

NORTH NEWS

December 16, 2022

Serving the neighborhoods of North Minneapolis

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North Minneapolis in focus: Pictures of the year.

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Steven Belton retires
from Urban League.

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to keep pace with demand.

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Meet new Polar basketball
coach Ricky Davis.

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Sojourner Truth Academy fifth-grader Terrell Griffin and his classmates were in awe of the antics of Timberwolves' mascot Crunch. The team's star, Karl-Anthony Towns, visited the school in April to dedicate a new gym floor.
Photo by David Pierini



Letter from the Editor David Pierini

Welcome to our final newspaper of the year, the edition of North News that looks back on the year in photos.

It was an eventful year but in looking through our photos, I am struck by what is missing. Nobody is getting a temperature check or a shot in the arm. The six-foot gap between people, gone. Medical masks that covered half our faces for the last two years, are down around the chin or stuffed in a pocket.

There is something ordinary about these photos and that is something to celebrate.

We had been told not to expect a return to normalcy, yet we started to do just that this year with gusto. We ate together, sat side-by-side in church, went to ball games and greeted one another with hugs, instead of the once medically prudent elbow bump.

We mustn't minimize what COVID-19 wrought, the people we lost or strain it caused on the economy, classroom learning and our mental health. And we must remain aware that COVID is still around and potentially serious, even if it is in a weaker form.

But it does our health good to see people together and faces that reflect joy, love, resilience, determination and pride in what makes North Minneapolis so special.

There was sorrow. The shooting death of North High quarterback Deshaun Hill brought seemingly insurmountable grief. But the way his football family honored his passing was profound and beautiful.

No need for me to write 1,000 words, so I will stop there. You should form your own impressions from the photos. As always, if you know of any events, large or small, that might make a good story in pictures, drop us a line.

Thank you for reading North News and sharing your stories with us. I wish you Happy Holidays and a safe and joyous new year.

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North Minneapolis at a glance



Ladavionne Garrett, Jr. poses alongside his basketball hero Steph Curry and proudly wears his new signed hat. Screenshot/Fox 9

Stephen Curry makes a dream come true for a young admirer

Stephen Curry made a dream come true when he visited Ladavionne Garrett, Jr. when the Golden State Warriors traveled

to Minneapolis to play the Timberwolves. Garrett was one of three children struck by gunfire in 2021 that shook the Northside. The shooting left him immobilized and under the care of his grandmother. In the immediate aftermath of the shooting, doctors told his grandmother Sharrie Jennings that he only had 72 hours to live. Two years later he's able to meet Curry and get his hat signed. "He couldn't stop smiling," Jennings said. "I thank God for this day. My grandson deserves this so much."

V3 breaks ground for aquatic center construction

Community leaders, including Gov. Tim Walz, recently gathered to break ground on the corner of Plymouth and Lyndale Avenues for the first phase of what will evolve into the V3 Health and Wellness Center.

Last year, V3 Sports raised funds to purchase the U.S. Olympic trials swim pool that will be the focus of an aquatics center.

Over the next 14 months, LSE Architects, RJM Construction and TRI-Construction will build the first phase of the center – a 25-yard instruction pool, a hydro-therapy pool, fitness center, multi-purpose and class rooms, office space, a child-care center and a kitchen/cafe.

V3 owns a building at the corner of Plymouth and Lyndale avenues, which will be demolished for the new center.

"As we met with community members, they described the V3 Center as a game-changer," said Malik Rucker, V3's engagement director. "We are very humbled by their support, energy and drive, which helped us cross the finish line and break ground. V3 wants to be part of the community by providing our diverse residents access to swimming and fitness programming in addition to health and wellness educational resources. We will also provide good jobs for youth and entrepreneurial business space for our neighbors."

Minneapolis, was reappointed as chair of the House Capital Investment Committee for the upcoming legislative session.

Lee chaired the committee from 2020-2022 and had previously served as the vice chair.

"More than ever, our state needs a robust capital investment bill to deliver on the infrastructure needs Minnesotans deserve," Lee said in a written statement. "I believe that in working together, our committee can lift up communities across the state, create good-paying job opportunities and keep a focus on equity and inclusion."

★
★
★

Comfort and joy.

Goodness and mercy.

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Rest and well-being.

Our best wishes to you for the holidays and always.

From everyone at PCYC and the Capri.

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Steven Belton Provided Photo

from his title. Come Dec. 31, Belton will retire satisfied that the Urban League Twin Cities is in good shape as it approaches its 100th birthday.

"My intent was this would be a temporary assignment," Belton said in a recent interview with North News. "There's an expression that when man makes plans, God laughs and so God had a great chuckle."

Belton does not speak of his time at the Urban League in terms of individual accomplishments, though friends and colleagues are quick to tick off a list of what he achieved. A man of deep faith and an ordained minister, he is careful in how he manages any feelings of pride.

He will say he feels joy for the resilience, self-determination and passion of the people the Urban

League serves. Belton is an introvert who lives in extroverted spaces, from arguing in court as an attorney to preaching before his congregation at Park Avenue United Methodist Church.

And, of course, as CEO and president for the last eight years. Belton is credited with uniting the various Urban League groups into one Twin Cities organization. During his time, Urban League also launched a new Center for Social Justice Research, Policy and Advocacy, which will take deep data dives into disparities between Blacks and Whites.

Also, during his time were two more Black men killed by police, Philando Castille and George Floyd, both senseless deaths that called on leadership from the Urban League and Belton.

Though the accusations of double billing, involving an alternative school the Urban League operated, were quickly resolved by the audit, Belton said, it took more than three years of hard work to restore the organization's reputation.

"From the outside looking in, one would conclude about Steven is there is a serious resolve," his friend, the Rev. Alfred Babington-Johnson said. "There's a kind of gravitas that he brings into every situation. He's got a great sense of humor, but also a real sense of purpose and focus that helped to stabilize situations that he was involved in."

Babington-Johnson said Belton shepherded the development of an African

American Land Trust to assist families with attaining homeownership. Babington-Johnson said Belton hired a researcher to delve into the declining resources for legacy organizations that serve African Americans and is advocating that philanthropy dedicate resources to these groups.

Alvin Lockridge, the Urban League's facilities manager, said he was among colleagues who encouraged Belton to seek to stay on as CEO.

"Man, when he came in as interim, he was so approachable and he had all the qualities we were looking for," Lockridge said. "There was a little bit of division before he came here. We became like a family in no time."

"I asked him to try this for a little and I know a few other people had that same conversation with him. So he decided to come on and promised us five years. He gave us more than that."

Come Jan. 1, Belton will delay reflecting on his Urban League tenure. He anticipates shoveling snow and doing a fair amount of binge watching of Netflix.

He believes in February, he will be ready to look back. Belton said when he considers the aftermath of Floyd's death, he found hope in the leadership that emerged

from the unrest.

"There was this crystallization of both protests and strategic engagement around the issues of power," said Belton, who is married to former Minneapolis mayor Sharon Sayles Belton. "We're not going to do business as usual. What has given me hope is the sustained demonstration, the sustained work on anti-police violence and the way it crystallized with wealth development, around health inequities, around education inequities...around all of these things. The leadership developed organically and within institutions."

Also February, Belton anticipates that he will begin to wonder what lies ahead.

Just prior to getting asked to join the Urban League, Belton had been waiting for another call. He was eager to lead a congregation and was anticipating getting assigned a church.

This is the part where God chuckled and set his feet on a different road.

"My first actions will probably be shoveling snow and clearing the driveway," Belton said. "That's part of the allure of it. I don't know and I don't need to be in control of it. I'm perfectly willing to see how things unfold."

NEWS

Urban League stronger thanks to outgoing CEO staying longer than planned

By David Pierini, Editor

Steven Belton's first 90 days at the Urban League in 2015 were tumultuous but he had a way out.

Three weeks in, the Urban League was the subject of a state audit after accusations of double billing.

Not long after that, Jamar Clark was killed by Minneapolis police, setting off a two-week occupation of Plymouth Avenue outside the Fourth Precinct.

Belton's title was interim CEO and he had taken the job with no intention of staying.

The audit cleared the Urban League of wrongdoing and the civil rights organization urged protestors to end the occupation because of the goals the protest had accomplished.

At the end of that challenging first year, Belton accepted an offer to remove interim

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NEWS

Business owners want light rail consideration for West Broadway 'off the table'

By David Pierini, Editor

North Minneapolis business owners on West Broadway Avenue face an oncoming light rail train they hope will avoid their narrow and culturally significant thoroughfare to instead travel down 21st Avenue.

Light rail officials, considering the two routes to extend the Blue Line from downtown to the North suburbs, received blunt feedback from business owners during a luncheon of the West Broadway Business and Area Coalition in early November.

"I will tell you it's off the table," said

architect Andrew McGlory, whose studio is at 1007 West Broadway Avenue. "You need to start coming to this community and know (West Broadway Avenue) is off the table. This is a no-brainer. We shouldn't even be discussing this. This will destroy this neighborhood."

McGlory continued to say "off the table" while other business owners backed McGlory with their own way of objecting to a route that would transform one of the Northside's most iconic thoroughfares. Running light rail down West Broadway would eliminate street parking and the construction period could prove fatal to their businesses and to festivals like FLOW and Open Streets, business owners said.

Northsiders have known for nearly 20 years that light rail would find an artery. Until recently, most of the planning focused on the grassy median that runs up the middle of Olson Highway. But the railroad that owns the right of way refused to sell it and after years of negotiations, Met Council and Metro Transit shifted attention to two other possibilities, West Broadway and Lowry avenues.

Last year, based on what officials said was favorable public feedback for

West Broadway, Lowry was dropped.

Still, many business owners said they knew nothing about the West Broadway plans.

Lisa Spicer, whose Dimensions In Hair salon and barber shop operates on 1417 West Broadway Ave. said she had been planning to renovate her building when she found out third-hand about light rail planning for West Broadway.

"We've been there 32 years come February and I have been so anxious," Spicer said. "We've dedicated ourselves, myself, my father to this community and now I'm hearing there's a question mark on my building. When was somebody going to approach us? I learned through other sources that it's questionable if we'll ever be in existence."

"That's our main corridor. This is where our shopping should be enhanced. We should be working to bring more to the community, not taking away. I have heart palpitations daily processing this situation. Twenty-first should be the only option."

A light rail track down West Broadway would reduce vehicle traffic to single lanes in both directions and eliminate street parking for businesses. Should light rail

LIGHT RAIL ON 21ST AVE BETWEEN WASHINGTON AND IRVING AVE

This option shows light rail only on 21st Ave N and four lanes of traffic on West Broadway (as it exists today).

Legend:
 - Vehicle Traffic
 - Blue Line Extension Route Option
 - Lyndale Option
 - East I-94 (Washington Ave) Option

Map labels include: Hillside Ave N, 22nd Ave N, Fremont Ave N, Emerson Ave N, Bryant Ave N, 21st Ave N, Golden Valley Rd, Grand Ave N, West Broadway Ave, Lyndale Ave N, James Ave N, Irving Ave.

Inset photos:
 - WEST BROADWAY AVENUE: MAINTAINS EXISTING
 - 21ST AVE N: CONCEPT

METRO BLUE LINE EXTENSION

Hennepin County and Metropolitan Council

travel down 21st, the track would take up the entire street and eliminate vehicle traffic with stop lights at cross streets.

Some of the buildings along West Broadway date back to the late 1800s and early 1900s and the businesses there are Black-owned. Some business owners fear they would not survive the construction or the transformation as happened to some in parts along the Green Line in St. Paul. A separate group of community leaders are working to develop anti-displacement policies they hope could protect business and residents.

Others cited a fear of new criminal activity in bus stops and on trains.

"That's our main corridor. This is where our shopping should be enhanced. We should be working to bring more to the community, not taking away. I have heart palpitations daily processing this situation."

Lisa Spicer

"My concerns are with where you put the train stops," said Diane Robinson, owner of Hollywood Studio Dance, 2128 W. Broadway Ave. "I'm concerned because I have kids coming in and out. One thing I've noticed about the bus stops, there are a lot of people who are alcoholics hanging out there. So if you're going put this in our environment, you got to make sure you are taking care of that"

Robinson also expressed worry over construction vibrations potentially cracking nearby buildings.

Blue Line officials at the meeting said they are applying lessons learned during the build outs of other lines and said the feedback at community meetings thus far has been valuable and what guides the process.

A recommendation will come sometime next year. With construction a ways off, trains aren't likely to start running until the end of the decade.

"We're looking at all the impacts and mitigation for this round and eventually we'll bring forward a recommendation about these two routes," said Dan Solar, director of transit and mobility for Hennepin County. "We want to work on a design with the community, with businesses and with people here so that we end up with a community developed design that works for everyone here."

catch up with our Council Members



WARD 4:
LaTrisha Vetaw

Season's Greetings, Ward 4!

My first year in office is coming to a close, and I am feeling proud of all we have accomplished this year.

After three public hearings and two mark-up sessions, the City Council passed the budget for 2023. My office put forward three amendments to the mayor's proposed budget which all passed unanimously.

The first amendment my office put forward is for improved street lighting in North Minneapolis. The amendment dedicated \$300,000 of the 2023 budget to replace out of date street light bulbs with updated LED light bulbs specifically in the Lind-Bohanon neighborhood and around Patrick Henry High School. Our office is still requesting that residents reach out to 311, Xcel, or our office directly to report broken street lights so we can get those problems addressed.

The second amendment my office put together is for community safety projects for high crime areas. These dollars will allow the Minneapolis Police Department to contract with community groups to assist in providing improved public safety services. Community groups will help bridge the divide between the community and MPD while helping to identify crime prevention strategies and opportunities. These community groups will be representative of the areas being served. There will be regular reports and updates given by the community groups to MPD and the rest of the city. These groups will help MPD reduce and prevent crime, particularly violent crime, while helping to rebuild trust with the community.

Together with Council President Jenkins, I put forward an amendment to create a health and wellness directory for LGBTQ+ communities and communities with HIV. This directory will be a public facing, comprehensive, holistic directory of all healthcare providers who offer gender-affirming services. Minneapolis residents have expressed that they struggle to find accurate, holistic, and easily accessible information about competent healthcare

providers. Our amendment sets aside funding to centralize existing and incomplete databases as well as collect information not yet included in those databases. This directory will serve both the needs of healthcare providers as well as residents who are struggling to connect with those providers.

Other amendments I was excited to support include 1) Council Member Aisha Chughtai's amendment to increase funding to complete Neighborhood Traffic Calming projects, 2) Council Member Jason Chavez's amendment for a Neighborhood Trash Pick-Up and Employment Pathways Pilot, 3) Council Member Chavez's amendment to support auto-theft prevention, 4) Council Member Chavez's amendment for public health needle clean-up services, 5) Council Member Goodman's amendment to ensure that all Neighborhood Organizations have a total funding of at least \$20,000 in 2023, 6) Council Vice President Palmisano's amendment to analyze and improve upon the Neighborhoods 2020 Program and accessibility of NRP funds, and 7) Council Member Rainville's amendment for culturally inclusive women's sexual health and education services.

All in all, we had a successful first budget season. Every Council Member brought forward at least one amendment proposal and there was a lot of collaboration between offices. I am so proud of what we have done as a whole body and am looking forward to what next year will bring.

Thank you, Ward 4 for allowing us the opportunity to serve you all at City Hall. A special thank you to my aides Betsy Brock and Maggie Kohl for their commitment and dedication to Ward 4. I couldn't do this work without them. Once again, never hesitate to reach out to my office. You can leave us a message at 612-673-2204 or send us an email at ward4@minneapolis.gov.

The Ward 4 Team wishes you all a happy, healthy, and peaceful holiday season.

Minneapolis City Council members LaTrisha Vetaw (Ward 4) and Jeremiah Ellison (Ward 5) were inaugurated in January 2022 and January 2018, respectively. We have invited them to keep in touch with the community through this monthly column in our newspaper.



WARD 5:
Jeremiah Ellison

Our Ward 5 office held a great People's Assembly at Jerry Gamble Boys and Girls Club on Nov 16. We discussed public health and safety, housing, and economic development and had productive conversations as to what we can do as a community to continue centering the Northside. Our office plans to continue having these types of meetings throughout next year and we would love to have you attend the next one. Be sure to sign up for our newsletter to be updated on the next People's Assembly.

City Council has adopted the Mayor's first biennial budget. The council had many extensive conversations and amendments to the Mayor budget but it came out with significant investments in the Office of Community Safety and the Office of Public Service – in addition to continued funding and commitment for affordable housing projects, inclusive economic recovery work, and expansions to climate and public health initiatives.

We managed to get wins in the budget for affordable housing. We increased to a total of \$16.8 million in 2023 and \$18 million in 2024 for the Affordable Housing Trust Fund, helping to preserve and produce hundreds of housing units that are affordable to homes with incomes at or below 50% AMI. We also ensured the sustainability of people's access to the Right to Counsel policy with additional ongoing funding of \$500,000, bringing the ongoing annual total to \$750,000 and leveraging resources from other jurisdictional and non-profit partners. Additionally, we invested over \$3 million in the Minneapolis Public Housing Authority, building on previous ARPA investments and an ongoing \$1 million commitment and will be expanding funding for NOAH Preservation by an addition \$1.5 million in 2023 and Minneapolis Homes by \$2 million in 2024.

As always, you are more than welcome to reach out to our office at any time with whatever you may need. Whether it's a meeting with me, a constituent services issue, sharing a concern, or inviting our team to an event, we are here to serve you. You can sign up for the Ward 5 newsletter, RSVP to my weekly virtual office hours (Monday at 12 p.m - 1 p.m) or request a one-on-one meeting with me at www.minneapolis.gov/ward5.

Additionally, in the topic of climate and public health, we addressed the opioid epidemic with over \$600,000 in ongoing funds for immediate opioid addiction treatment services. We created access to

abortion in Minneapolis with a one-time investment of \$300,000. We expanded school-based clinics with \$440,000 in ongoing funding for youth healthcare services like mental health, primary care, and long-term well-being. We added over \$500,000 in two years for the Green Cost Share program which will help businesses reduce environmental pollution through solar energy and weatherization projects.

Around Economic Development, we are continuing to build on ARPA investments by adding \$2 million to the Commercial Property Development Fund to provide ownership opportunities to BIPOC business owners. We will be investing \$1 million in the ZaRah project on West Broadway and investing \$250,000 in the Rise Up Center, a hub for BIPOC-workforce development in the green building and clean energy fields.

We expanded the Behavioral Crisis Response program with a \$1.45 million investment in 2023 and \$2.9 million in 2024, helping provide unarmed, mental health professionals as responders in behavioral health crisis situations – bringing the ongoing annual investment in this work to over \$6.4 million by 2024, as well as, appropriating \$12.95 million for enhancing street lighting throughout the City – including funding for fixture repair and replacement in North Minneapolis. A lot was done for budget this year with exciting prospects for next year.

Since Gerdeen opened the doors to the Camden Collective, she has been expanding the food shelf to meet the demands of the community. "I get people who are almost weeping with thanks," said Gerdeen. When she first started, the Camden Collective distributed about 75 boxes a

North Minneapolis Food Shelves struggle to keep up with rising food insecurity

By **Azhae'la Hanson**, Reporter

People need more food than food shelves can provide, and faster. Lines have grown to wrap around entire blocks and volunteering staff are overwhelmed with the influx of first timers that reach the thousands.

In the past year alone, the number of North Minneapolis residents served by Shiloh Cares Food Shelf has increased by more than 2,000 people per month, in addition to more than 1,000 cooked meals.

Shiloh recently partnered with Second Harvest Heartland for support as they struggled to keep shelves stocked and to keep the program staffed.

"A lot of communities don't have the time, transportation, or wealth to volunteer time," said Allison O'Toole, CEO of Second Harvest Heartland.

The demand has worn out volunteers, many of whom are community members dealing with the same issues as people they serve. Because of this, for the first time, volunteers were paid to keep the shelf in operation.

New food shelves had even been established to meet the growing demand of food amidst the pandemic in 2021. Anna Gerdeen started the Camden Collective out of the Salem Evangelical Lutheran Church as a drive through pre-packed food pickup service.

Even after a year of serving the community, she never realized how many people depended on her services until she expanded the operation into a walk up.

And the line stretched around the block.

Since Gerdeen opened the doors to the Camden Collective, she has been expanding the food shelf to meet the demands of the community.

"I met Anna and suddenly, I'm getting really good food," Johnson said. "I hadn't

week. Last May that number grew to 90. By October of 2022, Camden Collective was serving 150 families with a steady increase of 10 families each month.

The ongoing global food shortage that emerged from the pandemic has left more families in need in North Minneapolis than ever before, and food shelves slammed, trying to keep up with the rapidly growing influx of community members seeking food.

This year has produced record breaking attendance in food shelves for Minnesotans, a near 2 million attendance increase than in 2020 at the start of the pandemic, according to a recent report in the *Star Tribune*.

"Our clients from the BIPOC neighborhoods of the City of Minneapolis and Hennepin County have been impacted by the inflation and food shortage the most," said Shiloh Cares Food Shelf CEO Jalilia Abdul-Brown.

Many low income communities dealing with food insecurity prior to the pandemic were hit hard when a global food shortage combined with a pandemic left people hungry and unemployed. Inflation has caused food to double in price, and food stamps no longer stretch as far as they used to.

Food costs and demand have left the Camden Collective fighting for funds to keep their doors open to serve the community during the winter.

"Someone can go through our line and get up to \$150 dollars in groceries," Gerdeen said. "But it still might not be enough."

Typical food groups like meat and produce are in shorter supply, varying from week to week. Food shelves are doing the best they can with what they've got.

"One week you will see a lot of meat, others, a lot of produce, not typically at the same time," Gerdeen said.

Kevin Johnson, a Northside resident, has depended on food from the Camden Collective since it first began. A cancer survivor, chemo left him homebound, and he regularly used Instacart to have his groceries delivered. This became too expensive for him to maintain.

"I met Anna and suddenly, I'm getting really good food," Johnson said. "I hadn't



A line snakes around the parking lot of Salem Lutheran Church where Camden Collective runs a food distribution program. Photo by David Pierini

D

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THE YEAR IN PHOTOS 2022

Our brains publish the written word with disappearing ink. But our heads hold onto photographs. How can that be in this digital age when countless images fly before us? The heart serves as arbiter. It edits the story of life into an indelible set of pictures, unique to each person. As we look back on the photos from the last 12 editions of North News, we hope you find an image worthy of your memory.

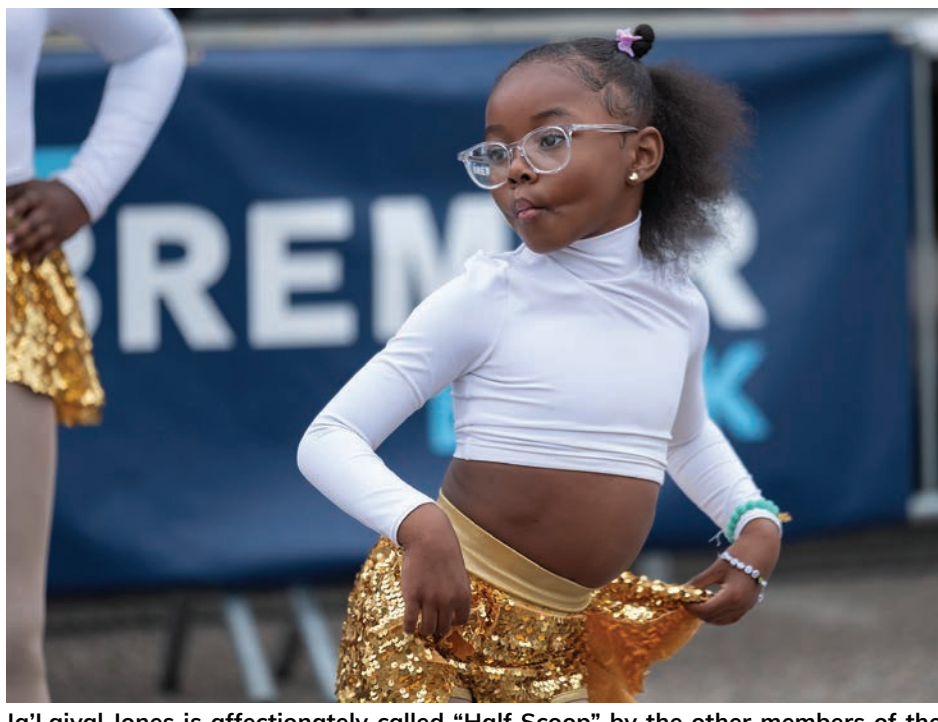
Scholarship winners: Alexandria O'Neill, left, and NiJionna Montjoy took in the surprise news that every North High senior would receive a \$10,000 scholarship thanks to fundraising by Pillsbury United Communities which owns this newspaper.
Photo by David Pierini



Henry Quarterback Donvontae White-Sledge leads the Patriots on the field to start a game in October. Henry was undefeated in conference play this season after two seasons of not winning a single game. Photo by Azhae'la Hanson



Courtland Pickens harmonizes with his choir Known MPLS as Sienneh Subah solos during a March concert at the Capri Theater. Photo by David Pierini



Ja'Laiyal Jones is affectionately called "Half Scoop" by the other members of the Dynamic Dolls Dance Team. But as demonstrated at Urban League Family Day in September, she brings full-size sass to the performances. Photo by David Pierini



A Northside mother had fun in the sun trying to teach her young daughter how to hula hoop. Photo by Azhae'la Hanson



Ian Dischinger dons a vest and straw hat to rehearse a number in the dance studio at Lundstrom Performing Arts. Ian is part of Dancemania, which is adapted for students with special needs and lots of pizzazz. Photo by Azhae'la Hanson



Adrianna Capers, right, portrayed Veronica, who wiped the face of Jesus, played by Cayden Stanley during a re-enactment of the Stations of the Cross at Ascension Catholic Academy on April 14. Peggy White's fifth-grade class told the story of the day Jesus was crucified in observance of the Easter holiday. Praying at each of the 14 stations of the cross, depicted in carvings or pictures on the walls of the church, is a Good Friday tradition. Photo by David Pierini



Above:
It is tradition for the North High football team to walk to the field on game day to present a united front. But for the Polars' first game in August, they walked with the jersey of their quarterback Deshaun Hill, who was gunned down while walking from school earlier in the year.
Photo by Azhae'la Hanson

Left:
North head football coach Charles Adams III releases a balloon on Feb. 13 to remember Hill during a ceremony at the football field. Photo by David Pierini



Theron Cromartie, 7, center, tried a bass for the first time in the lobby of the Capri Theater on Dec. 3 following an educational performance titled "All About That Bass." It was part of the Saint Paul Chamber Orchestra's "xplOrchestra!" series. Photo by David Pierini



Tonica Abdur Salaam, principal of Dr. Josie R. Johnson Montessori School, Judeah Reynolds and Sheletta Brundidge lead the "Happy Birthday" song for George Floyd before they released a balloon in October. Reynolds witnessed the police murder of Floyd and wrote a children's book about what she saw. Photo by Azhae'la Hanson

Moziah Thomas performs his spoken word piece titled "Panic." Thomas is a member of the Legacy Arts Group at North High, which traveled to Scotland in July to perform at the world-famous Fringe Festival. Photo by Azhae'la Hanson



A man stopped his car in traffic, got out and showed his solidarity for striking Minneapolis teachers at the Davis Center in March. The strike ended after three weeks. Photo by David Pierini



Paige Raino stands next to her Princess Paige Lemonade stand that her father Tyrone built himself. "Every time I give customers my lemonade, they always come back for more," she said. Photo by Azhae'la Hanson



Artist Kenneth Caldwell paints a planter in part of the parking lot of Merwin Liquors. Nearby by Sanctuary Covenant Church created a peace garden in hopes of disrupting criminal activity in the parking lot. Photo by Azhae'la Hanson



Ariel, left, plants a kiss on the head of her mother, Sophia Foster. A teachers' strike forced Foster to bring her daughter with developmental disabilities to work. But the single mom supported the strike because of the care the teachers provide to Ariel. Photo by David Pierini



Kwone Bryant-Franklin brought his daughter, Alice, 2, to the Kids Zone at Family Day, where they had fun dancing together. Photo by David Pierini



Eve Chang was crowned homecoming queen at Henry High School in October. After the crowning ceremony, Chang received a homecoming proposal from her group of friends and 15 dates to the dance. Photo by Azhae'la Hanson



Miriam Wynn dances with her granddaughter to the live music at a Juneteenth Celebration in Bethune Park. Photo by Azhae'la Hanson



Diana Armstrong and her exceptionally long fingernails are in the Guinness Book of World Records. She grew them to honor a late daughter who used to paint her nails. Photo by Azhae'la Hanson.



Hmong dancers gathered in for a group photo during Open Streets West Broadway in April. Photo by David Pierini

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Davis, showing a player where he needs to be on offense by the time he gets the ball to have a wide open shot.

Ex-NBA player ushers in new era for boys basketball at North and himself

By Azhae'la Hanson, Reporter

North high school is ushering in a new era of basketball with NBA vet Ricky Davis as the new head coach of the men's team.

Davis left the comforts of warm Texas to our Northside after his wife Siobhan, a Polar alum, convinced him to come back to her hometown.

"She had been trying to convince me for years," Davis said. "And when the position at North became available, we had to jump at the opportunity."

This will be Davis's first time coaching high school basketball and he's excited for the challenge.

Davis was drafted into the NBA at 17,

the same age as most of the young men he now coaches. He wants to teach his team what it takes to play basketball at the next level, because he's proof in the flesh.

"I'm gonna do my best at whatever I can do," Davis said. "You know I'm into winning championships and games but my championship is when these guys get to the next level. That's with scholarships, free education, and learning life skills."

"I'm not really in it for the fame; I got my fame already. So, I just want to grow these guys to the best that they can be."

Tryouts brought more than 60 eager students to try out for the coveted varsity spots.

Three teams now fill the Polar gym,

and seems to be the hype needed to revitalize the program that struggled with retention in recent years due to Covid-19.

"Last year, we were struggling to have good numbers for younger kids," said Athletic Director Kale Severson.

This season, there are so many new faces to the program that Severson is struggling to find a place where they can all fit.

Returning player Maurice 'Mo' Jones is excited to have a coach that runs drills alongside him.

"He's very animated and he moves with us," Jones said. "He gets on the court and shows us what NBA talent is. Seeing him in action motivates me and makes me

feel like I could do the same thing."

Some players have even transferred from larger division schools to learn from Davis. Senior Max Wilson remembers running to his parents to transfer from Hopkins to North High when he heard of Davis's arrival.

"North ain't won state since 2016, I'm here to change that," Wilson said.

He's not the only one. After falling short in the state championship game last year, players have been preparing for redemption. They practice at 6 a.m. and after school into the evening.

"A lot of us didn't get the chance last year to prove ourselves. This year is ours," Jones said.

Practice officially began in late November. Players excitedly entered the gym chanting "it all starts here."

They hope Davis can take them to the top.

The players aren't the only ones hoping for a comeback season. Coach Davis himself is in the midst of his own.

Prior to taking the coaching position at North High, for years, Davis couldn't even say the word 'basketball.'

"The journey will humble you," Davis said.

Being drafted so young, basketball was life. When Davis left professional basketball, it took years for him to come to terms with how to move on.

He was inspired by his wife. From her, Davis learned retiring from basketball wasn't the end all, it was just time to start a new chapter. He took the coaching job at North High to usher in a new era for himself – Mentorship.

"Everybody is going to be waiting for us, looking for us, every game someone is looking for us to mess up so we need to be prepared. When we hit adversity, push through."

Ricky Davis

Davis wants to teach more than just basketball so his players aren't blindsighted by the responsibilities that come with college and professional ball. He's starting a 15-week course for the program that will teach the importance of etiquette, education, camaraderie, and preparation.

He will be joined by Fredrecho Watson, Davis' former personal NBA manager and best friend since 17, to serve as the assistant head coach for the Polars this season.

"He came to get it done, and I came with him," Watson said.

The only returning coaches from the previous program are Tauries Murry Jr. and Ryland Baker, two recent graduates of North High. They plan on staying as long as they can.

"The boys bring me back," Murry said. "We got a lot of work to do, but we'll get there."

He's excited to build a relationship with Davis, and learn some pointers for himself along the way.

Continued on page 26



Davis, modeling to his players how to run an intense defense against quick opponents.



Davis looks up at the past championship banners, hopeful he can get his team prepared to bring another one home.

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Adams and Ellison on community safety

By Sawyer Erstad, North High School

Student contributor Sawyer Erstad interviewed Minneapolis police Inspector Charlie Adams and Ward 5 City Councilman Jeremiah Ellison on issues surrounding community safety and the lack of police officers.

In 2020, the Minneapolis Police Department had 880 officers. That number dropped to 534 officers during the last two years, with less than half of those being patrol officers.

The number of patrol officers who responded to 911 calls has been reduced even further, from 600 to 250.

Adams described a department that is hemorrhaging officers by the week due to burnout.

"This summer I lost like four officers in one week because they were just tired of the job," Adams said.

Along with the decline in police, crime has increased dramatically. Ellison attributes this to more than just mindless crime, but to inequities in vulnerable communities.

Responses are lightly edited for brevity and clarity.

How does poverty affect violence rates? Does increased poverty correlate with increased violence?

Adams: That's what's going on. When a community, especially the African American community, doesn't have the opportunity, as other communities do, and they're constantly trying to get jobs, they're charged twice as much for housing insurance. They go to a job, they're competing against one another, not against the whole pool. If that person can't get money to survive, they're gonna find a way to get money to survive. And if that's selling dope, that's what they're gonna do, right? And then this whole violence thing becomes an ego thing, because now you're jealous of the other guy, because maybe he does have a nicer car, and you're walking on foot. And, you know, it plays into that whole thing. I think if people had the opportunity to have good paying jobs, you'd see this violence go down, but



Minneapolis Police Inspector Charlie Adams



Ward 5 City Councilman Jeremiah Ellison

also just not having a job. You have to have, you have to have good housing. You have to have clean housing. Right? Everybody wants a safe neighborhood. And so I have to agree with that.

Ellison: When people need resources, when people lack resources, they try to get them any way that they can. And sometimes the ways in which they try to achieve those resources is to harm others. I want to clarify, what is not true is that somehow people who are poor are inherently more violent. I think that the 2008 financial crash was sort of like the last big moment that we saw this, where we were on a 20-, 25-year downward trend in terms of violent crime, and then the financial crash happened. People's housing stability is completely compromised and you see that violence increase. It's not so much that the people who are poor are the ones who are out there committing crimes. Sometimes you know, opportunity crimes, people steal a car or whatever, that's different. But more often what it means is that when you're poor, you're vulnerable. So it might be the same number of people who are causing harm, but they just have more targets because they have more people who are vulnerable, more people who are on the street, more people without stable housing.

What are some steps the city has taken to address the violence?

Adams: We're gonna continue to do our jobs as police officers. It took us a while to get officers back to doing what they were

supposed to do because a lot of them are scared. They don't want to make a mistake and go to prison. So we have to mentally get them to understand that you need to go out and do your job. That's what you get paid for as long as you do it within all coordinates to the law, just being fair and being respectful, you won't have any of those problems. And if no problems arise, and we see that you were doing what we asked you to do, and you did nothing that violated policy, then we will support you. So that's the toughest battle, getting the morale back up and having officers go out there and do what they're supposed to do.

Ellison: Yeah, for sure. When it comes to things like criminal apprehension and law enforcement, the council actually has no jurisdiction. Even though I don't have any, I still put in a lot of work to make sure I've got good relationships at the 4th Precinct to make sure that I've got good relationships within City Hall. I do my best to make sure that I can have access to the information, that I can know what's going on, that I can support people who might be victims of violent crime. That being said, Mayor Frey has been working on his government structure. Law enforcement is a huge part of that. It's a huge part of his purview. And I know that he is working on things that the council might not be involved in. For instance, inviting federal agents to do gun tracing. I know that that work is occurring. I'm not a part of that work because that's outside of my jurisdiction. I know the MPD in conjunction with federal agents have

been working to get a lot of guns off of the street in the last couple of weeks. So those are all things that are happening, the council's purview is more what they would call civil in nature, right, as opposed to criminal or law enforcement.

How can public safety be improved?

Adams: We can't let an officer sit in a precinct, on the same shift for 18 years and do the same thing. That's where the job is not interesting anymore. You're doing the same thing. You'd become bitter. If I was Chief, I would make a six-year rotation. You work in a precinct, you can be there for six years, and then you'd have to go somewhere else. And I would shift all these officers all throughout the police department so they can understand there's a different world out there, right? You're not seeing the business people go into work every day. All you're doing is responding to 911 calls. So you're dealing with them, but you're not dealing with people in the daytime that will say hi to you, instead of saying f*** you. So, yeah, there's a mindset here that a lot of our police officers are traumatized. I think everybody is because we witness shootings, murders. And we have to deal with that. The average citizen doesn't deal with that. So when they deal with these homicides, and people yelling at them, because somebody's dead, calling them all kinds of names, who comes to the cop the next day and asks, 'How are you

There's a teen vaping epidemic. Medical professionals warn of unchecked health risks

By **Amaris Altoro** and **Cortez Wesley**, North High School

Gen Z, the generation who once saw consuming nicotine, tobacco and cigarettes as an outdated bad habit, now have a habit of their own, a habit that shed its familiar white and orange paper casing and now takes on the form of a rechargeable, metal plated device with a new name.

Vaping. And it poses many unchecked health risks that will impact a vaper's future.

Vaping nicotine was officially declared an epidemic by former U.S. Surgeon Gen. Jerome Adams in 2018 after it became staggeringly prevalent amongst teens. Four years later vaping continues to be frighteningly popular amongst Gen Z youth.

According to the National Youth Tobacco Survey conducted by the CDC in 2022, 2.55 million high school students, and 380,000 middle school students in the US regularly vape nicotine through e-cigarettes.

Before vaping technology entered the U.S market in 2007, the inclination to smoke cigarettes was a dying habit amongst the Gen Z population, seen as a distasteful health risk.

Now, Gen Z is predicted to be the first to experience the ramifications of being addicted to this new form of nicotine.

"Understand that these products aren't just water vapor," said Bethlehem Yewhalawork, Health and policy advocate at North Point Health and Wellness center. "You are inhaling chemicals that can have a really big impact on your lungs in the future."

When conducting interviews with dozens of high school students at North High School who vape, the majority of vaping teens, who decided to remain anonymous, are aware of the health risks that accompany vaping, and continue to vape regardless.

In the same breath, those students said regardless of if they vaped, they would never start smoking cigarettes.

One North High junior said "I think cigarettes are probably more potent than



A student skips class to use a kiwi, passion fruit and guava flavored vape in the restroom. Photo by Amaris Altoro

a vape, I feel like a cigarette does more damage than a vape does."

Therein lies the contradiction, according to health officials – being opposed to cigarettes and being addicted to vaping and nicotine.

"I really wouldn't recommend it to anyone. It's just not worth it."

Ninth grade student

Yewhalawork says that idea is not at all true.

"Vapes and e-cigarettes contain the same amount of cancerous causing chemicals as combustible cigarettes," said Yewhalawork. She places the blame on marketing companies for spreading misleading information to appeal to younger audiences.

"Vaping and E-Cigarette marketing uses the same playbook as tobacco industries in the past," said Yewhalawork.

A common line is that vapes are easier, and "more satisfying" to use than cigarettes; a more discrete and fashionable method of consuming nicotine. Vapes are affordable, ranging from \$15 to \$20, they are flavored and marketed as a less harmful alternative to cigarettes, while still offering an addictive

buzz of the nicotine.

The junior explained why he feels many young people turn to vaping as an alternative to cigarettes.

"Vaping is definitely less (shameful)," he said. "If you saw a kid my age smoking a cigarette you would call him dirty, but if you see him with a vape, you would think he's a normal kid."

Vaping has become intertwined with the vernacular, social life and culture of Gen Z.

In March of 2021 the FDA required four vape companies to provide critical information as to their intentions, after they were accused of marketing to teens on social media. The FDA found "Youth engagement with online tobacco marketing including social media, is associated with tobacco use."

"It just kept getting brought around me, it made sense," said another 11th

Continued on page 26

Young entrepreneur of brand 'Antagon!st' is the protagonist of youth fashion at North High

By **Jaivon Hill**, North High School

Most teens get their first job at an ordinary fast food chain, retailer, or other odd jobs. Not Zelaun Black. He wanted to make sure his first job was of his own creation.

Zelaun Black started his own new clothing brand that is a hit with his fellow North High students. Black started

Antagon!st in August and has sold more than 50 hoodies and t-shirts in his first few months of business.

His brand name was inspired by his favorite music artist, who also uses an alias.

Antagon!st came to mind because he's always felt different.

"Sometimes I feel like an antagonist," Black said. "I feel like I think differently about life. That's what made me choose the name."

With so many sales on hoodies priced at \$50, Black has generated more money in four months than most students his age can make working part-time in a year.

Black has always had an entrepreneurial spirit and was never attracted to the idea of working for someone else. He grew up loving fashion and wanting to make something revolutionary for his generation to wear with the same pride as big luxury brand-name clothing.

Leading up to his debut in August, he spent a majority of his freetime crafting logos, designs, and a business plan. He taught himself how to sew, run a successful business, and graphic design all on YouTube.

When he approached his senior year, he knew this was his moment to start his dream before graduating. He sat his family down for a Shark Tank-like presentation and showed them his business plan.

His family committed to his plan, and funded his first order of hoodies.

"After receiving donations I instantly got to work," Black said.

He still hand-makes a majority of his products, which span leisure and streetwear hoodies, t-shirts, and hats. You can find him, always working and coming up with new ideas.

"I work on new designs whenever I'm inspired, sometimes that's during class, afterschool, and on the weekends," he said.


His marketing chief is a good friend Gabe who helps with promoting the brand to people online and at school. The two deliver all of their products.

"People can purchase from the link on my Instagram page or text me personally," Black said. "I do drop-offs and pick-ups."

His fan base is steadily growing, and he's been able to see his hard work pay off when walking the halls of North High.



Zelaun Black poses with with a handful of his customers. Photo by Jaivon Hill



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"Personally I love his brand," customer Stephan Rendo said. "It's not just me wearing/buying the brand, at school, lots of others support Zelaun and his come up."

Seeing his peers wearing his clothes makes Black feel optimistic about the future of his brand.

"It gives me a good feeling," Black said. "Whenever people put on my clothing I want them to feel comfortable and stylish. 'Antagon!st' isn't just a clothing brand, when you wear it, it's the persona you adopt."

He wants people to feel like it's okay to be different, and to celebrate it because standing out is how people are remembered. Black wants to be remembered as someone who is always himself, regardless of the status quo.

As he finishes out his senior year, Black wants to continue pursuing his clothing career and dive deeper into e-commerce. He is currently working on a new line of streetwear that will drop in the coming weeks. Keep up with the brand on his Instagram @antagonxst.us.



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Operation HOPE coaches help clients find financial security

By David Pierini, Editor

Homeownership, developing a small business or simply boosting a credit score can seem daunting for many. Now there is HOPE for Northsiders seeking a path to financial freedom.

Minnesota recently became the 27th state for Operation HOPE, the largest not-for-profit financial literacy service in the U.S. and two economic empowerment coaches hold office hours twice a week at the U.S. Bank branch on West Broadway Avenue.

Operation HOPE offers one-on-one coaching in credit and money management and small business development at no charge. The work of eliminating debt, building wealth or starting a business can take time, but the coaches say small

changes can quickly kick off transformation. "The biggest challenge for most of our clients is financial trauma," said Donte Stamps, a credit and money management coach, referring to the spark of interest in the service. "When you are down, the last thing you think about is paying your bills. You're just going day to day to survive."

"I feel like there is a lot of energy around this. I met with a client about a week ago and she's maybe 20 and she is already wanting to buy a multifamily house next year. Our goal is to help her get that house but she has credit issues that came from the pandemic and being unemployed."

Stamps is joined by Charlotte Eppe, a small business coach. They hold office hours at the Northside US Bank branch two days a week. They also serve clients at the US Bank branch on Lake Street in South Minneapolis.

Coaches can guide clients for as long as two years.

US Bank's partnership with Operation HOPE is part of its commitment to better service marginalized communities following the unrest and uprising that followed the police murder of George Floyd. In the coming year, US Bank will open space for five additional Operation HOPE coaches across the region, including the addition

of bilingual coaches. Though a partner, banking with US Bank is not a condition of obtaining the services of Operation HOPE coaches.

Based in Atlanta, Operation HOPE was started by John Hope Bryant May 1992 in response to unrest after a jury acquitted officers in the beating of Rodney King.

Operation HOPE is part of a growing network of Northside agencies, from NEON to Build Wealth MN., helping low-income residents to financial security, whether through starting a business or buying that first home.

Eppe helps entrepreneurial hopefuls with business plans, building acquisition and establishing a line of credit. While some startup owners shy away from banks, Eppe said a relationship with a bank is key. During COVID, the funds helping businesses stay afloat first went to banks.

"The majority of my business clients we help, the top two issues for them is capital," Eppe said. "I make sure they're ready to access the market and all the different opportunities out there. I help my clients with certification, how to get government contracts and a lot of technical assistance on business plans. We do it to create impact in the community, to better the community. That's what we pride ourselves on."

Stamps can be reached at Donte, stamps@operationhope.org or 612-529-4143. For Eppe, write or call her at Charlotte.eppe@operationhope.org and 612-529-4740.



Charlotte Eppe and Donte Stamps are Operation HOPE coaches. Provided photo

Guest Column

Credit card law is victory for big business at the expense of communities of color



By Brett Buckner, Guest Columnist

The Black community has struggled to keep up financially with white peers. Much of this can be attributed to a lack of access to financial services offered to the community. Nontraditional services like payday loans are far more prominent in Black neighborhoods, while they see limited access to traditional banks, credit unions, and services as

financial literacy continues to lag white peers. According to data in 2020 and 2021, 40 percent of the Black community remains unbanked or underbanked, compared to 12 percent among white peers.

Community banks and credit unions, many Black-owned or serving in communities of color, have been able to create partnerships in these communities to advance their access to banking services. A report by the Urban Institute showed that Black-owned banks and credit unions focus primarily on lending to small businesses, nonprofits, and African American homebuyers.

In 2012, Sen. Dick Durbin passed legislation known as the Durbin Amendment, a model for today's legislation known as the Credit Card Competition Act of 2022. As the Durbin amendment was an expansion of Dodd-Frank, it took aim at banks as the government continued its attempt at reforming financial institutions. Prior to the amendment, debit card transactions were not mandated to offer

multiple networks for transactions. Banks could build relationships with their preferred networks and charge transaction fees at their discretion. However, the Durbin amendment mandated that banks offer multiple networks for their transaction fees, while regulating the fee to a flat rate instead of a percentage of the transaction total. In theory, the competition would drive those transaction fees down and retailers would pass along those savings into the cost of goods sold.

However, after a decade of data, the results show that major retailers won that deal, and the Black community paid the price. While the Durbin amendment was supposed to save retailers money that they would pass down to customers through lowering prices, a Richmond Federal Reserve study showed retailer's prices either stayed the same or increased. As big-box retailers saw soaring profits, small and community banks that typically serve in communities of color struggled to catch their stride as their revenue plummeted. To compensate for

their financial struggles, these banks had to cut services like free checking, zero bank fees, or reduce locations. Unfortunately, this deal did not provide the footing for banks to continue to venture into communities of color. According to data, the number of banks within majority-Black neighborhoods has decreased by 14.6 percent since 2010, while the number of total Black-owned banks has also plummeted. This is compared to a decline of just .2 percent in the rest of the U.S. during the same period.

Many programs and organizations have stepped up to facilitate the location of Black-owned banks or credit unions into Black neighborhoods, however, their efforts might be cut short if the Credit Card Competition Act of 2022 passes. As proposed by Senator Durbin, this legislation will attempt to regulate the credit market the same way the Durbin amendment regulated the debt market, while

Continued on page 26

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Ricky Davis
Continued from page 19

This season, spectators can expect to see some major improvements in defense because it is a hallmark of Davis's coaching philosophy.

"Be ready so you don't have to get ready," Davis said. "We work on every kind of defensive situation. If we play defense to stop guys, I think we can win games and championships."

He sees himself as a stickler for hard work, preparation and defense. But he also wants his players to love the game as much as he does.

"This year is different, but it's still one team, and there's still one goal," Davis said. "I want to make this a place of comfort, and a place where they want to come. I want them to love basketball."

Adams and Ellison
Continued from page 21

feeling?' Nobody. So now you're dealing with what we call epicurious trauma. And now you start to see officers with attitudes because they don't know how to unpack what they just witnessed and what they just went through.

Ellison: I think the council can be more involved in creating different responses through 911, so for example, we know through our data that police officers waste a lot of their time on calls that they have no training or understanding of, and often mental health calls, but mental health calls are just one type of call that the police probably shouldn't be responding to. There are certain kinds of domestic calls that the police don't need to be responding to. People need help. Kids need help. Couples need help. That's one of the reasons that we worked to create a 4th 911 response. You call 911, you've got police, you've got fire, and you've got EMT. Well, now you also have mental health, right? That didn't exist a year ago. And so incorporating mental health responses into 911 means that we get to eliminate that as a part of the police's job, which creates safety, which frees the police up to go do stuff that they should be doing. It also creates safety for community members who might be in the throes of a crisis. Instead of being screamed at or assaulted by an agent of the state, they need someone who can hear them, who can deescalate them, who can get them to a safe environment. And so by creating that, I think we're creating safety two ways

for officers, for outreach, for mental health responders and for community members who maybe don't need a law enforcement response for what is in essence a mental health crisis or a behavioral health crisis.

What are some of the things you've seen community members doing to help?

Adams: We have various things that we're doing as a department, we've worked with Hospitality House, we got all sorts of volunteers over there. We go to Thomson Reuters and do 'Build A Bike', where we build 20 bikes, we bring them back to the precinct and if a kid needs a bike, we'll give him a bike. We have a group of officers to go down to Phyllis Wheatley on Wednesdays and sit down and they're dealing with the kids on discussing issues and stuff. There's a group that's called the Black Man's Project. That's Black men and white cops, we meet once a month, we talk about issues, we go and talk to the rookie schools before they hit the streets. So there's a whole lot of stuff that we're working on with the community, and the community is also working with us. The police unity community team is basically helping our recruitment team recruit new officers. So yeah, there's a whole lot going on.

Ellison: More community members, centers, and entrepreneurs are starting programs where they want to either do youth work or connect people with jobs. I've seen residents entrepreneurs really start to engage in social enterprise and say, "how can my business be a total value add to the community? I've seen those conversations happening in those circles in ways that I've never seen before, and to that end, I tried to be supportive of those efforts.

I worked to create this fund that would allow Northside residents to buy a lot of commercial buildings in the neighborhood, because historically our commercial corridors haven't been owned by people who live in the neighborhood.

And you know, I had some colleagues who said, 'Council member, what you're doing is well-intentioned, but there's nobody in your neighborhood who can buy these buildings, even if we help them.' And what I found was that that wasn't true. There are plenty of people in North Minneapolis who are ready to support their neighbors and who are ready to own buildings themselves. Get Northside businesses in those buildings who then employ people who live in the community.

Vaping
Continued from page 22

grade student who started vaping their freshman year.

Teens publicly ask each other to use vapes, they openly discuss their favorite flavors, they see who can puff the biggest clouds, and they show themselves vaping on social media.

Students assume the consequences of their addiction will eventually impact their health in a similar way to cigarettes, but the long-term consequences of vaping, however, are unclear because the technology is so young. Research and the long-term health impacts could be significantly worse for teenagers.

"Cigarettes, when first entered the market, were advertised as healthy, and we didn't figure out what the health concerns were for a long time until we linked it to cancer," said Yewhalawork. "In the long run, it [vaping] could have the potential to have the same or worse impact as traditional combustible cigarettes."

According to the Harvard Gazette, people who vape have lung symptoms that align with those of soldiers in World War 2 from inhaling mustard gas.

"No amount of nicotine is safe, especially in young adults," said Yewhalawork. It can interfere with the lungs, brain development and future cognitive health. Because their brains are still developing, they can be much more susceptible to addiction than adults, it can also lead to other addictions.

Some students are already feeling those problems. A ninth grade student athlete decided to quit after only just a month of vaping, because he noticed how it was affecting his stamina.

"I play football, and do boxing," he said. "When I vaped, I immediately noticed how it affected my performance."

He advised anyone who takes sports seriously to consider their athletic future before they start vaping.

"I really wouldn't recommend it to anyone," he said. "it's just not worth it."

A North High freshman gave advice to those who's nicotine addiction is out of control.

"I would really just educate yourself before you go into anything, but especially when it comes to your health," they said. "If you don't know what the consequences are, you're not even going to know when your addiction gets to be dangerous."

Guest Column
Continued from page 25

disregarding and undermining the needs of the Black community. As a result, we can expect to see the same impact within credit unions and credit access as we saw before with how it affected community banks and communities of color. Since credit unions will be faced with the same struggles as banks the first time around, we can expect to see a further decline in access to credit and banking, especially within our communities of color, which already face a higher rate of credit denial than that of white peers.

Brett Buckner, the managing director, at OneMN.org, a Research-based, Advocacy, and Communications project to provide public policy recommendations that support and propel racial, social, and economic equity throughout state, has been a champion advocate against capping these fees based on how it will impact low-income and minority group Americans.

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NEWS

NOTICES

COMMUNITY RESOURCES

Help with homework: St. Olaf Lutheran Church offers after-school tutoring with an "expert mathematician" on hand. Sessions run 3 to 5 pm, Mondays and Thursday and 3 to 6 pm Tuesdays and Wednesdays. The church also offers a Youth Club for grades 6 through 12 on Wednesdays at 6:30 p.m. Transportation available. Call 612-529-7726 to enroll in tutoring or the Youth Club.

Skate through the winter: North Commons Park is offering figure skating lessons and a youth hockey program beginning Nov. 1 at a low cost. Sign up on Wednesday from 6-8 p.m. beginning Nov. 1. Transportation is available. Call 612-588-9177 for more information.

Free legal advice: Legal Aid takes on civil cases, such as housing, family, consumer tax, immigration and public benefits. The non-profit organization now has a clinic in the office of the Harrison Neighborhood Association, 1501 Glenwood Ave. Services are free for those who qualify. Must be 200% of federal poverty guidelines or age 60-plus. Hours are Tuesdays and

Thursdays, 10 a.m.-3:30 p.m.. Walk-ins welcome, but appointments are preferred. Call 612-746-3611 to make an appointment.

The Healing Place: The Healing Place is back at Zion Missionary Baptist Church, 621 Elwood Ave. N. It is committed to healing trauma in the Black community by helping to break the cycle of oppression. It is a safe space if you need a prayer, a conversation or just a place to sit. Every Wednesday from 1 to 5 p.m.

Food Distribution: Fellowship Missionary Baptist Church, 3355 4th Street N., will distribute free fresh food on the second and fourth Saturdays of each month from 10 a.m.-noon. There are no pre-qualifications. Everyone is welcome.

Free Dinners: The Camden Collective and the Sanneh Foundation sponsor a weekly free food pickup at Salem Lutheran Church, 4150 Dupont Ave. N., each Saturday from 1-3 p.m. Call 612-521-3644 for more information. Walkups are welcome.

Community Dinner: Pillsbury United Communities offers free dinners every

Tuesday, Wednesday and Thursday at the Oak Park Community Center, 1701 Oak Park Ave. N. Sit-down dining or to-go meals are available.

Pet supplies: Are you in need of pet supplies or pet resources? The North Minneapolis Pet Resource Center, 1401 44th Ave. N., is open for curbside pickup Tuesdays and Thursdays from 5 p.m.-8 p.m. and Saturday 11 a.m.-2 p.m. Call 764-273-0710 to place an order and leave a voicemail.

Radio updates in your language: Tune into Minneapolis's cultural radio programs for COVID-19 updates. The city is broadcasting updates on KMOJ 89.9 FM (English), La Raza 95.7 FM (Spanish), KALY 101.7 FM (Somali) and WIXK AM 1590 (Hmong).

Minneapolis Ward 4 contact info: If you live in Ward 4 and want to reach City Councilwoman LaTrisha Vetaw, contact Maggie Kohl via email: maggie.kohl@minneapolismn.gov or cell: 612-258-3982. Contact Betsy Brock with other needs via email: betsy.brock@minneapolismn.gov or cell: 612-257-5242. You can also reach Vetaw via email: latrishavetaw@

minneapolismn.gov or cell: 612-322-1143.

Minneapolis Ward 5 contact info: If you live in Ward 5 and want to reach City Councilman Jeremiah Ellison, call his office at 612-673-2205 or email him at ward5@minneapolismn.gov. You can also contact his policy associate Bethny Turnwall at bethany.turnwall@minneapolismn.gov

Hennepin County District 2 contact info: To reach Hennepin County Commissioner Irene Fernando, call 612-348-7882 or email her at irene.fernando@hennepin.us. For constituent services contact policy aide Bill Emory at 612-348-3526 or at bill.emory@hennepin.us

Minneapolis Public Schools, District 2: Sharon El-Amin is the Board of Education director representing North Minneapolis. She can be reached at 612-986-3281 or Sharon.El-Amin@mpls.k12.mn.us

Do you have an ongoing program, meeting or event you would like to see published in North News? Please send the details to DavidP@pillsburyunited.org

HOLIDAY HOURS

DEC 24 10a-8p

DEC 25 Closed

DEC 31 10a-10p

JAN 1 11a -6p

Happy holidays from BLO!

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