



Local business owner leads effort to transform former police station into a Black Cultural Center; city proposes voting center

A COMMUNITY VISION

By CAM GORDON

There is a new, detailed plan that would transform 3000 Minnehaha Ave into a "Black Cultural Center."

The plan for the city-owned site was presented Jan. 29 at the Hook and Ladder Theater that is located next to the boarded up 3rd precinct police station at Lake St. and Minnehaha.

Advertised as a "vision," the presentation in January included detailed renderings of the site. A memorial wall and garden could stand where the building is currently with two six-story buildings where the parking lot is now. There would be underground parking, an underground basketball court, and rooftop amenities.

Fred Brathwaite, who has lived in area and is the co-owner of Mama Sheila's House of Soul restaurant (3744 Bloom-



We want to change the negative image of this site to something glowing and positive."

Fred Brathwaite

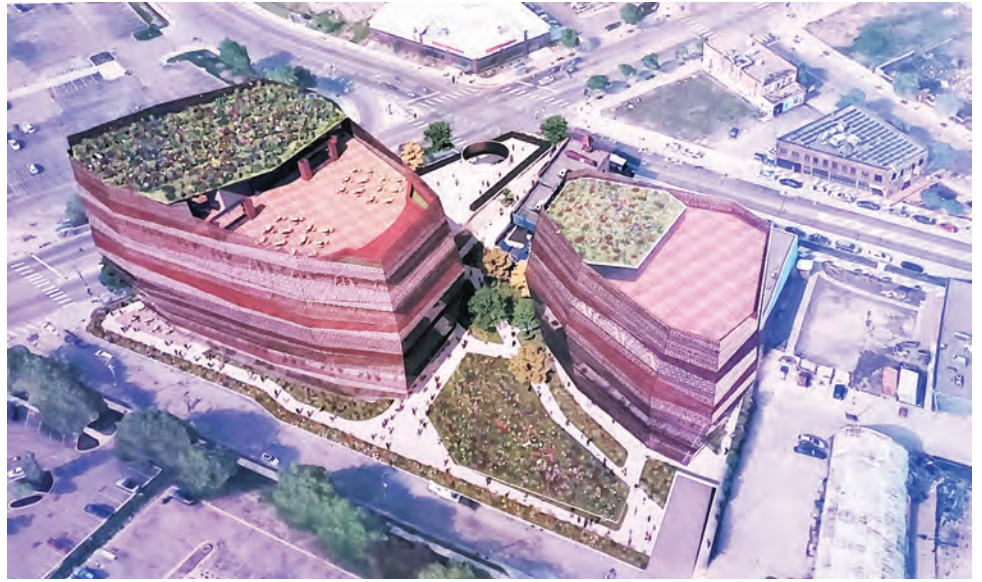
ington Ave.), has been leading the effort. He presented the vision and design to roughly 100 people, including four southside city council members:

Jason Chavez, Andrea Jenkins, Aurin Chowdhury and Robin Wonsley.

The city, which is set to host their own community meeting on the property in March, has not yet announced the date as of press time. They have not officially reviewed the plan for the Black Cultural Center.

A city webpage says that it "plans to repurpose the former 3rd precinct police building" with cleanup and restoration beginning this spring that will include removing barriers, repairing doors and windows and restoring mechanical systems. It also says, "a portion of the building will be for community use," and that they "plan to work with the public to explore what that space can be."

The most serious proposal from the city so far includes using most of the building for election and voting services, and designating a smaller portion of it for a community purpose.



Led by Fred Brathwaite (at left) of Mama Sheila's House of Soul restaurant in south Minneapolis, community members are envisioning something else at 3000 Minnehaha – the site that captured worldwide attention when the police station was set afire in the protests following the murder of George Floyd by 3rd precinct officers. The proposal for a Black Cultural Center includes a memorial, and two buildings designed to reflect African head wraps that would contain a social justice theater, a museum of Black culture, and a banquet area with rooftop garden and restaurant.

"It seems that the city administration has already made some significant decisions," said Ward 12 Council Member Chowdhury. "When I heard that the planning for the site was already so far along, it worried me. I had hoped for more of a

community process."

Since embracing the idea of building something new on the site over a year ago, Brathwaite has registered the Minneapolis

3RD PRECINCT SITE >> 3

NEBA celebrates its women-owned businesses

Nokomis East
BUSINESS
ASSOCIATION

By BOB ALBRECHT
www.nokomiseastba.com



Nokomis East is proud to call itself home to many women-owned and operated organizations, both storefront and home-based.

We don't know if this phenomenon is unique to the Nokomis East neighborhood, but it's something the Nokomis East Business Association (NEBA) wanted to celebrate. Unfortunately, we could only share three in this column.

STARTING A BUSINESS IN NOKOMIS EAST

Carolyn Faacks is the owner/CEO and founder of Nokomis Hardware, which has stood sentinel over the intersection of 52nd Street and 34th Avenue for 31 years.

Faacks purchased the Nokomis Hardware. WOMEN-OWNED >> 8



Curl Power stylist Paige Graling trims and styles a young client's curly hair. Graling was bullied in school growing up because of her natural hair. Now, teaching others about how to care for their natural hair is one of Graling's passions. (Photo by Talia McWright)

"The CROWN Act," protects people from hair-based discrimination. Stylists share their personal experiences.

By TALIA MCWRIGHT

Rosie Jablonsky brushed out the curly hair of a young girl, as stylists in the Mall of America salon gathered around. "She looks like a lion," one stylist said. "She

hates her hair," the girl's parents told Jablonsky. With the little girl in tears, Jablonsky knew that this would be one of her last times working at the salon.

LOVE THEIR CURLS >> 5



LIVING 50+
Local rapper reflects on his career, what's next

PAGE 2



HOME IMPROVEMENT
Improve your home, improve the community

PAGE 6



COLUMN:
Donald Hammen weighs in on legislation

PAGE 4

Carnage the Executioner transitioning to Terrell X

Twin Cities 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 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."

He did other theme performances, 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.

"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



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)

to help us. They are here to protect White property and capitalism."

WHAT'S AHEAD FOR WOODS

TERELL X >> 8

Living 50+ Quarterly in March, June, September & December.

Contact us to advertise
 Denis@LongfellowNokomisMessenger.com | 651-917-4183
 sandra.tmcpub@gmail.com | 612-260-7967
 ads@swConnector.com | 612-255-1180

FUN CITY DOGS

Where a dog can be a dog!

Daycare & No cage boarding

Webcams
 24-hour supervision
 South Mpls

15,000 sq ft of indoor and outdoor space

612-722-3647 • www.funcitydogs.com

Pre-planning is a gift of love.

Washburn-McReavy
 Funeral Chapels, Cemeteries, & Cremation Services
 washburn-mcreavy.com

VISIT US AT OUR NOKOMIS PARK CHAPEL
 1838 E. Minnehaha Parkway
 (612) 721-1651

HENRY W. ANDERSON MORTUARY

(952) 432-2331 + www.HenryWAnderson.com
 3rd Generation Family Owned & Operated since 1931

FUNERAL, CREMATION & PREPLANNING

Come to us for Simple & Dignified **Cremation Services**

Making funeral plans shouldn't be stressful for you or your loved ones.

Relieve the financial burden.

Plan ahead.

Now located in Apple Valley + Serving South Minneapolis and the metro area

3RD PRECINCT SITE

>> from 1

Black Cultural Center organization as a nonprofit, formed a board of directors, shared his vision with others and enlisted the help of an architectural firm, DJR Architecture. DJR Architecture is a Minneapolis-based firm that has also done work for the East Phillips Indoor Urban Farm project.

"I appreciate all the hard work and thought put into this concept. This project, a 'Minneapolis Black Cultural Center,' deserves a platform to engage our communities most impacted," said Ward 8 Council Member Jenkins. "He reached out to my office last year to discuss his ideas, along with our Community Planning and Economic Development team."

"I want to be open to hearing from the community what they want to see at this site. The Black cultural center is among the many ideas I have heard from community members and that's why I took time to go the presentation," said Chowdhury.

'WE WANT TO CHANGE THE NEGATIVE IMAGE'

"I consider the 3rd precinct site sacred ground because of what happened there," said Brathwaite. "We want to change the negative image of this sacred ground into something glowing and positive."

"It broke my heart to see when our community was on fire," he said. "We have an opportunity to tell different stories and to change narratives."

Brathwaite highlighted a "Say Their Name Memorial" that would feature a sunken garden and a wall

with the names of people from across the country who have been killed by police. He said that his vision included an emphasis on youth activities, and that the two buildings were designed to reflect African head wraps. Among other things, the buildings would contain a "social justice theater," a "state of the art museum of Black culture," and a banquet area with a rooftop garden and restaurant.

Throughout the presentation Brathwaite emphasized that this was just a proposal and that he and his group were ready and willing to adopt and modify it based on feedback and input from others. This would include the city. "I want the city to guide it," he said.

'A WORK IN THE MAKING'

Following the presentation, people asked questions and made comments. People mentioned things like a bicycle repair shop, tennis courts, a health clinic, hospital, or treatment center, as well as social work and mental health professionals, especially those to help youth.

Others were concerned about the ownership and management of the facility, and who has been included and excluded from the conversations so far. More than one person spoke about including Indigenous people in the planning and programming. Concerns were also raised about the costs, pricing and how people would get access to the facilities and programs.

"Exactly how it is going to run," said Brathwaite, "is a work in the making."

Few details about who serves on the board and what funds have been raised so far are available. The organization has an email address, and Facebook account, but no publicized website, phone number or office address. The project was estimated to cost over \$50 million. Questions can be sent to Mplsblackculturalcenter@gmail.com.



LCC MEETINGS ABOUT 3RD PRECINCT SITE

For almost four years, the former 3rd precinct building remains in the condition it was left after the civil uprising ignited by the murder of George Floyd by Minneapolis police. The site remains a charred building surrounded by cement barricades and barbed wire.

It was thought that the city would conduct community engagement to determine the future use of 3000 Minnehaha Ave. after the decision to move the new 3rd precinct/community safety center to 2633 Minnehaha Ave. was made. However, after a presentation by city staff to city council, it was made clear that the city intended to place a voter service center at 3000 Minnehaha rather than employ a community engagement effort to determine how the location could best serve the needs of the area.

Following the city council meeting, the Longfellow Community Council (LCC) decided to hold community feedback sessions and conduct an online survey to gauge community input. This was done virtually on Feb. 1, and in person on Feb. 5 at Squirrel Haus Arts. A total of 118 people participated and 255 total suggestions were made.

89% MINNEAPOLIS RESIDENTS

Zipcodes:
55406 - 49%
55407 - 21%
55417 - 6%
55414 - 5%
Other - 19%

WHAT FOLKS SAID ABOUT A VOTING CENTER

- "Site brings a lot of emotions out of folks - feels like this needs to be recognized. A voter registration building in a site of White supremacy is upsetting. Space has so much symbolism behind it and this needs to be recognized."

- "A voter and election services center is ignoring that history. It disregards what happened at that site and what happened in this city."

- "Voting (services) doesn't make sense. Elections don't happen all the time and the building would have a lot of vacancy."

- "Will people want to vote at a site where a 3rd precinct building was?"

- "Why does the city need THIS space to use as a voter services building? Why not put the

voter building into the new 3rd precinct site since they shared office space before?"

- "A voter center doesn't feel like a healing space; it's very transactional."

- "It just seems like the city is trying to solve one problem (voting) and ignoring a much deeper, larger problem. So they really aren't solving anything."

- "A voter center doesn't build trust. Building trust takes time, it takes transparency and it takes courage - things the city has not demonstrated. They are doing engagement in March, but are they going to use any of it? And why is it always engagement after there is a plan in place, after a decision has been made? Why are we not asked before? It's poor leadership."

Most of the small group discussions included conversation regarding the lack of action taken to improve the status of 3000 Minnehaha, as well as the absence of a city process to engage community on this issue.

The question put to the community was simple: How should the former police precinct building at 3000 Minnehaha Avenue be best put to public use?

- 94% of participants wanted the building put to community-determined use.
- 6% of participants wanted the building used for police or a voter center

TOP 4 REPEATED THEMES

- 1) Social services/Direct services and programs
- 2) Black Cultural Center
- 3) Green space
- 4) A memorial honoring and embracing history

ADDITIONAL REPEATED THEMES

- Public art
- Demolish and redevelop the site
- Housing (majority focus on affordable, low-income housing)
- Facility that engages youth
- Inclusion of a healing focus in whatever is developed at that site

View the entire report at longfellow.org.



DJR Architecture worked with the board of directors at Black Cultural Center to create renderings of what could be placed at the former 3rd precinct site at 3000 Minnehaha. The proposal would tear down the existing building that has sat vacant since June 2020, and replace it with a memorial, and two buildings designed to reflect African head wraps that would contain a social justice theater, a state of the art museum of Black culture, and a banquet area with a rooftop garden and restaurant.

'ATTEND ENGAGEMENT SESSIONS'

Council member reactions were mixed, but all called for more community involvement.

"I applaud him and his team's vision of a cultural center that is both forward thinking and rooted in history, and includes elements of community wellness, gathering, and healing," said Jenkins. "While a formal engagement process is needed, this project is poised as a strong option and should be included in that process."

"Any future use of the building would be subject to a vote of the city council," said Ward 2 Council Member Wonsley. "My priority is that there is a robust community engagement process behind any future proposal, and that the building remain in public ownership."

The future of 3000 Minnehaha should be determined through a community-led process, not what the city administration thinks is best for the community," said Ward 9 Council Member Jason Chavez. "I've heard from a variety of community members about the need to develop a place that will help heal the community rather than continue to build distrust."

He added, "A Minneapolis Black Cultural Center, an LGBTQIA+ community center, a location to address unsheltered homelessness are all great ideas, especially when you compare it with the city administration's current plan which wants to use this site for election and voter services."

"As you know, I have been a strong advocate for a Center for Racial Healing since first taking office in 2018," said Jenkins, "and this proposal falls squarely in line with that vision."

"I think it's important that community members attend engagement sessions that the city administration will be hosting and express what they would like to see, how they feel about the primary use being a site for elections and voter services, and reach out to me and other council members representing the 3rd precinct," said Chowdhury.



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

Stories and Journeys

BY DONALD L. HAMMEN



WEIGHING IN ON LEGISLATION

and journeys, my intent is to incorporate their essence in whatever column I happen to be writing.

HERE ARE THREE OF MY SOURCES FOR SOCIAL SECURITY AND MEDICARE ADVOCACY

Among the sources I rely on for information and advocacy, three stand out. They are Social Security Works (www.socialsecurityworks.org), Alliance for Retired Americana (www.retiredamericans.org), the Committee to Preserve Social Security and Medicare (www.ncpssm.org)

So, if you have read this far you have taken the plunge into the river(flow) of life experiences that is Stories and Journeys.

SAVE MEDICARE ACT. H.R. 732 – WEIGHING IN WITH REPRESENTATIVE ILHAN OMAR

Being my own version of an introvert, this is not something I do naturally or on a regular basis. Here goes nothing. I call the Capitol switchboard at 1-202-224-3121 to get connected to Rep. Omar's office. Prior to this, I clear my mind as to how I will manage my call. I will identify myself as Donald Hammen, a constituent senior citizen living in south Minneapolis. The purpose of my call is to weigh in on the Save Medicare Act. H.R. 732. I explain that this bill has been introduced by Rep.

Mark Pocan. It is important to me because it will make it illegal for Medicare Advantage Plans to market themselves using the name Medicare. It would re-name Medicare Advantage to Alternative Private Health Plan Program. Civil penalties would be applied to Medicare Advantage Plans with the word Medicare in their ads.

My understanding is that H.R. 732 has 21 co-sponsors, but as of yet not Rep. Omar. I am requesting that Rep. Omar sign on as a co-sponsor if she hasn't already. And if not, I would like to know why not. Thank you for hearing me on this important matter. I proceed to make the call.

THE SOCIAL SECURITY EXPANSION ACT. S.393/H.R. 1046 – WEIGHING IN WITH SENATORS KLOBUCHAR AND SMITH, AS WELL AS REPRESENTATIVE OMAR

According to a petition I received and signed from Retired Americans of America this act "... will increase Social Security benefits by \$2,400 a year an ensure Social Security is fully funded for the next 75 years – all without raising taxes by one penny on over 93% of American households that make \$250,000 or less. The legislation expands Social Security and its solvency by making the wealthy pay their fair share, so everyone can retire with dignity."

"For far too long, Social Security's Cost of Living Adjustment (COLA) has not reflected the spending patterns of older Americans, and the fact that a higher percentage of their expenses is for health care costs. The Social Security Expansion Act(S.393/H.R.1046) updates the COLA calculation to more accurately measure the effect of inflation on the price of goods and services."

I follow the same process on weighing in as I did initially with Representative Omar.

So, dear reader, do you weigh in on legislation? What is your process? What are your resources for doing advocacy? Tell others or tell me via tesha@longfellownokomisemessenger.com.

ELDER VOICES (TELLING OUR STORIES, SHARING OUR JOURNEYS)

Victoria, a Connector reader, visited the Elder Voices table in January. She lives in Ireland, but happened to be in town to visit her mother.

Elder Voices continues to meet the last Friday of each month., 10 to 11 a.m. at Turtle Bread, 4205 E.34th Street. Look for the table with the sign that says Elder Voices.

In gratitude. Happy Lunar New Year to all.

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

LETTERS

ARE YOU STILL DELIVERING?

I noticed that I haven't received the February edition, and I am just wondering if there has been a change. I live in Longfellow. Is there a good place for me to go to get a copy?

I don't mean to complain or be a pain because I seriously appreciate you so much. This free local newspaper is an incredibly valuable part of my life and I want to honor the hard work you all do. Actually, I just convinced myself to make a donation.

Anywho, I feel a hole in my heart where the Messenger used to be and I hope it will still be delivered to me in the future.

I appreciate you!
Michael Wilson

Editor's note: Thanks for the kind words! I'm so glad you reached out to let us know about a delivery issue. We have some new carriers coming on board, and so I'll let them know they

missed your residence. Anyone missing a paper can email delivery@tmcpub.com or call 612-235-7197 so we can correct the issue.

We put out large stacks of bulk copies at local businesses, as well. Find them at East Lake Library, East Lake Liquor, Cub Foods, Seward Coop, Zips Liquor, Quruxley restaurant, Code Blu, Venn Brewing, and Nokomis Library. Smaller amounts are available at other local businesses.

You can also view our e-editions online at LongfellowNokomisMessenger.com.

I READ IT COVER TO COVER

I just read the article about the change of delivery service. Sorry to hear! Thanks for commitment to this valuable news source. I read it cover to cover!

Annie Ittner
Nokomis

I LOVE A PAPER NEWSPAPER

Just writing to let you know we did get our paper. It's always fun to read an article by neighbor, Jill Boogren. Hope your delivery services work out – I myself love a paper

newspaper and appreciate reading about what's happening in the 'hood.

Thanks
Lorna Landvik
Nokomis

ON MEDICARE

Hi, I've been following the Stories and Journeys columns in the Messenger, and agree with writer Donald Hammen about Medicare Advantage Plans. I have volunteered for Health Care for All Minnesota, get information from other sources. Most recently, there have been good articles in The New York Times and the comments are very interesting.

I have been in traditional Medicare for 10 years with a supplement and a Part D plan. If there was a cap on out-of-pocket (the 20%), I would drop the supplement immediately, but probably too big a risk. The supplement gets more expensive every year, so I can understand why people go for the Advantage Plan, not looking at the big picture.

You are right about the fact that you can always enroll in an Advantage Plan, but if

you want to switch to Traditional Medicare after being in an Advantage Plan, you can do it but may not be able to get a supplement without "medical underwriting." This happened to me when I moved to Minnesota. I wanted to switch supplements, but was denied (because I was taking 2 mg. of prednisone!). The "medical underwriting" consisted of a person with no medical background asking me a set of questions over the phone. A "yes" meant denial.

I also got a note from Fairview last year saying my doctor is in ACO REACH. It took many calls, but I think I understand it a bit better. My drug plan has been costing less every year.

My husband and I intend to stay in traditional Medicare. Some of my concerns are whether the supplement will get too expensive or whether doctors will all become parts of groups owned by insurance companies and will decide not to accept traditional Medicare.

Thanks for highlighting the situation.
Virginia Jordan

BRIEFS

NEW NAME FOR LITTLE NOKOMIS BEACH?

The Minneapolis Park and Recreation Board (MPRB) is considering renaming the Lake Nokomis 50th Street Beach "Al Wittman Beach." It's the smaller beach of two on Lake Nokomis, just south of Nokomis Naturescape Garden on the northeast side of the lake. Al Wittman worked for the MPRB from 1969 to his retirement in 1997, serving as the Assistant Superintendent for Planning and Development. He

oversaw the design and construction of numerous new recreation centers, including the Lake Nokomis Community Center, and also the redesign and renovation of many existing parks. He was instrumental in establishing the Minneapolis Sculpture Garden, redeveloping St. Anthony Falls area, and implementing design standards across the Grand Rounds National Scenic Byway. Policy dictates that the Board of Commissioners wait two years to take a final vote after a nomination.

FISHERIES MANAGEMENT PLAN

The DNR is currently reviewing

the fisheries management plan for Lake Nokomis. DNR staff are working on updating plans to manage the health and quality of the fish in the lake, and gathering public input is helpful. metrowest.fisheries@state.mn.us, 952-236-5170

NOKOMIS-HIAWATHA TRAIL WORK

Trail improvements in the Nokomis-Hiawatha park area are scheduled to begin this spring. Planned improvements include a connection between Nokomis Pkwy. and the Cedar Ave. bridge, a Cedar Ave. bridge connection and crossing at Nokomis Pkwy. and 52nd Street,

a trail crossing at 22nd Ave. and Lake Nokomis Pkwy., a pedestrian path along Lake Nokomis at Amelia Pond and a trail connection between Nokomis Community Center and Woodlawn Boulevard.

DREDGING POSTPONED

Due to the unseasonably warm weather, the Minnehaha Creek Watershed District (MCWD) will no longer be completing maintenance dredging of Amelia Stormwater Pond this winter (and Twin Lakes Park Stormwater Pond in St. Louis Park). MCWD is considering rescheduling this project for winter 2025.

Messenger

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

612-345-9998

longfellownokomisemessenger.com

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

Instagram: [LongfellowNokomisMessenger](https://www.instagram.com/LongfellowNokomisMessenger)

News for you!

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

Story ideas always welcome.

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

Owner & Editor:

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

Advertising & Marketing:

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

Design & Layout:

Tesha M. Christensen

Printing by: ECM/Adams Publishing Group

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

TMC
PUBLICATIONS CO

READ
then
RECYCLE

Delivery:

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

Contributing Writers & Photographers:

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

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

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

All rights reserved. The contents of the Messenger cannot be reproduced without express written permission of the publisher. Copyright © 2024.

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



LOVE THEIR CURLS

>> from 1

"After that experience I was like, this isn't my job," Jablonsky said. "My job isn't to make little girls hate their hair."

In 2008, Jablonsky studied at the Vogue College of Cosmetology, in Santa Fe, N.M., and noticed immediately the lack of curly hair education. After cosmetology school, Jablonsky moved to Minnesota, and worked at a salon in the Mall of America. The salon focused heavily on straightening systems and encouraged the insecurity of curly hair, she expressed.

Jablonsky found the curly hair salon, Twisted Hare, (3401 Nicollet Ave., Minneapolis) on Facebook and realized that a curly hair salon was where she belonged. Working at Twisted Hare expanded her curly hair education, teaching methods like dry cutting where instead of cutting curly hair in a wet or straightened state, the hair is cut dry as it naturally falls.

Jablonsky opened Curl Power in 2016 and wanted clients of different racial backgrounds, sexual orientations, and socioeconomic backgrounds to feel comfortable and safe being themselves in her business. She expressed that together, her team of stylists create ideas around the different ways that they can help people love their hair.

"It was so easy to see that people loved what we were doing and needed it," Jablonsky said.

AN ACT TO PROTECT CURLY HAIR

On Feb. 1, 2023, Minnesota adopted the CROWN Act, a law that bans race based hair discrimination. According to, The Official CROWN Act website, the Acronym CROWN stands for, "Creating a Respectful and Open World for Natural Hair. It was created in 2019 by Dove and the CROWN Coalition, in partnership with then State Senator Holly J. Mitchell of California, to ensure protection against discrimination based on race-based hairstyles by extending statutory protection to hair texture and protective styles such as braids, locs, twists, and knots in the workplace and public schools."

Jablonsky expressed that the CROWN Act creates a movement towards professionalism reflected in one's natural state.

"Take up your space," Jablonsky said. "Be loud if you want to."

Jablonsky explained that she understands that the issue is not just about hair discrimination, but that its roots lie in a system of racial discrimination. She said one thing she does to grow her awareness is try to educate herself, and her stylists, on anti-racist efforts. Curly hair gets called messy a lot, Jablonsky said.

"People of color, especially those with tighter texture, are often deemed unprofessional by White America. People view tight curls and texture as unpolished and unprofessional."

There is no such thing as a hair type, as everyone's hair is unique to them and



Curl Power Salon founder Rosie Jablonsky said, "Love your body. Your hair is a part of your body. It's natural." (Photo by Talia McWright)

THE STATE REPRESENTATIVE

Esther Agbaje, born and raised in Saint Paul, has been serving in the Minnesota House of Representatives since 2021 and represents part of Minneapolis in District 59B.

The bill for the CROWN Act, written by former District 65A State Representative Rena Moran of St. Paul, was originally introduced in Minnesota in 2020. Agbaje was familiar with the movement on a national level, and carried the bill in 2021. During this time Agbaje said there were many stories coming out about teachers cutting off the braids of children in schools. She expressed that this is extremely damaging on both a physical and psychological level.

"It just seemed really important to me, especially because there's so many young Black girls and Black women that are made to feel if not told outright that they need to change their hair in order to fit in, or have a specific job, or to participate in school," Agbaje said.

Agbaje is hopeful for a federal CROWN Act law. She explained that she's glad the law is passing in multiple states, but is disappointed by the need for the law.

Agbaje described her relationship with her own hair as a "process." She doesn't straighten her hair very often as she's grown more comfortable having her hair in its natural state, or in protective and braiding styles. For a large part of her life, her hair was relaxed and when

has its own set of needs, Jablonsky said. She discussed the "Curly girl method," an idea originally created by Lorraine Massey and Deborah Chiel in 2002, in her book, "Curly girl: The Handbook." A catchphrase in the book is, "Where there's frizz, there's a curl waiting to happen." This is an idea Jablonsky recommends against, because the fear of frizz is a remnant of a racist idea, and hair does not have rules.

It's not surprising to Jablonsky that 26 states have yet to adopt the CROWN Act, but it is disappointing. She believes there needs to be more awareness and education of the issue, and people should not worry about or be bothered by what others do with their hair.

it wasn't she took to methods like straightening and blowouts to "tame" her hair. She's been wearing it natural since 2016, and still finds herself questioning the judgment of other people.

Growing up in a predominantly White neighborhood, Agbaje said she found herself existing in the unwritten rules of fitting in with society, and textured hair did not fit. For interviews, jobs and during her role as a litigator, she'd have her hair blown out, or straightened because that's what made her feel professional. She said that in the U.S., frizzy hair is seen as unprofessional.

Agbaje said the CROWN Act leads to the ability of people to be able to show up as who they are, and have access to opportunities and they're not arbitrarily excluded because someone thinks someone's hair is too big or too distracting.

"At the end of the day it's a civil rights issue," Agbaje said. "There's people who are always looking for ways to discriminate against Black folks, or people who aren't White, and this is another way to do it."

"Love your body," Jablonsky said. "Your hair is a part of your body. It's natural."

STYLIST CEYONN WADE

Ceyonn Wade, a North Minneapolis resident, has been natural for half of her life. For most of her childhood, her hair was chemically relaxed, which she said appealed to the Midwestern norm. At 27 years old, Wade said she's gone natural because she loves and embraces her natural hair and Black culture.

Wade has been working at Curl Power since 2021. She studied cosmetology at Aveda Institutes, and expressed that she was not taught about how to care for curly

hair.

Wade expressed that many of her clients are not people of color, weren't aware of the CROWN Act, and are shocked at the reality of the hair-based discrimination people of color experience. Wade said she's surprised at the amount of people that were unfamiliar with the CROWN Act.

"A lot of times our hair is deemed as an obstacle in different industries, and career fields," Wade stated.

STYLIST PAIGE GRALING

Growing up in Red Wing as a biracial girl with curly hair was difficult because most of the people around her had straight hair, or would straighten their hair, said Paige Graling. Her mom and grandparents tried to instill in Graling a love for her natural hair, but she said it was hard to feel confident when no one else had or wore their hair natural like her. It wasn't until high school when she moved to the Twin Cities that she started seeing people of color with natural hair like hers, and began feeling more confident.

"But I feel like it wasn't until I worked here, that I was like, 'Oh now I actually know how to do my hair,'" stated Graling.

She wants to instill confidence in others about their curls, and is joyful about working in a salon that supports that. Still, she feels irritated by the amount of states that have yet to adopt the CROWN Act, and believes it is holding the country back.

STYLIST CELESTE GRAVATT

Uptown resident, Celeste Gravatt joined the Curl Power team in 2017 and calls it "home." She said she's always felt safe, supported and able to practice her craft without judgment.

Gravatt acknowledges that hair-based discrimination stems from institutionalized racism. She believes that a good first step in combating the issue would be to have more school curriculum about textured hair. She said that several states now have legislation that require students in beauty and cosmetology schools to learn how to do textured hair before graduating, and Minnesota is not one of them.

Gravatt said she spends a lot of time destigmatizing hair, and trying to reprogram people's understanding of what is seen as professional. She tells people that they can wear their hair naturally curly and not have to fear repercussions of any kind, particularly in corporate settings. Many of her child clients are involved in activities like dance, and are told that they must wear their hair in specific styles even if their hair cannot be manipulated to fit the style.

"I love being able to empower those kids, and tell them that they can wear their hair the way that it grows," Gravatt said. "Dance companies in particular need to adjust their perspective."

In 2012, Gravatt said she put away the flat iron and never looked back. "I really love my curls," Gravatt said.



HARMONY VALLEY FARM

COMMUNITY SUPPORTED AGRICULTURE

- ♥ Certified Organic Vegetables, Beef & Pork
- ♥ Thursday Delivery to 14 Twin Cities Sites
- ♥ Friday Delivery to Lunds & Byerlys Stores





SIGN UP AT HARMONYVALLEYFARM.COM

Be a part of the change.

Host a book drive.

They make a difference.



- Diverse
- Cultural appreciation
- Positive messaging
- Relatable characters
- Leadership development



Virtual or in person events

www.ppgjbooks.com /host-a-book-drive

Improve your home, improve the community

**LONGFELLOW
COMMUNITY COUNCIL**

By **ANDREA TRITSCHLER,**
communications
andrea@longfellow.org



The Greater Longfellow Neighborhood is known for its charming bungalows and craftsman-style homes. These old homes are embedded into the character of our neighborhood, but as any property owner knows, there can be a lot of needed repairs, replacements and maintenance and they don't come cheap.

Longfellow Community Council is helping homeowners with the burden of cost for home improvements. The LCC Home Improvement Rebate Program provides rebates of 80 percent of cost for home improvement projects up to \$5,000. The program helps property owners with projects like additions or remodeling that add liveable square footage; interior and exterior painting; heating, cooling and ventilation equipment; foundation and structural improvements; certain landscaping projects; and replacing, repairing or installing new windows, water and sewer lines, garages, roofing, solar panels and more.

Troy, a property owner in Longfellow, had a furnace that was over 20 years old that "could go out at any time due to its age."

He said, "The cost of a new furnace was substantial and without the program, we would have been anxiously awaiting our furnace to fail before hoping for emergency assistance to help replace it. Once we heard about the program, we decided it was worth replacing our old furnace be-



Longfellow Community Council is helping homeowners with the burden of cost for home improvements. The LCC Home Improvement Rebate Program provides rebates of 80 percent of cost for home improvement projects up to \$5,000. (Photo submitted)

fore the winter season. Not only did the program cover 80% of the cost of the new furnace, it helped provide peace of mind knowing our furnace wouldn't stop working on a bitter cold winter night."

So often help is only available when we're faced with a desperate situation or need, especially when cost is a burden or barrier, and we don't want residents to have to wait until it gets to that point, especially as the list of home improvement projects can feel neverending. I can't even look at the list that grows in my notes app some weeks.

The program also helps with environmental concerns that can plague our homes like radon gas. Radon is a serious public health concern in Minnesota. The average radon level in Minnesota is more than three times higher than the U.S. radon level, according to the Minnesota

Department of Health. This is due to our geology and how our homes are operated. Minnesota homes are closed up or heated most of the year, which can result in higher levels of radon.

Nadya recently had her home tested for radon and found the levels were higher than they should be and persisted. After having her sewers replaced, Nadya was looking at another expensive project.

"Having big house bills for infrastructure in the basement isn't fun. It's not something that you see at all but it is really important for health," Nadya said. "There is so much work that we need to have done that we see but this was for safety."

Through the Home Improvement Rebate Program, Nadya was able to get a radon mitigation system, which sucks radon gas from under the foundation so

it doesn't get into the house. Radon is the second leading cause of lung cancer after smoking.

The program covered 80 percent of the cost, and both Nadya and Troy said the reimbursement came quickly, quick enough that if you had to put the cost of the work on a credit card, you would have the reimbursement before the bill came due.

"I would encourage people to apply. The process was easy and I'm really grateful for the program," Nadya said.

The program is open for residents making 80 percent of the Area Median Income and eligibility for reimbursement, accepted projects and applications can be found on our website, longfellow.org.

"The program is extremely helpful to our community. It provides assistance for income-qualifying households to make necessary improvements to their properties, and in turn, improves the quality of housing in our neighborhood. It's not just about individuals investing in their homes, but about investing in their quality of life, and in their community as a whole," Troy said.

Investing in our collective quality of life and community is a main goal of the program, and was something the LCC board was cognizant of when working to get the program activated. So much of the work LCC does couldn't be done without our volunteer board. Board members are community members, so they understand many of the needs of our community, which is instrumental in creating programs like the Home Improvement Rebate Program.

Board elections are coming up in April and we have several open seats on our board! Board members like Dana are proud to help LCC continue programs and projects and "facilitate authentic and meaningful conversations with community members, especially around topics like

IMPROVE HOME >> 7



Create ♦ Collaborate ♦ Communicate



HANSON
REMODELING
design ▪ build

(612) 655-4961

hansonremodeling.com

Lic #BC633225

Home ownership
is within reach.



Let us show you the possibilities.

The team at CorTrust Mortgage is ready to explore available loan programs that can make purchasing a home possible. We'll work to uncover down payment and closing cost assistance programs in your area.



Stop by or scan to learn more. We would love to see you!

**CorTrust
Mortgage**

CorTrustMortgage.com
Member FDIC • Bank ID 405612
NMLS 458038



IMPROVE HOME >> from 6

community safety and the future of the 3rd precinct; supporting community development through grants and the Home Improvement Program, creating spaces for people to connect."

"One of the things I love most about this community is the people and relationships that I have made with my neighbors. I've lived in three separate locations within the Hiawatha and Howe neighborhoods, and on every block I've lived on I've been touched by the deep sense of connection and care that neighbors have for one another. I truly believe that knowing our neighbors and being connected to one another is one of the ways to make our community more welcoming, safe, and peaceful for everyone. As a board member, I've been able to make more of those connections and it's been a really neat experience to see all the differ-

ent ways that LCC is making an impact as well," Dana said.

If you've been wanting to get more involved with the neighborhood, become more immersed in the community, or be a part of implementing initiatives you want to see in Greater Longfellow, consider applying. Find applications on our website, or email andrea@longfellow.org for more information.

Window Washing and Gutter Cleaning



- Family Owned and Operated
- Serving the area for over 25 years

Call Larry 651-635-9228
2020cleaningspecialist.com

NELSON ELECTRIC INC. EST 1963

Service is Our Specialty

- Residential
 - Industrial
 - Restaurant
 - Lighting Retrofits
 - Commercial
 - Solar
- FREE - estimates
Call today for an appointment
Office Space for Lease



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

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



BRING NEW LIFE TO YOUR ORIGINAL WINDOWS

- Wood combination storm windows
- Sash cord repair and tune-up
- Weatherstripping
- Restoration and refinishing



MN Lic. BC750502



hayeswindows.com 612-259-7855



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



Lakes | Sotheby's
INTERNATIONAL REALTY

Your Neighbor since 1984

INTRODUCING ACE HANDYMAN SERVICES Bringing Helpful To Your Home

To schedule an appointment or get a quote, call us at

612.822.9952

We are always looking to add talented craftsmen/craftswomen to our growing team.



WOMEN'S History MONTH



CELEBRATE WOMEN'S HISTORY MONTH WITH LOCAL, WOMEN-OWNED BUSINESSES

For close to 20 years, March has been designated Women's History Month, a time to recognize and celebrate the achievements and contributions women have made in the United States. Seward Co-op carries a range of items from Minnesota-local, women-owned businesses. From flowers to pizza, candles to ceramics, and much more, find your next favorite item produced by women this March and year-round.

Seward COMMUNITY CO-OP

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

WOMEN-OWNED >> from 1

ware building and opened her business while in her early 30s. It followed a stint in the Army and employment by the long-defunct River-Lake Hardware store at 36th Street and East Lake. That experience helped Faacks realize that she enjoyed helping people solve problems and working with her hands.

She considered a number of South Minneapolis and St. Paul neighborhoods for her new store before settling on Nokomis East. She cited housing density in the area and proximity to competing hardware stores as major influences in her decision to establish Nokomis Hardware in its long-familiar locale.

Several blocks away at 50th Street & 28th Avenue is a charming free-standing building that houses Natalie Lyon Agency, Farmers Insurance.

Lyon entered the insurance world 12 years ago while in her mid-20s after having been approached by a Farmers Insurance recruiter. Until that point, she'd never considered insurance – she had aspired to opening a running store. But, like Faacks, Lyon had quickly realized she enjoyed helping people and building relationships with customers.

Now, Lyon owns her business and (since 2021) her current building.

Lyon describes herself as self-driven and hard-working, which has resulted in her office having earned six times over membership in Farmers' exclusive "Topper Club," securing Lyon a place among the top 10% of Farmers agents across the US. Additionally, hers was the top-producing office in its local district last year.

Further east, on the southeast corner of 54th Street and 42nd Avenue, where the Minnehaha and Morris Park neighborhoods meet, stands the Wellness Center MN – a woman-owned business for 24 years.

One year ago, the well-established operation, which does not own its building, was sold by founder Terri Burks to long-time employees of hers, Kara Motta and Rachel Garrison. Both Motta and Garrison held earlier interests in the areas of art and dance but were led to massage by its relaxing peace.

Motta, who studied dance at the U of M, said that movement within the context of massage was of particular interest to her. Her first job out of college in 2013 was with the Wellness Center. Garrison, who attended Northwestern Health Sciences University in Bloomington, has been a massage therapist for 13 years.

Motta and Garrison present themselves as quite compatible with one another, and they feel it has been a great fit for them to have acquired the business.

The Wellness Center provides mas-



On International Women's Day (March 8) celebrate the social, economic, cultural, and political achievements of local women, including (above) the Wellness Center MN owners Rachel Garrison (left) and Kara Motta, Natalie Lyon of the Natalie Lyon Agency (at left), and Carolyn Faacks of Nokomis Hardware (not pictured). The three businesses are members of the Nokomis East Business Association.

sage therapy, bodywork, and float therapy. Though this scope of services offered under one roof is not entirely unusual within the metro area, it is somewhat so.

They employ nine certified massage therapists who together offer many diverse modalities, styles, and skill sets to create individual care plans for their clients, many of whom are referred to the Wellness Center by the local chiropractic community.

THE IMPORTANCE OF COMMUNITY

"Women who operate businesses simply do not have as much time to devote to their work as men," said Faacks, discussing challenges faced by women business owners. "70% of household responsibilities typically fall on women. In my case as a single parent, it has been closer to 100%."

Faacks added, "My generation of women were not trained to network like men were, and we still don't have networking skills in the way younger women have."

Lyon would like to see women business owners in Nokomis East build a stronger network among themselves, potentially creating opportunities to learn from women representing a broad range of ages and diverse business backgrounds.

"We could assist one another in learning about opportunities for grants, as an example," said Lyon. "If women business

owners connect and network, they can empower one another."

Both Faacks and Lyon describe their respective industries as historically male-dominated. It is clear both are passionate about equal rights in the business world.

When discussing how she feels perceived by her store's wholesalers, Faacks said she believes the terminology that is applied to women's behavior as an owner of a hardware store is different than the terminology typically applied to men.

"Large wholesalers tend to be more conservative which makes it hard for me. My store is in the throes of changing to a different wholesaler, one which is set up as a coop, and as a result, we will have access to a broader range of products."

Around the time Motta and Garrison acquired the Wellness Center, they benefited tremendously from connecting with WomenVenture. The St. Paul-headquartered organization's mission is "to empower women to achieve their economic goals by building profitable and sustainable businesses that transform communities."

THE NOKOMIS EAST ADVANTAGE

I like the independence that comes with owning my business," said Faacks. "I would not have had it any other way."

TERRELL X >> From 2

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 celebrated 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."

Coming Soon

TED BERGSTROM
Ted@TedBergstrom.com



Lovely SW Mpls
3 bedroom!
Move right in
and update
as you go



612-723-5444

RE/MAX
ADVANTAGE PLUS

THE MINNESOTA
REAL ESTATE TEAM

CALL/TEXT US FOR DETAILS!



- Green cleaning
- Toxin-free disinfecting
- For home and business
- Woman-owned, local
- Since 1994

651-225-1960
MBScleaning.com

ADVENTURE AWAITS EVERYBODY

NOKOMIS EAST NEIGHBORHOOD ASSOCIATION

By Sarah Friedman
communications manager
sarah.friedman@nokomiseast.org



not get too sweaty. Parents can use cargo bikes to put their children on the back and go somewhere as a family. The opportunities seemed endless.

"Customers who come into my shop now, before would bike 3-4 times a year, [but with an e-bike] say they bike every day now, and they are going on more adventures and it brings out their inner child," said Bill.

He also explained that not everybody is in a position to be able to take a fall. What if a person is older, or what if they have a disability? E-trikes, or electric tricycles, open up an entire world for people in these situations. He spoke about a friend who was shot in the leg, and unable to ride a regular bike anymore. With an e-trike, he can still get out and enjoy a great ride. Bill's out of the box thinking and knowledge of bikes completely astounded me.

Bill found his love for biking after high school. He learned how to fix regular bikes and worked in various bike stores. At one point, he suffered from an illness, and was unable to bike anymore. "I got sick for a while, and I couldn't ride a regular bike for a while, and [the shop that I worked at] loaned me an e-bike." As a professional mechanic with over 10 years of experience who always needs to know how things work, he needed to know how to fix take care of his new e-bike. He got a job at Crazy Lenny's eBikes, located in Madison, Wis., the United States' biggest single location store for e-bikes to gain knowledge of motors, batteries and electronics specific to

When people talk about bikes, I used to think of fun commutes or quick after work rides that provide short bursts of freedom on an otherwise humdrum day. I never thought about big adventures or using bikes as a form of inclusion before. Bill Finding, the owner of Watt Cycleworks, changed that.

Established in November 2022, on 54th street, Watt Cycleworks is full of all kinds of e-bikes such as mountain bikes, cruisers, children's bikes, and tricycles for adults. The variety astounded me. E-bikes, or electric bicycles are bikes that have rechargeable batteries with electric motors attached to them to give the rider varying levels of assistance. They are there to boost momentum, if the rider chooses to use them. When I asked Bill to discuss it in more detail, he laughed and said that a rider needs to "obey the speed limits of the trail," but the motors are useful because it can make the bike so much more versatile and accessible to everybody. "You can easily find a campsite 20-30 minutes out of town and not exert yourself so much," or use the e-bike to get to and from work and



Bill Finding owns Watt Cycleworks at 4313 E 54th St.

thing that sets me apart is that I'm really trying to find dependable quality e-bikes that are more accessibly priced than most shops around. I'm really really focused on trying to find the bikes that are dependable and fixable that are also inexpensive, so people can get an e-bike if they want. What also sets me apart is I'm one of the few people that is repairing most of the e-bikes out there. Even if I can't do it, I can figure it out. I'm helping more of the people than most of the industry is willing to do."

Bill always thought about owning his own shop, but finally decided to make the leap when he realized most bike shops were turning people away because they didn't want to be held liable for mechanical errors or were simply unable to fix e-bikes. The first year Bill opened Watt Cycleworks, he didn't pay himself and "kind of made it happen." He only had 5-6 bikes on the floor. Now, he has all kinds of e-bikes, gear that bikers need, and a part-time staffer named Dave. Dave used to be his manager at Erik's Bike and Board Shop. Bill stated, "He's an incredible person, and I'm lucky to have him for one day a week." Bill also has bikes for rent; he allows people to rent e-bikes for a day for only \$45.

On top of Bill's extraordinary mechanical skills, I was surprised by his pure friendliness and wanting to help people get out and explore the world themselves.

"If there's neighbors that just want to stop by and say 'hi', they don't have to buy anything from me. I'd just like to meet people from the neighborhood," he said about being a new shop owner in the area. His passion for biking is contagious. I immediately told him I'd see him this weekend, because it's high time I tried an e-bike.

e-bikes.

Most people can't fix e-bikes - it's something someone has to learn on the job, because there are so many intricate parts that may go wrong when fixing an e-bike. Bill spent 14 years in various bike shops including Erik's Bike and Board, Angry Catfish, Machinery Row, Slow Roll Cycles, and Crazy Lennys E-bikes. "The

Planning overseas travel?
THINK MEASLES



- Bring back only memories, help prevent the spread of measles.
- Talk with your doctor about what immunizations you and your family need before traveling.
- Call your doctor if anyone gets a fever and rash within 3 weeks of returning from your trip. Describe where you traveled.

Learn more at:
www.health.state.mn.us/diseases/measles/basics.html

mn DEPARTMENT OF HEALTH

Gina Rautenberg & Karen Binkowski

Come chat on March 8, 9-10am,
Everett & Charlie art gallery
and meet two dynamic Southwest leaders
on International Women's Day

Gina Rautenberg is the new Linden Hill
Neighborhood Council Executive Director and
Karen Binkowski is the Southwest Business Asso.
manager of business development & marketing




LET'S Connect COFFEE TIME **SOUTHWEST Connector** **TMC PUBLICATIONS CO**

www.swConnector.com

WE NEED YOUR HELP!

This publication is participating in a readership survey for the Midwest Free Community Papers Association. We'd love it if you would take a few minutes to answer some questions for us about your readership and shopping habits.

All responses will remain confidential, your name will not be added to any list and we will never contact you.

HURRY!
Deadline for entering is closing fast!!

Anyone that completes the survey will be automatically entered into a drawing for a **\$250 VISA gift card**

NOTE: There is a limit of one entry per household.

Scan the QR code below to be taken to the survey or login via this web address:
<https://www.research.net/r/MFCP24>



TOUR TARE MARKET!
Learn about how to shop plastic free while supporting local businesses!

February 28th, 2024
6:30-7:30pm
\$20 per ticket

RSVP by February 25th



Sponsored by:





CITY BRIEFS

PRIMARY ELECTION

The presidential nomination primary will be held on March 5. The election is partisan and only open to candidates seeking to run with one of the three participating major parties in Minnesota: the Democratic-Farmer-Labor Party, the Legalize Marijuana Now Party, and the Republican Party. Voters must choose only one party to vote in.

HODAN HASSAN

Southside Minnesota State Representative, Hodan Hassan (District 62B), announced that she will not be seeking reelection. She was first elected in 2018 and is currently serving her third term representing residents in the Central, Corcoran, Phillips, Powderhorn, Kingfield, Bryant, Bancroft, Regina, and Northrop neighborhoods. Two candidates have started campaigning for the 62B seat: former Minneapolis Park Board commissioner Londel French, and Bill Emory, a policy aide to Hennepin County Commission Irene Fernando.

SEWER REPAIR

The city is accepting grant applications to repair failing private sewer pipes and connections to the public sewer. Homeowners can receive grants between \$5,000 to \$10,000 and may need a match to receive the funds. The city expects to provide grants to 30-35 property owners using Metropolitan Council funds.

ENCAMPMENT RESPONSE

City Council Members Jason Chavez, Aisha Chughtai, and Aurin Chowdhury introduced three ordinances focused on addressing how the city regulates camping and temporary housing. One would "develop regulations establishing authorized and regulated "safe outdoor spaces" or individualized outdoor sheltering options for people experiencing unsheltered homelessness. One would establish provisions of a humane encampment response policy, and the last mandate regular reporting about outcomes for those experiencing homelessness related to encampment removals.

SOUTHSIDE RESIDENTS ON COMMITTEES

The city council and mayor have ap-

proved new appointments to a number of its advisory committees for the next 2-3 years. Kelly Fischer from Ward 9 will be serving on the Heritage Preservation Commission. Lucas Franco from Ward 12 and Brian Elliott from Ward 11 will serve on the Workplace Advisory Committee. Andre Robinson from Ward 2, Stephanie Randolph from Ward 8 and Bhupinder Manhani from Ward 11 have been appointed to serve on the Public Health Advisory Committee. Planning Commission appointments include Tom Wagner from Ward 12 and Kellie Jones from Ward 6. Jaspur Lepak from Ward 11, and Boo McCaleb from 12 will be joining the Minneapolis Arts Commission. Sean Gosiewski, Ward 9, has been appointed to the Community Environmental Advisory. New Civil Right Commission appointments include Mark Stignani and Ann Marie Schott from Ward 11, and Kaamil Dakane from Ward 6.

POLICE MONITOR

City and state Department of Human Rights officials have selected a nonprofit group called Effective Law Enforcement for All to monitor compliance with the city's settlement agreement with the Minnesota Department of Human Rights related to discriminatory police policies and practices. The monitor could start work in early March.

TRAFFIC CAMERA PILOT

In January the city held online and in person meetings on a traffic camera pilot program being planned to help decrease driving-related crashes and injuries. The pilot program will have 10 cameras at intersections where there have been reported accidents. Owners of vehicles recorded violating traffic rules would be sent a ticket. They would have a legal status like a parking ticket and would not be connected to a person's driving record or driver's insurance. A state law change is needed before the program can move forward.

TRASH INCINERATION CONTRACT

The city council has authorized a new waste disposal contract with Hennepin County, for an estimated \$13,065,000, to process and disposal of solid waste collected by the city through Dec. 31, 2025. All the trash will be burned downtown at the Hennepin Energy Recovery Center incinerator.

~ Briefs compiled by Cam Gordon

Faith

Neighborhood churches welcome you.

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

Epworth United Methodist
3207 37th Ave. • 612-722-0232
www.epworthmpls.org
A Congregation-Led Community
A Reconciling Congregation
Sundays 8:45am - Faith Formation for All Ages; 10am - Worship In-person & Live-streaming on Our FB Page - @EpworthUMCMPLS
Epworth Spring Pasty Sale!
Pre-order by Wed., March 13 at 651-645-9855. epworthmpls.org/events/pastysale/. Made fresh on Sat., March 16 for pick up after 3pm.

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

Park Avenue United Methodist Church
3400 Park Ave. • 612-825-6863
www.parkavechurch.org
Senior Pastor Gregg Taylor, Minister of Preaching Steven Belton
Sundays: 8-9am early risers, 10am service, 10-12 children and youth
Livestream worship 9:45-11:30am

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

Trinity Lutheran Church of Minnehaha Falls
5212 41st Ave. S. • 612-724-3697
www.trinityfalls.org
Pastor Matt Oxendale
Sunday Worship 10:30 a.m.
Children's Sunday School 9:30 a.m.
AA Sun & Tues 7:00 p.m.
Palm Sunday, March 24, 10:30 a.m.
Holy Thursday, March 28, 7:00 p.m.
Good Friday, March 29, 7:00 p.m.
Easter Sunday, March 31, 8:30 a.m. & 10:30 a.m.

NEIGHBORHOOD CHURCHES OFFER

- ↳ **Minnehaha Food Shelf**, Tuesdays, 10:30 am - 3 pm
Minnehaha United Methodist • 3701 E. 50th St. • 612-721-6231
- ↳ **Nokomis East Food Shelf**, 2nd & 4th Wednesdays, 2-4 pm
Crosstown Covenant • 5540 30th Ave. S • 612-724-3601

HIRING: CARRIERS FOR WALKING ROUTES



Get exercise.

Work flexible hours.

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

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

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

Deliver newspapers.
Earn \$15/hr

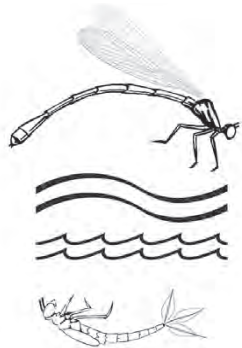
Let them know you saw it in the Messenger.



- Interior & Exterior Painting • Plaster / Sheetrock Repair
- Wood Stripping & Refinishing • Ceiling Texturing / Repair
- Wallpaper Stripping / Wall Repair / Skim Coating

FREE ESTIMATES

(612) 827-6140 or (651) 699-6140
WWW.PAINTINGBYJERRYWIND.COM



DRAGONS WYND

Environmental Entomology

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

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



3931 EAST LAKE STREET

BUDSSS.COM

THC DRINKS & EDIBLES
CANNABIS SEEDS
GROW CLASSES

Air Condition your shelter

with **Ray N. WELTER**

Since 1912 • Family Owned & Operated

HEATING • COOLING • AIR PURIFICATION

www.welterheating.com 612-825-6867 4637 Chicago Ave. S.

\$99 Clean and Safety Check

With this coupon. Offer expires 3/31/24. Cannot be combined with any other offer. LNM53122

We had our air conditioner and furnace replaced by Ray N. Welter Heating and I have to say, that if you were to look up the definition of Service Excellence, Ray N. Welter Heating would be the first name on the list. The outstanding, well qualified sales man and patient customer service skills of Mr. George Welter are unmatched. ~ Shannon and Cyril, Minneapolis

Health

MEN'S WALKING GROUP

Early mornings from near Riverview Theater, <https://ogwalking.wordpress.com>, ogwalking612@gmail.com

Pets

DOG WALKING

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

DIGITAL FATIGUE.
IT'S A REAL THING.
COMBAT IT BY
MARKETING IN YOUR
NEIGHBORHOOD
NEWSPAPER.

Roofing Gutters Windows

40+ years experience, licensed and insured.
Greg Johnson
(701) 969-2290



TREE TRIMMING, REMOVAL & STUMP GRINDING



Matthew Molinaro
FREE ESTIMATES
612.239.2508
MolinaroTree.com

lic&Insured | certified arborist MN-4551A

Home

CRISIS HOTLINE

Call the Minnesota Day One Crisis Hotline at 1-866-223-1111 if you or someone you know is seeking shelter due to a dangerous relationship or needs to create a safety plan.

GUTTER CLEANING

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

HANDYMAN

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

HOUSE CLEANING

20/20 Cleaning, Dependable House Cleaning, Family Owned and Operated, Serving the Area for Over 25 Years, 651-635-9228, www.2020cleaningspecialists.com.

PAINTING

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

ROOFING

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

SERVICES

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

STORAGE

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

WINDOWS

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

YARD HELP

Grass cutting. Customer supplies lawn mower. Jim 612-202-5514

AFFORDABLE ADVERTISING
IN THE NEIGHBORHOOD.
JUST \$1 A WORD.

612.729.7608 • www.buck-bros.com



We design & build
in your neighborhood

Kitchens, Baths, Additions
Restorations

MN license #4593



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

Tell them you saw it in the Messenger.

6 of 10

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

WE'RE HIRING

ASE certified technicians



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

WORK LOCAL



2904 E. 35th Street

612.729.2516

www.alexandersimportautorepair.com

Double YOUR IMPACT
with Print & Digital ADVERTISING!

Jay Anderson
Real Estate since 1993
612-819-7555
jay@CBBurnet.com

Buying

- ★ Free Appraisals ★

**Memorabilia
Sports Card
Collections**

- ★ Consignment Available ★

Info@minnieandpaul.com
612-208-6405

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

DO THE MATH!

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



For only 14¢/piece you can have a 4-color flyer PRINTED AND DELIVERED with the Messenger!

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

GET THE WORD OUT. GET A CLASSIFIED. JUST \$1 A WORD.



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

LONGFELLOW COMMUNITY COUNCIL

ANNUAL SPRING GATHERING & ELECTIONS

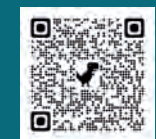
Gather with community and enjoy tacos and music while getting to know LCC. Vote for incoming board members or run for the board yourself!



Joining the LCC board of directors is a great way to make an impact in your community.

THURSDAY, APRIL 11
6-7:30PM
LEGACY BUILDING

APPLY FOR THE BOARD!



LONGFELLOW
COMMUNITY COUNCIL
longfellow.org | 612-722-4529

St. Albert's Famous **Friday Fish Dinners**

Catch em'all!

- Feb. 16
- Feb. 23
- March 1
- March 8
- March 15
- March 22

Two speedy serving lines of baked & fried tilapia, potatoes, meatless spaghetti, coleslaw, rolls, desserts, and beverages.

BINGO 5:30-7:30PM
Major Cash Raffle • 50/50s
Mini-Raffle Baskets and more!
Live music inside.

Adults/Seniors \$15
Ages 6-12 \$7 Under 6 FREE
Cash, check, card

Accessible entry behind statue. Enter between school and church. Additional parking 1 block north at Sullivan school.

Church of St. Albert the Great
3204 E. 29th St., Minneapolis | 612-724-3643 | saintalberthegreat.org

When the occasion calls for chocolate - but not just any chocolate.

Hop Online

Real Chocolate Bunnies and Eggs
Organic Chocolate Bunnies
Handmade Chocolate Ganache
Locally/Woman Owned



Pre-order online to save.
15% off

Use coupon code: hoponline

Bunnies and eggs available in our boutique.

chocolat céleste

www.chocolatceleste.com
652 Transfer Road, St. Paul | Online purchasing with local pick-up or shipping in US

Build YOUR Summer

Engineering, art & technology for ages 6-17



Leonardo's BASEMENT
Workshop in SE Minneapolis

Get Tax Happy

- Fast & Friendly
- Year Round Service
- Always a free review of last year's returns
- Evening and Weekend Appointments

Our Everyday Low Prices Start at:

- 1040 - \$160, add \$100 for dependents, self-employment or rental income
- 1120S, 1065 - \$600

These Starting Prices Include Federal and MN Return Preparation and Electronic Filing. We still offer in-person tax preparation, as well as drop off and secure remote preparation options.

- Individual • Small Business • Rental Property • Back Years • IRS Problems • All States

YOUR LOCAL ALTERNATIVE TO THE NATIONAL CHAINS

Gotham Tax Service, LLC

5400 34th Ave South, Minneapolis (Behind Berry Sweet Kitchen)
612.216.5040 | www.gothamtax.com

\$25 OFF Individual Tax Return	\$50 OFF Corporate/Partnership Tax Return
--	---

Cannot be combined with any other coupons or offers. Present coupon for \$25 discount. New Clients Only. Expires 04-30-24.

Cannot be combined with any other coupons or offers. Present coupon for \$50 discount. New Clients Only. Expires 04-30-24.

The final price of your return may vary depending on the actual forms used. Call for more information.