



NEW NAME FOR SIBLEY PARK?

*Playground and wading pool
part of revamp*

By TESSA M. CHRISTENSEN

Sibley Park may be renamed as part of an improvement project in 2022.

The draft project includes removing the tennis courts to provide additional space to rearrange and expand the playground and wading pool.

Other possible enhancements including the addition of benches, picnic tables, drinking fountain and shade structure may be included within the project area limits.

"MPRB is looking to rename the park after a request from high school students and park users in the community who questioned the name of Henry Sibley because of the violence he perpetrated against the Dakota people," explained Minneapolis Parks and Recreation Board Project Planner Siciid Ali. "Community engagement led by MPRB staff about the park renaming will happen simultaneously with the park improvements design process."

NEW NAME FOR SIBLEY PARK? >> 3

Meet LCC's new executive director

*Rachel Boeke to organize
residents to use their collective
voice to impact their lives*

By TESSA M. CHRISTENSEN

The new executive director of the Longfellow Community Council has a passion for driving progressive social change to impact people's lives for the better and help them see their own power.

Rachel Boeke's path brought her from southern Minnesota to earn a degree in management, communications and public relations from the University of Minnesota – Twin Cities.

She previously served as the executive director for the Minnesota Public Interest Research Group, managing social and environmental justice campaigns. She currently volunteers as a state legislative lead for Moms Demand Action – engaging citizens and legislators "to end the public health crisis of gun violence."

Most recently, Boeke worked as the executive director for the Stevens Square Community Organization. While there, she diversified the board of directors to better represent the neighborhood, and expanded programming to support low-income residents.

MEET LCC'S NEW EX. DIRECTOR >> 6

Long history of cutting hair and listening



Barber Kristin Ohnstad (right) became the proprietor of Bob's Barber Shop when her father, Bob, retired 11 years ago. She is selling to move out west. (Photo by Sue Filbin)

*After 2 generations as Bob's
Barber Shop, Nokomis
business is for sale*

By SUE FILBIN

Bob's Barber Shop on 34th Avenue and 50th Street is unlike many barber-shops portrayed in popular media. In some ways, getting a haircut at Bob's is more like spending time in the kitchen of a capable cook – a mix of skill, service, generosity and familiarity.

The space on the alley by Town Hall Lanes has been a barbershop continuously since it was established in 1928. The current décor represents the three generations of barbers in Bob Ohnstad's family. A framed black and white photo of Bob's father, himself and his daughter Kristin hangs near pictures that Bob clipped from a book about the history of barbering. Kristin's contribution to shop ambiance was bringing to work every day her dog Jojo, a black lab she rescued about 15 years ago. He greeted customers from his bed near the front door.

Family history

Another framed photo is of Bob's parents, who inspired Bob to enter the trade. Bob's father cut everyone's hair because

LONG HISTORY >> 13

URBAN INDIGENOUS LEGACY INITIATIVE UNVEILED

*16 nonprofits working
together to transform
Indigenous landscape*

By MARGIE O'LOUGHLIN

Many buildings that serve Native Americans across the Twin Cities are outdated and dilapidated, making it even tougher to help those in need, according to Dr. Joe Hobot, president and CEO of the American Indian Opportunities Industrialization Center (AIOIC) in Minneapolis.

"Our aging facilities are being held together by baling wire, duct tape, spit and grip," he told the attendees at the recent #NativeRISE event in downtown St. Paul.

Hobot was speaking on behalf of a newly formed collaborative called the Urban Indigenous Legacy Initiative, a plan to transform the Indigenous landscape of the Twin Cities. The collaborative represents 16 nonprofit organizations working on behalf of Native Americans metro-wide; the buildings that house these organizations are in need of repair and/or replacement.

These organizations have provided services and resources in the Twin Cities for more than four decades. The proposed

culturally affirming buildings would allow the organizations to expand the services they offer, creating a safe, supportive, and empowering experience for Native Americans recipients.

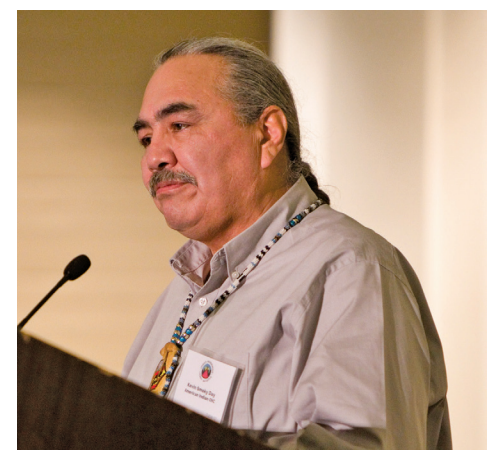
At this moment, with historic levels of funding available for improving infrastructure and reducing racial disparities, the Urban Indigenous Legacy Initiative is looking forward.

Thriving nonprofits = thriving communities

The #NativeRISE event drew approximately 200 nonprofit leaders, legislators, foundation supporters, community partners, media and other guests. As the audience learned, six of the proposed Legacy Initiative projects are shovel-ready, five are investment-ready, and the rest are still being planned.

The estimated cost for the project is \$94 million, which will be raised through public and private sources.

The Legacy Initiative addresses disparities highlighted during the COVID-19 pandemic and recent civil unrest, as well as persistent shortfalls in funding for capital improvements in Native American organizations that focus resources on client services.



Kevin Smoky Day, Ojibwe language instructor at Takoda Prep High School, led the evening prayer. He said, "When students ask me how to say a prayer in Ojibwe, I tell them it's simple. You only need these words, 'Thank you, Creator.'" (Photo by Margie and Pat O'Loughlin)

"Now is the time to commit to funding state-of-the-art facilities with robust programming for the Native American community," Hobot said. "The challenges of the last 20 months have been unprecedented. It's time to build the future we want to see for our people."

URBAN INDIGENOUS LEGACY >> 16



An educated twist to winter fitness: take a local outdoor public art tour

PAGE 2



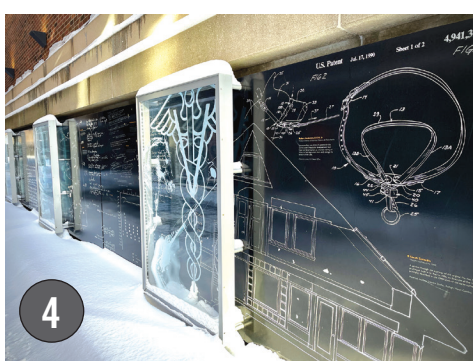
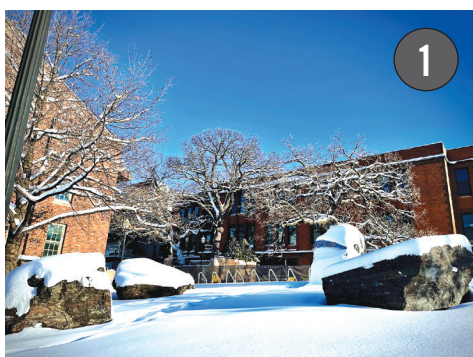
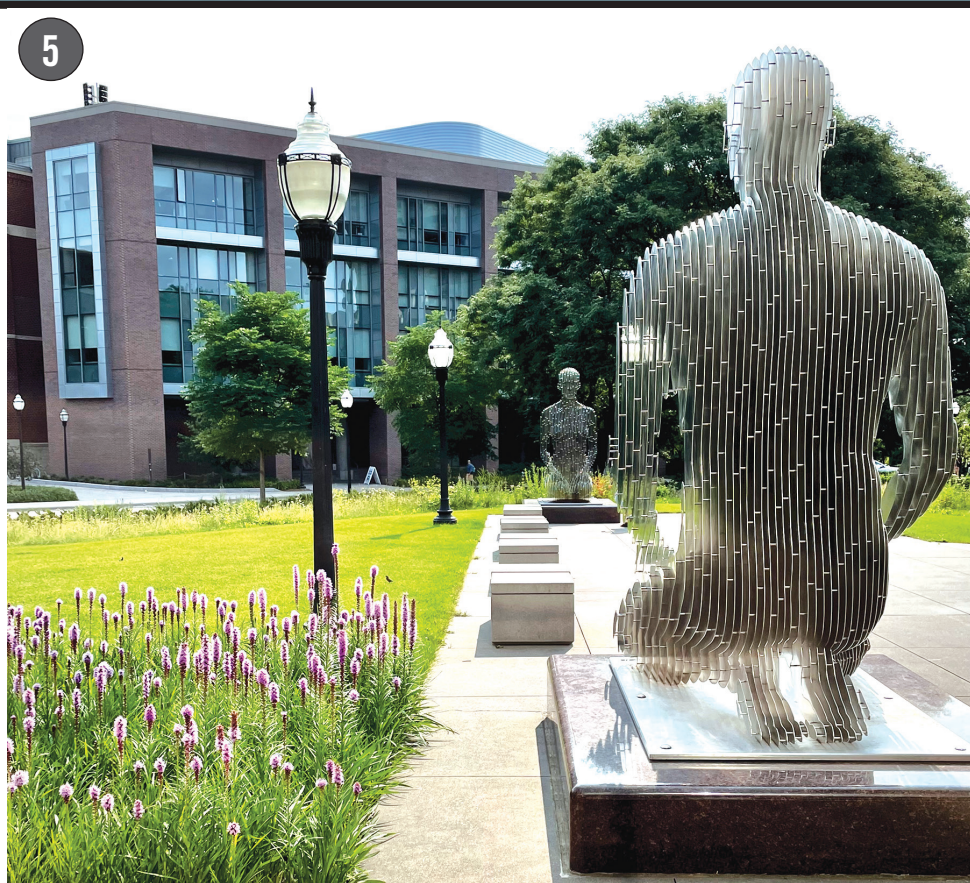
Memorial march for homeless honors those who have died

PAGE 7



Families of lost loved ones, supporters rally behind Wright family

PAGE 10



Take a public art walking tour along the University of Minnesota's East and West Bank campuses. (Photos by Susan Schaefer)

AN EDUCATED TWIST TO WINTER FITNESS:

Take a local outdoor public art tour to enhance well-being

By SUSAN SCHAEFER

Much has been written about the benefits of exercise and being outdoors to beat the blues. According to a recent report from the American Psychological Association, "There is mounting evidence, from dozens and dozens of researchers, that nature has benefits for both physical and psychological human well-being."

The good news is that urban nature is a totally acceptable stand in. Twin Citians needn't feel compelled to own a cabin or make excursions to Minnesota's vast northern wilderness to enjoy the benefits of the great outdoors.

But what happens when the Polar Vortex is at our door?

Those who live here in the "True North" know that the expression, "Winter is Coming," didn't originate with the epic Game of Thrones television series. In fact, Minnesotans surely wrote many chapters in the book on wintering.

Urban denizens take on December through March in style, often embracing winter sports bedecked in Lycra, layers, long johns, fleece, down and wool, on skis, skates, sleds, snowshoes, and sneaks, defying the elements to log miles on abundant city trails and parks.

But sometimes, icy paths, below zero

temps, and Arctic blasts find many desiring ways to get steps in without the al fresco Olympic heroics.

Here's a way to multiply your winter fun: It is well-documented that enjoying cultural activity also contributes greatly to our personal and collective well-being. So, combining outdoor exercise with an artistic twist provides a wellness big bang!

Let me introduce you to one of my favorite metro area outdoor adventures: trekking the University of Minnesota's East and West Bank campuses. Throughout the seasons, I wander the many pathways of this urban treasure, not only charting my 10,000 steps, but experiencing museum quality art, as well.

Best of all, this exploration is free and open to the public. And it's perfect to do with family or friends. The campuses are easy to get to from anywhere in the metro area and boast multiple public parking and transportation options with the Green Line offering convenient stops on both campuses.

I'm fortunate to live in a high-rise condo building adjacent to the West Bank, and have made a three-to-four-mile walking loop a regular part of my exercise program. From my back door, which adjoins Bluff Street Park, I cross the convenient Dinkytown Greenway Pedestrian/

Cycling Bridge to explore the East Bank, completing my route by crossing back over the iconic, covered Washington Avenue Bridge. Both bridges offer amazing views of the Mississippi River high above the limestone bluffs.

Join me for a little tour.

Beginning at Bluff Street Park, cross the Dinkytown bridge, turning right at the steep hill by the back of the Education Sciences Building. Here you encounter the "Garden of Iron Mirrors" installation by Andrea Stanislav. This arty rock outcropping consists of giant native taconite geodes, sliced in two, some highly polished, others sporting shiny stainless-steel plates. The work creates an "intersection between art, science, and history" and nature. These behemoth rocks "reflect" the surrounding building, the wooded riparian steep bank, the beholder, and the very core of Minnesota's geology – taconite. It's a fun place to pose for selfies in the cleverly polished rock mirrors – when they're not snow-covered! [Photo 1]

At the top of the hill, cross East River Road to take the bucolic pathway between Burton, Elliot, Scott, and Wulling Halls. These buildings are architecturally inter-

WINTER FITNESS >> 3

EAST LAKE CLINIC NEW LOCATION NOW OPEN!

Family Medicine | Women's Care | Behavioral Health | Diabetes Management
New patients welcome



2215 East Lake Street, Mpls, MN | Appts 612-873-6963 | hennepinhealthcare.org/el
Located in the Hennepin County Human Service Center, level 5 | Free (validation) parking behind service center, enter on 22nd St.



WINTER FITNESS >> from 2

esting, and coupled with the stunning ancient oak trees, comprise a magical part of this tour. [Photo 2]

Emerging from this nestled path near the side of Northrup Auditorium, cross Pleasant St. SE, then scoot between Johnson Hall and Walter Library (a marvel of art lies inside). With the front of Northrup on the left, turn right past the photogenic buildings of the quad. Great photo opps here!

At Scholar's Walk, turn left, strolling a short block. Outside the Mechanical Engineering Building rises the "Platonic figure" by local favorite, Andrew Leicester. This installation is a soaring homage to the great Renaissance artist-engineer Leonardo da Vinci's drawing "Vitruvian Man." [Photo 3]

Continuing east is the enchanting, semi-covered arcade of Scholar's Walk, a corridor with depictions, drawings, diagrams and descriptions of famous University intellectuals and their works, etched and sandwiched behind lit glass. [Photo 4]

Continuing along Scholar's Walk, cross Church Street (the Graduate Hotel sits on the opposite side). A little way on, outside the Physics and Nanotechnology Building, are the mesmerizing sculptures, constructed of stainless steel and granite entitled "Spannungsfeld," by German artist, Julian Voss-Andreae. Spannungsfeld means, "tension field," which implies "a dynamic tension, often between polar opposites."

This exciting work consists of two 10-foot-tall figures in a basic kneeling pose, a male and a female, facing each



"The Crucible" by Stuart Nielsen sits outside Amundson Hall. This piece was inspired by the 40-foot diameter geodesic globe of the world installed in May 1993 on Northrup Plaza with the help of 11,535 elementary students. (Photo by Susan Schaefer)

other. "The two figures represent nature's omnipresent pairs of opposites. These dualities are a fundamental facet of nature and are found in Western science as well as in Eastern traditions. They are critical to the emergence of new levels of meaning in science, and, in the case of the two human genders, critical to the emergence of life. Like the positive and negative electric charge in physics or the yin-yang in Chinese philosophy, neither woman nor man can exist without the other."

Standing to the side of each figure, you perceive a solid mass, but move directly in front of each, and the artworks seem to disappear as you behold the buildings and landscaping behind each, a masterful optical illusion. The effect is marvelous. [Photo 5]

Heading south towards Washington Ave., make a right, where outside of Amundson Hall sits Stuart Nielsen's, "The Crucible," of cast bronze and stainless steel. Celebrating the beauty and

strength of natural materials. This piece "was inspired by a 40-foot diameter geodesic globe of the world that was erected on Northrup Plaza in May 1993 with the help of 184 schools, 11,535 elementary students, and over 250 Institute of Technology alumni mentors – a technical, organizational, and inspirational triumph. [Photo 6]

These are but a few of the marvels along this route of world class architecture and sculptures. Not only can you get brisk exercise, but the many coffee shops and cafes that dot Washington Ave. provide respite. Heading towards the Washington Avenue Bridge, the colonial style Coffman Union building, next to the Weisman Art Museum (WAM), is open to the public with a lower level featuring food kiosks and the fantastic bookstore with a wonderful gift selection.

Speaking of gifts, when WAM reopens, its gift shop rivals that of any major museum.

Did you know that through WAM, you can book a guided tour of the public art on the campus?

Since its establishment in 1988, the Public Art on Campus Program has become an integral part of the campus environment. As I've partly described here, each piece of art has its own history and ties to campus life and academics. Public Art on Campus Tours last one hour and cover about 1.5-2 miles can be scheduled for groups of 3-15. Check the website for more information.

From Frogtown, to Longfellow, to Southwest – all roads easily lead to this urban excursion where art and exercise exist in splendid harmony. Maybe I'll see on the trail!

NEW NAME FOR SIBLEY PARK? >> From 1

A community workshop focused on the park renaming process will be held on Saturday, Jan. 15, 2-4 p.m. at the park's recreation center.

In an online survey, over 75% of respondents were in favor of changing the name of the park.

P.A.R.K. survey results

In 2015 and 2016, the community identified the playground and wading pool improvements as top priority implementation projects, Ali pointed out.

A P.A.R.K. survey was conducted, and community members asked to provide input on what they would like to Preserve, Add, Remove and Keep in mind.

The following is a summary of the comments:

“

MPRB is looking to rename the park after a request from high school students and park users in the community who questioned the name of Henry Sibley because of the violence he perpetrated against the Dakota people.”

Siciid Ali

• Preserve: wading pool, shade, trees, diggers, ladders, slides, playing field.

• Add: resilient surface to the playground, wood chips, climbing wall/structures, benches, picnic tables, nature features, more play features.

• Remove: sand surface, old play equipment

• Keep in mind: no sharp corners in the playground, protect trees during construction, shade for seating area, park safety, play features for big kids, playground closure during construction.

MPRB staff hosted and attended several community engagements events at Sibley park this past summer. "We talked to neighbors at various local events, such as Movies at the Park, a community open house, and pop-up meetings at the playground, about the upcoming improvements; and



Plans for a revamped wading pool and playground at Sibley Park are being developed.

collected their feedback on the needs for this park," said Ali.

An online survey was available to the public for seven months to provide input on the playground preferences and comments on the park renaming proposal. A second online survey will be posted and shared on the website when the playground concept plans options are presented for community feedback.

"People are mostly pleased with the

new improvements to the park," said Ali. "People are interested in an expanded playground with climbing features and play features for different children ages, preserving shades from the existing mature trees in the playground."

He added, "The community has this exciting opportunity to envision a more extensive playground for Sibley Park with safe, fun, and engaging play elements and site features that will align with their needs and preferences. We are currently starting the design phase of the project. We invite the Sibley Park neighbors to participate in the community engagement events to share their feedback and guide the design team in the selection of the final concept that will go in front of the board of commissioners at the start of the spring."

Bidding is expected in July or August 2022. Construction is tentatively set to begin in the fall of 2022.

The project will use \$1,020,779 from the NPP20 capital improvements fund and \$100,713 from park dedication fees.

Community members can subscribe to the project page for updates and community engagement events schedules.

Weddings

Coming in February

CONTACT US TODAY!

Tesha@LongfellowNokomisMessenger.com | 612-345-9998
Denis@LongfellowNokomisMessenger.com | 651-917-4183

DRAGONS WYND
Environmental Entomology

For hire: Presentations, parties, insect safaris, garden consult & more

www.etsy.com/shop/DragonsWyndInsects
jessica@dragonswynd.com

The Hook and Ladder
THEATER & LOUNGE

3010 MINNEHAHA AVE
MINNEAPOLIS, MN 55406
THEHOOKMPLS.COM



BOOK THE HOOK!

For your fundraiser, wedding, family/work holiday party, birthday, anniversary, graduation, memorial or other celebratory events.

Renting one of the unique gathering spaces inside the non-profit Firehouse Performing Arts Center (FPAC) is one of the best ways to support this iconic non-profit arts organization.



SCAN QR CODE TO ENTER

WIN TICKETS
TO CONCERTS & EVENTS

Breaking schools' rules: school-to-prison pipeline explained

Why everyone should care and work to help stop the funnel and negative effects on society

Planting seeds

By DR. ARTIKA TYNER,
dr.artikatyner@gmail.com



Schools and prisons should never be in the same sentence; however, the school-to-prison pipeline is real.

For far too many students of color, entering the gateway to incarceration begins with a referral from the classroom to the courtroom. This phenomenon is referred to as the school-to-prison pipeline. The NAACP Legal Defense Fund described this pipeline as "funneling of students out of school and into the streets and the juvenile correction system perpetuates a cycle known as the 'School-to-Prison-Pipeline,' depriving children and youth of meaningful opportunities for education, future employment, and participation in our democracy."

The emergence of the school-to-prison pipeline has been impacted by trends in school disciplinary practices and zero tolerance policies. It is our challenge to dismantle this pipeline and create new pipelines to success for all children. In order to undertake in this endeavor, we must first become knowledgeable on this

contemporary civil rights issue.

Students enter into the juvenile justice system through an interaction with a police officer in the community or through a referral from schools.

There are two main contributing factors that have led to the expansion of the school-to-prison pipeline:

1) School disciplinary practices. Nationally, a public student is suspended every second and a half. This equates to 3.3 million children being suspended each year. One study found that 95 percent of out-of-school suspensions were for nonviolent, minor disruptions such as tardiness or disrespect. Previous studies have shown that even a single suspension can double the odds of that student later dropping out. A simple math equation emerges: missed days in the classroom plus missed learning opportunity equals a decreased likelihood of a student's ability to successfully complete high school and enter the pipeline to future success through higher education and vocational pursuits.

2) Zero tolerance policies. Zero tolerance policies can also serve as a gateway into the school-to-prison pipeline. Schools are increasingly reliant on zero tolerance as a tool to curb misbehaviors. However, their use may be too drastic. Violence is down at public schools since 1990 — down by 30 percent. Further,

less than one percent of all violent crimes happen on school grounds. Therefore, in some instances the enforcement of zero tolerance policies can be far-reaching, therefore increasing the likelihood of interaction with law enforcement and future incarceration.

This pipeline must be dismantled and strategic action is required. Changes in three main categories must be enacted.

First, positive climates must be created that focus on prevention rather than punishment. Students would be better served through interventions informed by restorative practices from school administrators to handle disciplinary actions rather than relying on resource officers and the court system.

Educational programs and counseling services should be increased and made available, along with training and tools for teachers to effectively deal with misbehavior. This holistic approach will aid in ministering to the needs of children while supporting learning goals.

Secondly, the development of clear, appropriate, and consistent expectations is critical, along with consequences to prevent, de-escalate, and address disruptive behaviors. As an adjunct to this, we must improve behavior, increase engagement, and boost achievement. Students must be made aware of what's expected of them and learn key tools for managing these

expectations as a part of life skills development.

Lastly, we need to ensure fairness, equity, and continuous improvement to prevent a reversion to the methods and policies that made the school-to-prison pipeline possible. Disciplinary policies and practices will need continual examination and analysis.

The emergence of the school-to-prison pipeline is detrimental to the success of thousands of children across the United States. Entering the pipeline creates a gateway into the "tangled web of mass incarceration." Now more than ever we need a vision for dismantling this pipeline in order to support student engagement, learning, and academic success. The wisdom of Sitting Bull offers a new pathway to the future: "Let us put our minds together and see what kind of life we can make for our children." This is a call to action for educators, school administrators, elected officials, parents, and community leaders.

You can learn how you can help to prevent, challenge, and change the school-to-prison pipeline by watching my lecture in the Comcast/NBC Universal Social Justice Series on the School-to-Prison Pipeline.

You can also participate and be part of the solution by visiting #SJSSBeyondTheHashtag, #SchoolToPrisonPipeline, and #RacialJustice.

Through her organization, *Planting People Growing Justice Leadership Institute*, Dr. Artika Tyner seeks to plant seeds of social change through education, training, and community outreach.

I'm taking the plunge - will you join me?

Stories and Journeys

By DONALD L. HAMMEN



Imagine that we are standing on the banks of the Mississippi River. It is in fact a few blocks east of where I live in south Minneapolis. Imagine with the writing of this column, I am leaving the rather secure banks of the river and jumping into the water. The water is life experience. With this column I am jumping in. It's scary! I don't know where the water is taking me. It's a fear of the unknown. All I can really do now is go with the flow of the river's energy. My ask of you is that you consider jumping into the river with me to see where Stories and Journeys leads us. You can do this by becoming a reader or even subscribing to or advertising in the *Messenger*, *Monitor* or *Connector*.

Now for me personally, at age 77, I have some sense of where the river is taking me. I call it from adulthood to elderhood and beyond. But I can't really limit myself so I am calling the column Stories and Journeys. Now the focus of this particular column is me describing my journey and telling the stories of how I went from being hit by a car while crossing the street

at the intersection of 38th Street and 42nd Ave. in south Minneapolis to becoming a column writer and discovering gratitude for all that is as we flow with the river of life experience.

The year 2019 grew my awareness of my gratitude for all the people who helped me survive and recover from two events related to my health that caused me to be hospitalized, including getting hit by a car. February of 2019 I missed a scheduled opportunity to meet, Tesha M. Christensen, the new owner of the *Longfellow-Nokomis Messenger* at a gathering of Elder Voices, a small group that had been meeting monthly at Turtle Bread Restaurant. On my way I was hit by a car as I was crossing the street at the intersection of 38th Street and 42nd Ave. As I lay on the ground surrounded by people wanting to help, not realizing that my getting hit by a car is a traumatic event, I requested that someone make their way to Turtle Bread. My request was that they inform the Elder Voices gathering that I was going to be a no show along with the reason why. That announcement alone made the meeting memorable for me, Tesha and others in attendance.

In early 2020 through a variety of media outlets the following words started grabbing my attention: novel, global, COVID-19, pandemic. Out of sheer curiosity and my desire to see a big picture, I read "Deadliest Enemy: Our War Against Killer Germs" by Michael T. Osterholm

and Mark Olshaker. This broadened my context for what was happening. However, it took a question asked of me by Tesha, during a phone conversation, that the pandemic started to become real for me. I had called TMC Publications CO/the *Messenger* to place a notification regarding the next gathering of Elder Voices. Tesha asked me if Elder Voices would be able to social distance. At the time my answer was yes and the notification was published. But her question continued to haunt me. Elder Voices would shut down not long after this conversation along with most of the rest of my life.

There was a period of about 10 days in March when I found myself in a state of shock overwhelmed by what seemed to be happening globally and close to home. As I began to regain my awareness the following themes emerged: 1) The world and my country is not pandemic ready, not even close. 2) People are going to die needlessly. 3) Health care systems and other systems that service us daily are going to be overwhelmed. 4) People's lives are going to be disrupted in some cases severely disrupted. 5) My daily life will never be the same. 6) In the end who will benefit? Who gains? Who loses? Who gets to decide?

My pandemic life and bubble unfolded along two lines. 1) Discovery that writing is how I process my life. 2) Realizing that the digital/technology world is not my natural habitat. In this regard I found out that I am not alone. I was totally lost and disconnected from what had been my in-person life and people whose connection to my life I had taken for granted were disappearing. The experience of grief

and loss became part of my life. For a period of time anxiety and depression were all too real for me. Once again, I found out I was not alone.

Today, thanks in large part to Julia, at Longfellow-Seward Healthy Seniors and her IT volunteers I got the support I needed along with technology changes. While there is still much for me to learn about the digital and tech world, my comfort level has grown. I have what I call an online life whereby I can participate by way of Zoom in meetings and events I was missing or did not know about as well as webinars.

Then there was the discovery that writing is how I process my life by expanding my awareness. This observation was made by Amy, certified healing touch practitioner and chief administrative officer at Everspring Health. I became aware that I am always writing in my head, on paper or online. It was Amy's willingness to be the email recipient of my most recent emergence as a writer that enabled me to connect with parts of my life that had gone dormant or disappeared from my awareness. Her website, *Delightful Healing Arts*, at the time I discovered it played a huge role in my awakening. And Everspring Health, where I go for acupuncture on a regular basis, gave me a reason to get out of my house and became a critical part of my pandemic bubble.

More recently Tesha has come back into my life even though we have yet to meet in person. During an email exchange about an entirely different topic having to do with the launching of the *Southwest* I'M TAKING THE PLUNGE >> 12

Messenger

5139 34th Ave. S. #17097
Minneapolis, MN 55417

612-345-9998

longfellownokomisemessenger.com

Facebook: <https://www.facebook.com/LongfellowNokomisMessenger/>

Instagram: LongfellowNokomisMessenger

News for you!

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

Story ideas always welcome.

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

Owner & Editor:

Tesha M. Christensen, 612-345-9998
tesha@longfellownokomisemessenger.com

Advertising & Marketing:

Denis Woulfe, 651-917-4183
denis@longfellownokomisemessenger.com
Sandra Mikulsky, 612-260-7967
ads@longfellownokomisemessenger.com

Design & Layout:

Tesha M. Christensen

Printing by: ECM/Adams Publishing Group

This issue is printed on recycled paper using soy-based ink. Approximately 95-97% of material that enters the print facility is recycled.



Delivery provided by: Fresh Heir

If you have a problem with delivery, call 612-345-9998 or email the editor. Mail subscriptions are available at \$40 a year.

Contributing Writers & Photographers:

Jan Wilms, Jill Boogren, Margie O'Loughlin, Abha Karnick, Matthew Davis, Susan Schaefer, Terry Faust, Iric Nathanson, Amy Pass, Sue Filbin

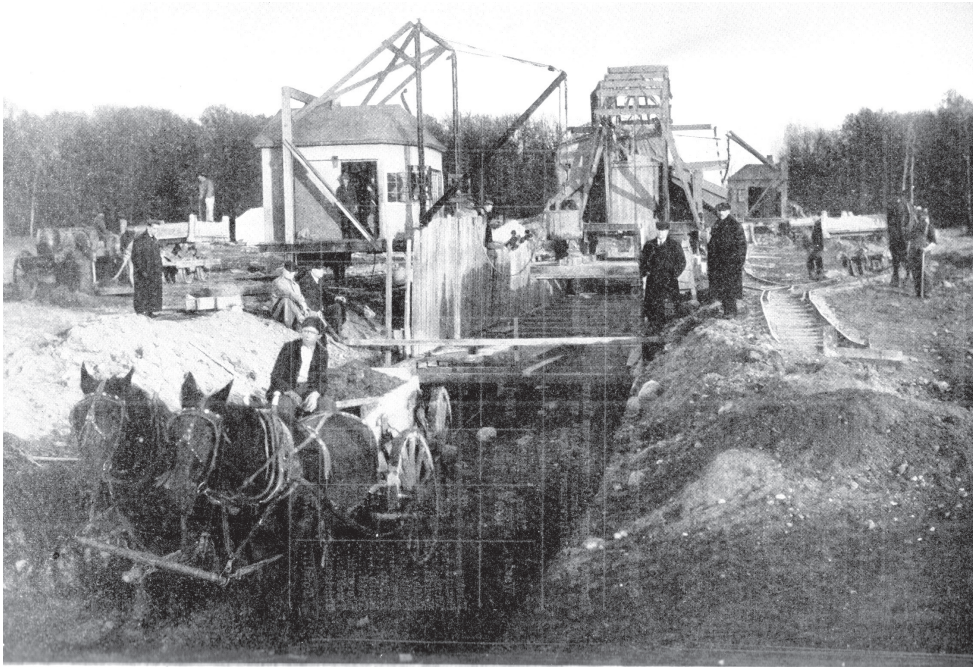
The *Messenger* is for profit and for a purpose — and we don't sacrifice one for the other. We consider ourselves a zebra company, one that is both black and white. As a media company, we work to highlight issues, solve real, meaningful problems, and repair existing social systems. We are working with our readers and advertis-

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

All rights reserved. The contents of the *Messenger* cannot be reproduced without express written permission of the publisher. Copyright © 2022.

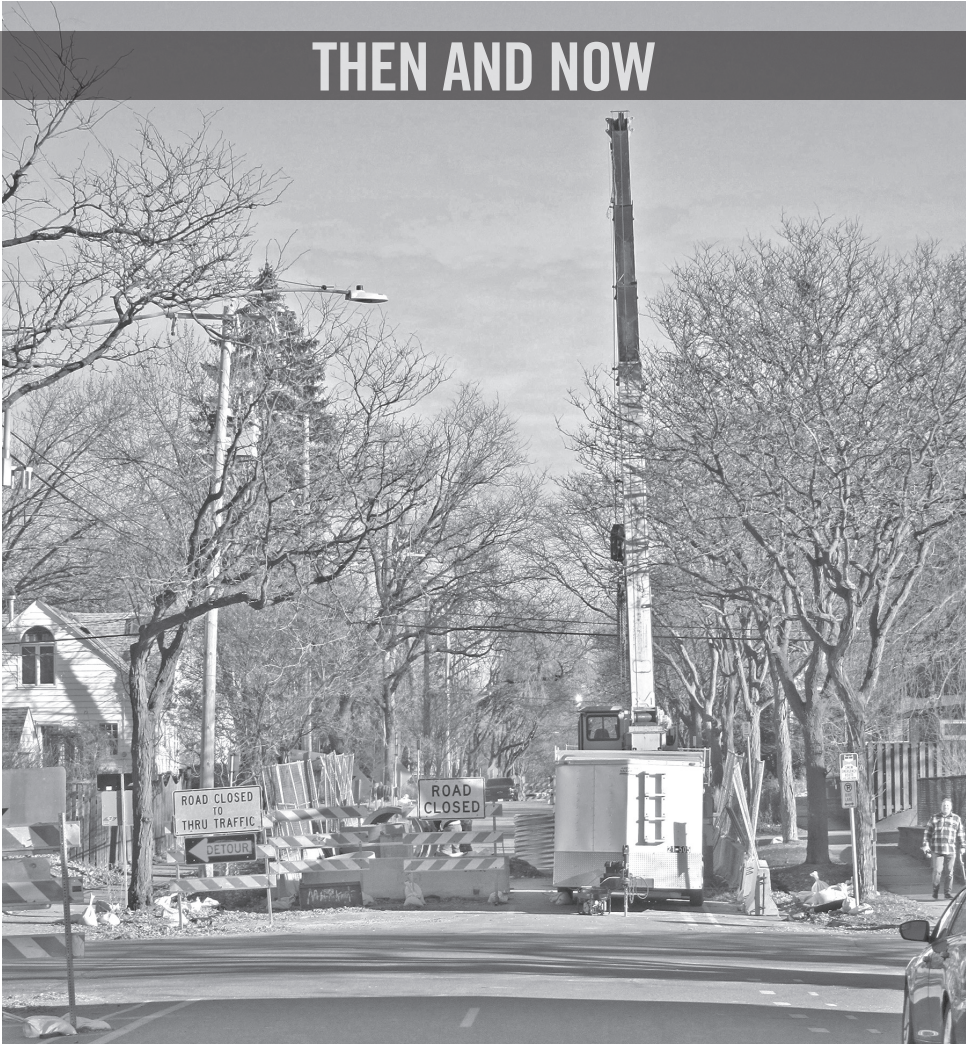
Member of Minnesota Newspaper Association, Longfellow Business Association and Nokomis East Business Association.





Extending the 38th Street sewer main, near the Mississippi River, 1909. (from the Annual Report of the Minneapolis City Engineer, 1910)

In 1909, 38th Street was barely a road or even only drawn on paper maps, especially close to the Mississippi River where this photo was taken. Most likely the photo was taken close to where 46th Avenue would be eventually, judging by the densely wooded area which was along the River at that time. A lot has changed with underground utility work since 1909 when the city first laid the sewer main down 38th Street to the Mississippi River. The crane they used in 1909 to get move things in and out of the trench is a major operation compared to the modern version which fits easily on one lane of 38th Street. Moving materials to and from the site is simple in 2021 - trucks just come and go from the site on the paved streets. But in 1909 it required temporary infrastructure be installed to the undeveloped site - note on the right hand side of the photo there is a temporary rail line that was laid to the construction site. ~ Submitted by historian Eric Hart



Underground utility work on 38th St. at 46th Ave., December 2021. (Photo by Eric Hart)

I'M TAKING THE PLUNGE >> from 12

Connector I mentioned that I was unsure about the next step for my writing. She proposed to me that I become a column writer for TMC Publications, writing about what I am learning from and reflecting upon my unfolding experiences.

So here I am with my Stories and Journeys column. I have taken the plunge. I invite you to join me. Everybody's story can be a unique expression of the universal experience of risk taking.What Stories and Journeys are happening or have happened in your life because you left the relative security of the river bank and jumped into the river of life experience? If you choose tell it to your self, some one else in your life or maybe me.

In gratitude. Stay tuned.

Letter

Great content!

My daughter just moved to Longfellow last year. We are visiting and she shared the Messenger with me. Right away three stories just jumped out at me.

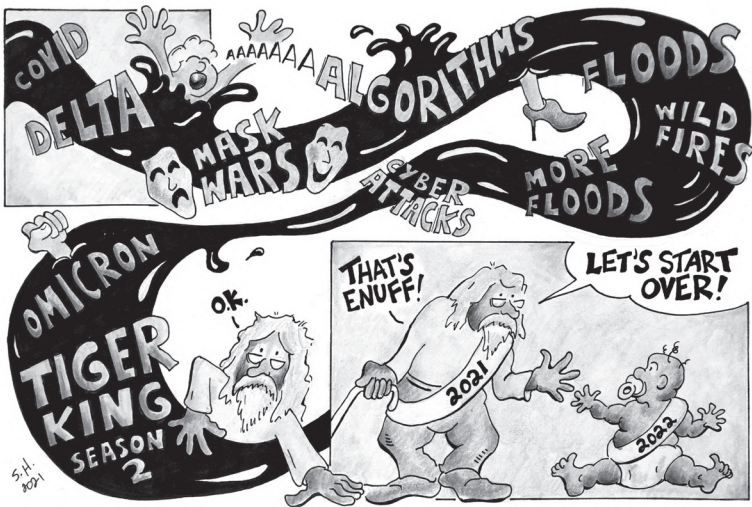
Your publication has great topics on a wide range of issues.Thanks for your work!

Sincerely,
Mark Abeles-Allison
Bayfield County Administrator

WHAT DO YOU THINK? Email letters, guest commentaries, press releases and notes to Tesha@LongfellowNokomisMessenger.com

Anthropoidea

By Stewart Huntington



MESSANGER DEADLINES 2022

Publication typically fourth Thursday. * Some exceptions	Deadlines typically third Monday.
Publication date	Deadline date
Dec. 28 (Tuesday)	Dec. 13
Jan. 27	Jan. 14 (Friday)
Feb. 24	Feb. 11 (Friday)
March 24	March 14
April 28	April 18
May 26	May 16
June 23	June 13
July 28	July 18
Sept. 1	Aug. 22
Sept. 29	Sept. 19
Oct. 27	Oct. 17
Nov. 29 (Tuesday)	Nov. 14
Dec. 22	Dec. 12

SPECIAL SECTIONS CALENDAR 2022

JANUARY due Jan. 3

Health & Wellness
School Guide

FEBRUARY due Jan. 31

Summer Camp Guide
Wedding

MARCH due Feb. 28

Home Improvement
CSA Guide

APRIL due April 4

Home & Garden
Drive & Ride

MAY due May 2

Home & Garden
Summer in the City

JUNE due May 27

Summer in the City

JULY due July 1

@ University Ave.
Summer in the City

AUGUST due Aug. 1

Back to School
Summer in the City

SEPTEMBER due Sept. 2

Back to School
- Health focus

OCTOBER due Oct. 4

Home Improvement
Domestic Violence
Awareness Month

NOVEMBER due Oct. 31

Food & Drink
Shop Small/Buy Local

DECEMBER due Nov. 28

Paws and Claws
Shop Small/Buy Local

QUARTERLY

AGING WELL/LIVING 50+

March - Housing | June - Activities
Sept. - Medical | Dec. - Money

MONTHLY

REBUILD REPAIR RECYCLE

MINDFUL CREATIVITY

CONTACT

Denis@

LongfellowNokomisMessenger.com

651-917-4183

ads@

LongfellowNokomisMessenger.com

612-345-9998

REACH CUSTOMER
AT THEIR FRONT
DOORSTEPS.

Meet LCC's new executive director

>> From 1

She also re-imagined Red Hot Art to provide culturally diverse and accessible arts programming to communities coping with the isolating and challenging conditions of life in an ongoing pandemic, actively prioritizing the needs of underrepresented patrons and artists alike.

"Neighborhood organizations play an important role within the community," Boeke observed. "LCC serves greater Longfellow by connecting neighbors to each other and to resources. We provide space for community identification of issues and solutions. We also organize residents to use their collective voice, building power and influence with those making decisions that impact daily lives across the community."

Boeke has lived in neighborhoods across Minneapolis (Phillips, Seward, Cedar/Riverside, Central, Victory, South Uptown, Lyndale, University, Marcy Holmes) since moving here from Mankato to attend college. She currently lives in the greater Minneapolis area with her three children: Aggie (14, she/her), Grey (10, they/them) and Elliot (7, she/her).

"While I haven't lived in the Greater Longfellow neighborhoods, my best friends live in Howe and Hiawatha so I feel at home here," she said. "My favorite thing to do in Longfellow is sitting on my best friend's deck for happy hour (in the Howe neighborhood)."



Rachel Boeke pointed out that 43% of community members in Longfellow are renters compared to only 8% of the board. She appreciates the existing "dynamite" board, and is working to have the neighborhood demographics reflected there. (Photo submitted)

Hear more from Boeke:

What drew you to Longfellow and this position?

Boeke: To me, the concept of home is tied directly to our well-being. I believe home is more than a place, building, or address – it is a sense of belonging – it is community, connections and relationships. I also believe that family is more than the people we share blood with – it is the people we surround ourselves with who bring us joy and fill our daily lives. This includes our neighbors, at least hopefully. It includes the people we see regularly – at the coffee shop, hardware store, corner market, etc. These connections are more important than ever in this time of an extended, isolating pandemic compounded by the impacts to our mental and emotional health from months and months of unrest as our city struggles to acknowledge and address our history of racial injustices across all parts of life.

Serving as the Executive Director of LCC provides me the opportunity to build love, hope and unity throughout the community by listening to the needs of our residents and creating the programming, events, and resources they need most.

Working with neighborhoods connects everything I love – direct action organizing, meeting new people and learning their stories, developing programming and events that can immediately impact people's lives for the better, and building that sense of home and belonging between people and their communities.

What strengths do you bring?

Boeke: I bring decades of experience leading teams, working with volunteers

and developing community organizing campaigns. My background is in direct action organizing and the three fundamental principles of that will always guide my work: concrete improvements in people's lives, making people aware of their own power and building leadership, and altering relations of power between people and decision makers.

Coming to LCC from Stevens Square Community Organization, I understand the function of neighborhood organizations within the Minneapolis Neighborhood and Community Relations Department and already have established relationships with people across city departments.

I also bring my love of connecting with people. Whenever I do personality tests, I score 99 out of 100 on the extrovert scale. I love meeting people one-to-one, at events, during meetings, at the door, over the phone, at the bus stop... wherever, whenever. I truly want to hear everyone's story. I want to know what community means to them. I want to know how LCC can best serve the needs of all our residents.

What issues challenges face the LCC?

Boeke: Neighborhood organizations have historically not been a true representation of the amazing diversity of their communities. Neighborhood boards have historically been composed of individuals having the time and flexibility to volunteer and sharing very similar demographics which are disproportionate to their communities – that being homeowners, residents with higher income and education levels, older residents and White residents. Changes need to be made to break down barriers, allowing members of historically under-represented populations to serve in leadership positions and make decisions impacting their community.

The LCC Board is full of dedicated and community-focused people, but we will be intentional in developing meaningful engagement strategies to create a welcoming environment for each and every resident of Greater Longfellow, as well as take into account barriers that are keeping members of our community from getting involved as we work towards board elections this spring.

Specific attention will be given to the biggest disparities between our board make-up and the community at large:

- 43% of community members are renters compared to only 8% of the board
- The community is 67% White/43% of color compared to 92% White/8% of color on the board.
- 30% of the community has an income level below \$35,000 and 12% are between \$35,000-\$50,000. This is 42% of the community (almost half!) and we have 0% of the board within that income level.

There are also the challenges of changing funding systems, the incredible need for support of our local and small business owners – especially within the BIPOC community, the need to focus on collaborative work with other neighborhoods and community-based organizations to ensure our longevity of serving Greater Longfellow residents, and helping residents find ways to process the trauma that has been building from years of living within a pandemic and the intense impact the murder of George Floyd and the resulting unrest has had.

Connect with Boeke by emailing rachel@longfellow.org.

AN EXECUTIVE DIRECTOR'S GOALS

Rachel Boeke's two overall goals are:

1. More residents know that LCC exists, what we do for the community, and get involved
2. Provide immediate resources (or access to resources) that are needed by residents and businesses

To get there, here are some of the broken down goals:

GOALS FOR THE BOARD

("The LCC current board is pretty dynamite so the goals here pretty basic" said Boeke.)

1. A fully seated board with demographics that match our diverse neighborhood
2. Changing our meeting schedule to increase participation
3. Updating our committee structure, increasing participation, and defining their role for LCC and the community as a whole

GOALS FOR THE COMMUNITY

1. Determine what kind of support is needed by local property owners and businesses, then create grant opportunities to meet those needs.
2. Build collaborative efforts with surrounding neighborhoods and community-based organizations.
3. Meaningful engagement with the community – focusing on historically underserved populations – allowing those populations to lead the way on creating new programs, events, and grant opportunities. A new community organizer will be hired to assist with this effort.
4. Locate an accessible physical office space with a dual purpose – (1) serve as a space for staff to work and collaborate, (2) act as a resource hub for residents where they can come to access WIFI, use a public computer, access a printer, make phone calls, get assistance from staff. This office space will ideally be a shared office space with other local non-profits in order to reduce office expenses and make a physical space a possibility for organizations who couldn't manage it alone
5. Distribute Welcome Packets to new LCC residents – for both homeowners and renters
6. Put the nearly \$1 million in park dedication fees to use for projects needed and supported by the community

COMMUNICATION GOALS

1. A new LCC website should be complete by Jan. 3
2. A weekly newsletter for residents to keep up to date with LCC and Minneapolis activities and opportunities
3. Increasing the ways we reach the community. We need to reach people where they are.

CLOSER VIEW

What brings Rachel Boeke joy?

- 1) I am a huge tea fan (Earl Grey being the top choice), and Longfellow has some great coffee shops who also really give it for tea people.
- 2) I love supporting all the vegetarian restaurants across town (meat-free since 1993).
- 3) I have regularly walked and biked the River Road since living in the Middlebrook dormitory at the University of Minnesota. My kids are huge fans of Minnehaha and Wabun Park – but who isn't? The Riverview Theatre is a national treasure. I am so thankful that they began renting out the theatre so my daughter could still have a (distanced and masked) 13th birthday with her friends during this extended pandemic – you can still feel the joy of singing along to Mamma Mia through a mask!
- 4) Live music – Last show was Drinks-giving by ELnO at The Hook and Ladder. Overall favorite genre is Bluegrass.
- 5) I love boxing and yoga. I feel like they create a nice balance.
- 6) Hosting gatherings. I have hosted a monthly dinner club for 16 years.

SUMMER CAMP GUIDE

The Twin Cities is full of fun for kids.
Find it here in our popular guide.



AD TIPS:

What sets your camp apart?
Feature that in a photo.



CONTACT DENIS TODAY!

Denis@LongfellowNokomisMessenger.com | 651-917-4183

MARCH FOR HOMELESS WHO HAVE DIED



A memorial march for the homeless who have died took place Thursday, Dec. 16, 2021 at 4 p.m. Braving the cold, about 200 marchers bearing signs with the ages and names of the deceased started from Plymouth Congregational Church (19th and Nicollet Ave.) and looped north, returning to the church. **BOTTOM LEFT** Steve Horsfield, Executive Director of Simpson Housing Services, addressed the crowd beforehand. **BOTTOM RIGHT** Ivan Ludmer and his son, Lewis, felt compelled to march in support of efforts to house the homeless. (Photos by Terry Faust)



SHOP LOCAL **EAT LOCAL**

READ LOCAL

When you support your local newspaper, you support your community.

Tax Time Is Right Around the Corner!

- ♦ Fast & Friendly ♦ Year Round Service
- ♦ Always a free review of last year's returns
- ♦ Evening and Weekend Appointments

Our Everyday Low Prices Start at:

- 1040 - \$125, add \$100 for dependents, self-employment or rental income
- 1120S, 1065 - \$450

These Starting Prices Include Federal and MN Return Preparation and Electronic Filing.

- Individual • Small Business • Rental Property • Back Years • IRS Problems • All States

YOUR LOCAL ALTERNATIVE TO THE NATIONAL CHAINS

Gotham Tax Service, LLC

5400 34th Ave South, Minneapolis (Behind Berry Sweet Kitchen)
612.216.5040 | www.gothamtax.com

\$25 OFF

Individual Tax Return

Cannot be combined with any other coupons or offers. Present coupon for \$25 discount. New Clients Only. Expires 04-30-22.

\$50 OFF

Corporate Partnership Tax Return

Cannot be combined with any other coupons or offers. Present coupon for \$50 discount. New Clients Only. Expires 04-30-22.

The final price of your return may vary depending on the actual forms used. Call for more information.

GIVE THE GIFT OF OWNERSHIP



Stop by our Customer Service Desk for more info

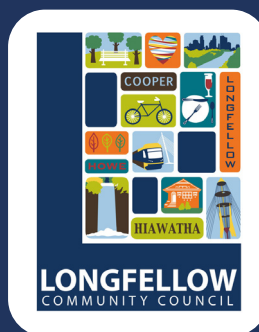
Seward
COMMUNITY CO-OP



2823 E. Franklin Ave., MPLS
& 317 E. 38th St., MPLS
www.seward.coop

WE'RE HIRING!

- Community Organizer
- Communications Manager



LONGFELLOW COMMUNITY COUNCIL

Improving the well being of our diverse community through engagement, investment and empowerment!

@LongfellowCC | longfellow.org

@LongfellowCommunityCouncil

WE NEED YOU:

RESIDENTS + BUSINESS OWNERS + VISITORS!

What resources, programs, and events do you want to see?

LET US KNOW:

INFO@LONGFELLOW.ORG OR 612-722-4529

DOUGHERTY FAMILY COLLEGE OFFERS STUDENTS A GREAT START

By MARGIE O'LOUGHLIN

A two-year college through the University of St. Thomas is tailored to motivated, underrepresented students who have encountered barriers in pursuing a college degree.

Founded in 2017, the Dougherty Family College (DFC) provide its students, whom they call scholars, with financial, academic, and personal supports.

Dougherty scholars demonstrate financial need, solid academic achievement (2.5 GPA or above) and a strong desire to succeed. The average, annual out-of-pocket cost for a FAFSA filer is \$2,970. However, almost half of DFC scholars paid \$1,030 this academic year. In addition, DFC provides each student with a laptop, textbooks, meals while on campus, and a Metro pass.

Scholars are automatically enrolled in courses that will prepare them to move into their bachelor's degree program at St. Thomas or another university or college, once they've completed their associate degree.

DFC provides their students with a path forward.

Meet the dean

Dr. Buffy Smith has been the interim dean of DFC since October 2020. She has been a faculty member at the University of St. Thomas since 2004, and was appointed DFC founding associate dean of academics in 2016.

She said, "I see myself through the experiences of our scholars, over 70% of whom are first generation college students. I was the first person in my family to go to college. I was raised by my phenomenal mother and grandmother; we were rich in faith – but not rich in resources.

"We received public assistance and lived in public housing in my hometown of Milwaukee. Neither my mother nor grandmother was able to pursue their college degree, but they always emphasized the value of me pursuing mine."

Cohort-learning fosters community

According to Dr. Smith, "DFC scholars are part of a smaller cohort that functions like extended family: sharing meals and recreational activities, fostering a sense of connection and belonging. The cohort model provides a level of peer support that is essential for academic success."

Mentoring fosters success

Dr. Smith continued, "Mentoring is another crucial component of our college experience. Mentoring is what helps our scholars persevere. We've had more than 200 graduates to date, and 75% of our grads are currently enrolled in bachelor's degree programs.

"Every scholar is assigned a faculty or staff mentor, and they meet at least once a month. Their conversations focus on issues that might impact learning: pressures that are work related, family related, or related to other social relationships.

"Mentors also help scholars navigate the hidden curriculum of higher education. The hidden curriculum refers to social and cultural norms of higher education that impact scholars' success, such as establishing positive relationships with faculty and staff.

"At DFC, we encourage scholars to ask a lot of questions and seek support early and often. We empower scholars to bring their authentic selves, cultural backgrounds, social backgrounds, and unique perspectives to college."



“

We believe in high standards, high expectations, high supports, and high educational outcomes. Having high expectations for our scholars will help them reach their fullest potential, but there must be appropriate supports. I have learned that our scholars often exceed our expectations.”

Dr. Buffy Smith

Dr. Buffy Smith, interim dean of Dougherty Family College, see herself in the experiences of the students there. She was the first person in her family to attend college. (Photo submitted)

Culturally responsible teaching

DFC scholars take the same courses as all other University of St. Thomas students, and those courses are taught with the same academic rigor. Within DFC

however, professors select textbooks and readings that reflect the rich and diverse cultural backgrounds of the scholars. Dr. Smith said, "We know that college is not

DOUGHERTY FAMILY COLLEGE >> 9

SAINT PAUL COLLEGE
A Community & Technical College

Fit in.
Stand out.

**Saint Paul College
is an inclusive campus
for all learners.**

We welcome you to be your most authentic self while finding those who share your passions, goals, and background. You'll feel connected to and supported by a community of instructors, staff, and students all helping to achieve your best. Go full or part-time. Day, evening and weekend course options are available. Create a schedule that works best for you!

Spring Semester starts January 10.

Enroll at saintpaul.edu

Document available in alternative formats to individuals with disabilities by contacting 651.350.3008 or AccessResources@saintpaul.edu. Saint Paul College is an Equal Opportunity employer



**THIS IS YOUR FUTURE
WE'RE TALKING ABOUT.**

Here's what it can look like.

Earn your associate's degree at the **Dougherty Family College**. Yes! But why stop there. Continue your education at St. Thomas or another four-year school – earn that bachelor's degree and get the career you want. Your future is calling, and we'll help you answer it with free textbooks, a laptop, breakfast, lunch and Metro Transit passes.



Visit dfc.stthomas.edu and apply today.

Dougherty Family College : UNIVERSITY OF St. Thomas
ALL FOR THE COMMON GOOD™

SPECIAL NEEDS KIDS AND COVID-19

Families facing challenges, need to find support

By JAN WILLMS

The impact of COVID-19 on special needs children and their parents is immense.

Jerrold Brown, a Concordia professor who is the program director for the Master of Arts degree in human services with an emphasis on forensic behavioral health, has done most of his professional work around autism, developmental disorders, people on the spectrum and those with traumatic brain injury.

"If you are raising a child with special needs, and you don't have the resources, it can be very stressful," he said. "These families have been very impacted."

He said a special needs child may not understand why wearing a mask is beneficial. "Also, most individuals with neurodevelopmental issues have sensory deprivation, and it's a struggle for them to wear masks."

Brown added that for some special needs children, being at home and out of school has been good. For others, it has been very stressful. "In some cases, the children have lost some of their verbal development. Anxiety and depression are very common."

According to Brown, if all these topics are brought together, including children not sleeping well, having low energy and having a difficult time staying focused, the difficulty of raising special needs children during a pandemic cannot be over-emphasized. "You also have to take into account adults with neurodevelopmental disorders, who may be chronologically older, but function at the age of a six-year-old," he said.

"Making good decisions is challenging for parents and teachers," Brown ac-

knowledge. "When these kids grow up, in some cases they may live in a group home, which can present a lot of challenges. The child may run away, which is dangerous enough. But now the child could run away without a mask and bring COVID-19 back to the group home and infect others. We are in uncharted territory."

Brown said that at Concordia, a graduate program offering a series of classes on "Trauma, Resilience and Self-Care Strategy" is digging into research in this area.

Connections

He said there is a lot of isolation for special needs children during the pandemic, and parents may wonder how their children can connect with friends. "Do you allow them over? How much connection do you do online?"

Brown cited other concerns for parents. Do they send their child back to school or have the child stay home and do online learning?

The stressors may be different if the household has two parents or a single parent, according to Brown. "The key is to create some balance, because parents are burned out, exhausted and more vulnerable. The healthier and more resilient the parents are, the more they can support their child."

There are associations in the Twin Cities that can provide support. Brown urged parents of special needs children to find a network. "It is totally okay to say you need help," he said. "Some parents may feel alone and isolated, and they need to realize these feelings they are experiencing are shared by others."

Involving child without special needs

Brown also expressed concern over the child in the household without special needs. "Parents often dedicate the most time to the child with special needs, and



"If you are raising a child with special needs, and you don't have the resources, it can be very stressful," said Jerrold Brown, a professor at Concordia University. "These families have been very impacted." (Photo submitted)

the other child may feel left out," he noted. "Evidence shows this can cause problems for the other child, and you may want to get support for the whole family system."

He said that families may enjoy sports activities together or gardening or equine activities. "Go for a walk as a family, even if it is just once a week," he stated. "If you focus on the stress day in and day out, it is so hard."

Brown said that winter will find more families spending time inside, but there are also things to do as a family during the cold weather. "Find outlets on TV, find some hobbies you can work on and get your kids involved with decision making on the

hobby, if it's age appropriate."

Consider a coach or therapist

Staying current on the research coming out and how COVID-19 can affect child development can be very helpful, in Brown's opinion. He suggested that if parents are short of time, they hire a coach who understands this information, or a therapist, seek education outlets or check some of the videos on YouTube. "It is good to be more aware and more able to deal with this complex issue," he said.

He said the graduate online courses on "Trauma, Resilience and Self-Care" are open to so many people: professionals working in social services, criminal justice, with runaway youth or homeless populations. "Students who just completed a degree, someone making a career change, or someone who has been in the field and wants to enhance their career can sign up," Brown said. "Some things in the courses are COVID-19 related, some things deal with trauma. And what do we do about it?"

Editor's note: This is the third in a three-part series with professor Jerrold Brown on the psychological impacts and trauma associated with COVID-19 that is affecting members of the helping profession. Find parts one and two on our website.

DOUGHERTY FAMILY COLLEGE

>> From 8

only possible – but that with structured, culturally affirming supports – graduation is inevitable.

"We want our scholars to see themselves as being future public intellectuals. Almost 50% of DFC staff and faculty identify as being members of the BIPOC community, as do 90% of our scholars. Young people must be able to see themselves not just as consumers of knowledge, but as soon-to-be authors and producers of knowledge.

"AT DFC, we help scholars develop the academic confidence they may not have gotten in grades K-12."

Dougherty Family College

DFC is named after the founding co-benefactors Mike and Kathy Dougherty and their family. Mike Dougherty is a St. Thomas alumnus and trustee, and a Twin Cities businessman. The Dougherty family supports the college because they believe in the value of a college education, and want to give motivated, hardworking students the opportunity to succeed in college and beyond.

Dr. Smith said, "Many scholars start their bachelor's degree program with relatively little debt. We encourage them to complete their four-year degree in five years. It's more common to matriculate in six years. The first DFC class just graduated with their bachelor's degrees from the University of St. Thomas. In the past, at least 10 DFC students each year have been awarded a full tuition scholarship to complete their bachelor's degree. Our scholars are helping to level the playing field of higher education."

Professional internship program

At DFC, opportunity is about more

DID YOU KNOW?

According to the U.S. Census Bureau, only one-third of adults in the U.S. are able to get a four-year college degree.

The Dougherty Family College wants to help that number grow, by assisting students from diverse and under-resourced backgrounds. To be eligible for admission, students must demonstrate financial need, solid academic achievement (2.5 GPA or above) and a strong desire to succeed.

than just providing students a pathway to a degree – it's about providing them a pathway to using it. Through the Professional Internship Program, scholars develop real-life, professional experience in paid internships across the Twin Cities.

Scholars are required to take a professional development course in the spring semester of their first year, where they learn about navigating workplace culture, leadership skills, communication, and more. They work fulltime in a paid internship during the summer and continue in their internship one day per week during their second school year.

Approximately 38 local corporations, non-profits and schools are currently partnered with DFC, giving them access to a pool of diverse, highly motivated students earlier than most other internship programs. If interested in partnering with DFC to offer a new internship opportunity, email kris.donnely@stthomas.edu.

DFC is located on the university's downtown Minneapolis campus. For more information, visit the Dougherty Family College website at <https://dfc.stthomas.edu>.

Enroll Now! Every step of the way, K-12.



**HIAWATHA
ACADEMIES**

Growing Learners. Growing Leaders.

Learn more about our schools!

www.hiawathaacademies.org/enroll-now/

email: enrollment@hiawathaacademies.org

call: 612-455-4044

Hiawatha Academies is a network of high-performing college-preparatory public charter schools free to all in Minneapolis.

Serving over 1500 students from Kindergarten to grade 12 in our four schools, we create a K-12 school experience that empowers students with the knowledge, character, and leadership skills they need to graduate from college. Our graduates are 100% accepted

WHAT WE OFFER

- Excellent schools free to all students, K-12
- Uniforms for every student
- Free breakfast and lunch program
- Free transportation for grades K-8
- Athletics and student clubs
- College exploration opportunities
- Family Academy Program



NEWSPAPER ADS WORK.

6 out of 10

newspaper readers who read an **educational services ad** took action after seeing the ad.*



THE TOP ACTIONS ARE >>>

- >>> Gather more information
- >>> More favorable opinion about the advertiser
- >>> Visit advertiser's website



NEWSPAPER POWER.

Print, Digital & Social Solutions for our advertisers.

612.729.7608 • www.buck-bros.com



We design & build
in your neighborhood

Kitchens, Baths, Additions
Restorations

MN license #4593



Is your car
ready for winter?

We can help with that.

www.alexandersimportautorepair.com

2904 E. 35th Street
612.729.2516

**Save \$15 on any service
of \$100 or more**

Offer good thru 2/15/2022 with this coupon.
(Not valid with other offers.)

BUY LOCAL

Support your neighbors,
live a more sustainable life,
and build community.
Tell them you saw it here.

noun \toft, 'tɔft\ a site for a dwelling

TOFT

boutique realty services,
because detail matters.

—

Ben Younan
ToFT Broker / Owner

612.454.0899 toftrealty.com

One Month's Free Rent

Love where you live!

Call 612.238.0010 today and ask about our move-in special!

*Call for details.

Senior Living with Services, Assisted Living,
Memory Care & Enhanced Care

Offering a full spectrum
of care on campus.

PROVIDENCE PLACE
SENIOR LIVING

3733 23rd Ave S
Minneapolis 55407

Providing the services you need, when you need them in a safe and secure environment.

NELSON ELECTRIC INC.
EST 1963

Service is Our Specialty

Residential
Industrial
Restaurant

Lighting Retrofits
Commercial
Solar

FREE – estimates

Call today for an appointment.

Office Space for Lease

Robert Nelson – Owner 612-724-9500 or
www.nelsonelectricinc.com 763-444-1523

Contractor's Lic. #20636575
Electrical Lic. #EA001304



ACCREDITED
BUSINESS

HENRY W. ANDERSON
MORTUARY

(612) 729-2331 • www.HenryWAnderson.com
3640 23rd Avenue South, Minneapolis



FUNERAL, CREMATION & PREPLANNING ♦ FAMILY OWNED SINCE 1931

NEW YEAR'S RESOLUTION:

Make my
funeral and
cremation

plans in
advance



Some things are so tough to express to your family, you just never do.
That's why we created a helpful guide. Here, in one place, you can tell your family the things that
are important to you. All you have to do is complete the booklet and put it someplace convenient
for easy retrieval in the future. Request your free copy by contacting us today.

Ample parking ♦ Catered lunch options ♦ Live streaming and video recording

Families of lost loved ones, supporters rally behind Wright family

By JILL BOOGREN

Families from Minnesota and around the country who have lost loved ones to police violence stood together outside the Hennepin County Courthouse on Dec. 8, 2021 in support of the Wright family.

It was the first day of the trial of former police officer Kim Potter, who is charged with first and second-degree manslaughter in the April 11, 2021 shooting death of Daunte Wright in Brooklyn Center. The first witness testifying was Daunte's mother, Katie Wright.

"Today I had a chance to witness the most emotional, intense, breathtaking thing that you ever wanna have to go through. And I would like y'all to just pray a little harder for this family," said Bianca Austin to the crowd assembled outside after the day's proceedings. Austin is the aunt of Breonna Taylor, who was killed by officers in her apartment in a botched police raid in Louisville, KY in March 2020. "It's not easy. And they have to sit here and relive Daunte's murder all over and be able to stand tall and tell his story. So prayers go to the Daunte Wright family. We stand in solidarity with you, and we will be rockin' with y'all until this is over."

Present were family members and close friends of Black men killed at the hands of law enforcement – Hardel Sherrell, George Floyd, Emmett Till, Philando Castile, Justin Teigen, and Leneal Frazier – as well as family of Jacob Blake, who was shot and paralyzed by a Kenosha, Wis. police officer in August 2020.

"Daunte Wright was a son, but he was also a father, and what you see here today is... Black fathers and uncles and brothers out here demanding justice for Daunte Wright and all stolen lives," said Trahern Crews, of Black Lives Matter Minnesota.

George Floyd's significant other, Courteney Ross, also spoke to the crowd.

"Kim Potter stole Daunte Wright's life, she ripped his future away in one move," she said. "Kim Potter left the Wright family with a lifetime of grief, trauma and sadness. She left his friends with emptiness and mistrust."

Introducing Emmett Till's cousin, Deborah Watts, Toshira Garraway Allen of Families Supporting Families Against Police Violence, said, "We know that these are racially motivated murders, and if you're wearing a Ku Klux Klan outfit, if you're wearing a police uniform, or whether you wearin' regular clothes, we know a racially motivated murder when



Bianca Austin (at center, holding microphone), aunt of Breonna Taylor, stands with families who have lost loved ones to police violence in support of Daunte Wright's family on the first day of Kim Potter's trial at the Hennepin County courthouse. (Photo by Jill Boogren)



Demonstrators rally outside the Hennepin County Government Center and march through downtown streets calling for Justice for Daunte Wright, who was killed by former Brooklyn Center Police Officer Kim Potter in April 2021. (Photo by Jill Boogren)

we see one." On Dec. 6, 2021 just two days prior, the U.S. Department of Justice closed a re-investigation into Emmett Till's murder. Till was lynched in 1955 for allegedly flirting with a white woman. Watts is calling for his accuser, who is still alive, to be brought to justice.

Temperatures were in the teens as

people gathered at Government Center Park. Demonstrators held up signs as a recording of "Justice for Daunte Wright" played on a speaker, and supporters lit luminaries as a show of solidarity. A brief march through downtown streets took place, with volunteer marshals in high visibility vests helping to maintain safety

along the route. Street medics, supported by Justice Frontline Aid, pulled carts with water, snacks, handwarmers, face masks and hand sanitizer.

Rebecca Shumard said she flew in for a second time from Phoenix, Ariz. – the first being in April when she learned Mr. Wright was killed.

"He's a year younger than my son, and it just broke my heart," she said.

Carrying a Black Lives Matter flag, Minneapolis resident Keith McCarron said he was there to support the family. He also expressed frustration over Hennepin County Sheriff David Hutchinson's involvement in a car crash and alleged DUI near Alexandria, Minn., reported the same day.

"[It's] ironic that the Hennepin County sheriff is arrested for DUI, but nobody shot him to death. So, if you're Black and you're in the Metro area the smallest of offenses can lead to fatal consequences," said McCarron. "And it's horrible when you think about the original reasons for pulling [Daunte Wright] over was a dangling mirror ornament and expired tabs. I mean... seriously, there's no way that, in a reasonable world, that escalates to gunfire."

From a Dec. 8, 2021 statement posted on his Facebook page, Hutchinson wrote: "I made the inexcusable decision to drive after drinking alcohol and I am deeply sorry. As the Chief Law Enforcement Officer in Hennepin County, I am held to a higher standard. I regret the choice I made and apologize to the citizens I serve, the staff I work with, and the friends and family who support me."

According to news reports, the Douglas County Attorney's Office has since charged Hutchinson with four misdemeanors related to the incident, including operating a motor vehicle and carrying a pistol while under the influence of alcohol.

As the rally drew to a close, Minnesota Justice Coalition President Johnathon McClellan called to uplift the family of Daunte Wright and continue to demand justice.

"We stand with the community. We stand with all those who came out demanding accountability and justice," he said. "Because an attack on one of us is an attack on all of us. And we cannot be silent."

A verdict in the trial was expected to be delivered the week of Dec. 20 after the Messenger went to press.

“

Kim Potter stole Daunte Wright's life, she ripped his future away in one move. Kim Potter left the Wright family with a lifetime of grief, trauma and sadness. She left his friends with emptiness and mistrust."

Courteney Ross

Reliable. Relevant. Informative.



You can count your community newspaper.

The stories and moments in the life of our community that matter to you can be found here each edition, delivered free of charge right to your home and at www.LongfellowNokomisMessenger.com.

Our Voluntary Pay program

helps ensure that we not only continue to deliver the best local news and information, but to also continuously improve upon the service we offer our readers and business partners.

Delivered responsibly.

TMC
PUBLICATIONS CO.
News for you

MESSANGER VOLUNTARY PAY

Support your neighborhood newspaper. Not something you can do right now? That's ok. We'll still deliver to your door. You can also rest assured that we won't share your contact info with anyone. Mail 5139 34th Ave. S. #17097, Minneapolis, MN 55417.

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

Please write your check out to TMC Publications or donate online at www.LongfellowNokomisMessenger.com

\$25 _____ \$50 _____ \$75 _____ \$100 _____ \$250 _____ \$500 _____

I'm interested in reading:

- | | |
|---|---|
| <input type="checkbox"/> Green Living | <input type="checkbox"/> In Our Community |
| <input type="checkbox"/> Food & Drink | <input type="checkbox"/> 55+ living |
| <input type="checkbox"/> Health & Wellness | <input type="checkbox"/> Home & Garden |
| <input type="checkbox"/> Business & Development | <input type="checkbox"/> School news |
| <input type="checkbox"/> Historical tidbits | <input type="checkbox"/> Kids Corner |
| <input type="checkbox"/> Sports | <input type="checkbox"/> Finance & Money |

in Household: _____

Age/s: ☐ 0-19 ☐ 20-99 ☐ 30-44 ☐ 45-64 ☐ 65+

MEMORIES OF BYGONE NOKOMIS EAST BUSINESSES

From the perspective of a couple raised in the neighborhood

**Nokomis East
Business Association**

By **BOB ALBRECHT**
www.nokomiseastba.com



A drive around the Nokomis East neighborhood one morning with Janet Strom Nelson and her husband, Lee Nelson, could best be described as an affectionate reminiscence through a city retail area long known for its small town appeal. Janet and Lee were raised in the area, she at 53rd and Shoreview Avenue in Keeywaydin and he at 44th and 35th Avenue in Ericsson, and during their youth in the late 1960s they launched into the working world as employees of a number of bygone neighborhood businesses. We gathered so the Nelsons could offer their perspectives about the history of several Nokomis storefront operations.

Janet and Lee, who graduated a year apart from Roosevelt High School, she in 1967 and he in 1968, met while working together at Olson's Super Valu grocery store (on 34th Avenue in the current location of McDonald's Liquors). They married in 1972 and owned their first home on 27th Avenue in Keeywaydin before heading off with their two young daughters to the Dakota County suburbs years ago. But it's clear they are both deeply and happily rooted in Nokomis East. Lee's very first job while yet a "Teddy" at Roosevelt was at Olson's where he worked in the produce department, stocked shelves, and carried out groceries for customers. "I was paid \$1.50 per hour, and I still have my first pay stub," said Lee. Gregarious by nature with a sunny disposition, Lee loved working at Olson's and interacting with the customers, many of whom lived nearby and were fiercely loyal to the local grocer. "Claire Olson was the owner of the store which was a Super Valu franchise. I really liked Claire," Lee continued. "He had a great personality and was always nice to the young kids from the neighborhood who worked for him. The store was busy all the time, on Saturdays especially. Among customers, Olson's was far more popular than National Tea grocery store (across the street in the current location of Oxendale's) which was a corporate-owned chain store." Since then, quite a number of grocers have occupied the space on 34th we now know as Oxendale's.

Not long after Lee began working at Olson's, a young cashier caught his eye. A co-worker who was a friend said to him, "You know, that's Janet Strom." But Lee already knew who her name from Roosevelt. And nearly right away, Lee felt Janet was "the one!" Janet felt a connection too, and thus began their love affair in 1969. Fast-forward to 2021, Janet and Lee have been going strong and married to one another nearly 50 years. Both worked four years for Claire Olson, though Janet's memories of her time there aren't quite as fond as Lee's. "The cashiers worked near the front doors to the building and during winter we were freezing! It was often pretty miserable," recalls Janet. When Olson's Super Valu closed, the building was sold to the McDonald family who now run the liquor store. The Nelsons remember the opening of the liquor store having sparked quite a controversy in the neighborhood, notably among some members of nearby churches.

Janet recalls both wanting to have jobs in her youth, and her parents encouraging her to work. Lee said he needed to go to work and was excited about having jobs. Janet's father, Lester Strom, passed along to his four children (all of whom are now retired) a solid work ethic. Lester, who died



Bob Albrecht (left) stands with Janet and Lee Nelson outside McDonald's Liquor store along 34th Ave. Albrecht currently lives and works from home in the house Janet's dad built along Shoreview Ave. Lester Strom was a self-employed home-builder whose firm, Strom & Mayville, constructed many single-family homes, apartments and duplexes in the Nokomis East neighborhood. >> See more photos online. (Top photo, photo above right by Tesha M. Christensen, others submitted)

at 94 in 2015, was a self-employed custom home-builder whose firm, Strom & Mayville, was well-known for having constructed many single family homes, apartments, and duplexes in the Nokomis East area and throughout south Minneapolis and Edina. Strom & Mayville, active as far back as 1953, was ahead of its time in that it was what would be considered today a home-based business, headquartered for decades in dedicated space inside the Strom family's personal residence on Shoreview Avenue.

Lester Strom taught his two sons, Jim and Jon, to take very seriously the responsibilities involved in their 'Minneapolis Star' (PM) and 'Minneapolis Tribune' (AM) newspaper delivery routes in the mid 1960s. Occasionally assisted by their dad, Jim and Jon would rise at 4:30 a.m. to complete their morning routes in the neighborhood. Jon Strom recalls often stopping for breakfast at The Canteen restaurant on Minnehaha Parkway and Hiawatha Avenue once they finished delivering papers. "One of our duties was to collect money for newspapers from our customers," Jon said. "We were expected to have a precise accounting. And I still remember families on the route who were the best tipsters at Christmastime!"

As our drive took us by many of Janet and Lee's old haunts, the stories flowed about businesses where they were employed at one time or another. Lee particularly enjoyed recalling one of his early jobs at the Minnehaha Falls concession stand where he worked in 1970. "We made great popcorn in an industrial-size hot air popper. We used tons of butter, and of course the employees ate much of the popcorn themselves!"

We toured a few well-known destinations from back in the day: 34th Avenue south of 50th Street certainly, Hiawatha and Minnehaha Avenues between 42nd and Minnehaha Parkway, the area around 45th Street and 34th Avenue, and 28th Avenue south of 50th Street. "Back when, residents



in these neighborhoods shopped very close to home. It was a time preceding big box chains and not every household had multiple cars in which to get around," Lee explained. "So in a sense, 45th and 34th was like an outpost of the busier business area near 50th and 34th."

On the southeast corner of 45th and 34th once stood Palmer's Drug, as Janet and Lee remember. "Best penny candy, ice cream, soda fountain, and baseball card store in the area!" said Lee. Next door was a beauty salon and beyond that a bakery. On the northwest side of the same corner was Sufficool's, a grocery and meat market, popular with nearby homeowners and closed now more than 30 years.

The most vibrant memories from our breeze through the area, as one would imagine, bubbled up along 34th Avenue, south from 50th Street. How many readers recall the following neighborhood institutions: Zipp's Pharmacy (northwest corner of 34th and 50th in the southernmost half of the current location of Nokomis Shoes – commonly known in days past as Red Wing Shoes), the five and dime in the northernmost half of what is now Nokomis Shoes, the small and cute Leola movie theater (demolished, in the current location of US Bank's parking lot and office) where one paid 25 cents for a movie and cartoon, an appliance store where the Wells Fargo Bank now stands (the same building housed Olson Super Valu's original location), Nokomis Florist (in the current location of Nokomis Tattoo) – which furnished flowers for Janet and Lee's wedding, the Mug & Brush barber shop which was located seemingly forever in the current Nokomis Surplus building (Lee Nelson was a customer of Toby from Mug & Brush for 40 years), Lynn's Standard service station at the southwest corner of 34th and 50th ("He was a hard worker," remembers Lee), the Nokomis Inn bar and restaurant (southeast corner of 34th and



AT LEFT Lee and Janet (Strom) Nelson stand with Mark McDonald inside McDonald's Liquor, where the couple met while they were both working when it was Olson's Super Valu grocery store. ABOVE The pair who grew up in the Nokomis East area have been married nearly 50 years.

50th in the current location of Casa Maria) – so much history at just one intersection! Further south of Nokomis Inn along the east side of 34th was the Scandia Bake Shop, a classic neighborhood bakery for many years, and Skylane Bowl (in the current location of Town Hall Lanes) with its iconic sign that appeared as though it was hanging above "Main Street USA." Skylane Bowling Center also sold billiards and trophy supplies. The beauty shop on the block was operated by Marilyn, and next door to Marilyn was a watch repair. Lee and Janet personally knew accountant Tom McCabe whose office was above Skylane. And in a very personal way, Lee knew Dr. Jurde – whose office was above Nokomis Inn – as Dr. Jurde delivered Lee!

The adorable, single-level brick building on the northwest corner of 50th Street and 28th Avenue was home for many years to a Baskin-Robbins ice cream franchise (in the current location of Nokomis Beach Coffee). Janet's youngest sibling, Joan Strom Johnson, worked at Baskin-Robbins for two years between 1976 and 1978 while in high school. "I was paid \$1.65 per hour," recalls Joan, "and that was a step up from the 50 cents per hour I had been making babysitting!" Joan, a self-described numbers person, remembers that in those days single scoop ice cream cones were 28 cents (cake or sugar cones), double scoops were 50 cents, and malts were 85 cents – all including tax. "We had a lot of traffic right off Lake Nokomis. Though we were open year round, it could get pretty dead in winter. I developed a really strong right arm scooping ice cream!" Most favorite flavors included 'Charlie Brownie,' though Joan's personal favorite was 'Pralines 'N Cream' – topped with hot fudge – which she sometimes enjoyed during her breaks. When asked whether there were Baskin-Robbins customers who were known regulars, Joan replied, "Yes – my brother-in-law Lee! He stopped by frequently pushing his daughter, Sally, in a stroller and would buy himself a malt. Lee would often return after hours and mop the floor. I think he might have been looking for a discount."

Prior to Baskin-Robbins, the same location housed another neighborhood corner drug store owned by Harry Zimmerman. Alongside Baskin-Robbins – at various times – were located a number of shops. One was called New Beginnings (1970s and 1980s) which, as Janet recalls, was known for – among other things – selling Cabbage Patch supplies. The retro toy store Comet came years later and endured into the early 2000s. Kitty-corner, the attractive building that now houses White Crane Design:Build rests on the former site of Dahl's Grocery (later Dale's). Further south on the east side of 28th in what is now Farmer's Insurance – Gretchen Frana, was Zinn's Grocery, a small grocer and meat market. "Zinn's was best known by the neighborhood kids as

'Bridging Divides' on Jan. 12

New year, new lens

Join NENA's Diversity, Equity, and Inclusion Committee to start your year off with a renewed commitment to our community. We are hosting a free, online event on Wednesday, Jan. 12, 2022, from 6:30 p.m. For more information and to register, visit nokomiseast.org.

Bridging Divides: Perspectives on Grit, Resiliency and The Four Commonalities. Humans are "hard-wired" to be with others who look, think, and act as they do. This tendency for group identification (referred to as "Group Identified Persons"—"GIP") permeates all aspects of day-to-day life. Things work until we encounter folks from other GIPS—people who constitute "Other." Indeed, we humans can make anyone "Other" if we work at it.

"Bridging Divides" empowers listeners to think differently relative to the divides in our lives. Some of that begins with thinking about our "exterior divides" created by skin color, country of origin, religion, LGBTQ status, political affiliation, and the myriad other things we use to group and label humans. As importantly, true bridging begins internally, honestly examining own "internal divides" that arise because of core fears, negative personal mantras, and black and white thinking.

Moreover, as we start a new year – 2022 very well may be pivotal – let us go forward with a new lens, a new sense of renewal and commitment to our community and social justice for all.

Join national speaker and human inclusivity trainer Ellie Krug, as she shows that humans really are far more alike than they are different. In fact, there's only "Us" rather than "Us" and "Them." Come, listen, and engage! We welcome you!

State of Our Neighborhood

On Monday, Jan. 31, 2022, at 6:30 p.m., hear from NENA, neighborhood leaders, and elected officials. This is your community and your time to get involved! For more information and to send in your questions before the event, visit nokomiseast.org. 2022 is shaping up to be another eventful year with the COVID-19 pandemic, economic distress, widespread food insecurity, and organizing against oppressive systems in our city. Along with many others, NENA has plans to make our neighborhood an even better, more vibrant community. Come to the seventh annual State of Our Neighborhood to learn more about the upcoming year from the perspectives of our elected officials and local government.

The meeting is free, online, and open to

Nokomis East Neighborhood Association

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



the public. NENA serves the neighborhoods of Keewaydin, Minnehaha, Morris Park, and Wenonah.

Format: We will host the annual event via Zoom. NENA will welcome each elected official and then break out into discussion rooms. A NENA Board member will host a community conversation with a single elected official. You will be able to visit multiple break-out rooms.

Help NENA Plan for future

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 with us at nokomiseast.org/planning/.

NENA will roll out the 2022-2024 Strategic Plan at our Annual Meeting in April 2022. You can also run for a seat on the NENA Board in April. Serving on the NENA Board is a great volunteering opportunity to connect to your community and build

your leadership skills. Applications open in February.

Staying in Place grants

Make plans for a healthy and happy 2022 with NENA's Staying in Place grant program through its nonprofit partner, Rebuilding Together Twin Cities.

Staying in Place Grants help vulnerable adults (lower-income households, seniors, residents living with a disability, and/or veterans) address outstanding housing maintenance issues. Rebuilding Together Twin Cities will provide access to needed funds to help these property owners living on fixed incomes make repairs to live safely in place with economic stability.

Offered Services:

1. Safe at Home: Provide home safety and fall prevention modifications and ramps for older adults and individuals living with a disability.

2. Home Repair: Provide volunteer-delivered repairs, including weatherizing, cleaning, installing flooring, patching and painting, siding, and landscaping, and timely contractor-delivered repair or replacement of essential systems, such as HVAC, electrical, plumbing, outer envelope, and roofs.

For more information, call Rebuilding Together Twin Cities at (651) 776-4273.

Upcoming online meetings

01/27/2022: NENA Board of Directors at 6:30 p.m., Online

Long history of cutting hair and listening

>> From 1

only men were permitted to cut hair in the early years of the 20th century. Women customers who wanted their hair styled stepped behind a curtain in the same shop, where Bob's mother performed finger waves, permanent waves and other styling.

Kristin acknowledged that her father encouraged her to become a barber, in part because she was the only person who cut his hair the way he wanted. She attended Minneapolis Community and Technical College for their year-long barber program. But like her father, who said his own father was instrumental in "... filling in the blank spaces from what he learned in school," Kristin said, "My father is an excellent barber. He was my mentor. He went to the University to become a teacher, and he taught sixth grade for a few years. He was a good teacher. I absorbed the craft from him."

In fact, both Bob and his wife earned degrees in education. Bob's enthusiasm for teaching led him to write a book on haircutting. He also made six videos, and he has a website and a YouTube channel – all about cutting hair:

www.traditionalhaircutting.com

www.youtube.com/bobohnstad

Bob said that customers get the hair-

cut they've come to expect for the past years, or at least since he bought the business in 1993. Bob's specializes in low-maintenance, "wash-and-wear" styles that don't require gel or tending after the customer leaves the shop. When asked what makes a good haircut, Bob's reply was that the hair looks good when it's windblown whereas Kristin said a good haircut grows out beautifully.

Listening

"Cutting hair is an art form. You have to have an eye for it," Kristin reflected. Bob added, "And you have to be a good listener." Kristin agreed. She said, "Most people know what they want and I enjoy making it happen. We ask a customer what they want, then execute. A lot of people don't know what they want, so listening is part of the deal."

Changing

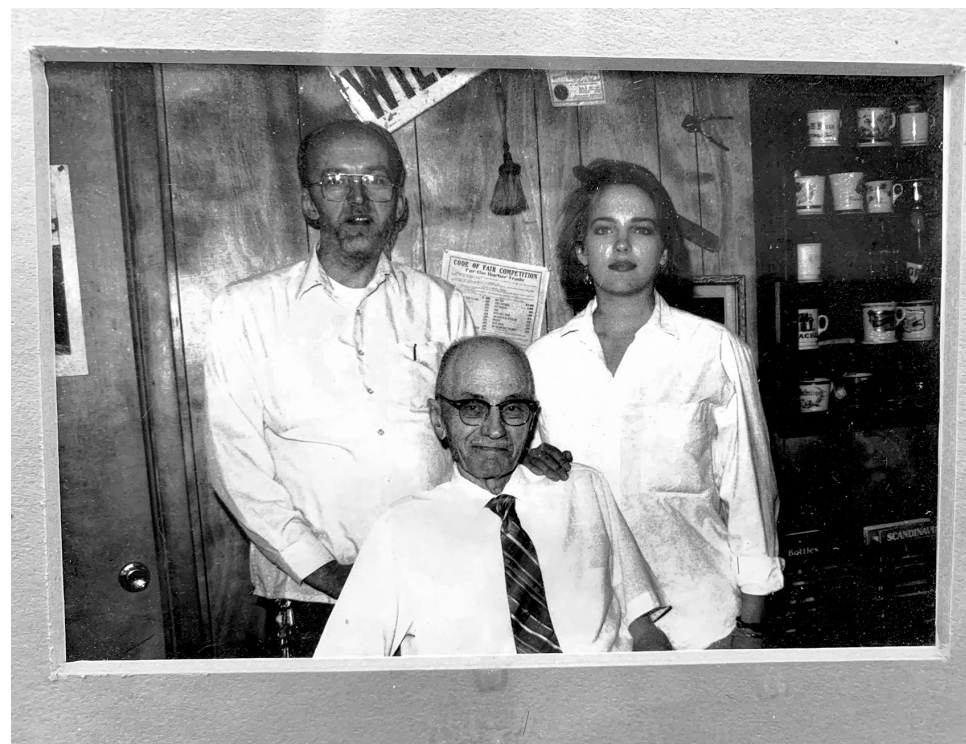
When Kristin took over Bob's 11 years ago, she decided to keep the name because "... my ego is not that big, but name recognition is huge." And although Bob's doesn't have a coffee pot, Bob said that since Kristin took over, the shop is more of a gathering place than it used to be. Perhaps the mellow music Kristin plays has something to do with that. The music also helps her cope with profound personal loss. About five years ago, her partner

“

The three possibilities Men wear three basic hairstyles – Parted, not parted, and departed.

Never ask a barber if you need a haircut.

From displays at Bob's Barber Shop



A photo of three generations of barbers in the Ohnstad family – Bob, his daughter Kristin and his late father. (Photo by Sue Filbin)

Tom died suddenly. Less than two years ago, following the unrest in south Minneapolis, Jojo died and Kristin's car was broadsided by a vehicle being pursued by law enforcement officers. Kristin continues to receive medical care for her injuries.

Three days after Tom died, Kristin was back at work. And the day after the car crash, she had to be at work for the grand reopening of the shop after being closed due to COVID-19. Now, as this article is preparing to be printed, Bob's Barber Shop is for sale. Kristin will move west to the

home she and Tom purchased for their retirement. And she will get a dog to spoil.

Gratitude

Bob said he's glad he went into barbering. "It's been good to me. And I've been able to attract nice, friendly people. Every day I went to the shop was a good day." Kristin immediately added, "I want to thank everybody for years and years of loyalty. Our customers have been so loyal to us, and they've been such good friends."

MEMORIES

>> From 12

a candy store," said Janet. "Our daughters loved Zinn's! It was very popular. The candy section at Zinn's was almost overwhelming." Janet's eldest sibling, Jim Strom, remembers Paul's, yet another small grocer on the west side of 28th Avenue across from Bossen Field.

A little farther afield but still very much within the community were storied businesses near Minnehaha Parkway and Hiawatha Avenue – before Hiawatha was dropped to run underneath the Parkway. Janet's very first job, for six months when she was 16, was as a car-hop at Paul Pearson's Counter & Drive In, a restaurant at the northwest corner of

the Parkway and Hiawatha, owned by the same family which for years operated the Edina Restaurant at 50th and France. Across the street on the northeast side of the intersection where today stands the brand new Shale Apartments was The Canteen, well-known and popular for years. Further north along Hiawatha was Beeks Pizza, and also Charlie's A & W – another institution among the young people in the Nokomis area.

Fun fact courtesy of the Nelsons: the actual building that housed Joe and Eddie's Drive-In, which had been at the northwest corner of 45th and Minnehaha Avenue (where an apartment building now stands) and subsequently became a Chinese restaurant, was later moved to the south side of

50th Street, just west of 34th Avenue, and is now home to Dominguez Family Restaurant.

Just one block east of 50th and 34th, at the site of what today is the Nokomis Square Cooperative, once stood Nokomis Junior High School, which both Janet and Lee attended. Nokomis Junior High closed in 1978. Janet recalls that Lake Nokomis Lutheran Church on 50th Street, the church community her family was part of, was a big booster of Nokomis Square at the time the concept of a senior living community in the neighborhood was conceived.

As we concluded our drive and headed for lunch at Berry Sweet Kitchen, Janet and Lee let me know that the current post office and hardware store go back at least 50 years,

and that at the southwest corner of 54th and 34th (where until recently Hiawatha Dry Cleaners had been) was home to Cloggy's, a popular neighborhood watering hole.

As Janet and Lee Nelson would attest, the quaint and popular Nokomis East business community, certainly rich with history, has been much-loved for generations.

If you or someone you know would like to get involved with NEBA or find out how to help with NEBA's next project, contact the organization at nokomiseast-ba@gmail.com.

NEBA board member Bob Albrecht owns Bob Albrecht Real Estate, LLC. He lives and works in the former Strom family home on Shoreview Avenue in Keewaydin.

AWARD FOR WORK

Metropolitan Council Environmental Services, which operates the regional wastewater collection and treatment system, received the Public Works Project of the Year Award on Nov. 19 from the Minnesota Chapter of the American Public Works Association. The award recognizes the successful construction of a project to rehabilitate an aging sewer near Minnehaha Park in south Minneapolis.

The Met Council's Environmental Services Division faced significant construction challenges when rehabilitating old sewers near Minnehaha Regional Park. Among them:

- Working as much as 75 feet below ground
- Maintaining the flow of millions of gallons of wastewater daily through temporary pumps and pipes throughout the two years of construction
- Avoiding impacts to a rare and protected groundwater resource, Coldwater Spring
- Working with more than 12 unique public stakeholder groups in the center of an urban area and a high-traffic park

"This project presented some unique challenges that our staff met with partnerships, in-



novation, and excellence," said Metropolitan Council Member Abdirahman Muse, whose district includes the project area. "We are proud of the work done to plan and execute this project."

The \$20 million project involved rehabilitation of underground wastewater sewers and other structures adjacent to the park that date back to the mid-1930s. A key piece of the project was rebuilding a relief structure designed for a time when a combination of stormwater and wastewater flowed through pipes. The structure diverted higher than normal, rain-induced flows to the Mississippi River when necessary to help prevent upstream wastewater backups, open discharge of wastewater, and damage to downstream sewer facilities.

The combined stormwater and wastewater sewers were separated in the 1990s, and the Met Council has worked with cities since then to reduce the excess inflow and infiltration of

clear water into wastewater sewers. As a result, there has not been a wastewater release at this structure in more than 17 years.

Plan It

Conversations with council members

The 2021 municipal election had record turnout as voters across Minneapolis came out to be part of the public conversation on rent control, public safety, and other crucial issues in our city. Inspired by this unique political moment, City Councilmember-Elect Robin Wonsley Worlobah is hosting a series of City-wide Community Engagement events to support a spirit of collaboration amongst the city council and public engagement with residents across the city. Tune in to hear the incoming city council in friendly conversations about the issues that matter most, and ask them your questions in the chat. All events are on Facebook

live. Dec. 28: Women majority council (Wards 2, 8, 10, 11 and 13); Dec. 30: Como/UMN Wards 1 and 2. Dec. 21 was Southside wards 2, 9, and 12.

Community Connections Conference Feb. 12

Feb. 12, 2022 is the Community Connections Conference, an annual event that brings together residents of Minneapolis, community groups, neighborhoods and local government.

Redistricting

There are several ways to participate in the redistricting process triggered by the census, including attending one of the following meetings: Thursday, Feb. 24, 2022 at 4 p.m. Wednesday, March 9, 2022 at 4 p.m. More at <https://www.minneapolismn.gov/government/programs-initiatives/redistricting/>.

In Brief

Comment on METRO Blue Line Extension plan

The METRO Blue Line Extension project has released the Draft Route Modification Report. This report describes the overall process, public input, and technical evaluation that will inform the recommendation of a community supported route. The Draft Route Modification Report is available for public review at www.Blue-LineExt.org. Comments on the report will be accepted through Jan. 25, 2022 and will inform the final evaluation and route recommendation in spring 2022.

- Submit a comment form through the project website
- Fill out and mail the comment form included in the report document
- Email your input to

Sophia.Ginis@metrotransit.org

WILD hires LaLinda Xiong

Twin Cities Diversity in Practice recently added LaLinda Xiong as the program manager to lead its new anti-racism initiative, Wanton Injustice Legal Detail (WILD). The initiative will focus on freeing the Twin Cities of all forms of racism, in particular, anti-Black racism. Xiong will work directly with partner organizations to develop volunteer engagements to further WILD's important work of eliminating racism in policing, expanding voting rights, addressing racial inequities in education, increasing access to wealth and more.

Xiong previously worked at the Lake Street Council as the Creative Placemaking Coordinator

and was a program manager for the city of Minneapolis in the Division of Race and Equity. Being raised in an intergenerational, multi-lingual home with Hmong refugee parents, Xiong brings firsthand knowledge of this community to her new role.

WILD has already launched several initiatives, including a six-month equity challenge course on understanding and deconstructing racism in Minnesota and small group listening sessions to process the ongoing trauma following police brutality. WILD has also supported the community by publishing educational information about voting rights, providing support for the Page Amendment, conducting outreach for the MNDHR investigation into the Minneapolis Police Department and more.



Recount in Ward 2

A recount has been completed in the Ward 2 election. The recount was requested by second-place candidate Yusra Arab, who challenged 12 of the nearly 10,000 ballots cast. Winning candidate Robin Wonsley Worlobah challenged 10 of the ballots.

The total number of ballots challenged exceeds the 19-vote margin of victory so the results were reconsidered by the city's Canvassing Board, which is the city council, on Dec. 1, where each contested ballot was evaluated and voted on by the board.

The certified results resulted in Worlobah winning by 13 votes. The final totals are 4,055 for Worlobah, 4,042 for Arab and 1,702 for neither of those candidates.



Nokomis East
Neighborhood Association

Get Involved in 2022

Nokomis East is Your Community.
Now is the Time to Get Involved.

State of Our Neighborhood

New Year, New Lens

2022-24 Community Priorities & Survey

Run for a Seat on the NENA Board

Visit www.nokomiseast.org
for more information

@NokomisEast Facebook

The Lake Street Council has unveiled sneak peek images of a new outdoor art installation coming to Lake Street. A heart-shaped "We Love Lake Street" sculpture designed by the Chicago Avenue Fire Arts Center will be completed and displayed along the Lake Street corridor in early 2022.

"This new sculpture will celebrate all the special people and places that make Lake Street a wonderful neighborhood – especially the hundreds of small businesses that call it home," said Allison Sharkey, executive director of the Lake Street Council. "We are excited to bring this locally designed sculpture to Lake Street as we rebuild, recover and look to the future."

Once completed, the eight-foot-tall sculpture will be placed outside at the corner of Lake Street and Chicago Avenue, travelling to other locations along Lake Street over the seasons. The art piece is made possible by Wells Fargo and its Hope USA campaign, a nationwide effort focused on supporting small businesses and neighborhood beautification in communities across the country. Drawings of the sculpture were revealed at the Lake Street Council's Winter Block Party on Thursday, Dec. 2. The free event focused on celebrating Lake Street's small businesses and featured live music, bonfires and an ice sculpture inspired by the new art installation. (Photo submitted)

NEW SCULPTURE COMING



Home

Jobs

FAITH

CRISIS HOTLINE

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

GUITAR LESSONS

Seward Guitar Lessons! Modal solos, rock, funk, blues, metal; learn scales! Learn to play with a band! Easy parking. \$40 per lesson; Pro player and touring artist. Chords, finger exercises, theory, Electric guitar. soundscapers@gmail.com 917-861-3411

HANDYMAN

Dr. House does it all: From a leaky faucet to a new addition. I can save you money on electrical and plumbing. Call John at 651-231-5652.

HOME DESIGN

Plan your next remodel with Fresh Space Design! 18 years' experience in custom space planning, concept and construction drawings, fixture and finish selections. Gail Jacobson, Allied ASID. References available. 612-310-7069. www.FreshSpaceDesignLLC.com

PAINTING

Bill's Painting. 38 years experience. Painting, wallpaper, staining and texturing. Fully insured. Free estimates. Attention to details. Call Bill 612-790-1266.

Painting, wallpaper patch. Interior, exterior. Small jobs wanted. Jim. 612-202-5514.

ROOFING

30 years experience hail and wind damage specialist. Replace or repair. Free estimate. Licensed/insured. 612-724-3934

SERVICES

Snow removal - sidewalks, driveways, roof tops. Gutter cleaning. 651-699-2832.

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.

TRANSLATION

Norwegian to English translation: letters, documents, family histories. deniselogeland@gmail.com, 612-669-4055. 3-22

Saving up for that dream vacation?

Get a job delivering newspapers and earn \$11-15/hr



Plus it is flexible work with exercise. TMC Publications is looking for newspaper delivery carriers available to handle 2-4 routes a month in Southwest Minneapolis. Email Delivery@SWconnector.com or call 612-235-7197.

DO THE MATH!

It costs **47¢/piece** to mail a promotional flyer to local residents letting them know about your business, organization or upcoming event. *That does not include design, production, and printing charges.*

For only **6¢/piece** you can have a **4-color** flyer **PRINTED AND DELIVERED** with the **Messenger!**



Contact Denis Woulfe for details
denis@longfellownokomisMessenger.com
(651) 917-4183

Get their attention.
Add a little bit of
COLOR
to your ad.

Learn and Share about Christian Science

Informal Meeting. All Are Welcome.
Thursday, Jan. 20, 6:45-7:45 PM
Nokomis Library Meeting Room
5100 34th Ave. S.

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.

FUN CITY DOGS

Where a dog can be a dog!

Daycare & No cage boarding

Webcams 24-hour supervision South Mpls

15,000 sq ft of indoor and outdoor space

612-722-3647 • www.funcitydogs.com

Neighborhood churches welcome you.

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

Epworth United Methodist
3207 37th Ave. • 612-722-0232
www.epworthmpls.org
Rev. Elizabeth Macaulay
Sundays, 10 am - Join Us for
Worship In-person, or Live-
Streaming on FB
@ EpworthUMCMPLS
You Are Welcome Here!

Faith Ev. Lutheran Church
3430 East 51st St. • 612-729-5463
www.faithlutheranmpls.org
Rev. Peter Preus
Live Worship - Sundays 9:00 am
Lutheran Service in Oromo at 11:30 am
Bible class at 10:15 am Sunday

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

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
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
Pastor Matt Oxendale
10:30 Sunday worship in person &
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.

FAITH classified ads must be received by the Messenger by Jan. 14 for the Jan. 27 issue. Call 651-917-4183, email or place the order online. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com

1 in 3 women experience domestic violence by their partners

YOU'RE NOT ALONE.

First Call 612-874-7063

domestic abuse project D A P

The Perfect Little Library Addition
weeweathervanes.com

Support home-based artists, crafters and small businesses.

Aurora Daybreak

Locally Handmade Gifts

Adorable and Artsy Crafts
etsy.com/shop/AuroraDaybreak

Graphic Art Merch
redbubble.com/people/AuroraDaybreak

Merriam Park Painting

- Exterior & Interior Painting - Enameling
- Ceiling Texturing
- Wallpapering
- Free Estimates

Call Ed 651-224-3660

Five Element Martial Arts & Healing Center

Our non-profit is dedicated to the empowerment of all people through martial arts, wellness, personal safety and self-defense training so we may have a more peaceful community and planet.
Full schedule of classes online.

3743 Cedar Ave. S., Mpls
www.femamartialarts.org

Treating your house like a home.

Painting by Jerry Wind

- Interior & Exterior Painting
- Wood Stripping & Refinishing
- Wallpaper Stripping / Wall Repair / Skim Coating
- Plaster / Sheetrock Repair
- Ceiling Texturing / Repair

FREE ESTIMATES
VISA (612) 827-6140 or (651) 699-6140
WWW.PAINTINGBYJERRYWIND.COM

Jay Anderson
Selling Minneapolis Real Estate since 1993.

- Residential
- Commercial
- Investment
- Fixer-Upper
- New Construction

612-819-7555
jay@CBBurnet.com

COLDWELL BANKER BURNET

Borden Window LLC.

Keep your old windows

We turn old drafty windows into energy efficient tilt-in windows

BordenWindow.com
651-338-7163

Get the word out. GET A CLASSIFIED.



Word ads must be received by the Messenger by Friday, Jan. 14 for the Jan. 27 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

COZY UP WITH ENERGY SAVINGS!

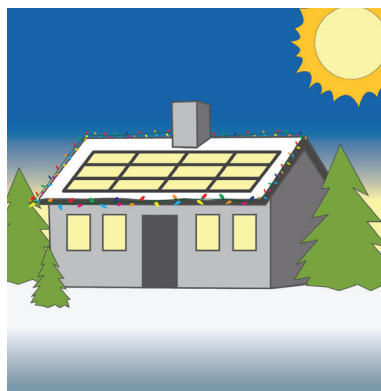
Put your utility bill on ice with solar power

GET A FREE SOLAR
QUOTE!

\$500 OFF WHEN YOU MENTION
THIS AD DURING YOUR
PROPERTY EVALUATION

PROMO CODE:
LONGSNOW

EXPIRES 1/31/2022



AllEnergySolar.com/Messenger
651-374-8671



STEP INSIDE!

It's your place. Your space.

Let us help you make the most of it!



We will remodel your living spaces with creativity and craftsmanship, taking your vision and turning it into a tangible construction plan.



Remodeling



Custom Cabinetry



Trim work



A construction branch of Minnehaha Falls Landscaping

Call us at **612-724-5454**
to see what we can build
together!

MinnehahaFallsLandscape.com

Minnehaha Remodeling is the building branch of Minnehaha Falls Landscaping, a company that has served the Twin Cities for over 60 years.



Lieutenant Gov. Peggy Flanagan said, "As we come up on the 2022 legislative session, we will fight for the Urban Indigenous Legacy Initiative. Our communities do better when we work collaboratively. The state of Minnesota has been headed in one direction for 133 years. Now we have the vision to do things differently." (Photos by Margie and Pat O'Loughlin)

URBAN INDIGENOUS LEGACY INITIATIVE UNVEILED

>> From 1

Power of community

Annessia Swann was 22 years old in 1994. Speaking from the podium at #NativeRISE, she said, "I was a single mom in an abusive relationship and needed career assistance to raise my son. A family member suggested I go to the American Indian OIC."

"I signed up for a one-year training program. The OIC had an on-site child care center, which made it possible for me to complete my program. I found work after I graduated, first with a marketing firm and then in a corporate setting. After a few years, I got a job at OIC, and I've been there ever since. I grew up there. My kids would say they grew up there."

Swann, now the director of Adult Basic Education/GED at AIOIC, is grateful for the support and services she received from the organization. It has made a difference in her life, she said.

The Legacy Initiative will make it possible for AIOIC, located at 1845 E. Franklin Ave. in Minneapolis, to expand and improve its facilities. Funding will ensure that students at the on-site high school have an enriched learning environment with up-to-date technology and resources. Students in the job training program will receive career counseling and skills that help them enter, reenter or advance in the workforce with living wage jobs.

The Legacy Initiative will make it possible for the OIC, located at 1824 Franklin Ave. East in Minneapolis, to expand and improve its facilities. Those facilities include the on-site high school Takoda Prep, and the job training program Takoda Institute. Takoda is a Dakota word meaning "friend to all."

Importance of cultural spaces

Attorney Patrice Kunesh is board chair of the Wakan Tipi Center and Lower Phalen Creek Project on the east side of St. Paul. From the podium, she explained,

"We're trying to restore land to its original habitat. We've transformed 27 acres desecrated by the railroad and by industry at the Bruce Vento Nature Sanctuary."

The organization's goal is to honor and bring connection to the sacred site. The building – deemed "shovel ready" – will feature a community gathering area, classrooms, and gallery space to showcase the value of sanctuary as a place for cultural healing, life-long learning, and inspiration.

Once built, the organization will operate the interpretive center rent-free for 30 years, as part of a public/private partnership with the city of Saint Paul.

"We're very grateful," Kunesh said, "to the city, the legislature, the state, the Met Council, local philanthropists and foundations for supporting a gathering place that will benefit Native Americans and the whole community."

Reclaiming Indigenous food pathways

Indigenous chef Sean Sherman has spent more than 30 years perfecting his craft. Co-founder (with his partner Dana Thompson) and CEO of the Sioux Chief, the Indigenous Food Lab, and Owamni, the new Indigenous restaurant in downtown Minneapolis, he was the keynote speaker for #NativeRISE.

"North America's history begins with Indigenous history. Now is the time to step up all together. Now is the time for evolution and revolution," Sherman said. "We are reclaiming Indigenous narratives, Indigenous spaces, and Indigenous food pathways that were broken with colonization. We will be the answer to our ancestor's prayers, but we can't do it by ourselves. We will rise together."

For further information about the Urban Indigenous Legacy Initiative, contact Ann Merrill at the American Indian OIC: annm@aioic.org.

Funding for #NativeRISE was provided by the Bush Foundation and Bremer Bank. Singing and drumming was provided by the West End Singers.



American Indian OIC President Dr. Joe Hobot, shown with emcee Deanna Standing Cloud (right), said, "Our buildings have deteriorated, and it is time to add to the legacy of what we inherited. Welcome to the moment – as we move forward from this critical crossroad."



Sean Sherman, chef and cookbook author, was the evening's keynote speaker. His work focuses on rebuilding Indigenous food pathways broken by colonization.