

SOUTHWEST Connector

NEWS FOR EVERYONE, DELIVERED TO EVERYONE • AUGUST 2024 • VOL. 3 • NO. 9 • 25,000 CIRCULATION



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FROM DIRTY ALLEY TO STREET ART GALLERY

64 artists use 1,600 cans of paint to create 31 new pieces of artwork during 7th annual LynLake Street Art series

By **Tesha M. Christensen**

LynLake is becoming a destination for street art.

Thirty-one new locations for artwork were added to building walls by 64 local and regional artists representing an array of cultural communities during the 7th annual LynLake Street Art series July 12-14. Some adorn front and parking lot walls, others are tucked away in alleys, and one two-story space chimp overlooks the Midtown Greenway.

For co-producer Morgan Luzier of the LynLake Business Association, the event has been evolving, but it remains a show for the artists. "Our goal is to treat them right – to honor them and uplift their art form and expression."

She acknowledges that they're still trying to figure out how to engage the audience. "It isn't like a craft fair where you walk around and buy finished art. It's more about the process of art-making. The best way to see the show is to walk or roll it – and to do it a few times over the course of the weekend. What you see Saturday morning is light years away from what you see Sunday evening. Each artist has a completely different creative process and what I see as scribbles on a wall morph into the most amazing images, designs, and colors. And to think this is all with a can of spray paint. The mastery of technique is inspiring."

She added, "I think we, as a culture, are still trying to integrate graf/street art, so the 'spectator' part is still evolving."



Ezra Young, 17, of Roseville works in the SPRAYFINGER area next to the Uptown VFW during the LynLake Street Art Series on Saturday, July 13, 2024. "This is not just a grubby alleyway anymore. It's art," Young said. (Photo by Tesha M. Christensen)

▶ [MORE PHOTOS @ SWCONNECTOR.COM](#)

The event not only beautifies the public realm, but also allows community partners, volunteers, sponsors, property owners, small business tenants, spectators, artists and vendors to connect.

HOW IT BEGAN

In 2018, Josh Wilken-Simons of Legacy Glassworks (2928 Lyndale Ave. S) came

back from a huge, multi-national street art/graf art show in Denver, Colo. and was inspired. He knew that the same level of talent exists in Minneapolis, and it could put LynLake on the map.

"As small business owners, we are always looking for ways to uniquely position our corridor. Uptown has the lakes. North Loop has the high brow stuff.

Northeast has the breweries and the art studios. What if LynLake was the destination for something? What about street art? That was the genesis of the idea," remarked Luzier.

The first year, Wilken-Simons got permission to paint the alley behind Legacy Glassworks. He invited about two dozen graf writers



NO CONSENSUS ON VISION FOR GFS

Community, city host meetings to determine future of 38th and Chicago

By **Jill Boogren**

Two groups held separate meetings in July to discuss the future of George Floyd Square.

The Community Visioning Council (CVC) is a community-led group, and there was a visioning workshop led by the city of Minneapolis with 4RM+ULA and the Cultural Wellness Center.

Each group began meeting after the city-appointed Co-Creation Team dis-

solved late last year to expand the conversation beyond the road right of way to include the memorial and Peoples' Way (the abandoned Speedway gas station, now owned by the city). Despite an ambitious timeline established by the city that would present a "Final Vision Report" to the City Council on Nov. 12, there is no consensus on a shared vision for 38th and Chicago.

COMMUNITY VISIONING COUNCIL

A few dozen neighbors met at the Belfry Apartments/Calvary Church space (3901 Chicago Ave.) on July 20, where about 15 people took turns describing what it takes on a daily basis to care for the Square, the memorials, community members and visitors.



CONSTRUCTING A TUNNEL

Kennilworth Tunnel nears completion, final closure of parkway begins Sept. 9

By **Tesha M. Christensen**

The Kenilworth Tunnel is expected to be complete in the first quarter of 2025. On July 31, 2024, Met Transit reached a major milestone when the lowest element of the tunnel was done.

In September, the freight rails will be moved a few feet into their final position from the temporary location they are in now. This means Cedar Lake Parkway will be torn up one more time.

Utility work will be completed, and final sidewalk and road facilities will be constructed then.

Around-the-clock work will begin



The Green Line Extension crosses the Kenilworth Channel on a bridge and then dips underground to travel under Cedar Lake Parkway. (Photo by Tesha M. Christensen)

on Sept. 10 and continue throughout the night and into Sept. 11 to reposition the freight track. This work is being coordinated as part of a larger freight rail track outage window.

The utility, road and sidewalk work will be done during normal



STREET ART GALLERY

and crews to put up art.

“When I saw it, I mean, it was transformational (for me and the alley!),” recalled Luzier. “Here this old dirty alley with garbage and stink was transformed into an actual art gallery. I was sold on the idea that this could be ‘a thing.’”

In 2019, they doubled the budget and got more building owners on board to get artwork. “It’s a tough ask – ‘hey can we put up graf on your building?’ – but the good news is that usually when a ‘sanctioned’ piece goes up, it doesn’t get tagged,” said Luzier. “Plus, street art is temporary so we remind owners that we can always paint over it.”

In 2020, they managed to mount one mural. The “WE STAND AS ONE” welcomes people into LynLake right at the corner of Lyndale and 31st. “It’s a really powerful piece that we put up right after George Floyd. We were masked outdoors,” stated Luzier.

The past four years, organizers have focused on making it a better, more inclusive, more representative experience for the artists. They work to enroll small businesses to be a part of it and try to create a family-friendly, educational, creative experience for visitors. “We learn something new every year about this unique art form,” commented Luzier. “You have to remember that up until four years ago, ‘street art’ was vandalism and the artists were criminalized.

“But during George Floyd, what did people turn to to express their rage, fear, hopes and love? Spray paint. Turns out graffiti art is a deep self-expression just like acrylic or watercolor or sculpture, or music or dance.”

WRITER’S STYLE OF PAINTING

South Minneapolis native and street artist Joe Ellis was last year’s creative direc-



Alyssa Ashley works on a mural on the back of the Uptown Hub. The design just came to her, she said. “The joy is infectious.” She was classically trained as a painter, worked as an oil painter for 20 years, and has worked with spray paint for one year. Her first mural was of a person blowing a dandelion on University Ave. (Photo by Tesha M. Christensen) [▶ MORE PHOTOS @ SWCONNECTOR.COM](#)

tor. He helped elevate the “writers” style of painting. “Usually during street art shows, the focus on is mural,” pointed out Luzier. “But our show is equal parts mural and letterform (or ‘writers’) since writers are the foundation of the craft. Joe was the first to get letterform on a prominent wall (Cub Foods), and has really helped change the narrative around it.

“Imagine: you are an artist and the only thing you’re going to paint for the bulk of your career is your name. Of course, your artform, until recently, was a crime, so you’re not going to write your actual name, but a pseudonym. Now, think of the challenge: one name, usually three to five letters for your whole career. That takes some creative talent to stylize

those letters 1, 2, 10, 1,000, 10,000 different ways.

“When you see letterform, just remember that. Serious skill.”

UPLIFTING ARTISTS

The street art series is organized by the LynLake Business Association and its fiscal sponsor is the Jungle Theater. Cub Foods, Ackerberg Group, Lupe Development, Zeigler Cat, Scaffold Services, Butler Family Foundation, VFW Uptown, and the city of Minneapolis are repeat supporters of the street art festival.

The goal of the street art festival is to identify LynLake as a multi-cultural district of small business owners from all over the world; celebrate street art and

BY THE NUMBERS

The 2024 LynLake Street Art Series marked the 7th year of production. Financial support came from a city of Minneapolis BDS grant, neighborhood partners and private donors.

- 31 sites primed with 90 gallons
- 64 local and regional artists representing an array of cultural communities
- 1,600 cans of aerosol paint, 4 articulating boom lifts, 9 scissor lifts, 7 stories of scaffolding
- 30 neighborhood volunteers over 2 days
- 90 spectators – including dozens of youth – to “Spray and Take” their own aerosol art
- 60 LynLake businesses and property owners hosted an artist, donated gift certificates, collaborated on the event or volunteered their services

the artists who do it; invite the residents into the public realm to explore and claim their space; and provoke conversations and collaborations, according to Luzier, who owns Balance Health and Wellness (2902 Garfield Ave. S) and is co-chair of the LynLake Business Association.

“For me, as a business owner, it’s really important that the event connects me to other business and building owners,” said Luzier. “We might not always agree on things (art or politics or whatever), but we are still neighbors. It’s good to know one another. If we learned anything from 2020, it’s that you should have your neighbors on speed dial. Also, to uplift artists.”



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BE AWARE

- Lane closures are in place on West Lake Street between Chowen Avenue and Market Street. Traffic impacts are expected throughout the summer. Construction activities may occur on Saturdays. Crews are performing sidewalk safety enhancements and station entrance work at the West Lake Street Station area. Once complete, there will be a barrier separating road traffic and sidewalk users. There is an associated detour for pedestrians.

- The area around the West Lake Street Station has multiple concurrent construction activities taking place in 2024. The METRO B Line bus rapid transit (BRT) project construction is ongoing along West Lake Street and a small portion of Excelsior Boulevard in 2024. Hennepin County is also reconstructing parts of Minnetonka Boulevard and County Road 25. Expect traffic impacts throughout the majority of 2024, especially during peak commuting hours.

- There continues to be significant construction at the Kenilworth LRT tunnel. The construction is primarily focused on excavation, cutting of metal sheets, and concrete placement as weather permits. Truck transport and maintenance work on the freight rail tracks may cause noticeable noise and some occasional vibration to nearby residents.

- Pumps and generators will run overnight periodically in various parts of the construction corridor, especially at the Kenilworth LRT tunnel site. Pumps are used to manage water, and generators are used to power pumps and other equipment.

- West 21st Street between Upton Avenue South and Thomas Avenue South is in a single lane configuration into the fall.

- Fremont Avenue North between 2nd Avenue North and Glenwood Avenue, inclusive of the intersection of Glenwood Ave and Fremont Ave N, is closed into the fall for roadway reconstruction and utility work.

- The intersection of Royalston Avenue and Holden Street is closed for LRT track work into fall 2024.

- Royalston Avenue between 5th Avenue North and Border Avenue is closed for utility and road reconstruction work into fall 2024.



Minneapolis Parks and Recreation Board member and longtime Southwest resident Meg Forney tours the tunnel site on July 31, 2024.



Matt Gawronski lives adjacent to the Kenilworth Tunnel site and toured the area on July 31, 2024. "My biggest goal out of the project is that they do it right," stated Gawronski, a 1999 Southwest High graduate. (Photo by Tesha M. Christensen)

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► 1 TUNNEL

construction hours of Monday to Friday 7 a.m. to 6 p.m. through November.

The tunnel on the east side of Cedar Lake south of Kenilworth Channel runs northeast of West Lake Street, passes underneath Cedar Lake Parkway, and returns at-grade approximately 400 feet south of the Cedar Lake Channel (Kenilworth Channel). Poor soils discovered after work began led to a halt in construction, long delays, increased costs and a renegotiated contract with the builders. Large rocks were found deep underground in the area's sandy outwash soil, something none of the experts predicted. A slow "press-in piler" was used to construct tunnel walls instead of pile driving per neighbor requests.

The tracks will be functional in 2025, and rail service will begin in 2027 after testing has been complete.

The transit tunnel at the Minneapolis-St. Paul is three miles long, and the Kenilworth Tunnel is 1.5 miles long. It will take less than 2 minutes to get through the tunnel traveling in a train at 35 miles an hour.

"The tunnel is the most gnarly part of the project," said Kaydee Kirk, Met Transit Green Line Extension Project Community Outreach Coordinator.

"Working so closely with the railroad presents a lot of challenges," observed Sean Streck during a tour of the site on July 31, 2024. He's a project engineer who is the Assistant Council-Authorized Representative (ACAR) for tunnel construction. Twin Cities & Western Railroad (TC&W) had initially agreed to move its operations out of this narrow corridor but then didn't.

Ground settling caused issues earlier in the project. "It was pretty challenging to build," said Streck. "Once we started building the tunnel, we have been pretty much on schedule. It was all the other challenges around the tunnel that caused the problems."

on," said Luzier.

"I mean, the art is insane. We did an installation on the Greenway that will blow your mind – Lizardman's two-story space chimp with an overlapping spherical ancient time piece. Thank you, Todd Jones, owner of the building, for allowing it!"

Artists in 2024 included Few and Far Women (Mavel, Meme, Dime, Polen, and Flora), EDSK (Stain, Elothes, Komed, Quake, Kiyote, Izue, Tots, CAS3), TKG (Ensure, Dable, Herp2, Gator18, Bike, Vision), ISK (Pets, Hibuk, Aloe, Glawk, Gnuts), Groe, Normal, Tryst Trigger Artworks, NMPH, Ehsor, The Ghor, Metonic, ERodE, Trace, Yuya, Natalie Clare, Pedal, EARTH2, Jayflo, Simone Alexa, Taylor Berman, Junt, Genre, Lagood, Guros, Max315, Sout, Tom Jay, Ceeboots, Speaks, Guille,

The tunnel used 70,000 cubic yards of concrete tailored to be underwater.

Sprinklers will go off if there is a fire in the tunnel, and there are fire safety doors every 1,000 feet.

A lift station moves water 70 feet up and out of the tunnel, which must be dry when complete to meet the construction specifications. The water then goes through a grit filtration system and then enters the city's stormwater tunnels.

As of the end of July, there was 600 feet left to build on the tunnel. Construction is being done on both ends and workers will meet in the middle to complete it. They do 2-3% of the work each month. "The day the keystone is poured for the tunnel will be a day of celebration," stated Streck.

At the work peak, there were 100 workers on site, and now there are about 30. With the mild winter last year, they accomplished a lot. "We lost more days to rain than we did to snow," stated Streck, who like most project workers resides in the Twin Cities area. He's in Hopkins. "It's keeping a lot of people busy."

"It's very much an economic development tool," stated Kirk. She pointed to \$2 million in infrastructure improvements along the line that have already been done.

BIKE TRAIL IS MISSING PIECE FOR RESIDENT

Matt Gawronski's back yard is adjacent to the tunnel. He moved there in 2009, drawn by the bike trail, and is eager to see it reopened.

"That's the biggest missing piece for me," said Gawronski.

A 1999 Southwest High School graduate, he moved back from Colorado to Minneapolis and opted to buy a house next to the proposed Green Line Extension. He works from home and admits that the construction noise was frustrating some days. "I've been here 14 years and it's been under construction the whole time," he said. The neighborhood was divided on the project and "it was traumatic," he acknowledged.

TRAIL WORK UPDATES

- The South Cedar Lake Trail between Excelsior Boulevard in Hopkins and the Midtown Greenway in Minneapolis is open. Trail users between Chowen Avenue South and the Midtown Greenway in Minneapolis may experience brief delays to accommodate adjacent construction and construction traffic crossing the trail. This part of the trail remains open in a temporary condition and flaggers may be present so please use caution.

- The Kenilworth Trail from the Midtown Greenway to Bryn Mawr Station remains closed and is anticipated to reopen in 2025. Cedar Lake Regional Trail work near Bryn Mawr Station remains active. Trail access is being maintained. Follow posted signage.

- The segment of the Cedar Lake Trail from the Bryn Mawr Station area to Van White Boulevard is open. Trail users may experience construction traffic crossing the trail near the station – use caution.

- The segment of the Cedar Lake Trail east of Van White Memorial Boulevard is anticipated to reopen in 2025.

- The Luce Line Regional Trail bridge that crosses the freight rail corridor connecting Bryn Mawr Meadows Park with the Bassett Creek Valley Station area is closed and is scheduled to reopen in 2025.

- The segment of the Cedar Lake Regional Trail between Royalston Avenue and Azine Alley (just west of West River Parkway) is closed and is anticipated to reopen in September. Activities at this location include sewer utility work, trail reconstruction and improvements, and the relocation of tracks that are used for the staging of Northstar commuter rail cars. The space required for the different work activities does not allow for the trail to remain open, even in a narrowed condition. The detour will connect into the existing detour of the Cedar Lake Trail and utilize dedicated bike facilities on Hennepin Avenue to connect back to the trail at Azine Alley just west of West River Parkway. There are no public access points to the trail between Azine Alley and Royalston Avenue.

- The Met Council is in process of turning over maintenance of the South Cedar Lake Trail and Minnesota River Bluffs Trail to Three Rivers Park District (TRPD).

But he believes that transit projects like this are "the right thing to do," pointing to New York, Washington, DC, and Chicago's transit systems.

"My biggest goal out of the project is that they do it right," stated Gawronski.

He plans to build a fire pit along the new line and open his yard up once the work is done.

► 1 STREET ART GALLERY**'THE ART IS INSANE'**

This year, rain most of the day on Saturday posed a challenge for painting. "One thing about street artists is they're resilient. Not a primadonna bone in their bodies," said Luzier. "Rain, heat, humidity, all of the above. They just want to paint and paint they will."

There are five new pieces at the Lynhall, including two portraits on the front of the building and art by an all-women crew in the alley. Another crew painted in the alley behind French Meadow. "Cub Foods got a dope mural on the front of the building. I love the new one on the back corner of the VFW. I could go on and

AvantGaga, Lizardman, Focus Smith, Epar, Spazz, Rosko, Alyssa Ashley, Jess Zottola + Nick Vanderloop and Type.

A community collaboration with SPRAYFINGER was set up in the parking lot next to the Uptown VFW. Ezra Young, age 17, of Roseville participated in the advanced area. "Graffiti art as an art form is something I really enjoy," Young said. "It can be a stepping stone. It teaches you all kinds of art."

Looking around, he said, "This is not just a grubby alleyway anymore. It's art."

There was an art market at Odd Market, miniature art show at Wrecktangle Pizza, H.E.A.L. Mpls Block Party at Sencha Tea Bar with the Uptown Community Coalition, a vintage market presented by BSTEEZYCURATIONS, a show at Mins Gallery, and a rooftop show at LynLake

Brewery with Low & High.

Esai Luna of Legacy Glassworks was this year's creative director. "He was transformational in bringing more small business owners into the celebrations, planning events for the artists, getting permissions that I didn't think we could get, and really celebrating the crews," praised Luzier.

Looking ahead, Luzier said they will continue to work on improving the artists' experiences, keep enrolling the small business and resident communities into the planning and celebrating, and keep talking about the importance and impact of street art.

"Remember: it's a reflection of our inner world. What it evokes in you is worth looking at/exploring/trying to understand," said Luzier.

Every voice should have the opportunity to be heard.

Healing begins with opportunities, and opportunities promote growth.

That's why we developed the Youth Community Journalism Institute at the Strong Mind Strong Body Foundation. We want to provide equitable access to journalism opportunities.

We have seen growth already.

In March, we launched a journalism afterschool program with middle school students (6th-8th) at Ella Baker School in Minneapolis. We taught them the fundamentals of community journalism and started an online newspaper called Ella Baker News.

This summer, some of the students from Ella Baker participated in a six-week, paid youth community journalism micro-internship at SPEAK MPLS, a community media center in Minneapolis. The program was led by the Youth Community Journalism Institute, in collaboration with Jóvenes de Salud at Carmen Robles and Associates LLC. We started with seven students (ages 12-15) and finished with nine from five different schools in and around Minneapolis. Over half of the students spoke Spanish and English.

Our youth community journalists did field reporting at local places such as Mercado Central, Centro Guzman, Target Field (home of the Minnesota Twins), on the streets with community members in south Minneapolis near downtown, with the executive director of Clean Elections Minnesota, at Centro Guadalupano, and at the Minnesota State Capitol interviewing Attorney General Keith Ellison and House



By Eric Ortiz

THE POWER OF COMMUNITY JOURNALISM



Youth community journalist students from the Strong Mind Strong Body Foundation's Youth Community Journalism Institute at the Minnesota State Capitol in St. Paul with Minnesota House Rep. Maria Isa Pérez-Vega (District 65B).

Rep. Maria Isa Pérez-Vega (District 65B).

The program culminated with youth producing a live, 90-minute community news show called "Youth Community Journalism." The show was broadcast on Minneapolis public access TV channel 75 on Comcast and live-streamed on Facebook.

The first episode was "Problems and Solutions in Minneapolis." The show covered many topics in English and Spanish with field reports, in-studio guest interviews, and pre-produced segments.

Our youth community journalism team did a wonderful job. The show wasn't perfect. But the imperfections are how we all learn.

Community journalists at any age can learn by doing.

Students want more journalism opportunities and more students to join the program.

The National Association of Hispanic Journalists (NAHJ) offered free NAHJ membership for one year to all nine stu-

dents in our program.

One parent described the program as a "vocational, fun and useful activity."

This family recently came to the United States from Venezuela, and, her son, a 15-year-old student, just completed his first year in the U.S. at Edison High School in Minneapolis. During our summer journalism boot camp, the student worked on his English and spoke Spanish to community members. He wants to continue with our community journalism program during the school year. His mother was a journalist in Venezuela, and we plan to help her find opportunities to continue practicing journalism in the U.S.

We will continue producing the "Youth Community Journalism" TV show monthly with youth. We also will have monthly community events, based on issues discussed on the show, to build community and create solutions.

Our first community event was Aug. 17 at Cedar Field Park in Minneapolis. It was a community solutions festival, and we partnered with the Star Tribune to have a news kiosk that delivered and gathered community news at the festival.

This summer, in addition to our youth community journalism micro-internship, we taught a journalism class with 2nd-6th grade students at a summer camp at Centro Guadalupano, a nonprofit community organization that provides educational programs and human services to immigrant and refugee families and the economically disadvantaged.

The journalism class was only one week and four days of classes with English- and Spanish-speaking students. Three groups of students (second and third graders, fourth and fifth graders, and sixth graders) created a print community newspaper. Each student wrote a story for the paper. Many students and parents said

journalism was their favorite class at the camp.

This is the power of community journalism. This is the power of youth. This is the power of youth putting community journalism into action.

Our plan is to get youth journalism, literacy, and media literacy programs in K-12 schools across Minnesota, then America. We want to bring together youth journalism programs, educators, and advocates to spark a nationwide Journalism for All movement that provides equitable access to journalism opportunities for youth in more languages.

We are working on organizing a Journalism for All Day of Action at the Minnesota State Capitol in October.

Our mission is to empower youth and strengthen communities through journalism.

We want to prepare more young people for possible careers in community media, empower new storytellers to shape their community's narrative, create more informed and engaged citizens, and make leaders and systems more accountable to their communities.

With our Youth Community Journalism Institute, we can give youth the training, tools, resources, and support they need to use journalism as a vehicle for change and social good.

Everyone has a voice. Every voice should have the opportunity to be heard.

We can provide that opportunity.

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

STORIES & JOURNEYS

UPDATE REGARDING DEWAYNE TOWNSEND AND MARCEA MARIANNI'S NEW REALITY



By Donald L. Hammen

Text message from Marcea July 3. DeWayne passed away around 10 p.m. July 2. An important voice and significant presence is no more in Greater Longfellow. He was always willing to serve in whatever way he could. So, dear reader, what are your DeWayne Townsend memories? What are you celebrating? Tell yourself, tell others or tell me via tesha@tmcpub.com.

Messenger readers Candyce and Carolyn have reached out to let me know that they look forward to reading Stories and Journeys each month and that they appreciate what I have written regarding DeWayne and Marcea.

ON TURNING 80

It's Saturday, June 29. It's literally 4:10 a.m. in the morning as I am writing these words. I was born at 4:10 a.m. June 29, 1944. It is now 4:11 a.m. It's official; I am now an octogenarian. I had to check the spelling in my Merriam-Webster Dictionary.

ON BECOMING AN OCTOGENARIAN

At a recent meeting of the Minneapolis Regional Retirees Council (AFL-CIO) Housing Committee I asked, "What can a person do when they turn 80?" Someone answered, "Run for President." For some reason I didn't resonate with that idea. That got a few laughs.

I never plan formal celebrations around my birthdays. I leave that to others. I am extending my birthday observance for at least a month probably until the next meeting of Elder Voices at Turtle Bread July 26.

MAKE MINNEAPOLIS GREAT AGAIN?

It's June 28, 2024. I'm at Turtle Bread. I'm sitting at a table with the Elder Voices sign contemplating the prospect of becoming an octogenarian the next day and reading in the Messenger, "Don't Fall for 'The Fall of Minneapolis'" by Jill Boogren. Seemingly out of nowhere I imagine that someone who buys into the "The Fall of Minneapolis" documentary by Liz Collin, someone who is interested in promoting a narrative regardless of the facts, could run for Mayor of Minneapolis under the banner Make Minneapolis Great Again. I have a hunch that there are people out there who, facts be damned, really do buy into the narrative of "The Fall of Minneapolis-

lis." I figure you can run for president, facts be damned, as long as you believe the narrative. Why not mayor? A morbid thought, perhaps, but the thought did occur to me.

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

NOT MY MOTHER'S REPUBLICAN PARTY

It is the 1950s. My mother has pulled my brother and me out of school. We get on a Des Moines city bus which takes us to downtown Des Moines where we find a spot at curbside. Dwight David Eisenhower is running for president and his campaign is running through downtown. Many people are lining the streets so they can get a view of Ike. I remember I did get a view. My mother liked Ike. That all changed when Ronald Reagan became president. Suffice it to say, she was not a fan. She knew him when they both were living and working in Des Moines. They both participated in the young adult fellowship group at First Methodist Church in downtown Des Moines. When he became president that was the beginning of NOT MY MOTHER'S REPUBLICAN PARTY. She liked Ike.

Fast forward. My mother is deceased.

NOT MY MOTHER'S REPUBLICAN PARTY has been remade in the image of Donald Trump. For that story, I'm reading "Tired of Winning: Donald Trump and the End of the Grand Old Party" by Jonathan Karl.

From a distance, I have been listening to Donald Trump's words and watching his behavior. Here's what I see. I see a scared little boy who has spent a life time creating a tough guy winner facade. Unable to feel his feelings, own his feelings and experience the strength of being vulnerable. How do I know this? I am a scared little boy who spent part of my life unwittingly creating a facade made of words and my intellect. In my case a traumatic life experience brought me to my knees literally. I was forced to feel my feelings, own my feelings and experience the strength of being vulnerable.

So much for NOT MY MOTHER'S REPUBLICAN PARTY.

ELDER VOICES (TELLING OUR STORIES/SHARING OUR JOURNEYS) WILL MEET JULY 26 AND AUG. 23 (NOT THE LAST FRIDAY OF THIS MONTH), 10 -11 A.M. AT TURTLE BREAD, 4205-E.34TH STREET. LOOK FOR THE TABLE WITH THE ALL ELDERS SIGN. IF YOU WANT TO CELEBRATE ANYTHING DO SHOW UP. 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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CAMPAIGN FOR SCHOOL BOARD HEATS UP

Greta Callahan and Lara Bergman face off in District 6

By **Cam Gordon**

Southwest voters will be choosing a new District 6 school board member this fall.

Ira Jourdain announced early this year that he would not be seeking re-election as Minneapolis Public School (MPS) District 6 School Board Member.

Now, Lara Bergman and Greta Callahan are campaigning throughout the district that includes the southwest corner of the city west of 35W and south of Lake Street, as well as most of the Cedar-Isle-Dean neighborhood north of Lake St. With only two candidates running, there was no primary election, and Bergman and Callahan will appear on the general election ballot on Nov. 5.

If the Democratic Farmer Labor (DFL) party process is any indication, the vote could be close. While Callahan won the DFL endorsement, it took two meetings and several rounds of voting before she secured the 60% of votes needed for endorsement.

The two have a lot in common and that could make the decision even harder.

Both women grew up in southwest Minneapolis, and now live in the Armatage neighborhood.

They both have been, or are, public school parents. Callahan's son graduated from Southwest High School in the spring, and Bergman has two children enrolled at Armatage Elementary School.

They are also both professional educators. Bergman's teaching experience was as a Montessori teacher at the children's house level teaching three to six-year-olds in private schools. She was an adjunct professor at St. Catherine's University, and was chair of the Cathedral Hill Montessori school board in St. Paul.

Callahan taught kindergarten for 11 years in the Minneapolis Public School system, and served as president of the district's teachers union, the Minneapolis Federation of Teachers, 2020 to early 2024.

THEY BOTH SAY THEY ARE LISTENING TO VOTERS

Callahan is hearing from people concerned about instability, trust issues, class sizes being too large, and people "sick of the rug being pulled out from underneath them."

She added, "I'm also hearing that they love their teachers and want to keep their schools open. They are concerned about the talk of school closures, and have seen some of their neighbors leave the district, just at the mention of closing school. They are excited at the thought of someone wanting to grow and expand our schools, instead of manage its decline. They are ready for someone who is qualified to sit on the school board and steer this ship in the right direction."

"Community members in District 6



Greta Callahan

are really concerned about the financial future of MPS," said Bergman. "Families are concerned about ballooning class sizes and losing programs that get kids excited about going to school. Taxpayers want their tax dollars used in ways that ensure our city's students graduate with the skills they need to be successful citizens. Everyone is ready for conversations about the reality of MPS's budget and want to partner on what creative child-centered solutions look like. I truly believe this is a pivotal moment that calls on all of us to work together to strengthen our city's public schools for current and future generations."

The school-restructuring Comprehensive District Design (CDD) initiated under the last superintendent continues to be a topic of conversation.

"I've heard from so many district 6 families who felt the CDD had good intentions, but was implemented really poorly," said Bergman. "It is important that any time our school board is making decisions that we are co-creating solutions with all stakeholders so we positively impact students in every school in MPS."

"I was and still am against the CDD," said Callahan. "As a parent and educator, I fought very publicly against this harmful redesign. In 2019 and 2020, I (alongside many others) predicted that this would drive families out of the district and would lead to school closures. I am up for any changes that will bring families back, without leading to a larger enrollment decline, including bringing back K-8s and redrawing some lines."

PRIORITIES FOR EACH CANDIDATE

Comparing priorities may help some voters make their decision in the fall.

Callahan said that one priority should be increasing enrollment through smaller class sizes, and by adding and keeping programs that families want, like fifth grade band/orchestra, world languages, and High Five. She is also committed to rebuilding trust and developing "a robust plan to educate the public about the corporate ed reform movement and why we must choose public schools if we want a safe, healthy, well-educated Minneapolis."

Additionally, Callahan ranks stability and "doing a deep dive into finances (examining outside contracts with a micro-



Lara Bergman

scope, for example) and focusing on gaining more funding at the legislative level" as top priorities.

Bergman said that in her first 100 days on the board she will prioritize visiting schools and strengthening relationships with principals, educators, families and students. She said she will "develop a community engagement plan that meets the community where they are." She plans to "engage with the finance team about a plan for financial sustainability," and connect the early childhood work being done in MPS with "the larger conversation happening across Minnesota."

"Most people need to go to governance trainings, get into buildings, and form relationships for their first 100 days - not me," said Callahan. "I have over eight years of experience in governance. I have spent time in every single building in our district. I have relationships in every building in our district. I can get straight to work once elected, educating the public about why strong public schools are in everyone's best interest, and why shrinking this district will only create more harm."

She said that she wants to "help to make stronger connections with new families, educators, and leaders in MPS and bring more co-creation into the work we do to improve our schools - it has been too top-down for too long."

Callahan added, "More than anything, I am big on full-service community schools, so that families, students, and educators can decide on what is best for their school."

Reading and writing instruction, along with the budget, top Bergman's list. "This next board has the responsibility to fully implement an evidence-based literacy curriculum as part of the solution to address why only 50% of MPS students are reading at grade level," said Bergman. "It also has the responsibility of engaging the community, early and often, to come up with a fiscally responsible future for our schools. ..."

"As an educator and parent, I understand deeply that our students, families, and educators have weathered unimaginable challenges in recent year. More budget setbacks feel daunting, and yet I firmly believe that with every challenge comes an opportunity to build something better, stronger, and more equitable for all

MPS District 6 School Board Candidate Forum

Monday, Sept. 23, 6-8 p.m.

Meraki Building (100 W 46th St).

This forum has been planned and paid for by the Armatage, East Harriet, Kenny, Kingfield, Linden Hills, Lowry Hill East (LHENA), Lynnhurst, and Lyndale neighborhood associations.

our students."

HOW TO SOLVE BUDGET CRISIS

Bergman and Callahan agree that solutions to the budget crisis must be found at the city and state levels.

At the state level, Callahan advocates "recovering the funds we have lost since 2003 when there was a substantial change to per pupil funding," and getting special education mandates fully funded. At the city level she said, "We would have saved over \$50 million this past year if we had spent similarly to our peer districts." She believes the district is outspending similarly sized districts in administration, transportation, and outside contracts. "We need to take a good look at those three areas and dive into how we can spend smarter, not harder by looking at those around us," said Callahan. "If we are outspending peer districts on anything, it should be on student instruction."

During the 2023 legislative session, Bergman advocated for state investments in early childhood and public education. She says she will continue working for state funding to cover federally required special education and English Language Learner services. "Additionally, I will advocate for the state to pay more of our growing transportation costs, especially for our homeless and highly mobile students, who have a right to access stable education and are highly concentrated in MPS," said Bergman. "Addressing these funding gaps is not just a financial imperative but a moral one."

Her vision, she said, "is for MPS to be the best choice for every student, every family, and every educator." She said that the district could start by making literacy the top priority, expanding dual-language programming to meet the demand, increasing the investments in early childhood programming and "addressing school attendance boundaries to increase enrollment so that we have buildings with healthy budgets that can support smaller class sizes, robust programming, and more individualized student support."

She is concerned, however, that as birth rates in the city are declining and state laws permit open and charter enrollment, enrollment alone will not solve all problems. "We must come together to pursue longer-term solutions at the state level while ensuring our schools are places of excellence and opportunity right now," Bergman said. "Through collaboration, advocacy, and commitment, we can create a brighter future for all our students."

61A PRIMARY RESULTS

Katie Jones received 43 percent of the vote in the primary for the Minnesota House of Representatives 61A seat. She received 43 percent of the vote. Will Stancil received 36.5 percent and Isabel Rolfes 20 percent. Jones faces Green Party candidate Toya Lopez in the November general election. Longtime representative Frank Hornstein is retiring.

61A FORUM: KATIE JONES & TOYA LOPEZ

Tuesday, Sept. 17, Minneapolis Women's Club 410 Oak Grove. Hosted by the Women's Club of Minneapolis, Downtown Minneapolis Neighborhood Association, and Citizens for Loring Park.

OMAR DEFEATS SAMUELS

U.S. Representative Ilhan Omar defeated challenger Don Samuels by 16,000 votes in the primary. Two years ago, she defeated him by only 2,000 votes.

TECH LEVY QUESTION ON BALLOT

The Minneapolis Public Schools (MPS) School Board approved a technology levy ballot question that will seek \$20 million in additional annual tech funding from Minneapolis taxpayers this fall. If approved, the tech levy would not significantly increase the amount of money MPS spends on technology. Instead, it would minimize cuts to other MPS areas by al-

lowing the general funds currently spent on technology to be used for other programs and services.

SILLY QUESTION SATURDAY

Majority in the Middle is hosting three "Silly Question Saturday" events this fall, to help introduce the public to the state capitol and demystify the legislative process. "The state capitol can be an intimidating place. It's big, it's easy to get lost, and it's full of customs and rules and norms that seem... well... abnormal," said Shannon Watson, executive director of Majority in the Middle. "So we're hosting an opportunity to come learn more about

the legislative process from the people who know it best, before the next legislative session begins."

These free events are appropriate for students, citizens, issue advocates, new (or new-ish) lobbyists and staff - anyone who wants to learn more about what goes on during a legislative session and why.

Events are being held 10:30 a.m. to noon on: Sept. 21 and Oct. 26. The events are free, but space is limited and pre-registration is required. Registration, information on parking, what they mean by "silly questions" and the experts helping to lead the conversation can be found on the Majority in the Middle website (www.majoritymiddle.com/events).

VISION FOR GFS

They spoke of general upkeep that includes picking up litter, straightening up the Book Shelf free library and organizing the Peoples' Closet 24/7 free clothing exchange. They provide ongoing maintenance and repair of structures, like the greenhouse and fist sculptures, and tend to the multiple planters and gardens throughout the space. They even fundraise to keep two porta potties on site.

Different online chat groups meet outside of the twice daily in-person meetings at the Peoples' Way. One, called the "Nerd Herd," was described as "community available for research and deep dives," and another as a forum to assess which of the 24 Demands of Justice Resolution 001 (bit.ly/georgefloydsquare-a) have been met and how to meet the rest.

Jeanelle Austin, executive director of Rise and Remember (formerly called George Floyd Global Memorial), spoke of two principles that guide their work: 1. Everything is someone's offering, and 2. "We are people over property, all day every day."

"Conservation is not just the ephemeral objects, but the story," Austin pointed out. "It's so important that we get the story correct." This includes the experiences of Black neighbors, Black protesters and Black community members who put their bodies on the line to create the Square and keep it safe, but who can't come into these meeting spaces because their trauma is "that real."

Austin also shared that Rise and Remember has had four Black youth interns on board who are learning cultural and arts preservation.

"This is an industry where Black people are underrepresented, so it is so important," she said.

Members spoke of leading pilgrimages, holding vigils and bringing faith communities to the space. They also greet people from all over the country and the world who continue to visit the site daily to pay their respects to George Floyd and other lives taken at the hands of police. Still others mentioned the importance of being visible in protest, community care, and the power of art to uplift people.

Butchy Austin and Raycurt Lemuel of Brass Solidarity, a community band that plays at the Peoples' Way Mondays at 5:30 p.m. in an "active sonic occupation" of GFS, spoke of the power of using music to engage people and support the movement.

"I found my voice in a spiritual way," said Lemuel. A transplant from Washington, D.C., he's heard the saying "We Shall Overcome" for years. "My grandma was there at the Capitol doing the same thing. It's like generation after generation. This is a very important moment for Minneapolis."

For CVC Co-Chair Jennie Leenay, it was important to show the wide range of things already happening in the Square. "We are not starting from zero by any means. We have been doing this for almost five years now, and what I want us to do is continue this work and build up and connect with each other in all our different facets," said Leenay. "No one's going to take care of our community better than we can."

Attendees took part in a brief online exercise that captured their sentiments on a number of topics (including their favorite thing about the Square, important thing(s) the Square does) and generated word clouds based on responses. The word "community" stood out for many of them.

To the question "What is your why?",



Attendees review materials at the city's third visioning workshop held at The Square event center on July 23. (Photo by Jill Boogren)



At the Belfry Apartments/Calvary Church on July 20, Community Visioning Council members discuss many ways neighbors uplift each other and maintain the space at George Floyd Square. (Photo by Jill Boogren)

the word most used was "love," showing a passion for the work that extends well beyond questions of buildings, busing and businesses.

CITY WORKSHOP

A few days after the CVC meeting, about 60 people including city staff and consultants attended the city's third visioning workshop held at The Square event space (3736 Chicago Ave.) wherein preliminary design ideas for the roadway and Peoples' Way were shared.

Nathan Koster of public works presented three options for the streets and sidewalks that make up the right-of-way: open, transit mall and pedestrian plaza. All retain the roundabout at the intersection of 38th and Chicago and allow traffic and buses (the 23) traveling east-west on 38th St. All incorporate green space and wider sidewalks; none include bike lanes. The open option would allow two-way traffic along all of Chicago Ave., while the transit option would allow only transit on Chicago north of 38th St. The pedestrian option would make that same block of Chicago a cul de sac that would close off traffic for the space between the Peoples' Way and UNITY (formerly CUP) Foods. In this option, the buses on Chicago (the D-Line and 5) would detour as they do today.

During a question and answer period, Jay Webb said the meeting should have started in a different way and led attendees in saying the name of Sonya Massey, a Black woman who was killed on July 6 by a deputy who entered her Illinois home after she called 911 about a possible prowler.

"See we're here, we wanna re-envision something. We can't re-envision Sonya Massey," said Webb. "So let's not get it twisted. Stop killing Black people." This sentiment was echoed by others in the

room.

Minneapolis Community Planning & Economic Development's Rebecca Parrell shared five building options for the Peoples' Way, ranging from single to six stories high, each with varying degrees of green space. Building frontage would be on Chicago Ave. for all of the concepts but one, whose main entry would be on 38th St.

Parrell said the city plans to issue a request for qualifications this year, which is the city's process for requesting applications from those who wish to become an owner, developer or steward of the site. The city could either own and lease the property to a business, nonprofit or LLC, or sell it.

Meeting attendees then formed smaller breakout groups to discuss the concepts.

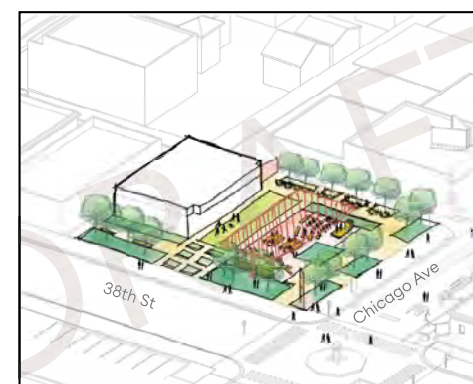
RIGHT OF WAY

Questions and comments revolved mostly around the right of way, with no clear favorite among the three options. This is consistent with the previous workshop (Visioning Workshop #2), the summary for which reads: "There is no consensus on whether the Square should be closed, limited or open."

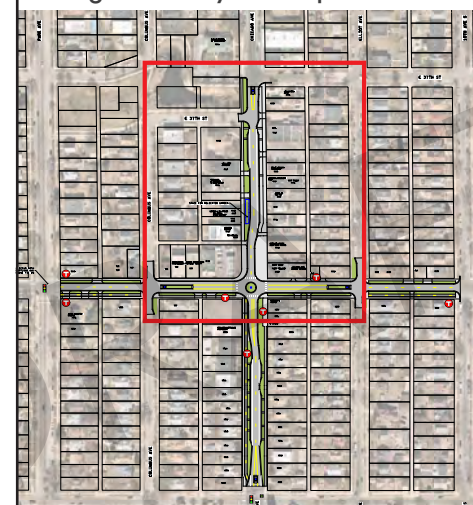
A spokesperson for the first group stated that most of its members expressed disappointment in the pedestrian mall design, which devoted a lot less space to pedestrians than envisioned. The Square has long been defined as "fist to fist": Chicago Ave. from 37th to 39th streets and 38th St. from Elliot to Columbus avenues – so four full blocks rather than one end of just one block – and includes the Peoples' Way and Say Their Names Cemetery.

Another group felt the concepts were very "car forward" and out of keeping with city policy to prioritize pedestrians first, then bicycles, then transit, then vehicular traffic.

Idea A
Enhanced Existing Peoples' Way



Right-of-Way Concept Overall



Others spoke to the need for transit access and parking, with one group describing the challenge of accommodating the "internal community," some of whom want drivability and park-ability, and the "external community," where transit malls and pedestrian plazas make more sense.

There were concerns about disrupting the Mourning Passage, the names of lives lost to law enforcement that are painted along Chicago Ave., and about how long construction would take and its impacts on neighbors and visitors.

There were also calls for environmental impact statements to assess the various environmental impacts of any proposed scenario.

PEOPLES' WAY

Overall, people spent much less time discussing concepts for the Peoples' Way. One group reported wanting to maintain the space for community, whether it was green, covered or closed. Another shared both the feeling that the community is already using the space and attracts people as it is, as well as the opinion that building up would give the opportunity to provide the kinds of programs that will help move forward the vision of people who are already active in the Square. Another group wanted the space to be used by a nonprofit so the community has more say in its operations. Attendees also wanted to ensure the building was open to the public beyond just "museum hours," and there were calls to maintain 24-hour bathroom access.

General concerns were voiced as well, such as whether the 24 Demands have been met, and the difficulty of separating the art and social justice from the place in a discussion focused on technical perspectives. There was concern over the city taking ownership of art and spaces that were created in protest against the same city.

COMING UP

The CVC meets at 10 a.m. on third Saturdays (next on Sept. 21) at Belfry Apartments /Calvary Church (3901 Chicago Ave.). The next city workshops are Aug. 27 and Sept. 24.

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CRAFTIVISM

On July 30, artistic members of Twin Cities Indivisible met at Sue Scott's home in Edina for a Craftivism Happy Hour. Craftivism is the practice of using craft projects to support social causes or as a form of political protest. Button-making, seed art, and painting paddles were all part of the event. Indivisible is a grassroots movement comprising thousands of Indivisible groups nationwide with a mission to elect progressive leaders, and rebuild democracy. The seed art tiles will be included in the MN State Fair's art exhibition.



Diane van Dausen started the meeting by singing a rousing Parody of "Row, Row, Row Your Boat," The lyrical refrain was "Roe, Roe, Roe Your Vote." Jackie Lannin (above) planned to give buttons to friends and wear one to work.



Hilary Bullock, Bill Kaemmerer, Jennifer Bong, and Jackie Lannin examine their button artwork. (Photos by Terry Faust)

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SOTA CLOTHING KEEPS UPTOWN COOL

Spencer Johnson stocks Minnesota-style gifts at his new brick-and-mortar shop in old Patina space

By **Brian Gabriel**

Anyone who thinks brick-and-mortar retail is dead hasn't talked to Spencer Johnson.

In June, Johnson, owner and founder of Sota Clothing Co, opened his third store in the old Patina space between Hennepin and Dupont Avenues on Franklin.

Although Sota Clothing falls outside Uptown's traditional boundaries and commercial hub at Lake and Hennepin Avenues, Johnson said he considers the entire area one larger, Uptown commercial corridor.

For Johnson, who lives in the Lowry Hill neighborhood, opening the store was more than business decision. "I wanted to try do something to be a part of the community and help the community hopefully grow," and to "keep Uptown cool," he said.

Sota Clothing stocks distinctively Minnesota-themed items, including T-shirts and other clothing, much of it designed by Johnson, a University of Minnesota Duluth graphics design graduate, and others like "Goodnight Loon," a homage



Sota Clothing stocks distinctively Minnesota-themed items, including T-shirts and other clothing, much of it designed by Spencer Johnson, a University of Minnesota Duluth graphics design graduate.

to the classic children's story.

"We love creating the experience for our customers at these store fronts, so it's a fun challenge for us, you know," Johnson said.

This appeals to customers like Maren Findlay, who manages the nearby Sencha Tea Shop on 26th and Hennepin Avenue. "I'm a Minnesota girl through and through, and I am always a fan of letting people know that Minnesota is the best state in the Midwest via fashion and accessories," she said.

Johnson said he is grateful that the store's closest neighbor is Sebastian Joe's Ice Cream Cafe, which celebrates 50 years in Lowry Hill. "We are very blessed to be next door to Sebastian Joe's with all their customers coming in every day."

Tim Pellizzer, who with his brothers started Sebastian Joe's and leases the building to Johnson, called Sota's opening "a positive change."

While many local businesses closed following 2020's pandemic, social unrest and current road construction, leaving

stretches of empty store fronts, Uptown's retail troubles may have started before that.

In an interview with the Minneapolis St. Paul Business Journal last spring, Twin Cities hotelier Jim Graves noted that Uptown lost much of its shopping vibe when major retailers moved in. "It lost that small boutique feel," he said.

For Findlay, a co-founder of the new Uptown advocacy group Uptown Community Coalition, Sota Clothing is a start to bringing back unique stores that made Uptown a go-to place to shop. "We are really hoping to see more small, local, community focused business filling in the vacancies in Uptown," she said.

"I am very hopeful that Uptown can start turning, you know," Johnson said, echoing Findlay's sentiment. "I think the moment the momentum starts coming and people see the opportunity, I hope, people will follow."

Johnson points to the commercial success of neighbors like Sebastian Joe's and LITT Pinball Bar, which took over the old Liquor Lyle's space at Hennepin and Franklin.

"We believe that retail is still strong," said Johnson, whose other two stores are in St. Louis Park and Stillwater. "I think there will always be a need for retail."

So far, Johnson said he's been comfortable with daily, in-store traffic. "The store's good! It's slowly picking up every day," he said. "It will just be us now pushing the marketing [of the new store]."

For more information about Sota Clothing Co and store locations, go to www.sotaclothing.com.

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EVENTS

U OF M AT THE STATE FAIR

The University of Minnesota System has showcased its contributions to Minnesotans at the State Fair since 1859. Today, 165 years later, the university will have 12 days of events and exhibits that highlight the statewide impact of research, education and outreach from each of its five campuses during the 2024 Great Minnesota Get-Together.

U of M students, faculty, staff and volunteers will engage with fairgoers in more than 10 locations across the fairgrounds, including a completely redesigned U of M Central experience in the Crossroads Building. A wide variety of experiences demonstrate the importance and value of the University of Minnesota in the lives of all Minnesotans – from talented youth in the 4-H Building to dedicated U of M veterinarians in the Miracle of Birth Center, active University researchers in the Driven to Discover and Agriculture Horticulture buildings, and U of M experts and volunteers spread throughout the State Fair.

Clear U of M tote bags will be given away daily at the U of M Central Building at 11 a.m. and 5 p.m. Supplies are limited. Visitors can enter into a drawing for a \$5,000 undergraduate tuition scholarship good at any U of M campus, or one of three "Discover the University of Minnesota System" prize packages.

Free shuttles run daily from parking locations on the east bank of the Twin Cities campus in Minneapolis (with the exception of Aug. 29 due to Gopher Football). The public is welcome to park and ride for free from various surface lots on campus. For detailed transportation information, visit mnstatefair.org/transportation.

NEW SIGNS AT THEODORE WIRTH PARK

More than 100 new signs or wayfinding kiosks are being installed across Theodore Wirth Regional Park right now! Soon visitors to the largest park in the Minneapolis park system will be greeted by large welcome kiosks with maps and park information at every parking lot and major gathering spot. In addition, new smaller



The third annual Art on the Edge festival in Linden Hills moved to Zenith Ave. along Linden Hills Park on Aug. 10, 2024, and doubled to 80 vendors. "It was magical," said co-organizer Kelly Wagner of The Edge. The Southwest Connector sponsored the event.



signs will help guide trail users to various destinations within the park.

It will take several weeks to install all of the new signage and kiosks. No significant trail closures or detours are expected. The Minneapolis Park and Recreation Board appreciates the public's patience as work progresses on this project, which will make Wirth Park more accessible to a greater variety of users.

GROUP BIKE RIDE AUG. 28

The LHENA Environmental Commit-

tee is organizing a group bike ride on Aug. 28 at 6 p.m. Start at Mueller Park. Expect a family-friendly pace.

MURALS FROM THE UPRISING

An exhibition of the murals that appeared in the Twin Cities following the May 25, 2020, murder of George Floyd by Minneapolis Police will be at the Katherine E. Nash Gallery at the University of Minnesota from Sept. 10-Dec. 7. A free public program will be on Saturday, Sept. 14 at 6 p.m. with Leslie Guy, Seitu Jones,

Leesa Kelly, and Amira McLendon followed by a reception from 7-9:00 p.m.

OPEN STREET LYNDALE AUG. 24

Open Streets along Lyndale from 22nd St. to 36th St. will be Saturday, Aug. 24 from 11 a.m. to 5 p.m. Lyndale Neighborhood Association is thrilled to partner with Painter Park's upcoming Back 2 School Jam (11 a.m.-2 p.m.). Visit the table in front of Painter Park to learn more about LNA programs and how to get involved, and complete the park scavenger hunt for a chance to win a Sonny's Scoop gift certificate or a free pass to the Minnesota Children's Museum.

OPEN STREET NICOLLET SEPT. 28

Nicollet Open Streets is back this year with two miles of music and magic! Save the date for Saturday, Sept. 28, 2024 from 11 a.m.-5 p.m. The route will run along Nicollet Ave. from 31st to 46th St. The last time this event was held in 2019, it brought over 15,000 people into the community to discover all the things that make it a vibrant corridor and community. Every business, artist, and street participant must register to participate. Visit <https://bit.ly/NicolletOpenStreets2024> to register.

NEIGHBORHOOD SUPER SALE SEPT. 7

Neighborhood Super Sale is set for Saturday, Sept. 7, 9 a.m. – 3 p.m. in East Bde Maka Ska, East Isles, Lowry Hill, Kenwood, and Cedar-Isles-Dean. Find new treasures at the Neighborhood Super Sale! A wave of yard sales will happen across Find an interactive map of sales on neighborhood association websites.

SOO VISUAL ARTS CENTER EXHIBITION

SooVAC is proud to present three solo exhibitions by Lela Pierce, Ruthann Godollei and Krista Anderson-Larson. Each artist is fearless in the truths they seek in this world, in multiple mediums with fierce unflinching voices, according to organizers. The exhibitions run from Sept. 21 – Oct. 27, 2024.

OPEN DOOR 19

Artists, get ready! Open Door 19 is on the horizon at Rosalux Gallery. The Juror will be announced in early September on the shop website, along with the open call. Open Door 19 will run Dec. 7-29, 2024.

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BUSINESS FOR THE YOUTH

Students at Southwest High School practice business skills while giving back to Afghan refugee children

Positive impacts on a community don't always need an adult to start change.

Business for the Youth, founded in April 2023, developed from the mind of Sam Vahhaji during his sophomore year at Southwest High School.

Vahhaji was running a slipper business on Etsy that garnered success, and his business prowess drew the attention of his classmates. "All of my friends wanted to



By Evan Vezmar

know how I got this business to be super big, and so I thought, 'why not make a club out of it,'" Vahhaji explains. Business was only the first step of Vahhaji's club, as he soon transitioned to a club teaching students how to run a business and finally to a certified nonprofit. "We would do weekly meetings, and I would teach them how to run a business," Vahhaji says. "One week it would be how to run a drop-shipping website or how to have a successful clothing brand. And I wanted something impactful to come out of it, so I decided to combine service with [the club]."

Business for the Youth began in the halls of Southwest High School, and started raising money through food sales. Their first event involved club members selling Raising Cane's to the school community. \$400 later from the food sale, "We initiated a toy drive for Afghan refugee kids and used some money to buy supplies... We had it up for a course of two weeks and we got close to 150 donations,"



Business for the Youth President Sam Vahhaji (left) and Vice President Shivani Patel hold toy stockings before giving them out to Afghan refugee families. "I just want to be able to make kids my ad leaders within their community," said Vahhaji. (Photo submitted)

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Vahhaji says. The food sale and toy drive were fueled by Business for the Youth's mission of "engag[ing] students in acts of service through business transactions."

Business for the Youth has forged a strong relationship with Alight, a global nonprofit focused on aiding and welcoming displaced peoples into new places. Minnesota's branch particularly provides resources like health products and shelter for Afghan immigrants. The toy drive stemmed directly from conversations with Alight leaders about Afghan families that had recently come to Minnesota.

Vahhaji learned about Alight's work through his mother's work. "My mom is a medical interpreter. She works with Afghan refugee children. My mom was telling me about them... and I wanted a way to help them. I met with one of the families, and I spoke Dari with them," Vahhaji says. Vahhaji speaks Farsi, but understands Dari well because Dari generally only differentiates from Farsi in accent. Dari is commonly spoken in Afghanistan while Farsi is spoken in Iran. "My mom said that Alight is one of the biggest organizations helping Afghan refugees within Minneapolis. I sent Alight an email... and pitched the idea of wanting to help Afghan kids."

Vahhaji also drew inspiration for his service with Alight from his own experiences learning English. "English is my second language... I didn't speak English fluently until first or second grade, so I felt like an outlier in my own community," Vahhaji explains. "I know how hard it is to adapt to a place where you can't speak English. I heard their stories and how hard it was to come to America after living most of their lives in Afghanistan. We were able to build a friendship with them."

Certain aspects of Business for the Youth's activity are unique to other nonprofits, notably the intersection of busi-

nesses and service to communities in need. Business and service may not have a direct relationship, but there was no doubt in Vahhaji's mind what he wanted to use his club for.

"Business itself is very [leadership-based]. You are the one making the rules. I think that business is something that a lot of kids want to learn," Vahhaji shares. "I've had so many other businesses, and it's developed me as a person."

The group's emphasis on self-reliance and innovation inspired the formation of new chapters around the Twin Cities. "A lot of my friends from other high schools... wanted to have a Business for the Youth at their school," Vahhaji says. "So I thought 'why not make this organization into a chapter-based organization so we can impact more communities outside of the Southwest Minneapolis area?'"

Business for the Youth will open a chapter at Washburn High School and Saint Paul Academy this coming fall, also run by students attending those schools. A chapter at Edina High School is expected, as well.

The group has quickly outgrown the walls of Southwest High School. Business for the Youth boasts 21 chapters across the United States, from California to Massachusetts. By the start of this year, Business for the Youth will even have a chapter in Turkey and in India.

The power of youth also shines through the nonprofit's mission, as the group is entirely run by high schoolers. From events to website and Instagram management, students took initiative to create the successful organization.

"I just want to be able to make kids my age leaders within their community," explains Vahhaji. "Perhaps if college doesn't work, Business for the Youth prepares them

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IN-PERSON

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ONLINE

Red Lake Nation College's downtown Minneapolis campus is one of first tribal colleges in a major U.S. city

By **Tesha M. Christensen**

The newly open Red Lake Nation College in downtown Minneapolis is one of the first tribal colleges in a major U.S. city and is reaching a "never-served" community," according to Dan King, Hereditary Chief at Red Lake Nation and President of Red Lake Nation College (RLNC).

"Our grand opening represents a significant step towards providing accessible education to Native American communities living in urban areas," said King. "By establishing our Minneapolis location, we are pioneering a new era of tribal college presence in major metropolitan centers, offering globally relevant courses steeped in Ojibwe culture to prepare students for success in the modern job market."

Close to the Franklin/Lake St. Native community, the Minneapolis campus at 900 S. 3rd St. across from the U.S. Bank Stadium is near bus and light rail lines. The new facility is a blend of old and new, in keeping with the RLNC vision of honoring and adapting. Two 1905 brick buildings are joined together with a new addition that features the same graphite siding as the U.S. Bank Stadium. The original wood floors were preserved, and the brick and timber highlighted. New large, storefront glass windows were installed, along with new wood glulam ceilings. The architect on the project was Sam Olbekson of Full Circle Indigenous Planning, an enrolled member of the White Earth Nation of Ojibwe.

Construction occurred from April 2023 to April 2024. The tribe paid \$4.2 million for the three buildings, and another \$12 million for the renovation. The \$16.2 million facility is fully paid off. Native-owned Loeffler Construction oversaw the project. RLNC expects to earn revenue through rentals based on their prime location and rooftop views.

According to Minnesota Compass, 44.2% of Minnesota's American Indian population resides in the Twin Cities, yet until now, there was no TCU (Tribal College and University) in the cities that provided culturally-based higher education. RLNC began offering courses through distance education in downtown Minneapolis in fall 2021.

"It's not an under-served community. It's a never-served community," said King during the grand opening on Thursday, June 6, 2024.

CULTURALLY BASED

"I had been looking for something that was more culturally based," said Marissa Martin, who lives in the Como neighborhood of St. Paul near the State Fairgrounds. She had considered other options in the Twin Cities around where she grew up, as well as going to the Red Lake Nation College campus in Red Lake. But she didn't necessarily want to move and was glad to be able to attend a tribal

FIRST TRIBAL COLLEGE OPENS IN TWIN CITIES



Longfellow resident Eliza Washington said that Red Lake Nation College "gave me a place to find myself and learn about myself, my history and where I come from. They don't teach you that stuff in mainstream schools." (Photo by Tesha M. Christensen)



"Culture is embedded in everything we're learning," stated Marissa Martin. "It all comes down to identity and feeling really safe here."

she said. "Culture is embedded in everything we're learning," stated Martin. "It all comes down to identity and feeling really safe here."

A PLACE SHE FOUND HERSELF

Minneapolis resident Eliza Washington lives in Mino-Bimaadiziwin Apartments – a multi-use, affordable housing complex in Minneapolis developed by Red Lake Band of Chippewa Indians at 2107 Cedar Ave. She was the second person to move in there, and that's how she heard about the new RLNC campus. She started taking online classes in the spring of 2022 when the Minneapolis location was occupying one building. "It's been kinda neat to watch it unfold," Washington said. One year previously, they had stood there with a pile of shovels as the project to renovate and unite the two buildings began. She was part of brainstorming sessions to discuss what they wanted in the college campus building. The new campus is bright and open, with natural light from windows with scenic views of downtown. There are indoor and outdoor spaces to study and learn. It has the latest in technology with multiple screens in various rooms.

Washington grew up in Duluth,

college near her home when she enrolled last year.

She appreciates the course offerings in Indigenous knowledge and small class sizes. It's also valuable to her to be taking classes with other Indigenous students who have similar goals and to be taught by Indigenous teachers,

she said. "Culture is embedded in everything we're learning," stated Martin. "It all comes down to identity and feeling really safe here."

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Washington grew up in Duluth,

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graduated from a public non-tribal high school in 1996, and moved to the Twin Cities in 2006. She attended Lake Superior College and checked out Fond du Lac Tribal and Community College in Cloquet, but she didn't have the same experience at those two schools as she has at RLNC. "Here I feel like I'm more seen, hear and valued. It's like a family feel here," said Washington, who is part of the Leech Lake Band of Ojibwe.

She values the Native history and Native language that are part of the core curriculum at RLNC. It's the first time she has learned these subjects in a school setting. "It gave me a place to find myself and learn about myself, my history and where I come from," she remarked. "They don't teach you that stuff in mainstream schools."

Washington is also part of the staff at RLNC, working full-time as a business office specialist. "They like to grow their own," she observed. She has two classes left before she graduates with an associate of arts degree in tribal education.

Initially, Washington was worried about going back to school in her 40s, but she found a student body made up of people ages 20 to 50. "There's a good group of us. We all hang out together," she observed. The student body is expected to grow from 100 to 180 for the 2024-2025 school year now that the construction project is complete.

73 PERCENT OF STAFF IS INDIGENOUS

Red Lake Nation College (RLNC) was established in 2001 to serve the Red Lake Nation in Red Lake, Minn. Red Lake Nation College offers a range of certificate and academic degree programs designed to empower students and strengthen the Red Lake Nation community in a higher education environment that honors students' Indigenous identities.

About 80 percent of the students at RLNC are first-generation college students.

Seven Grandfather Teachings – Ojibwe Values

- Dabasendizowin - Humility
- Debwewin - Truth
- Zoongide'iwin - Courage
- Gwayakwaadiziwin - Honesty
- Manaaji'idiwin - Respect
- Zaagi'idiwin - Love
- Nibwaakaawin - Wisdom



Diginaries, students and community members gather to celebrate the opening of the first urban Indigenous college campus on Thursday, June 6, 2024. (Photo by Tesha M. Christensen)

Over 73 percent of staff and faculty are Native. The school seeks to serve students anywhere – which includes a HyFlex option that gives students the ability to attend remotely.

RLNC welcomes students of all tribal backgrounds through its open-enrollment policy.

Their "secret sauce" according to King is small class sizes, personalized, one-on-one attention, intrusive counseling, family connections with students, a Native perspective stemming from the seven Ojibwe values, mentorship and role modeling, and a support system that includes tutoring, counseling, emergency funds and food.

The school is experiencing a 35-40 percent increase in enrollment each year.

RLNC has earned the highest level of accreditation in the United States through the Higher Learning Commission. It involved a 10-year, \$15 million investment. This means that RLNC meets the same academic standards as other major universities, including the University of Minnesota, Purdue University and the University of Michigan. Through academic partnerships, there is an ease of transfer with no cost for RLNC students to transfer to all MNSCU schools and articulation agreements with other four-year universities such as Augsburg University.

RLNC students typically leave with zero debt as there are no loans, only grants. All students receive a tech backpack with a computer and internet access. The average debt load for a two-year college graduate is \$33,000.

RLNC two-year graduate rates are at 45 percent – which is at or near the top 10 percent in the U.S. for two-year colleges.

Students are graduating at the highest rates ever and graduates are transferring to the University of Minnesota, Bemidji State University, Metro State, Augsburg and even Dartmouth.

"Our motto is 'we're a great place to start,'" stated King.

8 BUSINESS FOR YOUTH

for the next step of wanting to be a leader for themselves."

The organization is now a certified nonprofit and boasts many members within Southwest High School and beyond. Vahhaji highlights the potential of student-led clubs and groups, particularly when they are focused on cooperation. "I think youth-led organizations are super important because there's no adult in the room, and so you all have to work with each other and hear everyone out. For Business for the Youth, it's very collaborative," Vahhaji says. "Within Southwest,

we were super successful. We were able to work really well with each other... We're ultimately hoping to lead to more change within everyone else's communities within the chapters."

Vahhaji also credits Business for the Youth vice president Shivani Patel, Chapter Coordinator Madeline Gray, and Event Manager Evie Stukle with the nonprofit's success across Minnesota and the United States. However, he doesn't forget about the volunteers during events that allow for Business for the Youth's growth. "I definitely wasn't able to do this alone... All that collaboration within the organization has been able to bring it to where it

is today."

Even as Vahhaji enters his senior year of high school and prepares to go to college, he hopes to remain involved with Business for the Youth. "I really want to still work with Business for the Youth in college," says Vahhaji. "We also want to have another executive leadership board in high school so they are fully able to work on everything."

Vahhaji lays out his plans for Business for the Youth and his goals for its future endeavors. "I just want to get Business for the Youth as big as possible because all we want is change within our community and helping underrepresented people," Vahha-

ji shares. "Our chapter... really focused on helping Afghan refugee children, but any other chapter wherever they are could help any underrepresented people. My hope is getting [Business for the Youth] as big as possible and just making as much change within people's communities."

More at businessforyouth.org or email businessforyouth@gmail.com.



Evan Vezmar is a senior at Blake School, and is on the staff of the Blake School *Spectrum* newspaper. He resides in southwest Minneapolis.

HOW THE HOMELESS POPULATION PROTECTS THEMSELVES

By **Lyric Rogers**

This is a story that I was reluctant to share at first, but it needs to be heard.

Here's some background. The time is 1:50 p.m. on July 17. I had just finished interviewing several people while field reporting in Minneapolis for a youth journalism program led by the Youth Community Journalism Institute at the Strong Mind Strong Body Foundation.

It was hot, and I needed to get back to our "field base" to pack up the cameras and tripods.

I had just seen two cop cars pull into a parking lot, which caught my attention because there was a gathering of homeless people on the corner, and I was somewhat worried that they'd be in trouble, or worse, arrested.

Then I noticed something that scared me half to death – two homeless people making a deal. One handed over a wad of cash, the other a pistol.

What's worse is that I had just been over there talking to them, so I could've been shot.

What was on my mind was different than what is now.

At the moment, I was afraid that then they'd be seen by the cops and arrested.



Then my mind went elsewhere. It was along the lines of "Maybe he doesn't feel safe because he lives on the streets?" or "Maybe it's something more like a gang dealing."

It could be wrong.

There's a 100,000 different possibilities, and it's not always the worst case scenario.

At the same time, it's something that I've never seen before, no matter how long I've been around dangerous people.

(I'm not saying homeless people are dangerous. I just would like to put into perspective that many people can be dangerous, and I've still never seen it.)

It is my hope that the gun that I saw purchased will never be used, or need to

be used. Violence is not the answer, even if someone has been violent.

Ninety percent of the time, there's another way around things, but I don't know what it's like to be homeless now. It's been 10 years.

What matters the most is that the homeless population doesn't feel safe, and that they feel it's necessary to purchase firearms as a means of self protection.

That shouldn't be the case, so the question I'll leave you with is this: Why does the homeless population feel it's necessary to buy and possibly use firearms in Minneapolis?

And what does the city do that makes them feel that way?

WATCH: YOUTH COMMUNITY JOURNALISM ON HOMELESSNESS IN MINNEAPOLIS @

www.youtube.com/watch?v=E4bupjhEmSU

▶ Lyric Rogers graduated from Ella Baker School in June 2024, and is a ninth-grade student at South High School. This article was first published in Ella Baker News, the online school newspaper for Ella Baker School in Minneapolis.

HISTORIC PARK STRIKE ENDS

The strike by about 300 workers was the first in the history of Minneapolis Parks and Recreation Board

By **Cam Gordon**

On Aug. 7, 2024 the Minneapolis Park and Recreation Board (MPRB) approved a new contract with the LIUNA Local 363 labor union and ended an historic and contentious rift between the MPRB administration and some employees.

This followed the 363 park workers' vote to approve the new contract on Aug. 1 that ended the first strike in the park system's 141 years of existence. The strike began on July 4.

The Local 363 labor group includes a little over 300 park employees from the

forestry division and others responsible for park upkeep. As a result of the strike the Minneapolis Pops Orchestra canceled their July 6 and 7 shows in the park, and the Minnesota Orchestra canceled its free Lake Harriet Symphony for the Cities.

The new contract includes 10.25% pay increases over three years and a \$1.75 an hour market adjustment. The union also reported that it nearly doubles the number of guaranteed permanent positions, retains union rights for all seasonal workers, expands contract rights around leave, and doubles compensatory time off for working overtime.

During the strike, there was picketing and lobbying, including at parks and board meetings.

On July 18, the MPRB filed an Unfair Labor Practice Charge against Local 363 for violation of state law that prohibits employee organizations from "picketing which unreasonably interferes with the ingress and egress to facilities of the public employer." According to the park board,

picketers were blocking delivery trucks and employees at park buildings, including at the park's operation center and some park restaurants that are operated by independent local small businesses.

The union also filed charges of unfair practices against the board claiming it was using misinformation to undermine the workers.

Over the course of the strike many people, including local elected officials, pressed the park board and the union to work out an agreement.

Park commissioners Becky Alper and Tom Olsen tried unsuccessfully to get a resolution on the board's agenda that would have called on staff to move forward the negotiations, take some provision out of their proposal, and end the strike amicably.

Ward 12 City Council Member Aurin Chowdhury, Ward 9 Council Member Jason Chavez and Ward 2 Council Member Robin Wonsley authored a resolution affirming support for the striking park workers and calling on park board leadership to negotiate a fair contract.

On July 3, Ward 7 Council Member

Katie Cashman used an online forum to say, "Let's show park employees how much we appreciate their dedication to our beautiful public spaces and facilities by supporting their strike for a fair union contract."

With the agreement, both sides expressed satisfaction.

"The Minneapolis Park and Recreation Board is excited to move forward and continue providing great service to our park users and residents of Minneapolis. Parks are about people, and we have always counted on hard-working employees. We are glad resolution was reached and we can move forward," said MPRB Superintendent Al Bangoura.

"We stood up against anti-worker, union busting at the Park Board and sent a clear message all workers deserve dignity and respect," said AJ Lange, Business Manager of LIUNA Local 363. "To everyone who supported us – joining picket lines, contacting commissioners, signing our petition, and donating to our hardship fund – your solidarity made a crucial difference. This victory belongs to all who stood with us."

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TEAMING UP FOR GOOD

The two biggest questions in local real estate are:

1) How is the Aug. 17 new rule about real estate commissions going to affect us?

2) What is going on in real estate?

Regarding the second question: Everybody seems to think we are going gangbusters. People outside the industry are constantly saying to me, "Wow, you must be super busy right now!" And I'm like, "Huh?"

We just now experienced a 10-year low in springtime pending sales.

Did you know this? It has been 10 years since so few houses sold in the spring.

Historically, May, June and July are biggest selling months. This year, we are at a 10-year low.

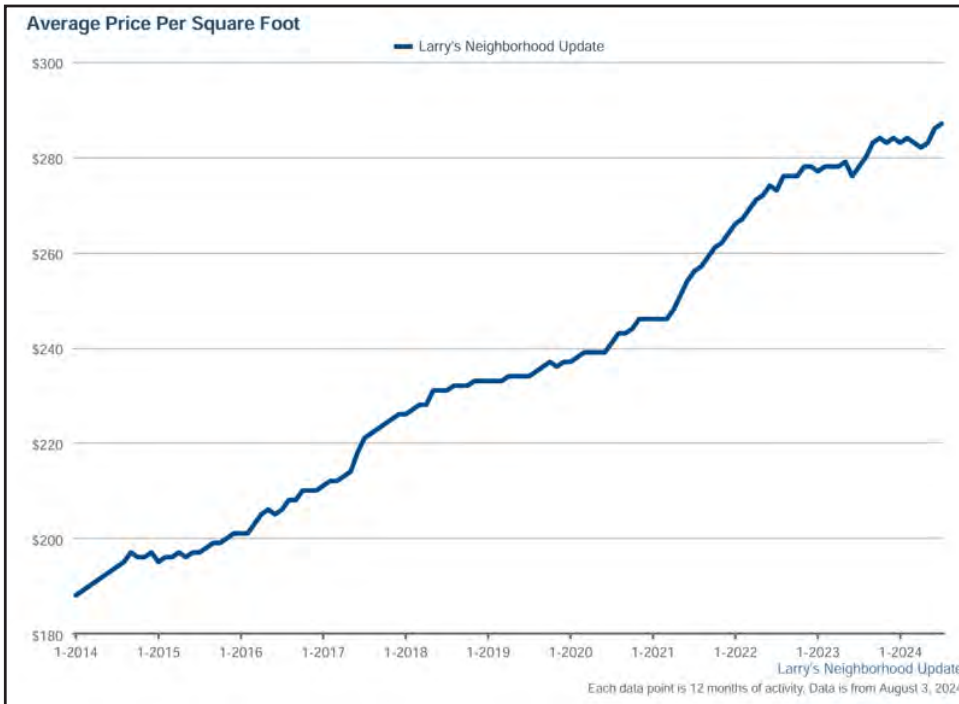
And guess what? Prices are holding. Prices in Southwest Minneapolis have risen steadily, and just now, in the worst spring market for 10 years... prices still went up.

As I've said before, Minneapolis housing values are still far from their peak. They will be up again next year, regardless of interest rates. (Unless, you know, something catastrophic happens.)



By **Larry LaVercombe**

HERE'S WHAT'S HAPPENING LOCALLY



Despite there being fewer houses sold this spring, prices did not fall.

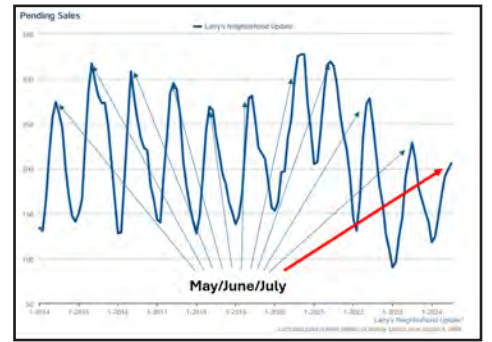
MY OPINION – If you are a buyer, prices will not be lower next year.

More sales activity will mean higher values, not lower. And as global warming continues, Minnesota becomes more and

more attractive.

REGARDING THE FIRST QUESTION:

The new rule that takes effect this month: Listing agents may no longer pub-



Spring 2024 pending sales were at a 10-year low.

licly announce on MLS what the seller will be paying in buyer's agent commissions. That new rule created by the National Realtors Association is the result of a Missouri lawsuit back in March. You may have heard about when it was big national news a couple months ago, and I wrote about it back in April.

What will happen? How much will it change things? We don't know yet, but I'll tell you when I know more! Stay tuned!



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.

FROM YOUR CENTER WITHIN

Recently I have been invited to become a course director for the Integrative and Functional Medicine fellowship at the Susan Samueli Integrative Health Institute. The topic for my course for the physicians choosing this program is "Introduction to Spirituality and Medicine." This topic is near and dear to my heart as it combines my practice as a health coach, pharmacist, and spiritual director.



By **Michele Rae**

WHAT DOES RESEARCH TELL US ABOUT THE IMPACT OF SPIRITUALITY ON WELLNESS?

Research on the positive impact of spirituality and spiritual practice on a person's health and well-being is extensive and impressive. The article "Beliefs and Practices Regarding Spirituality as a Healthcare Strategy" concludes spiritual engagement helps to support a psychological outlook that is necessary for fighting and surviving diseases and coping adequately with life's tragedies.

Research also shows that spirituality can cultivate positive beliefs, comfort, strong mental, physical and emotional health, and promotes healing. Surveys show people believe that their spirituality results in reduced anxiety, depression and suicide.

WHAT IS SPIRITUALITY?

WELLNESS AND SPIRITUALITY

National wellness Institute has developed an interdependent model for the Six Dimensions of Wellness. They define spiritual as the development of an appreciation for the depth and expanse of life and natural forces that exist in the universe. The holistic flow model of spiritual wellness defines spirituality as the flow of life energy that allows individuals to be active in all dimensions of their life. It connotes an experience of connection to something larger than the person, living everyday life in a sacred reverent manner.

Spirituality can be shared in community and can enhance belonging, meaning, purpose, compassion, peace, care for the environment, and connection to nature. Spirituality often involves service and social justice. Some spiritual communities follow a particular religion which are most often based upon the lives, teachings, and beliefs of a historical or archetypal figure. Spirituality is inclusive and is a universal aspect of human beings that can be found in all cultures expressed in a variety of ways.

WHAT IS WELLNESS?

Throughout time and across cultures, the term wellness has been defined and applied in many ways. Healing techniques vary from culture to culture. If you are a health care provider, educating yourself on cultural competencies is essential for preventing and treating illness.

WE CAN CONSIDER WELLNESS AS:

- As multicultural and holistic, involving multiple dimensions.
- Resilience to function optimally and thrive within one's current environment.
- Intentional, self-directed, and evolving process of achieving one's full potential.
- Lifestyle, mental/emotional/physical/spiritual health, and the environment.

IS SPIRITUALITY IMPORTANT TO YOUR WELLNESS?

If so, consider these strategies to support your optimal health and healthcare experiences.

- For your mind**
 - Read sacred texts to learn about ageless wisdom
 - Practice ritual and ceremony alone or in groups
 - Utilize mindfulness techniques
 - Journal regularly for deeper insights
 - For your body**
 - Move your body through yoga, tai chi, qi gong, or exercise
 - Incorporate breath work
 - Spend time in nature
 - Sing and chant
 - For your heart**
 - Offer service through volunteering
 - Practice acts of kindness
 - Support others in your community in a time of need
 - Spend time praying, meditating, or intention setting
- Ask for what you need from your

healthcare providers. (More on self-advocacy and your health the Southwest Connector March 20, 2024 issue). Let them know about your spirituality and ask it to be included into your wellness and treatment plans.

Research shows there are health benefits to incorporating spiritual needs into clinical practice. It enhances a patient's ability to recover from illnesses. One study highlights the positive value of paying attention to spirituality in serious illness and in health as it shifts to whole person-centered care, not just a patient's disease.

There is also evidence that better treatment decisions are made when spirituality is a factor in decision making. A study on end-of-life outcomes showed that spiritual support from a patient's medical team resulted in greater hospice utilization, less aggressive interventions, and fewer ICU deaths.

You are a whole mind-body-spirit person. You know your values, meaning, and purpose better than anyone. (More on what values support community health in the Southwest Connector May 15, 2024 issue). Provide the best care possible for yourself and ask your care team to do the same.



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.

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FAIR TIME, THEN FALL TIME

The 2024 State Fair starts Aug. 22. That can only mean one thing for transit fanatics: special State Fair bus service! Unfortunately, the express bus from Dunwoody and the dedicated local 960 haven't run since 2019. The best way for people in the Southwest Connector readership area to go to the Fair by bus is to go downtown and transfer to either Route 3 on Washington Ave. or Route 61 on Hennepin Ave. Route 3 is more frequent and goes closer to the main gate. You can also take advantage of dedicated free shuttles from parking lots, mostly in the Saint Paul area. Several areas offer Fair express buses for your suburban friends. Please go to <https://www.metro-transit.org> for more details.



By John Wilson

Of more lasting importance, though, are the schedule changes which began

Aug. 17, 2024. The ones that affect the Southwest Connector readership area the most are:

- The Orange Line (I-35W between downtown Minneapolis and Burnsville) now runs every 10 minutes instead of every 15 minutes between 7:30 and 8 a.m. northbound and between 4 and 4:30 p.m. southbound on weekdays. It will also run every 15 minutes instead of every half hour between 11:30 a.m. and 6:30 p.m. on Sundays.
- Route 4 (Lyndale and Penn Aves. S.) becomes a Better Bus Route (capitalized because that is the actual name of the program). Stops will be about once every two blocks instead of every block, to increase speed. Some stops are being moved to after the intersection, rather than before, to avoid buses being stuck at red lights. Some no-parking zones at bus stops will be bigger so the bus can pull in closer to the curb. Concrete pads are being added to some stops to make them more accessible. There will be newer bus shelters where

needed, and signal priority on Lyndale. Metro Transit has given similar treatments to Routes 2 and 17 in the last few years.

- School day-only trips are coming back to Routes 6, 11, 18, 21, and 46. Afternoon times are slightly different this year because school hours have changed.

Metro Transit can also be a good way to go to Twins games at Target Field and Minnesota United FC games at Allianz Field. The Blue and Green Lines both go to Target Field; the A Line and the Green Line go to Allianz Field.

You may notice colorful circles, dots, and spots at some bus shelters. No, a kindergarten art class didn't just go wild at your local bus stop; these are part of a Metro Transit promotion. Just post a photo of one of these shelters, preferably with you in the photo, with the hashtag #SpotTheStop and you could win a Go To card containing \$25 worth of ride value. Details are on the Metro Transit website. Hint: one of these shelters is at 32nd and Nicollet. Keep looking for them and happy hunting!

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

NEIGHBORHOOD NEWS



LAKE CLEAN-UP

East Bde Maka Skat thanks the neighbors who helped out at the July Bde Maka Ska Cleanup. The next one will be Saturday, Aug. 24 from 8:30 to 10:30 a.m. Meet on the lake footpath off West 31st St. and East Bde Maka Ska Parkway.

FISHING IN THE PARKS

CIDNA collaborated with Kenwood and Lowry Hill Neighborhood Association for its third year on the Fishing in the Parks event on Aug. 3. DNR co-hosted and assisted in teaching residents the basics of fishing. ARTrageous Adventures also provided a fishy Creation Station to ensure every child could catch a fish.

HISTORY STUDY GROUP MEETS

Through memories, research, and photographs, descendants of four families who put down roots in different parts of Linden Hills will compare and contrast their personal experiences and those of their forebears, building homes and navigating events of the 20th century on Thursday, Sept. 12, 7 p.m., St. John's Episcopal Church (4201 Sheridan Ave. S). Politicians, writers, publishers, businessmen, developers, church elders, and neighbors: attendees will find some of their challenges curious, and others very familiar. Everyone is welcome. For more information, visit www.lindenhillshistory.org or email contact@lindenhillshistory.org.

MIA RECEIVES 43 ARTWORKS

The Minneapolis Institute of Art (Mia) has received a bequest of 43 artworks from the estate of distinguished local collectors Drs. Norman and Brenda Canedy. The gift of European art is comprised of 13 paintings, 24 drawings, and 6 prints, and includes notable works both by artists new to Mia's collection – such as Antonio del Castillo, Michele Rocca, and Christoph Unterberger – as well as pieces that enhance Mia's current holdings of other works by artists such as Giulio Bonasone, Gioacchino Assereto, and Scarsellino. Longtime supporters of Mia since the 1960s, this gift from the Canedys is a fulfillment of years of commitment to the museum. Norman passed away on May 4, 2020, and Brenda followed on August 2, 2023, leaving their collection to Mia, where much of it has been on long-term loan since 2017.

SHERIFF WITT LISTENING SESSION

The listening session with Sheriff Witt has been rescheduled for Thursday, Sept. 19, 6 p.m., at Saint Mark's Episcopal Cathedral (519 Oak Grove). It is open to the public. Engage in relationship-building discussions on the needs of the community. More at www.ourcathedral.org.

CITY BRIEFS

NEW CIVIL RIGHTS DIRECTOR

Michelle Phillips has been hired as the city's new Director of the Civil Rights Department. She previously worked as inspector general for Oakland, Calif. and as deputy inspector general in Baltimore. She will oversee enforcement of the Minneapolis civil rights ordinances, investigating discriminatory practices, and promoting the understanding of civil rights throughout the city and the operations of the police conduct review process.

MIDTOWN GREENWAY PLAN

The Minneapolis Park and Recreation Board (MPRB) may add the Greenway to the Metropolitan Council's regional trail system. The draft plan needed to do so was open for public comment until Aug. 5. A public hearing will likely be held later this year. The plan needs to be approved by MPRB and Metropolitan Council before implementation.

BUDGET WORKSHOP

Ward 7 Council Member Katie Cashman is hosting a workshop for Ward 7 stakeholders with the city's budget director and the chair and vice chair of the city council's budget committee, Ward 10 Council Member Aisha Chughtai and Ward 11 Council Member Emily Koski. At the workshop, on Thursday, Sept. 26 at the Woman's Club (410 Oak Grove St), information about the budget process and proposal for 2025 will be presented. Peo-

ple will be invited to share priorities and ideas.

HENNEPIN DUNWOODY BIKEWAY

The city is making improvements to the bikeway along Hennepin and Dunwoody Aves. Changes will include better pedestrian ramps, curb extensions, pedestrian refuge medians, traffic signal improvements, and utility improvements. The layout was approved in 2023, and construction will begin soon. The city hopes this will better connect Lowry Hill and Bryn Mawr to Loring Park and downtown, as well as Dunwoody College, Minneapolis College, the Basilica of St. Mary and a new Green Line Station.

CEDAR LAKE ROAD BRIDGE

The concept layout and necessary easements have been approved for the reconstruction of the Cedar Lake Road bridge over the BNSF railroad in the Bryn Mawr neighborhood. The project, slated to take place in 2027, involves the entire right-of-way, and will include bridge replacement, new sidewalks, pedestrian ramps, bicycle accommodations, pavement, curb and gutter, and utility improvements. The project will also include lighting improvements, new signs, and new pavement markings.

UPTOWN SAFETY AMBASSADORS?

The city has funded a safety ambassador pilot program for the Uptown that has yet to be started. The city's 2024 Budget included \$3 million for 10 community safety ambassador pilots throughout the

city, including \$300,000 for Uptown. This could cover over 5,000 hours of ambassador time, according to Ward 7 Council Member Katie Cashman, who is seeking support for implementing the pilot soon. She held a meeting to discuss it on Aug. 21 at the Walker Library. It could be modeled after the program downtown where 55 ambassadors have been working for several years cleaning public spaces, connecting people to services, and providing guidance to visitors in the area.

AIRPORT UPDATES

The Federal Aviation Administration (FAA) hosted two webinars to discuss departure procedure updates for Minneapolis-St. Paul International Airport (MSP) in early August. There they presented information about management of airspace, new departure procedures and the feedback from the Metropolitan Airports Commission (MAC) and the Noise Oversight Committee (NOC) on the design of those procedures. The FAA indicated that the webinars will be made available to view online.

CENTERPOINT WORK

CenterPoint Energy is upgrading their natural gas infrastructure in the Morris Park and the Wenonah Neighborhoods in Minneapolis along between from 54th St. to 56th St. and on nearby streets. They will move some inside meters outside and replace some natural gas lines.

Briefs compiled by Cam Gordon.

STEVENS SQUARE

NEW EXECUTIVE DIRECTOR

Lydia Millard has been hired as the new executive director of Stevens Square Community Organization. Millard is a Sr. Business Partner at Target with additional experience in retail, healthcare, transportation, and hospitality. She is skilled in training, project management, developing

leaders, conflict resolution, active listening skills, analytical abilities, and communication. She has volunteered for programs such as Youth Career Workshop, Big Brothers/Big Sisters, and Refugee Meal Baskets.

Millard has also served on the boards: President of PIPCLT (Partnership in Property Commercial Land Trust) and



Recruiter NEMAA (Northeast Minneapolis Arts Association) for the past year.

SCCO board members include: chair Ken Strobel, treasurer Karen Ives, secretary Tay Sullivan, and at-large board members: Ann Hite, Jody Podulke, Glenn Everette, Scott Dickman, Maureen Wells and Kevin Washington.

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