
- Display excessive fear of parents or caretakers
- Avoid doing things with other children
- Behave much younger than his or her age
- Behave older than their age e.g. 'a little mother'
- Lag in physical, emotional or cognitive development
- Wet the bed
- Blame themselves for problems or believe they are 'bad'
- Overreact when they make mistakes
- Have inappropriate reaction to pain, e.g. 'I deserve this'
- Demonstrate neurotic behaviours such as hair twisting or rocking
- Self-harm or attempt suicide

If you are a victim experiencing abuse, contact Day One at 866-223-1111 to connect with services.

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News for you!

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Story ideas always welcome.

Keep in touch with the *Messenger*. Letters to the editor under 200 words and news releases for publication can be sent via e-mail to news@longfellownokomisessenger.com. Unsigned letters will not run.

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The *Messenger* is for profit and for a purpose – and we don't sacrifice one for the other. We consider ourselves a zebra company, one that

is both black and white. As a media company, we work to highlight issues, solve real, meaningful problems, and repair existing social systems. We are working with our readers and advertisers to create a more just and responsible society that hears, helps and heals the customers and communities we serve.

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Jennifer's ex tried to convince her, others she was crazy

DEFINING ABUSE

Domestic violence (also called intimate partner violence (IPV), domestic abuse or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator – of domestic violence. It can happen to people who are married, living together or who are dating. It affects people of all socioeconomic backgrounds and education levels.

Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.

It's not always easy to tell at the beginning of a relationship if it will become abusive.

In fact, many abusive partners may seem absolutely perfect in the early stages of a relationship. Possessive and controlling behaviors don't always appear overnight, but rather emerge and intensify as the relationship grows.

Domestic violence doesn't look the same in every relationship because every relationship is different. But one thing most abusive relationships have in common is that the abusive partner does many different kinds of things to have more power and control over their partner.

~ From www.thehotline.org

Gaslighting: A form of psychological manipulation in which a person seeks to sow seeds of doubt in a targeted individual making them question their own memory, perception, and sanity. Named after a movie called "Gaslight."

Coercive Control: An act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten victims.

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Ongoing groups meet regularly for women, children and men
24-hour helpline: 952-884-0330
cornerstonemn.org

Domestic Abuse Project -

Sessions offered regularly for women, men and children
612.874.7063 ext.232
www.domesticabuseproject.com

CALL FOR HELP

Day One MN Emergency Crisis

HotLine: call or text 1.866.223.1111

LGBTQ Domestic Violence Hotline

612.824.8434

Teen Dating Violence Hotline

866-331-9474, LovelsRespect.org

Native Domestic Violence Helpline

844-762-8483

>> from 1

He always came across as a victim, even from the start – something she knows now should have been a red flag. His family life was horrible. He believed everyone was mean to him at his job. When he took a class, he leaned on Jennifer to do the work. All of his past relationships failed because of the women he was with. Things were

never his fault.

Jennifer used to think that being abused in a marriage meant black eyes and physical beatings. But Dave never hit her.

He engaged in gaslighting behavior, telling her she was misremembering what he'd said and pretending that other things never happened. When they moved into their newly-built dream house in the suburbs, a fixture in their master bathroom

didn't work, so Jennifer had to use a bathroom down the hall to blow dry her hair. It was a bit of a hassle. One morning, tired from a night awake with her baby, Jennifer absent-mindedly plugged the blow dryer into the outlet – and it worked. She excitedly told her husband about it, and asked when he had fixed it. "It always worked," he responded. "What are you talking about?"

Jennifer remarked, "He tried to make me feel crazy."

During an argument, he would go on and on, and keep her up late. Other nights, he'd wake her up every two hours. She was exhausted. When she'd finally leave the room for a break, and then come back ready to talk anew about the 3.5-hour-long conversation they'd just had, he'd look at her and deny it occurred. At other times, he'd refuse to talk about something unless she could remember word for word exactly what he'd said previously – down to the right pronoun.

Everything was always Jennifer's fault.

He'd hide her computer mouse or her keys. After she looked through the entire house, she'd find the item in the room where she had started, the room where he was.

He spent all their money and racked up credit card bills, buying things for himself but not Jennifer or the kids. "It was always about him," said Jennifer. He was arrogant and entitled. At one time when they were strapped for cash, Jennifer agreed to give up a hobby for the month and let him take the \$200 to attend a family event without her. He blew that and more at a casino – and never said thanks. He earned thousands in cash at side jobs, telling her he made less than he actually did. He quit a well-paying job and relied on her to cover their living expenses.

Every house they ever lived in had holes in the walls. He'd punch the walls or throw items at the walls. "He would hit other things that hit me," said Jennifer, even when she was pregnant. In fact, she's learned that abusers often intensify when a woman is pregnant or they have a child because the attention isn't focused on them anymore. When she was pregnant with their son, she shut a door and he kicked it open, hitting her so hard she fell down. When she'd tried to leave a room, he'd stand in the doorway and block her exit.

Sometimes she'd call Dave's mom to come help. She found out later that his mom had helped remove the guns in every house he had ever lived in. That's the kind of information she wishes someone would have told her before they got serious.

Dave said a lot of put-downs, Jennifer recalled. When she called him out on the mean things he had said, he'd retort, "Kidding, just kidding! You need to learn how to take a joke." He tried to isolate her from family members and friends. He bullied and manipulated and lied, while showing her just enough affection here and there to give her hope.

These incidences didn't happen every day. "This type of abus-

er will play the victim and then seem 'normal' for awhile before another incident," observed Jennifer. "Each time I would make excuses for his behavior and there would be many days in between the next incident. The longer I was with him, the shorter the time in between incidents became. In the beginning it was maybe only monthly, if that. By the time I left, it was probably every other day."

Significant incident

On the day Jennifer had finally had enough, it wasn't that it was worse than it had ever been, but that the thousands of straws piled together finally broke the camel's back. They had an infant, and he wouldn't her sleep. So her mom came over so that she could get more than 45 minutes every three hours. Jennifer laid down and Dave came in to change the garbage can in their room, upset that she wasn't cleaning their house. Then Dave insisted they run errands. Jennifer gave in, got up, and left with Dave. When they finally got back home, she was beyond exhausted. He started yelling at her in front of her mom.

"Because my ex showed his behavior to my close family member, it become real and I something I had to get out of," said Jennifer.

Abuse affects kids, too

To help resolve disputes after their divorce, they were assigned to a parenting consultant (PC) with the understanding that they would split the fees equally. They did an intake together, and then meet separately with the PC, who immediately referred Jennifer to the Domestic Abuse Project (DAP) in Minneapolis after seeing the interactions between the two of them. "When he said that to me, I was so confused. Because he's so mean to me verbally in the things he says?" Jennifer recalls asking. "I didn't quite get it."

But she did start a 16-week support group at DAP in late 2016, and it was life-changing. When she heard the stories that the other women in her support group told, she couldn't help but cry. "They all said something that was just like my life," said Jennifer. "It was freaky." One in three women have been in an abusive relationship, which means that Jennifer is far from being alone in her experiences.

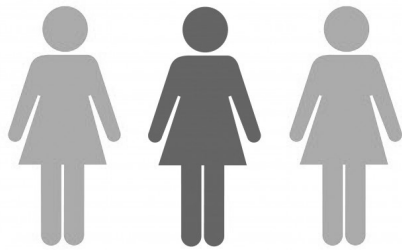
She admits, "I feel ashamed and stupid that I should have known better, but also so glad and strong for getting out. It also was important to hear that these men, more than likely, will not change. I stuck around for a long time hoping he would change... that never will happen."

In her support group, Jennifer learned that abuse isn't just physical and verbal. It's also psychological, sexual, financial, and emotional. And it doesn't just affect the mom when a dad engages in intimate partner terrorism. It negatively affects the kids, too, and those issues continue after the divorce.

"When I left my abuser my kids were tiny (newborn and

Jennifer was surprised to find she was among this statistic:

1 in 3 women experience domestic violence by their partners



Thanks so a support group, Jennifer now recognizes how the desire for power and control led to abuse by her ex.



Jennifer never reported her ex-husband to the police. She hoped he would change. She wanted to give her kids a happy family. She didn't understand why he acted how he did.

DOMESTIC VIOLENCE IS ONE OF THE MOST CHRONICALLY UNDERREPORTED CRIMES

25% of all physical assaults
committed against females by their partners are reported to the police

20% of all rapes
committed against females by their partners are reported to the police

50% of all stalking
committed against females by their partners are reported to the police

And for the number of cases that do get reported...
on average a woman will be assaulted by her partner/ex-partner

35 TIMES BEFORE REPORTING IT TO THE POLICE

According to the National Coalition Against Domestic Violence

Jennifer's ex tried to convince her, others she was crazy

>> from 5

3-years-old). My son had already started having issues with anxiety," said Jennifer. "During our separation and long process to divorce, my son developed emotional trauma/PTSD. He has issues learning and issues with memory. He has regressed and speaks in 'baby talk,' and gets frustrated easily. Overall, both kids are extremely attached to me – and have to sleep with me at night."

Both have a lot of emotional issues compared to their peers and have trouble focusing.

One of the things that Jennifer learned during her support group really sticks with her: "If you help a mom, you help the kids."

No justice in family court

Jennifer has not found justice in the court system. Instead, Dave has continued to abuse her, changing some of his tactics but not the controlling behavior and disrespect that drive his actions. "He can be as abusive to me as he wants and there are no repercussions," Jennifer said.

When it came time to sell their dream house after the divorce, he moved back in and refused to cooperate with a real estate agent in order to put the house on the market. He wouldn't respond to emails about the sale. Jennifer didn't have enough money to pay the bills due to the financial abuse and had to move back in with her parents. The high cost of continuing legal bills means that she's still living with her parents.

Mediation didn't work. "It didn't matter what I said, he said no. He was that entitled," said Jennifer.

When it was time to exchange the kids, he would give her an address in Blaine. Then he would tell her they were actually in Chanhassen. And then he'd say they were in Woodbury. If she responded that he could drop them off at her house, he'd refuse and insist that she come to him. A PC advised her to do that anyway, and then go home and wait. But she struggled with her kids' needs, to eat and go to bed and not be pawns in a game of power and control, and how to balance those things. Today, she's protected somewhat by an order to exchange the kids at a local police station, thanks to a

PC ruling.

There isn't much she has to say that's positive about the court system she's now been involved in for three and a half years.

Jennifer has been shocked that the court system recognizes that Dave is abusive and has mental health issues, but has still granted him overnights with the children. "When people hear just a portion of my story they assume I have full custody," she observed. "People outside of divorce have no idea that custody equals three things: physical, legal, and parenting time."

Jennifer and Dave have shared joint physical and legal custody since their divorce, which means they have to reach decisions together on things like education and health. "He always wants more parenting time because if he gets it, he pays me less child support," said Jennifer. Dave currently has their 6 and 4-year-old for two overnights once a week, 24 hours at a time. Jennifer is concerned about her kids during that time as their dad doesn't always feed them, refuses to take them to a doctor when they have a fever, "forgets" about occupational therapy appointments, leaves them sitting in poopy pants, and ignores safety issues.

"I picked up my son one day and he had a Cascade dishwasher pod in his mouth," recalled Jennifer. When she said something about the dangerous poison to Dave, he yelled at her. "Don't tell me what to do on my parenting time!"

When she asked the PC about it, she was told, "Something needs to happen for something to happen." In other words, the child needs to be hospitalized, require surgery, or die for the court system to restrict his parenting time. "The slogan should be 'Reactive not proactive,'" said Jennifer, who wishes that the courts would put the well-being of children first and enforce the statutes that limit parenting time and custody in cases of domestic violence.

"It's sad because the system is so reactionary. Instead, when abuse is proven, all custody should be given to the non-abusive parent, and the abusive parent should need to earn their way back," said Jennifer. "Sadly, I do not see the system changing."

It doesn't take long for Dave to get mad and fire a PC, leaving



In recognition of Domestic Violence Awareness month, the Messenger is launching a new series that seeks to put a face on domestic abuse and intimate partner violence.

Jennifer to pay the bills. It takes about three months or longer to get another one, and things are pretty difficult during that time as he refuses to follow any previous agreements.

'You need to get along for your kids'

Jennifer has been frustrated when they get a new professional involved in their family as each time they tell her they will be drawing a line in the sand and moving forward, and that the past is in the past. She believes that what has happened before is important to know to understand what they've already done and what their situation is, but is told to essentially forget about the past. Move on.

And so it keeps repeating itself.

It's a situation that's common enough to have its own term: domestic abuse by proxy or post-separation abuse, as in domestic abuse through the kids after the couple has split up.

The police in her city know them by name because of how often Dave has called complaining that she is withholding the kids from him when they're sick or when it's not actually his parenting time. He threatens and yells at Jennifer and her parents regularly at their home. But it is never enough for the police or courts to take action. Recently, their new judge told them he wasn't going to restrict Dave's involvement despite his threats and parental negligence because "he loves his kids."

Jennifer often hears the refrain, "You need to get along for the sake of your kids. You guys need to figure this out for your kids."

She asks, "How do I?"

Editor's note: *Names changed for protection.

Contact editor at Tesha@LongfellowNokomisMessenger.com

SURVIVOR STORIES

ALLY is a beautiful, independent, charismatic woman who is a single mother and full-time student and paralegal.

However, her life wasn't always like this.

She spent many years in a very emotionally, mentally and physically abusive relationship, living day-to-day in fear and constant turmoil. The good news is that Ally managed to make the decision that some abuse victims don't get to make: She left her abuser.

The bad news is that things got worse then. Her abuser's rage grew, and he began stalking and harassing her on a 24-hour basis. He tried to kill her several times. And then he and his family began an eight-year court battle to take custody of their daughter away from Ally.

And then, finally, some really good news. Ally survived the repeated attempts on her life, and she won the custody battle for her daughter. Today, Ally is thriving, stronger and smarter than ever, relishing a life of freedom and peace after abuse, her daughter at her side.

BEA and dating abuse.

The first day of high school was terrifying for Bea. She couldn't find her friends, so instead she met a new girl who smoked marijuana and had older guy friends from another town. One of those "older guys" became Bea's boyfriend. He was 19, she was 14.

In retrospect, the signs of dating abuse were there, but back then, there weren't words for it, people didn't know what it was or how dangerous it could be.

Bea's boyfriend's behavior was flattering to her at first: He was charming and smooth and jealous, called her all the time, bought her her own phone, asked her to call him from school to "check in." Their relationship moved fast, too fast, and soon the boyfriend was controlling Bea – what she wore, what she did – and isolating her from family and friends. Eventually, it was just the two of them.

Sometime Bea stayed in her room all day, wearing a pink robe her boyfriend had bought her. She cried a lot and whispered and pleaded with him on the phone. Then he would pick her up to "go to the mall."

One day, Bea told her family she was pregnant. Her mom drove her to get an abortion. It was the worst day of her mother's life – and maybe Bea's as well.

Things went on for a long time, until Bea was 19. Then, somehow, thankfully, the relationship ended.

Bea is in her forties now. She is a family therapist with a master's degree, has three children and owns her own home. The experience with dating abuse as a young teenager left Bea with emotional scars that don't show and physical scars – cigarette burns on her arms and long scars from self-inflicted cuts on her thighs – that do. But she is, finally, happy.

~ Stories courtesy of Domestic Violence Awareness and Action based in Maple Grove at St. Joseph the Worker Catholic Community.

PAINT THE TOWN PURPLE

Citizens are asked to wear purple clothing and to change outdoor lighting and décor at their homes to purple by using purple lights, displaying purple wreaths, or tying purple ribbons to mailboxes, trees or vehicle antenna during Domestic Violence Awareness Month in October.

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Crowd rallies to support extending Midtown Greenway into St. Paul

Annual Sierra Club bike tour follows potential trail route in St. Paul

By JILL BOOGREN

More than 250 riders and supporters gathered at Lake Monster Brewing in St. Paul on Sept. 15, 2019, for the Sierra Club's 24th annual bike tour and a community rally to extend the Midtown Greenway into St. Paul.

"We're trying to keep the momentum going in our effort to extend the Greenway over the river and through St. Paul," said Midtown Greenway Coalition Executive Director Soren Jensen.

A study released in June found that the Short Line Bridge over the Mississippi River, where the Midtown Greenway currently ends, could be rehabbed into something structurally sound that could accommodate bicyclists and pedestrians, despite the once-daily train left running to the ADM on Hiawatha Ave.

Its potential has galvanized

people and organizations on both sides of the river who are eager to make this connection.

In addition to creating a link from the heavily used Greenway in Minneapolis to St. Paul, its continuation would improve bike access to Allianz Field, the new soccer stadium. Further, with St. Paul Mayor Melvin Carter's proposal in August to replace two (of four) lanes of motorized traffic on Ayd Mill Rd. with bike-walk paths during its upcoming resurfacing project, it opens the possibility of creating a seamless bike route from the Midtown Greenway all the way to downtown St. Paul.

The five-mile bike tour, led by St. Paul Bicycle Coalition Co-chair Andy Singer, followed the potential route of an extended Greenway, traveling near the railway from Lake Monster

to Allianz Field, then toward the river and back. Riders experienced protected bikeways, a road marked with sharrows, and some quiet streets. But there were also some treacherous crossings, underscoring the need for infrastructure that allows people to ride safely.

St. Paul officials, including Chief Resilience Officer Russ Stark, Ramsey County Commissioner Trista MatasCastillo and St. Paul City Council member Mitra Jalali Nelson, biked in the tour and expressed support for both an extended Greenway and the bikeway along Ayd Mill Rd.

Speaking at the rally afterward, St. Paul City Council member Dai Thao said he was "surprised" by the mayor's Ayd Mill Rd. announcement and called for everyone to be at the table as decisions are made.

Minneapolis City Councilmember Cam Gordon said he was also surprised, but it was more of a "Woo HOO! Yeah!



Riders on the Sierra Club's 24th annual bike tour use a protected bikeway along St. Anthony Ave. as they travel east toward Allianz Field. (Photo by Jill Boogren)

"It's about time!" This he yelled with a fist pump, to big applause. "It's time we started think-

ing of it as the Twin Cities Greenway," Gordon said. "Let's connect it up."

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'Green' cemetery opens in Twin Cities

Catholic Cemeteries begins offering natural burials in three-acre restored prairie

By MARGIE O'LOUGHLIN

In the Catholic tradition, the body upon death is re-committed to the earth, "for we are dust, and to dust we shall return."

Some people are taking this belief to heart again, with a desire to have a more organic, less industrial approach to death and burial.

The Catholic Cemeteries consists of five locations that have served the Twin Cities Catholic community since 1856. Their Resurrection Cemetery in Mendota Heights has recently become what is known as a hybrid cemetery. It contains a traditional cemetery, and a newly created natural burial allotment on a nearly three-acre restored prairie.

As the gravesites in the allotment become occupied, native perennial flowers and grasses will cover them. Eventually, the natural burial area will become a peaceful, uninterrupted prairie maintained in perpetuity along with rest of the grounds.

What is a natural burial?

Catholic Cemeteries Executive Director Joan Gezik said, "We've been studying the natural burial concept for the last eight years. Our allotment was just blessed and dedicated by St. Paul Arch Bishop Hebda on Memorial Day 2019. Our mission is to bury the dead – not just Catholics. The first of several sections that we've opened can hold 40 graves, and

we have sold over half of them."

A natural burial cemetery can use machinery to dig graves, but no chemicals are used to prepare the bodies of the deceased or to maintain the cemetery grounds. In the natural burial process, the bodies of the deceased, and the earth to which they return, are treated with reverence.

In a natural burial, the deceased is placed directly into the ground where it decomposes naturally -- without embalming fluid, and without a burial vault. The remains of the deceased are placed directly in the earth, allowing the body to decompose naturally.

If the body of the deceased is clothed, the clothing must be made of natural fibers such as cotton, linen, wool, or silk that will decompose over time. The garments must be free of all plastic and metal such as buttons, zippers, and hooks. Jewelry, belt buckles, and other materials that are not biodegradable cannot be buried along with the deceased.

The body of the deceased may be washed, wrapped in a cloth shroud made of natural fiber, and placed in a grave – which at Resurrection Cemetery is dug to four feet deep. The wrapped body can also be placed in an open or closed container made of biodegradable material like pine, wicker, or bamboo.

Rather than placing indi-



Executive director Joan Gezik stood on top of the plot she has already purchased in the natural burial section of Resurrection Cemetery. She said, "I love the idea of coming into the world, and leaving the world, simply. I look forward to going back to the earth, to being part of creation. More than 100,000 tons of steel and 1,600,000 tons of concrete are used in the U.S. for traditional burials each year. Natural burial is the original recycling." (Photo by Margie O'Loughlin)

vidual headstones or markers on grave sites, the names of the deceased, along with their birth and death years, are listed on a permanent community monument in the natural burial area. The cemetery office will also maintain burial records, and a grid map with the approximate location of each burial site.

Costs associated with a natural burial are less than those of

a conventional burial. The purchase of a gravesite includes a contribution to the permanent burial site care fund, and the cost of memorializing a name on the common memorial. The internment (grave opening and closing) fee is paid at the time of burial; with natural burial, no outer burial container is required by law.

The natural burial area at Resurrection Cemetery is located at the southwest corner of the Chapel Mausoleum. Access

From then to now

When the body of Jesus was removed from the cross, it was washed, wrapped in a cloth shroud, and placed in a tomb. For many years, most burials took place in a similar manner. These practices changed in the U.S. around the time of the Civil War, when bodies were transported long distances for burial. By treating the body with embalming fluids to prevent decomposition, the body became suitable for transportation and for viewing.

Renewed interest in natural burial is influenced, in part, by people's desire to honor their loved ones in a manner that is sensitive to the environment. The first "green" cemetery in North America was opened in South Carolina in 1998.

Inspired by Pope Francis

Pope Francis – whose reverence for nature led him to choose his papal name inspired by St. Francis of Assisi, the patron saint of ecology, is committed to the sanctity of nature and the need to protect it. The Pope asks Catholics to be mindful of the natural world, and to dedicate themselves to having a gentler impact on the planet.

it from the front of the mausoleum by following the sidewalk along the west side of the building. Resurrection Cemetery is located at 2105 Lexington Ave. S. in Mendota Heights.

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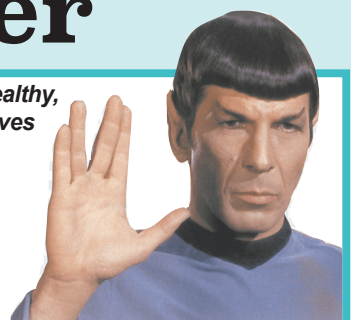
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RIDING ACROSS MINNESOTA AT 84

By IRIC NATHANSON

Wayne Tellekson had convinced himself that last year would be his final ride with Bike MS.

Most years since 2009, Tellekson had joined a group of avid bikers who rode 250 miles over five days raising funds for the National Multiple Sclerosis Society. He was 83 in 2018. It was time for him to hang up his bike for those long distance treks, he told himself.

But Tellekson's resolve to stop riding crumbled when one of his biking buddies asked him if he was going to do the Bike MS in 2019.

"Right then, I realized that I needed to do it again, even at the age of 84. I changed my mind in an instant," Tellekson recalled.

Doing more than writing a check

The Longfellow resident first becomes involved with the Multiple Sclerosis Society when his son was diagnosed with MS in 1996.

The next year, Tellekson's daughter Karin participated in a roller blade event, skating from Duluth to Hinkley to raise funds for the national health organization. Karin moved on from roller blades to bikes when the Multiple Sclerosis Society switched to long distance biking as a fund raiser. The group started TRAM (The Ride Across Minnesota), now called Bike MS, the five-day, 250-mile ride held each summer in July.

Tellekson had always written checks in support of his daughter's participation, but one day he decided that he could do more than just write checks. If he rode in the TRAM himself, he could raise even more money to combat MS.

When he floated the idea by his wife, Sindy, and his three children, they objected, saying that the old, heavy bike he had ridden around town was not fit for a 250-mile trek.

But they knew his heart was in the right place, so they got to-

gether and bought him a new bicycle fit for long distance riding. Still, Sindy was uneasy about the prospect of Wayne going off that first year and riding for five straight days.

"Sindy knew I was stubborn and she worried that I would keep riding until I fell over, so Karin agreed to ride behind me to make sure that I stayed vertical."

Doubts about his decision

During this year's ride, Tellekson, himself, had some doubts about the wisdom of his quick decision to do the Bike MS again. He had second thought after another biker, who was also 84, had to drop out after two days because of some heart problems.

"I ended up being the oldest person, out of 450, on the trip," Tellekson said. "And I was probably the slowest. People were passing me all the time because my legs just wouldn't move very fast. I knew I wasn't in good shape for long-distance biking. I only decided to do ride about three weeks before it started so I hadn't trained for the ride as I had in the past."

Each day during the five-day event Tellekson was able to take advantage of the sag wagon, a van that picked up riders and drove them along the route for a while, giving them a break from peddling. He used the sag wagon for about 10 miles each day, but that still left about 40 miles that he needed to bike.

"Those last few minutes just before rest stops were the hardest," he remembers. "That's when I said to myself: 'This is really foolish. Should I really be doing this?'"

"But I never thought about stopping. I was never ready to give up as rough as it was to keep going."

Tellekson said he envied the younger riders who kept passing him by. "Those guys whizzed by me and their legs were just like pistons. They were going 25 miles an hour. I looked at their

Saga of the Ride

In 2019, as he has done other years, Wayne Tellekson composed a poem—a saga, he calls it—celebrating the five days he spent on his bike, raising funds for the Multiple Sclerosis Society. Here is the final stanza from this year's saga:

The Orange Arch of Triumph, we rode through with pride. Tired, proud and happy, it had been a very good ride. We'd raised \$400,000, we'd peddled 250 miles. We'd raised funds for MS research, that explains our smiles. A quick lunch and we hurried off. A hurried goodbye to friends. Next year will be another ride. Will you? That depends.

legs and I said to myself 'How do they go that fast?' At the most, I could do 19 miles an hour and that was going downhill."

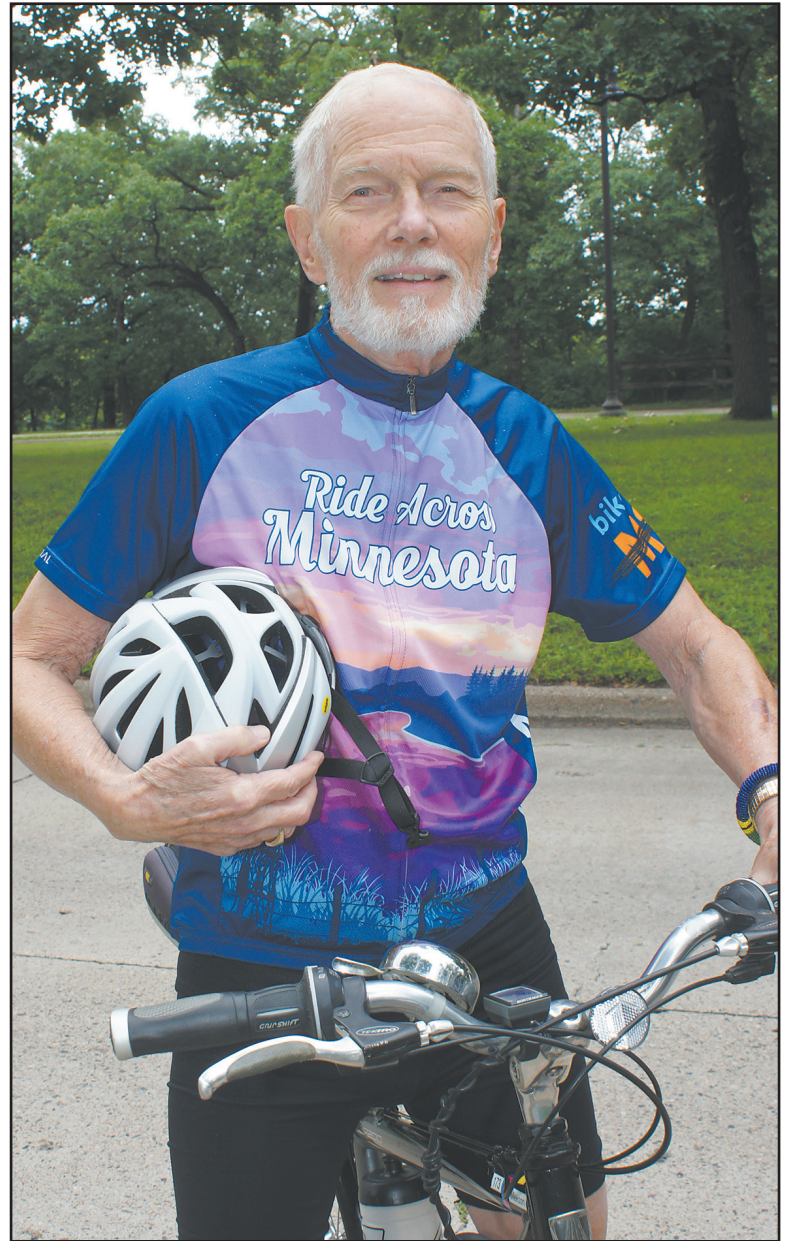
"My knees are probably the weakest part of my body when it comes to biking. I just don't have the strength to push as hard as those younger bikers do. I don't wear clips that help with the upswing. If I did, I am afraid I would forget that I have the clips on. Then, when I start getting off the bike, I would fall and land in a heap."

'A real feeling of accomplishment'

Tellekson confessed that he really didn't enjoy biking 40 miles a day.

"I enjoyed the people, the scenery and the experience, but biking that far is really not fun, at least not for me."

"That long ride each day is a real strain, but when you ride



While Wayne Tellekson didn't really enjoy biking 40 miles a day this last year, he did enjoy the people, the scenery, and the experience. And when you ride through the big orange arch at the end it feels like quite an accomplishment, he said. (Photo by Terry Faust)

through the big orange arch at the end of the five days, and people are there cheering you on, there is a real feeling of accomplishment. More important than the cheers is knowing that the money I raised -- \$4300 -- will be put to good use combatting Multiple Sclerosis.

"I realize there are not many people my age who are doing something as foolish as riding 250 miles in five days. But my body can handle it, at least for now. I don't feel 84 even though

I am 84. I really can't take credit for my condition, maybe it's genes. I eat healthy but I don't obsess about what I eat. I walk and bike, but I don't spend a lot of time exercising just to stay in shape.

"This year, I told everyone it would be my last ride. But I made it this year, so if I train maybe I can do it again next year. Maybe I will break my pledge again not to ride. Who knows what next year will bring? I'll just have to wait and see."

Aging Well

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Enjoy amazing food from local businesses with your neighbors

New Location!

Tuesday, Oct 22, 2019

5:30-6:30pm Resource Fair

6:15-8:15pm Dinner & Program

Minnehaha Communion Lutheran Church
4101 37th Ave S

RESOURCE FAIR REGISTRATION OPEN 9/16-10/18

BEST. MEETING. EVER. General Membership Meeting & Resource Fair

Tuesday, Oct 22 • 5:30-6:30pm Resource Fair

6:15-8:15pm Dinner & Program

Minnehaha Communion Lutheran Church, 4101 37th Ave S

PARTICIPATION FEES:

\$15/nonprofits • \$20/for-profits

To register visit:

longfellow.org/2019/09/09/resource-fair-registration-best-meeting-ever-2019/

Follow the instructions to pay via Square (or mail in a check) to complete your registration. The number of participating organizations is limited, tables & chairs provided.



www.longfellow.org

Join an LCC Committee and Help Make a Positive Impact on Greater Longfellow!

Do you have ideas for projects that will improve Greater Longfellow? Interested in local development and transportation or environmental sustainability? Join us at our monthly committee meetings!

LCC committees are a great way to make a positive impact on your community by working with neighbors to create resident-led

projects and shape neighborhood development and transportation.

For committee information, meeting dates and agendas, please visit Longfellow.org/committees or contact us at justin@longfellow.org or 612-722-4529 Ext. 13

Grants Available!

Business Support Network

Business Support Network (BSN) grants are intended to help local businesses succeed through connecting with and building community. Eligible businesses within the Greater Longfellow boundar-

ies may apply for up to \$3,000 in grant funds.

Open Citation & Emergency Repair Program

The Longfellow Community Council (LCC) Open Citation and Emergency Repair Program is designed to help residential property owners make necessary repairs and improvements listed on an open citation issued by the City of Minneapolis, or emergency repairs.

For additional information on LCC's grant programs please visit: Longfellow.org/programs

LCC Bylaw changes for review and vote at October 22nd General Membership Meeting

The LCC Board of Directors is proposing a change to the existing bylaws that will enable the board to fill empty seats through the course of a board term

The LCC Board of Directors has 15 seats. Each neighborhood within Greater Longfellow (Cooper, Hiawatha, Howe and Longfellow) has 3 seats reserved for residents who live in those neighborhoods. There are also two seats for Community Representatives that can represent any area within Greater Longfellow and 1 seat for a Business Representative.

The LCC Board is proposing to add language to the bylaws under Article VI: Board of Directors section B. TERMS AND TIME OF THE ELECTION. The change will allow neighborhood specific seats to be turned into Commu-

nity Representative seats in the event that all neighborhood seats have not been filled after the April General Membership Board Elections. After the board term has been completed in April, the seat(s) will revert back to Neighborhood seats for the next board of directors' election.

The vote on these changes will be held at the October 22nd General Membership Meeting (see meeting details on this page). If you want to review the LCC Bylaws and proposed changes, you can view them at (longfellow.org/2019/09/12/proposed-by-law-changes-2019/). We can also email or mail a copy upon request. If you have any questions or concerns, please contact Melanie Majors at melanie@longfellow.org or via phone at 612-722-4529 ext. 14

Want to join the LCC Board of Directors?

We have 2 open seats!!!

The LCC is looking for residents and business owners who are interested in joining our board of directors. We have a 2-year term for a resident located in the Longfellow Neighborhood and a 1-year term for a business owner. The Longfellow seat is not to be confused with the larger neighborhood of Greater Longfellow.

DESIRABLE CANDIDATES WILL:

- Be available to fully participate with the LCC
- Work in the best interest of the LCC and the community
- Bring enthusiasm and creativity to their role
- Follow-through with commitments
- Treat others with kindness and respect
- Value a diversity of opinions
- Represent members of the community and not self-interests
- Actively engage and represent residents in their community

We encourage residents from all walks of life and all levels of experience to participate as board members. If you are interested in filling one of the board seats, please contact Melanie Majors at melanie@longfellow.org or via phone at 612-722-4529 ext. 14



Longfellow Community Council

2727 26th Avenue S., Minneapolis, MN 55406

612.722.4529 • www.longfellow.org

Melanie Majors, Executive Director

Justin Gaarder, Program Manager

Carly Swenson, Communications & Events Manager

melanie@longfellow.org

justin@longfellow.org

carly@longfellow.org

Documentary on serial killer filmed in Longfellow

Ken and Nora Krahn's home used to film scenes from Arizona

By TESSA M. CHRISTENSEN

A Longfellow house along 37th Ave. S. served as a filming location for the documentary, "Serial Killer: Devil Unchained" that aired this summer on Investigation Discovery.

Despite the chilling topic, homeowners Ken and Nora Krahn were reassured that no graphic scenes would be filmed in their house.

Filmed by Eden Prairie's wife-husband duo Maria and Andy Awes of Committee Films, the documentary unravels the mind of rapist and murderer Todd Kohlhepp in three two-hour-long sessions. The first aired on July 22, 2019, and the last three weeks later on Aug. 5. Each episode was followed by a digital companion series "Kohlhepp Uncut: The Devil Speaks" with Kohlhepp himself providing chilling details about crimes spanning 30 years.

The Krahn house was used to film an abduction that happened in Arizona. To make it look more like the southwestern state (and avoid the green hues of a Minnesota September), the filming was done at night, Nora pointed out.

They filmed a scene in the alleyway, one in the upstairs bedroom, one in the downstairs bedroom, one by the front door, and another by the back door.

Interesting to see what goes into a production

The Krahn's had received a letter last fall from Committee Films that stated the company was looking for a location to shoot a documentary. "We responded," recalled Nora. "My daughter is in production, and I immediately thought she'd love this."

Previously, when her daughter had explained her work, Nora couldn't visualize it. Now she can.

Ken admits he was cautious about signing on, but they researched the film company ahead of time before agreeing to anything. "We were impressed by their resume and the bulk of work they had done," he noted.

That includes America Unearthed on the Travel Channel now in its fourth season, as well as 20/20: In An Instant, Top of the World, Bigfoot Captured, Who Really Discovered America, Secrets of Einstein's Brain, Templars' deadliest Secret, Aloha Life, Myth of Monster, Mystery of Easter Island, and more.

Nora said the company's location manager was really easy to work with. "I liked the fact that they kept us in the loop," she said.

"It's just so interesting to see how much goes into a production. It's really huge."

Signs were put up the day before to make sure no one parked on their street, and the neighborhood was leafleted so that everyone knew what was going on when the trucks arrived



Nora and Ken Krahn leased their home to Committee Films of Eden Prairie last year for the filming of a documentary that recently aired. "Serial Killer: Devil Unchained" tells the story of convicted murder and rapist Todd Kohlhepp. With the help of former FBI profiler John Douglas and Kohlhepp's own biographer, Gary Garrett, journalist Maria Awes goes down a twisted path, talking to Kohlhepp's family, as well as his victims and their families, uncovering early warning signs that might have helped stop a killer in his tracks. (Photo right by Tessa M. Christensen)

with gear and crew members. On the day of, the alley was closed. A few people arrived at their house at about 3 p.m. on Tuesday, Oct. 2, 2018 to begin setting up.

By 4 p.m., a whole crew was bustling around, setting up equipment, putting up lights, serving food and putting screens up around the windows, Nora recalled.

"They were extremely well organized and obviously they had the production down very well," said Ken. "Everybody knew what their job was."

Staff placed rugs on the floor, plastic on the stairs and cardboard on the walls to protect them. They moved some things

around, took down photos, and put up other pictures. The couple had already tucked some items away, based on the recommendation of the film company. In all, there were about 40 people associated with the film, and three trucks.

"They told us we could stay if we wanted to, but it was kind of overwhelming," said Nora. The couple walked by a few times to check up on what was going on and Ken ducked inside the house for a bit, and then they headed off to their complimentary hotel room.

By 3:30 a.m., the crew was gone.

Nora wasn't sure what to expect

when they returned, and was delighted to see that they'd put everything back the way it was.

"It was cleaner when we came back than when we left it," said Ken.

Afterwards, when they talked to their neighbors they heard that the production crew was nice and friendly, Ken observed. "They were not at all off-put by little kids coming and asking questions," he said.

"I would have no hesitation to invite them back. For us, this was a positive and entertaining experience."

~ Contact editor at tesha@longfellownokomisessenger.com.

neighborhood CHURCHES welcome you!

Bethlehem Covenant Church
3141 43rd Ave. S. • 612-721-5768
www.bethlehemcov.org

Rev. Matthew Kennedy
(Handicapped Accessible)
Contemporary Worship – 9:00am
Traditional Worship – 10:30am
Español – 1:30pm
Sept. 8 - Gathering Sunday
Worship 10:30am
Block party to follow: 11:30-1
Fall worship schedule starting Sept. 15
Contemporary Worship – 8:45am
Traditional Worship – 11:00am
Español – 1:30pm

Epworth United Methodist
3207 37th Ave. • 612-722-0232
www.epworthmpls.org

Pastor Steven Reiser
Sunday Worship: 10:30 am
(Childcare Provided)
(Wheelchair Accessible)
Upcoming Events:
September 11 - Beer & Bible @ Merlin's
Rest 6:30 p.m.
September 27 - 28: Epworth Rummage Sale

Minnehaha Communion Lutheran
4101 37th Ave. S. • 612-722-9527
www.minnehahacommunion.org

Pastors Dan and Sally Ankerfelt
9:45 am-Sunday Worship
12-Step Groups Mon-Thu
Sept 11 at 6:00 pm-Community Meal &
Songs of My Life gathering
Everyone Welcome/Wheelchair accessible

Spirit Garage - The church with the really big door
3010 Minnehaha Ave.
www.spiritgarage.org • 612-827-1074
The Hook & Ladder Theater & Lounge

Pastor: Holly Johnson
Music: John Kerns and bands
Worship: 10:30 AM Sundays
Theology Pub, book discussions, writing workshops, enneagram workshops

St. Albert the Great Catholic
E. 29th St. at 32nd Ave. S. • 612-724-3643
www.saintalbertthegreat.org

Fr. Joe Gillespie, O.P.
Sunday Mass: 9:30 am (Childcare available)
Saturday Mass: 5 pm
M, T, Th, F: Rosary at 8 am, Daily Mass 8:15 am
Adoration of the Blessed Sacrament,
First Fridays from 9 am to noon
(Handicapped accessible)

St. Peder's Evangelical Lutheran
4600 E. 42nd St. • 612-722-8000
www.stpeders.org

Julie A. Ebbesen, Pastor
9 am Worship
9:00 Youth Faith Formation (Resumes 9/22)
10 am Coffee & Fellowship
10:30 Adult Faith Formation (Resumes 9/22)
September 8: God's Work Our Hands,
Service Projects begin at 10:30 am
September 15: Rally Sunday, join us as we kick off a new year of Faith Formation.
Holy Communion is celebrated on the first Sunday of the month.
(Handicap acc., Braille, Large Print)

Trinity Lutheran Church of Minnehaha Falls
5212 41st Ave. S. • 612-724-3691
www.trinityfalls.org

Pastor Matt Oxendale
Sunday Worship 10:00 am (thru 9/1)
Fall Schedule: 10:30 am Worship
9:30 am Sunday School
AA Sun & Tues 7:00 pm

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Organics recycling changes coming for businesses

Restaurants and others with food waste must compost by Jan. 1, 2020

By MARGIE O'LOUGHLIN

Businesses with a large amount of food waste must start recycling it by Jan. 1, 2020.

Hennepin County Ordinance 13 also will require cities within the county that have more than 10,000 residents to offer curbside organics recycling beginning in 2022. The new ordinance was triggered by a state mandate that counties recycle 75% of their waste, and a county resolution to send no waste to landfills by 2030.

Under the new ordinance, grocery stores, hotels, sports venues, senior living facilities, office buildings with food service, food shelves, colleges and schools with food service, shopping malls, and airports that generate one ton or more of trash per week (or more than eight cubic yards) will have to recycle their food waste.

Mallory Anderson is a waste prevention and recycling specialist with Hennepin County. She said, "We're already well into notifying businesses about the new requirements. Outreach has been coming in the form of mailings, phone calls, and site visits. There are about 90 businesses in the 55406 zip code that could meet the limit of generating an eight-yard dumpster or more of trash weekly. We really are going after places with commercial kitchens; there is a lot of food waste happening out there."

Grants available to help

Thanks to a county and state tax on trash, there are funds set aside to help businesses comply with the new requirements.

Anderson said, "Last year the county issued about 70 grants, with an average amount of \$4,000. A request up to \$10,000

can be funded anytime until the money runs out - which will probably be later in the fall.

"Examples of things we've funded in the past have been organics compactors, compostable products, or containers to hold organic matter until it can be moved outside. The requirements for participation are to submit an application, complete a grant agreement, and report back to us within one year to tell us how it's going."

Businesses are strongly encouraged to apply for grants while they are still available.

For more information about the new organics recycling requirements, and about granting opportunities, call Mallory Anderson at 612.348.3837 or Amy Maas at 612.348.6848.

You can also email business-recycling@hennepin.us or call 612.543.9298 with questions.

Focus on smooth roll-out

Note that all Minneapolis businesses will be required to have recycling bins in the front-of-house, if they have trash receptacles there. Dual bins are an efficient, attractive way to get the job done, and are covered under the cost of a grant (\$1,200-\$1,500.)

The county will have authority to enforce the new requirements, including the ability to issue warnings or citations.

Anderson said, "What we really want to focus on in the beginning though is compliance. We are doing our due diligence to inform businesses and ensure a smooth transition. Once the roll-out is complete, it's likely that the county and city health department will observe how the organics recycling containers are being used as part of their health inspections."



"It sets a new bar for recycling that our residents have asked for and expect within our community."

Mallory Anderson, Hennepin County

Mallory Anderson, waste prevention and recycling specialist, said, "Organic materials are a resource, not a waste." Waste-sort studies show that organic materials are the largest proportion of trash at about 25%, according to the county's solid waste management master plan. (Photo by Margie O'Loughlin)

Ordinance 13 had not been updated since it was last signed into law by the Hennepin County Board of Commissioners in 1986. Hennepin County waste prevention and recycling specialists Mallory Anderson and Amy Maas led

the team that wrote the updated version of Ordinance 13.

Anderson concluded, "It sets a new bar for recycling that our residents have asked for and expect within their community."

Briefs

Do you own or operate a home-based business? If so, LBA wants to hear from you.

The Longfellow Business Association (LBA) is hosting a focus group to learn how to better support home-based businesses in the Greater Longfellow Area on Wednesday, Oct. 23, 9-10:30 a.m. at Moon Palace Books (3032 Minnehaha Ave.). "We're interested in hearing from business owners about the tools, resources and connections we can offer to help your business thrive," remarked Kim Jakus. "If your business is located in the Longfellow, Howe, Cooper, or Hiawatha neighborhoods, please consider participating in a 90-minute focus group to share your feedback." Participants will receive a \$20 gift card to a local Longfellow business.

To RSVP or if you have questions, contact Kim at kim@longfellowbusinessassociation.org or 612-298-4699.

MayDay Parade taking year off

The HOBT Leadership Team has decided that taking a year off from producing MayDay to pause and redesign MayDay is the best way to come back with a stronger, more equitable MayDay in 2021. Save the Date for May 2, 2021.

Work will begin immediately to assemble a MayDay Council made up of artists and community members. The MDC will consist of no more than 20 members committed to a possible two-year term.

Sheryl Warner recognized

Loving to Learn Family Child Care in Longfellow, owned by Sheryl Warner, has earned national recognition as a Certified Nature Explore Classroom from the Nature Explore program, which is a division of nonprofit Dimensions Educational Research Foundation. Certified Nature Explore Classrooms foster highly effective, nature-based outdoor learning.

Composting facility tour

Saturday, Oct. 26, Bus pickup: 9:15 am at the Bossen Field parking lot

Join NENA, Tangletown Neighborhood, and Kingfield neighborhood for a free tour of The Mulch Store, a compost facility for Hennepin County and landscape supply business. Tour participants will see firsthand how food waste and yard waste are turned into environmentally beneficial compost. They will also get an up-close look at the equipment in operation and a detailed explanation of the process from start to finish. Tours last approximately 45 minutes and are conducted outdoors, so please dress appropriately. It is recommended that children be age 8 or older and accompanied by an adult.

Home security workshop

Tuesday, Oct. 22, 6-8 p.m., Minneapolis 3rd Precinct, 3000 Minnehaha Ave.

The Minneapolis Police Department Third Precinct is offering a free opportunity for southside residents to learn how to protect your home and garage from property crimes.

At the Home Security Workshop, MPD Crime Prevention Specialists will show you what

NENA (Nokomis East Neighborhood Association)
4313 E. 54th St., www.nokomiseast.org, 612-724-5652



Nokomis East volunteers at the 2018 Litter Be Gone cleanup. (Photo submitted)

you need to know to reduce your chances of being the victim:

- Effective home security habits and practices
- What kind of locks and security hardware you really need
- The real scoop on home burglar alarms - are they effective?
- How landscaping and lighting can deter burglary
- The importance of a good block club

- 100% guaranteed way to prevent theft from auto!

NENA is launching a new Home Security Rebate program on Oct. 1, 2019. By attending this MPD workshop, you will meet the requirements to participate in the program and submit your qualified home security projects for a matching rebate from NENA. Visit www.nokomiseast.org for more program information.

Organics 101 rescheduled

The Nokomis East Organics 101 workshops have been rescheduled for Oct. 17, 6:30 -7:30 p.m. and Nov. 5, 6:30 -7:30 p.m. at the NENA office (4313 E. 54th St.). Master Recycler Composter Chris Heeter will guide attendees through the process of recycling organic matter, how to address common concerns, and the environmental impacts of this easy habit. These workshops are only available to residents of the Nokomis East neighborhoods of Minnehaha, Morris Park, Keewaydin and Wenonah. Every attendee will receive a free kit including a countertop bin and 25 biodegradable bags.

Litter Be Gone Cleanup

Saturday, Oct. 5, 10 a.m. - 1:30 p.m., Bossen Field parking lot, 5701 S 28th Ave.

Help beautify your streets and protect your waterways and green spaces! Volunteer with your family, friends, and neighbors to clean up litter from sidewalks, streets, storm drains, and parks and take pride in our community. Meet at the Bossen Field Park parking lot at 10 a.m. to sign in, get your supplies and grab a cup of coffee. We will provide you with gloves and bags, and a special free drink

coupon from local sponsoring businesses.

Litter Be Gone is a series of fall events hosted by neighborhoods to engage residents and businesses in cleanup efforts across the city. Learn more at www.LitterBeGone.org.

NENA Neighborhood Jam

Saturday, Sept. 28, 4-7 p.m., Wold Chamberlain American Legion Post 99, 5600 S 34th Ave.

Don't miss this gem of an event to celebrate fall, local music, and neighborhood connections! My Cousin Dallas will bring 70s AM Gold stylings to the American Legion, and Brian Fodstad, fresh off of a gig at the Minnesota State Fair, will please with the music of Seger, Willie Nelson, and Johnny Cash. Enjoy beer, wine, and shop for a bargain at our silent auction table. The silent auction features gift cards and other offerings from local businesses and gifts made by local artists.

Upcoming meetings and events:

10/02/19: NENA Housing, Commercial and Streetscape Committee, NENA Office, 6:30 p.m.

10/21/19: NENA Board Meeting, NENA Office, 6:30 p.m.

Community partners with Roosevelt High School on Three Sisters Garden



Roosevelt High School, SENA and other partners are constructing a permaculture and Three Sisters community garden at the school. The garden will provide enhanced learning opportunities about food systems for the students in the Roosevelt Urban Farmers group and the culinary arts students, and creating meaningful connections between the school community and the surrounding community by connecting adult allies in the neighborhood to the garden programming to work alongside students. "We need volunteers and benefactors to help the garden project be successful," said SENA Executive Director Candace Miller Lopez. SENA provided a \$5,000 grant and a crowd-sourced funding campaign generated roughly \$1,500 more. (Photo submitted)

Classifieds & Service Directory

Messenger

Want ads must be received by the Messenger by Oct. 21 for the Oct. 31 issue. Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com

Messenger Want Ads are \$1 per word with a \$10 minimum. Send your remittance along with your ad to *Messenger Classifieds*, 5139 34th Ave. S. #17097, Minneapolis, MN 55417; e-mail denis@longfellownokomisemessenger.com; or call 651-917-4183.

APARTMENT WANTED

Single woman seeking one or one-plus bedroom apartment for Fall move. Flexible moving date. Prefer small, non-smoking building. Call (no texts) -- Lynn at 651-489-9053 OR email lynns@bitstream.net

CRISIS HOTLINE

Call the Minnesota Day One Crisis Hotline at 1-866-223-1111 if you or someone you know is seeking shelter due to a dangerous relationship or needs to create a safety plan. B-19

EMPLOYMENT

Full-Time Administrative Professional Needed: Data Entry, Editing, Scanning, Phone fielding of customers, Legal Assistant work. Typing 50 WPM; Ability to problem solve, communicate in writing & verbally; Work w/MS Office/Access. Legal background helpful. Looking to fill ASAP. Will train. Starting at \$14/hr. - Cooper neighborhood, Mpls. 10-19

Flexible work with exercise. Fresh Heir Delivery looking for newspaper delivery carriers available to handle 2-4 routes a week in Minneapolis/St. Paul area. \$13-\$15/hour. Email FreshHeirDelivery@gmail.com. B-19

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SELF DEFENSE

Five Fingers of Self-Defence and Empowerment for women and girls (age 13+), Monday, Nov. 18, 6-8pm, \$50. Student, senior rates, scholarships. Five Element Martial Arts studio, Cedar and

38th. 612-729-7233, www.femamartialarts.org. B-19

SERVICES

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530. 11-19

STORAGE

MPLS Storage located in the Longfellow neighborhood has units for rent at low rates. Locally owned and family operated. 1/2 block from Lake and Hiawatha. 612-333-7525. B-19

WINDOW CLEANING

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In Our Community

Messenger

Send us your news! When you submit your press release it will be considered for both the newspaper as well as the Messenger Facebook page (Facebook.com/LongfellowNokomisMessenger).

Book sale

Mark your calendars for the Fall Book Sale at East Lake Library 2727 E. Lake St. on Friday, Oct. 25 11 a.m. to 5 p.m. and Saturday, Oct. 26 9 a.m. to 4 p.m. There will be a \$5 Bag Sale Saturday at 2 p.m. Donations of slightly used books, cds and dvds accepted at the library from Oct. 12-22.

Free puppet shows

Midtown Global Market will host six, free Heart of the Beast performances in the Midtown Central Court on Thursday nights during the weekly Neighborhood Night celebrations this fall beginning at 5:30 p.m. Remaining nights are Oct. 10 and 24, Nov. 14 and Dec. 12. Come for the show and stay for the "Make-n-Take" workshop based on that day's puppet show theme. Leave with your own puppet creation to take home.

Elder Voices meets

Elder Voices (Telling Our Stories) will meet the fourth Friday of September (9/27) and October (10/25). Elder Voices meets at Turtle Bread Company, 4205 34th St. at the corner of 42nd Ave. and 34th St. There will be time for people to tell or update their Elder stories. Don will be back from his second stay in the hospital this year. There will be time to focus on the Social Security Forum, "Social Security: You Can Count

On It!" The featured speaker at the forum, Nancy Altman, has a 40-year background in the areas of Social Security and private pensions. She is also president of Social Security Works and Chair of the Strengthen Social Security Coalition. Information will be available on where and when. For additional information, visit the website: <https://z.umn.edu/count>.

Events at Epworth

Beer & Bible: Gather with friends and members of Epworth UMC at 6:30 p.m. on Oct. 9 at Merlin's Rest where you can purchase great food and discuss 1st Kings Chapters 1-11. People of all faiths – or no faith – are welcome to share your own thoughts and ideas. Beer is optional. For more information, contact: epworthumcmplsmn@gmail.com or 612-722-0232.

Epworth's Fall Pasty Sale: An Epworth tradition for over 30 years, each tasty handmade pie is a meal you can hold in your hand. Still only \$6 each, meat and veggie options are available. Pre-order by Oct. 29 at 651-645-9855. Handheld pies made fresh on Nov. 2 and ready for pick up after 3 p.m. at Epworth UMC, 3207 37th Ave. S. Large orders, please pick-up after 4 p.m. Order online at <https://epworthmpls.org/pastysale/>.

Haunted Harvest Festival and Mini-Boutique on Oct. 26 from 2-6 p.m. Families can have fun for FREE in the Bouncy House and

the Haunted Basement or get their faces painted. Purchase pumpkins and other gourds as well as bars, snacks, and other food. Check out the Mini-Boutique to find delicious homemade treats and unique crafts for sale.

Lake Street Bash

Celebrate the diverse Lake St. community by networking with other corridor stakeholders, bidding on silent auction items provided by local businesses, all while enjoying appetizers, wine, and beer. This year's event will take place on Thursday, Nov. 7 at the FIVE Event Center. Tickets are \$25. For more information or to donate an auction item contact, ZoeAna Martinez at zmartinez@lakestreetcouncil.org or 612-822-1912.

Trunk or Treat event

Bring your kids to Trunk or Treat from 3-5 p.m. on Sunday, Oct. 27 at Trinity of Minnehaha Falls, 5212 41st Ave. S. Treats will be handed out from decorated cars parked on the circle drive on the north side of the church. It's free, it's fun! Costumes are encouraged. For more details, call 612-724-3691.

Spooktacular open houses planned

Free Spooktacular Open House on Saturday, Oct. 26 from 2-4 p.m. at Minnehaha Senior Living (3733 23rd Ave. S.) will feature a non-scary event with a personal balloon created for everyone, games with prizes, crafts, and a trick or treat opportunity. There will also be an event at Providence Place (3720 23rd Ave. S.) that will feature a Haunted House, crafts, and treats.

Small Business Support at library

Need help navigating city process? Have questions about city requirements? Need support and not sure where to start? The Minneapolis Small Business Team wants to make it easy for people to successfully start, sustain, and grow your business in Minneapolis. They offer regular consultation at six locations throughout the city each month, including at the East Lake Library on the third Tuesday of the month, 3-5 p.m.

See 'Ghosts of the Emerald Isle'

Classics Lost N Found Theater Company will present "Ghosts of the Emerald Isle," an evening of original Irish ghost stories written by Noreen K. Brandt.

Performances will be at 7 p.m. Oct. 18-19, and 25-26 at Lake Nokomis Presbyterian Church, located at 1620 E. 46th St. Paranormal investigators will guide the audience through a series of tales based on Irish supernatural themes such as The Woman in White, the Banshee who predicts death, and poltergeists that haunt innocent families. Numerous Longfellow or Nokomis residents are involved in this production, including Noreen K. Brandt (playwright), Lisa M.W. Phelps (director), Amy Brown (Historian), Tony Gillen (Technician), Megan Rowe (Psychic), and Coral Bastien, Greg Bastien, Maureen Trepp, and Caroline Vodacek. Ticket prices are \$12 adults and \$10 students/seniors. Call (612)724-4539 for further information.

NEBA hosts monthly meet-ups

The Nokomis East Business Association is hosting a series of monthly happy hours for storefront and home-based professionals in the neighborhood. appetizers are on NEBA. The October event takes place at Town Hall Lanes on Oct. 15 from 5:30-7:30 p.m. Future locations to come.

Immigrant and refugee stories

Attend a book and movie discussion at 7 p.m. on Oct. 2 at Community Healing Hub @ MCLC (4101 37th Ave. S.). Read the book or watch the movie in preparation for the discussion. The book is "The Refugees by Viet Thanh Nguyen," a collection of stories written over a period of 20 years exploring questions of immigration, identity, love, and family. The movie is "God Grew Tired of Us," a 2006 documentary film about three of the "Lost Boys of Sudan", a group of some 25,000 young men who have fled the wars in Sudan since the 1980s and their experiences as they move to the United States.

Me La Amargates Tú

Mount Olive Music and Fine Arts presents a concert combining and contrasting Sephardic Romances with Spanish Romances by one of the leading Sephardic music ensembles in the world, Me La Amargates Tú. They will play romances with the same themes from the 15th and 16th centuries, and that have the same or similar texts, but with different treatments by the Sephardic Jews and the Spanish population. The event takes place at 4 p.m., on Sunday, Nov. 17, at Mount Olive Lutheran Church, 3045 Chicago Avenue South, Minneapolis. A

reception in the church's Chapel Lounge follows. This event is free and open to the public; a free-will offering may be received to support the Music and Fine Arts program. More at www.mounolivechurch.org.

Minnehaha Falls Art Fair rescheduled

Planners were devastated when severe weather rolled in on the morning of July 20, forcing them to cancel the art fair that so many people had worked so hard to make a success. But they are thrilled to announce the Minnehaha Falls Art Fair REBOOT has been rescheduled for Oct. 5 from 10 a.m. - 5 p.m. Enjoy art, music, food, activities, and more!


Cajun Dance Party fundraiser Nov. 2

Dust off your dancin' shoes and let the good times roll! The 10th Annual Cajun Dance Party for the John Hugelen Cajun Music Scholarship is happening on Saturday, Nov. 2. This year's guest musician from Louisiana is David Greely, a superb fiddler and singer, accompanied by the best Cajun musicians in the area. The evening features a bargain-filled silent auction, social hour and an acoustic Cajun jam at 6 p.m., a performance from previous scholarship recipients at 7:30 p.m., and David Greely and the band from 8 until 11 p.m. Admission is a suggested donation of \$20, with a free gumbo dinner. All proceeds go towards scholarships at music camps offering intensive Cajun music learning experiences with the best Cajun and Creole musicians alive. Event is at the Eagles Club #34, 2507 E. 25th St. in Minneapolis, Nov. 2, 2019, 6-11 p.m.

'Risking Light' at Riverview

See Risking Light, a thought-provoking documentary that explores resilience, and the painful process of moving from grief to compassion and forgiveness., at the Riverview Theater on Saturday, Nov. 19, 7-9 p.m. From the streets of Minneapolis, the aboriginal lands of Australia, and the killing fields of Cambodia come the powerful stories of three people who had the courage to step out of the haunting, tragic darkness of the past, risking everything to reach the light of their own compassion. Pre-show will be a restorative justice resource fair in the lobby Post-show will be remarks by Mary Johnson, from Minneapolis, whose story of meeting and forgiving the man who murdered her son is fea-

Continued on page 15



Organics Recycling 101 Workshop

October 17 or November 5
6:30 - 7:30 pm

NENA Office: 4313 E. 54th Street

Open to residents of the Nokomis East neighborhoods of Minnehaha, Morris Park, Keewaydin, and Wenonah

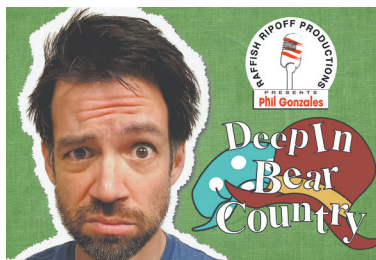
Whether you're just starting out, or ready to take the next step in reducing your food waste, this free workshop is for you

Attendees get a free starter kit
counter top bin & 25 compostable bags

In Our Community

Continued from page 14

tured in the film. The event is hosted by Seward Longfellow Restorative Justice with support from Birchwood. Risking Light won Best of Fest at 2018 Mpls St. Paul International Film Fest.



Deep in Bear Country

Longfellow resident Phil Gonzales will be remounting

his solo show "Deep In Bear Country" in collaboration with Dreamland Arts' Theaterwalla program Friday and Saturday, Oct. 11 and 12 at 7:30 p.m. For four-and-a-half years, Phil

Gonzales has entertained hundreds of podcast listeners with "Deep In Bear Country," his ridiculously close analysis of Stan and Jan Berenstain's "Berenstain Bears" children's books. Over more than 200 episodes, he has investigated, picked apart, theorized and speculated about Bear Country, its denizens, its history and its meaning. In the process, Phil's outlook on life, art, family, community and legacy has been fundamentally altered. Pay What You Can (\$10-\$20) – online or at the door, no extra fees for

the one-hour show. Run Time: 1 hour, no intermission. More at <http://dreamlandarts.com/deep-in-bear-country/>.

Community dinner

Roosevelt High School invites you to a dinner with locally grown food from our Urban Farming Class and prepared by our Culinary Arts classes. The dinner will be Thursday, October 10, at 5:30 pm in Roosevelt High School's back gardens. We

will also be selling a cookbook with recipes from our school community. All are welcome to join us for a delicious meal, and donations are appreciated.

Submit your news

If you are an organization located in the Longfellow Nokomis Messenger delivery area, you can submit your event, special program, or noteworthy news to us for consideration by email to news@longfellownokomismessenger.com.

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Join us for our Spooktacular Event!



Saturday, October 26th from 2pm-4pm

Bring the whole family to the Spooktacular Event at our senior campus for some delightfully spooky fun!
 Start at one location, then fly across the street to the other for more merriment!

Haunted House at Providence Place
 3720 23rd Avenue S. Minneapolis, MN 55407 - (612) 238 2538
 Come one, come all, to our frightfully fun haunted house.
 You'll be sure to have a wickedly good time!

Games & Popcorn at Minnehaha Senior Living
 3733 23rd Avenue S. Minneapolis, MN 55407 - (612) 238-0010
 Join us for a ghostly grand time playing games at Minnehaha Senior Living!



SATURDAY - OCTOBER 26
2PM-6PM

HAUNTED HARVEST FEST

3207 37th Ave S • Minneapolis, MN 55406

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- Pumpkins and other gourds
- Haunted Basement
- Bars, food, and snacks
- Face Painting
- Mini-Boutique

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Rain gardens improving water quality in Nokomis East

By MARGIE O'LOUGHLIN

Managing storm water runoff is hard work, and nothing does it better than a rain garden.

Planted in a swale or hollow, perennial flowers, grasses, sedges, and ferns send their roots deep down into the soil. This improves water retention, and naturally filters out impurities as water soaks into the ground.

Rain gardens reduce the amount of runoff that would otherwise carry pollutants from compacted lawns, rooftops, driveways, and streets directly into waterways through the

storm sewer system.

The Nokomis East neighborhood has 20 new rain gardens this summer, thanks to a long-standing partnership between the Nokomis East Neighborhood Association (NENA) and Metro Blooms.

Lauren Hazenson, NENA program and communications manager said, "The number one environmental concern we hear from Nokomis East residents is that they want to protect their local watershed: Lake Nokomis, Lake Hiawatha, the Mississippi River, and Minnehaha Creek.

Water is the most valued natural resource in our community, both for recreational activities and for visual beauty."

NENA applied for a Hennepin County Good Steward Grant last year, and learned in January that they had been awarded \$12,000. The Good Steward Grant funds small projects to improve environmental quality in Hennepin County.

Hazenson said, "We provided additional funding for the rain garden partnership out of our general fund, because it was such a high priority for residents."



Twenty Nokomis East residents received grants for rain garden installations. In a season or two, the native plants will send roots down deep into the soil -- improving water retention, decreasing run-off into nearby waterways, and helping to improve the quality of the local watershed. (Photo by Margie O'Loughlin)

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NENA and Metro Blooms have partnered for years installing pollinator gardens and boulevards along 50th and 54th streets. Hazenson said, "We felt like we hit a good stopping point with the pollinator plantings. We established a viable pollinator corridor between the Nokomis East Gateway Gardens and the Lake Nokomis Naturescape. The 2019 rain garden partnership with Metro Blooms is a continuation of native plantings in the neighborhood, but with an emphasis on capturing rainwater and snow melt."

NENA received 218 applicants for the project, and had funding to install 20 gardens. There were two pools of applicants; the first was of addresses in the Nokomis sub-watershed, the area right around Lake Nokomis. From these addresses, five households were chosen at random. The remaining 15 grant recipients were drawn at random from the larger pool of addresses throughout the neighborhood.

Once the selection process was done, the names of the 20 grant recipients were given to Metro Blooms. They took over from there, contacting homeowners, making arrangements for site visits to help with garden planning, excavation, and plant drop offs.

Property owners paid \$420-\$580 depending on the number of plants they ordered and their finished garden size. The average rain garden measured 120 square feet. A comparable cost would have been about \$1,500, if property owners had not received grants.

Conservation Corps Minnesota did the excavation work for this project. The regional non-profit gives young people from diverse backgrounds experiences in service-learning and environmental stewardship,

while learning practical job skills. Youth and young adults (aged 15-25) who serve with Conservation Corps MN work on projects in conservation and natural resource management.

Property owners were responsible for putting their own plants in the ground.

Hazenson said, "With our pollinator garden projects, we found that having homeowners get their hands dirty helps them to better care for their plants in the long run. Rain gardens require some maintenance, just like any other kind of garden. This program really is an incentive for homeowners to make a positive change in their watershed through gardening."

Get involved

NENA will be applying for another Hennepin County Good Steward Grant for next year. Details on this (and many other sustainability projects) will be shared at the South Minneapolis Green Fair on Saturday, April 18, 2020.

"Like the rain garden partnership, the vast majority of NENA's programs and initiatives come from community ideas," Hazenson said.

New members with an interest in environmental issues are welcome to visit NENA's Green Initiatives Committee, which meets from 6:30-8 p.m. every second Wednesday of the month. The committee is open to residents, property owners, business owners and their employees within Nokomis East neighborhoods: neighborhoods include Minnehaha, Morris Park, Keewaydin, and Wenonah. Meetings are held at the NENA office, located at 4313 E. 54th St.

For more information, contact Lauren Hazenson at lauren.hazenson@nokomiseast.org.