



## 1,100 EXPERIENCES WITH POLICE

*Canvassers report intimidation by law enforcement while collecting data for Justice Department*

By JILL BOOGREN

Standing with police accountability advocates, partners and supporters, Communities United Against Police Brutality (CUAPB) announced on Oct. 13, 2021 that they had collected 1,100 stories from people who shared their experiences with the Minneapolis police.

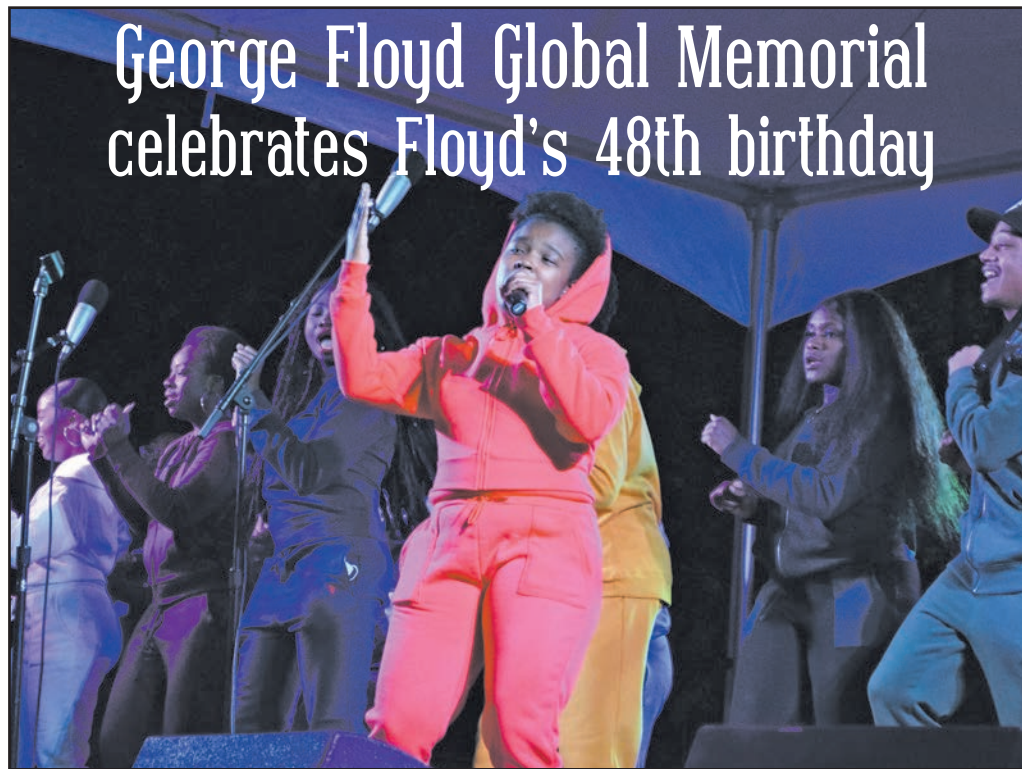
The effort aims to provide direct responses from community members to the Department of Justice (DOJ) as they investigate the Minneapolis Police Department (MPD). Ultimately, the outcome will be in the form of a consent decree, in which specific changes will be mandated by court order.

Over several months, CUAPB has held two dozen public events and sent 30 canvassers door-to-door in neighborhoods throughout the city to inform residents about the investigation, ask for input and provide opportunities for people to come forward with their personal experiences.

1,100 EXPERIENCES » 2



Communities United Against Police Brutality President Michelle Gross shows a box filled with nearly 1,100 stories of people's experiences. (Photo by Jill Boogren)



Under the direction of Courtland Pickens, Youth Choral Ensemble KNOWN Mpls brings high energy and positivity to the stage at George Floyd Square on Oct. 14, 2021. Established in 2019, KNOWN is an audition-based community choir for singers ages 12-25. (Photo by Jill Boogren)

## Date marks one-year anniversary of nonprofit memorial

By JILL BOOGREN

On what would have been George Floyd's 48th birthday, the George Floyd Global Memorial (GFGM), with community members and supporters, hosted "And Still We Rise," a celebration of Floyd's life with music, free food and fellowship in George Floyd Square.

Pan Dimensions delivered sounds of the

Caribbean on steel drums as people arrived in the early evening. Under the People's Way visitors lined up at multiple stations for free meals of curried goat, jerk chicken, beans and rice, pasta, veggies and more provided by The Igloo Café, House of Gristle and Sisters Camelot.

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## THEY TOOK HER CHILDREN AWAY

*Accused of 'parental alienation,' mother separated from daughters*

By TESHIA M. CHRISTENSEN

When Starr Jones\* tells her story, people can't believe this is happening in Minnesota.

They can't believe that the dad was investigated by child protection when their first daughter was an infant for harming her, but ended up with sole legal and physical custody. They can't believe the girls were taken away when Starr has never laid a hand on either girl, been in alcohol or drug treatment, or served time in jail.

They can't believe that the courts haven't factored in the wishes of the girls, who are now teenagers. Their desire to live with their mom has been ignored despite

multiple suicidal attempts by both girls, eating disorders, running away from their dad, and confinement to long-term mental treatment facilities alongside depression, anxiety and other signs of abuse and trauma.

They can't believe that dad would rather send the girls away than let them live with their mom, nor that a family court judge has done the same.

They can't believe a primary caregiver lost physical and legal custody of her daughters and could only see them during supervised visits.

They can't believe that dad blames mom for what is happening, and has returned to court multiple times to punish her by restricting



This ongoing series seeks to put a face on domestic abuse and intimate partner violence. Past articles on our website.

contact with her children.

They can't believe what is happening in family courtrooms, and want to believe that she must have done something wrong to deserve this.

Starr remembers being shocked, too. But now she's too traumatized to even cry when she tells the story of what happened to her family and how her ex-boyfriend's accusations of "parental alienation" led to this.

THEY TOOK HER CHILDREN » 6

*Mile in My Shoes builds relationships, breaks down barriers*

## POWER OF RUNNING

By MARGIE O'LOUGHLIN

When Mishka Vertin moved from New York City to Minneapolis in 2014, she hit the ground running. Trained as a social worker, she took a job at Mill City Running while looking for a job in her field. She and her partner, Michael Jurasits, settled into life in the North Loop of downtown Minneapolis.

Vertin said, "We loved exploring the city and developing a new running community. The only thing was, we were surrounded by people who looked and sounded just like us. We've always thought there's a danger in this homogeneous kind of living."

"Living in downtown Minneapolis, we ran past homeless shelters regularly. We started to think there could be a real benefit in getting people out running; people who might not think of running in a positive way. We thought maybe we could grow our own community to include more diverse people through running."

## From thought to reality

Mile in My Shoes launched its first running team in May 2014. The team included six shelter guests living at Catholic Charities Higher Ground of Minneapolis (resident members), two Higher Ground staffers, and eight volunteer runners (run mentors). In November 2014, Mile in My Shoes (MiMS) became a registered 501(c)(3) non-profit organization, and created its board of directors.

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A pair of MiMS runners compete in the full 26.2-mile Twin Cities marathon on Oct. 3. (Photo by Margie O'Loughlin)



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Professor offers tips for 'helpers' dealing with stress of COVID-19

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# 1,100 EXPERIENCES WITH POLICE

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"We are extremely proud of that effort. I think it's the most data gathering that has ever happened to find out what the community actually wants and what the community has actually experienced," said CUAPB President Michelle Gross. "People are eager to talk about what has happened to them at the hands of the Minneapolis police."

CUAPB is sharing these experiences – as well as documents from their extensive database,

Jaylani Hussein, executive director of the Minnesota chapter of the Council on American-Islamic Relations (CAIR-MN), refers to recently released body camera footage from the 2020 uprising in which an officer is heard saying they were going to "hunt" people now. (Photo by Jill Boogren)

which spans the organization's 21 years – with the DOJ and the Minnesota Human Rights Department, which is also conducting an investigation.

"We expect to have an outstanding consent decree that would fundamentally change how police operate in this city," said Gross.

## Reports of intimidation

There have been numerous reports by canvassers of harassment and intimidation by law enforcement and candidate campaign operatives. This has come in the form of "slow rolls" or being followed by police in

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Toshira Garraway

*"How is it possible that while the entire world is rising for justice, in Minneapolis police officers are hunting protesters and hunting individuals?"*

~ Jaylani Hussein



Supervisor Evan Pugh describes an increasing number of interactions with the police while out canvassing that are "at minimum questionable, at most overtly antagonistic."

*"George Floyd is the face of hundreds, hundreds of murders here in the state of Minnesota. Derek Chauvin is the face of hundreds of cops that are still out there, that are still walking free, that are still on the forces, that have retired, that are at home with their families while we live without ours."*

~ Toshira Garraway

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Canvassing supervisor Burhan Mohamed says their job as canvassers is to get personal experiences without getting into the politics of what people think or feel about the police. >> More photos online at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com) (Photo by Jill Boogren)

1,100 EXPERIENCES >> from 2

squad cars, disinformation about the work CUAPB is doing, and removal of their lawn signs.

Burhan Mohamed, supervisor of their Somali canvassing team, said they've come across some reluctance by people to tell their story, and what he believes to be a deliberate campaign to mislead and misinform communities they're trying to engage.

"It's one thing for communities to keep a tight lip, because a lot of us are afraid of being harassed," said Mohamed. But they're also being met with propaganda that they're trying to get rid of the police, which is untrue. Mohamed said their job as canvassers is to get personal experiences without getting into the politics of what people think or feel about the police.

"There are people who need to share these stories and that's the people that we're hopefully creating some sort of opportunity to come talk to us," said Mohamed. He wants residents, especially within the Somali community, to know there's a way for people to speak up if they've been violated by the police.

Supervisor Evan Pugh said that after canvassing for a little over a month, it felt like there was a moment when they suddenly became what he called an "item of interest." Since then, he said, there have been an increasing number of interactions with the police that are "at minimum questionable, at most overtly antagonistic." He mentioned an incident two days prior when a squad car rolled up behind him, startled him after taking a really loud turn, switched on its lights, then immediately turned them off after two blocks – "for

*"We expect to have an outstanding consent decree that would fundamentally change how police operate in this city."*

~ Michelle Gross

no purpose whatsoever that I could see aside from making me jump."

Pugh considers the work important, in that canvassers provide a resource for people to connect.

"There are so many families, so many individuals that have stories of quite horrific trauma at the hands of law enforcement or prison system or the jail system that really do deserve to have their stories shared but have felt very alone and haven't known where to look for support," he said.

CUAPB has compiled a document listing 16 incidents of harassment and intimidation of canvassers that have taken place between Aug. 13 and Oct. 11. On Oct. 1 at Bloomington Ave. and 24th St., for example, an MPD squad car drove by canvassers then circled back around, following them down Bloomington Ave. On Aug. 19 at Nicollet Ave. and 19th St., an MPD officer yelled out of his squad car window, interrupting canvassers as they were taking experiences; community members reported that the officer is known for harassing people in the neighborhood.

Johnathon McClellan, president of the Minnesota Justice Coalition, said they'll be asking the DOJ to investigate these allegations and complaints of tampering with canvassers, as well as the possibility of taxpayer dollars being used to fund the spread of disinformation and harassment.

"Let's not forget why we are here. The lack of trust in local

law enforcement and city officials along with the murders leading up to George Floyd and the ones after, and the continuing assault on our communities, primarily of color, by law enforcement has required the Department of Justice to investigate the Minneapolis Police Department," said McClellan. "It is important that a thorough and independent investigation bring to light any patterns of misconduct that still exist."

#### 'A sheer fear'

Jaylani Hussein, executive director of the Minnesota chapter of the Council on American-Islamic Relations (CAIR-MN), said he's experienced in conversations "a sheer fear" among communities and individuals who've suffered police brutality from many who are afraid to share their stories. He's also talked to individuals who say they've never relied on the MPD and gave an example of a woman who said she called the police after she was assaulted only to have the officer show up the next day. Hussein called for exposure and accountability.

"How is it possible that while the entire world is rising for justice, in Minneapolis police officers are hunting protesters and hunting individuals?" he asked.

The reference to "hunting" is from the recently released MPD body camera footage from five days into the 2020 uprising made public following the Jaleel Stall-

ings case. An officer is heard saying, "Tonight it was just nice to hear. We're gonna go find some more people instead of chasing people around."

"Yeah," another officer interjects.

The first continues, "We're going to hunt 'em. You guys are out huntin' people now. It's just a nice change of tempo."

"Yep. Agreed," responds the second.

In another segment of the hours-long footage, an officer aiming a weapon at a group of protesters calls out "Gotcha," which is followed by laughter, apparently after hitting someone with rubber bullets. In another segment, an officer says, "All right we're rollin' down Lake St. The first [expletive] we see we're just hammerin' 'em with 40s." (According to CNN, this is a reference to the 40mm rubber bullets used).

Hussein acknowledged that change and transformation in public safety takes hard work and requires individuals to be brave and courageous.

"We have for a long time ignored the cries of so many individuals who have been brutalized by our own tax dollars, and for the first time a thousand people are speaking out about clear injustice that took place in the actions of the Minneapolis Police Department," he said. He called for people to reach out to the traumatized and impacted communities of color who have suffered from oppression and violence.

Toshira Garraway, founder of Families Supporting Families Against Police Violence, fiancé of Justin Teigen who was brutally killed by St. Paul police in August

*"We have for a long time ignored the cries of so many individuals who have been brutalized by our own tax dollars, and for the first time a thousand people are speaking out about clear injustice that took place in the actions of the Minneapolis Police Department."*

~ Jaylani Hussein

2009, and mother of Teigen's now 14-year-old son, expressed support for the investigation.

"There's been almost 500 bodies that have been stolen from the state of Minnesota at the hands of law enforcement. And we know that all these murders didn't happen at the hands of Minneapolis police officers. But we know the investigation had to start somewhere," she said.

Garraway urged the DOJ to expand its investigation to the Bureau of Criminal Apprehension, St. Paul and other cities throughout the state.

"George Floyd is the face of hundreds, hundreds of murders here in the state of Minnesota," she said. "Derek Chauvin is the face of hundreds of cops that are still out there, that are still walking free, that are still on the force, that have retired, that are at home with their families while we live without ours."

Garraway implored community members to come forward and tell their stories, even if they're afraid. She said that for every high profile case in Minnesota – Daunte Wright, George Floyd, Jamar Clark, Philando Castile – "there's a hundred names behind that big name that they were able to sweep under the rug and try to keep quiet."

"These families deserve the same amount of justice that George Floyd received. And he didn't even receive the justice that he deserved. But the rest of these families at least deserve their day in court and deserve to get their stories heard," said Garraway. "My family deserves it, and so do the rest of these families in the hurting community."

#### Submit your story

The DOJ investigation, which began in April 2020, is expected to take at least a year. In asking other communities who have had similar investigations how to ensure the best outcome, Gross said, "Universally the answer was, 'Make sure the community is at the table.' So that's what we've been doing."

Comments and experiences can be submitted using a form on the CUAPB website at [cuapb.org](http://cuapb.org) or by contacting the DOJ directly by phone at 866-432-0268 or by email at [community.minneapolis@usdoj.gov](mailto:community.minneapolis@usdoj.gov).

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# We're voting Yes on 2

During the height of last summer's protests over the Minneapolis Police killing of George Floyd, our neighborhood got connected. We gathered, set up group chats, scheduled overnight crews to protect each other, and woke up to more and more destruction of our neighborhood landmarks.

Once the streets settled down, a group of us started meeting regularly to try to better understand the trauma that was revealed in the toxic combination of pandemic disruptions, longstanding systemic racial inequities, and individual instances of police violence.

Consider us part of the Great Awakening that took place in the aftermath of George Floyd's killing, when White people across the country had their eyes opened to what it was like to be Black in America.

But our neighborhood is uniquely situated in the struggle for racial equity, especially when it comes to healing from last year's events. It was the Minneapolis Police officers that patrolled our neighborhoods that responded to originally peaceful protestors with tear gas and rubber bullets in one of the major commercial areas in our neighborhood that triggered the destruction of property that we still pass by every day. That proximity to the epicenter gives us a special obligation to work to make sure it doesn't happen again.

Even more disturbing to us White neighbors who were happy and safe in our little South Minneapolis bubble was the reality of how our very own police precinct – now a burned out shell – was home to “renegade” police officers who the Star Tribune reported “played by their own rules” for years. According to the article, Third Precinct officers had a particularly aggressive way of policing, especially against suspects of nonviolent,

## Guest column

By CARA LETOFSKY,  
Director, The Fair Economy Project,  
and Longfellow resident



low-level crimes who were people of color. This style of policing had led in part to the city paying out \$2.1 million to settle misconduct lawsuits involving Third Precinct officers between 2007 and 2017. Court records also show that “judges have thrown out cases for ‘outrageous’ conduct of [Third Precinct] officers, and prosecutors have been forced to drop charges for searches found to be illegal.” (Star Tribune, “Minneapolis' Third Precinct served as 'playground' for renegade cops,” June 7, 2020.)

### Meeting this historical moment

Once the proposed charter amendment to create a Department of Public Safety was confirmed on the ballot our little group of neighbors researched, read, and discussed the issues around it. We invited the Yes on 2 campaign to an informational session for neighbors who had questions and concerns about the proposal. Through this investigation, we are all now looking forward to voting YES on 2 this year.

While we first got together because of the George Floyd protests, we all recognize that the Minneapolis Police Department has not provided the breadth of public safety options that our city has needed for a long time. Yes, last spring's events opened our eyes, but in our hearts we had all already known that in regards to policing, Black and Brown people are too often seen – and treat-



ed – as suspects when just living their lives.

We knew; we just didn't do anything about it.

Now we can. The conversation around public safety has given us an opportunity to find our voices on issues we know must be addressed. It also keeps us moving towards the safe communities we want for everyone. We need a police force that has the respect and trust of the communities they protect and serve, made up of officers who see the humanity of the people they serve. At its most basic, question 2 would bring the Minneapolis Police Department into a larger Department of Public Safety; bring its governance in line with every other city department; and remove the odd 60-year-old funding set-side for the police force and minimum ratio of police-to-residents in the city charter. It will not solve all the issues with the MPD (see also the police union), but it does provide the opportunity to start the transformation.

There are some who criticize White supporters of Yes on 2 for jumping on the “woke” band wagon. While some significant policy changes were passed recently, serious attempts in the last few decades to reform the MPD failed. We don't all agree on what police reform is best, but many more are aware that we can't bury our heads in the sand and just support the status quo, hoping for a different outcome. Let's use that increased awareness of the problem to grow into a new way of doing public safety.

As Minnesota Attorney General Keith Ellison put it, this is our chance to meet this historical moment and the needs of the future with a YES vote.

## What folks are saying:

“I think Minneapolis needs this amendment. Organizational change takes a lot of hard work and dedication but too many people have suffered devastating losses for me not to embrace this chance for improvement.” – Jen Beckham

“People living in Minneapolis should not be afraid to call 911 for assistance when they need help. De-escalation training and mental health care expertise is critical to public safety, and I believe the charter amendment provides a way forward that does not further militarize the police. My hope is for a system that allows police officers and Minneapolis residents to see the humanity in each other.” – Rachel Bly

“Some people are hesitant to support Yes on 2 because they say ‘there's no plan’. I actually think that is a strength because it will let us create something that is responsive to the moment we are in right now, while allowing growth, modification or change in the future. I want a system where Public Safety can adapt to the ever changing needs of the community, and can continually move towards bettering itself.” – Jessica McDonald

“When thinking about the question of who has access to public safety in Minneapolis, I think about a white friend whose bi-racial daughter told her, if she calls 911 for help, to tell the operator there's a Black person living in the building so the police won't assume she's a perpetrator. When raising my sons, I lived across the street from an African American family with sons just a bit older than mine. Their mom and I became friends. One day she told me about her worry for her older son who had just received his driver's license. She said she impressed upon him to be extra polite if the police ever pulled him over and to follow their requests immediately. It struck me that I didn't have to have that conversation with my own sons.” – Nancy Johnson

“There is a lot of misinformation about the second ballot question. What it is really about is removing the funding requirement and police-to-resident ratio language in the city charter, and whether the police are solely overseen by the mayor or the mayor and city council. I am voting YES because I want a public safety department that works for everyone. I want it to be financially possible to have social workers and mental health crises workers as part of our public safety system. And I would love more money to go to areas that are proven to prevent issues of safety, such as education and mental health resources. I want proactive systems instead of reactive.” – Nicole Stanich

“I'm voting YES because I see the need for change in the system. Too much sorrow and trauma has been caused by the city's current way of policing. I like that voting yes would make policing and public safety issues less dependent on the mayor, and share the decision-making with the city council. I see the need for the greater resources that a Department of Public Safety would bring, supplementing the role that the police play with other skilled professionals. My vote is informed by an experience I had with the police in 2016. My then-husband and I were awakened in the middle of the night by shouting and flashlights as 5 police officers entered our attic bedroom and handcuffed us in our pajamas. A neighbor had called 911 after seeing our renter (my son's friend, a young black man) in our backyard. He told the officers he lived here, but they handcuffed and laid him face down on the ground. After they determined it had been a mistake, the police uncuffed us and left, no apologies. It was a frightening and traumatic experience, and we were lucky that no harm came to our renter or ourselves.” – Theresa Alberti

## A MAYOR MUST...

Eyes darting from news story to blog post to social media message, but nothing looks any different. The same text flashes before your eyes.. the Minneapolis Mayoral election race has a pre-determined winner. People are already upset, others satisfied. The turnout of this election holds in its hands a very pinnacle moment in Minneapolis' history. No matter what happens, you think, I hope Minnesotans never forget what is ahead and what we're coming from.

## Stop Think Feel

By ABHA KARNICK



The past few years have been everything but calm. The Mayor who walks into this next term

walks with a community who continues to heal, grow, and change. The aftermath of a city on fire, the deaths of innocent lives, these are, consequentially, things that a Mayor holds in their hands.

They must be held carefully, tenderly.

What was a long-awaited presidential election burns in the minds of so many across the nation and world. The effects on Minnesotans is just as strong as anywhere else.

A Mayor must think wisely in the political climate that exists.

The trauma and pain of a community grieving the loss of

life and racism that continues to herd us all like cattle is ever-present.

A Mayor must not forget the murders, the turmoil, and the unrest, as it has become a vein in the bloodstream of Minneapolis.

To look ahead is a prominently hopeful stance. Minneapolis holds an eagerness, like a child the night before the holidays, to build and adjust and serve. Communities want change, people want justice, and governments want order. The city begs for revolutionary and foundational disruptions – disruptions to clear away racism and homophobia,

lies and violence, pain and homelessness.

A Mayor must be looking forward, with a thoughtful and empathetic lens on their city.

A Mayor must embody what Minneapolis needs next. A Mayor must represent this city for who she is, the communities she has, and the people she looks out for.

Abha Karnick is a south Minneapolis resident with East Indian roots who graduated from Hamline University in 2019. Her passion lies in storytelling and finding moments to capture.

# Messenger

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# We already have a mental health crisis system – time to build on it

There is a lot of discussion across the state — and the country — about how to help people experiencing a mental health crisis. There is general consensus — even among police officers — that it shouldn't be police. The big question: If not police, then who?

That question has been answered in Minnesota. Public officials and activists are looking at what other cities are doing, but they overlook what is happening in our own backyard.

For over a decade we have had 37 mental health crisis teams serving both children and adults covering all 87 counties in the state, plus four tribal teams. These teams are regulated by the Minnesota Department of Human Services. DHS recognizes one team per county (or groups of counties in greater Minnesota). They are staffed by mental health professionals and practitioners along with peer specialists.

The crisis team can engage someone over the phone or travel to them to de-escalate the situation, provide therapeutic interventions, determine if a higher level of care is necessary, engage family members and develop a plan to avoid a mental health crisis in the future. In some instances, community members may have rapid access to a prescriber or assistance with obtaining insurance and community services.

Under state law, these teams are required to provide a set of services, such as assessment, a treatment plan and crisis stabilization. Crisis staff must have training in delivering crisis services like assessment, treatment engagement, working with families, clinical

decision making and knowledge of local resources. And they are required to have training to ensure that services are culturally informed. These teams also collect data so we can measure their effectiveness and the outcomes.

In 2019, the mental health crisis team in Hennepin County known as COPE took over 34,000 calls and met with over 3,800 people. Statewide, teams across the state provided 13,314 face-to-face crisis assessments in 2020. The response times from referral to assessment was less than 2 hours, 84% of the time. Most people were able to remain in their own home thanks to the services provided.

Thus, people were diverted from emergency rooms and, likely, jails. Minnesota also has crisis beds for adults who need more assistance during the crisis but don't need a hospital level of care. There are 22 programs like this available across the state with 110 beds. These programs are another important part of our crisis system.

As people consider the answer to the opening question — what crisis system? — we are hearing of cities and counties developing their own crisis response models. Some are hiring social workers to co-respond with police or hiring social workers to simply respond to calls by themselves.

There are valid concerns with our current crisis system. The teams can't respond quickly enough or meet the needs of their community. And that's true — because they are underfunded. Few people know how to access them, since there are over 40 phone numbers across the state. 911 dispatches crisis teams in

## Guest column

By SUE  
ABDERHOLDEN  
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just a few locales.

But instead of trying to address the problems within our mental health crisis system, police departments and cities are developing their own models. We at NAMI Minnesota (National Alliance on Mental Illness) are concerned that more models will lead to greater confusion.

We don't know what services each of these city-run teams will provide, the training of the responders, how they will interact with the rest of the mental health system, or what type of records will be kept. Will these be police notes or medical records governed by HIPAA? Ordinary people won't know the difference between the county crisis team and the city-run model, which may create confusion.

Recent legislation known as Travis' Law requires 911 operators to refer to crisis teams where appropriate. We rely on consistency in our emergency response system. Many people call 911 in a crisis, and it makes sense for them to send out the appropriate response — fire, EMTs, police or mental health crisis teams.

While we do not have the re-

sources for crisis teams to respond to every situation right now, many people are not even accessing the resources we do have because it is not available through 911, which is the most well known channel. 911 doesn't need to dispatch a team for every call; many situations can be resolved over the phone. The 911 system and crisis teams should begin working together to provide a consistent response to mental health crises by connecting people over the phone and dispatching when appropriate.

Additional police training and contracting with current crisis teams for co-responder models may prove beneficial when the situation is dangerous, but there are times when law enforcement does not need to get involved.

CIT International, which provides the gold standard for training police on mental health issues, recognizes that properly trained officers can provide an effective response to a person experiencing a mental health crisis.

They note, however, that sending out law enforcement defines the situation as more of a criminal matter, which can then escalate and lead to tragic outcomes. Given the disparities of our criminal justice system, this is why Black, Indigenous and other people of color, as well as the mental health community are demanding alternatives to law enforcement responses.

CIT International went on to state that they do "not promote embedded co-responder models," because "putting a clinician in a police car does not address these concerns." Cities could simply con-

tract with their county team to increase their ability to respond to more calls. Again, we have crisis teams covering every county — we should use them.

The best way to prevent people from entering the criminal justice system is to build the mental health system. Let's put more money into our current mental health crisis system, not in our criminal justice system. At the same time, adding social workers to police departments will not be a panacea.

Let's work together to build on the mental health crisis system that exists, making it stronger and increasing its capacity to address the mental health needs of Minnesotans.

Oct. 3-9 is Mental Illness Awareness Week. For more information, go here. Call the NAMI Helpline at 800-950-NAMI; or in crisis text "NAMI" to 741741.

Sue Abderholden has been the executive director of NAMI Minnesota since 2001. Abderholden has received numerous awards for her advocacy, including the 2020 Esther Wattenberg Policy Award and the 2018 Rona and Ken Purdy Award to End Discrimination from national NAMI. She has family members who live with depression and anxiety.

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## WHAT WE'RE DOING: Du Nord Foundation Community Market and Eat for Equity

The past two years have sparked a renewed interest in mutual aid across the country as the pandemic and the George Floyd Uprising have exposed the many systemic flaws in our society. In Minneapolis, the mutual aid scene exploded with hundreds of pop up aid sites, food drives, and nonprofits. The Du Nord Foundation started as one such pop-up, distributing food and supplies alongside Eat for Equity in the summer of 2020 after a fire in our warehouse. After a pause for repairs, the Du Nord Foundation Community Market opened Feb. 1, 2021 in the newly repaired warehouse and has been serving neighbors primarily in the Midtown area.

The market seeks to be a welcoming place for neighbors to find free, healthy food for their table and supplies for their home, using a model that incorporates a mutual aid approach.

Though far from a new concept, mutual aid has been gaining traction in the conversation about food insecurity. Mutual aid is a community-led process of meeting people's basic needs, where the people receiving aid are the same

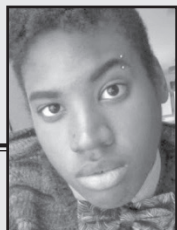
people that volunteer and inform decisions about the aid being offered. As the pandemic continues, many aid sites, from large national organizations to smaller grassroots groups, have been thinking of ways to incorporate principles of mutual aid into their work and include community members in the decision-making process.

We at Du Nord Community Market bring both nonprofit and mutual aid backgrounds to our work in order to fulfill our mission of "Nourishing our Neighbors." We define "neighbors" as anyone in partnership with us, including volunteers, vendors, and the community members that get their groceries from us. We differ from some traditional food shelves in that we offer a wide variety of fresh produce and culturally relevant foods.

Offering food that isn't just free but that is high quality, that people would be excited to cook with and eat is important to me because sometimes when you're living in poverty it feels as though you don't deserve nice things. But everyone deserves to thrive, not just survive, and good food is a

## Guest column

By JAE YATES,  
volunteer@  
dunordfoundation.org



part of that.

In August, the market partnered with our next door neighbors, Eat for Equity, to provide prepared meals. The meals are often made with food rescue and locally sourced ingredients. Since its implementation, we have given out 488 meals — and more neighbors are ordering them each week. Emily Torgimson, Eat for Equity's executive director and co-founder, sees the meals as a way of taking some of the pressure of feeding a family off of neighbors. "I remember asking my mom what the hardest part about parenting was and she said putting food on the table. It's not just the financial resources you need, but also the time and skill to cook and the mental energy

to plan a meal," said Torgimson. "The market helps people know not just where their next meal is coming from but also that they have tonight's meal covered."

In addition to providing meals for the Du Nord Foundation Community Market, Eat for Equity supplies Second Harvest with 750 meals per week, all while running a sliding scale meal box program. The boxes feature a rotating menu that features guest chefs and collaborations between members of the kitchen team. When asked what her favorite part of running the Eat for Equity kitchen is, Torgimson said it was the collaboration that she liked best. "I appreciate that we have a diverse kitchen and everyone brings their food background. We ask for a lot of improv and creativity. I love getting to work with people that share their skills in a collaborative atmosphere."

Though the first few months of the partnership have gone smoothly, both the Community Market and Eat for Equity are excited to improve upon what we are able to offer to neighbors and make the prepared meals even

more accessible. Currently, neighbors are unable to choose which meal they get, though staff can accommodate basic dietary needs when asked. "It would be great if we could come up with a set or rotating menu because comfort food is different for everyone," said Torgimson. To both teams, giving neighbors a variety of options is radical in a system that sometimes homogenizes the experience of food insecurity. Letting neighbors have agency and not making assumptions about what they need is something both organizations strive toward. "People need to receive aid for a number of reasons. Part of providing barrier free access to aid is not assuming that you know what someone needs or what their situation is," said Yates. "People call all the time and ask 'Do I need to bring ID or proof of residence?' and it feels great to tell them they can just show up and get what they need. That's the kind of world I want to live in, where everybody is taken care of."

Jae Yates is the volunteer program coordinator for the Du Nord Foundation Community Market at 2610 E 32nd St.

## Letters

### Check out forums online

The two forums held with the Ward 2 City Council candidates were fantastic opportunities to hear the spectrum of views from all four candidates. If you missed these sessions, please seek them out online — they go along way to clarifying the questions on the ballot this fall as well as

the views of the candidates on these and other issues.

To the hosts of the first forum — Lake Street Council, Longfellow Community Council, Longfellow Business Association, Seward Civic & Commerce Association, and Holy Trinity Lutheran Church — as much as I respect Ruhel Islam, miss Gandhi Mahal and love his Curry in a Hurry, this forum was not the right place to bring in a video of an endorser of one of the candi-

dates. It hosted bias. Thanks in advance for thinking this through a bit more the next time.

Ellen Wolaner  
Longfellow

### Vote for Charles Rodgers

The Hiawatha Golf Course Master Plan has been rejected, twice this year, by the Minneapolis Park Board. But with the coming elections, some candidates still want to cut Hiawatha in half

and pre-flood the course, a dangerous proposition for our neighbors in a flood plain.

Steffanie Musich, our current embattled 5th District parks commissioner, made it her goal to close the course. When that didn't work, she tried to cut the course in half. The Citizens Advisory Committee was formed, then disbanded when they didn't do what the Park Board wanted them to do. When the public comment period was filled, a vast

majority of respondents wanted to keep Hiawatha's 18 hole course. Commissioner Musich is out of touch with the 5th District, and does not deserve your vote.

Charles Rodgers is running for the 5th District seat, and does deserve your vote. He will listen to you. He has the experience as a high-school coach to do what's right for our great park system.

John Solem  
Ericsson





This ongoing series seeks to put a face on domestic abuse and intimate partner violence. Past articles on our website.

## CHILDREN BEING HARMED

Over 58,500 children are court-ordered into the care of abusers and domestic violence perpetrators each year, according to The Leadership Council on Child Abuse and Interpersonal Violence.

809 children have been murdered by a divorcing or separating parent, according to the Center for Judicial Excellence. This includes:

- eight-year-old Autumn Hallow, who was killed by father and step-mother following a custody battle in Sherburne County in August 2020.

- Nelson and William Schladetzky, who were shot multiple times by father David, who also killed his ex-wife on a snowy morning in South Minneapolis on Sunday, Dec. 1, 2019. The divorce was finalized in June 2019.

Multiple studies have found that adults who have attempted suicide report child abuse, with one finding it affects approximately four in five adults with suicide attempts. There are no statistics yet compiled on how many children in the care of abusers commit suicide.

## WHAT IS POST SEPARATION ABUSE?

For many, it is worse than the abuse (domestic violence) suffered during the relationship or marriage. Domestic violence is about power and control. That deep-seated need for power and control does not mysteriously vanish when the relationship ends. During the relationship, the victim often feels better equipped to protect the children. After the relationship ends, and the domestic violence victim is actually penalized for attempting to protect their young and often, accused of "alienation." While domestic violence often takes place behind closed doors, post separation abuse takes place in a new venue: the family court system. More at [www.onemoms-battle.com/post-separation-abuse](http://www.onemoms-battle.com/post-separation-abuse). See graphic on page 7.

## ACES SHOW IMPACT

Post-separation abuse does not just affect the victim, it has both immediate and long-lasting effects on children resulting in high adverse childhood experiences (ACEs). ACE's, a term used to describe any traumatic event during childhood such as divorce, violence, emotional abuse, neglect, substance abuse or even an environment that undermines a child's sense of bonding or stability.

According to the Center for Disease Control and Kaiser Permanente ACE Study, "The economic and social costs to families, communities, and society total hundreds of billions of dollars each year. As one example, the estimated annual U.S. population economic burden of child maltreatment alone, a major contributor of ACEs, was \$428 million."



# THEY TOOK HER CHILDREN AWAY

*Accused of 'parental alienation,' mother separated from daughters for 5 years*

>> From 1

Instead, like many survivors, her voice is flat when she talks about the abuse during her relationship, and the post-separation abuse since.

## CPS holds mom responsible for violent dad

Twenty-three-year-old Starr\* (whose name along with everyone else's in this article, as well as other details, have been changed for their protection) was pregnant with their second child and had left their six-month-old daughter Mia with her boyfriend, Todd, while she worked.

She got a phone call from Todd that chilled her to the bone.

"He said if I don't come home immediately, he was going to kill her," Starr recalled.

The baby looked ok when she arrived, and she told Todd that she was going to stay somewhere else that night. Once safely out of the apartment, she headed to the emergency room. CPS and the police were called, and Todd admitted to shaking the baby that day. He also said that three months earlier he had held a pillow over her face when he couldn't control her crying.

Starr made the decision to leave.

But instead of life getting better in 2005, things got worse for Starr, her six-month-old daughter and her unborn baby.

"I was held accountable by Hennepin County for leaving my child with someone unsafe," explained Starr. "I had to quit my job because there were so many hoops to jump through."

They took the nursing infant away and placed her in foster care.

And they warned her that her parental rights might be terminated. If they were terminated, not only would she lose Mia, but she would lose her unborn child and any future children.

"What they did was far more damaging to my daughter and I than anything he had done," said Starr. "The county takes very flippantly the relationships and bonds between family members. They really don't take into account the damage that does."

Not once did a social worker suggest that she could get a restraining order against Todd, whose physical violence over the years had included blocking doorways, locking her out of the house in the dead of winter, yelling in her face, and strangling her. They ordered him to attend an anger management class, and Starr made sure he got there because she couldn't get Mia back until CPS decided Todd was safe – even though they were no longer living together. They required her to admit she had done something wrong by leaving her child with dad – even though she didn't know he would harm the baby until the day she left.

She finally got Mia back and refused to take Todd back, despite his pleading that they be a family again and that he had changed. Eighteen months after their second daughter, Caroline, was born, he had his third child, a son, with his new wife. Todd faded away for about six years, and only came by to see the girls when Starr reached out.

**'If you take my money, I'll take your kids'**

Then, because she was on medical assistance, the county went after Todd for \$50,000 in unpaid child support.

She begged them not to. "If you take my money, I'm taking your kids," she remembers him telling her.

His wife called her and "demanded to know why I felt entitled to take his money," said Starr. "I couldn't prove any violence was happening now."

So family court awarded Todd every other weekend, and the girls started spending overnights with the father they hardly knew in a different house with new rules and two adults who didn't like their primary caregiver and let the girls know.

"I could do all my laundry and go to a movie in a single day," Starr recalled. "After putting myself through graduate school as a single mom, it was kinda a relief knowing I had another parent willing to do some of the parenting."

But then, the girls developed bed-wetting issues. Caroline started losing weight because she was so anxious about spending the night away from home at her dad's house. She dropped from size six to two within three months.

When Starr brought things up to Todd, he insisted that Caroline was ok, and that she ate with him despite her obvious weight loss so the problem had to be with Starr. He refused to talk about ways to help Caroline eat at his house and manage her anxiety, and he told Starr to stop trying to control how he parented.

"That's when I started saying, 'What do I do?'" remarked Starr.

Her earlier experience with child protection had shown her that she would be held responsible for what happened at dad's house unless she prevented it, so she filed an order for protection (OFP) on behalf of her and the girls. "My goal was not to remove dad from their lives but to figure this out," explained Starr. She agreed to drop the OFP with the provision that they meet and address things.

Instead, he showed up expecting 50/50 parenting time and didn't engage in conversation to address their daughter's needs.

And then he took her to court.

In the meantime, Starr was focused on getting her daughter to eat enough to hit a healthy weight. The school wasn't set up to accommodate a child who needed to eat so many extra calories. In December, Starr pulled Caroline from public school to do a hybrid of some classes at school and the rest homeschool through the holidays to focus on eating. Todd refused to agree to the plan, but didn't offer a better one.

Despite her best efforts, Caroline ended up hospitalized because her heart was being affected by the extreme weight loss, anxiety and psychological abuse the eight-year-old had a hard time articulating.

And Todd filed an emergency order to get custody so he could make legal decisions by himself. In his filing, Todd accused Starr of interfering with the relationship with dad, and used Caroline's words about why she was anxious as evidence that mom was turning his daughter against him. He said it was a case of Munchausen by proxy, and that Starr was acting as if their daughter was ill when she wasn't really sick. He wanted her back in public school immediately, despite her having just begun a two-week hospital stay.

Incredibly to Starr, their family court judge ignored the doctor's diagnosis and awarded Todd temporary sole custody, with a review by a Guardian Ad Litem.

The day they gave him primary care of the girls is a day burned into Starr's memory.

**'They make you feel like the crazy one'**

"Todd is very good at trying to paint me as an immature and incompetent person," said Starr. "People don't question what he says. So many of the things Todd has accused me of he has done some version of himself. I assume that is how he comes up with them."

Todd said Starr didn't include him in medical decisions about Caroline, even though he was at the hospital during her stay and was part of meetings with hospital staff who ensured he was included. He said Starr didn't make them do their homework and pointed to one weekend when they were behind (neglecting to mention they were catching up from the week they had spent with him).

He said that Starr's anxiety was rubbing off on the girls, and that they were enmeshed. He accused Starr of being a gatekeeper and blocking his access to their daughters. He told medical professionals that they couldn't share information with her, misusing his legal custody authority. It's hard to keep track of all the contradictory statements made that Starr heard from Todd, his attorney, the judge and the court-appointed Guardian Ad Litem (GAL), and it was tough to figure out how to address all the lies Todd told.

But one thing is clear to Starr. "The GAL was famous Minnesota con-man Denny Hecker's ex-girlfriend, and she loved Todd. Where does the court find someone like this?"

She questions whether the GAL had training in domestic violence so she could adequately identify common factors in abusive situations. She's not alone. These and other problems are highlighted in a 2018 Office of the State Auditor report on the Minnesota GAL program.

The techniques Todd used, that of denying, attacking and reversing who is victim and offender, is a common method known as DARVO, studied by various researchers in cases of domestic and sexual violence, but it isn't required in training to become a GAL. In fact, someone may become a GAL in Minnesota with

only 40 hours of training, and is not required to have any training in child psychology, domestic violence, Cluster B personality disorders, or high conflict personalities. Likewise, judges, attorneys and custody evaluators receive very little training in domestic violence although researchers estimate that the majority of divorce cases that go before judges and aren't settled out of court involve domestic violence, according to the Leadership Council on Abuse and Interpersonal Violence.

"They make you feel like the crazy one because of the crazy things they're doing," observed Starr.

Caroline finally started gaining weight after her hospital stay and the doctor's recommendation that she needed 3,500 calories a day. Despite the fact that she was with mom for all but a few days of her recovery, Todd used it as evidence they were doing better with him, and legal and physical custody and majority of parenting time should stay with him.

It became permanent after the GAL's recommendation in favor of Todd. Judges are known to rarely go against the recommendation of a GAL or custody evaluator. A study by Georgetown University led by Joan Meiers found that when a mom raises concerns about physical or sexual abuse, and a dad counters with allegations of alienation, the courts side with him and mothers lose custody 43% of the time.

The theory of alienation is widely used in family court, but has been repeatedly debunked by scientists and psychologists, particularly those familiar with the dynamics of intimate partner violence and coercive control who see continued abuse versus "parental alienation" or "enmeshment."

"I was raising them without him and they were leading charmed healthy lives from orchestra to sports, to performing in school theatre, to family vacations and summer camps. Suddenly years later he gets to show up, make false claims and put me on supervised visits," said Starr. "You can't make this up. It's unbelievable."

## Mission to erase mom

But the switch in houses didn't fix the girls' relationship with their dad, and the girls began exhibiting more signs of anxiety and depression as their lives continued to dramatically change. It is hard for Starr to recall all the incidents of the last few years, and how many times they've been in court.

Todd began his time as primary parent by moving the girls to the opposite side of the Twin Cities from where they grew up and changing school districts. He removed them from their long-time activities, dropped their music lessons, and enrolled them in martial arts (which he is a fan of).

"He seemed to be on a mission to erase everything about me and my parenting choices," said Starr.

Also known as "counter parenting," these tactics are outlined in the Post-Separation Abuse Wheel developed by Tina Swithin of One Mom's Battle. They are common ways people continue to abuse their former partners after separation as their access is limited to the children.

Todd's next wife, who was a competitive woman with no kids of her own, began introducing the girls as her children. She said she was their mom while at school functions and medical appointments. She supported his "fight"

THEY TOOK HER CHILDREN >> 7



## THEY TOOK HER CHILDREN AWAY

&gt;&gt; From 6

for parental rights and managed the daily care of the girls despite knowing their mom was capable and willing.

## Caught in a trap

At 12, Caroline's anxiety-induced weight loss shifted to anorexia, and she was placed in the residential treatment program. When she got out, her dad continued to make comments about her weight and that she "was going to get fat if she ate that."

Mia tried to commit suicide at school. The school released her with the explicit understanding that Todd would bring her directly to the emergency room. Instead, he took her out to dinner before making his way to the hospital. The University of Minnesota psychiatrist Mia saw wrote a letter to CPS stating that she needed to be removed from her father's care immediately because she identified him as the source of her distress, and he believed her when she said she was being abused by her dad.

Starr filed an ex parte motion based on the doctor's findings. But once again, she discovered she was caught in a trap. "Everything you say and do and the kids say or do is more evidence of parental alienation, and not dad's bad behavior," she pointed out.

Another time both girls showed up for a visit and admitted that, without knowing what the other was doing, they had both overdosed on pills the night before at their dad's. They needed immediate medical attention. Later, Starr learned Caroline's psychiatrist had called Todd the day before after an appointment with Caroline, and told him he needed to bring both girls to the ER immediately. She relayed that Caroline had a plan and intended to hurt herself. In her notes, she wrote that Todd agreed to bring them in. Instead, the next day he told Starr they were sick and it might be food poisoning.

There were many follow-up suicidal attempts by Caroline, who said if returning to her dad's house was the only option, suicide was the only way out.

"That period of time was really scary," said Starr.

Todd convinced the court that her daughters were compelled to hurt themselves to be loved by mom. "Why would my kids have to hurt themselves in order to prove their love to me?" Starr asked. She was astonished by the allegation, but has discovered that judges and referees in family court have broad discretion in their cases, which are shielded from public eye. Without pointing to evidence, they can rule that a witness is credible or not, and make their decision based on that. Sometimes contrary evidence has been presented disproving the allegations, but this effort by moms is seen as overly aggressive and the evidence gets ignored.

"Their exercise of discretion is so biased," she observed after more than a decade in the family court system, "and they don't have to weigh all the evidence like you do in criminal court. There is no sunlight on these cases."

She believes that a court bias against women is apparent, even in the language used. Todd "informs the court" while Starr "alleges and claims."

Few judges are held accountable in the state for misconduct. The Minnesota Board on Judicial Standards is staffed by fellow judges and attorneys, and has issued only four reprimands in the last five years. There are 289 judges in the state and many referees. The Board received 158 complaints in 2020 and issued only one public reprimand. In 2019, the board received 181 complaints and did not issue a single public reprimand.

Starr has by turns hired an attorney and represented herself, and has spent \$300,000 on a legal battle she calls "frivolous."

It could have been resolved by Todd taking steps towards getting to know his children better, such as attending soccer games and recitals, and growing from there.

"When you deal with domestic violence and get away, you think that part is going to end," observed Starr. "But then they weaponize the court system to continue that abuse. And when it is psychological abuse and coercive control, the court is the perfect weapon for them."

## Supervised like a rapist

Starr remembers one day when she got a phone call from Mia. "She told me she was more scared than she had ever been in her life," recalled Starr, who felt helpless and shocked. "She begged me to come and get her. I told her I cannot come and get you. I have no legal right."

So, Mia called the police. When they arrived, Todd and his mother-in-law told officers that Mia was just being a difficult teenager.

And then they used it in court to say that Starr was even trying to alienate the girls from their grandmother and was responsible for the police visit. "I was not involved in this," pointed out Starr. "I had no idea where she was." But it didn't seem to matter. Again, if she did something, it was inappropriate. If dad did it, it was somehow her fault, too. "Court is his arena," observed Starr.

"The court kept getting the message that I was relentlessly doing behaviors that were unacceptable because Todd was relentlessly manufacturing accusations," Starr pointed out. And there was no proof. But the court got fed up with it, and issued a sua sponte order that no one had asked for.

The judge ordered supervised visits for her at the highest level available in Minnesota.

She was only allowed to see her daughters at a supervision site typically reserved for those who rape their children but get to see them after they've served their prison time.

She got to see her kids for one hour a week. They were so booked up, she couldn't see them at all for four months.

And she had to pay for all of the supervision costs.

"I don't want anyone to try to imagine how this feels because no parent should have to imagine it," said Starr.

Starr finds it confusing that the court still thinks she is the problem parent. Todd has a poor co-parenting relationship with the mother of his third child. Meanwhile, Starr co-parents easily with the father of her third daughter although they are no longer a couple, and they haven't involved the court at all but collaborate on what's best for their children.

She had a psychological evaluation done, which showed little more than a hesitation to trust people. It ruled out Munchausen by proxy. She was ordered to complete DBT therapy anyway, and she graduated out of it in half the typical timeframe. Meanwhile, Todd's results showed he's likely to blame Starr for his parenting challenges, and lacks attentiveness to meet the needs of the girls. He hasn't completed any therapy to address those issues.

"If a dad rapes a daughter during his parenting time with her, and she tells her mom what happened, what is mom supposed to do? If she does nothing she is neglecting her responsibilities as a parent, but if efforts to protect the child are made, the child is taken from her and given to the dad. When a divorced mom comes forward, she is accused of telling the daughter to say that to alienate her from dad," said Starr. "I'd like the court to tell us how to manage this."

## Countdown to 18

Eventually, dad placed both teens in separate, long-term locked psych facilities although that level of care wasn't recommended by their psychiatrists. Todd refused to sign releases for Starr's involvement even though she was legally allowed to be included. Despite the lack of a court

order supporting that, staff followed Todd's directions.

Starr believes that family court is a misogynist system that favors fathers. "Just do what the man wants when he wants it" is the message she's gotten, versus one that puts the safety and well-being of the children as priority.

The system has not given the children a voice, or listened when they're talked about their dad's physical aggression and the coercive control he's demonstrated. "They have sexual rights in Minnesota, but they don't have the right to come home," said Starr.

Mia spent nine months in treatment and then returned to her dad's for a short time before leaving again. She spent nine days at a homeless shelter. She's now staying with her godparents as she completes her junior year.

She recently got an harassment restraining order against her dad (that he is fighting) because he kept reporting her missing and having police hunt her down. She also witnessed him abuse his teenage son and saw ongoing neglect of his now one-year-old baby, Grace. She's worried about how his inability to cope with a baby crying has continued.

Caroline was in treatment for over a year. Once she got out, her step-mom picked her up and dropped her off at a homeless shelter because she refused to return to her dad's house. She moved from couch to couch, and landed with a grandparent who helped enroll her back in school where she's a sophomore now.

Both girls remain officially "homeless and highly mobile youth." They live in fear every day that he could cause more problems in court and try to force them back. They continue to deal with a lot of anxiety.

When interviewed separately Mia didn't feel ready to share her experience out of fear. "I just wish he hadn't ruined my childhood," she said.

They're all counting down the days until they turn 18 and can move back in with mom.



This ongoing series seeks to put a face on domestic abuse and intimate partner violence. Past articles on our website.

## WHAT IS DARVO?

Deny, Attack, and Reverse Victim and Offender

It is a reaction perpetrators of wrong doing may display in response to being held accountable for their behavior.

The perpetrator or offender may Deny the behavior, Attack the individual doing the confronting, and Reverse the roles of Victim and Offender such that the perpetrator assumes the victim role and turns the true victim – or the whistleblower – into an alleged offender. This occurs, for instance, when an actually guilty perpetrator assumes the role of "falsely accused" and attacks the accuser's credibility and blames the accuser of being the perpetrator of a false accusation.

"I have observed that actual abusers threaten, bully and make a nightmare for anyone who asks them to change their behavior. This attack, intended to chill and terrify, typically includes threats of law suits, overt and covert attacks on the whistle-blower's credibility, and so-on. The attack will often take the form of focusing on ridiculing the person who attempts to make the offender accountable," said researcher Dr. Jennifer Freyd of the University of Oregon.



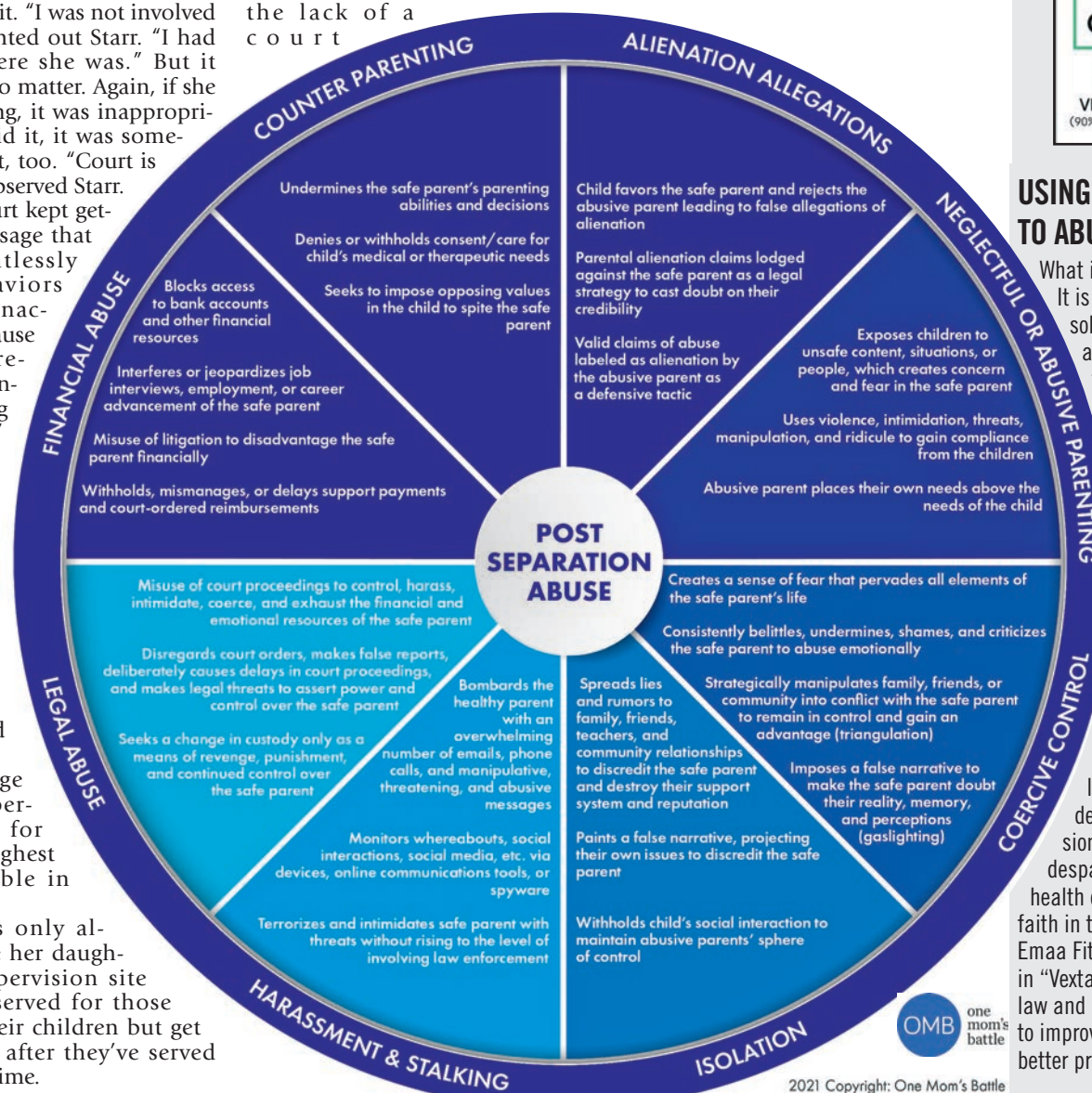
1 IN 15 CHILDREN

ARE EXPOSED TO INTIMATE PARTNER VIOLENCE EACH YEAR (90% OF THESE ARE EYEWITNESSES)

## USING THE COURTS TO ABUSE

What is 'vexatious litigation?' It is legal action brought solely to harass or subdue an adversary. It may take the form of a primary frivolous lawsuit or may be the repetitive, burdensome, and unwarranted filing of meritless motions.

"Vexatious litigation can be very distressing for the other party. Respondents observed a plethora of negative effects including serious psychological stress, increased legal costs, feelings of depression and oppression, hopelessness and despair, triggering of mental health episodes, and a loss of faith in the justice system," wrote Ema Fitch and Patricia Eastale in "Vexatious litigation in family law and coercive control: Ways to improve legal remedies and better protect the victims."



2021 Copyright: One Mom's Battle



&gt;&gt; From 1

On Chicago Ave., a long line of tables draped in black cloths and adorned with small lanterns hosted a range of community groups including: 612 M\*A\*S\*H (Minneapolis All Shall Heal), which is opening its free health clinic in the Square soon; Midwest Art Conservation Center, who has supported GFGM conservation efforts over the past year and a half; and Minnesota Teen Activists, who have organized many marches and rallies – including a state-wide student walkout – to advocate for students facing racial disparities.

Elmond Dominick Saul, a “proud Creole” from New Orleans who lives in South Minneapolis, knew George Floyd and wanted to visit that day.

“He was a gentle giant,” he said.

The Lions of Judah Drum Drillteam marched north on Chicago Ave., drawing people toward the event stage where family members and friends shared words of encouragement and expressed gratitude. Paris Stevens, George “Perry” Floyd’s cousin and co-chair of GFGM, introduced her – and Perry’s – aunt, Mahalia Jones, who was visiting from North Carolina.

“Every time I come here it’s always amazing, because the people here are so good. Loving. I feel the love... the community, they welcome me,” said Jones. “Every time I come it’s a joy. And to step out here and see what everyone has done to protect this place and make it sacred and keepin’ it real and steadfast and keeping the movement going... I’m tellin’ you. I’m just glad to be here for this celebration of love.”

The crowd shouted “Happy Birthday” as balloons were released skyward. Brass Solidarity, an ensemble of horns who play Monday afternoons at the Peoples’ Way, then blasted out a “Happy Birthday” tune followed by “This Little Light of Mine.” Twin Cities Rapper Metasota and Youth Choral Ensemble KNOWN Mpls rounded out the music for the evening.

“Rest in peace, George Floyd,” Metasota told the crowd, “I don’t care what you believe personally. I don’t care how you

## Celebrating Floyd’s 48th birthday



Brass Solidarity blasts out a “Happy Birthday” song followed by “This Little Light of Mine” during the celebration of George Floyd’s 48th birthday at George Floyd Square on Oct. 14, 2021. The event was organized by the George Floyd Global Memorial (GFGM), with community members and supporters, and included music, free food and fellowship in George Floyd Square. >> [More photos online at www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com) (Photo by Jill Boogren)

grew up. No one deserves to die like that.”

After the concert, metal luminaries made at free workshops at Chicago Avenue Fire Arts Center were suspended in front of the portrait of George Floyd, where people placed candles at the end of the evening.

### One year

The day before the event, GFGM Executive Director and Lead Caretaker Jeanelle Austin reflected on how far GFGM has come since the organization was formed one year ago on this day.

“Oh my gosh, we made it to one year,” she said, recalling this time last October when Angela Harrelson, George Floyd’s aunt and co-chair of GFGM, said they were going to launch the memorial on Perry’s birthday. With some trepidation, they pulled together a press conference while, unbeknownst to Austin, the community was planning an event to honor Mr. Floyd. It turned into a big event and they made the announcement.

At that time, Derek Chauvin’s trial was still forthcoming, they were still figuring out where to hold the offerings, and whether to do an exhibit. Since then, Pillsbury House Theatre has provided space for conservation and storage of the offerings to the

memorial and now, through a new partnership, will be providing office space to GFGM.

From March through August, the Chicago Avenue Fire Arts Center hosted the pop-up GFGM exhibition “Still Here... Unstolen. Unbroken” in its storefront gallery. And GFGM hosted the one-year anniversary of George Floyd’s death – significant, Austin explained, in the way it brought together his family, community members and families from all over the Twin Cities whose family members are victims of police violence.

“What makes George Floyd Square George Floyd Square is that we acknowledge the deaths of so many people, here in Minnesota and across the country. Because George Floyd is one of many... who have been lynched by law enforcement, it’s important to us to always say their names and not just say the name of George Floyd,” said Austin. “I think the way the family has moved and approached the building of the George Floyd Global Memorial to really be able to hold so many narratives and so many stories... it sets the framework and it sets the platform for being a kind of institution that will tell the stories of so many people for generations to come.”



“Rest in peace, George Floyd,” Twin Cities rapper Metasota tells the crowd, “I don’t care what you believe personally. I don’t care how you grew up. No one deserves to die like that.” (Photo by Jill Boogren)

One constant for the memorial is it has always had a solid minimum 30-person volunteer base, which continues today.

“I don’t think the George Floyd Global Memorial could have survived this past year without the people of this place. Of our neighborhood,” said Austin. She would like to engage more BIPOC, especially Black, volunteers to be able to tell “our own story in this movement for Black liberation.”

Looking ahead, the Global Memorial wants to acquire land and build a permanent institution from scratch, one that is big enough to hold the story.

To do this, they need to raise funds to hire an executive team to support the vision. In the short term, GFGM is hiring an executive administration assistant, as well as a youth technology intern.

### 1 million donor campaign

People of all ages and economic means are encouraged to give a minimum of \$1 to become a founding contributor of the George Floyd Global Memorial. Donations to the 501c3 non profit are tax deductible. More at [www.georgefloydglobalmemorial.org](http://www.georgefloydglobalmemorial.org).

Over 2500 offerings of street art, drawings by children, protest signs, rocks, letters, paintings, flowers, and meaningful gifts transformed the intersection of 38th St. and Chicago Ave. into a sacred site. “People all over the world built the memorial, and we welcome everyone to support our preservation of history and storytelling in this unprecedented way,” according to the website. “Our work thus far has been funded by individual donors and the blood, sweat, and good heart of Community members at 38th and Chicago.”

*“That work doesn’t stop, ‘cause the stories keep coming, the expressions of pain and hope keep coming.”*

– Jeanelle Austin

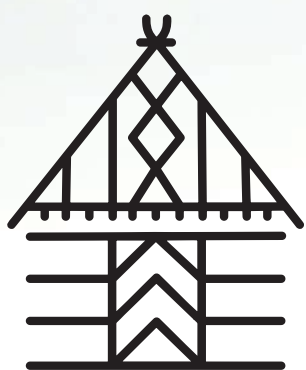
GFGM is continuing its one million donor campaign, wherein people of all ages and economic means can give a minimum of a dollar and be a founding contributor of the memorial.

“We really want the institution to be built of and for and by the people, the same way the memorial has been built of, for and by the people,” said Austin.

And their conservation work at Pillsbury House and in the Square will continue, as well.

“That work doesn’t stop, ‘cause the stories keep coming, the expressions of pain and hope keep coming,” said Austin. “We continue to be committed to preserving and conserving these stories of racial injustice and fighting for racial justice.”

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# HIBAR CO-FOUNDERS DRAWN TOGETHER BY SENSE OF PURPOSE

By MARGIE O'LOUGHLIN

By now, everyone has seen images of plastic-strewn beaches around the world. Half a billion shampoo and conditioner bottles get tossed out every year in this country alone. Nora Schaper and her three co-founders at HiBAR, manufacturers of a new line of plastic-free shampoo and conditioner products, have been taking action on reducing single-use plastics with their innovative new product line.

Nora said, "HiBAR is inspiring people to remove single-use plastic from their everyday lives. We do that by redesigning commonly used products (like shampoo and conditioner) from the ground up to be beautiful, functional, and 100% plastic-free."

HiBAR launched in late 2018, and is already on the shelves in more than 10,000 stores across the country. Nora said, "The world needs one or two brands that can popularize the idea and practice of being plastic-free, and we intend to be one of them."

## Four heads are better than one

Nora, a communications consultant, and her husband, Jay Schaper, were owners of a body care product business that manufactured bath bombs and soaps. As the years went by, they became increasingly concerned about single-use plastics pollution.

Their children attended the City of Lakes Waldorf School in Minneapolis. When Nora saw fellow parent Ward Johnson in the school parking lot one day, she chased him down. She knew he had recently sold his business, a natural pet food company, and that he had a good business head on his shoulders.

The three of them started brainstorming about business ideas, and soon bumped into another Waldorf parent, Dion Hughes, at a social gathering. Nora said, "Dion had just come back from a vacation, a trip to Mexico, where he'd seen plastic strewn beaches first-hand. He was very motivated to start working for environmental change."

## Plastic-free shampoo and conditioner manufactured locally



The HiBAR team at their workplace in the St. Paul Midway neighborhood. HiBAR launched in late 2018, and is already on the shelves in more than 10,000 stores across the country. Founder Nora Schaper said, "The world needs one or two brands that can popularize the idea and practice of being plastic-free, and we intend to be one of them." (Top photos submitted, bottom photo at right by Margie O'Loughlin)

Dion is a creative brand builder, an inventive thinker, and a brilliant marketer. Before we knew it, we had our leadership team."

## From humble beginnings

Jay is the HiBAR product formulator. According to Nora, "Jay isn't a trained chemist, so he doesn't worry about breaking the rules. He is also a potter, and has years of experience formulating and mixing his own glazes."

She said, "We started out making product in our basement. We sent out the early orders from our living room. Making shampoo and making conditioner are two very different processes. Shampoo is made in a huge mixer; it's kind of like mixing cookie dough. After three years of formulation, we launched HiBAR. Our products are salon quality, with all-natural ingredients and beautiful, plastic-free packaging."

"We've grown very quickly; we have 35 employees now. We thought we would hire someone to manufacture our products, but our formula is so different from the industry standard that we ended up making our own stuff."

"We didn't want our prod-

ucts to look like bars of soap, because they aren't. We wanted them to be visually striking. On the North Shore of Lake Superior, we found river rocks and realized that they held the answer. Inspired by their shape, our bars are a joy to hold, save space in the shower, and shed moisture quickly."

HiBAR products are distinctly different from other salon quality hair care products because they contain no sulfates, fragrances, silicones, or parabens – and there has been no animal testing.

## Core business tenet is care

One of the core tenets at HiBAR is care for the planet – and for fellow humans. Nora said, "We've removed over 2,600,000 plastic bottles from the environment. Every HiBAR purchase is equivalent to one 16-ounce bottle of water-based shampoo or conditioner. We extrapolate our sales figures into the number of empty plastic bottles that aren't cluttering up the environment."

She continued, "Women are the main purchasers of HiBAR

products and of home goods in general. We knew that in order for women to give up their plastic-bottled shampoo and conditioner, HiBAR needed to perform as well or better than what they were switching from. All along the way we asked women to test our products, we consulted with women, and right now the whole sales team is women."

All product packaging is compostable, recyclable or both. When it comes time for shipping, the commitment to being plastic-free continues. There is no bubble wrap, and no plastic tape.

Nora said, "Our goal since the beginning has been to get to what we call the 'light green shoppers.' Conversations about plastic pollution continue to increase – people want to make change, especially young people."

## Looking ahead

HiBAR products are readily available in the Twin Cities; look for them at local food co-ops including Seward, Kowalski's, Whole Foods, Mastel's, Fresh Thyme, REI, and more.

The cost is \$12-\$13 depending on the product. A shampoo



## Mission-driven

"HiBAR's mission is to inspire the removal of single use plastic from everyday life by redesigning personal care products. Being a start-up, not a corporate entity, means we have less structure, fewer resources, no road map, endless unfinished tasks, and a huge feeling of responsibility for our employees and our customers. It also means we have the ability to effect more change."

~ Nora Schaper, HiBAR co-founder



sampler set (\$9.95) includes three of their most popular shampoos in miniature, trial size. Nora explained, "A traditional shampoo and conditioner contains 80-90% water, whereas our products contain none. Because they are concentrated, our products last longer."

In 2022, HiBAR will be launching two new products: gentle, amino acid-based face cleansers, and a line of deodorant – all plastic-free. Visit the website at <https://hellohibar.com> to learn more. Access the HiBAR Journal while you're there, for other stories related to improving environmental stewardship and responsible consumerism.

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# Park Board Races

The candidates for park board were each asked to respond to the following question in up to 250 words: **Why are you running for office?**

Some candidates opted for enhanced paid listings and outlined their positions more. View those on our website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

\* Candidates are listed in alphabetical order below.

The nonpartisan League of Women Voters – Minneapolis asked candidates six questions and compiled an online voters guide. View it at <https://lwvmps.org/parks-and-recreation-candidate-questionnaire-responses/>

Questions included opinions on commissioner's roles, Parks for All, equity, balancing demands while maintaining the system, climate sustainability, and top priorities. Find the link via our online elections page.



## District 3

### Becky Alper

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 Matthews Park, playing on the playground at Powderhorn Park, or walking the trails along the Mississippi River.

My priorities are to prepare our parks for the impacts of climate change and ensure a better future for our youth through continued investment in youth programming. I will work to maintain and improve our local park infrastructure, whether splash pads, tree cover, or transit access. I have a B.A. in Geography and International Development and a Master's in GIS from Clark University, work in



the transportation field, and speak Spanish fluently. I am a dedicated Minneapolis Public Schools and Rec Plus parent and believe that we must do more for working moms and families.

In June, I received 55% of the DFL endorsement vote, a clear majority. Our neighbors further encouraged my campaign by providing more than 550 signatures to file for office. I'm proud to be endorsed by the Sierra Club North Star Chapter and Friends of Lake Hiawatha. Our neighbors deserve a representative who will take action to build an inclusive park system that serves children and adults from all backgrounds and who will move past divisiveness to tackle challenges as a team member. Join us! Learn more about my platform and connect with our team at [www.Beckyforparks.org](http://www.Beckyforparks.org).

### DID NOT RESPOND:

- AK Hassan, incumbent
- Mohamoud Hassan

## District 5

### Justin Cermak

No Homeless Living in the Parks. Save Hiawatha Golf Course. More park opportunities for kids in the parks.



### Steffanie Musich, incumbent

My approach to politics is one of public service and I believe that my experience makes me uniquely qualified to represent you on the park board. I am running for re-election to the park board because I am fully committed to ensuring that the parks implement policies that enable the Minneapolis Park and Recreation Board to



continue to adapt to park users' needs as those needs change and evolve. These policies need to also allow for sustainable growth and thoughtful maintenance of existing properties and amenities.

I try to make the best decisions with and for my constituents by listening to them, researching issues before the board, and balancing people's needs and desires in a way that achieves consensus. When conflict trumps consensus, I try to find a balance with our communities by listening to both residents and the advice of scientists and experts.

We need a park system that is adapting to our changing climate and is sustainable for the

long term, for our children and our grandchildren. My focus will always be to make the best long-term decisions for the park system and the residents of Minneapolis. Since my swearing in in 2014, the park board adopted several long term master plans for parks in my district. As the commissioner that helped shape those plans, I have unique knowledge of the community engagement that took place, what portions of the plans are most desired by residents and park patrons, and what resources are available to help implement them.

### DID NOT RESPOND:

- Charles Rodgers



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Paid & prepared for by Alicia for Parks, P O BOX 7661, Minneapolis, Minnesota 55407 & Meg Forney for Parks, 3201 Zenith Avenue South, Minneapolis, MN 55416

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## Visit website for race info and results





## At-Large

### Alicia D. Smith

Our parks are a powerful community tool that play an important role in the socio-economic and physical well-being of our city. Growing up in North Minneapolis, our city's parks were vital to my growth and development. My family frequented our parks daily and I found community with my peers in sports and daily play. As a mother of two boys, the parks continue to play an integral role in my life. My sons participate in various Minneapolis Parks and Recreation sports programs and special events. I want to serve to truly create a park system that serves all who choose to frequent the parks. I want to build programs that are reflective of what communities' desire while still being innovative in delivery. I want to ensure fair and equitable access. I want to bridge generations of park users together creating rich interactions and experiences. I want to build with all of you and co-create parks we all can find value in.



### Tom Olsen

I am running to be an At Large Commissioner because our parks and recreation services make our city special and I have the drive to maintain the high quality of our system while fighting for a vision that makes our parks more inclusive, community-oriented, and forward-thinking.

I have several years of experience working in public service with an expertise on environmental issues. I currently work with the MN House DFL as a Communications Specialist. This means I can bring much needed legislative experience to the Park Board to help secure funding and support at the capitol. In Minneapolis, I served as the Vice Chair of the Community Environmental Advisory Commission. I will use my budding and rich career experience to serve with nuance, commitment to long term planning, and to responsive constituent service.

I am committed to representing each community, and I promise to take into consideration the needs and desires of everyone. Minneapolis is home to some of the worst racial disparities in the



nation so it's critical that we emphasize funding services that uplift communities which have been underinvested in. For instance, I will also push to complete the unfinished vision of Theodore Wirth by completing connections to the Mississippi for North and Northeast, and finish the missing link of the Grand Rounds. Our parks are incredibly important as they form the backbone of our communities and serve to protect our local environment. So it is critical that we fill the Park Board with folks who have the capability and energy to put in the hard work. I know that I have what it takes to govern our parks effectively as an experienced candidate with several years of legislative experience.

### Meg Forney, incumbent

First, I want to thank you for the opportunity to serve you as your City Wide Park Commissioner. It is an honor and a privilege and, daily, I am humbled by my small role in the legacy of our 137 year history. I am proud of our accomplishments during my short two terms: Funding for



our neighborhood Rec Centers for 20 years, utilizing a racial equity matrix. Adding strategic parkland to our system, targeting the gaps in underserved areas. Master Planning the entire city's park system for long-term development and improvements. I seek re-election to address four action items: Equitable Access, Climate Resiliency, Youth and Senior Programming, and Financial Sustainability. I am passionate about our Park System and honored to steward its legacy. I ask for your support – Vote Meg #1.

Endorsements: Minneapolis DFL Senior Caucus, MN Senator Scott Dibble, MN Representative Frank Hornstein, MPRB Vice President LaTrisha Vetaw, Mayor Jacob Frey, Friends of Hiawatha

Read her five position statements online at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com).

### Mary McKelvey

Our #1 Park System is arguably a top reason why we love Minneapolis, and I am passionate about defending these public, green spaces. I am in the parks every day, and coach trail



sports year-round. I have experience in all areas of the city as a substitute ESL teacher who has taught in more than 30 different Minneapolis Public Schools. I recently served on the Minnehaha Creek Regional Trail and the Parks for All Comprehensive Plan Community Advisory Councils. I am engaged in our city's political well-being as a member of the League of Women Voters and as a lifelong DFLer. I will promote policy that encourages more of us, especially young people, to be active, to connect to nature, and to feel welcome through inclusive, well-advertised programming in our parks. I will also promote environmental initiatives that keep our lakes and streams, our native trees and plants, our wildlife, our pollinators, and ourselves healthy, clean and climate-resilient. I want to connect with you! Please share your ideas, learn more about me, send me questions, or join our team at my website here: <https://www.maryforparks.org/>

### DID NOT RESPOND:

- Londel French, incumbent
- Katherine Kelley
- Charles Rucker

## Job descriptions

### Parks and Recreation

The Minneapolis Park and Recreation Board was created in 1883 to govern, maintain, and develop the park system. There are nine Park commissioners—one from each of the six park districts, and three at-large.

Length of term: Four years

Salary: \$12,438

(President: \$13,853)

#### OFFICIAL DUTIES

- Develops park policies
- Enacts ordinances governing the use of neighborhood and regional parks, parkways, beaches and lakes, and special use facilities such as pools, ice arenas and golf courses

- Appoints the Superintendent

For more information: [www.minneapolisarks.org/create\\_parks](http://www.minneapolisarks.org/create_parks) we all can find value in.

### Minneapolis Mayor

The Mayor's role is like that of

a chief executive officer of the City.

Length of term: Four years

Salary: \$136,101

#### OFFICIAL DUTIES

- Ensures that laws and ordinances are enforced within the City, and that city officers do their jobs

- Serves as executive officer of the City of Minneapolis and is leader for the City of Minneapolis at the State Legislature

- Presides over the City Council Executive Committee and Board of Estimate and Taxation meetings

- Nominates department head candidates such as the Police Chief, Fire Chief and Budget Director

- Appoints representatives to agencies and commissions

- Proposes policy direction in the annual State of the City address

- Approves or vetoes all City Council and Park Board actions (Vetoes can be overturned by two-thirds vote of the City Council or Park Board.)

- Does not determine property taxes and city budget

For more information: [www.minneapolismn.gov/government/mayor/](http://www.minneapolismn.gov/government/mayor/)

### Minneapolis City Council

The City Council is Minneapolis' main governing body, responsible for approving new and future city developments. The Council governs through its legislative, administrative, and financial powers. The Council uses a committee system in which each committee handles a specific area of city policy. There are 13 City Council members, each representing a ward.

Length of term: Four years

Salary: \$106,101

#### OFFICIAL DUTIES

- Establishes policies for city departments

- Exercises budgetary and policy control over city departments

- Sets property taxes to raise money for the city budget (within the limits set by the Board of Estimate and Taxation)

- Licenses city businesses
- Enforces rules that regulate public and private activities, including uses of property, prevention of crime, and ensuring public health and welfare

For more information: [www.minneapolismn.gov/council](http://www.minneapolismn.gov/council)

### Minneapolis Board of Estimate and Taxation (BET)

Oversees the city's budget operations and audits the city's finances. The board is made up of six members. Two members are elected by the voters. The unelected members are the following:

1. Mayor
2. City Council President
3. City Council member who chairs the Council budget committee

4. Park and Recreation Board Commissioner

Length of term: Four years for the elected members

Salary: The two elected members receive a per diem

#### OFFICIAL DUTIES

- Coordinates various taxing and borrowing powers for the City

- Holds public hearings to gain citizen input regarding maximum tax levies for certain City tax funds, and sets maximum tax levies for the following funds: the City Council, the Park and Recreation Board, and the Board of Estimate and Taxation

- Issues General Obligation

Bonds of the City in support of the Capital Program

For more information: [www.minneapolismn.gov/government/boards-and-commissions/bet](http://www.minneapolismn.gov/government/boards-and-commissions/bet)

## Voting resources

### CITY:

Get information on the city of Minneapolis election at the city's voting site. Find election maps, polling locations, information on how to register to vote, details on ranked choice voting, how to file for office, and more. Go to: [vote.minneapolismn.gov](http://vote.minneapolismn.gov)

### SECRETARY OF STATE:

View sample ballots and get election results on the Minnesota Secretary of State web site. You can also sign up to be an election judge, learn about other ways to vote, and register to vote here. Information is available in multiple language, including Somali, Hmong, Spanish, Vietnamese, Russian, Chinese, Lao, Oromo, Khamar and Amharic. More here: <https://www.sos.state.mn.us/elections-voting/>

## Ballot questions

### City Question 1:

#### 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 \_\_\_\_\_

### City Question 2:

#### Department of Public Safety

Shall the Minneapolis City Charter be amended to remove the Police Department and replace it with a Department of Public Safety that employs a comprehensive public health approach to the delivery of functions by the Department of Public Safety, with those specific functions to be determined by the Mayor and City Council by

ordinance; which will not be subject to exclusive mayoral power over its establishment, maintenance, and command; and which could include licensed peace officers (police officers), if necessary, to fulfill its responsibilities for public safety, with the general nature of the amendments being briefly indicated in the explanatory note below, which is made a part of this ballot?

YES \_\_\_\_\_ NO \_\_\_\_\_

#### Explanatory Note:

This amendment would create a Department of Public Safety combining public safety functions through a comprehensive public health approach to be determined by the Mayor and Council. The department would be led by a Commissioner nominated by the Mayor and appointed by the Council. The Police Department, and its chief, would be removed from the City Charter. The Public Safety Department could include police officers, but the minimum funding requirement would be eliminated.

### City Question 3:

#### 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:

- Authorize the City Council to regulate rents on private residential property in the City of Minneapolis by ordinance.

- 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.



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FOR CITY COUNCIL WARD 2

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## Concordia professor offers tips for therapists, social workers, police and more dealing with stress of COVID-19

# HELPING PROFESSIONALS NEED HELP, TOO

By JAN WILLMS

Coping with the ups and downs of everyday life can be challenging in the best of times. But add COVID-19 to the mix, and those challenges can increase greatly.

Jerrold Brown, a professor at Concordia University in St. Paul, is the program director for a master of arts degree in human services with an emphasis in forensic behavioral health.

He said that in September, Concordia started a new program for an online graduate certificate in trauma, resilience and self-care strategies.

The program is online, offers 15 credits and continues for eight weeks. "There will be a new cohort in January, and another presented later," Brown explained. "We plan to have three cohorts a year, and with this model the same students will attend classes together."

The classes are designed for members of the helping professions to take a look at the importance of self-care, as well as working with clients who are struggling with depression, social isolation, or other issues that have been exacerbated by the pandemic.

### COVID-19 amplifies trauma

"COVID-19 is amplifying trauma and stress and really taking a toll on the helping profession," Brown noted. "The helping profession is a pretty big word. It could include those working with homeless outreach, domestic abuse, substance abuse, counselors and peace officers."

Brown said individuals employed in these fields are already prone to burnout and fatigue, and throwing in COVID-19 just adds fuel to the fire. He said they are working with people who had previous conditions going on before COVID-19.

"For example, were their clients dealing with depression al-



"It's okay for professionals to say they are not doing okay and get therapy or join a support group," says Jerrod Brown, a professor at Concordia University. The university has started a program for an online graduate certificate in trauma, resilience and self-care strategies. (Photo submitted)

ready? Their in-person support system may be gone. And who knows what will happen when COVID-19 is gone? The helping profession may be even more impacted," Brown said. "Once COVID-19 dies down and the dust has settled, that's when some of these issues will rise, and it will be very concerning to the helping profession."

Being mindful of this, Brown said the online graduate program emphasizes professionals practice self-care. "If they are not in a good position, they will not be able to take care of the people they work with," Brown continued. "A counselor needs to show strength, and they are so used to the face-to-face meetings, but telehealth can be as effective. There have been some benefits but some negatives, also."

"What did we learn from this experience? It may happen again in the future, and we need to teach ourselves and the people around us to be prepared," Brown said. "If we can run an organization from a healthy mindset, it will trickle down to the people we serve."

Brown added that working

from the mindset of collaboration, being kind to the people around us, validating, being kind to ourselves and others around us will reap benefits.

### Are you stressed?

"Health professionals, working with vicarious and secondary trauma, want to be aware of their energy level and sleep habits," Brown said. "Even if they sleep at night, do they wake up exhausted? Are they putting on weight? Crying about things that didn't trigger them before?"

Feeling more anxiety, minimizing feelings and becoming addicted to the screen, stuffing emotions, showing up late for work, can all be signs of increased stress helping professionals face, according to Brown. He said that difficulties in getting tasks done, being forgetful, putting down wrong dates, making poor decisions and in the worst scenario, drinking and using drugs can all be factors of stress.

"It is okay for professionals to say they are not doing okay and get therapy or join a support group," Brown said.

### Exercise, eat well, be around positive people

Brown's advice to helping professionals or anyone else challenged by the additional stress of dealing with the pandemic is to adopt a routine of exercise, good nutrition and being around positive people.

"Do not overdo caffeine or sugar; there is a big connection with digestive issues," he noted. "We can strengthen our immune systems, our gut and can improve our emotional health."

### Get good sleep

Brown also emphasized that sleep is one of the number one things that can be affected by stress. "It's hard to get a solid foundation if you don't get enough sleep," he said. He suggested that if a health professional is not sleeping well, he or she should talk to a health care provider and make sure there is nothing physically wrong. Then find out what is going on in their lives regarding emotional pain, directly or indirectly.

"Look at fluid intake, get up and go to bed consistently at the same time, look at sleep hygiene practices," Brown advised. "Is there clutter in the bedroom, is it too hot or too cold, is the mattress comfortable, does a bed partner snore, is there a ton of activity outside, is there lots of technology inside the bedroom, are there dust mites or mold?"

Brown said that if one looks deep, there usually can be found a combination of stress from COVID-19, worry and anxiety that can cause sleep deprivation. "They may be working with families that are worried about paying rent or not having enough food. There may be issues of domestic violence or the loss of a job," he noted, "and family members may be using alcohol to deal with these issues. There may be couples with very different views of COVID-19 and how to deal with it, and that is creating conflict. The list goes on and on."

These situations can lead

the helping professional to face burnout, lack of sleep and stress, according to Brown. "Stress is normal, but toxic stress is bad," he said. "It rolls downhill and gets cumulative."

### Trauma-focused classes

The classes being offered through the Concordia graduate program are geared to law enforcement, social workers, licensed psychologists and other members of the helping profession. "The program shows how trauma affects the special needs population and how it impacts brain development."

"The classes focus on the client, but also what the professionals need to know about themselves," Brown added. "If you work with people, you probably will work with trauma. And we have all experienced trauma on some level." He said he thinks it will be a really good program.

"It's brand new, and I have been working with some other folks on developing it," Brown explained. "We recognized we need a trauma focus track as well as forensic. COVID-19 has brought it to the surface."

Brown said he has read so much and done a great deal of research on COVID-19, and he still finds himself confused by some of the information, such as what is safe, and what is not. "It does get confusing and political," he said. He claimed that friendships and relationships with family members, neighbors and co-workers are all being tested.

"We need to listen and try to understand and not jump to conclusions," Brown said. "I try to be kind and not judge or preach, but we want everyone to be safe, also, and use common sense. It's not going to get better any time soon."

*Editor's note: This is the first in a three-part series with professor Jerrod Brown on the psychological impacts and trauma associated with COVID-19 that is affecting members of the helping profession. Coming up are tips for those dealing with domestic violence and special needs.*

## What about those boxelder bugs?

As the weather gets colder, insects start looking for warm places to spend the winter. Boxelder bugs are a particular nuisance this year – they love hot, dry conditions, so the weather we had this summer was perfect for their population to skyrocket. My spouse's office building has been overrun with boxelder bugs in the past few weeks and they've been a major annoyance for him and his coworkers! I thought this would be a great time to discuss this common pest and give you a few research-based tips to help make sure they stay outside.

The good news is that, although they can be irritating, boxelder bugs don't damage plants, bite people, or spread disease. However, you'd still probably prefer if they didn't come in the house!

Adult boxelder bugs are about a half inch long and are black with red markings, including three stripes right behind the head. Their bodies are red or dark orange under their wings, which you may see as they fly. Immature boxelder bugs are 1/16

inch long and are bright red with black legs. They change to red and black as they mature.

This time of year, you may see large numbers of the bugs congregating in warm places. Boxelder bugs are particularly attracted to buildings with a lot of southern or western exposure. As the weather cools, they seek out small cracks and spaces around homes and make their way inside, often hiding in walls or attics. Over the winter, they are mostly inactive, although you may see a few around on mild, sunny days.

When the weather warms in the spring, the insects become active again. They try to move outdoors but may become trapped inside your home. Importantly, boxelder bugs do not reproduce indoors – if you see them in the spring, they have been in your house since the previous fall.

Because of this, the best way to prevent a boxelder bug problem is to seal up small gaps and cracks in the exterior of your home. Check for damaged window and door screens;

### The city gardener

By LAUREN BETHKE,  
Master Gardener Intern



cracks where cables, wires, or pipes enter your house; openings around dryer vents; and gaps under doors. Try to seal all openings 1/8 inch or larger. Depending on the size of the opening, you can use caulk, expandable foam, wire mesh, or other sealant most appropriate for the location and material of your home. As an added benefit, this will also help keep out mice and other pests who may try to get into your house this time of year.

Generally, there is no need to use pesticides for boxelder bugs – and it won't help much anyways. They don't reproduce indoors, and during their active season, they only live for a few days. Spraying insecticides won't prevent more bugs from coming



in if you haven't sealed up holes and gaps. If you have a lot of boxelder bugs on the inside or outside of your house, try vacuuming them up with a shop vac and tossing them in the garbage. For a smaller number, sweep them up with a broom and dustpan. They release a bad odor when crushed and may stain surfaces, so avoid crushing them if you can.

You may wonder if removing boxelder trees from your landscape could help reduce the number of boxelder bugs around your home. Boxelder bugs do feed on the seeds of boxelder trees, but they also eat other

types of tree seeds, so it won't necessarily help much to remove boxelder trees from your yard. And boxelder bugs can fly several miles, so trees elsewhere in the neighborhood may be host to boxelder bug populations.

Overall, boxelder bugs are annoying, but taking a few simple actions now can help keep them (and other pests) outside all year long.

*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!*



# POWER OF RUNNING

» From 1

There are currently seven active MiMS running teams: including two through Volunteers of America, Team Salvation Army ARC for men in addiction recovery, Team Challenge for women in addiction recovery, and the newest team, Team Centre, based at a re-entry center in Fargo, North Dakota.

## A look at the numbers

Since MiMS' founding, people experiencing homelessness, exiting incarceration, or in addiction recovery have laced up their running shoes and run their first mile. More than 400 new runners have completed a 5K race, and dozens have completed half-marathons and full marathons. One hundred percent of resident members have shared that they see themselves more positively than before they started running, and 85% feel more connected to their community. MiMS has had over 300 run mentors, 80% of whom have run with a resident member in at least one race.

Vertin said, "We run together to change perceptions in all directions, and to build community among people from different backgrounds. The relationship ratio is pretty much 1:1. The run mentor goes whatever at whatever pace and distance the resident member is able to go. Sometimes the resident member is faster than the resident mentor; I love when that happens. It's important to say that the run mentor is only mentoring in terms of running. Both partners have so much to give and to gain."



MiMS members cheered on the Twin Cities Marathon at mile 17 along the course on Sunday, Oct. 3. Co-founder and director Mishka Vertin (fourth from left), said, "We never intended for this to become big. We just wanted to start one little team. This year seven of our runners competed in the marathon." (Photo by Margie O'Loughlin)

"We have alumni teams of people who have moved out of shelters and re-entry facilities and they're still running with us. We take new resident members any time they want to start. This season, we've had almost 200 new resident members start running with us."

"The resident members and the run mentors are excited to try something new, to push themselves, and to expand their social circles."

## How it works

Within a partnering facility, residents can sign up for a MiMS orientation. If they're willing to commit to running 2-3 times per week with the team, resident members are outfitted with new running shoes, shorts, jerseys, and socks. A lot of donated supplies come from Mill City Running and their running partners like Asics and New Balance, two companies who want to give back to the community. Race directors frequently donate their left-over race shirts to MiMS, and let resident members run their

races at reduced rates or for free.

Once outfitted, resident members are partnered with run mentors and they commit to a shared running goal.

## Relationships are the backbone

Vertin explained, "While the weekly runs may seem simple, the impact they have is multi-layered. Everything we do at MiMS – the runs, the races, the social events, or panel discussions on subjects like the challenges of re-entry – all support relationship building and changing our perceptions of each another in positive ways."

Over the years, running MiMS became Vertin's full-time job. She said, "We never intended for it to get so big, but it did because the need was there. In addition to running, our teams like to socialize together. Teams have met at the Minneapolis Boulderling Project and worked out on the boulderling walls; they've organized BBQs, gone bowling, played pickleball, even tried out aerial yoga. It's incredible how changing the activity can change

the dynamic.

"We have a member of our South Minneapolis team whose story illustrates this. About six months into running with MiMS, he mentioned that he liked to bowl. The team organized a bowling night, and he bowled a 200-plus point game. It turned out that he had been a champion bowler in his home country of Vietnam, and none of us knew this about him. We were always showing up to run with him, a sport he knew nothing about when he started."

"We want to the resident members to have a chance to shine, and to develop their leadership potential, too."

## Connect with MiMS

The official club season comes to an end at Thanksgiving, but will start up again next spring. There will continue to be monthly pop-up runs that anyone is welcome to join. Visit the website for information at [www.mileinmyshoes.mn](http://www.mileinmyshoes.mn) or check out their Facebook page for more information.

## SIDE BY SIDE

Mile in My Shoes (MiMS) brings Twin Cities residents together through the power of running. Based in homeless shelters and re-entry centers for people exiting incarceration, MiMS is a catalyst for community-building. By running together, resident members and run mentors find common ground – literally. They run side by side.

*"While the weekly runs may seem simple, the impact they have is multi-layered.*

*Everything we do at MiMS supports relationship building and changing our perceptions of each other in positive*

*ways." ~ Mishka Vertin*

Vertin said, "We welcome new connections for our social events and weekly runs. Do you own a gym? Are you a personal trainer? Anything related to improving health and wellness would be a great fit. Much of our funding comes from people called 'Fund Racers,' who spread the story of MiMS through their training and racing. This is one way to get involved if you can't commit to running regularly with a team."

"Our run mentors tell us all the time that MiMS has added a whole new dimension to their running, and sometimes it's the thing that propels them into advocacy or action working on behalf of people experiencing homelessness or exiting incarceration. Intentional but equal, that's what we're after."

# First-of-its-kind bouldering area coming to Keewaydin

*Nature and adventure playground with zip line will fill southeast corner*

By TESHA M. CHRISTENSEN

When Keewaydin Park is revamped in the summer of 2022 it will lack its wading pool but have a new bouldering area that is the first of its kind in the Minneapolis park system.

Improvements are centered around nature play, and an adventure playground with a climbing/bouldering element will be the feature of the space, according to planner and architect Colleen O'Dell of the Minneapolis Parks and Recreation Board (MPRB). Minneapolis Public Schools has decided to retain the existing playground that primarily serves younger aged children, and will have different equipment than the new play area. Lake Nokomis Community School – Keewaydin campus adjacent to the park serves kids from second to fifth grade.

This project is funded by NPP20 capital funds in the amount of \$1,168,000, as well as \$150,000 in a Hennepin Youth Sports Grant for a total project budget of \$1,318,000.

Keewaydin Park is at 3030 E. 53rd St.

Keep reading for more from project architect Colleen O'Dell.

## What is driving this project?

MPRB prioritizes the replacement and repair of park facilities and amenities through a Capital Improvement Program (CIP). A CIP is a prioritized list of infrastructure improvements that guides long-term investment and rehabilitation throughout the park system. An interactive map available online shows CIP improvement projects funded from 2021 to 2026. Prioritization of parks for the CIP is based on racial and economic equity criteria established as part of the 20-year Neighborhood Park Plan (NPP20). The improvements outlined for Keewaydin Park were adopted by the Board of Park Commissioners as part of the South Service Area Master Plan in 2016.

## What have you heard from people so far?

There will soon be summaries of results of our surveys posted on the project webpage. In general, people are excited about the introduction of bouldering and climbing, which will be a new element in the MPRB park system. Bouldering, which was recently included in Olympic sport competitions, would be a varied experience because handholds could be continual-

ly moved around. Rather than aiming to climb high or fast, bouldering focuses on solving problems or "climbing puzzles" where climbers figure out the best way to complete a route. People are also excited about nature play.

As noted in the summary results of survey #1, people appreciate the slides, location, tree area, and green space of the existing park and play area. Many people have also expressed appreciation for the existing wading pool and desire to keep it even though the adopted plan calls for decommissioning this structure and we have agreed with Minneapolis Public Schools to do so.

In the new play area, folks would most like to see:

- In traditional play – a slide, swing, monkey bars, nets and/or zip line
- In nature play – climbable logs and stones, movable logs and blocks, climbable trees, rock wall, and/or tree house
- In adventure play – a zip line, climbing wall/bouldering, obstacle course, tower, and/or sand feature
- Additional interests – splash pad, shade, seating, sledging hill

We have heard comments that folks would like to see an ex-

pansion of the age range that this park serves, as it is now focused mostly on younger children.

## How have you reached out to the community?

Project staff have engaged with community members this year in multiple ways, guided by an engagement plan created with input from the Nokomis East Neighborhood Association and Lake Nokomis Community School. In-person and virtual engagement to date has included tables and information at:

- PTA end of Year Bash
- NENA Crazy Days
- NENA Annual Meeting
- Keewaydin/Bossen/Lake Nokomis playground pop-ups with popsicles
- Shoreview Triangle food truck event pop-up with popsicles
- NENA monthly free food distribution event pop-up with popsicles
- Lake Nokomis School Open House
- MPRB open house via Zoom
- NENA Food Truck Rally

We have also been presentations/discussions/information shared with Lake Nokomis School Site Council, MPS facil-

## SIBLEY PARK - NEW NAME, UPDATED SPACE

Planners are also currently gathering input and working on a plan to redo Sibley Park (1900 E 40th St.). The project includes considering a name change. Find out more on the MPRB project page.

ities staff, Minnehaha Athletics Club, and Park Board recreation/Rec Plus/environmental/maintenance staff. Community members have also participated in two online surveys. The most recent survey shared three draft concept design ideas and just closed last week. We are now analyzing the survey #2 results, and will use them to inform development of a single preferred design which we hope to share publicly for review in the next month.

If folks have additional questions or input, they can contact [codell@minneapolisiparks.org](mailto:codell@minneapolisiparks.org).

## Learn more

A preferred concept design is currently under development.

Folks can learn more and subscribe to email updates on the project webpage: [https://www.minneapolisiparks.org/park\\_care\\_improvements/park\\_projects/current\\_projects/keewaydin-park-play-area-and-climbing-wall-phase-1/](https://www.minneapolisiparks.org/park_care_improvements/park_projects/current_projects/keewaydin-park-play-area-and-climbing-wall-phase-1/)



## Plan It

## Dia De Muertos on Oct. 30

Midtown Global Market will commemorate Día de Muertos (Day of the Dead) with a day of tradition, education, food, crafts, entertainment, and presentations. Festivities will take place from noon to 5:30 p.m. on Saturday, Oct. 30, 2021. The events are free and open to the public.

A highlight of the day will be the introduction of, the Consul General of Mexico in Minnesota, Iván Roberto Sierra Medel, at 4:30 p.m.

Then, at 5 p.m., Minnesota's own artist and designer, Luis Fitch, will unveil his United

States Postal Stamp commemorating Día de Muertos.

One of the centerpieces of this event will be an authentic ofrenda (altar) created by Market tenants.

Local artist, Monica Vega, will host a free workshop from 1:30 – 3:30 p.m. The first 50 kids will create their own project to take home, one of the most recognized symbols of the holiday, skulls (while supplies last).

Other activities will include the sharing of the story of Día de Muertos from our friends at CLUES, and live music by Robert Everest and Adrian Paz.

## Trick or Treat at Epworth UMC

All are invited on Halloween 11 a.m. to 1p.m. for a neighborhood trick or treat party on the front lawn at Epworth United Methodist Church (3207 32nd Ave.) on Sunday, Oct. 31. Start the fun early and break in your costume with music, a balloon twister, Bubble Baron - who will be there with tons of bubbles, and lots of treats and tiny take home pumpkins.

## Teal on Nov. 4

Iconic Minneapolis-area landmarks, together with more than 375 other buildings around the world, will light up teal on November 4 to raise Alzheimer's awareness as part of the Alzheimer's Foundation of America's (AFA) Light the World in Teal program.

Light the World in Teal is an annual program held in November as part of Alzheimer's Awareness Month. People and places around the world "go teal" to raise awareness and show support for the millions of people affected by Alzheimer's. Teal is AFA's Alzheimer's awareness color.

## In Brief

## City lifts drought restrictions

The city of Minneapolis has lifted the even-odd water sprinkling restrictions as the Minnesota Department of Natural Resources has moved the Mississippi River Headwaters watershed to the drought watch phase and relaxed the goal of reducing water use.

While still well below normal, Mississippi River flows have been steadily recovering since mid-September. In that same time period, Minneapolis and the City's wholesale customers' water consumption declined and have met target water usage levels. The even-odd water sprin-



## FREE HELPING DOGS

Can Do Canines announces that there is currently less waiting time than normal for clients who need one of the following types of assistance dogs: Mobility Assist Dog, Hearing Assist Dog, Diabetes Assist Dog, and Seizure Assist Dog. Each of these types of dogs, along with Autism Assist Dogs, are provided free of charge to accepted applicants. Of the five types of assistance dogs Can Do Canines trains, Autism Assist Dogs (provided to children, ages 4-12) consistently have the longest waiting list. Executive Director Jeff Johnson explains that it is difficult to control the different waiting lists, because Can Do Canines intentionally allows the dogs to choose their own career type, if any. Approximately 30% of dogs who begin in the program do not end up being placed with a client. Many of the dogs are "career changed" to become a family pet instead, due to identified allergies or other health concerns. For other dogs, the life of an assistance dog is just not their calling. Johnson states, "We want our dogs to love what they do." He added, "Our mission statement talks of a mutually beneficial partnership between a person and a dog," says Johnson. "And so while this is really important that we know what can help our client, it's also really important to us that this enhances the dog's life." Thanks to the generosity of donors, all Can Do Canines assistance dogs are provided at no cost to clients. For more information about Can Do Canines or to apply for an assistance dog, visit can-do-canines.org. (Photo submitted)

g restrictions had been in place since July 21.

## Parks budget to increase 5.85%

The Minneapolis Parks and Recreation Board superintendent's recommended 2022 budget proposes utilizing the maximum 5.85 percent tax levy approved by the BET. The proposed 5.85 percent property tax increase will result in an estimated annual increase in property taxes of \$20 for the owner of a median-value \$286,000 house due to growth in the tax base.

The superintendent's recommended 2022 budget totals \$139.6 million, including \$96.2

million for the general operating fund, \$17.3 million for the enterprise operating fund, \$2.0 million for the special revenue fund and \$24.2 million for capital project funding.

## Non-profits honored

The Minnesota Council of Nonprofits (MCN) has selected three Minnesota nonprofits that have made outstanding contributions as recipients of 2021 Minnesota Nonprofit Mission Awards. Organizations honored this year are The Family Partnership, League of Women Voters Minnesota, and YWCA St. Paul.

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Visit [nokomiseast.org/homesecurity](http://nokomiseast.org/homesecurity) to participate in our housing programs.

## Classes, planning and rebates

## Food saving basics class

NENA's Green Initiatives Committee hosts free webinars to keep our community informed and engaged. Make plans to join us on Nov.3 at 6:30 pm for our free online class on food savings basics with the UMN Extension Ramsey County Master Gardeners.

Saving, storing, and preserving fruits and vegetables is the best way to enjoy seasonal flavors and nutritional benefits for as long as possible. This class introduces participants to the many different methods of food preservation. More Info and to register: [nokomiseast.org/calendar](http://nokomiseast.org/calendar)

## Help NENA plan for future

Starting this year, the city of Minneapolis changed its funding structure for neighborhood associations like NENA. We have a 40% cut this year, 60% in 2022, and an 80% cut after that.

The board of directors is spending the next few months collecting feedback from our community on how to right-size our organization and priorities. We hope you interacted with us at in-person events, and we will be offering online ways to engage this

fall and winter. NENA will roll out the 2022-2024 Strategic Plan at our annual meeting in April 2022. For more information and updates, visit [nokomiseast.org/planning/](http://nokomiseast.org/planning/)

## New home for Giving Garden

Founded in 2017, the Nokomis East Giving Garden, a NENA project, has made its home at St. James on the Parkway. The garden raises fresh vegetables and herbs for the Minnehaha Food Shelf and other hunger organizations.

In the spring of 2022, the garden will move to its new sunny home at Trinity Lutheran Church of Minnehaha Falls! The volunteer gardeners and NENA are pleased to start this new "fruitful" partnership with Trinity. We are looking for new volunteers to join the planning committee and garden next season. Please email [nena@nokomiseast.org](mailto:nena@nokomiseast.org) to let us know of your interest.

## Home security rebates

NENA's Home Security Rebates are for homeowners, renters, and residential property owners in the four Nokomis East neighborhoods of Keewaydin, Minnehaha,

**Nokomis East  
Neighborhood Association**

By **BECKY TIMM**,  
Executive Director  
[becky.timm@nokomiseast.org](mailto:becky.timm@nokomiseast.org)



Morris Park, and Wenonah.

Eligible participants can apply for up to \$500 in matching grant funds. This is a one-to-one matching grant and a rebate project. Examples of eligible improvements may include but are not limited to doors, motion lights for your home, garage, and alley, alarm, and camera systems. Ineligible expenses include window bars, ongoing maintenance and cost of security systems, and landscaping. Visit NENA's website at [nokomiseast.org/homesecurity/](http://nokomiseast.org/homesecurity/) for more program information and to apply.

## Upcoming online meetings

11/1/2021: NENA Diversity, Equity, & Inclusion Committee at 6:30 p.m.

11/11/2021: NENA Green Initiatives Committee at 6:30 p.m.

11/18/2021: NENA Board of Directors at 6:30 p.m.

More at [www.nokomiseast.org](http://www.nokomiseast.org).



# Jobs

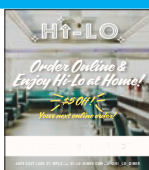
## CUSTODIAN

Experienced Custodian wanted for Senior Housing Cooperative. Duties include cleaning common areas to ensure that cleanliness, safety and sanitizing is maintained. Candidate must be able to operate commercial cleaning equipment. Other responsibilities include interacting with other team members, resident Members and visitors in a friendly professional manner. This 40 hour/wk position is benefit

eligible, including PTO, medical & dental, free parking and a comfortable working environment. This is a Tuesday - Saturday position. Hiring contingent on providing proof of full Covid vaccination & passing a background check. Email [roblillesve77@becketwood.com](mailto:roblillesve77@becketwood.com) or Contact Robin @ 612-726-1006 and apply Becketwood Cooperative, 4300 West River Parkway South, Minneapolis to fill out an application.

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## STORAGE

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

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- Ceiling Texturing
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# Pets

## DOG WALKING

John's Dog Walking - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. [www.facebook.com/johnpetservice](http://www.facebook.com/johnpetservice).



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**6 out of 10** newspaper readers who read a dental services ad took action after seeing the ad.\*

### THE TOP ACTIONS ARE >>>

- >>> Gather more information
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**ALL TOGETHER NOW** As our nation looks to reopen, rebound and resurge, our advertising representatives are here to help your business. Hire us to help get your customers back and your employees ready. Nobody cares more about your success than we do.

Nobody delivers a more engaged audience than we do. Our growth online, combined with print, is impressive as more readers turn to us for local news.

**Newspapers are your best investment.**  
We care about local.



## NEWSPAPER POWER.

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# Faith

Neighborhood churches welcome you.

**Bethlehem Covenant Church**  
3141 43rd Ave. S. • 612-721-5768  
[www.bethlehemcov.org](http://www.bethlehemcov.org)  
Pastor Colleen Nelson  
(Handicapped Accessible)  
Worship Service - 9:30 AM  
All sermons can be found online

**Epworth United Methodist**  
3207 37th Ave. • 612-722-0232  
[www.epworthmpls.org](http://www.epworthmpls.org)  
Rev. Elizabeth Macaulay  
Sundays, 10 am - In-person Gathering or Join Us for Worship on FB @ EpworthUMCMPLS  
You Are Welcome Here!  
Coming up: 10/31 - 11am-1pm Trick or Treat Party on the front lawn  
Amazing Holiday Boutique - Nov. 19 & 20

**Faith Ev. Lutheran Church**  
3430 East 51st St. • 612-729-5463  
[www.faithlutheranmpls.org](http://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  
Reformation music aired in neighborhood - October 31 - 5 pm  
Hand out Halloween Candy Oct. 31, 6 pm  
Thanksgiving Worship - Nov. 24, 7:00 pm

**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527  
[www.minnehahacommunion.org](http://www.minnehahacommunion.org)  
Interim Pastor Lee Hallstrom  
9:45 am Sunday Worship in person & online. Go to church website for info.  
12-step groups Tuesday thru Friday evenings

**Park Avenue United Methodist Church**  
3400 Park Ave. • 612-825-6863  
[www.parkavechurch.org](http://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

**St. Albert the Great Catholic**  
E. 29th St. at 32nd Ave. S. • 612-724-3643  
[www.saintalbertthegreat.org](http://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.

**Trinity Lutheran Church of Minnehaha Falls**  
5212 41st Ave. S. • 612-724-3691  
[www.trinityfalls.org](http://www.trinityfalls.org)  
Pastor Matt Oxendale  
10:30 Sunday worship in person and online  
Adult & kids' Sunday School 9:30 a.m.  
AA Sun & Tues 7:00 p.m.

## PROJECT OF NEIGHBORHOOD CHURCHES

**Minnehaha Food Shelf,**  
serving people Tuesday, 10:30 am - 3 pm

Call us at 612-721-6231 • Minnehaha United Methodist • 3701 E. 50th St.

Get the word out. GET A CLASSIFIED.



Want ads must be received by the Messenger by Nov. 15 for the Tuesday, Nov. 30 issue. Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the Messenger's website at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)





2904 E. 35th Street  
**612.729.2516**

**Is your car  
ready for winter?**  
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[www.alexandersimportautorepair.com](http://www.alexandersimportautorepair.com)

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of \$100 or more**

Offer good thru 1/15/2022 with this coupon  
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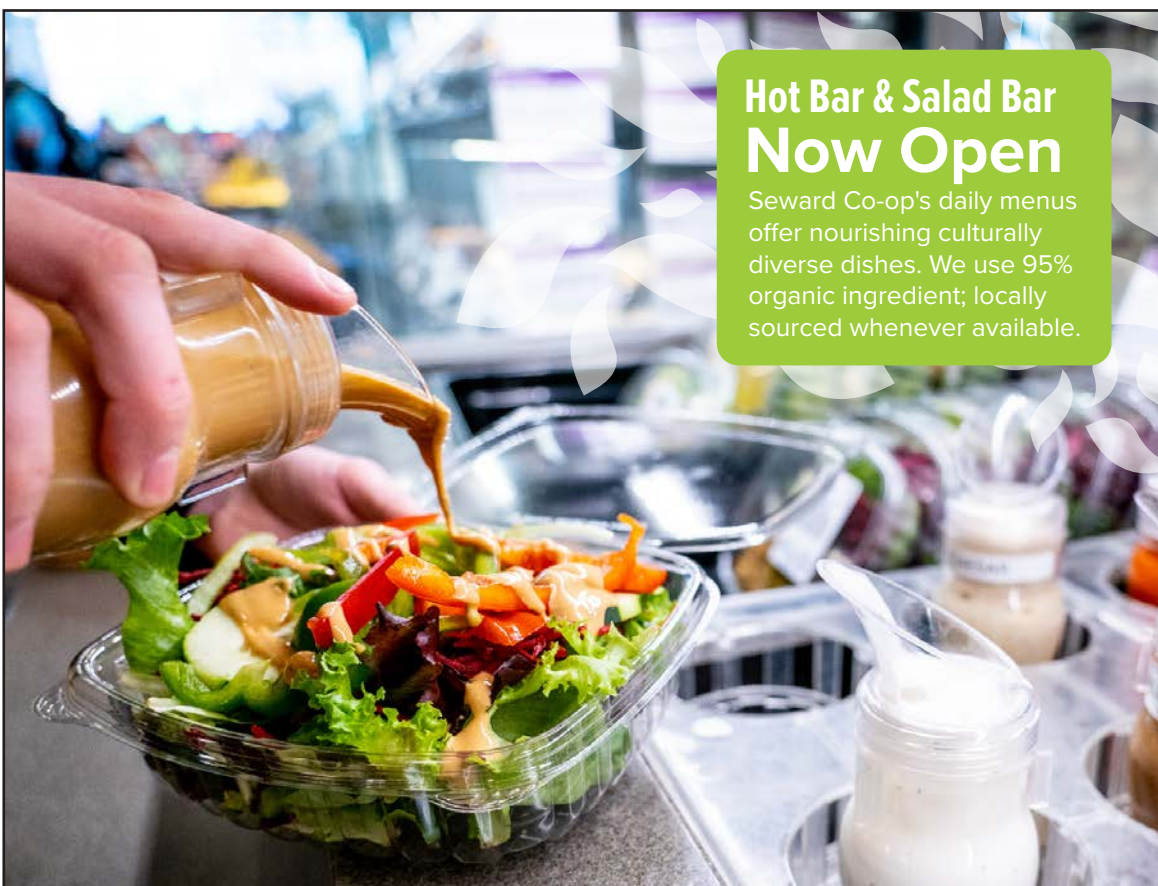
- 1) Offer to notify his/her family and friends about funeral arrangements.
- 2) Keep a record of everyone who calls, visits or has been contacted.
- 3) Help him/her keep the house clean and wash the dishes.
- 4) Prepare or provide dinner every week for two to three months.
- 5) Offer to help with yard chores, or feed and exercise the pets.

- 6) Write notes of encouragement and support, and help with "thank you" notes.
- 7) Offer to drive or accompany him/her to the cemetery regularly.
- 8) Make a weekly run to the grocery store, laundry or cleaners.
- 9) Anticipate difficult periods such as birthday, anniversaries and holidays.
- 10) Always mention the deceased by name and encourage reminiscing.

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# DO THE MATH!

It costs **47¢ /piece** to mail a promotional  
flyer to local residents letting them know  
about your business, organization or  
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design, production, and printing charges.*

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