

SOUTHWEST Connector

NEWS FOR EVERYONE, DELIVERED TO EVERYONE • MAY 5, 2022 • VOL. 1 • NO. 9



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“We just want to say how much we love our community. It’s been really heartwarming to hear how much support we have. That our customers have our backs is just awesome.”

Sam Rosch

Nicollet Hardware owners Sam Rosch (above) and Elena Nelson are back to business as usual. “We are not going anywhere,” said Rosch. “We’re here to stay. We love our community.” (Photo by Tesha M. Christensen)

NICOLLET HARDWARE GRATEFUL FOR COMMUNITY SUPPORT AFTER BREAK-IN



One of the questions people are asking most is whether the cats, Daisy (above) and Delilah, are okay. They were not harmed or lost during the break-in. (Photo by Tesha M. Christensen)

By **Tesha M. Christensen**

Since hearing about the break-in at Nicollet Hardware (3805 Nicollet Ave.) on Friday, April 22, customers have been showing their support for their neighborhood hardware store.

Everyone is glad that the resident cats, Daisy and Delilah, are okay.

“Overwhelmingly people are saying how sorry they are. How much they love us. How bummed they are that it happened. Whatever you need, we’re here to support you,” said co-owner Sam Rosch. “That’s really good to hear.”

Rosch received the call about the break-in from their security company at 3:46 a.m., and the police were there by the time he arrived 10 minutes later. Co-owner Elena Nelson and their store manager arrived soon after.

Rosch started cleaning up right away. Together, they assessed the damage. They boarded the main doors into the parking lot, and opened on time at 8 a.m.

Nelson posted a summary of what happened later that day on their Facebook page. She wrote: “At around 12:45 a.m., a couple people broke out the glass in our doors and proceeded to steal power tools, out-



STREET DESIGNS CHANGING

Changes intended to make it safer for drivers, pedestrians and bikers, but some question impacts on parking and traffic

By **Cam Gordon**

Anyone who has been following street design in Minneapolis over the past 10 years has likely noticed some changes in how the public right is being used and disagreements about how desirable some of these changes are.

The proposed redesign of Hennepin Ave is one example where disagreements are noteworthy. Examples of how street designs have changed over the past 20 years include the recently completed 10th Ave. bridge and 4th Street downtown by city hall.

Evan Roberts, who has studied urban planning and transportation extensively as assistant professor of sociology and population studies at the University of Minnesota, is quick to point out, “Changes in Minneapolis street design are consistent with changes in cities around the United States and in Europe, Asia, and Australia. Street design changes like this are being made around the world to improve safety, and reduce serious injuries and deaths.”

At the local level, changes are also the result of a series of major transportation policy decisions and documents approved by the city council and Hennepin County Board. Those most often highlighted include the Climate Action Plan, Complete Streets Policy, Transportation Action Plan, the city’s Vision Zero Action Plan and the county’s Towards Zero Deaths Plan.

“Street design has also



HE VIEWS IT AS CO-STRUGGLING

By **Jan Willms**

The past year has been less challenging for Dr. Jason Sole and his abolitionist work, in spite of the ongoing pandemic and the social unrest across much of the country.

The Hamline adjunct professor, who was formerly a felon, gang member, drug dealer and gunshot victim, has continued advocating for defunding the police, safer neighborhoods, and political education for communities.

“People are connecting and resonating with my message,” Sole said in a recent interview. “More things have hap-

pened to validate what I am doing. Even though the charter amendment (to replace the Minneapolis Police Department with a Department of Public Safety) didn’t pass, 44 percent of the people spoke.

“Forty-four percent means a growing desire for something outside of what’s there,” Sole continued. “I know the number will grow over time, and we’re going to work to make sure areas that didn’t vote yes will understand we can build different forms of safety and responsibility.”

KICKSTARTER FOR INSTITUTE

Sole’s journey from incarceration to becoming a professor at Hamline in

the Criminal Justice and Forensic Science Department was highlighted in a *Midway Como Frogtown Monitor* article (a sister newspaper) in September 2020. Since then, much of the work he has started as well as new projects he has undertaken has continued to grow.

One of these is the Institute of Aspiring Abolitionists. “I launched a Kickstarter campaign. First time I’ve done that,” Sole said. His goal was to raise \$100,000 in 60 days to provide quality, interactive educational opportunities for 15,000 people in this region by December 2022.

“I took bolder risks with a willingness to fail,” Sole said. “I knew how hard I worked, and I felt empowered.” He added that he knew there is always going to be pushback against the unknown. Sole recalled a



Jason Sole launches: Institute of Aspiring Abolitionists, Relationships Evolving Possibilities, and Radical Ecosystem Pods

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▶1 CO-STRUGGLING

quote by Martin Luther King: "I'm not a searcher of consensus. I'm a molder of consensus."

The fundraising goal was met, and \$105,000 was raised in 60 days in the name of abolition. Sole said he told people about the blueprints he created when he worked in the mayor's office as the first Community-First Public Safety Initiatives director to the city of St. Paul.

Through his work as an abolitionist, Sole encourages people to check each other's safety. His website, www.jasonsole.com carries a statement from the activist Mariame Kaba: "As an abolitionist, what I care about are two things: relationships and how we address harm."

CONNECTIONS AND RELATIONSHIPS

On his journey from prisoner to scholar, Sole said he has met a lot of amazing people. As he reaches out with his ideas and projects, he has reconnected with many of them. "To reconnect with people who always had my back felt good," he noted.

Regarding relationships, Sole said he truly knows what it means to be a friend to someone. "My relationships are primary," he said. "We're not here to have boundaries, stereotypes and not get along. I understand that, but I guess the general masses don't. I don't get lost in 'Oh, my God, I have to achieve this or get to the next level, no matter who gets hurt along the way.'"

Sole said he cares a great deal about the relationships he has with his wife, kids, mom, siblings, cousins, nieces and the whole community. "I'm going to a basketball game tonight in Waterloo, where my childhood friend is now the coach. It is so good to go back and still be loved. That shows how my relationships have always stayed solid."

Having conflict with someone you love can certainly happen, according to Sole. "When that happens, I am present, not lost in the clouds," he said. "My work is important, but not more important than the people I have in my life."

WORKING IN CIRCLES

Sole's narrative has not changed. "The



Humanize My Hoodie empowers Black people to stand up against racial injustice, according to Jason Sole.

police have been choking us," he stated. "When harm happens, we need to sit down and get justice for what happened."

Sole calls upon aspiring abolitionists to be present every day, not just in times of crisis. "A lot of times we can see when others are not doing well," he said. "We see a post or email that gives an indication of a cry for help, really needing someone. It might not be a crisis, but so what? We still need to care."

The fact that everything teaches us to be apart disappoints Sole. "I cannot like you because of your race, color, clothes, gender, and religion. That part of life frustrates me," he said. "I always show up because I know I can plant a seed."

He said he likes working in circles, not top down or a pyramid. "I always offered up the opportunity to co-struggle with someone else." As an example, when he was chosen to be captain of his basketball team in high school, he picked another senior to co-captain with him. "I want everyone to do well," he said.

HUMANIZE MY HOODIE

Sole and a friend, fashion designer and activist André Wright, started another

“

Even though I can excel, I am still shackled and still not liberated.”

Jason Sole

er project that quickly turned into a movement, "Humanize My Hoodie." Sole said that sometimes when you put something out to the universe, it resonates all over the country.

He started wearing a hoodie to teach his classes in an effort to make students more comfortable with Black men in hoodies. It quickly drew responses worldwide, resulting in a book and documentary.

Humanize My Hoodie empowers Black people to stand up against racial injustice, according to Sole. "The hoodie invites conversations and we are using the Humanize My Hoodie sweatshirt, as well as educational tools, to arm our marginalized communities with innovative ways to uplift humanity and fight against violence and racism," he said.

Sole has also done a podcast and may do others in the future. He currently hosts a radio program "The Abolition Hour" on Frogtown station WFNU at 94.1 FM on Mondays at noon. On the show he shares some of his experiences with police violence in the Frogtown community. He outlines effective safety and accountable strategies to community members and shares some of his abolitionist work.

Hamline University has "allowed me to do what I do," Sole said. He said he loves teaching there, and is grateful for his 13 years as a professor. "I am glad my students have learned how to love each other during the pandemic," he noted.

RELATIONSHIPS EVOLVING POSSIBILITIES, RADIAL ECOSYSTEM PODS

Sole believes he is doing some of his best work during the pandemic. He helped co-create Relationships Evolving Possibilities, (REP) a network of dedicated abolitionists showing up to support others in moments of crisis or urgency. He also co-created Radical Ecosystem Pods to "fortify existing networks and support the creation of new networks by improving relationships between neighbors, identifying webs of support that already exist within

reach, and reimagining what loving community looks like."

Sole said that as a member of a pod who has trained in de-escalation and is on call, if something is not going right and his friend needs support, he has to be there.

"We just want to love you through your next step," he said. "We've been getting calls, and we hope to get it to be around the clock. We're not there yet, and we are not an alternative to the police yet, but we are working towards a world that is police-free."

As Sole reflected on the many different paths his life has taken, he said it was not the end of his story when he was in jail or selling drugs or getting shot. "People knew I was still trying to accomplish something," he said. "Once I started building trust, they saw me doing something else. I listened, and I never bought into the theory that I could solve everything by myself..."

He recalls the many strong Black women who have been part of his life. "I have got to give credit to them: my mom, sister, aunts and daughters," he noted. He said he learned some skills from his mother and father in just trying to figure out life. And among many others, he recalls an uncle who got his PhD from Princeton. Although the uncle died from AIDS when Sole was only 10, the two have strong connections. Both were in the NAACP, and his uncle named a lot of abolitionists in his dissertation on slaves who escaped to Canada.

"There were a lot who loved him, and so many people are coming forth with stories about him. I am looking at his dissertation, and I'm going to build something around it."

Sole has come such a long way, but experiences from his past still affect him and shape the work he continues to do. "I wrote an application to have my record pardoned, and Gov. Tim Walz and Keith Ellison approved it. But a Supreme Court justice said no without any explanation."

"Even though I can excel, I am still shackled and still not liberated," Sole said. "It's still just a part of my life and keeps me fighting the way I am. I think people can look through my eyes and see I am trying to be the best person I can be, no matter my circumstances."

▶1 NICOLLET HARDWARE

door equipment, socket sets, cash and other minor things. It was basically a snatch and grab for the neighborhood. Six different people came in and took whatever they wanted. Some even helped themselves to a red Ace wheelbarrow to help get all the power tools in the vehicle. So please excuse the boarded up door while we get it fixed. Be patient with us as our power tool shelves are empty. Our future in power tools is unknown. With the supply chain issues it is hard enough to get them in stock, much less keep them from being stolen. If you recognize any of these people please inform the police."

In all, about \$6,000 was stolen.

"To add insult to injury, our alarm system company failed us," remarked Rosch.

Their security cameras show that the burglars were sometimes in the store alone and sometimes in pairs. They wore COVID-19 masks. When the store alarm finally went off at 3:46 a.m., the people dropped what they had and left.

"At the end of the day, it's just stuff," observed Rosch. "No one was hurt. The cats weren't hurt."

They didn't expect the Facebook post to blow up like it did, noted Rosch, as they were just trying to inform their customers about what happened to explain the boarded doors and empty shelves. In addition to generating 300 comments, they were featured on KARE 11, KSTP 5, FOX 9, CBS 4 and BringMeTheNews. Rosch and Nelson hope that someone knows something and will come forward.



Officers make a report on the damage at Nicollet Hardware after a break-in in the early morning hours of Friday, April 22. Images of the burglars are posted on the business Facebook page.

Over the next week, they switched security companies, and ordered new glass. Rosch installed it himself on Wednesday. They were pleasantly surprised to find that they were able to stock back up on power tools within the week. By Saturday, April 30, the store was back to normal.

Rosch and Nelson purchased Nicollet Hardware from Rosch's parents in 2017. Julene Lind had started working at the hardware store when she moved from Fargo, N.D. It was Fourth Street Hardware at the time. The hardware store merged with Nicollet Hardware around 1980 and



Elena Nelson and Sam Rosch celebrate in 2017 as they take over ownership of Nicollet Hardware. The duo purchased the store from Sam's parents, Jolene Lind and Steve Rosch.

moved its operations there, while the Electric Fetus took over the whole building at 2000 S. 4th Ave.

Lind bought the hardware store in 1986, becoming one of the few women hardware store owners in the industry. Steve Rosch, who had a construction company, joined three years later. In the mid-1990s they quadrupled the store's size and took over the adjacent Nicollet Lanes bowling alley. Their philosophy was to remain at least 10 percent of the size of big-box hardware outlets. They also renovated the facade and added their distinctive red tile

roof. Fifteen years ago, they added a parking lot on the south side.

Rosch didn't initially plan on taking over the hardware store from his parents. In middle school, he helped stock the store twice a week, and started working there more in high school. "I came to realize I really liked it," said Rosch.

"The most rewarding things, my favorite part, is helping people," he added, "helping them solve their problems."

Nelson started working at the hardware store when she was 14. It was a block from her house. She continued working there full-time while earning a college degree in child psychology. She stayed at the hardware store because the owners asked her to take on more responsibility for more pay. A few years later, they embarked on a five-year succession plan.

Nelson was 33 and Rosch was 25 when they officially became owners of the "Biggest Little Hardware Store in Minneapolis." They share some duties, such as ordering and walking the sales floor. Nelson handles personnel and administration. Rosch focuses on building maintenance and the repair shop.

"I love Kingfield. I grew up here. It's personal for me," said Rosch. "We know everybody. We know customers by name."

They hire high school students who come in and don't know anything about hardware. "A year later, they're nuts and bolts experts," stated Rosch.

"We just want to say we're not going anywhere," stated Rosch. "We're here to stay. We love our community."

HUMANITY IS OUR BUSINESS

We can't allow apathy or anarchy to become business as usual.

The world is opening up again. That's good news for all of us who are still here. But just when you think life can't get any more absurd, Elon Musk buys Twitter.

The richest man on Earth has big plans for his new \$44 billion baby. And those plans could impact more than just Twitter's 200 million daily active users.

"Free speech is the bedrock of a functioning democracy, and Twitter is the digital town square where matters vital to the future of humanity are debated," Musk said in a statement. "I also want to make Twitter better than ever by enhancing the product with new features, making the algorithms open source to increase trust, defeating the spam bots, and authenticating all humans."

This news made a lot of people very happy and a lot of people very nervous. The plan revealed the deep divisions across our society once again. Whether Musk saves the digital town square or not, we still need to restore our humanity and save our actual town square.

In Minneapolis, we continue to see acts of dehumanization. In 2022, there have already been 27 homicides, 146 gunshot wound victims, 158 carjackings and over 1,400 auto thefts in the city. These are all increases from 2021 numbers. Many of the perpetrators are youth. Many of the youth keep getting younger. Many of the young perpetrators are repeat offenders.

Our juvenile justice system is not



By Eric Ortiz

working. A recent Minneapolis *Star Tribune* report called "Broken Promises, Shattered Lives," the first story in a series called "Juvenile Injustice," showed how years of reform efforts have failed to provide justice for victims or rehabilitate troubled youth.

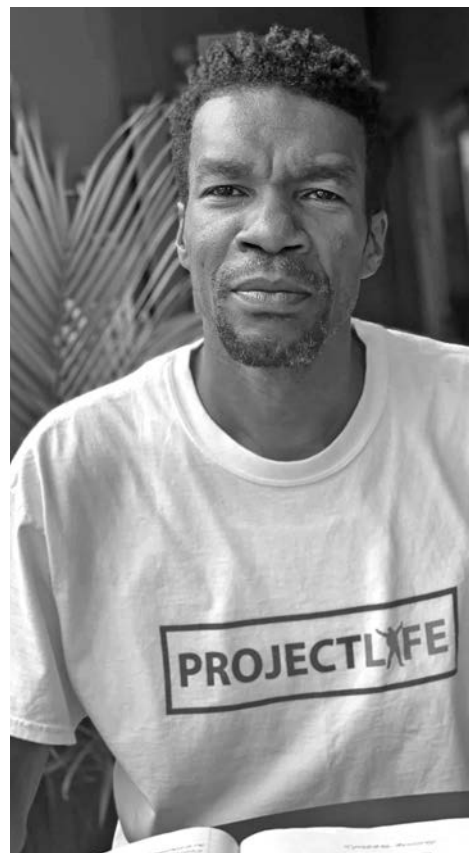
It's not too late to create public safety solutions. Change is coming. Hennepin County will have a new attorney and sheriff elected this year. Minneapolis will have a new police chief selected at some point, as well.

These new leaders could bring practical, effective ideas to our communities. But it won't matter who's in charge if we can't find ways to put aside differences and work together.

Community leader Manu Lewis, who has been working on the frontlines of community pain in Minneapolis for over a decade, has an idea of how we can do this.

"We need to go back to humanity," Manu told me during a phone conversation. "Find the commonality in our humanity. Our basic humanity. We are trained to think in the other. If we look at things through the lens of human beings, we can take a human approach to what safety looks like."

This means looking at everyone as a human being first. Not as a Democrat or Republican, Black or white, Muslim or Jew, rich or poor. After we remove the identity labels of politics, race, religion, class and wealth – how people often are defined – we can start listening. Even if we disagree with the voices, we can see the humanity. Then, we can seek common ground. This is how we build human solidarity.



Community leader, Manu Lewis, said, "We need to go back to humanity." (Photo submitted)

We start from a place of humanity. But throughout history, the idea of "otherness" has started from a place of difference. People get treated as "the other," or different from "us." It alienates them from us, moving them, the others, to the margins of society. This othering is how people become marginalized and communities become dehumanized.

Ubuntu is an ancient African word meaning "humanity to others." It means

"I am what I am because of who we all are," or "I am because we are." Ubuntu stresses the importance of community and building a culture of human solidarity. It recognizes the interrelatedness of people and how we share a mutual responsibility. It is the opposite of othering and the essence of humanity.

Manu's life is all about ubuntu. After years of dealing with crime, incarceration and death, he made a lifestyle change in 2010. He has been a "soul medic" for the Department of Health, done gang intervention work and been a community engagement expert with the Minneapolis Police Department.

Manu continues to engage with the community today and do right to people as a restorative process practitioner and lifestyle healer. He understands the power of giving everyone a voice because many communities historically have been left out of the conversation.

"Someplace between apathy and anarchy is the stance of the thinking human being," Rod Serling, the creator of "The Twilight Zone," once said. "He does embrace a cause. He does take a position, and can't allow it to become business as usual. Humanity is our business."

The ubuntu spirit is what we need right now. A little community engagement can help a lot. Small, positive human interactions can have a ripple effect on the community.

Remember, we are all human. And love wins.



Eric Ortiz lives in the Wedge with his family. When he's not community building, he's the director of media for Granite Media and writes bilingual children's books with his kids. Their first book was "How the Zookalex Saved the Village," available in English and Spanish on Amazon.

THE DONALD L. HAMMEN I KNOW: STAYING STRONG, WRITING WITH COURAGE

STORIES & JOURNEYS

Imagine you are with me at my recent visit to the River Lake Eye Clinic. I have been a client there for many years. Even before receiving original Medicare plus supplement. You have now taken the plunge! You are a reader of Stories and Journeys, the column! We encounter a staff member. I inform this person that I am now the writer of Stories and Journeys. This person starts to recollect that Calvin deRuyter is the owner and publisher of the *Messenger*. I reach inside my tote bag to give this individual a current copy of the *Messenger*. I don't have one with me. A visit from Tesha M. Christensen, the current owner and publisher of the *Messenger*, *Connector* and *Monitor* to River Lake Eye Clinic might be in order. She could introduce herself and hand deliver the *Messenger*.

Next on our visit, we encounter another staff member. This person wants to know what is the focus of the column.



By Donald L. Hammen

Upon hearing this question I start to panic. I don't have a short answer. How should I know what is the focus? Momentarily I forgot that I am the writer. I'm supposed to know! Right? I go to my default response. Tesha M. Christensen has tasked me with writing what I am learning, thinking and experiencing. The response I receive from this potential reader is that it sounds open ended. I'm thinking freedom within 750 words and zebra company values.

I'm starting out with the words, Stay Strong, Don! They were spoken to me by Titi, an RN, in 2019. That year, twice, I was a patient on the nursing unit where I worked as a nursing assistant/registered for 21 years. For some reason those words seem important to me. It is as if it is taking me courage to write this time. Maybe it is my sense of grieving a loss that is in play. Recently I read that courage is the foundation of integrity. I hope so. What do you think?

For me, staying strong in this moment means owning up to who I know myself to be as a person and writer. The Donald L. Hammen that I know at his best can be articulate, charismatic, rooted and grounded in the power of his own story and self-awareness. The Donald I know

has been told that he writes well about his experiences. He tends to be an autobiographical thinker and writer. Self care occupies his daily living activities. They are currently captured in the words eat, sleep, move, meditate/pray. Then comes experiment, explore, create. Yes, there is walking.

Due to his lumbar and cervical spine stenosis he needs to stay mindful of balance, body mechanics and posture. His focus on his body is critical. This includes lying, sitting and standing physical therapy-infused routines. Movement and balance are everything. This all comes down to something Donald knows as his version of 'everspring living'.

He is his own version of introvert. His speaking is largely grounded in his writing. He describes himself as pursuing a Ph.D. in being Donald L. Hammen in the school of everyday life. One day at a time. All this seems to go into making him unique. What goes into making you unique?

Speaking of unique. I have declared 2022 for me to be the year of the woman. The following strong words from Marianne Williamson, combined with an experience that happened as part of what I call my 'everspring health' story are part of what pushed me to take a deeper dive into

women's issues and realities. Her strong words come from her introduction to a chapter called "Awakening From Patriarchal Medicine" in a book called "Reclaiming Our Health" by John Robbins. She writes:

This is a time of monumental shift, from male dominance of human consciousness back to a balanced relationship between masculine and feminine. The resistance to this is stronger than most people know. The invalidation, the crucifixion, of feminine power is one of the most violent and subversive forces at work today. The fate of every woman alive today, whether she likes it or not, is that the story of her life shall be played out against this panorama.

What life experiences might cause you to declare your own year of the woman and take your own deep dive into women's issues and realities? Tell your self, tell others or tell me at news@longfellownokomisessenger.com.

In gratitude. Writing with courage outside of my comfort zone. Today I am Ukraine.



Donald L. Hammen is a longtime south Minneapolis resident, and serves on the All Elders United for Justice steering committee.

SOUTHWEST Connector

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By **Russ Henry**

Food forests represent an abundant past and a hopeful future. A diverse planting of native trees, shrubs, and perennials that bear edible flowers, fruit, nuts, and seeds; food forests grow all the basic requirements for a healthy diet in humans and wild animals.

Much of the world was once covered in food forests. As people, birds, and other animals spread the seeds of their favorite edible plants, the land reflected the needs and desires of the creatures occupying it. Food forests provided enough nutrition to allow thousands of species including humans to thrive under a canopy of giving trees.

There are eight intertwined layers in a well-planned food forest.

1 Mycelial layer

Strong ecosystems are rooted in healthy soil. Fungi is an essential component of healthy soil and our partner in growing food forests. Growing as a matrix in the soil, mycelium is part of the fungal body that spreads throughout the soil profile. Creating soil structure as it

HOW TO CREATE A FOOD FOREST

spreads and coating the roots of plants, many fungi maintain essential symbiotic relationships with plants.

Some of our favorite edible mushrooms are capable of symbiotic relationship with some of our favorite food forest plants. Morels, puff balls, and chanterelle mushrooms love growing with trees like oak, beech, and pine. We can inoculate our food forests with edible mushroom spores purchased from reputable labs.

Other types of edible mushrooms such as wine caps are decomposers that work to transform the forest's organic waste into delicious delicacies. The food forest floor should always be covered in plants, leaves, and mulch to encourage the widespread growth of edible fungi.

2 Root layer

Native plants with edible roots such as daylily, ramps, spring beauty, and sunchoke are excellent additions to the root layer. Don't be hasty pulling weeds because some weeds (including burdock, dandelion, garlic mustard, and nettle) have edible roots.

3 Ground cover layer

Keep the ground covered in green to protect from harsh weather and scorching sunlight. Edible native options for ground cover include low bush blueberry, sheep sorrel, Virginia waterleaf, wintergreen, wood sorrel, and woodland strawberry.

Bee lawn seed mix containing creeping thyme, self-heal and white clover are a perfect ground cover because all three are edible, easy to establish, and together they feed over 50 species of Minnesota native bees.

4 Herbaceous layer

Perennial vegetables including asparagus, garlic, horseradish, and rhubarb can be mixed with native edible herbs such as ostrich fern, common milkweed, and wood nettle and self-seeding edible annuals (including arugula, cilantro, dill, kale, lettuce, and mountain spinach) to provide many edible options in the herbaceous layer. Blend in grasses, sedges, and native pollinator plants like bee balm, calendula, and hyssop which can be used in tea.

5 Vine layer

The vine layer grows in three dimensions – up, down, and across – the forest finding light that would otherwise slip through the cracks in the upper canopy. Grapes are fun and easy to grow, and wild grape is particularly good at spreading from seed by birds and other animals.

Vining veggies like cucumber, nasturtiums, pole beans, pumpkins, squash, tomatoes, and zucchini can be added into the forest edge wherever the sunlight allows.

6 Shrub layer

Birds love the shrub layer. People do, too. Go nuts and incorporate hazelnut shrubs as a protein source in your shrub layer. Bearberry, blackberry, blueberry, chokeberry, currant, elderberry, gooseberry, highbush cranberry, raspberry, and sandcherry, are a few fantastic native fruit options that will have you out snacking with the birds. A honeyberry shrub planted on your property line will guarantee good neighborly relations.

7 The understory

Short native trees that feed people and wildlife are perfect for the understory. Black cherry, chokecherry, mulberry, pin cherry, serviceberry, and wild plum are a few beloved native fruit trees. Non-native fruit trees can be added at the forest's edge. Add non-edible understory trees for the bees and birds to enjoy. Blue beech, mountain ash, pagoda dogwood, and redbud are all beloved by birds and pollinators.

8 The overstory

Healthy landscapes transform and mature over time. Planning for succession in a landscape means including seedlings of trees that will one day grow quite large. In a typical urban yard there is room for two large trees, one in the front yard and one in the back.

Edible options include basswood for edible spring leaves, black walnut and oak for the proteins they offer, sugar maple for the sap, and black locust filled with edible flowers every spring. White pine seeds, while not edible for people, will feed a wide variety of animals and they make a magnificent over-story tree.

Time to reforest

Food forests sequester atmospheric carbon, transforming it into healthy soil. They filter water, provide habitat for pollinators, and they grow local, organic health food for animals and people. We can regrow the food forests of the world by working together, one yard at a time.

Russ Henry is a south Minneapolis resident who has served on Homegrown Minneapolis, a local food policy body, and the Minneapolis Parks Pesticide Advisory Committee. He is the founder of Bee Safe Minneapolis, an education and advocacy branch that works with community partners to create safe places for pollinators, one garden, yard, business, school, church, conversation at a time.



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By **Susan Schaefer**
UNDER THE HOOD



Planning for peace of mind

HOME RENOVATIONS TO AGE IN PLACE

At age 69, I was a “silver sneaker” poster child – fit and healthy, living on my own, fiercely independent and proud of it. Ironically, my main fitness exercise, avid fast walking along the Twin Cities’ marvelous trails, system of lakes, and Mississippi River paths, contributed to significant wear and tear on my hips.

In 2019, after a year of pain, my Mayo Clinic orthopedic surgeon proclaimed that I needed new hips and was an ideal candidate for “bilateral hip replacement” surgery – both hips at once.

Being in great health, I assumed I’d heal like a champ and believed that coming home to my one-level condo in an elevator building would be a breeze. Ha! Preparing for my at-home rehabilitation was like facing a tsunami of details about safety and access. I was caught off guard about what I needed to successfully age in place. Things I always had taken for granted, like getting in and out of both the shower and my low-rise, Zen-inspired bed, were challenging. Before my in-patient physical therapy facility even would release me, I had to certify that I had “grab rails” installed in my shower! I had to hustle to find a reputable outfitter.

This episode was a rude awakening



Installing a small elevator and widening doorways made this lower level more accessible. (Photo by Andrea Rugg Photography)

about the importance of considering the steps to take to successfully age in place. It’s best to plan well ahead of time.

Anyone Social Security age or older has a good chance of needing new hips,

knees, or shoulders by their mid-60s. Surgeries like this are expected to become more frequent as life expectancy continues to increase. Why? Degenerative arthritis caused by wear-and-tear is one reason,

coupled with multiple other realities of aging that cause decreased mobility with increased challenges of staying safe in our own homes.

STAYING IN OUR OWN HOMES IS A GOOD OPTION

According to St. Paul’s Wilder Research, Minnesota’s 65 and older adult population will more than double between 2010 and 2030 as the state’s 1.3 million baby boomers head into retirement. During the last decade, our hearty senior population was on track to increase by 41%, more than the national average.

Why? Residents here in the True North tend not to retire to other regions. Hearty and hail, greatly attached to their families, and social networks, Minnesotans stay put.

Notable in this effort to keep seniors happy and safe in their own homes is the design community, members of which often join forces with policy makers to offer ideas and services that improve and extend the lives of seniors who choose to live their lives out in their own homes.

SEEK CERTIFIED EXPERTS

Choosing a reputable remodeler is key. The National Association of Home Builders (NAHB), in collaboration with AARP and other experts, have developed the Certified Aging-in-Place Specialist (CAPS) designation, which remodelers earn through training and testing during a multicourse





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▶ 6 AGE IN PLACE

educational program. CAPS professionals focus on the unique needs of the older adult population, examining common barriers and the appropriate aging-in-place home modifications to solve them.

According to NAHB, a CAPS professional can:

- Recommend updates that will help a person live independently in his or her own home
- Work with an occupational therapist to develop a home modification or build plan based on the safety and functional needs of an individual or household
- Collaborate with a licensed contractor or interior designer about building and design strategies and techniques for creating attractive, barrier-free living spaces
- Provide information about building codes and standards, useful products and resources, and the costs and time required for common remodeling projects

CAPS remodelers and design-build professionals are not medical or health care professionals. Some charge hourly or flat fees to consult. It is worthwhile to note that by earning this certification they have gone the extra mile to provide critical design aspects to safely age in place.

LOCALLY-BASED CAPS CERTIFIED REMODELER

Sylvestre Remodeling & Design's owner and chief architect, John Sylvestre, has a lifetime of experience providing ways to make home modifications that allow people to stay in the homes they love, maneuvering not only safely, but also in style. A self-confessed "baby boomer," Sylvestre takes seriously individuals' desires to remain in their own homes as long as possible.

His firm is CAPS certified and his portfolio abounds with stylish remodeling examples of work with typical Min-



This bathroom by Sylvestre Remodeling & Design features a shower without a curb as it aids in mobility. Dangerous throw rugs have been removed. (Photo by Andrea Rugg Photography)

neapolis housing stock. For example, the elevator they installed in a 1920s home for one client perfectly matches the door to the existing hallway doors, seamlessly integrating the design into the character of the home.

Following well-established aging-in-place guidelines, Sylvestre emphasizes basic categories for consideration:

- One-level living is a prime factor

once mobility is impacted. Sylvestre explains, "We have done a number of projects that make sure there is a full bathroom on the first floor, a possible sleeping room, and a laundry."

• Logically, the bathroom is a next critical area. It must be able to accommodate mobility aids, such as canes, walkers, or wheelchairs. Options include widening doors, replacing tubs with showers, removing curbs or step ups into showers, which also creates a more modern look, positioning shower controls in a practical location, and investing in newer wall hung toilets that have adjustable heights.

• Kitchens are another essential mobility-friendly frontier. Sylvestre suggests, "taking a look at cabinets, doorways and islands, ensuring adequate room for tasks." Fully mobile individuals take for granted clearance space needed to open doors and drawers that would be greatly impacted when using a mobility aid like a walker or wheelchair.

Don't get caught off guard. Spring is a good time to assess our surroundings, inside and out. Minnesota Seniors provides a free resource for seniors and their family members, with links in the Aging in Place Directory to many resources, including home remodeling companies under such categories as "Accessibility/Lifts/Elevators/Ramps" and "Home/Bath Modifications."



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

TICK LIST OF QUESTIONS TO ASK

There are many resources for folks contemplating an aging-in-place adaptable remodel. One of the most trusted is AARP's "HomeFit Guide" which among other helpful tips and ideas, begins with a checklist of questions designed to allow seniors to think wisely about how to live independently for longer. Here are a dozen of their considerations:

1. Is there a step-free entrance into your home?
2. Are there a bedroom, full bath, and kitchen on the main level?
3. Are the interior doorways at least 36" wide?
4. Does the kitchen have a work surface you can use while seated?
5. Are the kitchen cabinets and shelves easy for you to reach?
6. Are your exterior walkways and entrances well lighted?
7. Do all your area rugs have non-slip grips to prevent tripping or slipping?
8. Are stairway light fixtures located at both the top and bottom of the stairs?
9. Do you have a shower with a step-free entry?
10. Are the bathroom cabinets and shelves easy for you to reach?
11. Does your bathroom have a lever, touch, or sensor-style faucet?
12. Are there nonslip strips or nonslip mats in the bathtub and/or shower?

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CATCH THE BUZZ

75% of the world's plants and about 30% of human food crops depend on bees and other pollinators to reproduce, but bees are facing extinction here at home and around the

You can BEE a HERO at home! Here are some tips for transitioning to a bee-friendly landscape:

- Choose native perennials, trees, and shrubs that bloom throughout the season.
- Over-seed your existing lawn with bee lawn mix - early spring, late summer and early fall.
- Eliminate pesticides and synthetic fertilizers.
- Turn off your irrigation system. Native plants do better without pampering.
- Reduce mowing. Mow just once at the end of the season, late August is best.
- Schedule a consultation with our designers. Begin your transition to a bee friendly landscape today!

Bee friendly landscapes are low maintenance, attractive spaces where people and pollinators thrive.



Russ Henry,
owner



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MEET SOUL PAINTING ARTIST ANNE PRYOR

THE ART OF...

I'm sharing an article from The Edge this month, owned by my good friend, Kelly Wagner. The article is written by Sara Winiecki.



By **Suzie Marty**

Anne Pryor is a Soul Painting Artist who channels the highest energy of the Universe into her artwork. She's dubbed this profoundly intuitive process, Lovitude™, meaning Love and Gratitude Inspired by Spirit.

Anne was inspired to start painting in 2017 after receiving messages from a former colleague and friend, Irene, who died within three weeks after being diagnosed with cancer.

When Irene became sick, Anne and another mutual friend, Risë Severson Kasmirski, spent as much time together as they could.

Anne and Risë remember visiting Irene in hospice...

"I asked Irene if she would please come back. I wanted to see the colors. I wanted to know what she was doing on the other side. I wanted to know everything that was happening over there," Risë recalls.

After Irene passed, Risë volunteered to do the eulogy at her celebration of life. That was the first time Risë saw her deceased friend in her mind's eye. Irene was there, looking over the entire event, smiling.

At the time, Risë could hardly believe what she was seeing, but she soon found out that wasn't the last time her late friend would pay her a friendly visit.



Anne Pryor is the creator of Lovitude™ and a Soul Painting Artist. Lovitude means Love and Gratitude Inspired by Spirit, the highest energy in the Universe. Anne was inspired to create this trademarked symbol while getting her master's degree in human development and holistic health and wellness as a gift for her professors. This icon was jeweled by Anne's friend, Janel Russell, the creator of the original Mother and Child pendant. Anne's Lovitude™ Soul Paintings have been called 'visual blessings'.

Over the next few months, Risë saw Irene all the time... riding in the car with her, sitting on the couch in her house, standing in crowds of people, and eventually in her dreams.

Flash forwards a year later, Risë and Anne sought out spiritual guidance from an intuitive. They each booked separate individual sessions, but to their surprise, Irene came through with messages for both of them.

Risë was encouraged to journal and write a book describing her mystical ex-

periences with the other side. Anne's message from Irene was more cryptic:

"Drip ink on plastic and blow... but make em' big."

At first, the message didn't make any sense, but Anne began to find clarity over time. Irene's message was alluding to the thank you notes Anne used to make using little blobs of watercolor. Irene wanted Anne to paint.

And just like that, Anne, a woman who was never an artist before, began channeling spirit through painting. Her



Anne Pryor has created more than 2,000 vivid images to elucidate, awaken, and activate souls using ink, her breath, and essential oils.

unusual technique is created with ink, inspired by her breath (no paint brushes), and essential oils, including Frankincense, Myrrh. Each painting is infused with gold and painted on clear plastic and other media.

Her paintings have been said to elucidate, awaken, and activate souls. Her images have been featured worldwide: IANDS (International Association of Near-Death Society), the Memorial Service of Justine Ruszczyk Damond, the Minneapolis woman killed by a Minneapolis police officer, gifted to Matthew Desmond, Pulitzer Prize-Winning Author of "Evicted," at Mayo Clinic, Rochester, MN, and enjoyed in collections globally.



Suzie Marty is an artist and curator at Everett & Charlie art gallery in Linden Hills. She is also an avid supporter of buying local, and a sales representative for the *Southwest Connector*. Contact her at ads@swconnector.com.



*Old homes! old hearts! Upon my soul forever
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TEAMING UP FOR GOOD

Raise your hand if you know a high school kid who suffered through COVID-19...

(If your hand isn't up, then apparently you don't know any high school kids. Right?)

We can probably agree on this, too: Few professions or demographics suffered more from COVID-19 restrictions than the performing arts. Certainly our restaurants suffered, and some industries were hurt by supply chain issues, but live music and live theater were shut down completely.

My son is a professional actor. He was in a play that was set to open in Toronto when the NBA and everything else shut down. That weekend, on the phone, he said to me, "Dad, I don't know when I'm ever gonna work again... I'm essentially in the business of bringing old people together into small rooms."

Funny, but not funny. Truth is, live theater has been dead for two years. And if you were a theater student in high school, your high school acting career got cancelled.

"It's been hard on all of us, but we are determined to help these kids," said SWHS Theater Director Margaret Berg, who is happy to report that their upcoming show, Sondheim's "Into The Woods," will open on the main stage on May 12.

"These kids have not performed in a live show since we had one night of Chorus Line back in 2020. It's been since the fall 2019 since we had a normal run."



By **Larry LaVercombe**

SOUTHWEST HIGH SCHOOL THEATRE PRESENTS

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"It's not just acting and singing," said Ahndi Fridell, parent of two recent SWHS graduates and one graduating senior. "Southwest teaches costume design, set building, production skills, theater tech... Plus, my older sons were able to learn from their older peers, and then they were

able to turn around and teach the younger kids. My senior son's last full year of high school was when he was freshman. He completely missed out on all that continuity."

SUPPORT SWHS ARTS

Saturday, May 7 marks the return of the Hot Notes Gala, the annual fun-and-fundraising event hosted by the Southwest Performing Arts Council. Southwest High School students will at last get a chance to perform in front of a live audience, some of them for the first time ever. The SWHS dance, choir, band, and theater programs will showcase their talents while doing their part to raise a few dollars for the school arts programs.

As a longtime booster for the SWPAC, I've attended many Hot Notes Galas. The food is great, the high school entertainment is college-quality, and the air is filled with pleasure and pride. As it says in the letter written to Hot Notes supporters:

We know you believe in the power of the arts to change lives as much as we do.

I sure believe in it. And I am grateful beyond words for the education my son received at Southwest. He was in jazz combos, honor choir, IB theater, and he

acted in 13 plays during his career there: four on the main stage and nine on the black box stage as part of the entirely student-run Unhinged Theater program. Then, as a senior, he auditioned at the best acting schools in the country; he waitlisted at Julliard, and was accepted into several other first-rate acting schools: ALL BECAUSE OF HIS EDUCATION AT SOUTHWEST.

I wrote last month about the SW guitar program, but the fact is, the entire Southwest Performing Arts Department is facing huge budget cuts. "We are down to two main-stage shows only," Ms. Berg said. "The school has already cut the Unhinged Theater program. We don't even have a full-time theater teacher anymore. How do you do it when they just keep cutting and cutting?"

It's been a double-gut-punch to the both the students and teachers. And here's the thing: Once something goes away, it's hard to bring it back.

So, go to this event! It will be fun! Or, consider a donation. All the money raised will go toward rebuilding the program next year.

HOT NOTES GALA

St Mary's Greek Orthodox Church
Saturday, May 7 - 6-10 p.m.
swhsperformingartscouncil@gmail.com



Larry LaVercombe is a writer, filmmaker, and activist, born in Detroit and arrived in Minneapolis in 1975. He lived in a treehouse in San Diego before getting an MFA from the USC Film School. He writes most days, and as Team Larry he has been selling residential real estate in Minneapolis for 26 years.

BRIEFS

NEW STATE POLICING RULES PROPOSED

The Peace Officer Standards and Training (POST) Board has proposed a rule change that would expand their authority to take disciplinary action against licensed peace (or police) officers in the state. The board may already revoke a police license if an officer is convicted of felonies, some misdemeanors, if they lie or cheat on a board test, lie to the board, commit sexual assault or harassment, or use unjustified deadly force. If the new rule is approved by an administrative law judge later this year, the board could also act if it found an officer used excessive force, engaged in driving under the influence, or committed domestic abuse, assault, felony drug crimes, soliciting prostitutes or theft, even if they weren't convicted of the crimes.

PARTY ENDORSEMENTS FOR LOCAL RACES

Several candidates have been endorsed for state level races by the two major parties so far this year. At the Democratic Farmer Labor (DFL) conventions, candidates endorsed for state legislative races in Southwest Minneapolis include Esther Agbaje State Rep (59B), Bobby Joe Champion for State Senate (59), Scott Dibble for State Senate (61), Frank Hornstein for State Rep (61A), Jamie Long for Rep (61B), Omar Fetah for State Senate (62), Hodan Hassan for State Rep (62A), Aisha Gomez for State Rep (62B), Zaynab Mohamed for State Senate District (63), and Emma Greenman for State Rep (63B). The Republicans have endorsed Paul Anderson for State Senate (59), Allan Shilepsky for State Rep (59B), Jennifer Zielinski for State Senate (61), Kurtis Fechtmeyer for State Rep (61A), Lisa Pohlman (61B), Bruce Lundeen for State Senate (62), Arjun Kataria for State Rep (62A), Ross Tenneson State Rep (62B), Diane Napper for State Senator (63), Penny Arcos State Rep (63A) and Frank Pafko for State Rep District (63B). This year the primary election will be held Aug. 9, with early voting beginning June 24.

KENILWORTH CHANNEL REPAIR

Planting and work stabilizing the shoreline has resumed in the lagoon connecting Cedar Lake and Lake of the Isle. During the next 4-6 weeks, while work is being completed, the channel will remain open for use, but people are being asked to stay away from work areas. This is part of the project that started last year that removed the deteriorating wooden walls in the channel.

LIGHT RAIL CONSTRUCTION

Following a delay to study possible construction-related damage to a Cedar Isles condo building close to where tunneling work was being done, the Southwest Light Rail work is expected to resume in May. The engineering firm, Socotec, reported that problems were likely due to temperature changes, not the rail project. Since then, the Metropolitan Council, who is managing the construction, announced that tunnel excavation has resumed and that Cedar Lake Parkway could be closed beginning May 16. The closure is needed to construct the part tunnel that extends under the parkway. Construction at and around Bryn Mawr Station will continue with excavation, installation of the pedestrian bridge and work on the station platform, as well as retaining wall work south of Wayzata Boulevard and Penn Ave.

RENT STABILIZATION WORKGROUP

In April, the city council passed Council President Andrea Jenkin's motion to create a Housing/Rent Stabilization Workgroup. The workgroup will consist of 25 people, 12 appointed by the City Council and Mayor and 13 by the Community Planning and Economic Development Director, Andrea Brennan. Six of the council appointed positions are reserved for renters, three for rental property owners, and three for housing developers. Council Member Aisha Chughtai made a substitute motion that would have brought a rent stabilization policy to voters this election instead of 2023, but that was defeated on a 7 - 5 vote.

Briefs compiled by Cam Gordon.

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► 1 STREET DESIGNS

changed in recognition of the fact that cars are an inefficient means of moving large numbers of people into a small area," Roberts said. "For destinations like downtown Minneapolis (on 4th St.) or the University of Minnesota (10th Ave. bridge), it would not be physically possible for everyone to access the area by car. Creating safer ways for people to walk or bike is good for public health, and for efficiently transporting large numbers of people into popular areas."

LYNDALE AVE. S. GOING FROM 4 TO 3 LANES

An upcoming example may be Hennepin County's pilot program being implemented on Lyndale Ave. S. this summer between Lake St. and Franklin Ave.

On April 20, county staff hosted an open house for the pilot project. Lyndale will receive a number of changes between Franklin and 31st St. including a reduction in traffic lanes from four to three to have one lane in each direction and one lane in the center for left turns.

Since 2019, Hennepin County, in coordination with the city of Minneapolis, has been working to address safety concerns for the popular Lyndale Ave. S. (County Road 22) corridor between Franklin and Lake. A full reconstruction project was approved by the county board in the 2022-2026 Capital Improvement Program. "However, the exact timing of the construction is still being determined as we work to secure external funding and coordinate the project with other work scheduled for construction in the area," said Colin Cox from Hennepin County. This year they will be resurfacing the street and piloting several other changes.

According to Hennepin County Project Manager Josh Potter, in 2019, 22,000 vehicles a day were counted at Lyndale and Lake and 29,500 at Lyndale and Franklin. Approximately 500-2,000 walkers were counted each day, with up to 200 bikers daily at the busiest intersections.



"Overall traffic volumes in the city of Minneapolis the last couple decades have been basically static despite a large increase in population, suggesting the city's ambitions of shifting trips away from private cars is working," said Evan Roberts of the University of Minnesota.

The highest pedestrian numbers were at Lake Street, 26th and 22nd.

The history of crashes indicates several dangerous intersections, mostly notably Lake Street, 27th, 26th, 24th, 22nd and Franklin, with one fatality and 22 severe injuries recorded between 2011 and 2020. The goals of the pilot include improving safety, continuing to provide access for residents, businesses and properties, engaging with the community and identifying key challenges and solutions.

"Lyndale Avenue South is a complex corridor and although three lanes is not within guidelines based on current national guidelines, the county is piloting three lanes to measure impact on safety and other metrics," said Potter. The pilot will allow the county and city to collect, data, get community feedback, observe challenges, and consider options moving forward.

In addition to the new lane configuration, at 25th and 27th streets there will be new flashing beacons, center medians, crosswalk striping, upgraded sidewalk ramps, bus stops, and streetlights. Parking will remain on both sides of the road and transit stops will remain in similar locations.

"Lyndale Avenue illustrates the limits of how we have organized traffic and commercial activity in Minneapolis," said Roberts. "Lyndale is designed to carry a large number of cars to a freeway interchange

quickly. But it is also a high-density residential street with a significant amount of commercial activity. The terrible safety record on Lyndale shows that we cannot expect one street to move cars on and off a freeway quickly, and also function safely as a commercial street where drivers search for on-street parking, and people cross the road easily between businesses on either side of the street. The high number of deaths and accidents on Lyndale demanded a redesign, and we should judge the new design by that criteria: do accident rates go down?"

WHAT ABOUT TRAFFIC DELAYS?

Some people are concerned about impacts these changes might have on parking and traffic delays, especially as population continues to grow in Minneapolis.

Abigail Johnson, chair of the city's Pedestrian Advisory Committee, is convinced that delays will not be significant. "After about two to three months, traffic goes back to the same trip time as before the change," she said. "Research what happened to car travel times in Times Square after it was converted, if you want statistical proof. Also look at the change of 14th street in NYC. It, too, did not create traffic elsewhere. People chose another way to get around, or skipped one out of many trips."

To many, including Johnson, safety on Lyndale is the primary concern. "Lyndale houses two or three of the top 10 most dangerous intersections for cyclists and walkers, and even drivers," she said. "I have seen terrible crashes on Lyndale between cars, and this change to Lyndale will prevent many of these crashes."

Roberts isn't anticipating major lasting traffic delays either, and suggests the city and county are moving in the right direction. "Overall traffic volumes in the city of Minneapolis the last couple of decades have been basically static despite a large increase in population, suggesting the city's ambitions of shifting trips away from private cars is working," he said.

NEIGHBORHOOD BRIEFS

SPRING INTO UPTOWN MAY 7

Celebrate and discover more about the Uptown community through performances, demonstrations, food, art, and activities at a multi-cultural celebration on Saturday, May 7. The block party will be on Hennepin Ave between 31st and Lake St. from 11 a.m. to 8 p.m.

TRAILS TO BE REPLACED

Replacement of two failed pedestrian trail segments along Bde Maka Ska and Minnehaha Creek and Parkway are scheduled to begin April 29 and be completed by the end of May. One segment is located on the southwest shoreline of Bde Maka Ska; the other, on Minnehaha Creek just east of Bloomington Ave. Because both trail segments failed due to erosion, the new segments will be installed further from the water. The project includes removing the damaged segments as well as restoration and final grading at each site; as well as concrete curbing and shoreline restoration and plantings at Bde Maka Ska.

BRING BACK 6TH VISION MAY 15

Less than a year after partnering with the Harrison Neighborhood Association to launch Bring Back 6th, the movement continues to gain momentum at various levels of decision making. Thanks to community organizing, the Minnesota Department of Transportation has made a good faith effort to implement quick-build safety improvements this summer, and will soon launch a study of the future of the broader Highway 55 corridor in Minneapolis, including a potential restoration of 6th Avenue N. Attend an event on Sunday, May 15, 1-4 p.m., at Harrison Park to envision a better future. There will be local food, live music, and more at this free, all ages event.

POLLINATOR PATHWAY GRANT

The South Nicollet Corridor (encompassing the neighborhoods of Lyndale, Kingfield and Tangletown) was just awarded a Pollinator Pathway grant. Lyndale and Kingfield will be creating a small planning team to organize participants in the neighborhood and define the program parameters. The expected timeline for the program is May-October 2022. Want to learn proper fruit tree planting techniques? Friday, May 13, starting at 3:30 p.m. at MLK park, there will be a fruit planting tree workshop. Contact director@lyndale.org to RSVP.

TANGLETOWN ANNUAL MEETING MAY 16

The Tangletown Neighborhood Association annual meeting will be online on Monday, May 16 at 7 p.m. Hear from Mayor Jacob Frey, city council member Emily Koski, and the Nicollet Ave Bridge Project Team. Board elections will take place at the annual meeting, so consider getting involved. There will be a raffle with \$400 in local business gift cards.

LINDEN HILLS

NEIGHBORHOOD COUNCIL

BY Becky Allen

Linden Hills neighborhood sits alongside Lake Harriet/Bde Unma with 8,000 residents, award-winning restaurants, a vibrant business district, several parks and much more. The Linden Hills Neighborhood Council (LHiNC) is hosting some upcoming events and volunteer opportunities, if you'd like to get to know our community better.

LHINC @ LINDEN HILLS FARMERS MARKET

Sunday, May 15 - 10 a.m. to 1 p.m., Settergren's Hardware parking lot (2813 W 43rd St.). Celebrate the start to the Farmers Market season - and find out how to get more involved in our community! The Linden Hills Neighborhood Council will

be hosting a booth at the very first Linden Hills Farmers Market of the season. Stop by our table to find out about neighborhood events, volunteer opportunities and how to join the council.

LINDEN HILLS GARAGE SALE IS BACK

Saturday, May 21 - 8 a.m. to 3 p.m. Linden Hills Neighborhood Council is once again organizing one of the city's largest neighborhood-wide garage sales. We are looking forward to restarting this fun community tradition that brings in people from across the Twin Cities Metro for the dozens of garage sales in our neighborhood, all on one day. Maps will be available at local businesses and online at: www.lindenhills.org/garage-sale.

BECOME WILLIAM BERRY WOODS PARK STEWARD

LHiNC is looking for park stewards to help protect and preserve the small forest between Lake Harriet and Bde Maka Ska. This woodland is a rare remnant native plant community, relatively untouched for

centuries, now facing many threats. Volunteer stewards will help remove invasive species, plant native species, report safety concerns, and pick up trash. If you're interested in volunteering, please send an email to: enviro@lindenhills.org or call 612-926-2906.

VOLUNTEER: FOOD DISTRIBUTION IN NORTH MINNEAPOLIS

LHiNC has a new partnership with The Camden Collective, a non-profit serving North Minneapolis. Once a month, LHiNC will send 3 to 4 volunteers to participate in Camden Collective's Community Food Share and distribute food to families. It's a three-hour time commitment on Saturdays from 11:30 a.m. - 2:30 p.m. at Salem Church (4150 Dupont Ave. N. Minneapolis MN 55412). You are welcome to bring family/kids. If you're interested in volunteering, please email info@lindenhills.org and we'll send you upcoming dates.



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