



Students, staff,
new principal
claim their
voices at
Roosevelt
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LEARN TO LISTEN

By MARGIE O'LOUGHLIN

Dr. Remi Douah is a listening presence at the "Say Their Names" Cemetery near George Floyd Square, just off East 37th Street between Chicago and Columbus avenues.

He spends hours there every day, seated under a tree. He arrives early in the mornings when it's hot. He brings two folding chairs: one for himself, and one for someone who may need to talk. Each of the 100 headstones at the "Say Their Names" Cemetery bears the name of a Black American killed by law enforcement. It is a sobering backdrop.

People walking past Remi assume he is there to provide security for the cemetery. They often



stop and ask, "What are you doing here?" Remi holds two advanced degrees, but says the answer is very simple.

He is there to listen. He explained, "I'm a father.

Parenting has always been a hard job, but after witnessing the brutal exit of George Floyd from this

Dr. Remi Douah on parenting Black and multicultural kids in extraordinary times

"For me, this is the most peaceful place on earth," explained Dr. Remi Douah, who is a listening presence at the "Say Their Names Cemetery" near George Floyd Square. "I can easily spend eight hours a day here. It's not a chore; it's not an intervention. It's my way of life now. It's what I structure my days around." (Photo by Margie O'Loughlin)

world – it became much harder for those of us with Black kids.

"I'm from the Ivory Coast in West Africa; my wife is Icelandic. We have a son, who is 23 years old. There are many complexities involved in raising a multicultural child. We strive to raise our son to be a balanced human being, but it hasn't been easy.

LEARN TO LISTEN » 2

Sanford Middle School exemplifies how schools are changing

Staff is creating a trauma-informed environment where kids understand adults care

By MARGIE O'LOUGHLIN

Sanford Middle School has been part of the community for more than 80 years. Located in the Longfellow neighborhood, the school has a long history of multi-cultural heritage. Ahmed Aden Amin was hired as principal this summer. A proud alumnus, he was part of Sanford's graduating class of



Ahmed Aden Amin

1999.

Amin said, "When the Somali Civil War broke out in 1991, I was only five years old. We lived in Mogadishu at the time, and my family moved many times over the next seven years as refugees. My siblings and I never attended school because we were always on the move. The first time I set foot in a school building was when I walked into Sanford as a sixth grader. I didn't know any English, but Sanford would become my mecca – my safe haven."

Amin's family lived in a shel-

ter in downtown Minneapolis when they first arrived. He remembers a night when his Mom said, "We missed dinner in the dining hall." It was not the first time hunger had come knocking on their door. Amin and his family knew what hunger tasted like.

Trauma informed education

According to Amin, the work at Sanford is about creating a safe and supportive educational ecosystem. He said, "We're all coming back from the collective trauma of COVID-19. What we're trying to create is a trauma-

informed teaching environment where the kids understand they are flanked by caring adults – that's the power. They are not going through this life alone. The social workers are not the only healers in this building.

"Everyone here including the engineers, cafeteria workers, office staff, teachers, counselors, social workers, and administrators will be trained in trauma-centered communication this year. We will all share a common language.

"You can't teach young people if you don't know them –

and you have to show them that that you care. We're not looking at some kids and labeling them 'at-risk' anymore. In our way of thinking, all of our students have great potential."

Closing the opportunity gap

Sanford is a full International Baccalaureate (IB) school. The goal of an IB education is to create responsible, socially conscious students who use their cross-cultural education to promote a better, more peaceful world. At Sanford, all of the students participate in IB curriculum – not just some.

SANFORD MIDDLE SCHOOL » 13

What happens now to trash in Lake Hiawatha?

MPRB rejects master plan for golf course, including trash mitigation

By TESH M. CHRISTENSEN

It's been seven years since the conversation about the future of the Lake Hiawatha Golf Course started.

And neighborhood residents are still waiting for something to be done about the

trash.

It enters the lake through a stormwater pipe on the northwest side that flows under the golf course, draining a large part of the city south of E. Lake St.

Standish resident and Uni-

WHAT HAPPENS NOW » 17



Crazy Days returns

John Allen of Rebel Ink Printing (left) helps The Workshop (5004 S. 34th Ave.) owner Jennie Tang (center) create custom t-shirts and bags featuring the neighborhood's newest mural during Crazy Days on Saturday, Aug. 7. The mural was painted in eight hours in June by @wundr and @biafric. Despite the rainy Saturday, hundreds came out to connect with neighbors. » See more Crazy Days photos on page 9. (Photo by Tessa M. Christensen)

ELECTION 2021
YOUR GUIDE TO EVERYONE RUNNING FOR OFFICE
VIEW ALL RACES | ADD CANDIDATE INFO

ELECTION 2021
There's help for voters living with disabilities

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AGING WELL
They're gardening for wildlife in Longfellow

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A look back at the Coliseum's 100-year history at Lake and 27th

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LEARN TO LISTEN

>> From 1

"When George Floyd was murdered, our son Isak had a nervous breakdown. He lost all interest in school, friends, and everything else he cared about in his life.

"He asked me these three questions:

1. Why are they killing us?
2. What did we do wrong?
3. What can we do to prevent the killing?

"I am often thinking about those questions, especially the third one. As it turned out, our son was lucky. When my wife and I suggested he see a therapist, he agreed – and the therapist helped him.

"Isak chose to work with a Liberian American therapist named Tanya Young, who is the founder of Peace Be Still Clinic in Brooklyn Center. It's a mental health clinic that specializes in culturally competent mental health services to immigrant populations, primarily Africans of the Diaspora. The aim is to connect underserved populations to quality mental health care and existing community resources, to provide mental health awareness, and to dispel culturally-held biases that are a barrier to seeking mental health care.

One young man's story

After George Floyd was murdered, Isak spent a lot of time volunteering as a security guard at George Floyd Square. Remi started coming down too, first to the square and eventually finding his place at the cemetery just a

block away. He said, "I was trying to understand what had happened to my son.

"I found that I enjoyed sitting under a tree.

"When I was growing up in Africa, I have a memory of the giant Baobab trees. Villagers would gather underneath their canopies to talk with the elders. That's how I see what I'm doing here. So many people have gotten to know me in the last 14 months, mostly by word of mouth. If they have a friend or a family member who is hurting, they say, 'Go and talk to Dr. Remi, or go and talk to Isak's dad.'" Douah is quick to point out that he is public health professional, not a psychologist or psychiatrist.

Loneliness, isolation rampant

He continued, "The struggles of young Black people are rooted in inequality, trauma, and pain. In some ways I feel it's worse now that former officer Derek Chauvin is in jail. The curtain has come down. People are wondering what is next and what, if anything, has changed?"

"I see my parenting role as being a partner to my son, an equal. The things I hear him talking about with his friends, they are trying to find a way to break the cycle of violence that is killing this country. How can we co-create a better future along with them?"

"My doctoral degree and training are in something called Human Centered Design. Learning to co-create is at the heart of that. I was trained to accept challenge, and to not take the outcome personally.

"I have learned to be as flexible as bamboo."

A vision for the future

Isak Douah and his friends have envisioned a non-profit organization they call 846s.org. The



Dr. Remi Douah said, "The most frustrating thing about living in America is the false belief that we are all equal. We are living within the construct of a lie."

name stands for the eight minutes and 46 seconds it took for Derek Chauvin to squeeze the life out of George Floyd. Remi said, "I am listening to their ideas and, as a public health professional, I am providing some direction. But the ideas are theirs.

"As Isak worked through his mental health issues, he said, 'It's good to go to a therapist, but we also have to do something for our community.' My son asked me to go out with him one night in the car. We drove to a vacant lot near George Floyd Square. He stopped the car and said, "I can see a healing center here with services, all kinds of services for Black youth. Mental health services, daycare, GED, health and healing, office space for a social worker, a parole officer, homework assistance, and the whole place has a feeling of safety. It's not a clinic setting – it's home.

"I said, "Let's get your ideas down on paper.' Isak asked an architecture student friend to come over, and he drew the whole

thing out for us. Isak and many of his friends graduated from South High School, a school that was designed by a prison architect. That building has no windows, no natural light. The healing center would be full of windows. Isak said, 'We want to be able to see right through it. We don't want the prison mentality anymore. We want to heal!'

"I was in awe listening to him describe what he and his friends had been talking about, and seeing it come to life in front of my eyes."

Black mental health matters

According to Douah, "The relationship between the Black community and the medical establishment historically has not been good. A generalized suspicion of mental health professionals has been rolled into this too, and young Black and Brown people have a lot of stress about the police."

Douah said, "I can tell you from my own experience as a

846.org

"I can see a healing center here with services, all kinds of services for Black youth. Mental health services, daycare, GED, health and healing, office space for a social worker, a parole officer, homework assistance, and the whole place has a feeling of safety. It's not a clinic setting – it's home."

~ The concept for 846s.org, as described by Isak Douah

nearly 60-year-old man that when I am in Europe or in Africa, I never think about the police. I never worry about having interactions with them. But here, in America, we have to be perfect. We have to have all of our mental cylinders firing at 100% all of the time.

"Do you have any idea how unrealistic that is?"

The grace of listening

In the African tradition, the best interlocutor is the one who creates an environment for another person to talk without being asked too many questions. That is the environment Douah has been able to create under the cemetery tree.

He said, "I am a happy man. I am happy to see each person who comes here. I can be fully present while I listen. Sometimes no one is sitting in the second chair, and then I am happy to process my own thoughts. I think about something that is puzzling me until I can find a solution. This place is my sanctuary."

To learn more about the ongoing work of developing the healing center or to advance their work with a community donation, go to www.846s.org.

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5 YEARS IN YOUR NEIGHBORHOOD

The Hook and Ladder Theater Celebrates 5th Birthday

South Minneapolis' fiercely independent, artist-driven, volunteer-run, non-profit community theater located in the Longfellow neighborhood, The Hook & Ladder...is turning FIVE!

The Hook is proudly celebrating five years of operations this September (2021) with a community celebration on Saturday, September 18th, starting at 4pm, featuring five exciting MN acts...and is open to all for FREE. Well... a \$5.01 donation is suggested! Activities, food trucks and performances by Apollo Cobra, Nicholas David, Siana Matazungidi, Drew Peterson, Bond Does Belly and much more!



(Scan QR Code For More Information)

These past five years have seen challenges and changes at the historic location, starting from the first week The Hook launched and it was subsequently announced that a number of local music venues were calling it quits, to the completed build-out of their second performance space, The Mission Room, in 2019, to their mandated government shut-down from the covid-19 virus in 2020 and the aftermath following the murder of George Floyd this past year that resulted in \$300,000 in facilities damages. (The Hook is located directly next door to the burned out 3rd Precinct.)

Highlights

With the rigorous presentation schedule The Hook & Ladder keeps, there are far too many artistic highlights to name names, but some memorable events at the repurposed firehouse do come to mind, including recognition in 2019 for Roots, Rock & Deep-Blues Music/Arts Festival being voted City Pages' readers favorite block-party to the more recent 2021 Minnesota's Best - Silver Award for Best Charity Event.

The Hook also hosted a capacity Bernie Sanders rally during his presidential run, Grant Hart's surprise B-Day party just months before his untimely passing, an eclectic variety of HookStream broadcast events in 2020 and a number of sold-out national/MN act under-plays, like; Dumpstaphunk, Doyle Bramhall II, Davina & The Vagabonds and many more!

Mission

The Hook & Ladder provides stages for Minnesota artists and a platform for marginalized voices and communities. Engaging with thousands of MN artists annually, the Hook & Ladder mission of serving MN artists by providing revenue generating performance opportunities is met by passing through the majority of net gate revenue to performers.

This mission of The Hook & Ladder has resonated with their neighbors, wider twin-cities

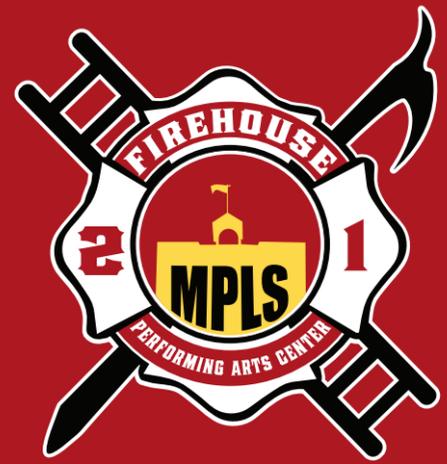
residents and visitors alike (whom can number into the 1,000s each week) over these five years, in addition to bringing positive economic impact to the neighborhood with larger events like Roots, Rock & Deep-Blues Music/Arts Festival each summer.

The work of The Hook has manifested in a variety of unique program offerings over the years, including; partnering with numerous community and non-profit organizations for fundraising initiatives, presenting hundreds of ticketed concerts annually, MN: Mission Possible series, HookStream broadcasts, Under the Canopy series, multi-disciplinary presentations, youth programs, conversation series as well as literary, culinary, dance and theatrical arts presentations, to name just a few.

Future

The Hook's 2021 Under the Canopy (UTC) series is the organization's most recent pivot to keep live arts going and audiences best protected by moving presentations safely outside. With the success of the 2021 UTC season, it looks like it will be making a come back in the spring of 2022! In the mean time, The Hook has plans to move inside Nov-April and has recently updated its protocols and safety measures to ensure continued safe operations indoors.

#LongfellowStrong



The Hook and Ladder THEATER & LOUNGE

HOW YOU CAN HELP

If you are wondering how you can get involved with or directly support this amazing local non-profit arts organization, there are several easy ways.

ATTEND EVENTS

Buy tickets and attend an upcoming show and support both local artists and this incredible independent venue!

RENT THE HOOK

Consider renting The Hook for your next company or holiday party, birthday, graduation, or celebration-of-life event.

VOLUNTEER

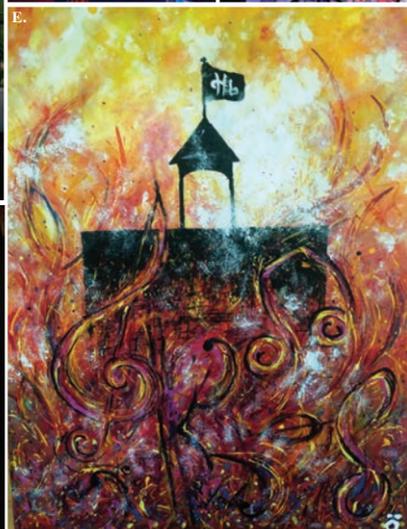
Join the Hook volunteer crew to help them with set-up, ushering and clean-up following each performance.

DONATE

Join MPLS Club 21, The Hook's Patreon membership club for as little as \$10/month and receive a number of exciting incentives and rewards!



A. Chance York, D Millz, Tek, & Nur-D - Photo By Tony Nelson B. Gully Boys Under The Canopy - Photo By Tony Nelson C. Davina & The Vagabonds - Photo By Tony Nelson D. Tim McG HookStream In Action - Photo By Jesse Brodd E. Hook Stands - Art By Jesse Brödd F. Erik Koskinen Inside The Theater - Photo By Darin Kamnetz



Join the conversation, and let us know your diverse thoughts on the issues that affect your neighborhood. Send letters and guest commentaries to news@LongfellowNokomisMessenger.com.

WE'RE SO GLAD YOU'RE CONNECTING WITH US, YOUR COMMUNITY

You're smart.
You're curious.
You're interested in your community.

And you're reading the *Longfellow Nokomis Messenger*.

We're so glad you are.

We did our first ever circulation audit through the nationally known Circulation Verification Council (CVC) this year, and learned a little bit more about you and how much you value us.

CVC talks to people via residential and cell phone surveys, online surveys, email surveys, and social media surveys.

They specifically talked to people only in our distribution area about us, and asked how often people pick up a paper. A whopping 7 of 10 people who get the *Messenger* delivered to their front doors look at it each month.

Six of 10 people say they regularly purchase products or services they see from ads in the *Messenger* and its sister publication in St. Paul, the *Midway Como Frogtown Monitor*. That's a pretty high rate given the variety of places folks see ads. (And our propensity for pointing to the last place we saw something, which is usually Google for directions and hours!)

I was pretty excited to see that 2.1 people touch each copy that we print. That means you're passing the paper along to others. You're saying, "I read about this issue in the *Messenger* - check out the article." "Did you hear about what our neighbor is doing in her free time? Look at this *Messenger*." "I didn't know this was happening two blocks over until I read the *Messenger* - do you know?"

What I've always loved about newspapers is how they cut through barriers like how much money you make and what race category you fall into. The *Messenger* goes to every single house in our distribution area (you can see our distribution map on our web site). Big, small, old, new. It is delivered to renters and homeowners.

Our demographics show that. Ten percent of our readers make under \$34,999, 15% earn \$35,000-\$49,999, 21% earn \$50,000-\$74,999, 17% earn \$75,000-\$99,999, 21% earn \$100,000-\$150,000, and

Too much coffee



By **TESHA M. CHRISTENSEN**,
Owner & Editor
Tesha@LongfellowNokomisMessenger.com

16% make more.

CVC also asked about education levels, and found that our readers value learning. Thirty-five percent have graduated from college and 18% have earned higher degrees.

We're happy to see that we have folks of all ages. We know kiddos, teens and college-aged folks don't read newspapers as much, and just 1% of those surveyed said they read the *Messenger*. But it starts to pick up as folks get older, start their careers, and start wanting to get more involved in their communities. The breakdown is: 16% are between ages 25-34, 22% between 35-44, 45% between 45-64, 12% between 65-74 and 1% over 75.

Know what those numbers don't show?

They don't show that Gen X, Y and Z aren't reading newspapers. Instead, we see that they are.

We used to hear that print was a dying medium and everything (including the ads that support it) was moving online. As a member of Gen X, which has been maligned for being cynical and slackers, I can attest to being disenfranchised with social media and I'm on there just enough to do my work and catch up with folks. But I am hearing from more and more people that they need a break from device and want to have a paper product to page through. Plus, they're seeking out news about their neighborhood, and the only place to get that is via their community newspaper.

We're hearing that across all ages. It's not just a rumbling in the Twin Cities but a roar nationwide.

People want news they can trust. They can trust writers and photographers and sales reps that they bump into at the grocery store.

It's the kind of journalism



I believe in. It's what I strive to provide in each edition of the *Messenger*.

So, thanks for reading us. Thanks for advertising your local business in our pages, and thanks for supporting neighborhood businesses with your purchases. Thanks for sharing story tips, letters, and events.

Thanks for passing our papers along to your spouses, children, neighbors, and friends.

Pay it forward

Of the news that feeds our democracy, 85% of it originates with newspapers. That's what a recent survey by the Pew Research Center found. You may see it on television, read it on Apple News or through your friend's Facebook feed, or hear it on the radio. But the majority of that news started with a newspaper journalist.

In addition to supporting the *Messenger* and other local papers, there's something else I'd like to ask you to check out.

Have you heard about the Local Journalism Sustainability Act? It's in front of Congress right now, and we'd love for you to make a call or send an email in support of newspapers.

Read more at America's Newspapers: <https://newspapers.org/ljsa/>.

Unlike most things in politics, S.2434 and its companion H.R. 3940, has bipartisan support. The bill seeks to help local

newspapers sustain financial viability through a series of three tax credits.

News Media Alliance President and CEO David Chavern said, "The Local Journalism Sustainability Act, through targeted tax incentives for consumers and businesses, would help ensure local news publishers continue to report on information that's necessary to an informed democracy. Access to fact-based, verifiable information is essential to a functioning democracy and is the fabric of our communities."

AFL-CIO Department for Professional Employees president Jennifer Dorning stated, "The Local Journalism Sustainability Act is critical legislation for journalists and other media professionals, including members of DPE's unions, working across the news industry at print, digital and broadcast outlets. The COVID-19 pandemic has underscored the essential work that these professionals do to keep our communities reliably informed. This legislation will help ensure media professionals can stay on the job and continue delivering news to their communities."

The bill would give tax credits for those who subscribe to newspapers, those who advertise and journalists. (See sidebar)

Knowing what's going on in our community is fundamental to our democracy.

Let's keep it going.

LOCAL JOURNALISM SUSTAINABILITY ACT

1) Local News Subscription Credit.

This credit will incentivize Americans to subscribe to local newspapers or donate to local nonprofit news publishers.

- Five-year credit of up to \$250 annually.
- Credit covers 80% of subscription costs in first year and 50% in subsequent four years. To receive full \$250 credit, a subscriber would have to spend at least \$312.50 in the first year, and \$500 each of the following four years.
- Credit can be used to help support a donation to a nonprofit local news publisher.

2) Local News Journalist Compensation Credit.

This credit will provide newspapers, local digital only news publications, nonprofit local newsrooms, and commercial and public broadcasters the ability to retain and hire more dedicated local news journalists to improve their newsroom coverage.

- Five-year credit of up to \$25,000 per journalist in first year and up to \$15,000 in subsequent four years.
- Credit covers 50% of compensation up to \$50,000 in first year, and 30% of compensation up to \$50,000 in subsequent four years.
- Journalist must meet a minimum of 100 hours of work per quarter to qualify as an eligible employee.

3) Local Newspaper and Local Media Advertising Credit.

This credit will provide small business financial flexibility to spend on advertising in local news publisher and media.

- Five-year credit of up to \$5,000 in first year and up to \$2,500 in subsequent four years.
- Credit covers 80% of advertising costs in first year and 50% in subsequent four years.
- To increase flexibility, small businesses may utilize this credit to advertise with local television and radio stations, in addition to local newspapers, digital-only local news sources and nonprofit news organizations.

GOT AN OPINION? JOIN THE CONVERSATION.

Let us know what you think about the election and issues facing your community. Letters should be under 200 words and can be emailed to news@LongfellowNokomisMessenger.com.

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@longfellownokomisMessenger.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 advertis-

ers to create a more just and responsible society that hears, helps and heals the customers and communities we serve.

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We did it! We are the first Community Wildlife Habitat in Minnesota!

Many places say they are wildlife friendly.

We can prove it.

We have been certified by the National Wildlife Federation, using criteria they have developed since 1973 with their Garden for Wildlife program. A volunteer, community-driven initiative, 173 privately owned lawns have converted to nearly 10 acres of bird and pollinator friendly gardens, providing an extraordinary sanctuary for wildlife in a dense urban landscape. On top of that, five schools have certified, four businesses, and two churches. These enhanced landscapes create a beautiful neighborhood and help us to be happier less stressed community members. It also creates healthier soils, air, and water.

At heart, the effort is about education and re-connecting people with nature and wildlife, and not just in a park far away, but right here in our own backyards. I believe no matter where a person lives, they have a right to see and appreciate nature, and that nature has a right to exist there too. A person that

plants native plants and possibly even puts up a wildlife habitat sign is making a statement, showing where they stand, and what they value. They are also teaching by example – to their neighbors, to passersby, to family and friends, and most importantly, to the children and future caretakers of the land.

I see it like a new culture, where people and wildlife work together – there's a relationship there, an appreciation, a give and take. Humans (and squirrels) have taken for way too long, it's time for humans (and squirrels) to foster a wider and more diverse variety of life.

Put simply, if we are taught to mow lawns, we mow lawns. And if we are taught how to care for a forest or a prairie, then that's what we do. These days it appears we have to mow lawns AND care for a prairie. For many of us, this means new parenting, new schooling, new skills, and new job descriptions. Every house, every apartment, every business, every house of worship, every road or development project can include wildlife in

Guest column

By DANIEL SCHULTZ,
www.longfellowwildlife.blogspot.com



its planning and landscaping. This is imperative for wildlife to survive, and it has been shown again and again that green space and wildlife can make our lives healthier and more pleasant, too.

Historically, the felling of forests and the turning over of prairies radiated out from the Twin Cities to the rest of the state. So it's only fitting that the restoration of forests and prairie (and lakes and rivers) start here too. Hopefully we can be a good example. Hopefully the tools and practices we are developing will be shared, copied, and improved.

I invite others to certify their community or city, and I am willing to help. So are many other people in our community

and across the state.

The state's Board of Water and Soil Resources heard what we were up to, and I believe it's one of the reasons they chose us to be a Demonstration Neighborhood. Over the last two years, we received cost share funding through their Lawns to Legumes program for the installation of native plants and raingardens. The purpose of this program is to help save endangered and threatened pollinators, such as the Rusty Patched Bumble Bee.

Now our State Bee, the Rusty Patched, appears to be making its last stand in our backyards, and we have had confirmed sightings in our neighborhood. Across the globe, more and more bumblebees are surviving in urban and suburban areas, and disappearing in rural areas.

Habitat loss and mass extinction is a terrible thing to consider, but it's definitely nice to think that there is something we can do about it. And that each of us doing a little can add up to making a big difference here and now. Best of all, it's a lot of fun, and the rewards are practically

immediate. I admit removing turfgrass is about as fun as that sounds, and native plants could become a lifelong study, but it's relatively easy to start, to plant a native perennial or shrub or tree. Almost instantly, you'll start seeing more butterflies, bumblebees, birds, and all sorts of critters. When a Monarch butterfly shows up because you planted Milkweed and Blazingstars, all the theories and heartache evaporate, and you are held in a moment of reverie.

You feel that you now have a deeper relationship with, and understanding of, this being flitting in front of you.

For that moment you are truly alive.

Daniel Schultz lives in the Hiawatha neighborhood with his wife and four children. He owns and operates a small business, and volunteers his time as a Minnesota Master Naturalist to connect people with nature and foster wildlife habitat.

>> Read article on pages 10-11 for more on this program and view some of the gardens included in it.

Letters

Still holding space at George Floyd Square

America needs peace and justice right now, more and more. There's people who have been meeting at the Square – it's been 15 months – who are holding space, and we're reimagining community with the main idea of justice for Black, Brown and Indigenous people. We try to be humble and good listeners. We're here in solidarity with people who live in the neighborhood, and with people of faith in the area, and also the other neighborhoods.

Love is unlimited. People power.

John Huerth
from the Earth

Join our grassroots organization Braver Angels

America will be 250 years old on July 4, 2026, only five years away. We live in the longest standing democratic republic in the history of the world – certainly worthy of a nationwide celebration.

But, let's get real – we have some serious infrastructure work to do before our big birthday. We need to build new bridges across political divides, draw up the specifications of the common American values and norms we can all agree on, re-construct guardrails and ground rules so we can work together to solve our country's most pressing issues.

Thank goodness we have five years to pull this celebration together. And luckily enough, in Minnesota and across the nation we already have the foundation in place to make America's five year strategic plan (aka birthday bash) come to life.

Braver Angels, our country's largest grassroots organization focused on depolarizing Ameri-

ca is building the infrastructure of our "more perfect union." We are re-building our country's civic trust – one workshop, one debate, one community alliance and relationship at a time.

We are Republicans and Democrats, conservatives and liberals, reds and blues, Black, Brown and White, rural and urban, young and old, coming together to solve our nation's long standing problems. Braver Angels is re-building our nation's infrastructure of civic trust and patriotic cohesion. We lead with curiosity, not judgement – all in an effort to find common ground and hold our country together.

We are paving the road to civility. We listen to learn, we debate, we read each other's news, we talk to each other in a civil, structured environment about anything and everything that divides us. We disagree, but we always see the humanity in others. This is the work of citizens and patriots.

America's strategic plan for our nation's 250th birthday is being built across the nation and across our state with more Braver Angels per capita in Minnesota than any other state in the union.

We need a strong, solid infrastructure that's built with love for country, respect for differences and a common vision of what America can be as we celebrate our 250th birthday. The national road to "our more perfect union" is being paved at BraverAngels.org and in Minnesota, where we know the importance of well-designed and constructed bridges across the divide, examine the engineering of braverangels.org/minnesota/.

Join us.

America: it's ours to build and ours to hold together.

Kim Martinson, MN State Braver Angel Co-Coordinator
Burnsville

Why is everyone sharing their pronouns?

Perhaps you've been noticing in the past year or so that email signatures, introductions, and name tags more frequently include both a person's name and their pronouns – most commonly she/her, he/him, or they/them.

And perhaps you've been wondering what this is about and why it's important.

For starters, I want to be clear that I am not an expert, and I am a gender conforming, cis, White female who uses she/her pronouns. So, my experience is from the outside, from listening to the experience of family members and friends, who struggle to be understood in a world of binaries and stereotypes.

Before we talk about the pronouns, let's begin with some definitions that will help the conversation. These definitions were compiled by my daughter, Aurora Pass, who is part of the queer community. She also thought it would be helpful to define gender in relation to other words that are often confused or equated with gender.

Gender vs. Sex: Gender is a person's social identity. Sex is a person's physical and genetic make up.

Gender Identity vs. Sexual Orientation: Gender is a person's social and personal identity. Sexual Orientation is a person's emotional, physical, and/or romantic attraction to other people often partially based on those people's gender identity and/or physical sex.

Gender Expression: The way someone expresses their gender through dress and behavior. This does NOT have to match one's gender identity.

Non-Binary: A gender identity that is neither male or female.

Transgender: Typically this

Have a little grace

By AMY PASS



is a term used for people who identify as the opposite gender from the one they were assigned at birth.

Cisgender: A person whose gender identity matches the gender they were assigned at birth.

Genderqueer/Gender Non-Conforming: Genderqueer is an umbrella term for all people who do not identify as cisgender.

Two-Spirit: Two-Spirit is a term used only for Indigenous people. Two-Spirit people embody both feminine and masculine spirits.

Queer: An umbrella term for gender identities and sexual orientations other than straight or cisgender.

So, importantly, gender does not refer to a person's biological sex nor their sexual orientation. This means that gender can be female or male, but it can also be fluid, non-binary, neutral, bi, expansive, etc... The list goes on. Facebook currently has seven gender options beyond female or male. This means that we cannot possibly make an assumption about a person's gender identity based on how they look. It means that it is possible to mis-gender someone and use the wrong pronouns based on gender stereotypes and assumptions.

According to a recent study, 0.5% of people in America identify as transgender or gender non-conforming, roughly 2 million people. That's 2 million people whose identity places them

at risk for discrimination and abuse and whose anxiety, depression, and suicide rates are almost twice that of the cisgender population. Mis-use of pronouns is one of the many things contributing to that high level of stress. Conversely, using appropriate pronouns validates a person's identity and shows respect. It acknowledges a person's experience and demonstrates that they are seen and heard.

Since we cannot simply assume gender/pronouns based on physical appearance or clothing, many of us are using pronouns in signatures and introductions. This does three important things. First, when we ALL do this, we take the pressure off those who need to introduce their pronouns in order to avoid being mis-gendered. Next, it normalizes the fact that gender identity should not be an assumption and is separate from appearance. And, finally (and obviously), it helps prevent mis-gendering, which is stressful and anxiety-provoking.

An important note: When you make a mistake with someone's pronouns, the most common refrain I've heard is that you should correct yourself and move on. You will make mistakes, especially if someone's pronouns change, and you are learning to use new pronouns. No one wants the conversation interrupted over and over again with your apologies and explanations.

So, there you have it! Introducing your pronouns, if you aren't already, is one way to be an ally and contribute to the health and wellness of our whole community.

Amy Pass earned her master's degree in marriage and family therapy from Bethel Theological Seminary. But perhaps her greatest lessons have come from raising two children and maintaining a 21-year marriage.

LOLA ARTISTS WEEKEND

Neighborhood crawl Sept. 18-19 is like an art fair with social distancing

The LoLa Artists Weekend this month will include Katie Cameron at Cry Baby Clay, her newly opened shop and studio on Minnehaha Avenue. "I'm super excited to have my studio up and running in time for this year's art crawl, and looking forward to welcoming people into the space!" she says.

Cameron is one of 61 artists featured in what is popularly known as the LoLa art crawl; her shop is one of 39 sites spread throughout the Longfellow community where visitors can meet local artists and buy original art and handmade items directly from the people who created them.

The event takes place Sept. 18-19, 10 a.m. to 4 p.m. A directory and map are available on LoLaArt.org.

The League of Longfellow Artists (LoLa) has been organizing an annual art crawl to showcase the art and artists of Greater Longfellow since 2009, with the exception of 2020 when it was cancelled because of COVID-19.

The artist-run, all-volunteer organization usually gets a lot of its funding from local businesses and organizations that sign on as sponsors, but when members of the planning committee met to discuss plans for this year, they all agreed that they didn't want to ask anything of the businesses that have already endured so much over the past year and a half.

At the same time, they felt it was important to celebrate Longfellow's creative resiliency after all the turmoil the community has endured, so rather than cancel the crawl for a second year, they decided to call it an "artists weekend" to signal that things aren't exactly business as usual.

"Quite simply, it's resources," says LoLa co-chair Lisa Anderson. "Many of our neighborhood businesses were heavily impacted by COVID-19 and the civil unrest after the killing of George Floyd. We are foregoing any sponsorship requests this year because of this."

Time is right to celebrate art again

Cameron has known about LoLa since she moved into the neighborhood from Seward a few years ago, but says, "the timing never worked out for me to participate until now." The timing probably couldn't be better this year –



Artist Anita White (right) with art student Henry Holdsworth, in White's garden. (Photo courtesy Hillary Oppmann)



Katie Cameron stands in front of Cry Baby Clay, her newly opened shop on Minnehaha Ave.



Visitors browse through Chris Miller's backyard during a previous LoLa Art Crawl.

Cameron just opened her business at 4141 Minnehaha Ave. in August, so LoLa provides an excellent opportunity for her to introduce her interactive concept to the public. She describes it as "a personal studio and community clay resource" where she offers classes and workshops, studio access, clay firing services, private events, and clay kits. For the artists weekend, she'll have information about all of those things, as well as an on-site activity (making a pinch pot) and finished ceramic pieces of her own for sale.

"It's gonna be fun!" she says, adding, "The clay activity will be low-cost and beginner-friendly."

LoLa co-founder Anita White, whose art encompasses watercolor drawings as well as printmaking,

will be hosting a few artists in her yard and garden, as she has done in the past. She has seen the event evolve over the years, adapting to changes in numbers, participants, and leadership, and is confident in its ability to continue to adapt to changing circumstances.

"The art crawl will be different than other years," she says, "but more resilient and lovely for all that we as a community have endured and triumphed over."

One of those who will be at White's for LoLa is polymer clay artist Laura Burlis. She's happy to be engaging with visitors and other artists again. "I'm really looking forward to seeing many fellow artists, friends and neighbors from the Longfellow area and recon-

necting with them all. And just doing a fun art weekend! It's been too long," she says. Burlis will be demonstrating some polymer clay techniques as well as selling her own creations.

Art in the time of COVID-19

Of course, the long shadow of COVID-19 continues to hang over any and all events where people gather, and LoLa participants are tuned in to those concerns. Many sites are outdoors, and the small number of artists in any one spot makes for easy social distancing.

"One thing I love about LoLa is that there are so many sites and so many are outside in the fresh air, including mine, that it's very

easy to social-distance and to avoid crowds," says Burlis, adding that Anita White's yard is spacious enough to accommodate five artists with plenty of distance between them.

Several LoLa participants answered a request to describe their COVID-19 precautions, and many replied that they would be outdoors, including some who have received visitors in their homes in past years. One of those is printmaker Jean Shannon, a LoLa artist from the beginning, who reported that they are moving their displays outdoors "and on our breezy porch," with mask-wearing expected.

Jewelry maker Valerie Tremelat will have a large canopy tent outside at her site, with "several tables set up for a make-and-take project so that people can spread out," she says.

At another outdoor LoLa site, glass mosaic artist Chris Miller will be hosting other artists, all set up at a distance from one another. "I will have three artists dispersed across the open area of my front yard and a portion of my nextdoor neighbor's front yard," he says. "And my artwork will take over the entirety of my back yard."

Several artists and site hosts who will of necessity be indoors for LoLa have said that they will require masks and provide them for those who need them, along with hand sanitizer. The Minnesota Department of Health recommends wearing masks in public indoor spaces, and these artists see their homes as temporarily public for the artists weekend.

The LoLa website, LoLaArt.org, will offer a searchable artist directory with a corresponding map, as well as a printable PDF of the map and directory, which some sites will have available in printed form for visitors to pick up. The online artist directory will also provide links to artists' websites, Etsy shops, and other virtual places where people can view and shop for artwork from the comfort of their own home, if they prefer.

But for those who long to get out and mingle safely with real art and artists, LoLa artists are ready and waiting to greet you, with hand sanitizer and masks at the ready – an experience that Anita White calls, "Socially distanced art!"

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TREATIES NOT TAR SANDS



On Aug. 25, several hundred protestors gathered at the MLK Recreation Center in St. Paul. Since Aug. 7, a group of water protectors have been traveling on foot 256 miles from Line 3's upstream Mississippi River crossing in Itasca County to St. Paul. They are protesting Line 3, the controversial Enbridge oil pipeline expansion project that is nearly complete. Supporters of the water protectors joined them for the final two-mile walk to the Minnesota Capitol where ongoing actions were scheduled. All who walked the final two miles walked in silence. (Photos by Margie O'Loughlin)

Can I recycle this?

It's the age-old question that never seems to have an easy answer. Fortunately, understanding how things are recycled can help point you in the right direction.

The purpose of a recycling facility is to sort items by type (paper with paper, #5 plastics with other #5 plastics, etc.) so that the companies that use the recycled materials can be certain they are pure - that there's no "contaminants" that will compromise the final product's integrity. This is why mixed material items such as spray bottle pumps (made of plastic and metal) or plastic-coated paper boxes are usually not recyclable.

I recently completed Hennepin County's Master Composter/Recycler program where I got the opportunity to learn about what happens once the recycling leaves my curbside bin. Here's a general rundown of how it works along with some tips on what you can do to make sure more of what you toss in the bin actually gets recycled.

The very first step in the process starts with you! Before the collection trucks even pull up, you can help by removing as much food from the containers as possible (food can contaminate the materials) and leaving items loose in the bin so they don't get stuck in the bottom of a bag (and therefore not recycled).

Once materials arrive at the recycling facility, the first step is to manually remove non-recyclable materials. Did you know that, several times a day, the entire facility has to be shut down because "tanglers" - things like plastic bags,

Every little bit helps



By JESSIE ROELOFS

hoses, cords, and holiday lights - get wrapped around the machinery? Best to keep these things out of the recycling bin.

Next, cardboard and paper floats along on rollers to its designated area while other items fall through. You know what else can fall through? Small bits of paper. Unfortunately, anything smaller than a credit card - this includes shredded paper, straws, K-cups, broken glass, and disposable silverware - doesn't get properly sorted and can cause problems down the line if those bits of paper end up contaminating other materials. Two other paper recycling tips: paper towels should not be recycled (compost instead!) and receipts - which often contain BPA and will contaminate materials - should not be recycled.

Metal recycling is really interesting and something I'd love to see in person! Steel cans are pulled from the recycling stream by giant magnets while aluminum cans are shot off the conveyor belt by an eddy current! I've been told that it's harder for the eddy current to work when cans have been crushed, so try to leave them uncrushed if you can.

Next, plastic is blown onto a separate conveyor belt while the

heavier glass items stay and make their way to their designated spot. A reminder that glass that's not used for food or drink - like Pyrex, windows, and crystal - should be put in the trash, not the recycling. They are made using a different process and cannot be combined well with recyclable glass.

Finally, an optic sensor sorts the plastic by those little numbers in the chasing triangle arrows on the bottom of the materials. This is one of the reasons black plastic is not recyclable - the optic sensors have a hard time reading dark material.

A quick reference to which plastics are recyclable:

#1 and #5 are recyclable.
The bottle form of #2 is recyclable, but bags and film are not (tanglers!)

#3, #4, and #6 are NOT recyclable.

#7 is the catchall "Other" category of plastics. These are not accepted in curbside bins BUT if it has the "BPI Certified Compostable" or "Cedar Grove" logo, you can put it in your curbside organics bin (but not in your backyard compost which won't get hot enough to break it down).

If you're ever not sure if something can be recycled or not, you can do a search for the item at <https://www.hennepin.us/green-disposal-guide>.

What other recycling, composting, or waste reduction questions do you have? I'd love to hear them! Send a note with your questions to news@LongfellowNokomisMessenger.com.

Cooper resident Jessie Roelofs recently completed Hennepin County's Master Composter/Recycler program.

LONGFELLOW BUSINESS DIRECTORY



We're rebuilding our community and talking about the steps we've taken this year.

COME, BE PART OF IT.

This Directory is the only one of its kind that lists Longfellow businesses by category, including name, address, phone and web site information. Connect with your community shoppers who want to support local businesses.

DEADLINE SEPT. 30

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This is part of a series about the 2021 municipal elections by the League of Women Voters Minneapolis.

The Americans with Disabilities Act (ADA), landmark legislation that prohibits discrimination against individuals living with disabilities, has put the force of law behind mandates for equal access in all areas of civic life including access for voting.

Voting accessibility is essential to ensure that all people have the right and ability to vote, regardless of their mobility or their physical, communication or other limitations. Minnesota has made strides in improving access to voting for all. In addition to the requirement that polling places be physically accessible, here are a few accommodations that may provide individuals liv-

Help for voters living with disabilities

ing with disabilities better access to the ballot box:

1) ASSISTANCE: You can bring anyone to assist you while you vote, except your employer or union rep, or you can get assistance from election judges. Your assistant can participate in all parts of the voting process, including marking your ballot if you can communicate to them who you want to vote for.

2) ACCESSIBLE VOTING MACHINES: All polling places have a machine that can mark a ballot for you, giving you privacy if you cannot or choose not to vote using a pen. Voting machines display the ballot in large



print or with a high-contrast background and can also read the ballot to you through headphones. You can fill out your ballot using a Braille keypad, touch-

screen or sip-and-puff device. After you make your choices, the machine prints your completed ballot.

3) CURBSIDE VOTING: If you cannot leave your vehicle, you can ask to have a ballot brought out to you. Two election judges from different major political parties will bring the ballot to your vehicle, wait for you to vote, then take the ballot back inside and place it in the ballot box.

4) AGENT: In some situations, an agent may pick up and return an absentee ballot from your home. To qualify, you must reside in a nursing home, assist-

ed living facility, residential treatment center, group home, domestic violence shelter or be hospitalized. Your agent must be at least 18 years old and cannot be a candidate. Metro Mobility also provides agent delivery services. Read more details about use of an agent here.

Remember, unless a court order specifically removes your right to vote, you may still vote if you are under guardianship, conservatorship or if you granted someone power of attorney.

Election Day is Nov 2. For more information about voting and registering to vote, visit www.lwvmppls.org, mnvotes.org, or call the Disability Law Center's voting hotline at 612-334-5970 or the city of Minneapolis voter information line 311.



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FOR CITY COUNCIL WARD 2

Prepared and paid for by Neighbors for Cam Gordon
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CHARTER AMENDMENTS: Questions on the ballot

There will be three questions on this year's ballot for Minneapolis residents.

DEPARTMENT OF PUBLIC SAFETY

Shall the Minneapolis City Charter be amended to strike and replace the Police Department with a Department of Public Safety which could include licensed peace officers (police officers) if necessary, with administrative authority to be consistent with other city departments to fulfill its responsibilities for public safety?

Yes _____
No _____

GOVERNMENT STRUCTURE: EXECUTIVE MAYOR - LEGISLATIVE COUNCIL

Shall the Minneapolis City Charter be amended to adopt a change in its form of government to an Executive Mayor-Legislative Council structure to shift certain

powers to the Mayor, consolidating administrative authority over all operating departments under the Mayor, and eliminating the Executive Committee?

Yes _____
No _____

AUTHORIZING CITY COUNCIL TO ENACT RENT CONTROL ORDINANCE

Shall the Minneapolis City Charter be amended to authorize the City Council to regulate rents on private residential property in the City of Minneapolis, with the general nature of the amendments being indicated in the explanatory note below, which is made a part of this ballot?

Yes _____
No _____

Explanatory Note:

This amendment would: This amendment would:

1. Authorize the City Coun-

cil to regulate rents on private residential property in the City of Minneapolis by ordinance.

2. Provide that an ordinance regulating rents on private residential property could be enacted in two different and independent ways:

a. The City Council may enact the ordinance.

b. The City Council may refer the ordinance as a ballot question to be decided by the voters for approval at an election. If more than half of the votes cast on the ballot question are in favor of its adoption, the ordinance would take effect 30 days after the election, or at such other time as provided in the ordinance.

For more information on all Charter Amendments: <https://www.minneapolismn.gov/government/boards-and-commissions/charter-commission/current-proposals/>

ELECTION 2021
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Mayor (Minneapolis) Challenger Other

Jerrell Perry
Why I am running for this office: I am running to serve the people of Minneapolis as your Mayor because our City is at its most pivotal point in our over 171 year history. I have heard ...
Learn more

Park and Recreation Commissioner District 3 (Minneapolis) Challenger Non-partisan

Becky Alper
Why I am running for this office: I am a Seward resident, married to an immigrant, a mom to two biracial kids, and passionate about parks for people. My family and I love ice skating at ...
Learn more

Council Member Ward 9 (Minneapolis) Challenger DFL

Mickey Moore
Why I am running for this office: I am born and raised in So. Minneapolis. I have lived here my whole life and like many people from here, I am passionate about my hometown. As the single son of ...
Learn more

Park and Recreation Commissioner at Large (Minneapolis) (Elect 3) Challenger DFL

Mary McKelvey
Why I am running for this office: Our #1 Park System is arguably a to ...
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PRINT VOTER'S GUIDE COMING OCTOBER:

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The Crazy Days Crawfish/Shrimp Boil at Tippy Steer was so popular on Saturday, Aug. 7, it sold out within a few hours. (Photo submitted)



Art booths, Yoga Classes and music outside Sandcastle at Lake Nokomis ended this year's Crazy Days on Sunday, Aug. 8. (Photo submitted)



Nokomis Tattoo owners Mike Welsh (left) and Jackie Sawyer, along with staff members Jasmyn Stethem and Reyna Hibbard, hosted two events during Crazy Days. On Friday, the event opened with the NEBA Outdoor Concert Series, and there was a benefit for Underdogs Rescue on Saturday (below). (Photos by Tesha M. Christensen)



Thank you, businesses, for bringing back Crazy Days

NEBA would like to thank our friends and neighbors for making Nokomis East Crazy Days such a wonderful even Aug. 6-8, 2021. We are so grateful to have an amazing community of people who have continued to support their local businesses even in the midst of a global pandemic.

When we first heard about the history of Crazy Days from the folks over at Nokomis Shoe Shop, we knew this would be the perfect opportunity to gather together to celebrate each other and say thank you for helping us make it through the last year and a half.

NEBA's mission is to provide service, encourage partnerships and build a strong business community. The idea for the event was first floated at our monthly meeting in February, and text messages be-

tween our many business owners quickly began flowing. Mike Welch at Nokomis Tattoo was coordinating with Amy Greeley from Bull's Horn, Nick Daugherty from McDonald's Liquor, and Mehtab Taylor from Town Hall Lanes. By the end of March, an official planning committee had been formed.

As the summer progressed, more and more businesses got involved - from storefronts like Nokomis Hardware, The Workshop, PaddleSculpt, and Grande Sunrise to home-based members, like Fit to Live and Tapp Action Coach. The committee began meeting every other week at Bull's Horn to coordinate the events and organize the necessary promotion. Thankfully, our neighborhood is home to a plethora of excellent marketing and media companies,

including Web Volta, hvh Engage!, and, of course, the Longfellow Nokomis Messenger.

All of these great businesses and more came together to coordinate a 3-day celebration that spanned across all four quadrants of Nokomis East. From old staples such as Oxendale's Market to some of our newest businesses like Tippy Steer and Agrarian Seed & Garden, Crazy Days required a lot of planning and communication that is only possible in a supportive neighborhood like Nokomis East.

Once again, we'd like to thank all of our amazing businesses as well as all of the Nokomis East residents for helping us bring back Crazy Days and add value to our community in support of our mission. We're excited to make it even bigger and better next year!



Crazy Days at Bull's Horn included balloon animals with Silly Miss Tilly, fish fry, fish raffle, a beer colab with Venn Brewing, a DJ, button-making with Goat, and more on Saturday. Elsewhere in the neighborhood, there were fitness classes, sales, music and food. >> More online at www.longfellownokomisessenger.com (Photo by Tesha M. Christensen)



Six-year-old Great Maier with her mom Heather shows off the buttons they made at Bull's Horn.



Nokomis Shoe Shop owner Steve Negaard was thrilled to see Crazy Days return. They have continued to hold their annual sidewalk sale for the past 30 years the first weekend of August.



Nokomis Tattoo owner Jackie Sawyer compiled history of the area and showcased it at various street corners. Read more online at www.longfellownokomisessenger.com.



Mehtab Taylor of Town Hall enjoys the beer and wine tasting in McDonald's Liquors parking lot on Saturday, Aug. 7. (Photo by Tesha M. Christensen)

Nokomis East Business Association



By **PATRICK JENSON**, co-chair
www.nokomiseastba.com

If you or someone you know would like to get involved with NEBA or find out how you can help with our next project, you can contact us at nokomiseastba@gmail.com. You may also attend one of our monthly meetings held on the second Tuesday of every month at 9 a.m. at Berry Sweet Kitchen.



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LONGFELLOW GARDEN FOR WILDLIFE YARD TOUR 2021

Beauty mixes with habitat creation in community gardens



Black swallowtail drinking nectar from a swamp milkweed.



Staghorn Sumac (large shrub in left foreground) adds color, interest, and texture to native gardens. (Photos on this page by Penny Fuller)



Wild bee feeds on a prairie willow blossom in early April.

By MARGIE O'LOUGHLIN

Linda Kjerland moved to her Longfellow home 10 months ago, from a condo in St. Paul. Over the course of the winter, she started thinking about how to expand her garden and turn her lawn into something more than just grass. While enjoying last winter's Longfellow Garden Club's Zoom meetings, she learned about the National Wildlife Federation's Garden for Wildlife Program from local chapter coordinator Dan Schultz.

Linda said, "I was impressed by the neighborhood's commitment to native plants and creating habitat for wildlife, so I joined the Garden for Wildlife Program." Come spring, after being assigned a garden mentor – she was off and running.

Her garden was included in the Longfellow Garden for Wildlife Tour on Saturday, Aug. 14, 2021. Ten gardeners opened their garden gates to show the beauty

of their native plants in action.

Linda's home and yard are a typical size for Longfellow. Her first-year goal was to create an understory beneath her existing tree canopy, which includes a 30-year-old elm in the backyard and a 20-year-old pin oak in the front.

She planted several different kinds of native shrubs, including two varieties of Serviceberry bushes that will fill in the mid-range for height: Saskatoon and

Downy.

Grow native plants

While earning her Garden for Wildlife certificate, Linda immersed herself in the teachings of Douglas Tallamy: a University of Delaware entomology professor and author. His first book, "Bringing Nature Home," contends that the widespread use of ornamental plants is creating serious environmental problems.

Along with climate change and habitat destruction, wildlife populations are declining because the native plants they depend on for food are disappearing.

This is something that individual gardeners can actually do something about. His philosophy is best summed up in these three words, "Grow native plants."

From Dr. Tallamy, Linda also learned about the concept of "soft landings." She explained,

"Insect life is so rich in our tree canopies. As part of their larval stage, many insect species need to drop down and land on something soft in order to burrow into the ground and complete their life cycle. Having a soft surface like garden beds or mulch (not turf or concrete) under trees makes the likelihood of insect survival greater."

Water for birds and insects

To get certified as a Habitat for Wildlife through the Garden for Wildlife Program, a garden must provide food, water, shelter, and a place to raise young. Plants should be grown without systemic insecticides (like neonicotinoids) or applied insecticides, and lawns should not be chemically treated.

To meet the water requirement, Linda placed birdbaths in the different locations in her yard. She said, "Consider putting

LONGFELLOW GARDEN >> 11

Pre-Planning lets you focus on life.

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Thanks to: Anishinabe Academy, Michael Dowling School, Hiawatha Community School, Howe Elementary, (Maria) Sanford Middle School, Belle's Toolbox, El Norteno, Minnehaha Professional Building, Sigma 7, Epworth United Methodist Church, Holy Trinity Church, Longfellow Community Council, BWSR (Lawns to Legumes), Metro Blooms, Longfellow Garden Club, MN Master Naturalist and Master Gardener volunteers, Longfellow Business Association, Transition Longfellow, Becketwood Senior Coop, LCC Environment and River Gorge Committee Board Members & Staff, the Longfellow Nokomis Messenger, & Garden for Wildlife mentors

Celebration
Sept. 11, 1-5pm
Longfellow River Gorge Festival
West River Parkway and 35th St.

Longfellow Garden for Wildlife

>> From 10

stones in your birdbath to give smaller birds, butterflies, moths, and insects a place to rest while drinking." A regular source of clear drinking water is always important, but it has been especially important this summer with the lack of rainfall and puddling.

Leave the leaves alone

Linda doesn't bag leaves in the fall anymore. She said, "Dry leaves are like gold to a gardener, and can be used to mulch almost every kind of bed." Exceptions are plants that require more acidity like rhododendrons and blueberries.

In general, mulching with shredded or un-shredded dry leaves buffers soil temperatures - keeping soil warmer in winter and cooler in summer. It improves soil fertility as it decomposes. Leaf mulch helps soil retain moisture, which means less watering, and leaf mulch suppresses weeds.

Let fall leaves rest in flower beds over winter; check in the spring that they haven't formed too dense of a mat. Skip the leaf bags. The leaves will decompose, with the aid of worms and weather, and return to the soil.

Providing a food source for wildlife

Penny Fuller is a seasoned native plant gardener, a Long-



Linda Kjerland was a Garden for Wildlife mentee in her first year of developing a backyard habitat for wildlife. (Photo by Margie O'Loughlin)

fellow resident, and one of this year's Garden for Wildlife garden mentors. She has been working on her native plant and wildlife haven for more than a decade. Her boulevard plantings overflow north into one neighbor's boulevard, and neighbors on both sides of her house planted native trees this year.

Penny has the rare garden that flourishes on all four sides of her house. She said, "The rain garden in front has over 40 native species. The catalpa on the boulevard creates the upper story. The mid-canopy layer consists of staghorn sumac, chokeberry, but-

ton bush and serviceberry. Each species produces flowers, fruit or seed. Maximizing vertical space is necessary to create more food density and habitat in a small yard."

Also included in the rain garden are blue lobelia, purple cone flower, cardinal flower, swamp milkweed, butterfly weed, liatris, pearly everlasting, little bluestem (a native prairie grass), and many other native plants.

One side of Penny's house is shaded by eight-foot-tall Joe Pye weed and cup plant. Both are full of seeds to sustain birds that stay the winter. The stems are hollow,



One of Linda's three backyard water sources benefits birds, butterflies, moths, and insects.



and provide a winter home for many beneficial insects.

Native plants require less water

An avid birder and amateur entomologist, Penny provides food for birds throughout the season by keeping her plants healthy. One of the many attributes of native plants is that they usually require less water than ornamentals, but this summer's drought has been extreme. She said, "I found myself watering more than I would have liked."

Her backyard native mountain ash has been a prolific fruit

producer despite the drought, according to Penny. The tree is about 15 years old, and attracts many varieties of birds including northern flickers and cedar wax wings. Dogwood bushes in her front yard were picked completely clean by birds.

Penny sees gardening for wildlife as more beneficial than setting up birdfeeders. She said, "Why not let birds eat the fruit and insects present in a garden filled with native plants? Consider natives like the Prairie Willow. It's one of the earliest pollen and nectar sources for emerging native bees. It doesn't get huge, and it handles dry soil."

The Minnesota Wild Bee Survey has produced a preliminary state species list of Minnesota containing over 400 species of wild bees. They rely on native plants for their survival.

Longfellow community wins designation

Thanks to the efforts of many gardeners in Longfellow, the entire neighborhood is now a Certified Community Wildlife Habitat through the National Wildlife Federation.

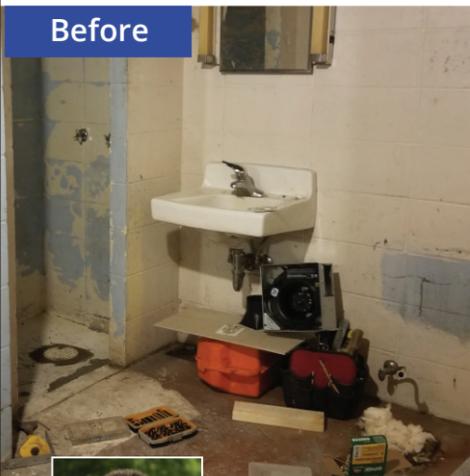
Garden for Wildlife chapter coordinator Dan Schultz said, "We'll be celebrating this achievement at the Longfellow River Gorge Festival, tentatively planned for Saturday, Sept 11 1-5 p.m. between 34th and 36th streets on West River Parkway. Please join us."

>> See column about the Longfellow Garden for Wildlife designation on page 5.

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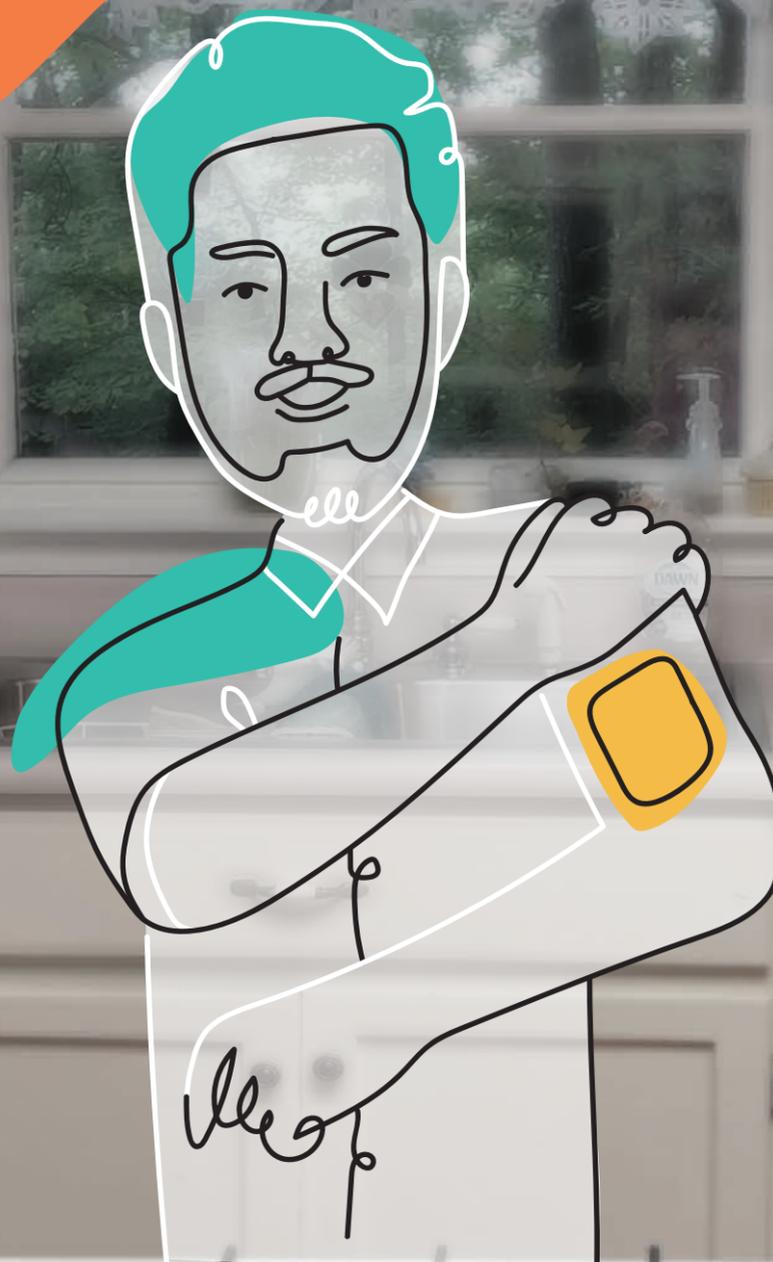
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Roosevelt High School's new principal welcomes students back

Students, staff claim their voices, own their potential as they return to class

By MARGIE O'LOUGHLIN

Christian Ledesma is the new principal at Roosevelt High School, but the hallways and classrooms are very familiar to him.

He completed a one-year internship there in 2016, and was Roosevelt's assistant principal in 2019, before becoming principal at Wellstone International High School. He had planned to stay at Wellstone for a good long time, until he received a call from Roosevelt's principal Michael Bradley last year.

Ledesma explained, "Michael called to tell me he had accepted a job as principal in Reno, Nevada, to be closer to family. I was fortunate to have been mentored by Michael during my internship, and to see his vision for Roosevelt take root and grow. I wished him well. I went to bed that night not thinking about the possibility of working here as principal. But the next day, my brain started to process what would it be like to return to serving this community."

School starts Sept. 8

Ledesma and his staff of 100+ educators, counselors, and support staff are expecting 1,065 students to return to in-person learning at Roosevelt on Sept. 8. He said, "With the Delta variant, the district is monitoring COVID-19 spread daily, but that is the plan at this time."

He continued, "We are eager to welcome students back. Normally we would invite neighbors and community members to come to school and cheer for the kids on the first day – but not this year. We'll do something smaller to make it special and keep it safe. Some of the students and staff haven't been together for 18 months. We have all experienced the pandemic in different ways."



Principal Cristian Ledesma said, "We'll be creating the welcoming environment we stake our vision on. I come from an academic coaching background in literacy. I believe that we can always do better. There's always room for improvement." (Photo by Margie O'Loughlin)



An all-staff gathering was held outside the Roosevelt building on Aug. 23, to welcome staff back to school and to reconnect. (Photo by Margie O'Loughlin)

Dynamic community

One of the many reasons Ledesma returned to Roosevelt is because of its diverse student body. He said, "When I was doing my internship here, I ran the numbers and counted 25 different nationalities and 17 different languages spoken in our school. As a person born and raised in New York City, I value that."

"I'm also drawn to schools

that serve a high percentage of ELL (English Language Learner) students, and support families struggling with poverty. These families are brilliant already; I see a big part of my job as helping to spotlight and grow their gifts."

The vision for Roosevelt is to create a welcoming, supportive atmosphere for all students. A top priority for Ledesma is to help students learn to own their potential, their learning, their

IN HIS WORDS

"It is with great enthusiasm that I introduce myself as your new principal; it is an honor to be called to serve Roosevelt High School and this community. I use the verb 'to serve' a lot: it comes from my upbringing in an Ecuadorian Catholic family. No matter what my family members do, it's not work – it's service. By now I've learned from many other philosophies and faith traditions, but I will always see my work in public education as service to others."

~ Christian Ledesma



Roosevelt High School staff members gather to reconnect on Aug. 23. (Photo by Margie O'Loughlin)

creativity, and their voice.

The importance of voice

Ledesma said, "The idea of owning one's voice is very important to me. Spanish is my first language. From kindergarten on, I was an ELL student and for years I was afraid to speak up in school. What was casual conversation for most kids was hard for me. It took a long time before I claimed my own voice with confidence. I was born and raised in Brooklyn and, thanks to Mister Rogers, I learned to speak English without a strong Brooklyn accent."

"I think back on what the cafeteria looked like in my New York City high school. I usually sat next to other Latino kids, a couple of kids from China, or a kid from India. We thought of

ourselves as 'ELL for Life.' It was like recharging our batteries, just to sit and eat together with other kids who had similar struggles.

"What does the cafeteria look like here at Roosevelt? We've really been trying to grow the capacity of our students to know each other across racial and cultural lines through clubs, advisories, special events, and artmaking. Part of my experience as an ELL student is recognizing that we all learn at different stages. We strive to meet every student where they are – and help them to grow from there."

Meet the principal sessions

Ledesma is holding "Meet the Principal Q & A sessions" every week on Zoom. He said, "Last week, 57 computers were logged on. We are offering these sessions at different times on Thursdays, so that anyone who wants to can find a time to join us. To see the schedule for upcoming sessions, visit <https://roosevelt.mpls.k12.mn.us/>.

He said, "This last year was tough for everybody, and it's so important to talk. My own family suffered through the pandemic. My mom still lives in the housing project where I grew up in Brooklyn: there are four adults ages 61-81 years living there in a two-bedroom apartment. They all got COVID-19, and my 61 year old uncle passed away.

"What will be done differently at Roosevelt as a result of COVID-19? One of the main changes is that I want to check in with staff more frequently and informally. We won't be waiting for an annual review.

"What I've told my staff, and what I plan to tell students, is never be afraid to reach out. I have an open-door policy. Many people are struggling with trauma from COVID-19, on top of all the usual life challenges."

He continued, "I hope to hear directly from our families, students, and staff what their hopes are for the year ahead."

Principal Christian Ledesma can be reached at Christian.Ledesma@mpls.k12.mn.us

Sanford Middle School exemplifies how schools are changing

>> From 1

Amin said, "We have a great curriculum, but we also have an opportunity gap at Sanford that we need to close. We have to be intentional about our instructional framework, so that all of our students can succeed."

"This is a post-gentrified school. When I came here as a sixth grader, it was predominantly a school for kids of color. Our current student body is 57% White. We're under 40% free and reduced lunch for the first time in a long time, which is a measure of the change in the make-up of our families. The narrative of Sanford has changed, as the demographics have changed. School can work well for some kids, but be damaging for others. We have to be very careful about that."

Teaching as critical care

By the time Amin got to Roosevelt High School, he had started showing aptitude for math. As a junior, he

ended up in a classroom full of seniors. His math teacher asked the class one day, "Where is everyone hoping to go to college?"

Amin remembers saying he didn't think of himself as college material. His teacher responded with, "You need to sign up for the ACT today." She helped him get registered, and drove him to take the test when the day finally came. He said, "I could never have done it without her. That kind of teaching is a form of critical care."

When his ACT scores came back, Amin had only ranked in the 12th percentile. His math teacher said, "You're going to do great. Don't worry. You've got this."

Amin reflected, "I knew then that if I was going to succeed, it was because someone believed in me."

Amin graduated from Roosevelt High School, and went on to earn a BA in sociology and an MA in education from the University of Minnesota. He returned to Roosevelt as a Social Studies teacher and debate coach before

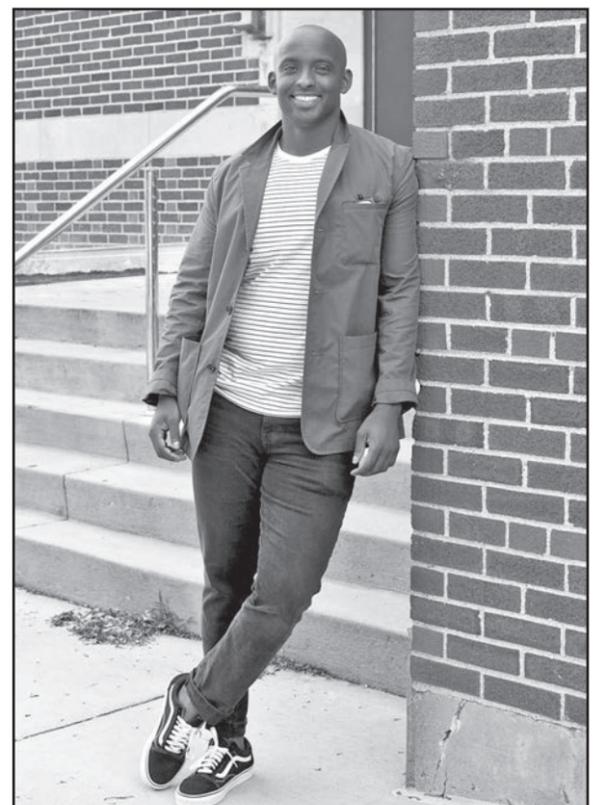
getting his principal's license.

Remember where you come from

Amin has never forgotten the years he spent as a refugee with his parents and five siblings. He said, "I have an empty picture frame on my desk that says, 'Honor your Journey.' When you've had trauma in your life, that time can be a blank space in your memory."

"We are working to create an environment at Sanford that honors every student's journey. We want every student to know that we believe in them."

Sanford Middle School principal Ahmed Aden Amin said, "What we're learning in the classroom has to be relevant to what's happening in the world. Life is not just about acquiring knowledge. It's also about learning to be an effective human being." When students ask where he grew up, he says, "In the Phillips neighborhood, at the corner of Lake Street and poor. I'm proud to have grown up where I did." (Photo by Margie O'Loughlin)



From Freeman's department store to Podany's furniture outlet to Coliseum

A LOOK BACK AT THE HISTORY OF THE COLISEUM BUILDING

By IRIC NATHANSON

The letters painted on the side of the Coliseum Building have pretty much faded away. When they were still legible the letters spelled, "Freeman's," the name of the department store that occupied the Coliseum's first floor during the building's first 50 years.

Lake Street's answer to Dayton's, Freeman's was the creation of Elmer Freeman, known as E.B., a Minnesota-born entrepreneur who opened the store in the newly-built Coliseum in 1917. Freeman would continue to operate the family-owned business with his wife, Harriet, until they turned it over to their son, Wallace, in 1955.

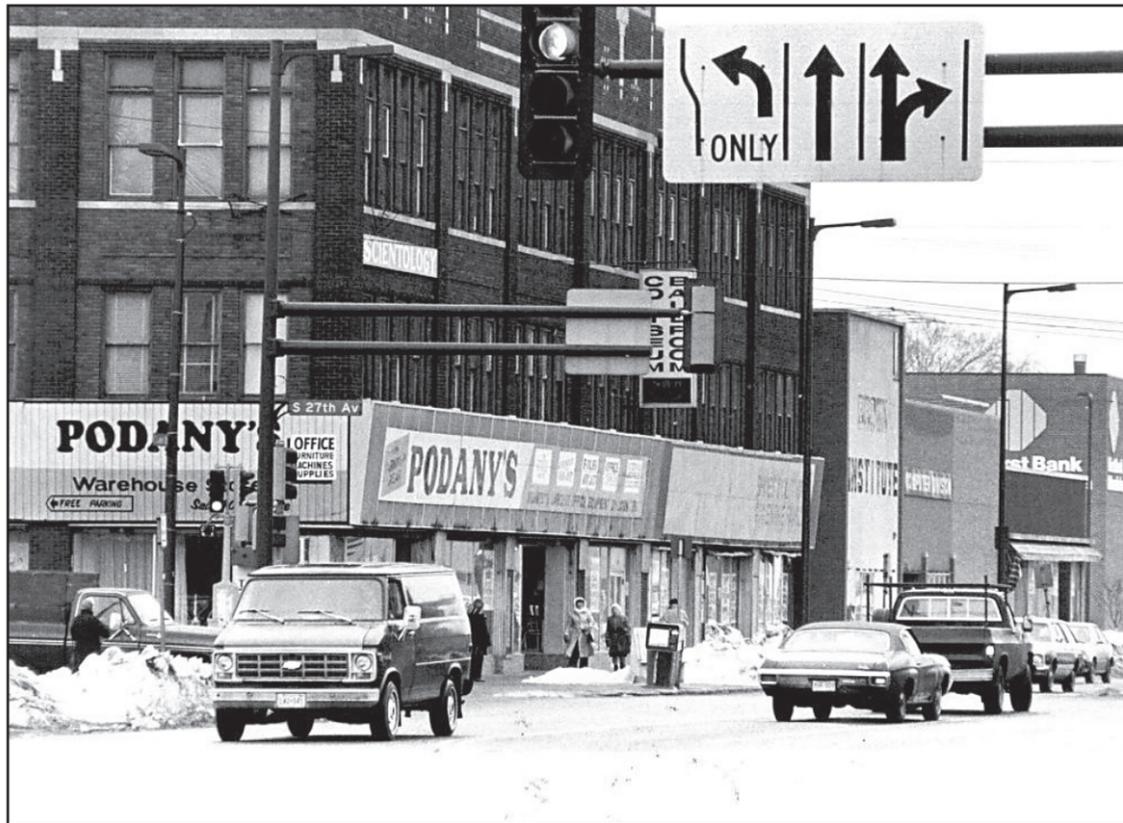
By the early 1920s, Freeman's had built a strong customer base in the city's rapidly growing southside neighborhoods. Through the 1920s and into the Depression years of the 1930s, the business continued to prosper. At the height of the Depression, in 1935, the East Lake Shopper described Freeman's as "one of the largest and most complete department stores outside of the loop area."

'I used to drive all the clerks crazy'

Wallace Freeman believed the family business was able to sustain itself through the 1930s because South Minneapolis was not as badly hit by the Depression as many other working class communities. "Many of the people here still had jobs at Moline and the Ford plant," Wallace recalled. "They were Swedes and Norwegians, who, by nature, were thrifty. They always wanted a bargain and they always bought quality."

The younger Freeman had grown up in the family business. As a young boy of five or six, he remembers taking all the toys off the store's shelves and playing with them on the floor. "I used to drive the clerks crazy," he recalled. By sixth grade, he was working at the store every day after school. When he was 13, he began driving Freeman's delivery truck. But, as he grew into adulthood, Wallace was not sure he wanted to spend the rest of his life in retail business. In 1941, the younger Freeman joined the U.S. Air Force. His father, knowing that Wallace might not be returning to Freeman's after the war, began making plans to sell the business to an out-of-town buyer.

In 1946, E.B. negotiated a sale of the Freeman's to the St. Louis-based May Company, but the new ownership was short lived. Ten years later, as the suburban boom was underway, the retail chain decided that it no longer wanted to own and operate a small store in an older



Known as Freeman's for the first 50 years, the large building on the northeast side of East Lake St. and 27th Ave. was later known as Podany's. It was renamed the Coliseum Building in 2001 after it was redeveloped by a group of neighbors.

urban neighborhood. In 1956, whether he wanted to or not, Wallace found himself back in the retail business when May Company terminated its lease and returned the business to the Freeman family that still owned the Coliseum Building. For a time in the late 1950s, E. B.'s son had hoped to build a suburban-style shopping center at 27th and Lake, which he said would become "the Knollwood of South Minneapolis," but he was never able to move ahead with those plans.

Dancing on the third floor

Wallace continued to operate Freeman's until 1975, when he finally closed the store and sold the building to Roger Podany, who operated a used office furniture outlet in the former department store space.

Podany, who renamed the building for himself, made few if any improvements during the

20 "plus" years that he owned the property. But he did preserve the ballroom on the building's third floor that had had been a popular social center in the 20s and 30s. In more recent times, Tapestry Folk Dance Center rented the third floor ballroom before relocating to a new site farther west on Lake Street. With a folk dance group on the third floor, Podany rented out cut rate space in the basement to up and coming rock bands including the soon-to-be popular Suburbs.

Time for a rehab

By the mid 1990s, the Coliseum was showing its age. Soon rumors began to circulate that Podany was planning to sell the building to a notorious South Minneapolis slumlord. Fearing that the landmark property would bring more blight to Lake Street, the Longfellow Community Council's Donna Sanders

began searching for a community-based developer who might be willing to purchase the building and rehab it. During her search, Sanders came across a small scale builder named Fred Lehmann, who had restored a commercial building at 38th and 42nd Avenue that housed the Riverview Café. Sanders was impressed with his work and asked Lehmann if he would be interested in taking on the Podany Building.

He said "yes."

"We knew Fred was not a big-time developer but he had a track record and was committed to historic preservation," Sanders late recalled. At about this time, a member of the LCC Board, David Parker, a wealthy physician who lived on West River Parkway, stepped forward and offered to finance the purchase and reconstruction of the landmark building. Now, Sanders had a potential partnership between a local

financier and a neighborhood builder, but the partnership was short lived. Within a few months, Parker backed out of the deal, leaving Lehmann ready to move ahead but lacking the financing to get the job done.

But Sanders and LCC were not left high and dry. The Community Council had recently completed its \$9 million Neighborhood Revitalization Program (NRP) plan with \$3 million allocated for economic revitalization on Lake Street. Using the \$3 million as leverage, Sanders, working with the staff of the Minneapolis Community Development Agency (now CPED), put together a \$5 million package to fund the redevelopment of the Lake Street building. The funding package enabled Lehmann to purchase the property for \$695,000 with only \$70,000 of his own funds. The Minneapolis builder was able to finance reconstruction costs with an Associated Bank loan and additional city and neighborhood funds.

Renamed 'Coliseum Building'

In 2001, the newly renamed Coliseum Building opened with an impressive list of tenants. They included a Denny's Restaurant and a Latino health clinic on the first floor, along with a temporary Third Precinct police station in the basement.

During early 2000s, it looked as if the Coliseum would succeed as a community-based redevelopment project, but disaster struck when a torrential rain storm flooded the basement and forced the Third Precinct to relocate. A dispute over the terms of the MPD lease added to the financial pressures already facing Lehmann. More tenants left the building, forcing it into foreclosure. An out-of-town financial group eventually got control of the property and continued to manage it until the civil unrest in 2020 forced out all of the remaining tenants.

Next chapter

Now, in 2021, the Coliseum is starting a new chapter in its 100-year history under its new owner, Redesign Inc. The Seward-based non-profit is working on plans to maintain the building now that it has closed on the purchase of the property, according to Chris Romano, Redesign Executive Director.

"We want to make sure the Coliseum is as safe and secure as possible as we work towards securing our construction financing," Romano said.

>> Did you see the July article on Redesign's efforts in the Messenger? Catch up online at www.LongfellowNokomisMessenger.com and search "Coliseum."

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Classics Lost 'n' Found Theater Company announces fall and winter 2021 season

Following their successful summer production of William Shakespeare's "Twelfth Night," Classics Lost 'n' Found Theater Company is pleased to announce the remainder of its 2021 Season will feature two area premieres at their home, Lake Nokomis Presbyterian Church, on 17th Ave.

and 46th St. in South Minneapolis, two blocks east of Bloomington Avenue.

Just prior to Halloween, CLFTC will present a new adaptation of Arthur Conan Doyle's "The House of the Baskervilles." It will be performed for four performances, Oct. 15-16 and Oct.

22-23. All performances are at 7 p.m.

In December, CLFTC will present the area premiere of their annual holiday production, "Babes in Toyland." It's a holiday love story about Mary Contrary and Tom Tom Piper, each hoping to marry their beloved. Their

arch-rival, Silas Barnaby wants Mary for himself, so he creates all sorts of complications for characters from Mother Goose Land. The production will be performed for six performances from Dec. 3-4 and 10-11 at 7pm, with matinees on December 4 and 11 at 2pm. The matinee on

Dec. 3 will be a benefit for the building fund at Lake Nokomis Presbyterian Church.

For more information, contact lavignebiz1952@gmail.com or Classicslostandfound@gmail.com.

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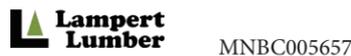
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ACCREDITED BUSINESS

Homeless encampment on church property ends in Seward

By MARGIE O'LOUGHLIN

The Debreselam Ethiopian Orthodox Tewahedo Church of Our Savior (EOTC) congregation is searching for answers, after land it owns in the Seward neighborhood was occupied by a homeless encampment this summer.

The church has owned the nearly three-acre parcel of land between 30th and 31st avenues along the north side of the Greenway since June 2016. Their intention is to build a new church building there to house their growing congregation. According to neighbors, several tents were set up on the church property on May 5.

Church leaders posted "No Trespassing" signs along the fence line, and told members of the homeless encampment they had 10 days to vacate the property. As it turned out, the encampment remained on the property until July 15. At its peak, the number of tents was estimated at 50.

A moral quandary

Several weeks into the encampment, a statement issued by Debreselam EOTC said, "Our church believes in treating our neighbors as ourselves. We are attempting to serve this encampment's residents in partnership with the city of Minneapolis and local non-profits.

"We are committed to doing everything possible to support our neighbors experiencing homelessness in finding their next, and hopefully better, destination. Debreselam EOTC is working to deepen our connections with our nearby neighbors and with the partners who are working collaboratively toward a better outcome for all."

Church leaders communicated with city officials over the course of the next two months trying to resolve the situation. According to a statement from the city of Minneapolis, there was adequate space to accommodate all of the encampment residents in shelters until they could transition into permanent housing.

The statement said, "The city's goal is for all people to have permanent housing that is

Debreselam EOTC wonders who will help with the clean-up?



Melaku Weldetsadik said, "We are worried that the encampment could return. People have come back and cut through the fence in several places. We don't understand why we seem to have no rights as property owners." (Photos by Margie O'Loughlin)



safe, stable, and affordable over the long term. Since March 2020, the city has invested \$13.4 million in Minneapolis shelters and to expand street outreach services. Because of these investments, we have 200 more shelter beds (including low barrier, culturally specific shelter) available than we did last year. Another 36-bed facility is under construction. The shelters are open 24/7. They have COVID-19 protocols in place, and services to help people transition into permanent housing."

However, many of the residents of the Seward homeless encampment did not leave.

Uncharted territory

As the encampment size grew, neighbors reported seeing people having sex and doing drugs out in the open. Many neighbors said they felt threatened in their own homes. Business owners said some employees no longer felt safe going to work.

According to Debresealm EOTC chairman of the board of trustees Melaku Weldetsadik, "There was no Minneapolis police presence during this time, because they said there weren't



Church members Worku Moges (left) and Melaku Weldetsadik (right). Moges said, "Our landscape contractor looked at the property, and discouraged us from bringing our congregation there. He couldn't even mow the grass safely, because of buried sharps and IV needles. The shrubs on the outside of the fence are overgrown, but what might be buried there?" (Photo by Margie O'Loughlin)

enough officers to help us."

Eventually the city of Minneapolis and the American Indian Community Development Corporation (AICDC) created a service center within the en-

campment to support residents in moving forward. AICDC partnered with community members including the American Indian Movement (AIM) to create some sense of security in the neigh-

borhood.

July 15 was set as the date the property would finally be vacated. With the help of community activists, neighbors, Ward 2 City Council member Cam Gordon, and the organizations listed above, it was.

Now what?

The Debreselam EOTC has owned their current church building at 4401 Minnehaha for 23 years. They are bursting at the seams, and are still planning to go forward with plans to build a new church on their Seward property.

Due to COVID-19, they missed several fundraising opportunities on their land last year because it was unsafe to gather. They had planned fundraising events for May and June of this year, neither of which could happen because of the homeless encampment.

Melaku Weldetsadik said, "Once we learned that the land would be ours again, we planned a fundraising event for July 31. We had two weeks to get ready. However, our landscape contractor called to say they couldn't mow the lawn because of health hazards. The homeless encampment created serious health and environmental concerns on our property. There are IV needles and sharps on and in the soil, and used condoms and human excrement all over the place. We have so many young children in our congregation; we fear for their safety if we hold an event there now.

"We are still planning to break ground in spring 2022, but we are behind with our fundraising schedule. This last year, all of the costs associated with construction have skyrocketed. Any in-kind or monetary donations from the community for construction materials would be greatly appreciated. We would love for the neighborhood to feel a sense of involvement, and to understand that we are going to clear and improve the land."

To make a donation to the building fund of the Debreselam EOTC, or to learn more about their current situation, contact Melaku Weldetsadik at Wow20006@gmail.com.

Wrapping up the growing season

Although it still feels summery outside, our first frost is right around the corner. But fear not – there's still plenty to do in the garden! I know I will be soaking up these last weeks of summer by spending as much time as I can outside. Read on for some tips and tricks that will help you make the most of your gardening season and set yourself up for spring success.

First, you can still plant a few veggies for fall harvest. Based on historical Minneapolis weather data, there is a 50% chance that we will see freezing temperatures by mid-October. That's not much time, but certain vegetables grow quickly and actually prefer cooler fall weather. For example, radishes and spinach planted now will likely reach maturity before the weather gets too cold. Kale is also very tolerant of cold weather and can survive temperatures down to 20 degrees Fahrenheit. Look for seeds with a low "days to maturity" number – ideally, 35 or less. This is the number of days from seed germination to harvest. "Mini" varieties are a good choice for a quick fall crop.

Also, start thinking about planting fall bulbs. Garlic is planted in the fall and harvested the following summer. Hardneck varieties such as Rocambole, Purple Stripe, and Porcelain are winter hardy and ideal for a northern climate. Look for these varieties at local garden centers. Grocery store garlic cloves are usually softneck varieties and won't grow well in Minnesota.

Other hardy bulbs, such as tulips, daffodils, iris, crocus, allium, and lilies, should also be planted in the fall. These require a cold period to break their dormancy and begin flowering in the spring. Make sure to plant bulbs at the correct depth according to the package directions. If bulbs are planted too deeply, they may not flower well in the spring or may not emerge at all. If too shallow, they may freeze or squirrels or chipmunks may dig them up. Water bulbs until the soil freezes to help prevent them from drying out over the winter.

This is also a good time to divide spring and summer blooming perennials, such as peonies, poppies, and irises. If your plants look overcrowded or are becoming too



large for their space, it may be time to divide them! Simply dig up the plant, separate it into smaller pieces using a clean shovel or blade, and replant, leaving space in between each new plant. This helps reduce competition for nutrients and water and improves airflow, keeping plant diseases at bay. If you divide perennials this fall, plan to have them back in the ground four to six weeks before the ground freezes to give time for roots to become established.

Finally, as the growing season comes to a close, it is common to see plant diseases crop up in the garden, especially on tomatoes. Early blight is very common in Minnesota and spreads via spores present in the soil. It develops when temperatures are moderate



and humidity is high – conditions that often develop during late summer rains. You may see the lower leaves of your tomato plants turning yellow or brown, and tomato fruits developing leathery black spots. When you clean up your garden in the fall, remove infected plants and dispose of them by placing in a hot compost pile or sending to a municipal yard waste facility. This reduces the likelihood of the pathogen surviving in your soil to the following year. Next year, plan to rotate your tomatoes

and plant them in a different spot, where the pathogen is hopefully not present. When planning next year's garden, you can look for tomato cultivars that are resistant to early blight and other common diseases.

For more information, check out the University of Minnesota Extension Yard and Garden website. Extension resources are written by experts and contain the latest and most reliable research-based information. Happy gardening!

What happens now to trash in Lake Hiawatha?

>> From 1

iversity of Minnesota professor Sean Connaughty has been picking up trash at the lake most days while he walks his dog. But he and others are getting tired of doing the same thing without a larger solution being implemented.

What to do about the trash has been wrapped up into the larger question of what to do about the Hiawatha Golf Course itself, which has been debated since the course experienced significant flooding in 2014 that revealed only regular pumping is keeping the course dry enough to play on. The issue was studied by a community advisory group for about three years, and sparked considerable debate in the community. A master plan to turn the golf course from an 18-hole to 9-hole course failed to garner enough votes by the Minneapolis Parks and Recreation Board (MPRB) of Commissioners in July 2021, leaving the issue unresolved.

Delayed solution

Connaughty is part of the Friends of Lake Hiawatha (FOLH), which formed in part due to his activism around the trash in the lake, and the annual art shows held showcasing the trash removed from the lake.

Connaughty said, "We have long asked the city and MPRB to prioritize the implementation of comprehensive stormwater treatment for the north pipe that empties 920 acres of South Minneapolis without filtration directly into Lake Hiawatha," stated Connaughty. "We also warned from the beginning that tying comprehensive stormwater treatment into the fate of Hiawatha Golf Course would result in delays due to the divisive nature of

the topic.

"This turned out to be true."

Most polluted lake in state

Connaughty was one of the community members who served on the community advisory group. He observed, "The MPRB has explained that the decision on groundwater pumping and the finalization of the master plan would need to be resolved before stormwater treatment could be implemented. This is because the hydrology of the site will determine how stormwater treatment is laid out. Before you start you have to know where the water table will be at, and that is tied into decisions around pumping.

"We have long asked the city to install a temporary trash capture device at the end of the pipe until comprehensive stormwater treatment can be implemented. They continue to say this is not feasible.

"But we believe that with recent advancements in trash capture technologies it is entirely feasible to come up with a device that could work.

"Unfortunately, the pollution coming into Lake Hiawatha via the north pipe includes not only tons of trash, it also includes sediment, phosphorus (570 pounds annually) and myriad other pollutants, (chlorides, pesticides, nutrients, bacteria). Lake Hiawatha is listed by the MPCA as impaired for phosphorus and bacteria. A stormwater treatment plan needs not only trash-capture technology, it needs the comprehensive approach laid out in the Hiawatha Golf Course Area master plan, which will address and reduce all of the aforementioned pollutants."

Community members on both sides of the golf course de-



Trash in Lake Hiawatha includes various types of plastic and styrofoam. (Photo submitted by Friends of Lake Hiawatha)

bate can agree that the pollution in the lake needs to be managed. Those pushing for changes have been doing so for seven years already, and they're worried about what another seven years will do to the lake and the species that depend on it.

"This is terribly disheartening to those of us who are cleaning up tons of trash at Lake Hiawatha and those in the community who are tired of seeing the lake trashed," said Connaughty. "If it takes seven years, we can expect another 11,200 pounds of trash to accumulate in the lake.

"There is a concerning lack of urgency here.

"We feel that creative and competent people can collaborate to move this process forward much more quickly given the urgency of the ecological conditions."

Over the past six years, residents have removed an average of 101,360 pieces of trash by hand each year.

At the 2021 Earth Day Clean-up, 100 volunteers removed 400 pounds of plastic and styrofoam trash from Lake Hiawatha – a weight record from the clean-ups.

In mid-August, volunteers

removed the 448th bag of trash from Lake Hiawatha for a total of 8,960 pounds of trash.

"But currently trash still chokes the shore. And lots of clean-up is again needed," said Connaughty.

In a complaint filed with the MPCA, FOLH wrote, "We believe that Lake Hiawatha is the most trash polluted lake in the state of Minnesota."

"Seven years of extensive engagement and community input has unfortunately resulted in no change for Lake Hiawatha," wrote Connaughty in a public letter to local residents and leaders.

"The time has come to press for oversight and accountability given the lack of any plan to address the egregious pollution of Lake Hiawatha via the 43rd Street pipe. The MPCA has the authority to require stormwater treatment. The city was ready to move forward with comprehensive stormwater treatment and was waiting for MPRB to finalize its plans. We know the city works on upstream solutions, but we have not seen improvement at Lake Hiawatha. It is clear that the scale and nature of this subwatershed

requires an end of pipe solution. "The MPRB failed in its obligation to address the pollution of Lake Hiawatha and downstream waters."

Pushing for statewide standards, changing things at lake

FOLH members have done a number of things over the years, including submitting comments on the Minnesota Pollution Control Agency's triennial standards review. The group asked that trash and plastics be added to the pollutants of concern. They also pushed for developing a water quality standard for trash and plastics and establishing a TMDL, an enforcement mechanism, for lakes and waters that are impaired for trash. They're also working with the city, and have submitted comments to the annual review of the city's stormwater management program (SWMP). They want the city to add trash and plastics to the pollutants addressed in the SWMP.

They have applied for a permit with the DNR and MPRB to plant native species below the ordinary high water level in the Hiawatha Delta Area. FOLH continue to work on managing invasive species.

At their request, MPRB has agreed to back off mowing in selected areas on the south shore of Lake Hiawatha and along Minnehaha Creek to improve wildlife connectivity and to restore some wildlife connectivity along the Minnehaha Creek corridor.

According to the 2020 Stewardship Report biodiversity survey, there are at least 250 species of animals observed at Lake Hiawatha, including Blanding's turtle, spiny soft shelled turtle, nesting Great Horned Owls, and North American river otters. It is a key stop for migrating birds along the Mississippi River Flyway. The lake is also a hub for recreation in the community, and a place where people swim, fish, kayak and more.

Monarch festival returns Sept. 11

NENA and the Minneapolis Park and Recreation Board are thrilled to present the 13th Annual Minneapolis Monarch Festival on Sept. 11 at Lake Nokomis. Our free festival celebrates the monarch butterfly's amazing 2,300-mile migration from Minnesota to Mexico with music, food, dance, hands-on art, native plant sales, and plenty of opportunities to get up close with monarch butterflies, learn about their habitats, and what you can do to make a difference. Visit www.monarchfestival.org

Food Truck Rally & Fundraiser

On Sept. 25, NENA is hosting a fall Food Truck Rally. A new location at 34th Avenue and 50th Street, and more food trucks and live music. We are raising funds for the Nokomis East Free Food Distribution program. Visit <https://www.facebook.com/events/394237705381712>

Ward 11 Candidate Forum

On Sept. 15 at 6:30 p.m., the League of Women Voters Minneapolis and the Ward 11 neighborhood organizations, including NENA, are hosting an online candidate forum with the Ward 11 City Council Candidates. This online

live event will be streaming. We welcome questions ahead of time and during the event. More information and where to watch is available at www.nokomiseast.org/election/

A recording of the Aug. 4 Ward 12 Candidate Forum is available through the NENA website.

Free food distributions

NENA hosts a free food distribution at 5735 Sander Drive from 2-4 p.m. on the second and fourth Wednesdays of the month. All are welcome, and volunteers are needed. Items include dairy, frozen meat, fresh produce, pantry staples, toiletries, cleaning supplies, and culturally appropriate food options. Volunteers are needed on Tuesday and Wednesday for each event. Visit www.nokomiseast.org/nokomis-east-free-food-distribution/

Minnehaha Food Shelf – Every Tuesday, the Minnehaha Food Shelf is open from 10 a.m. to 3 p.m. at 3701 E. 50th Street. Visit www.minnehaha.org/foodshelf.html

Get the latest news

NENA and your fellow neighbors have created several online fo-

Nokomis East Neighborhood Association

By **BECKY TIMM**, Executive Director
becky.timm@nokomiseast.org



runs to share Nokomis East news. Check out these sources and find out what's happening in our community.

- NENA Facebook Page: <https://www.facebook.com/Nokomiseast>
- Nokomis East Information Sharing Facebook Group: <https://www.facebook.com/groups/262215188459657>
- Buy Nothing Nokomis East: <https://www.facebook.com/groups/224936502167543>

Meetings and events:

- 9/11/2021: Minneapolis Monarch Festival at 10 a.m. – 4 p.m.
 - 9/15/2021: Ward 11 Candidate Forum at 6:30 p.m., online
 - 9/23/2021: NENA Board of Directors at 6:30 pm, Online
 - 9/25/2021: NENA Food Truck Rally & Fundraiser at 4:00 – 7:00 pm
- www.nokomiseast.org



Saturday, September 11, 10 am - 4 pm
Lake Nokomis, 49th St & Woodlawn Blvd
A free family-friendly festival with art, dance, food, music, and educational activities
monarchfestival.org

Plan It

Fashion Week Sept. 1

Celebrate Fall Fashion Week Minnesota with art, fashion, and community Saturday, Sept. 1, 11 a.m. to 2 p.m. at Walrus Art Gallery, (4400 Lyndale Ave N.). Ticket cost is pay what you can.

• Jennifer Adam, fashion illustrator, gives people an inside look at her world. Adam has taught Fashion Illustration and Portfolio Development as an adjunct instructor in the Apparel Merchandising and Design Program at St. Catherine University since 2006. She began teaching Advanced Flat Construction in 2020.

• Audience members sit in as a group of artists sketch one look from Hmong American designer, Jocelyn Yang of Jocii Designs. Yang attends St. Kate's. She is a fashion scholar and Hmong American fashion designer specializing in business wear and formalwear. Through her brand Jocii Designs, she strives to create innovative, inclusive and sustainable fashion.

• Panel discussion shares how they see the fashion industry working towards sustainability and inclusiveness.

Walrus is an artist-led consignment shop located in the Camden Neighborhood of North Minneapolis working to bridge the gap between visual artists and a market for their work. They use their platform to address the underrepresentation in the art world by prioritizing the economic health and career of North Minneapolis neighbors and artists of color living in the region.

The South Minneapolis Quilters Guild is donating blocks for the Art Lab table.

Proceeds will benefit Southside Food Share, a community group cooking and delivering meals to people experiencing

homeless.

Longfellow River Gorge Festival Sept. 11

Come share the river gorge – a community celebration with free ice cream, canoe rides, rowing, walking tours of the oak savanna restoration along the river and more. This event will be held at 35th and W. River Parkway on Saturday, Sept. 11, 1-5 p.m. Canoe rides with Wilderness Inquiry and the National Park Service and rowing with the Minneapolis Rowing Club will be staged from the sand flats below the stone steps at 34th and W. River Parkway. Ice cream will be provided by East Lake Dairy Queen. Charlie Maguire, a local musician hired by both the Minnesota State Parks and National Parks systems to specifically write songs that interpret the Mississippi River, will play from 4-4:30 p.m.

This year we are also celebrating the Longfellow neighborhood becoming certified by the National Wildlife Federation as the first Community Wildlife Habitat in Minnesota!

The event is sponsored by the Longfellow Community Council (LCC) Environment and River Gorge Committee. Expect to see lots of friends and neighbors celebrating the river and enjoying the national park in our neighborhood. For further information contact Justin at LCC at 612-722-4529 or justin@longfellow.org.

Free the Deeds Sept. 12

Free The Deeds: A Community Action Event will take place on Sunday, Sept. 12, 1 – 3 at Brackett Park.

Join Free The Deeds and partners for an afternoon of learning about the legacy of ra-

cially restrictive covenants and other housing discrimination in Minneapolis and how you can be a part of repairing the harm. There will be about half a dozen stations for people to engage with, including checking if your home has a racial covenant on it, how you can get it discharged through the Just Deeds program at the city, either get a lawn sign or make your own declaring your support for racial equity. Let Cara Letofsky know if you want to volunteer for it at cara@thefaireconomyproject.org. Learn more about Free The Deeds at www.freethedeeds.org.

Open Streets is back

Open Streets Minneapolis events give communities a chance to experience their streets in an exciting, car-free environment. This year, events are back on three routes:

• West Broadway Ave, from Penn Ave N to Lyndale Ave N: Saturday, Sept. 11 from 11AM-5PM

• Lyndale Ave S, from 22nd St W to 54th St W: Sunday, Oct. 10 from 11 a.m.-5 p.m.

• Minnehaha Ave, from East Lake St to 46th St E: Sunday, Oct. 24 from 11a.m.-5 p.m.

Since 2011, Open Streets Minneapolis has turned city streets into fun, car-free, community-filled spaces. Open Streets Minneapolis is hosted by Our Streets Minneapolis and the City of Minneapolis with support of sponsors and local organizations. Each route has unique, exciting programming. Full details: www.openstreetsmpls.org.

Free community yoga

There are free community yoga sessions offered at George Floyd Square in collaboration with the 846.org. Learn more by at 846.org.



Seward Pharmacy reopens

The restoration at Seward Pharmacy (2209 E. Lake St.) was celebrated with a grand reopening on July 15. The business is owned by Elias Ussu. UnitedHealth Group leaders and employees along with Heart of America, elected officials, and community leaders marked the completion of the pharmacy's makeover, made possible as part of UnitedHealth Group's \$5 million contribution to help local businesses rebuild. Seward Pharmacy sustained heavy damage during the civil unrest following the murder of George Floyd. The transformation of the facility, led by national nonprofit Heart of America, modernizes the pharmacy by providing a telehealth space, plexi shields for COVID safety and new equipment to prepare fluid prescriptions more efficiently. The makeover also includes new floors and paint, storage and merchandise fixtures, furniture, and a beverage cooler. The transformation is in partnership with minority woman-owned general contractor Noor Companies. Creatives After Curfew, a collective of BIPOC/Queer artists and allies, designed a custom mural to reflect and celebrate the neighborhood community and promote health and wellness. Seward Pharmacy offers essential pharmacy services to area residents, including translation services in eight different languages. (Photo submitted)

Artist to show paintings of creative community Oct. 1-3

Artist David A. Amdur will exhibit paintings depicting Twin City musicians, the MayDay Parade, and a memorial to George Floyd, at the St. Paul Art Crawl, Oct. 1-3 in the Northern Warehouse, Studio #250, 308 Prince Street St. Paul MN 55101. It will be open Friday 4-9 p.m., Saturday 10 a.m.-9 p.m., and Sunday 10 a.m.-5 p.m.

Amdur states: "Even before the current pandemic, I felt our culture was beset with isolation and conflict. I responded by painting people coming together through music, festivals, and social action."

Recently, Amdur's main subject has been local musicians in small venues, including St. Paul's

Black Dog Café and the Khyber Pass Café. He particularly focuses on players outside the mainstream, who, he feels, extend the creative vocabulary of our community.

Last year, Amdur painted a memorial to George Floyd, depicting his brother Terrance's visit to the site of his murder along with the community gathered there. Though the subject is anguished, he believes hope is found in how diverse people came together to demand justice.

Previously, Amdur created a series of paintings of the MayDay Parade, organized annually for 45 years in South Minneapolis by the In the Heart of the Beast Puppet and Mask Theatre. The parade featured hand-built puppets and masks – some over 15 feet tall.



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• Healthy Seniors currently has grant funds available to purchase food for local seniors. If you're age 60+ and live in the Longfellow, Seward, Cooper, Howe or Hiawatha neighborhoods, contact us to apply. Lower income applicants may be given priority.

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Faith Matters

Neighborhood churches welcome you.

<p>Bethlehem Covenant Church 3141 43rd Ave. S. • 612-721-5768 www.bethlehemcov.org Pastor Colleen Nelson (Handicapped Accessible) Worship Service – 9:30 AM All sermons can be found online Block Party – Bethlehem Covenant September 12th at 10:30 AM</p>	<p>Park Avenue United Methodist Church 3400 Park Ave. • 612-825-6863 www.parkavechurch.org Senior Pastor Gregg Taylor, Minister of Preaching Steven Belton Reaching & rebuilding in the Central Neighborhood. 100+ years of lively worship and diverse congregation. Open for in-person worship – 10AM Sundays</p>
<p>Epworth United Methodist 3207 37th Ave. • 612-722-0232 www.epworthmpls.org Rev. Elizabeth Macaulay 9:00 AM - Faith Formation for all ages 10:00 Worship in Sanctuary (masks mandated) or Facebook We are a Community Church in the Heart of Longfellow You - your questions and humanity - are welcome!</p>	<p>St. Albert the Great Catholic E. 29th St. at 32nd Ave. S. • 612-724-3643 www.saintalbertthegreat.org Fr. Joe Gillespie, O.P. Weekend masses (masked & socially distanced) with attendance SUGGESTED by last name: Saturday 5:00 pm. A-G Sunday 9:30 am. H-M Sunday 12 noon. N-Z Center front door access only.</p>
<p>Faith Ev. Lutheran Church 3430 East 51st St. • 612-729-5463 www.faithlutheranmpls.org Pastor Jesse Davis Live Worship - Sundays 9:00 am Lutheran Service in Oromo at 11:30 Bible class at 10:15 am Sunday and 10 am on Wednesdays</p>	<p>Trinity Lutheran Church of Minnehaha Falls 5212 41st Ave. S. • 612-724-3691 www.trinityfalls.org Pastor Matt Oxendale Livestream & in person worship Sundays 10:30 a.m. Link at http://www.trinityfalls.org</p>

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Faith Matters classified ads must be received by the Messenger by Sept. 20 for the Sept. 30 issue. Call 651-917-4183 for more information and pricing. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com

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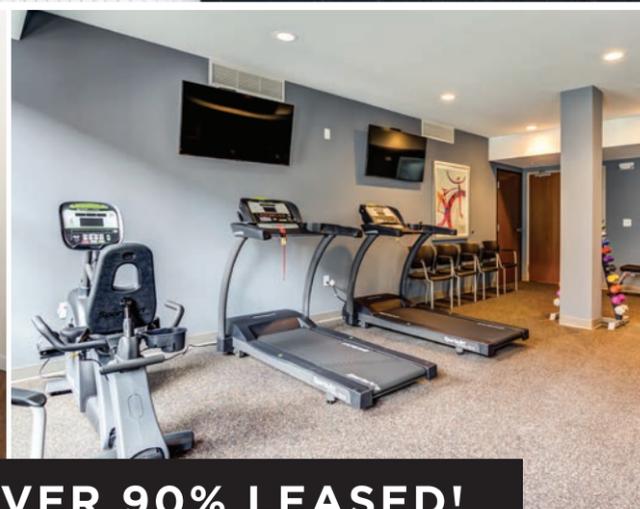
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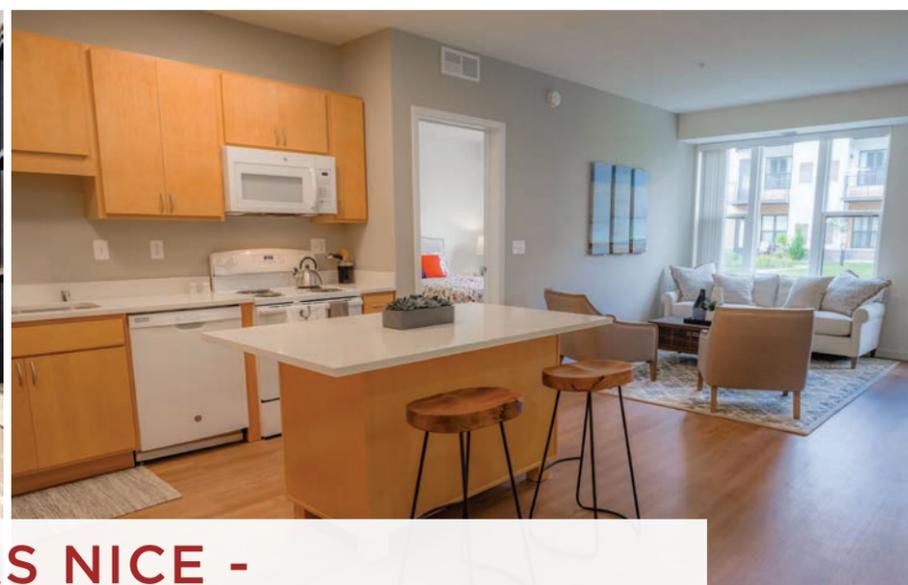
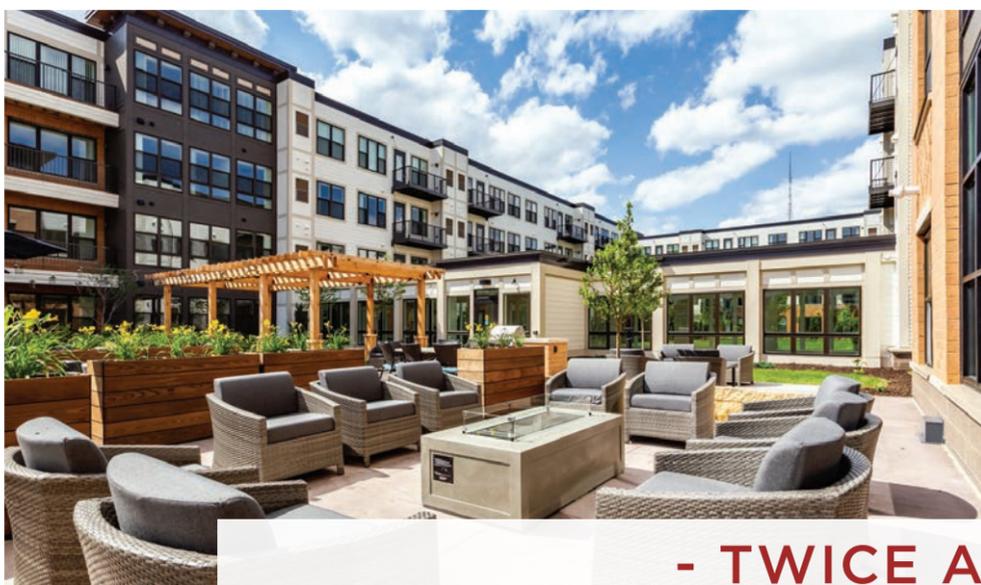


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*Please note this community participates in an affordable housing program. One resident must be 62 years or older; all other residents must be 18 years or older. Household Income Limits must fall below the following:
▶ 1 Occupant: \$44,100 ▶ 2 Occupants: \$50,400 ▶ 3 Occupants: \$56,700 ▶ 4 Occupants: \$62,940