

Enough is
enough
» 3

SHE DRAWS IN THE MOMENT



Longfellow resident Anita White calls herself a "documentary drawer." (Photo by Talia McWright)

By TALIA MCWRIGHT

Longfellow resident Anita White, age 70, "draws in the moment." Anywhere, any time, the artist has blank sheets of paper, a pencil and sometimes even watercolor paint ready to capture the moments of daily life. Even emotionally difficult moments, like that of her husband passing away in the hospital.

White grew up in south Minneapolis on Hennepin Avenue. White's father, originally from Texas, taught English, film and poetry at the Minneapolis College

of Art and Design (MCAD). Her mother was born in Vienna, Austria, surrounded by a culture of opera. White has an entire folder of opera drawings inspired by her mother. In their house, there was no shortage of art.

"They both nurtured my creativity," White said. "It wasn't a particularly practical household."

Her father's side of the family is Greek Orthodox, and White was raised in the Christian faith. It wasn't until after her maternal grandmother passed away that

IN THE MOMENT » 8

'CHANGE ISN'T CHEAP' SAYS MAYOR FREY

Proposed budget sets aside \$16 million to implement dual consent decrees, \$217 million for police department

By CAM GORDON

On Aug. 15, Minneapolis Mayor Jacob Frey presented his proposed 2024 budget to the city council for consideration. The formal process for what many consider the year's most important council decision has begun, with final budget approval expected on Dec. 5.

Saying that the proposal is "largely geared toward following through on commitments that have already been made," the mayor highlighted several specific initiatives in his address to the council.

If approved, the mayor noted that the budget would set aside new funding to support the council legislative department, provide \$720,000 for future planning and improvements to George Floyd Square, and increase funding to neighborhood organizations by \$420,000 bringing the base funding to \$15,000 a year for each neighborhood (from \$10,000). He also called attention to a dedicated \$10 million a year for a new climate legacy fund, \$3 million for the behavior crisis response, \$5 million annually for public housing, \$3 million for opioid response, \$2.7 million for parkway repairs, and an added \$1 million to increase shelter capacity for those experiencing homelessness.

"If we want change in our police department, we need to recognize that change isn't cheap," said Frey, who also highlighted his proposed increase in the police department budget from \$205 million to \$217 million.

"I think it is important we, as a community, recognize that in this year's budget, we will be spending over \$16 million in the first year of implementing the dual consent decree," said Ward 12 Council candidate, Aurin Chowdhury. "This upcoming budget illustrates how deeply we need police reform and a constellation of public safety tools."

The total amount needed to cover these and other city expenses is \$1.8 billion, an 8.3% increase from the current budget of \$1.66 billion. The funds will come from \$1.81 billion in revenues, which is a 15% increase from last year and includes an increase in state local government aid, franchise fee increases. It also includes a 6.2% increase in the property tax levy, which will raise the total amount collected by \$27.6 million in 2024.

CHANGE ISN'T CHEAP » 6

REAL-LIFE STORIES OF SOCIAL JUSTICE

Hennepin History Museum partners with Minneapolis Interview Project

By JILL BOOGREN

On Sept. 14, the Minneapolis Interview Project and Hennepin History Museum (2303 3rd Ave. S.) will present an evening of real-life stories about social justice at the Capri Theater (2207 West Broadway) in North Minneapolis. The event marks the culmination of seven years of work by historian, teacher and Southside resident Anne Winkler-Morey, who set out to interview 100 people to reveal "hidden histories of inequality and the struggle for social justice in Minneapolis."



Anne Winkler-Morey

Among interviewees are artists, human rights advocates, poets, organizers, educators and more – many of whom were born here, others who moved here from different cities and countries – whose experiences and perspectives provide a richly varied look at what it's like to live in this city at this time. Nearly 30 of the project participants will be at the event. Excerpts from their interviews will be shared, followed by a panel and conversation. Housing, schools, environmental justice, racial justice, gender and sexuality are just some of the topics touched on.

"There are all these individual stories, but I hear [the interviewees] talking to each other, echoing different themes or disagreeing with each other, in ways that are really interesting, so I wanted to give people just a tiny flavor of that," said Winkler-Morey.

INTERVIEW PROJECT » 3

SAVE THE BOARDS DISPLAY AT BECKETWOOD



Hannah Sivilay was excited by the Save the Boards event at Becketwood on Saturday, Aug. 5, 2023. Read the story and see more photos on page 11. (Photo by Terry



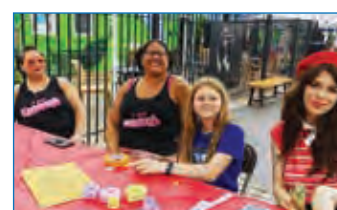
Let's talk about free press after police raid Kansas community newspaper

PAGE 4



Vegan East joins Nokomis East business community, selling vegan treats

PAGE 12



Volunteers bring Nokomis Days 2023 to life

PAGE 13



LABOR-ENDORSED DEMOCRAT

EARLY VOTING Sept. 22-Nov. 6 ELECTION DAY Nov. 7

VOTE LUTHER RANHEIM
AS YOUR FIRST CHOICE FOR CITY COUNCIL

HOLISTIC PUBLIC SAFETY SYSTEM | AFFORDABLE HOUSING FOR ALL
REFOCUS ON BASIC INFRASTRUCTURE NEEDS



FUN CITY DOGS

Where a dog can be a dog!

Daycare & No cage boarding

Webcams 24-hour supervision South Mpls 15,000 sq ft of indoor and outdoor space

612-722-3647 • www.funcitydogs.com



“Advertising in the Messenger was a great way for us to reach potential new customers in the Longfellow neighborhood.

“Knowing that the paper was delivered to every household ensured we were reaching a wide audience which was important as we needed to give fair access to our new affordable apartment building. With the help of the Messenger, our new 55+ community was completely full in only 6 months. The team was great to work with, as well.”
~ Darcy DeMars, Ecumen

CONTACT US TODAY!
sandra.tmcpub@gmail.com | 612-260-7967
ads@swConnector.com | 612-255-1180
Denis@LongfellowNokomisMessenger.com | 651-917-4183
Tasha@LongfellowNokomisMessenger.com | 612-345-9998



YOUR NEIGHBORHOOD LANDSCAPER!

Gardening Angel Garden Design
Design • Install • Maintain

Now scheduling design work over winter for 2024!

Margi MacMurdo 612.206.7089 gardeningangel612@gmail.com







BO GO

Back-to-School Fuel

Buy One, Get One FREE
Aug. 30–Sept. 12



Seward
COMMUNITY CO-OP



View sale items online all year round!

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




Sale prices are for all shoppers, no membership required | while supplies last



RESEARCH PARTICIPANTS NEEDED FOR ADULTS WITH SEVERE ALOPECIA AREATA

The Department of Dermatology is seeking participants for a research study about an oral medication treatment for severe alopecia areata.

The purpose of this study is to determine the effectiveness of the oral medication baricitinib in increasing hair growth in participants with severe alopecia areata. Participants will be compensated.

WHO CAN JOIN?

- Black or African American
- Females and males 18 - 60 years old
- At least 50% hair loss

STUDY INVOLVES:

- 1 screening visit *includes medical history and photographs*
- 12 treatment visits *includes 11 treatment visits over 12 months and one follow-up visit*
- photographs
- blood work
- questionnaires

LEARN MORE
Jaime Nugent
612-625-2624
dermresearch@umn.edu

REAL-LIFE STORIES

>> from 1

Having read Malcolm X and Stud Terkel's "Working" as a teen, Winkler-Morey, now 65, knew from a young age the value of true stories and how important they are in telling the people's history. She had already been gathering testimonials while on a bike tour around the U.S. perimeter and was in the process of compiling them for a book about her journey ("Allegiance to Winds and Waters: Bicycling the Political Divides of the United States," 2022). Fascinated by how geography and history both shape and are shaped by the people, she found herself wondering whether she had a right to say anything about places she'd been in for only 24 or 36 hours.

For that matter, how well did she even know the place where she lived? Minneapolis.

She wanted to explore it with fresher eyes.

In 2016, while teaching at Metro State University, she had planned to meet with a former student of hers, Kirk Washington Jr., to hear some of his life stories as a prominent community member in North Minneapolis. The day before they were to meet, he was tragically killed in a car accident. A tremendous loss for the community, his death instilled in her the importance of not waiting for the "right" time to make these connections.

"If I have these questions and I really want to have these conversations that are not like the kinds of conversations you have on social media," she reasoned, "Then I should just start."

And so she did.

And she began to see that people liv-

ing in the same place can have very different experiences – and know little about other people's experiences.

16 BEFORE SHE SAW A LAKE IN 'CITY OF LAKES'

One interviewee, Tammy Ortegon, Minneapolis artist and hair stylist at ColorWheel Gallery (46th & Grand), said even though Minneapolis is known as the "City of Lakes," Ortegon was 16 years old before she even saw one. "When you live in Northeast Minneapolis and you don't drive, you have to go pretty far to get to a lake," she told the Minneapolis Interview Project.

This made Winkler-Morey think about public access – who is invited, who is not, and in what ways is public policy created that keeps people excluded. Examples include which ball games are allowed or not allowed (baseball, soccer and football, for example, are racially and class coded), whether there is bus access to parks and if they have picnic facilities. Recreation shapes and is shaped by the people who live there.

LIVING HISTORY

The murder of George Floyd in 2020 personally impacted Winkler-Morey, who lives 10 blocks from 38th and Chicago and as an activist has been involved in protests before, during and after that year. And it certainly impacted the project. By then Winkler-Morey had interviewed about 70 people, with whom she then reconnected to see if they wanted to add any reflections. Many did, and anyone interviewed after that time were asked what 2020 was like for them.

But she wants to remind people that things don't happen in a vacuum, something she was aware of as a historian and

from doing those earlier interviews.

"While [2020] was a watershed moment, the people have been struggling in Minneapolis for centuries," she said. "So it's not the only thing that's fueling our need to focus on this place."

The murder of Jamar Clark and the two and a half-week occupation of the Fourth Precinct police station in 2015 was on a lot of people's minds when she began the project. She had spent a 12-hour day at the Justice for Jamar Clark protest, and one of the things she saw then, and again in 2020, was the way in which people found ways to be involved – to feed and clothe each other, for example.

"I heard from people, the same kind of thing that I heard from 2020, there was this moment where if I was hungry, I knew where to go," she said. Although it was on a much larger scale in 2020, Winkler-Morey believes the protest for Jamar Clark laid the groundwork for it. And the Occupy movement before that.

2020 was also a pivotal moment for the Hennepin History Museum, who is co-hosting the living history event and in whose library the stories will be permanently housed.

"2020 and all the events that followed have been humbling for museum people if they're paying attention," said the museum's executive director John Crippen. "In 2020 in particular, people were creating art, they were expressing themselves and creating this huge activist movement, and they didn't want it relegated or coopted by traditional institutions. So we've had to be very careful not to get in people's way and not to do things just 'cause this is the way we've always done it."

Crippen spoke of the impetus and urgency in some people's minds to collect

the history as it's happening, but rather than quickly store it away, he wanted to come up with other ways to collaborate and document current events. They've worked with Memorialize the Movement, who has saved the plywood art created around town during the Uprising, and with artist seangarrison on live paintings in public spaces.

It's a balance to enable stories to be out and talked about when they're most relevant while properly preserving them so they can be reused or even rediscovered decades later.

"We play the current and the future game all the time," said Crippen. "We're excited that there's a chance for people 20 30 years from now to come and rediscover these anew and say, 'Oh, wow. I'm glad somebody was talking to these folks and grabbing their stories, because now I can get a perspective on that time that I didn't live through or that I wanted some fresh perspective on.'"

For Winkler-Morey, it's especially important for people's history to be taken up by public sites like the Hennepin History Museum.

"It's our responsibility to tell those stories, because they will be erased otherwise," she said. "It's all about access, right? Access is everything."

An Evening of Real-Life Stories about Social Justice in Minneapolis will take place Sept. 14, 6-8 p.m., at the Capri Theater (2207 West Broadway). The event is free, but reservations (at hennepinhistory.org) are required.

The Minneapolis Interview Project interviews, with photos by Eric Mueller, are available at turtleroad.org and @MinneapolisProject on Facebook.

George Floyd Square holds vigil for Ricky Cobb II

By JILL BOOGREN

Community members stood with the family of Ricky Cobb II at George Floyd Square on Aug. 5, 2023 to offer support and demand justice for Cobb, who was fatally shot on July 31 by a Minnesota State Patrol trooper on I-94 in North Minneapolis.

"How many more people have to die until Minnesota wakes up to say enough is enough?!" asked Faith Allen, preaching to the dozens of activists gathered on Chicago Ave. for a rally and vigil. She urged people to get up and do something. "Use your power. Stand up. Use your voice. You have power."

Rev. Jia Starr Brown acknowledged that, like many activists, she was tired and assured others that just being present – even if coming empty handed – mattered. "This is a space to say, 'You don't have to bring or be anything but yourself,'" she said. "It's okay to be tired. This is exhausting."

People offered comfort to one another through art, food, music and – at the end of the evening – dancing to the music of Brass Solidarity.

Cobb was pulled over for an alleged traffic violation. Dash camera and body-worn video footage released by the Minnesota Department of Public Safety shows a trooper, later identified as Brett Seide, talking to Cobb from the driver's side of the vehicle. "I'm gonna need you to step out of the vehicle. We just have some stuff to talk about," he is heard saying. The two of them are talking back and forth, with the trooper telling Cobb to give him his keys and Cobb asking why and whether he could contact his attorney. During this exchange, another trooper, Ryan Londregan, approaches from the passenger side, pulls the door open, reaches in with his gun drawn while shouting, "Get out of the car now!" and fires his gun.

Cobb drove forward a short distance before coming to a stop at the center di-

'ENOUGH IS ENOUGH'



Rashad Cobb (holding microphone) stands with family in grief over the loss at the hands of state troopers of his twin brother, Ricky Cobb II. "What are we gonna do for us, as citizens, together...? I'm a peaceful person. I don't really agree with violence." (Photo by Jill Boogren)



An exhausted Rev. Jia Starr Brown tells activists, "It's okay to be tired," and that being present for the families matters. (Photo by Jill Boogren)



Rev. Faith Allen acknowledges the system is broken and calls on people to use their power for change. (Photo by Jill Boogren)

vider. The medical examiner ruled Cobb's death a homicide from multiple gunshot wounds.

According to Communities United Against Police Brutality (CUAPB), Londregan escalated the situation, which resulted in Cobb's death. "These officers engaged in excessive, unnecessary force including deadly force that killed Mr. Cobb and endangered others," read a CUAPB press release. A third trooper, Garrett Erickson, was also present.

Hennepin County Attorney Mary Moriarty issued a statement indicating that the three troopers have been placed on leave and the Bureau of Criminal Apprehension (BCA) is investigating the incident. Activists have called for the troopers to be fired and charges brought immediately. On Aug. 18, the family announced their intent to file a civil lawsuit.

Family and friends of Cristian Rivera-Coba were also present for the rally and vigil. Rivera-Coba died in the Anoka County Jail on July 21, three days after he was incarcerated. The Sherburne County Sheriff's Office is investigating his death.

A spokesperson with ties to the family said he asked them to come. "I brought them to 38th and Chicago today to see that there's a whole community that they didn't even know existed," he said. "I just wanted to show them there's a whole group of people that will stand up with them, fight for answers, fight so we know what happened to Cristian and get them the justice they deserve."

Join the conversation, and let us know your diverse thoughts on the issues that affect your neighborhood. Send letters and guest commentaries to news@LongfellowNokomisMessenger.com.

KANSAS NEWSPAPER RAID: GOOD PEOPLE SHOWING UP

In the aftermath of police seizure of Kansas newspaper computers, let's talk about value of free press

If you're reading this right now, we have won. Every week, our newspapers struggle to cover local issues. We are limited by staffing, time and newsprint space, and we struggle to pay bills to keep our circulation going. We accept this burden. What we are not constrained by, however, is the government. The First Amendment has protected the free press from the beginning. Federal and state laws allow us to keep our sources confidential, and we keep local elected leaders and government agencies in check.

When community members approach us with news tips, we have the responsibility to verify the information. We then have the legal and ethical duty to maintain the confidentiality of sources. The police are prohibited by the Constitution, federal and state laws and various case laws from using search warrants to raid news organizations to find out what dirty details we have on someone or who provided it.

This should be a shorter column with a historical review. Sadly, the role of the small community newspaper was put to the test this month in an obscure Midwestern town. Police officers raided a newsroom in Marion, Kan. (population 1,920) and seized every computer and cell phone from the newspaper's publisher and two staff members on duty. Police read reporters their rights and demanded answers to questions. What was the crime these journalists were accused of committing? Verifying information. Well, the police claimed it was identity theft, but these charges never saw light of day in a court of law.

The details have all the makings of a TV movie of the week. There's the small-town police chief, Gideon Cody, who recently came to Marion after working 24

GUEST COLUMN

BY JAMES C. PITTMAN



years with Kansas City Police Department in Missouri. Local businesswoman Kari Newell was seeking a liquor license for launching a new restaurant inside a historic hotel in Marion. Making the decisions were the city council members, who have a long history of in-fighting. Keeping all these characters in check for the public falls on the Marion County Record.

The Record, a weekly paper, has been in print since 1869. Eric Meyer, a retired metropolitan daily editor and journalism professor, took over the business from his parents, whose affiliation with the paper started in 1948. Eric has written several probing articles about local politics and local business owners. At age 98, his mother Joan (pronounced Joe-Ann) was still fully alert and insisted that no one could edit the copy on her weekly memoirs column.

The Record received a news tip that Newell had been driving on a suspended license since being convicted of drunk driving in 2008. This was newsworthy because Newell was waiting for the Marion city council to approve her new restaurant's liquor license. Negative information about her past could have affected the local council members' decisions. A source sent the Record and the vice-mayor a screenshot from a police database that revealed Newell's negative driving record.

Cody's background was also being probed by the Record, whose reporters wanted to know why he came to Marion for a chief job that paid nearly half of what he earned as a captain in Kansas City. The Record was stonewalled by the higher KCPD echelon who refused to re-



Joan Meyer died of cardiac arrest Aug. 12, a day after unconstitutional police raids on her home and beloved newspaper, *The Marion County Record*.

lease Cody's personnel file.

Eric Meyer practiced responsible journalism by attempting to verify the news tips. Cody refused to confirm to Meyer why he left KCPD so abruptly. Meyer discussed Newell's alcohol-related driver's license suspension with Cody. Meyer then told Cody that the Record newspaper staff had verified Newell's driving record on an internet database operated by the state. Cody said nothing about Newell but threatened to sue if the Record published anything about his tenure at KCPD. Meyer chose not to publish either story on Cody or Newell.

Within a few days, Cody and his police force (whose roster would barely form a baseball team) stormed the Record office with a search warrant that gave them the authority to search every byte of data storage. Cody's cops and local deputies also raided the vice-mayor's house, believing that she was a co-conspirator in spreading negative information about Newell. The final target of the police raid was the home that Eric shared with his mother. Joan hurled obscenities at the officers and local deputies and charged them with her metal walker as she demanded they leave

her house. The cops ignored her as they seized computers and photographed personal papers.

The next day, Joan asked Eric, "Where are all the good people who are supposed to stop this?" A few moments later, Joan was gone. The coroner ruled her death a sudden coronary attack, possibly related to stress.

Good people did arrive for Joan and her family. The county attorney in Marion (whose brother owns the hotel where Newell's restaurant operates) quashed the warrants. The Record still made it to press even without their computers, which were returned a week later. The Kansas City Star used their legal clout to obtain Cody's personnel file, which revealed he retired early from KCPD to avoid being demoted to sergeant over sexual harassment complaints. Thousands of people nationwide have subscribed to the Record, tripling their subscription base. The Kansas governor sent the Kansas Bureau of Investigation to probe the police inquiries. The state has since announced that the database the Record used is open to the public and that no crime was committed. Good people, government and press alike, stood up to right this wrong. Lawsuits by the Record are pending.

In the end, Cody's secrets were uncovered by the press. That's what journalists do. We hold local leaders and decision makers responsible by asking questions and verifying the information we print. It's what the Marion County Record has been doing since 1869 and what Joan Meyer spent her last breath defending.

Her photo should hang in every newsroom in America as a blessing to journalists and a warning to cops who should dare try such a raid again in our lifetimes.

James C. Pittman started his newspaper career in Minnesota, and has worked in law enforcement since 2002. He is a graduate of Bethel University, served in the U.S. Air Force, and currently works for a large municipal police agency.

SUMMERTIME CELEBRATIONS CONTINUED

It's August 2023. A theme is emerging out of my life experiences to date. The theme can be captured in two words: self care. My life as it is unfolding in 2023 is revolving around self care. I recognize there are types of self care. For me, it is physical self care having experienced three surgeries, two hospitalizations and COVID-19. Now I'm dealing with something called GERD (Gastrointestinal-Esophageal Reflux Disease). It is impacting my oral health. What self-care means for my summer celebrations (I'm discovering many) is that events I might

STORIES AND JOURNEYS

BY DONALD L. HAMMEN



have showed up for in-person I took a pass. Instead, I showed up in spirit.

Before I get to it let me ask, dear reader, what theme or themes are emerging out of your life experiences in 2023? Tell yourself, tell others or tell me via tesha@longfellownokomisemessenger.com. And if you have read this far you have taken the plunge into the river(flow) of life experiences which is Stories and Journeys. Now for a few more of my summer celebrations for which I have showed up in the flesh or in spirit.

HAPPY 58TH BIRTHDAY 'ACTUAL MEDICARE'

A birthday bash was held a few weeks

ago celebrating year 58 for Medicare at the Southdale Library. I call it 'Actual Medicare.' Some call it 'Original Medicare.' Others call it 'Traditional Medicare.' I call it 'Actual Medicare' in order to differentiate it from Medicare Advantage Plans. As far as I am concerned, these are insurance plans using the word Medicare to market themselves. I am concerned that roughly half of Medicare enrollees are signed up for these Advantage Plans. There is no way in the long run that this is good for Medicare. I need to move on. Before I do happy birthday, Social Security (88).

CELEBRATING ART ON THE EDGE, CHAKRAS CLASS

I am a second year student in Cindy Lehman's Psychic Development Beginning/Foundations class taught on-line. As such I qualified for her Chakras class. Sadly it met on the same day as the Art on the Edge Festival in Linden Hills. In the name of self care, I could not do both. I was at the festival last year. I left curious about many things. Maybe next year. To check out Cindy Lehman, go to www.cin-

dylehman.com.

CELEBRATING MY FIRST KARAOKE EXPERIENCE

It was at Wabun Park. I showed up for the SEIU Healthcare for MN/IA Retiree Council annual picnic. I am a SEIU Healthcare for MN/IA retiree. There I discovered an activity called karaoke. I can sing – just not so good at reading music. I decided to give it try. I sang "Good Vibrations" by the Beach Boys. It went well enough that I decided I would do it again if the opportunity presented itself. Next time I'm thinking I'll sing something by the Bee Gees.

DISCOVERIES AT 80TH BIRTHDAY BASH FOR DOWLING COMMUNITY GARDEN

I used to community garden at Dowling. I discovered some people I know. There was Joan, Steve, Bev and Union brother Joel. There was a table with several varieties of tomatoes. I sampled a tomato. I discovered a sign that said, Ask a Master Gardener! I asked a gardening

CELEBRATIONS >> 9

Messenger

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

612-345-9998

longfellownokomisemessenger.com

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

Instagram: LongfellowNokomisMessenger

News for you!

The Longfellow Nokomis Messenger is a monthly community publication in the Longfellow and Nokomis areas of Minneapolis, owned and operated by TMC Publications CO. Sister publications: Midway Como Frogtown Monitor and Southwest Connector. Visit our website for calendar and publication dates.

Story ideas always welcome.

Letters to the editor under 200 words and news releases for publication can be e-mailed to tesha@longfellownokomisemessenger.com. Unsigned letters will not run.

Owner & Editor:

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

Advertising & Marketing:

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

Design & Layout:

Tesha M. Christensen

Printing by: ECM/Adams Publishing Group

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

TMC
PUBLICATIONS CO



Delivery:

612-235-7197, delivery@TMCpub.com
Mail subscriptions are available at \$40 a year.

Contributing Writers & Photographers:

Jan Willms, Jill Boogren, Cam Gordon, Donald Hammen, Terry Faust, Eric Nathanson, Talia McWright, Jane St. Anthony, Aamira Redd

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

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

All rights reserved. The contents of the Messenger cannot be reproduced without express written permission of the publisher. Copyright © 2023.

Member of Minnesota Newspaper Association, Midwest Community Free Papers, Longfellow Business Association, Seward Civic and Commerce Association, and Nokomis East Business Association.



RIGHT TO VOTE RESTORED TO 55,000 PAROLED FELONS

On March 3, 2023 Governor Tim Walz signed into law legislation that restores the vote to more than 55,000 formerly incarcerated Minnesotans. In the largest expansion of voting since 18-year-olds won the right to vote in 1972, Minnesota joins 22 other states to give felons their voting rights, once they have completed their prison term. Previously anyone serving on probation or parole had to finish that extended sentence before voting rights were restored. Walz called this “a good day for democracy. We’re a country of second chances... and the idea of not allowing those voices to have a say in the very governing of the communities they live in is simply unacceptable.”

After two decades of advocacy, a large coalition of groups sued the state for this constitutional right under the principle of no taxation without representation. One of the plaintiffs, Jennifer Schroeder, had served one year for a felony drug charge – but was given a 40 year probational sentence on her release. The language in the lawsuit pointed out that “the plaintiffs have been deemed safe to live in their communities where they raise their children, contribute to Minnesota’s economic, cultural, religious, civic and political life, and pay



taxes... but Minnesota denies plaintiffs an essential indicium of citizenship, the right to vote.” The Supreme Court ruled against the plaintiffs saying the law didn’t violate the state’s Constitution and sent it back to the legislature. In response, Senator Bobby Joe Champion (DFL-Minneapolis) and Representative Cedrick Frazier (DFL-New Hope) sponsored the Restore the Vote Act which successfully passed. Secretary of State Steve Simon is working with the Department of Corrections to spread the word about this new voting right. The bill requires that a written notice and a voter registration application be given to each of these individuals on their release from prison, and to alert them, that as of July 1 they

could register to vote in this year’s elections. Why is this act so important?

According to the organization, National Voter Registration Day, felony disenfranchisement disproportionately represents Black, Latino, and Indigenous residents who are already overrepresented in the criminal justice system. It has played a role in disengaging future generations, as children are more likely to vote if their parents do. “People who are prohibited from voting, they have to pay their taxes, they have to obey all the laws... but they don’t have any choice in who represents them” said Attorney General Keith Ellison. “Now they do.”

A recent commentary article in the Minnesota Reformer points out that restoring the vote will make Minnesota safer. “Many victims and survivors of violence want to disrupt the ongoing cycle of harm, punishment and isolation.” Having been “locked out of democracy...studies show that having the right to vote immediately after incarceration improves public safety. Community engagement can reduce future arrests for justice-impacted citizens... and reduce one’s perceived status as an ‘outsider.’” According to Christopher Uggen, a University of Minnesota professor of so-

FORUMS

MEET CANDIDATES AT UPCOMING FORUMS
 • Ward 11: Sept. 27, 7-8:30 p.m., Mayflower Church, 106 East Diamond Lake Road.
 • Ward 12: Sept. 13, 7-8 p.m., Longfellow Recreation Center, 3435 36th Ave. S. There will be a candidate meet & greet from 8 to 8:30 p.m.

cology who has made a study of felon voting rights: “This would really reduce the multiplier effect...where the pronounced disparities in criminal justice are leading to pronounced disparities in political power.”

For help getting the word out to family, friends, church and community groups, contact Secretary of State Steve Simon at steve.simon@state.mn.us. Help ensure that all those eligible to vote know about this right. Please check the Secretary of State website mnvotes.gov for updates on the guidelines for eligibility.

For information on voter registration and eligibility, voting deadlines and locations, questions about Ranked Choice Voting, and more, go to: vote.minneapolismn.gov. For education on this new law and to develop a voting plan contact vote@lwmpls.org.

Look for the upcoming voters guide in a future edition of the Messenger, published in collaboration with the League of Women Voters.

WHO’S REALLY THE BOSS AT MINNEAPOLIS CITY HALL

If you're willing to take on the job, you are! Claim your rightful power in the running of our city by voting in local elections. And there's a significant one coming up this Nov. 7. Due to redistricting, all 13 Minneapolis Wards will be choosing council members, the people who will speak for you and your neighborhood at City Hall, advocating for the issues you deem critical to the quality of life in the City of Lakes.

With the recent voter-approved change in the city charter redistributing duties between the mayor and the council, the newly elected city council will focus on creating ordinances and using the power of the purse. In other words, making the rules we all live by and approving which programs and services get money and how much. That's why being an informed and active local voter is so essential.

For instance, in this session, the Minneapolis City Council has worked on legislation setting rules about the security of reproductive healthcare facilities, including whether protestors may or may not block walkways. The council has been negotiating the city's agreement with Xcel and CenterPoint for our lighting, heating,

and cooling. The board has also allocated money for critically needed affordable housing. As that need continues to grow in Minneapolis, so will the need for creative solutions and thoughtful funding from the newly elected council.

If potholes are a pet peeve, remember it's the council's job to prioritize money for street repairs, not to mention snow plowing, garbage, and recycling. While the very word 'zoning' may induce a yawn, this is another profoundly impactful council responsibility; the power to decide what is allowed where within the city limits. Light industrial on your corner? A park or a parking lot? Lake access? It's about zoning!

And, when we dial 911, help shows up because the council negotiated and approved the city's list of priorities in the form of the mayor's proposed budget. Oversight is the other side of that public safety responsibility. It was the council's job to approve the settlement with the Minnesota Department of Human Rights mandating changes in the Minneapolis Police Department following the death of George Floyd. There are more urgent issues like these awaiting the new council, such as rent

control, and your vote will determine their outcome.

Your council person not only votes on your behalf in city decisions, but they are also your advocate when you need help and your facilitator when you have an idea for the betterment of your community. Contacting them is simple through the Minneapolis government website, <https://www.minneapolismn.gov/government/city-council/find-my-ward/> where you'll find their office email and phone number. You may reach your council representative immediately, or contact could be through their knowledgeable staff. While each council member's approach to interacting with constituents may differ, their plan to be accessible to you is an important question to ask of those wanting the job.

Other considerations include what actions candidates have taken on the issues you care about in addition to how they talk about them. Check whether the people and organizations endorsing candidates have values that match your own. Check where campaign money comes from, and which donors may have influence. Ask who their closest advisors will be, and which other

council members they may align with if elected. (Council positions are nonpartisan, but candidates are allowed to state their party affiliation)

Fortunately, there are good resources to help you find this information and more. After the filing deadline on Aug. 15, all council candidates are listed on the city website. (<https://vote.minneapolismn.gov/candidates/>) Candidate forums, including ones conducted by LWVMinneapolis, allow you to hear directly from candidates. Many forums are posted online. LWVMinneapolis also provides nonpartisan information on candidates through questionnaires available at <https://www.vote411.org/>. And, draw on the work of trusted, credible local reporters and news outlets with a proven track record of covering city elections.

The Minneapolis city council wields enormous power, influencing everything from the downtown skyline to the designation of bicycle lanes, so your vote, whether cast early, by mail, or on Nov. 7, will most definitely hit close to home. When you vote, you are the boss at City Hall.

For information on voter registration and eligibility, voting deadlines and locations, questions about Ranked Choice Voting, and more, go to: vote.minneapolismn.gov. For help developing your voting plan go to lwmpls.org.

Reliable. Relevant. Informative.

You can count your community newspaper.

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

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

Delivered responsibly.



MESSENGER VOLUNTARY PAY

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

NAME: _____

ADDRESS: _____

PHONE: _____ EMAIL: _____

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

\$25 _____ \$50 _____ \$100 _____ \$250 _____ \$500 _____ \$1000 _____

I'M INTERESTED IN READING:

- Green Living
- Food & Drink
- Health & Wellness
- Business & Development
- Historical tidbits
- Sports
- Pets
- Employment
- Arts & Entertainment
- 55+ plus lifestyle
- Home & Garden
- School news
- Kids Corner
- Finance & Money
- Bicycling
- Neighborhood news

in Household: _____

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

CHANGE ISN'T CHEAP

>> from 1

"The fact that the budget does not increase the property tax levy more than was promised is a testament to our city's sound fiscal management," said Ward 12 city council candidate Luther Rainheim. "We should continue to keep the property tax levy increases, a regressive tax that disproportionately impacts low-income homeowners, as low as possible."

Other ward candidates did not respond to the request for comments for this article.

EXPECTED \$150-160 PROPERTY TAX BUMP

The property tax increase of 6.2% is expected to result in a \$150-160 increase in property taxes for the median priced single-family home. Such a home, valued of \$331,000, would have city-only property taxes of about \$1,952 that, according to the city, would be divided so that \$21 was for the public housing, \$56 to cover pensions costs, \$134 for public works, \$154 for the fire department, \$260 for capital improvements and debts, \$342 for parks, \$409 for the police department and \$576 for all other city services.

"It is very important to me that the community is part of and is engaged in the budget process," said Ward 11 Council member Emily Koski, who chairs the city's budget committee. Koski held meetings earlier in the year focused on budget priorities, and said that she used them to create budget priorities that she shared with the mayor when he was developing his proposal.

"At a high-level, I am grateful to see significant investment in our shared priorities of public services and infrastructure, public safety, and affordable housing," said Koski.

\$3 MILLION FOR PUBLIC HOUSING

One aspect of the budget that has found support is increased funding for public housing.

"Six months ago there was a lot of lip service for public housing but just a handful of elected officials who were will-

ing to make the commitment to funding," said Ward 2 City Council member Robin Wonsley. "Resident organizing and bold advocacy for a fully funded public housing levy is what made this happen. This is a good start, and we need to keep organizing and advocating for full funding."

The Board of Estimate and Taxation (BET) must approve a maximum city levy amount prior to the city council approving any budget. The BET chair, Samantha Pree-Stinson, advocated for the need for a public housing levy as a candidate and since taking office in 2022. In May, she presided over a meeting of the BET where MPHA made their request for a levy, followed by time for resident testimony.

"Residents showed up and told us what they needed. They told us they need a fully funded levy. We have the responsibility to take these residents' and their needs seriously. The proposed \$5 million in ongoing funding is a big win by residents, for residents," said Pree-Stinson. "I will bring the proposal for a fully funded levy to the Sept. 20 meeting of the BET and look forward to seeing residents and supporters there."

'COMMUNITY VOICES ARE POWERFUL'

"The 2024 budget signals that community voices are powerful and that an active council member who organizes and prioritizes the needs of their ward can be a recipe for an effective budget," said Chowdhury, who also is a current policy aide for the 9th ward.

"I am proud to see that the work Council Member Jason Chavez and I have done in the Ward 9 office to advocate for a human-centered approach to address homelessness has led to an additional \$1 million in shelter services. This was only made possible by continued community advocacy and hopefully will lead us to an Avivo Village Tiny Homes on the Southside," said Chowdhury. "Another win for community members is the \$10 million in the Climate Legacy Initiative fund. Council member Chughtai and council member Goodman did a tremendous job with the community on this, and I hope to continue this work to increase funding by leveraging the relationships I

have across all levels of government."

"The investments that I'm particularly pleased to see included here are the historic investments in affordable housing and renter protections, the creation of a new opioid crisis mobile response unit, expanding behavioral crisis response unit funding, critical investments in parkways and other Park Board basic infrastructure, increase in the basic funding formula for neighborhood associations, and an increase in funding for violence prevention through the Office of Community Safety," said Ranheim.

WHAT'S NEXT

The budget will next go to the council's budget committee for review and hearings. There will be 13 meetings covering department level budgets that will be televised, available online and open to the public in the city hall council chambers. There will be three public hearings where any member of the public may address the council. They are scheduled for Oct. 25, Nov. 1, and Dec. 5. Two meetings, called budget "mark-up" meetings will be held (Nov. 30 and Dec. 1) where council members may propose and vote on budget amendments.

"There are a lot of great things in this budget that put Minneapolis further on the path to recovery after several challenging years," said Ranheim. "Minneapolis is coming back and this budget reflects our shared vision for a city that supports all 430,000 of its residents."

"In the coming weeks, I will be diving deeper into the mayor's 2024 recommended budget and levy to ensure that it meets my budget priorities, and the city of Minneapolis's budget priorities," said Koski. "I welcome any feedback from my neighbors, communities, neighborhood organizations, and more. I welcome feedback at any of my upcoming Ward 11 monthly meetings, or via call or email, and the sooner the better so I have the feedback well in advance of the budget committee's mark-up meetings."

Learn more at <https://www.minneapolis.gov/government/budget/>.

BUDGET COMMITTEE SCHEDULE:

September
 Sept. 11, 10 a.m. – Budget Overview, Financial Policies Overview, and Schedule 5 Overview
 Sept. 11, 1:30 p.m. – Consent Decree Budget Presentation
 Department Presentations to Budget Committee: (Subject to Change)
 Sept. 12, 10 a.m. – Mayor, City Council, City Clerk, City Auditor, City Attorney
 Sept. 14, 10 a.m. – Office of Public Service, Intergovernmental Relations
 Sept. 18, 10 a.m. – Finance & Property Services
 Sept. 26, 10 a.m. – Human Resources, Information and Technology
 Sept. 28, 10 a.m. – 311 Service Center, Communications, Neighborhood & Community Relations
 Sept. 13, 4 p.m. – Mayor Presents 2024 Budget to the BET, Public Hearing on Maximum Levy, BET Sets Maximum Levy

October
 Department Presentations to Budget Committee: (Subject to Change)
 Oct. 2, 10 a.m. – Minneapolis Convention Center & Downtown Assets, Health & Youth Coordinating Board
 Oct. 3, 10 a.m. – Community Planning & Economic Development, Regulatory Services, Arts & Cultural Affairs
 Oct. 10, 10 a.m. – Public Works, Civil Rights
 Oct. 12, 10 a.m. – Race Equity Inclusion & Belonging, Performance Management & Innovation
 Oct. 16, 10 a.m. – Office of Community Safety, Emergency Management
 Oct. 23, 10 a.m. – 911/MECC, Neighborhood Safety
 Oct. 23, 1:30 p.m. – Fire, Police
 Oct. 24, 10 a.m. – Capital Budget Presentation, MPRB, City Assessor
 Oct. 25, 6:05 p.m. – Public Hearing #1

November
 Nov. 1, 10 a.m. – Public Hearing #2
 Nov. 30, 10 a.m. – Mark Up Meeting #1
 Dec. 1, 10 a.m. – Mark Up Meeting #2

December
 Dec. 5, 6:05 p.m. – Truth in Taxation Hearing/Budget Adoption in Adjourned City Council Meeting

DAKOTA CHILDREN AUTHORS READ EXCERPTS

Dakota children's book authors and illustrators at Bde Psín (Lake Hiawatha) on Sept. 23 from 9:30-11:30a.m. outside the recreation center.

Reading selections will be Katie Jo Bendickson, Tara Perron, and Marlena Myles. Maria Asp, from Speaking Out Collective, will lead the kids in a short craft activity based on the book.

Tara Perron, or Tanagidan To Win, is a Dakota and Ojibwe mother. She grew up in Saint Paul. She studied Dakota language and culture at Metro State University. She is the author of "Takoza: Walks With the Blue Moon Girl," "Animals of Khéya Wíta," and "Animals of Ni-maamaa-Aki." Perron is inspired by the loving hearts of her sons: she is a creator, plant medicine enthusiast, and has always loved to write. She believes in the healing power of storytelling. More at www.bluehummingbirdwoman.com.

Marlena Myles is a self-taught Native American (Spirit Lake Dakota/Mohegan/Muscogee) artist located in St. Paul. Her art brings modernity to Indigenous history, languages and oral traditions while using the land as a teacher. Growing up



Tara Perron/Tanagidan To Win, Marlena Myles, and Katie Jo Bendickson/Wóokiye Win will read excerpts from their children's books on Sept. 23 at Bde Psin.

on her traditional Dakota homelands here in the Twin Cities, she enjoys using her artwork to teach Minnesotans of all backgrounds the Indigenous history of this place we call home.

Her professional work includes children's books, augmented reality, murals, fabrics, animations and has shown her work in fine art galleries such as the Minneapolis Institute of Art, The Museum of Russian Art, Red Cloud Heritage

Center and the Minnesota Museum of American Art to name a few. Her first permanent site-specific augmented reality public art installation known as the Dakota Spirit Walk is available on the Revelo AR app. In 2021, she opened her own Dakota publishing company called Wiyounkihipi (We Are Capable) Productions to create a platform that educates and honors the culture, language and history of Dakota people. <https://marlenamyl.es/>

Katie Jo Bendickson, or Wóokiye Win, is Sisseton Wahpeton Dakhóta. She has received a Bachelor of Arts in American Indian Studies with a Language Track from the University of Minnesota, Minn. She has taught pre-school and high school in Saint Paul, as a Dakota language instructor. Her mentor for the Dakota language was the respected elder Caroline Schommer of Upper Sioux Community.

Currently, Win is a teacher and freelance artist making jewelry, illustrating books, paintings and Dakota language curriculum. Her current hide painted earrings are featured at Indigenous First gallery in Duluth, MN. She uses both her Dakota and Ojibway background to influence her designs in her art. Much of her young life was spent on her mother's reservation, Fond du Lac Reservation in northern Minnesota before her family moved to her fathers Reservation at Upper Sioux Community in southwest Minnesota.

Win lives in Saint Paul with her husband and children. Both her parents are artists, and she continues the artist tradition of her family. Find her work online at www.wookiyewin.com and books at www.dakhota.org.

LONGFELLOW BUSINESS DIRECTORY

DEADLINE OCT. 2

This Directory is the only one of its kind that lists Longfellow businesses by category, including name, address, phone and web site. Connect with your community shoppers who want to support local businesses.

CONTACT US TODAY TO PLACE YOUR AD

Sandra Mikulsky • 612-260-7967 • sandra.tmcpub@gmail.com
 Suzie Marty • 612-255-1180 • ads@swconnector.com
 Denis Woulfe • 651-917-4183 • denis@longfellownokomismessenger.com
 Tesha M. Christensen • 612-235-4464 • tesha@longfellownokomismessenger.com



AURIN CHOWDHURY
FOR MINNEAPOLIS WARD 12

YOUR ONLY MINNESOTA DFL & LABOR ENDORSED CANDIDATE

EARLY VOTING
SEPT 22 - NOV 6

ELECTION DAY
NOVEMBER 7

Learn more on my website:
AURINCHOWDHURY.ORG

Paid for and prepared by Neighbors for Aurin Chowdhury | P.O. Box 17133, Minneapolis, 55417

2023 Minnesota Renaissance Festival
7 Weekends of Fun, Food & Cheers!



Open Weekends Aug 19 - Oct 1
Plus Labor Day Monday, September 4th
& Festival Friday, September 29th
9am - 7pm - Rain or Shine

Park & Ride Recommended
Prepaid Parking Passes Required for Onsite Parking
See Website for More Information

952.445.7361 | RenaissanceFest.com

HD COIN LAUNDRY
3225 East Lake St. Minneapolis, MN 55406
Phone: 612-644-7010 E-mail: cleanwash@hdlaundry.com



OPEN DAILY
6:00 AM - 10:00 PM

Wash, Dry & Fold Service Available!
Under New Management
Save time & money using our Giant Washers & Dryers!

WE'RE HIRING

ASE certified technicians

- Full benefits
- No weekends
- Competitive pay
- Flat rate bonus

WORK LOCAL



2904 E. 35th Street
612.729.2516

www.alexandersimportautorepair.com



TINY DINER



OPEN DAILY 8AM-9PM
Breakfast • Lunch • Dinner

FARMERS MARKET STARTS JULY 13TH

View our Farmers Market & Events schedule here

1024 East 38th St. MPLS 612.767.3322

TINYDINER.COM   @TINYDINER



LoLa
League of Longfellow Artists

Art Crawl Sept 23 & 24, 10 am - 4 pm



The friendly neighborhood tour of art and artists in Longfellow, Minneapolis! **LoLaArt.org**

Artists' work above, clockwise from left: Frank Belland, Foci Minnesota Center for Glass Arts, John Flomer, Melanie McRae, Kari Maxwell, Linda Hatfield, Jim Hughes, Michael Trosman, Kenneth Wenzel

IN THE MOMENT >> from 1

her mother began to lean into her Jewish heritage. White now identifies as a Jewish woman, which greatly impacts her art and spiritual life.

White has had many adventures throughout her life. At MCAD, she studied painting and drawing, and traveled to Maine through her studies. She visited Austria and Spain in 1969. After graduating, she visited England, and then lived on an island off the west coast of Ireland. She's also been to Mexico and Romania. In each place, she developed her craft.

"It was kind of a wonderfully forlorn creative life," White said. "I placed myself in a situation that was very beautiful and inspiring, but also kind of challenging."

For 38 years, White taught art to elementary school students. Her teaching career began in 1982 in California. After she and her husband moved back to Minnesota, she continued teaching across the state.

Her drawings tell stories. White has many collections of moments and memories from her past and personal life, along with drawings of people and places. Many of her drawings are labeled with words and quotes that describe the moment. She also inserts her thoughts, and memories in between moments. Much like a story, her documentary-style drawings often have a beginning, middle and end.

"I would just say that I let life tell the story," White said.

LOVE AND LOSS

At 26 years old in 1980, White worked at Morningside Cafe in Edina as a baker. One day, a seven-foot man named Josh Bialik entered the cafe starting work as a dishwasher. Two years later he'd become her husband, as they'd fallen in love on the job.

During the last years of Bialik's life, he suffered with many health issues. The



Anita White draws Anda flamenco dancers performing at the Lake Harriet band stand on Sunday, June 25. At the end of the show, she gifts the dancers with her drawings. "It's fun to be eccentric," said White. (Photos by Talia McWright)

two of them spent a lot of time at HCMC. Though many of her drawings at the time were of her husband, White also engaged with many others in the hospital, drawing their unique experiences. In 2017, White held a showing of her work at the hospital called, "Dancing Through Crisis with Courage and Humor." Bialik was there to support her.

"It was really hard because I knew I was losing him," White said. "It was kind of like a slow moving thing, but art helped me."

To persevere, she imagined herself as a mountain goat. She'd routinely draw variations of a mountain goat climbing mountains, like "Mount Medical Concern," "Mount Optimism" and "Mount Prayer." The goat was sure-footed and tenacious, and helped her envision how she could hold on.

'Documentary drawer' Anita White draws in the moment – in the grocery line, at a flamenco dance, during her husband's last days

they'd enjoy together. She drew his spirit as a vapor. Lingered in the air above her in the drawings are Bialik, reminding her to sort out her tasks with the bank, and telling her that it's okay to take off her wedding ring and move forward.

"I miss also his intellectual presence," White said. "And he completely supported me on all of these paintings."

White continued to return to the hospital they'd spent so much time in. She'd get permission to go into different areas of the hospital, drawing members of staff, babies in the NICU, and even end-of-life hospice patients. While looking at a drawing she made of a kitchen staff member, White explained that she likes to draw those who often go unnoticed. "He's celebrating Ramadan and making cookies for everyone," she said. Being in a hospital was no longer traumatic – instead she viewed her art as meaningful work.

"I showed my work to a doctor a week ago, and he was really moved," White said. "He was like, 'I see all of this, but moving so fast.'"

MOMENTS OF JOY

Flamenco dancing captured White's attention during a family trip to Spain. White fell in love with the movement, the colorful clothing and the energetic expression. "Ole!" White types at the ends of emails, a response she also yells while watching flamenco dancers stomp their feet and fan their arms during a performance by Anda Flamenco at Lake Harri-



"The mountain goat represented being able to cope," White said.

Her husband died at HCMC in April of 2019.


"I looked out," White said. "It was nighttime. In the whole horizon was our life together; and considering all the stress he was under, I was able to be there with him."

Navigating a life without her husband was very difficult and emotional for White. The two were life partners. White explained that Bialik was very practical and pragmatic, the opposite of her fluid and imaginative personality. After he passed, she drew the grief journey. She drew herself drinking wine and listening to music

IN THE MOMENT >> 9

HENRY W. ANDERSON
MORTUARY

(612) 729-2331 + www.HenryWAnderson.com




FUNERAL, CREMATION & PREPLANNING

How do you want to be remembered?

Consider the flexibility and simplicity of cremation.

Opt for a special urn or gift your loved ones a piece of remembrance jewelry.



Ample parking + Catered lunch options + Family owned since 1931

ECUMEN[®]

Affordable apartments for seniors 55+



Forty-Forty Flats



The Theodore at Wirth on the Woods



The Hillock

NOW TAKING RESERVATIONS!

Ecumen is thrilled to bring more affordable living options to the Minneapolis area consistent with our vision where every older adult has a home with innovative services.

Each of these communities welcomes applicants age 55+ earning less than \$49,320 per year paying rent directly or with individual housing vouchers (i.e. Section 8, HUD VASH). Although residents are qualified based on income (earning 30-80% of Hennepin County Area Median Income), rent rates are set per unit and are not calculated based on an individual's income.



SCAN QR CODE OR CALL TO LEARN MORE

ecumen.org/mpls-affordable-housing | 763-373-4355

<p>Forty-Forty Flats ecumen.org/forty-forty-flats 4040 W. 70th St. Edina</p> <p>OPENING FALL 2023 Taking Reservations!</p>	<p>The Hillock ecumen.org/thehillock 4440 Snelling Ave. MPLS</p> <p>NOW OPEN Join our waitlist!</p>	<p>The Theodore thetheodoreapts.com 2840 N Wayzata Blvd. MPLS</p> <p>OPENING FALL 2023 Taking Reservations!</p>
--	--	--

Ecumen is an award-winning nonprofit senior housing & services provider.

© 2023 Ecumen. All rights reserved. 



AFFORDABLE SENIOR HOUSING IN LONGFELLOW

With affordable housing a priority at all levels of government, state and local commissioners and elected officials joined leaders from Ecumen – a nonprofit leader and developer of housing, health care and services for older adults – to celebrate the grand opening of one of Minneapolis' newest affordable housing communities for seniors – The Hillock – in the Longfellow neighborhood on Thursday, July 20, 2023. The community welcomed its 100th resident at the end of May, bringing The Hillock to full capacity. Eleven residents are veterans who were in need of housing and have now found home at The Hillock. The aim of the Hillock project at Snelling and 45th St. is to address the need for affordable senior housing near transit, jobs and services. The building is the first phase in creating an intergenerational campus at Snelling Yards.



Phase two will be a 89-unit affordable family housing building with 13 units reserved to support veterans experiencing homelessness. The campus is co-developed by Ecumen and Snelling Yards Development, a joint venture between Lupe Development Partners and the Wall Companies. The two new communities will sit on a three-acre parcel that formerly housed the city of Minneapolis Public Works maintenance yard.

IN THE MOMENT >> from 8

et. The entire time her fingers capture the movements with a pencil and watercolor paint.

"It's fun to be eccentric," White said after asking strangers for water for her paint. After the show, White gifts the dancers her art. "Look I drew you!" she says, flipping through the pages.

White's favorite things to draw are the beach, flowers, people and her inner feelings. While daydreaming, she often draws herself in mermaid form. The mermaid persona developed because she loves to swim. On the beaches of Lake Nokomis, White Bear Lake and Cedar Lake, White draws the people she sees, takes a photo of them with her drawing, then gives the drawing away.

"Swimming is very balancing for me," White said. "My summer nickname is Aqua Nita."

White is on the board at the Vine Arts

Center (2637 27th Ave. S.). She occasionally teaches drawing classes at MCAD, writes poetry and plans to write a book about how art has helped her through difficult times. She hosts art sales on her front yard each month, from her studio she named, "Amaranth Art Studio" (4524 Minnehaha Ave S.). She also sells her work at Vine Arts Center and the Nokomis Beach Gallery (2726 E 50th St.). White describes the life she lives as "vivid," and her personality as "eccentric."

White expressed that she values humor, especially when coping with grief and life challenges. She is led by her Jewish faith, and is active in spiritual practices and communities. She is a caregiver for her brother who was diagnosed with Parkinson's disease, an experience which she is once again documenting through drawing. She explained that some of her truest passions are storytelling and art. Drawing in the moment allows her to both.

CELEBRATIONS >> from 4

question of a Master Gardener. It was 88 degrees and muggy. I discovered a tent with a chair and a table with cupcakes. I ate a cupcake. Nearby there was a person playing beautiful music on a harp. I could have had my face painted. I took a pass. Less heat and less muggy – I would have engaged more. I showed up. Dowling will turn 80 only once. To learn more about Dowling Community Garden, go to www.dowlingcommunitygarden.org

CELEBRATING MY BACKYARD HARVEST

In my backyard there are four double high raised beds thanks to a program called Chard Your Yard. This season, with help from my sister-in-law Carol and niece Crissy, two of those raised beds were revived. Seedlings, one sweet potato sprout

and marigolds were planted. So far, we have harvested tomatoes and cucumbers. I'm looking forward to harvesting sweet potato. With help, I can still garden.

NEWS FROM ALL ELDERS UNITED FOR JUSTICE

Grant Stevens's first day as Community Organizer is Sept. 1. All Elders now has a web site: www.alleldersjusticemn.org/

ELDER VOICES (TELLING OUR STORIES/SHARING OUR JOURNEYS) TO MEET

Sept. 29 (10-11:30 a.m.) at Heathers, 5201-Chicago Ave. I will be sitting at a table with a sign that says Elder Voices. All elders are welcome.

In gratitude. Seeking to balance self-care and community engagement!

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

YOU'RE NEVER too old to dance

Classes for adults from 18 to 99
Tappy Hour, Gentle Jazz, Barre Fitness, Yoga & more

KEANE
SENSE OF RHYTHM

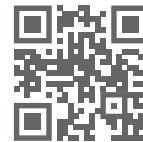
2161 University Ave W Suite 117
St. Paul MN 55114
info@tapcompany.org
tapcompany.org | 651-308-7648

Free Educational Pre-Planning Seminars

SEPTEMBER 6, NOON
Nokomis Park Chapel

RSVP Required: call 612.377.7841
or visit Washburn-McReavy.com/Seminars

Scan here for additional events:



Washburn-McReavy

Funeral Chapels, Cemeteries, & Cremation Services



THIS IS WHY WE WALK.

We're fighting for a different future. For families facing the disease today. For more time. For treatments.

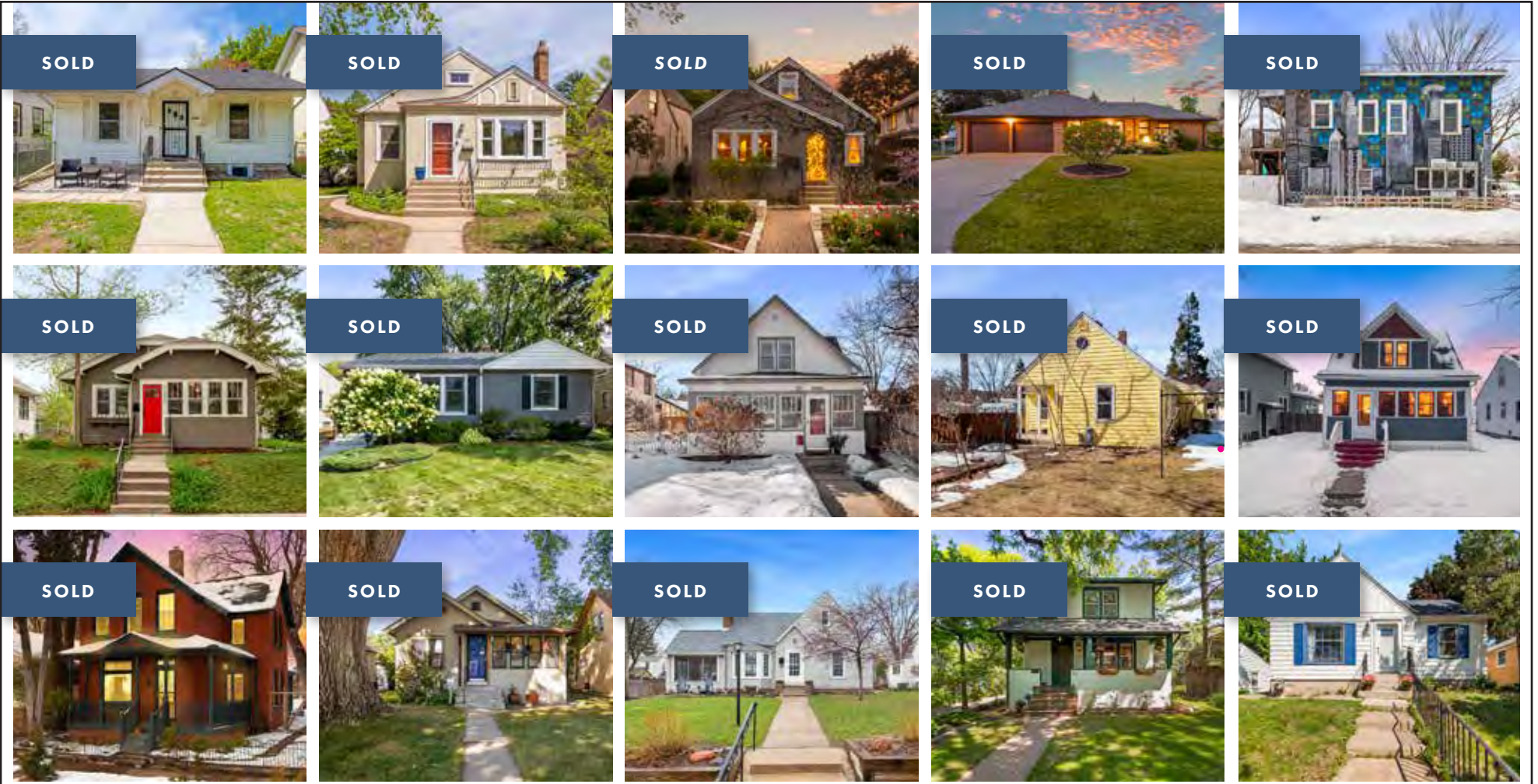
We're closer than ever to stopping Alzheimer's. But to get there, we need you.

Join us for the world's largest fundraiser to fight the disease.

September 30
TARGET FIELD

WALK TO END ALZHEIMER'S
ALZHEIMER'S ASSOCIATION

Register or Donate Today!
alz.org/walk



MIKE SMITH | BROKER - REALTOR®

142 homes sold & 60 million in sales in 2022!
Average 1 closing every 3 days

651.324.6211
mikesmithrealty@gmail.com
andersonrealtymn.com

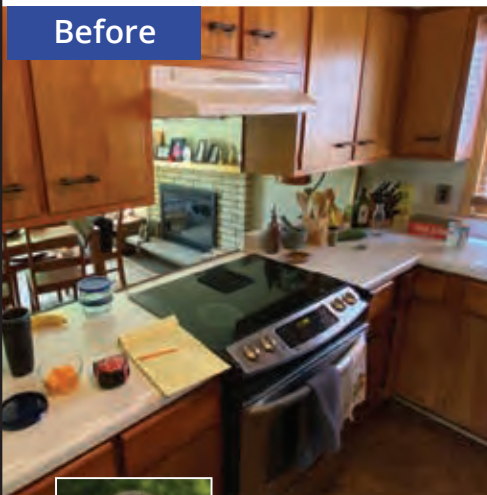
SYLVIA I.
Anderson
REALTY EST. 1958



STEP INSIDE!

It's your place. Your space.

Let us help you make the most of it!



Russ Henry,
owner

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

From there, we will bring that plan to life with function and beauty, increasing the value of your home.

Minnehaha Remodeling is built on the foundation of Minnehaha Falls Landscaping, a company that has served the Twin Cities for over 60 years. We are led by green building principals, helping clients make wise investments that are as ecological as possible. We strive to buy local and build to last, with renewable materials.

-  Remodeling
-  Custom Cabinetry
-  Trim work

 **Minnehaha**
REMODELING

A construction branch of Minnehaha Falls Landscaping



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

MinnehahaRemodeling.com

STREET ART AT BECKETWOOD COMMEMORATES GEORGE FLOYD

By IRIC NATHANSON

For the last three years, Kenda Zellner-Smith and her volunteers have been scouring Minneapolis's streets and alleys, collecting discarded plywood boards used to shield neighborhood buildings during the protests following the murder of George Floyd. In all, Zellner-Smith's Save the Boards organization has collected more than a thousand of these wooden panels now safely stored away as permanent reminders of those traumatic weeks in 2020.

On Saturday, Aug. 5, 2023, Zellner-Smith brought samples of her group's extensive collection to the grounds of the Becketwood Cooperative for an outdoor exhibit as part of a day-long event, titled "Remember and Reflect: Street Art from the George Floyd Uprising."

Zellner-Smith spoke to a group gathered on Becketwood's front lawn about the origins of Save the Boards. "One day, I was driving through South Minneapolis and I happened to see a man discarding one of those boards," she recalled.

"I remember asking him what was going to happen to it. When he told me the owner was probably going to auction it off, I felt anger welling up inside me. I couldn't imagine someone profiting from George Floyd's murder."

Right then and there, Zellner-Smith decided that she needed to do something to keep the street art from the protests ending up on the scrap heap. The young activist went home and posted a photo of the board on Instagram, asking for help in saving others like it. The unexpected response to her post led to the creation of Save the Boards.

"People kept messaging me that they wanted to help," she noted. Soon we had crews of people all over the city going out



Brass Solidarity energized Becketwood residents on Saturday, Aug. 5 when exhibits from Save the Boards were on display. It was titled, "Remember and Reflect: Street Art from the George Floyd Uprising." (Photo by Terry Faust)

to collect the boards. "It was very gratifying to see the community coming together. A piece of me finally came back to reality after being in that dark place for so long after George Floyd's murder," she said.

Zellner-Smith said she didn't have a long-range plan for Save the Boards when the organization was first created and she still doesn't have one. "I don't want to make a career of this effort. It is something that needs to happen. We may be custodians of the boards for now, but we don't own them. No one owns them."

Save the Board's organizer goes on to say that the simple boards with a message scrawled on a piece of plywood are

especially important to her. "They are not art with colorful flowers and butterflies so they are not going to be preserved. But they express the raw emotions of the protests more effectively than the colorful murals that get such wide attention."

"The boards don't belong on the wide walls of a museum. They belong back in the community. The important thing is for us to use the boards, as we are doing today, to generate a dialogue about the issues raised by George Floyd's death."

"You don't have to see the big picture with these issues of social justice. You just need to keep picking up the pieces, and that is what I intend to keep doing."

Lyn Pegg helped spearhead the Aug. 5



Kenda Zellner-Smith said, "We may be custodians of the boards for now, but we don't own them. No one owns them." She added, "You don't have to see the big picture with these issues. You just need to keep picking up the pieces, and that is what I intend to keep doing." (Photos by Terry Faust)



event as a representative of Becketwood's Diversity, Equity and Inclusion Committee. "This was really a joint effort," she said. "It brought our individual groups and committees at Becketwood together to handle planning, publicity and logistics for the event."

"We all felt this was something that Becketwood needed to do. Our cooperative is not a gated place for seniors. We are linked to the broader community around us. This event helped us strengthen those links."

THE CITY GARDENER



BY LAUREN BETHKE,
Master Gardener

Rain gardens help during times of drought



Essentially, a rain garden is a low-lying garden bed with plants that can tolerate standing water. Some excellent rain garden plants include Purple Coneflower, Joe-Pye Weed, Prairie Blazing Star, Cardinal Flower, and Little Bluestem. There are also some shrubs and small trees that can thrive in a rain garden, such as Serviceberry and Chokecherry. Rain gardens are generally low maintenance because they use deep-rooted native plants that naturally thrive in our climate. (Photo submitted)

Each summer – and especially in recent years – Minnesota experiences some degree of drought. When it does rain, it's best to keep rainwater on your property and allow it to soak into the ground, rather than running off into the street or alley. One great way to accomplish this is by adding a rain garden to your yard. Read on for rain garden tips and advice!

When rainwater runs off roofs, lawns, sidewalks, and driveways, it picks up pollutants and carries them into nearby storm drains, and ultimately, into our lakes and rivers. On the other hand, when rainwater soaks into the ground, it is filtered through the soil, where it can be used by plants or enter groundwater aquifers. This is referred to as "stormwater infiltration." Rain gardens are an excellent tool to increase stormwater infiltration in your yard – and they can also prevent erosion, reduce flooding, attract pollinators and wildlife, and provide a beautiful low-maintenance garden bed.

Essentially, a rain garden is a low-lying garden bed with plants that can tolerate standing water. A great place for a rain garden is at the bottom of a downspout, to catch water running off your roof (however, keep in mind that rain gardens should be at least 10 feet away from any buildings to prevent water damage to basements, so you may need to extend your downspout to direct water an appropriate distance). The next time it rains, pay attention to any areas where water collects around your house. A rain garden can be placed where water naturally collects – or it can be placed strategically to draw water to a different area if you

prefer. A rain garden is generally between 4 and 10 inches deep, and bowl-shaped with a relatively flat bottom for maximum water absorption. Make sure to call 811 and have utility lines marked before you start digging!

When designing a rain garden, look for plants that are native to our region, and that can tolerate standing water for at least 48 hours. Some excellent rain garden plants include Purple Coneflower, Joe-Pye Weed, Prairie Blazing Star, Cardinal Flower, and Little Bluestem. There are also some shrubs and small trees that can thrive in a rain gar-

den, such as Serviceberry and Chokecherry. For a much longer list of rain garden plants with information on bloom time, sun requirements, mature height, and more, take a look at the publication "The Best Plants for 30 Tough Sites," available for free on the University of Minnesota website.

Rain gardens are generally low maintenance because they use deep-rooted native plants that naturally thrive in our climate. However, a bit of work is needed the first couple of years to ensure that your carefully planted rain garden has a solid foundation. First – the rain garden needs water to help

the new plants become established. Aim to provide about 1 inch of water per week (or less, if it rains). It's also good to keep the garden mulched for the first year or two to retain moisture until the plants are more mature. Additionally, it's important to do some weeding while the rain garden plants are small, to ensure that weeds don't take over and crowd out your carefully chosen plants. Once the rain garden is established, it should need much less watering and weeding than non-native plantings – but it's important to give it a hand while it matures to ensure a healthy and robust foundation!

There are many excellent resources for Minnesota rain garden information, including the Mississippi Watershed Management Organization, Blue Thumb, Metro Blooms, the Minnesota Pollution Control Agency, the Minnesota Department of Natural Resources, and the Minnesota Board of Water and Soil Resources. For example, Blue Thumb maintains a list of partner organizations and businesses that can help you design, install, and maintain a rain garden, and holds online trainings to learn more about planting for clean water and pollinator habitat. And the Board of Water and Soil Resources has a grant program called Lawns to Legumes that can provide funding for installing a rain garden with pollinator habitat.

Finally, if you don't have a good spot for a rain garden, don't despair! Installing a rain barrel provides some of the same benefits by reducing runoff and keeping rainwater on your property for use in watering ornamental plants.

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!

ALL OF THE DELICIOUS WITH NONE OF THE GUILT

**NOKOMIS EAST
NEIGHBORHOOD
ASSOCIATION**

BY SARAH FRIEDMAN
communications manager
sarah.friedman@nokomiseast.org



I want to announce that I am writing this article with one hand. Why? Because I am eating a cookie dough cupcake with the other one. I wanted to put the cupcake down, but I can't. So... what's so special about this fresh, soft, sugary, and chocolatey cupcake? Reid and Sheila Nelson, co-owners of Vegan East Bakery, mixed cookie dough into the frosting. Pure genius. You know what else is special about it? It's in the name of their bakery – it's vegan. You read that right. Reid and Sheila's Vegan East Bakery on 34th Avenue has no animal products in their shop at all. This means no eggs, cream, butter or milk. As a non-vegan, I was pretty skeptical, but unless somebody told me otherwise, I would have had no idea that the cupcake in my hand has no eggs, no butter, and no cream.

"People think vegan food is gross. They'll come into the store and say they've never eaten vegan food before. And I'll jokingly say, 'You've never eaten an apple?'" Reid has a great point. Many vegan vs. non-vegan foods are about marketing. "I'm not missing anything [being vegan]," Reid said.



Sheila and Reid Nelson own Vegan East, which recently opened at 5501 34th Ave. S. Sheila handles the baking and Reid the business side. (Photo submitted)

"It's pretty easy for me to sit here and lecture people when I have one of the best vegan chefs in the state," he laughed.

This small husband and wife-owned shop is the second shop they own. Their first shop, Vegan East Café (2409 Lyndale Ave. S.), sells vegan sandwiches, baked goods, and drinks. Their new shop, Vegan East Bakery, exclusively sells baked goods. "This is going to sound cliché, but give us a shot. You'll be blown away. We've been in

business for six years. If it wasn't good, we'd be gone a long time ago," Reid said. He has a point.

I asked what made them decide to open their new shop in our neighborhood. In 2016, Sheila said she "needed a house hobby," so she "dabbled" in baking by teaching herself the art through Pinterest, YouTube, and blogs. She started baking vegan before Reid and Sheila went vegan. "That makes sense now, because she al-

ways loves a challenge," Reid said. Sheila piped in: "It was a persistent calling [to bake vegan]... a lot of trial and error. A lot of ingredients and a lot of money." Sheila was a home baker for a little over a year when started selling out of her house in fall 2016. Reid was looking at festivals to get the product out. Their first big break was Veg Fest, where they sold out of cupcakes two days in a row. They started going to pop-up venues to sell cupcakes and sold directly out of their home.

With Sheila baking and Reid taking care of business, this power couple starts baking eight flavors of cupcake and pre-ordered cakes early in the day to ensure every baked good is fresh. Because their bakery contains no animal products, there is no worry about cross-contamination. This means they are able to serve people with allergies. Reid spoke about one customer who had an epi pen in her sock. "For some people this is life and death," Reid said. It's important for Reid and Sheila to be able to serve everyone, no matter what their needs are. Sheila is even experimenting with soy-free vegan options to add to her vegan and gluten free options.

When I asked them about their plans for the future, they told me how excited they are to be a part of our neighborhood and how they feel like 34th Street is up and coming. In the future, they want to add solar panels and a patio to their bakery. "Give us a chance. I dare you try it. I dare you to eat a cupcake and look me in the eye and tell me it's not delicious," Reid said.

As I am eating the last crumbs of my cupcake, I want to double-dare you to do the same.

EVENTS

HOST HOMELESS YOUTH

Avenues for Youth and Wildflyer Coffee are collaborating to provide youth housing and employment opportunities. Avenues' ConneQT Host Home program is a community-based response for LGBTQI+ young people impacted by housing instability. Folks open their homes to provide food and shelter while Avenues provides wrap around services and support. Hosts offer short term or long-term stays, depending on the needs of the youth. Learn more about becoming a host on Thursday, Sept. 7, 5:30-6:30 p.m. at Wildflyer Coffee, 3262 Minnehaha Ave.

WALK FOR PEACE AND JUSTICE SEPT. 30

Challenged by experiences of violence

across the Twin Cities in recent years, Friends for a NonViolent World (FNWV), in collaboration with Twin Cities Non-violent and many other peace and justice groups, is organizing a large Walk for Peace and Justice on Sept. 30. The walk will demonstrate our collective commitment to building a world where all are treated with dignity and respect. This Walk for Peace and Justice takes place on Day 10 of Twin Cities Nonviolent's annual 12 Days Free from Violence. The event kicks off at 10 a.m. at Brackett Park in Minneapolis with refreshments, speakers and entertainment. Walkers can choose to walk a two-mile route or a half-mile route. Both routes begin at Brackett Park and follow the Mississippi River to the Lake Street/Marshall Avenue Bridge. At the Lake Street/Marshall Avenue Bridge, walkers will attend the Hands Across Mississippi Peace Declaration led by invited Mayors Jacob Frey and Melvin Carter.

Following the Peace Declaration, everyone is invited to walk to the lawn outside the Danish American Center for refreshments, speakers, entertainment, and community building hosted by Vote Climate from 12:30-3 p.m.

Registration is free to all with a choice of donating to help raise funds to support the many peace organizations involved in this walk. Learn more and register at fnvw.org/walk4peace.

About FNWV: Friends for a NonViolent World is a non-profit organization located in St. Paul. FNWV's programs demonstrate the transformative power of nonviolence at the personal, community and institutional levels and include the following: Alternatives to Violence Project (AVP) workshops, the Everyday Nonviolence Podcast, People Camp, and advocacy work done in coalition with other organizations.

GEORGE LAKEY SPEAKS SEPT. 24-30

From September 24-30, George Lakey will facilitate community dialogue and share personal experiences from his new memoir, "Dancing with History: a Life for Peace and Justice." Topics include hybrid and in-person conversations about environmental justice, how nonviolent campaigns succeed in polarized times, the intersectionality of racial justice and solidarity work and more. Go to fnvw.org/georgelakey for up-to-date information about George Lakey's visit to the Twin Cities. Lakey's life will be the subject of a new documentary film coming in 2023. On Sept. 24: "How nonviolent campaigns succeed in polarized times," 10:15-11 a.m. Minneapolis Friends Meeting, 4401 York Ave. S. Sept. 28: "Intersectionality of Racial Justice and Solidarity Work" includes panel with local organizers, 7-8:30 p.m. St. Paul, East Side Freedom Library, 1105 Greenbrier St.

LONGFELLOW COMMUNITY COUNCIL

community pizza party

No Pie Charts, Only (Pizza) Pies!

at the Toolbox Collective
3400 42nd Ave S

**6 to 8 pm
thursday, october 12**

more info at longfellow.org

Nokomis East Neighborhood Association

MINNEAPOLIS

monarch festival

festival de la monarca

Saturday, September 9
10 am - 4 pm
Lake Nokomis, 49th St & Woodlawn Blvd

A free family-friendly festival with art, dance, food, music, and educational activities

monarchfestival.org

BRINGING NOKOMIS DAYS TO LIFE

NOKOMIS EAST BUSINESS ASSOCIATION

BY HEIDI VAN HEEL
co-chair
NokomisEastBA@gmail.com



They say it takes a village. We say it takes a special neighborhood. Add a small but dedicated group of volunteers and passionate businesses, and you have Nokomis Days.

Our Nokomis Days celebration isn't new. But it's the third year that the Nokomis East Business Association (NEBA) has taken it on after a 30+ year hiatus. It was also new to the latest group of NEBA volunteers behind its reboot.

As far as we know, the Nokomis East Business Association first came on the scene in the 1960s. Over the years, it's seen a lot of members and businesses come and go. The organization has also had many ups and downs, including name changes, periods of inactivity, a pandemic, and an Uprising. It hasn't been easy keeping an entirely volunteer-run organization going, especially over 60 years.

But one thing has always remained constant with NEBA – individuals and businesses with a deep love and commitment to our very special corner of the city. And, if you ask us, there's no greater example than Nokomis Days.

This year, the Nokomis Days Planning Committee got to work in January. This team of volunteers met each month to put ideas into action for the August celebration. Businesses and service organizations from every corner of the Nokomis area also stepped forward, volunteering their time, talents, and resources to cre-

ate a weekend-long list of festivities that brought the celebration to life.

And the hard work paid off.

Once again, you came out in full force to support your favorite local businesses and discover new ones you hadn't realized were here. It was a remarkable weekend, especially since volunteers made it all happen – including each of the businesses that hosted events and specials all weekend.

Thank you to everyone who helped make this year a success. We hope you feel as fortunate as we do to be part of the Nokomis East community.

As we close the chapter on our 2023 Nokomis Days celebration, we're already looking forward to 2024. So, save the date for the first weekend of August. And, if you need a distraction when the winter winds start to blow, contact us to learn more about our Nokomis Days Planning Committee by emailing NokomisEastBA@gmail.com.

NEBA co-chair and volunteer Heidi Van Heel of *hvh Engage!* is a longtime resident of Nokomis East and operates a home-based business. NEBA is currently meeting on the third Wednesday of each month, 6 p.m., at the McDonald's Liquor community space.

NOKOMIS DAYS COMMITTEE

- Amy Greeley, Bull's Horn
- Linda Simon, Fit to Live
- Tesha M. Christensen, Longfellow Nokomis Messenger
- Natalie Lyon, Natalie Lyon Agency
- Nick Daugherty, McDonald's Liquor & Wine
- Kyle, Nokomis Life
- Mike Welch, Nokomis Tattoo
- Becky Back & Sarah Petzel, Nokomis Makers Market
- Peter Stein, Steinography
- Brittany Rudquist & Maria Montanez-Rudquist, WebVolta



The marketing team for Nokomis Days included (left to right) Kyle of Nokomis Life, Peter Stein of Steinography, Tesha M. Christensen of Longfellow Nokomis Messenger and Heidi Van Heel of hvh Engage!



Amy Viken (volunteer), Holly Pinkerton (volunteer), Elsie Greeley (volunteer and my niece), and Janet Kolterman (server) sell tickets at the Bull's Horn parking lot party on Sunday, Aug. 6. On tap this year was Bull Brand, a collab with Venn Brewing.



Ari Edgeton, age 12, assists his mom, Gillian McLaughlin, at Bitter Buffalo (4557 S 34th Ave.) on Aug. 6. People could do their own screen printing on t-shirts and flags during the event. McLaughlin's business moved from northeast Minneapolis into the Nokomis area about a year ago.



Local musician Josie Hasnik known as FIN-ICK was one of four artists who performed at the opening concert behind Nokomis Tattoo on Friday evening, Aug. 4, 2023.



Annie and Fred DuBose hosted a pop-up at Bull's Horn to sell coffee on Aug. 6. SunBean Coffee will be opening this fall at 4553 34th Avenue S.



Samantha Richards and Benjamin Mielke hosted a carnival at Lady and the Beard.



Maria and Raul Morales of Nokomis Surplus brought back their sidewalk sale.



Sarah Friedman sells Babusya's Kitchen cookbooks to raise funds for Ukraine relief efforts at the Oxendale's vendor fair.



Sarah Petzel and Becky Back organize the Nokomis Makers Market.

Faith

Neighborhood churches welcome you.

Bethlehem Covenant Church
3141 43rd Ave. S. • 612-721-5768
www.bethlehemcov.org
Pastor Colleen Nelson
(Handicapped Accessible)
Traditional Service – 9 AM
Contemporary Service – 10:45 AM
*One Combined Service at 10 AM til September 17th
All sermons can be found online

Epworth United Methodist
3207 37th Ave. • 612-722-0232
www.epworthmpls.org
Sundays 10am - Worship In-person & Live-streaming on Our FB Page - @EpworthUMCMPLS
9/3 Music Sunday, Blessing of Backpacks
9/10 Children's Sunday School (ages 4-11) resumes 8:45-9:45; meets Sept. 10th, 17th & 24th
9/29-30, 9am-3pm Rummage Sale

Faith Ev. Lutheran Church
3430 East 51st St. • 612-729-5463
www.faithlutheranmpls.org
Vacancy Pastor: Rev. Dr. Jared Yogerst
Sundays – Service times on website (Comunion 1st and 3rd)
Mondays: Exercise Class, 10 am AA, 6:30 pm
Wednesdays: NA group, 7:30 pm
9/10 - Rally Sunday, Ice Cream and Music, 10:15 am
9/30 - 10 am-2 pm Blind Ministry

Minnehaha Communion Lutheran
4101 37th Ave. S. • 612-722-9527
www.minnehahacomunion.org
Interim Pastor Matthew Johnson
(Handicapped Accessible)
9:45 am Sunday Worship in person & online. Info on church website
12-step groups Tuesday thru Friday evenings

Park Avenue United Methodist Church
3400 Park Ave. • 612-825-6863
www.parkavechurch.org
Senior Pastor Gregg Taylor, Minister of Preaching Steven Belton
Reaching & rebuilding in the Central Neighborhood. 100+ years of lively worship and diverse congregation.
Open for in-person worship – 10am Sundays

St. Albert the Great Catholic
E. 29th St. at 32nd Ave. S.
612-724-3643
www.saintalbertthegreat.org
Fr. Jude McPeak O.P., pastor
Saturday mass 5:00 pm
Sunday mass 9:30 am (also live-streamed on Facebook), 12 pm
Sacrament of Reconciliation 4-4:40 pm Saturdays; Sunday 11:30-11:50 am; Or by appointment
Weekday masses at 8:15 am, M, T, Th, F in the chapel

Trinity Lutheran Church of Minnehaha Falls
5212 41st Ave. S. • 612-724-3691
www.trinityfalls.org
Pastor Matt Oxendale
Centennial Year
Worship 10 a.m. (June-Aug.), 10:30 a.m. beginning Sept. 10
AA Sun & Tues 7:00 p.m.

Minnehaha Food Shelf, serving people Tuesday, 10:30 am - 3 pm
Call us at 612-721-6231
Minnehaha United Methodist • 3701 E. 50th St.

HIRING: CARRIERS FOR WALKING ROUTES



Get exercise.

Work flexible hours.

Save up for that trip. Support democracy. Say hi to your neighbors.

TMC Publications is looking for newspaper delivery carriers for walking routes in Longfellow and Nokomis. Reliable car needed to pick up papers, or we can drop off to you. Routes available every week.

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

Deliver newspapers. Earn \$15/hr

Learn about community projects funded by Longfellow Community Council

LONGFELLOW COMMUNITY COUNCIL

BY ANDREA TRITSCHLER,
communications
andrea@longfellow.org



Beginning this year, Longfellow Community Council opened up our grant programming so we could fund more projects and initiatives led by people in our community. Getting our community involved is crucial to our neighborhood's longevity, especially as neighborhood organizations face an uncertain funding future.

Throughout 2023, we've been able to fund nine projects proposed by our neighbors that we think help enliven and enhance the Greater Longfellow neighborhood. Community members have been vocal about wanting more events and have advocated for beautifying our community, whether that's through art or environmental connection. In efforts to make our neighborhood a more vibrant place for residents and businesses, we're getting some new murals in 2023 and 2024!

We're excited that we will soon have a mural on the east side of our office building at 3101 Minnehaha Avenue. Artist Pablo Kalata, who has murals on Lake Street and who created all of the amazing art for our Solace at the Palace event, will begin the mural this fall. It will reflect the vision, passion, and energy of the Longfellow community.

On the other end of the neighborhood, the community group 36th Avenue ART (Avenue Revitalization & Transformation) will be working with the public art class at Hiawatha Collegiate Academy to create and install a mural under the Midtown Greenway bridge near Brackett Park. The students will work with commission artist Peyton Scott Russell and his company Sprayfinger to design and create the murals under the bridge. Peyton is a veteran artist and instructor specializing in graffiti art that enlivens urban spaces and engages youth in addressing topical cultural issues. The group is aiming to have the mural done in late October and throw a community-wide celebration. 36th Ave



36th Ave ART hosted an informative walk for over 50 Seward and Longfellow neighbors on Aug. 16. There will be a documentary on the project that will include the history and future of 36th Ave walk. (Photo submitted)

ART hosted an informative walk for over 50 Seward and Longfellow neighbors on August 16th. There will be a documentary on the project that will include the history and future of 36th Ave walk. We'll have it posted on our website once it's completed.

In April of 2023, we helped bring a string quartet of four college-aged student musicians from Havana, Cuba to Minneapolis through the Cuban American Youth Orchestra Ambassadors program. From April 16 to 28, the ELXUS Quartet built a strong relationship with the Longfellow community during their visit. The quartet visited a number of area schools during their stay, including Roosevelt High School, where they spent time with students from two different upper-level Spanish classes, sharing ideas about culture, food and music in Cuba and the U.S. Both classes ended with salsa dance lessons in which every student participated. The quartet presented educational programming at Howe Elementary, as well as Emerson Dual Language School, and played alongside beginning strings classes at Howe.

One of our neighbors has been teaching traditional Igbo dance classes at Longfellow Park with the support of LCC funding. Igbo dancing originates in Nigeria. With several kinds of traditional dances, Mary hopes that residents can use dance

as a tool for healing. The dances happen every Saturday evening from 5 to 7 p.m. through Sept. 2.

These kinds of cultural experiences create connections between our diverse community members and bring us together through artistic experiences and expressions. Our community is also very connected to our environment. Being able to offer environmental experiences for our entire community has been a long tradition for LCC.

The Longfellow River Gorge Festival (formerly Share the River Gorge) has been one of those events. This year, we were able to invest more into the event and include live music like in years past, as well as the free canoe rides, rowing and naturalist activities. The Longfellow River Gorge Festival is Sept. 10 from 12 to 4 p.m., and is a free, family-friendly event that has been a community favorite for decades.

A family hike hosted in July brought families out to the River Gorge to explore and experience the area with a new lens. Kids learned how to identify plants and make seed balls, while adults were able to find a meditative outdoor experience through forest bathing.

Appreciation for our neighborhood's natural resources is abundant. We helped partner with Friends of the Mississippi

River to support efforts to maintain and restore the area's ecological resources so that we can continue to enjoy the River Gorge for years to come. Building a community of volunteers from the surrounding area creates a sense of ownership and stewardship. It encourages community members to take a larger role in protecting the resources that benefit their communities.

FMR and LCC have a history of working together on river-based projects and programs; as early as 2001, both parties contributed substantial investments towards protecting the river-adjacent parks and in reaching constituents throughout Longfellow. On Sept. 16, FMR will host two tree-planting events in the Gorge, a BI-POC-focused volunteer event in the morning, and an afternoon event open to any interested volunteers in Longfellow and beyond.

We've also been working with renters in Longfellow to organize a building-wide CPR first aid training as a way to help keep each other safe and care for our neighbors, while being informed in life saving techniques.

Also to come is a Data/ Justice Lab from Confluence, which will work with professors and statisticians to create visual presentations of data and statistics that have been gathered from neighbors' questions, especially revolving around policing. Confluence is an organization based out of South Minneapolis that has, since the spring of 2023, created a hub for neighborhood assemblies that look towards both the future of the 3rd Precinct site, as well as a desire to collectively define what "authentic security" means for neighbors within the 3rd Precinct patrol zone. The lab will be able to present what is sometimes unclear or overwhelming MPD data points in a more digestible way for the community at large.

The year isn't over yet, so we expect that the investment and commitment our community members have to transforming our neighborhood will continue to bring amazing opportunities to Greater Longfellow. If you have any questions on our grant program or are interested in applying for a grant, please contact andrea@longfellow.org or go to our website longfellow.org/grants to learn more.

CITY BRIEFS

CANDIDATE FILINGS

Aug 15 was the last day for candidates for any of the 13 city council wards to file to be on the Nov. 7 municipal ballot. The following candidates, listed by ward and in order of filing date, have filed to be on the ballot in wards that are in the greater Longfellow Nokomis area. For ward 8: Andrea Jenkins, Soren Stevenson, Bob Sullentrop and Terry While. For ward 9: Jason Chavez and Daniel Orban. For ward 11: Emily Koski and Gabrielle Prosser. For ward 12: Luther Ranhiem, Aurin Chowdhury and Nancy Ward. Write-in candidates will still be an option.

EARLY VOTING STARTS SEPT 22

The Early Vote Center at 980 E. Hennepin Ave. opens at 8 a.m. Sept. 22 for voters who wish to cast their ballot early and in person. Also on Sept. 22, Minneapolis Elections & Voter Services begins mailing ballots to voters who have re-

quested to vote early by mail. Learn more about voting this year at <https://vote.minneapolismn.gov/voters/>

LAND SALE FOR URBAN GARDENS

The city staff, and a planning commission committee have recommended approving the sale of the city-owned property at 1860 28th St. E. and 2717 Longfellow Ave. for use as a community-owned urban farm and the property at 2931 - 2937 Bloomington Ave. for use as a community garden.

PARK CRITERIA FOR SCHEDULING IMPROVEMENTS

The Minneapolis Park and Recreation Board will hold a public hearing on amendments to Chapter 17 of their code of ordinances on Wednesday, Sept. 6, 2023, at 5:45 p.m. in the Board Room of the Mary Merrill Minneapolis Park and Recreation Board Headquarters, 2117 West River Road. That chapter describes the criteria-based system for capital and rehabilitation scheduling for neighborhood park projects, also known as the "neighborhood equity metrics." Learn more at

<https://agendasuite.org/iip/mprb/file/get-file/15432>.

AS YOU GO CAMPAIGN

The city is proposing to pilot a series of events in 2024 as a part of the As You Go MPLS campaign to encourage walking, rolling or biking. The series is intended to ensure that "Open Streets Minneapolis continues to be a sustainable program and evolves; explore different route types, lengths, frequency and repetition, including ideas like 'car free Sundays', low-programmed open streets, partnering with the parks for events on parkways, and finding other ways to encourage and give people the opportunity to envision Minneapolis streets in a different way." The 2024 projects and locations will be determined later this year, and are proposed to include 1-2 project demonstrations on streets planned for redesign, such as neighborhood greenways or Safe Routes to School (SRTS) projects and 1-3 grand opening celebrations for newly constructed street projects that encourage people to take more trips by active transportation.



AIR SENSORS

In July the city health department put up 29 new AQMesh air sensors on streetlights around the city. The sensors will measure ozone (O3), nitric oxide (NO), nitrogen dioxide (NO2), carbon monoxide (CO) and volatile organic compounds (tVOCs). By measuring these pollutants, they will provide information to help improve air quality.

~ Briefs compiled by Cam Gordon

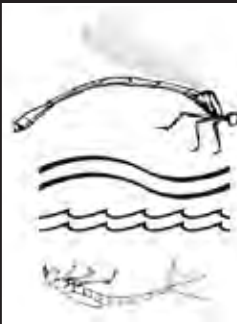
Rally Sunday - September 10

Worship
9 am



Ice
cream &
Music
10 am

Faith Ev. Lutheran Church • 3430 East 51st Street



DRAGONS WYND
Environmental Entomology

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

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

**The research is in.
YOUR CUSTOMERS ARE LOOKING
HERE.**

57% of Consumers Turn to Print or Digital Advertising in Minnesota Newspapers when Deciding Which Brands, Products and Services to Buy.
Source: 2021 Minnesota Market Study, by Coda Ventures)



A TREE SERVICE, INC.
612-724-6045
TRIMMING • REMOVAL
STUMP GRINDING

Treating your house like a home
Painting by Jerry Wind
• Interior & Exterior Painting • Plaster / Sheetrock Repair
• Wood Stripping & Refinishing • Ceiling Texturing / Repair
• Wallpaper Stripping / Wall Repair / Skim Coating
FREE ESTIMATES
(612) 827-6140 or (651) 699-6140
WWW.PAINTINGBYJERRYWIND.COM

Leap
Pediatric and Adolescent Care
Primary care for 0-26 year olds
CALL 651-350-3580
EMAIL Main@leapcaremn.com
450 Syndicate St. N., Suite 250
St. Paul, MN 55104-4107
Hours: 10AM - 6PM M-F
Dr. Julia, Pediatrician

LANDSCAPING SERVICES
We complete jobs, both big and small, to help you and the community. We provide quality work and design, every time.
NORDMAN'S
MASTER LAWN & LANDSCAPE
(651) 276-3100
NORDMANSLANDL.COM
SALES@NORDMANSLANDL.COM
Excavation, Turf and Tree Services, Hardscapes, Softscapes, Outdoor Maintenance, Delivery, Haul Out & More

Buying

- Free Appraisals
- Memorabilia
- Sports Card Collections
- Consignment Available

Info@minnieandpaul.com
612-208-6405

TREE TRIMMING, REMOVAL & STUMP GRINDING
Matthew Molinaro
FREE ESTIMATES
612.239.2508
MolinaroTree.com
ISA lic&insured | certified arborist MN-4551A

GROUNDED EARTH
PROPERTY SERVICES
• Weekly mowing • Landscaping
• Property cleanups
• Eco-friendly, all electric
GROUNDEDEARTHMN.COM • 612-500-4076

Home

CRISIS HOTLINE
Call the Minnesota Day One Crisis Hotline at 1-866-223-1111 if you or someone you know is seeking shelter due to a dangerous relationship or needs to create a safety plan.
Just \$1 a word.
Affordable. Simple. Easy.
Place your ad today!

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

PAINTING
Painting, wallpaper patch. Interior, exterior. Small jobs wanted. Jim. 612-202-5514.
Kevin's Painting. Interior/Exterior. Wood frame, stucco. Pressure washing, staining, gutter cleaning. Insured. 651-699-2832.

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

SERVICES
Snow removal - sidewalks, driveways, roof tops. Gutter cleaning. 651-699-2832.
Gutter cleaning. Let the Rain Drain Away. Call Larry 651-635-9228.

Concrete work: Steps, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530.

SPACE FOR RENT
Wellness or therapy space for rent: On bus route. Easy access to light rail. Located at Minnehaha Ave S. and 42nd St. 2nd floor space avail. Approx. 144 sq. ft. Call Jim between 8 a.m. and 2 p.m. 612-490-1457 or email: KRZ@NELSONELECTRICINC.COM.

STORAGE
MPLS Storage located in the Longfellow neighborhood has units for rent at low rates. Locally owned and family operated. 1/2 block from Lake and Hiawatha. 612-333-7525.

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

Pets

DOG WALKING
John's Dog Walking - Daily dog walks, boarding and in home pet visits. 15 years experience, Insured and Bonded. 612-825-9019. www.facebook.com/johnpetservice.

Let them know you saw it in the Messenger.

MB'S CLEANING SERVICES
Green cleaning
Toxin-free disinfecting
For home and business
Woman-owned, local
Since 1994
651-225-1960
MBScleaning.com

SOLD!
TED BERGSTROM
Ted@TedBergstrom.com
612-723-5444
RE/MAX ADVANTAGE PLUS
THE MINNESOTA REAL ESTATE TEAM
This Kenny neighborhood Mid-Century Beauty sold in 1 day!
CALL/TEXT US FOR DETAILS!

\$ + = \$ + = % + = \$ + = % + = \$ + = \$ + = % +

DO THE MATH!

For only **8¢/piece** you can have a 4-color flyer **PRINTED AND DELIVERED** with the *Messenger*!

It costs 50¢ /piece to mail a promotional flyer to local residents letting them know about your business, organization or upcoming event. That does not include design, production, and printing charges.

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

Get the word out. GET A CLASSIFIED.

Word ads must be received by the Messenger by Monday, Sept. 18 for the Sept. 28 issue. Call 651-917-4183 for more information. Your classified ad will also be automatically placed on the Messenger's website at www.LongfellowNokomisMessenger.com



John Njoes
REALTOR®
john.njoes@lakesmn.com
612.419.4576



Lakes Sotheby's
INTERNATIONAL REALTY

Your Neighbor since 1984



Joe Hayes,
Owner

MN Lic. BC750502

BRING NEW LIFE TO
YOUR ORIGINAL
WINDOWS

- Sash cord repair and tune-up
- Weatherstripping
- Restoration and refinishing
- Putty and glass repair





hayeswindows.com 612-259-7855

NELSON ELECTRIC INC.

EST 1963

Service is Our Specialty

FREE - estimates

Call today for an appointment

Office Space for Lease

- Residential
- Industrial
- Restaurant
- Lighting Retrofits
- Commercial
- Solar



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

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

612.729.7608 • www.buck-bros.com



We design & build
in your neighborhood

Kitchens, Baths, Additions
Restorations

MN license #4593



BUY LOCAL
LONGFELLOW/NOKOMIS

Support your neighbors,
live a more sustainable
life, and build
community.

Tell them you
saw it in the
Messenger.

6 of 10 readers say they frequently purchase products and services from ads that they see in the Messenger.

Pickling or preserving?



We have all the supplies
you need for canning
done right.



NICOLLET HARDWARE

BIGGEST LITTLE HARDWARE STORE
IN MINNEAPOLIS

3805 NICOLLET AVENUE | MPLS, MN 55409 | 612.822.3121



Create ♦ Collaborate ♦ Communicate



HANSON
REMODELING
design ▪ build

(612) 655-4961

hansonremodeling.com

Lic #BC633225