



## Not sure how to talk to kids about race?

*Diane Haulcy shares tips on how to raise race conscious children*

By TESSHA M. CHRISTENSEN

Minnesotans don't know how to talk about race. But Dianne Haulcy is working to change that.

Haulcy, who was born and raised in Minnesota and spent her formative years in Eagan, has a podcast through Minnesota Public Radio and Little Moments Count called, "Early Risers: Waking up to Racial Equity in Early Childhood."

"It never fails. I can be in a room talking to elected officials, and the moment I say anything about race, all of a sudden no one has anything to say. It shuts down a room," observed Haulcy during a recent workshop on Raising Race Conscious Youth.

She was speaking to a virtual group assembled by the Bethel Frogtown-Summit-University Partnership on Dec. 16, but the information is part of a regular workshop she offers.

"We're developing people into adults that don't know how to have this conversation," remarked Haulcy. She is focused on starting with children to help both adults and kids become race conscious.



Dianne Haulcy

HOW TO TALK TO KIDS ABOUT RACE >> 12

## TECH DUMP REPAIRS AND REUSES



Tech Dump desktop technician Damonte Newbill sanitizes a desktop computer, the last step in the refurbishing process. "Since we opened our doors in 2011, our team has processed more than 35 million pounds of e-waste. We adhere to the highest standards of data security, while prioritizing our environmental and social mission," said Emily Mauter, director of advancement at Tech Dump. "We have a track record of providing seamless electronics recycling services for businesses and organizations of all sizes, as well as community members. We are a 501(c)(3) nonprofit organization and social enterprise that provides jobs and training for persons facing barriers to employment. We believe that every person has value." >> Story on page 16. (Photo by Margie O'Loughlin)



## 'I RAN'

*Dad's rage and depression meant daughter never felt good enough, and feared his explosive anger*

By TESSHA M. CHRISTENSEN

At 25, Sarah\* doesn't speak to her dad. And she points the finger squarely at him and how he treated her before and after her parents' divorce.

She knows that people often blame mom when a child doesn't want to see a father or have a relationship with him, and they accuse the mom of "parental alienation."

"He is the person that alienated himself from me," she said.

### THE 'PERFECT FAMILY'

They looked like the perfect family. She was her dad's adventure buddy.

But beneath the image lay a dark truth.

"I felt unsafe," said Sarah\* (whose name along with everyone else's in this article has been changed for their protection).

Yes, she was the child who was her dad's canoe partner from a young age.

Yes, she was his biking partner.

Yes, everyone thought they had an enviable father-daughter relationship.

"I felt like it was the only way to get this dad to care about me," Sarah said.

She remembers biking from St. Paul to Hudson, Wis. when she was in second grade. Her dad Keith knew that her bike was broken but he didn't take the time to fix it before they left. She rode the entire way with a brake on. "I just suffered through," she said.

"If we didn't do what he wanted, there would be hell to pay.

"It was just normal. Either he was blowing up or things were OK."

### 'WALKING ON EGGSHELLS'

She's still unraveling all the ways her dad's temper, mood swings, bullying and manipulation affected her. She finds herself unlocking memories sometimes, things she had long forgotten but give her clues about the environment that shaped her.

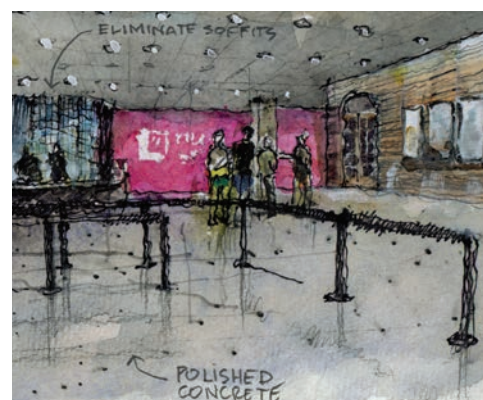
"Violence is harming another person," said Sarah. "It doesn't have to be a physical assault of any kind."

She added, "Cultural norms say you can't hit your wife and kids. So they use other ways to control."

Being an abuser didn't fit Keith's idea of himself. "He would never have labeled himself an abuser," remarked Sarah. "He did everything else he could up to that line of physically hitting us so that then he couldn't be an abuser in his mind. It's intentional that they don't hit."

'I RAN' >> 10

## MPS Film buys, renovates St. Anthony Main Theater



This rendering by architect Marcelo Valdes shows a renovated lobby at the St. Anthony Main Theater.

By JAN WILLMS

A long-time dream of the Minneapolis-St. Paul Film Society (MSP Film) is about to come to fruition. The site of the MSP Film Society at St. Anthony Main Theatre, 115 SE Main in Minneapolis, has closed, but will reopen its doors in April to an expanded film experience for its viewers. It will also be open for the MSP International Film Festival slated for spring, which was held virtually in 2021.

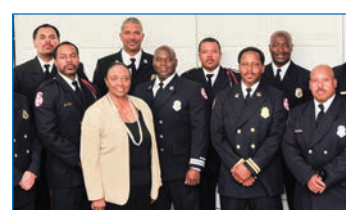
Instead of the one auditorium available for showings during the year, all five auditoriums will have MSP Film offerings as the organization takes over operation of the entire theater, relaunching it as MSP Film at the Main.

"We have had a lot of theaters close in the last couple years," said Susan Smoluchowski, executive director of MSP Film, "including Edina and the Uptown. The owners came to us and asked if we might think about moving (to those theaters). It seemed very clear to us that we would prefer to stay where we are, on the river.

"So we started on making this happen in earnest. It came as the result of many factors. We wanted to create a real foothold for ourselves in Minneapolis."

The fact that 2022 is MSP Film's 60th birthday as an organization was an added inspiration, according to Jesse Bishop, director of programming.

MPS FILM BUYS THEATER >> 12



History of the city's All Black Brigade and Fire Station #24

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Prepare & Prosper offers free tax preparation, financial mentoring

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Activists rally to support Dolal Idd family

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## UNDER THE HOOD

BY SUSAN SCHAEFER

*Something under the hood is not immediately apparent or obvious. This column will uncover stories that span the neighborhoods covered by TMC Publications.*



With its mid-month Valentine's Day holiday, February is synonymous with love. And countless

couples seal their love by entering committed relationships, whether marriage or domestic partnership.

### A LITTLE HISTORY

Marriage as an institution goes all the way back to 2350 B.C. in Mesopotamia, where the first recorded evidence exists. Over the subsequent centuries, marriage evolved into a widespread practice embraced by ancient civilizations.

And while same sex marriage in Minnesota wasn't recognized until August 2013, it is documented that the Roman Emperor Nero took not one, but two hus-

bands in addition to his many wives!

Legal interracial union in the United States has a "loving" provenance. Richard and Mildred Loving wed in June 1958 but had to fight all the way to the U.S. Supreme Court to keep their marriage legal. Now, each year on June 12, "Loving Day" celebrates the historic ruling in *Loving v. Virginia*, which declared unconstitutional a Virginia law prohibiting mixed-race marriage – and legalized interracial marriage in every state.

### BEATING THE ODDS – TWIN CITIES STYLE

Each year, 2.3 million couples wed

in our country, but the average length of a marriage in the U.S. is only 8.2 years! To celebrate this month of love, we asked three couples from each corner of our TMC neighborhood paper coverage who have been in long-term, committed relationships just how they've managed to outperform this indicator.

*Susan Schaefer is a widely published independent journalist, creative writer, and poet. Her articles appear in the Minneapolis Star Tribune, PBS' online magazine, Next Avenue, Next Tribe, and beyond. She was columnist and features writer for Minneapolis' Southwest Journal and Minnesota Good Age magazine.*

Connie Osterbaan  
Herman Milligan:



LONGTIME RESIDENTS OF SOUTH MINNEAPOLIS,  
TOGETHER 41 YEARS

Long-hitched Twin Cities couples share secrets for success

## LIFELONG VALENTINES

### 1. How old were you, and where and how did you first meet?

Herman: I was approximately 25 years of age and was a Ph.D. candidate in the Department of Sociology at the University of MN-Twin Cities Campus. We met through a group of mutual sociology graduate student friends.

Connie: I was in my late 20s, working on my doctorate in social psychology at the University of Minnesota. Herman was working on his doctorate in criminology. We had offices next to each other and had a lot of friends in common.

### 2. When did you know you wanted to marry each other?

H: I had been divorced from my first marriage several years before we first met; Connie was recently widowed. We were very attracted to each other and felt that marriage would eventually be an important thing.

C: I can't name a specific time. We lived together for a while before deciding to get married and at some point, we both knew we wanted to be married.

### 3. Describe your wedding.

H: We decided to get married on Connie's birthday, July 3, 1980, and have been married 41 years. We decided to get married by a judge at the Hennepin Court House in downtown Minneapolis to simplify matters. We had about 14 friends attend the ceremony with a reception lunch held at the now closed St. Anthony Wharf restaurant located on Main Street in Minneapolis and held a wedding party at our apartment that night. My foremost memory was having our wedding day celebrated with all our closest friends who were able to attend.

C: We were married on July 3, 1980. It was my birthday. We have been married 41 years, married at the Hennepin County Courthouse, with about a dozen close friends present. The ceremony was followed by a luncheon reception at St. Anthony's Wharf and a larger party at our duplex. A foremost memory for me is our honeymoon in Cuba.

### 4. When you said, "Until death do us part," did you think you would have a lifelong relationship?

H: Yes, I believed that and still do to this day. We have had disagreements, etc. throughout the marriage, but at the end of the day, we still love each other and our daughter very much and enjoy a diversity of activity in life even though we don't have to share the same enthusiasm for it. I have learned quite a bit over the years from various projects Connie has managed throughout her work career and now in her retirement.

C: Yes, I did. I find it hard to understand why someone would enter marriage expecting anything short of that.

### 5. What do you believe are the keys to the success of your lifelong relationship?

H: Truly loving someone even when there are periods of disagreement about life situations that are major and/or not as important. Learning to take the other per-

son's point of view and feeling comfortable to raise an issue that should be discussed as opposed to internalizing it and not discussing it at all. Sharing as much time with relatives from both sides of the relationship is important to achieve a better understanding of your spouse's family/historical background. Lastly, taking trips, near-by and afar, helps bring diversity as to how we as individuals live and our place in the world.

C: Getting married does not mean that you are going to magically eliminate your individual personalities. I believe it is important to make a commitment to support each other and to respect each other's different interests and personalities. It also helps to share similar values. For example, Herman and I have always both placed a lot of importance on family, on finding ways to give back to the community through the arts or other volunteer activities, on embracing diversity, and on continuing to stay engaged with the world as we age. Finally, I think you must be willing to accept that both of you will, and should, change over the course of your marriage. This is an inevitable and desirable part of individual growth and

part of loving someone is being willing to support their growth.

### 6. What advice do you have for our readers who may be just getting started?

H: Remember the important reasons why you love each other and why you decided to be with each other. Treat each other, your respective relatives, friends with respect and be prepared to make concessions for the common good of the relationship. Love each other even in the most difficult of times.

C: I think it is important to recognize that tension between independence and commitment is a natural part of loving someone, but that the commitment and sacrifices inherent in love are well worth it. You will experience a lot of things as individuals and as a couple over the course of your marriage. Just focus on what you have loved about your partner from the beginning, what you want to be as a couple, and let the day-to-day stuff go.

*Herman J. Milligan, Jr., Ph.D.*

Dr. Milligan is a managing partner with The Fulton Group, LLC, an independent consultant firm specializing in marketing research, competitive intelligence, non-profit organizational development, and culturally specific projects and initiatives, and is a retired Vice-President of Marketing Research/Competitive Intelligence within the Enterprise Marketing/Customer Insights and Analysis division for Wells Fargo and Company. Herman received his Ph.D. in sociology from the University of Minnesota-Twin Cities and his B.A. in sociology from the University of Wisconsin-Madison. He was as a Ford Foundation Fellow in Music at the Center for Contemporary Music at Mills College (Oakland, Calif.) and performed with the Cecil Taylor Black Music Ensemble at the University of Wisconsin-Madison (Tenor Saxophone) where he also served as a music reviewer for the school's newspaper, *The Daily Cardinal*. Herman is a photographer and art curator.

*Connie Osterbaan, Ph.D.*

Dr. Osterbaan earned her M.A. and Ph.D. in sociology from the University of Minnesota. She and Herman stayed on at the university to conduct post-doctoral research on race relations in maximum-security prisons. Connie went on to pursue a 30-year career in criminology and public policy research at Hennepin County focusing on race disparities in criminal justice, violence against women and juvenile justice. She also served as the research manager for the Hennepin County Research, Planning and Development Department where her staff conducted research such issues as mental health courts, teen pregnancy, education disparities, homelessness, and the implications of an aging population. Osterbaan continued to teach for many years as an adjunct professor for the University of Minnesota Department of Sociology. Since retiring in 2013, Connie has been active in OLLI (the Osher Lifelong Learning Institute) as a board member, board chair, and instructor of a course about research on police killings. She continues to write and present papers as a member of a women's study group called 'Peripatetics', belongs to a mystery book club, produces photography books on family history, and is an avid gardener, hiker, traveler. Connie and Herman have one daughter, who is a banking attorney in Chicago.





LIFELONG VALENTINES &gt;&gt; from 2

Carmen  
Gutiérrez Bolger &  
Richard (dik) Bolger:  
LONGTIME COMO RESIDENTS,  
TOGETHER 42 YEARS

1. dik and I met in August of 1978 when I was hired as a receptionist at Bolger Publications/Creative Printing. I was 21 and he was 23 and in charge of production. At that time, Bolger Printing was run by his father, John Bolger and mother, Genevieve, and located on North Washington Avenue in Minneapolis. It was in the basement of Genevieve's father's lute-fisk business. I found out later that I got the job because they were trying to add diversity to their employee pool. You might say that it was love at first sight.

2. We started dating within a couple of months, and announced to John and Gen that we were going to be married the following year. That didn't sit well with Gen as they knew nothing about me, and employees were not supposed to date.

Almost immediately, the family (parents and two brothers), decided to take me out to dinner and "find out who she is!" Although it was uncomfortable, the family was really very sweet to me. Part of the reason for this is that I was born in Cuba and raised in southern Florida, so my immigrant background and lack of history in Minnesota must have been concerning.

3. We set the date 10 months into the future, for May 1979 and the location would be the Bolger family lake home, Meadowlawn, in Prior Lake. Because the house was at the end of a very long dirt road, Gen convinced me that we should change the date to June so that guests wouldn't have to deal with driving in the mud. My compromise was to set the date as June 2, 1979. I was 22 and dik was 24.

I was determined to have a private wedding, so the only guests were parents, siblings, their partners, my maid of honor and his best man. Tom Griffith, dik's cousin, crashed the wedding, which was great. We asked a local judge, Peter Albrecht, to marry us and wrote our own vows based loosely on the civil ceremony. The music was provided by Randy Davidson, a cellist with the St. Paul Chamber Orchestra, and his wife came and held the music for him. At our request, he played the Bach Cello Suite No. 1 in G Major, Prelude for the entrance music.

We were married on the lawn in front of the house, facing the lake. I placed a white ribbon on the grass in the shape of a huge circle with an aisle for each set of parents to walk us up to the center. My mom made my dress, a white summer-weight wool suit with a sleeveless silk blouse and I carried white roses. dik wore a blue shirt also made by my mother, and white pants.

dik came from a large family on Gen's side, so we invited about 200 people to a dance party on the lawn afterwards. His cousin Jay Scoggin had a band and played under a white tent with a wooden dance



floor. We served wedding cake, wine, and coffee.

My biggest memory is that part way through the dance I escaped and walked down a wooded path to the beach to be by myself for a bit. I was overwhelmed by the huge crowd of dik's family and friends. We've been married 42 years.

4. I don't think we had a clue as to how long we would be married, we just knew we were in love.

5. There isn't one thing that we would say is a key to a lifelong marriage, but there were a couple of ideas that we have passed on to newlyweds along the way. We made it a point early on to celebrate every holiday, birthday, and anniversary with cards and often with gifts. It allowed us to stop and connect in an intentional way. To say "I love you" as part of a celebration.

Additionally, a few times during our marriage, we created "retreats" complete with ground rules. Because we worked together, we had training in brainstorming and working on issues. We stayed at resorts out of town, took large sheets of paper, markers and tape and asked each other questions like: "What does the future look like for you? What should our finances look like in five years? 10 years? What is working/not working in our relationship?" These were usually about a day and a half of work and then sauna or hot tub afterwards. They were important to the relationship.

We are both headstrong which can create some amazing sparks!

6. Biggest advice: communicate about everything and don't ever lie.

**Carmen Gutiérrez Bolger**

Cuban-born Carmen Gutiérrez Bolger is a visual artist and former operations manager in charge of prepress at Bolger Vision Beyond Print. Her 20-year graphic arts career includes her role as a board of director in the National Composition Association (NCA), Typographers International Association (TIA), the International Digital Imaging Association (IDIA) and

Women Venture. Additionally, she was board chair of IDIA and most recently the Northeast Minneapolis Arts Association (NEMAA). Carmen has participated in invitational and juried shows in Minnesota, Wisconsin, and Washington including Katherine E. Nash Gallery and the Larson Art Gallery at the University of Minnesota, The Gorecki Gallery at the College of St. Benedict, The Minnetonka Center for the Arts, The Ordway Center for the Performing Arts, The Phipps Center for the Arts, The Textile Center, Groveland Gallery Annex, the MSP Airport, and the Arrowhead Biennial at the Duluth Art Center. In addition to working in oil and collage, Carmen creates site-specific installations. Her work is inspired by her Latina culture, her love of the graphic arts and the enjoyment she gets from collaborating with other artists. Carmen works in her studio in the Casket Arts Building in Northeast Minneapolis.

**Richard Griffith Bolger**

Richard was born in 1954 at St. Barnabus Hospital in Minneapolis. Raised in Richfield, he attended Richfield schools up until the 10th grade. Disillusioned with his schooling, he co-founded Inward Bound Free School based on the principles of the Southeast Alternatives organization, an early leader in redefining how children learn best. When Inward Bound could no longer pay its two teachers, dik enrolled and later graduated from Marshall University High School in Dinkytown, moving on to Evergreen College, another alternative school. There, he studied education with the modest goal of changing America's educational system. Shortly after beginning student teaching, he discovered that teaching a room full of little children terrified him, left college, and joined the family printing business back in Minneapolis. Early on, he struggled with the concept of being a capitalist and discussed his ideals with a mentor, Ken Meter. Ken, without hesitation told him that a business owner had more opportunity to improve the lives of employees and his community, than someone in another profession. That was 45 years ago. After the death of his older brother, Jack, dik took over the role of sales manager, eventually becoming CEO, growing the business from \$800,000 to \$35 million.

In his 20s, dik began his involvement in non-profit boards beginning with Fresh Air Radio. When his brother died of cancer, he was invited to join the University of Minnesota's Cancer Research Center Board. He was their board chair for four years. His next board chair position was with the Minnesota Center for Book Arts, MCBA. While there he helped to hire a new executive director and to move them into their current location on Washington Avenue. He continued his board leadership as chair of the Playwrights' Center where he was involved in hiring the current executive director. dik enjoys gardening, making stained glass, sailing, rowing, cross country skiing, swimming, and saunas.

Julie O'Baoighill &  
Giuliana Ciabo:

LONGTIME RESIDENTS OF LONGFELLOW,  
TOGETHER 31 YEARS

1. We met in the fall of 1990 when we were both in our late 20s on a camping trip with mutual friends in Wisconsin.

2. We fell in love right away and moved in together within two weeks, so almost immediately. We are each other's first girlfriend and neither of us had dated women before we met.

3. We have not gotten married and have been together for 31 years.

4. We fell in love so intensely that we both assumed that we would be together lifelong.

5. The keys to a successful lifelong relationship are: honest communication even when it's tough, kindness to each other even when you're annoyed, and a willingness to nurture each other's full expression of their true selves.

6. You are both going to grow and change. Let it happen. Be realistic, be compassionate, be excited. Keep the energy moving, try new things. Have spontaneous dance parties just the two of you.

**Julie "JAO" O'Baoighill**

Julie is a painter, performance artist and astrologer with a practice that combines modern and ancient techniques. She plays the banjo and enjoys bike-riding, badminton, and juggling. She grew up in Maine and still visits that rocky coast. Find her at [www.jaoart.com](http://www.jaoart.com) or [www.jaoart.com/astrology](http://www.jaoart.com/astrology)

**Giuliana Ciabo**

Giuliana grew up in Italy. She is a random artist and activist deeply committed to listening to the earth and becoming a worthy participant in the creative processes of nature. Giuliana desires to lessen her impact on the planet by using leftover materials and developing work that will gracefully decay. Community involvement is the heart of artmaking for Giuliana. She has participated in Barebones Halloween Extravaganza, Heart of the Beast Mayday, ArtCar parades and Center for Moving Cultures events. She has worked in puppetry, cement sculpture and clay, as well as movement and singing.



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# WHAT DOES 'UNBIASED' REALLY MEAN?

What does it mean to be impartial? Unbiased? Credible?

Is a juror unable to be impartial if they have family or personal experience with police brutality?

Or, does having experience with something give them an edge up because they have inside knowledge that others don't? Do they know not only how it should be but how it actually is?

Is a police officer or neighborhood association worker or city employee compromised in their ability to make decisions for the good of all if they live where they work? Are they more prone to bribery or favors? Are they held to a higher standard because their kids go to school with the people they're serving?

These are questions our community is wrestling with.

They are questions I ask myself every day as a community journalist.

What does 'unbiased' really mean?

I was trained that the highest standard a journalist could hold themselves to was reporting the facts without bias. It begs the question: what does 'bias' really mean? And also, is that what our highest standard should be?

We all know that our own thoughts and ideas influence our word choices. It plays into who we opt to talk to for articles and what part of the conversation we choose to include.

We've tried to get past that by saying there are two sides to every story, and so we need to make sure both sides make it into an article. But aren't there actually more than two sides? We do a disservice to ourselves and others by pretending there is merely a pro side and a con side. If we dig in, we actually learn that those in

**TOO MUCH COFFEE**

BY TESHA M. CHRISTENSEN  
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"favor" of a project often share concerns with the "anti" side. And vice versa. It is rare to find whole groups of people that are so much the same that all their reasons are exactly the same. If that happens, we can likely point to a propaganda campaign or a totalitarian government.

These were things we were already thinking about. And then Donald Trump happened. When one source is telling lies, should those mistruths and half truths be part of a news article? Should they be given equal weight? Or is the reporter then perpetuating fake news items?

When one side is backed by power and authority, when they pay lobbyists and staff whole departments of communication staff and information officers, should we give them the same weight as a community member working to get their voice heard?

I've wrestled with these questions for some time, and I've landed on the side of amplifying community members.

I appreciate questions that come to my in-box asking why we've made an editorial decision. Why did we run a story featuring public comments about reopening George Floyd Square to traffic without getting a comment from the mayor's office?

For one, it is pretty easy for them to ignore a small neighborhood operation like us, and to not get back to us when we reach out to them. (Note: this wasn't the case with the public comment article.) We're working on pointing that out in articles so that you know we tried, and they didn't reciprocate.

Many times (as was the case with the public comment article), you've heard what they have to say because they hold press conferences and have a big pulpit to speak from. This isn't something we all have access to. The folks who live around George Floyd Square don't have their own television stations or the ability to call a press conference that is attended by every media organization in the Twin Cities. But they did send in comments on a comment card to their city with the belief that they would be read and paid attention to.

We believe that those voices are valuable and important, and we're working to amplify them in our pages. We believe in grassroots efforts, and consider them foundational to our democracy. We ignore them at our own peril.

I don't think that makes the story biased or impartial. And it doesn't mean the reporter or the newspaper itself is biased either. We're not stating in the article what our opinion is about the issue. It's not a blog or a commentary (like this piece is). What we are doing is getting the word out there about something we know most people haven't heard about. We are stepping outside the echo chamber to bring you specific local coverage.

We live and work here. We talk to other people who live and work here.

Those are the folks you'll see in our news articles and feature stories, and they

are the people writing columns. You can check the bylines because we are transparent.

Recently, the city insisted that to access funding, Nokomis East Neighborhood Association had to agree that they won't hire a person who lives in the neighborhood as their executive director. Becky Timm is leaving, and NENA is looking for a replacement this spring. If there is a high-quality candidate who lives in Nokomis East, they won't be able to apply for the job.

When I talked to all the new executive directors coming into our neighborhood organizations and asked if they lived here, the answer was becoming a common "no." It was something I had been wondering about as it seemed a little strange to me. At the same time that we're having a larger community conversation about whether police might operate in a more ethical manner if they lived and worked in their own communities, our community leaders were increasingly coming from outside the neighborhoods they were managing. Now, I know why. It's a city directive tied to whether they get funding.

But it's not one I agree with.

I believe that the threads that bind us to each other make us stronger. They help us make decisions that build community. I'm going to write respectfully about the people I run into at the grocery store. We ask people to use their names on letters they submit and comments they leave on our social media channels. We seek to point out problems and talk about possible solutions.

And it's all because we strive to be considered credible by the people we live near and work with and care about.

We're part of this community.

Have an opinion about this? I'd love to hear it. Email [tesha@LongfellowNokomisMessenger.com](mailto:tesha@LongfellowNokomisMessenger.com).

## Sometimes I'm an activist because I must be

I feel gratitude for everyone who has taken the plunge as we navigate the uncertain waters of life experience through my new column, Stories and Journeys. This column is an article I wrote two years ago. I still stand by what I wrote. It includes me remembering an experience that shaped my identity as a writer reflecting on "The Road Not Taken" by Robert Frost.

### REFLECTIONS ON MLK DAY 2020

*"I shall be telling this with a sigh  
Somewhere ages and ages hence:  
Two roads diverged in a wood, and I –  
I took the one less traveled by,  
And that has made all the difference."  
~ "The Road Not Taken" by Robert Frost*

In 1962-63, I was a freshman at Simpson College in Indianola, Iowa. Somehow it had been determined that a major in philosophy and religion best suited me as opposed to my other considerations which were English (I did take English Composition) – or history and political Science. (I was overwhelmed when I saw the reading list.)

I ended with an equivalent minor in history and political science with a stronger interest in political science. Dr. Koch, my freshman composition professor, said

**STORIES AND JOURNEYS**

BY DONALD L. HAMMEN



my being a good writer was not in question, but he had noticed that I was a reflective writer. He had presented one of my essays to Dr. Jack Padgett, head of the philosophy and religion department, with the observation that I would do well as a philosophy and religion major. The specific essay that got Dr. Koch's attention was the one I wrote on "The Road Not Taken" by Robert Frost.

Dr. Padgett told me he agreed with Dr. Koch that I would do well as a philosophy and religion major. It made sense to me at the time.

### STUDENT CHRISTIAN MOVEMENT

Somehow word got out that I had declared myself to be a philosophy and religion major. I was approached by Jane, a freshman student, who explained to me that she was one of a small group of stu-

dents meeting weekly as the Methodist Student Movement. They had decided it was time to go ecumenical and become the Student Christian Movement since there was nothing for non-Methodist students as a place to gather. If I was willing to do it, they wanted me to be the first president of the Student Christian Movement. I consented.

### CROSSING PATHS WITH NEW COLLEGE CHAPLAIN

As president of the Student Christian Movement it was inevitable that Chaplain James Allen and I would cross paths.

Chaplain Allen introduced our small leadership group to "The Miracle of Dialogue" by Reuel Howe for reading and studying. Chaplain Allen and I made a decision to explore taking the Student Christian Movement into direct engagement with Dr. Martin Luther King, Jr. and the Civil Rights Movement. As we became socially engaged and active, weekly participation in the Student Christian Movement more than doubled.

Personally, I remember many hours at the home of Jim and his wife Jan at the time, just hanging out or attending meetings. It was Jim who introduced me to the work of a new musician by the name of Bob Dylan, specifically a song called "The Times They Are a-Changing."

I am not an activist by nature. I tend to be introspective, a meditator, a writer of

reflective words, but there are times when I am activist because I can't help myself. The need becomes too obvious and I am convinced I can contribute. The common good requires that we do what we are able to do.

### MESSAGE OF MLK

Now it is 2020. I find that the memory and message of Dr. Martin Luther King today is too whitewashed and watered down. The words of Dr. King that continue to stay with me are his observation that it doesn't do any good to be able to have a seat in the restaurant if you can't afford the meal. We focus too exclusively on his civil rights legacy and forget his leadership in the Poor People's Campaign in the last years of his life.

Dr. King was assassinated but the dream lives on in spite of the three evils he identified: racism, poverty, and war.

"What does it profit a man to be able to eat at an integrated lunch counter if he doesn't have enough money to buy a hamburger?" From a speech given by Rev. Martin Luther King, Jr. to Sanitation Workers Striking in Memphis, March 18, 1968.

What are your MLK Day reflections/remembrances? Share them with yourself, others or me by writing or emailing [news@longfellownokomisemessenger.com](mailto:news@longfellownokomisemessenger.com).

In gratitude. Stay tuned.

# Messenger

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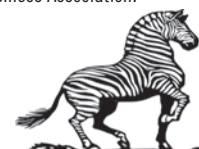
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# How we figured out the history of Fire Station #24 and the city's All Black Brigade

*Old fire hall at 4501  
Hiawatha Avenue  
designated historic site*

by LaJUNE LANGE

Approximately 10 years ago the LTL International Leadership Institute organized a training mission for a team of Minneapolis firefighters to travel to our Sister City Eldoret, Kenya. The team was making their first trip to Africa to bring modern firefighting skills to a city that had endured ethnic strife and fatalities due to the inability of the fire crew to respond. The lack of fire repellent shoes, coats and helmets prevented them from entering a burning building.

The African firefighters were eager to learn new skills and share with their mostly White American counterparts.

This mission trip to Kenya with the first African American fire chief for the city of Minneapolis reminded me of the long struggle of African Americans to be a part of the professional fire service in the city of Minneapolis.

African Americans, including Captain John Cheatham, were pioneers in the department. Knowledge about the care of horses, chemistry and firefighting skills were required to work in an environment where buildings were many stories taller than the ladders and equipment could reach. It was 1907 when Fire Station #24 was built at 4501 Hiawatha Avenue as the development of the city of Minneapolis moved closer to its origin at Fort Snelling.

The grain companies were building multiple towering storage facilities along the railroad tracks that ran just in back of the fire station. The railroad traffic could also ignite a spark that would need a watchful eye and a quick response should a grass fire ignite. The huge mill explosion and loss of life at the Washburn Crosby Mill would not easily be erased from the minds of city residents.

A permanent community of African Americans had settled along Snelling Ave-



Retired Judge LaJune Lange with members of the African American Firefighters Association at Fire Station #24. (Photo by Walter Griffin)

nue and nearby areas in south Minneapolis. They supported the fire chief's decision to create an All Black Brigade at Fire Station #24. The station had a great response record arriving with a team of two horses and fire equipment before other stations who also responded to the same alarm call.

Little has been written about the men who served at Station #24. Many northern cities in the aftermath of Plessy vs. Ferguson maintained separate fire stations for African American firefighters. Chicago, St Paul, and Minneapolis all share the legacy of segregation in one occupation in the government work force.

As our entry in World War II approached, Station #24 was closed by the city of Minneapolis and the building sold to a private company. No horses to walk around for exercise. No men impeccably dressed in blue uniforms around the station. No first responders to give comfort as they traveled neighboring streets and walkways to and from their shift.

It was the memory of an elder who shared with me the history of the All Black Fire Station without a mention of the address. I looked along Minnehaha

and Lake Street and was told no, not the right place. Then I confirmed the location of 4501 Hiawatha. Before community engagement activities could begin to support historic preservation, I drove past the building on the way home from the airport. I looked through my passenger window and observed that all the buildings around the station were demolished. Trucks and equipment were stacked next to the station.

I contacted Joseph Waters, a firefighter/historian, and the media to alert them to the changes in the block and the need to move forward with preservation efforts.

Fortunately the city of Minneapolis CEPD had flagged the property for possible historic significance, which we found later had prevented a quick sale and demolition by the developer who was building an apartment on the rest of the block.

Preservation efforts were supported by council members Andrew Johnson and Andrea Jenkins. Since the property is located in Ward 12, we focused community engagement meetings over Zoom to bring in organizations in Ward 12 like Friendship Academy of the Arts, Greater Friendship Missionary Baptist Church, LTL In-

ternational Leadership Institute, African American Firefighters Association, local historians, preservationists, African American Storytellers Alliance, and the African American Cultural Heritage Museum and Gallery, as well as many others.

The request by Ward 12 council member Johnson supported by Jenkins of Ward 8 for temporary protection was approved by the Heritage Preservation Commission. A formal study of the building was commissioned by the city of Minneapolis. The 106 Group was selected by the city and made recommendations.

In January the building at 4501 Hiawatha was given historic designation by the city. An new owner with a long history of community arts education (Adventures in Cardboard) is renovating the interior of the building to make it the heart of the neighborhood for the next 100 years.

## DIGHT AVE RENAMED

Charles Dight, a former council member, was the chief proponent of the eugenics movement in Minnesota, which resulted in the forced sterilization of hundreds of residents. He also urged Minnesotans to adopt eugenics programs modeled on those in Nazi Germany and praised Hitler for his efforts to "stamp out mental inferiority among the German people."

Residents living on Dight Ave were recently invited to choose an individual to honor that better reflects the community, which is one that welcomes and values all residents. The name which received the most votes is Cheatham Ave, in honor of Captain John Cheatham, one of the first black firefighters in Minneapolis who was stationed at the first all-black fire station (located at 45th Street & Hiawatha Ave). The formal legislative action took place fall 2021, and new street signs should be up this winter.

## Got an opinion?

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To reject the messaging of domestic violent extremists amplified by social media, Americans should "understand better what the information is that they are reading" and approach it with a "greater level of discerning skepticism."

— FBI Director Christopher Wray, during a hearing held by the Senate Intelligence Committee on April 14, 2021

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# PREPARE AND PROSPER

By JAN WILLMS

Finances and tax preparation can be challenging for even the most experienced. For many families and individuals who are also living on a low to moderate income, the challenges can be enormous.

Enter Prepare and Prosper (P&P), a nonprofit dedicated to providing free tax preparation and financial coaching and mentoring to bring financial wellness to everyone. Minneapolis locations include Hope Community (611 E Franklin Ave.) and Sabathani Community Center (310 E 38th St Ste 200).

"P&P started decades ago," said David Langley, the organization's engagement director. It was founded in 1971 by a group of accountants. "The past 15 years P&P has become more than just a tax preparer," Langley said. "We have ascended into the realm of critical financial programming. We offer coaching programs and creative sponsorships with other partners, giving people opportunities for accessible banking."

Langley said P&P helps participants get bank accounts and avoid overdrafts, having to use money orders and relying on check cashing businesses.

According to Pew Research, 70% of households in the United States are constrained by income, have limited savings and/or are challenged by debt. About 1 in 4 households are excluded from the financial mainstream. As cited by the FDIC, this amounts to more than 194,432 households in the Twin Cities. When broken down by race, statistics show that this affects 1 in 7 White households compared to 1 in 2 Black and Latino households.

P&P has a small number of staff and a very large number of volunteers, who do tax preparation or serve as mentors to participants.

"In a typical year, on the tax side of things, which is the program we most work with, our volunteers work with 11,000 to 12,000 people, coming to get their taxes done for free," Langley said. But like almost every business, organiza-



**ABOVE** Prepare and Prosper volunteers meet with individuals on low to moderate incomes to provide free tax preparation. **AT RIGHT** David Langley points out that Prepare and Prosper has become more than just a tax preparer. (Photos submitted)

tion or nonprofit struggling to be effective during the pandemic, P&P has had to be adaptable. "COVID has affected our delivery model, and has cut that number to about half," Langley noted. He said mentors, who provide one-on-one coaching on the banking side, are working with about 200 individuals.

"Many things, including working with FAIR products, such as checking and savings accounts and a credit builder, have been happening online the past year and a half," Langley said. "But there are a few things where a personal meeting is better." P&P offers participants the opportunity to get more control over their financial needs by working with FAIR products, backed up by Sunrise Bank, N.A.

The nonprofit has been as flexible as possible during the pandemic. There have been pop-up sessions, where P&P will go to some of their partners' locations and have 30- to 40-minute tax sessions.

But there are also tax drop-off opportunities, where people can make an appointment and then drop off their doc-



uments, get them copied for the IRS-approved volunteers to work on, and later pick them up. Documents can be sent online, as well. Participants can have a combination of hybrid and virtual services if they wish, according to Langley.

He said P&P offers many options for getting tax returns done. "People need the confidence to get over their fear of filing," Langley stated.

The organization also sends representatives out to nonprofits in the community to teach basic financial literacy to their clients. This can be done virtually or in person.

## Nonprofit offers free tax preparation, financial mentoring and more

To qualify for free tax preparation with P&P, participants must have an income of less than \$35,000 per year as an individual. A family with an annual income of \$55,000 or less qualifies.

Langley said that most people want to get free help with their taxes, especially when they may get a refund. "That provides a natural incentive to come in," he said. "But to get people more interested in financial coaching or banking is a lot harder."

"There are many reasons for that," he continued. "There is a lot of generational trauma around money. Human nature being what it is, they are less inclined to talk about their finances or work on them."

He stressed the importance of people getting banking information. "Working

“

To get people more interested in financial coaching or banking is a lot harder. There are many reasons for that. There is a lot of generational trauma around money."

David Langley

with those who have financial problems is challenging, but also most rewarding," Langley said. He said he has always been happy working with people and creating community and relationships, something he is able to do in his job at Prepare and Prosper.

As well as volunteers working with taxes and as coaches

and mentors, Prepare and Prosper has ambassadors, people who have gotten back into banking and are hired on a temporary basis to help spread the word about P & P's services to their friends and neighbors.

"We want to build our relationship with the community," Langley reiterated. He said that anyone who wants to help spread the word or volunteer or have their organization or business be a partner in some way can contact him at david@prepaareandprosper.org.

## Repairs to key freight railroad bridge extend life by 30 years

Minnesota Commercial Railway has completed repairs on the troubled South 31st Avenue freight railroad bridge in Minneapolis' Longfellow neighborhood, a key link in the freight rail network serving Twin Cities businesses and industries.

The bridge, which is not owned by Minnesota Commercial but which it is obligated to repair under the terms of the firm's lease with Canadian Pacific Railway, serves the historic Hiawatha Avenue Mill & Industrial District, a major employment center that includes manufacturing facilities for General Mills, ADM, Leder Brothers and other firms. The right of way over the bridge is shared with the Hennepin County Regional Rail Authority, as well as daily pedestrian and bicycle traffic on the Midtown Greenway, which crosses over it. The bridge is also a vital connection in delivering oversized passenger rail cars to Metro Transit's Hiawatha Avenue maintenance facility, many of them destined for the Southwest Corridor line, currently under construction.

Wayne Hall, co-president of Minnesota Commercial, said the repairs were partially funded by a financial grant of \$210,000 won by his firm in a competitive process conducted by MnDOT's Minnesota Rail Services Improvement (MRSI) program, augmented by the company's own funds. The total cost of the repairs was



**The newly completed repairs of the 31st Ave. railroad bridge include replacement of bearings, columns, column bases and related anchor bolts. (Photo submitted)**

\$224,000. The company paid the difference – the result of the increase in the cost of supplies and labor between the time the grant was awarded and repairs were

begun – \$14,000 out of internal company funds. Inflation has hit the railroad industry hard in the last year, as wooden ties have risen from \$54 each to \$70, and the

quality has gone down which means their useful life is shorter than before. Ballast (rock) has increased by 10% and other supplies have all increased by 10%.

"Our repairs extended the life of the bridge by 30 years by addressing the damage done by corrosion that has eaten away at its steel underpinnings for many years," said Hall.

Completed and put into service in 1913, the bridge in 2021 carried more than 5,000 rail cars, each with a 125 ton load, or more than half a million tons of incoming or outgoing freight – "the equivalent," Hall said, "of more than 16,000 semi-truck loads that would otherwise be traveling on city streets and through local neighborhoods."

"An analysis of the bridge's condition conducted by Southwest Bridge Engineers in 2019 found that its continued safe operations and reliability were seriously threatened," Hall said, and concluded that its useful life had been dramatically shortened by the damage. It also found that if not addressed on an urgent basis, it could potentially require a total replacement at an estimated cost in the millions.

The newly completed repairs include replacement of bearings, columns, column bases and related anchor bolts, all of which are key to the bridge's continued capability to carry the heavy weights of daily freight deliveries to Minnesota Commercial's customers and shipments of finished products to markets.





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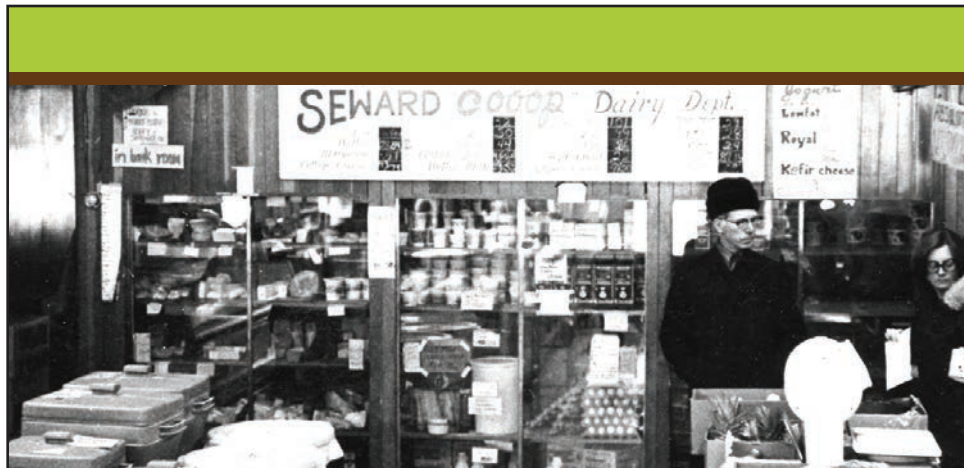
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# ACTIVISTS RALLY OUTSIDE GOVERNOR'S RESIDENCE IN REMEMBRANCE OF DOLAL IDD

By JILL BOOGREN

Community members gathered in front of the Governor's Residence on Jan. 4, 2022, in remembrance of Dolal Idd, who was shot and killed by Minneapolis police officers on Dec. 30, 2020. Activists called for the release of evidence, including more video footage of the incident, and for Governor Tim Walz to assign a new investigative unit for police murders.

"It's been almost a year later, and [Bayle Gelle, Dolal Idd's father] doesn't have all the evidence he needs... and that's inhumane," said Toshira Garraway Allen of Families Supporting Families Against Police Violence (FSFAPV). "That's inhumane behavior because this family deserves closure. This family deserves answers."

A deeply emotional Gelle spoke to the group assembled on the sidewalk.

"It is almost a year that they take the life of my son... I remember lots of time we have lunch, me and my son, in my home," he said. "Although I know my son is not coming back... but it's still, always in my heart."

According to a case summary issued by Dakota County Attorney Kathy Keena, who investigated the incident, Idd was under investigation for the illegal sale of firearms. A 27-second video clip of a body-worn camera shows law enforcement in vehicles surrounding Idd's car in the Holiday Station Store lot in south Minneapolis before shots were fired. Keena announced in August 2021 that she had concluded that the officers "were legally justified when they used deadly force during this incident."

Paul Johnson is among activists calling for the release of more video footage. He addressed his remarks directly to anyone watching a livestream, challenging them to count the cameras at the Holiday,



Toshira Garraway Allen speaks on Jan. 4. Bayle Gelle, Dolal Idd's father, stands next to her, fist raised. Demonstrators marched from Summit Ave. to Grand Ave., around the governor's residence. >> MORE PHOTOS ONLINE @ [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com) (Photo by Jill Boogren.)

as well as the number of police and police vehicles, and ask why only one angle was provided.

Gelle's home was also raided the same night Idd was killed. With a search warrant, armed Hennepin County Sheriff's Office deputies barged into the house at 2:30 a.m., traumatizing his family. Gelle said officers pointed guns, including at his four-year-old child, and didn't tell anyone about Idd's death earlier that evening. Gelle didn't know what officers were looking for, and no evidence was found in the home.

"It is unacceptable. We are talking about human life. We are not talking cockroach or rats or insects," said Gelle. "My son and others who the police killed, they are human, and we wish they were here today with us."

He turned toward the front door of the mansion and called to the governor,

"Come out please and share the pain we have. Please come outside and talk to us."

After a brief march along Summit and Grand avenues, Idd's cousin Abdibasit Makadin spoke of Dolal's character and the significant role Idd played in his life.

"A lot of people have said Dolal is my twin. And he was," said Makadin. "Dolal taught me how to shoot my first basketball. Dolal taught me how to play football. Dolal gave me my competitive nature. Dolal taught me how to be a man. He set a great example for me. I don't have any older brothers, but I was blessed with Dolal."

Rep. John Thompson (67A) cautioned activists against being fooled by buzzwords like "equity," "equality" and "reform."

"Don't let [legislators] sell you on this crap. Tell 'em the truth. Tell 'em we

are overfunding public safety while our schools are closing right now in this dog-gone state. Let's overfund public schools. Let's overfund mental health providers. Let's overfund homelessness and fix the problem," he said. "You can't tell me we gonna try to reform police officers. You can't tell me that because post George Floyd you shoulda done it. Post Philando Castile you shoulda done it. Post Justin Teigen you shoulda done it. Post Cordale Handy you shoulda done it. And you haven't. You've only given us lip service."

In 2021 Thompson introduced HF 784, the Philando Castile Omnibus Act, which would appropriate funding for African American culture and heritage preservation, entrepreneurial and business training, housing stability, community service centers, culturally competent health services, school breakfast and lunch debt forgiveness, guidance counseling, tutorial services, STEM training and technology access, urban agriculture, crime and violence prevention, recidivism reduction, among other initiatives.

Garraway Allen vowed to be at the Capitol again this year urging passage of police accountability legislation. Among bills brought forward last year by FSFAPV and Minnesota Coalition partners is one that would end the statute of limitations for wrongful death civil suits and another that would create an independent investigatory and prosecutory body for officer involved critical incidents.

There's little confidence in the Minnesota Bureau of Criminal Apprehension's ability to conduct an impartial investigation among police accountability advocates. Garraway Allen supports shutting it down and replacing it.

"They're not doing investigations, they're covering up murders," she said.

ACTIVISTS RALLY >> 9



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Demonstrators marched from Summit Ave. to Grand Ave., around the governor's residence and back on Jan. 4, 2022 to mark the one year anniversary of Dolal Idd's death. He was killed by police at the Holiday station at 3550 Cedar Ave. (Photo by Jill Boogren.)

ACTIVISTS RALLY >> From 8

In a followup conversation, Garraway Allen wanted to be clear that while she's not saying all police are bad, she does want acknowledgement of evidence presented by community members that shows harm done by law enforcement.

"There's a certain group bein' protected and a certain group being brutalized in our urban communities. It's not right. We just need the rules that have been in

place to be changed so all people can be treated equally in our communities. We are all human beings, we all have families, it's only right that we treat each other as such," she said. "If we ever want to build our communities up and start the healing process, the first step in that is accountability so that everybody can feel safe as human beings."

The legislative session begins Jan. 31.

More information can be found at [www.fsfapv.org](http://www.fsfapv.org).

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## VOICES AGAINST VIOLENCE

## 'I RAN'

&gt;&gt; From 1

Instead he painted himself as a helpless victim. "He would just say I'm a really sad guy and I'm doing my best and that should be enough for us," Sarah said. "He would apologize but there was no accountability and he wouldn't change. He'd say, 'I'm sorry you felt that way. I'm sorry if I made you feel unsafe.'"

He acknowledged he had a temper, but framed it as being passionate about things. He told them all he was diagnosed bipolar, and used it as an excuse for the rage and depression.

Sarah remembers listening at the laundry chute upstairs to hear what her parents were arguing about in the kitchen. Her mom, Teri, sent her away when they were arguing to try to shield her. But Sarah felt like she would be safer if she knew what they were fighting about.

Then she could adjust her behavior. Then she could try to make her dad happy. Then she could avoid getting yelled at.

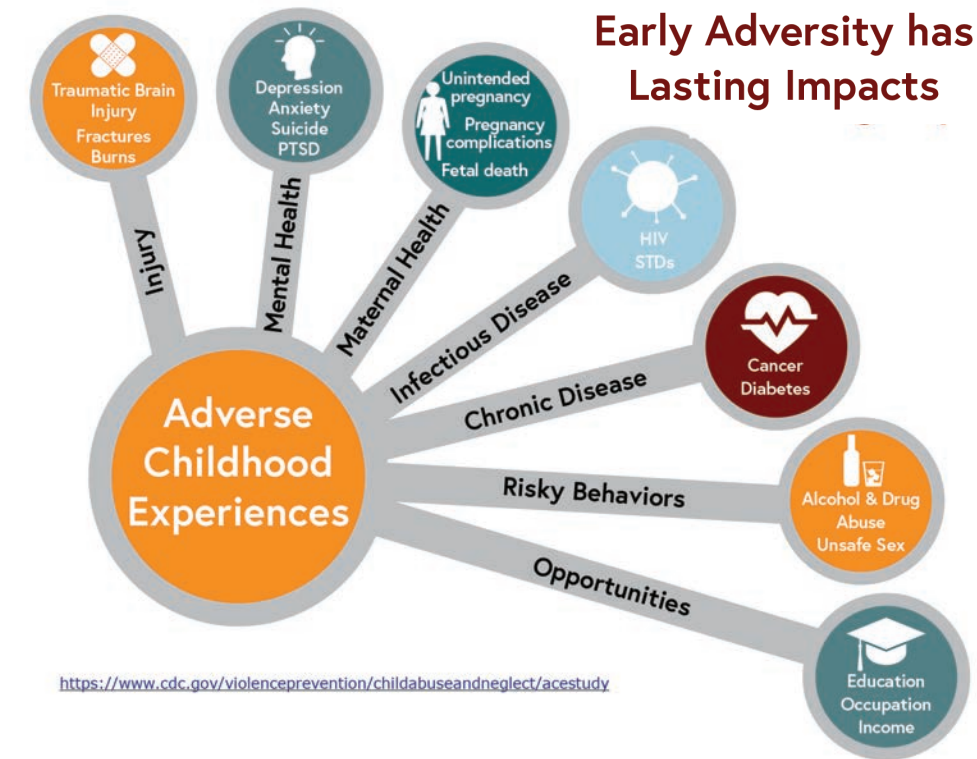
Except, she still got yelled at.

That's how her dad did things.

He didn't name call or swear. He considered himself a good Christian husband and father. But he made her feel like nothing she did was ever good enough. She was personally deficient.

That message was relentless.

"That has been the most damaging – to feel like you can never be in your own



<https://www.cdc.gov/violenceprevention/childabuseandneglect/acesstudy>

house without putting on a persona. To be walking on eggshells in your own house all the time. It's a long time to constantly be in fight or flight, reptilian brain," said Sarah.

## 'I RAN'

It was her 13th birthday.

They were at her older brother's soccer game when her dad reached over to touch the necklace on her chest. She told him not to. "He was so pissed at me," Sarah recalled. He stormed off and left the game.

Back home, he started slamming pots

and pans and cabinets in the kitchen as he argued with her mom.

Sarah had been in the basement for about an hour getting ready for her party that afternoon.

She was heading upstairs when she heard something different. This time he swore and called her a derogatory name coupled with a statement that he didn't care what she thought.

"He had his hand drawn back to hit me," recalled Sarah. "I ran."

Five minutes later the first friend showed up for her party. She melted

down, but pulled it together by the time the second person showed up.

"I do not remember anything from my birthday party," she said.

She found out later he had tried to kill himself that night.

This is the incident that Sarah thinks spelled the end of the marriage, although her parents didn't officially split up for another year.

He had raised his hand against a kid.

Sarah and her brother were among the 14%, or about 10 million children, who experienced some form of maltreatment from a parent or caregiver in the past year (data from FuturesWithout Violence.org). Sixty percent of children experienced at least one direct or witnessed violent victimization in the previous year.

The landmark Adverse Childhood Experiences (ACES) study launched in 1995 found a significant relationship between childhood experiences of abuse and violence, and a host of negative adult physical and mental health outcomes, including heart disease, stroke, depression, suicide attempts, sexually transmitted diseases, and substance abuse.

## 'A PLEASER AND HYPER VIGILANT'

Sarah has never felt unconditional love from her dad.

"I don't think he does anything unconditionally," she remarked.

She recently took an assessment to pinpoint what her biggest saboteur is. What she read finally gave her the words to articulate what she has felt.

"I'm a pleaser and hyper vigilant," Sarah said, who also struggled with a dis-

'I RAN' >> 11

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## ACES SHOW IMPACT

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

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

ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood.

## ACES AND CHRONIC ILLNESS

The ACE studies show that childhood trauma is a critical and prominent factor affecting risk for chronic diseases of all kinds.

This is important to know not only because chronic disease is such a painful, challenging, costly and life-altering experience, but also because chronic illness accounts for 7 out of the top 10 causes of death in

the U.S., according to the CDC.

Furthermore, **half** of the adults in the U.S. have a chronic illness.

**1 in 4** people have two or more chronic health conditions.

Nearly **1 child in 10** is limited by a chronic disease.

For every increase in the ACE score of 1 point, risk for developing an autoimmune disease such as type

1 diabetes, lupus, rheumatoid arthritis and many others goes up by 20%.

An ACE score of only 2 - which can happen if your parents divorced and one of your parents had to cope with a common mental illness such as anxiety or depression - increases the chances of being hospitalized for an autoimmune disease by 70 to 80%.

~ www.pacesconnection.com

## 'I RAN'

>> From 10

abling chronic illness. "The pleaser's origin story is this: They try to earn attention from helping others. This is an indirect attempt to get their needs met by putting other's needs above their own. I must give love and affection to get any back. I must earn it and I am not worthy of it."

She looked up from her phone screen. "This is from you, Keith. That's my biggest saboteur."

### 'I THINK HE'S NARCISSISTIC'

"I'm not sure at what point the reason goes out the window. You can have bipolar and not treat people like garbage," observed Sarah. "I think he's narcissistic. That's much more accurate for him."

Yes, he has ups and downs, but they occur only when he doesn't get what he wants.

He's always right.

Everything in the house was about what he needed. Everyone asked themselves how dad was going to react to something. "That's how we operated," said Sarah. "His volatility was unquestionable. Is he going to be angry and screaming for hours or crying or praying outloud? Who knows. It could be anything."

The worst times were holidays and events. Car rides were awful. And when they got where they were going, no one ever suspected they weren't a happy family.

Sarah and her brother didn't invite friends over but played outside with neighbors instead and went to other people's houses.

"I'm still dealing with so much of that stuff now. I can't handle conflict at all. I don't know what conflict can look like in a healthy environment," she remarked.

She remembers a therapist in middle school giving them a warning. "The person told my mom she needs to get us away from my dad as soon as possible because he was going to hurt us."

### SHUT DOWN BY A THERAPIST

Sarah felt relieved when her parents told them they were separating when she was in eighth grade. She had been wishing he would move out for years.

"I remember feeling really guilty for being the thing that kept her tied to him," said Sarah. "I never felt pressure from her to not like him. I did not feel safe or comfortable around him."

Her mom brought them to the coffee shop where her dad was a regular. Looking back, Sarah sees that it was a deliberate way to try to control Keith's behavior. "My mom knew he wasn't going to cause a scene in his favorite coffee shop."

Despite their announcement, Keith remained in the house for a long time. Sarah remembers him laying on the couch reading devotionals out loud about being a good husband and father. When they drove somewhere, he blasted love songs and sobbed.

The people around them were surprised when Keith and Teri announced they were getting a divorce, and felt like it came out of nowhere. Keith started making the rounds of their friends, and soon everyone was feeling sorry for him and his struggles. Teri set things straight by laying out the facts that she had been reluctant to tell people before.

At 12 years old, her parents' marriage therapist asked her what she wanted to have happen if her parents split up. Sarah replied "Just figure it out and stop talking to me. I'm exhausted."

The therapist turned to her mom and berated her for the "black and white thinking" of her daughter.

"I did not seek therapy for a long time after that. It shut me down," said Sarah.

### 'HE'S IRRATIONAL'

After Keith moved out, he had Sarah over once to bake brownies.

She found out he'd gotten remarried because he posted photos on Facebook.

"It made me feel horrible. He was just lying to me when he said he wants me to be a part of his life," stated Sarah. "If you're going to get married and not even telephone me to say what's happening, you don't have a leg to stand on."

He moved out of state, first to one and then another. He's lived in six in the last 12 years. Keith is a teacher but he can't keep a job for longer than a few years. When he leaves, he gives his boss a piece of his mind, and always positions himself

as an advocate for his students.

One day she was going down the street and saw her dad bike by. She had no idea he was visiting from out-of-state and he didn't stop to say hello.

It was in that moment that she realized she could never post on social media where she was because he might show up.

"I do not feel comfortable," said Sarah. "He's so irrational."

Another time, they learned he was staying with a friend a block away, but hadn't reached out.

A year or two ago, her mom was on the phone gardening in her front yard, when Keith and his second wife drove slowly by.

They were all rattled by the sudden appearances. "He's so creepy," said Sarah. "He still feels like this is 'mine.'"

His wife posted an item on Facebook about how children of divorced parents are heartless and manipulative because they pit their parents against each other to get presents.

Sarah sees it differently. Her dad offered to buy her a pair of tennis shoes and pierce her ears one day. Then afterwards, he guilted her into seeing his extended family.

### 'YOU DON'T DO THAT TO A CHILD'

The custody arrangement required Sarah to spend a

month in the summer with her dad out-of-state. She went alone because her older brother was no longer required to go. "It was horrible," said Sarah. "I wanted to leave every single day. That was the worst our relationship has ever been when I was there. As a dumb 14-year-old that was the closest I ever got to suicide because I felt there was no way out."

Her dad didn't spend any time with her, she recalled. "He and his wife would be in their bedroom all day with the door

closed. We wouldn't do anything."

She had always been a vegetarian and he didn't make meals she could eat. When they went out to the southern chicken and BBQ joints, there was nothing on the menu without meat.

His wife ripped her iPad and phone out of her hands, and wouldn't let her talk to friends or even her mom.

"They made me feel like an absolutely terrible person," said Sarah. "I almost hit his wife when they took away my stuff. I couldn't control where I was, what I was talking to, or what I was eating."

Ever since, his wife has told people that Sarah is violent.

His new stepson won an award for an essay he wrote about his amazing stepfather.

Sarah told them she was never going back. Her dad owned \$10,000 in back child support at the time, but it was forgiven and she wasn't required to go again.

Sarah still can't get over what her dad's wife did to someone else's kid.

"You don't do that to a child," Sarah said. "How can you not like a kid?"

### 'IN SPITE OF HIM'

The last time she spoke to Keith was her junior year of art school. He sent her a text out of the blue. It said: "I'm so depressed today I can't even move because my daughter is not speaking to me."

Sarah doesn't understand why you would send your daughter a text like that.

But for her, it fits into his insistence that he is her father and she needs to respect that by giving him time and attention.

Sarah doesn't feel the same way. "I get to define what these relationships are," she said. "I have professors and mentors who have filled that role better than he has."

She hasn't seen him in person since her sophomore year of high school.

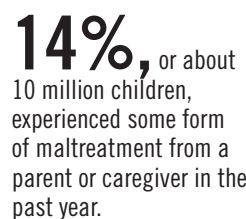
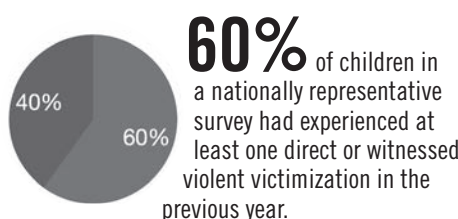
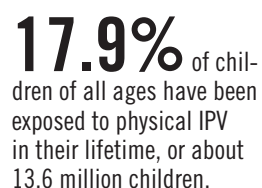
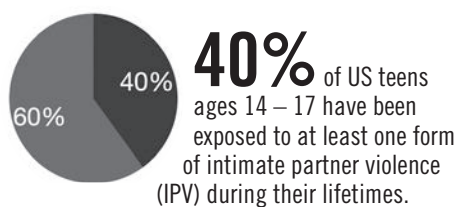
During her freshman year of college, Sarah thought she was grown up enough to have a healthy relationship with her dad. She called him four or five times. But every conversation centered around him and a project he was embarking on. He wanted her to help him make it work. He didn't ask about her life at all.

She told him that if he ever wants a relationship with her that he will stop texting or calling until she gets back in touch with him. She told him he needs to respect that boundary.

She's surprised that he has. "It's been two years and he hasn't bothered me."

She knows if she contacts him, he will feel pride in what she has accomplished. She explained, "It wasn't because of him. Everything is in spite of him."

## KIDS EXPOSED TO VIOLENCE



~ From www.futureswithoutviolence.org

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# Not sure how to talk to kids about race?

>> from 1

## WHEN SHOULD PARENTS AND EDUCATORS TALK TO KIDS ABOUT RACE?

No child is too young to talk about race, according to Haulcy, who specializes in early childhood. "As soon as children know their colors, they can categorize people into different colors," she said. "If a child asks you about race, it is time to talk to them about it."

Children begin to recognize cultural and ethnic differences by the time they are two. Children of color begin to suffer from racialized treatment at about seven years old.

Implicit bias begins at between three to five years of age, said Haulcy, and children as young as six months old can recognize a race different from their caregiver.

"Eighty percent of brain development happens by the time a child is about five years old. During that time, a child is absorbing everything in their environment, including the implicit biases of their parents and caregivers," she said.

What is implicit bias? The assumptions, attitudes and stereotypes that affect our understanding, actions and decisions in an unconscious manner, according to the Ohio State University - Kirwan Insti-

tute for the Study of Race and Ethnicity.

These develop over the course of a lifetime through direct and indirect messages, which means that developing children's cultural identity in early childhood is important, said Haulcy.

"White privilege affects all children - including White children," she said. While people don't usually say that White bodies are more important than those of color, children are like sponges and are absorbing what they see others act out. "They don't have the language to articulate that," remarked Haulcy, but the knowledge about White body supremacy has profound effects on verbal and non-verbal language.

“

## WHAT HAPPENS WHEN WE DON'T TALK ABOUT RACE?

When people don't talk about race, children are left to learn only through non-verbal implicit bias lodged in body language.

Look at this as a journey. It's ok to make mistakes as long as you continue to have the conversations."

Dianne Haulcy

When children are shushed when they ask a question related to race, "children learn that it is not okay to talk about race." But children continue to get messages about race from television, social media, friends and family members, pointed out Haulcy.

Say, for example that a White person goes to the grocery store and has the implicit belief that a Black body is something to fear. When the White person stands next to the Black person, they tense up. A

child won't miss that.

But, if a White person regularly interacts with a Black person and is at ease in their interactions, the child will pick up on that.

## WHAT HAPPENS WHEN WE DO TALK ABOUT RACE?

In contrast, when we do talk about race, children learn to form language to talk about it with their peers. They learn they can ask questions. They are able to combat racist images and conversation with the language they have developed.

"Some say, 'children don't see color,'" said Haulcy. "Children learn to see color and categorize their world. We need to help give them language for it."

Haulcy pointed out that children are likely to point out a person's color or race when they're telling a story or asking about someone in a room. "There's nothing wrong with saying that," she said. "Adults do everything else but that."

She recommends engaging in conversations about differences so they know it is okay to talk about it. "It is good to emphasize that differences in the way people look is a good thing. That includes skin color, hair texture, shape of our eyes, lips, etc.," she said.

Tell children that people are different but everyone is equal.

Haulcy appreciates the Native American perspective on race from the medicine wheel. Split into four colors, the wheel illustrates Mitákuye Oyás 'in, which is Lakota for "we are all related." The yellow section illustrates Asian relatives, Black is for African relatives, White for European relatives and Red for Native and Mexican relatives.

She recommends the book, "What If

All The Kids Are White?" by Louise Derman-Sparks and Patricia Ramsey as a good resource. "All children develop a cultural awareness. White children need to be taught an equity framework," she stressed.

It is also important to note that all language is not for all people. Some words are okay when said by an African American to another African American, but not okay if said by a White person as it means something completely different - even if that person is a family member. "Have conversations with your children about the language they are learning - and what they're seeing on social media. They are seeing and hearing a lot of derogatory language on social media," said Haulcy.

Hearing a word in a rap song may present a teachable moment. It may not necessarily be a comfortable moment. "Being able to have a conversation about this is important," stated Haulcy.

## WHAT ABOUT 'WRONG ANSWERS'?

Adults may be worried about giving the "wrong" answers. "Do not worry about that," advised Haulcy. "What's important is you open up the conversation. It is perfectly ok to say, 'I don't know.' Maybe get curious about it. I don't know, but we can find out. Then the child knows they have entered into a conversation with you that is ongoing."

Haulcy hopes people have a "journey mentality," one that is coming to terms with White supremacy, becoming anti-racist, and raising children in a racist environment.

"It is not a destination, but a long-term journey," she said. "Continue to be curious about your journey."

## MPS Film buys, renovates St. Anthony Main Theater

>> From 1

"This helped give us the drive to continue to do the type of things we do in a broader and more intentional way," he said.

"The renovation is just beginning," Smoluchowski said. "We want to refurbish in phases. The first phase entails cleaning, spiffing it up, painting and getting rid of the old carpeting. No structural changes will be made just yet." She said they also want to address any technical updates that are needed to make viewers' experiences that much better.

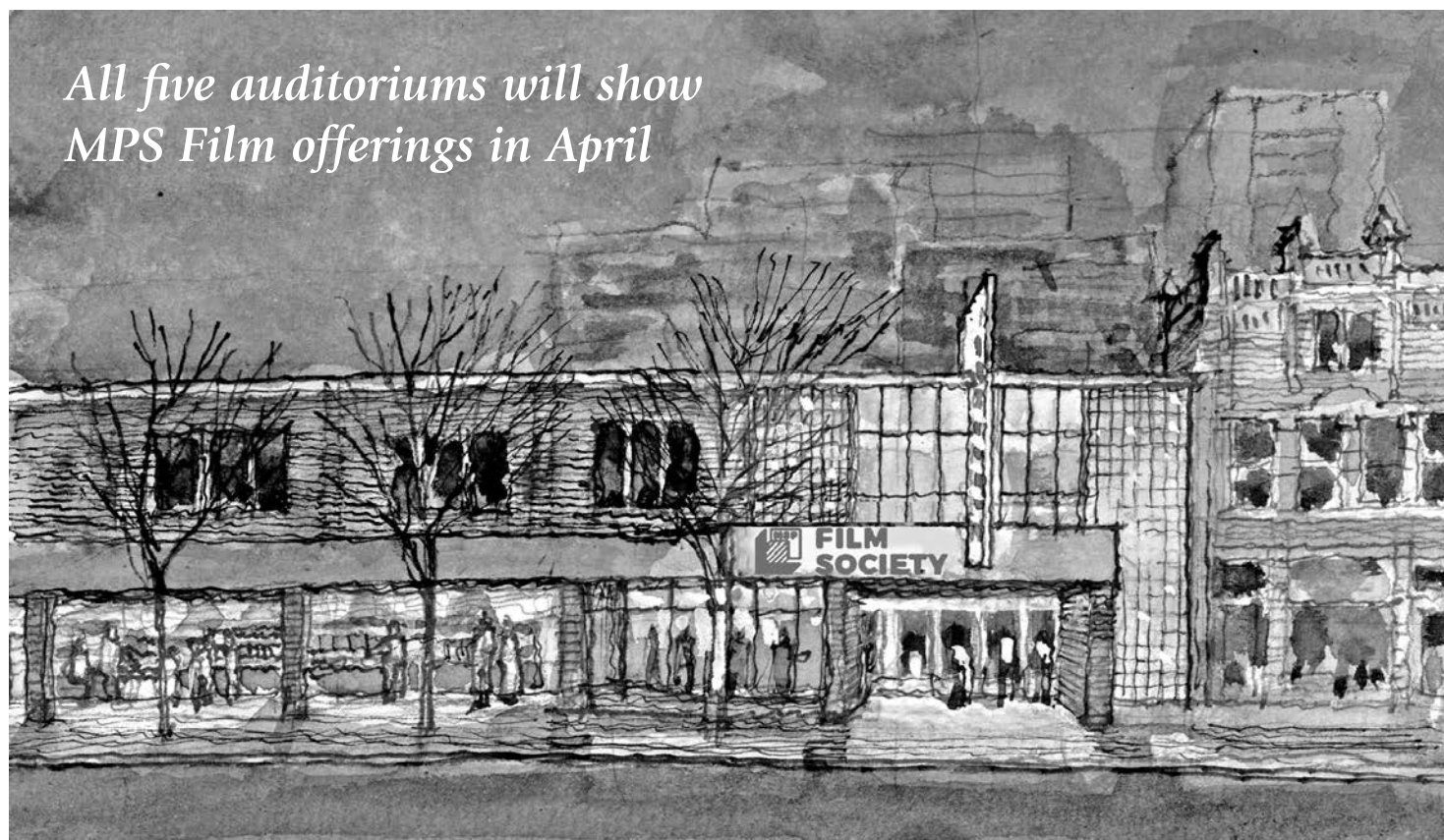
While the theater is closed for the cleaning and painting, MSP Film will continue to offer films virtually for its film fans. "We are going to meet our audience where they are," Bishop said. "We have found many enjoy the virtual option, but of course we believe when it is safe to use the big screen, people will want to see films in person and react with friends, families and other film lovers."

He said the expansion is a really exciting opportunity. "There is no shortage of good cinema out there, and we've done a good job bringing it to audiences. We can look at the love of film from all new different angles, show retrospectives and delve into the culture of movies." Bishop said the expansion will provide far more opportunities for MSP Film to gather together with local cultural artists and activism organizations.

"We have had such great responses to our announcement from some of the groups we have long partnered with and also those we want to partner with in the future," said Smoluchowski. "We definitely need help from our community to make it work."

More staff will be hired as plans progress for the re-opening of the theater. "The experience of going to movies at the Main will be completely controlled by the Film Society staff," explained Bishop. "We will be hiring and training staff and gearing up for the festival."

Smoluchowski said MSP Film wants its staff to be diverse and "reflect the many



The renovation of St. Anthony Main Theater is just the beginning of what MSP Film Society envisions there. (Rendering by architect Marcelo Valdes)

cultures that our films present each year. This is a real opportunity to hire from the BIPOC and international communities. That is something we are very excited about, as well."

## COLLABORATIONS

The various smaller festivals will continue to be shown at MSP on the Main, such as Cine Latino. "One of the benefits of having five auditoriums is that we can do things in a more deliberate way," Smoluchowski noted.

"We will see more voices and more perspectives throughout the year," added Bishop. "We'll be developing both educational and valued encounters similar to what we have done at the festival. There will be many more opportunities throughout the year for us to Zoom in directors and also do more with local filmmakers."

Current films scheduled virtually as

of this interview include "Hives" from Kosovo and "France" from France. "Those were two of the best films of 2021," Bishop said. MSP Film will also continue its collaboration with the Capri and the Minnesota Historical Society to present films followed by discussion the first Thursday of every month at the Capri Theater.

"With the Great Northern Festival coming up, we are showing 'After Antarctica' at the Science Museum with Will Steeger in attendance," Bishop continued. He said MSP Film will also be showing "Hockeyland" and "Breaking Trail" at the Parkway Theater in February. "Breaking Trail" tells the story of Emily Ford, the first woman and first person of color to hike the Ice Age Trail in winter.

Bishop said MSP Film is also working with the Italian Film Festival, which will be held at the Landmark Center in St. Paul. "This will be our first year working

with the Landmark Center," Smoluchowski said. "We had an agreement in 2020, but then had to cancel because of the pandemic. This year it will happen."

"This move is a great thing for our organization and our audiences, but also a great thing for the city," Smoluchowski said. "Most major cities have a film center, and we have an opportunity to bring this to this city in the 21st century to make a real splash on that side of the river." She said it would have both a cultural and economic impact for Minneapolis.

Bishop said that underlying the excitement is the chance for film viewers to come back into the theater. "I think of the movies as like going to a concert; it's something you're yearning to do. Once people get back out there and try it, they will realize what they've been missing."



# NEW LEADERSHIP AND STRATEGIC PLAN

## HELP NENA PLAN FOR THE FUTURE

Our organization is collecting feedback from our community on how to right-size our organization and updated priorities. Please participate in NENA's online survey by Feb. 3 to add your voice to our 2022-2024 Strategic Plan at [nokomiseast.org/planning/](http://nokomiseast.org/planning/).

NRP Plan Modification Scheduled in April 2022. As part of the NENA Annual Meeting in April, the board will present our 2022-2024 Strategic Plan, including a multi-year strategy for funding housing, commercial, streetscape, environmental, diversity, livability, and community engagement projects

## NEW YEAR, NEW LENS

After nearly seven years of service to the Nokomis East community, Becky Timm, our Executive Director, is saying goodbye. She has accepted the executive director position at the Sacred Ground Center for Spirituality in St. Paul. Becky graduated from St. Kate's Holistic Health Studies graduate program in December. This new position allows her to continue working with small, local nonprofits and expanding into new areas of interest.

The NENA Board of Directors heartily thanks Becky for her leadership over the years and steering NENA into a sector-leading organization serving our four neighborhoods. And we are pleased to announce NENA will be hiring a new full-time executive director. The position will be open in February, and we hope to welcome the new person to NENA during the spring staff transition. Please visit [nokomiseast.org](http://nokomiseast.org) to find out more about the new position!

initiated by the neighborhood.

To implement the next strategy plan, NENA's Board is also recommending a NRP Plan Modification to reposition city funding allocated to Nokomis East. The board will share details with our community about the updated community priorities and funding strategies and ask for support from the community at the annual meeting.

All residents, businesses, and property owners in the four Nokomis East neighborhoods are strongly encouraged to participate on April 28, 2022, to help NENA plan for the future. In addition to the NRP Plan Modification, the board will present proposed amendments to NENA's bylaws. Both proposals require a vote and approval from the General Membership.

More details about the NRP Plan Modification and amendments to the bylaws will be available in March on our website.

## JOIN THE NENA BOARD

In April, you can run for a seat on the NENA Board. Serving on the board is a great volunteering opportunity to connect to your community and build your leadership skills. Board candidate information and the online application are now available at [nokomiseast.org/run-for-a-board-seat/](http://nokomiseast.org/run-for-a-board-seat/).

## PLANT MILKWEED THIS WINTER

Meet up at Lake Nokomis on Feb. 5 for the annual Home-Grown Winter Sowing Project. Get ready to invite monarchs to your yard this spring! At this event, participants will receive free native milkweed and nectar plant seeds plus easy-to-follow winter sowing instructions to get you started

## NOKOMIS EAST NEIGHBORHOOD ASSOCIATION

BY BECKY TIMM,  
Executive Director  
[becky.timm@nokomiseast.ORG](mailto:becky.timm@nokomiseast.ORG)



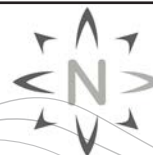
the Nokomis Naturescape located at 50th Street and Nokomis Parkway. In case of bad weather, we will reschedule for Feb. 12 at the same time and location. More info at [www.wildonestwincities.org](http://www.wildonestwincities.org). The event is brought to you by Wild Ones Twin Cities and Nokomis Naturescape Gardeners. Yard-by-Yard, We Can Make a Difference!

## UPCOMING ONLINE MEETINGS

02/05/2022: Winter Seed Sowing at 1:00 pm, In Person

02/24/2022: NENA Board of Directors at 6:30 pm, Online

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



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# LCC WANTS TO HEAR WHAT YOU THINK

## 2022 PRIORITY SURVEY

LCC is here to serve the needs of the Greater Longfellow community. To do that, we need to hear from you! What resources, programs or events are most needed in the community? How should the Minneapolis Parks and Recreation Board use park dedication fees allocated to the neighborhood? Let us know by scanning the QR code to complete the survey!

As a thank you for taking the time to share your thoughts, we will be raffling three Holiday Gas Station gift cards (two \$25 and one \$50) and LCC apparel. Follow the link at the top of

## LONGFELLOW COMMUNITY COUNCIL

BY RACHEL BOECKE,  
Executive Director  
[rachel@longfellow.org](mailto:rachel@longfellow.org)



the survey to enter for a chance to win.

## LCC HAS A NEW WEBSITE!

Visit [Longfellow.org](http://Longfellow.org) today to learn about our grant programs, projects, upcoming meetings and more!

## LCC COMMITTEES

Do you have a community concern, idea for a new project or just want to hang out with neighbors and work to improve Greater Longfellow? Join one of LCC's volunteer committees and help lead LCC's work! Membership is informal, so you can attend meetings every month, or just the ones you're interested in. Visit [Longfellow.org/committees](http://Longfellow.org/committees) for agendas and meeting info.

### Events & Engagement Committee (EEC)

– Engage with the community with meaning and purpose through events and programming. Assist with outreach efforts to ensure all neighbors feel welcome and supported through a lens of diversity, equity and inclusion. EEC meets the first Tuesday of each month from 6-7 p.m.

Equitable Housing & Development Committee (EHDC) – Identify and eliminate barriers to living in Greater Longfellow; review new developments and meet with transportation planners with a focus on making the community equitable. EHDC meets the first Wednesday of each month from 5:30-6:30 p.m.

Environment & River Gorge Committee (ERG) – Work to create environmentally focused programs, projects and events that help advance the greening of Greater Longfellow. By promoting and protecting the Mississippi River Gorge, we ensure its longevity. ERG meets the first Wednesday of each month from 7-8 p.m.



## MEET NEW LCC BOARD PRESIDENT LISA BOYD

*Why did you want to take on this role?*

*Lisa: I love the Longfellow neighborhood and I've lived here for over 17 years now. It's beautiful and has wonderful features like the Riverview Theater and the Mississippi River Gorge. Volunteering on the LCC board feeds my spirit. It's an opportunity to give back to the neighborhood. I wanted to take on the role of president of the LCC board because I was interested in helping to guide us through a transition time. We have a new director and a new relationship to the city. And we are ready to help rebuild Longfellow and make it a more welcoming place for everyone who lives and works here or wants to.*

What resources, programs or events are  
needed in Longfellow? Let us know!



ENTER  
AND

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PRIZES!

Holiday Gas Station gift cards + LCC apparel

## Longfellow Community Council

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

[www.longfellow.org](http://www.longfellow.org)





## In Brief

## REP. DAVNIE WON'T SEEK REELECTION

State Representative Jim Davnie (DFL-Minneapolis) has announced he will not seek reelection to the Minnesota House of Representatives in the 2022 general election.

"I thank the residents and families of south Minneapolis for entrusting me with their voices over the past 21 years at the State Capitol," said Rep. Davnie. "Despite the unquestionable challenges our community has faced since then – locally and nationally – we continue to emerge stronger and more resilient because our neighbors recognize that when work together, we can all thrive moving forward."



## MPRB ELECTS FORNEY, SMITH TO LEAD

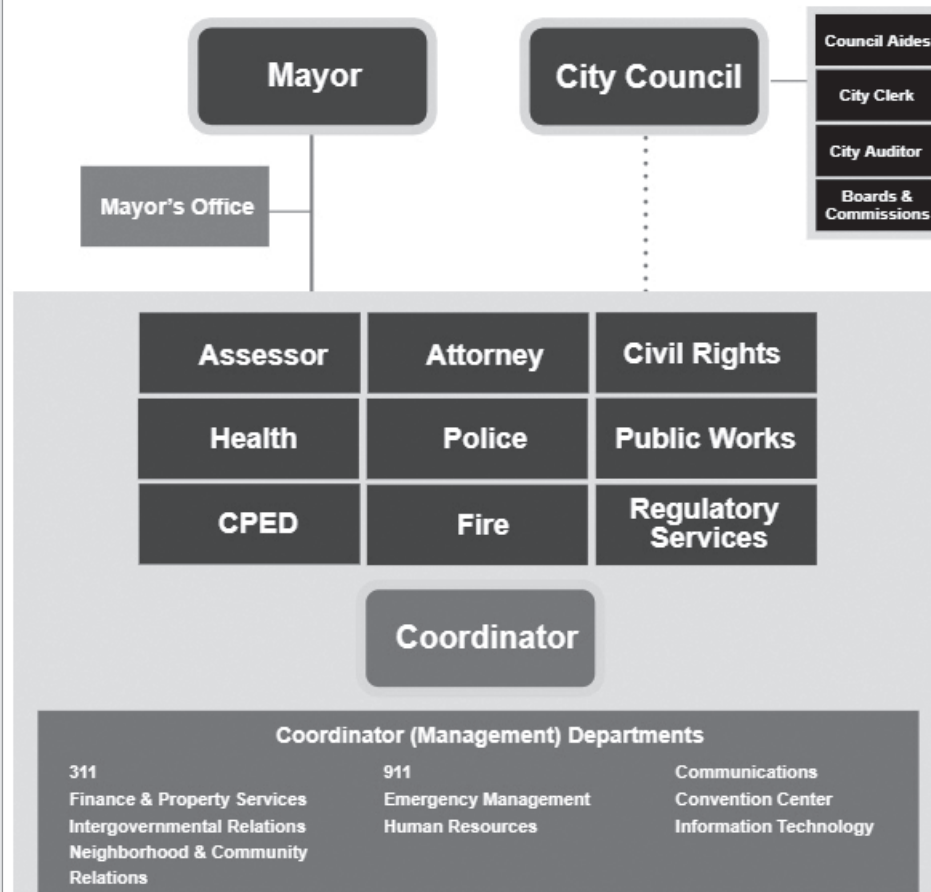
The Minneapolis Park and Recreation Board (MPRB) held its annual meeting Monday, Jan. 3, 2022 to select officers for 2022. Park Commissioners elected Meg Forney as President and Alicia D. Smith as Vice President. Commissioners elected District 3 Commissioner Becky Alper as its representative on the Minneapolis Planning Commission, District 1 Commissioner Billy Menz as its representative on the Board of Estimate and Taxation, Jennifer Ringold to serve as Secretary to the Board, and law firm Rice, Walther & Mosley as General Counsel.

The MPRB usually meets at 5 pm every first and third Wednesday of each month. Board meetings are broadcast live on the Minneapolis Parks YouTube channel, where videos of past meetings are also posted. Live meetings are also viewable on the Minneapolis Government Meeting Channel, SD channel 14 or HD channel 799 on Comcast.

## City organization chart

This chart is effective starting Dec. 3 2021.

Government structure is subject to amendment by policymakers.



*This reorganization follows the ballot question approved by Minneapolis voters to restructure city government to an Executive Mayor-Legislative Council structure. It shifts certain powers to the*

*mayor, consolidating administrative authority over all operating departments under the mayor, and eliminates the executive committee. Information from the city of Minneapolis.*

## Plan It

## REDISTRICTING MEETINGS COMING UP

Dates and times for all remaining meetings on the redrawing city council and park and recreation board districts are now set. These meetings are all public and can be watched on the City's website, the City's YouTube channel, or on Comcast channels 14 or 799.

After every census, Minneapolis updates the boundaries of its 13 wards and six park districts to reflect new population counts. The Redistricting Group, made up of 24 Minneapolis volunteers, builds the new maps with input from their communities.

Public hearings on proposed maps:

- 7 p.m. Wednesday, Feb. 9
- 4 p.m. Thursday, Feb. 24

The Minneapolis Charter Commission is expected to approve proposed ward and park district maps at 4 p.m. Wednesday, March 2. The City Council will vote on proposed voting precincts and polling places based on the new maps at its regular meeting at 9:30 a.m. Thursday, March 10.

## STATE OF NENA JAN. 31

Attend the seventh annual Nokomis East State of Our Neighborhood to learn more about the upcoming year from the perspectives of elected officials and local government. The event will be on Monday, Jan. 31 from 6:30-8 p.m. via Zoom. Register via [nokomiseast.org](http://nokomiseast.org).

## FOOD-SHELF-IN-A-BOX RETURNS

Nokomis East Food-Shelf-in-a-Box returns on the second and fourth Wednesdays of the month starting on Jan. 26. Free Fresh produce, dairy, meat, canned and boxed foods, cleaning supplies and personal supplies are included. The event is from 2-4 p.m. at Crosstown Covenant Church (5540 30th Ave. S.). Wear a mask and bring grocery bags. This community project is organized by Crosstown Covenant Church and Trinity Lutheran Church of Minnehaha Falls, in Partnership with Good in the 'Hood and the Nokomis East Neighborhood Association. To volunteer or get more information, email [nokomiseastfood@gmail.com](mailto:nokomiseastfood@gmail.com); call or text 612-217-2769; Spanish and English.

As always, Minnehaha Food Shelf is open on Tuesdays from 10 a.m. – 3 p.m. It is located at 3701 E. 50th Street.

## DFL PRECINCT CAUCUSES ONLINE

The DFL Party is mostly holding contactless precinct caucuses this year to protect the health of participants; all metro area precincts have chosen this "virtual" option. If you want to participate you should visit [dfl.org/caucus](http://dfl.org/caucus) and fill out and submit the electronic "Precinct Caucus Non-Attendee Form" before 9 p.m. on Feb. 1. The non-attendee form will allow you to run to be delegates to the various district, congressional, city and county endorsing conventions. If you wish you can instead download and fill out a paper version of the form. The website has a Caucus Finder to learn where to submit those paper forms; each state senate district has different drop-off sites. These, too, have to be submitted by 9 p.m. on Feb. 1.

If you choose, you can also submit a "Resolution Form" electronically or on paper, but you must submit a non-attendee form before your submitted resolution can be allowed to be considered.

## VACCINE CLINIC AT MIDTOWN GLOBAL MARKET

Join The Cultural Wellness Center every Thursday at Midtown Global Market for free vaccine clinic Thursdays 3:30 – 6:30 pm. No insurance is needed. Walk ins are welcome. For an appointment call (612) 249-9528.

There is \$50 incentive for any shot administered (1st 2nd, Booster). After your shot you can shop one of the market's vendors.

# Get exercise.

## Work flexible hours.

## Save up for that trip.

## Say hi to your neighbors.

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

TMC Publications is looking for newspaper delivery carriers available to handle 1-4 walking routes a month. Email [Delivery@SWconnector.com](mailto:Delivery@SWconnector.com) or call/text 612-235-7197.



## 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.

## HANDYMAN

Carpentry/tile work. Rotted window repair. Bathroom/kitchen work. 25 years experience. Quality work. Reasonable rates. Fully insured/bonded. References available. Chadguerrero@hotmail.com 651-235-3967.

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, wall-paper, 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.

## 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.

## ROOFING

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

## SENIOR COOP

Becketwood Cooperative has two 1-bedroom units available for sale to the public. One is \$160,000 for 793 sq ft and one is \$230,000 for 968 sq ft. Please email Maura at mkolars@becketwood.com for details.

## 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

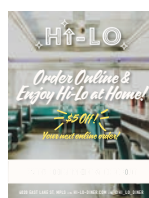
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Denis@LongfellowNokomisMessenger.com

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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 Live-Streaming on FB @  
EpworthUMCMPLS  
Coming up: Pasties, preorder by  
2/22, pick-up 2/26, 651-645-  
9855 or epworthmpls.org/  
pasty-sale/

**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 11:30 am  
Bible class, Sunday School 10:30am

**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  
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Neighborhood. 100+ years  
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congregation.  
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**St. Albert the Great Catholic**  
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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.

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Faith classified ads must be received by the Messenger by Feb. 11 for the Feb. 24 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

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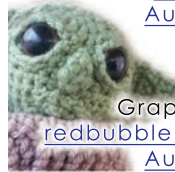
DID YOU KNOW?

6 of 10

readers say they frequently purchase products and services from ads that they see in the Messenger.

Aurora Daybreak  
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# TECH DUMP RECYCLES ALMOST ANYTHING WITH A CORD OR BATTERY

*Refurbishing electronics reduces e-waste, provides living wage jobs*

By MARGIE O'LOUGHLIN

The non-profit electronics recycler Tech Dump just celebrated its 10th anniversary. With retail outlets now in St. Paul and Golden Valley, they provide an affordable, reliable source of refurbished computers across the metro. Their St. Paul location helps reduce e-waste by repurposing and recycling almost anything with a cord or battery – and they do all this while creating new job opportunities for people facing barriers to employment.

## WORK READINESS TRAINING PROGRAM

Tech Dump Director of Advancement Emily Mauter said, “Each year, we provide tens of thousands of employment hours and over a million dollars in wages. Our goal for our two-stage, 18-month program is to address immediate stabilization needs for Work Readiness Employees (WREs). We offer training and paid employment, as WREs strive to become active creators of their own success.

“Our Work Readiness Program hires about 80 people every year. We estimate that 97% of participants have been incarcerated; and many have faced other challenges including homelessness, substance abuse, mental illness, and learning disabilities.

“Any one or more of these challenges make it difficult to get a job with most companies. The first phase of our training offers 500 hours of full-time employment, and is usually completed in three months. The program is focused on getting staff used to the work environment, maybe again, or maybe for the first time.

“Our WREs start out in the sorting area, where the electronics go after they’ve been dropped off. In addition to separating materials into their components and learning our work flow, WREs establish accountability through showing up on time, recording their hours properly, interacting positively with co-workers, responding well to guidance, and more.”



Both retail stores carry three main brands of computers: Dell, Hewlett-Packard, and Lenovo. Large quantities of computers are sold to schools and non-profits, but community members are welcome to shop, too. Wil James is the store manager of the St. Paul store. (Photo by Margie O'Loughlin)

## SUPPORTIVE WORK ENVIRONMENT

The second phase of the Work Readiness Program is for employees who demonstrate interest in a longer term commitment, and are interested in other positions at Tech Dump. This phase lasts an additional 15 months.

Mauter said, “There are a lot of jobs out there right now. We offer many supportive services in addition to a paycheck. Because every job is a tech job to some extent now, we offer sessions on foundational computer skills. If you’ve been out of the workplace for a while, this is critical.

“Our Work Readiness employees start at \$13 an hour and can move up to \$16 an hour. Our supportive work environment includes on-site access to mental health therapy with a licensed social worker, and coaches who can guide employees through work situations like how to tell their story in a job interview.

“We have a goal of hiring 60% of our Work Readiness graduates as permanent employees; 20% of our leadership team graduated from that training program. At Tech Dump, we want everyone to move on

to a job that suits them, is open to their circumstances, and provides a living wage. We help our employees rebuild confidence while developing resume-worthy skills.”

## DATA SECURITY, ENVIRONMENTAL RESPONSIBILITY

Derek Olson is a network engineer who has worked at Tech Dump for nine years. He said, “It’s my job to identify what is valuable enough to be refurbished. When you recycle with Tech Dump, we guarantee all data is destroyed and your items will be responsibly refurbished or recycled. We are third-party audited according to strict industry standards.

“Tech Dump is an industry leader in electronics recycling, and one of the largest collectors of e-waste in the state of Minnesota.

“We are also a zero waste facility. We will not send your e-waste overseas. We repurpose and recycle as much as we can in our facility, and what we can’t use is sent to a downstream recycler who can.”

## WHY TECH RECYCLING MATTERS

The 92,000-square-foot warehouse



Members of the Work Readiness Program work in the tear down area, where electronics are broken down into their basic components. (Photo by Margie O'Loughlin)

Olson oversees is packed to the rafters. He said, “It’s not apparent always to the eye, but a lot of environmental harm can be done by dealing with electronics irresponsibly. One example is the old style televisions that contain cathode ray tubes. Those are the ones that were common before flat screen TVs were invented.

“If one is left on the alley for solid waste pick-up, scrappers may break the screen in search of copper wire in and around the cathode ray tube. Once the glass is broken, lead dust is released into the air. TVs and monitors containing cathode ray tubes are expensive to recycle – you really have to care about the environmental harm they do. They contain lead in the glass and shielding components that make them unsafe and illegal to dispose of in a landfill. We have the capacity to deal with them responsibly.”

Used electronics can be dropped off at St. Paul site, located at 860 Vandalia Street. A second location is in Golden Valley at 825 Boone Avenue North #100.

Excluding appliances, you can drop off almost anything with a cable, cord, or battery to be recycled or refurbished at the St. Paul Tech Dump location. To learn more about how Tech Dump is reducing e-waste while providing living wage jobs for people in the community, visit [www.techdump.org](http://www.techdump.org).

Laptops, notebooks, desktops, towers, servers, iPads, tablets, hard drives, routers, and modems are accepted at Tech Dump at no cost. There is a cost for recycling most other electronic; current cost estimates can be found on their website.

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