



Sacred Sites Tours seek healing through storytelling

HEALING MINNESOTA STORIES

By MARGIE O'LOUGHLIN

Bdote is the Dakota word for "meeting place of rivers." It refers to the junction of the Minnesota and Mississippi Rivers: a confluence that many Dakota people consider their site of creation. The junction of these two mighty rivers is just below Fort Snelling, and directly across from St. Peter's Catholic Church in Mendota.

Reverend Jim Bear Jacobs (Mohican) is a local theologian, historian, and story teller. He created Healing Minnesota Stories in 2011 to foster understanding and healing between Native and non-Native people, particularly those in various faith communities.

He said, "Native people have suffered deep trauma, losing their land, language, and culture over time. While countless people and institutions contributed to this trauma, it happened with the full participation of Christian churches. We all need healing. Healing is doable, and churches have a role to play in that healing."

About 40 Sacred Sites Tours are offered annually through Healing Minnesota Stories; each tour visits three sacred sites in the Bdote area. Jacobs thought

interest in the tours might continue through the 150th commemoration of the 1862 US-Dakota War in 2012 and then wane -- but interest kept growing. More than 7,000 people have participated in his tours to date. Only 4-5 are open to the public each year; the rest are for church groups, colleges, and universities.

Along with his friend and co-presenter Bob Klanderud (Dakota), Jacobs uses the power of storytelling to heal because, "stories make invisible pain visible."

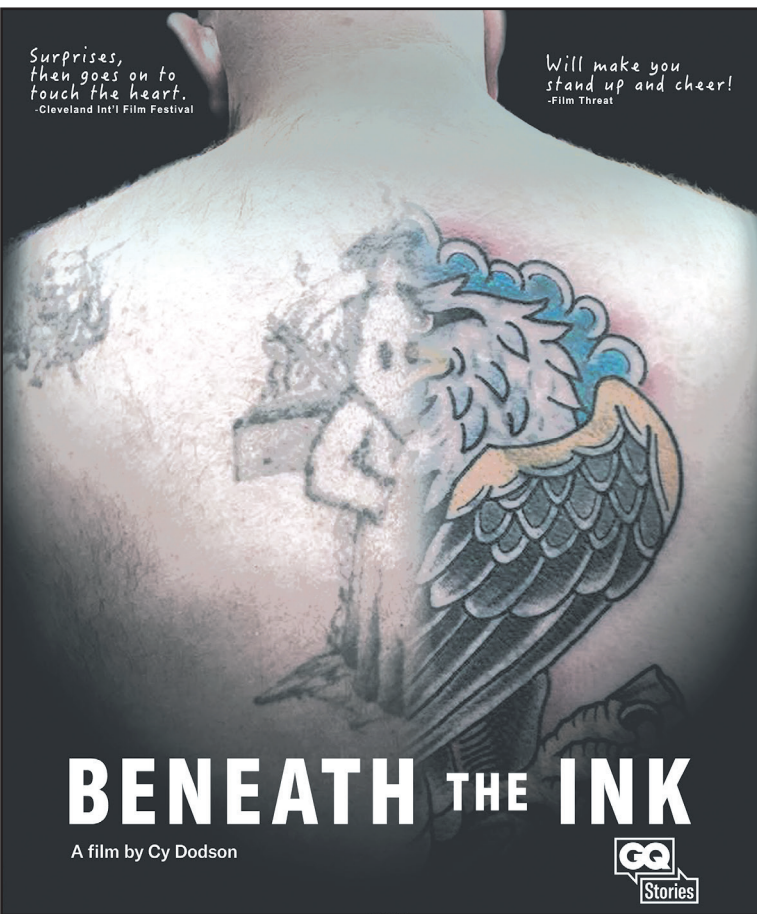
Sacred Sites Tours start on the lawn of St. Peter's Catholic Church at 1405 Sibley Memorial Highway, the oldest Catholic church in Minnesota.

Jacobs explained, "The first treaty between the U.S. Government and the Dakota people was signed in 1805, and the first piece of stolen land is right here. The treaty stated that cooperative use of the land beneath our feet would be protected in perpetuity. The Dakota people were assured the right to move across this land nine miles in any direction: to make their home here, to fish, hunt, and gather, to live out their lives in peace."

SACRED SITES >> 7



Reverend Jim Bear Jacobs ended a Sacred Sites Tour with a song atop the indigenous burial ground at Pilot Knob Hill. He said, "These tours are meant to raise the level of collective conscience. We owe it to the people of Bdote to understand their story." >> SEE RELATED STORY ON FORT SNELLING NAME ON PAGE 3. (Photo by Margie O'Loughlin)



Longfellow filmmaker tells redemptive stories of covering up racist tattoos

By JAN WILLMS

When the white supremacist rally took place in Charlottesville, Va., in 2017, and a woman was killed, many people were upset. It was a frightening reminder of how hateful symbols and actions were surfacing within this country.

Billy Joe White, owner of the Red Rose Tattoo shop in Zanesville, Ohio, watched the news coverage along with everyone else. But he decided to do something.

He offered his services pro bono to anyone who might want to come in and get a racist tattoo covered up.

His story has now been documented in an Emmy-nominated short film, "Beneath the Ink," shot and directed by Cy Dodson, a filmmaker who lives in the Longfellow neighborhood.

Redemptive stories

Although the tattoo parlor was in Dodson's home town in Ohio, he did not know anything about it. "I just saw an article going around on social media about Billy and how he was covering up tattoos. A fellow had driven three and a half hours from Cleveland to get a large head of Hitler on his calf covered up. I found it interesting and redemptive. People had opened up about their past lives."

So while he was back in his hometown working on another project, Dodson connected with White and talked a bit. He said he had a couple people coming in that weekend. One of them was John, who had a KKK tattoo on his back. He had adopted an African American kid and wanted to cover up the tattoo.

Dodson spent the weekend in the tattoo shop and the next day talked with John at his house. John was willing to cooperate and talk about his past, what led him to get the tattoo, and what had changed in his life.

"I went back to Minnesota, edited the film and realized I needed a few more shots. So a couple months later I returned to Ohio and shot a few more things," Dodson said.

"It all happened at once," Dodson said, regarding the strong response to "Beneath the Ink." It premiered in Cleveland, and then it showed here at the Minneapolis-St. Paul International Film Festival (MSPIFF). It just started going around the country, and it's done pretty well.

BENEATH THE INK >> 2



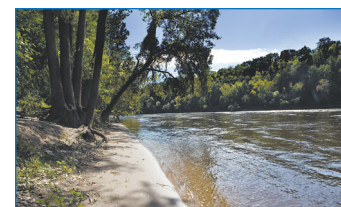
Should historic Fort Snelling be renamed?

PAGE 3



Lessons from a mail carrier

PAGE 6



Toxic dump at Hidden Park leaching into river

PAGE 12



(Photo by Terry Faust)

Life starts all over again when it gets crisp in the fall.

~ F. Scott Fitzgerald

Filmmaker tells redemptive stories

>> from 1

The film has won a dozen awards on the film festival circuit. "The festival route has been successful," Dodson said. He did not submit it for an Emmy nomination, but the film went online and GQ picked it up for its website. "They thought it was a good fit for the Emmys, and wanted me to release it to them," Dodson said. "They knew it had the opportunity to be at least nominated." The film has also qualified for the Academy Awards.

Learning how to tell a perfect story

Dodson began his career in Ohio after graduating from college in 1996.

"I took a job working in news in my hometown," he recalled. "I jumped around for a while and ended up at KSTP in the Twin Cities. I have been freelancing since 2006."

Dodson said he does a lot of work for corporate and non-profit organizations, but he likes finding human interest stories in his films. He said he thinks this latest documentary about white supremacy and its rise is about a broad range of people and a current issue.

Dodson has made three documentaries in the past four years, but he said none have resonated like "Beneath the Ink."

"My other films took a lot longer than this one, weeks and weeks of shooting for a result about the same time," Dodson said. "For 'Beneath the Ink,' I didn't shoot as much footage and the editing was not as time-consuming. With this film, I wanted to be focused on the story and not try to do a lot of other things and waste my time and everyone else's."

His background in working for news stations helped develop his filmmaking process, according to Dodson. "It kind of forces you to do it all in a short amount

of time," he explained. "You do it quickly and efficiently and in a short amount of time. You know how to tell a story, and you keep doing that over and over. You learn how to tell a perfect story."

His experience led him to want to tell longer stories rather than the two-minute news items. This led him to his documentary work.

Norwegian project next

His next project has already taken him to Norway. He is documenting the story of the Letnes family from northern Norway. Stephen Letnes, a member of the family and a composer for "Beneath the Ink," joined Dodson on his trip to Norway.

Dodson said that typically, the oldest son in Norwegian families inherits the family farm, and the second son survives on his own. Three of the Letnes sons moved to the Fargo-Moorhead area and started potato farms. The film will be about a family lineage story and Norwegian immigration to northern Minnesota.

A new bar for himself

"Beneath the Ink" has set a bar for his filmmaking, according to Dodson. "When you have something successful, how do you build on that?" He said he shot and edited the film himself, then brought on producers. He said he met his co-producers at a film festival. He brought on Melody Gilbert, a local film producer, to help with international distribution.

"You just build as you go," Dodson said. He claimed the learning process of making films is what he likes best. But he admitted that the success of this film has brought on a new series of challenges.

"You meet with lawyers, you're on the phones, you're in meetings, there's distribution. I've never sold a film before, and it's trial by fire."



Filmmaker Cy Dodson says "Beneath the Ink" has set a new bar for his filmmaking. (Photo submitted)

Dodson, who considers himself an introvert, said he thinks shooting "Beneath the Ink" in his home town was helpful.

"The people opened up to me, and it was a different pace. There were never any questions asked, and everybody trusted each other," he remarked.

But he said taking his film to festivals across the country has helped him be more assertive and feel more comfortable interviewing people. "It forces you to give your spiel and talk with people," he stated.

When he attended the Emmy celebration in New York, he connected with people in the industry. He said that while LA is considered the mecca for narrative fiction, New York is the stronghold for documentaries.

He said he would like to extend "Beneath the Ink" from a short 12-minute documentary into a documentary feature.

"There are still a lot more people coming in from across the country wanting cover-ups. I am looking at teaming up with producers and doing a longer story," Dodson said.

"I think I have aligned myself with good people to take this to the next level."

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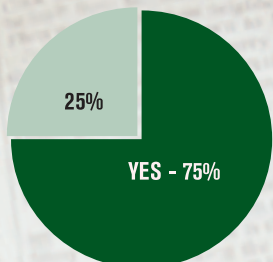
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Billy White helps a customer cover up a tattoo. (Photo submitted)



A Minneapolis resident spoke about why the site is important to her, and why, in her opinion, the site's name should be changed. (Photo by Margie O'Loughlin)



The Minnesota Historical Society held its fifth public listening session about the possible renaming of Historic Fort Snelling earlier this month. Audience members responded to questions like, "What should the MNHS consider in a name for this site?" (Photo by Margie O'Loughlin)

RENAME HISTORIC FORT SNELLING?

Minnesota Historical Society convenes listening sessions across the state

By MARGIE O'LOUGHLIN

Does the name Historic Fort Snelling accurately reflect the multiple histories of this place?

That was the question asked by the Minnesota Historical Society (MNHS) when it convened the fifth in a series of six listening sessions across the state on Monday, Oct. 15.

The public meeting was held at Northern Star Scouting Base Camp, 6201 Bloomington Rd. and the purpose of the listening session was to hear public comment about the possible renaming of Historic Fort Snelling.

MNHS deputy director of learning initiatives Kevin Maijala, said, "We want to be clear that the fort itself will not be renamed. However, the fort is just one piece of the 23-acre parcel owned by the historical society."

The larger Unorganized Territory of Fort Snelling is owned by several different entities including the Minnesota DNR, the Minneapolis Parks and Recreation Board, the Veteran's Administration, Minnesota Department of Transportation, the U.S. Navy, and the Boy Scouts of America.

Fort Snelling sits directly above the confluence of the Minnesota and Mississippi rivers.

Archaeological evidence demonstrates that the area has been inhabited by humans for more than 10,000 years.

The reason for considering a new name is that this confluence of rivers is also a confluence of stories, and many believe only one story is being told by the current name.

MNHS is in the process of a major revitalization project at the site, with a \$34.5 million budget (a combination of state of Minnesota appropriations and private donations.) Included in the revitalization is the creation of a new visitor center with 4,000 square feet of exhibition space.

Maijala said, "We've been trying to tell a more expanded story at this site since 2006. Many voices make up our history here, and it is our job at the Historical Society to make sure those diverse stories are heard."

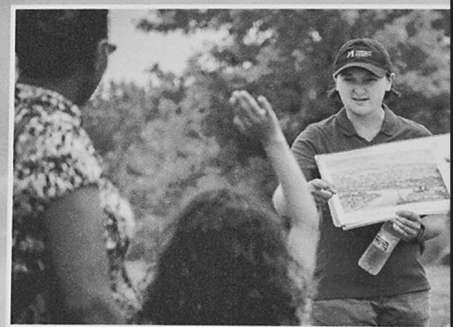
Historic Fort Snelling has been the site of many divergent experiences: some well-known and some not. Soldiers, veterans and their families, enslaved and free African Americans, Japanese Americans, and Native Americans have all lived (and sometimes died) at the fort.

Audience members at the listening session spoke across a

Memory to Action

What does it mean to be a Site of Conscience? It's about facing the truth of our past to build a better future.

For many, Historic Fort Snelling is a place of pain and grief. For others, it is a place of pride. For all, this shared history connects to today. By joining the International Coalition of Sites of Conscience in 2011, we began a big shift. More complexity, more sides to the story. We also made a commitment: at Historic Fort Snelling, your history matters.



Participants attending the listening session viewed information panels about Historic Fort Snelling, including its 2006 designation as a "Site of Conscience." (Photo by Margie O'Loughlin)

broad spectrum of opinion.

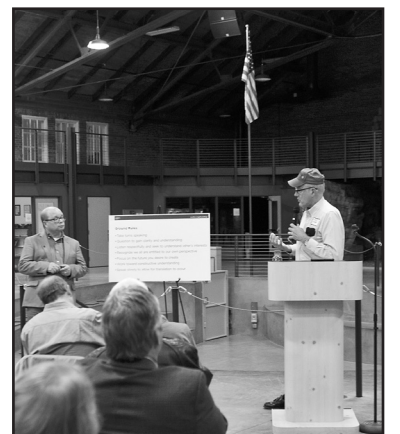
Pam Costain, a former Minneapolis School Board member, said, "I walk in Fort Snelling State Park regularly. The confluence of these rivers means a lot to me, both historically and spiritually. This is the place where many Dakota women and children died in the winter of 1862-63. We weren't told this story in Minnesota for a long time, and now is the time to start. I'm in favor of choosing a name that reflects this story, and also reflects the beauty of the confluence (Bdote in Dakota) because names matter."

Dr. Curtis Dahlin is a historian with a deep interest in the U.S.-Dakota War of 1862. He

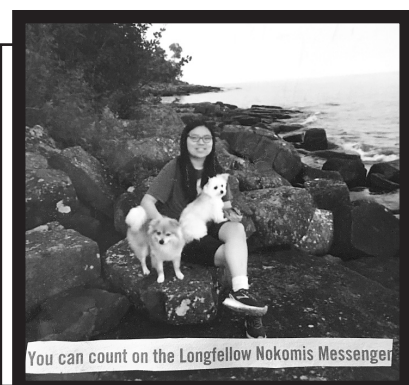
said, "I see Fort Snelling as a military site; that's what is important to me. I think the MNHS wants to turn it into a Dakota site, and I don't want to see that happen."

To ensure a positive listening process, a neutral facilitator set ground rules for respectful communication including refraining from interruption and argument, taking turns, and asking questions for clarity and better understanding.

So far, MNHS has received more than 5,000 responses on a web-based survey about the proposed name change for Historic Fort Snelling. Go to www.mnhs.org/fortsnelling/naming to complete a survey before Nov. 15.



Another Minneapolis resident spoke about why the site is important to him, and why, in his opinion, the name should not be changed. (Photo by Margie O'Loughlin)



Submitted by Barbara Eggen of Moose Lake, Minn., this photo shows her granddaughter Lily Lim of south Minneapolis with dogs Po and Evie.

Share a photo of you reading the Messenger for a chance to be featured in the paper. Email or tag us: [#longfellownokomisessenger.com](https://www.instagram.com/longfellownokomisessenger)

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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.

What's with the zebra?

Last month you may have noticed a zebra show up on the front page of the *Messenger*. Maybe you noticed a smaller one at the bottom of page four in our information box with a little notice:

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.

Yes, I've been binge listening to the podcast ZigZag with journalists-turned-entrepreneurs Manoush Zomorodi (Fast Company's 100 Most Creative People in Business) and Jen Poyant (Executive Producer Note to Self, 2 Dope Queens). This season has hit upon so many of the issues I'm thinking about as a journalist and entrepreneur that I'm glued to the speakers.

I've been pondering the distinction of for-profit and non-profit for some time. Here, in the Twin Cities, we have a few non-profit newspapers, such as the *Bugle* in St. Anthony Park, the *Alley* in Phillips, the *Community Reporter* in the West End of St. Paul, and *Access Press* (statewide). And then we have the neighborhood for-profits including the *Longfellow Nokomis Messenger* and



Too Much Coffee

By TESSA M. CHRISTENSEN, Tessa@LongfellowNokomisMessenger.com

What's up with the zebra?

its sister newspaper the *Midway Como Monitor*, *Greening Frogtown*, the *Northeast*, *North News*, the *Villager*, and *Southside Pride*.

What is different between us? There's the obvious distinction that the non-profits have a board of directors who set the direction for the organization, while the for-profits have a single owner or two who make decisions. But aside from that, both structures pay editors, publishers, freelance photographers and writers, and sales staff. Pages are paid for primarily through advertising revenue, of which some is through grants and some via neighborhood groups. And both types of newspapers exist to educate and inform, serving that vital role in our democracy that's integral to our First Amendment rights as American citizens.

When I set up TMC Publications, I considered going with a new(ish) form of corporation, the B (or benefit) Corp. Locally, Peace Coffee is a certified B Corp. At the end of their 20th year when they switched from non-profit to for-profit status under the helm of new owner Lee Wallace, Peace Coffee began searching for ways to further so-

liday their mission to creating good by supporting small-scale farmer cooperatives with industry-leading prices and committing to earth-friendly practices along the way (as explained on their web site). They learned about the B Corporation movement, a global initiative of businesses in every industry that see profit as secondary to the importance of people and planet, and they signed up.

However, as TMC Publications is a relatively small company, I wasn't sure that B Corp really made sense for us, as it would increase our paperwork while not really changing how we do business.

Then I heard about Zebras.

Zebras believe in cooperation versus competition, sharing versus hoarding, mutualism versus parasitism. They are both/and, black and white. The point is to be sustainable, to offer good jobs at living wages, but not to grow so exponentially that we break apart. (Learn more at www.zebrasunite.com.)

According to Zebras United founding members Jennifer Brandel, Mara Zepeda, Astrid Scholz and Aniyia Williams, this alter-

native model balances profit and purpose, champions democracy, and puts a premium on sharing power and resources. "Companies that create a more just and responsible society will hear, help, and heal the customers and communities they serve," they explained over at Medium.com. (I resonated so much with that line that I pulled it for our informational box on page four so that I can continue to be inspired by it.)

Interestingly, zebra companies are often started by women and other underrepresented founders, they point out. The statistics about who gets large, venture funding is terrible but maybe not surprising as we see how sexism and racism is still ingrained in our society. Three percent of venture funding goes to women and less than one percent to people of color. Women start 30 percent of businesses, but they receive only 5 percent of small-business loans and 3 percent of venture capital. Yet when surveyed, women say they are in it for the long haul: to build profitable, sustainable companies.

These four women who

began Zebras United believe that developing alternative business models to the startup status quo has become a central moral challenge of our time. "Think of our most valuable institutions – journalism, education, healthcare, government, the 'third sector' of nonprofits and social enterprises – as houses upon which democracy rests," they wrote.

Ah, yes. There's the place for journalism.

That's where I see this field that is so important to our society.

Here at the *Messenger*, I'm not planning to make millions as an owner, and I'm content telling the stories of these neighborhoods. I believe it is important to provide connection, battle the anxiety and depression so prevalent today, and educate ourselves on the issues we face.

That requires cooperation. We can't run quality articles without solid information from residents and organizations. And we can't print pages, pay workers decent wages, and inform without solid financial backing from local businesses who support our work.

We're in this together.

I'd love to hear what you think as you wrestle with these ideas. Send in a letter to the editor.

(Psst - Mention this editorial and your support for zebras and get 20% off your next ad purchase.)

Letters to the Editor

Thanks, students

Dear Editor:

I want to thank the high school students that participated in the world climate strike. There are many in my age group (over 60) that may have concerns regarding climate but clearly not strongly represented in the strike. thanks for the courage, sacrificing homecoming and being a voice for change.

A thank you to the school district for respecting the students right to strike. your measured are appreciated.

Dave Rompa

Let's empower women

Dear Editor:

I am writing to give another

perspective to the one presented in the column, Too Much Coffee. In the article, Let's start believing women and children, Tessa Christensen writes, "The sad thing is, being smart and educated, kind and empathic, 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." I believe that it is just this kind of thinking, "there is no safeguard from it" actually contributes to women not protecting themselves – which I believe is possible.

There are many, many signs – red flags – (and they are called that for a reason) that alert women that men are controlling and abusive. There are folks of either or any gender that can be unsafe partners. The problem is that while girls and women are most often being so-

cialized to believe that they should be "a good mom and a good wife," they are not socialized around how to take care of and protect themselves. The belief that it is of primary concern for girls and women to be in a relationship, to be moms, to be wives, is in and of itself a dire premise.

Thankfully, we are moving in a direction that gives women many more options than in the past, and not being partnered is a viable alternative to being a good wife and mother if you are not certain you know how to take care of yourself and what to look for in a potential partner.

We need to stop telling women that there's no way to protect themselves, because there are lots of ways. In his book, "The Gift of Fear: Survival Signals That Protect Us from Violence," Gavin De Becker states, "Every day people engaged

in the clever defiance of their own intuition become, in midthought, victims of violence and accidents. So when we wonder why we are victims so often, the answer is clear: It is because we are so good at it (p. 30)." I recommend that women everywhere read this book.

Like most women, I was socialized to be kind and giving, and ended up married at a young age to someone who didn't have the relationship skills that I was hoping for (and neither did I). I sought out a divorce, and instead of focusing on this relationship, I began accessing my own power. It took a lot of work (and time) for me to deconstruct the many messages from my culture and my family, and of the religion I was raised to believe in. I started to believe that I could support and care for myself, and once I did, I began living a life that I couldn't have imagined possible. I cannot

support the premise that men are horrible and violent (although some are) and women are incapable of learning how to look for and recognize signs in potential partners that are destructive and controlling. Women can learn to recognize signs that can alert them, can learn boundaries and how to say, "hell no" to anyone who tries to manipulate and control them.

Theresa Crawford, LMFT
Catalyst Mental Health

Correction

In the article titled, "Green cemetery opens in Twin Cities," that printed in the October 2019 *Messenger* on page 8, Joan Gecik's name was incorrectly spelled. We apologize for the error.

Messenger

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News for you!

The *Longfellow Nokomis Messenger* is a monthly community publication in the Longfellow and Nokomis areas of Minneapolis, owned and operated by TMC Publications, CO. Visit our website for our calendar and publication dates.

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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Local rap artist releases album

30.

To many, this is the age youth dies. To some, the age you stop caring about looking happy and start caring about *being* happy. This is where MaLly is at, and he raps with urgency and honesty about growing up, situationships, racism and more while smiling through it all.

"The Journey To A Smile" is a jazzy, soulful record with a mean jab. Sometimes you're floating with MaLly through piano-driven prayer ("Praying Since 22"), other times you're marching in triumph to mystical boom-bap ("Black Moses").

One of Minneapolis' finest is back and harder than ever with his first full album in five years. The album includes 13 tracks, all produced by PC, with one feature from Aby Wolf, the amazing singer, songwriter and frequent tour mate of Doomtree's Dessa.

Each song serves as an ode to life, self empowerment, embracing one's true identity, and the redefinition of spirituality and masculinity.

"The Journey To A Smile" was released on Sept. 24, and is now available on all streaming platforms including SoundCloud, Spotify, YouTube, CD and MP3. It is also available to purchase online and at select retailers.

Malik Watkins, better known by his stage name MaLly, is an independent hip-hop artist from Minneapolis, Minn. Active since 2009, MaLly has cemented his



MaLly is known for exhibiting a strong artistic duality in his music; he owns both a commanding, fiery delivery of rhymes detailing his ambition with an introspective tone of a man striving for improvement of self and the world around him. MaLly's appeals to a broad spectrum of listeners. (Photos submitted)

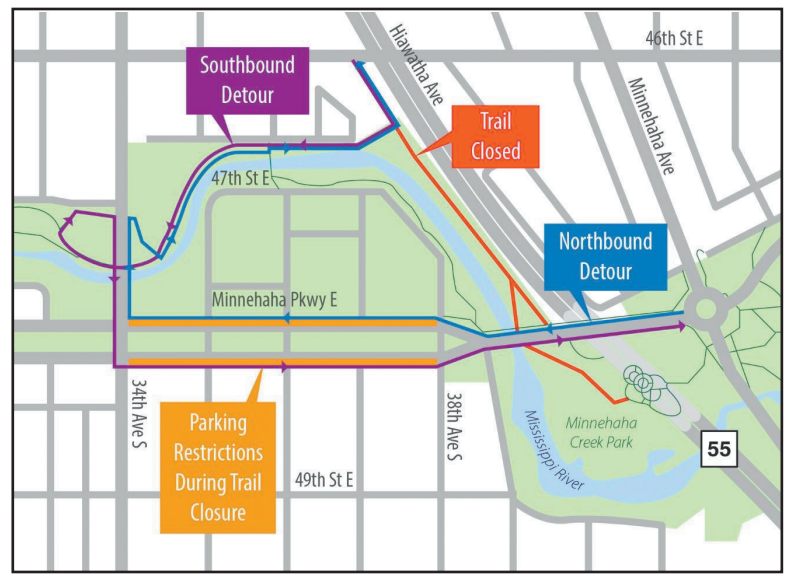


place in the Twin Cities music scene with a strong discography boasting three critically acclaimed albums – "The Passion," "The Last Great...", and "The Colors of Black" – along with two well-received EPs including "Free on the 15th" and "Strange Rhythm." In 2012, he was voted the Twin Cities' best hip-hop artist by the City Pages.

MaLly has toured nationwide with Atmosphere on their "Welcome to Minnesota" tour in 2012, with Brother Ali on his "Home Away From Home" tour in 2014, and with Webster X and Kweku Collins on the Orbit Series Tour in 2015. Additionally, he's

made two appearances – one as a performer (2011) and one as co-host with Brother Ali (2012) – at Soundset, the largest Hip-Hop festival in Minnesota.

He continues to perform, serve as a teaching artist and collaborate with community-oriented organizations dedicated to the arts and social justice such as Common Ground Meditation Center, TruArtSpeaks, COMPAS, Kulture Klub Collaborative and KRSM Radio. In 2018, MaLly was awarded the McKnight Foundation Fellowship for musicians.



Trail detour will last 2 years

Beginning the week of Sept. 23, 2019, crews will be working in the Minnehaha Park area to prepare the site for construction and construction staging. Work will include:

- Tree protection and tree removal. MCES has worked closely with the Minneapolis Park and Recreation Board (MPRB) regarding tree removal and tree protection. MPRB has been compensated for tree removals and tree replanting is at their discretion.
- Security fencing
- Erosion control installation
- Preparing for the aboveground temporary wastewater conveyance system pipes and pumps.

Temporary conveyance pipes and pumps were installed starting in October. Residents, businesses and park-users can anticipate the following:

- A section of the Hiawatha Bicycle Trail between the Minnehaha

Creek Trail and Minnehaha Parkway will be closed until fall 2021. Bicycle detour signage will be posted along the trail (see trail detour map above). Parking will not be permitted on E. Minnehaha Parkway during this time.

There will be approximately 2-3 day closures on Minnehaha Ave. just north of the traffic circle and on 50th St. near Hiawatha Ave. when crews bury temporary conveyance pipes beneath the roadway. Traffic warning signs will be posted prior to these closures with as much advance notice as possible.

The National Park Service will monitor water flows to Coldwater Spring Monday-Friday during construction even though no dewatering is expected. The National Park Service will regularly post the results of their monitoring on their website. More at <https://metro council.org/sewerconstruction/minnehaha>.

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The tangibility that print offers makes readers pay more attention to as compared to digital content. Readers actively engage with printed content – they pick it up, hold it and read it. With digital content, they can passively scroll through it, without having to focus too much. Complex information is better absorbed in print than in digital, because people need to locate themselves in the text when looking at complex ideas – and that's much easier to do in print than in digital.

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Sunday School for all – 10:00am
Traditional Worship – 11:00am
Español – 1:30pm

Epworth United Methodist
3207 37th Ave. • 612-722-0232
www.epworthmpls.org
Pastor Steven Reiser
Adult Study 9:30 am
Sunday Worship: 10:30 am
Children's Class 10:45 am
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Upcoming Events:
November 6 - Cabin Fever Returns every Wednesday @9:30-11:30 am
November 13 - Beer & Bible @ Merlin's Rest 6:30 pm
November 22 (noon-3pm) & 11/23 (9-2:30pm) - Holiday Shopping Boutique
November 24 - Bagel & Bible @ 9:30 am
December 1 - Advent Workshop @12:30 includes a free lunch and fun crafts

Minnehaha Communion Lutheran
4101 37th Ave. S. • 612-722-9527
www.minnehahacomunion.org
Pastors Dan and Sally Ankerfelt
9:45 am-Sunday Worship & Sunday School
Nov 2nd at 3:00/4:15/5:30 pm-Lutefisk Dinner
Nov 13th at 6:00 pm-Community Meal & Songs of My Life gathering
Nov 16th at 9:00 am-Holiday Bazaar
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
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Theology Pub, book discussions, writing workshops, enneagram workshops

St. Albert the Great Catholic
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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

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St. Peder's Evangelical Lutheran
4600 E. 42nd St. • 612-722-8000
www.stpeders.org
Julie A. Ebbesen, Pastor
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9 am Youth Faith Formation
10 am Coffee & Fellowship
1st and 3rd Saturday, 2 pm: Fiber Arts, bring a project to work on!
1st and 3rd Wednesdays, 9:00 am: Quilters, no sewing experienced required!
Monday, November 4, 7 pm: Pub Theology at Parkway Pizza
November 2, 6 pm: Chili Cook Off and Game Night, time TBD
Holy Communion is celebrated on the first Sunday of the month.
(Handicap acc., Braille, Large Print)

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www.trinityfalls.org
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Neighborhood mail carrier retires after long, satisfying career

Jay Morgen was inspired by grandfather, who could find all those big silver mailboxes 'like magic'

By MARGIE O'LOUGHLIN

Jay Morgen hung up his mail bag at the Minnehaha Station for the last time on Friday, Aug. 31. After nearly 20 years with the US Postal Service, the veteran mail carrier retired.

During summers spent in South Dakota, Morgan remembered bouncing along dusty back roads in his grandfather's old jeep. His grandfather was a rural mail carrier, and he liked to bring his grandkids along when he could.

Morgen said, "It seemed like magic that he could find all those big silver mailboxes, and he knew every farmer by name. The memory of those times played into my decision to become a mail carrier years later, but it wasn't my first career."

He had to suffer through 18 years at a West Lake Street car dealership first, doing financing and sales in a stuffy, crowded office. In Morgen's unedited words, "I hated it!"

When he was still at the car dealership, Morgen contacted the US Postal Service. An avid golfer and long distance runner (with several sub-three hours marathons to his credit), he thought a walking mail route would be a good fit for him. He longed for a job that required mental concentration, provided a lot of outdoor exercise, and gave him time alone to think.

Morgen took the US Postal Service battery exam, so named because it contains a battery of different tests used to determine if a candidate is best suited to be a letter carrier, a mail handler, or a clerk. The test was given to thousands of applicants in an auditorium at the U of M.

He was sent to Carrier Academy, assigned a blue uniform, and began working as a trainee in April of 2000.

Since then, the world of mail delivery has changed completely.

Morgen said, "When I first started, on a Monday there would be a dozen or more tubs of mail to deliver for each route. Now three tubs of mail are considered a lot. The volume of mail is about 15% of what it used to be, but the volume of packages has increased at least 10-fold."

People made route wonderful

Assigned to the Minnehaha Station for the last 16 years, Morgen averaged 12+ miles of walking per day – more when he worked overtime.

He said, "The people on my route made the job wonderful. I've written well over 100 thank you notes in the last few weeks.



Jay Morgen was the only Minneapolis mail carrier who wore knickers made from his own design. He said, "Becoming a mail carrier was a conscious choice for me, and I always wanted my customers to have the best possible service. It was a great career." (Photo by Margie O'Loughlin)

I never could have been a mail carrier in the suburbs, where you drive from mailbox to mailbox and never get to talk to anyone."

While he will miss his customers, there are a few things Morgen will not miss.

He said, "The last couple of winters have been really hard because of all the ice events. In the course of my career, I've fallen dozens of times. As a carrier, you learn to pull your arms in when you fall – to aim for the snow when you're going down. Of all the surfaces, painted wooden steps are the worst."

And in every season, of course, there are dogs. Morgen said, "I had 34 incidents where I was bitten, some nips and some multiple bites. I think I'll always be a little leery of dogs, but I also understand why mail carriers frustrate them. Every day we come onto their property; they bark, and we leave. But then we come back the next day, and the whole thing happens all over again. Who wouldn't be frustrated by that?"

What's next: tiny home and golf

For his next chapter of life, Morgen is setting out on an adventure.

He purchased a tiny home from Escape Traveler in Rice Lake, Wis., and is moving to Austin, Texas.

He said, "I don't know the city at all, but their weather is good. I'm going to treat myself to a lot of golf for the next few years. My first order of business will be to meet a bunch of people, because you need people."

Things he's learned as a mail carrier

Morgen's 20 years of pounding the ground as a mail carrier have taught him all kinds of valuable things: to dress in layers, to be kind, to bring extra socks and gloves, to carry a first-aid kit complete wet wipes, to write thank you notes, to stick to a schedule, and to know his route backwards and forwards.



As tour participants parted, Reverend Jim Bear Jacobs said, "We believe that every human being is called upon to be an agent of justice – in a world that desperately needs us." (Photo by Margie O'Loughlin)

Sacred Sites Tours seek healing

>> from 1

"This nine-mile radius of stolen land includes all of downtown Minneapolis, most of downtown St. Paul, and everything in-between, even the Mall of America," said Jacobs.

He continued, "Like Fort Snelling, we believe St. Peter's Catholic Church was erected as a sign of supremacy and domination over the Dakota people in their most sacred place. We hold no ill will toward St. Peter's at this time, but we cannot ignore their presence here either. To address some of the pain we feel, the church has taken several steps to address healing. One step is that every year on the second Saturday in September, they offer their grounds to the Mendota Mdewakanton Dakota for their annual Pow Wow. This September marked the 20th year."

The second stop on the tour is in Fort Snelling State Park, the most visited state park in Minnesota. In 1987, the Dakota community erected a monument near the Visitor Center: a circular enclosure made of logs that fan open to the sky. The monument bears the Dakota words, "Wokiksuye K'a Woyuonihan," and the English words, "Remembering and Honoring."

Jacobs said, "This valley is a place of birth, life, creation, and

"The song of creation still echoes through this valley."

~ Reverend Jim Bear Jacobs

genesis. We tell stories of how full-term pregnant women used to walk for days to deliver their babies here. But this valley is also a place of pain, anguish, death, and genocide. This was the internment site for more than 1,700 Dakota (primarily women, elders, and children) when the 1862 U.S.-Dakota war ended. They were forced to march 150 miles from the Lower Sioux Agency in western Minnesota. They overwintered here through brutal conditions until they were deported the next spring.

"To this day, there are far more Dakota people living outside of Minnesota than there are living within. This was a diaspora."

A meaningful part of the tour experience was being given time for quiet reflection throughout the afternoon. At the Fort Snelling memorial site, each participant received a pinch of tobacco to leave as an offering for those who died.

Jacobs said, "Walk among

the trees and as you do, listen into the ears of your spirit and your heart. Hold the tobacco close, to solidify your prayer in this place."

The final tour stop was Pilot Knob Hill, a 112-acre parcel of public/private land in Mendota that is a sacred indigenous burial ground and meeting place for Dakota people. A big circle was marked on the ground, divided into quarters and filled with four different colors of gravel (signifying the different colors of humanity).

Standing in the circle with tour participants, Jacobs said, "The earth cries out for help; her people need direction. For the protection of the earth, and for those who make their home here, we must all come together in solidarity."

Reverend Jim Bear Jacobs is director of racial justice for the Minnesota Council of Churches. When he accepted that position last year, he brought Healing Minnesota Stories with him. The Sacred Sites Tours are now operated under the auspices of MCC. Tours are appropriate for ages 18+ and are offered at no cost, though free will offerings are greatly appreciated.

For information about the 2020 schedule, contact jimbearjacobs@mcc.org.



Sacred Sites Tour participants gathered at the Fort Snelling memorial site. More than 1,700 Dakota people were interned here during the bitter winter of 1863, before being deported from their Minnesota homeland. (Photo by Margie O'Loughlin)

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Aging Well

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December 2019
March 2020
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September 2020

Join the conversation on aging well. Offer our readers information on how to live life to the fullest after age 50. Baby Boomers are on the move. They're living longer and more active lives than their parents' generation. But as they age, they are also on the cusp of making critical decisions about housing, planning for their financial future, and making provisions for adequate medical care as they get older.

Advertise in this quarterly feature. Next deadline Nov. 18.

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Home security rebates

NENA has launched a new Home Security Rebates project for homeowners, renters, and residential property owners in the four Nokomis East neighborhoods. Eligible participants can apply for up to \$500 in matching grant funds. This is a one-to-one matching grant and a rebate / reimbursement project.

Eligible participants may submit an application after 1) Participating in a free home security consultation for their property conducted by a MPD Crime Prevention Specialist; or 2) Attending a MPD Home Security Workshop.

Examples of eligible improvements may include, but are not limited to:

- Steel exterior doors
- Security storm doors
- Deadbolt locks and security strike plates on exterior doors
- Reinforcement of windows within 3.5 feet of a door lock with grillwork or polycarbonate
- Grillwork or glass block for basement or garage windows
- Exterior dusk-to-dawn or motion lights
- Window pins for double hung windows and slide guards for sliding door/windows
- Alarm system installation
- Exterior security cameras
- Alley lighting

NENA (Nokomis East Neighborhood Association)

4313 E. 54th St., www.nokomiseast.org, 612-724-5652

- Installation for labor performed by a non-applicant professional

- City permits required by the City of Minneapolis

- Home Security Rebate Applications.

More information on the program is available on our website.

Questions?

Please contact Lauren Hazenson, Program and Communication Manager, at 612-724-5652 or lauren.hazenson@nokomiseast.

Night Before New Year's Eve

Have a family New Year's celebration without the late bedtimes or confetti cleanup afterward! The Night Before New Year's Eve party, on Monday, Dec. 30, 5:30-7:30 p.m. at Lake Nokomis Community Center (2401 E Minnehaha Pkwy.) is a family-oriented, free event chock full of activities, including a "midnight" countdown at 7:15 p.m. Enjoy a kid friendly dinner of (pork-free) corndogs, chips, and dessert. Kids Dance DJ and dancers will keep kids active all night. Plus carnival games,

marshmallow roasting over a bonfire, face painting, and much more!

NENA commits to public health programming

Within the past two years, NENA has been tackling public health issues in the Nokomis East community. These projects were a result of extensive door knocking and surveying by the community organizing staff, focusing particularly on the Bossen area. Survey results indicated that some residents struggled to find affordable healthy food options, could not find physical activity options near where they lived, among other health concerns.

To respond to these needs and interests, NENA has partnered with several government and nonprofit health organizations to deliver education and resources year-round. Cooking classes offered with University of Extension taught families how to cook a variety of healthy dinners on a budget. Pop-up events throughout the summer offered the opportunity to grab discounted grocer-

ies at the Twin Cities Mobile Market while getting tested for lead or stopping by the Kare11 Health Fair. ReThink Your Drink, a partnership with the Minneapolis Health Department, showed the relationship between the regular consumption of sugar-sweetened drinks and chronic health problems. In early 2020, NENA plans to expand winter programming for families through a partnership with the Minneapolis Park and Recreation Board.

"This work is important because we are responding directly to the community and what they want, not coming up with our own ideas of what is wanted" said NENA Community Organizer Karla Arredondo. "This is their community and they deserve a healthy home with access to programs for their children."

Upcoming meetings and events:

11/6/19: NENA Housing, Commercial, and Streetscape Committee, NENA Office, 6:30 p.m.

11/12/19: Nokomis East Business Association Meeting, McDonald's Liquor Event Room, 6:30 p.m.

11/13/19: NENA Green Initiatives Committee, NENA Office, 6:30 p.m.

11/25/19: NENA Board Meeting, NENA Office, 7:00 p.m.

Briefs

Northern Lights to take year off

Northern Lights.mn is announcing a strategic, one year hiatus from its flagship program, Northern Spark, while the organization undergoes a leadership transition in 2020. Since 2011, the free annual late-night public art festival has captured the hearts of tens of thousands of festival attendees in a dozen neighborhoods throughout the Twin Cities, showcasing the innovative art of more than 2,300 artists. In order to reflect on the previous nine years of dynamic and ever-changing Northern Spark festivals and plan for the festival's long-term sustainability and equity, Northern Lights will take a year off from producing Northern Spark in 2020, returning with a renewed vision for the festival in 2021.

Small business loans

The U.S. Small Business Administration's Minnesota District helped the state's small businesses access more than \$682 million in capital via its various loan programs in fiscal year 2019, which ended on Sept. 30, 2019. Across the nation, the federal agency backed more than \$28 billion in loans to entrepreneurs who, without the SBA, would otherwise be unable to access loans at reasonable rates. To learn more, visit www.sba.gov.

Classifieds & Service Directory

Messenger

Want ads must be received by the Messenger by Nov. 18 for the Nov. 29 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@longfellownokomisessenger.com; or call 651-917-4183.

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

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In Our Community

Messenger

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Lake Street Bash

Celebrate Lake Street's business community with drinks, food, and fun on Thursday, Nov. 7, 2019, 5-8 p.m. at the FIVE Event Center (2917 Bryant Ave. S.) Enjoy a variety of local beer, wine, aguas frescas, a silent auction, games, and good company with other corridor stakeholders. The Lake Street Council engages, serves, and advocates for the Lake Street business community in Minneapolis to ensure the vitality and prosperity of the commercial corridor. The funds raised at this event help the council continue its work supporting and advocating for Lake Street businesses. Tickets are \$25.

Spoken Spirit

Stop by MIGIZI (3017 27th Ave. S.) Fridays from Nov. 1 to Dec. 13 to be engaged in musical and artistic career pathways. Jamela Pettiford and James G. Everest will be leading attendees with their years of expertise and wisdom in spoken word, music, dance and performance from 4-6 p.m.

ReUSE conference

ReUSE Minnesota is hosting the first ever regional reuse conference, ReUSEMN19, on Monday, Nov. 4, 2019 at the Humphrey

School Conference Center at the University of Minnesota. Featuring local experts, business owners and community members in the reuse, repair and rental sector the conference attendees will learn ways to integrate reuse, rental and repair into their business, life and community. Register online at www.reusemn.org.

Events at Epworth

Epworth's Cabin Fever returns on Nov. 6 and continues every Wednesday, 9:30-11:30 a.m. Free space for toddlers to preschool to play with other kids. Toys, crafts, and snacks provided. Coffee and conversation for adults. Epworth UMC will hold its annual Holiday Shopping Boutique on Friday, Nov. 22 from noon-3 p.m. and Saturday, Nov. 23 from 9 a.m. - 2:30 p.m. at 3207 37th Ave. S. Decorations, handmade gifts, and baked goods will help you get started for the holiday season. And don't forget to check out Grandma's Attic for some unique items from times past. Epworth's Annual Advent Workshop on Dec. 1, 2019 offers a free lunch at 12:30 p.m., workshop at 1 p.m. Have fun making holiday gifts and decorations for family and friends. The cost is a donation of non-perishable food items for the Minnehaha Food Shelf or donations of hats, gloves, mittens, or scarves for the

Epworth Mitten Tree. The Mitten Tree benefits the children at local schools. Epworth UMC is located at 3207 37th Ave S. Contact us at 612-722-0232 or epworthumcplsmin@gmail.com for more info.

135 bus study sessions

To inform bus service planning in the I-35W corridor, Metro Transit asks for community input on how to best serve the region. When the METRO Orange Line opens in 2021, it will provide fast, frequent, and all-day service to connect Minneapolis, Richfield, Bloomington, and Burnsville. It will also connect and impact other transit lines in nearby cities like Edina. Routes in this study include: 4, 515, 558, and 18. When the Orange Line opens, it will replace Route 535. Upcoming sessions include: Wednesday, Nov. 6, 4-6 p.m. Woodlake Nature Center (6710 Lake Shore Dr. S., Richfield), served by Routes 4, 515, 558; and Thursday, Nov. 7, 4-6 p.m., MLK Recreation Center (4055 Nicollet Ave., Minneapolis), served by Route 18.

'Peer Gynt' at Roosevelt High

See Roosevelt High School (4029 28th Ave. S.) Theatre presenta-

tion of "Peer Gynt" on Thursday, Nov. 14, Friday, Nov. 15 and Saturday, Nov. 16 at 7 p.m. The play, directed by Ryan Underbakke in the dynamic theater style, chronicles Peer's journey to discover the meaning of his life. On the way, he encounters exciting and enigmatic characters, becoming a prophet, a goblin king and a businessman as he makes his way through forests, deserts and shipwrecked oceans and into his own sanity. Donations accepted at the door; all are welcome.

Lake Hiawatha art

The Lake Hiawatha Project will have an opening reception on Nov. 15 from 6 to 9 p.m. at The White Page, 3400 Cedar Ave S. Everyone is welcome. There will be additional events from Nov 16-23.

Pancake breakfast

Treat yourself to a Pancake Breakfast Sunday, Nov. 17, 8 a.m. to 12:30 p.m. the Fellowship Hall. Pancakes, organic homemade blueberry sauce and pork sausage link, real maple syrup and good coffee. Gluten-free options. A fundraising event for Scout Troop 1. Really good food for a really good cause. Minnehaha United Methodist Church, 3701 East 50th St, Minneapolis.

Open mic night

Attend community open mic night on Nov. 20, 6:30-8 p.m. at Community Healing Hub @ MCLC (4101 37th Ave. S.). It is free and open to the public. The event is family friendly, so please be aware of this while selecting material. Doors will open and sign up will begin at 6:30 p.m. Show starts at 7 p.m. There are 12 spots available that allows for 8 minutes of performance for each act. First come, first served for the sign up. Donations will be collected for Lutheran Immigration and Refugee Services. For more information, email kaye@minnehahacommunion.org.

Crafternoon Nov. 23

Do you want to make some personalized greetings to share with family and friends? Attend Crafternoon to focus on paper crafts and card making Nov. 23, 10 a.m. to 2 p.m. at Community Healing Hub @ MCLC (4101 37th Ave. S.). There will be a break for a soup and salad lunch that will be provided. Bring a topping to contribute to the salad bar. There is no charge or fee to come attend, but please do register so there are enough supplies for everyone. For more information, email suearens@minnehahacommunion.org.

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Annual Holiday Boutique Bake Sale and more...

**Saturday, November 9, 2019
8:30 a.m. to 2 p.m.**

Crafts, jewelry, knit goods, art, and more

Basket Raffle

Bake Sale

50/50 Cash Raffle

White Elephant Sale

Caramel Rolls and Coffee 8:30 to 10:30 a.m.

Pulled Pork Sandwich, Cole Slaw, lemonade and Cookie 11:00 to 1:30 p.m.

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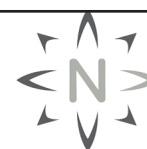
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In Our Community

Continued from page 10

Sing-a-long

Sing-a-long with "The Sound of Music" at the Riverview Theater Nov. 29-Dec. 1 and Dec. 7-8, 3 p.m. General admission is \$12, \$7.50 for children and seniors. Advance tickets online at www.riverviewtheater.com.

Winter makers market Dec. 8

Venn Brewing and West of the Rail Business Association (a program of SENA) are co-hosting a winter makers market on Sunday Dec. 8 from noon to 4 p.m. at Venn. Interested makers please email Candace@standish-ericsen.org asap as space is filling up quickly.

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. The event takes place at 4 p.m., on Sunday, Nov. 17, at Mount Olive Lutheran Church, 3045 Chicago Avenue S., Minneapolis. 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.mountolivechurch.org.

Cajun Dance Party fundraiser Nov. 2

The 10th Annual Cajun Dance Party for the John Hugelen Cajun Music Scholarship is happening on Saturday, Nov. 2. The evening

features a bargain-filled silent auction, social hour and an acoustic Cajun jam at 6 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. 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 featured 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.

'Life and Adventures of Santa Claus'

Classics Lost 'n' Found Theater Company is pleased to announce its 2019 holiday production, "The Life and Adventures of Santa Claus" by L. Frank Baum. Adapted and directed by Steven LaVigne, the production will be performed Dec. 6, 7, 13 and 14 at 7 p.m., with a matinee on Dec. 14 at 2 p.m. The performances will be at Lake Nokomis Presbyterian Church on 17th Ave. and 46th St. in South Minneapolis, two blocks off Bloomington Ave. (Unfortunately, this space is not

handicapped accessible). It's in the south Minneapolis Nokomis neighborhood. The Life and Adventures of Santa Claus is unlike any story of Santa Claus ever presented. In the Forest of Burzee, Ak, the Woodman to the World and Queen Zurline welcome an abandoned child, to be raised by a Necile, a Nymph. He's named Claus, and as he grows older he learns to respect nature as he learns how to honor the children of the world, so the legend begins. The play examines such traditions as the Christmas tree, the story of the reindeer, stocking hung by the chimney and much more.

Events at Faith Church

Faith Lutheran, 3430 East 51st Street, will host its 34th Annual Christkindlmarkt (Holiday Bazaar), on Saturday, Nov. 9, from 9 a.m. - 2 p.m. The Blind Ministry Outreach will meet on Saturday, Nov. 16 from 12-2 p.m. Lunch is served at 12 pm followed by devotions and fellowship. Faith Lutheran hosts two NA Groups - Wednesdays at 7:30 p.m. and Fridays at 7 p.m. Nokomis Healthy Seniors sponsors an exercise class for Seniors every Monday morning at 10 a.m. Becky Beeskow is the instructor. A book club meets the first Saturday of every month at 10 a.m. Worship at Faith Lutheran, on Thanksgiving Eve at 7 p.m. All are welcome.

Aebleskive Breakfast

Every year St. Peder's Evangelical Lutheran Church (4600 E 42nd St.) cooks up little balls of delight, called Aebleskives, for the masses. Dine on these delicious Danish donuts served with homemade strawberry sauce on Nov. 10. Free will offering, all are welcome. One seating at 10 am.



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Long buried toxic dump at Hidden Falls Park getting attention

When the river rises, it rinses through the industrial waste which leaches into surrounding river and ground water

By MARGIE O'LOUGHLIN

Hidden Falls Regional Park is located along the Mississippi River bluffs just below Lock and Dam #1. Trails run through shady, wooded bottomlands; long stretches of sandy shoreline offer a reprieve from busy city life.

But a short hike north from the picnic shelters brings visitors to a tumble down cyclone fence that defines the northern park border. Called Area C, this is where the Ford Motor Company dumped unknown quantities of industrial waste onto the Mississippi River flood plain from 1945 to 1966 near its now closed St. Paul plant.

The location of Area C has been public information for years. The dumpsite looks benign, more neglected than threatening. It is covered with concrete, soil, and scrub vegetation. However, its contents are lesser known and almost impossible to quantify.

Friends of the Mississippi River (FMR) executive director Whitney Clark said, "Areas A and B were known dumps on Ford Redevelopment Site on top of the bluff (the former Ford Motor Company.) Their contents were moved to Area C in the 1960s, back when environmental standards were non-existent. The components of Area C fit into two categories. The largest category, which forms the top layer, is non-toxic construction debris. Underneath all of that lies an unknown quantity of toxic industrial waste contained in metal drums.

"We believe that the quantity of toxic waste (including industrial solvents and paint sludge) is enormous."

Because public pressure is so important, FMR staff and volunteers informed Hidden Falls Park visitors about the potential threat of Area C on Sept. 28, Oct. 5, and Oct. 12. Staff and volunteers

gathered on site at the park in morning and afternoon sessions, and engaged visitors interested in learning more. Visitors were able to sign up for FMR updates and future meeting notifications. People using the park are likely to be among its strongest advocates and, once the snow flies, are much harder to reach.

At the request of FMR and the Capitol Region Watershed District, the Minnesota Pollution Control Agency (MPCA) will hold a public information meeting in February 2020 to explain current site monitoring, requests for additional study, and long-term clean-up options. Contact site leader Colleen O'Connor Toberman at ctoberman@fmr.org to be notified of public meeting details, and to receive FMR updates on Area C developments.

Toxic waste is leaking from Area C into the river and groundwater. It's unknown whether concentration levels are safe for human health or the environment. FMR and their partners are pushing for additional testing through the MPCA to ensure proper risk evaluation.

Clark said, "Modern dumps are lined with clay soils and other geo-technical materials that prevent leakage. Area C is nothing like that. It's just a whole bunch of metal barrels sitting on the Mississippi flood plain, covered by a huge volume of construction debris. When the river rises, it inundates Area C – literally rinsing through the industrial waste, and leaching into surrounding river water and ground water. Metal barrels corrode, and some of them have been there since 1945."

FMR has partnered with the Capitol Region Watershed District and MPCA to put added pressure on the Ford Corporation.

Clark said, "They have agreed to do a full spectrum feasibility study; this means that



The Mississippi River looks tranquil as it flows through Hidden Falls Regional Park, where people come to fish, hike, and relax. Just a few yards north of where this was taken, a cyclone fence separates parkland from Area C – a dump containing unknown quantities of toxic chemicals that are leaking into the river and ground water. (Photo by Margie O'Loughlin)

they could decide to do absolutely nothing when it's over, or they could decide to haul all the debris away. We don't believe that the investigation done to date has been adequate to inform their feasibility study. They need more extensive data."

He continued, "That's what we're telling our constituents. We are pushing for the best-informed feasibility study, so that this situation can be dealt with ethically – not just legally. The Ford Corporation is in the process of selling the redevelopment site to Ryan Companies, but the river parcel (which contains Area C) will continue to be the Ford Corporation's responsibility."

Toberman concluded, "There's a big gap between public information, and what people actually know about. All of the data that's out there has been



River corridor director and site leader Colleen O'Connor Toberman (right) talked with visitors about Area C, a toxic dump site owned by the Ford Corporation just upriver from Hidden Falls Regional Park. (Photo by Margie O'Loughlin)

published by Ford Corporation and its consultants, in partnership with the MPCA. This is an area that park visitors and neighbors

are very interested in, and we look forward to having a great turnout for the public information meeting early next year."

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