



Lead artist Thomasina TopBear said, "Working on this project has been a great experience for all of us. We spray-painted straight through from Friday to Sunday without stopping. We had a few experienced folks from City Mischief Murals, and some community members who weren't experienced at all." The murals transformed the Greenway Overpass/Railroad bridge on 36th Ave., and are rooted in the Longfellow/Seward neighborhoods. (Photo by Aurora Pass)

## FOOD EQUALS LOVE

Soup for You Café! serves up both at Longfellow location

By MARGIE O'LOUGHLIN

The first Monday in June, Soup for You! Café reopened in its new location in the basement of Holy Trinity Lutheran Church.

To hear Chef Judah Nataf tell it, he and the volunteers were nervous on opening day. They set chairs around nine round tables. They prepared soups, side dishes, and desserts as usual. And then they waited. The free, donation-based eatery had been housed in Seward's Bethany Lutheran Church for almost 10 years, and now they were starting over again.

The hands on the clock ticked and people did come through the door – for all the same reasons they always had. They were hungry: for the healthy, delicious lunches, and for the sense of community Soup for You! Café provides. Chef Judah said, "We serve lunch Monday through Friday from noon to 1 p.m., but people sit at the tables talking long after the food is gone. Social isolation is a health concern that can be reduced by sharing a meal with others."

FOOD EQUALS LOVE >> 3



Claudia Peppey is one of several volunteer servers. More servers and more soup makers are needed in the new location at Holy Trinity. (Photo by Margie O'Loughlin)

## Neighborhood bridge transformed

By MARGIE O'LOUGHLIN

The Seward and Longfellow neighborhoods threw a one-of-a-kind party on Sunday, Sept. 15, 2024. Following a weekend long paint-a-thon, the second stage of a two-year project was unveiled in the late afternoon: a gloriously colorful, freshly painted, transformed bridge.

The Greenway Overpass/Railroad Bridge on 36th Avenue marks the border between the Seward and Longfellow

neighborhoods. Previously an eyesore with crumbling walls and dark spaces, the new version of the 111-year-old bridge is an inspiration on many levels.

Who could pull off a project on this scale?

The name of the organization behind it is 36th ART, which stands for Avenue Revitalization and Transformation. The group is made up of neighbors who live on and around 36th Avenue South, and envision it as more than just a fast con-

necter between East Lake Street and 25th Street East.

For each of the projects they've completed in the neighborhood so far, the group has brought together local artists, residents, and businesses to reimagine under-loved spaces along the corridor, improving safety and accessibility with public art, nature, and opportunities for people to connect.

BRIDGE TRANSFORMED >> 2



Left to right: Ward 1 Council Member and Council President Elliot Payne, Ward 9 Council Member Jason Chavez and Ward 2 Council Member Robin Wonsley are pushing for the adoption of the Safety Beyond Policing plan. (Photo submitted)

## Council members call for adoption of Safety Beyond Policing plan

Safe and Thriving Communities Report action plan and recommendations have yet to be approved

By CAM GORDON

The Minneapolis city council has set the stage to approve a comprehensive

Safety Beyond Policing Action Plan early next year that could drive change for years to come.

The chair and vice chair of the council's public health and safety committee, Ward 9 Council Member Jason Chavez and Ward 2 Council Member Robin Wonsley, as well as Ward 1 Council Member and Council President Elliot Payne, have called for the council to adopt a plan.

SAFETY BEYOND POLICING >> 9

Network at first annual LBA cornhole tournament  
**PAGE 5**

Three Rivers Fibershed connects people with locally made fiber  
**PAGE 8**

What's wrong with your tree this year?  
**PAGE 10**

## BRIDGE TRANSFORMED

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The bridge transformation has happened in two parts. Phase I, completed in 2023, is called River Memory. It involved painting murals on both walls underneath the bridge. Phase II, called Bridging Cultures, is what was just finished.

Longfellow resident and retired executive director of Forecast Public Art Jack Becker served as project manager for both phases. He said, "Mural making reaches people on a deep level: it illuminates histories, connects people, and gives voice to those who are not heard."

He continued, "The two murals under the bridge belong there. They couldn't be anywhere else; they're pictorially about Seward and Longfellow. They have educational value, and conversation-starting value. I knew Phase II needed to happen as soon as Phase I was completed. We started looking for an artist to connect those two walls with the rest of the bridge, and Thomasina TopBear answered the call. The right people just kept showing up at the right time, and it's not over yet."

"We've requested that the city put lighting underneath the bridge for safety, which they'll do now that the mural is completed. And the University of Minnesota Design Center has committed to doing a two-year traffic-calming study, to see if the public art makes a difference in cars speeding."

### CREATIVE PARTNERS

Just a few days before the scheduled paint-a-thon, the bridge was power washed and primed thanks to the Hennepin County Regional Railroad Authority.

Lead artist Thomasina TopBear is a self-taught muralist, illustrator, and organizer from the Oglala Lakota and Santee Dakota Nations, who lives and works in Seward. TopBear is also the co-founder of City Mischief Murals, a BIPOC artist collective focused on healing through art – and responsible for the profusion of joy and color that now span 36th Avenue.

She said, "Working on this project has been a great experience for all of us. We spray-painted straight through from Friday to Sunday without stopping. We had a few experienced folks from City Mischief Murals, and some community members who weren't experienced at all. We did a stencil-making class with 10 ninth to 12th grade art students at Hiawatha Collegiate High School a couple of weeks ago, which is right next to the bridge. The students' sense of pride in being asked to partici-

### PAINT-A-THON AND MORE

36th ART (Avenue Revitalization & Transformation), a resident-led community improvement initiative in South Minneapolis, presented Bridging Cultures, a bridge mural paint-a-thon and community cultural festival on Sunday, Sept. 15, 2024. The 48-hour marathon mural-making event completed the transformation of the Greenway/Railroad Bridge over 36th Avenue. Funding was provided by Seward Neighborhood Group, Xcel Energy, Longfellow Community Council, UCare, Minneapolis Foundation, Anderson Realty, Electrotune, Seward Civic & Commerce Assn., Premier Construction, Kevin and Terry Barnes, anonymous donors, and in-kind support from Hennepin County Regional Railroad Authority.

pate, and the pride their families felt, were so obvious."

### HOW IT ALL STARTED

Mia Bolte has lived on 36th Avenue for six years. She described a conversation she had with her neighbor Terry Barnes in 2022, when Barnes was a newly elected Seward Neighborhood Group board member. Bolte said, "Terry asked me if I had any ideas for improving our neighborhood. I told her that those of us who live on 36th Avenue feel overlooked. Our residential street is wider than usual and doesn't have boulevards or boulevard trees. It's a state road, which complicates matters because we need both city and state departments' help to address issues."

"People drive 45 miles on it on it all the time, despite the posted speed limit of 25 miles per hour. There's no enforcement of the speed limit, though we've asked the city for help."

She continued, "The thing that bothered me most was the dilapidated Greenway Bridge. I wanted to see the bridge painted, and to look like somebody cared about it. Terry got back to me not long after and said, 'I think we can do something about that bridge.'"

Two years later, 36th ART has gone and done way more than something. After talking tirelessly among themselves and with neighbors, they've collected ideas, problem solved, raised money, partnered with artists, and ultimately created a work of art to be proud of – a very large and useful structure that actually is Bridging Cultures.



"The hope is that the murals slow drivers down, and maybe even bring some joy to folks."

Mia Bolte



The bridge as it looked after Phase 1 but before Phase 2. (Photo submitted)



City Mischief Murals, a BIPOC collective focused on healing through art, work on the Bridging Cultures mural during the 48-hour paint-a-thon on Sunday, Sept. 15, 2024. Next up, the city will upgrade lighting and the muralists will return for touch-ups. A traffic-calming study will be done over the next two years. (Photo by Aurora Pass)



Yalu Cuscatleca (representing El Salvador) performs on Sunday, Sept. 15, 2024 during the Community Cultural Festival by Indigenous Roots at the Hiawatha Collegiate High School. The event was presented by 36th ART. (Photo by Aurora Pass)

For more information on this and other upcoming projects, go to [www.36thart.org](http://www.36thart.org).

MORE PHOTOS online at [www.LongfellowNokomisMessenger.com](http://www.LongfellowNokomisMessenger.com)

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## FOOD EQUALS LOVE

>> from 1

When Chef Judah looks out over the faces in the café this summer, there are many he recognizes from their former location as well as plenty of new ones. He said, "I would have been broken hearted if our friends from Seward hadn't been able to travel here. The two churches are only separated by 15 blocks, but that can be a lot if you don't own a car."

### MANY SOUPS, MANY COUNTRIES

Kenyan Peanut, Ukranian Borscht, Armenian Lentil, Hungarian Mushroom, Tuscan White Bean, and Japanese Miso Vegetable are just a few of the choices that come out of the kitchen. The menu at Soup for You! Café offers two to three meat, vegetarian, and/or vegan options from around the world each day. Chef Judah works from a recipe box of 50 favorites but says, "I don't actually follow the recipes, they're just starting points. We make soups based on what ingredients we have. That's how most of the world eats, so why shouldn't we?"

Chef Judah has been making soup in large quantities since 1995. He learned his craft while working in the kitchen of St. Martin's Table, the beloved Riverside neighborhood restaurant that closed in 2010. He started his own soup CSA after that, which morphed into the Soup for You! Café. The only thing better than selling people good soup at a fair price turned out to be giving it away for free.

### RADICAL HOSPITALITY

Born in Tunis, Tunisia, Chef Judah had a childhood filled with poverty, neglect, and hunger. According to him, "Hunger is a feeling you never forget." He experienced homelessness when he arrived in Minneapolis, and lived under the Franklin Bridge surviving on free meals provided by local churches for a whole year. He remembered the times he was served food he couldn't pay for with dignity. "Those exchanges meant so much," he said. "To be offered choices, just like you were going to a restaurant."

In addition to providing lunch, there are always a few free food items available for guests to choose from at the café. And every Wednesday, there is a substantial grocery give-away, with food donated by Whole Foods and distributed through



Chef John Harkness had the idea of training new soup makers for the future. Chef Judah said of him, "I couldn't run the café without John, his boundless energy, and creativity." (Photo by Margie O'Loughlin)



Chef Judah and some of the kids from the Soup for You! Café. Behind them on the red banner are the words: "We must have faith, hope, and lunch together soon." (Photo by Margie O'Loughlin)

Twin Cities Food Justice. Sisters Camelot has partnered with

Soup for You! Café almost from the beginning. They donate food left over from the

food shares they offer each week at various churches. They are now doing a food share at Holy Trinity Church on the final Thursday of each month. This fulfills one of the promises the café made to Trinity when they agreed to house them. The partnership between the café, Sisters Camelot, and Holy Trinity is bringing better food security to the Longfellow neighborhood.

Another café standout is the house band, called The Grateful Fed, which plays every Tuesday for the pleasure of diners. Local musician Linda Breitag composed an anthem to celebrate the café, which has served more than 120,000 bowls of soup since it opened in 2014.

In a world filled with division, it's unusual and heartening to be in a room with people who live differently from one another. Chef Judah said, "On any given day, I recognize someone who is employed and housed having lunch with someone who is carrying their life's possessions in a small plastic bag. That's the rainbow I hoped to be part of creating: a diversity of languages, backgrounds, and circumstances. That was my crazy idea when we started this place."

### VOLUNTEERS NEEDED

With help from many volunteers over the years, Soup for You! Café has developed a model of radical hospitality. They could use more volunteers in their new location, especially people interested in learning how to make soup. Qualifications are an interest in healthy, soulful cooking, a willingness to learn, and a desire to feed people. Servers are also needed, especially on Tuesday and Wednesday, the two busiest days. Adult volunteers may bring their children ages eight and up to work with them.

Donations are also essential to the work of Soup for You! Café. In the summer, people are welcome to donate their extra garden vegetables as long as they're not chemically treated. It's helpful to know in advance what vegetable donations are coming.

Holy Trinity Church is located at 2730 31st St. East. Enter through the parking lot doors, where a greeter is waiting to direct guests to the café downstairs. Lunch is served Monday-Friday from noon to 1 p.m. and all are welcome. For more information or to learn about volunteer opportunities, go to <https://soupforyou.info>.

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m DEPARTMENT OF HEALTH

## Food for Older Adults

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

## Stories and Journeys

BY DONALD L. HAMMEN



# ANXIOUS, CURIOUS, ANGRY WITH NO INTERNET SERVICE

to imagine my life without internet service. I feel so isolated, disconnected. My desktop computer, my laptop and, for that matter, my iPhone are almost totally useless.

If you have read this far you have taken the plunge into the river (flow) of life experiences which is Stories and Journeys. And by the way, dear reader, do you have any idea how to live your life without internet connection? I don't! I'm freaking out. Tell yourself, tell others or tell me via [tesha@tmcpub.com](mailto:tesha@tmcpub.com)

### MORE IS MINNEAPOLIS FOR A LIFETIME? DEBATABLE

I'm experiencing ongoing curiosity. I'm arriving at Westminster Presbyterian Church for my second time attending a meeting of the Minneapolis Advisory Committee on Aging. City council member Katie Cashman is wrapping up her conversation with the committee. When I sit down the first thing I notice is a copy of the September Messenger belonging to the person next to me. Turns out that several people have read either in print or online what I wrote about my first visit to this committee meeting. I'm starting to conclude that if I keep showing up (which I intend to do), I'm going to learn things.

Some of my takeaways from this meeting: I'm learning that while this com-

mittee does not have power it can wield influence. However, that doesn't mean that city council members and the mayor are interested in being influenced. I'm starting to wonder what would trigger their being influenced? I shared my fantasy that one day the city council chambers will be filled with seniors showing support for an action that will make Minneapolis age friendly. Maybe one way to wield influence is to just show up. Only problem is I don't go out at night anymore.

I learned that there are vacancies on this committee. However, it appears that my Ward 12 is well represented by Shelly Jacobson.

I'm learning that the Minneapolis for a Lifetime: Age Friendly Action Plan is undergoing some revisions which should be finished by the end of the year. A letter to the mayor and city council was reviewed and finalized regarding city budget items impacting seniors.

The next meeting of the Minneapolis Advisory Committee on Aging is Oct. 10, 2024, 1-3 p.m., at Westminster.

### CORPORATE GREED ENTERING THE SCHOOL LUNCH ROOM

I'm experiencing anger.

When I am connected to the Internet, I get emails from The Lever. This is an online publication to which I sub-

scribe. It was started years ago by David Sirota, a progressive practicing what he calls accountability journalism. The Lever published recently an article by journalist, Katya Schwenk. It's headlined "The Corporation is Stealing Your Kid's Lunch Money." But not in Minnesota, thanks to free lunch legislation passed by the 2022-23 session. Legislation keeping parents from paying corporate processors making huge profits collecting their children's lunch money. I just went into my iPhone to find the article again and got the following message: Safari cannot open the page because the server cannot be found.

I'm thinking it's time to wrap up this column. As a reminder to myself and to you Medicare Open Enrollment is Oct. 15 to Dec. 7. I intend to write about it once I get re-connected to the internet.

**ELDER VOICES (TELLING OUR STORIES/SHARING OUR JOURNEYS) IS SCHEDULED TO MEET OCT. 25, 10-11 A.M. AT TURTLE BREAD, 4205 EAST 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 Board of Directors.*

I'm experiencing anxiety.

As I begin to write this Stories and Journeys column, I am aware that I am without Internet service. That has just been confirmed with the over the phone help from my senior community services tech support person Gilbert. As of now, once I get the column written my intention is to get it printed and in the hands of Eric Hart. He is my longtime friend and neighbor who helps me each month to get the Stories and Journeys draft in shape before I send it as an attachment to an email I send to Tesha M. Christensen, owner and publisher of the Longfellow Nokomis Messenger and the Southwest Connector where Stories and Journeys gets published. For the record, Eric is the lead author of "Neighborhood by the Falls, a look back at the history of the Greater Longfellow neighborhood."

It's beginning to look like I might need a new internet service provider. Digital and tech are not my natural habitat. At times, I need a lot of tech support. And at the moment I have a growing list of tech issues. And now add to the list "no internet service." It is nearly impossible for me

## LETTERS

### WITHOUT IMMIGRANTS WE WOULDN'T HAVE A LOT OF THINGS

I dearly wish someone in power would tell the truth about immigrants.

Yes, we need border policy. I'm not advocating open borders. I am asking people, especially business leaders and elected officials, to push back on the negative lies about immigrants and raise up the benefit of immigrants to our communities.

For a starter – do you like eating fruits, vegetables and meat? Because without immigrants, including lots of undocumented immigrants, we would not have basic food items in our stores. Farmworkers and meat processing workers are essential workers. This is grueling work, done almost completely by immigrants. When you visit mom or dad at their nursing home, who is caring for them? Chances are good that those caregivers are immigrants.

Right now, my neighbor is getting a new roof. Who is up there doing the hard work of restoring his home? Immigrants. I know because I just spoke to them. But I have also organized meetings of businesspeople with members of Congress, people who would not be in business were it not for their immigrant workforce. Restaurant owners, landscapers, health care organizations, hotel

owners, roofers and farm owners all rely on immigrant labor.

Did you know that immigrants, even undocumented immigrants, pay taxes? There is a firewall between the IRS and the Department of Homeland Security. Immigrant workers support programs for citizens from which they won't benefit, programs like healthcare and Social Security. And through their taxes, they ARE paying for the schools their children attend and our parks and roads.

So, don't believe the lies. Be grateful. Push back when you hear immigrants demonized. It's happening so that working people will be pitted against one another rather than fight together for what we need. We can do better.

**Pamela Twiss  
East Nokomis**

### RESONATING WITH DON HAMMEN

Responding to Donald L. Hammen's article "On becoming an Octogenarian." Losing my wife of an over 40-year marriage created a "Traumatic Life Experience" for me that I can relate to through Hammen's article. It has also heightened my capacity for empathy. Could Mr. Hammen share with me what that trauma was that brought him to his knees.

**Thank you,  
Phillip Buccieri**

### ORGANIZERS PUSH FOR ALL-ELECTED CIVILIAN POLICE ACCOUNTABILITY COMMISSION

On Thursday, Sept. 12, 2024 in front of the charred remains of the former 3rd Police Precinct, Minneapolis for Community Control of Police (M4CCP) and Twin Cities Coalition for Justice (TCC4J) organizers held a rally announcing the relaunch of a petition effort to establish an all-elected Civilian Police Accountability Commission (CPAC). The previous petition for CPAC was launched in 2021, and over the last three years community organizers collected thousands of signatures from Minneapolis residents who believe the people in Minneapolis deserve self-determination and substantial police accountability.

In May of 2024, M4CCP organizers turned in 10,208 signatures to the Minneapolis City Clerk's office, exceeding the minimum requirement of 8,943 signatures needed to get CPAC on the November 2024 ballot. Close to 5,000 signatures were rejected by the clerk's office, and organizers had 10 days to try to collect the needed signatures. Undeterred, organizers hit the streets for the next 10 days and spent long hours conversing with community members to collect the remaining signatures needed. Although organizers collected thousands more signatures in those 10 days, the petition was ultimately rejected by the clerk's office. Humberto Martin, an organizer with TCC4J who spent countless hours petitioning for CPAC, said, "It's disappointing to see the city undemocratically reject a petition that thousands of Minneapolis registered voters signed on technicalities alone."



Since then, the Minneapolis City Council and Mayor Jacob Frey approved an unprecedented 21.7% salary increase for MPD officers with no meaningful accountability measures included. This historic increase is a slap in the face to Minneapolis residents, still reeling from the murder of George Floyd four years ago, not to mention the numerous Black people who have been murdered and brutalized by MPD since then! After the first CPAC petition was rejected, M4CCP organizers took time to regroup and strengthen the language in the proposed Minneapolis City Charter amendment. Now M4CCP and TCC4J are announcing the relaunch of this initiative to create real and robust police accountability mechanisms for the residents of Minneapolis.

Minneapolis for Community Control of Police is a growing coalition of organizations and Minneapolis residents working together to amend the city charter to establish an elected Civilian Police Accountability Commission (CPAC). <https://mpls4ccp.square.site/>.

**Jess Sundin and Jae Yates  
mpls4ccp@gmail.com**

**WHAT DO YOU THINK? EMAIL LETTERS, GUEST COMMENTARIES, PRESS RELEASES AND NOTES TO [TESHA@LONGFELLOWNOKOMISMESSENGER.COM](mailto:TESHA@LONGFELLOWNOKOMISMESSENGER.COM)**

# Messenger

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News for you!

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

### Story ideas always welcome.

Letters to the editor under 200 words and news releases for publication can be e-mailed to [tesha@longfellownokomisessenger.com](mailto:tesha@longfellownokomisessenger.com). Unsigned letters will not run.

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ers to create a more just and responsible society that hears, helps and heals the customers and communities we serve. All rights reserved. The contents of the Messenger cannot be reproduced without express written permission of the publisher. Copyright © 2024.

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**LONGFELLOW BUSINESS ASSOCIATION**



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# NETWORK AT FIRST ANNUAL LBA CORNHOLE TOURNAMENT

nity to connect with fellow entrepreneurs and showcase your support for our local business community.

"After a year and a half of restructuring and rebuilding, we are incredibly excited to invite the business owners of the Longfellow area to connect and have some fun at the new DuNord restaurant in the new Coliseum Building. This event marks a pivotal moment as we build on our membership base and support our community better than ever," said Ken McCraley, owner of KMS Construction and president of the Longfellow Business Association.

"We have an exciting line-up of events, talks, and resources planned for the next year, aimed at empowering small businesses and fostering a thriving local economy. We look forward to seeing everyone there and embarking on this new chapter together."

The event will be held Oct. 3, from 4:30 to 8:30 p.m. at Du Nord Craft Cocktail Lounge and Lagnippe Restaurant at The Coliseum Building, 2700 E. Lake St..

**EVENT HIGHLIGHTS:**

- Cornhole tournament: Cheer on the teams competing in the tournament, or

sign up for \$100 and secure your team's spot in the games.

- Networking opportunities: Meet and connect with fellow business owners in the Longfellow Minneapolis area.

- Community support: All proceeds from the event will benefit the Longfellow Business Association, helping to foster a thriving local business community.

Please RSVP by Sept. 30. More at longfellowbusinessassociation.org.

We can't wait to see you there for an evening of fun, connection, and community spirit!

## Meet LCC's new communications manager Liza Davitch

**LONGFELLOW COMMUNITY COUNCIL**



By **LIZA DAVITCH**  
communications  
liza@longfellow.org



Liza Davitch (left) and Joel McReynolds have recently been hired as staff members for the Longfellow Community Council.

I am excited to join LCC as the new Communications Manager. I've worked for neighborhood organizations for the last eight years at both Seward Neighborhood Group and Prospect Park Association in communications and administration roles. My background before that is in media as an independent documentary filmmaker. My documentaries have included an investigation of the after-effects of the Chernobyl nuclear tragedy on children in Belarus and portraits of families in America and Eastern Europe. I was able to make my films through generous grants from the Minnesota State Arts Board and Minnesota-based foundations such as the Bush Foundation and Jerome Foundation.

I grew up in the Seward neighborhood. After graduating from Minneapolis College of Art and Design (MCAD) in media arts, I lived in Belarus and Poland on grants and a Fulbright scholarship for many years. After a stint in New York, I returned to Minneapolis to raise my daughter. There was just nowhere else I could

imagine raising her.

**WHAT DREW YOU TO LONGFELLOW AND THIS POSITION?**

I'm deeply connected to this community and appreciate the rich history of the neighborhood, the cultural diversity, the significance of the river, the variety of small businesses and ethnic restaurants, the arts offerings and events, and the quality of schools.

It's not by accident that I've sought to work for organizations in the neighborhoods where I've lived and benefited from. In Prospect Park, my daughter attended Pratt Elementary and summer programs at Luxton Park, and it was a joy

to be able to work in the Prospect Park neighborhood and contribute to that community in a small way.

I was educated at Longfellow by the inspiring faculty at Sanford Middle School and Roosevelt High School. As a neighborhood, Longfellow has contributed so much to our well-being and quality of life. So, it is an honor to be part of the LCC team now and help share and promote their activities, programs, and committee work.

**WHAT VALUE DOES LCC BRING TO THE COMMUNITY?**

Our organization seeks to engage residents, businesses and nonprofits in planning and implementing initiatives to build

**IMPORTANT ORGANIZATIONAL UPDATE:**

Longfellow Community Council has several openings on its board. Consider joining! Learn more by visiting longfellow.org or attending the LCC Pizza Party on Oct.10, 6-7:30 p.m. at SquirrelHaus Arts.

understanding, listen to and support the community, to share relevant information about local events, resources, and programs that can benefit our neighborhood.

I've been reading LCC's newsletters and was aware of their work for years before coming on board. In past years, they've sponsored or hosted activities that promote connecting after the pandemic, healing after the unrest, and listening sessions regarding the rebuilding or relocation of the 3rd precinct, helping to ensure that the community's voices are heard.

**WHAT ARE YOUR GOALS FOR THIS ROLE?**

I will continue to listen to the diverse and vibrant community voices of residents and business owners and work with the LCC team to further meaningful engagement. I believe there is always room for improvement in ways to reach the community, and that sometimes means finding alternative methods of communication than the typical social media avenues, especially for non-English speakers or community members who may not have frequent access to the internet.



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# Hayes Window expands into new location, offers storm windows

*Locals fix old windows so they work like new*

By TESHA M. CHRISTENSEN

Lost your storm windows over the years? Have windows you can't open anymore because they were painted shut? Does the glass rattle in the wind?

These problems don't mean that you need to replace the windows with new ones that are only guaranteed to last 20 years. Instead, Longfellow-based Hayes Window Restoration can solve the problems and give the windows new life.

The business has recently moved off Hiawatha Ave. to 2508 24th Ave. S, which gives it more space to expand the storm window line.

The window plus storm window combination was the original double-pane window, pointed out Joe Hayes. The issues that plague new double-pane windows (broken panes and seals that lead to interior fogging) aren't found with the window/storm window combination. Plus, they have enough air moving through them thanks to weep holes to avoid condensation and rot.

This style of window can be a key architectural feature of older homes, he observed. They safeguard the primary windows by extending the maintenance cycle, reducing the need for frequent upkeep. Unfortunately, many people have misplaced their storm windows over the years.

New wood grown in 10-20 years is prone to rot in 10-20 years. It is comparatively softer and weaker, and less dense. Old growth lumber that grew slowly over hundreds of years has a tighter grain and resin that resists decay.

Hayes didn't want to jump into the



Woodworker Bill Dossett (left) and Joe Hayes look over a set of windows being restored. According to Dossett, the dust collection system in the new building is an upgrade that has made a big difference for staff. Plus there's a room just for planing. (Photo by Tesha M. Christensen)

storm window business and offer another product with a low service life. As he researched options, he found Accoya modified wood, a sustainably harvested timber with a five-year warranty based in the Netherlands. This wood undergoes a non-toxic process, resulting in exceptional resistance to rot, and superior dimensional stability. Essentially, the soft wood is pickled – it is treated with a vinegar (acetic anhydride), which turns it into a hardwood by preventing the cells in the

wood from being able to absorb water. This stops the wood from expanding and contracting seasonally. "As a small company, it took a pretty long time to get an order in," said Hayes. The wood comes from Chicago.

The wood storm windows and screens have traditional mortise and tenon joinery, ensuring longevity and durability, and authentic putty glazing for a traditional aesthetic. Pick from customizable colors and divided-lite configurations.

Those who dread carrying the entire storm window down the stairs are glad to learn they can swap out the screen for the glass pane or vice versa at the turn of a button.

Southwest Minneapolis resident Ann Erickson is a float tech at Hayes Window, and helps manage the glass they buy by the pallet from Minneapolis Glass. She pointed out that many storm windows are caulked and screwed in place, which makes it challenging to perform maintenance as well as trap moisture. She installs sill bulbs and turn buttons to help solve those issues on the windows restored at Hayes Window.

### STEADY GROWTH AT HAYES

Hayes Window Restoration officially began with one staff member, Joe Hayes. He had restored the windows in his South Minneapolis bungalow and discovered a passion for the work. He left his teaching career and started a new business in the summer of 2017.

A feature story in the Longfellow Nokomis Messenger just as COVID-19 struck in March 2020 led to enough calls to keep him busy through the transitional months of the pandemic. Since, the business has grown from seven crew members to 20.

Leah Gossman has been the office coordinator at Hayes Window since 2020. The Hayes team is a 50/50 split of men and women. "It feels a lot different than what people tend to think of as construction," said Gossman. "It's a breath of fresh air."

The office area inside 4439 Hiawatha Ave. (where they had been in since 2019) turned into storage as the new storm window line grew. "We were climbing around

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**HAYES WINDOWS** >> from 6

windows," said Hayes. "We truly had outgrown the space." It was time to find a larger location.

(Building owner Reddy Rents plans to expand into that area.)

Hayes Window moved into a much larger building at 2508 24th Ave. S. in July 2024 that they found with the help of Merrie Sjogren of ASSEMBLY MN. Built in the mid 1960s, it previously housed a furniture store, a dry cleaner and even an illegal night club for a few eventful evenings.

Hayes is glad that they located a site in the greater Longfellow neighborhood. "We feel really lucky to have found a spot that is central to the neighborhoods we work in," he said.

The new building allows for separate bays for different types of work. Plus, there is a breakroom that is large enough for staff meetings.

Like others there, woodworker Bill Dossett has a passion for old homes. He owns an old Victorian along Bryant Ave. in the Wedge neighborhood and his parents had an old house. He said the dust collection system in the new building is an upgrade that has made a big difference for workers. He's also glad to have a room just for planing.

There's a containment room with HEPA filters for lead paint striping. Homes built before 1978 are likely to have lead-based paint, and the safety protocol at Hayes Windows is to operate as though lead paint is present on each window.

Windows getting fully restored are first put in a steam box to remove the glazing and putty. Next the glass is taken out. Then all the paint and stain is removed.

Wooden frames are evaluated for the amount of repair needed. Some get new sections.

This summer, staff were working on windows from The Landing (formerly Historic Murphy's Landing), a living history



Joe Hayes stands in front of the new location at 2508 24th Ave. S. A customer told him, "You're the fifth person we've had out and the first that said I don't have to replace the windows." Hayes said, "That feels really rewarding." (Photo by Tesha M. Christensen)



Southwest Minneapolis resident Ann Erickson, a float tech at Hayes Window, stands by a stack of new storm windows made with Accoya modified wood and colored to the customer's specifications. (Photo by Tesha M. Christensen)

museum that preserves and interprets 19th century life in the Minnesota River Valley.

They work on large homes and small ones. Some of the window work can be done on site at the home, such as repairing sashes and cords so that windows open and close smoothly, putty work and weatherstripping. For the old growth wood trim left in long-term exterior exposure that has decayed over time (maybe due to failing paint coatings or when inadequate wood was used for small repairs), they do complete window trim replacement using mature growth white pine, sustainably sourced from a family-run operation in Wisconsin.

For full restorations, sash removal, installation, and jamb reconditioning takes place at homes, and the sash restoration takes place at the shop. Hayes has a number of old machines that can create original millwork, including the commonly use historic ogee profile. "It's the aesthetic work that really makes the window something attractive to have in your home," observed Hayes.

A customer recently told him, "I should have done this 30 years ago." Like others, she was so glad once the work was complete and she could open and close her windows easily.

Another customer told him, "You're the fifth person we've had out and the first that said I don't have to replace the windows."

"That feels really rewarding," said Hayes.

"I feel really fortunate to be in the Twin Cities where we have people who own old homes and see themselves as stewards."

Hayes Window Restoration earned two Preservation Gem awards from the American Institute of Architects Minnesota in 2024, and the Lighthouse Award for Achievements in Historic Preservation at the Rethos Gala Preservation Awards in 2023.

More at [hayeswindows.com](http://hayeswindows.com).

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# Three Rivers Fibershed connects people with local fiber

By MARGIE O'LOUGHLIN

Marigolds, hollyhocks, cosmos, and black eyed Susans. These are just a few of the late-summer flowers bursting into bloom right now. While many are cutting them for bouquets, farmer Maddy Bartsch is steeping their petals, leaves, and seed heads in boiling water to produce a rainbow of natural dyes for yarn and fabric.

Bartsch is co-founder and president of Three Rivers Fibershed (TRF). A resident of southeast Minneapolis, they've been farming at Get Bentz Farm near Northfield for the last three years. They first started experimenting with natural dyes from plants grown in their south Minneapolis community garden plot and apartment window sill in 2016. Growing local color on a larger scale at Get Bentz Farm is their way of contributing to the local fibershed.

## WHAT IS A FIBERSHED?

A fibershed develops regional, regenerative fiber systems through responsible carbon farming, rebuilding regional manufacturing, and connecting customers to farms and ranches through education and programming. The center of TRF is in Minneapolis, extending out in a 175-mile radius to include portions of Minnesota, Wisconsin, Iowa, and South Dakota.

Within a fibershed, fibers are considered from a soil-to-soil perspective. That means that fiber-bearing animals graze on local land as they grow their coats, instead of some faraway place. Items made from their fiber (sweaters, mittens, socks, etc.) are worn until the end of their durability and then composted – completing the soil-to-soil cycle.

Bartsch explained, "At TRF, we're developing regional fiber systems that build soil and protect the health of our environment." The goal is to create just, local economies that honor all participants: local



Holding harvested marigold blossoms, farmer and educator Maddy Bartsch said, "We're land stewards really, those of us who are working to develop our local fiber system." (Photo by Margie O'Loughlin)

labor, local fiber, and local natural dyes.

## FIBER MOVEMENT GROWING

It wasn't that many years ago that the organic food movement was considered fringe. Bartsch said, "As consumers, we've become much more aware of where our food comes from and how it's grown. These same ideas can and should apply to what we wear. In general, people are learning more about the consequences of their clothing choices. People are realizing they don't want to buy clothes that contain mi-

cro-plastics, and they care that synthetic fibers don't break down in landfills.

"People are searching for products that mirror their values. We need to have as local a footprint as we can with what we wear. We need to make or purchase things that last, so we're buying fewer pieces of clothing over time."

## GET TO KNOW YOUR FIBERSHED

The first step in understanding how a fibershed works is to get to know your own. Bartsch shares a booth once each

*Like locally-grown food, people are seeking locally made clothing*

month with Northfield-based farmer/mill owner Theresa Bentz: Saturdays at the Mill City Farmers Market and Sundays at the Linden Hills Farmers Market. The two sell their yarn, natural dyes, and roving (the bundles of wool used by spinners to make yarn), among other things. Find them by looking in the market vendor listings for Get Bentz Farm.

Each month they have several products to sell that are reasonably priced, and can introduce customers to the soil-to-soil cycle. One of the products Bartsch sells is needle felted wool sponges made from "trash" wool that would otherwise end up in a landfill.

Everybody knows that wool comes from sheep, alpacas, llamas, and rabbits. But did you ever wonder what happens to the fiber of animals raised for meat? The animals have to be shorn before butchering, and their wool is typically thrown away. Bartsch uses it to make their biodegradable sponges – which, given the low price point of the wool, they can sell for just \$6.

If you want to try your hand at working with natural fibers, consider taking one of the classes Bartsch teaches regularly at the American Swedish Institute on natural dyeing, mending, garment repair, and mindful stitching.


## WHY NATURAL DYES?

The industrial manufacture of clothing destroys water systems with by-products of chemical dyeing and finishing processes, while consuming enormous amounts of water on a thirsty planet.

Bartsch said, "We're working to build alternative models within our fibershed. These regional textile communities will

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## SAFETY BEYOND POLICING

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This could mean that the council will be more involved in transforming public safety in Minneapolis in the future.

In August, the council passed a motion to formally work on the plan.

But they will not be starting from scratch.

"In 2021, the city council authorized a contract with Leadership for a Networked World at Harvard University to create a Minneapolis-specific report and plan for building out our unarmed public safety infrastructure," said Ward 2 Council Member Robin Wonsley.

The result was the Safe and Thriving Communities Report and Plan. It was presented last July by Dr. Antonio M. Oftelie, executive director of the Leadership for a Networked World, who grew up in Minneapolis.

That report included a vision, goals and detailed recommendations for a comprehensive public safety system with a 10-year action plan broken into three separate phases.

"While the Safe and Thriving Communities Report has been widely celebrated in the media and in public statements by many in city leadership, it has never been officially adopted by the council as a guiding framework or comprehensive plan," said Wonsley. "It is unclear what steps, if any, have been taken to date to support implementation of the Safe and Thriving Blueprint. Additionally, actions taken by the administration have left the council and the residents confused on when and how comprehensive safety services will be available for public use."

"In order to rebuild trust with residents," said Chavez, "it is imperative that the city approaches all public safety work with an emphasis on transparency and community engagement. The first draft of the Public Safety Beyond Policing Action Plan formalizes and standardizes that transparency to last through the next decade of city leadership. Like other comprehensive plans, the public will have opportunities to share their feedback and

thoughts, which will inform the creation of a second draft. The second draft will incorporate feedback from the public, council members, and the administration, and be considered by the full council this fall."

"The report includes a plan to bring transformational change, improve safety services and increase transparency," said Minneapolis Director of Community Safety Design & Implementation Amanda Harrington, who is the city staff person leading efforts to implement the recommendations of the report.

The report outlines safety "ecosystems" and strategies aimed at prevention, response and restoration related to crime and safety.



"The report includes a plan to bring transformational change, improve safety services and increase transparency."

Amanda Harrington



### WHAT'S BEEN DONE SO FAR

In her presentation to the public health and safety committee, Harrington outlined near term recommendations in the report that have not yet been implemented, including creating a community advisory board, creating dashboards for non-police services, exploring performance-based contracting and conducting a gap analysis of preventive, responsive, and restorative services.

She said that much of her time since taking on this job last December has been devoted to getting new safety centers established in south Minneapolis but said that the work is also connected to the larger plan.

She said that the city has already added "dedicated project management capacity," established an internal city infrastructure, contracted with the Policing Project at New York University to help with early-stage implementation, and completed an initial round of community engagement.

"We're still within the first year of implementing the report," she said. "Much of our work is about creating agreements

among city departments, analyzing policy and procedures and creating opportunities for collaboration and coordination both within the city and with other government agencies."

### ASSETS AND GAPS ANALYSIS NEXT

Looking ahead she advocated improving and expanding current efforts, including the use of unarmed safety ambassadors along commercial and cultural corridors, better use of violence interrupters, and adding social workers to 911. She said that an "assets and gaps" analysis is already underway that could help inform next steps. The city already has citywide, unarmed behavioral crisis response teams working 24 hours a day.

### PLAN TO HOLD CITY ACCOUNTABLE

One public health and safety committee member, Ward 13 Council Member, Linea Palmisano, said, "I've been left out of the conversation." She said she is confused and concerned about the need for the council to approve a 10-year plan. Still, after some discussion, she voted in favor of the direction.

"We need to keep the momentum going," said Payne. "You do need actual 10-year plans, and you need check-ins, or they will just get dusty, and we won't know if we're actually advancing the work."

"We've all felt very stuck in this universe of building comprehensive safety and being stuck in the slogans of both/and, but now we need to start unsticking ourselves to the rhetoric and start having more flow into action."

Following updates at the public safety committee, in August the full city council voted to have staff return with detailed recommendations for changes to action steps, policies and funding that could be included in a final plan.

Wonsley is hopeful that the city council will formally approve the comprehensive multi-year action plan by March of 2025.

She believes that a lack agreement and understanding between the administration, the council, and the public on when and how the Safe and Thriving Blueprint will be executed is hurting the delivery of services and the confidence people have in the city's ability to administer successful public safety strategies beyond policing.

### VOTE BREAKDOWN ON POLICE RAISES

This summer, on July 18, the Minneapolis city council approved a collective bargaining agreement with the Police Officers Federation of Minneapolis that includes a 21.7% wage increase over three years, covering Jan. 1, 2023, to Dec. 31, 2025. The contract (negotiated in a series of private meetings) was already approved by the federation members and makes Minneapolis police some of the highest paid in the state. Under its terms, in 2025, a new officer will have a starting salary of about \$85,000.

| AYE VOTES         | NAY VOTES        |
|-------------------|------------------|
| Elliott Payne     | Robin Wonsley    |
| Emily Koski       | Jeremiah Ellison |
| Aurin Chowdhury   | Jason Chavez     |
| Linea Palmisano   | Aisha Chughtai   |
| Michael Rainville |                  |
| LaTrisha Vetaw    |                  |
| Katie Cashman     | ABSENT           |
| Andrea Jenkins    | Jamal Osman      |

Wonsley and Chavez contend that passing this comprehensive plan will help support implementation of a multitude of strategies and programs, and demonstrate to the public that the city is serious about moving forward with safety services beyond policing.

They said that it will also offer the public a way to hold both the council and mayor accountable regarding actions, timelines, and funding.

They hope that a refreshed and approved plan will serve as a unifying guide for the mayor, council and all city staff, help rebuild trust with residents, and provide transparency to last through the next decade of city leadership.

The plan can be found at <https://www.minneapolismn.gov/government/departments/community-safety/work/design-implementation-work/>. People are invited to review it and submit comments about it to [CouncilComment@minneapolismn.gov](mailto:CouncilComment@minneapolismn.gov).

## FIBERSHED

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improve soil and water quality, build relationships, and strengthen regional economies.

"Future fibershed communities will rely on renewable energy-powered mills in proximity to where fibers are grown. Through strategic grazing, conservation tillage, and soil carbon enhancing practices, our supply chains will create 'climate

beneficial' clothing.

"In rethinking fashion, this has to become the standard for mitigating the effects of climate change. We see an emerging connection between the wearer and the local field where their clothes were

grown."

Bartsch teaches and speaks on the topic of local fiber systems and sustainable textiles to learners of all ages throughout the Midwest. They can be reached at [hello@threeriversfibershed.org](mailto:hello@threeriversfibershed.org).

## CITY BRIEFS

### POLICING SETTLEMENT EVALUATION PLAN

The city has released an "implementation progress evaluation plan" as part of its settlement with the Minnesota Department of Human Rights to address its discriminatory and racist police practices. The 88-page plan, developed by Effective Law Enforcement for All, lays out goals and steps intended to measure compliance with the court-enforceable agreement.

### COUNTY APPROVE 5.5% LEVY INCREASE

On Sept. 17, the Hennepin County board adopted a \$1.046 billion maximum property tax levy for their 2025 budget, an increase of 5.5% from last year. This follows Hennepin County Administrator David Hough's proposal for a \$2.95 billion budget next year. The operating part of the proposal is \$2.49 billion, an increase of \$86.6 million dollars from 2024. Property taxes cover approximately 36% of the budget. Budget hearings will take place before a final budget and levy is adopted in December. People can find the schedule of hearings at [hennepin.us/budgets](http://hennepin.us/budgets) and more information about property taxes at [hennepin.us/propertytaxes](http://hennepin.us/propertytaxes).

### EARLY VOTING

Early voting in the 2024 Nov. 5 general election started on Friday, Sept. 20 and continues through Monday, Nov. 4. The ballot this year includes federal, state, local school board and judge races, as well as a constitutional amendment to renew the Environment and Natural Resources Trust Fund and a Minneapolis Public Schools referendum to reauthorize and raise its Technology Capital Project Levy by \$20 million a year to provide more funding for technology systems, equipment and support staff for the next 10 years.

### ENCAMPMENT ORDINANCE

The city council is considering a new ordinance that would require detailed quarterly reports that include costs of encampment removals, as well as the number of individuals affected, the services offered, and any related 311 or 911 calls. The "Encampment Removal Reporting Ordinance" had a public hearing on Sept. 11 and the city council members who are authoring the ordinance (Ward 9's Jason Chavez, Ward 10's Aisha Chughtai and Ward 12's Aurin Chowdhury) held a community meeting about it on the 25th at East Phillips Park Cultural & Community Center. The council is expected to vote on

passage of the ordinance later this month.

### EVICTIION NOTIFICATION ORDINANCE

The city council has approved an ordinance amendment authored by Ward 6 Council Member Jason Chavez, Ward 12 Council Member Aurin Chowdhury and Council President Eliot Payne that increases the amount of time that a landlord must give a tenant before filing an eviction from 14 to 30 days. The ordinance only applies to residential tenants who are facing eviction from nonpayment of rent and not to commercial tenants.

### MINNEHAHA 3000

The city will hold a meeting on Oct. 2 focused on the feedback they have received about redeveloping the former 3rd precinct police station building at Minnehaha and Lake St into a "democracy center." Under the proposal, the building would house elections staff, supplies and services as well as offer ground-floor space for community use. The meeting was held at the American Indian Center, at 1530 E. Franklin Ave.

### CARBON EMISSIONS FEES

Ward 2 Council Member Robin Wonsley is proposing to add carbon dioxide to the city's Pollution Control Annual

Registration list and fee schedule as recommended in the 2022 People's Climate and Equity Plan. It would apply to carbon dioxide (CO2) and equivalent greenhouse gases, and charge large facilities \$452/ton for the emission. The city would do inspections of the facilities and recommend ways to reduce emissions. The implementation of this fee is estimated to cover the city's cost of reducing emissions 6% at each of the large facilities in 2025, a total reduction of 605.81 tons of carbon dioxide and equivalent greenhouse gases.

### POLICE OFF-DUTY FEES

In October, the city council is expected to consider adding a fee to cover expenses related to police officers using city equipment while working off-duty and being paid by private entities. This follows a presentation to this summer to the council that outlined that an off-duty fee of \$19/hour for use of a Ford Explorer squad car would align with the city's vehicle operations expense rates. According to Ward 2 Council Member Robin Wonsley, who is proposing the fee, "It would also necessarily require MPD to adhere to more specific tracking of off-duty work in order to recoup these fees from officers."

~ Briefs compiled by Cam Gordon

**THE CITY GARDENER**



BY LAUREN BETHKE, Master Gardener

**WHAT'S UP WITH OUR TREES THIS YEAR?**

Trees are an important part of the landscape in South Minneapolis. They shade our streets and yards, provide habitat for wildlife, improve the air, and reduce the urban heat island effect. If you've noticed your trees looking a little worse for wear this year, you're not alone! Read on for some reasons that 2024 was a rough year for trees, and tips to help improve tree health.

This year has been a year of weird weather. This winter was one of the mildest in recorded history, with December through February breaking statewide records for high average temperatures. This spring and summer, we set records for high rainfall totals in April, May, June, and July, while also experiencing lower than average temperatures. These unusual conditions have affected trees in a variety of ways.

First, many trees were already struggling to overcome the effects of last year's historic drought. Very dry conditions like we had last year can harm tree roots, cause premature loss of leaves, and damage cell structures needed for proper water regulation, among other issues. This stresses trees,

reducing their overall health and making them more susceptible to diseases and pests.

Over the winter, unusually mild conditions led some trees to begin putting out buds too early, which were killed later in the season by colder temperatures. Also, our typical cold winters help control pests like emerald ash borers (which cause serious damage to ash trees) and sap beetles (which spread oak wilt). A lack of cold temperatures has allowed those pests to thrive in many areas of the state.

Then, this summer, we experienced record-setting rainfall totals along with unusually chilly temperatures for most of the season. These are ideal conditions for a variety of bacterial and fungal diseases to spread, including apple scab, fire blight, and anthracnose.

As you can see, our trees have been up against some challenges this year, so it's no surprise that pests and diseases are more common than usual right now. Apple and crabapple trees have been heavily affected by apple scab, a fungal disease characterized by spotted or scabbed leaves, and fire blight, a bacterial disease causing malformed leaves and shriveled fruit. If you suspect that your apple tree is afflicted with either of these diseases, be sure to clean up as many fallen leaves as you can this winter to reduce the chance of the disease return-

ing next year. Fungicide sprays can be used as a preventative measure for apple scab early next season.

Anthracnose is a fungal disease most common on trees in shady areas. You may notice leaf spots, or cupping and curling leaves. Anthracnose is not usually fatal to a tree, but again, it's recommended to clean up as many leaves as possible in the fall to avoid the disease returning in the spring.

Oak wilt is a more serious fungal disease primarily spread by insects, and leads to the death of many oak trees throughout Minnesota. Look out for prematurely browning leaves, particularly if leaves have brown edges and green centers. You may also see discoloration of the bark or the underlying wood if bark is peeled back. It's unfortunately pretty difficult to stop oak wilt once a tree is infected. If you suspect that an oak tree is afflicted with oak wilt, it's recommended that you contact an experienced tree care professional to discuss options for reducing the spread to other nearby oak trees.

These are several of the most common tree issues, but if you have questions about a specific tree in your yard, I would recommend checking out the "What's Wrong With My Plant?" page on the University of Minnesota Extension website. This helpful tool will guide you through a series of questions about the issues you're seeing



Many trees in the community went down in storms over the summer on both private and public land. The very dry conditions of the previous drought damaged tree roots.

on your trees (and any other type of plant) and give you great advice and resources specific to your situation.

For more information, check out the University of Minnesota Extension Yard and Garden website. Extension resources are written by experts and contain the latest and most reliable research-based information. Happy gardening!

**BUSINESS**

**SOLCANA'S DROP DEADLIFT GORGEOUS**

On Saturday, Oct. 19, more than 100 diverse strength athletes will take the platform at the second annual Drop Deadlift Gorgeous. Hosted by Solcana Fitness in its

new Longfellow location (3016 Minnehaha Ave.), the free community celebration aims to raise \$100,000 for PFund Foundation's TRANSCEND Campaign. A vendor fair and afterparty will follow. The TRANSCEND Campaign helps trans and gender-expansive youth in the upper Midwest access crucial medical care and safe learning spaces.

**Minority-owned small business of the year**

The U.S. Small Business Administration has named Manuel Perez of JMLM Restaurants as SBA's Minnesota Minority-Owned Small Business of the Year. "Manuel Perez has demonstrated perseverance, determination, and a dedication to giving back to his community," said Brian McDonald, SBA's Minnesota District Director. "Business owners like Manuel Perez bring a wealth of diverse ideas and experiences to the marketplace, and we are celebrating JMLM restaurants for their resiliency, and commitment to consistent, quality service."



Manuel Perez

Born and raised in Northeast Iowa, Manuel "Manny" Perez worked at a local restaurant waiting tables after school. After moving to Minnesota, he continued to work in the restaurant industry as a dishwasher, cook, and eventually transitioned to a role as kitchen manager. Through great mentorship, Manny learned about restaurant operations, interpreting financials, and human resource management. Ready to be self-employed, in 1995,

Manny purchased a pizza place in Prior Lake, Minn, along with a second location in Jordan, Minn. After selling both, he purchased his first Subway franchise in 1997 on East Lake Street in Minneapolis.

Manny would eventually grow his ownership to 12 Subway locations throughout the Twin Cities and Southeast Minnesota. He has since sold several locations, and currently owns and operates four Subways located in Faribault, Prior Lake, the Minneapolis Airport, and the Cincinnati Airport.

Manny has received several SBA-backed loans throughout the years and benefitted from the Restaurant Revitalization Fund, which provided support for restaurants experiencing revenue loss related to the COVID-19 pandemic.

Manny is willing to contribute to the betterment of his employees and his community by giving his time, expertise, and financial resources. He regularly donates to a number of schools, churches, and non-profits, and has been known to help his store staff when in need. He has also donated food items for the last six years to the Make a Wish Foundation silent auction. Manny stated, "I'm a firm believer in giving back to as many communities as I can. I have been blessed and need to help the world be a better place where I can."

**Faith**

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www.epworthmpls.org  
A Congregation-Led Community  
A Reconciling Congregation  
Sundays 10am - Worship In-person  
& Live-streaming on Our FB Page  
- @EpworthUMCMPLS  
Faith Formation for All Ages  
Sunday School for: Adults at 9 am;  
Kids 0-6 @ 9:30 am  
Pasty Sale! Pre-order by 10/30 for  
pick-up 11/2, 651-645-9855

**Minnehaha Communion Lutheran**  
4101 37th Ave. S. • 612-722-9527

www.minnehahacommunion.org  
Pastor Kyle Anderson  
(Handicapped Accessible)  
Reconciling in Christ Congregation  
9:30 am-Sunday Worship in person  
& online.  
Go to church website for info  
12-step groups Tuesday thru Friday  
evenings

**Park Avenue United Methodist Church**  
3400 Park Ave. • 612-825-6863

www.parkavechurch.org  
Senior Pastor Gregg Taylor, Minister  
of Preaching Steven Belton  
Sundays: 8-9am early risers, 10am  
service, 10-12 children and youth  
Livestream worship 9:45-11:30am

**St. Albert the Great Catholic**  
E. 29th St. at 32nd Ave. S.  
612-724-3643

www.saintalbertthegreat.org  
Fr. Joe Gillespie, O.P.  
Saturday mass 5:00 pm  
Sunday mass 9:30 am (also live-streamed on Facebook), 12 pm  
Sacrament of Reconciliation  
4-4:40 pm Saturdays; Or by  
appointment  
Weekday masses at 8:15 am, M, T,  
Th, F in the chapel

**Faith Ev. Lutheran Church**  
3430 E 51st St. • 612-729-5463

www.faithlutheranmpls.org  
Pastor: Rev. Dr. Jared Yogerst  
Sundays - Sundays 9 a.m.  
(Communion 1st and 3rd)  
Mondays: Exercise Class, 10 am  
AA, 6:30 pm  
Wednesdays: NA group, 7:30 pm  
Blind Ministry Sat, Oct. 19, 12-2 pm  
MOCA Rummage Sale Oct. 11 & 12, 9  
a.m.-3 p.m.  
Baked Potato Dinner Oct. 27 11:30 a.m.

**ISKCON Minnesota Temple**  
4000 Minnehaha Ave

www.iskconminnesota.org  
Mon-Fri - Open 6:30 to 7:30pm  
Sunday Temple Service 4:30pm to  
7pm (Kirtan, Dharma talk, free  
vegetarian feast)  
Wednesday Night Wisdom Talk 7-8pm  
All are welcome. We practice Bhakti  
Yoga, devotional service to  
God. Stop by and see what it's  
all about.

**NEIGHBORHOOD CHURCHES OFFER**

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

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# Health Home

## MEN'S WALKING GROUP

Early mornings from near Riverview Theater, <https://ogwalking.wordpress.com>, [ogwalking612@gmail.com](mailto:ogwalking612@gmail.com)

## Pets

### DOG WALKING

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

### PET CHAUFFEUR

Like PETS? Great driving record? We are seeking individuals to chauffeur pets from client's home to a care provider. Vehicle provided. Flexible hours. [Mpls\\_office@PetsAreInn.com](mailto:Mpls_office@PetsAreInn.com)

## Jobs

### WINDOWS

Pet Lovers - Earn money for the holiday working from home. [Mpls\\_office@PetsAreInn.com](mailto:Mpls_office@PetsAreInn.com)

### CRISIS HOTLINE

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

### GUTTER CLEANING

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

### HOUSE CLEANING

20/20 Cleaning, Dependable House Cleaning, Family Owned and Operated, Serving the Area for Over 25 Years, 651-635-9228, [www.2020cleaningspecialist.com](http://www.2020cleaningspecialist.com).

### PAINTING

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

### PHOTOGRAPHY

Senior photos and family portraits by AKWilliams Photography. Studio in Northeast Minneapolis. 651-587-4987 [akwilliamsphotography@gmail.com](mailto:akwilliamsphotography@gmail.com)

### ROOFING

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## SERVICES

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### SPACE TO RENT

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

### STORAGE

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

### WINDOWS

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## Volunteer In Your Community

Lutheran Social Service of MN is seeking volunteers age 55+ in your area to provide companionship to older adults or mentor school-age children. Volunteers commit to regular weekly hours for a tax-free stipend and mileage reimbursement. Please contact Tina at 651-310-9425 or [Tina.Voss@lssmn.org](mailto:Tina.Voss@lssmn.org) for more information and to make an impact in your community.

## Window Washing and Gutter Cleaning

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### No consensus on vision for GF Square

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



Attendees review materials at the city's third visioning workshop held at The Exchange Hotel on 38th Street. (Photo by Jill Nease)

## Give it a listen

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[twincitiesbookfestival.org](http://twincitiesbookfestival.org)

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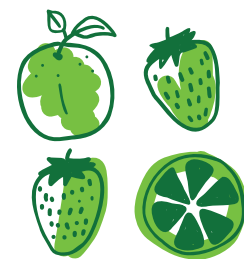
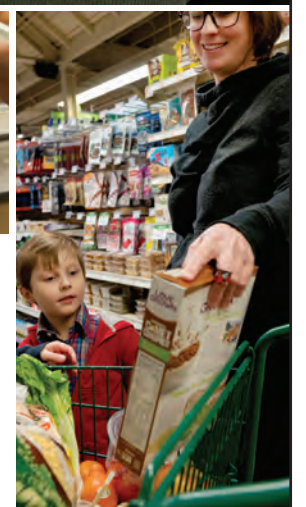
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