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» 17

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## Bystander video raises questions in Sundberg killing

By JILL BOOGREN

A 12-minute video taken on a cell phone by a bystander shows the moment when Tekle Sundberg was fatally shot by Minneapolis Police Department (MPD) snipers while he was experiencing a mental health crisis in his Seward apartment – and raises questions as to what information the city has – and has not – provided to the family and public.

At an Aug. 17 press conference at city hall, president of Communities United Against Police Brutality (CUAPB) Michelle



Tekle Sundberg

Gross showed two videos. The first was a compilation by CUAPB of short clips from MPD, WCCO, CCTV and the bystander video, to place each in context with other released footage.

The second was the complete 12-minute bystander video, which was given to CUAPB anonymously. Taken from across

the street, it is the only video released that shows Sundberg at the moment when he was killed.

"It was given because that person wants this truth to come out," said Gross.

In the video, Sundberg is seen knocking glass out of his apartment window. The person recording is heard saying "Does he have a gu- knife"? A gunshot is heard. The bystander is then heard saying, "He's got a knife." (Expletives deleted.) A second gunshot is heard, and Sundberg is seen falling onto the windowsill.

BYSTANDER VIDEO » 2

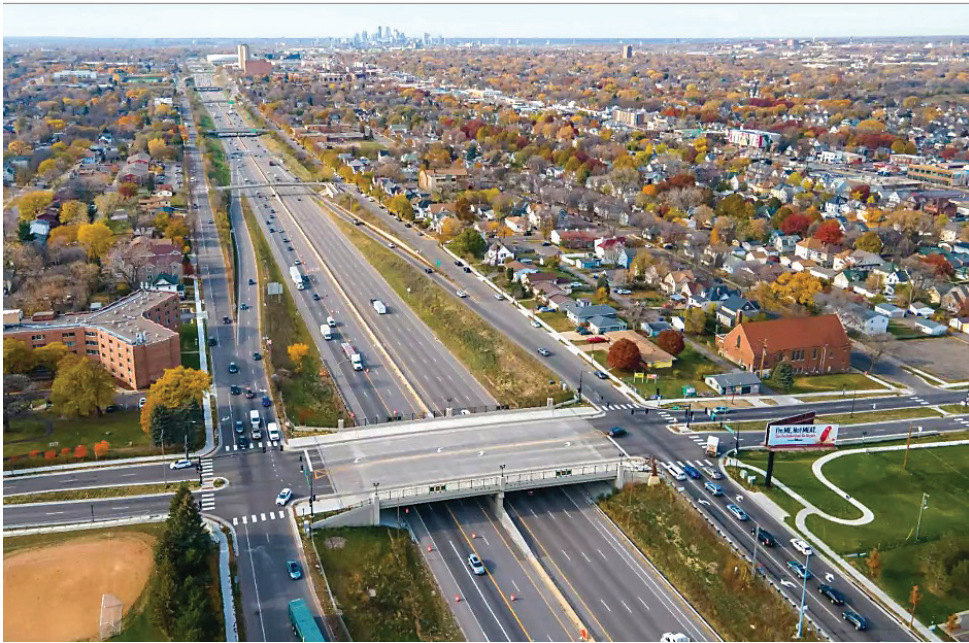
*Dakota elder weighs in on debate over Hiawatha Golf*

## Respect relatives, respect Bde Psin

By TESSA M. CHRISTENSEN

"I am for clean and pure water.  
"I am for the fish relatives which will be harmfully affected by phosphorus and waste waters that will be deposited in the lake."

RESPECT » 7



## WHAT HAPPENS IF YOU REMOVE I-94?

*As community rethinks I-94, they consider reparative justice, climate change, and how people live and work in region*

By TESSA M. CHRISTENSEN

What happens if Interstate 94 is removed between St. Paul and Minneapolis?

Our Streets Minneapolis is leading the conversation to rethink I-94 and consider various options.

They point out that the people who live in the corridor are the least likely to own a car and drive along I-94, and yet they are the ones being harmed by the

pollution.

A multi-modal boulevard could fill in the trench with sidewalks and seating, two-way bikeways, a linear park, transitways and stations, traffic lanes, and affordable housing. The existing street grid could be reconnected. A freight alleviation route could move trucks elsewhere.

"I-94 was a very controversial roadway when it was built and it remains very controversial," said HMC Transportation

Chair John Levin during the Hamline Midway Coalition (HMC) Transportation Committee meeting on July 17, 2022, which can be viewed online.

"This project will determine the future of this corridor for the next half century or longer," said Our Streets Transportation Police Coordinator Alex Burns. It can be hard to consider what the roadway might look like if it wasn't an interstate. Our Streets seeks to start the community conversation and facilitate the visioning.

"What do we want our community to look like in 20, 50, 100 years?" asked Levin. "How are we going to transition?"

In the long run, we want to change the way people live and work in the region."

John Levin

### 'A SIGNIFICANT GASH'

The Minnesota Department of Transportation plans to revamp the 7.5-mile stretch of interstate that links the two Twin Cities from Marion St. west to Hiawatha Ave. It carries about 160,000 cars a day between the two cities. When the roadway was built in the 1960s, it displaced the

RETHINKING I-94 » 16

## Mayor proposes 6.5%, 6.2% levy increases

*Council members plan to hold budget meetings with voters*

By CAM GORDON

On Aug. 15, Mayor Jacob Frey gave his annual budget address and presented his recommended budgets for 2023 and 2024 to the City Council for their consideration.

This formally kicks off the public pro-

cess for one of the most significant council decisions of the year, approving the biennial budget for the next two years. It is set to conclude, following a series of committee meetings and public hearings, with a final vote on Dec. 6.

Although it is a two-year budget, for

the second year the mayor is committed to submitting an amended budget in August 2023. In his speech he said that a biennial budget would provide greater trust and is a way "we can blow by that old normal." City Council Member Andrew Johnson (Ward 12) noted in a newsletter to constituents that the biennial budget is "a new process for the city that aims to provide cost and time savings, and better long-term planning."

Frey is recommending spending \$3.3

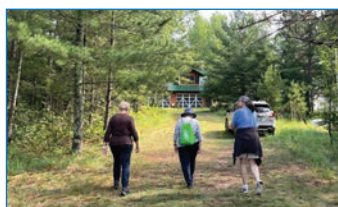
billion over the two years, with \$1.66 billion in 2023 and \$1.71 billion in 2024. To accomplish this, he recommends raising the tax levy 6.5% next year and 6.2% in 2024. If approved that will raise the total amount levied by \$27 million in 2023, and \$27.6 million in 2024 and will likely mean many property owners will see increases in their property taxes. The city finance department estimates that the levy increase of 6.5% will result in the property

LEVY INCREASES » 7



Wondering who delivers your paper? Meet carriers out and about.

PAGE 5



AGING WELL  
From the 'hood to the woods

PAGES 10-11



Before the Prison Doula Project, they labored alone – in shackles

PAGE 13



# Bystander video raises questions in Sundberg killing

>> from 1

In the MPD footage, the snipers are heard questioning what is in Sundberg's hand. Sniper 1: "I can't see it." Sniper 2: "That might be a gun." Sniper 1: "He's got a cell phone." Sniper 2: "He's waving something around there." The word "gun" is spoken twice and within five seconds two shots are taken. The video shows a close-up of a finger pulling the trigger on the sniper's gun for the second shot.

In the WCCO news report, a clip shows police calling Sundberg down. The newscaster then erroneously states, "Then more gunshots can be heard coming from the apartment." The shots did not come from the apartment, however; they were those of the snipers, officers Aaron Pearson and Zachary Seraphine.

In fact, no other gunshots are heard prior to their two shots during the full 12-minute video provided by the community bystander. Sharing a still image (while recognizing the limitations of enlarging a grainy cell phone image), Gross said they believe the object to be a cell phone, a knife or a letter opener, not a gun.

Community leaders are asking for the justification for using deadly force under Minnesota law. Sundberg's behavior was erratic, as it had been throughout the six-hour standoff, but what in that immediate moment prompted the snipers to shoot?

The Sundberg family wants to see all available video footage from the night, especially from those last moments.

"I wanna know what his last minute in detail was on video. One minute. Give me one minute in detail, and I think we can figure this out," said his dad, Mark Sundberg.

He also wants body cam footage from when officers first went into Sundberg's room after he was shot.

"We need to see that. We have heard nothing about it," he said. "We want information. We need some information, and they're just not giving it to us."

City officials have not contacted the family since they first released body-worn camera footage, which represents only a tiny fraction of the views of officers stationed at different vantage points that night – 130 personnel were assigned to the call, according to the incident detail report.

Other questions were raised, as well.



*Cindy Sundberg (above) and husband Mark Sundberg (at right) are asking the city to release all available video footage from the night their 20-year-old son was killed by bullets from snipers with the Minneapolis Police Department. Tekle Sundberg lived in an apartment building at 904 21st Ave. South in the Seward neighborhood, and was killed July 14, 2022 while experiencing a mental health crisis. Bystander footage shows Sundberg the moment he was shot, six hours after the standoff began. His family was not allowed to go inside to talk to him although they were present and were there when he was shot by Aaron Pearson and Zachary Seraphine at 4:18 a.m. Mental health professionals were not called to the scene. (Photos by Jill Boogren)*



your hands up."

Mark Sundberg wanted to go into the apartment to talk to his son but was prevented from doing so.

"I have dealt with people in mental health crisis, and if they see a familiar face or hear a familiar voice it can calm them down," said Toshira Garraway Allen of Families Supporting Families Against Police Violence. "But yelling to come outside over and over and over again put that individual more and more at distress."

Still more questions were raised, such as why tear gas wasn't used. Racial Justice Network's Nekima Levy Armstrong addressed her remarks directly to Interim Police Chief Amelia Huffman.

"You need to answer the public. Why was the SWAT team allowed to shoot? Why didn't they use gas or some other less-lethal munition in this situation? Why [were] the same SWAT members, a couple of whom were involved in the killing of Amir Locke, allowed to be out there again

## A PLANT LOVER AND COOK

Cindy Sundberg described her son at an Aug. 17 press conference:

"Tekle and I both love plants. We'd talk about caring for them, best ways to help them grow. He'd stop by the house and he'd get starters from me. The last time I was in his apartment, I was helping him carry in all the plants he was taking back with him. Tekle liked cooking. He would talk recipes and spices with his dad. They'd shop together. Tekle would stop by the house while we were at work and leave a note on the counter saying that he cooked some food for us, and there on the stove would be a big pan, usually a rice and chicken creation. It was really good.

Tekle was independent, he was strong, he loved his family. He was searching. He was growing his learning.

Our family is broken. Things will never be the same. Our grandbabies will never get to know him and delight in the ways he would play with them and twirl them around the room dancing. There are so many things he will never get to do. Tekle I love you and I miss you. I'm so sorry."

Rev. Curtiss DeYoung, a close longtime family friend who watched Sundberg grow up, called on city leadership to "do right": release all footage, ask for an independent third-party investigation and answer the question as to why less-lethal methods were not used for the full duration of the situation.

and take the life of another Black person without justification?" she asked.

Community leaders called for an independent third-party investigation of the case.

"We do not trust the Bureau of Criminal Apprehension [who is investigating the case] for very obvious reasons, over the years consistently rubber stamping the narrative of police officers even in contrast to community members' narratives about what happened as well as video evidence," said Levy Armstrong.

CUAPB's compilation video and the full bystander video are available to view from CUAPB's website (cuapb.org).

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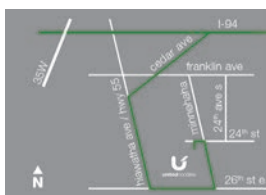


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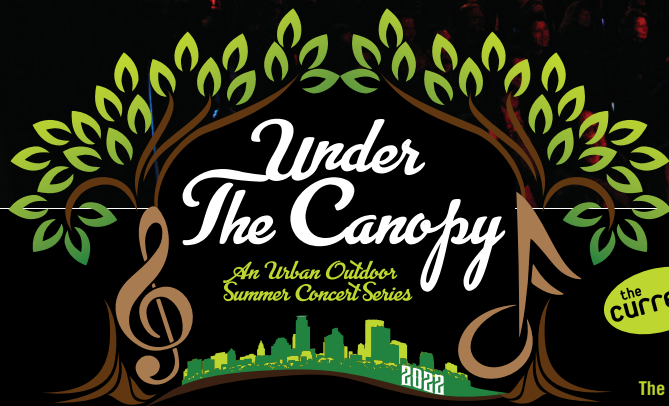


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If you are wondering how you can get involved with or directly support this amazing local non-profit arts organization, there are several easy ways.

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Consider renting The Hook for your next company or holiday party, birthday, graduation, or celebration-of-life event.

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THU - 10/27 - WHALEN AND THE WILLOWS, ART VANDALAY, & ABHA K

FRI - 10/28 - ELnO

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BY JAN WILLMS



## 20 YEARS WITH NEIGHBORHOOD NEWSPAPERS

It has been nearly 20 years since I handed in my first story to the *Longfellow Messenger*, and it is hard to believe the time has passed so quickly. I had arrived in Saint Paul from Montana with two young sons to support, and was looking for employment in the counseling field. But I also had a background in journalism and had never quite gotten the printer's ink out of my veins.

The sister papers – the *Messenger* in Minneapolis and the *Monitor* in Saint Paul – were looking for writers, and I talked with Denis Woulfe, then editor, about writing. Since I was new to the cities, I did not have a lot of sources or contacts, but he gave me a chance. I have been writing ever since. I did find employment in the counseling field, but I worked in interviews around my day job.

Thinking back on some of my experiences at the *Messenger*, I recall some as

humorous and others more serious.

One winter night I was supposed to meet R.T. Rybak, then Minneapolis mayor, for an interview. With the weather, the roads and the traffic, I knew I was not going to make it in time to his office. But when I tried to call, I could not reach him. Finally, I received a call from him and pulled underneath a streetlight and jotted down notes. Not the best circumstances for an interview, but you do what you have to.

A few years later, instead of taking notes, I decided to use the recorder on my new phone for interviews. That recorder, however, had two options. You could do a full recording or set it for just 10 minutes. So, of course, for an hour-long interview, it was set for 10 minutes. I had to set up another appointment and do the interview all over again. I was fortunate the subject of the interview was so accommodating.

Community newspapers have limited budgets, but photographer Terry Faust and I were always trying to get Denis to fund a trip somewhere for a story and photos.

Terry was always trying for an overseas trip. Didn't work.

On a more serious note, I recall a story we were trying to do about the aftermath of a killing in Minneapolis. A young man had been shot and left in front of a Cub Foods. Nine months later, I was going to visit with his brother about the aftermath of this event and how his family was doing. We would set up an interview at a coffee shop, and I would go and wait for an hour but he did not show up. We would reschedule and try again, and the same thing would happen. We did this four times, and the fourth time the young man appeared. It was a difficult interview for him, but he had wanted to do it, and finally the time was right.

I don't have a lot of information about the history of the *Messenger*, but I know how it did feel and still does feel to write for it. There is the opportunity to meet all kinds of people, both community leaders and the average person who has done something newsworthy. That might be starting a business or an organization, providing entertainment, writing a book

or directing a film.

Denis is a graduate of Hamline University, and he always enjoyed stories about Hamline. I loved writing stories about film. So, if we could get a story about a filmmaker who had graduated from Hamline, we were both set.

There is a connection a newspaper like the *Messenger* can provide between its staff and the community it serves. This is something that can usually just be found in a neighborhood newspaper, and it is the connection that can keep small newspapers going.

There is a feeling about writing that is therapeutic, whether it is the story you are working on or even the physical act of typing on your keyboard. Any troubles that may be bothering you seem to dissipate, at least while you are planning your words, thinking of what to write next and putting your whole being into that story you need to finish by deadline. There is nothing like it in the world, and I am so thankful I connected long ago with the *Longfellow Nokomis Messenger*.

## Here's what Seward Longfellow Restorative Justice has been up to

### SEWARD LONGFELLOW RESTORATIVE JUSTICE

BY MICHELE BRALEY  
executive director

At the start of 2020, Seward Longfellow Restorative Justice was moving into its 16th year and gaining independence: establishing a non-profit, transitioning into its first solo office in the Coliseum, and hiring a second (albeit very part-time) employee. The future seemed stable with steady referrals, an active volunteer pool, and diverse and reliable funding sources. Then news emerged of a virus. We prepared for working-from-home, and I wondered whether my plants would survive the two weeks until I returned to the Coliseum. Two weeks at home became two years and in the meantime Minneapolis, and SLRJ, were forever changed by the pandemic, the murder of George Floyd, and the unrest that followed.

Prior to 2020, the majority of referrals to SLRJ were youth cited with misdemeanors diverted from the Minneapolis Police Department (MPD) and Hennepin County Juvenile Court (HCJC) to a restorative justice process. When the pandemic led to stay-at-home orders and a transition to remote schooling, citations of youth for misdemeanor offenses dropped to zero. While citations are currently increasing, a return to pre-2020 levels is unlikely.

Hearing that misdemeanor citations of youth and, therefore, referrals to restorative justice programs have decreased significantly always raises a lot of questions. Here is my perspective from observation,

conversation, and data, with the caveat that the impact on our community due to the pandemic and the murder of George Floyd may not be fully understood for many more years. The decrease in referrals is not because eligible youth are no longer being referred. It is because fewer youth are being cited for misdemeanor offenses. Several factors likely contribute to few misdemeanors citations: 1) The Minneapolis Public Schools no longer has School Resource Officers (police officers) in school buildings as they re-committed to resolving student issues in-house. 2) After the murder of George Floyd the community is more reluctant to call the police for low-level situations. 3) When a youth shoplifts retailers are relying more on their employees and the youth's parents for intervention. 4) Youth are still limited in their activities due to the ongoing effects of the pandemic (e.g. businesses having reduced evening hours). 5) More parents working from home means more adults checking in with youth. 6) The police may not have officers available to respond to non-violent incidents. 7) When the police respond, they may hesitate to take a young person into custody due to push back from the community. 8) When the police response time is long, or there is no response at all, people may be less likely to request help in the future.

It's a positive change that fewer youth are being cited for misdemeanors, especially if the behavior is being treated as a learning opportunity that is guided by caring adults (e.g. the return to in-house interventions at the Minneapolis Public Schools). Recent advancements in understanding adolescent brain development support a decrease in police and legal intervention in response to youth behavior. Adults think with the prefrontal cortex, or

the brain's rational part, which responds to situations with good judgment and an awareness of long-term consequences. Until about age 25, teens and young adults process information with the amygdala, or the emotional center of the brain. The pathway to improving teen problem-solving is to discuss the consequences of their actions which links impulsive thinking with facts and wires the brain to make this connection in the future. (University of Rochester Medical Center). With what we now know about the teen brain we should expect youth to make poor decisions and adjust our responses accordingly to include opportunities for reflection and support, instead of a citation which comes with the added burden of long-term legal consequences.

But, what about felonies? Unfortunately, teens in Minneapolis, and around the country, are continuing to be involved in more serious offenses, such as carjacking and weapons violations. SLRJ does not receive felony-level referrals, due to guidelines set by the MPD and HCJC regarding eligible offenses. While many people assume that these behaviors need the harsher penalties of the legal system, all teens are operating with the same developing brain that needs our support to make better future decisions, support that rarely happens in the legal system. Along with partner restorative justice organizations, SLRJ is an advocate for all youth to benefit from restorative justice responses when they break the law, whether its as diversion from or in combination with the legal system.

While referrals for misdemeanors have decreased, the opportunities to transform our community into one steeped in restorative culture are numerous. SLRJ is experiencing an increase in requests for

consultation, training, and restorative processes that do not involve the legal system. We are in the midst of a strategic visioning process to determine how SLRJ and restorative practices can best contribute to the community's current needs. Through soliciting community feedback, three priority areas are emerging: 1) providing diversion from the legal system, 2) providing RJ processes without involving the police or courts, and 3) growing a restorative culture throughout our homes, schools and workplaces. Of course, any new program area will need new funding sources. For now, we are grateful for the many individuals, churches, and civic groups that provide flexible funding which allows SLRJ to be responsive to changing community needs.

You will be hearing more about our priority focus areas as decisions are made. In the meantime, please continue to reach out to discuss a referral, consult, or request training by email: [Michele@SLRJ.org](mailto:Michele@SLRJ.org) or phone: 612-202-0027. To learn more about SLRJ visit the website [www.slrj.org](http://www.slrj.org) or follow SLRJ on Facebook <https://www.facebook.com/SLRJP>

### SHARE THOUGHTS

Got a comment to share on Edmund Boulevard? Mark Brandt and Joe Larsen, Longfellow residents, would like to hear it. A column about their efforts to rename the street was published in the August 2022 edition of the *Longfellow Nokomis Messenger*. People can share their thoughts about Edmund Boulevard at [rethinkingedmund@gmail.com](mailto:rethinkingedmund@gmail.com). Read the column online at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

# Messenger

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#### Story ideas always welcome.

Letters to the editor under 200 words and news releases for publication can be e-mailed to [news@longfellownokomisemessenger.com](mailto:news@longfellownokomisemessenger.com). Unsigned letters will not run.

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ety that hears, helps and heals the customers and communities we serve.

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# Out and about on the paper route

There's a 10-year-old in our house now, and my son, Axel, took on a few paper routes this summer. That means, of course, that mom did, too.

I was excited he was interested in the family business and looked forward to the family bonding time. He wanted to pick up a little spending money (and admits it is fun to do this job together). It turns out, we're not the only parent-child team doing delivery for TMC Publications CO. We're part of a trend in our corner of the world.

The first thing we learned is that it's best for us to split the 400-paper route into two 1-hour or so sessions. It is more manageable that way right now. We listen to music and audio books as we go, both taking one side of a street.

We definitely got faster as we did the same route more often, and worked out our routine for where we parked, picked up more papers, and got water. We also learned why the mail carriers walk across lawns – else a lot of time is eaten up walking up and down front sidewalks. I discovered a new gratitude for those who create pathways in their front gardens to help carriers move between houses. (Little things add up, don't they?)

## POLYBAGS OR RUBBER BANDS?

Our routes this summer became testing grounds for whether we should A) use polybags to keep papers dry, B) fold and set down, or C) use rubber bands.

I started out three years ago using polybags for every delivery. They keep the paper dry unless there is a big rainstorm or really wet snow. We switched to color bags so that folks can see them easier in the snow. However, readers and carriers are asking us to use less plastic, a sentiment I agree with wholeheartedly. Plus, I've noticed that the majority of papers are picked up the same day, so we don't have to plan ahead for whether there will be rain a day or two later in the forecast. And many houses have overhangs that protect something on the front step.

My son and I tried folding papers in half and leaving them on doorsteps for

## TOO MUCH COFFEE

BY TESHA M. CHRISTENSEN  
Owner & editor  
tesha@longfellownokomisemessenger.com



our first route this summer. It was a bit tedious and the papers didn't stay in place well, sometimes falling off the front steps as we walked to the next house. I was amazed at how even the slightest breeze caused the papers to shift.

Next, we tested out two different kinds of rubber bands, one with more rubber in it (the brown ones) versus more filler (the blue ones). This is currently our favorite method. We can roll the papers between houses and then throw it easily right onto the front steps. It doesn't catch in the wind, and is easy to throw. I love an efficient solution. Plus, my aim is getting pretty good! Except for those occasional gusts that take the paper at the last minute and deposit it into the bushes. My apologies if that happened at your house (and your Ring door cam caught my grimace).

I love the pace of a walk through the neighborhood, and how I actually stop to smell the roses as I'm delivering papers. It's good exercise, too. I see some folks working on their computers from their covered porches. Others are doing yardwork or reading. And we pass a lot of folks walking their dogs. I feel a lovely sense of community as I go from door to door, dropping off papers.

## VITAL CARRIERS

Our carriers are vital members of the TMC Publications team. There aren't a lot of papers still being delivered door-to-door like ours is. In the Twin Cities, more and more are switching to mail (which has its own set of issues), bulk drops (like *Southside Pride*) or online-only. We believe pretty strongly in the democratic way that



Audrey Young (left) and Annika Lindorfer, both age 10, are two new carriers for the Longfellow Nokomis Messenger. They said it is calming to walk around and see different parts of the neighborhood. (Photo submitted)

door-to-door delivery ensures that everyone get a copy of the paper – old, young, rich and poor. During the first weeks of the COVID-19 pandemic, it became super clear that our "old-fashioned" way of getting the news out to folks had some distinct advantages. Even during the stay-at-home order, we could still keep people connected with each other.

Of course, we also use the Internet for news and updates between the issues, and you can find our entire e-Editions and each individual story on our website. But, there's just something about the feel and smell of a printed paper... We even hear from millennials that they appreciate the screen-free moments they get as they peruse the paper.

We've had a lot of new carriers come aboard this year as we switched from hiring the delivery out to a subcontractor and moved it in-house. Bjorn Willms joined us last fall when we launched the *Southwest Connector* in southwest Minneapolis, and has pulled together a great roster of folks. It can take some time to learn the ropes, and we've had the occasional kerfuffle. One evening, a first-timer drove down the streets of Nokomis throwing papers out a

vehicle window, and Bjorn and I dashed out early the next morning when we were notified to clean up and redeliver each copy. At other times, a house on a side street gets missed until the resident gives us a call and alerts us.

See a carrier out there? Let them know you're grateful they bring the paper to your front door.

## MEET OUR CARRIERS

My son and I aren't the only kid-and-parent teams to join our carrier roster this summer to do a little family bonding while delivering neighborhood news. Two homeschool families are doing routes for the *Messenger*. East Nokomis resident Erin Airfin, along with children Matthew and Gabby, started with the August edition, delivering in our new zone. We have added the Standish neighborhood between Cedar and Hiawatha, 38th and 42nd. They enjoyed a lovely walk on a Friday morning and evening in late July. Matthew liked bagging the newspapers (he did that during other car rides), and said it was not as hard as he thought it would be.

Ten-year-old friends (and Ericsson residents) Audrey Young and Annika Lindorfer have teamed up on a few routes. Lindorfer said, "I got to see a different part of the neighborhood that I don't normally get to see. It was nice walking and seeing other people's houses."

Young observed, "I liked going into the stores and getting to talk to people. It was very interesting. I liked getting to see people's yards and their pretty decorations, especially one yard where they had a full on skeleton. I didn't expect it to be as short as it was. It's basically like going on a walk. It takes a couple days, but it's pretty calming and like getting exercise."

"It's kind of like going on a morning walk except with a slightly heavy bag on your shoulder, and it felt better as we went along because the bag got lighter," said Lindorfer. "I didn't expect it to be as calming as it ended up being. I liked seeing all the gardens."

Want to put a face to the name? Check out our Instagram and Facebook pages for images of our carriers.

Interested in picking up your own route and making \$11-14 an hour? Email Bjorn at [delivery@swconnector.com](mailto:delivery@swconnector.com).

# WE SOLDIER ON!

## STORIES AND JOURNEYS

BY DONALD L. HAMMEN



Today, right now! It's the first day of the first year without my brother. He died! Myself, my sister-in-law, and my nieces – we continue to mourn. Labor Day weekend of 2021 was the last time I saw my brother alive in person. For Labor Day weekend 2022, I am being transported to Iowa for his military committal service.

Losing my brother, my parents, any of my six companion animals, each day of the first year can be hard to bear. Nonetheless, you and I are taking another plunge into the river of life experiences that is Stories and Journeys with me as writer/reader and you as reader. We soldier on!

## SOME LOSSES ARE LIFE CHANGING

My Peepers experience. It's me trying to help my beloved companion animal, friend, and cat live with a cancer diagnosis. Doing this with help from the holistic Uptown Vet. There is me caring deeply. There is me grieving deeply upon his passing. As I grieve, there is me being introduced to Dr. Larry Dossey, M.D., a holistic writer and practitioner. He is speaking at the University of Minnesota Center for Spirituality and Healing. He signs my copy of his latest book, "To Peepers....." My

Peepers experience triggers my spirituality and healing journey as it continues to unfold today right now!

There is a person I regard as a spiritual friend and guide among other things. Her name is Amy. Back in the day, she lost her longtime friend, Michelle, in a tragic auto accident. Death and loss can teach gratitude. I am grateful to Amy as she speaks to me through her story and journey. Amy wrote about her tragic loss and its aftermath in her Expressions by Amy blog.

## AMY WRITES

"...Spring of 1986 brought something unexpected. Michelle, my dear friend since seventh grade, close companion on the high school dance line and sorority sister during college, died in a car accident just shy of celebrating her own birthday of 21 years. As difficult as this time was in my life, I mark her passing to be the start of my spiritual journey.

"I began to have vivid dreams, not of Michelle, but with Michelle. I was speaking to her in my dreams. The next night I would recap of what we had spoken the previous night to confirm our interactions were actually 'real'. Some dreams were like conversations and others more surreal. One late afternoon during my period of grieving, I was concentrating on her essence. I was not asleep, but was in some altered state. I suppose I was meditating, although I was unfamiliar with that practice at the time. In any case, I saw Michelle in my mind's eye, come down and reach out her hand to me. We were to go exploring together, but as I reached for her hand I became scared, for I did not know what the outcome would be. I withdrew my hand and shook myself into a more conscious state.

"Of course, one can argue that these dreams and visions were the result of a grieving heart and mind in search of comfort. This still may be the case. Whatever the belief, they drove me to look further into the idea of life beyond death, the soul and spirit. My curiosity was awoken." From [www.delightfulhealingarts.net](http://www.delightfulhealingarts.net). See Spiritual Awakening-My Back Story, Expressions by Amy posted on 6 April 2014.

I respect Amy, her story and journey as far as I know it and its impact on my story and journey. In fact, she's one of the most creative writers I have ever read. And one of the most amazing human beings I have ever encountered.

I respect myself, my story and journey as far as I know it. Always curious Always self-aware! One of the most creative writers I have ever read. Also, amazing! We soldier on!

Prior to his passing, my brother shared with me the following story as I understand it. He was coming out of being anesthetized for the surgical removal of a kidney stone. A spirit appeared in his hospital room. The spirit said to him, "I'm finished with you. You can have your body back!"

Increasingly, I am finding more people in my life who are comfortable with sharing – sharing what I call their psychic/soul awareness and experiences.

## AM I MORE PSYCHIC THAN I THINK? ARE YOU?

Tell yourself, tell others or tell me at [news@longfellownokomisemessenger.com](mailto:news@longfellownokomisemessenger.com). What are you curious about? What experiences have triggered spiritual awakening in your life? In gratitude. We soldier on!

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

## LETTER

### Longfellow wasn't hospitable to Jews either

As a Jewish man living in Longfellow since 1994, I'm not a fan to this frequent woke attempt to rewrite history whenever someone finds out that a name of a street or neighborhood is named for someone who has a difficult history.

In the case of Edmund Boulevard, I see no reason to change the name. Most Jewish people back in early part of the 20th century would not have considered moving into the Longfellow neighborhood. Prior to WWII, most Jews were orthodox and followed the traditions and laws governing Sabbath rules. One did not operate machinery during Sabbath, so you had to be within walking distance from your synagogue. There were no synagogues in Longfellow. You probably followed a Kosher diet; there were no Kosher grocery or butchers in the area. Prior to WWII, Jews were almost self-segregating into areas where they could worship and get the food needed to follow Jewish teachings. With the rise of the Reformed movement, these rules were loosened and Jewish people moved out to the Suburbs, could drive on the Sabbath and many gave up keeping Kosher.

Much of Minneapolis' history involved naming neighborhoods and streets after people that were admired at the time. Are we going to rename of the U.S. Presidents' streets in the city who owned slaves?

I think we should not bother renaming Edmond Boulevard. It makes little sense to me.

Barry Margolis



# NOKOMIS NEIGHBORHOOD TRADITION



Local business owners Ashley Tapp (left) and Mike Welsh of Nokomis East Business Association volunteer on Saturday, Aug. 6, 2022.



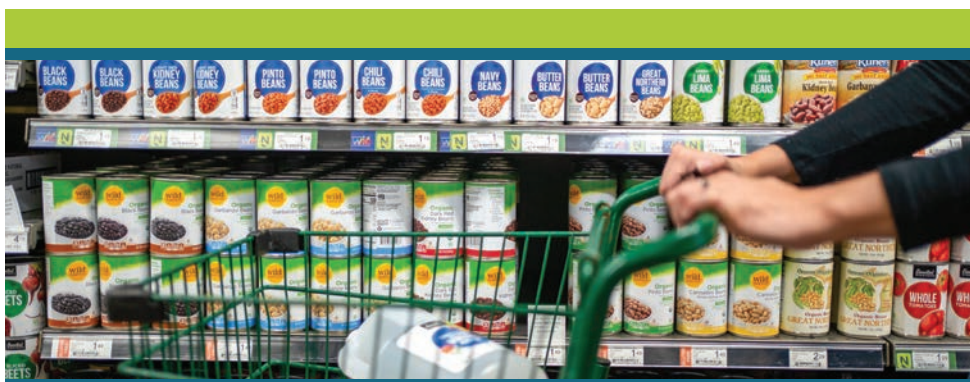
Pastor Prince Lee's sister, Betty Lee, managed the grill at the Riverside Church picnic during Nokomis Days.



Harrison Bittner (left) enjoys the bounce house at GrandeSunrise with his brother, Aiden, 8, on his fourth birthday.



Cottage Grove art teacher Anna King participates blindfolded in a round of the Great Throw Down at the Workshop on Saturday, Aug. 6. At her right is her high school art teacher, the person who taught her how to mold clay, Tricia Schmidt of St. Paul who teaches at Central High. The two women signed up along with fellow art teacher Randy Schutt, who also teaches at Central High in St. Paul. He earned first place in the Great Throw Down. "I've never done anything like this before," said Schutt. "I loved it." His favorite round was the blindfold one; they also did one round one-handed, who could make the longest coil, and who could make the most in 10 minutes. >> See more photos online at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com). (Photos by Tesha M. Christensen)



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## RESPECT RELATIVES

>> from 1

"I am a pro animal rights person and thus I am for healthy habitat in which they live and for this habitat which would be put at risk.

"If it comes to a choice between a golf course and fun and games, versus a clean and healthy environment for the animals, birds and fish, then I, as an 82-winters-old Dakota guy chose to preserve a clean lake for the fish people and a healthy environment for the survival of our animals and birds, our relatives," said Dr. Chris Mato Nunpa during the Minneapolis Parks and Recreation Board (MPRB) meeting on Wednesday, Aug. 3, 2022.

A retired associate professor of Indigenous Nations and Dakota Studies at Southwest Minnesota State University, Marshall, Minn., Dr. Mato Nunpa holds a Ph.D. in higher education administration from the University of Minnesota with the collateral field for the Ph.D. in American Indian studies. He also studied theology at Seabury-Western Theological Seminary in Evanston, Ill.

A Wahpetunwan Dakota from Pezihuta Zizi Otunwe (Upper Sioux Community in southwestern Minnesota), Mato Nunpa grew up in a bilingual and bi-literate household near Granite Falls, Minn. His father and his mother both spoke and read English and Dakota. Mato Nunpa's niece, Nicole Cavender, lives in Ericson, near Lake Hiawatha.

He is among multiple Dakota people who spoke at various MPRB meetings in August to support what they are calling "The Equity Plan," the proposed master plan for Hiawatha Golf Course that would shift it to a nine-hole course and provide space to manage water. Among them were Dr. Antony Stately, AIM chairman Mike Forcia, Migisi Spears, Marissa Anywaush, and Dr. Gia Rivera.

At the Aug. 17 public hearing, Nicole Cavender read a statement from her grandmother. She acknowledged both the legacy of the Black golfers and the Indigenous history at Lake Hiawatha, and concluded: "Both sides would like all. All wealth or all environmental restoration.



Dr. Chris Mato Nunpa speaks at the Aug. 3 Minneapolis Parks and Recreation Board meeting about Bde Psin/Lake Hiawatha. (Screenshot from MPRB meeting via YouTube)

The master plan is the compromise. Vote for it."

### TAKE CARE OF RELATIVES

Dr. Mato Nunpa pointed out that Mini Sota Makoce is the Dakota name for their homelands. The Dakota language is found in many names in Minnesota, beginning with the state name. The word "mi-ni" in Dakota means water. He translates the state name as "Land Where the Waters Reflect the Skies." A fellow Wahpeton Dakota, Dr. Charles Eastman, translated this phrase as "Land of Sky-Blue Waters."

The Dakota believe that they came from the stars and made their appearance at the spot where the Mississippi and Minnesota rivers converge. The area is to the Dakota what Eden is to the Jewish people, pointed out Mato Nunpa. It is sacred land, and this sacred land extends to Lake Hiawatha.

Known as Bde Psin in Dakota, Lake Hiawatha was formerly called "Rice Lake." He said, "The golf course, which represents recreation, or 'fun and games,' is incongruous and also diminishes the sacredness of this 'Wakan,' or sacred area."

Mato Nunpa is concerned about the phosphorus and trash being dumped into Bde Psin. "The White man and the golf course regard the earth and animals as insignificant and unimportant, and do not respect the earth, the animals, the birds,

and the fish, etc. as the Dakota People do, who regard the earth as sacred," he observed.

He pointed out that in traditional Dakota teachings, animals, birds, fish, and other entities in the living creations are regarded as relatives.

"We have a saying that many of our Dakota-Language speakers use when they address a Dakota gathering, 'Mitakuye Owasin,' 'all my relatives.' This phrase is used as a greeting in gatherings. More importantly, it is a phrase that is a teaching and a value – it embraces all of the living creation, the two-leggeds, the four-leggeds, the winged birds, the fish and whales, and other creatures which live in the oceans; the creeping, crawling, and slithering entities, etc. If they are our relatives, then, we need to treat them with respect, caring, and love, as we do with our family and relatives, and not to kill the animals, birds, and fish, just for sport. Our people often say, 'To be Dakota is to be a good relative,' whether it is to humans, or to animals, or to the bear, or to the eagle, and to the fish, etc."

Dakota view fish, animals, birds and more as relatives, he stressed.

"The main point of this talk of relatives is to educate the listener how important animals, birds, fish, etc. are to the traditional Dakota People. Animals, birds, and fish, of the land, of the sky, and of the waters (including Bde Psin, Rice Lake, or

## WHAT'S NEXT FOR HIAWATHA GOLF COURSE?

### MPRB TO VOTE SEPT. 7

Following a two-hour-long public hearing on Aug. 17, the Minneapolis Park and Recreation Board Planning Committee voted to advance the nine-hole master plan to a vote by the full board at the Sept. 7 meeting.

### HISTORICAL DESIGNATION

The Cultural Landscape Foundation (TCLF), a national, Washington, D.C.-based education and advocacy non-profit established in 1998, designated Hiawatha a nationally significant cultural landscape that is threatened and at-risk on March 1, 2022. According to an 83-page nomination recently filed with the Minnesota State Historic Preservation Office (SHPO), paid for by a private donor, and prepared by the Minneapolis-based historical consultants Hess Roise, the Hiawatha Golf Course is in fact eligible for listing in the National Register. The nomination will come before the SHPO board in early 2023. Assuming passage, the nomination would then go to the National Park Service in Washington, D.C. and Hiawatha could be listed in the National Register by late spring/early summer 2023.

Lake Hiawatha) are peoples and are our relatives, and that we need to accord them respect, with the right to life, and the right to have a safe, clean environment in which to live. We, the First Minnesotans, the Dakota People, have concerns for the health, habitats, and safety of the animal relatives around Bde Psin because of what has happened, what is happening, and what will, probably, continue to happen, depending on the vote of the Minneapolis Park Board."

## Mayor proposes 6.5%, 6.2% levy increases

>> From 1

taxes for a median value home going up \$167 annually. This is not factoring changes to property valuations, which have increased throughout the city and will push this further upwards.

"He proposes a lot of funding increases and new spending, including millions of additional dollars for public infrastructure, public safety, and affordable housing subsidies," wrote Johnson.

In his address, Frey highlighted affordable housing, city capacity and performance, climate and public health, economic inclusion and public safety as budget priorities for the next two years.

Unlike Johnson, Council Member Jason Chavez (Ward 9), is new to the council and has not approved a city budget in the past. He started formally working on it well before the mayor released his proposal. On Aug. 3 at Powderhorn Park, he hosted what he hopes to be the first of many Ward 9 community budgeting meetings for the 2023 budget. "Residents were clear about the disinvestment in our neighborhoods and the need for our voices to be reflected on this budget," he noted after the meeting.

At a table he set up for the recent Open Streets event on Lake Street, Chavez made the budget a focus and used it to have what he termed, "intentional conversations regarding the 2023 Minneapolis City Budget." The results of an unscientific poll asking people to pick their budget priority were as follows: affordable/public housing – 68; gun violence prevention – 35; a youth investment fund – 28; the people's climate and equity plan – 29;

road/pedestrian safety – 25; urban farm development – 22; parks – 20; office of community safety – 17; economic development on Lake St. – 14; addressing the opioid crisis – 12; the police department – 5.

Frey's proposal includes a \$3 million increase for the Affordable Housing Trust Fund, \$2.7 million more for the Minneapolis Public Housing Authority (MPHA) with an ongoing \$1 million commitment, as well as \$600,000 in ongoing funds for opioid addiction treatment services.

Following the mayor's budget address Council Member Emily Koski (Ward 11) said, "I'm glad to see the investment being made into the expansion of our Behavioral Crisis Response program. I hope this investment can support us moving to providing Behavioral Crisis Response services 24/7." The mayor has recommended expanding the Behavioral Crisis Response program with a \$1.45 million investment in 2023 and increasing that to \$2.9 million in 2024.

Koski also said, "I am grateful to see all of the investments into basic city services – our bread and butter here in the city of Minneapolis." Among many investments in basic services, Frey is calling for an additional \$3.88 million in 2023 and \$4.37 million in 2024 to improve roads, trails and 311 response.

Koski is organizing a Ward 11 budget community meeting for October or November where there will be a presentation on the 2023-2024 recommended budget and opportunities for public participation.

Ward 2 Council Member, Robin Wonsley, is also planning a ward-level

community meeting. She is calling it a "budget summit" and plans to hold it in the first week of October.

While Wonsley sees some positives in the budget, including funding to support reproductive rights and better lighting, especially in the University Area, she also has concerns.

She wonders if some of the investments in public safety are "premature" noting that the police department "has been the one department that has put the entire city and taxpayers in a financial bind" and "has really not done anything right now proactive to address that."

The mayor's proposal has funding for 731 sworn officers in 2023 and 783 in 2024 in the police department and four classes of new recruits in each year of the budget, as well as \$8.6 million for overtime and \$1.5 million for contracting with other law enforcement entities to provide services for the city. "There is no parity," said Wonsley. "Most of the resources will be going to MPD. Why not invest more in violence prevention?" She suggests expanding the use of unarmed personnel, like the violence interrupters, who could be city employees and "help fill the shortage on the MPD."

She also would like more investment in climate justice, winter sidewalk clearance, public housing and to support the legislative side, or the council, in any city government restructuring. The mayor has proposed creating or moving six new positions into the audit department and one in the clerk's office over the next two years. These are the two divisions (beyond the council itself) that the council has direct authority over. Calling it "an anemic investment in the legislative side," she wants to see the council have more professional

policy staff and their own independent legal resources and staff.

The Board of Estimate and Taxation President Samantha Pree-Stinson also has concerns about the budget. Two goals she cited in her campaign and as priorities for her first year in office – reparations and restoring the city's housing levy – were not directly included in the proposed budget. Pree-Stinson said that she is hoping to work with Wonsley and others to fund the housing levy to make an ongoing annual investment to public housing. She is also concerned about the overall levy increase and how "increasing taxes will disproportionately affect Black people." She wants to see some support for those most in need. "If we prioritize economic justice and prioritize things like public bathrooms, fountains, charging stations, safe use and needle exchanges, cooling and warming stations," she said, "it will help."

There will be plenty of time for the City Council to consider those, and other options in the months ahead. They will formally begin reviewing the proposed biennial budget at committee meetings in September. The Board of Estimate and Taxation will hold a public hearing on the levy on Sept. 14 and the council will hold public hearings on Nov. 10, Nov. 15, and before the final budget adoption on Dec. 6, 2022.

### DIG INTO THE DETAILS

Review the mayor's proposal for yourself at [www.minneapolismn.gov/government/budget/](http://www.minneapolismn.gov/government/budget/)



# New artists and spaces join with familiar participants for LoLa Art Crawl

By SHARON PARKER  
League of Longfellow Artists

Watercolor painter Barb Morrison is excited to be joining the LoLa Art Crawl for the first time, and to be able to show off the recently renovated Millworks Lofts as a site on the crawl. "Millworks Lofts is a landmark. Built in the early 1900s. It was used as a factory which made all the doors, staircases, crown moldings, built-in buffets all around the country," she says.

She'll be hosting four other artists at 4041 Hiawatha Ave., in an area that used to be a horse stable. "The interior of our space is very unique in that it has the old beams, open floor plan, very high ceilings! Also, the natural light is beautiful," she said. Morrison has been waiting to include this unique space as part of the art crawl since she moved in three years ago. "I have tried to include Millworks in the LoLa crawl but because of COVID-19, I couldn't for two years."

The League of Longfellow Artists (LoLa) is welcoming new artists and spaces along with the return of old friends for the LoLa Art Crawl, Sept. 17 to 18, with 92 artists at 44 sites, new colorful yard signs dotting the neighborhood, and print directories (with maps) to assist visitors in finding them all, or as many as they like.

This is the 12th annual neighborhood-based tour of local art organized by LoLa since 2009, skipping only 2020 because of COVID-19 and the destruction caused by civil unrest after the murder of George Floyd. Last year, as the community was still recovering from all that, LoLa held a scaled-back version of the event



Watercolor painter Barb Morrison is opening her studio in Millworks Lofts during this year's LoLa Art Crawl Sept. 17-18. (Photo submitted)

without asking local businesses for sponsorship support.

All of which makes this year's art crawl a kind of revival celebration not just for the artists, but also for several small businesses and organizations that had been forced to close.

Squirrel Haus Arts opened in 2015 at 3450 Snelling Ave. as a neighborhood arts center with studio and exhibition space for local artists. Owners Michael and Donna Spidie Meyers recognized a kinship with LoLa right away. "Our commitment to supporting LoLa began the day Squirrel Haus Arts opened," says Michael Meyers. "[During] each LoLa Art Crawl, they place six or seven artists in our space. We enhance [the experience] by creating spe-

## PLAN TO ATTEND

The LoLa Art Crawl, Sept. 17-18, 10 to 4 each day, is a self-guided tour of local art at businesses, art centers, and artists' homes that takes place each year on the third weekend in September. It's scope encompasses Greater Longfellow, which is bordered by the Midtown Greenway, Minnehaha Falls, Hiawatha Avenue and Mississippi River, and extends slightly beyond those boundaries to include adjacent arts venues such as the Ivy Arts Building. Participating artists live and/or work in Greater Longfellow, or are guests of member artists.

The League of Longfellow Artists (LoLa) is a nonprofit organization and voluntary association of artists who live or work in Longfellow. Its mission is to partner with neighborhood arts organizations, nonprofits, small businesses, and residents to support Longfellow artists at any stage in their creative lives, and to invite and encourage community engagement with art and artists.

More information is available at [LoLaArt.org](http://LoLaArt.org).

cial events to help draw attendance. This year it will be free life drawing sessions." Squirrel Haus has also made their space available for LoLa organizational meetings and for LoLa's Winter Fine Arts Exhibition, and is a sponsor of this year's art crawl. For more information, visit [www.squirrelhausarts.com](http://www.squirrelhausarts.com).

For the Vine Arts Center, this year's

LoLa is a true rising-from-the-ashes comeback. Located on the second floor of the Ivy Arts Building, 2637 27th Ave. S., it was one of the many spaces badly damaged after a fire spread to the roof from the nearby Hexagon Bar on May 29, 2020. The repairs and renovations have taken two years to complete and now the art center is ready to open again just in time to be a part of LoLa. "We are so excited to announce our grand reopening featuring a member art show," declares the center's website. The show opens on LoLa weekend and will remain up through Oct. 29. Several LoLa artists belong to the member-operated nonprofit, including Susan Kolstad, who coordinated with the center's board and LoLa to make the Vine Arts Center a part of the crawl and to support LoLa with a sponsorship. Regular gallery hours are Saturdays from 10 a.m. to 5 p.m. For more information, visit [www.vineartscenter.org](http://www.vineartscenter.org).

Many Longfellow businesses support the LoLa Art Crawl by hosting artists, providing space for posters, postcards, and directories, and, for those that are able, placing sponsor ads in the directory. It is truly a mutually beneficial tradition that local businesses, organizations, artists and art lovers welcome back with enthusiasm.

"Art is about community, expression, connection. It can soothe, create dialogue, resolve issues and create others. The League of Longfellow Artists provides an opportunity which binds us together through their art crawl. This is why we support LoLa," said Meyer.

## Local nonprofit serving seniors finds its 'new normal'

### NOKOMIS HEALTHY SENIORS

BY TRICIA THEURER  
[nokomishealthyseniors.org](http://nokomishealthyseniors.org)  
612-729-5499



Cathy Bray does blood pressure checks as part of the "The Nurse Is In," one of the most popular programs available through Nokomis Healthy Seniors. (Photo submitted)

The past few years have been tough for all of us, with social isolation, soaring prices of every-day items, fears related to COVID-19, and, especially for residents of Minneapolis, unrest and turmoil. For many area older adults – many of whom were experiencing social isolation even before COVID-19 made its way to Minnesota – it's been a time that has tested their independence and health, and uprooted their routines and relationships.

Nokomis Healthy Seniors, a local nonprofit whose mission is to help older adults remain independent in their own homes has served older adults in 15 neighborhoods of south Minneapolis since 1994. Since it provides direct service and programs that are relationship-based, the pandemic has brought many operational challenges. Pre-pandemic, those services included education, art groups, book club, support groups, foot care, exercise, outings to plays and museums, special events, Lunch and a Movie, and referrals to home care and to other resources.

### A PIVOT

The 28-year-old organization's staff and volunteers rose to the challenge, pivoting to new and alternative ways to connect with participants during the lock-down and health crisis. The staff got creative with offering many ideas and resources, that were shared via emails and print newsletters, such as virtual exercise classes and affinity gatherings, drive-thru events – including drive-thru events holiday party, Thanksgiving pie give-away and Valentine's Day gift bags – and most recently, hybrid models, with programs being offered both in-person and online to accommodate everyone's needs and comfort levels.

Volunteers stepped up, too, finding new ways to connect to older adults. While typical in-person visits with older adults

and rides to doctor appointments weren't an option for many months, they were able to pick up food and meals, library materials, and other essential items – socially distanced, of course. Staff and volunteers also called older adults for regular, friendly check-ins. Megan Elliasen, executive director of NHS, said, "We're grateful for our wonderful volunteers who served older adults in new and different ways."

Another example of NHS being flexible and creative is that NHS had planned an in-person group, "Walk with Ease" program by the Arthritis Foundation. Instead, staff turned it into an individual endeavor that they called "Walk the Grand Canyon," in which each participant would walk 18 miles over a period of 2-3 months (the

distance of what it would be to walk the Grand Canyon) in their own homes.

### STABILITY

Thanks to COVID-relief funds, all staff have remained employed throughout the crisis. "We're extremely grateful for the funds we've received, as it meant that all staff have remained employed, and we were able to continue to provide some much-needed services, despite the challenges around the pandemic," said Elliasen.

### THE NEW NORMAL

In the past year, things have slowly gone back to more of a pre-COVID status as NHS has planned additional in-person events, including: monthly luncheons and regular educational presentations, exercise classes on Mondays, Tuesdays, and Thursdays, and a yoga class on Wednesdays. One of the most popular programs, "Nurse Is In," in which a nurse does blood pressure checks and chats with seniors about their health issues, is back on the schedule. Thursdays mornings are once again one of the most popular days of the week for NHS participants, with many staying most of the morning – participating in the exercise class, having their blood pressure checked and socializing with others. Many activities are still being offered in a hybrid model, to ensure that participants can participate in whatever way they're comfortable.

If you're an older adult looking for activities and resources, or a caregiver of an older adult, please get in touch. We'd love to meet you! Contact NHS at 612-729-5499, or visit the website at <https://www.nokomishealthyseniors.org>.

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# Wyckoff tells tall tales of Split Rock Lighthouse in 'Refuge from the Sea'



Wyckoff's "Refuge from the Sea," the third novel in his Black Otter Bay series, releases Sept. 13. A launch event will take place at Moon Palace Books at 7 p.m. on Sept. 20. (Photo by Jill Boogren)

By JILL BOOGREN

Ever wonder how they built the Split Rock Lighthouse on top of a 130-foot cliff, when there were no roads or towns nearby? Vincent Wyckoff did, and in researching the what and the how (spoiler: they haul everything up from the lake!), the familiar characters of Black Otter Bay spun back to tell the tale in Wyckoff's latest novel, "Refuge from the Sea."

In the story, a 100-year-old past meets present through the discovery of a journal by 14-year-old Abby Simon, who is determined to find out the truth behind the author's entries. With the help of her friends, she sleuths clues to mysteries little and large. The reader is transported to a rugged North Shore, an unwieldy Great Lake, and bone-chilling adventures – with,

as Wyckoff describes, "lots of tall tales and Lake Superior shipwreck stories."

There's romance and even an ox (no, not THAT ox). We're also introduced to the true but little-known United States Lifesaving Service, one team of whom were deployed to Duluth to rescue people from ships sinking outside the canal.

"The Lifesaving Service was out there trying to get these guys in to shore as the boats were going down, ships were sinking," said Ericsson resident Wyckoff in a brief interview. "It's just hair-raising, harrowing stories... They go out in the middle of the night in these storms in row boats, you know?"

The novel is historical fiction, the third story in Wyckoff's Black Otter Bay series. Wyckoff stays true to the timeline while giving life to some of the ships that

contribute to the lore of Lake Superior. The journal is written by the fictionalized George Hensing, as Vincent puts it – "the guy who wants to build a lighthouse and he's scared to death of the lake." And the residents of Black Otter Bay tell the rest.

This part of the North Shore is familiar terrain for Wyckoff, whose family cabin is situated within three miles of the iconic lighthouse. "I used to walk there from our cabin," he said. "I used to walk through the woods."

The book releases Sept. 13, and a launch event will be held at Moon Palace Books at 7 p.m. on Sept. 20.

A book signing will also be held Sept. 24, 12-2 pm, at Once Upon A Crime (604 W. 26th St.), at Lake Superior Trading Post in Grand Marais (Sept. 17), and at the Lutsen Mountain Shop in Lutsen (Sept. 18).

## Repairs coming to historic park buildings

The Ard Godfrey House, John H. Stevens House, and Longfellow House are scheduled for repairs this fall as part of ongoing efforts to rehabilitate historic structures located in Minneapolis parks.

Repairs at the Godfrey House and Longfellow House will be performed by participants in the Hennepin County's Productive Day Program, which pays people on parole or probation an hourly training stipend while they learn transferable skills. Participants who successfully complete on-the-job training and off-site

classroom curriculum earn a certificate in general carpentry skills and are prepared for union apprenticeship employment.

The partnership between Hennepin County Department of Community Corrections and Rehabilitation and the Minneapolis Park and Recreation Board (MPRB) began last summer, when participants repaired siding on the Ard Godfrey House. This year program participants will return to the Godfrey House to paint its exterior and began siding and trim repairs at the Longfellow House.

Roof replacement at the Stevens House will be done by contractors hired by the MPRB this fall, but the Productive Day Program may be involved in siding and trim repairs planned next year.

### JOHN H. STEVENS HOUSE

4901 S Minnehaha Park Drive, part of Minnehaha Regional Park

John H. Stevens was an early settler in St. Anthony in 1849. He built the first wood frame house on the west bank of the Mississippi River, just above St. Anthony Falls, in what was to become Minneapolis. It's open Tuesday, Thursday, Saturday, Sunday, 2-4 p.m. The roof will be replaced

in the fall. Siding and trim repairs are tentatively planned for 2023.

### LONGFELLOW HOUSE

4800 S Minnehaha Park Drive, part of Minnehaha Regional Park

In 1994, the house was moved a few hundred feet to its present location. It now serves as an information center for the Grand Rounds National Scenic Byway, offices for the Minneapolis Parks foundation, and houses the Minnesota School of Botanical Art. Siding and trim repairs are scheduled to begin in summer 2022 and continue into spring 2023. Painting is planned afterwards.



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Artists' work above, clockwise from left: Cherie Burke, Sharon Parker, Daren Hill, Mary Ila Duntzman, Gwen Partin, Jim Dunn, Ella Ritzman, Gordon Coons.



UNDER  
THE HOOD

BY SUSAN SCHAEFER

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



## BEACH TO BEECH

When I arrived in Minnesota as an east coast transplant in the late 1980s, my summer visions were of expanses of New Jersey beaches rather than expansive views of blue beeches, the understory tree of northern pine forests. Finding summer pleasure in a tiny lakeshore cabin nestled in any forest was an entirely alien concept.

East coast childhood summers had been two-month long versions of the Minnesota State Fair wrapped in a sea breeze. There were bustling boardwalks, vast horizons of deep blue wave-tossed waters, and fine sand strands as far as the eye could see, dotted with colorful beach chairs and umbrellas. Summer sounds were chants of, "Getchyr ice-cold fudgy wudgy ice cream," belted out by a phalanx of dudes dressed in white, heavy mini freezers strapped to their shoulders, not the haunting call of a lone loon. Coppertone, hot dogs and pizza were my summer scents, not the clean prick of pungent pine.

But that has changed.

After 34 summers far removed from the throngs of vacationers packing the boardwalks and beaches, I've come to savor the tranquility of the north woods.

## FROM THE 'HOOD TO THE WOODS

It's a privilege to be able to access the wilderness. Unlike the seashores in easy reach for most east coast urbanites, finding a way to the immense nature of northern Minnesota and Wisconsin requires ample resources. Generational ownership of private cabins is typical, severely limiting access. And while resorts and small inns dot the northern landscapes, many are inaccessible for numerous metro residents.

This year in late July, our little group of four women hailing from all corners of the metro area, planned a mid-week stay in a private cabin on Lake Nancy, a pristine northern location belonging to a dear, longtime friend.

Key to any cabin trip is good preparation, so ahead of our adventure we met on a sunny café patio for the requisite kick-off strategic meeting. With no supermar-

## From the 'HOOD to the WOODS



There are easy woodland walks that don't require heavy hiking. (Photo by Susan Schaefer)



Simple pleasures of a homecooked meal and camaraderie contribute to the sense of north woods well-being. (Photo by Susan Schaefer)

kets or restaurants near our destination, we planned our communal meals. All groceries would be hauled in from our respective urban grocery stores. Joint activities, games and puzzles were also coordinated. All aspects of our stay easily came together.

Of course, a trip up north also requires having reliable transportation,

which was not a problem for four solidly middle-class women. In fact, we took two cars – the right choice given the hilarious amount of cargo we schlepped. Our mini-SUVs seemed packed for a two-month rather than mid-week stay. Laden with our urban amenities, we headed out at the appointed time.

## GPS WON'T GET YOU TO THE DOOR

Unlike some of the longer "Up North" trips, Lake Nancy is a comfortable two-and-a-half-hour commute from the metro. Turning off I35 at the landmark "caloric" café known as Tobies, my companion, Kathy, and I munched donuts and cinnamon buns as we continued along a two-laned local highway. It wasn't long until we left the paved main road onto its graveled country cousin, driving into the deep, silent woods, simultaneously exchanging delighted glances and exhaling an identical sigh as our city concerns melted away under the green canopy. Our pleasure on entering untouched nature soared like the first eagles we soon spotted above.

## LITTLE CABIN IN THE WOODS

Although I had been a regular Lake Nancy guest frequently in the early 1990s, the nearly 20 years since my last visit erased any directional memory. Fortunately, our host had provided a detailed, hand-drawn map for the last part of our journey. Well off the beaten path where our GPS failed us, our only wayfinding devices were the map and modest country-style address placards. After a few wrong turns, we found the golden knotty pine cabin with its signature red garage and reassuring "Lake Nancy Rd" sign.

Like many an original hunting or fishing shack, the cabin has been adorably renovated, featuring a well-stocked kitchen with the necessary appliances. Although the sole bathroom is small (and the shower smaller), everything is updated and practical. The living room with its woodburning stove, two tiny bedrooms and small porch, harkens back to the cabin's 1800s provenance. There is something primal and satisfying about being in such a space.

We enjoyed our meals and each other's company primarily in the cabin's centerpiece, a modern, vaulted-ceiling great room, surrounded by picture windows that bring the pine forest indoors. This room opens onto a large deck with views of the lake, festooned with bird feeders that host a constant show of pileated woodpeckers, ruby-throated hummingbirds, black-capped chickadees, northern cardinals, red-winged blackbirds, blue jays and more. Gathering here was the heart of our stay, filled with the sounds of book pages turning and the welcome conversation of wise women.

## THE BENEFITS OF NATURE

Whether taking little hikes around the

TO THE WOODS >> 11

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Quietly reading on a deck under whispering pines is a quintessential lake tradition. (Photo by Susan Schaefer)



View from the dock provides the tranquility of the water, sky and trees and a lone loon in the distance seeking her feathered family. (Photo by Susan Schaefer)

## TO THE WOODS >> from 10

area, lounging in the great room or on the spacious pontoon or deck, or splashing in the lake, the absolute break from city sounds and distractions is healing balm for body, soul and mind. It is a privilege and a pleasure.

Regardless of age or culture, all humans find nature pleasing. Being in, or even viewing scenes of nature, is proven to reduce anger, fear, and stress – feelings that can elevate blood pressure, heart rate, and muscle tension and suppress our immune systems. Research from the Earl E. Bakken Center Spirituality & Healing, a part of the University of Minnesota, offers evidence about how our environments in-

crease or reduce stress.

We are genetically programmed to find trees, plants, water, and other nature elements engrossing, increasing our pleasurable feelings. When we are absorbed by nature scenes, we become distracted from our pain and discomfort. Because humans find nature inherently interesting, time in nature also increases our ability to pay attention, providing a respite for our overactive minds, refreshing us for new tasks.

It is a scientific fact that being in nature contributes to a virtuous cycle of healing and restoration.

### WHAT ABOUT ACCESS?

Sadly, research also confirms that underserved and communities of color are far less likely to engage in nature-based outdoor recreation activities, with historic discrimination being a large underlying factor.

Our local Twin Cities PBS station (TPT) in conjunction with parent company, PBS, has responded to this situation by launching a six-part primetime series, "America Outdoors With Baratunde Thurston," an outdoor enthusiast and New York Times bestselling author of "How to Be Black."

Thurston is the real deal – witty, authentic and charming. His personality is infectious. The series follows him on adventure-filled journeys exploring a diverse array of natural regions across the U.S. It focuses on how those landscapes shape the way Americans work, play and interact with the outdoors. The segment on Minnesota's north woods will resonate with local audiences.

The show is for everyone, but there's little doubt that PBS and TPT are wisely responding to the problem of access to natural settings for certain populations. This inaccessibility is as much a central theme of the series as is the twinned message for intensified environmental stewardship.

In a similar vein, at the beginning of

August the Minneapolis *Star Tribune* featured Laura Yuen's illuminating article about the 100-year history of Black families getting away to a certain Minnesota lake. Yuen's article reinforces the necessity for nature retreats for everyone. Black families, she writes, "went to the lake to get away from the city, find solace in nature, hear the call of the loon, sip cocktails and play cards, teach their kids how to anchor the boat, pick wild berries, walk the woods under the stars, and tell stories about the colossal fish they almost caught."

My friends and I could do these things without any roadblocks. Shouldn't everyone be able to access our wild and won-

derful nature?

It is in our best interest as a society to do a better job providing equal access to our northern woods and lakes. A website called Wilderness Inquiry features several options: [https://www.wildernessinquiry.org/about-wilderness-inquiry\\_old/partner-organizations/](https://www.wildernessinquiry.org/about-wilderness-inquiry_old/partner-organizations/)

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.

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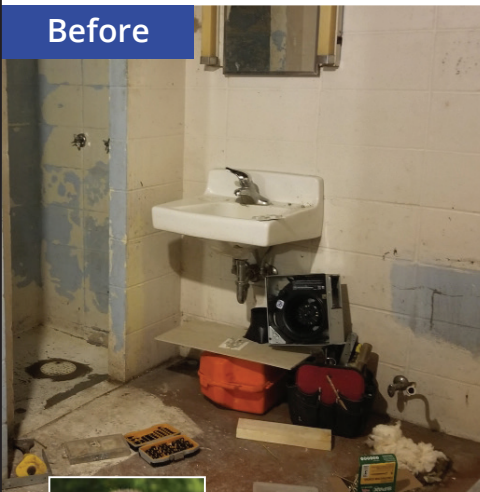
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By JAN WILLMS

Giving birth to a child can be both a wonderful and challenging experience. But when you are incarcerated, the challenges can be even greater.

Acknowledging this fact and trying to provide a more humane experience for incarcerated women going through pregnancy, the birth of their child and then separation instigated the start of the Minnesota Prison Doula Project (MnPDP).

A doula is a trained professional who provides continuous physical, emotional and informational support to a mother before, during and shortly after childbirth to help her achieve the healthiest, most satisfying experience possible.

"Erica Gerrity was in the master's program in social work at St. Kate's in the early 2000s," said Raelene Baker, director of MnPDP. "She was able to talk with incarcerated people and see what was offered at the time. She realized there was just no support for those pregnant and coming back from having babies. She connected with me and other doulas to see what a program might look like."

After a couple years of program development, MnPDP began in 2010. "We looked at what they needed, what they were missing and how we would be able to help," Baker explained.

"At the beginning, doulas were fairly well known in the Twin Cities but not everywhere across the country. We did a lot of explaining about what we wanted to do, especially in a correctional setting. And now so many more correctional facilities are reaching out to the doulas. Currently the group works with the state prison at Shakopee and several county jails throughout the state.

"We have seen a culture shift over the years, and we want to bring this to our facilities," Baker said. "We have seen a change in how people are treated at the hospital, while they are in care and once they are back in incarceration. Leadership is changing in our state, and we see a lot more 'people first' language."

She said the word offender is not being used, and she is glad to see that shift. "Lots of people are coming together in leadership, and it is all positive," Baker noted. "It sets Minnesota apart from other places."

MnPDP has had a long-term relationship with the University of Minnesota, with Rebecca Schlafer as director of research. Data results have shown a higher rate of healthy babies and healthy pregnancies with women who are part of the doula program than average prison births.

Key partners on the Minneapolis-based program include Ramsey County, Anoka County and Pine County.

#### 'ANYBODY CAN BE INCARCERATED'

Brittany Seaver has been a recipient of doula services and now is a doula herself. "There had been no support for incarcerated women giving birth," she said. "Nurses tried to support as much as they could, but there was no one to rub the mom's back, or provide essential oil. A mom usually spent two days with her baby and then returned to incarceration. There was no support during that separation as well, before the arrival of the doula program."

An anti-shackling law was not in place until 2015 when Minnesota passed anti-shackling legislation. As a result, incarcerated women cannot be restrained during pregnancy and in the post-partum period, with rare exceptions. However,



You are with three guards usually, and with your doula. You don't get to see your partner even if they come to pick up the baby. If your partner is there and caring for the baby, having to miss the birth is hard."

Jocelyn Brieschke

# THE PRISON DOULA PROJECT:

*Instead of giving birth with just three guards present, doulas help women during labor to reduce trauma for mom and child*

**BRITTANY SEAVER HOLDS HER NEWLY BORN INFANT. SHE USED THE DOULA SERVICES IN 2011 WHEN THE PROGRAM WAS QUITE NEW, AND IS NOW A DOULA HERSELF.**

**"YOU HAVE NO CHOICE OF WHERE YOU GO OR HOW MUCH MEDICAL CARE YOU RECEIVE. YOU FEEL LIKE YOU ARE NOT HEARD OR RESPECTED," SAID SEAVER.**

(Photo submitted)



Seaver said the law is not consistent and in some instances, the practice continues.

Seaver used the doula services in 2011, when MnPDP was quite new. "I was going into jail knowing I was four months pregnant and would have to be there during my pregnancy," she said.

"You have no choice of where you go or how much medical care you receive," Seaver said. "You feel like you don't have a voice and if you do, you are not heard or respected by many staff since you are just a number." She said knowing there was someone there who would hold her hand and be there for her and not judge her was so important.

Baker was her doula and came with her to the hospital. But Seaver arrived first, and there had been some communication problems, so she was waiting for Baker to come. "I was waiting for the doula to get there before I pushed my daughter out," Seaver remembered. "When Rae came, she took a ton of pictures. It was a life-changing moment for me in that moment."

Seaver's mom came to take the baby, and the doula was also there for the separation. "I got out when my daughter was 18 months old," Seaver said. "I got out in two years instead of six. People often say incarcerated mothers do it to themselves and have only themselves to blame for the situation they are in. Anybody can be incarcerated. It depends on who you are with; it can be the company you keep."

"For Rae to be there with me and not judge me was amazing," Seaver said she got pregnant again a year after she was released, and she wanted Baker with her as a doula again. "She had touched such a spot in my heart," Seaver explained. "I always knew I wanted to work with the doulas and stay connected with them. I have been working with the doulas for four years."

Seaver said she would like to see the doula program implemented in all jails and facilities. "We are always striving for ways we can be of support, and make sure nobody gives birth alone."

#### ANXIETY AND DEPRESSION COMMON

Autumn Mason has also seen the

MnPDP from both sides, as a participant and later as a trained doula.

"I came as a client in 2014 when I was incarcerated at Shakopee," she said. "At the time of my sentencing I was seven and a half months pregnant, and I received doula support. I continued to work with a doula through a parenting program and came to appreciate the community it is built around."

"Once I was released, I worked with the doulas on a volunteer basis, and in 2020, I was brought on as staff. I have undergone the doula training, lactation consultant training, family trauma professional training, and I am a certified life coach."

Mason said that fairly often, both parents are incarcerated. "We offer parental support with fathers, but our care is primarily with the mother," she stated. Mason said the doulas try to connect with the mom as soon as possible, but MnPDP is optional, and some expectant mothers may choose not to participate.

She said every case is different, and it is not uncommon for the incarcerated moms to remain connected with incarcerated partners. "Whatever the family looks like, we support the mom, the caregiver and the child," Mason said.

"Other than my own, every situation or client I have been blessed to work with is unique in its own way," Mason added. "For me, I think my experience resonates with me every time I attend a birth. So many experiences are unfavorable, and I want to make sure my clients don't have that."

Mason said that in particular, she wants her clients to feel a sense of pride and dignity. Births take place in a medical setting at local hospitals in the metro area. Based on the health conditions of the mother and baby, those settings can vary, according to Mason. "If medical issues or complications are expected, it is more of a specialty hospital," she said. She said that in her experience, the medical staff has always treated the patients with the same dignity as an unincarcerated mother.

"As a doula, our focus is the birthing mom," Mason continued. "We don't provide any medical care, but instead emo-

#### BY THE NUMBERS

• A total of 278 pregnant women were sentenced to serve time in prison between 2013 and 2020.

• 34% of the pregnant women were native, 12% black, and 53% white.

• 77% were in prison for technical violations of supervision.

• 84% had non-violent governing offenses.

• 77% were sentenced to prison while pregnant for less than nine months.

• The median length of stay for a pregnant woman in Minnesota prison is 4.5 months.

• 41% of mothers who gave birth while incarcerated reached their release date within 90 days of giving birth; 54% released within 6 months of giving birth; 67% within 9 months; and 76% within 1 year.

Data from MN Department of Corrections



Most women are in prison for non-violent crimes, bad choices in a partner or drug addiction, which shouldn't be a punishable crime as far as I am concerned."

Jocelyn Brieschke

tional, mental and physical support. We try to meet the need of the birthing mom and help her enjoy or at least find peace and comfort in her birthing experience."

She said she starts working with the mother

before the birthing process, holding conversations about personal preferences so she can best represent her. "We start with stretches and activities and go through the pregnancy to postpartum, as well." Since most mothers are separated from their child within a couple days after birth, support during that separation is essential.

Most of her clients maintain custodial rights with their children, arranging for family, relatives or friends to provide care for the child. "Some may choose not to continue with custodial care; it is the mom's decision," Mason said. She said the doulas provide emotional support for any pregnant client, no matter what her decision is. "We do not make any preference or judgment on decisions," she said. "For the clients who may choose not to continue with their pregnancy, the ongoing services may differ because postpartum may look different, by choice."

Mason said each part of the pregnancy has its individual challenges. "A woman who is pregnant and coming into prison is in a high anxiety situation. Weighing out options of placement for the child could also cause a great deal of stress. There is no way we can change the situation for them, and it's a very delicate process to build trust. A lot of clients are completely foreign to what the criminal justice system looks like from the inside."

"Closer to delivery or at the time of birth, it is a very precious experience. A new life is coming into this world and we witness the growth and empowerment of the mom in this situation. Separation is extremely challenging for any mom, and this is a very delicate time. The moms are going through a seesaw of emotions," Mason said. "Doulas provide the most



# Should you use eggshells and Epsom salt?

## THE CITY GARDENER

BY LAUREN BETHKE,  
Master Gardener



It seems like every time I open up social media, I see posts or videos with gardening advice. Sometimes the advice is good, but sometimes it's useless or even harmful. But how to know which tips to follow and which to ignore? Read on for some science-based information about common gardening myths.

One of the most common tips I've seen on social media is to use eggshells or antacid tablets containing calcium carbonate when planting tomatoes, to prevent blossom end rot. The logic is that blossom end rot is the result of a calcium deficiency in the fruit, so adding calcium-rich ingredients to the planting hole will give your tomatoes a calcium boost. In reality, most Minnesota soils have plenty of calcium for garden plants – it's just that consistent watering is needed in order for calcium to efficiently travel through the roots and reach the tomato fruit. So if you have a blossom end rot issue, focus on keeping plants evenly moist rather than adding calcium. Additionally, eggshells decompose slowly in soil, so they would take quite a while to affect your plants.

Another common piece of advice



*Early blight is common, and causes yellowing leaves. A lack of air flow in dense tomato plants can be an issue.*

is to sprinkle crushed eggshells around your plants so the sharp edges deter slugs. However, research shows that this doesn't really work. Slugs appear to have no problem traveling over crushed eggshells – and in fact, they may be attracted to any egg residue left on the shells, so spreading eggshells in your garden could actually make your slug problem worse. Instead, consider handpicking slugs and tossing them in a bucket of soapy water to kill them. Al-

though this is not always a fun gardening task, it's a tried-and-true method for slug removal.

There are also lots of videos out there touting Epsom salt as a cure for many different garden problems. I've heard Epsom salt recommended for seed germination, vegetable and flower production, pest problems, and more. Epsom salt contains magnesium, which is indeed a nutrient that plants need. However, magnesium deficiencies in Minnesota home gardens are rare except in sandy, acidic soils. Adding too much magnesium to your soil can actually harm plants by inhibiting the uptake of other critical nutrients, and can contaminate water. Additionally, spraying Epsom salt solutions onto plant leaves can cause leaf scorch. If you think you may have a magnesium deficiency in your soil, consider having your soil tested through the University of Minnesota Extension Service. Otherwise, save the Epsom salt for your post-yard-work bath!

I've seen several videos recently recommending that gardeners either soak banana peels in water or save water used to rinse rice or cook pasta, and use that water on plants. Bananas do contain potassium, but soaking the peels in water doesn't extract much potassium. Additionally, banana water can attract pests such as gnats and fruit flies. Pasta and rice water both contain starch, which may contain some nutrients. However, any potential benefits are untested and the amount of nutrients provided to plants would be minimal. Additionally, adding extra starch to plants

can harden the soil and attract pests like ants or spiders. And if you've salted your pasta water, definitely keep it away from the garden because salt is very toxic to plants!

Lastly, let's talk about putting a layer of rocks in the bottom of containers to improve drainage. This is a very common practice, but it's actually doing the opposite of what you intend! When you add rocks (or another substance such as mulch or gravel) to the bottom of a pot, you probably imagine that excess water will drain out of the soil into the rock layer, protecting plants from overwatering. However, water will always collect in the bottom layer of soil (referred to as the "saturation zone"). When you add rocks or another material to the bottom of the pot, it simply moves the saturation zone up – so a plant is MORE likely to suffer from excess water because that saturation zone has moved closer to the plant's roots. This is counterintuitive, but if you search online for the phrase "perched water table," you can see some excellent videos and diagrams illustrating this phenomenon.

Although it can be fun to try out new gardening techniques, social media tips can be unreliable. Do some research using reputable sources to make sure you won't accidentally harm your plants, soil, or water (or waste your time on techniques that simply won't work).

For more information, check out the University of Minnesota Extension Yard and Garden website. Extension resources are written by experts, and contain the latest and most reliable research-based information. Happy gardening!

## THE PRISON DOULA PROJECT >> from 13

emotional support they get in prison. Post-partum they suffer from a heightened sense of depression."

### BIRTH WORK IS SPIRITUAL WORK

Jocelyn Brieschke has worked as a doula for 18 years, mostly in her Indigenous community. "I knew I wanted to work with MnPDP, but I wasn't sure how it would turn out," she said. "It's a lot different for mothers inside to have to give birth while incarcerated. There is the separation visit, and you can't be with your baby. That's very challenging, and I was worried and concerned about what you do."

But a friend convinced her to do it. "I feel like birth work is spiritual work when you are there to help that baby come to the world in a good way, and that's what is most important," Brieschke said.

She has been working for the prison

project for over five years now. She also works for an Indigenous program and sometimes has private clients.

Brieschke said having a doula takes a lot of pressure off the expectant mom. "I have three kids, and I had a doula for two of them. It is a really nice experience, I think, when you find someone who is a good fit for your family."

According to Brieschke, if a woman is incarcerated she is not allowed to have her partner present at the birth. "You are with three guards, usually, and with your doula.

"You don't get to see your partner



People often say incarcerated mothers do it to themselves and have only themselves to blame. ... Anybody can be incarcerated. It depends on who you are with; it can be the company you keep."

Brittany Seaver

even if they come to pick up the baby. If your partner is there and caring for the baby, having to miss the birth is hard for a lot of people." Brieschke said this rule applies to all, and grandparents or relatives who are going to care for the baby are also not allowed to be present for the birth.

A lot of the birth mothers return to incarceration devastated and in shock. "You are supposed to have a nice period of time recovering, but you don't get that in prison," Brieschke said. "Most women are in prison for nonviolent crimes, bad choices in a partner or drug addiction, which shouldn't be a punishable crime as far as I am concerned."

### CONSIDER THE KIDS

For some of the incarcerated mothers there has been a monumental change.

Gov. Tim Walz signed the Healthy Care Act into law in May 2021. This act enables incarcerated mothers to be moved to a halfway house or residential treatment facility so that they can bond with their newborn and not be separated from their

child. MnPDP was a strong advocate for this law, with many of the doulas testifying on its behalf.

"This is something small and easy to do," Baker said.

"The Healthy Care Act provides these women with other opportunities to give birth out in the community and stay with their babies longer," Seaver added. "But women with longer sentences are not able to utilize it. You have to have only a year left to participate. So women who have a few years remaining on their sentences cannot at this time be with their babies. I hope we can have more influence on that and hope they change the stipulations."

Brieschke noted that lack of housing is a big barrier in trying to get all incarcerated birth mothers covered by this act.

Mason said an ultimate goal is to see moms not incarcerated. "I encourage everyone to consider the kids of incarcerated people. They are innocent but born at a disadvantage. It's worth considering how we can give them a fair and healthy start at life and not continue the cycle of trauma."

## WE'VE CAST OUR BALLOTS, THEN WHAT?

This is part of a series about the 2022 municipal elections by the League of Women Voters Minneapolis.

We've thought hard about the candidates and slipped our ballots into the voting machine on election day. We've done our part. Now it's up to others to make sure our votes are safe.

The first persons we encounter at the polls are the election judges, there to help us through the voting process – from registering and verifying eligibility to actually depositing the ballots. They are usually citizens from the neighborhood, chosen based on their experience and sometimes language skills. Judges are affiliated with a variety of major parties, or they may be unaffiliated. Certain tasks at the polls need to be performed by two people of different



parties. All judges receive specific training to do their jobs and are sworn in to be impartial.

When voting at the polls ends at 8 p.m. on election night, the election judges at each of Minne-

apolis' 137 precincts bring materials to the city clerk staff at two receiving sites. It's a meticulous process, as election judges there check and re-check that the precinct judges have signed off on every item returned, such as envelopes containing election day registrations, number of spoiled ballots, and ballots themselves. Also included are tapes containing numerical results and a memory stick, a kind of thumb drive, which registers the number of votes in each category. Absentee ballots are entered into a high-speed tabulator starting

seven days before election day.

Memory sticks from all the machines are sent to Hennepin County where certified staff handle the ballot information on them and submit unofficial vote totals to the Secretary of State's office. These unofficial results are posted on election night or shortly thereafter by the state and also on the Minneapolis elections website. Results are official only after they are approved by a canvassing board, officials who review and approve results. This usually occurs in the weeks following an election.

So, what happens to our ballots while this process is going on? They, along with other materials collected from the precincts, are organized by ward and precinct and locked safely in a vault at Minneapolis elections headquarters. Should there be a question about voting results, or if a vote is so close that Minnesota law demands a recount, the paper ballots provide a necessary backup. The memory sticks are securely stored at Hennepin County Elec-

tions offices.

Much work goes into the election before actual voting day. Ballots for early voting must be prepared and sent to verified recipients. Ballots and voting machines must be tested and sent to the precincts. State law demands a public test of voting machines 14 days prior to election. At least two election judges from different parties certify the accuracy of the tabulators.

After every state general election, the county performs a post-election review of results returned by the optical scan ballot counters. The review is a hand count of the ballots in randomly selected precincts compared with the results from the voting system used. For local elections, city officials perform a similar random audit.

Everyone's vote matters. Our election officials are dedicated to ensuring every vote is safe, secure, and counted.



Lena Hristova talks about her gardening journey and experience with Chard Your Yard



Each year, Lena Hristova adds more perennials to her yard. (Photo submitted)

## LESS MOWING, MORE GROWING



Lena Hristova of Longfellow plants vegetables and herbs in the raised garden bed from Chard Your Yard. (Photo submitted)

By TESSA M. CHRISTENSEN

Longfellow resident Lena Hristova has been working to transform a lawn into a garden since she moved to the neighborhood nearly three years ago.

She has one of the 240 raised garden beds Chard Your Yard has installed since it began in 2013.

### WHAT TYPE OF GARDENER ARE YOU?

Hristova: I moved to the neighborhood in February 2020, shortly before the pandemic. Spending a lot more time at home definitely accelerated my gardening journey. I'd say I'm a curious gardener. I try to do a little more each season and grow plants for food, as well as to create a beautiful environment and support native species.

### HOW DID YOU HEAR ABOUT CHARD YOUR YARD AND WHAT DREW YOU TO THE PROGRAM?

I looked into neighborhood organizations when I moved because I knew I wanted to start making connections with our new neighbors, and found the Longfellow Community Council. It was through one of their newsletters that I discovered Chard Your Yard. It was perfect for a beginner like me.

CYY is a program run by volunteers, who build and install raised garden beds every spring. I've signed up every spring since I moved!

### PLEASE SHARE DETAILS ON YOUR YARD PROJECT/S.

My overarching goal is to replace all of my lawn with native perennial plants, which provide food for pollinators, and raised beds to grow vegetables and herbs for us. The fruit trees and berries we've added to our yard provide for both.

My yard was a blank slate (except for weeds) when I started, so I have been able to choose everything that has gone in to it since. I have a Mesabi cherry, which fruited last year for the first time, an in-ground strawberry patch, raspberry bushes and a black currant. This spring I added a Zestar apple tree. The vegetables and herbs live in the raised beds and additional containers. I always grow one or two tomatoes and peppers, lettuce and peas earlier in the season, and cucumber and eggplant later on. I experimented with pumpkins, which were very easy to grow and very exciting to harvest in the fall. For herbs, I plant chamomile, lavender, basil, marjoram, mint and dill. Dill is a favorite of the

swallowtail butterflies and last summer we were able to raise 19 of them and release them around Lake Nokomis!

The first summer I learned: A) fencing around the raised beds and any food plants close to the ground is a must; B) that mint should have its own container or it will take over everything; C) square foot gardening is aspirational, however, I should always plant fewer things than I think I have space for; and D) to invest in good cages/stakes/trellises. Almost all my produce gets eaten fresh and there's plenty of tomatoes, cucumbers, and herbs to share with friends and family.

In partnership with Metro Blooms, I created a raingarden in my front yard. I planted a prairiefire crabapple last year and I am working on slowly adding more and more perennials like rose and lilac bushes and oriental poppies. I also plant some annuals like zinnias and dahlias for cut flowers.

### WHAT DO YOU APPRECIATE MOST ABOUT THE CHARD YOUR YARD PROJECT AND HOW DID IT CHANGE YOUR YARD?

I deeply appreciate CYY because the program has helped me get started with raised bed gardening. The soil quality in many city yards is poor and sometimes

### ABOUT CHARD YOUR YARD

This year Chard Your Yard volunteers installed 43 garden beds and provided 473 buckets of soil. The garden beds are 3 x 5 x 12 and provided at-cost to residents, which was \$85 this year. Construction and delivery are provided by volunteers.

To be eligible, the garden must be installed in one of the following neighborhoods: Cooper, Corcoran, Ericson, Hiawatha, Howe, Longfellow, Seward, Standish. A limited amount of subsidized beds are available for households who are low income. Beds are subsidized by Transition Longfellow and Longfellow Community Council.

There were two build nights in May where volunteers cut the treated pine lumber and partially assembled the frames. Next they were delivered to the install locations, along with buckets of soil/compost from The Mulch Store. There were two install dates in May with two three-hour sessions each day.

Gardeners are encouraged to lay a barrier of organic materials such as newspaper, leaves, brush, sticks and even logs. "This material will break down slowly over time and provide deep nutrients to your garden," according to the website at chardyouryard.com. "This is similar to a practice called Hugelkultur; partially filling the bed with sticks or branches to decay and add nutrients to the soil as they break down over time. Hugelkultur is especially helpful for double high beds which require lots of soil."

The Mulch Store is regulated and inspected by the Minnesota Pollution Control Agency and verify that their process uses high heat to kill pathogens and pests including jumping worms and their eggs.

More at [chardyouryard.com](http://chardyouryard.com) and [www.transitionlongfellow.org/](http://www.transitionlongfellow.org/).

even dangerous (presence of heavy metals), so starting on a small scale in a raised bed with new and good quality soil is manageable and fun. I also loved the garden tour later in the season where we could visit other CYY gardens in the neighborhood.

I highly recommend it for anyone in the neighborhood! It's a lovely way to spend more time outside and all of your friends are going to be impressed by your hyperlocal produce!



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## RETHINKING I-94

>> from 1

homes and businesses that were there, as well as the city streets.

The underlying structure of the pavement and bridges is deteriorating, and the normal approach by MnDOT is to reconstruct the entire roadway.

"When MnDOT asked in 2016 if we should think about I-94 differently, the community resoundingly said yes," stated Levin. "We should not only be thinking about the roadway and the traffic on the roadway. We should be considering the health impacts of the roadway. We should be considering climate change, and the impact of driving on climate change. We should be thinking about equity, not only the historical wrongs but also the future."

"I-94 is a significant gash on the community, and it acts as a barrier," according to Levin. "It makes access much more difficult."

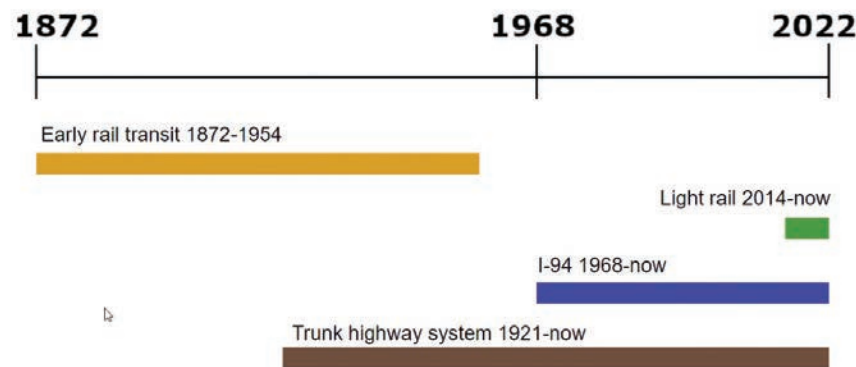
Priorities identified in an October 2021 community letter said that the Rethinking I-94 project must repair the highway's harms and put the needs of adjacent communities first. This includes:

- Reduce air and noise pollution and resulting health disparities
- Advance racial equity and economic opportunity
- Reconnect neighborhoods
- Improve transportation access
- Reduce carbon emissions
- Reduce traffic injuries and deaths
- Prevent displacement

### EFFECT ON NEIGHBORHOODS

"For a lot of us, it feels like I-94 has run through St. Paul forever," observed Ande Quercus, HMC Transportation Committee member. "St. Paul had a rail transit system for longer than the freeway has been there."

## 150 Years of Transportation Systems



Rail transit was popular before the automobile industry gained momentum in the 1920s, pointed out Quercus. But the Twin Cities experienced large changes when the interstate system was created.

One in 20 Minneapolis residents lost their home due to highway construction of I-94, I-35 and Highway 55. In St. Paul, 6,000 people were displaced. Black and low-income communities were specifically targeted; 80 percent of Black residents in Minneapolis lived in the neighborhoods where highways were routed, and 80% of St. Paul's Black population lived in Rondo.

Levin observed that it is important to understand the huge change the freeway had on the neighborhoods it went through. "It was destructive," said Levin.

### 28% DON'T HAVE A CAR WHO LIVE NEXT TO I-94

While the freeways enabled many to move out from the cities into the suburbs and still get to work, it didn't offer the same benefits to all. "Twenty-eight percent of the people in the I-94 corridor don't have access to a car," said Levin.

In Minnesota, transportation accounts for one-quarter of greenhouse gas emissions, Levin pointed out. "We will not really be able to address climate change until

we address transportation in the region."

The people who are harmed by I-94 are the ones who use it least, said Burns. Air pollution in the Twin Cities is worse following roadways, particularly the heavily-trafficked interstates. "One of the things that's really important to know about these urban highways is that the traffic pollution creates these rivers of pollution and poison through the communities through which they run," said Burns.

Pollution impacts include asthma, cardiovascular disease, cancer, reduced lung function, impaired lung development, pre-term and low-birthweight infants, childhood leukemia, reduced academic performance in children, dementia and premature death. Some of the city's highest hospitalization rates for asthma occur along the interstates. Asthma hospitalization within the Rethinking I-94 corridor is three times the state average and two times the county average. It is 9.05 per 10,000 residents.

A look at household income shows that those who live in the Rethinking I-94 corridor make much less than those who live elsewhere. In the corridor, the median household income is \$45,164, compared to \$57,876 in St. Paul, \$62,583 in Min-

neapolis, \$68,871 in Ramsey County, and \$82,369 in Hennepin County, according to the American Community Survey.

### OTHERS HAVE TAKEN OUT FREEWAYS

Other large cities have converted their highways into boulevards. In San Francisco, the Embarcadero Freeway was ripped out to provide better access to the waterway for residents and tourists. In Seoul, South Korea, the multi-story Cheonggye Freeway was removed to daylight a creek and add a linear park.

The city of Syracuse, N.Y. is set to remove a 1.4-mile stretch of Interstate 81 that has sliced through its downtown since the 1950s. A new community grid will reconnect neighborhoods.

The 11-lane Paris Beltway will be converted by 2030 into an eight-lane system with two lanes for streetcars with a linear park in the center.

Electric cars won't save us, asserted Burns. It will take decades for mass adoption. Right now, they make up 2% of new car sales and less than 2% of Minnesota cars are electric. They still produce greenhouse gas emissions depending on the grid source. They produce air pollution, create noise pollution, and require metals with harmful mining practices.

Our Streets representatives have knocked on 4,000 doors between Seward and Frogtown neighborhoods. "People don't believe the state and the city will invest in them and their neighborhoods," said Raquel Sidie-Wagner. Overall, people have been enthusiastic, said Sidie-Wagner. "It's been an overwhelmingly positive experience."

"In the long run, we want to change the way people live and work in the region," said Levin.

Learn more about the effort to transition I-94 and Bring Back 6th (Highway 55/Olson Memorial Highway) at: [twincitiesboulevard.org](http://twincitiesboulevard.org).

## CITY BRIEFS

### PRIMARY ELECTION RESULTS

Zaynab Mohamed, 25, won the Democratic Farmer Labor (DFL) party primary in Senate District 63, and will face the Republican party nominee Shawn Holster in November. If elected in the typically strong DFL district, she would become the first Black woman, the youngest woman, and the first Muslim woman in the Senate. As a result of primary election, Hennepin County is almost certain to elect its first Black sheriff in November. Both the candidates, Dawanna Witt and Joseph Banks, who will appear on the November General Election ballot are Black and were the top two vote getters. For county attorney, Martha Holton Dimick and Mary Moriarty will be competing in the general election. In other local legislative races, the incumbents, State Senator District 62 Omar Fateh and State Representative 62A Aisha Gomez, won their party's primary. In the school board election, Collin Beachy and KerryJo Felder are moving on to run in the Nov. 8 general election the at-large seat, and Laurelle Myhra and Lori Norvell are running in District 5.

### FUNDING FOR LAKE STREET IMPROVEMENTS

This month, U.S. Senators Amy Klobuchar and Tina Smith announced that the U.S. Department of Transportation has awarded \$12 million to Hennepin County to improve the Lake Street corridor and help alleviate traffic congestion, improve the efficiency of public transportation, and make the street more accessible for people with disabilities. According to Smith, the project will add bus-only and turning lanes and make accessibility improvements.

### BETTERING THE BLOCK

This summer the city launched a pilot project called Bettering the Block to help identity and address safety, livability con-

cerns. The pilot focused on the Lake Street, West Broadway and Franklin Avenue.

### POLICE INVESTIGATIONS UPDATE

The City Council's new Pattern & Practice Investigations Subcommittee received a report and update on the U.S. Department of Justice's investigation of the city's police department and possible findings of illegal and racist patterns and practices. Interim City Attorney Peter Ginder indicated that they are still in the investigations phase, but they expect the investigation to make findings that will result in a consent decree, which is a legally binding settlement agreement overseen by a court-approved independent monitor. Ginder reported that there have been 43 consent decrees across the U.S. since 1994. Some have lasted a decade or more, including the ongoing court monitoring of police departments in Portland and Seattle.

He also said that the city was now holding regular closed, confidential meetings with the Minnesota Human Rights Department, and were negotiating for a court settlement agreement but not a consent decree.

Ginder told council members that they (and the public) would likely not see the agreement until it was completed. Then it would be presented in a closed session of the council before a vote would be taken. Only after it is approved would the public have access to it. It was unclear if the proposed settlement would include an independent monitor approved by the court as would be required in a consent decree.

### POLICE DRONES

The police department have announced plans to begin using drones with cameras to observe and monitor areas of the city. The city's Public Health and Safety Committee held a public hearing on the plan on Wednesday, Aug. 24.

~ Briefs compiled by Cam Gordon

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# 1st ever Bean Bag Toss Extravaganza coming Oct. 10

## NOKOMIS EAST NEIGHBORHOOD ASSOCIATION

BY BRANDON LONG  
executive director  
Brandon@nokomiseast.org



Love to play bags?! Then come compete in the tournament for your chance to win a gift card to neighborhood establishments (and bragging rights!)

Registration is \$20 per team – proceeds go to support NENA's mission of investing in neighborhood improvement, building community connections, encouraging citizen participation, and advocating for the interests of the Nokomis East neighborhood. Sign up at <https://nokomiseast.org/bags/>.

- No Nokomis East residency requirements. All are welcome to play!
- All players must sign a participation waiver (included in the registration link)

- Please choose "family-friendly" team names

Don't want to officially compete? No problem! Come gather in the just-for-fun section and try your hand at tossing some bags while meeting some neighbors. Then grab some food and cheer on the tournament participants. There is no entrance fee for folks who aren't officially competing. Donations to NENA will be welcomed but definitely not required.

Come enjoy La Tortilla Catering, Cookie Dough Bliss, and make sure to check out our newest NENA neighbors Asa's Bakery and Crema Coffee & Cream.

Please come on out to this fun-for-all, family-friendly event from 11 a.m. to 3 p.m. behind Casa Maria's. All are welcome!

### NEW BILINGUAL COMMUNITY ORGANIZER

Hello, Nokomis East neighborhoods! My name is Ms. Jennifer Davis and I'm thrilled to join NENA as a community organizer, family advocate, and licensed ECFE educator. Most especially, I love being a mother to an adolescent thriving in South

Minneapolis.

Feel free to say "Hi!" if you see me walking and talking to folks around the neighborhood, but the best way to catch me is rollerblading on streets, sidewalks, and around lakes and trails. Last resort, drop a note by email at [jennifer.davis@nokomiseast.org](mailto:jennifer.davis@nokomiseast.org)

¡Hola a los vecindarios de Nokomis East! me llamo Sra. Jennifer Davis y estoy encantada de unirme a NENA como organizadora comunitaria, defensora de la familia y maestra licenciada en ECFE. Sobre todo, en mi papel más vital, como madre de una joven en el sur de Minneapolis.

Si me ves caminando y hablando con la gente del vecindario, Siéntanse libres de decirme "¡Hola!" pero la mejor manera de encontrarme es patinando en las calles, aceras, y alrededor los lagos y senderos. Como último recurso, envíen una nota por correo electrónico a [jennifer.davis@nokomiseast.org](mailto:jennifer.davis@nokomiseast.org)

### NOKOMIS EAST FREE FOOD DISTRIBUTIONS

NENA co-hosts a free food distribu-

tion at Crosstown Covenant Church – 5540 30th Ave S Minneapolis, MN 55417 from 2:00 – 4:00 pm on the second and fourth Wednesdays of the month. All are welcome, and volunteers are needed. Items include dairy, frozen meat, fresh produce, pantry staples, toiletries, cleaning supplies, and culturally appropriate food options. Visit [www.nokomiseast.org/nokomis-east-free-food-distribution/](http://www.nokomiseast.org/nokomis-east-free-food-distribution/)

### GET THE LATEST NEWS!

Check out these sources and find out what's happening in our community.

- NENA Facebook Page: <https://www.facebook.com/Nokomiseast>

- Nokomis East Information Sharing Facebook Group: <https://www.facebook.com/groups/262215188459657>

- Buy Nothing Nokomis East: <https://www.facebook.com/groups/224936502167543>

### UPCOMING:

9/10/2022: Minneapolis Monarch Festival, 10 a.m. - 4 p.m. at Lake Nokomis

10/27/2022: NENA Board Meeting, 6:30 p.m. at Morris Park Recreation Center

## MEET NEW LCC COMMUNITY ORGANIZER: WANJA KURIA

### LONGFELLOW COMMUNITY COUNCIL

BY ANDREA TRITSCHLER,  
communications  
[andrea@longfellow.org](mailto:andrea@longfellow.org)



Wanja Kuria joins the LCC after three years of experience organizing for racial justice in political and faith communities. She studied literature and history in her undergraduate, both of which inspired a deep interest in racial and religious narratives and the political power they have to cement not only our thinking, but our lived realities. Wanja is excited to use her organizing experience and love of community to help further the LCC's mission of engaging and empowering the diverse residents of Greater Longfellow.

### TELL US ABOUT YOURSELF

I live in the Longfellow neighborhood in Minneapolis with my friend and her St. Bernard mix. In my free time I enjoy doing yoga, listening to podcasts, practicing at East Lake Aikido, and picking up a new



Wanja Kuria

book at Moon Palace to read at the park or by the river.

### WHAT'S YOUR FAVORITE THING TO DO IN LONGFELLOW?

There are so many things to pick from but I would say biking along the Greenway with friends and breathing in the fresh air. I always feel clear-headed and invigorated after a nice bike ride with a good friend.

### WHAT DREW YOU TO THIS POSITION?

I've been a Minneapolis resident, in Phillips' and Ventura Village, for over six years. In that time, I organized less formally in faith communities and politically for community control of policing. In March of this year, I moved into the Longfellow neighborhood as a renter and befriended the previous community organizer, Bennet Olupo. As I learned more about the LCC, I became interested in partnering with them to support the needs of community members and learning how to organize in a more formal capacity.

### WHAT STRENGTHS DO YOU BRING?

I believe my years of experience organizing as a community member, compassion for others, love of justice, and eagerness to learn will be a positive and welcome addition to the LCC and the Longfellow community.

### WHAT ARE YOUR GOALS FOR THIS ROLE?

While in this role, I hope to improve the LCC's connection to renters and BIPOC business-owners and community members. As a BIPOC renter myself, I think about class and race often; the ways their intersection affect what resources are available to me, what rights I have as a tenant, and my access (or lack thereof) to this information. The LCC has done a lot of amazing work to support our neighborhood and I would love to see those resources reach more people. My hope is to strengthen the LCC's relationship to these communities by engaging and assessing their needs and creating helpful solutions to address those needs.

### WHAT ISSUES AND CHALLENGES FACE THE LCC?

I think representation is the most prominent challenge the LCC is facing. At present, the most engaged demographic is older White home and/or business owners and our boards and committees reflect this reality. The LCC is working hard to increase its engagement with renters as well as BIPOC community members and business owners. Bennett worked tirelessly to connect with our underrepresented community members, and I plan to build on his work, ensuring positive trends in diverse representation and engagement.

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More Info & Registration: <http://nokomiseast.org/bags/>



## TREE DOWN AT NOKOMIS BEACH

During the storm on Aug. 3, the large Linden tree that shaded the small Nokomis beach was damaged. "The tree was huge and beautiful and had shaded the little beach on the north east side of Lake Nokomis. Many people swim there and will miss this tree," said Longfellow resident Christie Dauphin.



"I have received many inquiries about the loss of the beloved shade tree at the Nokomis 50th street beach," wrote District 5 Minneapolis Parks and Recreation Board Commissioner Steffanie Musich in her Aug. 13 newsletter. "I, too, mourn the loss of this mainstay in the little beach experience. Sadly, this tree sustained significant damage during the recent storms and after being assessed by a park arborist needed to come down for safety reasons. The park board plants new trees in the spring as research has shown that planting then produces healthier trees that have a higher survival rate than those planted in other times of the year, so there will be a replacement planted in the spring of 2023. Do you have suggestions of where a new tree or trees should be planted to provide future beach goers with some respite from the sun? Let me know, and I'll share suggestions with the forestry team to help guide their spring planting in this area." Email Musich at [Smusich@minneapolisiparks.org](mailto:Smusich@minneapolisiparks.org).

She also reminded people: "In weeks where we have not received at least an inch of rain, please water young boulevard trees (and if you can reach them with your hose, park trees) once a week. Four five-gallon buckets slowly poured over the roots or a small trickle from your hose for a hour should be adequate. Trees absorb the most water in the evening, but if you only have time to water during other parts of the day, please do so then! If you have questions about watering please reach out to the forestry team. They can be reached at [forestry@minneapolisiparks.org](mailto:forestry@minneapolisiparks.org) or 612-313-7710.

## MPRB proposes 6.16% levy

At its July 20 meeting, Minneapolis Park and Recreation Board (MPRB) Commissioners voted unanimously to support a 2023 tax levy increase request to the Board of Estimate and Taxation (BET) of 6.16 percent. If passed by the BET, the levy increase for the MPRB will result in a 1.1 percent increase in city 2023 property taxes overall, which amounts to an approximate \$18 annual increase in property taxes for owners of a median value home. This is not factoring changes to property valuations, which have increased throughout the city and will push this further upwards. Currently, of every dollar homeowner's pay for property taxes, 7.6 cents go to the MPRB.

The proposed tax levy includes three distinct elements. The first is to maintain current service levels, including \$260,000 needed to support the MPRB's 2021 six-year arrangement with the city for the historic \$2.6 million youth investment that began in 2022, and \$576,000 to offset the State of Minnesota Local Government Aid funding decrease due to the current legislative session ending without passage of a new tax bill.

The second element is \$389,000 for system equity investment largely due to the activation and increased use of parks within the downtown service area and regional park system. This investment will provide for increased safety and security with the addition of two park police officers and the conversion of part-time park patrol agent hours to two full-time park patrol agents.

The third element is \$443,000 to support the board adopted strategic direction to care for park assets to meet evolving needs and practices. This investment will provide professional staff, two project managers and one systems analyst.

There will be public comment opportunities Oct. 26, Nov. 2 and 16, and Dec. 7 and 14.

## PLAN IT

### CELEBRATE SEWARD SEPT. 24

Join the Seward neighborhood in celebrating our community's love, friendship, optimism and resilience with live music performances by the Van Nixon Trio, the Cult of Percolation and The Wake Singers, a resource fair, children's activities, artist vendors and food reflecting our neighborhood. This is a free event at Matthews Park (2318 29th Ave. S.) on Saturday, Sept. 24 from 11 a.m.-4 p.m. For information on Celebrate Seward, visit <https://sng.org/celebrate-seward/>

### NOKOMIS CRAFT FAIR NOV. 12

Nokomis Park Building is having its annual craft fair for the first time since covid precautions were put into place. The date is Nov. 12 from 9:30 a.m. - 4 p.m. Many local artists will be there.

## BRIEFLY

### SIBLEY PARK CHANGES

The design for the Sibley Park improvement project has been approved and park staff is working to get it out for bid this fall for construction in 2023. Additionally, park planning staff is meeting with Tribal Councils, Dakota elders and Dakota community members to identify potential park names for nomination to replace Sibley as this park's name. Park improvements and the renaming process are not tied to the same timeline, and improvements will not be delayed to align with the naming process.

Construction is planned for spring/summer 2023. Partial demolition and removals are likely to happen in the late fall of 2022.

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Sacrament of Reconciliation 4-4:40 pm Saturdays; Sunday 11:30-11:50 am; Or by appointment  
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**Faith Ev. Lutheran Church**  
3430 East 51st St. • 612-729-5463  
[www.faithlutheranmpls.org](http://www.faithlutheranmpls.org)  
Vacancy Pastor: Rev. Jered Yogerst, PhD  
Sundays - Worship - 9 am (Communion 1st and 3rd)  
Mondays - Exercise Class - 9 am AA - 6:30 pm  
Wednesdays - NA group - 7:30 pm  
2nd Saturday 10 am - Book Club  
Sept. 17 - 12-2pm, Blind Ministry

**Trinity Lutheran Church of Minnehaha Falls**  
5212 41st Ave. S. • 612-724-3691  
[www.trinityfalls.org](http://www.trinityfalls.org)  
Pastor Matt Oxendale  
Worship at 10 a.m. through 9/4/22  
Fall schedule starts Sept. 11:  
Sunday School 9:30 a.m.  
Worship 10:30 a.m. In person/online  
AA Sun & Tues 7:00 p.m.

**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527  
[www.minnehahacommunion.org](http://www.minnehahacommunion.org)  
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