



NENA's
new
leader
>> 9

IN PROTEST



A rally was held on Wednesday, March 26, 2025 outside the VA at E 54th St and Minnehaha Ave. Gov. Walz and Mayor Frey spoke to about 400 protesters about President Trump's threats to VA staff and medical care. Elected officials, AFGE leaders, and labor allies highlighted dangers of Trump and Elon Musk's plan to eliminate 83,000 VA jobs and push the system toward privatization. MN AFL-CIO and American Federation of Government Employees (AFGE) District 8 have also attended the Hands Off rallies at the Minnesota State Capitol and across the state. They have been picketing regularly in front of the Minneapolis Federal Building. Labor unions representing federal government workers across the country are suing "the Trump administration over the president's attempt to override the law through executive order and strip more than one million federal government employees of their union rights," according to the AFGE website. (Photo by Terry Faust)

MORE PHOTOS online at www.LongfellowNokomisMessenger.com

Thompson challenges Chowdhury in Ward 12

Currently serving as the northside's park board commissioner, Thompson grew up in area but doesn't currently live in Ward 12

By **Cam Gordon**

As the city prepares for the 2025 election in November, campaigning is picking up across in the city, including in the Southside's Ward 12 where two candidates, Ward 12 City Council Member Aurin Chowdhury and District 2 Park Board Commissioner Becka Thompson are actively campaigning.

They are both seeking the Democratic Farmer Labor (DFL) Party endorsement, that could be determined at the party's Ward 12 convention on Saturday, May 3, 2025 at Sanford Middle School, 3524 42nd Ave S.

WARD 12 RACE >> 3

Violence interrupters serve Southside

Sabathani Community Center and TOUCH Outreach are using the Cure Violence Model

By **Cam Gordon**

Following a lengthy and sometime contentious contracting process, in March the Minneapolis City Council approved contracts with five organizations for Minneapolis violence interrupter services. Two of them, Sabathani Community Center (SCC) and TOUCH Outreach, will serve parts of the Southside.

SCC has been awarded \$708,400, for a one-year term through March 31, 2026, to provide community outreach and violence prevention services in Area 7 (Central and Powderhorn neighborhoods including along the Chicago Ave corridor between 31st and 38th Streets).

Founded in 1966, SCC is an African American-founded nonprofit that has been providing services on the Southside

for decades. They offer food and clothing distribution, senior and youth services, workforce development, health and wellness, and housing.

TOUCH (Teaching Our Urban Communities Hope) Outreach was awarded \$708,400 to provide services for the year in the city's Area 8 (parts of Phillips along the Bloomington and Cedar Ave corridors between 24th and 29th Streets).

TOUCH was founded in 2020 and began doing violence prevention for the city in 2021. In a city council committee presentation in 2022, it was reported that from May through December of 2021, their violence interrupters had more than 8,900 contacts with the public and mediated more than 1,500 incidents before they became violent.

The council also approved the option to extend these contracts for two additional years. They also contracted with A Mother's Love and Restoration Inc. to serve part of the Northside and MAD DADS to serve the Nicollet and Franklin Ave. area in Southwest.

Other areas qualified for the services based on the city's evaluation of risk fac-



Todd Barnette, Jordan Nelson, Candace Hanson, and Jane Lansing of the League of Women Voters Public Safety Committee speak during the League of Women Voters Forum on April 1, 2025. (Photo by Gabe Gordon)

tors, but have not yet had contracts approved for violence interrupter services, such as a southside Area 6 along the Franklin Ave. corridor between 11th and 35W and the Cedar Riverside and Elliot

VIOLENCE INTERRUPTERS >> 5

'The People's Way' premieres in Midwest

Film among Best of the Fest at MSPIFF44

By **Jill Boogren**

After two sold out screenings – first at The Main and then at the Capri – "The People's Way" film was given an encore screening among the "Best of the Fest" during its Midwest premiere at the Minneapolis Saint Paul International Film Festival (MSPIFF) in April 2025.

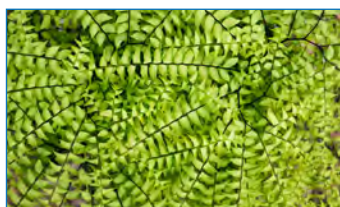
A feature-length documentary, the film follows three local Black women as they navigate and find their callings in the movement for racial justice and Black liberation following George Floyd's murder in 2020: Toshira Garraway of Families Sup-

'THE PEOPLE'S WAY' >> 2



Too Good To Go saves food from being wasted, grows from 40 to 440

PAGE 5



HOME & GARDEN
Divide perennials to boost health, beauty in garden

PAGES 6-7



With new biochar facility, Minneapolis is becoming a leader in green technology

PAGE 8

'THE PEOPLE'S WAY'

>> from 1

porting Families Against Police Violence; Jeanelle Austin of Rise & Remember; and Minneapolis City Council Member Robin Wonsley, who during the film is campaigning to represent Ward 2.

For many in the audience who have marched, held space and worked alongside these women, the film features many familiar faces and places, as well as moments both traumatic and triumphant. Viewers responded with finger snaps and applause – and at the Capri, loud cheers (and even some jeers when the mayor appears onscreen).

At its heart, the film offers an intimate look at three Black women who rise to meet this moment. They are shown in the public spotlight, as well as in quiet moments shared with their respective families. Their anguish, determination and drive is raw, tender and fierce.

Co-directors Ashley Tyner and Will Tyner, siblings from New York City, explained their decision to focus on these three individuals.

"We wanted to find Black women who were pushing things forward in really particular ways, and in different ways, as well. So I think that was a big motivation... Where is the momentum, where is the energy going? Robin had the energy going in grassroots civic engagement... Jeanelle had energy around preservation, memorialization. Toshira had energy around care for her community and for other impacted families," said Will.

Ashley added, "Not to get too academic, we were thinking about Ruth Wilson Gilmore's framing of abolition, this idea of 'If we have a system we don't like and we want to tear it down, what do we put in its place?' So this question of who is putting something new in its place was what we wanted to look at. And then these three women really showed us that."

Ashley and Will first came to Minneapolis in July 2020 and were drawn to stories unfolding at George Floyd Square. They met Austin and saw the work being done to preserve the memorial, as well as the ongoing occupation. It quickly became clear that they needed to stop filming and just be present.

"I think we were so driven by just wanting to be useful and figure out how to be part of something that could lead to some kind of piece of the movement, of change, and so it was like... 'You're interested in filming and documenting, but go pick that up.' It was like, Okay, put [the camera] down. This isn't important. We need to go get firewood, go get ice, whatever it may be," said Ashley.

This was hard sometimes, Will acknowledged, because their role was to document, and it could be confusing for some people when they put the camera down in lieu of filming something.

"I think it was really... important to us to serve, participate," he said. "We were very mindful of not wanting to come in and impose a vision and a story – extract – and that was very at top of mind. Because that's not how we work."

Raised in communities in Ohio, their upbringing was about making friends and building community. Not coming in and taking but figuring out how to give something.

The two ended up moving to Minneapolis in October 2020 and stayed until



The three women featured in the film, "The People's Way" – (left to right) Robin Wonsley, Toshira Garraway and Jeanelle Austin – pose after a Q&A with moderator Hennepin County Commissioner Angela Conley (far right) after a screening at The Main during the Minneapolis St. Paul International Film Festival on April 9. (Photo by Jill Boogren)



(Left to right) Resmaa Menakem, Jeanelle Austin, Robin Wonsley, Toshira Garraway and Elder Atum Azzahir participate in a community conversation at The Belfry before the screening of the film "The People's Way" during MSPIFF. (Photo by Jill Boogren)

February of 2022, right around when Amir Locke was killed during a botched no-knock warrant raid of the apartment where he was sleeping (Locke was not a suspect in the warrant). They made several subsequent trips back here from New York.

IN CONVERSATION

In the film are scenes of a conversation among the three women that takes place around a table in an all-white room. This was inspired by photographer Carrie Mae Weems' 'Kitchen Table Series,' a series of self portraits Weems takes over time of herself at the kitchen table – alone, with family members, with lovers.

"We were thinking about this idea of Black women gathering at the kitchen table and thinking about and reflecting on their own power," said Ashley.

This dialogue flowed into the film festival, first at a community conversation that took place at the Belfry (3901 Chicago Ave.) earlier in the week. It was moderated by Resmaa Menakem, author, therapist and a leading voice in healing racialized trauma. Each screening was also followed by a Q&A with the film's subjects, moderated at The Main by Hennepin County Commissioner Angela Conley and at the Capri by Trahern Crews of Black Lives Matter Minnesota.

Garraway, Austin and Wonsley shared with festival audiences what, as Conley asked, pulled each of them in the direction of action.

Garraway shared her story about the father of her son, Justin Teigen, being bru-

tally beaten and left for dead in a dumpster in 2009 after an interaction with St. Paul police officers. She reports being followed and harassed by police afterwards. At the time, there was no Black Lives Matter movement, no other people she could turn to for support. She has long asked for an investigation into the circumstances surrounding Teigen's death and has now filed a lawsuit to reopen the case. No longer intimidated, Garraway is empowered as she joins with demonstrators and impacted families fighting for justice. For her it is imperative to get the rest of the names out there of Black men and women whose lives were taken at the hands of police.

Her first impulse when she saw the video of George Floyd's murder was to "share, share, share" everywhere she could.

"I live what they did to Justin. I live it. And I know how they can over up murder and twist it all around and make it become an accident," she said. Once the Uprising happened, she felt a powerful urge to "move."

"It was like God cracked a door for the rest of our families, and all we had to do was push. So that has been my purpose, my role, what keeps me going, is to push, continue to push that door so that people can understand the state of emergency that we are in," said Garraway.

For Austin, the pull came because she was in the protest on the 35W bridge when the truck came barreling through, triggering trauma from past marches. She needed to find another way to protest and began tending to the memorial. In that work, she saw the power of art in holding

systems accountable and shared her vision of picking up where other memorials end, from 1950 forward.

"I want people to know Black people are dying all over this country still. It's not a thing of the past. History. It's our present. If we don't stop it, it will continue to be our future," she said.

Wonsley described her pull as showing possibility, specifically in the political system. She campaigned and now serves as Minneapolis' first Black Independent Socialist City Council Member. She mentioned Menakem's observation about Blackness as living in the duality of possibility and peril.

"We had this very horrific moment, but it gave us this sense of, what can we create out of it," she said, acknowledging Austin's remarks in the documentary about innovation and beauty. "[At] George Floyd Square you see people from all walks of life making do, making new things and reclaiming their space."

HOW THEY SUSTAIN THEMSELVES

In all three forums, the women were asked how they sustain themselves.

Wonsley spoke of the importance of having a team, a network of support, to allow her to take a nap or go to a coffee shop to strategize and reflect.

"We are doing everything, holding every single role, and... because we're in survival mode, we're often not given the grace and the space to create in," she said.

Austin gave a shout out to family and friends who have held her accountable to self care, accompanying her for walks around the Mall, front porch conversations, walk and talks around the lake, and even a staycation at a nearby hotel.

As an introvert, she also needs time to be by herself.

"I get drained around a lot of people, so I just have to be aware of my limits and my capacity. And I don't always see and sometimes it comes out sideways," she said. "It's work to do self care. Sometimes you succeed, sometimes you fail, but you get up, keep trying, 'cause the work is still there."

Garraway has to force herself to take time for herself and credits Austin for urging her to rest.

"Black women, we're getting sick. Because we know when these atrocities are happening to Black men in the community, we are the ones who pull our family together. We're on the front lines. We are the ones just trying to keep everything together. And it's weighing on us," she said. "Everything we have had to endure as Black women... we feel that in our bodies, in our spirit, in our soul. We feel it, and we're getting sick because of it."

Asked what is needed in terms of support, Garraway urged audience members to learn about others who were killed by police.

"We have a responsibility as human beings to speak for the people that cannot speak for themselves," she told the audience. "I want you guys to take Justin's life, his killing, his lynching, personally. I want you guys to take Brandon Keys, Amir Locke, Leneal Frazier, Winston Smith and all of them personally. And I want you to fight for them like you would fight for your brother, your sister, your cousin, your best friend."

The documentary website, www.ThePeoplesWayFilm.com, shares donation links for Families Supporting Families Against Police Violence, Rise & Remember and Robin4Minneapolis.

eliminating racism
empowering women
ywca
Minneapolis

PASSPORT TO SUMMER CAMP



Travel around the world
with YWCA Minneapolis

June 9 – August 27
7:00 am – 6:00 pm

Scan the code to
register or visit
ywcamps.org/summer



WARD 12 RACE >> from 1

Chowdhury, who was elected to the council in 2023, said, "I feel confident about my prospects of getting the endorsement." She "plans on running for re-election to keep delivering on the work we have started together in the 12th Ward."



Thompson was not endorsed by the DFL when she won her park board seat in 2021. When asked about running without the party endorsement she said, "I will be on the ballot no matter what."



WHO THEY ARE

Chowdhury is a first-generation Bengali-American and daughter of working-class immigrants. Prior to being elected to the council, she worked as a community organizer and, more recently, as a policy aide to Ward 9 Council Member Jason Chavez.

"I am best qualified for this job because I have nearly 10 years of community organizing, policy, and government experience," said Chowdhury. "I have served through the toughest times, from helping deliver constituent services at the height of the COVID-19 pandemic or working with community on the ground following the murder of George Floyd. I am at my core a committed public servant. This has transferred into a Ward 12 office that is accessible to and informed by the residents of the ward. A Ward 12 office that gets good stuff done."

Thompson attended Minnehaha Academy, and the University of Minnesota where she graduated with a degree in mathematics. Since then, she has tutored at Avenues for Homeless Youth, taught financial literacy to teens, and introduced city kids to the Boundary Waters. She also taught for nearly two years at South High School before being dismissed. Thompson said at the time that her termination was in retaliation for her requests for school administrators to report violent incidents to the central office.

Thompson stated that her experience being a single mom is one thing that has best prepared her to be a council member.

"When I 'came out' I was married to a man, he didn't take it well," Thompson said. "That story is mine but also belongs to my son, so I don't talk of it often - but the hardship I knew and the ways I had to navigate bankruptcy, custody, courts, bureaucracy, lawyers, homelessness, and profound bigotry has helped me not only understand systems but understand the hardship first hand that people go through just trying to provide an honest life for themselves and their children. I didn't want that path, but it has prepared me more than anything else."

Both candidates appear to be fundraising on their websites, but Minneapolis campaign finance records shows that Chowdhury has \$14,161 and Thompson has \$0. Thompson's campaign committee does not appear to have registered yet, which is required if a candidate spends or collects \$750 on a campaign.

When asked about Thompson's campaign, Josh Martin, a DFL activist who has been tracking all the city campaigns this year, said, "Something's definitely off since her own website says she's raised over \$8,000, which is not really enough for her to run a competitive campaign, but it's more than enough for her to need to file a report."

"My campaign finance didn't post in February when I thought I first filed," Thompson said when asked about it on

April 14. "I was only alerted to this last Friday unfortunately. I'm updating and hope to have it fully in with the city by tomorrow."

Chowdhury is endorsed by the AFL-CIO, Unite HERE, OPEIU Local 12, Women Winning, the Sunrise Movement, The Minnesota Young DFL, Stonewall DFL, and Outfront Minnesota, as well as elected officials Attorney General Keith Ellison, Congresswoman Ilhan Omar, Hennepin County Commissioner Angela Conley, school board member Lori Norvell, park board commissioner Tom Olsen, as well as state legislators Zaynab Mohamed, Samantha Sencer-Mura, and Emma Greenman. Chowdhury has also been endorsed by the independent expenditure committee, Minneapolis for The Many.

Thompson is on the All of Mpls independent expenditure committee list of recommended candidates. She did seek the AFL-CIO endorsement, but did not receive it. When asked about endorsements she said, "I haven't sought many. This is by design. I know that Ward 12 is a diverse group of people. My friends are everywhere. I know that they trust me."

WHAT THEY PRIORITIZE

Thompson's website says "to create a better city for everyone once again, we can focus on few key areas. These are safe and stable streets, lowering the cost of living and being a good neighbor."

"Being a good neighbor might seem simple, but it means, to me, leading with integrity and honesty, working with anyone willing to behave in an honorable manner, living in alignment with my word, and treating others how I want to be treated," Thompson said. "It means fighting for our waterways and our parks because that is what makes our city beautiful. It means partnering with other city organizations, namely MPRB and MPS, to discover partnerships to better serve our children."

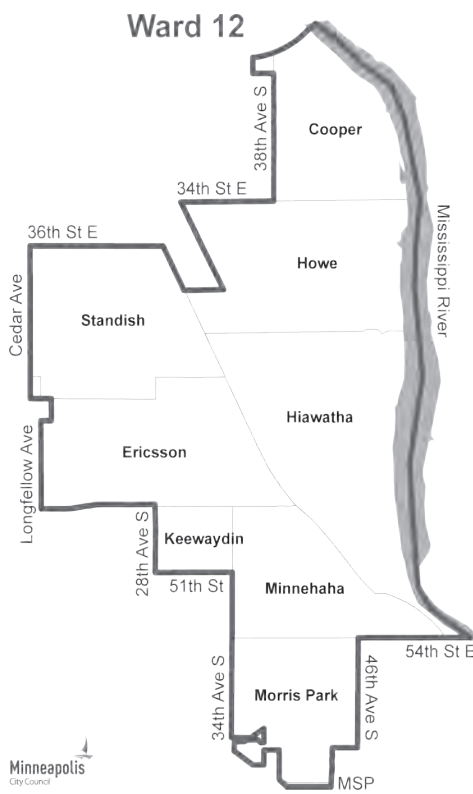
In her We Love Mpls questionnaire she lists safety, fiscal responsibility and rebuilding Lake Street as priorities, as well.

Thompson calls for "amending the MPLS 2040 comprehensive plan, or re-writing it entirely in the Minneapolis 2050 plan," and says that the 2040 plan is "largely responsible for challenges in rebuilding Lake Street."

Chowdhury's list of priorities includes affordable housing, public safety, addressing homelessness, protecting renters, supporting small businesses, climate resiliency, police accountability, good governance and strong constituent services, and support for people with disabilities, seniors, and parks.

To improve housing stability she intends to "continue expanding homeownership opportunities, especially for working families, build partnerships to bring a much needed affordable senior housing project to the 12th Ward, create a locally-owned social housing program, where the city will develop, own, and manage housing units, work to remove zoning restrictions that make it harder to build mixed-income housing, and advocate for more public housing and support land use policy changes to allow wider availability of accessory dwelling units."

When asked about what the city council and mayor are doing right and wrong, Thompson said, "Honestly there is a lot of issues with our city right now. I will say this, knowing most all of them as people, what they do well is they care. I genuinely believe they all care about the city. My critique is how they administer that."



FOUR FREY-ALIGNED CANDIDATES MAY NOT LIVE IN DISTRICTS THEY'RE RUNNING IN

Four city council candidates are currently running in wards different from the wards they voted in 2024. These include Ward 12 candidate Becca Thompson, Ward 2 candidates Shelley Madore and Michael Baskins, and Ward 1 candidate Brian Strahan.

These four candidates have been endorsed by All of Mpls and We Love Mpls, which also supports Jacob Frey for mayor.

Becca Thompson currently resides in the northside in Victory neighborhood, which she represents as the District 2 Minneapolis Parks and Recreation Commissioner. Ward 12 covers portions of South Minneapolis including Longfellow and Standish-Ericsson. (Read her statement in the article at left.)

Look for an article on the Ward 2 race in the June Messenger.

When it comes to "general maintenance of the public" however, she thinks they are doing poorly. "We are in a lot of fiscal trouble and that magnifies as it echoes out to the 'least of these,' children and working families."

Chowdhury identified addressing climate change and the climate legacy initiative as one thing the mayor and council are doing right. "We know that if we are going to meet our climate resiliency goals and combat climate change at scale we have to be willing to fund initiatives like the weatherization of homes, reduce pollution, promote clean energy options, create green jobs," she said.

She is critical, however, about the city's approach to unsheltered homelessness. "The fact of the matter is that spending thousands of police and staff hours to evict encampments and moving people to the next block or chasing unhoused people away is not a solution, it is not sustainable, and it is not going to make us safer or healthier as a community."

"Whoever the next mayor is needs to be willing to work with council members on having a multi-jurisdictional table to address homelessness with a short-term, midterm, and long-term plan," she said. "Council members need to be open to creative ideas that are working well in other cities and garnering results, such as secure and safe outdoor spaces, safe parking, and rethinking navigation centers."

WHERE THEY LIVE

Thompson does not currently live in the ward, but lives on the Northside as the park board commissioner representing District 2.

To be elected, the law requires a city council member to live within the boundaries of the ward to which she is elected within 30 days of the election. Thompson, who grew up in the area of the current Ward 12, plans to move back this summer.

"I want to be plain about my living situation," Thompson said. "I'm looking for a place between campuses of Minnehaha Academy, and I also might make an offer on a house close to Minnehaha Falls in the coming days."

She grew up in three different places in the area, first near Brackett park, then near the Minnehaha Academy's north campus, and, after moving when she was nine, in a house closer to 42nd St. and the south campus.

"My favorite thing is absolutely the Riverview Theater (sorry everything else) where I fell in love with movies as a kid," said Thompson. "I also love Dogwood Coffee and Town Hall Lanes, and, if you remember, Mario's Restaurant was the best."

Chowdhury lives in the Hiawatha neighborhood. "I take great pride in being a Southsider. I have always loved living here, and I grew up not too far away from Sibley Park," she said. "My favorite thing about my neighborhood is all the good that comes from living in a walkable and transit-oriented area."

HOW THEY MAKE DECISIONS

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

"My first thought is mathematical," said Thompson when asked about her decision-making process. "That's just how my brain is wired. Does this make logical sense? My next thought is children and single moms. That's based on my lived experience and my experience as a teacher. How does it impact them? If it makes logical sense and is good for kids, I'm typically its biggest champion. If it is not logical but impacts kids, I'll still support it 99% of the time. If it's bad for kids, likely there is zero way I will get behind something."

"As a council member, there are many decisions that come before me, the majority of the decisions are ones that have unanimous support," said Chowdhury. "However, there are decisions that are challenging and where there isn't clear consensus. When decisions like these come before me, my process is to be thoughtful, weigh the options, outcomes, unintended consequences, and engage with the neighbors I am elected to represent."

"I do my best to get the facts, check in with my colleagues to learn what they are hearing and what their position is," she added, "and I remember at the end of the day everyday people of Ward 12 come first for me."

TO REACH THE CANDIDATES

Becca Thompson can be reached at Iwill@vote4becka.com, or www.vote4becka.com.

Aurin Chowdhury can be reached at Aurinforward12@gmail.com or www.aurinchowdhury.org.

NEWSPAPER READERS DETERMINE ELECTIONS

Almost 8 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



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



Part 3 in a 4-part series

Every 4th of July, Heather Cox Richardson posts about the Declaration of Independence. She describes the world left behind by European immigrants who came to the Americas: "a world that had been dominated by a small class of rich men for so long that most people simply accepted that they should be forever tied to their status at birth."

This describes my great-grandparents, who came to America from Ireland, Norway and Germany during the 1800s. They came to a nation in conflict.

The Democratic Party was controlled by slave-holding elites in the South; the government, in turn, was controlled by Democrats. The Republican Party, led by Abraham Lincoln, rose in opposition to the spread of slavery throughout the growing United States.

Heather wrote about this time in her book, "How the South Won the Civil War." Eleven Southern states seceded, formed the Confederate States of America, and declared war on the U.S. Lincoln and the Republican party defended this country. They "created an income tax, and a government bureau, the Internal Revenue Bureau – the forerunner to the IRS – to collect it... The new federal taxes were overwhelmingly popular. Paying them signaled support for the government and democracy."

From Europe to America

As the war continued, emancipated Black Americans served with the U.S. military. Lincoln established The Bureau of Refugees, Freedmen, and Abandoned Land to provide them with assistance. It came to be called disparagingly the "Freedmen's Bureau," implying that it only helped freed Black people when, in fact, the agency helped impoverished southern Whites, as well.

The 13th, 14th and 15th amendments to the Constitution, sometimes called the Reconstruction Amendments, ended slavery, established birthright citizenship, and granted the right to vote to Black Americans. However, soon after the war, the South began to enact laws that restricted the rights of Black people. Reconstruction ended in 1877 and civil rights won during the war ceased to be enforced.

There are volumes of history that describe the Jim Crow era. Black, Latinx, Indigenous, Asian – these histories tell stories of vibrant cultures that fought oppression. By contrast, much of the history I learned as a kid focused on conquest and the accumulation of wealth and power in the hands of a ruling elite.

To my knowledge, none of my great-grandparents in the Midwest were involved in the Civil War. In fact, my mother recalled that some of her ancestors fled to Canada to avoid the draft. She explained that one of their motivations for leaving Germany was, in her words, "the everlasting wars and conflicts going on over there."

I can't find any documentation in my own genealogy of direct conflict with Indigenous people. My ancestors were pro-

tested by the Army as they occupied the prairies that had been home to the Anishinaabe and Dakota for thousands of years. However, it is likely they knew of conflicts like the U.S.-Dakota War and the Wounded Knee Massacre.

My great-grandparents focused on survival as they farmed the prairie. They were used to being poor. They did not have the language or ideas to describe assimilation into a foreign culture. They did not think of themselves as accepting a social, economic and legal hierarchy based on skin color. They were learning to be White.

Many years later, my parents lived through the Great Depression as farmers in North Dakota. My mother plowed fields with a team of horses during the 1930s because most of her older brothers and sisters had moved away by that time. One brother was in the Civilian Conservation Corps. In a brief autobiography for her family's genealogy, my mother wrote: "Every month a check came for \$25 from the CCCs. It was a godsend in those days... Dad often referred to Franklin D. Roosevelt as the man who saved the farmers."

My father was also in the CCC and, later, he fought in World War II. After the war, my father had a blacksmith shop in a small town in rural North Dakota. He had all the work he could handle during the planting, growing and harvest seasons, but in the winter he had to look for income. Twice, he packed up our growing family and traveled to California. My father found work but both times, he was drawn back to his blacksmith shop.

Eventually, in the 1950s, my family

moved to Minnesota. My father found a job at Armour & Company meat packing in South St. Paul. We lived on a small farm near Stillwater, where my parents continued to raise some crops and livestock. I was the second youngest of eight children. By the time I came along in 1959, most of the animals were gone, except for the cow that my dad milked every morning and evening. My parents remembered what it was like to have no money, but cows and chickens in the barn and preserved foods in the cellar so they would not starve.

I grew up a White, Catholic, working class girl who attended public school in Washington County, Minn. in the 1960s-1970s. According to the 1970 census, Washington County was over 99% White. My community celebrated Columbus Day; we learned that Washington was the father of our country, and Lincoln freed the slaves.

They didn't talk a lot about politics, but I knew my parents were Democrats. In Minnesota, the Democratic Party is called the Democratic-Farmer-Labor Party (DFL). My parents started life as farmers, then my dad made the transition to being a union laborer after he returned from World War II, so the DFL seemed made for them.

From my parents and teachers and peers in public school, I learned the boundaries of what was allowed for me, and the consequences of stepping outside those limits. It would take many years for me to be able to articulate these lessons, and describe the impact they had on my life.

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

Stories and Journeys

BY DONALD L. HAMMEN



It is becoming important for me to ground myself before I write. At the end of the day, Stories and Journeys is me paying attention to my internal knowing, being still and true to myself. With this as my base line there are other things that ground me that I listed in the March Stories and Journeys. This month I have added another item to my list. That item is a daily meditation called Body Scan that I learned years ago at Common Ground Meditation Center located at 2700 East 26th Street. It is a community meditation center dedicated to the practice of mindfulness.

ANGST

March 28. My feet along with a ride from neighbor Judith take me to the Elder Voices (Telling Our Stories/Sharing Our Journeys) meet up at Turtle Bread. Everyone (Judith, Randy, Jim, myself and Silvia) agreed on one word to describe how we are feeling/experiencing our lives in Trump's America. That word is angst. Especially so when it comes to one important question.

Angst, staying vigilant, doing something

Did you receive your Social Security check/deposit this month? Increasingly as I interact with other elders this is the question that gets asked. I feel like my very existence is under attack for working hard and earning that benefit. Where Social Security is concerned I have identified five sources of information that I receive. One word I'm starting to see with greater frequency is COLLAPSE in reference Social Security due to the hostile take over of the Social Security Administration by Elon Musk.

Recently my feet along with a ride from my friend and former co-worker Samuel enabled me to make my way to the Social Security Administration field office at 1811 Chicago Ave. I went there just to see if it's still open. The last time I called the Social Security Administration I was on hold for so long I decided to make my way to the field office. Every time I have gone there I have always been helped. Since I made that stop I have learned that there was a protest outside that office. As in protesting the closure of field offices in general.

The executive director of Social Security Works is now saying the collapse is inevitable. He is recommending that people get paper copies of their file in case they have to document their benefits. The secretaries of Arizona and Michigan have created one-page forms on their websites for people to register their complaints coming

from their experiences with the current Social Security Administration.

This is where I get to state that the next gathering of Elder Voices (Telling Our Stories/Sharing Our Journeys) will be Friday, April 25, 10-11 a.m. at Turtle Bread, 4205 E. 34th Street. Look for the table with the Elder Voices sign.

STAY VIGILANT

Everyone seemed to leave the March Elder Voices gathering with a sense of needing to stay vigilant in these uncertain times. Staying vigilant to ways, subtle and obvious, the Trump/Musk regime is impacting our lives. For me, I am staying focused on what's happening with Social Security, efforts to privatize the postal service, and the Minnehaha Food Shelf in light of Trump's immigration policies. So, dear reader, what changes have you noticed in your daily life as a result of the Trump/Musk regime impacting your lives? 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.

DO SOMETHING

Southwest High School grad, designer of the Minneapolis flag, and labor activist Louise Sundin showed up at the monthly

meeting of the Minneapolis Regional Retirees Council (AFL-CIO) recently with a list events/actions that people could participate in to resist/push back against the actions of the Trump/Musk regime. I have been able to participate in two protests at the State Capitol thanks to transportation supplied by my feet and Seward residents Tom Beer and Rita Doucet. One was protesting the proposed privatization of the postal service. The other was the massive Hands Off protest. And I contributed financially to the Minnehaha Food Shelf.

A WELCOME EMAIL FROM SOUTHWEST CONNECTOR READER CHRISTIAN NEWMAN

Somewhere in the Southwest Connector archives, there exists a photo of me at Tao Organics in Uptown handing a copy of the Southwest Connector to Christian Newman while he was working behind the counter. He is responding to an email I wrote to him on Jan. 6, 2023 at the time of his last day of employment. In this email, he celebrates what he calls our friendship at Tao. He tells me that the Southwest Connector gets delivered to the building where he lives and that he enjoys reading Stories and Journeys. There is more, but those are a couple of highlights. Christian is 20 something. I am 80. Interesting.

In gratitude for your readership.

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

Messenger

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

612-345-9998

longfellownokomisessenger.com

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

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

News for you!

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

Story ideas always welcome.

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

Owner & Editor:

Tesha M. Christensen
tesha@TMCpub.com

Advertising & Marketing:

Denis Wouffe
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, Terbutu 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.



VIOLENCE INTERRUPTERS >> from 1

Park area.

"I am excited to see that our violence interrupter services [are] going deeper into our neighborhoods," said Ward 12 Council Member Aurin Chowdhury. "I am committed to working with staff to address the areas that do not have coverage yet."

She observed, "The Cedar Riverside neighborhood where there has been a successful violence prevention effort was slated to be cut. I was dismayed to see this, and as a council we were able to discuss together how we can keep continuity of this important programming. We were able to find a way to save it using underutilized public safety state aid dollars."

WHAT TEAMS LOOK LIKE

All the teams will be working with support from Cure Violence Global using the Cure Violence Model (CVM) to help train and evaluate the teams.

The teams will consist of five interrupters and two outreach workers, with one site supervisor and one program manager.

A team of seven people will be deployed per shift of up to 8 hours, with approximately five shifts per week. Teams will work to change behavioral norms that support violence through public education and community engagement. Data

will be collected continuously to assess program effectiveness and inform strategies.

The model relies on employing workers who share the same background and come from the same neighborhood as those who need to be reached.

A PUBLIC HEALTH APPROACH

On April 1, people learned more about the Minneapolis program at a League of Women Voters forum held at the First Unitarian Society (900 Mount Curve).

At the forum, called Public Safety Beyond an Armed Police Presence, people heard about the city's public health approach to violence reduction from Minneapolis Commissioner of Community Safety Todd Barnette, MAD DADS Mpls Executive Director Jordan Nelson, and Candace Hanson, executive director of Canopy Roots, the company that provides emergency behavioral mental health first responders that are now available throughout the city 24 hours a day.

"The public health approach is not new," said Barnette. "Many urban cities do this."

Under this approach, crime and violence are considered public health problems similar to infectious diseases and accidental injuries. The process includes looking at causes in order to support prevention, as well as intervention to limit harm when prevention fails. This approach has helped reduce death and inju-

ries from a variety of causes, including car accidents, tobacco use and influenzas. It relies on using data to test and verify potential interventions.

Barnette said Minneapolis is using CVM to help develop "an ecosystem of services" to prevent violence from occurring, to limit its impact when it does occur, and to restore, and help those who are victims or engage in it to recover. The behavioral crisis response services, as well as the community violence intervention teams, are part of that ecosystem.

CURE VIOLENCE MODEL

CVM was developed by Cure Violence Global, founded in the 1990s by Gary Slutkin, M.D., former head of the World Health Organization's (WHO) Intervention Development Unit.

The approach has shown positive results in eight evaluations and more than a dozen studies and reports. Researchers from John Jay College of Criminal Justice Research and the U.S. Department of Justice, for example, found that it has contributed to reductions in killings by 53% in Baltimore and by 34% in Indianapolis.

CVM uses interrupter workers to prevent violence by identifying and mediating potentially lethal conflicts in the community. Outreach workers help those at the highest risk to turn away from violence and get support. They also work to engage community leaders, local business owners, residents, faith leaders, and others to promote nonviolence and to shift expect-

tations and norms around violence for the long term.

"I know a lot of people get afraid because they think violence prevention means no police," Nelson said. "Well, they're wrong. The reality is that the police will always be here."

"But the truth of the matter is that a lot of black and brown people aren't always safe with the police. There have to be conversations about how communities feel safe and what safety means to them."

The city estimates that it will cost approximately \$730,000 to provide violence interruption services to each target geographic area for 12 months.

Under the terms of the latest contracts, each organization is responsible for reporting and documenting activities using a Cure Violence Database. This includes documenting daily conflict mediations, violent incidents, follow-up to previous incidents, outreach events, and other activities.

The city will also be tracking outcomes including access to support services, job placement, educational achievement and violent crime recidivism for individuals, and reduction of violent crime, homicide rate, gun violence incidents, geographic crime patterns and perception of safety at the community level.

"This work is extremely important," said Nelson. "This work has to be invested in and if this work isn't invested in, I don't think we will ever fully understand what it is to be safe in community."

Too Good To Go grows from 40 to 440 restaurants in Minneapolis

People saving on food costs with use of mobile app

By Allie Johnson

With food costs on the rise, a mobile app gaining popularity in Minneapolis offers a way for consumers to get food that might otherwise go to waste at a steep discount.

Too Good To Go partners with restaurants, grocery stores, and other local businesses to help them sell surplus food. Users can purchase a bag of food through the app for a flat fee – typically between \$5 and \$10 – and have a window of time in which to pick it up. Everything on Too Good to Go is sold at one-third of the retail cost, and it is "perfectly good food," said Sarah Soteroff, the head of public relations for Too Good To Go North America.

When Too Good To Go first launched in the Twin Cities in 2023, there were about 40 or so local businesses on board, according to Soteroff. As of February 2025, that number is now 440, with about 17,000 users in the metro area.



A customer at Gigi's Cafe holds her bag of day-old baked goods from the Too Good To Go app. (Photo submitted)

In Minneapolis, items sold on the app range from bags of pastries and produce to sushi rolls, full meals, and even a bottle or two of wine a liquor store may be struggling to sell. Businesses can also offer "surprise bags," which means users will not

know exactly what they might be getting until they pick it up.

"Say something happens like you get a canceled order and you made a hundred extra muffins that day. [Businesses] can put those directly on the app," Soteroff said.

Too Good To Go measures its impact by the number of bags sold, with each bag representing one meal that was saved from a landfill. To date, over 400 million meals have been saved through Too Good To Go, with over 104,000 saved in Minneapolis alone, Soteroff said.

At Gigi's Cafe on 36th Street, manager Laura Stigen uses the Too Good To Go app to sell day-old baked goods. She lists bags for \$6 and each contains exactly six pastries – an \$18 value, said Stigen, although exactly what you get depends on what was leftover at the end of the previous day, if anything. Gigi's keeps \$5 of every sale through the app, with the remaining \$1 going to Too Good To Go, according to Stigen.

Gigi's has been partnering with Too Good To Go since it launched. Stigen said Gigi's always strives to be a low to no waste establishment. Before joining the app, the cafe would donate leftover bakery

items – and still does. But she saw the app as an opportunity to reach new customers.

"We were looking for ways to get new people through the building," she said. "I was like, how can we reach a larger network and get new folks into our space?"

But actually securing a bag on Too Good To Go is no easy feat. Most days, Gigi's has only one bag for sale, and it typically gets snapped up quickly, Stigen said. Depending on when you check the app, pickings might be slim with many popular bags already sold out.

If you are struggling to find available bags near you, Soteroff recommends familiarizing yourself with when certain businesses typically list items and checking the app around that time.

Soteroff said they are always encouraging more restaurants and stores in Minneapolis to start using Too Good to Go. But the low inventory could also mean businesses are getting better about reducing the amount of surplus food they have, which is a good thing, she said.

"Our goal is to get every bag that is put on the app to be sold because if it doesn't that means we're actually contributing to more food waste," she said.

HIRING: CARRIERS FOR WALKING ROUTES

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



Darling

(in the old Birchwood Café)

serving breakfast, lunch, dinner,
coffee & cocktails.

We look forward to meeting you!

Open Mon-Tues: 7a -3p ; W-Sa 7a -9p ; Su 7a-8p

3311 East 25th Street, Minneapolis, MN 55406

darlingmpls.com / [instagram.com/darling.mpls](https://www.instagram.com/darling.mpls)



Happy Hour
Wednesday - Sunday
3p - 6p

**BRING IN THIS FLYER
TO RECEIVE 10%
OFF YOUR
TOTAL BILL
expires 5/25/25**

THE CITY GARDENER

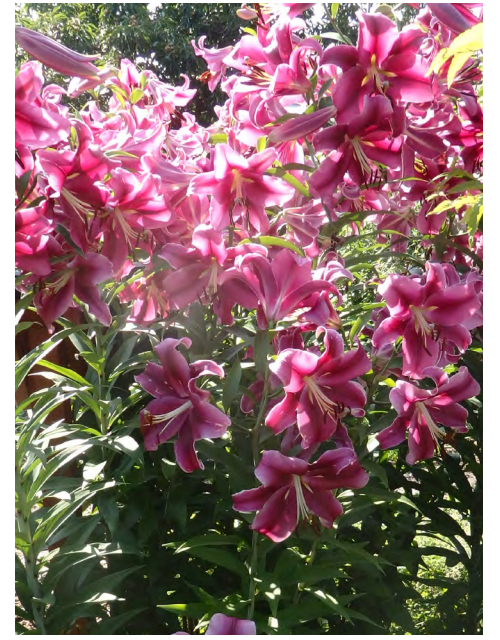


BY LAUREN BETHKE,
Master Gardener

Divide perennials to boost health, beauty



Spring is the best time to divide ferns and later blooming perennials such as yarrow (bottom right), while fall is best for earlier blooming perennials such as lilies (top right).



Welcome back to a new gardening season, and a new season of City Gardener columns! As our gardens begin to wake up from their winter rest, it's a great time to think about an often-neglected gardening task: dividing perennials. If you've noticed that your perennial plants have fewer flowers, smaller blooms, are dying in the center, or are just looking crowded, dividing them will probably help. Dividing perennials is a simple, rewarding task that can make a big difference in your garden's overall health and appearance.

Essentially, dividing perennials is the process of digging up an established plant and separating it into smaller sections, each with its own roots and stems. This process helps rejuvenate older plants, prevent overcrowding, and encourage healthier growth. Over time, overcrowding can lead to stunted growth and increased susceptibility to pests and diseases. Dividing perennials every few years helps ensure that each section has access to sufficient nutrients, water, and space, as well as good airflow. Additionally, division is a cost-effective way to propagate and expand your garden, as the separated clumps can be replanted in other areas or shared with fellow gardeners. This simple practice helps ensure long-lasting, thriving perennials year after year.

It's best to divide perennials when the plant is not actively blooming (or about to bloom) so it can focus all of its energy on regenerating root tissue and becoming established in its new location. In general, spring is the best time to divide later blooming perennials such as yarrow and

bee balm (and ferns, although they don't bloom), while fall is the best time to divide earlier blooming perennials such as lilies and peonies. Hardy plants like hostas can handle being divided in the spring or fall. And keep in mind that there are a few plants that don't handle division very well – especially plants with particularly long roots such as goatsbeard, columbine, and baptisia. For these plants, it's best to simply prune them without disturbing the roots. Check out the University of Minnesota Extension Yard and Garden website for a detailed list of plants and tips on how to divide them successfully.

In general, when dividing perennials, you should begin by watering the plant very well a couple of days ahead of time to ensure the soil is moist and easy to work with. When you're ready to divide, dig up the entire plant carefully, preserving as much of the root system as possible. Gently shake or wash off excess soil to

expose the roots, then separate the plant into sections. Depending on how dense the roots are, you can use a clean, sharp knife or spade to separate the plant into smaller sections, or pull them apart with your hands. Make sure each division has healthy roots and several shoots or buds, and remove any dead or damaged parts of the plant. Replant the divisions as soon as you can at the same depth they were originally growing. Water them well, and keep the soil moist until they are established.

If you can, try to divide perennials on a cloudy, overcast day – this can help reduce the risk of plants drying out during the process. And don't worry too much if your newly divided plants look a bit droopy when replanted! This is very common, but with regular watering, they should perk up.

Dividing perennials is a simple and powerful way to keep your garden healthy. With just a bit of time and care, you can

rejuvenate tired plants, prevent overcrowding, and even expand your garden at no extra cost. So, grab your shovel this spring and give your perennials the fresh start they deserve!

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!

SAVE \$350 when you transform your patio into an outdoor oasis.

- Instant shade—at the touch of a button.
- Enjoy more quality time with family and friends.
- Up to 10-Year Limited Warranty.

Call 1-855-462-2330 now to **SAVE \$350 TODAY!**

America's #1 Awning!

BOGO 40% OFF
Minimum purchase of 4

+ \$200 OFF Your Entire Purchase
Minimum purchase of 4

ENDS 4/30

RENEWAL by ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT

855-502-6514

HOME | FOOD | CULTURE

INGEBRETSEN'S
NORDIC MARKETPLACE

1601 EAST LAKE ST MPLS, MN
ingebretsens.com

EGG PLANT
URBAN FARM SUPPLY

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

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

COLDWELL BANKER REALTY

Tilling ♦ Rototilling
Mowing ♦ Yard Work
Jim - 612-275-6825

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

GROW YOUR BACKYARD HOMESTEAD

MB'S
CLEANING SERVICES

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

651-225-1960
MBScleaning.com

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

SOD INSTALLATION

Bluegrass & Shade Sod
No job too big or small

FREE ESTIMATES
612-554-9378
Cliff'sSodding.com • CliffNebel@gmail.com

**HI-LO
Diner**

E. LAKE ST. MPLS, MN

HI-LO-DINER.COM → @HI_LO_DINER




**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

HAYES WINDOW RESTORATION

MN Lic. BC750502



BRING NEW LIFE TO YOUR ORIGINAL WINDOWS

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

hayeswindows.com 612-259-7855

612.729.7608 • www.buck-bros.com

BUCK BROTHERS CONSTRUCTION
MN license #4593

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



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 LOOK THROUGH THE PAPER TO CHECK OUT THE ADS.

FREE COMMUNITY SHREDDING DAY!

Bring up to 5 boxes of papers to securely shred.
Hosted by The Odd Couple Team as part of our ongoing effort to give back to the community.

**Saturday, May 3, 2025
10am-1pm
1460 Grand Avenue**




**TheOddCoupleTeam.com
651-492-6423**





DUAL BENEFITS

With new biochar facility, Minneapolis is becoming a leader in green technology

By Allie Johnson

Minneapolis will soon be able to produce its own biochar, bringing the city one step closer to its goal of becoming carbon neutral by 2050.

This spring, the city will break ground on a new biochar facility – the first municipally owned and operated such facility in the U.S.

Biochar production is a carbon-negative process, meaning it removes more carbon from the atmosphere than it releases, said Eric Singaas, leader of the materials and bioeconomy research group at the University of Minnesota's Natural Resources Research Institute. To limit carbon emissions, tree waste is heated in a low-oxygen environment like an industrial kiln, rather than burned. The result is a charcoal-like material that can store carbon for thousands, if not tens of thousands, of years, he said.

Jim Doten, Minneapolis' carbon sequestration manager, calls biochar the "swiss army knife of climate tools."

Biochar production provides a sustainable alternative to dealing with tree waste, which cities like Minneapolis have in oversupply due to things like utility line maintenance and emerald ash borer disease, he said.

But biochar itself has a myriad of different uses. When added to the soil, biochar helps soil retain nutrients and hold water, boosting plant growth and improving drought resilience, according to Singaas. It can also be used for filtering stormwater and in construction materials. For example, mixing biochar with cement can create a more durable concrete, he said.

"In every case, there's a dual benefit," said Singaas. "One is that long-term carbon storage and two is some other environmental benefit, whether it's cleaning water or making materials stronger or

Biochar itself has a myriad of different uses. When added to the soil, biochar helps soil retain nutrients and hold water, boosting plant growth and improving drought resilience, according to Eric Singaas, leader of the materials and bioeconomy research group at the University of Minnesota's Natural Resources Research Institute. It can also be used for filtering stormwater and in construction materials. For example, mixing biochar with cement can create a more durable concrete. "In every case, there's a dual benefit," said Singaas.



When added to the soil, biochar helps soil retain nutrients and hold water, boosting plant growth and improving drought resilience.

some other job."

EQUIVALENT OF TAKING 789 CARS OFF ROAD

Doten was the first to push Minneapolis to start using biochar. Since 2013, it has been used in various applications throughout the city, primarily mixed with compost in community gardens and boulevards, but also incorporated into stormwater mitigation projects to help prevent pollutants from getting into lakes and rivers.

Doten purchased the biochar for the city from a vendor in Missouri. But for Minneapolis to continue to use biochar, he needed a local source.

"It's a great way to demonstrate [biochar], but you reduce the climate benefits when you have to truck it across the country," Doten said.

Enter the city's new biochar production facility.

Xcel Energy will be the primary supplier of the facility. The company plans to donate the wood waste from its rou-

tine tree trimming around power lines throughout the city. Doten said he is also in talks with Hennepin County and the Minneapolis Park Board to take their wood waste for use at the new facility.

Once it is up and running, the facility will have the capacity to process over 3,000 tons of wood waste and produce over 5,000 tons of biochar annually. That amount of biochar production will remove an estimated 3,700 tons of carbon dioxide from the atmosphere – the equivalent of taking over 789 cars off the road, according to a news release.

NOT NEW BUT GAINING ATTENTION

Biochar is not new. The practice can be traced back thousands of years to indigenous communities in regions around the world, said Doten. But biochar is experiencing a surge in popularity as communities seek ways to address climate change.

"We have not made as much progress towards slowing climate impact as we



We have not made as much progress towards slowing climate impact as we had hoped from years ago so I think [biochar] is gaining attention because of the climate impact."

Eric Singaas



had hoped from years ago so I think [biochar] is gaining attention because of the climate impact," Singaas said.

Doten said Minneapolis plans to sell biochar produced at its facility to other cities and counties in the Twin Cities metro, as well as state agencies like the Minnesota Department of Agriculture and

the Minnesota Department of Transportation to use in their own projects.

"We're not trying to displace private industry," he said. "We'd like to get this up and established as a practice so people know how to do it so that there is a demand for private businesses to make biochar and make it into a green industry in Minnesota and better use our wood waste."

Minneapolis has become a leader in urban biochar application, and cities around the world are taking notice. Doten said he has been contacted by officials in Buenos Aires, Argentina and Nairobi, Kenya who are interested in starting their own biochar programs. Doten also sits on the board of the U.S. Biochar Initiative, which will host its North American Biochar Conference in Minneapolis in September.

Minneapolis' biochar facility will be located at 670 25th Ave. SE near the University of Minnesota campus. Doten expects biochar production to be underway by late summer or early fall.

DO THE MATH!

It costs 50¢ /piece to mail a promotional flyer to local residents letting them know about your business, organization or upcoming event.

That does not include design, production, and printing charges.



For only 16¢/piece you can have a 4-color flyer PRINTED AND DELIVERED with the Messenger!

Contact Denis (612) 345-9998

Denis@tmcpub.com

GARDEN TOOL SWAPS MAY 10

Attention, gardeners! From seasoned growers to novice seed-sowers, all are welcome at the 5th Annual Minneapolis Garden Tool Swap. Neighborhood and community organizations are excited to once again offer this free event on Saturday, May 10 at Lake Hiawatha Park from 10 a.m. to 1 p.m. and at Armatage Park and Martin Luther King Jr. Park from 9 a.m.-noon. Kenwood Community Center will host the swap from 1-4 p.m. along with other activities.

As you start Spring cleaning, hang on to unused yard tools, planters, garden décor, books, seeds, and more, and share them with neighbors at the swap. You do not need to bring items in order to take, and you may bring without taking. All items donated at the swap are free for any participant to take home.

There will also be garden tool swaps going on in Northeast, Prospect Park and North Minneapolis on May 3 and at Brian Coyle Center May 16 with donations accepted anytime. For more event details, visit the City's web page Garden Tool Swap - City of Minneapolis. <https://www.minneapolismn.gov/resident-services/garbage-recycling-cleanup/garden-tool-swap/>

Thousands of items have found new uses over the years that Minneapolis Recycling has been supporting and tracking the swaps.

NO LONGER SIBLEY PARK

At the April 16, 2025 board meeting, Commissioners for the Minneapolis Park and Recreation Board (MPRB) approved

a resolution to remove the name "Sibley" from the park and all park assets – including the recreation center building – located at 1900 East 40th Street at Longfellow Avenue in South Minneapolis. Efforts to rename the park originated in 2016, when community members and students at Sanford Middle School, also in South Minneapolis, submitted a request, based on the history of violence that the park's original namesake, Henry Hastings Sibley, perpetuated against the Dakota people.

However, after raising concerns about the name, Indigenous advisors asked that MPRB establish a process to consult with Indigenous community members and Tribal Governments when considering Indigenous names for parks. Once that process is established and its Naming Policy is updated, MPRB will lead an Indigenous-centered process and timeline for determining a permanent new name for the park.

SEWARD LONGFELLOW RESTORATIVE JUSTICE SHUTTING DOWN

Seward Longfellow Restorative Justice is closing its doors as a standalone organization. The core programs and initiatives of Seward Longfellow Restorative Justice will continue under the stewardship of Restorative Justice Community Action (RJCA), a Minneapolis based organization since 1997. "RJCA is deeply aligned with our goals, is a partner on many of our contracts, and will ensure that the work we have all so diligently supported lives on to benefit the community," said Michele Braley of SLRJ.



TRAIL CONNECTION IMPROVEMENTS

Construction resumes this spring on trail connection improvements at Nokomis-Hiawatha Regional Park.

Trail segments that were built last fall will be striped and receive new signs. This includes:

- New bike trail west of Amelia Pond, southwest of Lake Nokomis
- New trail east of Cedar Avenue, near the Cedar/Edgewater/Lake Nokomis Parkway intersection
- New trail crossing at 22nd Avenue and Lake Nokomis Parkway, near Lake Nokomis Community Center

A new pedestrian bridge over Minnehaha Creek next to Lake Hiawatha is scheduled to be installed in May. The

bridge will be delivered in pieces, assembled onsite and then set in place with a crane.

A couple of additional trail segments have been added to the project:

- A new shared-use trail will connect the Shoreview and 54th Street Triangle Park to West Lake Nokomis Parkway.
- The existing bike trail on the south side of Minnehaha Parkway from Cedar Avenue to Lake Nokomis Community Center will be milled and overlaid with new asphalt.

Turf restoration, tree planting and seeding for all areas affected by construction work is scheduled to be complete by June, weather permitting.

NENA hires new executive director

Sarah Friedman promoted

By **Tesha M. Christensen**

Sarah Friedman has been promoted from communications manager to executive director at the Nokomis East Neighborhood Association.

She will step into the new role on May 1.

"I'm truly honored to be NENA's executive director," said Friedman. "I'm excited to build strong relationships, deepen our connections across the community, and support meaningful, neighbor-led change."

"Sarah has already shared many thoughtful ideas, approaching our organization's current state with open eyes and a clear focus on the needs and goals of our community," observed NENA Board Chair Christina Meyer. "The NENA Board of Directors is excited to step into this next chapter with Sarah leading the way. We feel incredibly fortunate that she accepted the role with such enthusiasm – bringing just the right mix of experience, vision,

and collaborative energy to move our mission forward."

Friedman joined the Peace Corps in 2011 and was sent to Poltava, Ukraine. Friedman grew up in North Carolina and had never made a snowman before. So, her Ukrainian mentor and fellow teacher Lidiia and her students went outside and made one with her.

Upon returning to the U.S., she taught for about five years at public schools in North Carolina and a foster home in Detroit. Then she followed her husband to Minnesota in 2019 when he got a job at 3M, and she pursued a master's degree at the Humphrey School of Public Policy in nonprofit management. The mom of two, Friedman joined the NENA staff in 2022.

She has continued to raise money in various ways, including by selling the Babusya's Kitchen cookbook, to support charitable work in Ukraine.

Interim Executive Director Amy Arcand will support NENA through the month of May.

Friedman is replacing Brandon Long, who, upon being told of his termination on Monday, Jan. 20 at Nokomis Beach



At the Nokomis East Business Association (NEBA) annual meeting on April 16, Nokomis East Neighborhood Association (NENA) board chair (center) Christina Meyer gave an update: announcing that Sarah Friedman (right) had just been hired as the new NENA Executive Director. (Photo by Tesha M. Christensen)

Coffee, threw a cup of coffee at volunteers, and police were involved due to destruction of property.

Connect with Friedman at the NENA Annual Meeting on Monday, April 28, at Nokomis Square Cooperative, 6-8 p.m.

"As part of this work, NENA will be rolling out a neighborhood-wide survey

to better understand what matters most to our neighbors and where we should focus our energy over the next five years," remarked Friedman. "I'm looking forward to learning more about the community's hopes and needs – and working together to make Nokomis East an even better place to live, work, and connect."

CITY BRIEFS

3000 MINNEHAHA DESIGN

On April 17, the Minneapolis city council unanimously approved a \$871,500 contract for LSE Architects Inc. for design and engineering in order to repair, renovate and re-open the former 3rd Precinct building as a voter services center that will have 8,000 square feet set aside for "community use." Last October, the council voted to oppose the construction of a warehouse there and encourage increased community space, and use of space for racial reckoning. No proposed layout or design was shown as part of the contract. The design work is expected to begin in May, with a conceptual design being presented in August.

COOPER SCHOOL PLAYGROUND

The Longfellow Community Council and Minneapolis Public Schools have re-

leased options for rehabilitation of Cooper playground. A community meeting to discuss playground design options and a possible reuse of the building was held on March 18. The Minneapolis Public School Anishinaabe Academy is eyeing the Cooper school building as its future home. It is currently operating at Anne Sullivan.

SAFE AND THRIVING COMMUNITY WORK GROUP

City officials are seeking applicants to join a new advisory committee that will provide input on the implementation of the Safe and Thriving Communities Plan to policymakers and city staff. Applications will be accepted until May 4.

MPD BROADCAST

Starting in May, the city will no longer broadcast its police radio communications to the public. City officials said this is needed to comply with state and federal data privacy laws and that a new online "911 Emergency Incidents Dashboard" will be created to share information.

MAYOR'S STATE OF THE CITY

On Tuesday, May 6, Mayor Jacob Frey will give the 2025 State of the City address at 11:30 a.m. in Minneapolis. The address will be hosted in person and will be live streamed on the city's YouTube page.

NEIGHBORHOOD SAFETY DEPARTMENT

Amanda Harrington has been promoted to be the new director of the Neighborhood Safety Department that was created three years ago. She was the department's director of community safety design and implementation and led efforts to establish the Lake Street Safety Center and plan the relocation of the 3rd Police Precinct staff into a larger safety center at 2600 Minnehaha Ave. Harrington was previously manager of Be@School, a Hennepin County Attorney's Office program focused on reducing truancy, and an attorney with Hennepin County Attorney's Office's Child Protection and Juvenile Prosecution divisions.

PUBLIC SCHOOL BUDGET SHORTFALL

The Minneapolis Public School board and superintendent continued discussing the district's budget for next in April and how to address a \$75 million budget shortfall. They have not yet finalized specific information about all positions, but staffing cuts are expected. The previous proposal to cut 102 special education assistant positions has been reduced to 45.

OPEN STREETS

The city council has approved locations, dates and organizers for four Open Streets Minneapolis events in. The Hennepin Ave. event will be held on Sept. 20 between W 26th and 36th Streets; Central Ave. event on Aug. 2 between 26th Ave. and 14th Ave.; Cedar on Aug. 17 between 15th Ave. and 6th St.; and West Broadway on Sept. 6 between Logan and Lyndale avenues.

- Compiled by Cam Gordon

NOKOMIS EAST NEIGHBORHOOD ASSOCIATION

By Sarah Friedman
executive director
sarah.friedman@nokomiseast.org



Facade improvement grants available



McDonald's Liquor used the grant to pay for an awning (above), while Nokomis Tattoo (at right) paid for a mural and windows. (Photos by Sarah Friedman)



Nokomis East Neighborhood Association (NENA) is proud to announce that we received the Business Façade Improvement Grant from Greater Streets Minneapolis! We have \$17,000 that we can give to businesses in our neighborhood to help them with the upkeep of their storefronts. If a business is willing to pay for two-thirds of the project, this grant will pay for the final third (up to \$5,000). The Façade Improvement matching grant is "designed to help create healthy commercial areas by providing incentives to improve the appearance of building facades and stimulate private investment," according to Great Street's website. "The Great Streets program aims to help revitalize and sustain neighborhood business districts."

The Minnesota branch of the program started in 2008. As the recession hit the United States, the government found a way to help local businesses. Roger Worm, board member for the Southwest Business Association, has seen the program since the beginning. "I think it's one of the best programs that the city does because it helps businesses do updates that they wouldn't normally do," said Worm. "Start-up costs are big and every little bit helps, and this program really helps." He told me how some businesses "marvel at the

savings" from their electricity bills when they added a second window pane or a new door. Among his grant stories, he told me about one business who got a new sign. More customers came to the store. Some would ask, "When did you open?" He has helped administer over 300 grants in 15 rounds of funding for the Southwest Business Association. During his time working with so many grantees, he created a list of vendors businesses have used in the past. Now, with this list of "reliable known capable and cost-effective vendors," he is able to help businesses find competitive prices for the work that needs to be done to help a business thrive. He added that he likes doing this work because "it's a great way to meet local businesses."

I spoke to two local business owners who have used the grant in the past. "My

experience with the façade grant was really golden," said Mike Welsh, the owner of Nokomis Tattoo (4933 S 34th Ave.). "It was really really exceptional. We didn't have a lot of money for painting the building, and it was \$1,600 or \$1,800 to replace the window." Now his building has beautiful windows and murals on it to make it stand out as an amazing part of our neighborhood.

Mark McDonald, owner of McDonald's Liquor, also used the grant in 2020 to get an awning at his storefront. "We got three quotes from three awning companies. It was pretty simple... I thought it would be pretty hard since it was the city, but it was pretty simple... The biggest thing is when it's raining out, you can pull up to the building and you never get wet."

The façade improvement grant can pay for one-third of a business awnings,

signs, exterior paint, masonry repair and more up to \$5,000. The Nokomis East Neighborhood Association and the Nokomis East Business Association are proud to actively work with government and local businesses to make our neighborhood a more inviting and economically prosperous place.

If you are interested in applying, and would like to learn more, please check our website at <https://www.nokomiseast.org/facade-improvement-grants>. We have limited funds, so applications are on a first come, first serve basis. Only businesses who are up to date on all property tax payments and are located in the designated areas are eligible to apply. All work must be visible from a public street, and each business must have at least two bids if the project is more than \$5,000. All work must be completed within nine months of the application. To apply, please contact NENA to set up a consultation by calling (612) 724-5652 or emailing nenan@nokomiseast.org.

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-Lead 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
Weed and Water Wednesdays
begins again Wednesday, 5/29,
9:30-11:30 am - Kids 0-5 & their
caregivers ALL WELCOME!

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, May 17, 12- 2 pm

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
3204 E. 29th Street
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; also by appointment
Weekday masses 8:15 am, M, T,
Th, F in the chapel

**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 between our three newspapers.

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



Stealing is un-American.
Tell Washington to make
Big Tech pay for the
content it takes.
SupportResponsibleAI.org



Nokomis East Neighborhood Association

PLANNING SURVEY

We want to hear from YOU
what matters most.

Let's build the next five years together.

Scan me!

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

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**



SYLVIA I.
Anderson
REALTY EST. 1958

4023 E Lake Street, MPLS
andersonrealtymn.com

Want to play the cello?



- Lessons
- Online
- Cellist for hire
- Cello Choir

**mcello.com
megan@mcello.com**

Longfellow Community Council


NEIGHBORHOOD GARAGE SALE

Saturday, June 7th Sunday, June 8th

Shop dozens of sales across greater Longfellow. List your sale by May 18th!



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



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

Lawn mowing, yard clean up, small garden projects. Call 651-635-9228.

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, sidewalks, patios, driveways. Licensed, bonded, insured. Call Tom Seemon, 612-721-2530.

Neighborhood Concrete - Sidewalks, Driveways, Patios, Steps, Neighborhood Concrete. 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

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



Teens Need Vaccines, Too.



Learn more at www.health.state.mn.us/people/immunize/basics/kids.html



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

Saint Helena Catholic School

Preschool-8th Grade



Now Enrolling

Affordable Tuition & Financial Aid



Why Saint Helena?

- Small Class Sizes
- 4-Star Rated Preschool
- Academic Excellence
- Formation in Virtues
- Caring, Joyful Environment
- Spanish, Music, and Arts

Schedule your tour today!
Programa tu visita hoy!



612-729-9301
3200 East 44th Street, Minneapolis



Se Habla Español

5 AWARDS FOR TMC PUBLICATIONS

The Midwest Free Community Papers (MFCP) announced on April 3, 2025 that TMC Publications CO had earned five awards:

- General Excellence: Southwest Connector, 1st Place
- Best Website: Midway Como Frogtown Monitor, 2nd Place
- Best Website: Southwest Connector, 3rd Place

- Best Holiday Ad (other than Christmas): Longfellow Nokomis Messenger, Chocolat Celeste, Honorable Mention

- Best Editorial Photography: Southwest Connector, Lake Harriet Lower Campus Principal, Terry Faust, 2nd Place



VOLUNTEER OF THE YEAR

The owner and editor of the Monitor, Messenger, and Connector, Tessa M. Christensen (at left), was named the 2025 Midway Chamber Volunteer of the Year. "Tessa does a lot for the Midway Chamber, including taking photographs at many events and promoting our work and programming through the newspaper," said Chamber Executive Director Chad Kulas. "She is also our Ambassador Committee Chair and sits on the board of directors and our communications committee. Her dedication to the Midway Chamber is also a sign of her dedication to the Midway community in general, and has helped her become an expert on what's happening around the

NOW THEY SEE YOU

Ask us about top of mind advertising solutions!

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



30 YEARS OF

ART-A-WHIRL®

May 16-18 2025 Northeast Minneapolis

nema.org @nemaamn