

People gathered May 25-28, 2022 to commemorate the 2nd angelversary of George Floyd's death. Others lost to police violence were remembered, and their families, who continue to push for change, were honored. Raycurt Johnson (left) and Butchy Austin (right) played music at Say Their Names Cemetery during the vigil on May 25. Reverend Jeanette Rupert spoke at the vigil, which was followed by a candlelit walk via the Mourning Passage along Chicago Ave. to the George Floyd Memorial. Once there, members of the Chicago Avenue Fire Arts Center did a bronze pour of a sankofa bird. > See more on page 8. (Photo by SBH Photography)

# **IN HIS OWN WORDS:** advocating for chronic fatigue

**Fulton resident Billy Hanlon** is sharing his story to help



# **CITY COUNCIL POSTPONES VOTE ON CITY COORDINATOR**

Former and current staff raise concerns about a 'toxic, anti-Black work culture'

the early 2000s.

The city coordinator's office works with every other department in the city and the city coordinator oversees hun-

# address unmet needs for ME/ **CFS and Long COVID**

### By Chloe Peter

Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) is a multi-system disease that causes dysfunction of neurological, immune, endocrine, and energy metabolism systems. Billy Hanlon, a resident of Fulton, is a dedicated advocate seeking to raise awareness.

"I hope through increased awareness and recognition, that it may help inform, educate, and ultimately inspire others to join our efforts," Hanlon said.

Hanlon and his fiancée have lived in

### **Billy Hanlon (Photo submitted)**

the Fulton neighborhood since September 2020, having previously lived in Uptown. He graduated from Eagan High School in

2

### **By Cam Gordon**

Amid complaints of a racist work environment raised by city employees and with a human resources investigation underway, the Minneapolis City Council postponed their vote on the mayor's nomination of Heather Johnston for city coordinator until June 16.

Johnston has served as the interim city coordinator since August 2021 and previously worked as city manager for the cities of Burnsville and Chanhassen. She also worked as the director of management and budget and interim chief financial officer for the city of Minneapolis in

dreds of staff from several departments, including, 311, 911, communications, emergency management, finance and property services, human resources, information technology, intergovernmental relations, neighborhood and community relations, sustainability, and race and equity.

During a public hearing on May 23, 13 people spoke in favor of her appointment. This included former council members Elizabeth Glidden and Robert Lilligren, former Mayor R.T. Rybak, Downtown Council CEO Steve Kramer (also a former council member) and former Minneapolis Chief Financial Officer Pat Born. Those speaking in favor also included two former city employees, both women of color, who 9 praised Johnston for her lead-

# IN HIS OWN WORDS

2007 and the University of St. Thomas in 2011. Hanlon worked with Ward 13 Council Member Linea Palmisano's office on the city council designation.

There is no known cure for ME/CFS. With COVID-19, most researchers are now estimating the range of Americans afflicted with ME currently between 5 to 9 million, as a sizable fraction of Long COVID patients are meeting the diagnostic criteria for ME.

### WHY DO YOU CARE ABOUT THIS ISSUE?

Hanlon: I am a person living with ME. To be candid, it impacts all spheres of life. An old saying in this community, and one that I would agree with, is that no part of your life goes untouched by the type of disease that ME is.

I hope to use my story with providing awareness and inducing positive change. This disease also thrives on staying in the dark. I'm hopeful bringing it out into the light can only ripple onto others for the better.

### WHY ARE YOU WORKING TO RAISE AWARENESS **ABOUT ME/CFS?**

Hanlon: There are several noticeable gaps for ME patients in the Minnesota healthcare landscape. For educational purposes, there are less than three medical professionals in our state that have a foundational grasp or clinical knowledge on ME. As a result, many of us are disbelieved or discredited in these settings.

Minnesota is such a proud area for medical acumen and I'm advocating to see that translate here with ME and now Long COVID. I'd like to see our state become a



Ward 13 Council Member and Vice President Linea Palmisano (left), Billy Hanlon, and council member LaTrisha Vetaw present at the city council on May 12 regarding a resolution supporting Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Awareness Day. (Photo submitted)

more active participant, both in research want to help. and clinical care.

### WHAT DOES YOUR ADVOCACY WORK LOOK LIKE?

Hanlon: I am now a full-time advocate. I have advocated with #MEAction since 2018. #MEAction is a global movement and international network advocating for recognition, education, and research. In hopes that all people with ME will have access to effective care. Part of this work entails outreach and communication to our federal health agencies.

Locally, I recently started my position as the Director of Outreach & Advocacy for the Minnesota ME/CFS Alliance. I have recently begun outreach to our elected officials, local medical provider associations, and the Minnesota Department of Health. I've been reminded that so many truly do

### PLEASE SHARE A BIT ABOUT FUNDING AND RE-SEARCH NEEDS.

Hanlon: Despite a high disease burden and prevalence, ME has remained one of the lowest funded diseases by the US National Institutes of Health (NIH), the largest biomedical research entity in the world.

Of course, money alone doesn't solve complex problems or difficult diseases, but it surely helps shape public policy, impacts public perception, helps to stimulate research interest and it expedites progress.

### WHAT DO YOU HOPE COMES FROM A CITY DESIG-NATION OF MAY 12 AS ME/CFS AWARENESS DAY?

Hanlon: First, I just want to say that I was honored to be included at city hall on May 12. I was so grateful for the collaboration with leadership on the ME Resolution. It meant so much to so many. It felt like a watershed moment for ME and Long COVID advocacy here.

I hope we can start the conversation of establishing a Center of Excellence here, just like the CARE for Long COVID Act currently provides language for. This would perform research, carry out interdisciplinary clinical care, and engage with education, training, and outreach.

### ILLNESSES SUCH AS THESE ARE OFTEN CON-SIDERED INVISIBLE ILLNESSES. WHAT TIPS DO YOU OFFER PEOPLE DEALING WITH HIDDEN **DISABILITIES?**

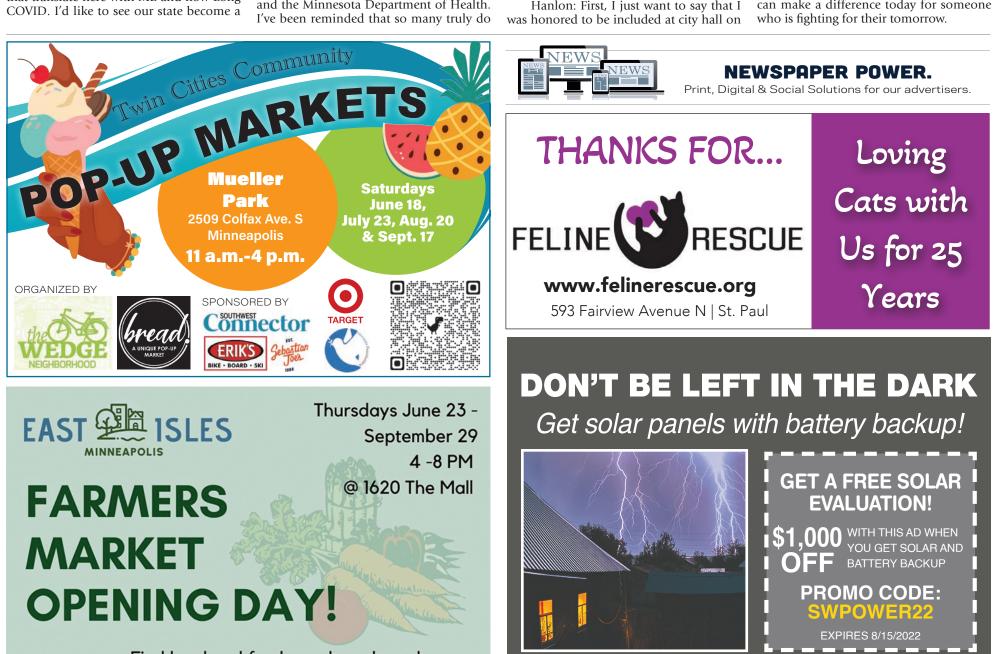
Hanlon: Understandably so, we are a society that tends to emphasize the outside. It's of my belief that invisible illnesses still deserve every bit of recognition, acknowledgment, and compassion with anything that is visible or easier for us to make sense of.

The nature of these illnesses, exertional diseases like ME and now Long COVID, has made it hard for sufferers historically to campaign. Change takes hard, concentrated effort.

If you would like to help support, you can contact your elected officials with supporting the CARE for Long COVID Act and Treat Long COVID Act, that would help address unmet needs for Long COVID and associated conditions, including ME.

If you'd like to make a monetary or charitable contribution, one outstanding option would be the Open Medicine Foundation.

This tragic pandemic has served as a painful reminder that there's really nothing more important than our health. You can make a difference today for someone who is fighting for their tomorrow.



Find local and fresh produce, bread, eggs, meats, prepared foods, and home goods from various local farmers and vendors. Grab dinner from Paralily food truck! EBT is accepted and encouraged.



3

### By Jill Boogren

One year after law enforcement officers killed 32-year-old father and comedian Winston "Boogie" Smith Jr. at the top of an Uptown parking ramp, his family, friends and community members gathered at Powderhorn Park to remember Smith – and to demand answers.

"Not a single day goes by that I don't visualize how they [killed] him," said his mother Tijuana Wilson at the June 3 gathering.

On June 3, 2021, Smith had lunch at Stella's Fish Café (1400 W. Lake St.) with a woman he had recently begun dating, Norhan Askar, before returning to the parking ramp. Once inside their vehicle they were boxed in by eight unmarked trucks and SUVs, and Smith was fatally shot. Part of the "North Star Fugitive Task Force," which included U.S. Marshals and deputies from the Hennepin and Ramsey County sheriffs' offices, the officers were allegedly there to arrest Smith for illegal possession of a firearm.

"They planned to come kill him. If they was comin' to arrest him, they had time to arrest him when he was in the restaurant," Smith's mother said. "They followed him from the restaurant to the parking lot, waited 'til he [got] into the car and caged him in."

Smith's sister, Tamara Wilson, said it's been so hard on the family that they're not the same, as a family or as individuals.

"We're just livin' life with no answers and broken hearts," she said. "It just doesn't make any sense. We need answers. Now, sooner than later. It's already been a year. We have not heard anything."

No one in the family has been contacted by Mayor Jacob Frey or the former or interim Minneapolis Police Chief since Smith was killed, and they still have many questions about the circumstances surrounding his death.

Authorities reported seeing a gun, but Askar, who was in the passenger seat, said she never saw a gun and that Smith was trying to use his cell phone to go live on Facebook. According to Askar, officers were not in uniform and did not identify themselves when they surrounded the vehicle shouting commands with guns drawn.

Winston's brother, Kidale Smith, questioned the logic of interviewing witnesses on the first day while giving officers the "luxury" of a few days off.

"We need to be questioning the police that day of. There don't need to be no wait, no. We need to ask you, 'What was you doin' at this time in this position when you decided to shoot this man? What was he doin'? Where was you

# **ONE YEAR LATER** Family, friends seek answers in Winston Smith killing



Winston Smith's brother Kidale Smith (center) speaks as Winston's mother, Tijuana Wilson (left) and sister, Tamara Wilson (right) stand by his side. (Photo by Jill Boogren)

standin'? How many people shot?' So we can... get the real story right then and there."

Authorities claim there is no bodyworn camera footage of the encounter, although there are differing accounts as to whether wearing and activating them was required of the U.S. Marshals and/ or local officers working alongside them [President Joe Biden signed an executive order on May 25, 2022, which mandates federal law enforcement agencies to adopt body-worn camera policies "that mandate activation of cameras during activities like arrests and searches and... expedite public release of footage following incidents involving serious bodily injury or deaths in custody"].

In its investigative report, the Bureau of Criminal Apprehension (BCA) did not release any officers' names in order to protect the identities of officers working undercover. Unicorn Riot, however, reported in October 2021 that at least two officers' names were mistakenly revealed that were otherwise redacted in the document: Hennepin County Sheriff's Deputy Timothy Inglett and Ramsey County Sheriff's Dep-



These flyers were recently affixed to lamp posts, utility boxes and road work signs up and down Lyndale Ave., north and south of Lake Street. Lyndale Open Streets was June 5. (Photo by Jill Boogren)

uty Luke Mickelson. According to the report, each deputy met with senior special agents that same evening, had his photograph taken and his duty weapon, equipment and clothing collected as evidence. The BCA has removed the case file from its website while they scan and re-redact, but the report has already been downloaded and shared.

Coinciding with the recent Lyndale Open Streets event (June 5, 2022), flyers naming the deputies were affixed to lamp posts, utility boxes and road work signs along Lyndale Ave., north and south of Lake St. They include the image in street

paint that reads "Stop the Cover Up" and the message "We won't forgive. We won't forget."

The investigation was referred by Hennepin County to the Crow Wing County Attorney, who ruled in October 2021 that the use of deadly force was "authorized under Minnesota law" and no criminal charges would be brought against any of the officers involved.

Community and family are calling for an independent investigation into the matter.

### **'REST IN PEACE, WINSTON'**

A self-described "music friend" of Smith's described him as a very talented young man who worked hard, a wonderful person who smiled and laughed and "took command over the room when he walked in."

Smith's brother Kidale said Winston wanted to inspire people to better themselves.

"Rest in peace to Winston. This is far from done, man," he said. "We need to get them officers out and they need to be held accountable, and they need to take responsibility for what they did, and they need to be fired. That's it. Fired and go to jail. I'm not stoppin' unless that's the case."

### THE RIGHT TO ASSEMBLE

Toshira Garraway Allen of Families Supporting Families Against Police Violence asked guests to also remember activist Deona Marie Knajdek, who was killed June 13, 2021, when motorist Nicholas Kraus rammed his SUV into a peaceful demonstration taking place at Lake St. and Girard Ave. on behalf of Winston Smith.

Though at the time the mayor referred to the incident in a press conference as a "car accident," witnesses reported that Kraus accelerated toward them. According to the Hennepin County Court Complaint, Kraus told police the same thing, and surveillance video confirms these accounts.

On June 16, 2021, the Hennepin County Attorney's Office charged Kraus with intentional second-degree murder and two additional felony counts of assault using a deadly weapon for injuries sustained by others at the scene. Kraus' trial is scheduled to begin July 11, 2022.

"When you stand up for justice, when you stand up for what's right, our lives are on the line," said Garraway Allen. "We have a right to peacefully assemble, we have a right to be out there, and we had a right to stand up for Winston Smith that day without bein' targeted and without someone bein' murdered... [who] was peacefully assembling out there this time

### **BRIEFS**

#### TANGLETOWN CONTRACT TO EXPLORE MERGER

The city council has approved a \$20,000 contract with the Tangletown Neighborhood Association to provide administrative support for the Tangletown, Kingfield, and Lyndale Neighborhood Associations as part of the Neighborhoods 2020 Shared Resources and Collaborations Fund. This fund was started in 2021 to support collaboration and partnerships between neighborhood organizations. Tangletown, Kingfield, and Lyndale neighborhood associations plan to use these funds to explore merging into one organization that would serve the South Nicollet Avenue corridor neighborhoods. as well as for the Minneapolis School Board Member at-large and district 5 races. Because more than one candidate has filed with the DFL for Senate Districts 62 and 63, as well as for House District 62A, there will be DFL primary elections held for those races as well. On Aug. 9, State Senator Omar Fateh is being challenged by union organizer Shaun Laden in 62, which includes a portion of southwest Minneapolis. State Representative Aisha Gomez is being challenged in the primary

safety, implementing a Groups Violence Intervention program, and initiating the MinneapolUS Strategic Outreach program. According to the press release announcing Cotton's departure, the city will use a competitive, national search process to secure the next director who could, under a proposed government restructuring plan, lead a new Neighborhood Safety Department under a yet to be formed Office of Community Safety.

\_\_\_\_

the MPD and MFD command. The report stated that "many interviewees expressed concern that many resources and efforts were put into creating and operating the OEM and developing the EOP [Emergency Operations Plan], but they did not see OEM as playing a role in the response."

#### HAZARDOUS WASTE AND FIX IT CLINIC

Hennepin County is collecting unwanted household products including paint, chemicals, fluorescent bulbs, batteries and fuel that are typically not accepted in normal waste collection services. People can drop off materials between 9 a.m. and 3 p.m. July 8 and 9, and, Aug. 16 and 18 at South High School, 3131 19th Ave. S. People can get free help with repairing broken household items at a Hennepin County's Fix-It Clinic where volunteers offer free, guided assistance to fix small household appliances, clothing, electronics, mobile devices and more. Clinics are held on the second Saturday of every month from noon to 4 p.m. A Southwest Mpls. Fix-it Clinic is scheduled for Saturday, Aug. 13, at Mount Olivet Lutheran Church, 5025 Knox Ave. S.

### AUGUST 9 PRIMARY ELECTION RACES

On Aug. 9, there will be a primary election in Minnesota. At the city level both the Republican and Democratic Farmer Labor (DFL) parties will have primaries in the 5th congressional district race. There will also be primary elections in the nonpartisan Hennepin County Attorney and sheriff races that will determine which two candidates will be on the ballot in the November general elections, by Osman Ahmed, who also ran unsuccessfully for the same seat in the primary in 2018. State Senator Zaynab Mohamed is being challenged by Todd C. Scott. You can vote early June 24-Aug. 8.

### SASHA COTTON RESIGNS

Sasha Cotton, Director of the Office of Violence Prevention, will be leaving her position with the city on July 15 to become the Deputy Director for the National Network for Safe Communities (NNSC) at John Jay College of Criminal Justice. Starting as the Youth Violence Prevention Coordinator and later leading the Office of Violence Prevention (OVP) as its first Director, over her eight years with the city, Cotton is credited building on the public health-based approach to community

#### FIRE CHIEF AND EMERGENCY MANAGEMENT DIRECTOR NOMINATED FOR REAPPOINTMENT

Mayor Frey has nominated Barret Lane for reappointment as director of the Office of Emergency Management (OEM) and Bryan Tyner to be reappointed as Fire Chief. The after-action report released in March by the firm Hillard Heintze of the city's response to the civil unrest following the police killing of George Floyd was critical of the Minneapolis police (MPD) and fire departments (MFD) and the failure to follow established rules and protocols for command and control in emergency response. The fire chief at the time, John Fruetel, has since resigned, but Lane was Director of Office of Emergency Management (OEM) at the time. The report found that OEM did not seem integrated with

**Briefs** compiled by Cam Gordon.

# **HONORING OUR UNSUNG COMMUNITY HEROES**

# Honest, hardworking, everyday people might be the biggest heroes of them all.

There are a lot of local heroes today. But we don't hear much about these heroes. They don't usually make the papers or headline news.

We thought we would change that, for a brief moment, and recognize a few of the



Örtiz

people who are doing great work in the community and deserve to be recognized.

They are the unsung heroes in our community. They are our neighbors, our friends, family, coworkers, business owners, teachers, coaches and community leaders. They are farmers, bus drivers, garbage collectors, mentors, barbers, mechanics, plumbers, electricians, steelworkers, cooks and gardeners. They are honest, hardworking people.

Of course, they don't get ticker-tape parades or have highlight reels. They don't make millions of dollars or live in huge houses. They don't drive expensive cars or wear fancy clothes. They don't have millions of subscribers on YouTube or get millions of views on TikTok. They've probably never even been called an influencer once in their life.

But unsung heroes influence a lot of people. They make people happy and bring peace. On the surface, what they do might not seem all that extraordinary, but they are doing some wonderful things.

Just showing up, day after day, to do the work, whatever that work is, is the true meaning of heroic. Just think what would happen if everyone in a community (or even half the people) took the day off tomorrow or any day of the week. A lot of things would stop working.

Some things might never start.

Unsung heroes don't get big public displays of glory, but they are some glorious people. Still, watering the plants or keeping the trains moving on time is not how you stand out in the crowd these days. That's why it's good to appreciate the little things.

Now more than ever, it's important to appreciate what we have. The grind can make it easy to forget or compel us to idolize false heroes. Many of the things that are put in front of us are distractions or deceptions. We can sidestep these illusions and get at the heart of what matters by finding more unsung heroes and honoring them.

It's the Jimmy Breslin principle. When John F. Kennedy died, Breslin wrote about the man who dug Kennedy's grave. Everyone else covered the funeral.

When the boss of President Kennedy's gravedigger apologized for calling him to work on a Sunday, the gravedigger said, "It's an honor for me to be here."

We could use more salt of the earth people today. They tend to be genuine and kind. These are the kind of people that also tend to be unsung heroes.

Kindness is free, and research has found that performing random acts of kindness is good for you. It can boost your heart health and make you live longer.



The simple things in life are often the best. (Laney Smith/Unsplash)

It's why the Grinch's heart grew three sizes after he returned the stolen Christmas gifts to Whoville in "How the Grinch Stole Christmas." He had a change of heart after realizing stealing the presents did not destroy the Whos' community and

The Grinch started as the anti-hero, the epitome of evil and unpleasantness, everything society shuns. He got that hardened shell because he was ridiculed early in life and never recovered from the negativity. The funny thing is, Theodor Seuss Geisel, aka Dr. Seuss and the creator of the Grinch, was the actual inspiration for the Grinch

"I was brushing my teeth on the morning of the 26th of last December when I noticed a very Grinch-ish countenance in the mirror. It was Seuss! So, I wrote about my sour friend, the Grinch, to see if I could rediscover something about Christmas that obviously I'd lost."

Even Dr. Seuss could have bad days. But he used those bad days to create something good.

We have a few Grinches in the world today. They are doing bad things. That doesn't mean they are bad people or irredeemable. Jimmy Breslin, the famous American columnist, taught us these deep truths about human nature because he stepped away from the crowd and looked at things other journalists didn't.

In the spirit of Breslin and Dr. Seuss, stepping away from the crowd could do us some good. We would gain some new perspective by unplugging and turning down the noise. We might be able to recalibrate our values.

It is an honor to be here.

Sure, we have some problems. But nothing is perfect. Every community has issues, and every issue has a solution. Instead of harping on all the things that are wrong, how about we focus on what's right?

Then we can work on how to make things better.

Want to help build peace and economic opportunity this summer in Minneapolis? Be a part of Twin Cities Pop-Up Markets. Learn more at the Lowry Hill East Neighborhood Association.



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

# MEET OUR NEW EDITOR DREAMING OF JOURNALISM

Back in 2013, I was a seventh grader who took a trip to Washington, D.C. for a family wedding. In the midst of a government shutdown, we decided to go to a National Geographic Museum. It was one of the only museums open at that point. It was then that my



interest in journalism sparked. I longed for the adventure, the scenery, the photos. The exhibit I visited, "Women of Vision," inspired me to follow in the footsteps of women who came before me.

As I grew older, when the phases of writing fake news stories for my siblings and longing to be an "old fashioned" journalist at a typewriter ended, the dream was still growing with me. But this time, I had researched newspapers like the New York Times and wanted more than adventure and pretty photos. I longed to tell

there were so many wrongs happening. I became interested in documentaries, and was fascinated by people who investigated and held corporations accountable.

By the time I graduated from high school in 2018, I was sure that I wanted to go to school for journalism. Many people assumed this meant that I wanted to cover politics, or, on the complete opposite end, I wanted to cover celebrities and the lives of the famous. It surprised many people when I told them that I just wanted to be someone that amplified the voices that needed to be heard. I actually had people tell me that I would never make it anywhere as a journalist or I would actually be silencing people's voices and I'd never get to write on actual truth. I was nervous of course, but stubborn.

I attended Bethel University with a major in journalism. During my time at Bethel, my love for journalism was up and down. I went through tests where sources never responded, I became burned out, and I suddenly had a schedule where I was

In my sophomore year of college, I interviewed a mother in St. Paul who lost her son to gun violence. At the end of the meeting, she thanked me and the other reporters who came because it was one of the only times she had been able to fully talk about how exactly she felt, and she wanted to put faces to numbers, so that more people would advocate for change. The summer before my junior year of college, I interned for TMC Publications and covered stories about the pandemic, George Floyd's death, and the Uprising. I wrote articles on helping children through trauma, clinics in need of PPE supplies during COVID-19 and how Maxfield Elementary addressed racism with their students.

It was then that I started to fully appreciate community journalism. I saw a community that cared deeply about one another; a community that was banding together in order to help each other through difficult times. In my junior year at Bethel, I took a class specifically on community journalism and how different it was than national news or reporting in general. It was then that I decided I wanted to serve a more local community after college if I could and get to know its members. I graduated this May as the only senior with a bachelor's degree in journalism.

Outside of journalism, I love to read hammock, go on walks, and try new foods. I'm very into mystery and thrill-

er books currently, but I also like a good romantic comedy mixed in there occasionally. I have a German Shepherd called Smokey, named after the bear, and enjoy taking him on walks and sometimes swims. I also enjoy writing "snail mail" to family and friends, and it was one of the ways I kept in touch during the pandemic other than online. I am also in the process of planning my wedding, which will happen in the middle of July.

As the editor of the Southwest Connector, I hope to implement more of a connection with the community as we continue. I want to take on projects that address important events and issues to the southwest Minneapolis area and make sure we are including direct community voices. I have a lot to learn about journalism and this community, but I am so excited to get to know the area and the people some more. I wholeheartedly believe in the importance of local news and am truly excited to be working with the Southwest Connector.

Chloe Peter is a writer, editor, and local news enthusiast. She is an advocate for creativity and learning with a sense of wonder. Contact her at new@swConnector.com

people the truth. During my "angsty teen years," I became aware of how much was going on in the world. I was angry that

trying to be available for others 24/7. But I also was able to see first-hand what stories did.

# news@SWconnector.com

We want to hear from you.



The Southwest Connector is a twice monthly community publication in Southwest Minneapolis, owned and operated by TMC Publications, CO, Visit our website for our calendar and publication dates. **Owner & Publisher:** Tesha M. Christensen, 612-345-9998 Tesha@swconnector.com Editor: Chloe Peter, 612-255-1181. News@swconnector.com

Story ideas always welcome. Keep in touch with the Connector. Letters to the editor under 200 words and news releases for publication can be sent via e-mail to news@swconnector.com.

#### Unsigned letters will not run. Advertising & Marketing: Suzie Marty, 612-345-9998,

ads@swconnector.com Denis Woulfe, 651-917-4183, denis@LonafellowNokomisMessenger.com Sandra Mikulsky, 612-260-7967, ads@LongfellowNokomisMessenger.com Design & Layout: Tesha M. Christensen Billing: billing@swconnector.com

Printing by: ECM/Adams Publishing Group

This issue of the Connector is printed on recycled paper using soy-based ink. Approximately 95-97% of material that enters the print facility is recycled. Delivery: Bjorn Willms, 612-235-7197. Deliverv@swconnector.com Mail subscriptions available at \$80/year. **Contributing Writers & Photographers:** Abha Karnick, Susan Schaefer, Jan Willms, Jill Boogren, Cam Gordon, Chloe Peter, Iric Nathanson, Stewart Huntington, and Terry Faust Member of Minnesota Newspaper Association

and Midwest Community Free Papers.

The Connector is for profit and for a purpose and we don't sacrifice one for the other. We consider ourselves a zebra company, one that is both black and white, both/and. As a media company, we work to highlight issues, solve real, meaningful problems, and repair existing social systems. We are working with our readers and advertisers to create a more just and responsible society that hears, helps and heals the customers and communities we serve.

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



5139 34th Ave. S. #17097, Minneapolis, MN 55417 • 612-345-9998 SWconnector.com www.facebook.com/swconnector/ Instagram: southwest\_connector



# **HENNEPIN COUNTY ATTORNEY FORUM: 6 CANDIDATES ADDRESS RACIAL INEQUITIES, POLICE ACCOUNTABILITY**

#### By Jill Boogren

One hundred guests tuned in on May 5, 2022 to an online forum of candidates vying for the Hennepin County Attorney seat being vacated by Mike Freeman.

Hosted by the Minnesota Justice Research Center and Minneapolis Foundation, the forum offered a glimpse into as how county attorney candidates would address racial inequities, police accountability, case backlog and other issues plaguing the criminal justice system in Hennepin County.

Six candidates participated, including former District Judge Martha Holton Dimick, former chief public defender Mary Moriarty, lawyer and former Minneapolis City Council member Paul Ostrow, Ramsey County prosecutor Saraswati Singh, lawyer and Richfield City Council member Simon Trautmann, and Minnesota House Majority Leader Ryan Winkler. A seventh candidate, lawyer Jarvis Jones, entered the race the same day as the forum and did not participate. On May 20, Trautmann announced he was leaving the race.

#### **RACIAL DISPARITIES**

The first question asked about the county attorney's responsibility in mitigating racial disparities in the criminal justice and child protection systems.

"Those inequities, that's injustice. And the Hennepin County Attorney's job, the prosecutor's job, is to do justice. That is our one job," said Singh. She would hire people of different races, genders, socioeconomic classes and ability status from across the county. "It's important that the people working on these cases understand the people that we deal with in these cases. And understand that they're us. They're not other."

Dimick said cases are charged based on facts and law, not race, religion or sexual orientation. She acknowledged there are implicit biases and suggested educating all Hennepin County attorneys on implicit bias.

Moriarty pointed out that the county attorney's office already had implicit bias training and was there when they did it. She advocated for measuring and tracking implicit bias by reviewing the subjective decisions made by the county attorney who to charge, who not to charge, whether to offer bail - collecting data and implementing policies to make sure White people aren't given better offers than Black people. She also shared her work as head of the Hennepin County public defender's office to put a stop to a downtown marijuana sting by the Minneapolis Police Department (MPD) that was unfairly targeting Black people and collected data on traffic stops that revealed similar disparities.

### ADDRESSING VIOLENT CRIME

Winkler said an all-hands-on-deck approach was needed to address violent crime and encouraged the type of collaboration seen with the Minnesota State Patrol and the Bureau of Criminal Apprehension to assist Minneapolis. He would also call on suburban police departments

to help investigate crime.

'The data shows the #1 deterrent for crime is not the severity of a sentence, it is the likelihood that a person will be arrested and face some consequence," he said. "The consequence needs to be proportionate, it needs to be geared towards rehabilitation, but there has to be a response to violent crime in the community.

Trautmann said it's important to acknowledge the current backlog in cases. Speeding up the initial hearings and arraignments and getting young adults into

services would help disrupt patterns of violence sooner, lessening the likelihood that they would become repeat offenders. Like most of the candidates, Trautmann said he would pull attorneys from less critical crimes drug crimes - and put those resources toward handling violent crimes.

Ostrow called the sale of fentanyl a violent crime and urged passage of legislation that would make penalties for its sale the same as they are for heroin. He also said downtown business leaders and community members are tired of "catch and release" - the same people getting arrested over and over for committing serious crimes.

"This is a small number of people that are doing great damage," he said.

Dimick described herself as an African American woman with African American neighbors whom she talks to about what they'd like to see in their north Minneapolis neighborhood. She spoke of the increase in homicides there.

We're talking about people who have seen their father, brother, sister, their nieces and nephews, their children and their babies caught in the crossfire and killed," she said. "In one weekend, several blocks from where I live, there were four homicides. These are serious crimes. This has got to stop.'

#### **DEPARTMENT OF HUMAN RIGHTS FINDINGS**

Candidates were asked about the role of the county attorney in addressing mistrust community members have with the Minneapolis Police Department. Singh said the report was consistent with her personal life, as well as her professional experience. She recalled being dismissed by her boss in the Attorney General's of-

ed. By contrast, when encountering a similar situation in Ramsey County, they held the person accountable and changed the rules so the person was documented and monitored.

"These issues are so real. It's important for the top prosecutor of Hennepin County to talk about them to change the culture so whenever something like that happens it goes all the way to the top," said Singh.

Trautmann said it was important that the government is speaking in such clear

terms that racebased policing exists in Minneapolis, and that more than a dozen officers voluntarily participating was an "important transformation." He would establish an "office of procedural integrity" to help bring what he called "deep structural change.'

Dimick described an incident when a police officer wanted to charge a person with felony assault. According to Dimick, the officer had a "scratch," but when she looked at the booking photo she saw that the officer "beat the daylights out of" the would-be defendant. Dimick wouldn't hear the case, but said she took "the chicken's way out' by telling the officer it was because his scratch would be gone by the time the case got to trial.

Moriarty said this was an example of looking the other way, and would instead show police leadership violations of the policy. Furthermore, she would not call as witnesses any police officers who have lied under oath or engaged in abusive behavior.

Because prosecutors work with police officers on a daily basis, Winkler called for an independent internal police accountability unit within Hennepin County and a process for referring charging decisions about police killings outside of the county.

'I think that it is too much of a conflict of interest for the county attorney to make those decisions internally," he said. A clear process that is followed would enable people to understand that "a referral to another county or to the attorney general is made according to a set process and not political reasons."

### **ALTERNATIVES**

Candidates generally agreed on expunging criminal records to minimize "collateral consequences" – barriers to duct, then taking her concern to someone housing, employment, education - that Justice Research Center is at mnjrc.org. else only to see the police officer promot- can occur for people with criminal re-

cords.

Ostrow pushed for passage of the Clean Slate Act, which, if passed, would automate some expungements.

"The business community supports it very strongly. They see it as an issue of human capital," Ostrow said.

Winkler said untreated mental health and substance use disorders are often a product of unaddressed trauma, and moving them through the system only repeats the trauma. He said the criminal justice system, through diversion, restorative justice and harm reduction, can serve as an intervention to help people find a path out.

"The criminal justice system should be an opportunity for people to turn things around, not hold them back for the rest of their lives," said Winkler.

Moriarty referred to expungement as a "tail-end thing" that wouldn't stop violent crime. She would make restorative justice an option for youth between ages 16-26 for some violent offenses (not sexual or domestic assault). It would be used if the person who was harmed agreed to participate as a way to bring "meaningful accountability" – a means to repair damage done - instead of punishment.

Singh said restorative justice is the future of prosecution. She is also a big fan of pre-charge diversion, which can keep a criminal record off of someone. It works by identifying key areas they need to address, and they address them.

'If they don't, we can charge them," said Singh.

### UNDERUTILIZED

Candidates were asked about areas of work underutilized by the Hennepin County Attorney's Office (HCAO).

Winkler said the county can play a significant role in environmental protection by enforcing permits and backing up local units of government in their enforcement. He said the HCAO can also lead the way in enforcing laws on labor trafficking, wage theft, and other ways workers are exploited.

'We have people who are exploited daily across the county in many industries based on their inability to protect their own rights in the workplace," said Winkler.

Moriarty and Singh spoke of the need to consider the impacts on immigrants in decision making. Singh described a scenario where parents were deported, but their American kids, who are minors, were still here and now must be brought into the system.

Dimick felt building a more solid foundation with the police department so people could feel comfortable reporting crimes would be "an added plus."

Trautmann proposed a prison to labor pipeline.

We have a labor shortage, and we have a surplus of labor that's sitting on the sidelines," said Trautmann. "It's good for public safety, it's good for economic development, and it's incredibly powerful for our state.

All candidates but Ostrow were seeking DFL endorsement, which Mary Moriarty earned at the convention on May 14. The non-partisan primary will be Aug. 9, 2022, after which just two candidates will advance to the November ballot.



**Martha Holton Dimick** 

marthaforhennepin.com

maryforhennepin.com

ostrowforhennepin.com

Mary Moriarty

Paul Ostrow

Saraswati Singh

**Ryan Winkler** 

**Jarvis Jones** 

Tad Jude

the forum.

ryanwinkler.com

saraswatisingh.com

jarvisjonesforhennepin.com

and did not participate.

judeforhennepin.com

Jarvis entered the race shortly before the forum

Jude recently announced he is entering the race,

and due to the timing, he did not participate in

Simon Trautmann is no longer running.

fice when raising concerns about miscon-

More information on the Minnesota



change for

the planet that their children and

children's children will

be living on. W h i l e

there isn't

a physical

place to meet

as of yet, el-

ders interest-

ed in AEUJ

may contact

Rosenthal



"When elders come together and build power, they can put pressure on decision-makers in the state to improve the lives of elders and their families," said Vic Rosenthal. (Photo submitted)

#### By Chloe Peter

"Elders from diverse backgrounds are becoming more aware of the importance of working together to build power," said St. Paul resident Vic Rosenthal. "For many elders, because of race or lack of resources, there are significant inequities and that everyone must work together to change the status quo."

He is the facilitator of a new group, All Elders United for Justice (AEUJ). It is an organization that is working toward bringing elders education and discussing changes they can make with their vote. It also provides information on finances, housing, and opportunities for elders while focusing on bringing diverse voices in to play a role in decisions. They focus on bringing power to the elderly by voting, bringing up issues to politicians, and

# **BUILDING POWER THROUGH UNITY**

# All Elders United for Justice aims to bring power to elders through relationships and discussion

starting conversations.

According to Minnesota Compass, an organization that aims to provide free and reliable data about the state of Minnesota, adults aged 65 and older make up 15 percent of the population. In fact, most Minnesota counties outside of the metro area have a higher population of older residents. In the near future, it is predicted that elderly Minnesotans will outnumber people ages five through 17. They also are the most likely out of any age group to vote.

Planning for All Elders started in 2018 when Rosenthal discussed the role of older people in Minnesota. While still in its formative stages and figuring out their mission, AEUJ aims to help elders of Minnesota to have a greater voice when it comes to issues such as affordable housing, transportation, and prescription drugs. They aim to bring in elders from rural, immigrant, and different cultural backgrounds in order to reflect as many people as possible.

"When elders come together and build power, they can put pressure on decision-makers in the state and demand changes to improve the lives of elders and their families," Rosenthal said.

All Elders aspires to create a community that relies on all different kinds of people to come together for justice in Minnesota. Communities of color, including American Indian, Asian, Black, and Latinx, make up just two percent of the elder community in Minnesota. Longfellow resident Don Hammen, a member of AEUJ, mentioned that telling one's stories breaks down barriers that have been created by society in terms of age, race, and cultural differences. While being an elder may not have the same meaning for each of these differences, it can bring relationships closer together, including from different generations.

"What I've learned from the 'elder world' is that none of us are experts and we're all going to have to find a way to learn from each other," Hammen said.

Uptown resident Leif Grina, leader of the Minneapolis Regional Retirees Council and member of AEUJ, mentioned that the council has had difficulties not including voices from people of color, but wants to heavily pursue that with All Elders. He also mentioned thinking about how elders are represented in our culture and in media and wanting to move forward with, what he feels to be, a more realistic approach.

"I remember looking at a magazine from a senior organization about some movie star that was now elderly and the 'joys of aging', and it just struck me: that's not what elders look like," Grina said. "I think what's exciting about All Elders is that other communities are being brought in."

A study done by the University of Southern California revealed that due to the climate crisis, fear of economic collapse, and wealth inequalities, younger generations tend to stereotype and have negative feelings toward older generations. However, AEUJ longs to mend some of that gap as well by breaking down these stereotypes and building relationships with younger people, as well. Rosenthal mentioned that the climate crisis is something that they have addressed in discussion, and elders do care about making



"I think what's exciting about All Elders United for Justice is that other communities are being brought in," said Leif Grina. (Photo submitted)



"What I've learned from the 'elder world' is that none of us are experts and we're all going to have to find a way to learn from each other," said Donald Hammen. (Photo submitted)

at vic.rosenthal@gmail. com. "Building relationships by telling our stories and using the truth contained in those stories for the purpose of building power and using that power to shape public policy whenever and however possible will potentially result in a world of All **Elders** United for Justice," Hammen

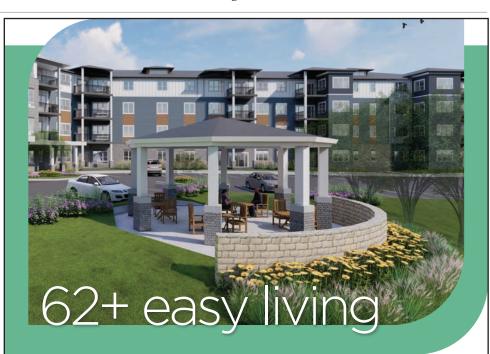
said. "And

when that happens, we all benefit. We all do better when we all do better."



# 62+ easy living!

Coming soon to Apple Valley, Lake Elmo, Blaine and Corcoran!



# Coming soon to Apple Valley and Corcoran!

Create lifelong friendships with your neighbors and enjoy all the benefits of **home ownership** with a **community-focused**, **low maintenance** lifestyle.

Create lifelong friendships with your neighbors and enjoy all the benefits of **home ownership** with a **community-focused**, **low maintenance** lifestyle.

**Ready to learn more?** Call **952.884.6400** to reserve a spot at one of our monthly informational meetings.

# APPLEWOOD POINTE

COOPERATIVE COMMUNITIES

applewoodpointe.com

**Ready to learn more?** Call **952.884.6400** to reserve a spot at one of our monthly informational meetings.



### applewoodpointe.com

# (ALAS?) NO SHORTAGE OF THINGS TO WRITE ABOUT

### **TEAMING UP FOR GOOD**

Last issue marked my 10th column for the Southwest Connector, so with a lifetime total of that many published stories, I'd like to share few things I'm learning from this.



First off, as my headline suggests, (and admittedly, this is not

news): There is no end to the awful trauma of modern life. I had just turned in my last column, about Gabby Giffords and gun violence, when suddenly the school shooting in Uvalde came before us in its full horror. And then seemingly 20 minutes later, another guy shot his doctor and his doctor's colleagues at a medical center in Tulsa.

It's hardly news anymore, but I could write about it forever.

The Washington Post ran a headline asking, "Why Is It So Hard to Find Compromise on Guns?" I responded immediately: "Because the Republican Party is not reasonable anymore." Compromise and negotiation are only possible between people who share basic values, and sadly, the Red Party has turned its back on the basic values of honesty and democracy.

I say this kind of thing a lot these days, and people are often taken aback. I'm sometimes labeled harsh and extreme, but in truth, my own sense of self is that I'm anything but that. I've always considered myself to be a moderate, a "quintessential Libra" born with a devotion to the Scales of Justice. It's injustice which energizes, and yes, also infuriates me. I don't like fighting, but I'm willing to fight for truth and "Goodness."



The 17th Annual Linden Hills Woofstock will be Minnesota biggest party for dogs.

Many of us believe in goodness, but I feel like I'm alone when I say that I believe in evil. I don't revere evil, or worship it, but I do see it everywhere. Evil is common. Evil is everyday. Evil is damn near in the water.

Many of us progressives choose to believe that evil is rare. Perhaps that is part of our own well-meant self-indoctrination: We have evolved to see the good in others, and in other cultures, and we have been taught to be tolerant and accepting of others' beliefs and behaviors. This has lately been to our detriment, in my opinion. We have become inured to the obvious wrongness of a position, and in our next breath, we good-naturedly extend our trust again to the untrustworthy. Meanwhile, we have come to worship the concept of compromise, while rejecting the notion of victory and defeat as a way of enlightening and healing the world.

It's easy to blame politicians. It's much harder to blame neighbors and relatives who refuse to quit voting for politicians who support the sale of military style assault weapons to civilians. It's hard to put the responsibility where it belongs - on the PEOPLE who refuse to quit voting for these politicians.

I could write about this battle/ non-battle every week. I won't. But I would love to feel part of a successful campaign to help us all realize that it is appropriate to call out the immorality of these inconsistencies and their devastating impact on human life. We have been tricked into believing it's "judgmental" to have the ability to judge and to point out what is wrong. It isn't.

A person who is willing to subordinate all moral positions for the sake of maintaining the right to buy an assault rifle is no different from a person willing to subordinate all moral positions for the sake of party identity. It's not morally defensible to look the other way and stay in an immoral party.

Thirty minutes ago, I started this column with the notion of writing about

SINCE

CHI

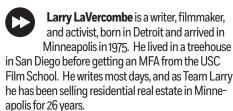
"column writing" itself, and then (alas?) I got carried away in the moment again. Coming up with a new topic every two weeks is a challenge and a privilege entirely new to me, and while a few of these columns were planned ahead, often they have been written off the cuff.

I believe that trying anything new often brings new awareness of The Self, and when there is measurable, time-sensitive responsibility attached, it can bring you up close to the mirror. "Who am I and what am I doing?" I've taken on the responsibility Not to Bore You, perhaps above all ... I hope I'm succeeding.

As a preview, here are a few topics I will write about, in forthcoming columns: More politics, of course, and specifically, I'll talk of my strongly held faith in Ranked Choice Voting and how I believe RCV can strengthen our democracy. I expect to write a two-part story about parking in Linden Hills, and how the business node's shortage of parking is being (and not being) addressed. In August, I'll preview the 17th Annual Linden Hills Woofstock, Minnesota's biggest party for dogs. And I'm sure I'll write about real estate again...

Truth is - coming up with new topics is one of the harder parts of this job. So, to that end, I'd like to open it up for suggestions... Feel free to email me with comments, and ideas: larry@larrylavercombe.com. If you've been following me at all, I think you'll know what I might be interested in.

Be well, and Keep Doing Good.



SHARE AN E-EDITION WITH AN OUT-OF-TOWN FRIEND. AVAILABLE® WWW.SWCONNECTOR.COM



# **START TODAY**

Scan the code or visit washburn-mcreavy.com/pre-plan

**PERSONABLE & EASY PRE-PLANNING** Local & Trusted Since 1857

# Welcome NEIGHBORHOOD to the NEIGHBORHOOD



KELJIK'S RUG WASH 

**NOW OFFERING** 

### Our philosophy is simple.

• Be honest and respectful, and work hard. • Don't take short cuts; don't go for the quick buck.

• Do the right thing. • Be knowledgeable and informed, and share that knowledge with the people you meet.

612-845-5273 | DianeandLarry.com | larry@larrylavercombe.com

"Clean Clear Through Wash" for heavy 1899 soil, pet odors, overdue cleaning **ALSO OFFERING: RUG PADS & REPAIRS** 4255 Bryant Ave. S., Mpls. • 612.823.6338 • WWW.KELJIKS.COM HOURS: MON-FRI 8:30-5 • SAT 10-2 RUG Bring in your rugs with this coupon good thru 7/30/2022.

ex.

8



Terrence Floyd, George's brother from New York, pays his respects at the site on Chicago Ave. where his brother was killed by police on May 25, 2020. Howard University gifted family members honorary jerseys for Floyd.

## REMEMBERING FLOYD

Photos by SBH Photography

1



Angela Harrelson, Paris Stevens and Mahlia Jones speak about their nephew and cousin, George "Perry" Floyd on Saturday, May 28.

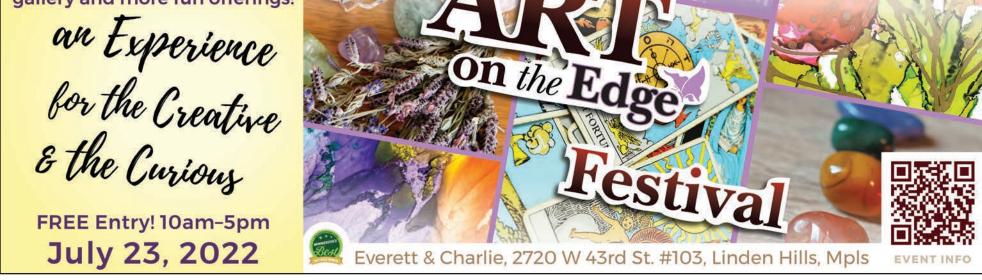


Saturday events included live music and a DJ, along with a kids zone, self-care fair, a kids sports zone, food trucks, art, and mutual aid. The *Southwest Connector* was one of the event sponsors.



The Heart & Soul Drum Academy group performs in George Floyd Square. Other musicians included 29:11 (a South African group making its first international performance), KNOWN Mpls, Brass Solidarity, DJ Sophia Eris, Minnesota Orchestra, and Minnesota Chorale.





## ▶1 CITY COORDINATOR

ership, support and mentorship. Latoya Green, who was supervised by Johnston in the city's finance department, said, "A great city coordinator needs to be trustworthy, respectful, ethical, approachable, have utmost integrity and build partnerships within and outside the city. But most of all that person needs to be held accountable and hold others accountable. Ms. Johnston has all those attributes."

Most of the concerns raised by 23 people who spoke against Johnston's nomination echoed those that were outlined, along with a timeline, specific examples and a list of demands, in a document written by current and former staff that was circulated earlier in the week. It described "building frustrations about ongoing harm caused to current and past City Coordinator Office (CCO) staff, particularly Black and Brown staff.

"This harm stems from a toxic, anti-Black work culture that has been perpetuated by past and current city coordinators, both interim and appointed, for several years," according to the document.

One of the authors of the letter and current staff person, Gina Obiri, listed the main requests that came from those opposing the nomination. "Update the job qualifications," Obiri said at the hearing. "Conduct a competitive search process that Mayor Frey promised and partner with us to start meeting our other demands to address the racist city culture that we endure.'

When Frey nominated Johnston to serve as the interim coordinator in July of 2021, the city's press release said, "The city will undertake a competitive search for a permanent replacement in the weeks and months ahead." That never occurred.

While there were examples of objectionable behaviors, including staff being subjected to offensive language and images by some (not Johnston) in managerial positions, the fact that the concerns were ignored seemed the most problematic. Amy Livingston, a former city employee, said that when Johnston was first appointed interim director in 2021, "Their demands started out as single requests, brought to a new leader, a plea for a fresh start. Those were ignored, obscured, delayed, and papered over by Heather Johnston and Mayor Frey."

'Choosing to not do anything subconsciously for nine months perpetuated harm against Black and Brown staff," said Civil Rights Department staff Malaysia Abdi.

where I was continuously ignored and belittled," said former employee, LaLinda Xiong. "We in the division of Race and

"For over two years I sat in on meet-

ings with staff and department leadership

Equity were invited to the table but were never listened to. We were a prop to the city.' "If a transparent search process is not implemented," said Xiong, "staff will continue to leave the city in a mass exodus and the city will fall short on meeting

community needs." "This problem is deep-rooted, and not something that can be fixed without sponsorship, support, and enthusiastic drive from the highest level," Livingston said. "City employees are literally pleading for that support. Council must demand a national search for a city administrator who will treat racism as the institutional crisis it is, not as a lower priority."

Johnston spoke following the hearing and answered questions from council members. When asked to respond directly to the concerns and the issue of so many staff resigning, she said, "What I am hearing is that if the culture doesn't improve, we will continue to lose Black and Brown employees. That's what I've heard repeatedly today. So, we need to start that work to improve the culture and that's my commitment."

moved by the testimony of city staff. Ward 1 Council Member Elliott Payne called it "unprecedented."

qualifications. Conduct a competitive search process that Mayor Frey promised and partner with us to start meeting our other demands to address the

racist city culture that we endure," she said. Also at the Tuesday, May 24 press conference were: Samantha Pree-Stinson, Track Trachtenberg, Kelly

Muellman, Cassidy Gardeneir, Angela Williams and Toni Hauser, Jonathon Williams-Kinsel, Malaysia Abdi and Andy Sposeto. (Photo by Cam Gordon)

"I was going to vote yes on this appointment. I am no longer doing that," said Ward 9 Council Member Jason Chavez. "If we are going to push this through, that is the system of White supremacy in action."

After the discussion, the committee voted to move the matter forward to the full council without making a recommendation

At that council meeting, on May 26, Ward 13 Council Member Linea Palmisano said, "I would like to make a motion to confirm but I am not going to do that. During Ms. Johnston's relatively brief time here she's proven herself to be an effective and committed public servant at every level." After adding that she was "excited personally to support Ms. Johnston for the permanent position of city coordinator," she moved a postponement at that time "so that we can all continue to have conversations.

There was some discussion that followed about the human resources investigation that Johnston had already initiated. Ward 12 Council Member Andrew Johnson suggested that waiting for that to conclude might be useful.

The group that drafted the document of concerns, however, has little confidence in a human resources department led investigation. In it they noted that "Many CCO staff have filed ethics complaints citing toxic, racist, and unhealthy workplace environments perpetuated by the city coordinator. A review of those complaints will show that many were dismissed and closed without any investigation or conversation with the complainants, leading us to believe that the same would happen with the complaints outlined in this document. Per the policies of the city of Minneapolis, all complaints filed against the city coordinator are handled by the chief human resources officer, Patience Ferguson, in collaboration with an external consultant. Since the chief HR officer reports to the city coordinator, CCO staff felt that any HR complaint process would inadequately support our concerns given this conflict of interest."

Ultimately, the council voted 11 to 2 to postpone the item with council members Robin Wonsley (Ward 2) and Aisha Chughtai (Ward 10) voting against postponement. Based on their comments earlier it appeared they were both ready to vote against the appointment. Before voting no Chughtai said, "We can do the work of making tough choices today and just take the vote now."

That tough choice could be made on June 16, or the postponement could be continued.

Some council members were clearly

# **IMAGINING A HEALTHY WOR**

### **FROM YOUR CENTER WITHIN**

When you imagine an ideal healthy world for human beings and all who inhabit the earth, what do you envision? I recently had an amazing conver-**Bv Michele** sation with my adult Rae daughter sharing our visions for a flourishing mind-body-heart and planet. We were spending time in nature over Memorial Day weekend and could feel our physical, mental, and emotional health attune to the balanced beauty we were immersed in. As a holistic health coach, I find great value envisioning what positive outcomes we are seeking personally and collectively. When a client comes to see me, they are often experiencing dissatisfaction with an area in their life. We take time to explore where they are now, where they want to be, and next steps to get there. What actions and systems would fully support thriving for every human being and the planet? I have been dreaming up possible



answers to that question.

I imagine a world where every child born is celebrated as a sprouting seed with awe and wonder. Each child's gifts, talents, passions, and inherent uniqueness is honored and cultivated throughout childhood. All systems, from families, to communities, to governments, to food, to commerce, to education, to healthcare are set up to support each child's full blos-

soming.

support what is needed anywhere on the planet. Waste is minimal. Greed and over consumption are no longer desirable as the false narrative of scarcity or "I can never have enough" doesn't exist. The top priority of what is created, invented, and distributed is enhancing living cells. All choices in every system utilize this principle as their guiding vision. Food laced with unhealthy chemicals and additives doesn't exist. The production and consumption of energy does not cause pollution. All systems that poison living cells have been replaced with processes sup-

entitlement that has informed many unhealthy choices. I ascribe to the benefit of "Begin with the end in mind," the second of the seven habits of highly effective people from Dr. Stephen R. Covey. The habit is based on the principle that all things are created twice: once in one's imagination and once in the physical world.

What can you do to positively contribute to a healthier mind-body-heart, community, and world? Spend time visualizing in your own mind what health and well-being entails. What behaviors, choices, and actions would support your ideas? In addition, engage in courageous conversations on challenging unhealthy systems and choices. (See March 17 edition of the Southwest Connector for more tips on courageous conversations). Collaborate with others co-creating a healthier future.



9

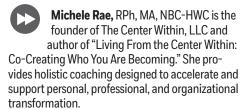
As adults, every person adds to the well-being of all life from their fully realized potential. At each stage of life, people live from their genius in sync with the natural rhythm of aging in ever-changing balance and flow. Every person is respected and cherished. I imagine each human being as an instrument in the orchestra of humanity. I envision each person caring tenderly for their sacred vessel, their mind-body-heart. Self-sabotaging and violence no longer occur. Every person finds joy in sharing the sound from their instrument, their distinctive expression into the world. The dying process is supported with dignity and choice, celebrating each person's legacy.

Resources are abundant and are utilized efficiently, moving with ease to porting health and well-being.

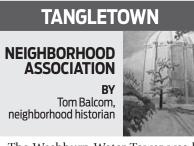
The planet is healthy. The fundamental determinants of health are the natural systems that make the earth livable and are the source of our air, water, food, fuels, and materials. Every person understands we are one ecosystem interconnected to all living cells on the planet. We live in rhythm with the cycles of the seasons. We stop extracting the earth's vital resources for excessive utilization and dumping toxins. Innovation and technology continuously make new discoveries that support a healthy planet.

This vision may seem like a ridiculous unattainable utopia. We will certainly not choose a collective dream that "everyone and everything count" from the mindset of lack, oppression, greed, and Your voice counts.

We are the ones we have been waiting for.



# **BRUNCH AT THE WASHBURN WATER TOWER JUNE 18**



The Washburn Water Tower was built in 1932 by the Minneapolis Water Department. Located in the Tangletown neighborhood, the water tower is perched on the highest hill in the area and overlooks

## **KINGFIELD**

### **NEIGHBORHOOD ASSOCIATION**

Porchfest is just a week away! Join Kingfield on Thursday, June 16 from 6-9 p.m. for an evening of acoustical music held at multiple outdoor venues throughout Kingfield. PorchFest is a chance for musicians to share their music with their neighbors and a chance for neighbors to

much of southwest Minneapolis. The Washburn Water Tower remains one of the most visually striking landmarks in the city of Minneapolis.

Architect Harry Wild Jones designed the water tower for the city. He lived for almost his entire professional career (1887 to 1935) in the neighborhood at 5101 Nicollet Avenue. Jones was also the architect of the Lakewood Cemetery Chapel, Butler Square, and numerous offices, churches, and homes in Minneapolis and throughout the upper midwest.

In 1983, the Washburn Water Tower was listed on the National Register of Historic Places, in recognition of its unique

wander the neighborhood enjoying the talent of our amazing community! Although taking place in the Kingfield Neighborhood, all Lyndale neighbors are

invited to join this wonderful evening! How do I find a stage to watch live music? Visit www.kingfield.org where stages and information will be posted leading up to the event.

Join LNA for our summer kick-off and annual meeting and board election night at Painter Park (620 W. 34th St.)! Come from 5-6 p.m. to enjoy freefood provided by local food truck vendors, and

design and monumental sculptures.

Thanks to a generous legacy grant from the Arts and Cultural Heritage Fund and dedicated Tangletown volunteers, Tangletown Neighborhood Association has created and installed a historical sign at the water tower. Join us at the Washburn Water Tower on June 18 at 10 a.m. for a light brunch to celebrate the unveiling of the historical sign! Stroll around the water tower, admire the beautiful garden maintained by neighborhood volunteers, snack on delicious food and coffee from Tangletown restaurants, and learn more about this iconic neighborhood landmark.

then stay from 6-7:30 p.m. to learn about LNA's past and future work, summer grant opportunities, and to vote or run for the board. Want to take leadership in the neighborhood? LNA is actively recruiting a diverse board to participate in monthly meetings and to help run various initiatives in the neighborhood. The average time commitment of LNA board members is 5 hours a month. Questions about the roles and responsibilities of board members? Email director@lyndale.org or call 612-824-9402.

## 2022 HENNEPIN COUNTY MASTER GARDENER VOLUNTEER LEARNING GARDEN TOUR



The 2022 Hennepin County Master Gardener Volunteer Learning Garden Tour is back and set for July 9, 2022 from 9 a.m. to 4 p.m., rain or shine. It's bigger and better than ever this year with 10 gardens in south Minneapolis which includes neighborhoods in Richfield, Tangletown and Hiawatha. "By using climate-friendly practices in gardens and landscapes, home gardeners are an important part of the fight against global warming and climate change. No matter the size of your garden come and learn how to start or even improve your gardening techniques," urge planners.

### What's included?

10 one-of-a-kind gardens showcasing a wide variety of traditional to eclectic designs. Eight of the featured gardens are Hennepin County Master Gardeners' home gardens, one is a community garden and another is a schoolyard garden.

· Learning opportunities at all 10 gardens covering topics such as garden design, growing vegetables, and native plants. At one garden you'll even learn which plants you can use to create natural textile dyes.

- A garden tour booklet with details for each garden including address and directions, the garden "story," and a list of featured plants.

- At one of the gardens you will find the "Garden Shed" offering many fun and useful gardening related accessories. Another garden hosts a "Book Nook" that will be stocked with a wide variety of books for kids and adults. A chance to chat with Hennepin County Master Gardener volunteers about your specific questions and obtain trusted, reliable information.

Attendees are invited to roam all 10 gardens at their leisure. Single tickets are \$15 in advance; \$20 on the day of the tour. Children under 12 get in free with a paying adult. All proceeds help to support the University of Minnesota Extension Master Gardener Volunteer – Hennepin County community programs. To buy tickets and learn more about the Learning Garden Tour, visit https://hennepinmastergardeners.org/events/learning-garden-tour/

# **50TH TWIN CITIES PRIDE FESTIVAL RUNS JUNE 25-27**

# **NEIGHBORHOOD BRIEFS**

### **ROOFTOP CISTERN TOUR JUNE 29**

The LHENA Environmental Committee is co-sponsoring an event on Wednesday, June 29 from 5-6 p.m. at Common Roots Cafe (2558 Lyndale Ave. S.). Metro Blooms staff will be talking about rain gardens and growing native plants to help at-risk pollinators including our state bee, the Rusty Patched bumble bee. Find out why pollinators are important to human, wildlife, and ecosystem health, and hear about resources to help you get started in your garden. Do a quick tour of Common Roots Cafe's cistern and rain garden, brief presentation, and have time for conversation. Weather permitting, this event will be held on the patio. In the event of rain, the talk will be inside.

Common Roots be extending its happy hour for an extra hour, so \$3 off all beer and wine during the event; \$1 of each drink sold during happy hour will be donated to Metro Blooms.

#### LEARN ABOUT CLEAN ENERGY PARTNERSHIP

The next LHENA Talk on Wednesday, June 22 from 7-8 pm. on Zoom will be featuring two representatives from Xcel Energy to talk about the Clean Energy Partnership, how it fits into community opportunities to act on climate goals, and how the city of Minneapolis fits in. The Clean Energy Partnership is a first-in-thenation agreement that brings together the city of Minneapolis, Xcel Energy, and CenterPoint Energy in support of the City's Climate Action Plan and 2040 Energy Vision.

#### EVAN ROWE NAMED DEED COMMISSIONER

The Department of Employment and Economic Development (DEED) announces south Minneapolis resident Evan Rowe as its new Deputy Commissioner of Workforce Services



and Operations. Rowe was selected to fill the position after having served in the role in an acting capacity the past six months. Rowe joined DEED in June 2020 and is a key leader in modernizing the services that Minnesotans rely upon. That includes transforming DEED's digital services: from launching the Workforce One Connect mobile app, which connects customers with their employment service case managers, to the deployment of a new mobile-friendly look and feel for Minnesota's Unemployment Insurance application - which is now available in four languages. He is also the executive sponsor for DEED's Innovation Lab, a collaborative effort to design new solutions grounded in Human Centered Design to meet some of the toughest challenges the agency faces. Before joining DEED, Rowe served as the first Chief Commercial Officer for the Massachusetts

Festival will be held at Loring Park on June 25 - 26, 2022 from 10 a.m. to 6 p.m. and will feature local BIPOC and LGBTQ+ vendors, food courts, a beer garden, and music stages.

NOTE: There is NO Saturday night concert in the park and fireworks this year. Handicap parking is reserved and marked at West 15th Street and Maple Street.

Carly Rae Jepsen will be performing at The Armory (500 South 6th St.) on June 25 at 8 p.m.

The Twin Cities LGBTO+ Pride March celebrating the 50th Anniversary of Twin Cities Pride will be taking place on Sunday, June 26, and is back on Hennepin. The march/parade starts at 7th and Hennepin and proceeds down Hennepin to time is 11 a.m. The event honors Ashley Rukes, former director of the Twin City Pride Festival.

Team Trans Hockey Exhibition Games, an all transgender hockey team, will be showcasing hockey games from two of its divisions/levels at Parade Ice Garden (600 Kenwood Pkwy.) on June 26 from 6-9 p.m.

Twin Cities Pride is saddened by the decision by OutFront Minnesota not to participate in the 2022 Pride Festival and by the accusations made against our non-profit," wrote executive director Dot Belstle and board chair Felix Foster. "We know the most upsetting issue for many members of our community is the presence of police officers at our Pride March.

The 50th annual Twin Cities Pride Spruce then into Loring Park. Step off A Minneapolis ordinance mandates a city police presence at events as big as ours. The Pride March impacts traffic, and we are legally required to have police and traffic enforcement in place for the safety of participants and spectators. In an effort to ease community concerns, we incorporated de-escalation and harm reduction training into our park security and for all organizational leadership, staff and volunteers. We will continue to do everything in our power to address this issue, however we strongly encourage our community to speak out and share concerns with the city leadership."

> OutFront Minnesota is hosting a separate series of pop-up events across Minneapolis and St. Paul throughout the month of June.

Bay Transportation Authority.

### JUNETEENTH CELEBRATION AT HARRISON

Harrison Recreation Center and Harrison Neighborhood are collaborating to host an outdoor Juneteenth celebration with music, dancing, activities, and food on Friday, June 17 from 5:30-7:30 p.m. at Harrison Park (503 Irving Ave. N.).

#### JUNETEENTH PARADE JUNE 18

Juneteenth Parade (presented by the Juneteenth Community Board) will be on Saturday, June 18 from 11 a.m. to noon. The parade ends at Bethune Park (1304 10th Ave. N.). From noon to 6 p.m. there will be food trucks, stage entertainment, kids' activities, vendors, exhibitors and entertainment.

### MARKETPLACE

JUNE 16, 2022

# HOME

### **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 relation-ship or needs to create a safety plan.

### PAINTING

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

### SERVICES

Weekly mowing, complete lawn care. Call for details. Over 20 years in the neighborhood. A Greener Lawn Service. 612-554-4124.

Gutter cleaning. Let the Rain Drain Away. Call Larry 651-635-9228.

### **VINTAGE LIGHTING ALE**

The Lamp Mender Lighting Inventory Reduction Sale: Fixtures, sconces, lamps, glass (keeping our space). 9911 Lyndale Ave S, Bloomington. Open 10am-4pm Sat, Sun, Tues, Wed, Thurs. Closed Mon & Fri. www. lampmender.com

### WINDOW WASHING

Window washing, inside and out. "You will see the difference." Call Larry. 651-635-9228.



## BOOK YOUR CLASSIFIED WORD AD AT \$1/WORD @ www.swconnector.com or call 612-345-9998.

# STUMP GRINDING 612-724-6045



BEARDEDGENTLEMENSOAPCO.COM

# TREE TRIMMING, REMOVAL & STUMP



Beautifying the lakes area since 1970

Interior & Exterior Painting Wallcovering Installation Single Room to Entire Home Homes - Condos - Renovations - Additions 612-227-1844 grecopainting.com

# **Get exercise.** Work flexible hours.

Save up for that trip.

Support democracy. Say hi to your neighbors.

Email Delivery@SWconnector.com or call/text 612-235-7197.

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









# **MEET YOUR SALES REP**

# SUZIE MARTY

believes in buying local and shopping local. She has held various positions over the years that promote local artists and tourism, including as an art buyer for Love from Minnesota Company, artisan manager at St. Croix Promotions and Retail, and docent at MIA. She is the owner of Everett & Charlie, a Linden Hills art gallery where art meets experience. It features only Minnesota artists. She is a TMC Publications marketing specialist, and can help you develop a comprehensive marketing plan that fits your budget and needs.

CONTACT SUZIE TODAY! Ads@SWconnector.com 612-345-9998

# Everett Charlie

a gallery where art meets experience

# FEATURING ONLY MINNESOTA ARTISTS





# 2720 West 43<sup>rd</sup> St, Linden Hills





# **AN OPEN LYNDALE**

In 2011, Our Streets Minneapolis hosted its first event on two miles of Lyndale Avenue. Since then, over 575,000 people have attended Open Streets events. After a pause in 2020 and a scaled down event in 2021, Open Streets is back in full swing this year. (Photos by Chloe Peter)





Jasmine Seward, owner of Blackbird Awakening, said, "I started my business based off of my hobby back in 2020. I get to interact with so many different people from all walks of life and showing what I made to others makes me feel good."



# "

There's been a lot of traffic coming through, lots of dogs. I get to meet so many people and overall, it's been great!"

Shannon Kourajian, owner of Shan Made This, at left



"My brand is called Let's Roar, which represents 'Speak Up, Stand Up, Support for Military Sexual Assault Victims," said Llana Rojas. "I donate 10 percent of my revenue to 'Protect Our Defenders' which helps victims of rape and sexual assault in the U.S. military."



We haven't gone in a couple of years because of the pandemic. It's cool for my kids because they get to see a different street, and get to see and learn about the city and community."

Graham Gudmestad, attendee

Emma Pederson, a spokesperson for **Communities United** Against Police Brutality, said, "Recently, we have been gathering community input into the investigation of the Minneapolis Police Department by the Department of Justice. Making sure we get community members' input on this is incredibly important and something Open Streets has helped with."









# Download CDC's free Milestone Tracker app

One million downloads and counting!

To order FREE developmental materials for your child, check out www.cdc.gov/ncbddd/actearly/freematerials.html



Track & Share Milestones



Learn When to Act Early

Learn more at cdc.gov/MilestoneTracker