



Federal job cuts hit home

VA Employee fired
from dream job

By Margie O'Loughlin

Rose* is one of thousands of so-called "faceless bureaucrats" losing their jobs as the federal workforce is reduced.

The South Minneapolis resident explained, "I've worked at the Veteran's Affairs (VA) Medical Center in different capacities for the last six years, mostly in roles funded through research grants. In March of 2024, I began my service in the Research Office of the VA doing grants management. My position was funded by federal dollars; because I was new to my position, although not new to the VA, I was still considered in my probationary period.

"At 3:52 p.m. on Monday, Feb. 24, an email from an unknown sender landed in my inbox: the Office of the Chief Human Capital Officer. It read, 'Unfortunately the Agency finds that your performance has not met the burden to demonstrate that your further employment at the Agency would be in the public interest. For this reason, the Agency informs you that the Agency is removing you from your position in federal service effective immediately.'

"That's how I learned I was terminated. Terminated is the federal term for
FEDERAL JOB CUTS >> 3



Pictured at left outside the Minneapolis VA Hospital, Rose said, "I know I can get another job, and that a lot of people have it worse than I do. But I am finding it hard to wrap my head around what's happening right now." (Photo by Margie O'Loughlin)

State-funded initiative supports murals, festivals, business advice and development assistance



Artists and community members join together to celebrate E. Lake St. during a weekend Skate and Sauna event in March, part of the Lake Street Lift project. At the events, neighbors were asked what they want to see at 2800 E. Lake St. where the US Bank building formerly was. (Photo by Bruce Silcox)

Lifting up Lake Street

By Tesha M. Christensen

"I'm thrilled to see Lake Street back and thriving, and there's more to come," said Hennepin County Commissioner Angela Conley during an event at the former US Bank site at 2800 E. Lake St.

The bank was damaged during the civil unrest following the murder of George Floyd by Third Precinct officers

based a block down E. Lake St. The site is the next to be redeveloped by a coalition led by Redesign, Inc. and owned by community members. Last summer, the Coliseum building at 2708 E. Lake St. reopened.

Redesign believes in people and place, according to its executive director Andy Hestness. They aim to bring the various voices of neighbors into the development process. As they work to redevelop

the former US Bank site at 2800 E. Lake St., they're seeking ideas and comments during the Skate and Sauna events each weekend in March. Through March 30, attendees can enjoy free ice skating on an outdoor pop-up synthetic rink Thursdays to Sundays, along with the chance to steam it out in a mobile Art Shanty Projects and Urban Wing sauna (Saturdays and Sundays only). There are also on-site art installations and creative programming.

"That's what the southside is," said Hennepin County Commissioner Angela

LIFTING UP LAKE STREET >> 5

'The Dance is Not Over: The Patrick Scully Story'

Documentary on performer
who operated Patrick's
Cabaret in Longfellow shows
during MSPIFF 44

By Jan Willms

The most challenging part of making a movie about Patrick Scully was editing it down to 93 minutes, according to director Mark Wojahn.

Scully is an internationally known dancer, choreographer, activist and publicly HIV-positive gay man.

Wojahn has documented his life on film in the documentary "The Dance is Not Over," which will be showing at the

Minneapolis St. Paul International Film Festival (MSPIFF) at the Main Cinema, 115 Main St. E. in Minneapolis. MSPIFF will run April 2-13, 2025.

"Patrick is a mountain of creativity and ideas," said Wojahn. "The biggest challenge was finding which signature works of his to tell and how to tell it. The other thing was trying to incorporate the Cabaret into the story."

Scully founded Patrick's Cabaret in 1986, and for more than 30 years the site was a home for performing artists who brought edgy and controversial work to the stage, giving audiences an opportunity to see nonconformist dance and theater. Patrick's Cabaret was at 3010 Minnehaha Ave. in Minneapolis where the Hook and

PATRICK SCULLY STORY >> 2



Documentary about Southwest Minneapolis resident Patrick Scully includes years he operated venue in Longfellow.



Veto override clears path
to explore pedestrian
mall at GF Square

PAGE 3



HOME & GARDEN
Add vegetable beds
with Chard Your Yard

PAGES 6-7



ELECTION 2025
Two step up to replace
Andrea Jenkins in Ward 8

PAGE 9

PATRICK SCULLY STORY

>> from 1

Ladder is now in the Longfellow neighborhood.

"Patrick has had so many performers influenced by their work at the cabaret, and so many visitors," Wojahn continued. "He has touched so many, and I could have interviewed even more people than I did." According to Wojahn, it was difficult to edit the film down to 93 minutes and still honor Patrick for all that he has done.

Wojahn said he has known Scully since 2011, and their long friendship was helpful in making the film.

"We've been working on this for about six years," he said. "When we started the project, we thought there would be one film. And then the pandemic happened, and it gave us a second film." He said that during COVID, he edited the film "Leaves of Grass Illuminated," about Scully's one-man show on Walt Whitman and the performance he gave of that show at the Guthrie Theater.

"That film came out in 2021, and we showed it at the Twin Cities Film Festival. The film was ready in the fall, and it was a matter of timing to get it into that festival." Wojahn said that the collaboration between Scully and himself resulted in two films being made.

"For sure, working with a friend provides access to the person the story and the institution," Wojahn stated. "Because of our long friendship, Patrick felt safe



Mark Wojahn directs "The Dance is Not Over: The Patrick Scully Story," which will be shown at this year's film festival.

and comfortable with me telling his story. It was clear that he didn't want just anyone to film him. He knew that I would respectfully and honorably make the documentary about him."

Scully has seen some versions of the film, according to Wojahn, and provided feedback regarding accuracy. "He knows this is my documentary, and the story is about him."

"The film does not include everything. It's not easy to tell, because Patrick produced so much work over his career of nearly 50 years. And although the movie entwines his life and art, it is not so much about his personal life. There is a chapter

about HIV and AIDS, but we do not delve into his relationships."

Wojahn said the documentary shows the process of Patrick's dance career and how his work evolves from someone who is interested in storytelling and has performed with different companies to founding Patrick's Cabaret and his appearances as Walt Whitman in "Leaves of Grass."

Wojahn pointed out that film is the ultimate collaboration. "From the visual and photography to the producers to the sound men to the lighting artists, film is one of the most collaborative arts," he said.

He has made documentaries for years. "I believe life is stranger than fiction," he stated. "I love celebrating artistic achievements and how a documentary can validate someone's story by putting the lens on them. I like how documentaries can reveal secrets. You'll see the intricacies of Patrick as a choreographer and human being, and I hope that inspires people."

The director said he thinks documentaries can reflect the current political scene of a country. He cited "No Other Land," the Academy Award-winning film that was shot by a Jewish activist and Palestinian activist, showing the destruction of Palestinian homes on the West Bank.

"That is a very important film for the times we are in," he noted. "Because Patrick is about freedom and living his life as a very well-known homosexual, it is good to be releasing this film in a year with politics as they are. I'm proud to be an ally of that community and make this important

film about Patrick."

TIED TO MINNEAPOLIS

Wojahn said he grew up in the Longfellow area and fell in love with film when he attended the Riverview Theater. "I still live in southwest Minneapolis, just outside the Longfellow neighborhood," he said.

He said it might be easier to be well known as a filmmaker if you lived in Los Angeles or New York City, but the Minnesota film community is very supportive.

"It's easier to make films in a place where we hibernate for awhile. Prince came back because he liked the solitude. There is something to be said for the ingenuity and good community of artists here, and I think our film scene reflects that."

Wojahn said he works in film production and makes documentaries when he is not "working for the man" in commercial film. He also started Casket Cinema, where documentaries are shown to the public at the Casket Building, 681 17th Ave. NE in Minneapolis. "We're trying to build community through documentary film," he noted. "Ninety percent of the door goes to filmmakers and causes."

"The Dance is Not Over" is a documentary that Wojahn said he hopes will reflect the historical record of all the work that Scully has done. "He first danced professionally in 1976, and he is still performing today. Not that many dancers still perform in their 70s. But Patrick just keeps on going. That's why the film is called 'The Dance is not Over.'"

Filmmakers will be attending every day of 44th Minneapolis St. Paul International Film Festival

By Jan Willms

Highlighting the 44th Minneapolis St. Paul International Film Festival (MSPIFF) this year is a conversation with Ang Lee, the award-winning director of "Crouching Tiger, Hidden Dragon," "Brokeback Mountain" and "The Life of Pi."

The festival runs April 2-13 at the Main Cinema, 115 Main Street SE in Minneapolis.

A conversation with Lee and the showing of "Brokeback Mountain" will take place April 6 as part of the Milgrom Tribute.

"Lee is a visionary filmmaker, sort of a household name," said Jesse Bishop, programming director for the Minneapolis St. Paul Film Society, which presents MSPIFF. "He has always been very open and generous in talking about his work, and it is coming up on the 20th anniversary of 'Brokeback Mountain.' Also, Bill Pohlad has produced a couple of his films, and we're always looking for local connections. So we thought it was worth diving into."

The opening film of the festival is "Free Leonard Peltier," a documentary about the decades-long struggle to free Peltier, who was charged with murder in a shootout with FBI agents.

Bishop said he had seen the film at Sundance, just days after clemency was granted to Peltier by President Joe Biden. "They actually had to make a last-minute addition to the film," Bishop said. The film is co-directed by Dick France and Jesse Short Bull, whose film "Lakota Nation vs. the United States" showed at last year's festival. Short Bull and Jhane Myers, one of the producers, will attend the screening at MSPIFF.

The film "Folktales" documents the story of youth taking a gap year after high school and learning about folklore and survival skills in the woods of Norway, relying on themselves, their peers and sled dogs. "It's another approach for how young people can move into adulthood," Bishop said. He said one of the directors,

Ang Lee kicks off MSPIFF



The opening film of the festival is "Free Leonard Peltier," a documentary about the struggle to free Peltier, who was charged with murder in a shootout with FBI agents.

Rachel Grady, will attend the festival. She is originally from the Twin Cities.

Local filmmaker Patrick Coyle will present his latest film "Unholy Communion," at MSPIFF. The film is based on a book by Scandia author Thomas Ehrenbach and tells a story of revenge and redemption. It outlines the investigation into who is murdering Catholic priests. "It's exciting that Patrick is having his festival premiere with us," Bishop said. "He is one of the longtime artists in the community who makes compelling motion pictures and elevates local voices."

Another local artist, Patrick Scully, has his life and art explored in the documentary "The Dance is Not Over," directed by Mark Wojahn. It's a profile of Patrick and his career as the founder of Patrick's Cabaret, which was located at 3010 Minnehaha Ave. "It's a very reverent portrait of his life and his art," Bishop added.

He said the film "Or Something" is a dramedy about a couple of people who go to a man's house to collect money he owes them. "They don't know each other, but both are owed money. The man does

not have the money, but sends them on a wild goose chase across New York City to find the money. They decide to search together and get to know each other." Bishop said the film stars Kareem Rahma, who lived in the Twin Cities before moving to New York. "He has a show on Tik Tok called 'Subway Tapes,' and he interviewed Gov. Tim Walz on one of the episodes. Mary Neely, another comedian and artist, also stars in the film. They will also be putting together a Comedy Night at the festival," Bishop said.

"One movie I think people will be taken with is 'Speak,' about a high school national oratory competition. A couple of the teens are from Minnesota, one from Moorhead and one from Apple Valley. The Apple Valley teen is in college now, but she is coming for the festival."

"The Librarians" is a documentary that reflects on the book banning efforts that are occurring in the United States. "The film comes from a librarian's perspective," said Bishop. "It looks at the book banning and who is behind them, and the efforts to get supporters of the



"Bitterroot" stars Hmong American actor Wa Yang in the titular role of Lue. Previous credits include St. Paul's Theater Mu and Pom Siab Hmoob Theatre.

bans on school boards."

Bishop said "The Wailing" is a horror movie that he calls creepy. "There will be a lot of moments that will have you covering your eyes," he said. Some other films like "Surfer" with Nicolas Cage and "Friendship" will be part of the Dark Side selection.

"We will have lots of family films, too," Bishop said, mentioning "The Legend of Ochi," starring Willem Dafoe.

He said the festival will end on a Sunday, and there is no specific closing movie but rather several films shown the last night. One of those is "Bitterroot," a film about the aftermath of a man's divorce, as well as his relationship with his aging mother, filmed in the wilds of Montana in the Hmong American community in Missoula. "We're excited for this one, showing on the last day," Bishop said. "Kazoua Vang, one of the producers, will be in attendance. Vera Brunner-Sung, the director, has been invited."

"We have over 65 countries and regions represented by over 200 films at the festival," Bishop said. "And for the first time this year, films will be shown at the Edina Mann Theatre April 4-10."

There will be filmmakers in attendance every day. Most films will be shown at the Main Cinema, but other venues include the Capri Theater and the Landmark Center. For more information on tickets and schedules, go to mspfilm.org

Veto override clears path to explore pedestrian mall at George Floyd Square

By **Jill Boogren**

In February, the Minneapolis City Council overrode Mayor Jacob Frey's veto of the council's directive for reconstructing 38th and Chicago. Their action, according to Ward 9 Council Member Jason Chavez, means the city is moving forward with a concept that "guarantees pedestrianization" at George Floyd Square.

"In addition to cultivating and protecting the existing memorial from non-delivery, maintenance, and emergency vehicles, the pedestrian mall concept would also provide new boulevard spaces that will allow for plantings, trees, and stormwater treatment areas and prioritize traffic calming, safety, and accessibility improvements," wrote Chavez in a Ward 9 update to constituents the day after the vote.

Ward 11 Council Member Emily Koski, who had previously voted against the council's direction for the Square, joined eight of her colleagues in overriding the mayor's veto. In her Ward 11 newsletter, Koski said George Floyd's family called on her to overturn the veto. "For nearly five years, his family has come to George Floyd Square to grieve and heal. To them, this is sacred ground, a place of resilience, justice, and humanity. It is not just an intersection; it is a memorial," she wrote.

The day before the council vote, community leaders and neighbors held a press conference at the Peoples' Way calling for the override to enable community to develop a shared vision for the Square.

Mileesha Smith, co-chair of the Community Visioning Council (CVC), said the process of healing should not be rushed and that the community needs more time.

"We as people need time and space, with the patience of everyone to come together, to be able to say what this space needs to be able to function for everybody," said Smith. "Not just us as community. But the residents, the businesses and the people who fly in to take in, embrace this space we have been holding here for going on five years."

Rev. Dr. Jia Starr Brown said the space has grown to represent Black and Brown people whose lives were stolen at the hands of police.

"People experiencing injustice in all



Community Visioning Council co-chair Mileesha Smith said the process of healing should not be rushed and that the community needs more time during a press conference on Feb. 26, 2025. "We, as people, need time and space with the patience of everyone to come together, to be able to say what this space needs to be able to function for everybody," said Smith. (Photo by Jill Boogren)

forms and systems now also claim connection to this place. This place for gathering, for remembering, for grieving, healing and ultimately transforming. This is indeed a transformational space," she said. She spoke of the compassion, hospitality and educational leadership of the community that has embraced and educated thousands of people over the past five years.

"We need this healing space so we can remember, so we can rise," she said.

Marcia Howard, who has lived at 38th and Chicago for 26 years, said people visiting Minneapolis tend to go to the Mall of America, the Spoonbridge and Cherry sculpture, Paisley Park and now, George Floyd Square.

"We're talking about [the 3700 block of Chicago Ave.], where families and their bapas and their nanas are walking across to mourn, to grieve, to reflect and pay tribute, each and every day from all points of the globe. They are here in our fair city," said Howard. A map posted on a community board at the Square is often full of pins marking visitors' homes or places of origin.

DOING THE WORK

The CVC has been meeting monthly on third Saturdays for over a year and

has just added weekly Wednesday evening meetings to continue their work.

"The Community Visioning Council has been doing the outreach, been listening to the people, been making space, creating space, redirecting the hurt into doing the work instead of harming each other," said Smith. As community, they are working to figure out what they need and looking out for one another.

Asked whether the CVC supports the pedestrian plaza over the flexible open plan, which was the original recommendation by project leaders, Smith said, "We have to weigh all our options and figure out what the domino effect is gonna be before we say what we feel is best."

Here, Howard added that in any option the safety of the people who will still be at George Floyd Square must be first and foremost.

"To paraphrase Malcolm X, 'We didn't land on Plymouth Rock, Plymouth Rock landed on us.' We're sorry we inconvenienced people and capitalism by having a Black man lynched here and having the rest of the world wanna come here. Sorry that it landed on a bus stop. Sorry that it landed in front of a deli. Sorry that George Floyd happened to inconveniently get lynched on a roadway. Oops," said How-

She has not heard back from either.

FEDERAL JOB CUTS

>> from 1

fired. I went and told my supervisor I'd just been fired, and it was news to him."

DEDICATION TO SERVE

In Rose's most recent performance evaluation, dated October 2024, she was graded as an outstanding employee – the highest level of review. She said, "The idea behind my job was to progress healthcare research at the VA. My job directly influenced the healthcare research conducted for veterans."

Rose continued, "I think the 'powers that be' don't realize that a lot of us feel called to work here; we have a sense of mission to serve those who gave everything they had to our country. You can throw ominous threats at us all day long, and it won't change our drive and motivation. It was still pedal to the metal to get that mission done."

"To my knowledge, some 2,400 people within the VA nationally received the same email I did. I learned from a meeting with my union representative that at least 38 local staffers received that same email, too."

"My job was mission critical requiring specialized experience. The loss of my position impairs our ability to secure program funding in the future."

PROTECTION UNDER THE LAW

When a federal agency proposes to terminate an employee serving a probationary period, the employee is entitled to the following, according to the Code of Federal Regulations:

(a) An advance written notice stating the reasons, specifically and in detail, for the proposed action.

(b) The employee is entitled to a reasonable time for filing a written answer to the notice of proposed adverse action and for furnishing affidavits in support of their answer. If the employee answers, the agency shall consider the answer in reaching its decision.

(c) The employee is entitled to be notified of the agency's decision at the earliest practicable date. The agency shall deliver the decision to the employee at or before the time the action will be made effective. The notice shall be in writing, inform the employee of the reasons for the action, inform the employee of their right of appeal to the Merit Systems Protection Board (MSPB), and inform them of the time limit within which the appeal must be submitted.

None of the parts of this statute were upheld in Rose's termination. She has filed two appeals to date: to the Merit Systems Protection Board for Federal Employees and to the Office of the Chief Human Capital Officer, who sent her termination letter.

LIMBO

During her years at the VA, Rose worked on completing a Ph.D in rehabilitation science at the University of Minnesota. She said, "I've financed the last one and a half years of the degree myself, and am 90% on my way to being done. The problem is I have no access to the data I compiled, because my research subjects were VA patients. All of my research is locked up in my work computer. At the very least, I should be able to access that data sometime, but I don't know when."

Rose concluded, "It's now three weeks later and, to my knowledge, no one at the VA has been directly informed of my termination: not the Human Resources Department, and not my supervisor. I've received no information about my health insurance status, my severance package, my pension, or my 401K contributions."

"Our union and the local research office are fighting hard to get me reinstated. They've appealed to our regional office, and at the national level. Any opportunity that has come through for them to advocate for me, they've done it."

"My motivation for putting my story out there is that these terminations are affecting real people doing real work in the federal service. The message that's being pushed is that federal employees are wasteful – that we sit at our desks with our feet up all day, wasting the public's money."

ard.

As to the question of what the area needs, a couple of people in attendance called for meeting the 24 Demands of Justice Resolution 001.

"This area needs systemic oppression to end," added Howard, who explained that as a former high school teacher, she's lost seven students in these streets.

THE PEOPLES' WAY

At Sabathani Community Center that same evening, four applicants presented their plans for developing the Peoples' Way. Rise and Remember, who has been caretaking the memorial and offerings since 2020, proposed a memorial garden and gathering space. The other proposals were for new builds at the site.

P3 Foundation (David's Place) would create a community center with a memorial garden. The Urban League would create a four-story building with a museum, community center and garden. Minnesota Agape Movement would build a six-story building with a gift shop, museum, business incubator, media hub, bar and restaurant (see "Range of building types, uses proposed for Peoples' Way," in the February 2025 Longfellow Nokomis Messenger).

The selection will ultimately be made by the city council and mayor.

The Community Visioning Council meets Wednesdays at 3715 Chicago Ave. from 5:30-7:30 p.m. and third Saturdays from 10 a.m.-noon in the Belfry Community Space (3901 Chicago Ave.). More information can be found at Gfscvc.org.

Immediately following the monthly meeting from 12-1pm, also at the Belfry, 612 MASH is offering free self care services, including blood pressure checks and glucose testing, acupuncture and de-escalation skills. No reservations are needed, and walk-ins are welcome.

612 MASH (Minneapolis All Shall Heal) is a healthcare advocacy nonprofit that works to bridge the gaps between underserved communities and critical resources by connecting people with available health and medical services. They are volunteer-driven and are always looking for new clinical professionals and bilingual volunteers to join the team. For more information or to request a self care fair at an event or gathering, they can be reached on Facebook or at 612mash.org.

PACT ACT INCREASES NEED FOR VA SERVICES

The PACT Act is perhaps the largest health care and benefit expansion in VA history. Passed in 2022, it expands and extends eligibility for VA health care for veterans of the Vietnam, Gulf War, and post-9/11 eras who suffered exposure to toxins. The act adds 20+ more presumptive conditions for burn pits, Agent Orange, and other toxic exposures.

According to the VA Performance Dashboard, 5.6 million veterans have been screened for toxic exposures, and more than 740,000 veterans have enrolled in VA health care since the passage of the PACT Act.

Secretary of the VA Doug Collins is planning a reduction of 15% of the VA workforce, meaning that some 80,000 employees in that system will lose their jobs. The goal is to reduce workforce levels to those of 2019, at the close of the first Trump administration.

"That could not be further from the truth."

Editor's note: Rose asked to speak under the condition of anonymity. Rose is not her real name.*

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

Give me a minute

BY VALERIE FITZGERALD
Howe resident



(Disclaimer: This information is accurate to the best of my knowledge, but I am not a historian, archaeologist, or any other kind of expert.)

As I considered how humans developed a racial hierarchy, I found myself going all the way back to the beginning: the Big Bang. In his book, "Astrophysics for People in a Hurry," Dr. Neil deGrasse Tyson wrote: "Every one of our body's atoms is traceable to the Big Bang and to the thermonuclear furnaces within high-mass stars that exploded more than five billion years ago. We are stardust brought to life, then empowered by the universe to figure itself out – and we have only just begun."

About 4.5 billion years ago, Earth was formed. Life on Earth evolved over millennia. The first humans are thought to have existed in the area we now know as Africa about 315,000 years ago. Climate change and drought drove humans to near extinction some 60,000-90,000 years ago. This led them to migrate to different locations.

As human beings migrated out of Africa to colder parts of the world with less sunlight, their skin pigmentation mutated in order to maintain vitamin D3 production in the skin. This evolution is thought to have begun over 20,000 years ago.

In "The History of White People," Dr. Nell Irvin Painter describes how, since antiquity, the peoples of Eurasia warred

IN THE BEGINNING

with, conquered, enslaved and tortured each other. She devotes a chapter to White slavery and gives a nod to the Romans. However, Dr. Painter observed that my Norwegian ancestors, the Vikings, were "preeminent slavers" in Europe from the fifth to the 11th century. My Irish ancestors may have become acquainted with them a thousand years ago: "It is said that Dublin was Europe's largest slave market during the 11th century."

Dr. Painter describes how Africans came to be enslaved in the Americas. "We still recognize Prince Henry the Navigator (1390-1460)... he sent Portuguese sailors into the Atlantic and down the coast of West Africa... Fairly soon the Americas, especially the Caribbean islands, proved so productive that sugar making became synonymous with America – and with African slaves."

Meanwhile, Britain and the Virginia Company trafficked Europeans to the Americas. Homeless children, poor women, indentured servants, convicts or political prisoners, all were essentially sold or traded into labor or servitude in the colonies during the 1600s. Slavery and oppression were business as usual.

In "My Grandmother's Hands" Resmaa Menakem wrote: "Back then, no one used the term 'white people'... Instead, there were English, Dutch, French, Spanish, and Portuguese colonists, and members of Indian tribes, such as the Pequot, Narragansett, Wampanoag, and Mohawk. It was only in the late 17th century that white Americans began in earnest to formalize a culture of white-body supremacy."

Bacon's Rebellion was a critical event that took place in the 17th century, 100 before the Declaration of Independence was signed. In "How the South Won the Civil War," Heather Cox Richardson wrote: "Nathaniel Bacon, a new arrival from England who was well connected and wealthy but frustrated at his lack of authority in the colony," pulled together lower income colonists, including free Black people. They marched on Jamestown, the colonial capital of Virginia, and burned it down.

In response to this insurrection, "the Tidewater elite set out to preserve their control over the colony's government, and thus over its economy and society. To do that, they began to split the lower classes apart along racial lines. They pushed Indians off their land and enslaved those who fought back. From 1670 to 1715, colonists enslaved between 30,000 and 50,000 Indians. Entire tribes disappeared, and white farmers moved onto their lands."

Bacon's Rebellion led to a set of laws called the Slave Codes of 1705. These laws benefited people of European descent, and removed rights previously held by Black colonists and Indigenous people. As Heather points out, "Poor white men did not achieve actual economic and social equality with society's leaders, but those leaders did not have to worry about challenges to their privilege. Their lower-class white neighbors got the benefit of believing they were on the same level as rich men, because they shared the same racial identity. They would not revolt, because preserving the distinction between themselves and slaves was more important than seeking political power."

In 1776, the Declaration of Independence stated that all men were created equal. It was signed by men who owned

enslaved human beings, and described Indigenous people as "merciless Indian Savages." The revolution continued for five more years. In 1781, Britain surrendered.

The Constitution was signed in 1787 and ratified in 1788. Article I, Section 9 of the Constitution is known as the "slave trade clause." It allows for the "Migration or Importation of such Persons as any of the States now existing shall think proper to admit" until 1808. The Fifth Amendment forbid the government from taking "private property... without just compensation." Thus, while the international slave trade was prohibited after 1808, private property in the form of enslaved humans was protected by the constitution.

The emerging American concept of freedom depended on excluding certain groups of people – enslaved people of African descent, Indigenous people, and women, for example. Heather wrote, "Since most white men could not conceive of a world in which men of color had rights equal to theirs – and they certainly didn't think women did – they believed that the fact white men had equal rights meant that the nation was dedicated to the ideal of human equality."

The 1800s would see a huge influx of European immigrants. Eastern Indigenous tribes were pushed westward. Dakota and Anishinaabe people in Minnesota ceded much of their land to the growing U.S. It was this America that my great-grandparents came to, hoping to build a better life for generations to come.

Valerie Fitzgerald is a clinical counselor who has worked in mental health care since 2011. She resides in Howe. This is the second in a four-part series. Read the others online at www.LongfellowNokomisMessenger.com.

Stories and Journeys

BY DONALD L. HAMMEN



With warmer weather coming, I have been able to get outside and walk more. Walking more is causing me to be aware that it is so easy for me to take my feet for granted. So, in this column, I am minding my body by celebrating my feet. More to the point: what my feet enable me to do. My feet enable me to feel a connection to the ground literally and figuratively. And that's where this column starts.

CREATING STORIES AND JOURNEYS IS ME GROUNDING MYSELF

I'm going start by taking you along with me into part of my "creative process" that results in Stories and Journeys each month. It starts with grounding. In fact, the next column starts getting written as soon as I submit the column I have been writing. At that point, it is not a conscious process – more an act of internal knowing and the words "be still and know" is how I start out. Then there are the wise words of my mother paraphrased, "To thine own

Minding my body by celebrating my feet

self be true and it shall follow as night follows day you shall not be false to any man or woman." Then there is the First Amendment of the Constitution of the United States, "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof: or abridging the freedom of speech or the press; or the right of the people to peaceably assemble, and to petition the government for redress of grievances." Finally, there is what I have been tasked to write, which is what I am thinking, learning and experiencing in my life as an elder.

At the end of the day, Stories and Journeys is me paying attention to my internal knowing, being still and true to myself.

CREATING STORIES AND JOURNEYS IS ME MINDING MY BODY BY CELEBRATING MY FEET

Twice in my life I have had to learn to walk again. This has lead me to the conclusion that I/we live too much in our heads and don't pay adequate attention to our feet. So, how about you dear reader. Do you ever pay attentions to your feet and show them gratitude for what they do for you? Tell yourself, tell others or tell me via tesha@tmcpub.com And if you have read this far you have taken the plunge

into the river(flow) of life experiences that is Stories and Journeys.

It's Feb. 26. I celebrate my feet taking me along with a ride from my neighbor Judith to the February meeting of Longfellow/Seward Healthy Seniors SOLOS Resource Group. Greater Longfellow resident Tim Mungaven is meeting with us. He is a longtime Minneapolis Regional Retirees Council (AFL-CIO) Housing Committee Chairperson. The topic is seniors and housing. Tim talks about his background, the history and work of the housing committee and what has been learned so far. This includes Tim offering his diagram of a new possibility for the delivery of services to seniors that is more neighborhood rooted in organizations like Longfellow-Seward Healthy Seniors. The attendance at this meeting was double what was expected. As many as 20 plus versus 12.

ELDER VOICES (TELLING OUR STORIES/SHARING OUR JOURNEYS)

We gathered at Turtle Bread on Feb. 28. I celebrate my feet enabling me to get there. For the second month in a row seven new people showed up to tell their stories and share their journeys. There was Silvia, Bruce, Andrea, Debbie, Tom and

Joel. A mix of Messenger and Southwest Connector readers. Elder Voices is not normally a space where people share that politics and public policy are shaping their elder stories and journeys. Today was an exception.

This is where I get to tell you that Elder Voices is scheduled to meet April 25, 10-11 a.m., at Turtle Bread, 4205-E.34th St. Look for the table with the Elder Voices sign.

MINNEAPOLIS AREA DFL SENIOR CAUCUS CHAPTER GENERAL ELECTION (3-15-25)

Celebrating my feet walking from my kitchen to the computer in my living room for a Zoom meeting. Several south Minneapolis residents running for six offices. Agenda items included Social Security cutback update and Medicaid reductions. Social Security data Issues in light of Musk take over of Social Security Administration. Concerns include I.T. system is weak and data privacy. In addition to service being made more difficult to access.

In gratitude for your readership. I wonder where my feet will enable me to go next.

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

WHAT DO YOU THINK? EMAIL LETTERS, GUEST COMMENTARIES, PRESS RELEASES AND NOTES TO NEWS@LONGFELLOWNOKOMISMESSANGER.COM

Messenger

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

612-345-9998

longfellownokomisemessenger.com

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

Instagram: LongfellowNokomisMessenger

News for you!

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

Story ideas always welcome.

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

Owner & Editor:

Tesha M. Christensen
tesha@TMCpub.com

Advertising & Marketing:

Denis Woulfe
denis@TMCpub.com

Design & Layout:

Tesha M. Christensen

Printing by: House of Print

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

TMC
PUBLICATIONS CO



Delivery:

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

Contributing Writers & Photographers:

Jan Willms, Jill Boogren, Cam Gordon, Donald Hammen, Terry Faust, Iric Nathanson, Jane St. Anthony, Margie O'Loughlin, Terbut Ochothow

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

ety that hears, helps and heals the customers and communities we serve. All rights reserved. The contents of the Messenger cannot be reproduced without express written permission of the publisher. Copyright © 2025.

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



77 from 1

Denis@tmcpub.com





Avoid waste by purchasing soil from Chard Your Yard, which sells it by the bucket to augment or fill garden beds you already have. The effort is run by neighborhood volunteers.



Chard Your Yard volunteers include Nancy Victorin-Vangerud, Emily Matthees and Joseph Guiney. (Photo submitted)

Chard Your Yard this year

Spring is calling; It's time to think about gardening! The neighborhood volunteer-run organization, Chard Your Yard, has the garden resources to make it happen.

The gardens are provided at-cost to residents, and construction and delivery are provided by volunteers. To be eligible to receive a garden, the garden must be installed in one of the following neighborhoods: Cooper, Corcoran, Ericson, Hiawatha, Howe, Longfellow, Seward, Standish.

A standard 3'x5'x12" raised garden bed is \$70, delivered and installed. They also offer subsidized standard beds for \$35, and for qualifying disabled persons, a double high 3'x5'x24" bed for \$70.

Chard Your Yard sells quality soil in reusable buckets so you can augment or fill the garden beds you already have.

Install dates: Saturday, April 26 and Saturday, May 3. Online garden registration opens Friday, March 28 at noon.

Over the past 10 years, volunteers have installed approximately 340 garden beds. Volunteer signup opened in March.

Visit website ChardYourYard.com for more information and to check if your address qualifies for the delivery area.

WHY FRESH FOOD?

Fresh food from a home garden improves a family's health and a community's food resilience. That's why victory gar-

dens were promoted in WWII and it's the same reasons Chard Your Yard promote gardens today. Add in the benefit of reducing the miles your food needs to travel (its carbon footprint) and the improved taste and nutritional value of a vine-ripened tomato, a sun-warmed strawberry or a super-sweet carrot and that's why Transition Longfellow created the Chard Your Yard program.

Chard Your Yard is the signature food-resilience project of Transition Longfellow. Chard Your Yard was launched in 2013. "We have been successful by using economies of scale to create affordable garden beds for our neighbors, providing them with a quality finished product at cost," according to information on the group's website. "We are able to complete installation by activating volunteers to do the heavy lifting, cutting and assembling beds, delivering the beds and then returning later to fill the beds. The hard work of hauling dirt and wielding cordless drills does more than build a garden, we also improve our neighbors health, and create more sustainable communities.

Chard Your Yard has received financial assistance every year from the Longfellow Community Council to make the project more affordable for at-risk neighborhood residents, low income and persons with physical disabilities.

EGG PLANT

URBAN FARM SUPPLY

1771 Selby Ave, St Paul, MN 55104
651-645-0818 eggplantsupply.com

plants • seeds • bee lawns • tools
chicken feed • compost • pest control
books • DIY kits • practical gifts
fermenting • cheesemaking • foraging

GROW YOUR BACKYARD HOMESTEAD

Summer in the City

Contact us to be a part! Denis@TMCpub.com 612-345-9998
teshas@TMCpub.com 612-345-9998



Coming May,
June, July &
August

BUILDING THE FUTURE RESTORING THE PAST

• Patching • Window/Stucco repairs • Stone: new & repair
• New stucco • Re-Stucco • Sandblasting



Aaron Cole



Lance Smith



SMITH COLE
STUCCO & STONE

612.709.4980 SMITHCOLE.COM

Fabulous
customer
reviews!

Treating your house like a home.



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

FREE ESTIMATES

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

**TREE TRIMMING,
REMOVAL & STUMP
GRINDING**



Matthew Molinaro
FREE ESTIMATES
612.239.2508
MolinaroTree.com

lic&Insured | certified arborist MN-4551A

**Roofing
Gutters
Windows**



40+ years experience,
licensed and insured.
Greg Johnson
701-831-1379

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



**COLDWELL
BANKER
REALTY**

**Window
Washing
and Gutter
Cleaning**



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

Call Larry 651-635-9228
2020cleaningspecialist.com

**MB'S
CLEANING SERVICES**



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

651-225-1960
MBScleaning.com

612.729.7608 • www.buck-bros.com



**We design & build
in your neighborhood**
Kitchens, Baths, Additions
Restorations



MN license #4593

**BUY
LONGFELLOW/NOKOMIS
LOCAL**

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

**Tell them you
saw it in the
Messenger.**

6 of 10 readers say they frequently purchase products and services from ads that they see in the Messenger.

MN Lic. BC750502

**HAYES
WINDOW
RESTORATION**

**BRING NEW LIFE TO
YOUR ORIGINAL
WINDOWS**

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




Google ★★★★★ SCAN ME

hayswindows.com 612-259-7855

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




Lakes | Sotheby's
INTERNATIONAL REALTY

Your Neighbor since 1984

NELSON **ELECTRIC INC.**
EST 1963

Service is Our Specialty

FREE - estimates

Call today for an appointment

Office Space for Lease

- Residential
- Industrial
- Restaurant
- Lighting Retrofits
- Commercial
- Solar

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



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

**THE ODD
COUPLE
TEAM**

**We love being a part of
this community –
and we'd love to help you too!**

For more than 20 years, we have had the privilege of helping our neighbors in Minneapolis buy and sell homes they love.

Reach out to us today to get started!

651.492.6423 | TheOddCoupleTeam.com

Receive a FREE custom market analysis.



kw KELLER WILLIAMS
INTEGRITY REALTY **MLS**

1460 Grand Ave, St. Paul, MN 55105
Broker Address: 2660 Arthur Street, Roseville, MN 55113

Hands-on opportunities help south Minneapolis resident not feel as frustrated about environmental concerns

By **Allie Johnson**

Have you ever been frustrated seeing recyclable or compostable items in the trash bin? Or maybe you yourself have hesitated over whether an item can be recycled or not.

Those feelings are what led Tangletown resident and self-described former dumpster diver Leah Sweet Slicker to join the ranks of Hennepin County's Community Recycling Ambassadors in 2018.

Since 2011, the Community Recycling Ambassadors program has been training Hennepin County residents on how to be an advocate for recycling, composting, and overall reducing waste in their community.

Kirsten Wahlberg, the program coordinator and waste reduction specialist with Hennepin County, said the purpose of this program is to bridge the awareness gap when it comes to recycling in the county.

"There's this misconception that all you have to do is hand this person a hand-out or a magnet to put on the refrigerator and all of a sudden they're going to understand how to recycle and compost," said Wahlberg. "But studies show that having a person to put behind that recycling guide or having a face in front of this person that's wanting to know more really will make the difference."

To become a Community Recycling Ambassador, residents must apply and be accepted into the program. Accepted applicants attend six weeks of training – now offered virtually – where they learn from industry experts and county staff about waste reduction, recycling, and organics as well as how to volunteer and effectively communicate what they learned.

"We're really trying to equip people with the knowledge and the skills to get them going," Wahlberg said.

Sweet said she particularly enjoyed learning the ins and outs of Hennepin County's recycling and waste systems – information she could then pass on to family members, friends, and the rest of the community.

"[Recycling standards] are different are all over," she said. "People get complacent, like 'It's just too confusing, I'm going to throw these things away' or 'I heard that most stuff doesn't get recycled anyways so I'm just going to throw things away.'"

QUICK EDUCATION OPPORTUNITIES

After undergoing training, participants are then required to complete 30 hours of volunteer work before they are officially certified as Community Recycling Ambassadors.

Community ambassadors advocate for recycling, composting



At Fix-It Clinics, residents can bring broken electronics, appliances, clothing and more to be repaired. (Photo submitted)



Annabelle Watts, a Community Recycling Ambassador, volunteers at an information table on Earth Day in 2023. (Photo submitted)

That volunteering can take many different forms, Wahlberg said. Community Recycling Ambassadors have volunteered as waste monitors at events like the Basilica Block Party music festival and the annual May Day Parade in Powderhorn Park, helping guide attendees on what items to put in which bin.

"I love it because it's a really quick interaction," said Wahlberg. "It's a really quick education opportunity."

Ambassadors are encouraged to volunteer in whatever way they are most comfortable. For some, that means taking on their own project, like encouraging their church to switch to reusable cutlery and plates, or starting a swap meet in their neighborhood.

"There are lots of opportunities for extroverts, but if that's not people's style, there are other opportunities as well," Wahlberg said. For instance, there's a Community Recycling Ambassador who is running a Discord channel for volunteers.

"She's using her skills to manage volunteers online and that's totally up her alley, which is great," Wahlberg said. "People can kind of design [their own projects] and figure out what works for them."

For Sweet, she worked with both the Blaisdell YMCA and Burroughs Elementary

School – where her children attended – to obtain new recycling containers with better signage. She also volunteered with the University of Minnesota's Pack and Give Back program, which encourages students to donate rather than throw away unwanted items when they're moving out at the end of the semester, helping to sort those items.

"The program is a really great hands-on way to not feel so frustrated about the state of our environmental concerns and just become more of an active resource for folks," Sweet said.

Once participants complete their mandatory 30 hours of volunteering, it is up to them how they want to continue to share their knowledge and raise awareness in the community, Wahlberg said.

FIX-IT CLINICS

Sweet has been a Community Recycling Ambassador now for over seven years. These days, she is a regular volunteer at Hennepin County Fix-it-Clinics, where residents can bring broken electronics, appliances, clothing, and more to be repaired.

She does not help repair items herself, rather, she helps by directing attendees on where to go and helping to weigh all



Tangletown resident Leah Sweet Slicker worked with both the Blaisdell YMCA and Burroughs Elementary School – where her children attended – to obtain new recycling containers with better signage. She also volunteered with the University of Minnesota's Pack and Give Back program, which encourages students to donate rather than throw away unwanted items when they're moving out at the end of the semester, helping to sort those items.

the items that come through the clinic to determine how much waste was diverted from landfills.

"I'm not a welder, I'm not really a tinkerer, but I'm noisy and I'm comfortable welcoming people and explaining the process to them," said Sweet.

TRAINING OFFERED EVERY SPRING AND FALL

Since its launch, the program has created about 850 Community Recycling Ambassadors. Wahlberg said county staff will tap into that large pool of sustainability-minded volunteers when they need additional help.

"[Community Recycling Ambassadors] are the faces. They're the ones going out and actually implementing a lot of these ideas that we have at the county level that we just don't have the capacity to do," said Wahlberg.

The Community Recycling Ambassadors program is open to anyone over the age of 18 who lives, works, or goes to school in Hennepin County. Classes are offered every spring and fall. Interested residents can sign up with their email to be notified when applications open again this fall.

Give it a listen

**Have vision issues?
Appreciate listening when
you're on the go?**

We've added a new feature for you!
Check out the audio files on our website
and catch up on your local news by
listening to it.

Messenger
Longfellow • Nokomis



HOME | FOOD | CULTURE



1601 EAST LAKE ST MPLS, MN
ingebretsens.com

Join a **Blue Thumb** workshop this spring

PLANTING FOR CLEAN WATER®

**Planting
for Clean
Water**

**Planting
for
Pollinators**

**Planting
for Clean
Water:
Shorelines**

**Native
Garden
Maintenance**

bluethumb.org/events

Two step up to replace Jenkins in Ward 8

Soren Stevenson and Josh Bassais

By **Cam Gordon**



On Nov. 4, 2025 voters in Minneapolis will elect city council members for all 13 wards, three at-large park board commissioners, six district park board commissioners, two members of the board of estimate and taxation (BET) and one mayor.

Even though the candidate filing period doesn't start until July 29, candidates are already at work holding meetings, making phone calls and knocking on doors.

But this year current Ward 8 Council Member Andrea Jenkins isn't one of them. On March 3, she announced that she will not be seeking another term.

"It has, indeed, been the honor of my life to serve as your council member. During that time, I served as Council President and Vice President during some of the most challenging times in Minneapolis history," said Jenkins in her written announcement. "Minneapolis is a great city and I believe Ward 8 is the soul of this city."

So far, two candidates, Soren Stevenson and Josh Bassais, are running. They both had good things to say about Jenkins after her announcement.

Stevenson said, "I am very proud of her for being the first black trans woman ever elected. I think very highly of her 38 Thrive plan, and she has done excellent work recently on arts promotion through the city. I plan on implementing a lot of what went into the 38 Thrive plan and continuing to build on the arts support."

"I am deeply proud to celebrate Andrea Jenkins for her groundbreaking service to Minneapolis as the city's first transgender council member and former council president," said Bassais. "I want to honor her remarkable achievements, including her advocacy for cultural districts and her pivotal efforts in declaring racism a public health crisis. I am fully committed to carrying forward her legacy of pragmatic, community-first leadership, ensuring that every resident has a voice."

SEEKING DFL ENDORSEMENT

Bassais and Stevenson are both seeking the Democratic Farmer Labor (DFL) party endorsement that will be determined at the ward 8 convention on Sunday, May 4.

Prior to that, the DFL party will hold precinct caucuses on April 8 to select delegates to attend their ward conventions. A DFL city convention will be held on July 19 and 20 to consider endorsements for mayor, park board, and BET.

Bassais, a past DFL party precinct chair, said, "I do intend on continuing my cam-

paign if not endorsed even though as a lifelong member of the DFL that would be a very hard decision."

Stevenson was endorsed by the DFL when he ran for council in 2023 and lost the November election to Jenkins by 38 votes. "My neighbors have said clearly that they are looking for a change to the status quo in our city," he said. "I feel I have a strong chance at winning the DFL endorsement, but if I don't, I will continue to push for that change through November."

They also both appreciate living in the Lyndale neighborhood.

Stevenson especially likes "living on the Blaisdell protected bike path and seeing a beautiful cross-section of the neighborhood use it. I regularly see families with kids, people using mobility devices, commuters, and my friends pass by," he said.

"I love that my family and I can walk to some of the best restaurants in our city, including, Ramen Kazama, Hola Arepa, and Sonny's for a treat," said Bassais.

EXPERIENCE

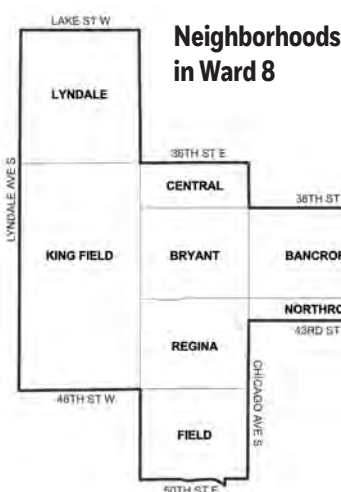
Stevenson moved to Minneapolis when he attended the University of Minnesota before graduating in 2020. During the protesting after the death of George Floyd, he was shot in the face by a police officer with a so-called "rubber" bullet and suffered injuries that included the loss of his left eye. Since then, he has worked for a nonprofit that forms housing cooperatives and volunteered with the Minnesota Justice Coalition and Families Supporting Families Against Police Violence. He currently works for Agate Housing, which runs homeless shelters.

When asked about an experience that most qualified him for the council job, Stevenson narrowed it down to his work as a unionized homeless outreach worker. "I see every day the inner workings of the crisis on our streets, and I'm ready to bring that insight into city hall to reverse the trend of a growing homeless population, chaotic placement and eviction of encampments, and the worsening quality of life for people both in and out of homes as a result," he said.

Bassais, identified his collective bargaining experience working for labor unions as something that helps qualify him to be a council member.

He grew up in Minneapolis with his mother, attending Lyndale, Anwnat and Southwest schools, and said his "activism began at a young age, influenced by the anti-racist punk rock movement and my involvement in labor rights, leading to roles such as a union organizer and a precinct chair with the local DFL party."

After attending St. Cloud State University, Bassais joined a Minnesota hospitality union, UNITE HERE Local 17, and later became a business agent and labor negotiator for them. He now works as a



union organizer with LIUNA, the Laborers' International Union of North America. "With over a decade of experience in labor unions and substantial time spent in the corporate world, I have developed a unique combination of grassroots activism and professional effectiveness," said Bassais.

Bassais has also has volunteer experience coaching youth sports and serving as a board member and president for the Lyndale Neighborhood Association.

PRIORITIES

"I am running for Minneapolis City Council in Ward 8, driven by a vision for a safer, more equitable city with improved public safety, housing, and economic opportunities, while standing in solidarity with marginalized communities," said Bassais. He lists six priorities on his website: clean and safe streets for all residents, tackling drug and behavioral health crises effectively, building sufficient housing to address affordability challenges, revitalizing Nicollet and Chicago Avenues to support small businesses, developing a thriving economic future, and enhancing the quality of life for everyone.

Stevenson lists his priorities under 13 general categories: public safety, police accountability, housing for all, healthy planet and healthy people, environmental justice, infrastructure, transportation, constituent services and community engagement, George Floyd square, equity and inclusion, neighborhood organizations and community building, good governance, supporting unions and good paying jobs and public schools.

Both candidates make the case that they will be responsive leaders focused on the values and needs of their constituents.

"We need a city that works together, embracing collaborative planning, decision-making, and action to overcome shared challenges," said Bassais. "I am committed to providing leadership rooted in genuine public service, always putting the needs of the people of Ward 8 first. I believe that to address these issues, we need clear communication, mutual respect, and a readiness to find common ground."

Stevenson has addressed where

he lands along the occasionally evident political divide in city government with the mayor sometimes at odds with some members of the council.

"I am running for City Council in Ward 8 in 2025 because, while the kinder, safer Minneapolis we deserve is still possible, our current city leadership is failing to realize the potential of this city," he said. "The progressive majority on the city council has begun to make strides toward transformational change, but they encounter obstacles from the mayor and other council members at every turn."

Stevenson is endorsed by several local elected office holders including Hennepin County Commissioners Angela Conley and Irene Fernando, school board member Greta Callahan, BET member Samantha Pree-Stinson, State Senator Omar Fateh, and city council members Jeremiah Ellison and Robin Wonsley.

Both candidates expect to have more endorsements from individuals and organizations in the near future.

DECISION-MAKING

A city council member is expected to make hundreds of decisions every month, some with significant and long-term consequences.

"I have honed my decision-making skills over more than 25 years of professional experience, particularly in roles involving contract negotiation, budget management, and stakeholder collaboration," said Bassais. "For instance, I successfully led a team working with a multi-million dollar contract, which required balancing diverse stakeholder interests and making strategic choices to achieve the best outcome. My ability to assess complex situations, weigh potential risks and benefits, and make informed decisions has consistently resulted in positive outcomes and strengthened relationships."

"I am a patient processor," said Stevenson. "I like to hear people out, and then sit with the ideas for a time before making a decision. This has been extremely valuable for me because experience has shown that your initial thought is not usually your best thought. This also allows me to hear more people and perspectives before jumping to conclusions. So much of our society doesn't value taking a second to think something through before talking, but I think it is one of my greatest strengths. I will bring this approach to city hall so that I can hear out the many different constituencies in Ward 8 and make the decision that best represents my communities."

TO REACH THE CANDIDATES

Bassais is available to meet people at Hosmer Library, Room 102 every 3rd Wednesday from 5-7 p.m. and every third Saturday from 9-10 a.m. He can be reached at joshbforward8@gmail.com. His website is www.joshbforward8.org.

To reach Stevenson, people are invited to go through the website sorenstevenson.org and sign up, or email him at sorenwithward8@gmail.com.

CITY BRIEFS

DEMOLITION OF MILLS

After a hearing held and recommendation made at a council committee, on March 14 the city council voted 12-0 to deny the appeal by Joel Alders, of the newly formed Save Minneapolis from the Wrecking Ball Coalition, to stop the demolition of the boarded and vacant Nokomis Mill and Elevators at 3501 Hiawatha Ave. This will likely make it easier for ADM to sell the 2.4-acre parcel to be torn down and redeveloped. It is one of the six remaining mills of what was, in the early to mid-1900s, a thriving milling district with nine different milling complexes operating along the rail line there.

CHEATHAM APARTMENTS FUNDING

The city has approved accepting grants

from the Metropolitan Council's Tax Base Revitalization Account and Hennepin County's Environmental Response Fund to support the soil clean up and construction for the Cheatham Apartments at 3716 Cheatham. The grants are for \$1,326,500 from the Met Council and \$777,265 from the county.

HIAWATHA-LAKE UNDERPASS ART

The city council has approved a contract with the Minnesota Department of Transportation and GoodSpace Murals LLC for the Hiawatha Ave. and Lake Street Bridge Pier Public Art. Greta McLain, Daniela Bianchini, Natchez Beaulieu, and Pablo Kalaka will help design the two-dimensional artwork for the underpass.

RENAMING EDMUND BOULEVARD

On March 22, Ward 12 Council Member Aurin Chowdhury hosted a meeting with people from the Reclaiming Edmund coalition at the Longfellow Recreation

Center, to share plans to rename Edmund Blvd. The coalition has been working to change the name of the street and educate people about the boulevard's namesake, Edmund G. Walton (1865-1919), who is considered the first developer in Minneapolis to apply racially restrictive covenants to the properties he sold, which was used for decades as a legal way to racially segregate the city. To take a survey and help select a new name go to <https://forms.gle/HQ3b9paCxqAVT8vdA>.

PARKLETS

The city is looking for three community partners to host city-owned parklets and will provide plantings, chairs, tables, patio umbrellas, and public parklet signage. Hosts are responsible for day-to-day maintenance. The deadline to apply to host a city-owned parklet is March 31.

ARTS FUNDING

The city is seeking artists to apply for

their Cultural Districts Arts Fund programs that are intended to support temporary arts activations, and "bolster cultural festivals, events and spaces." The Cultural Districts Arts Fund is available in the seven designated Cultural Districts across Minneapolis: 38th St., Cedar Ave. S, Central Ave., East Lake St., Franklin Ave. E, Lowry Ave. N and West Broadway. The application deadline is April 15.

TRAFFIC SAFETY CAMERAS

The city plans to start a pilot traffic safety camera program this summer with five cameras that will help enforce speed limit laws. The city is conducting a survey in March and April as one way to gather feedback on potential locations. The program will run for up to four years and may expand to a maximum of 42 locations and be used to enforce traffic light laws in the future.

- Compiled by Cam Gordon

NOKOMIS EAST NEIGHBORHOOD ASSOCIATION

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



Seventeen years ago, Solveig Corbin opened Nokomis Yoga (2722 E. 50th St.), a sanctuary dedicated to bringing the transformative power of yoga to people of all ages and backgrounds. Her journey to opening the studio, however, began with a deeply personal struggle that led her to discover the profound benefits of yoga in her own life.

For years, Solveig faced a debilitating health issue: she woke up one morning to find that she couldn't feel her hands. After visiting several neurologists and trying physical therapy, she turned to alternative medicine in search of relief, but nothing seemed to help. Desperate, she began practicing yoga and pilates – not initially for healing, but simply to escape her constant discomfort.

"I was just trying to get out of my head about it," Solveig recalls. However, as she began to deepen her practice, she realized something extraordinary was happening. "I started feeling my body more. I started slowing down. I started becoming still with my body," she says. It was then that she recognized that all the treatments she had tried up until that point hadn't worked because she was not in tune with her body. By focusing on truly listening to her body, she found a way to heal.

Nokomis Yoga: A journey of healing and transformation

Solveig discovered her inner being through Svaroopa® Yoga, a style of meditation-based yoga focused on the spine. Through the use of props and holding poses longer than in traditional yoga, Svaroopa® Yoga helps to release deep-seated tensions in the spine and body that many people are unaware of. It was through this style of yoga that Solveig found relief from chronic back pain, muscle stiffness and the neck tension that had affected her hands – profound relief that no other medical or non-medical modality had provided.

"I had never experienced anything like it," she says. "It was life-changing." Solveig immersed herself in yoga training and opened Nokomis Yoga to share her newfound wisdom with others. Today, the studio offers a variety of classes, from gentle Slow-Flow sessions to the dynamic Ashtanga style.

At Nokomis Yoga, the focus is on creating an inclusive and non-intimidating environment where anyone, regardless of their age or ability, can practice yoga and find peace. "We're not super yogis," Solveig said. She laughs about how the average person may be intimidated by the studio. "We're just normal people like them who want to share what we've found and how to live in the world in a more peaceful place inside."

The studio has eight kinds of yoga classes and a Tai Chi class. These classes are taught by eight different teachers—each specializing in the types of yoga



Nokomis Yoga at 2722 E. 50th St. was started by Solveig Corbin 17 years ago. (Photo by Sarah Friedman)

they teach. Each teacher brings their own unique style to the studio, providing a diverse range of teachings that cater to different needs and preferences. "It's all about integrating our systems," Solveig explained. "It's not just for your body, it's for your body, mind, and soul."

Solveig discussed the history of yoga. Starting 5,000 years ago in India, it is a practice of turning inward. "It's about going beyond your body and mind," she explains, "to know your true nature beyond your mind and conditioning, which is the goal of yoga. And along the way there are so many benefits. People can take as little or as much as they need from yoga." Whether students are new to yoga or seasoned practitioners, the aim is to

help them become more present in their bodies and in their lives, providing relief from the stresses of the modern world. "It's preventative medicine at a profoundly physiological level," Solveig notes. "We can take care of our bodies, empower ourselves, and be more proactive in how we approach life."

From her own journey of healing to the creation of Nokomis Yoga, Solveig's story serves as a reminder that it's never too late to begin taking care of yourself – physically, mentally, and spiritually. Whether you're struggling with chronic pain or simply looking for a more peaceful life, Nokomis Yoga offers a welcoming space for every body.

We know you're bombarded with places to spend your marketing \$\$\$ We make it simple.

Reach local people who like ads with their reading material. That's the value of neighborhood newspapers.



Faith

Neighborhood churches welcome you.

Epworth United Methodist
3207 37th Ave. • 612-722-0232

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
Cabin Fever continues!
Wednesdays 9:30-11:30 am - Kids
0-5 & their caregivers NO FEE

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

www.faithlutheranmpls.org
Pastor: Rev. Dr. Jared Yogerst
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, April 12 12-2 pm
Maundy Thursday and Good Friday
services 7 pm, Easter at 9 am

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.

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 4:40 pm
Saturdays; also by appointment
Weekday masses 8:15 am, M, T,
Th, F in the chapel
Holy Thursday, April 17, Potluck
5:30pm, Mass 7pm
Good Friday, April 18, Stations of
the Cross 3pm, Celebration of
the Lord's Passion 7 pm
Easter Vigil, Saturday, April 19, 8pm
Easter Sunday, April 20, Masses at
9:30 am (live-streamed), 12 noon

NEIGHBORHOOD CHURCHES OFFER

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

HIRING: CARRIERS FOR WALKING ROUTES



Get exercise.

Work flexible hours.

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

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

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

NEWSPAPER READERS DETERMINE ELECTIONS

Almost 8 out of 10 newspaper readers
vote in national or state elections.

IT'S TIME
TO ADVERTISE
LEARN MORE

Contact us at 612-345-9998
denis@TMCpub.com
tesha@TMCpub.com



Monitor
Messenger
Connector
TMC
PUBLICATIONS CO.
News for you

ANNUAL MEETING

Come learn what
NENA does for our
neighborhood!

APRIL 28, 2025

6.00 - 8.00 PM

Nokomis Square Cooperative
5015 35th Ave S



MORE
INFO

+(612) 724-5652
nokomiseast.org



BOOK THE HOOK!

For your fundraiser, wedding, family/work holiday party, birthday, anniversary, graduation, memorial or other celebratory events.



3010 MINNEHAHA AVE
MINNEAPOLIS, MN 55406
THEHOOKMPLS.COM



Get Rid Of Winter Blues!

Music helps
reduce stress
Come play
in the band

It's YOUR community band!

CROSSTOWNCOMMUNITYBAND.ORG



Want to play
the cello?

- Lessons
- Online
- Cellist for hire
- Cello Choir

mcello.com
megan@mcello.com

Buying

★ Free Appraisals ★

**Memorabilia
Sports Card
Collections**

★ Consignment Available ★

Info@minnieandpaul.com
612-208-6405

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 for more information and to make an impact in your community.



Bugs Benefit Us All

For hire:

- Parties, insect safaris, monthly Bug Club
- Garden consultations
- Professional insect collections
- Classroom presentations, educational activities
- Community events & more



Environmental Entomology

Check out www.dragonswynd.com
Email for information on Bug Club:
jessica@dragonswynd.com

LONGFELLOW COMMUNITY COUNCIL

**SPRING
GATHERING**

Thursday April 10
6-7:30 pm
Hiawatha School
4201 42nd Ave. S.

Community gathering! Free tacos, board elections, and family fun. Join us!

Learn more and RSVP at longfellow.org

Out of Sight,
Out of Mind...

IT'S TIME TO ADVERTISE

LEARN MORE



Contact us at 612-345-9998
denis@TMCpub.com
tesha@TMCpub.com



Home

CRISIS HOTLINE

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

HOME & LAWN

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

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

All your GREEN needs - Mowing/Lawn Care/Landscaping. 20+ years in Mpls. Call 612-781-3420. SorensenLawnCare.com

PAINTING

Paint, patch, interior, exterior, caulking, stain, mold. Small jobs wanted. Painter Jim. 612-202-5514.

SERVICES

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

Neighborhood Concrete - Sidewalks, Driveways, Patios, Steps, NeighborhoodConcrete.com 612-930-7071.

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

ROOFING

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

JUST \$1 A WORD.

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.

WINDOWS

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

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

Your Search for the Right Mechanic Stops Here

2904 E. 35th Street
612.729.2516
www.alexandersimportautorepair.com

WE'RE HIRING. WORK LOCAL.
• Full benefits • No weekends • Competitive pay • Flat Rate Bonus



Pancake Breakfast Fundraiser

Sunday, April 27, 2025
8 am-noon
\$12 Adults - \$6 Kids 6-18
FREE ages 5 and under



Delicious Food & Door prizes
 \$5 Yearbooks
 Student made Ceramics & Lots of Fun



South High Foundation

South High School | 3131 19th Avenue So | Enter on 32nd Street

NEW BIKE SKILLS PARK

The Minneapolis Park and Recreation Board (MPRB) is planning a new bike skills park near the intersection of 34th Avenue S and Minnehaha Parkway. An online open house event was held on Tuesday, March 18 and an online survey is open through April 4. Three banks of tennis courts in poor condition near Minnehaha Creek between Lake Hiawatha Park and Minnehaha Regional Park were removed in 2024 as part of a project to transform these spaces into a pollinator lawn, clay tennis courts, and bike skills park. At 34th Avenue, the upcoming bike skills park received \$40,000 in funding from the Metropolitan Council Equity Grant Program, in addition to \$264,000 in Park Dedication Fees allocated to the project. After the new bike skills park opens, the temporary bike skills park across the parkway from Lake Nokomis Community Center will be removed to prepare for renovating the tennis courts there.



Longfellow Business Association hosts annual meeting

The Longfellow Business Association (LBA) invites local business owners, community leaders, and neighbors to attend its Annual Meeting on Tuesday, April 22 from noon to 1:30 p.m. at The Hook and Ladder Theater, located at 3010 Minnehaha Ave.

This year's gathering is all about looking back and leaning forward. Attendees will hear a recap of LBA's accomplishments from the past year, learn about new membership benefits, and get a first look at what's ahead – including 2025 goals and updates.

The event will also include board elections, with a call for new members and board members to help guide the association's continued growth. A vote will be held to approve proposed bylaw changes

related to committee structures and engagement.

To keep the vibes lively, the meeting will feature live music from local guitarist Cody Steinmann, plus lunch from Longfellow's own Himalayan Restaurant.

Tickets are \$25 per person, which includes lunch and event admission.

"This is a chance to celebrate the work of our community while building toward an even stronger future," said LBA Board President Ken McCraley. "Whether you're a longtime business owner or new to the neighborhood, your voice matters – we'd love to see you there."

All are welcome to attend. Tickets and RSVP information can be found at www.longfellowbusinessassociation.org.

BUSINESS

KING MOVERS AND QUEEN CLEANERS

Domonique Gilmer, a dedicated leader and community advocate in Minneapolis, is the founder of King Movers and Queen

Cleaners, two businesses deeply rooted in service and empowerment. A former school administrator and teacher, Gilmer lives in the Longfellow neighborhood and is passionate about creating opportunities for underserved communities. He is currently in the education leadership doctoral program at St. Mary's.

EVENTS

SPRING CELEBRATION AT HIAWATHA-HOWE

Everyone is welcome at Hiawatha-Howe Community School's Spring Celebration on Thursday, May 15, 4:15-7:30 p.m. at Hiawatha School (4201 42nd Ave S.). Come enjoy food from local food trucks, watch free performances, purchase tickets to play games and win prizes, bid on items in the silent auction, participate in fun free activities, enter to win exciting raffle baskets, and much more.

LONGFELLOW SPRING GATHERING APRIL 10

Get to know your neighbors and have a voice in your neighborhood organization at Longfellow Community Council's Spring Gathering and Board Elections on April 10, 6-7:30 p.m. at Hiawatha School. Food will be provided free of charge.

NOKOMIS ANNUAL MEETING APRIL 28

Learn what the Nokomis East Neighborhood Association does for the neighborhood at the annual meeting on April 28, 6-8 p.m. at Nokomis Square Cooperative (5015 35th Ave. S.).

St. Albert's Famous Fish Dinners

BINGO

5:30 TO
7:30 PM
IN THE GYM



plus
live music,
Major Raffle,
Mini-Raffle,
50/50s

Two speedy serving lines serving baked and fried tilapia, potatoes, meatless spaghetti, cole claw, rolls, bountiful desserts, beverages.

Adults \$15, Ages 6-12 \$7
kids 5 and under FREE

Cash, check, card

- ✓ March 7
- ✓ March 14
- ✓ March 21
- March 28
- April 4
- April 11

Served 4:30
to 7:30 pm

Church of St. Albert the Great

3204 E. 29th Street in Minneapolis 612-724-3643

www.saintalbertthegreat.org Handicap entry behind statue

Extra parking 1 block north at Sullivan School



MSP IFF

APRIL 2-13



FREE LEONARD PELTIER

OPENING NIGHT

FREE LEONARD PELTIER
w/ Directors Attending
Followed by Opening Night Party



ANG LEE

In Conversation +
Brokeback Mountain
20th Anniversary

+Over 200 Films, Cultural Days,
Karaoke Night, visiting filmmakers, panels,
parties, and **MUCH MORE!**



Minneapolis St Paul
International Film Festival 44



KNOCK inc.



THE MAIN CINEMA
115 SE MAIN ST, MPLS