

SOUTHWEST Connector

NEWS FOR EVERYONE, DELIVERED TO EVERYONE • NOVEMBER 16, 2023 • VOL. 2 • NO. 20 • 25,000 CIRCULATION



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CITY BUDGET: SOUTHWEST RESIDENTS WEIGH IN

Citizens give input on worker protections, climate funding, Open Streets, and Lake Street cultural district services

By **Cam Gordon**

There is still time to comment on the

city of Minneapolis 2024 budget before it is approved in early December.

Council members will be drafting amendments this month, and their last chance to amend the budget will be after the public hearing on Dec. 5 when the final council vote is expected to be taken.

The process started last August when Mayor Jacob Frey presented his recommended \$1.8 billion budget with a proposed 6.2% property tax levy increase and about \$48 million dollars of new spending. Since then and the city council has

held 18 budget committee meetings to hear highlights and discuss budget details with staff from each department.

So far, 69 people spoke at the two public hearings held on Oct. 25 and Nov. 1. Unlike other years, few people spoke about rising property taxes or the police budget, although one person called for paying police officers more.

Several others spoke about paying public works employees more, including Scott Yahr who lives in Whittier and is a city worker with the Laborers Interna-

tional Union of North America Local 363 labor union.

"We put our lives on the line every day, whether it be in a tunnel 100 feet below the surface of downtown, or a construction ditch, or the perils of traffic in the middle of the street," said Yahr. "We work during the pandemic, civil unrest, adverse weather conditions and the unique challenges of working with the unfortunate unhoused residents of this fair city."

Yahr ended his comments by



KingDemetrius Pendleton (left) brought in the artwork of Nedahness Rose Greene to Listen 2 Us Studio at 38th and Chicago. On display is a selection of images - Black men standing together in George Floyd Square, the headstones at Say Their Names Cemetery, a crowd during a rally - taken nearby. "To have my work that I've done here, it's powerful. Because it happened here, and to be showcasing it right here, it means a lot," Greene said. (Photo by Jill Boogren)

AT GFS:

Nedahness Rose Greene photos showing at Listen 2 Us Studio

By **Jill Boogren**

Through the end of November 2023, visitors can view the photography of Nedahness Rose Greene alongside KingDemetrius Pendleton's work at his new place, Listen 2 Us Studio (3730 Chicago Ave.).

A member of the Leech Lake Band of Ojibwe, Greene is best known for her photographs of Indigenous people, especially women. She has documented them in exquisite detail taking part in pow wows, participating in demonstrations, and in daily life - often wearing cultural attire. Her portraits have been featured in the New York Times, USA Today, People, Cosmopolitan and other national newspapers and magazines, and some of her images are part of a mural installation on the Springboard for the Arts building in St. Paul.

She draws meaning in her work from learning about her culture. Her father was half Native American and half African American, although she knows little about his side of the family. Her mother is Native American, and was raised by her grandparents who went through the boarding school system. Because their families were



CARNAGE THE EXECUTIONER TRANSITIONING TO TERRELL X

St. Paul rapper reflects on his career and what's next

By **Jan Willms**

Terrell Woods, who goes by the stage name of Carnage, the Executioner, took some time recently to reflect on his career as a beat

box artist and rapper.

The Saint Paul musician has built a reputation for himself as a tireless performer who creates his performances around what is happening in the life around him.

"I started touring a lot from 2016 to 2019," he said. "I was pushing to get out of Minnesota with a project I called 'Minnesota Mean.' In a nutshell, I was frustrated



GUARANTEED INCOME FOR ARTISTS

Springboard for the Art program provides financial stability to Minnesota artists

By **Talia McWright**

Arnée Martin wanted 100 rejections. "The worst they can say is no," Martin said.

As an artist applying for grants and scholarships, the TikTok trend of getting rejected 100 times inspired Martin to at-

tempt just that. What they didn't expect was that they'd be selected for the Springboard for the Arts (262 University Ave. W.) Guaranteed Artist Income program without even applying.

WONE VANG

Wone Vang has been the economic opportunity director at Springboard for the Arts since September of 2022. She, like all of the staff at Springboard, is an artist. Vang and her sister, Youa, own a nontraditional cross stitching business called, "Third Daughter, Restless Daughter." Growing up, the sis-



CITY BUDGET

asking the mayor and council members to “look at the data our union will provide to understand just how underpaid we are” during the coming contract negotiations.

Funding for addressing the climate crisis, and for enforcing worker protection ordinances accounted for roughly half of all the comments made at the two hearings.

Alex Aliolo and Kawai Washburn, who both live in southwest’s Armatage neighborhood, joined others in calling for more work to address the climate crisis.

“I applaud the council’s recent passage of the \$10 million budget for the Minneapolis Climate Equity Plan,” said Aliolo at the October hearing. “However, I fear that renters like myself will be left behind by the actual implementation of this plan. A truly equitable climate action plan must ensure that every home and every person benefit from the plan.”

“I am here to request that any programs developed as part of the climate legacy initiative be designed to support block by block full decarbonization, not just weatherization, but the elimination of oil, gas and fossil fuel infrastructure in the homes and small businesses through union-supported contractors and prioritizing Green Zones and low-income neighborhoods where pollution is the highest,” said Washburn.

Lee Samuelson, Energy Democracy staff with Community Power and a Standish resident, called on the city to form a community governance board to help guide spending that he wants used for a geothermal network feasibility study and pilot. Plus, he’d like to see a neighborhood electrification program that might include replacing gas appliances and installing solar rooftop panels.

WORKER PROTECTIONS

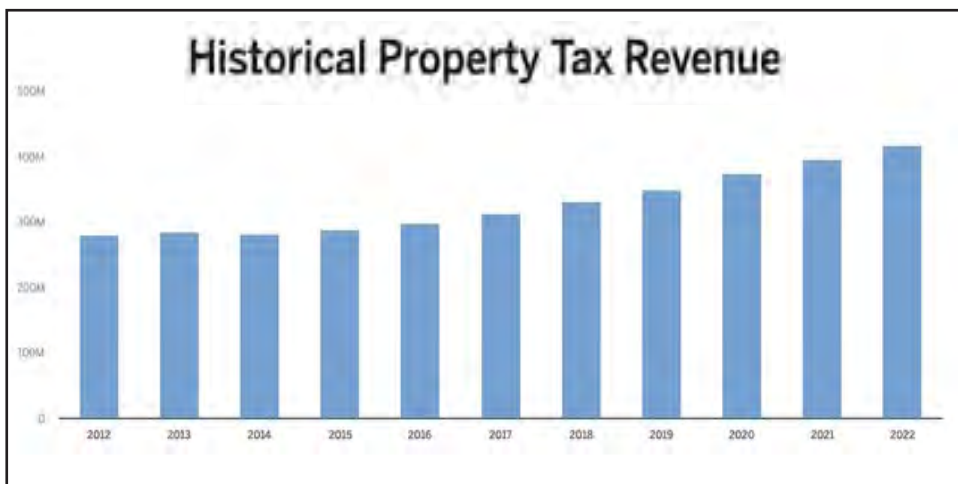
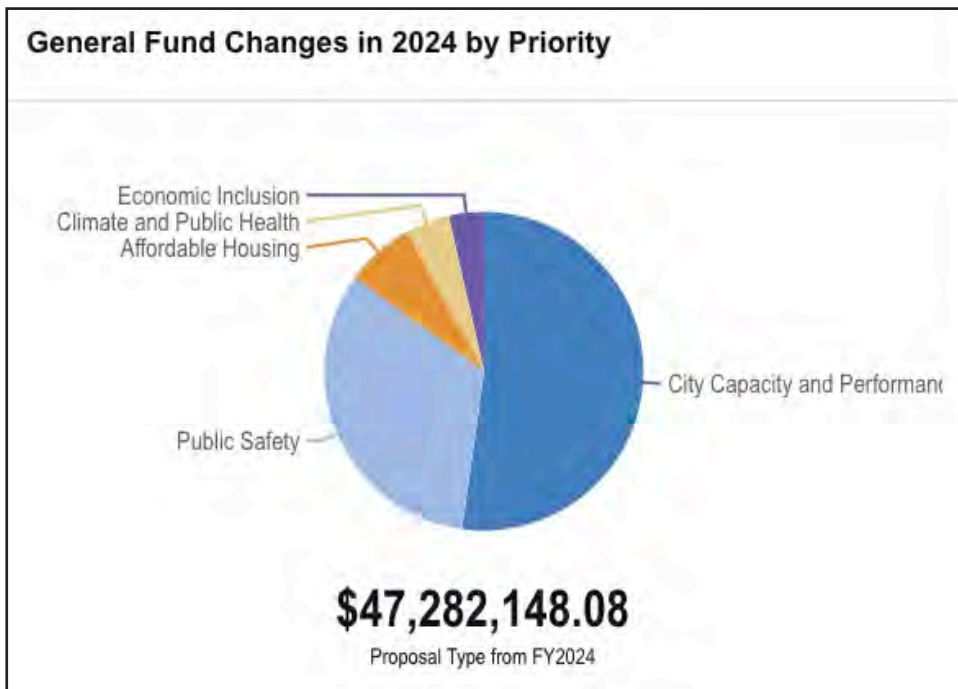
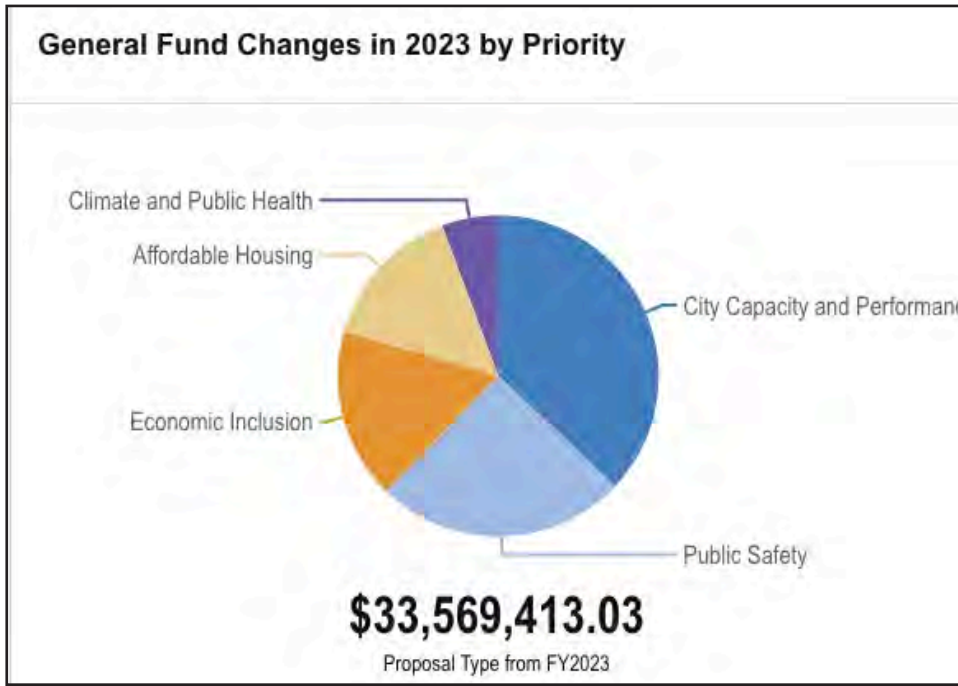
The second largest number of comments concerned worker protections and included speakers from the New Justice Project, CTUL and the Restaurant Opportunity Center of Minnesota. They asked for better enforcement and \$225,000 a year to continue 2023 contracts to provide worker education and co-enforcement services for the city. Several workers spoke about how they were helped by these groups to get fair wages, and how more workers could benefit from more money for enforcement and education related to the city’s worker protection ordinances.

OPEN STREETS

Opinions were more varied about the Open Streets events that were not funded in the mayor’s proposal.

“I represent 74 businesses on Lyndale. We pay \$5.1 million dollars in property taxes alone,” said Andrea Cobin of the Flower Bar on Lyndale Ave. “We applaud the city for not renewing the contract for Our Streets. Please continue to do the right thing and not fund a lobby group that turns around and lobbies you, the city.”

Last August, after 12 years, the mayor announced that he was ending the partnership with Our Streets. While the city



covered logistical costs associated with things including street closures, traffic control and food permits, the city did not provide funding that went directly to the organization.

This followed a request by Our Streets that the city pay \$850,000 to fund payroll, equipment, communication, fees to feature local talent, insurance, software, supplies, and printing costs.

Since then, Our Streets, which is a nonprofit advocacy organization dedicated to “making Minneapolis a place where people of all identities and backgrounds have access to streets and trails that are vibrant community spaces year-round,” started a petition that has been signed by over 1,500 people asking the city to reconsider its decision to end the partnership.

Several southwest businesses, in-

cluding ZRS Fossils and Gifts and the CC Club, as well as the Flower Bar, came in to oppose any city partnership with Our Streets. They also used it as an opportunity to advocate for on-street parking. At least one person was identified as coming from the group called Vibrant Lyndale that says on its website, “Lyndale Ave. S is going through a major reconstruction project, and we are in grave danger of losing our on-street parking by the efforts of lobbyist groups who are being funded by the very city that they lobby.”

“They are actively lobbying elected officials, government employees and the general public to take actions that we believe would likely destroy our businesses and those of our fellow Lyndale commercial Corridor merchants,” said John McArdle of ZRS Fossils and Gifts. “These people have already eviscerated the commercial corridors of Bryant and Hennepin Ave.”

Others clearly support Open Streets. “I have been regular attendee at multiple Open Streets events, done volunteer tabling at Open Streets Broadway,” wrote Skip Schmall in one of many letters of support sent in as part of the public record on the 2024 budget. “These are special events that are valued by neighbors across the city.”

“It brings neighbors, businesses, artists and community organizations together to showcase the diversity and vibrancy of Minneapolis,” wrote Elizabeth Abrahamson from Whittier, noting that it “directly supports the city’s Transportation Action Plan goals and demonstrates what streets can look like when we prioritize people over cars, incentivize multi-modal transportation, and invest in marginalized communities.”

LAKE STREET

Also, of interest to many southwest readers will be the requests of the Lake Street Council (LSC), and the Lake Street Midtown Greenway Partnership for \$150,000 to hire a Lake St. public safety coordinator. LSC is also seeking \$300,000 to implement Downtown Improvement District-type services in the East Lake Cultural District. These could include an ambassadors program, a communications center, and activation and beautification of public space. They also requested funding for the Law Enforcement Assisted Diversion program to bring case managers to the street, and doubling the allocation for Great Streets programs.

LSC Executive Director Allison Sharkey is hopeful that Ward 9 Council Member Jason Chavez will carry amendments for the safety coordinator and the funding for cultural districts to explore some Downtown Improvement District-type services.

There is still time to weigh in on the budget. You can email city council members, submit comments online at <https://fluence-media.co/3Q0ovfp> or make them in person at the final public hearing on Tuesday, Dec. 5 starting at 6:05 p.m. Following that hearing, the city council may consider amendments before voting on a final budget to submit for the mayor’s veto or approval.



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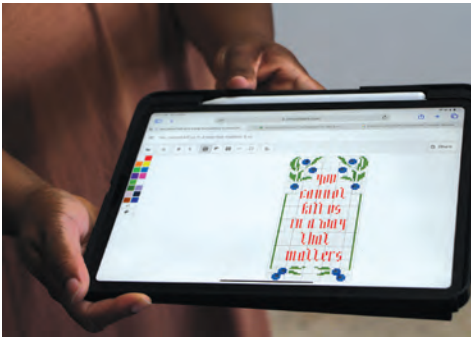
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Arnée Martin said that as a Black, queer artist that their art is for everyone, but does not tailor towards a White audience. (Photo by Talia McWright)

1 SPRINGBOARD

ters would do traditional Hmong cross stitching, “Paj Ntaub,” with their mother and grandmother. The two have put their own twist on the traditional art, by including humor and pop culture references in their work.

In her role as the economic opportunity director, Vang builds relationships and creates partnerships with other businesses and organizations to support artists. Her team works on connecting local artists to resources, professional development programming and more.

In 2021, Springboard created an emergency relief fund that provided \$500 a month to artists who’d lost commission due to COVID-19. Twenty-five artists from the Rondo and Frogtown neighborhoods were supported through the emergency relief fund, which then inspired the Guaranteed Artist Income (GAI) program.

Through GAI, artists receive \$500 a month for 18 months, free of requirements. In total there are 75 GAI artists, 25 in Springboard’s Fergus Falls location (201 W. Lincoln Ave.) and 50 in the Rondo/Frogtown location, 25 of whom rolled over from the initial emergency relief fund. In 2023, Springboard is in its second phase of GAI.

“We wanted to make it as easy as possible for individuals so they did not have to go through so many steps to be a part of this program,” Vang said.

Vang expressed that the \$500 monthly amount does not replace a social safety net, but supplements the artist’s income. The program is in its second year, and there are plans to add more components to the program. After the first year, Springboard staff noticed that there was a need for artists to be connected to more resources and support. Vang has been working to build relationships with home ownership organizations, studio spaces and financial planning.

“We want to make sure that we have the right partnerships and connections so we can give them [the artists] information and they have individuals to reach out to as needed,” Vang said.

Vang said that before working at Springboard, she worked a full-time job on top of connecting with other artists and running her cross stitching business. Springboard has allowed her to work a full-time job, in which she partners with artists, and can continue to cross stitch. Vang enjoys working with artists, and brainstorming on initiatives to enhance and improve their communities.

“I’ve always loved working with other artists and collaborating,” Vang said.

The money given to GAI program recipients is meant to be used how they see fit – whether it is to purchase art equipment, buy groceries or go towards rent. Vang said that some artists share how they used part of the money they received to do a fun activity, like watch a movie, but weren’t sure if that was okay.

“It’s up to them,” Vang said. “In the end it’s about their mental well-being because that’s going to help them create, and they don’t have to worry about other things that might be impacting what they do.”



RICARDO BEAIRD

Uptown resident Ricardo Beaird is a devised theater artist, and started his role as the community development director at Springboard in 2021. Beaird works with artists to help address community needs. Beaird facilitates the narrative change component, partnering with artists in sharing their stories of the impact of the program on them and their families. Through narrative change, a cohort of five commissioned artists called, “Artist’s Respond: People Place and Prosperity,” emerged. A second cohort of four artists from St. Paul, and four artists from Otter Tail County will be launched in 2023.

“This cohort learns together,” Beaird said. “They learn about what narrative change is. They learn about the state of guaranteed income locally in Frogtown and Rondo, and what the national movement looks like. From there they’re inspired to create public projects, and we help them do that.”

Beaird said that being an artist is a lot of trial and error, sometimes at the expense of oneself, causing cycles of burnout. He thinks Springboard is special as it is a home and hub for artists to gather and share knowledge, wisdom and their personal pathways of navigating trial and error. He expressed that it feels good to know that there’s an organization that looks out for Twin Cities artists locally, and shares their stories and work nationally.

“As someone who works within artist communities, I think that because artists are receiving the support and safety net, they’re able to experiment in ways they weren’t able to before,” Beaird said.

Beaird explained that many have the mindset that poverty is the fault of the impoverished. He hopes that programs like GAI will become normalized and reshape people’s perception of deservedness. He expressed that if people can get on board with these kinds of ideas and programs, there could be a systemic shift that will benefit everyone.

KALYN FLYNN

Kalyn Flynn of Philadelphia started working at Springboard in 2021 during the launch of the GAI program. Flynn is a qualitative data scientist at the Center for Guaranteed Income Research at the University of Pennsylvania. She uses critical ethnography to collect information on the artist’s experience with the GAI program at Springboard. Flynn travels to St. Paul once a quarter to build relationships with the artists and gather research.

“I count them each [artists] as extended friends and family,” Flynn said.

Flynn expressed that because of the qualitative research she conducts on the artists, she is able to directly see the impact of the GAI program on their lives. She said that when artists are not full-time, it can cause the person to doubt that they

are an artist. She feels that the GAI program makes these artists feel seen in their work.

“I think it is incredibly powerful for people to receive guaranteed income on the sole basis that they are an artist,” Flynn said. “It’s a validation of an identity.”

Some of the ways Flynn has seen the program impact artists is in home security. She’s witnessed the program help people save to buy a home, and remain in communities that are important to them. Flynn said one artist told her that “financial stress is the ruler of all other stress,” and the GAI program helps relieve people of this burden. She’s seen it help people get out of debt, travel and connect with other artists, and create art for their community to consume.

“This allows artists to create what’s important for them, to not feel like their trauma is constantly being minded by others,” Flynn said, “and to create work that is meaningful that they want to share within their communities in different ways.”

Flynn explained that art is not only for the artist, but for the consumers, as well. She thinks that the work of these artists can inspire others to be artists. She said that guaranteed income acknowledges the agency of the artists, by affirming that they know best what to do with their money.

“I truly believe that art is central to our humanity, and I think it’s overlooked because people don’t see all of the labor that goes into the creation of a piece of art,” Flynn said.

ARNÉE MARTIN

Martin is an art elementary school teacher with St. Paul public schools, and a recipient of the Springboard GAI program. She is a multidisciplinary artist, focusing currently on cross stitching. Martin is originally from Charleston, S.C., and moved in part to Minnesota in 2018 because the state has allowed them to better balance their work as a teacher with their work as an artist. Martin is non binary and uses she/ they pronouns interchangeably.

“I’m a good art teacher because I’m an artist, and I’m a good artist because I’m a teacher,” Martin said. “They work in tandem.”

Besides drawing, cross stitching was the first art form Martin did. She also does photography, makes stickers and does printmaking. Martin wants to create art that is financially accessible, and printmaking allows her to do so. They share

their art in galleries, like one they were involved in over the summer called “Embodied Material” at Fresh Eye Gallery in Minneapolis (4238 Nicollet Ave.). The gallery displayed work of their cross stitching, representing their queer and Black identity.

Martin took a class at Springboard called, “Selling Your Art,” which is how they got introduced to the organization. Through receiving guaranteed income through Springboard, Martin has gained more confidence to pursue their artistry. At one point in their life, Martin’s bedroom was also her studio. She was juggling paying rent and creating art in a small space. The program has alleviated stress, allowing her to pay her rent without fear. She has also been able to push herself to do art in new ways, like creating mass installations of her cross stitching. They also now have a studio in the Northrup King Building (1500 Jackson St. NE, Minneapolis) with PF Studios.

“It’s just allowed me to be a practitioner of my art,” Martin said.

Martin said that as a non-Minnesota native, she feels she has some privilege as a Black person living in the state. They want to acknowledge that being able to move to Minnesota is an experience of privilege. She grew up in a two-parent household with military and government background, and expressed that in Minnesota many Black and Brown people are disenfranchised, and she wants to be aware of her privileges.

“If it’s been this helpful to me as a person who’s already having these privileges, I can’t even imagine how it’s been helpful for someone who grew up in this state that is not friendly,” Martin said. “They’re Minnesota nice to Black and Brown people, which I’ve learned is just downright a lack of communication.”

Martin expressed that as a Black, queer artist, their art is for everyone, but does not tailor towards a White audience. Minnesota has been a culture shock for them, and said they’ve seen White people have disgusted facial expressions while looking at Martin’s work. She’s created pieces with sayings like, “Okay colonizer,” and “Okay gentrifier.” Martin creates art that highlights these parts of their identity. She also has Indigenous roots, and is exploring how to express this in her work. They use humor in their work as well, which can get their messages across in a playful way.

“If I have to look at it for multiple days, I want to enjoy it,” Martin said.

Martin described their art as a way to live more authentically. She processes information and experiences through her art, and imagines that it will be ever changing. Having the space, finances, and time in her schedule has allowed Martin to keep going with their art, and GAI has helped her to do so and be excited about her work.

“

I think it’s incredible powerful for people to receive guaranteed income on the sole basis that they are an artist.”

KALYN FLYNN

IT'S TIME TO FLEX OUR HUMANITY WITH IMMIGRATION

We can help create more solutions for migrants coming to our communities.

Everyone has a voice. But not every voice gets heard today. This isn't a new problem.

My grandma and grandpa on my dad's side were both first-generation Mexican-Americans who grew up in Los Angeles in the early 20th century and spoke Spanish. To avoid discrimination, they did not always speak Spanish in public since some people treated Spanish speakers as second-class citizens and perpetuated stereotypes that those who spoke Spanish were lazy, uneducated, and undeserving.

As my grandparents grew older, they no longer had to hide their Latino heritage. My grandpa became a successful barber and business owner, and my grandma was a high school Spanish teacher for 15 years.

I am a third-generation Mexican-American, and have never experienced discrimination firsthand. Still, the history of discrimination against immigrants in the United States continues. With more than 45 million American residents who are immigrants, we have more immigrants than any other country in the world. We also have an opportunity to change the narrative.

This change can start in our own communities. According to the U.S. Census, there are 366,300 immigrants living in



By **Eric Ortiz**



The Statue of Liberty in New York City is a symbol of freedom recognized around the world. (Kit Suman/Unsplash)

Minneapolis-St. Paul, or 10 percent of the 3 million people in the Twin Cities. More than 3,000 people are experiencing homelessness in Hennepin County. The numbers could be growing.

The Star Tribune reports that "one-third of 452 families in homeless shelters run by Hennepin County are newcomers to the United States, as a surge of migrants cross the southern border. Others are being turned away as Hennepin County's system grows so overwhelmed that it is failing to follow its longstanding policy to shelter every homeless family with children. The number of sheltered families has doubled since this summer to nearly four times the county's regular capacity – the highest in at least a decade."

Most of the migrants are Ecuadorians seeking asylum. Minnesota's immigration court has 7,779 Ecuadorians with pending cases, up from 344 in 2018. Their court dates are months or years away. While many Ecuadorian asylum-seekers are not homeless, they turn to shelters when their own networks can't help. Now the county has more than 1,500 people in family shelters and is looking for new rooms daily.

We need short- and long-term solutions. The Minneapolis Office of Immigrant and Refugee Affairs (OIRA) is doing all it can to provide them. Started in 2018 and led by Michelle Rivero, a longtime immigration lawyer, the office advises the city on immigration issues, welcomes new immigrants, connects residents to resources and legal help, highlights the contributions of immigrants in our community, and hosts a monthly public forum to give immigration-related updates to the community.

"We're stronger when we're welcoming our immigrant communities," Rivero told MinnPost in 2018 when she started the job.

Five years later, she has made tremendous progress with the Office of Immigrant and Refugee Affairs to develop support programs for foreign-born residents and make Minneapolis more welcoming for immigrants.

They still could use more help to create solutions and ensure all basic needs are met.

Colder temperatures are coming, and migrants need winter clothes and shoes. Some arrived with only Crocs.

We need new policies. Asylum-seekers have to wait six months after they file their asylum application to apply for legal permission to work. Even if they have the skills and desire to work, they can't do it legally for months.

We are at the point of the human story where we need to confirm our humanity. Then, we can strengthen our humanity.

Instead of blaming foreigners for threatening economic prosperity in the U.S., consider how they could help grow our economy. Let's fill the needs with a positive approach and growth mindset.

We can do this through empathy, compassion, kindness, generosity, and creativity.

Changing laws and policies take time. Being empathetic, compassionate, and kind is instantaneous. We need to be proactive and create solutions in Minneapolis before the temperatures really drop, and people are not equipped to deal with the elements.

Until we can develop permanent solutions to homelessness, we need to create temporary housing solutions. Where are empty, usable buildings that could house some people? Could we put up a temporary housing structure (say a big heated tent) in a large, open-air area? Could a program provide emergency rent until people can work and cover rent themselves?

The immigration issues facing us are of human origin. They require humane solutions. We must confront these challenges together – with love, respect, and integrity – to clean up the obstacles we have created.

We have a rich community of immigrants and unhoused neighbors. Helping them will help us. What can we do for other people? How can we exemplify the ideals of service? How can we represent the best of us?

It's time to flex our humanity. To learn more about the Minneapolis Office of Immigrant and Refugee Affairs and help create solutions in our communities, email oira@minneapolismn.gov or call 612-394-6018.

Eric Ortiz lives in the Wedge with his family. When he's not community building, he's the chief content officer for the Strong Mind Strong Body Foundation and writes bilingual children's books with his kids. Their first book, "How the Zookalex Saved the Village," is available in English and Spanish.

FALL HAS ARRIVED ALONG WITH MEDICARE OPEN ENROLLMENT

STORIES & JOURNEYS

HERE'S MY MEDICARE STORY. WHAT'S YOURS?

This is a time during fall to make changes in one's Medicare plan. I am making my way through my seventh year of retirement and enrolled in Medicare. In this column, I am telling my Medicare story and sharing my journey. What I'm thinking, learning, experiencing. I'm inviting you, dear reader, to do the same. Tell yourself, tell others or tell me via Tesha@longfellownokomisessenger.com.

It's Dec. 26, 2016. My last day as an employee of M Health Fairview University of Minnesota Medical Center after 21 years. My career as a nursing assistant has come to an end. My body has told me I can no longer do the work due to my lumbar spine stenosis. Work that I had discovered to be a calling. The next day I became officially a retiree/senior/elder. I said good



By **Donald L. Hammen**

bye to my Preferred One health insurance plan. I had about one week to find a Medicare plan that would work for me.

My search for a Medicare plan took me to Epworth United Methodist Church in south Minneapolis where I was an active member at the time. It was suggested to me that I talk to Nan Rice, a retired public school teacher. It was through Nan that I got connected to Leslie Gold, owner of Minnesota Medicare Consultants. Within a week she got me enrolled in a Blue Cross/Blue Shield hybrid plan which she recommended along with Silver Script for drugs Part D. My Medicare journey was underway.

At the time I did not know the difference between a Medicare Advantage Plan and what I now call actual Medicare. For the first year or two that Blue Cross/Blue Shield hybrid plan plus Silver Script met my needs until Blue Cross/Blue Shield dropped it. My most direct path to continue coverage was to enroll in another Blue Cross/Blue Shield plan which included Part D. I proceeded to enroll. That plan met my needs such as they were for about a year or two. Nonetheless I was becoming

increasingly aware of how Medicare Advantage plans are not what I call actual Medicare.

About three years ago I received a letter from Leslie Gold. She suggested that if I was inclined to switch to 'actual' Medicare the time to do it would be while I was in relatively good health. Long story short, today I am now enrolled in 'actual' Medicare with an Aetna supplement and I am back with Silver Script. So far so good. Now I am more focused on the fact that Medicare Advantage is not Medicare. If you have read this far you have taken the plunge into the river (flow) of life experiences that is Stories and Journeys.

MEDICARE ADVANTAGE IS NOT MEDICARE

While I was with Blue Cross/Blue Shield I was in the Advantage Plan world. So what sets Medicare Advantage Part C apart and more important what makes Advantage Plans a threat to the future of 'actual' Medicare also known as traditional or original Medicare. On Oct. 9, I received one of the regular e-mails I get from Ken McIness, President of Minnesota State Retiree Council, AFL-CIO addressed

to retirees. Attached to this email was a Letter-to-the-Editor slated to appear in the Red Wing Republican Eagle, Weekend Edition, on Oct. 7 and Oct. 8, 2023. It was signed by Bruce Yernberg from Red Wing, MN.

In the first part of the letter he writes: "What seniors need to understand is that Medicare Advantage is not Medicare."

Here is a salient quote from the letter: "Remember, traditional Medicare was passed in 1965 because corporate insurance companies didn't want to cover seniors. They were eager to shift that responsibility to the government. But today, they have found a way to cover seniors and also make huge profits, which is destroying a program that was supposed to be publicly funded and publicly administered health security for seniors."

More to come next month. In gratitude always.

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

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Owner & Publisher:
Tesha M. Christensen, 612-345-9998,
tesha@swconnector.com
Editor: 612-255-1181,
news@swconnector.com

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

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Advertising & Marketing:
Suzie Marty, 612-255-1180,
ads@swconnector.com
Denis Woulfe, 651-917-4183,
denis@LongfellowNokomisMessenger.com
Sandra Mikulsky, 612-260-7967,
sandra.tmcpub@gmail.com

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Allie Johnson, Jan Willms, Jill Boogren, Cam Gordon, Eric Ortiz, J.D. Fratzke, Terry Faust, Suzie Marty, Larry LaVercombe, Donald Hammen, Michele Rae, Talia McWright, Aamira Redd, Evan Vezmar, and WACSO.

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5139 34th Ave. S. #17097, Minneapolis, MN 55417 • 612-345-9998
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TRUSTED AND RELIABLE, LOCAL NEWSPAPERS MATTER TO THEIR COMMUNITIES

By **DEAN RIDINGS, CEO
AMERICA'S NEWSPAPERS**

A recent Gallup study showed that America's confidence in the national mass media has reached a near record low. While that's disturbing, it's not unexpected. The digital age has brought a barrage of national news sources that are focused on sound bites, opinions, partisan views and a race to push out breaking news, even if it hasn't been properly fact-checked or vetted. The problem has been exacerbated by social media channels that allow disinformation to be distributed virtually unchecked.

AMERICANS TRUST LOCAL NEWSPAPERS

However, Americans feel differently when it comes to their local newspaper. According to a 2023 national survey of 5,000 adults, local newspapers are the most relied on and trusted media source of original reporting: more than television and radio, and significantly more than social media. Trust in local newspapers extends across age groups and demographics, as adults of all segments recognize the value of reliable local reporting that newspapers deliver.

And, beyond just trusting the reporting local newspapers provide, Americans recognize how important it is to have a healthy local newspaper in their community. In fact, 74% of all Americans stated that having a newspaper in their community is important for providing them with much needed local news and information. It's hard to get Americans to agree on any-

thing, but they agree that local newspapers are important.

LOCAL NEWSPAPERS SHINE A LIGHT ON ISSUES

American's trust in their local newspaper is not surprising. A local newspaper's commitment to reporting the news is different than the national mass media. Local newspapers are just that, local, and are staffed with dedicated professional journalists who live and work in the communities they cover. The issues that are important to the community are also important to local reporters, and that creates a deep accountability to delivering trusted, unbiased news.

Readers and non-readers alike rely on their local newspaper to shine a spotlight on the issues that matter most to them. From holding local institutions accountable, to reporting on local schools, sports or entertainment for the weekend, local journalists often uncover stories that might otherwise go unnoticed. That local connection instills confidence that the information being delivered is coming from a source that is invested in the health of the community and committed to high standards of journalistic integrity.

A TRUSTED ADVERTISING SOURCE

The trust in local newspapers goes beyond just traditional news. It applies to local advertising, as well. The same national study of 5,000 adults found that 60% of Americans use newspaper advertising to help them decide what brands, products and local services to buy. That's about the same as local television and



much higher than radio, direct mail and social media ads.

SUPPORTING PAPERS MAKES A DIFFERENCE

Despite the high levels of trust in local newspapers, the business model continues to face challenges. The way people consume news has changed, but Big Tech's continued use of local newspapers' content without paying for it puts even more strain on the newspaper business model.

There are easy ways for you to support your local newspaper – and ensure that quality local journalism remains in your community. In addition to subscribing or advertising, ask your congressional representatives to support the Community

News and Small Business Support Act (HR 4756) that has recently been introduced in Congress. This bipartisan bill provides much-needed support to local newspapers that invest in their journalists. For every local journalist who is employed to work on local news, the newspaper will receive a tax credit. The act is a cost-effective way for local newspapers to keep professional journalists covering their communities. It's a win for everyone. Visit www.support-communitynews.com for more info, and thanks for reading this newspaper!

On behalf of its approximately 1,700 newspaper and Solutions Partner companies, America's Newspapers is committed to explaining, defending and advancing the vital role of newspapers in democracy and civil life.

HOW CAN WE SUPPORT OUR CHILDREN?

In America, the avenue to achieving economic mobility is not unilaterally obtainable by every person in our society. This is a truth that is especially evident in our communities throughout Minnesota. We should all be committed to working

to fill that gap to provide inner-city youth with the opportunity to realize, pursue,



By **Brett
Buckner**

and actualize their dreams and interests. Through mentorship, empowerment, and consistent support for many children who have gone through life unsupported, we have seen firsthand the change that can be made in a child's life with their community and local leaders behind them.

To that point, Minnesota's lawmakers have made steps to provide the support that our children need through our Attorney General's recent commitment to protect our children from e-cigarette addiction, or Governor Waltz's Drive for 5

Workforce Initiative which will prepare the next generation for quality careers in technology, the trades, caring professions, manufacturing, and education.

If we truly hope to remove long-standing barriers to success, these must be the first steps of many.

Unfortunately, community causes often become sidelined in favor of certain lawsuits. A recent example of this would be the latest case against America's tech sector that is projected to wrap up sometime next month. Rather than dedicating much-needed time to community causes and pressing issues, critical hours have been spent on this matter.

Our impoverished youth deserve

leadership that will deliver the changes that are essential for them to actualize their dreams. I hope the Attorney Generals who recently traveled to the Twin Cities for a conference will prioritize filling the achievement gaps that our inner-city youth experience and focus on enabling them to actualize their dreams.

Brett Buckner is the managing director at OneMN.org, a research-based, advocacy, and communications project to provide public policy recommendations that support and propel racial, social, and economic equity throughout state, county, local governments, agencies, and corporations.

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split up, they lost some of her grandmother's side of the family.

"Diving into all of that and learning all of that helps me connect to my culture, to everything that was lost," said Greene. "It also helps me learn and teach other people, including my children."

Passionate about standing for justice and protecting the earth, Greene most often takes photos at rallies and other large events – as Pendleton says, she's "boots on the ground." She has photographed water protectors against the Line 3 pipeline. She witnessed a dozen women pull down the Christopher Columbus statue at the Minnesota State Capitol. She's traveled to South Dakota, New Mexico, Mississippi, Louisiana, Washington D.C. – basically wherever she's needed.

Touched by tragic loss herself, Greene began doing Missing and Murdered Indigenous Women photographs as a way of healing. The subjects are advocates, survivors and families who have been affected and often paint a red handprint across their mouth and face as a symbol of solidarity.

"We were never noticed before," she said. "I believe a lot of my photos have made a difference with that." According to Greene, one of her photos got 14,000 shares within 15 minutes of being posted on social media – in contrast to a couple dozen shares from a posting of the same missing person by the Bemidji Police Department. With assistance from Hennepin County Library, they created a QR code to provide information on advocates and available resources.

Greene came down to Minneapolis from Leech Lake during the 2020 Uprising and has been back 20 times or so to document George Floyd Square. Although seeing the video of George Floyd's mur-



KingDemetrius Pendleton chats with Nedahness Rose Greene at Listen 2 Us Studio at 38th and Chicago. (Photo by Jill Boogren)

der at the hands of Minneapolis police was heartbreaking, Greene felt that what happened needed to be seen; the fact that the world was at home with nothing to do during COVID-19 ensured that it was.

"It was just like, wake up everybody, it's time for change, this is what's happening. It's happening everywhere, not just... here," she said. She wanted to be in Minneapolis to document the moment for her young boys, in part because she fears for their lives growing up to be African American men. "I always figure images can be powerful and change lives and change minds and... create emotions, so that's one reason I felt I needed to be here," she said.

It is a selection of these images – Black men standing together in the Square, the headstones at Say Their Names Cemetery, a crowd during a rally – that are currently displayed on one of the walls inside Listen 2 Us Studio.

"To have my work that I've done here, it's powerful. Because it happened here, and to be showcasing it right here, it means a lot," she said.

PAYING IT FORWARD

Pendleton, whose work was previously exhibited in Wing Young Huie's studio on Chicago Ave., has now opened Listen 2 Us Studio in the space next door and is already paying it forward.

He, too, has experienced tragic loss. Nov. 3 was the 10-year anniversary of when his daughter Brandy Ann Banks Sutta lost her life to a drunk driver.

"When she was killed, they really didn't say too much about her," said Pendleton. "I went in front of politicians, I reached out to a lot of people, and a lot of people just basically, bluntly slammed the door in my face. Or, didn't wanna talk about it."

(According to the Centers for Disease Control and Prevention, 32 people in the United States are killed every day involving an alcohol-impaired driver. The Minnesota Department of Health reports that about 1 in 7 Minnesotans has at least one DWI. And Mothers Against Drunk Driving

states that two out of three people will be impacted by drunk driving in their lifetime.)

Experiencing this created a paradigm shift for Pendleton. He chose to go back to school after 28 years to train in photography and earn a degree.

"I wanted to give a voice to the voiceless," he said.

It's humbling for Pendleton to showcase another photographer, something he feels lets him know how much he's grown.

"This is about giving back, right? The only way we can keep what we have is by giving it away," he said. "I wanna make sure that I'm able to give as many things away as possible, 'cause I know I can't take 'em to the grave with me."

The name of his space, Listen 2 Us (which opened Sept. 1), conveys that the work isn't about Pendleton alone.

"I wanted it to be about 'us' because so many of us were out here documenting what was goin' on in Minneapolis," he said. Alluding to the saying, "If you wanna go fast, go alone. But if you wanna go far, go together," Pendleton added, "I wanna go together with some people."

While most of the time Greene photographs Black and Indigenous people, she will work with people of all backgrounds. She can be found at NedahnessGreene on Facebook and nedahnessgreene on Instagram. Pendleton is at listenmedia.org

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with the way I felt I was being received in Minnesota. I felt like I wasn't getting my just due. I had done a lot of building of quality music and collaborating with people, and I thought I wasn't getting the opportunities I should have gotten," he said.

"When I look back at that time some years later, I think I was being a whiny little punk." He said there are some barriers for an artist like him in Minnesota, and quite a few have to do with race. "But I think complaining about it doesn't make the problem go away. I was always willing to do the work anyway, so why not do the work instead of complaining about obstacles?"

However, in 2016, he felt it was time to go and explore other places and see what people would say in other areas. He had toured before on the West Coast, the Midwest and even in France. This time he started with Wisconsin and the Dakotas. He did movements 1-5 of the "Minnesota Mean" show.

"Minnesota Mean" was about addressing issues we had as Minnesotans expressing ourselves to one another," Woods explained. "There are things being said that can hold artists like me back, and we weren't talking about what is happening. I thought we should put things on the table and talk about what is happening. That was kind of the beginning of it."

Woods said that before he went into the whole concept, he did some research. "I asked transplants and people who lived here for years about their thoughts. I checked the whole spectrum of Black and White and the concept of Minnesota Nice. A lot of people said it was on the surface and passive-aggressive."

According to Woods, "Minnesota Mean" is being honest and sincere, a project in which he did specific music that addressed what he saw as disparities. "I challenged what the hierarchy was," he stated. "It did not seem like there were opportunities for artists of color or acceptance for what we brought."

Woods described his "Minnesota Mean" show as more of a rant, an examination of things, and of asking his audience: "What do you all think? If I'm wrong, prove me wrong." Nobody could.

Woods said all but one person had encouraged him to do this tour, and he was glad he did. "It allowed me to have a concept, and all my tours after that were conceptual. I brought something to the table that was original, a live show with a theme. It worked well."

He did other theme performances,



Terrell Woods said that he hopes his work will be an inspiration to others. He was a social worker when he graduated from Hamline University. "I am still a social worker, just in a different form," he noted. "I still work with people, and try to deliver a positive message that allows people to see their strengths. I just do it on my own terms now." (Photo submitted)

like "Show Stealer." "I established myself as a force to be reckoned with, and I would steal the show."

Then he chose to go vegan: "That decision made me realize what a destructive relationship I had with food. It led me to think about over-consumption in general." His next show was "Ravenous."

"It was me looking at myself and at what I don't want to be," Woods said.

The demand for him to tour grew, and he booked 61 dates. Woods said that earlier in his career, he had been booked as an opening act. "That's what people did for me, and I thought I needed to give back. So, I usually took another performer with me." He chose performers who were not heavy drinkers or in day jobs they couldn't leave and had strong enough relationships they could go on the road. "By the end of the touring, I was doing it by myself," he said.

In 2018, Woods toured Vietnam. He said he had seen videos of the war and the

jungles, but when he was there it was one of the most beautiful places he had ever seen. "Water as far as you could see, buildings and green trees. I was very impressed.

"I felt like I cracked the touring code on my own terms," Woods continued. "When 2020 hit, I was poised to keep the movement going by doing some East Coast stuff. I was in New England when COVID hit. We had started planning to come back out there and do another two weeks. I remember being on the road when flights were being canceled. As soon as I got home, I had to start canceling because of COVID. I had to restructure how I did things to make money.

"I started teaching beats more, doing online teaching. I began teaching all the time and doing live streams. I would do a show in a room. I stayed really busy during COVID."

MINNESOTA MEAN RACISM

Woods was in Minnesota when George Floyd was killed. "That really hit me hard," he recalled. "I was not really surprised. I was starting to be aware of how nasty our police department was. Everybody's so nice in Minnesota, it's so clean and everybody gets along. But it kind of went along with what I did with Minnesota Mean: the underground racism, stuff you don't see outright all the time."

Woods said he did a lot of streaming and live panel discussions on police brutality after the George Floyd tragedy. "There's this veil we have over our eyes about the police department being there to help us. They are here to protect White property and capitalism."

WHAT'S AHEAD FOR WOODS

Whatever is happening in Woods' life, he said he can figure out how to conceptualize it and do a project around it. "It has to be more than just me being a bad-ass rapper."

Woods said with the help of Johnny Pain and DJ Maddox, two friends from Nebraska, he put out his first album in 2021, right after the Jan. 6 insurrection. It featured "Minnesota Mean" and "Attack of the Show Stealer Live." He recently received a grant from Springboard for the Arts to build a mobile stage. "It is a trailer that can be towed to whatever location I am at. It folds open, and I can perform on it as a stage," Woods said. Readygoart.com built the stage.

"I also received a \$10,000 grant from the Minnesota Arts Board to present a show at the Grey Theater in St. Cloud," Woods added. "Carnage the Executioner Presents Transformation to Terrell X" is the show.

"My name is Maynard Terrell Woods," he said. "My first name is from my dad and my last name from my mother. Terrell is the only name I have that is my own. I am getting rid of baggage and all the things I have gone through as a young boy that were not my fault, and that I hold my parents responsible for. It is important for me to restructure myself. The X is for X'Avion, which means intelligent, spiritual, warrior and survivor. This project will have me exploring the aspects around Terrell X that were always there. I am taking my identity back."

Besides his other projects, Woods does a monthly series at the White Squirrel Bar in Saint Paul. He will celebrate the 20th anniversary of Hechatomb, his record label, in February.

Woods said that he hopes his work will be an inspiration to others. He was a social worker when he graduated from Hamline University. "I am still a social worker, just in a different form," he noted. "I still work with people, and try to deliver a positive message that allows people to see their strengths. I just do it on my own terms now."

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The Scam Landscape: Staying Safe

by Scott Nelson of AARP



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by Mark Scannell



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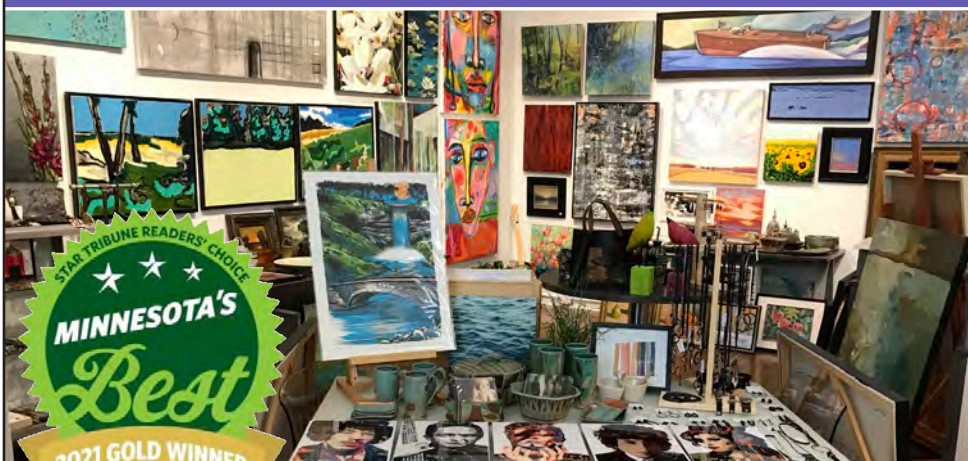
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ISSUES AT UPTOWN TRANSIT STATION

WARD 10

MINNEAPOLIS COUNCIL

BY Aisha Chughtai



Having access to safe, reliable, and clean public transit is crucial for so many Ward 10 residents and visitors. Multiple deep societal crises, from the COVID-19 pandemic to the housing and opioid crises, have made serious issues in our society visible in public spaces such as on our buses and trains, and at our transit stops and stations. The Uptown Transit Station has not been an exception.

The Uptown Transit Station serves routes 6, 17, 21, 23, 114, and 612 and has about 1,500 daily boardings. It's a very busy and important transportation hub for Ward 10, the city, and the metro area.

My aides and I are working hard to address the ongoing issues at the Uptown Transit Station, and we expect to start seeing progress soon. Several months ago the Ward 10 office teamed up with Metro Transit to start to bring together a large group of stakeholders for regular meetings to develop concrete action plans.

These meetings include participation from the Ward 10 office, the Ward 7 office, Metro Transit, the City's Office of Neighborhood Safety, the Lowry Hill East and East Isles Neighborhood Associations, MPD, Metro Transit PD, and representatives from several important stakeholders near the Uptown Transit Station including the Walker Library and the YWCA.

Together we've developed an initial work plan, which we review and update each time we meet. We're confident that this commitment to coordination and action across a wide group of stakeholders will bring changes that so many of us have been wanting to see.

Here are some of the plans that are already implemented or will soon be implemented:

- Metro Transit staff are increasing their presence at the Uptown Transit Station with increased visits and maintenance routine. Metro Transit's Homeless Action Team and Hennepin County social workers connecting with people to provide scheduled wraparound services (i.e. mental health, addiction & housing).
- Increased security presence from Metro Transit, MPD, as well as Walker Library security on their property.
- East Isles Neighborhood Association is doing safety walks including litter pick up.

And there will be more to come.

The Hennepin Avenue Reconstruction Project will have a major impact on the Uptown Transit Station. There is already utility work beginning on Hennepin Ave-

nue between Lake Street and 26th Street. In 2024 as construction progresses, Hennepin Avenue will remain partially open, but the plan is for buses to be rerouted to neighboring streets for periods of time, and the Uptown Transit Station will be closed during those times. We will continue to work closely with Metro Transit and the other neighborhood stakeholders during that process.

We deeply appreciate Metro Transit's willingness to help lead this process with us to work on improving the situation at the Uptown Transit Station and in the surrounding neighborhood.

We all understand that there is not a simple solution to issues like unsheltered homelessness and other issues that have become visible on our transit system. We can't just police our way out of it; without funding and proactively making available dignified shelter and culturally sensitive treatment and other social services, people just get criminalized and pushed around from one place to another. We want to address the situation in a way that addresses the social problems that have become visible on our transit system, rather than just moving them somewhere else for another community to then also struggle to address.

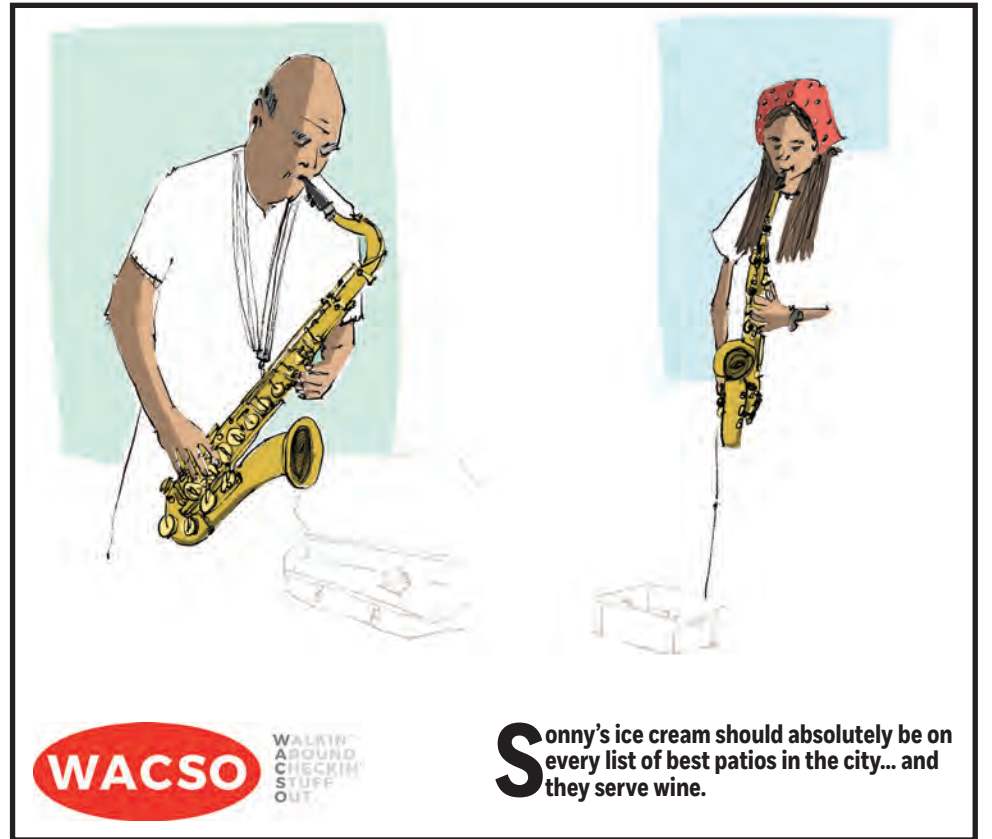
GREENWAY ACCESS PROJECT

The Midtown Greenway Access Improvements project team is hosting an open house for you to learn about the project, ask questions and share your thoughts about the coming accessibility improvements on Thursday, November 16 from 5:00-7:00pm at the Whittier Recreation Center (425 West 26th St.). The project presentation will begin at 5:30 p.m. The space is accessible for those with mobility devices. To request accommodations such as larger print materials or other accessibility needs, contact jessica.laabs@kimley-horn.com.

Our office has received a significant amount of feedback on this County project, so we hope community members are able to attend this open house.

Background: Hennepin County is working with the City of Minneapolis and Minneapolis Park and Recreation Board to improve accessibility to the Midtown Greenway between Harriet and Garfield avenues. This project is based in the plans and goals of the city, county and park district. A primary goal is to provide Whittier Neighborhood greenway access for all ages and abilities while preserving nearby amenities, including the Soo Line Community Garden. The new Americans with Disabilities Act (ADA) compliant ramp at this location will provide a ramp at the proper grade and width for all people to access the Greenway. Construction is anticipated to begin in 2024.

Information from the regular Ward 10 e-newsletter.



SERVICE CHANGES COMING IN DECEMBER

The next Metro Transit service change is in effect Saturday, Dec. 2, 2023. Changes that affect the Southwest Connector readership area are:



By John Wilson

- Routes 17 and 25 will have minor schedule changes because of the reopening of the 3rd Ave. S./Central Ave. bridge downtown.
- Route 467 will have minor schedule changes to reflect actual travel times.
- Route 21 will have the most serious changes of all. First, the 21A branch to Saint Paul will run every 15 minutes instead of once every half hour from 6:30 a.m. to 9:30 p.m. Second, the 21 will not serve Uptown Transit Center. Instead, it will travel via Lagoon Ave. westbound and via Lake St. eastbound. Third, the western terminus is being moved to France Ave. because of upcoming construction projects. In addition, although technically not a route or schedule change, people coming from Saint Paul on the 21 will benefit from the new bus-only lane on Lake St. between the Mississippi River and 27th Ave. S. This bus-only lane will extend into Southwest Connector territory in the future. Unfortunately, because of street width issues, there will only be a bus lane in the westbound direction. Studies have shown that traffic jams affect the 21 westbound more than eastbound.

Bus Rapid Transit (BRT) lines are planned to improve the transit situation throughout the Twin Cities. Lines of importance to the Southwest Connector

readership area are:

- The B Line, which will run down what is now Route 21, and is the reason for the bus-only lane I mentioned above. New shelters for the B Line are already being put up, and will open for public use once they are safe, which is estimated to be before the end of this year, although the B Line itself will not be operating until June 2025. As the B Line will not stop at all the current Route 21 stops, Route 21 will continue to exist between Hennepin and Minnehaha Aves., and a new Route 60 will provide local service in Saint Paul.
- The E Line, which will run mostly down the France Ave. branch of what is now Route 6, is also opening in 2025. Like the B Line, the E Line won't stop at all the current Route 6 stops. Route 6 will continue to exist via the Xerxes Ave. branch.

The infamous Green Line light rail extension, also known as Southwest light rail, is still chugging along, late and over budget. While it is about 60% complete, the last 40% is the hardest part, as anyone who watches the news on TV probably knows. Metro Transit expects to open it in 2027.

I am planning to start a series soon on "How to Ride the Bus or Train," a primer for those who are new to Metro Transit or coming back after a long time of not using it. Please contact this newspaper if you know of any specific things I should cover.

▶ John Wilson lives in south Minneapolis and pays attention to transit issues.

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ADVICE TO BUYERS IN THIS 'CRAZY' REAL ESTATE MARKET

TEAMING UP FOR GOOD

This question rose again in my latest meeting with two prospective buyers: "When is the housing market going to calm down?"

"It seems like it's been crazy for three years now. If we wait another year or two, will it be easier to buy? Will we be able to afford more, if we wait until we save more?"

My answer was that hidden within this question about "calming down" are two very different factors. There is the question about market speed and multiple offers, and there is also the question about prices and value. They were asking whether this was the right time to buy, or would it be easier/smarter to buy in a year or three?

Before I address this, I first want to make another point: Long term, the housing market is the single most dependable and cyclical market in the world. No matter what the interest rates, no matter what the political climate or how the economy is going, housing is directly related to the lifespan of the human being. People get married during wartime. People have children whether they have money or not. People die in good times. People get divorced... when they have to. Every one of these life milestones creates the need for different housing.

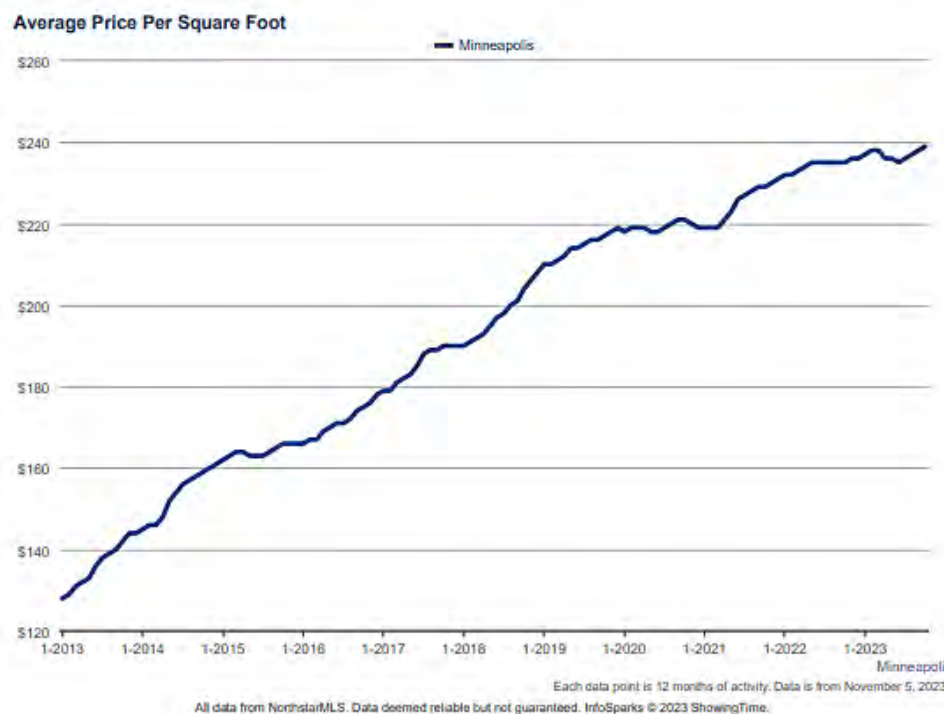
When I counsel my real estate clients, I often say that the Market Forces of the Moment will affect their sale in certain ways, and thus, from a financial perspective, there will always be good and bad times to buy or sell. But in most cases, each person's personal life and personal timing will affect their course of action more than the specifics of any particular real estate climate.

Some people have the luxury of planning exactly when they will sell their home of 20 years. But most people are simply responding to their lives. Is this the right time for you?

"When is this housing market going to calm down? This is the calmest I've seen it since before COVID," I said. The combination of Interest Rate Shock with Minnesota Seasonality has made it so most realtors I know have nothing to do. We are



By **Larry LaVercombe**



like... hoping our one buyer buys... Or that our one listing sells.

So, if what you are looking for is a good time to go out and buy something when you have more than 24 hours to think about and you might even have negotiating power on price, then now is a great time. It's calm.

If, on the other hand, you are asking, "When are the prices going to go down?" the answer is never. Not in Minneapolis proper. Never in the future will they be lower than now.

But if you are asking something a bit more nuanced, like: "If I wait two years, and I can save \$30,000 during that time, will it be easier and better then for me to buy then? Or, will I have lost ground by waiting?"

I would say: "That's the right question,

and my opinion is that you would be losing ground."

In my opinion, the advantages you would earn by having a larger down payment, and thus possibly a lower interest rate loan, would be more than offset by the increase in price of the home.

For instance: let's say you want to spend \$300,000 on your first house, and you have \$20,000 saved for your down payment. You do have the \$15,000 to purchase with a 5% down conventional mortgage, but if you saved \$30,000 and then you had \$50,000 to put down on a \$300,000 house, that would almost enough for a 20% down payment... And isn't 20% a lot better than 5%?

Yes - 20% allows you to avoid paying PMI, private mortgage insurance. But that insurance is much less expensive than it

used to be, and the cost of PMI can be offset by your ability to invest 15% of your down payment elsewhere. And yes, in a competitive, multiple offer situation, the seller will often believe that a 20% buyer is better than a 5% buyer. (This belief is highly debatable, but it's the norm.)

But more importantly: This \$300,000 house doesn't cost \$300,000 anymore.

Minneapolis home prices have steadily risen a total of roughly 6.5% per year over the last 10 years.

If the annual appreciation is 5%, that \$300,000 house will cost \$331,000 two years from now.

Here is the point:

Since a) the market is dependably cyclical, and thus a year of quiet and calm will create a year's worth of pent-up demand; and b) Prices are not going down in Minneapolis because a) our population is increasing, and b) people are moving here from highly-priced California because our climate is better, prices in Minneapolis are only going up. But they are right now being held down this month by the sticker shock of interest rates and the seasonality of the winter market in Minnesota.

ADVICE TO BUYERS

Find an agent that:

1. Can share their strategies regarding how they will advocate for you in a multiple offer.

2. Can help you make strategic decisions that will integrate your financial abilities with your individual life changes.

3. Doesn't pressure you to act, but at the same prepares you for the distinct challenges of buying in this nuanced market.

In our Minnesota housing market, the sellers pay all the commissions. Sellers pay the buyer's agent, and their own agent. So, if you're a buyer, there is no reason not to find an agent to help you buy, and to find that agent well in advance of your being ready to put the trigger.

If you are educated in this market, you can win in this market.



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.

WHAT IS A WELLNESS RITUAL?

FROM YOUR CENTER WITHIN

The concept of wellness has ancient origins rooted in Greek, Roman, Indian, Native, and Chinese cultures. It was, and is, a belief that an integrated approach to one's health and well-being results in inner harmony. Wellness rituals have been used to prevent or heal disease and to promote relaxation around the world. The Global Wellness Institute defines wellness as "the active pursuit of activities, choices and lifestyles that lead to a state of holistic health." You can create wellness rituals for alleviating illness and elevating well-being with the basis of the practice being about how you want to feel afterward.

Remember wellness includes physical, mental, emotional, financial, spiritual, environmental, occupational, relational, and recreational health. If you add rituals to your wellness routine, it can have a pow-



By **Michele Rae**

erful impact and transform your daily actions into a more meaningful experience. A wellness ritual is a set of sequenced activities or actions with a symbolic purpose. Rituals can be relevant in diverse areas of our lives, ranging from how we wake to how we work to how we rest.

A wellness ritual can be anything that you add meaning to by slowing down, being aware of your senses and surroundings, and being truly present. One of the most effective ways to live each moment fully is to practice awareness and mindfulness around the daily actions that we make. Instead of operating on autopilot and seeing just how many things you can multitask, slowing down allows you the gift of turning average mundane moments into something magical.

One of my favorite wellness rituals is making a meal. I slow down and become more present. I take a few moments to be grateful for the ingredients and all the hands who have brought this food to my kitchen. I pour love and positivity into the food. When eating, I will intentionally sit down, remove all distractions, and really savor my food. This helps with digestion,

too. If I am lucky, I also add an enjoyable conversation with friends and family.

How do you add ritual to your wellness routine? Here are a few possible activities you can transform into a wellness ritual.

- Tucking your little one into bed at night and reading a book.
- Brewing that morning coffee or whipping up a delicious smoothie.
- Writing or reflecting on prominent issues in your life.
- Having an at-home spa day.
- Showering or bathing.
- Working out, whether walking around the lake, yoga class, or at home.
- Taking a few minutes to breathe deep.
- Stacking a wellness ritual on daily activities such as brushing your teeth, folding clean laundry, or doing the dishes.
- Watching the birds or being in nature.
- Sitting in silence.
- Relaxing routine before bedtime.
- Listening to music.
- Creating by drawing, painting, knitting, or sculpting.
- Talking to a supportive friend or professional.
- Getting a massage, healing touch, chiropractic, or acupuncture treatment.

• Wandering through the farmer's market.

- Reading something inspiring.
- Stretching once an hour.
- Taking a midday 5-minute break.
- Trying a new restaurant.
- Eating a new vegetable or fruit.

Incorporating rituals into your life can bring a sense of order and intention to your days, helping you live with more ease and purpose. Remember that creating a wellness routine and taking ownership of your well-being is a personal journey, and the rituals you choose to implement should align with your unique needs and lifestyle. It can take a certain type of determination and assertiveness to bring wellness rituals into your life. It is an intentional and continuous process of achieving an optimal state of health, as well as your full potential. Wellness is an individual, dynamic, and ever-changing process.



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.

WANT TO REACH 50,000+ PEOPLE IN THE NEIGHBORHOOD? YOU CAN - WITH EACH EDITION OF THE CONNECTOR.

ELECTION RESULTS IN SOUTHWEST MINNEAPOLIS

By **Cam Gordon**

The Southwest area will see few changes in city council representation following the Nov. 7, 2023 election results where all 13 Minneapolis City Council seats were on the ballot. All the incumbents were reelected. Katie Cashman narrowly won the seat being vacated by Lisa Goodman.

Ward 7, that includes Stevens Square-Loring Heights, Bryn-Mawr, Cedar-Isles-Dean, East Isles, Kenwood, Linden Hills, Loring Park, Lowry Hill, West Maka Ska, is the only southwest ward where there will be a new council member starting in 2024. The incumbent, Lisa Goodman, did not seek reelection. Katie Cashman was elected over Scott Graham with 4,055 to 3,878 votes in the final round of voting, with 37.5% of registered voters in the ward turning out.

In ward 6, that includes some of Stevens Square-Loring Heights, there were four candidates. Jamal Osman was re-elected with 2,500 votes in the final round. Other candidates were Kayseh Magan, Guy T. Gas-kin and Tiger Worku. Ward 6 had 15,644 voters which is 31.5% of registered voters.

In ward 8, that includes Kingfield and



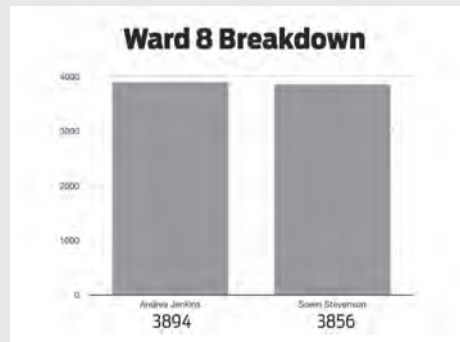
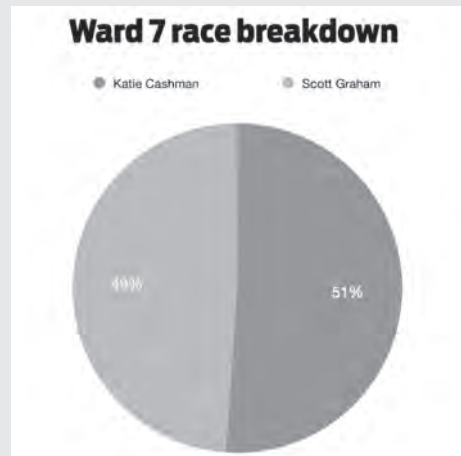
Lyndale, there was a 42.4% voter turnout. Jenkins won by only 38 votes over Soren Stevenson with 3,894 to 3,856 votes.

In ward 10, that includes East Bde Maka Ska, East Isles, Lowry Hill East, South Uptown, Whittier, there was a 33.1% voter turnout. Aisha Chughtai defeated three challengers, Bruce Dachis, Nasri Warsame, and Greg Kline, and was reelected with 3,828 votes.

In ward 11, that includes Tangletown and Windom, there was a 28.1% voter turnout. Emily Koski was elected over Gabrielle M.



Prosser with 5,259 out of the 5,972 votes cast. In ward 13, that includes East Harriet, Armatage, Fulton, Kenny, Linden Hills, Lynnhurst, there was a 41.2% voter turnout. Linea Palmisa was elected with 6,563 votes. Trailing her were Kate Mortenson at 2,387, Zach Metzger at 771, and Bob Carnet at 224 votes.



In the first round, Soren Stevenson garnered more votes than Andrea Jenkins (3597 to her 3491). But because of the closeness of the race, there was a second round of voting. In that round, the 932 votes that initially went to Bob Sullentrop and Terry White were re-allocated in the ranked voting process.

NEIGHBORHOOD NEWS

STEM/ESPORTS TOSA AT MPS

Minneapolis Public School District is pleased to announce a new hire, Jacquie Lamm, STEM/Esports TOSA, who will be working to bridge the gap between esports and STEM curriculum, as well as helping to create more esports clubs. This position is housed in Core Academics and works with the rest of the Science/STEM team, Chas Thomsen and Kristin Caquelin, under the guidance of Stephanie Nordstog, Director of K12 programs. "I am excited to see that the MPS district is recognizing the value of esports for our students, as well as the additional learning opportunities it can provide when combined with science and STEM education," Lamm said.

FIRST THURSDAYS AT THE CAPRI

The premiere Northside movie series continues in 2023-24 with another slate of films worthy of your attention and time! Programmed in partnership with the MSP Film Society and the Minnesota Historical Society, First Thursday Films @ the Capri aims to create a space for dialogue and better understanding. Join in every first Thursday of every month at 7 p.m., and be sure to stay for the always-thought-provoking conversation after the film. Coming up: Thursday, Dec. 7: "Chevalier," conversation leader: John Wright; Thursday, Jan. 4: "Respect," conversation leader: Jearlyn Steele; Thursday, Feb. 1: "The League," conversation leader: Sam Pollard; and Thursday, March 7: "Mother Of George," conversation leader: E.G. Bailey. Tickets are \$5/free for Northsiders; available online at mspfilm.org or at the door.

4D PROGRAM SAVINGS FOR LANDLORDS

If you are a landlord in Minneapolis who owns 1-4 unit buildings as well as larger rental properties, you could be eligible to save up to 40% on your property taxes. Program participants can also access cost breaks on energy efficiency upgrades to enrolled properties and other benefits. If you have specific questions on the 4D Affordable Housing program being held online Tuesday, Nov. 14 at 5:30 p.m., send them to meggie@whittieralliance.org.

TANGLETOWN WINTER FEST

The annual Tangletown Winter Fest will be on Saturday, Feb. 24 from 5-8 p.m. in partnership with Fuller Park. "We've already booked a fire performer for the event," say planners. "Mark your calendars and come join your neighbors at Fuller Park for s'mores around the bonfires, food trucks, sledding and more!"

LAKE HARRIET SCHOOL RACIAL COVENANT

On Oct. 10, 2023, the Minneapolis school board voted unanimously to discharge a racial covenant that was attached to Lake Harriet School. The document stated that "no person or persons other than of the Caucasian race shall be permitted to occupy said premises or any part thereof." This action had personal significance for the Mapping Prejudice team since this was the building where Mapping Prejudice Project Director Kirsten Delegard attended elementary school. MPS promised to survey other properties in the district for racial restrictions. School Board Chair Sharon El-Amin said that the school board "apologizes for the use of these tactics and the harm they have caused."

GREENWAY CLEAN-UP NOV. 18

The Lowry Hill East Neighborhood Association (LHENA) is partnering with the East Isles Neighborhood Association to do a trash pickup of the Midtown Greenway on Nov. 18 from 10 a.m. - noon. Meet on the Greenway under Hennepin Avenue. This will be a celebration of neighbors and the end of the trash pickup season, and as such there will be food and some brief socializing before people get down to business and pick up some trash.

CITY BRIEFS

CHANGES TO THE MALL

The Minneapolis Park and Recreation Board is planning work at The Mall in uptown that runs parallel to the Midtown Greenway between Hennepin Ave. and Lake of the Isle. The improvements will be made next year along with a Met Council sewer project in the area. Planned changes include a new "woonerf" street design, a better connection to the greenway, and the replacement of two blocks of road with green space. Public meetings about the project were planned for Nov. 8, 2023, at Whittier Recreation Center, and Nov. 14, at Painter Recreation Center. To learn more minneapolisparcs.org/wp-content/uploads/2021/01/4_park_concepts_m-q_a.pdf.

LINDEN HILLS LIBRARY REOPENS

The preservation project to replace the roof and repair the windows, brick, and stone of the Linden Hills Library is complete. It was closed for repairs last May and reopened on Monday, Nov. 13 with regularly scheduled hours from 9 a.m.-5 p.m. on Monday, Wednesday, Friday and Saturday, and from noon-8 p.m. on Tuesday and Thursday. Built in 1931, the library has received local historic designation and is listed on the National Register of Historic Places.

DEMOLITION OF FORMER KMART BUILDING

Due to the recent fire at the former Kmart building, its demolition will be sooner than previously expected. City officials marked the start of the demolition process with a press release and appearance on Oct. 30, outside the boarded building near Lake Street and Nicollet.

NEIGHBORHOOD PROGRAM POLICY BOARD CHANGE

On Nov. 29, there will be a public hearing on proposed amendments to the Neighborhood Revitalization Program (NRP) policy board ordinance. If approved, they would double, from four to eight, the number of neighborhood representatives on the board and require elections of representatives on even years at the city's Community Connections Conference. Each city-recognized neighborhood organization would send a delegate to vote on behalf of their neighborhood organization for one district representative and two at-large representatives. There would be six new NRP Districts. The district geographical boundaries would be determined by the NRP policy board.

3RD PRECINCT SAFETY CENTER

The Minneapolis city council and mayor have approved buying the one-story industrial building in Seward at 2633 Minnehaha Ave. for a future Community

Safety Center/3rd Police Precinct facility. The council also passed a resolution requesting a comprehensive overview of how the proposed center will contribute to the implementation of the Safe and Thriving Communities service model and a list of community safety functions that the mayor and city staff have proposed being co-located there.

PUBLIC SAFETY PARTNERSHIP

On Nov. 2, the federal Justice Department (DOJ) announced that Minneapolis would be joining more than 50 other jurisdictions who are part of the department's National Public Safety Partnership, which they report "has a proven track record of helping partner sites reduce crime, improve homicide clearance rates, and enhance the quality of life for community members." Beatrice Grimala, an Assistant Chief with the Los Angeles Police Department, was identified as the "strategic site liaison" to Minneapolis' police department. The three-year commitment, according to the DOJ website, allows participating cities to consult with and receive expedited, coordinated training and technical assistance and "an array of resources from DOJ to enhance local public safety strategies."

Briefs compiled by Cam Gordon.

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