

SOUTHWEST Connector

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7 AGING WELL: Teen volunteers to help with technology

4 Rediscover the power of reading books, attend festival

9 ELECTION 2023: Who is really the boss at city hall?

10 Businesses: what's coming in southwest Minneapolis

FOUR WARD 13 CANDIDATES FACE OFF

Bob Carney, Zach Metzger, Kate Mortenson and Linea Palmisano differ on public safety and Roof Depot site

By **Cam Gordon**

The four city council candidates running in Ward 13 shared their viewpoints in a forum on Sept. 6, 2023 at Mount Olivet Lutheran Church. Attending were Linea Palmisano, Kate Mortenson, Zach Metzger, and Bob Carney. The forum was sponsored by the League of Woman Voters.

The moderator, Lonnie Skrentner, started the forum by asking for opening comments.

"I work in close partnership with council president Jenkins and Mayor Frey," said incumbent Palmisano, after noting that she had endorsements from the Democratic Farmer Labor (DFL) party, the Minneapolis Firefighters Local 82, the building trades union and Woman Winning. "My work here is not done," she said. "I have 10 years of experience and experience matters, relationships matter and hard work matters."

Mortenson said that she has lived in the Lynnhurst neighborhood for 17 years, is a civic



Dogs and their people enjoyed the 18th Annual Woofstock in Linden Hills on the second Saturday in September. It's billed as "The Best Doggone Dog Fest in All of Minnesota!" The festival is a rejuvenating experience for many, according to planner Larry LaVercombe.

▶ More on page 5.

LITTLE MEKONG THROUGH EYES OF ARTIST KATIE KA VANG

Mixed Blood Theater hosts an interactive walking tour along University Avenue

By **Talia McWright**

Community members smiled as they tasted different dishes and snacks from local businesses of the Little Mekong cultural district on University Avenue on Sunday, July 2, 2023. The event was artist Katie Ka Vang's portion of Mixed Blood Theatre's 12x12 series. Businesses like 88 Oriental Foods offered pork bites and Mogu Mogu during the interactive walking tour.

"I didn't know there was a name for this area, and like an identity for the community," said Minneapolis resident Siana Goodwin. "I'm really happy to know that, and the food was awesome."



THEATER MU RECLAIMS GENRES FOR ASIAN ARTISTS IN MINNESOTA



Katie Bradley (left) and Norm Muñoz (middle) perform in the "Kung Fu Zombies Saga: Shaman Warrior & Cannibals" at the Luminary Arts Center. A two-part show, it tells the story of Akha and Lao women faced with challenges that force them to connect with their cultural experiences. (Photo by Rich Ryan)

Playwright Saymoukda Vongsay's "Kung Fu Zombies Saga: Shaman Warrior & Cannibals," is the latest production to explore topics of grief, spirituality and Laotian culture

By **Talia McWright**

As a child, Saymoukda Vongsay wrote herself into stories of Little House on the Prairie, Sweet Valley High and The Babysitters Club, as a side character. In middle and high school, she was a known writer who always carried a notebook in hand filled with poetry. Now she writes plays about zombies that know Kung Fu, starring Lao American and Asian American characters inspired by herself, her surround-





Payton J. Woodson (left) and Norm Muñoz (right) perform in the “Kung Fu Zombies Saga: Shaman Warrior & Cannibals” at the Luminary Arts Center. (Photo by Rich Ryan)



(Left to right) Sandy Augstin, Hannah Nguyen and Soudavone Khamvongsa perform in the “Kung Fu Zombies Saga: Shaman Warrior & Cannibals” at the Luminary Arts Center. (Photo by Rich Ryan)



The cast of the “Kung Fu Zombies Saga: Shaman Warrior & Cannibals” fight off zombies at the Luminary Arts Center during the show. (Photo by Rich Ryan)

1 THEATER MU

ings and the people in her life.

“I remember being a connector, a storyteller and a translator very early on,” Vongsay said.

Vongsay first debuted “Kung Fu Zombies” in 2013, and 10 years later she reopened the show with a second act that has a completely new storyline. The 2023 “Kung Fu Zombies Saga: Shaman Warrior & Cannibals” is a two-part show about Akha and Lao women that are faced with challenges that force them to grow, adapt and connect with their cultural experiences, all while using kung fu to fight off evil zombies.

“The Kung Fu Zombies Saga is a huge, fun, visually stunning play with amazing actors and talent in it, and tells a really important story about Asian American and Lao American themes,” Lily Tung Crystal said.

Minneapolis resident, Tung Crystal has been the artistic director at Theatre Mu since 2019. Before working at Theatre Mu, Tung Crystal lived in San Francisco, Calif. and co-founded the, “Feroocious Lotus Theatre Company,” in 2010. Her directing journey began after directing David Henry Hwang’s play, “Chinglish” at the Palo Alto Players theater in Palo Alto, Calif. She is the director of the Kung Fu Zombies saga.

“I would say acting is my first love, but if you’re a woman theater artist, I think what’s exciting about directing is that you have more agency and can make a bigger impact,” Tung Crystal said.

Tung Crystal joined the actors union in 2009, and has been involved in plays and musical theater performances since

high school. While living in San Francisco, she was familiar with Theatre Mu as there are a small number of Asian American theaters in the U.S. and Theatre Mu is one of the largest. Tung Crystal explained that at the time of exploring her acting career, there weren’t many opportunities for Asian-American theater artists because theater has been traditionally White and male-dominated.

“Theater Mu has always been a beacon for Asian American theater artists and so I was hugely honored to be invited to lead Theater Mu,” Tung Crystal said. “I often tell people that I have my dream job because I have the opportunity to support Asian-American and other BIPOC theater artists and tell the stories from our communities.”

Tung Crystal connected with Vongsay through Theater Mu in 2019, as Vongsay had a long standing relationship with the theater and has been a Mellon Foundation playwright in residency since 2020. The theater celebrated its 30th anniversary this year. In honor of the anniversary, Tung Crystal asked Vongsay if she would re-premiere “Kung Fu Zombies v Cannibals” in combination with her prequel “Kung Fu Zombies v Shaman Warrior” to create the Kung Fu Zombies Saga.

Tung Crystal has a love for sci-fi, zombies and horror, and expressed that she really enjoyed helping bring Vongsay’s vision for the saga to life. The play was especially important to Tung Crystal as it highlights not only Asian American stories, but southeast Asian and Lao stories.

“The fact is that she [Vongsay] reclaims for the Asian community those genres that are tra-



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ditionally reserved for mainstream artists and storytellers,” Tung Crystal said. “She’s saying that Asian American artists can also have a place in the American genres that often keep us out.”

THE PLAYWRIGHT

In college, Vongsay was a part of a spoken word group called Free Inspiring Rising Elements (FIRE), that performed at public events. Soon after she joined a writers workshop for BIPOC women and wrote one of her most popular spoken word pieces, “When Everything Was Everything,” which also inspired her children’s book. She expressed that the women in the group reaffirmed her calling as a writer.

In 2010, a friend of Vongsay’s invited her to join The Unit Collective of Playwrights of Color. Working with other playwrights, Vongsay would try writing using the different genres of her peers. Through this process she discovered that she liked to create within the genres of horror, sci-fi, speculative fiction and futurism. Through this exploration, what Vongsay calls the “zombieverse,” was born.

“The Kung Fu Zombies Saga: Shaman Warrior & Cannibals” was especially special to Vongsay as it was the first play produced by a major institution, written by a Lao person, about Lao people in Minnesota. The saga was inspired in part by Vongsay’s personal life experiences and identity as a Lao and Lao-American woman. Topics in the play include spirituality, war, grief, hip hop culture, trauma and more. She and her family are Buddhist, and her family was displaced because of the Vietnam War. She grew up around people who practice Shamanism, and has personal experiences with the spirit world. She has also seen how mental health has affected members of her family, and wrote in scenes to include these topics because they’ve impacted her and her communities.

“I wanted to write something that would make people feel okay, and that it’s not so much a taboo not just within our communities, but outsiders of our community, too,” Vongsay said.

The Kung Fu Zombies Saga started out as a story about a queer relationship within the Laotian community, and grew into a much larger story. Act one follows the story of a young Akah shaman warrior Arun, played by Hanna Nguyen, as she’s on a quest to save her sisters from cannibals. Act two highlights actor Michelle de Joya who plays Sika, a Lao-American, Minnesotan teenager in search of her homeland, facing many obstacles like zombies along the way and unexpectedly falling in love.

“I’ve had people come up to me and say, ‘I totally see you in that play.’ So, a lot of the characters I feel are little bits and parts of me,” Vongsay said.

COMING NEXT AT THEATER MU

Theater Mu’s 2023/24 line-up spotlights more facets of Asian American identity with stories about mixed Asian Americans, first generation immigrant children, and more. Containing three world premieres and four shows overall, the season—dubbed “Asian (in) America”—showcases vastly different genres, supporting Mu’s efforts to make American theater a place that welcomes Asians and Asian Americans on stage, backstage, and in the audience.

“Last season highlighted Southeast Asian American stories,” says Theater Mu artistic director Lily Tung Crystal, “while this season examines, among other themes, the legacy we inherit as Asian Americans and what it feels like to be Asian, American, or somewhere in between.”

• **THE NOSEBLEED**

Jan 25 - 27, 2024 | McGuire Theatre at the Walker Art Center, written & directed by Aya Ogawa, co-presented with the Walker Art Center and the Great Northern

• **HELLS CANYON**

Feb 23 - Mar 17, 2024 | Jungle Theater, a world premiere written by Keiko Green, directed by Katie Bradley

• **THE NAME JAR**

Mar 22 - Apr 14, 2024 | Stages Theatre Company, a world premiere written by Susan H. Pak, based on the book by Yangsook Choi, directed by Jake Sung-Guk Sullivan, collaboration led by Stages Theatre Company

BLENDED (HARMONY): THE KIM LOO SISTERS

May 4 - 26, 2024 | History Theatre, a world premiere with book & lyrics by Jessica Huang and music by Jacinth Greywoode, directed by Lily Tung Crystal, co-commissioned and co-produced with History Theatre, inspired by Leslie Li’s “Just Us Girls” book and The Kim Loo “Sisters” documentary

THE ACTORS

de Joya, a Saint Paul resident, explained that in working with an Asian-centered cast she finds comfort tackling emotionally heavy topics specific to Asian experiences as there is an unspoken, universal understanding and environment of support. She also explained that some of her favorite things about working on the show was the highlight of culturally Asian experiences as well as female identifying leadership.

“The play is really driven by women,” de Joya said. “Over half of our cast is women, and our director, designers and playwright are primarily women, as well.”

Sixteen year-old actor Olivia Lampert



Olivia Lampert (bottom), Hanna Nguyen (middle) and Norm Muñoz (top) perform in the “Kung Fu Zombies Saga: Shaman Warrior & Cannibals” at the Luminary Arts Center. (Photo by Rich Ryan)

also expressed her love for being a part of a show lead by women, and one that depicts a queer relationship between women. She also appreciates the amount of historical elements the show covers.

“I feel like I’ve learned so much just by being in it and reading the script that Mouks wrote so beautifully, that Lily and KT have directed together,” Lampert said. “There’s a lot of history about Laos in the show even though it’s told in a fun, light-hearted, high-energy way. Everyday I felt like I was learning something new about Laos culture.”

THE IMPACT

Vongsay explained that after watching the play, people have come to her expressing how watching the play opened the door for them to have conversations they were never before able to have, with their family surrounding their own experiences.

“One of the reasons why I wanted to write that story and invite intergenerational audiences to come is because somebody said, ‘If only there was a way for me to talk to my mom, to ask her questions about what happened to her and make it easy because it’s so hard to ask her questions about what happened to her,’” Vongsay said.

Humor was a large element of the

show. Vongsay wrote humor into almost every scene. In tense moments a joke would be made and the audience burst into laughter. Vongsay stated that she wanted to create a safe space for her audience to experience emotions and be vulnerable amongst strangers, and humor was a mechanism to create that atmosphere. She also feels that it’s important to laugh about hard topics, as a way of acknowledgment.

“I’ve always said if you can make people laugh, you can make people cry,” Vongsay said. “I think laughter brings people together.”

Vongsay and Theatre Mu’s “Kung Fu Zombies Saga: Shaman Warrior & Cannibals” played at the Luminary Arts Center (700 N. 1st St., Minneapolis) from July 22 through Aug. 13. In September, Vongsay is self-producing “In The Camps: A Refugee Musical,” at the Indigenous Roots Cultural Arts Center (788 E 7th St., St. Paul). Her goal is to build up the Laotian theater talent for her future projects. It will be the first musical written, produced, composed, and directed by a Lao artist; performed by both Lao and Southeast Asian talent. The show tells the story of Laotian refugees who’ve escaped communist Laos, as they remember their lives before living in refugee camps.



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HOW WE WIN: ORGANIZING FOR ENVIRONMENTAL AND CLIMATE JUSTICE

Do you care deeply about issues of environmental justice and want to get connected to local organizing efforts? Do you feel panicked, paralyzed or numbed by the enormity of the climate crisis and need a dose of hope? Do you want to learn how to take strategic action that leads to real change? Or maybe you would like to listen to stories told by one of the most influential peace and justice organizers of our time?



By Leah Robshaw Robinson

If you answered yes to any of the above, you'll want to know about the upcoming event "How We Win: Organizing for Environmental and Climate Justice" taking place at the Minneapolis Friends Meetinghouse on Wednesday, September 27th from 7-9 p.m. The event features nonviolent activist, professor, and movement elder George Lakey who is visiting the Twin Cities as part of his international book tour. It will be an uplifting night filled with inspiring ideas and powerful insights for how we can work together to create environmental and climate justice in our community.

From his first arrest in the Civil Rights era to his most recent during a climate justice march at the age of 83, George

UPCOMING EVENT WITH GEORGE LAKEY

George Lakey is a nonviolent activist and movement elder. He will be joined by local organizers Nazir Kahn and Joe Vital



• Wednesday, Sept. 27
7:00 - 9:00 pm followed by book signing

• Minneapolis Friends Meeting
4401 York Avenue South,
Minneapolis, MN 55410

*This is a hybrid event. A Zoom link can be found online at: fnvw.org/georgelakey.

Lakey has committed his life to a mission of building a better world through movements for justice. Recently retired from Swarthmore College, Lakey has facilitated 1,500 workshops on five continents and led activist projects on local, national and international levels. His 10 books and many articles reflect his social research

into change on community and societal levels. Lakey's life and vast experience with nonviolent campaign organizing reminds us how to find hope in even the darkest times through strategic, joyful activism.

"One of the big things about George is his bottomless well of hope and optimism. He frankly says this is the best period for social change that he's been alive for and feels excited about continuing with his activism at age 85," says Betsy Raasch-Gilman, one of the event organizers.

The evening includes a special panel conversation with local environmental and climate justice organizers, Nazir Kahn and Joe Vital. Nazir Kahn will discuss the Minnesota Environmental Justice Table's campaign to shut down the HERC Trash Burner. Joe Vital will share insights from East Phillips Neighborhood Institute's campaign around the Rooftop Depot site. George Lakey will weave in lessons learned from campaigns he's organized and share stories from his involvement in struggles for peace, civil rights, LGBTQ rights, labor justice, and environmental and climate justice. It's an event not to be missed!

The event is organized by local peace and justice organization, Friends for a Nonviolent World (FNWV), and is being co-sponsored by several local groups including Minnesota Interfaith Power and

Light (MNIPL), SouthWest Alliance for Equity (SWAE), the Minnesota Alliance of Peacemakers (MAP), Minneapolis Friends Meeting and Twin Cities Friends Meeting.

This is a unique opportunity to connect with an incredible social movement elder whose frameworks and ideologies are foundational for activism today. American political activist, economist, and United States military analyst, Daniel Ellsberg, recently wrote, "George Lakey stands out for the sheer range of his contributions to peace and justice, especially in strategy, training, organizing, innovative actions, and teaching others."

Lakey is visiting the Twin Cities as a part of his "Dancing with History: a life for peace and justice" book tour. Comma, a bookshop, will have copies of "Dancing with History" available for purchase at this event along with another of Lakey's books, "How We Win!"

Check out fnvw.org/georgelakey to learn more about this and other events happening during George Lakey's Twin Cities Book Tour.



Leah Robshaw Robinson is the Executive Director of Friends for a NonViolent World (FNWV). Leah is an avid community builder and connection maker. She lives in the Linden Hills neighborhood with her husband and two children.

REDISCOVER THE POWER OF READING BOOKS

Reading books is good for your physical and mental health

Read any good books lately? If you're like many Americans, the answer is no.

According to a 2022 Gallup poll, Americans are reading fewer books than in the past. The average number of books read over the course of the year in 2021 was 12.6, down from 15.6 books per year in 2016. That was the lowest rate of reading in two decades, while the peak was in 1999, when Americans reported reading 18.5 different titles in one year's time.

A big reason for the decline in reading books is the result of more entertainment choices. From streaming services where you can watch any show you want on demand to the infinite scrolls and dopamine loops of social media, many people don't have time for books anymore.

A short story used to be a couple of hundred words in print. Now, they can be a couple of seconds on Facebook, Snapchat, TikTok or other social media platforms. People have shorter attention spans, and fewer people are developing a love for reading books at an early age. Instead, they have gotten hooked on instant media gratification.

"There's growing evidence to suggest that some individuals can develop a dependency on social media that's not un-



By Eric Ortiz



A crowd of book lovers flips through pages at the Twin Cities Book Festival. This year's event is Saturday, Oct. 14, 10 a.m. to 5 p.m. at the Minnesota State Fairgrounds. (Photo courtesy of Rain Taxi)

like an addiction to alcohol or drugs," says Paul G. Simeone, Ph.D., vice president and medical director of Behavioral Health at Lee Health. "Their overdependence on social media has led to symptoms typically associated with substance-use disorder."

A 2019 survey found that 40 percent of online users in the United States aged 18 to 22 reported feeling addicted to social media. Five percent of those respondents admitted that "I am addicted to social media" described them completely. Today, research shows that over 33 million Americans (10 percent of the U.S. population) and 210 million worldwide suffer from addiction to social media and the internet. Those numbers are expected to rise in the coming years.

That doesn't mean books can't have

a place in this new normal. Books can help us find balance in our age of indulgence. While social media and the internet can harm your health, reading books has many physical and mental health benefits. And these benefits can last a lifetime.

According to Healthline, reading books strengthens the brain, increases empathy, builds vocabulary, prevents cognitive decline, reduces stress, aids sleep, alleviates depression, and lengthens lifespan. The benefits of reading books start in early childhood and continue through old age to change your brain and your body for the better.

Books are everywhere. Reading them can cost the same as breathing air. Hennepin County has over 40 beautiful libraries. Minneapolis is filled with unique local, independent bookstores. You can find stacks of used books all over town. And every fall, the Twin Cities Book Festival, one of the best book festivals in the world, happens in our backyard.

This year, the Twin Cities Book Festival will be held on Saturday, Oct. 14, from 10 a.m. to 5 p.m. at the Minnesota State Fairgrounds. The event is free and open to the public.

Rain Taxi, a nonprofit literary arts organization (where I'm a board member), launched the Twin Cities Book Festival in 2001 as a way to support readers, writers, publishers, and booksellers, as well as to engage the Twin Cities literary community in an exchange of ideas.

"Now more than ever, the world needs books," says Rain Taxi executive director Eric Lorberer, who leads the literary organization's annual book festival and edits Rain Taxi Review of Books, a nation-

ally distributed award-winning quarterly, and lives in Southwest Minneapolis. "Books connect us to the past, present, and future. Books inspire us to hope and dream. And books give us the power to make our dreams possible. We have an incredible lineup of authors at this year's Twin Cities Book Festival, and they will bring this all to life for readers on one amazing day."

Featured authors at this year's #TCBF will present their work via readings, talks, and conversations. They include master storyteller Kate DiCamillo, a beloved author and winner of the Newbery Medal and National Book Award (among others). She has a new book, "The Puppets of Spelhorst," an empowering journey of self-discovery.

DiCamillo is one of dozens of fiction, nonfiction, poetry, graphic lit, children's, middle school, and young adult authors at the 2023 festival, which also will have a giant book fair with nearly 140 exhibitors, a Minnesota author showcase, a used book and record sale, a live bookmobile, activities for kids, and The Slowdown, a daily poetry podcast with Major Jackson.

So, mark your calendars and save the date in October for Rain Taxi's 23rd annual celebration of books.

Then moderate your streaming intake, take some breaks from social media, and pick up a book.

Everyone can benefit.



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

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

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POSITIVE ENERGY MEETS CANINE ENERGY

TEAMING UP FOR GOOD

I think about energy a lot.

I wonder: How much energy does it take to bark!? I mean, it kind of looks like it would take a lot of energy, if I were to suddenly yell that loud and urgently. . .

I watched "Oppenheimer," and noticing how much energy went into splitting the atom.

I noticed that the fission, the explosion, the "sudden release of energy" also required a huge amount of energy to create in the first place. It's a profound example of The Gestalt, the sum being greater than the parts - and it's also an example of what can be done as a team.

The team-making itself was an integral part of the Oppenheimer story, and the film ends, of course, with concern regarding how this team energy was used. Who do we trust, and not trust? Who's "on-the-team" in this time of great urgency?

We live in a time of great urgency again - and so it was with great pleasure that I spent the day at The Linden Hills 18th Annual Woofstock, "The Best Doggone Dog Fest in All of Minnesota!"

The first Saturday after Labor Day, 75-degrees under hazy skies with just tiny sprinkles of showers in the late afternoon... There was real positive energy there, and adding that to the canine energy - well, it filled me with a good feeling.

Dogs everywhere! Fun and friendliness Everywhere! I love this day, and I loved it this time so much for the ease with which it unfolded. I was really proud to see how well-run and well-staffed this community festival was. I've worked on a lot of over the years, and this was as smooth an event as I can remember. No big lines. Easy in/easy out for all the vendors. No big struggles or irritations. And that is saying something,



By Larry LaVercombe



Volunteers are key to pulling together the annual Woofstock event in Linden Hills. The energy they put into the community event helps it run smoothly. (Photos by Larry LaVercombe)



considering that like 500 of the people there aren't even people.

My wife Diane and I have been "throwing this party" for four years now, but, in fact, we don't spend that much energy "running the event." Our main job is to try to bring in enough money to pay for it. Other people are far more "hands on" in making the event run smoothly, and so, in this role, I was able to watch this team as more of a witness than a participant.

And I made a discovery. Or rather, I simply put two and two together. The one thing that worked really well this time was that we not only had lots of volunteers, we had well-organized volunteers. Am I surprised? No, because for the first time since Dee and I took over, we had a skilled volunteer coordinator. Someone who put energy into something that consequently paid off many times over.

She put lots of energy into it. Volunteer coordinating is actually not a difficult thing to do. It's not highly skilled or technical work; you can do it with a pen and legal pad. Thing that my friend Susan did isn't that hard to do except that it takes a lot of energy.

People often veer away from things that they think will take a lot of time, but it's not so much "time" as it's energy.

Energy is the commodity - which is one of the reasons that people love Woofstock. The dogs give more energy than they take. When you're there with all this good, positive canine energy, humming at a higher vibration and faster rate than ours - It really makes you feel good. The day is a big rejuvenator for many of us.

So think about coming out next year. It's always the first Saturday after Labor Day! WOOF!!



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

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Saturday, October 21 | 3 p.m.

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Saturday, November 11 | 10:30 a.m.

Medicare Refresher with Margaret Wallace, LSW, and Healthful Exercise



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Tuesday, December 12 | 11 a.m.

History of Medicine by Historian JB Andersen

Walker Place features highrise premier apartments for adults 55+ with a youthful spirit and a zest for life.



▶1 LITTLE MEKONG

The event began at XIA Gallery & Café (422 University Ave. W.), where artist Vang and Mixed Blood Theatre artistic director Mark Valdez introduced themselves and their shared work. Valdez is the theater's second artistic director in its 47-year history. Growing up in Texas, Valdez noticed a lack of representation and accessibility in the art world. A writer and director, Valdez wanted to make art accessible across different communities. His goal for Mixed Blood's 12x12 series is to connect people to community and identity. The Little Mekong tour was the sixth event in the 12-part series.

"Katie is so deeply connected to the community," Valdez said. "It was fun to watch her re-experiencing, relearning and reengaging."

The theme of Vang's event was alien butterflies. Actors dressed in colorful clothing and butterfly wings pretended to be from another planet. The two actors, called one and two, guided the group of attendees through the tour, starting from Xia Cafe & Gallery and ending at the Springboard for the Arts (262 University Ave. W.).

THE ARTIST

Born in Santana, Calif., Vang moved to Minnesota at the age of 18. She now lives in Woodbury and calls the state her "home base." Vang is a playwright with a background in art community organizing. Her artistic path began during her time as an arts administrator for the Center for Hmong Arts and Talent (995 University Ave. W.). After managing the Hmong band, Shattered Echos, Vang began to realize that her passion for art was not solely based on experiencing but creating too. Vang has now been an artist for 18 years.

"I was a closeted artist and didn't know it," Vang said. "I wanted to be around art all the time."



During her initial move to Minnesota, Vang felt out of place despite being a part of the large Hmong community in the state. After a few years, she began to gain pride in her Hmong heritage and felt more connected to the community. Over time Vang has cultivated relationships with vendors and businesses in Little Mekong. Many of the businesses Vang highlighted during the walking tour were businesses that she felt contributed to the community during the George Floyd movement.

"I want to be a patron of these places," Vang said. "And the best way to do that is to support their work."

Along with others, Vang has created plays based on her personal experiences as a Hmong woman, including a one-woman show called "Final Round" about her battle with stage four non-Hodgkin's lymphoma cancer and the associated stigmas. Her first musical, "Again," with Theatre Mu (755 Prior Ave. N.), took place on March 29, 2023 at Mixed Blood Theater. The show lasted three weeks, and was sold out.

"When I was going through cancer, I was very public about it," Vang said. "And it was actually the community that showed up for me."

Vang plans to create more musicals in the future, and is working on a play set for October about the Hmong communities relationship with volleyball, as well as a Narrative Change Theatre project for next July. More at www.katiekavang.com.

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LOCAL TEEN VOLUNTEERS TO HELP SENIORS WITH TECHNOLOGY

Graham Bennett, 14, is a tech wizard who goes to The Kenwood Retirement Community once a week to help residents with their phones, iPads, laptops, and computers. His path to the Kenwood was a natural outgrowth of helping his grandparents in Florida who had various tech difficulties common to people who did not grow up in the computer age.

From helping his grandparents, Graham got the idea to help older adults who live at The Kenwood which is near his home and school (Blake School). He spoke to Brandy Rhodes, Kenwood's activities director, who thought it would be a wonderful inter-generational experience.

"We are so lucky to have this talented young person who generously offers to help us with our computer problems or questions," said Brandy Rhodes, activities director at The Kenwood. "He is a delightful young man who wants to be a doctor like his father. He has a very nice manner when working with our senior residents."

Graham receives a great deal of satisfaction from his volunteering.

"We have great conversations," Graham said. "The residents talk about their grandchildren and their own childhoods. I always feel good after my volunteer day. They are so appreciative of my help, especially regarding communication with their family members."

According to Graham, he fixes and/or teaches. Most Kenwood residents just want a problem fixed, but about half also want to learn how to solve problems themselves. Graham is happy to do either.

He is a busy young man, He is a student at the Blake School, which is a private



Fourteen-year-old Graham Bennet volunteers at The Kenwood once a week. (Photos submitted)

college preparatory day school established in 1900 in Minneapolis. He participates in track and field and has a weekend job scooping ice cream at Sabastian Joe's where he is also a barista. Building with wood and fishing are strong passions, as well.

"Graham has always been a go-getter," said his mother, Vickie Bennett. "He finds his own way and pursues his passions, and he appreciates the opportunity to help other people."

In the United States, volunteerism is instilled at a youthful age. Most organizations in towns and cities could not function without volunteers.



SUMMERTIME CELEBRATIONS CONTINUED

STORIES & JOURNEYS

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



By Donald L. Hammen

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 tessa@longfellownokomismessenger.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.cindylehman.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 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 dou-

ble 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 Stevensen'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 leadership team.

KNUTE NELSON, WALKER METHODIST TO MERGE JAN. 1

Faith-based, nonprofit healthcare and housing organizations look to expand options for customers, team members, and communities Knute Nelson, based in Alexandria, Minn., and Walker Methodist, based in Minnetonka, Minn., have entered into an agreement to merge the two companies into one. This merger is set to be finalized Jan. 1, 2024.

A merger of the two faith-based, non-profit organizations will expand home and community-based services programs, housing options, and rehabilitation/skilled nursing care. This strategic decision will strengthen their ability to better serve and support the workforce, residents, and customers throughout their combined continuums of care, as well as expand their geographic reach allowing their similar mission of enhancing and enriching lives go further.

Scott Riddle, CEO of Walker Methodist, says that the merging of these two organizations is a clear choice. "Because of our many similarities in mission and culture, as well as our complementary areas of expertise, the leaders of both companies believe this would be an advantageous merger."

"Both Walker Methodist and Knute Nelson are well-respected leaders in the aging services field," said Mark Anderson, CEO of Knute Nelson. "A successful merger of these two organizations would mean that we could scale appropriately, continue to be relevant and appealing to customers and job seekers, as well as allow us to better optimize technologies."

Walker Methodist and Knute Nelson are committed to ensuring a smooth and gradual transition, to keeping all team members employed with no reduction in pay, and that residents and clients will continue to receive excellent housing and health care without disruption.

Knute Nelson serves in 43 counties in Minnesota and Eastern North Dakota with planned growth into the metro marketplace with a partnership with Walker Methodist, in home health and hospice services this summer. Their continuum of services includes home health care, senior housing, assisted living, enhanced assisted living, memory care assisted living, skilled nursing, wellness, and hospice. Knute Nelson serves more than 8,500 people annually with approximately 1,100 team members.

Walker Methodist owns and manages 19 senior living communities in Minnesota and Western Wisconsin. Their continuum of care includes senior housing for independent and assisted living, memory care, enhanced assisted living (care suites), transitional care skilled nursing, rehab therapy, fitness, and wellness. Walker Methodist serves more than 3,000 people annually with approximately 1,000 team members.



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TAKE TIME FOR SELF-CARE ESSENTIALS

FROM YOUR CENTER WITHIN

The cornerstone of wellbeing, for yourself, your family, and your community is self-care. Staying in balance, vibrant, rested, nourished, connected and strong requires daily attending and prioritizing. Self-care means taking care of yourself so that you can be healthy, you can be well, you can do your job, you can help and care for others, and you can do all the things you need to and want to accomplish in a day.



By Michele Rae

You are invited today to take a few minutes to reflect on your self-care.

DO YOU TAKE TIME FOR SELF-CARE?

- Pay attention to the balance of time alone and with others. Is it optimal for you? If not, challenge yourself to move towards the best rhythm for you.
- Learn something new. Research shows that trying a novel activity lowers your stress. Getting out of your comfort zone and staying curious can improve your self-confidence, memory, mood, and motivation. It also increases your adaptability and agility to acquire new skills.
- Be creative. Engaging in creative expression promotes optimism, positive brain changes, trauma processing, immune system functioning, and reduces anxiety and depression. Writing, dancing, painting, drawing, singing, sculpting, woodworking, and quilting are a few examples. What is your favorite creative activity?
- Nurture positive relationships. Healthy relationships are linked to higher self-esteem, greater empathy, combating loneliness, and quicker recovery from illness. People with supportive relationships are more likely to be happier and healthier.

WHAT BRINGS YOU JOY?

Take some time to consider the conditions, events, and activities that make you feel great! To jump start your musing, con-

sider cooking, reading, biking, gardening, walking outside, volunteering, exercising, giving, laughing, gratitude, listening to music, snuggling with your pet, watching the sunrise or sunset, hugging, smiling, listening to music, discovering, or finishing a project. What makes you feel alive and vibrant? What would your ideal day look like? Your commitment to your own physical, mental, emotional, financial, social, environmental, conversational, and spiritual health IS self-care, make it your top priority!

DO YOU HAVE LIMITING BELIEFS ABOUT SELF-CARE?

False and self-limiting beliefs can stifle progress toward achieving goals, supporting your wellbeing and preventing you from living your ideal life. An example of a limiting belief is low self-worth. The lower your self-worth the less you believe that you have the right to self-care. You may feel like you are just running to try to reach that coveted status symbol of worth. You can run yourself ragged or work around the clock. You can have trouble saying no.

You may find yourself striving to fit in, people pleasing at your expense or not holding to your boundaries. Where are you on the perfectionist scale? Is it hard to stop something mid-project or before it meets your unattainable measure of satisfaction? Maybe you don't want to start a self-care routine until you (are in a relationship, move, lose weight, are sure we have the job, etc.) With this mindset, there will never be a right time to start your wellbeing routine. There will always be something that prevents you from taking care of yourself. When you carry beliefs that you are defective, not enough, unworthy, or intrinsically bad it's difficult for you to believe that you deserve to take care of yourself.

HOW DOES YOUR SELF-CARE IMPACT OUR COMMUNITY CARE?

Our community benefits when each individual is well, whole and thriving. Community care is what you put into and what you can receive from the community you have built around yourself and the community you live in. It's how we share and create resources among one another and create dependable relationships. Here are a few ideas to practice community care:

- Cleaning for a friend who is going through a tough time
- Donating to mutual aid efforts
- Getting to know (and helping out) your neighbors.
- Carpooling.
- Asking for help from your support system when you need it (and reciprocating it)

In the words of songwriter Jeremy Messersmith:

*We all do better when we all do better
That means everyone
All genders and colors, just love one another
That means everything
The lakes and the rivers, the streams and the critters
All that lives and breathes
That means everywhere
So tell your neighbors and even the strangers
There's so much to share*



Michele Rae, RPh, MA, NBC-HWC is the founder of The Center Within, LLC and author of "Living From the Center Within: Co-Creating Who You Are Becoming." She provides holistic coaching designed to accelerate and support personal, professional, and organizational transformation.



Saw this old dude jump off his bike to grab a photo of a cool old vintage car driving around Lake Harriet. (Illustration by WACSO)



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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 plow-



ing, 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 informa-

FORUMS

GET TO KNOW CANDIDATES AT FORUMS

- > View recordings: League of Women Voters Minneapolis website (lwvmppls.org)
- Ward 7: Loring Park /Downtown Area- Sept. 28, 5:30 to 8 p.m., The Woman's Club of Minneapolis, 410 Oak Grove St. & Oct. 12, 7 to 8:30 p.m., Lake of the Isles Lutheran Church, 2020 W Lake of the Isles Parkway
- Ward 10: Oct. 2, 6:30-8 p.m., Abyssinian Cultural Center, 3rd Floor 322 W. Lake St.
- Ward 11: Sept. 27, 7-8:30 p.m., Mayflower Church, 106 East Diamond Lake Road.
- Ward 13: Sept. 6, 6 to 7:30 p.m., Mt. Olivet Lutheran Church, view recording

tion 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 lwvmppls.org.

WARD 13 CANDIDATES

leader, business owner and a "proud third generation member of a family business, Mortenson Construction." Later she noted that she also served in the Peace Corps and worked as a classroom teacher.

"We have a set of low expectations brought on by a disappointing status quo," she said. "From a practical progressive ward, we expect more. Hard work, that's nice, we need results. Saying no to bad policy, that's a low bar. Frankly, we should be able to work across differences to get the city's work accomplished." Mortenson listed her three priorities as safety, city services like streets "clear of potholes, garbage and snow," and supporting businesses by "setting the table for success, in Downtown 2.0, Uptown and the success of our businesses in ward 13."

Carney, currently a substitute teacher who has run unsuccessfully for office several times in the past, called himself a "frequent filer." He said that he was running to try to move the Republican party "in a moderate and liberal direction," and that he would not serve nor take the oath of office if elected. He repeatedly mentioned wanting to work with Palmisano as the council member in the future.

Metzger, who said he was a fourth generation resident of Ward 13, stated, "I am running to be the change that so many of us, especially over the last three years, have asked for." He said that he is the first BIPOC candidate running for council in the ward, and that during his campaign so far "a lot of you have told me that you feel unheard, and I know what it feels like to not be listened to."

The priority issues on his website are safety, housing and climate. He was a legislative aide in 2021 for state representative John Thompson, a field organizer for the state DFL party and a board member of the Linden Hills neighborhood council. In June, he announced that he was running for city council in ward 11 but later clarified his plans and filed to be on the ballot as a ward 13 candidate.

Metzger, Mortenson and Palmisano all affiliate themselves with the DFL.

RENT CONTROL, CLIMATE, 2040 PLAN

The four agreed on several policy issues asked about at the forum.



Bob Carney



Zach Metzger



Linea Palmisano



Kate Mortenson

They all opposed regulating rents. "Rent control is not a solution," said Metzger. "We are absolutely on the right track without rent control," said Mortenson. Palmisano, who voted against putting a rent control proposal on the ballot this year agreed but also listed funding for affordable and public housing, inclusionary zoning requirements, and allowing more single room occupancy/rooming houses to be built, all strategies called for in the 2040 plan, as alternative ways to address the housing crisis.

All four agree that neighborhood organizations should get more funding. Mortenson shared concerns that the funding had not been maintained under the current city council and said, "I will find the 3 million" to restore past funding cuts.

They all support funding to address climate change. "Over the last two years the police budget went up \$36 million, but we have 300 less police available," Metzger said. "We've done property tax levies for the police, but we haven't done it for the climate."

They agree that the city's 2040 comprehensive plan should not be fully implemented. "I believe now as I did back then," said Palmisano referring to her lone vote against approving the plan in 2018. "We have the right goals, but we have the wrong plan." She supports an environmental review and "taking a step back."

Metzger agreed with Palmisano and said, "The 2040 plan, even if it's done properly, is still on the backs of BIPOC people to make developers money."

"This reset of the 2040 plan is a huge opportunity for us as a ward," Mortenson said, "to decide what are the things we do not like from the plan and to get organized, so those things won't be happening upon us."

ROOF DEPOT AND PUBLIC SAFETY

Palmisano's support for demolishing the roof depot building in the Phillips neighborhood, however, was met with criticism from both Metzger and Mortenson. "Wrong is wrong," said Mortenson, "It really hurt my heart to learn that our representative took a vote to tear down the Roof Depot."

There were also differences about how to address public safety. "Since 2020, after the killing of George Floyd and the pandemic, Minneapolis has not come up with a concrete plan on how to move the city forward," Metzger said. "We have spent \$150 million on police misconduct and PTSD claims, and the city is not moving in the direction that people want."

In terms of improving safety, Carney said that the city should use technology better and that "we need to be rethinking how we do public safety." Mortenson wants the city to "lean in fully to the behavioral crisis response options" and also said that "we absolutely need more cops in ward 13."

Palmisano stressed that compliance with the courts related to the state and federal investigations into police practices was "going to be expensive" and insisted that having only one monitor was ideal. Metzger disagreed, saying that there should be two and that "we need to work with both monitors to create a greater Minneapolis police department so that we don't have more Derek Chauvins." Metzger also said that he opposed police buyback programs.

CHALLENGES FACING THE CITY

When asked about the biggest challenges facing the city and how to address them, Carney focused on a "crisis of pub-

lic behavior." Metzger listed safety and housing and addressing them by being open minded and always serving the people.

Palmisano said that racism, safety and housing are the biggest challenges and that it will be important to listen to those most impacted and measure results well if we are to address them successfully.

For Mortenson the biggest challenge has been a failure of leadership. "There is a pull to the left," she said, "because there is a failure of leadership."

"You know me, you know I listen, and I am all in," Palmisano said in her closing comments. She said that she was a level-headed, calm and direct advocate for her constituents, and that "you don't get to cheer-lead your way to change."

"For me this is about change," said Mortenson, "because I don't believe we cannot do better. So, if you want more of the same, if you don't believe it's going to be any better, let's vote for more of the same, and if not, please believe in a better city and vote for me."

"I am running to help the Republican party," said Carney.

"I'm here to be new leadership, to bring a bold new vision that actually is transparent, doesn't just say it and [to be] the first BIPOC city council member of ward 13," said Metzger.

The city council election will be on Nov. 7 and will use ranked choice voting. People can vote by mail, vote early in person at an early voting center or on election day at a polling place in their precinct. For more information and to learn how to vote early, how to register, and where to vote visit <https://vote.minneapolismn.gov/voters/>.

Looks Who's No. 1 for informing about candidates for public office



1. Community Newspapers
2. Network TV News
3. Cable TV News
4. Talk Radio

*National Newspaper Association Survey

BUSINESS BRIEFS

PICNIC MOVING TO FORMER CLANCY'S SPOT

A women-owned neighborhood bar is coming this winter to the former Clancy's location in Linden Hills (4307 Upton Ave. S). Picnic is owned by Elizabeth "E" Kitzenberg. According to the website, "Like the best kind of picnic, it revolves around unfussy, shared drinks, good food and great company." More about the crowd-funding effort at www.picniclinden hills.com.

TWO SHOPTS TO OPEN AT FORMER LARUE'S

Two businesses will be opening in the former Larue's location at 40th and Bryant. Love Token, a vintage clothes and



crafts store owned by Laura Reiger, will be at 3950 Lyndale. Dandelion Fiber Company, co-owned by Lara Valente and Tiffany Sather, will be at 3952 Lyndale.

BUSINESS COMING TO WHITE CASTLE BUILDING

A vintage clothing, ephemera and

collectible shop will open at the historic White Castle Building Number 8 (3252 Lyndale Ave.) on Saturday, Oct. 8 for the Open Street event. Owner Justin Schaefer opted to name his new store No. 8 Vintage as a nod to the historic site. He was drawn to the building because of its uniqueness, ample parking, and location across the street from Painter Park where a skate park is going in.

An artist, Schaefer has also worked in the restaurant business. He's been selling vintage clothing for years, primarily to buyers from Japan, out of a location in the historic Hamm's brewery building.

"There's a lot of synchronicity," stated Schaefer. The store will start with open hours on Friday, Saturday and Sunday. "Look for the castle with the florescent windows."

NEIGHBORHOOD NEWS

MPLS FOR A BETTER POLICE CONTRACT

The organizations and individuals involved with MPLS for a Better Police Contract spent the spring and summer reviewing the Minneapolis Police Federation contract to find ways to improve the contract. From that review, they developed 22 recommendations. These recommendations focus on harm reduction and police transformation. The city began holding negotiating sessions with the federation earlier this month. The city's three themes are accountability, mental health and staff retention. MPLS for a Better Police Contract recommendations are in line with these themes. MPLS for a Better Police Contract presented recommendations to the city council's Policy and Government Oversight (POGO) Committee on Monday, Sept. 18 at the 1:30 p.m. meeting

LISTEN 2 US STUDIO

Listen 2 Us Studio opened on Sept. 1 at 3730 Chicago Avenue, Studio C. Listen 2 Us Studio is a non-profit gallery dedicated to preserving Black and Brown history through photography, storytelling, and other forms of independent media. The exhibit serves to educate visitors to the Square through images related to current events, focusing primarily on social justice issues from a BIPOC perspective. The Listen 2 Us staff has also developed a traveling exhibition with a focus on restorative justice. More at visit listenmedia.org.

DR. TYNER TO SPEAK ON INCLUSIVE LEADERSHIP

Dr. Artika Tyner will be discussing her book "The Inclusive Leader" at The Woman's Club of Minneapolis (410 Oak Grove St.) Sept. 27 from 5:30-7 p.m. She will speak about tangible ways to use your leadership skills to build an inclusive workplace and community.

LINDEN HILLS FALL FEST SEPT. 30

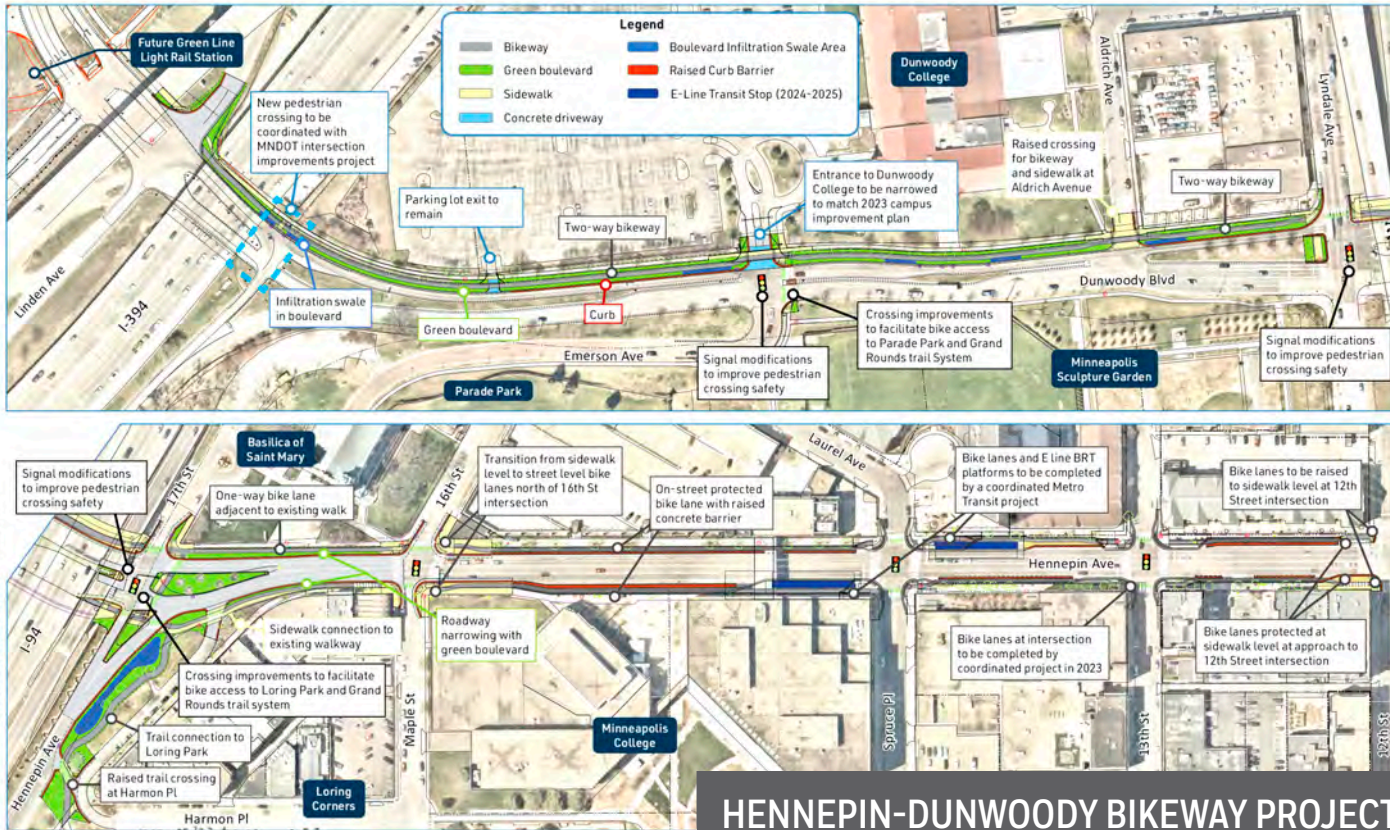
LHiNC Fall Festival is on Saturday, Sept. 30 from noon to 8 p.m. at Linden Hills Park. Join your neighbors and friends for an all-day celebration featuring live local music, amazing food, a beer tent, plus arts and crafts, inflatables and carnival games for kids.

LEARN ABOUT MINNEAPOLIS SOUND OCT. 16

The Linden Hills History Study Group has been offering local history programs to the community for more than 25 years. Next up: Origins of the Minneapolis Sound: The Twin Cities Music Scene from the '60s to the Prince Era on Oct. 16, 7-9 p.m. at St. John's Episcopal Church (4201 Sheridan Ave. S.). The 1960s was an explosive time for Minnesota music, as a generation of teenagers inspired by early rock 'n' roll and R&B formed their first bands. Join Rick Shefchik, author of "Everybody's Heard About the Bird: The True Story of the 1960s Rock 'N' Roll in Minnesota," and Andrea Swensson, author of "Got to Be Something Here: The Rise of the Minneapolis Sound," for a musical presentation about this influential, vibrant period in local music. More at <https://lindenhillshistory.org>.

EXCURSION: VISUAL AND SONIC GALAXY AT MCAD

MCAD and the McKnight Foundation present a retrospective of Douglas R. Ewart in celebration of his 2022 McKnight Distinguished Artist Award. The exhibit will run Aug. 28-Nov. 4, 2023, MCAD Main Gallery, 2501 Stevens Ave. Douglas R. Ewart (b. 1946) presents Excursion: Visual and Sonic Galaxy, a retrospective of drawings, paintings, collages, sonic sculptures, masks, sculptures, and musical instruments from four decades of his multidisciplinary and polymathic practice.



HENNEPIN-DUNWOODY BIKEWAY PROJECT

PROJECT GOALS

- Build a two-way, multi-use trail on Dunwoody Boulevard and Hennepin Ave. The trail will run from Linden Avenue to the west of 17th St. The trail will be above the street grade. It will also protect users from vehicle traffic by a concrete barrier.
- Build one-way curb protected bicycle lanes on Hennepin Ave. between 17th to 12th Street.

The lanes will replace existing painted on-street lanes and raise the lanes to the level of the sidewalk at intersections.

- Make crossing improvements for pedestrian traffic along the whole street.
- Slow turning motor vehicle traffic.

The project is located on Dunwoody Boulevard and Hennepin Avenue. It is between Linden

Avenue and N 12th Street. It passes through the Lyndale Avenue intersection.

Construction will occur in 2024. The project is currently in the engagement and design phase. More at www.minneapolismn.gov/government/projects/hennepin-dunwoody-bikeway/

CITY BRIEFS

NEW COMMUNITY SAFETY COMMISSIONER

On Sept. 11, Mayor Jacob Frey nominated Hennepin County Chief Judge Todd Barnette to serve as the city's next Community Safety Commissioner. If his nomination is approved by a City Council majority, he will be replacing Cedric Alexander who resigned after serving only one year of a four-year term. The safety commissioner is likely the highest paid city employee, making over \$300,000 annually. In 2020, Barnette was the first person of color to be elected chief judge of Hennepin County District Court. As Chief Judge, he is paid \$171,000 and oversees the state's largest county court operations, managing 63 judges and supporting over 550 employees. "I am grateful for this opportunity and eager to work collaboratively with local, county, and state leaders to develop innovative solutions that promote safety and foster positive relationships between law enforcement, the city, and the com-



munity," said Barnette when his nomination was announced.

NEW DIRECTOR OF REGULATORY SERVICES

Mayor Jacob Frey has nominated the City of Minneapolis' director of inspection services, Enrique Velázquez, to be the next director of regulatory services. If approved by the city council, he would replace Saray Garnett-Hochuli who left the position in June to become the city's deputy city operations officer and lead more than 190 department staff members in divisions that include traffic control, housing inspections and animal care and control.



FRANKLIN AVE. REDESIGN

Hennepin County is developing plans for the reconstruction of Franklin Ave between Lyndale and Chicago Avenues. They announced that they are evaluating ways to improve safety, accessibility, and comfort for all road users and will seek community feedback before choosing a final design sometime next year with construction expected to occur in 2025 and 2026. View an initial design at <https://www.hennepin.us/franklincorridor>.

UTILITY WORK ON HENNEPIN

In September and October, CenterPoint Energy contractors will be working along Hennepin Ave. from 26th St. to Lake St. and 27th St. W. from Humboldt Ave. to Girard Ave. They will be replacing natural gas mains, moving inside meters outside, and connecting natural gas service lines to the new mains. There will be parking and sidewalk restrictions on street sides where work is occurring.

NEW ROAD SURFACE ON 50TH

Hennepin County workers with re-surface, using a mill and overlay process, 50th St. W. from France Ave. to Lyndale Ave. on Sept. 25 - 29. One lane of traffic will be maintained in each direction.

LAKE HARRIET BANDSHELL ROOF REPAIRS

This month repairs began on the replacement of the Lake Harriet Bandshell roof and the roofs of the neighboring buildings. Work is expected to be complete by late fall, weather permitting. Concessions will be offered at Bread and Pickle in October.

Briefs compiled by Cam Gordon.



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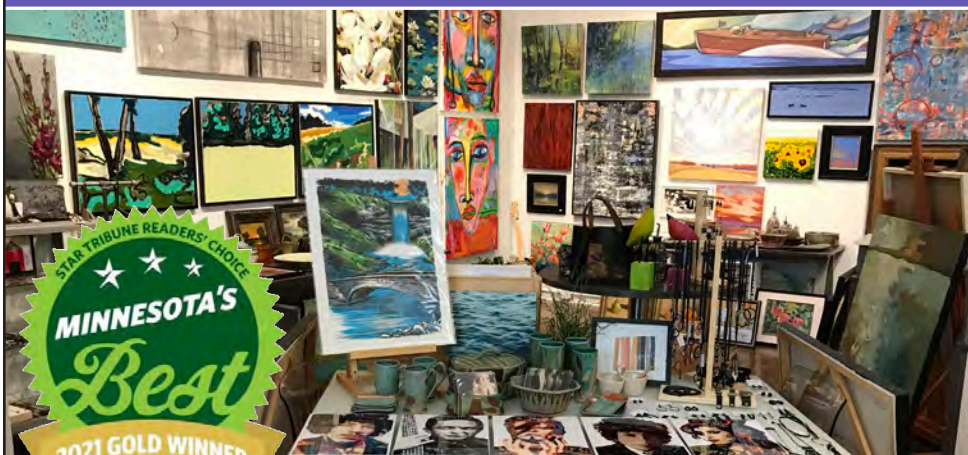
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