

NORTH NEWS

September 27, 2018

• Serving the neighborhoods of North Minneapolis

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TRAUMA TROOPERS

FOUR YOUTH REPORTERS RECAP THEIR
SUMMER TALKING TO THEIR PEERS
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lives on the frontlines of
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Letter from the Editor

Though the theme of this edition is trauma, our work this month has been as focused on what builds us up as what breaks us down. Our whole team has been left marveling at the power of bearing witness to each other’s lives.

Since April I’ve been working with the *North News* “Trauma Troopers” to produce this issue of the newspaper. These four young women from the Northside have been reporting on how trauma has impacted the lives of their peers, using the principles of Youth Participatory Action Research (YPAR). They’ve practiced, more than 50 times now, the intentional act of convening young people to talk about the hardest events and experiences of their lives, some for the very first time. They've been trusted to hold the horrors and the triumphs that belong to young people

in Minneapolis.

Disclosure is risky. It cracks us open. It makes our deepest wounds visible and makes us vulnerable to dissection. But for all its power to hurt us more, it also offers a path to healing. Our team has cried as much as we've laughed while doing this work (see photo to the right). We've experienced as much strength as brokenness and as much connection as alienation.

From this finished product, produced by the Trauma Troopers (one of which gave birth to a healthy baby girl less than a week before this paper went to print), two realities are clear to me: our youth are so resilient, and they need more support from us. Read what they had to say and what youth artist Andre Broadnax had to draw beginning on Page 9. This whole package was envisioned and produced by the Trauma Troopers. Editorial control was entirely in their hands.

Infinite thanks to community artist Nikki McComb and folks from The Resilience in Communities After Stress and Trauma (ReCAST) program at the City of Minneapolis, particularly Desralynn Cole and Joy Marsh Stephens. Your support allowed us to do this urgent work at an incredible size and scale for a small community newspaper.



Despite being several days overdue with her first child, Naja McComb (front) took a dance break during our cover photo shoot. *Photo by Nikki McComb*

In the coming weeks, the Trauma Troopers will be solidifying plans to share this work publicly through opportunities for community discussion. Stay tuned to our social media pages for more information about this.

Last but not least: the Trauma Troopers weren't the only youth in our program who explored deep human truths this month. Our students at North High learned the basics of interviewing and photography, culminating in a project we call "Humans of North High." See their submissions on Page 17. The rest are being periodically released on our Facebook page.

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Story ideas and letters to the editor are always welcome. Unsigned letters will not be run.

If you want *North News* on your doorstep NOW, subscribe for \$30 per year. Email kenzieo@pillsburyunited.org or call 651-245-2647 to sign up.

Next issue delivered: October 25, 2018
North News is an enterprise of



Letter to the Editor

Dear Editor,

Elect Blong Yang! We had the privilege to know Blong Yang when he was on the Minneapolis City Council. He worked on many issues to strengthen North Minneapolis. Now, he has the opportunity to work on issues at the county level. We support Blong for Hennepin County Commissioner because not only was he a former recipient of county services, he has the experience for the job. His work as an attorney, civil rights investigator, and Minneapolis City Council member will translate well to the county board.

Blong spent four years on the Minneapolis City Council where he chaired the Public Safety Committee, securing funding for body cameras. He resurrected the \$1 Housing Program and spearheaded the Infill Housing Program which saved almost 100 homes from demolition and converted them into new rehabbed homes. He, along with other council members, approved an annual budget of \$1.2 billion.

Blong’s background dealing with adversity and his work experience will translate nicely to the county board. We want a county commissioner who will look out for the interests of all the residents of District 2. A county commissioner who is fiscally responsible. Blong is that and more. That’s why we’re supporting Blong Yang for Hennepin County Commissioner. We encourage you to do the same.

May Ly and Tommy Thao, 1419 26th Ave N

North News welcomes letters to the editor. Please send to kenzieo@pillsburyunited.org or to North News, 125 W Broadway Suite 130, Minneapolis, MN 55411. They must be signed, under 300 words, and relevant to life in North Minneapolis.

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North Minneapolis *at a glance*

Prepare now to vote in November

Early voting for the Nov. 6 general elections began Sept. 21. While people can register to vote at the polls, pre-registering makes voting on Election Day a faster process. Voters can check the status of their registrations at vote.minneapolismn.gov/voters/register. Anyone who has moved to a new address or had a name change since last registering will need to re-register. Voters who haven't voted in the past four years also must re-register to vote this November. People can pre-register online or fill out and mail in a registration application, which are available at government offices and online. Applications need to be submitted by Oct. 16. Voters can register at the polls and vote on Election Day if they miss the pre-registration deadline. Stop by Sumner Library (611 Van White Memorial Blvd) on Oct. 29 from 4:30pm-6:30pm to register to vote, find your polling place, and get voting and election questions answered.

Opportunities to hear from local political candidates

With the Nov. 6 election just weeks away, now is the time to get engaged and hear what the candidates have to say at upcoming debates and forums:

A MPS Board of Education candidate debate will be held on Oct. 2 from 7:15pm-9pm at South High School (3131 19th Ave S.). The debate will be hosted by the League of Women Voters. At-large candidates, as well as candidates from districts 1, 3, and 5 will be participating. The event is open to the public.

Unbound, a project of the Graves Foundation and Pollen Studios, is hosting a forum for at-large school board candidates. The forum will be held Oct. 22, 6:30pm-8:30pm, at Mixed Blood Theatre Company (1501 S 4th St.).

BlackVotesMatterMN will be hosting a debate between candidates for the Hennepin County District Attorney race. The debate will be held Oct. 9, at the Minneapolis Urban League, from 6pm-8pm.

NCJW Minnesota, Jewish Community

Action, the League of Women Voters Minnesota, and the ACLU of Minnesota will be hosting a Hennepin County Attorney candidate forum on Oct. 23. The forum will be held at North High School from 6:30pm-8:15pm.

Estes Funeral Home announces grand opening

Estes Funeral Chapel and Cremation Services has announced the grand opening for its new location (2201 Plymouth Ave N). The event will take place Oct. 14 from 2pm-5pm. Estes Funeral Home and Cremation Services is Minneapolis' only African American owned funeral home. The business has been in operation since 1962.

Minneapolis Park Board seeking public comment on parks plan

The Minneapolis Park and Recreation Board is seeking public comment on a draft version of the North Service Area Master Plan (NSAMP). Public comments are welcome all the way through Oct. 27. NSAMP reflects community desires for all outdoor facilities in more than 30 North Minneapolis neighborhood parks and regional trails, and it will guide capital improvements over the next 20 to 30 years at these locations. Right now, the plans are strictly visioning documents; there is no funding currently in place for them. You can review the draft plan online (https://www.minneapolis.org/park_care_improvements/park_projects/current_projects/north_service_area_master_plan/) or view print copies at local recreation centers or MPRB headquarters. To submit comments you must complete an online survey (<https://www.surveymonkey.com/r/NSAMPDraft>) or fill out a paper survey at a local recreation center or MPRB headquarters. Following the public comment period, the Minneapolis Park and Recreation Board (MPRB) will compile all comments, modify the plan and present the revised version to the Board of Commissioners for possible adoption. A public hearing will take place at that time.

Northsiders braved 90 degree heat for Open Streets



A late summer blast of stifling heat did little to keep people from singing, dancing and laughing with friends and family on Saturday, September 15 during West Broadway Open Streets. Here, Lynea Brown, 10, left, blows to release a soapy bubble drawn by her sister, Georgia, 7, while younger sister Korva reaches out to touch it on the corner of Broadway and Knox.

See more of photographer David Pierini's photos from Open Streets on Page 4.

GAF announces \$4 million investment into plant operations

GAF, a roofing and shingles company located on the West side of the Lowry Bridge, has announced a \$4 million investment into a regenerative thermal oxidizer, an industrial machine used to treat emissions. The RTO, according to GAF Plant Manager Aric Arneson, is

"part of a broader effort to continually assess and reduce GAF's environmental footprint." GAF been the subject of much consternation within North Minneapolis, due to both plant emissions and odors released. "The RTO is the gold standard for emissions control. It will dramatically reduce emissions and odor," said Arneson.

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Open Streets continued from Page 3



Traiveon Dunlap held his 10-month-old friend Aviyah Taylor, with the free hand while singing into the mic held by the other during a performance with his band, Traiveon and Candi. Photos by David Pierini



Students from the Les Jolies Petities School of Dance perform outside the dance school during Open Streets.



LeNora Ware goes by Queen and looked most regal during Open Streets.

Onyx Collective celebrates traditional African-American cuisine

Jessica Enwesi | Contributor

On Sept. 14, an organization hoping to serve an amalgam of knowledge and Southern cooking, hosted their last popup shop in North Minneapolis and reintroduced the community to a nearly forgotten history.

The Onyx Culinary Collective (OCC) is a group of chefs and “food enthusiasts” who travel around the country and edu-

cate guests through a series of events that explore the history behind traditional African-American foods and their intimate link to Black cultural identity.

The OCC is a part of a network of organizations and restaurants, such as Silvia’s in Harlem, New York, and Pascal’s in Atlanta, Georgia, that aims to highlight foods and customs shared by African-Americans.

According to Tene Wells, a chef and the manager of the OCC, she and her colleagues chose to host their event in North Minneapolis because they feel there are limited soul food options in the city.

“A lot of people don’t know about a lot of this. We want to let people here in the community know about the history of African-American cuisine and the traditions that were passed on from one generation to the next,” Wells said.

Since early June, the group has been hosting these pop-up events, every second Tuesday of the month, inside the Break-

ing Bread Cafe and Catering restaurant in North Minneapolis.

In addition to serving traditional meals, the OCC also centers the event around a chosen theme.

From simple dinner parties inspired by African-American family reunions to intricate meals that reflect the food preferences of the late-Minneapolis native and artist Prince, the OCC has tried it all.

The group even hosted an event that explored the intersection of African-American and Native-American cuisines and produced a soul food-inspired taco.

To celebrate the end of their occupancy in the restaurant, the OCC concluded their series with a theme and meal that paid homage to the Great Migration of African-Americans to the North USA and the book that helped them along their journey.

According to Wells, African-Americans often traded stories about their travel experienc-

es and subsequently created a guidebook that would outline places that served food and offered lodging options for black people. This book was known as the Green-book.

The Green-book was not only able to offer services for African-Americans, it also guided people on what they should travel with.

“Between 1910 and 1970, millions of African-Americans migrated to the North for better opportunities and (a better) quality of life. (In order) to do that, they had to travel with foods that wouldn’t spoil easily,” said Wells.

According to Wells, they could only carry collard greens, chickens, flour for cornbread and other foods that could maintain a long shelf life.

For this reason, guests attending OCC’s last Minneapolis event were able to enjoy golden brown pieces of fried chicken, stewed collard greens, black-eyed pea soup, cornbread and other traditional items.



Onyx manager Tene Wells spoke to event attendees.

Photos by Jessica Enwesi



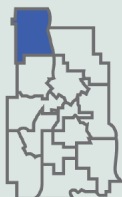
The menu for the Onyx Culinary Collective’s September pop-up meal offered soul food and a history lesson.

While the North Minneapolis event has come to a close, Wells is positive they will pop-up back again, and the purpose will remain the same.

“We’re doing this because it’s important for people to know this history,” said Wells. “We just want to put all our time, talent and treasures into these types of (events) and do something good and that matters.”

CATCH UP WITH OUR COUNCIL MEMBERS

Minneapolis City Council members Phillipe Cunningham (Ward 4) and Jeremiah Ellison (Ward 5) were inaugurated in January 2018. *North News* has invited them to keep in touch with the community through this monthly column in our newspaper.



WARD 4: Phillipe Cunningham

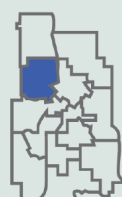


My office in conjunction with an inter-departmental staff team and external stakeholders have been working on the Conduct on Licensed Premises Ordinance since March 2018. This work was not to eliminate the ordinance but rather to enhance it and provide clarity to the language, consistency to the work, and resources to both landlords and tenants. This work was done

through an equity lens and will provide better outcomes moving forward.

Many of you have heard about this work and we are ready to unveil what systems change looks like, walk you through the changes, and answer any questions that you have ahead of the upcoming presentation and public hearing.

Please join us on Friday October 5th from 530p to 730p at UROC for an exhibition style engagement session. You can also attend the full presentation and public comment on October 9th at 130 pm at City Hall, 3rd floor council chambers. If you cannot attend either event, please send comments to council-comment@minneapolismn.gov.



WARD 5: Jeremiah Ellison



Last month, I went a little in-depth about the Emergency Stabilization Pilot Program—a program designed to support our most vulnerable tenants against slumlords. But I think it's important that we have a quick conversation about the root of the problem.

First, let's talk about the housing crisis. There is currently a large wave of people wanting to move into the city of Minneapolis—think White Flight, but the reverse of that—and there is not enough housing to fit everyone. There are some complicated things at work, but even a simple supply-vs-demand analysis tells us that the price of housing will go up... and it has. This puts Northsiders at risk of displacement. Recently, my office has been getting a wave of calls from neighbors about being displaced. The good news is my office can help! The bad news is we're often getting these calls too late—at the point where intervention is difficult or impossible, and I want to change that.

If you're having difficulties with your landlord—for example, they're not completing repair requests—make sure to reach out to Legal Aid (612-332-1441) and HomeLine (612-728-5767) before getting into a real back and forth with your landlord. We've gotten reports of some pretty bad landlord behavior, but certain actions—like not paying your rent—can feel like powerful moves but will end up hurting you more than your landlord. There are ways to withhold rent legally, but again, reach out to Legal Aide or HomeLine for some direction.

Evictions are a plague on the Northside and taking the wrong actions to hold

your landlord accountable can speed up an eviction instead of slowing it down. In addition to getting good legal advice, please reach out to my office. We want to be able to track potential displacement and stop it if we can. It's my job to serve the residents of Ward 5. If nothing else, my office will work to keep people in their homes at all cost. So, call us.

Homelessness has been a huge topic of conversation in the City recently—with the Hiawatha encampment forcing us to have a conversation that many have ignored. I could go on about homelessness (and plan to in the future), but I want to say that the housing crisis has a direct connection to homelessness. With limited options for housing, landlords are more empowered than ever—most use this power responsibly and provide a good service for their tenants. But, increasingly, we're seeing our neighbors mistreated by opportunistic landlords—many of whom don't live here and only seek to profit off a hot market, no matter the cost to our neighbors.

This is just the beginning of a long and difficult fight to prevent displacement and homelessness in Ward 5. Thank you, and as always, I look forward to seeing you out in the community! Call my office at 612-673-2205 or email me at ward5@minneapolismn.gov.

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Hosted by Council Member Phillipe Cunningham

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MINNEAPOLIS, MN 55411

Serving Northside schools: does designation help or hurt?

MPS has replaced its school ranking system with the North Star Excellence and Equity System. It measures test results, academic progress, English learner proficiency, and attendance in order to provide parents, schools, and districts with a more well-rounded understanding of the state of their schools. But, according to many educators, the system hurts more than it helps. and some district officials say designation has an outsized impact that fails to consider the work being done by schools to improve.

Cirien Saadeh | Staff Reporter

An Aug. 30 Facebook post from Lucy Laney Elementary School joyfully announced that the school was no longer classified as one of Minnesota's lowest-performing schools. By the next day, the celebrations had morphed into tears. The school announced in a

brief but somber post that a clerical error had been made and the school was still on the list, despite making gains in terms of attendance and test scores. The clerical error also impacted Nellie Stone Johnson and Green Central and was the result of information that was inputted incorrectly into the school's new school ranking system, the North Star Excellence and Equity System.

The new system ranks Minnesota's public schools and targets the 5% of schools deemed lowest performing by categorizing them as needing support, targeted support, or comprehensive support. It replaces the State of Minnesota's former Multiple Measurements Rating system, which was the result of No Child Left Behind. North Star is the result of both the federal Every Student Succeeds Act (ESSA) (in short, a newer version of NCLB) signed under former President Barack Obama in 2015 and the state's World's Best Workforce legislation, passed in 2013 and revised in 2016.

According to Lucy Laney Principal Mauri Friestleben, however, the system sets up

schools like hers to fail.

"There is always going to be the lowest 5%. There will always be identified schools. There will always be a failing schools list," said Friestleben who believes the system does not recognize the impacts of Minnesota's opportunity gap on schools like Lucy Laney. "We need to understand that as long as our Black and Native American students are the lowest performing students in the state, then our schools that serve predominantly our Black and Native American students are going to be the lowest performing schools in the state."

Several Northside schools have been targeted as some of the lowest performing schools in the state.

"It's another tool for us to look at the work that happening in our schools, MPS initiatives, and how that work is being received," said Cecilia Saddler, Deputy Chief of Academics, Leadership, and Learning for Minneapolis Public Schools.

North Star was implemented for the first time this school year. It differs from the previous system because North Star system considers a few measurements, rather than only annual test results. It analyzes changes in test results over several years ("academic progress"), as well as progress towards English language proficiency, academic achievement (annual test scores), graduation rates, and consistent attendance.

According to Friestleben, the statewide designation also has a psychological impact on educators and parents.

"We can tell ourselves and everyone else that ultimately it is one peek into what a school is, and that's true. But it's also one more reminder that this state seems to be unwilling or unable to address its failures, because as long as you have this lowest 5%, you have losers," said Friestleben who explains that too often parents and their children visit schools like Lucy Laney and consider sending their children there, but choose not to enroll once they learn about the school's designation.

But, according to MPS at-large Director Rebecca Gagnon, the statewide designation is not the end-all and be-all for MPS.

"We really haven't talked about district goals in relation to the new North Star system. What we have been doing is trying to develop our own district-wide definition of accountability, and how we know and communicate that back to the community," said Gagnon. "We are much more interested in adhering to mea-

North Star "Identified and Recognized" Northside Schools

Support: *Schools that are low performing in math, reading, or English learner progress proficiency, but not on other measures.*

- Lucy Craft Laney Elementary School @ Cleveland Park
- Nellie Stone Johnson Elementary School
- North Academy Senior High

Comprehensive Support: *These schools are low-performing in all or nearly all of the categories and will receive ongoing onsite support. This category includes the lowest 5% of Title 1 schools and high schools with four - year graduation rates under 67%.*

- Jenny Lind Elementary School
- Bethune Elementary
- Hall International
- Cityview Community School
- Henry Senior High
- Plymouth Youth Center

Targeted Support: *These schools are considered low-performing by student demographic, whether in comparison to the statewide average or a multiyear period for a specific school student group.*

- Jenny Lind Elementary School
- Bethune Elementary
- Hall International
- Hmong International Academy
- Cityview Community School
- Franklin Middle School
- Henry Senior High
- Plymouth Youth Center

Recognized: *Schools demonstrating success on the five key measures, either comprehensively or within a specific population.*

- Jenny Lind Elementary School



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Child and Teen
Checkups

The Hennepin County Child and Teen Checkups (C&TC) program is free for children, teens, and young adults 20 and younger who are on Medical Assistance, including young parents.

Hennepin County
Public Health

Continued on Page 8

UROC spotlights Mapping Prejudice: Racism, Rent and Real Estate in Minneapolis

ROBERT J. JONES
Urban Research and
Outreach-Engagement Center

UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

The party of the second part hereby agrees that the premises hereby conveyed shall not at any time be conveyed, mortgaged or leased to any person or persons of Chinese, Japanese, Moorish, Turkish, Negro, Mongolian or African blood or descent. Said restrictions and covenants shall run with the land and any breach of any or either thereof shall work a forfeiture of title, which may be enforced by re-entry.

Racial covenant used in Hennepin County

Before they were made illegal in Minnesota in 1953, racist restrictions, known as racial covenants, were written into thousands of Minneapolis housing deeds to prevent non-white residents from buying property in many desirable areas of the city. Explicitly stating that properties could not be sold, leased or in any way transferred to people of color, particularly African Americans, the racially restrictive deeds not only led to the housing segregation that persists in Minneapolis today. They also created lasting financial disparities by depriving non-white residents of the opportunity to build wealth through home ownership.

Though it is not yet known how many Minneapolis deeds contain racial covenants, the Mapping Prejudice Project—a team of scholars, activists and students based at the University of Minnesota—have so far found more

than 15,000. Kirsten Delegard, one of the co-founders of the project, believes they will likely find that many more. “Most people don’t ever see their deeds anymore, so they don’t even realize they contain racial covenants,” she explains. “But those covenants, which were used in Seattle and other cities too, were one of the most powerful instruments of racial segregation in this country’s history.”

To raise awareness about Minneapolis’ history of racial covenants and their ongoing effects, the University of Minnesota Urban Research and Outreach-Engagement Center (UROC) will hold a Critical Conversation, Mapping Prejudice: Racism, Rent and Real Estate, on October 10 at 6 p.m. Delegard is one of several panelists who will be speaking at the event which, as always, is free and open to everyone.

Mapping Prejudice: Racism, Rent, and Real Estate in Minneapolis

Wednesday, October 10, 2018
5 p.m. Reception; 6 p.m. Program

Join community members in a UROC Critical Conversation on the hidden history of racial covenants in Minneapolis. The discussion will center on new research showing what communities of color have known for decades—that structural barriers and legalized discrimination barred many people of color from buying property and building wealth for most of the last century.

The program will be moderated by Neeraj Mehta, director of learning, McKnight Foundation, with the following panelists: Kirsten Delegard, project director, University of Minnesota Libraries' Mapping Prejudice Project; Owen Duckworth, director of organizing and policy, The Alliance; Mahmoud El-Kati, writer, lecturer, and commentator; Jeremiah Ellison, council member, Minneapolis City Council; and Makeda Zulu-Gillespie, director of community outreach, UROC. It will also include a presentation by Mapping Prejudice Project co-founder and Digital and Geospatial Director Kevin Ehrman-Solberg.

The event is free and open to the public. Registration is requested at <https://z.umn.edu/CCmMappingPrejudice>

Sponsored by the University of Minnesota Robert J. Jones Urban Research and Outreach-Engagement Center
2001 Plymouth Avenue North, Minneapolis, MN 55411 | 612-626-UROC (8762) | uroc.umn.edu





The school board report

Our education reporter brings you the latest news from MPS

By Cirien Saadeh | Staff Reporter

The MPS Board is busy this fall, campaigning around both referendum questions and discussing the Comprehensive Assessment & Design. Here's what you need to know:

The MPS Board of Directors met for a retreat on Sept. 8 to discuss comprehensive assessment and design, as well as integration and segregation, as it relates to topics including transportation and academic design. According to data presented in the meeting, results from the most recent Minnesota Comprehensive Assessment show that the majority of white MPS students are proficient in readings, while MPS students of color are not. Discussions on integration and comprehensive assessment and design are continuing.

MPS administrators and Board members are continuing to campaign around two referendum questions approved for the November elections ballot in early August. Minneapolis' November 2018 general election ballot will include two questions related to school funding, in terms of both general operating funds and the second, a "tech levy," which would provide funding for current technology-related expenses. For more information visit www.mpls.k12.mn.us/referendum.

A MSP Board of Education candidate debate will be held on Oct. 2 from 7:15pm - 9pm at South High School (3131 19th Ave S.). The debate will be hosted by the League of Women Voters. At-large candidates, as well as candidates from districts 1, 3, and 5 will be participating and the event is open to the public.

There will be no school for MPS students from Oct. 17-Oct. 19. and Nov. 1-Nov. 2.

The MPS Board business meeting is scheduled for Oct. 9 from 5:30pm-8pm at the Davis Center (1250 West Broadway Ave). Committee of the Whole will be held on Oct. 23 from 6pm-8pm at the Davis Center.

Educator Spotlight: Valerie Matthews

By Cirien Saadeh | Staff Reporter

Valerie Matthews is a longtime Early Childhood & Family Education parent educator who has taught at the Mona Moede Early Learning Center (2410 Girard Ave N) for the past 25 years. A natural storyteller with a Master's in Education from the University of Minnesota, she works with both parents and young children (birth-5) to help prepare them for the children's first years at school. She was nominated for September's Educator Spotlight by her peers because of her work "tirelessly designing and facilitating programming which is culturally relevant and accessible to Northside families."

What do you enjoy about your work? I

I was born in Jamaica and moved to Minnesota to get my master's in education from the University of Minnesota and that's where I learned about family education. I enjoy getting the opportunity to work with families of diverse backgrounds. It's so important to be able to embrace families from different cultures and to learn from them about how child development impacts their children in relation to their culture. How has it impacted or affected the culture they're now living in? It gives me great satisfaction to know I have an opportunity to be able to help parents navigate the systems, hear their side, give them the knowledge of the expectations that are here and how they can help their children be successful in school.

What is your teaching philosophy?

That every child can learn and that every



adult has potential. We just need to meet them where they are at. The early childhood teacher and I go to a nearby homeless shelter. We go there once a week and carry the same teaching strategies to them in their space. We meet them where they are at. Whatever we do on site in our classroom we take it there. You just need to know that regardless of your circumstance, you have the power in you to do the right thing for your children and to be able to get your children off to a great start. That's our goal. So for me, meet parents where they're at, every parent has potential to learn and every parent wants the best for their children. Regardless of circumstance. Regardless of language. Regardless of socioeconomic. The same need. I want my

child to be successful.

What is your favorite teaching moment?

My favorite teaching moment is when I have the opportunity to teach on the spot. When a child is perhaps having a moment, an acting up moment, and to be able to walk over in the classroom or out in the stores. I wear my hat wherever I go, and my antennas are always up for young kids and to see how they're doing. Oh, that's a very sociable kid, or that child is maybe a little cautious. So my greatest moments are when I can, right on the spot, help a parent get over a moment or a situation that could have escalated and provide them with a strategy. When I can step in and lend a hand rather than judging them.

Designation from Page 6

surements that are more meaningful in terms of measuring student achievement." According to Gagnon, those indicators include class size, classroom practices, school culture, and the work that schools put in over the years to improve. "There are measurements that happen and that actually impact the experience in the classroom, the school, and the district," said Gagnon.

According to critics of the new system, the labels used are an oversimplification of what is actually happening. "It is very frustrating when you see the success of schools that are growing every year still designated as failing. We don't have failing schools. We have stu-

dents that need a lot of support and may not come into kindergarten prepared. I wish we could go to accountability systems that help communities and schools understand where they are, where they are in reference to the past 3-5 years, and then we can have those conversations," said Gagnon.

Minnesota Department of Education (MDE) Director of Communications Josh Collins says the North Star system is meant to be a tool for parents and districts. North Star uses its categories to provide "support" to educators, which comes in several forms including curricular direction and even shifting teachers or principals around.

"North Star gives information to parents

about how their schools are doing, but I think the most important thing is what they do with that information. Are they going to school board meetings? Are they making sure the District is taking action? Are they working with principals and teachers?" said Collins, "When we talk about accountability for schools, we're talking about our schools, our teachers, our systems, in order to make sure that they are serving all students, not just some students. The system is designed to help us provide more help and put resources where they are needed the most."

For more information on the North Star system, visit: <http://www.mpls.k12.mn.us/essa>.

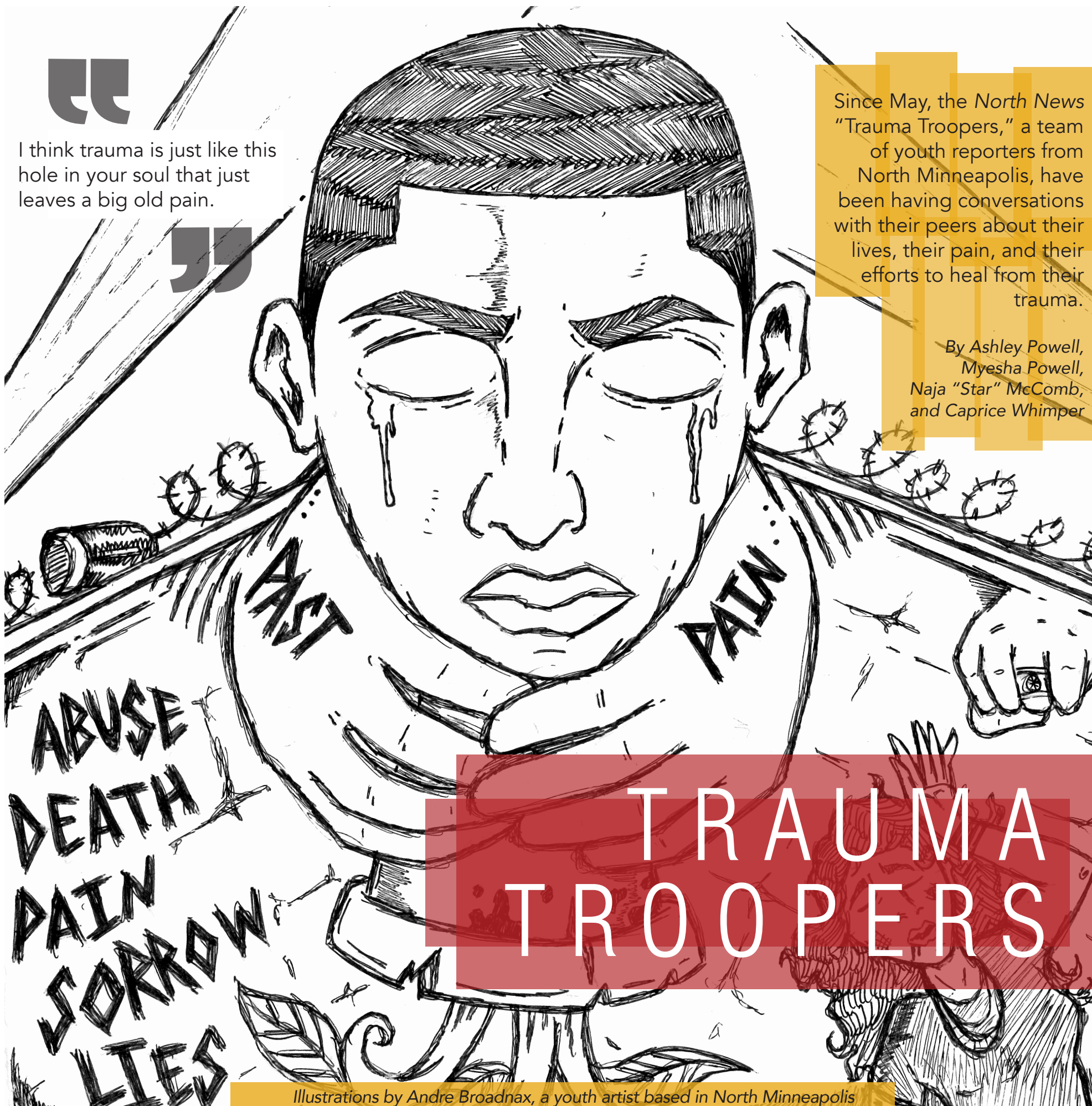
“

I think trauma is just like this
hole in your soul that just
leaves a big old pain.

”

Since May, the *North News*
“Trauma Troopers,” a team
of youth reporters from
North Minneapolis, have
been having conversations
with their peers about their
lives, their pain, and their
efforts to heal from their
trauma.

By Ashley Powell,
Myesha Powell,
Naja “Star” McComb,
and Caprice Whimper



Illustrations by Andre Broadnax, a youth artist based in North Minneapolis

LETTER FROM
THE TROOPERS

Hello,

Back in April we all met through this project. Ashley Powell and Myesha Powell were intern reporters for *North News*. Naja "Star" McComb and Caprice Whimper were youth outreach workers for the Minneapolis Youth Coordinating Board (YCB). Together we knew we could handle this project, which asked us to help the community and City's ReCAST program understand some of our most traumatized youth.

We came up with eight interview questions and had conversations with more than 50 youth this summer. Being "Trauma Troopers" (the name we came up for ourselves) while having our own trauma is really tough. Our own stories would slip out as we heard them from others. Having this opportunity to hear others express their trauma helped us explain and understand our own tremendously. Hearing other people's hard stories has made it easier to talk about our own. We don't feel alone now that we've heard so many stories.

Through this project, we learned that trauma comes in many shapes, sizes, and forms. We weren't surprised by what youth said, but we were surprised by how many of them aren't dealing with their trauma at all. A lot of youth don't know that what they have been through is traumatic. They think that what they're experiencing is normal. In some cases, our conversations helped them see that what they've been through is traumatic.

Our youth need more outlets like this one, where they can freely express how they feel and the things they are going through. They need adults in spaces where they are frequently who can relate to and understand the things they are going through. They need adults who will allow them to get everything off their chests without feeling like the adults will just write them off as being children. Youth need better advocates.

We hope the information we gathered here is cast far and wide. Trauma is getting worse. Teenagers need help. People are dying. We need more programs and resources. Youth need better advocacy.

Thank you for reading,

The Trauma Troopers

Ashley Powell, Myesha Powell, Caprice Whimper, and Naja "Star" McComb



Caprice Whimper, 25

Caprice lives in North Minneapolis. She has been a youth outreach worker for the Youth Coordinating Board for three years. She is very passionate about enriching young minds and helping young people get through trauma. She's gone through multiple trainings for trauma/crisis management and is also a certified medical assistant. Her brother being taken from her in high school due to gun violence motivated her to become a youth worker. His death and the fact that her nieces and nephews would be left without a father made her step up and awakened her passion for youth work. From that point on, she has been dedicated to showing the youth that their historical or family trauma does not and will not define who they grow to be.

Naja McComb, 24

Naja also known as "Star" lives in North Minneapolis. She is currently a youth worker with the Youth Coordinating Board. Star has a deep passion for the arts, specifically music, poetry and dance. When she was 17 years old, her friend was fatally shot on the 4th of July. In response, she founded Hood Nerds Youth Inc. so she could be a part of curbing the violent gun crimes by young people in the community. As Star moved along in her journey she made a few bad choices that landed her in the criminal justice system for a moment. After the trauma of this experience, she vowed to be the reason other young people in her community would make better choices.

Myesha Powell, 18

Myesha is a Near North resident. She is currently a senior at North High School. She hopes to attend St. Thomas University for their journalism program when she graduates. She loves to write and take photographs. Writing is like art to her; she loves expressing herself in so many ways and getting to inform people about issues they don't know are happening. She got involved with this project because she knows what it feels like to have situations replay in your head over and over again. Everyone is different, and she wanted to see how others handle their trauma while being a listening ear and helping people get through what they are facing.

Ashley Powell, 18

Ashley is a Near North resident. She graduated from North High School in 2018. She lives with her mother Eileen and younger sister. She moved to Minnesota seven years ago due to lack of water in her house in Chicago. They experienced eviction and came to Minnesota, where they started their life in two shelters. After finding housing, they faced another eviction. Ashley is currently planning to attend Harris Stowe University in the Spring. She got involved with this project because her family has been through so many obstacles and she knows the struggle. She hopes to better her family as fast as she can.

This [work] was developed [in part] under grant number 1H79SM063520-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions are those of the authors and do not necessarily reflect those of SAMHSA or HHS.



55 YOUTH, AGES 14-24, FROM 20+ DIFFERENT SCHOOLS, WERE ASKED A SERIES OF QUESTIONS ABOUT TRAUMA. HERE'S WHAT THEY TOLD US.

TALKING ABOUT TRAUMA

WHAT IS TRAUMA?

Trauma is uncontrollable. It affects you forever. It is passed on generationally. Trauma can be caused by losing something or someone important, going through bad situations and experiences, and reliving bad memories.

For me, trauma is an uncontrollable abnormal event that takes place, something that is abnormal being something that doesn't happen on the regular. So something that people shouldn't have to face. Seeing somebody get killed. Having to be raped, and stuff like that. It's something that's going to be un-

forgettable and that will affect you mentally or physically for the rest of your life. And that's what trauma is, and it happens in those uncontrollable situations where you don't expect it to be happening or where it shouldn't be happening. It's out of your control.

“

It also depends on what your parents went through, like they went through trauma too. There's things that you pass on to your kids and their kids and vice versa. And stuff that you pass on to others. So a lot of the times, how we take it in the world is how we're raised in all of that stuff, who our parents are too.

Trauma is an experience that alters someone's emotional, physical or mental state for the rest of their life.

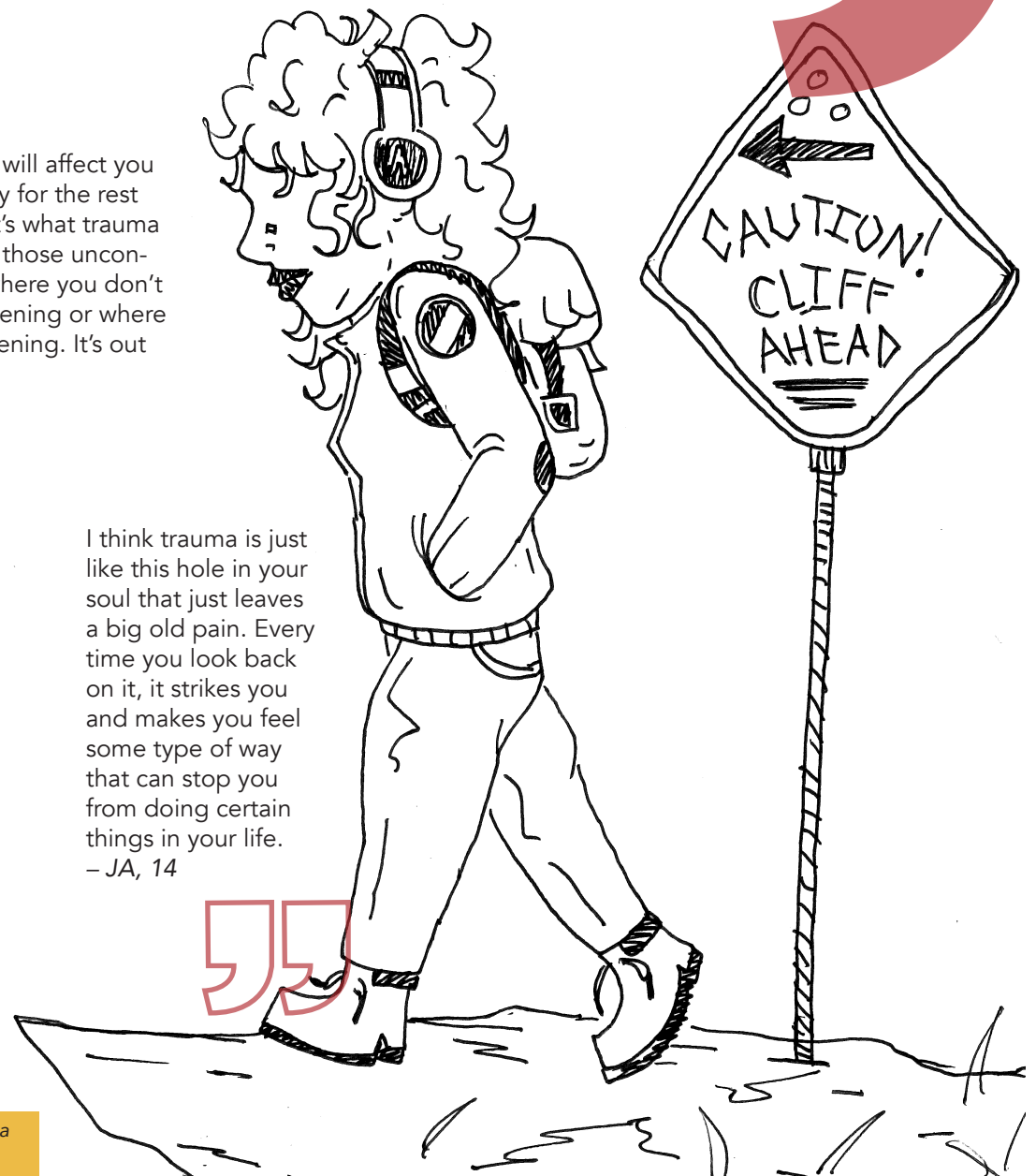
– TH, 21

I think trauma is just like this hole in your soul that just leaves a big old pain. Every time you look back on it, it strikes you and makes you feel some type of way that can stop you from doing certain things in your life.

– JA, 14

”

Trauma is something you have to deal with because it is a part of you.



HOW DO YOU DEAL WITH YOUR TRAUMA? CAN YOU GET OVER IT?

Trauma never leaves you – you can learn to live with it and use it as a tool to push forward, but you can't get over it completely. Some youth deal with their trauma by going to therapy. Some said having a positive attitude and positive energy around you can help you cope. Many do not seem to actively address their trauma at all.

“

[Telling someone to get over their trauma] is like telling a blind person to get over the fact that they're blind. 'No, because I can't see every day and I'm gonna think about it every day because I have to use other senses, other

things to help me cope with that feeling, you know?' It's sad because a lot of people don't realize that you try to cope and do different things and mechanisms, and we don't know how that affects us. – JG, 18

“

I keep a positive mindset. [I] always keep a smile on my face even when it's tough times. I just keep being positive.

I don't really deal with it. I push it to the side. I don't try to think about it. – KH, 19

”

I don't think you'll get over it, but I think you can get to the point where you know how to deal with it or think of it in a better way. – TS, 18

“

I think trauma is something that you can get over; it just depends on if you're willing to make the changes to overcome the hard times. I guess, and overcome the mental or emotional attachment you have to the trauma. ...Trauma is something you might not forget, but it is something you can deal with. It might change you forever, but you can definitely work through it.

With the right help, if you need it, and a lot of effort, I feel like yeah, trauma can be gotten over. Maybe not completely, but 95%. You're always going to hurt when something happens to you even when it's small. – TH, 21

”

I deal with trauma by going to therapy but I don't think it's ever something somebody can really get over. – LH, 15

I really don't deal with [my trauma]. I run from it. Sometimes it's been too deep or too much for me to deal with or I might express it in the art forms that I do. Basically I just take my trauma and I use it to help or want to help someone else. I use my story to make sure that those younger than me don't have to go through what I went through.

RESOURCES YOUTH WISH THEY HAD:

- Grief groups or trauma classes
- Mental health resources in school
- Easier access to therapists
- More basketball camps
- More trusted people to talk to in a group setting
- A special place for youth to talk to people (facility)
- Rehab for trauma
- More mental health support
- Mental health mentors
- Activity space/gym membership for youth

RESOURCES YOUTH FIND HELPFUL WHEN DEALING WITH TRAUMA:

- A Mother's Love
- Teen Health Education Council
- Girls In Action
- College Possible
- YCB Outreach
- School Counselors
- Therapist / Therapy
- Boys & Girls Club
- MADDads
- Family Support
- Young Life
- Beacons
- Man Up Club
- C2i
- Step by Step
- Street Reach
- Church
- Teachers

HAVE YOU HAD AN EXPERIENCE WITH THE POLICE?

Young people described their experiences with police as overwhelmingly negative. A few young people had positive things to say but they were often surprising exceptions.

YOUTH PERCEIVE POLICE TO BE ABUSING THEIR POWER

“It definitely did not take five police officers to get a 12 year old to the ground.
– TH, 21

POLICE DON'T SHOW UP FAST ENOUGH UNLESS THERE ARE GUNSHOTS

Over North, police just show up whenever. You call the police [and] they don't show up for a whole hour later. – I, 17

YOUTH WANT TO BE PROTECTED BY POLICE

“I want to not have a problem with the police, because in a situation their job is to protect you and make you feel safe in the community. So I personally want to, just in case something happens like I get robbed or I just got somebody trying to kill me, I want to be able to turn to the police and be able to trust that they're going to come rescue me because that's their job. Or at least that's what I've grown up to understand their job to be.

IF YOU GO INTO A SITUATION WITH THE POLICE, WITH YOUR ANGER FRONT AND CENTER, IT WILL END NEGATIVELY

“If you handle a situation in the streets with police with emotion, that's what you're going to get.

THEY SAY THEIR TRUST IN POLICE IS SERIOUSLY ERODED

They made me feel like I can't trust police officers, so even when I don't know what they're doing, I don't like being around them.

I just feel like with police, they don't really care about what they're doing to you. It's all about them getting paid, so they don't really take the time to think about how they can diffuse the situation.

POLICE ARE DRAGGING KIDS OUT OF THEIR CHILDHOODS

“Since they work on the streets they think they can treat kids like adults, which is not the best situation.”

HAVING A PERSONAL RELATIONSHIP HELPS

We've been having experiences with officers for all the years that we've been going to North and being on the team. We look at the officers a lot differently than other people might have because they don't have relationships with them.

– TS, 17



When are we going to see the police having good conversations with us?

By Myesha Powell | Trauma Trooper

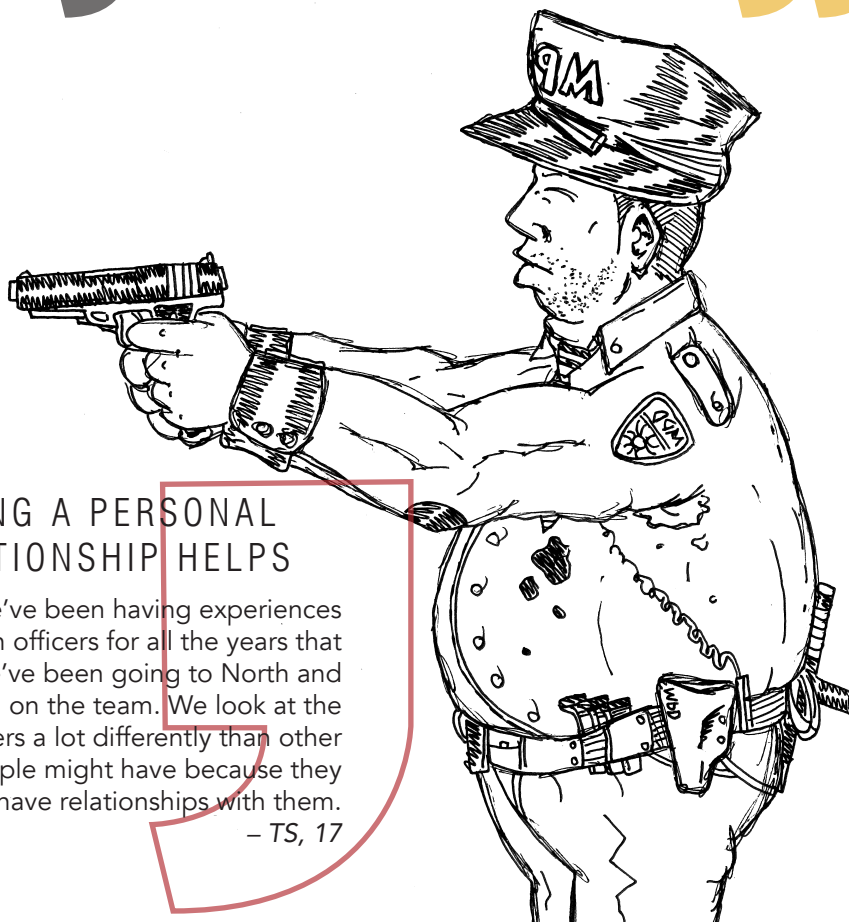
Have you ever heard the phrase “all cops aren't bad cops?” That may be true, but that's hard for many people in our community to believe. Police officers do damage to the community and break homes with no consequences or repairing. How can you put your trust into a police officer when you turn on the news and another African American male has been shot in the back multiple times because he would not stop running?

It seems like the first thing that police do is pull out their guns without knowing if it's necessary. Having a gun pointed at you in your face is traumatizing, and knowing that they can shoot you and get away with it is even more traumatizing because your family gets no justice.

When one of the young men we interviewed, JG, was a freshmen in high school, he was walking home from the park. It was cold outside so he had on a coat. He saw the police drive past him from the corner of his eye but didn't pay them any mind until the cop car decided to park at the corner of the block he was walking towards. He wasn't sure what to expect. Two officers, a white male and white female, approached him, demanding he take his hand out of his pocket. He didn't know what was going on. Something like this hadn't ever happened to him before. The officers asked if he had any weapons. They told him they heard there was a gun in the area. He said no. They didn't believe him, and they emptied his bag.

Jeremiah walks with a limp, and he realized the officers thought he had a gun because of the way he was walking. He said the officer asked him why he walked “like that.” Jeremiah told him he had a disability. The officer asked him which disability. Jeremiah pushed back, asking him why he needed to know. He said the officer then got mad, took off Jeremiah's coat and searched it. They didn't find anything. They didn't apologize for getting it wrong. They had stopped him because he was limping, and their automatic thought was that he must have a gun.

Many of us only see police in the community parked in certain places, waiting for the next crime, circling the block more than once, making you feel like your every move is getting watched or you see them on the news because they shot another African American male. When are we going to see the police having good conversations with the youth in our community? When are we going to see police at National Night Out getting engaged with the kids there? The community need to be able to trust the people whose job it is to serve and protect us. The officers need to rebuild trust with the community and make us feel safe to call them knowing that they here to help us. They need to repair the damage they've done.



HOW DO YOU FEEL ABOUT YOUR SAFETY?

Youth living in North Minneapolis had a lot to say about their feelings of personal safety in the community. Some said that North Minneapolis is their community and their home and because of that they're not scared of it. Others said they are nervous walking or traveling on the Northside. A lot of students who live outside North said that they feel safe in their communities. Some students don't feel safe at school and don't

feel respected or safe with teachers. One way young people create safety is by surrounding themselves with positive people. Traveling to and from school is a key time of fearing for safety. The people we interviewed who didn't have to take the city bus felt safer in general at school. Young people's identities, being black and being LGBT for example, can make them feel unsafe at times.

“

I think I felt more in fear in the neighborhood I used to live in on the Northside. My cousin got shot in our backyard. After that, my mom was like "no. we're not doing that." She took that into her own hands. Then we moved to this white neighborhood, like Brooklyn Park. So now neighborhood wise, I still feel safe. I feel like I am safe. But if I am leaving school [at Henry] and I'm going to my car and it's night, I'm running. I'm really running. – SM, 18

I feel unsafe in school, definitely unsafe. Because they got too many officers around with their hand on their gun, waiting to shoot a black kid than actually stopping a fight. – LH, 15

”

[Being a black man], I feel like I always got to be on my guard, really I've got to watch how I act. Watch how people see me. I got to make sure I'm cool with everybody. ...I can't be caught black and outside either.

”

I feel like over the past five years, it's become less safe as a community as a whole. But me personally, I associate myself with things that are positive and safe in my own definition, so I feel entirely safe. Other than the fact that I have to take public transportation. – TH, 21

I do respect teachers but they don't respect me. – Jaylen

[North Minneapolis is] my hood. That's my home, and I ain't going to be scared walking home just because somebody got popped in my hood.

You could be at the wrong spot at the wrong place at the wrong time. – Taz

To be aware is to be alive in this day and age.

Yeah, the Northside, I mean you get nervous when you're walking by yourself because you never know what could happen. It could be a stray bullet or something like that; you just never know. – DJ, 18



TELL US ABOUT A TIME WHEN SOMEONE SAID OR DID SOMETHING THAT HURT YOU

Often, family caused the hurt, through sexual violence, being on drugs and more. Hurt was caused by outside forces negatively impacting the whole family. Being bullied came up.

HOW DO THE ADULTS AROUND YOU AFFECT YOUR SENSE OF SAFETY?

Many young people don't feel comfortable and safe around their families and some of the adults in their communities.

I moved in with my sisters because I wasn't safe with my mom.

”

You gotta learn how to cut the people off because even though they're family, you can love them still but you can love them from a distance.

Certain adults make me feel really safe and some adults make me feel unsure if I can be safe around them. – TS, 18

I feel weird because there are a lot of creeps walking around. – JK, 16

TELL US ABOUT A TIME YOU HAD TO STAND UP FOR YOURSELF OR WISH YOU HAD

Most of the responses were about bullying and kid versus adult issues – teachers, a coach, a dance team. Teachers came up repeatedly. It's hard to be in the middle of an issue between two people. Casual racism is difficult to stand up to.

One time in the sixth grade, I had just finished reading aloud in class and this girl sitting next to me said 'I didn't think you'd be able to read that well because you're black.' In that mo-

ment I didn't stand up for myself and I wasn't like 'you're ignorant, that's racist.' I was just like 'yes.' Now that I'm older, I recognize more things.

“

I had to stand up for myself, not just for myself but for the rest of the class. Because I feel like what she was doing wasn't right. ...Teachers always do that. They talk bad about you in front of your face and they don't realize it has an impact on you. – LH, 15

“

So when I first found out my mom was on drugs, man that hurt my feelings like no other.



Childhood is taken from youth too soon because of trauma

By Caprice Whimper | Trauma Trooper

Family is everything to me. At a young age, I learned that no matter what, you always take care of family. Watching our younger siblings is one of many unwritten rules in black families. We don't think nothing of it. We just do it because mama said so.

For some of us, that responsibility has been a form of trauma. My mother had my younger brother when I was twelve. I'd watch him all the time when my mom was working, running errands or just needed a break. It was everything to me to have a baby brother, but as I got older, being the main sibling out of six to "babysit" him started to somewhat get to me. When he was first born, I didn't mind at all to be the one watching him. Eventually it became my responsibility. I literally was in the house all the time if I wasn't in school because I'd be watching him. Now looking back, I wish I had just been able to be a kid. Having that responsibility made me grow up faster than I was supposed to as soon as opportunity presented itself.

I gained a lot from having this responsibility, and I also learned that all trauma doesn't have to be life altering if you learn from it. So often, people in my generation grew up parenting their siblings and then became parents themselves in their 20s. For some, watching children or being a parental figure was what they knew so it's what they did. That's where the gratitude for having to watch my brother comes, because I used to say he was all the birth control I needed. This generation that we are

in now is dealing with that traditional responsibility differently than we did. They're growing up at a much more rapid pace than we did, and I feel like it's because a lot of babies are raising babies. Kids aren't allowed to be kids therefore not making mistakes and learning like they're suppose to instead they're making mistakes, life altering mistakes and having to live with them. It isn't just the responsibilities given to them at home though, the world around us plays a pretty heavy part as well.

Youth today are seeing and being exposed to a lot of things that they shouldn't at a young age. It's happening on social media, at school, on TV and in other places that parents have no control over. Add that to the fact that they are going through some seriously traumatizing stuff, forcing them to have an adult-like mindset because no child can deal with living on their own and having to provide for not only themselves but their siblings also all on their own. As well as the youth are out here dressing and acting like adults putting themselves in real adult situations that can go wrong. Police now have to get involved and now the police are treating them like adults and not the kids that they are.

Imagine being that inner child locked inside this shell of a being just wanting to be a kid again. It's hard isn't it? That's why this project holds so much importance to me, people need to hear the stories of these youth and understand trauma from their point of view because they are the future.



Lacking basic necessities

By Ashley Powell | Trauma Trooper

As a kid, you feel like everything is okay if you aren't being harmed or bored.

The one thing that traumatized me for life was how I came to Minnesota. I was born in Chicago; living there wasn't easy at all, but life isn't really easy. My family struggled, but that was often unknown to me. I was raised by my mother my whole life. No father. I never remember worrying about my father because my mother was always there for me. In Chicago, my mom, my sister, and I lived with my auntie and four cousins, all boys, that are still part of my life today. We literally jumped, walked and talked as one. You couldn't tell they were my cousins; I see them as my brothers. We went through something together that others wouldn't be able to understand.

Everyone needs water to survive, and one day the water stopped coming through the pipes in our house. We had to handle it on our own because our landlord didn't do anything about it.

All of us kids would run across the street to a neighbor's house to fill up milk jugs and pop bottles with water from her faucet. We were six kids, carrying two bottles apiece. We did what we had to do because dishes, our bodies, and our teeth needed to be washed. When you wake up for school and go to the bathroom, what do you do? You wash your face and brush your teeth or even just wash your hands. But our faucet had nothing coming through. We would have a pan of water warmed up just for the morning routine. You could only grab so much water in your bare hands.

It became traumatizing to know that people take having "unlimited" water for granted. As all of this was taking place, I never doubted my mother as a parent because I knew she was doing everything she could to make the situation better. We had a friend who also had the same problem. We took her son in as family, and she gave us free Uncle Remus chicken every day she worked. It was hard to eat and mess up dishes with no water coming through the house, so we took the chicken every day. It was easier.

It feels important to say that during the time that this was all taking place, nothing was holding us back as a family. We were in school.

Eventually, we got kicked out of the home. I was ten when that happened, and I didn't know the full truth of what happened there until I was sixteen years old. The landlord couldn't control drug addicts from stealing our water pipes. When we got kicked out, we had to leave that day.

Before I knew it, I was here in Minnesota living a life I deserve and that I will never take for granted. It's traumatizing to know as a kid I had to manage how much water I would use and eat the same meal every day.

Now that I'm 18, I realize that things were messed up, but I wouldn't want to change things in my life. They have taught me so much today.



Little experiences that add up to trauma

By Naja "Star" McComb | Trauma Trooper

Spending several months interviewing youth about their trauma has made me think

about my own life differently. Hearing different perspectives brought to life through their stories has made me reflect on the things in my life that I'm just now realizing are effects of trauma. A lot of times we don't realize that our experiences add up to trauma. We might not even know we

have it.

So many young people don't realize that small experiences can lead to large trauma. Being a child and struggling and watching your parents struggling and having to eat what they call "struggle meals" can be traumatizing. Eating ramen, or pork and beans, or rice with sugar over and over again because there is nothing else to eat isn't always looked at as trauma. But it can be.

When I was a child, I didn't see my experiences as traumatic. Now, as an adult, having those foods, like noodles, that I had to eat so much as a kid because that's all my mom could afford, triggers all the emotions that are attached to that situation. In the interviews I conducted this summer, I talked with a lot of young people who didn't know what trauma was or how to face it or what really triggers it in their life. I felt I had to dig around and ask questions and really open up on my end to show how broad perspective of trauma could be.

Last week, I gave birth to my first child, a

baby girl. Before she was born, I was so nervous, anxious, and excited all at the same time. I was scared because my daughter was protected inside of me then. I knew that as soon as she was born, there would be a limit to how much I could protect her.

I conducted these interviews to learn. I want to try to prevent my daughter from feeling as much trauma as possible. But I can't control the world. I will just have to guide her as I try to guide the young people I work with in the community as we all navigate through the maze of life.

Art is My Weapon

in collaboration with

Minneapolis
City of Lakes

ReCAST
minneapolis

PRESENT

"OUR Truth, Through OUR EYES"

A youth PhotoVoice
exhibit focused on trauma,
primarily youth trauma, captured and
curated by youth artists

FEATURING

Youth Photo Journalist
Yash Mangalick



Opening Night

10/25/2018

5:30 PM-8:00 PM

THE KENNEDY BUILDING

2303 Kennedy St. NE

SUITE 410

Light appetizers and
complimentary beverage bar

North News Journalist
Myesha Powel



artismyweapon.org



Student journalists document each other's humanity

North News teaches a journalism class at North High. In September, our young journalists practiced their interviewing and photography skills, culminating in this project which asked each of them to interview a peer, and bring their lives to life in just one simple quote. Here are three of their submissions. Find the rest on the North News Facebook Page.



Frank Blount

Frank Blount is a sophomore at North High School. He is an African American, was born and raised in Chicago, Illinois, and came to Minneapolis, Minnesota in 2011. His favorite rapper is NBA YoungBoy and his favorite song is "Solar Eclipse." He wants to make himself and his mother proud. He is a young boy with big dreams.

"When I was in middle school, I use to play around a lot, but now I take everything serious. When I came to high school, I thought if you play a lot, you might not get nowhere. ...I wouldn't have a good resume or my mom might kick me out of the house for not coming to school. My mom wants me to get my high school diploma and go to college. I want to make myself and my mom proud [by] finishing up high school on the honor roll and going to college to achieve my dream of becoming an FBI agent."

By Timya Carlisle



Imari Vaughn

Imari Vaughn is senior at North High School. She is a strong black women who embraces her Nigerian culture. She gets her independence from her mom. Her favorite colors are blue and pink.

"My one good friend would say that I'm a good friend and he [would] probably say that I'm sweet and kind and that I mean well when I usually say things, but you have to read in between the lines with me. He [would also] say I'm very reliable and loyal...I'm overprotective... of my friends or anybody that I care about. What makes me happy is my boyfriend, baby sisters when they're not being annoying, and when the family is together and getting along. [What makes me a good person is] my personality and my eyes. I want to be more mature, I want to be better at saving money. I want to be better at communication [and] probably figuring out that I can't control everything."

By DeShawn Davis



Eddie Beamon

Eddie Beamon is a North High senior. He's an African American man who grew up in Minneapolis. His favorite hobbies are listening to music and watching movies. His favorite color is red because it shows strength and leadership.

"I was raised here in Minnesota. [I] moved to Atlanta back around 2010 for a little while and came back here around 2011. I want to be an actor when I get older. If not an actor, then I want to be a photographer. I chose those two because [with] acting you can really express yourself on a larger scale. I love cameras because you can capture that moment. You can look at a picture and think about a whole story. ...I hate when people don't clean. I can't deal with mess. Everything in my room [is] folded up, put to the side. A place I want to visit is Madagascar. One dream I haven't yet accomplished is going to Times Square."

By Andrianna Bynum

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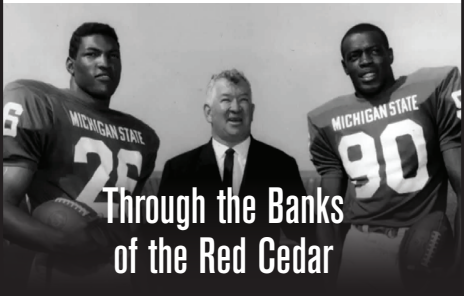
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North Dakota State University
Martha Skye Baker

RESOURCES

Several board and commission positions are open for City Council and mayor appointments this fall. Board and commission members in the City of Minneapolis help shape key policy decisions, give community-based input into the City's administration of services and supply valuable insights. The City seeks applicants with a diversity of backgrounds and experiences to strengthen the work of the City. Translation and interpreting services are available on request so all residents can participate. People can apply through the open position pages linked below and stay up to date on vacancies, position descriptions and timelines by visiting minneapolismn.gov/boards/openings. The application review process begins 10/5 unless marked otherwise, and the positions are open until filled.

Neighborhood HealthSource hosts free and reduced cost mammograms for eligible women every month at one of their three Northside clinics. Call 612-287-2433 or visit neighborhoodhealthsource.org for more info.

Northside Boxing Club (1704 33rd Ave N) offers free lessons to kids ages 9-21. Training includes boxing drills, technique work, running and strength conditioning. Each session ends with a healthy meal. Hours are Monday - Thursday from 4pm - 5:30pm and 6pm - 7pm. On Fridays, youth open boxing is offered from 4pm - 7pm.

Hennepin County funding assistance for lead paint – Homeowners and landlords may be eligible for a free home test and as much as \$8,000 in lead reduction costs, such as new windows. Contact: healthyhomes@hennepin.us or 612-543-4182.

Minnesota Solid Waste & Recycling customers who have not signed up to participate in the organics recycling program may do so at any time by visiting www.minneapolismn.gov/organics. There is no extra cost, but you have to sign up.

Tuesdays – The Twin Cities Mobile Market delivers affordable and healthy food weekly to locations across North Minneapolis and the Twin Cities. A wide variety of fruits, vegetables, meat, dairy products, and staples like rice and dried beans are available at below-market prices. Cash, all major credit cards, debit cards, SNAP/EBT, and Market Bucks are accepted! Questions? Call 612-280-2434. Their delivery sched-

ule does change. For schedule and map information, check out: <https://www.wilder.org/Programs-Services/tcmm/Pages/default.aspx>.

Do you live in Near North or Willard/Hay? Then your block could be eligible for a mini block club grant through the Northside Residents Redevelopment Council. Funds are available for a project or event you want to create. For more information call 612-335-5924 or email contactus@nrcc.org.

The Northside Residents Redevelopment Council is partnering with Mid-Minnesota Legal Aid to connect residents of Near North and Willard Hay with free attorneys. If you are having legal troubles that relate to your home or business and live in the Near North or Willard Hay neighborhood visit their clinic at the NRRC office Mondays and Tuesdays from 10am - 3pm or set up an appointment by calling 612-335-5925.

Spend Diversity Dashboard – The City of Minneapolis has developed a new tool, available to the public, that details the city's discretionary spending and the improvements the city can make in increasing participation of women-owned and minority-owned businesses in City of Minneapolis contracts.

What's Up 612! is an online resource for children and youth, ages 5-21, where citywide after school activities can be found. More information can be found at: <http://www.whatsup612.com>

The City of Minneapolis offers free energy efficiency home visits and 0% financing on recommended energy-saving upgrades while funding lasts to qualified households with a family income less than \$94,300. Homeowners and renters can call 651-328-6220 or visit mncee.org/hes-mpls to schedule a visit.

Pillsbury United Communities' Oak Park Center (1701 Oak Park Ave N) hosts free community dinners on Tuesdays, Wednesdays, and Thursdays from 5pm-7pm.

Donations and volunteers are needed for PCYC's Annual Holiday Gift Sale on Dec. 8. For more information contact Catrice O'Neal, 612-643-2016 or giftsale@pcyc-mpls.org.

EVENTS & ENTERTAINMENT

Ongoing Thursdays – 11am-1pm, **Community Coffee & Conversation**. Get to know neighbors and enjoy complimentary beverages. All are welcome. Serendipity Spot (3300 Lyndale Ave N).

Mondays – Sign up for a weekly 30-minute session to practice reading and do literacy activities with a teen mentor. 2pm-5pm. Visit or call the Webber Park Library to register. 612-543-6751 Sponsored by the

Webber Park Friends. For kids entering grades K-3.

Fridays – **Family Storytime**. 10-11am. Webber Park Library. For children of all ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

9/5 - 9/29 – **EXTRAORDINARY: 7th annual Home-wood Studios Resident Artists Exhibition**. Closing Party, 9/29, 2pm - 5pm.

9/29 – **Healing Circles: Moving Away From Harmful Behaviors**. 3pm-5pm. Webber Park Library. Healing Circles are safe spaces for people affected by trauma to come together to connect, to be heard and to be supported. A mental health practitioner from The Zen Bin will lead this series of programs that will include Healing Circle conversations and self-care strategies. If you are in need of childcare, please call Webber Park Library in advance of each session at 612-543-6750 to reserve a spot.

9/29-11/10 – **Juxtaposition Arts is excited to present the work of South African artist Kealeboga Tlalang in his first U.S. solo exhibition**. Working in mixed media collage, Tlalang creates beautiful textural portraits that link puzzle and play to synthesize his love for mathematics, science, and art. Kealeboga Tlalang will be on view at the JXTA Emerson Gallery from Sept. 24 - Nov. 10. The exhibition opening is on Sept. 29; Tlalang will lead an artist talk on Oct. 4. For more information visit juxtapositionarts.org.

9/29 – **Comedy in Your Community**. 7pm-8:30pm. Webber Park Library. Local comic Brandi Brown will present a variety comedy show featuring some of her favorite Twin Cities funny people and interviews with your Hennepin County Library staff. Stop by to submit questions for the guest staff appearances. This free event will take place after library hours. Doors open 30 minutes before start time. Suggested ages: 16+. The shows are in ADA compliant spaces and will have live-captioning.

10/4 – **Healing Circles: Mental Health 101/Positive Lifestyle**. 6:30pm-8pm. Webber Park Library. Healing Circles are safe spaces for people affected by trauma to come together to connect, to be heard and to be supported. A mental health practitioner from The Zen Bin will lead this series of programs that will include Healing Circle conversations and self-care strategies. If you are in need of childcare, please call Webber Park Library in advance of each session at 612-543-6750 to reserve a spot.

10/6 – **Healing Stories**. 2pm-2:45pm. Webber Park Library. Master Storyteller Nothando Zulu will share stories for all ages. Witness how stories communicate important legacies and lessons about strength, resilience and healing.

10/10 – **Senior Surf Day**. 10am-12pm at Webber Park Library. Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line. Registration required. Register online or at 612-543-KNOW.

10/13 – **Stories Together with Drag Performers**. 10am-10:30am. Webber Park Library. Celebrate self-expression, dress up, and gender fluidity through stories, rhymes, music and movement with drag performers from our community. These events will be a safe, positive, and encouraging space for children and caregivers to express themselves in an open environment. Kids event.

10/13 – **The People's University**. 2:30pm-4pm. Webber Park Library. The People's University uses open-access syllabuses as tools to help us learn together through reading, multi-media viewing, and discussion about the historic contexts for the world we

find ourselves in today. In this series, the University of Minnesota Immigration Syllabus will help us better understand U.S. immigration history, xenophobia, deportation policy, and border policing.

10/16 – **Author Talk: Curt Brown**. 6:30pm-7:30pm. This program takes place at North Market's Community Meeting Room. Minnesota journalist and author Curt Brown will talk about and read from his recently published book, "Minnesota, 1918: When Flu, Fire, and War Ravaged the State."

10/17 – **What's New for Medicare?** 1pm-2pm. Webber Park Library. It is important to review your Medicare prescription drug plan each year during the Open Enrollment period, from Oct. 15-Dec. 7. The Metro Area Agency on Aging will explain how Part D works, including the impact of the Affordable Care Act on "the donut hole." Extra Help, a program for people with lower incomes, that may reduce prescription drug costs, will be explained. Collaborators: Metro Area Agency on Aging, Minneapolis Community Education.

10/20 – **Explore Nature!** 10:30am-12:30pm. Webber Park Library. Enjoy nature-themed activities, meet a live critter, and learn about the Mississippi watershed and our regional ecosystem. Collaborators: North Mississippi River Regional Park, Mississippi Watershed Management Organization. Kids event.

10/20 – **Teen Geekery Club**. 1pm - 3pm. Webber Park Library. Are you an anime and manga fan? A cosplayer? A fan of Doctor Who, Steven Universe, Voltron, Gravity Falls, Homestuck, Supernatural or other fictional works? If yes to any of these, Teen Geekery Club is for you! Watch anime, create and share your artwork, and discuss your favorite fandoms. All fandoms welcome! Sponsors: Friends of the Hennepin County Library, Anime Twin Cities. Grades 6-12.

10/23 – **Neighborhood Knowledge Book Club**. 7pm at Serendipity Spot (3300 Lyndale Ave N). Join in a discussion on Angie Thomas' *The Hate U Give*. Appropriate for young and older adults due to some violent language and themes. Enjoy light refreshments too.

10/5-10/21 – This fall, **Minneapolis collective MPD150 presents "Making It Real: Our History with Police and Our Future Without Them,"** an art exhibit exploring the power and possibility of a police-free community at New Rules (2015 Lowry Ave N). The exhibit will feature new work from Jacob Yeates, Sishir Bommakanti, Aja Marie Ussrey, Ali Abdirahman, and Sophea Ek. Organized into "past," "present," and "future" sections, the exhibit follows the narrative arc of MPD150's 2017 report—a community-led performance review of the Minneapolis Police Department on the 150th anniversary of its founding. The exhibit's opening event, which includes performances and a panel discussion, is 10/5, 6pm-10pm. The closing event is 10/21, 1pm-5pm, at New Rules and includes community discussion and resource sharing.

10/30 – **J.D. Steele leads the Capri Glee! Adult Community Choir in concert** at 7pm. Free at the Capri. The concert will also feature two guest choirs, the Mill City Singers and the MacPhail Community Youth Choir, and combined choir numbers.

Saturdays – Homewood Studios (2400 Plymouth Ave) offers a **tai chi class** from 9am-10:30am.

10/4 – Hosted by the City of Minneapolis in collaboration with the Minneapolis Park and Recreation Board, the **fifth annual Minneapolis Trans Equity Summit** will take place. The Summit will be held at the Hennepin Theatre Trust from 9am-4pm. The event is free and open to the public. Registration and additional information is available at www.minneapolismn.gov/TransEquity.

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EDUCATION

Teen Tech workshop is held every other Thursday. North Regional Library, 5pm-7pm. Get creative and make music, videos, animation, and other projects using high- and low-tech tools, everything from iPads and 3D printers to synthesizers and sewing machines. Led by the library’s Teen Tech Squad. More information at <http://www.hclib.org/about/locations/north-regional>.

MN Comeback and Great MN Schools launched **Minnesota School Finder**. This resource guide for parents provide objective, relevant information on schools across Minneapolis so parents can find schools that are the best fit for their kids.

BE AWARE

The City is now accepting applications for a new 21-member Minneapolis Advisory Committee on Housing — a panel that will advise City leaders on all aspects of housing policy. Applications are due 10/5. The formation of the committee comes as Minneapolis faces significant housing challenges, including a shortage of affordable housing, homelessness and housing instability, and record low rental vacancy rates and inventory of affordable homes for purchase. The committee will be staffed by employees from the Community Planning and Economic Development (CPED), Regulatory Services and Health departments. The committee will include 12 resident members reflecting the diversity of Minneapolis and perspectives from renters, homeowners, people who have experienced homelessness, rental property owners and affordable housing advocates. It will also include nine representatives from organizations that work on housing issues. Applications can be found at: <http://www.ci.minneapolis.mn.us/boards/openings/WCMSP-213737>

Emerald Ash Borer was recently found in Golden Valley, MN. Because EAB is in the area, don’t wait to take action. Have a certified arborist inspect your tree, even if it looks healthy. You vastly improve the chances of your trees surviving and optimizing the effectiveness of the treatment when you act early. Plus, treating an infected tree is much less expensive than removing and replacing it. Look for these EAB symptoms: Increased woodpecker activity, chewing damage on edges of leaves, d-shaped holes in the bark, bark splitting or S-shaped tunnels beneath the bark, canopy dieback that typically begins in the top one-third of the canopy, multiple sprouts of new growth at the trunk, and missing buds on the outer limbs of the trees. If treating your tree isn’t an option and your tree needs to be removed, do so quickly to reduce the risk. Then, get planting!

The City of Minneapolis Health Department has completed an evaluation of the temporary greenway installed on Irving Avenue North from June 2016-May 2017 to find out how a greenway could work in that location. The report summarizes the evaluation findings but does not make recommendations for what could happen in the future. Read the report and find more about the north Minneapolis greenway project at www.minneapolismn.gov/health/living/northminneapolisgreenway.

Minneapolis Mayor Jacob Frey and Council Members Jeremiah Ellison and Phillippe Cunningham are urging the Minnesota Pollution Control Agency (MPCA) to step up enforcement of pollution standards in the area surrounding Northern Metals Recycling in North Minneapolis. The letter from the lawmakers follows reports that the levels of air pollution – including the dangerous airborne particulates (PM10) – near the shredder are again exceeding the federal standard. If particulate levels continue to exceed the federal standard, MPCA is allowed to take additional enforcement action prior to the company’s 2019 relocation.

Northpoint Health and Wellness has announced an **eviction prevention pilot program**. This program is open to anyone who lives in Hennepin County, lives in a rental unit, and is concerned about being evicted or being unable to pay rent. Mediation services, legal help, and housing case management is available for renters; services are also available for landlords interesting in assisting their tenants. To enroll in the pilot contact NorthPoint Health & Wellness Center, Inc. at 612-767-9159 or visit 1315 Penn Ave N.

The City of Minneapolis can help renters who want **smoke-free housing**, and it can help property owners make their buildings smoke-free. For smoke-free rental housing help, renters and property owners and managers can call 311 or visit www.minneapolismn.gov/smoke-free.

The City Council has approved the creation of a new division in the City Coordinator’s Office to help drive the City’s work to reduce and eliminate racial inequities throughout City government. The Division of Race and Equity will include staff of the City’s equity team who will engage with City departments to set goals and expectations around race equity, assist in accelerating the City’s efforts and progress around racial equity goals and create accountability.

Minneapolis has joined a statewide program to help reduce homelessness among veterans. Since the Minnesota Department of Veterans Affairs launched the Minnesota Homeless Veteran Registry in 2014, it has housed 1,218 homeless veterans – 613 in Hennepin County. Minneapolis* and Hennepin

County have the highest concentration of homeless veterans in the state. Anyone who served in the U.S. armed forces, Army Reserve or National Guard can join the registry regardless of the type of discharge. Homeless veterans or their representatives are encouraged to call 1-888-LinkVet (1-888-546-5838) or complete the application online at the website for the Minnesota Department of Veteran Affairs Homeless Veteran Registry.

The **City’s Municipal Minimum Wage Ordinance** took effect 1/1/2018. There will be a tiered phase-in period for small and large businesses. Large businesses that employ more than 100 workers will be required to pay employees a minimum of \$10 an hour beginning 1/1/2018. Small businesses with 100 or fewer employees will be required to pay workers at least \$10.25 beginning 7/1/2018. Large businesses have until 7/1/2022 to reach a minimum wage of \$15 an hour and small businesses have until 7/1/2024 to reach \$15 an hour.

In response to the rapid growth of **shared motorized foot scooter networks**, the City Council’s Transportation and Public Works Committee passed an ordinance amendment requiring the sharing networks to obtain a license agreement with the City and follow rules for parking in the right of way. State law already regulates how low power vehicles like foot scooters operate in the street. The City’s proposed regulatory framework is intended to be welcoming to new transportation options like motorized foot scooters, but requires networks to operate in an organized manner consistent with City rules.

Through its 311 service, the City of Minneapolis has opened a new hotline for reporting hate crimes. Which are harassing behaviors motivated by prejudice. The hotline number is 311 for anyone calling from within the city of 612-673-3000 statewide. The 311 hotline will be answered 7am-7pm weekdays and 8am - 4:30pm weekends. Those with a report to make can also call the Department of Justice at 612-664-5600. As always, in the case of immediate physical violence, property damage, or threats, people should call 911.

For planting season, the City of Minneapolis urges all Minneapolis gardeners, landscapers and farmers to protect pollinators. That means avoiding pesticides that poison bees, butterflies and other pollinators: avoiding applying pesticides and avoiding buying plants that were already treated. Protecting pollinators also means landscaping or gardening with the kinds of plants that nourish pollinators. Find more resources and more information about how to protect pollinators here: www.minneapolismn.gov/environment/bees.

Following Minneapolis fire laws will help keep our

neighborhoods safe and livable; outdoor fires are permitted 9am-10pm, fires must be less than three feet in diameter and two feet high, and a fire must be completely out before being abandoned. Illegal open burning or recreational fires could result in fines that start at \$200. For more information on recreational fires or to register a complaint about a recreational fire, call 311 or email Minneapolis 311@minneapolismn.gov, or to register a complaint about a recreational fire outside 311 hours, call 911. The Fire and Police departments are authorized to extinguish a fire immediately if it is hazardous.

The Minneapolis Park and Recreation Board (MPRB) has banned all tobacco products on Minneapolis park properties and owned and/or operated facilities.

The Minneapolis City Council has passed an ordinance prohibiting discrimination against Section 8 Housing Choice Voucher holders. Under the ordinance, landlords will only be obligated to consider to renting to voucher holders. That means a landlord cannot refuse to rent, impose unique standards, or otherwise treat HCV holders differently from tenants without vouchers. Landlords retain their ability to screen the voucher holders like other tenants using legal criteria.

BUSINESS DEVELOPMENT

The **Minneapolis Business Portal** is a new online platform designed to connect entrepreneurs and small business owners to the information and resources needed to plan, launch and grow a business. The online portal, available at business.minneapolismn.gov, features roadmaps, checklists, tools and resources to help both new and existing businesses.

Kindred Kitchen, an initiative of Appetite for Change, hosts a **new member weekly kitchen tour** every Tuesday until 12/18 at 10am. Tours are hosted at Kindred Kitchen at 1206 W. Broadway Ave. Tours are your time to learn more about becoming a commercial kitchen member and our Northside Food Business Incubator, ask food business related questions, and jump into the kitchen. For more information visit <https://www.facebook.com/events/1493935500702137/>.

Northside Economic Opportunity Network is now accepting applications for their brand new private office spaces that feature windows, open workspaces and more. There are several office space and pricing plans available, ranging from a drop-in guest pass (\$10/day) to a platinum plan (\$500/month with private office). For more information visit <https://www.neon-mn.org/spaces>

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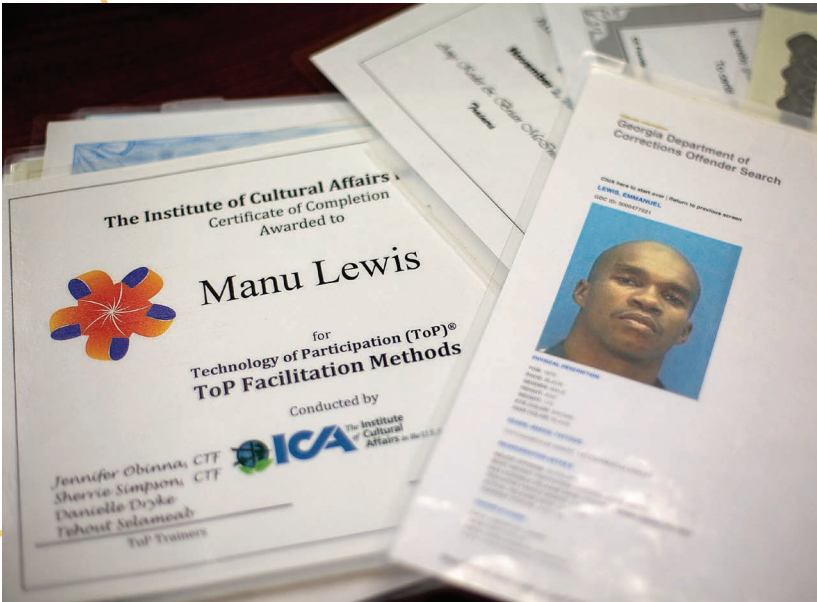
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“When we’re
traumatized,
we think we’re
too heavy to lift up.”

Men's advocate Manu Lewis lives and works on the frontlines of community pain.

By Daija Triplett | Photos by David Pierini



Lewis shows his clients evidence of his past mistakes (his criminal record) and his efforts to continue his education through certificates and trainings.

When Manu Lewis’ works with new clients at NorthPoint Health and Wellness, he shows them a laminated copy of his criminal record. Then he shows them an even thicker stack of documents: all the awards and certifications he has received since making a lifestyle change in 2010.

The catalyst for his shift was his cousin’s death, a homicide that took place on Lewis’ 40th birthday. His grief and regret opened

his eyes to other possibilities. Prior to that he had been repeatedly incarcerated. He had experienced deep pain and many deaths. He realized how much healing he had to do.

Though he’s made dramatic changes in his life, and he works as an advocate for others trying to do the same, his days are still filled with trauma – “generational, historical, personal, and perceived.” He is a “soul

medic” for the Department of Health. He does Gang Violence Intervention work, and he is also a community engagement expert for the Minneapolis Police Department.

This month he spoke with North News about trauma - how it manifests in violence, how we live with it, and how we begin to heal from it.

What is trauma to you? I define trauma as unexpected situations and circumstances that happen too often, too much, and too fast to process. There is generational trauma which is historic, and personal trauma which happens to us directly. We feel it down in the marrow of our bones. When trauma is not dealt with or addressed, the experience takes on another life inside a person.

You are a “soul medic” and counselor. How did you start working with people who experience trauma?

On Jan 20, 2010, my cousin was murdered on my 40th birthday. I decided to make a lifestyle change. Seven days later I started to co-facilitate a twelve step self-help recovery program called Criminals and Gang Members Anonymous. I facilitated that particular group for five years. After the tornado, I started working at the Neighborhood Hub. I realized I had more trauma to work on.

How does the Northside community experience trauma?

My mother always tells me about how from the apartment that they lived in on Sheridan where I was born, she was able to look right down Plymouth and see the riots. The riots were not the start of trauma in our community but they were a defining moment where a lot of the social norms changed. North Minneapolis experiences a high range of traumatic incidences based on the culture. The low end of North Minneapolis was designated as a negro slum. Then you have the political landscape where certain resources and opportunities aren't provided to the community. I think North Minneapolis has been and continues to be traumatized in a lot of identifiable ways and a lot of other ways that are very subtle.

How do you think people should cope with their trauma?

Everyone has different coping mechanisms, but some people don't cope with trauma. First, [it's important] to recognize exactly some of the things that have happened. I share with a lot of my guys that it's not their fault. Certain things have not happened to them because they are defective. I try to shine a different light if possible on the things that have happened and find other means to engage in life.

If people have different ways of coping, what is your starting point with a person who has experienced trauma?

First to identify and recognize the situation in reality. There has never been anyone born who didn't pass away. How people pass away and how we receive their passing is totally different. I have experienced a high volume of deaths in my family and friends circle. I may see and experience someone passing now differently than someone who hasn't lost anyone. It's not new to me. First I start with recognizing my feelings and my response. Then I find some alternate solutions to internalizing them where they fester. We lost four individuals [in the community in one weekend last month]. It was traumatic to the community, but everybody responded differently. We have some people saying we should be in a state of emergency right now.



Manu Lewis sits in his office at NorthPoint Health and Wellness Center. He has worked there for three years.

Do you think there are enough trauma-related resources in our community?

No. Trauma-informed care has become a cliché, sexy, romantic term. A lot of money is being said to go toward helping individuals with trauma, but most of that money really in all actuality does not meet the people and is not supportive of the people unless you're doing direct service with them.

How do we stop violence in our community?

Be engaged. Talk to people. My nephew used to say “sharing is caring.” Violence is a symptom of something else. When you lack resources and opportunities and you're marginalized people, those same individuals will take it upon themselves to create a new culture – whether it's robbing, stealing, or selling dope, it doesn't matter. What I do with a lot of young men is apologize. I apologize for taking part in a destructive lifestyle that they inherited. These young men have images of us and what we do and then they take it to the next level. I apologize for being a negative influence.

How do we guide our youth to avoid the violence that has unfolding in north Minneapolis?

Open communication. Asking. Being attentive to our young people, especially the ones going through things. I know we should listen more to youth. A lot of the answers we're looking for come from [them].

How can police and youth develop better relationships with each other?

One of the most important things you can do with the youth is engage them. Most of our youth, they see the uniform, not a human being.

How police engage makes them a human being. Yesterday I was driving down Penn. There was this lady officer; she was playing basketball with some young men. That engagement can stop a lot. It's those small interactions that have a culturally rippling effect on the community.

Who inspires you to keep going?

In '87 when I got locked up, there was a sheriff who helped me get my GED. He told me education was free and never to stop learning. He was a white dude who showed me I could keep going. Since 2010, I have acquired at least 35 certificates and trainings.

How do you deal with your trauma day to day?

Self care is mandatory, especially for people working with people through trauma. Trauma is transferable. It's very important to have self care so we can stay healthy. I like getting outside and riding around the lakes. I'm an Aquarius; I have to be around water. Change is inevitable. Yesterday we lost one of our NorthPoint coworkers to cancer. Yesterday was a doozy. Today was okay. I'm not even tripping about tomorrow.



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