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ThreeSixty

Minnesota Teens Report Stories & Issues That Matter



A Healthier State for All

ThreeSixty students share an inside look at innovative health equity initiatives.



Special-use photos: African Immigrant Services • Appetite for Change • Dave Denney • Elizabeth Flores • Healthy Baby Showers • Livio Health • Lower Sioux Indian Community • Mark Brown • NorthPoint Health and Wellness • MPR News • Nice Ride • Northside Greenway • The Sioux Chef • University of St. Thomas

ThreeSixty Journalism

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Email threesixty@stthomas.edu with comments, letters and questions about participating in ThreeSixty.

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ThreeSixty students pose for a photo with KARE 11 anchors Adrienne Broaddus (front, left) and Jeff Edmondson (back, right) on July 28 at KARE 11 studios. Broaddus and Edmondson invited ThreeSixty’s TV camp students to a live morning news show to help teach students how to anchor during a live news broadcast.

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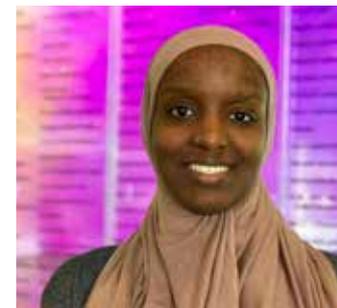
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ThreeSixty Scholar Updates



Zekriah Chaudhry is the 2018 ThreeSixty Scholar. As part of his ThreeSixty experience, Chaudhry reported on activities surrounding Super Bowl LII in Minneapolis and covered a Minnesota Timberwolves game as part of a partnership with the team and Star Tribune.



Samantha HoangLong, a sophomore at St. Thomas, is reporting for TommieMedia, the university's student-run news organization. This past year, she served as a communications and advocacy intern for the Center for Prevention at Blue Cross Blue Shield of Minnesota.



Danielle Wong, a junior, is a co-facilitator for St. Thomas' Feminist Community and also works on campus for the Luann Dummer Center for Women. This past March, she helped organize the March for our Lives walkout on campus.



Amira Warren-Yearby, a senior, studied TV, film and communications at Bond University in Queensland, Australia, as part of a yearlong study abroad program last year. While there, she worked on the production team for the 2018 Commonwealth Games—an international, multi-sport event in Queensland.



Deborah Honore, a recent graduate of St. Thomas, spent a portion of her final semester in India as part of a reporting trip for the PBS NewsHour Under-Told Stories Project. Currently, she serves as a Community Engagement Intern at Pollen Midwest. She also works at the University of St. Thomas as a Video Producer.

ThreeSixty Welcomes New Program Manager

THREESIXTY JOURNALISM is thrilled to welcome Christina Holmgren as its program manager!

In her role, Holmgren oversees ThreeSixty's award-winning programming, student development and the program's flagship publication, ThreeSixty Magazine.

"I'm honored to have a chance to add to the vision of the ThreeSixty Journalism team and to help elevate the voices of the high school students who contribute to the program," Holmgren said.

Holmgren comes to ThreeSixty from the St. Thomas Law School, where since 2016 she has served as Assistant Director of Admissions. Her responsibilities included creating, managing and implementing digital content; program evaluation and recruitment; and prospective-student advising.

"Christina's own education, blended with her writing, student advocacy and higher-ed experience, bring critical perspectives to the Program Manager role," ThreeSixty Executive Director Chad Caruthers said.

Holmgren graduated from Hamline University



Christina Holmgren

with a B.A. in English and Secondary Education. While at Hamline, she spent several years as a reporter for the school newspaper, The Oracle. She is currently pursuing her M.A. in Education Leadership and Administration at St. Thomas.

"As someone who has committed my life to the field of education, I understand and believe in the importance of a community that encourages

lifelong learning," Holmgren said. "ThreeSixty's passion for serving students and dedication to creating a diverse and inclusive learning environment make joining the program an exciting opportunity for me."

Holmgren joins Caruthers and engagement manager Bao Vang on ThreeSixty's full-time team.

"ThreeSixty is creating the next generation of diverse thinkers, communicators and leaders," Caruthers said. "With journalism and writing continuing as our core, we're rapidly developing a pipeline of support for our high school students and college-age ThreeSixty alumni. Christina has a lot to contribute to our legacy programming as well as our evolution."



During Rookie Journalist Camp, Christina Holmgren emphasizes the importance of elevating the voices of those within one's community.

Leadership Council Welcomes Three New Members

THE THREESIXTY LEADERSHIP Council is composed of journalism and communication professionals who volunteer their time and talent to ensure ThreeSixty has the resources to offer best-in-class programming. ThreeSixty welcomed three new members to its Leadership Council.

AISHA EADY

ThreeSixty alumna Aisha Eady was recently elected to ThreeSixty Journalism's Leadership Council. Eady, who is the founder of digital design agency Aisha Eady Studios, participated in ThreeSixty in 2002 and continues to value that experience.

"As a high school student, ThreeSixty served as a container for my interest in pursuing journalism," Eady said. "My experience was a training ground for asking great questions, learning how to navigate conversations and writing with a purpose."

Eady subsequently applied her media and communication passion at the University of Minnesota, where she earned a B.A. in Journalism and Communication. She wrote for Star Tribune and Newsweek, and also worked in communications roles for several

nonprofits before launching her digital design agency.

"Aisha is a perfect example of a ThreeSixty alumna who has leveraged her camp experience and connections through the program to become a highly sought-after professional in the communications industry," said engagement manager Bao Vang. "She's a perfect fit to continue to share the success stories of ThreeSixty alumni and help the organization grow and innovate."

Aisha Eady Studios helps entrepreneurs, small business owners and those on the cusp of career transition share their professional stories and establish a stellar impression online.

"My decision to join the ThreeSixty Leadership Council was driven by the desire to see the next generation of storytellers hone their craft," she said. "All of those skills have served me well in both my personal and professional life."

ANDY YBARRA

Andy Ybarra, a senior vice president of Weber Shandwick Minneapolis, has been elected to the ThreeSixty Journalism Leadership Council.

Over the years, Ybarra has participated in various ThreeSixty

student workshops covering the public relations field and career options. He also helped host ThreeSixty Journalism students at Weber Shandwick.

"I think people are genuinely excited about journalism careers again, and it's important for today's reporters to reflect the diverse communities they cover," Ybarra said.

Prior to embarking on his public relations career, Ybarra spent time as a reporter for the Associated Press writing for bureaus in both Minneapolis and Albuquerque, N.M.

Ybarra said in volatile times such as these, journalism is an opportunity to remind people why diversity is so important. He explained the only way to truly grow as a society is to give everyone a chance to tell their stories and be heard.

Ybarra mentioned diversity in communications and journalism offers the chance to shine a light on unique voices, points of view and perspectives.

"ThreeSixty Journalism is helping to make that [diversity] a reality," Ybarra said. "I truly believe in what they're doing."

SIMEON LANCASTER

ThreeSixty alumnus Simeon Lancaster recently joined



Simeon Lancaster

ThreeSixty Journalism's Leadership Council. Lancaster was the 2013 ThreeSixty Scholar and is a 2017 graduate of St. Thomas. He currently serves as production assistant with PBS NewsHour's Under-Told Stories Project.

"I started my ThreeSixty journey when I was 14, and it took me through college and further into my career path than I could have imagined," Lancaster said. "I am thrilled to join the Leadership Council and start using what ThreeSixty gave me to help the next generation of students."

Lancaster looks forward to supporting the talented students he'll cross paths with while serving on the Leadership Council. His focus area on the council is to enhance engagement of other ThreeSixty Alumni.

"It wasn't long ago Simeon was a ThreeSixty student, then of course a Tommie as a ThreeSixty Scholar," ThreeSixty executive director Chad Caruthers said. "He's had great support and mentorship throughout both, and I know he's excited to help ensure current and future ThreeSixty students have the best experience possible."

Lancaster continues to apply his ThreeSixty and university learning in important ways.

"I'm so excited to be producing international, solutions-based journalism that cuts through the news bubble—journalism that the world needs to hear right now," Lancaster said of his current Under-Told Stories Project role.

The Under-Told Stories Project is housed at St. Thomas.



Aisha Eady



Andy Ybarra

In Memory of Doug Hennes

A founding ThreeSixty Journalism board member, Hennes was a beloved friend and champion of the program.

FOUNDING THREESIXTY JOURNALISM board member and ardent supporter Doug Hennes '77, died Thursday, July 19, at the age of 63. Hennes was vice president for government relations and special projects at the University of St. Thomas.

For the countless people who knew him, Hennes was the quintessential Tommie. A champion of the university as a student, as an alumnus and, for 28 years, as a staff member, he exemplified his university's values.

"He had a real belief that there is a common good, and his vocation was to help find that, whether in the university or in the broader community," said President Julie Sullivan. "He was a very special man and was just so caring about others and about St. Thomas."

"He really was one of our chief guiding spirits," said Father Dennis Dease, president emeritus.

An Owatonna, Minnesota, native, Hennes returned to his alma mater in 1990 as executive director of university relations. He was promoted to associate vice president for university relations in 1994 and to vice president for university and government relations in 1997. In 2017 he became vice president for government relations and special projects. Throughout his career here, Hennes had immeasurable impact on the university and in Twin Cities communities, standing as the energetic, passionate face of St. Thomas in a wide range of civic and academic areas.

As a tireless advocate, Hennes played a key role in the university's growth and evolution, including securing a \$15 million federal grant

Jordan Osterman
University of St. Thomas

in 1994 to build its Frey Science and Engineering Center.

"Doug pursued every avenue until we finally secured the grant, which was what we needed to turn the dream of the science center into reality," Dease said. "I'll never forget how he simply would not give up when we were being greeted by obstacle after obstacle. I will always be grateful for that, and for so many other marvelous feats he accomplished with St. Thomas."

Hennes worked constantly to improve St. Thomas' relationships with its neighboring communities: Along with serving on district councils, he spearheaded the creation in 2004 of the West Summit Neighborhood Advisory Committee, which has been a crucial forum for discussing and growing the shared interests of St. Thomas and its neighbors. Hennes was also an active representative for St. Thomas on the Minnesota Private College Council.

"He knew so many people and was so generous with them," said Amy Gage, St. Thomas' neighborhood liaison since 2014. "He had a loyalty to this place that was unquestioned. He was a constant advocate for and a booster of St. Thomas."

"HE BLED PURPLE"

Whether in official or unofficial capacities, Hennes' enthusiasm for St. Thomas was contagious.

"He was unequalled in his passion for St. Thomas as an institution, for the people who worked here,



PHOTO COURTESY OF UNIVERSITY OF ST. THOMAS

Doug Hennes interviews Father John Malone in the St. Thomas president's office in Aquinas Hall November 6, 2013.

and for St. Thomas athletics," said Mark Vangsgard, vice president for business affairs and chief financial officer. "He just loved this place and everything about it. Regardless of what his job was, when I think of Doug, that's what I think of: his passion. It just oozed out of his veins. He led by example when it came to passion and enthusiasm about St. Thomas. Just being around him you would get excited about St. Thomas because he was excited about St. Thomas."

That passion fueled an unparalleled level of energy; Hennes changed the dynamic of any room. "He bled purple. He was an institutional supporter of the first magnitude," said John Hershey, former neighborhood liaison and longtime colleague of Hennes. "St. Thomas has lost a genuine friend and supporter."

FAMILY FIRST

A proud Irishman and Catholic, Hennes' greatest joy was in his

family. His beloved wife, Karen, worked alongside him in Aquinas Hall as Sullivan's administrative assistant. Their love was apparent and joyful; Hennes spoke often of how happy he was to have Karen as his best friend.

Hennes was extremely proud of his children and stepchildren, and took great joy in the blessings of eight grandchildren. Along with Karen, Hennes is survived by sons Christopher (Karen) and Nathaniel Hennes (Sarah) and daughter Katharine Planton (William), stepchildren Kelly Coffey (Katharina), Ben Coffey, Tim Coffey (Claire) and Katrina Coffey, and grandchildren Nathaniel, Ana, Gabby, Keaton, Genevieve, Penelope, Gavin and Avery. He is also survived by two sisters, Colette (Phil) Ryan and Jane (Joe) Willett and a brother, Greg (Leo). Hennes was preceded in death by his parents, Irene and Serane ("Sy") Hennes, and a sister, Teresa.

"What a wonderful father and grandfather he is, and has been," Sullivan said.

A GIFTED STORYTELLER

While many people knew Hennes personally, many more knew him by his words. He began his newspaper career in high school as a sports correspondent and reporter for his hometown newspaper, the Owatonna People's Press. During his college years he continued working for the People's Press; was a writer and editor of the student newspaper, The Aquin; and was sports information director for St. Thomas' News Bureau. He graduated from St. Thomas with a bachelor's degree cum laude in journalism and began his 14-year career at the St. Paul Pioneer Press, serving the last six years as metro editor.

While metro editor, Hennes was involved in two Pulitzer Prize-winning series: He was project editor on John Camp's 1985 series on a Minnesota farm family, and also worked on the 1987 "AIDS in the Heartland" story by Jacqui Banaszynski. He served two terms as the president of the Minnesota chapter of the Society of Professional Journalists.

When he left the Pioneer Press for St. Thomas, he brought along his love for writing and over the years crafted hundreds of stories for St. Thomas magazine, its website and other university outlets. Most recently, Hennes was recognized at the Society of Professional Journalists 2018 Page One Awards for "Pulitzer Proud," his compelling magazine feature about Pulitzer Prize-winning Iowa journalist and St. Thomas alumnus Art Cullen.

The stories Hennes told took him around the country and the globe with trips to Africa, United Kingdom, Cuba, India and South America. In the most recent issue of St. Thomas magazine, he profiled Fred de Sam Lazaro, director of the "Under-Told Stories Project." The spring 2012 St. Thomas magazine is a true showcase of Hennes' gift for words and love for St. Thomas. Hennes traveled to Uganda with **HENNES** *continued on page 30*

Advanced News Reporter Academy

IN THREESixTY'S ADVANCED News Reporter Academy, ThreeSixty students put on their reporter caps—many for the first time. Charged with a health equity theme this summer, they set out to shed light on communities often left in the dark in health equity discussions.



Reclaiming Culture Feeds into a Healthy Life

Frank Haney uses pre-colonial foods to inspire healthy eating in the Native American community.

HE REMEMBERS BEING a kid, growing up on the Oneida Indian reservation in Wisconsin. He remembers helping open the commodity boxes sent by the government. They were filled with canned meats, canned vegetables, powdered milk, bottles of corn syrup and big blocks of cheese.

Now, nearly a half century later, Frank Haney understands that most of those things were not very healthy. “None of it had much nutritional value,” he said. “But sometimes, that’s all we had to eat.”

It wasn’t always that way. In pre-colonial times, Native



Isabel Saavedra-Weis
St. Paul Academy and Summit School

Americans ate healthy foods they could hunt and gather, foods that nature and the seasons provided. Before Europeans arrived in North America, indigenous tribes grew, harvested and ate corn, wild rice, squash and beans. For protein, they had wild game such as bison, venison or rabbit. This lifestyle is uncommon now, almost nonexistent in the United States, where

most food is bought at a grocery or convenience store.

The Sioux Chef, a Twin Cities-based catering company, is not following the fast-food trend. Instead, it’s going back to the basics, reclaiming the diet of native ancestors. Founded in 2014 by Shaun Sherman, The Sioux Chef goes beyond dining services. It is a business run by Native American people to help the indigenous community improve their health and connect to their history.

Haney has been working with Sherman since 2012 and now works as the executive chef at the catering company.

It’s not just about the food, Haney said. “There’s all kinds of ceremonies, and dances and prayers that go along with planting, growing and harvesting it, as well as preserving, cooking and eating it. So, food is connected to every other

aspect of the culture.”

Reclaiming that culture is part of the challenge, since the indigenous community has had its traditions buried in years of systemic oppression. Forced onto reservations, Native Americans were separated from the land that had sustained them, and instead were given boxes filled with anything but nourishment.

What most people consider to be Native American food “is a byproduct of the food that was provided when they were forced to live on reservations,” Haney said. “The commodities consisted of white flour, lard, sugar and salt. These are the ingredients for fry bread.” While some embrace the unhealthy meal as a native food, Haney knows that “before the European influence, we never ate fry bread. None of us.”

This kind of misconception is what The Sioux Chef aims to correct. And by reclaiming a piece of Native American history and culture, The Sioux Chef is also restoring health in the indigenous community. In a study in 2015, the Centers for Disease Control and Prevention identified American Indian adults as having the highest obesity rate in Minnesota. The lack of accessibility and high cost of healthy foods are major obstacles for the native community, but The Sioux Chef makes a point of sourcing all its ingredients locally—fresh,

organic and from native-owned sources.

“America is a capitalistic society, so making money is a big deal, and in the process of that, they’ve taken the healthiest foods and made them inaccessible to people of low income,” Haney said. “And that’s another part of our mission; we want to make sure everyone can get healthy food.”

Partnering with the Minnesota Parks Foundation’s Water Works project, The Sioux Chef will open a restaurant near the Mississippi River in the next year.

“It’s not going to be a real big restaurant, but it will be a presence right on the Mississippi, a place that Lakota people refer to as ‘o’mini’wanmi,’ which translates to ‘the place of many whirlpools.’ It’s been a very sacred place for those people for centuries,” Haney said.

The Sioux Chef is also seeking to open an indigenous food lab to invite educational groups—native or not—and teach them the value and health benefits of using indigenous food.

“We’re not trying to bring back the past, because that’s impossible,” Haney said. “But what we’re trying to do is take the indigenous foods that we know of, and create meals with them. And a really good side effect is that these foods are way healthier than anything you can get in a grocery store or at most restaurants.”



PHOTO COURTESY OF THE SIOUX CHEF

Frank Haney (left) and staff prepare indigenous meal for catering event.

Reclaiming that culture is part of the challenge, since the indigenous community has had its traditions buried in years of systemic oppression.

Menthol Tobacco Used to Prey on Youth

NorthPoint works with local youth and minority groups to curb the effects of targeted tobacco products.

EVERYBODY KNOWS SMOKING is bad for you. But have you ever thought about how menthol-flavored cigarettes are potentially more dangerous than regular ones? Especially for young people and some minority groups?

LaTrisha Vetaw, health policy and advocacy manager at North Point Health and Wellness Center in North Minneapolis, tells us why:

“With menthol, it’s easier to start, but a lot harder to quit. It has a more cooling sensation—something called the ‘throat hit’—that gets people more and more addicted. And its primary target market is youth, African-Americans, and the LGBTQ community. It’s an addiction that is both costly and health-hazardous,” Vetaw said. “A menthol cigarette addiction can cost a family or household \$400 a month.”

NorthPoint is a multi-specialty health center and human service agency in North Minneapolis. It works to improve physical and socioeconomic health throughout

“With menthol, it’s easier to start, but a lot harder to quit. It has a more cooling sensation—something called the ‘throat hit’—that gets people more and more addicted.”

— LaTrisha Vetaw, Health Policy and Advocacy Manager



Heidi Sanchez Avila
Hiawatha Collegiate High School

the community. Vetaw has spent years working to change tobacco policies, especially those related to the sale of menthol cigarettes.

“I’ve worked there for 12 years on tobacco policies,” she said. “We’ve seen the numbers in our state reduced significantly for youth, adult and African-American use.”

Vetaw’s work revolves around reversing the effects of tobacco use among youth and in minority communities.

“When you look at the history of tobacco, you understand that certain groups have been targeted by the tobacco industry,” she said.

According to Truth Initiative, a national nonprofit organization that fights tobacco use, “54 percent of current smokers in high school and 48.4 percent of current smokers in middle school smoked menthols.”



Hundreds of North Minneapolis families receive free, fresh fruits and vegetables each month thanks to the NorthPoint Health and Wellness market.



LaTrisha Vetaw of NorthPoint Health and Wellness speaks with ThreeSixty student Heaven Aschalew about the dangers of menthol tobacco.

Some youth start smoking because of societal pressure, because it’s a fad or because they’re exposed to secondhand smoke.

Vetaw believes that society has pushed an idea of smoking that isn’t accurate.

“I don’t know why, but as a society we think it’s cool and it’s cute

and it’s glamorous, and then it’s kind of like edgy if you can get the cigarettes,” she said. Her advocacy emphasizes that menthol tobacco shouldn’t be seen as cool, and that people need to be aware of its true dangers.

The Freedom to Breathe Act (FTB) is a Minnesota law passed in 2007 that restricts smoking in public places.

“One of the big first policies I worked on was Freedom to Breathe. That was huge,” Vetaw said. “The whole bar and restaurant industry [said that it] was going to shut down if we stopped people from smoking indoors. It turns out quite the opposite was true. We saw a huge reduction in adult smoking.”

Vetaw has young people helping out in the community, spreading the message of how tobacco is hurting minorities. Two young men who work with her are Derrall Pratt and Harrison Lucas.

“Speaking from the youth perspective, I think it’s opened up my eyes to how we can make an impact in our city or even our own

individual communities,” Pratt said.

Adds Lucas: “I wouldn’t have known about the effects of tobacco. It’s important to know about all the negative effects, because if you know the negative effects you won’t start those bad habits.”

Tobacco 21 is a policy that Minneapolis and St. Paul have adopted, making the legal age to buy cigarettes 21 instead of 18. So far, 11 Minnesota cities have raised the age. Vetaw’s goal with Tobacco 21 is to get more people on board to help spread it all over Minnesota.

“We’re working on policies throughout the state, hopefully to gain some momentum and have a statewide Tobacco 21 law—at least for menthol products,” she says. Suburban cities in the Twin Cities metro area are an immediate target.

Vetaw has such a passion for her work that it shines through in everything she says and does. “I don’t run around telling people, ‘Look what I did,’” she said. “But when I go into a store and I don’t see menthol, I do think, ‘That’s good.’”

Community Crossover Inspires Parenting Education Program

Communities are working to better educate mothers-to-be by changing the agenda for baby showers.

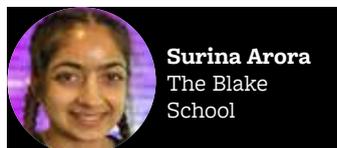
PINK AND BLUE balloons hovered near the ceiling to help celebrate the newest edition to a family. The aroma of catered dishes and the laughter of family members gathered around the mother-to-be filled the room. But a baby shower isn't just a party with food, drinks, gifts and games. It's a celebration of new life and a welcoming of children by the people who will support and help them grow.

Healthy Baby Showers is a health and wellness pilot program that provides women and their families with education about raising a child. The program is organized by Blue Cross Blue Shield for Karen, Native American and Hmong communities around the Twin Cities. They host educational baby showers for families in the communities to help prepare them for parenthood.

These three groups were chosen as the focus of their mission because of several factors, including women with the highest enrollment in Medicaid and the number of health disparities that needed to be addressed. The organization is run

"It was a good celebration of women and of culture, focused around some really hard topics to talk about when it comes to pregnancy."

—Va Yang, Community Engagement Specialist



Surina Arora
The Blake School

through nonprofits, including the Karen Organization in Minnesota, Hmong American Partnership and Little Earth.

The goals of the program are to provide education, introduce pregnant women to their health plans and to other local and state federal resources, and to connect them to their communities. "It was a good celebration of women and of culture, focused around some really hard topics to talk about when it comes to pregnancy. Abuse, for example," said Va Yang, community engagement specialist at Blue Cross, who helps organize the baby showers. "Sometimes it's hard to do that when you are trying to get everyone through the door. It's easier when you are having smaller conversations and you are really hand-holding those conversations. We are really able to talk about difficult health topics through a welcoming and open lens."

The showers are specific to each cultural group. Baby showers are hosted for Native Americans in Minneapolis and for Karen and Hmong communities in Ramsey County. Because each culture has different customs, traditions, and views on childbirth, Healthy Baby Showers designs the events to follow their customs. "Our amazing baby shower co-hosts speak the language and identify with our moms and participants, so we are able to provide proper interpretation and be more inclusive when addressing



Minnesota Department of Health state oral health director Prasida Khanal and her team illustrate how the build up of bacteria in our mouth can cause cavities and tooth decay and dental caries (tooth decay in children).



State Oral Health Director, Prasida Khanal and her team, along with Oral Health Program, along with oral health educators from Community Dental Clinic-Maplewood, illustrate proper and health brushing techniques to practice with children and how to make brushing fun.

culturally specific questions moms and caretakers might have," Yang explained.

During a baby shower for the Native American community, for example, mothers arrived along with their spouses, caretakers and community elders. Of the 54

participants, only seven were pregnant. For Native Americans, community elders are important because they want culture to carry through generations. Yang said, "We originally designed it for mothers, because we thought that was the target population and they were the

ones that would find this information the most useful and relevant. But what we found out was that mothers are not doing it by themselves. They are doing it as a village, with their entire family combined."

Along with organizing and managing baby showers, Yang shared that her proudest moment was creating positive views on pregnancy. Speaking from her own experience in the Hmong community, she said, pregnancy can have a negative connotation.

Over the past two years, Healthy Baby Showers has helped create welcoming and comfortable spaces for mothers. "We play an important role in terms of community engagement and advancement because a lot of large organizations don't know what culture means to people," Yang said. "We create a space that's really small and intimate that is surrounded by nurses, public health staff and people who can talk about those kinds of things...that's the kind of conversation we really want to have."



Radio Camp

View students work at <https://threesixty.stthomas.edu/student-video-radio>

IN MID-JULY, WHILE many kids were listening to their favorite music on the radio, ThreeSixty Journalism students were producing radio stories at Minnesota Public Radio (MPR) as part of ThreeSixty's Radio Camp. Yes, for one week this summer, radio camp students were stationed at MPR News headquarters learning from some of the best in the business.

"It's a second-to-none opportunity," said ThreeSixty executive director Chad Caruthers.

Students started the week by learning fundamentals of creating a radio story then headed to Minneapolis and the Guthrie Theater to capture interviews and sound. Each student was tasked with creating a report on an integral member of the Guthrie team, including West Side Story actress Ana Isabelle.

As the week continued, students hunkered down with their MPR newsroom mentors to produce their features. To cap the week, a showcase was held in the UBS Forum at MPR. The students' stories were played and listened to by ThreeSixty and MPR friends, as well as students' families.

Radio Camp was conceived in 2017 after the passing of MPR News editor Toni Randolph. Randolph's longtime support of ThreeSixty and its students culminated with her participation on the ThreeSixty Advisory Board. In 2014, she was awarded ThreeSixty's Widening the Circle Award in recognition of her extraordinary contribution to the next generation of journalists, while promoting diversity and inclusion.



—Chioma Uwagwu, University of St. Thomas



91.1 MPR
news

BEFORE YOU
TAKE SIDES,
HEAR ALL
THE SIDES.

DISCOVERING WHAT MATTERS

20  18 
ELECTIONS



Rookie Journalist Camp

I LOOK AROUND the spacious classroom; the one I've spent the last 40 minutes agonizing over. Is there enough natural light? Will the students get too cold? Will the students be able to concentrate on their assignments? And most importantly, will they like me?

It's the first day of the ThreeSixty Journalism Rookie Journalist Camp, and not just for the students—for me as well. I give myself a shake and remind myself that I can do this. As the students begin to trickle in, I see my anxiousness and excitement mirrored on their faces. It is then that I realize that we are all in this together and that we can all do this. I smile, they smile back, and the week begins.

When I joined the ThreeSixty Journalism staff in May 2018, I was ecstatic about the opportunity to work with diverse youth and help them tell their stories and the stories of those in their communities. It was not until the first day of Rookie Journalist Camp that I realized just how life changing this experience would be. Over 40 ThreeSixty Journalism students joined us over the course of one week to learn more about news journalism. It did not take me long to realize just how passionate, thoughtful, and



Christina Holmgren
ThreeSixty Program
Manager

curious ThreeSixty students are. As they learned about the intricacies of journalism, they were quick to ask questions. Their willingness to dive into assignments that made them slightly uncomfortable was admirable. By the last day of camp, students had made friends, and more importantly, gained a respect for the field of journalism as a whole. As I waved goodbye to the students as they headed out to embark on the rest of their summers, I could not contain my smile. Yes, we can do this and so much more.

*It was not until the first day
of Rookie Journalist Camp that
I realized just how life changing
this experience would be.*



STAFF PHOTOS



ThreeSixty| COLLEGE ESSAY BOOT CAMP

Kicking students' college essays into shape!



Students begin their ThreeSixty Journalism journey with College Essay Boot Camp. In College Essay Boot Camp, students use the fundamentals of writing to craft essays ready to submit to the colleges of their choice.

ThreeSixty Journalism high school students and staff participate in Brave New Workshop activities during College Essay Boot Camp in June.

Words to Uncover the Hidden

THE COLORS SEEMED to pop off the page and illuminate the playroom I was sitting in. Compared to the brown carpet I sat on and the faded blue walls that surrounded me, these colors were superior. But the best color in this book wasn't the yellows or the greens that colored the pictures, it was the black that beautifully displayed each word for my eyes to devour hungrily. Each one meant something completely different from the rest, making them unique and priceless. As this



Helen Anton
Girls Inc.,
Eureka!

book showed me how the world was built on words, it awoke a passion that had lain dormant in me, and I realized just how much words influence our lives.

When I was 15 years old, my parents got a divorce and I was beside myself in not only confusion but

also misery. I was, at the time, reading a book about an assassin who, despite all the anguish and turmoil she endured, remained an incredibly strong, brave and smart woman. This showed me that despite the things that happens in your life, you can either choose to crumble and fall or you can rise above the hardships and use them to make you stronger. Having this ray of hope in what seemed like an incredibly dark world helped me not only overcome the hardships but also not feel so alone. I want to be able to give this amazing gift to others and show them that there's a solution to every problem, no matter the circumstances.

In seventh grade, I read a book about how the government reacts when all of the children in the entire country suddenly get supernatural abilities, like reading minds or moving things around without touching them. At the time I didn't think of it as anything but a nightmarish story that I hoped would never become a reality, but recently I reread it and realized that it parallels our world. We now can use our cellphones to reach millions of people in a matter of seconds. In a way, this is like having a superpower. In the book, the government takes away the freedom of the children so, they don't abuse the power they've

obtained. I could see our government doing the same thing with our freedom of speech. To prevent this, we need to take action before it's too late. I want to bring attention to hidden issues through my writing. It's important for people to know that although a problem may seem small at first, it could quickly become a major complication in the future.

In order to help me share what I've learned from books, I need to learn how to better communicate my ideas and point of view through my writing. I can imagine my words making the world just as vibrant and colorful for others as it has become for me.

The Legacies We Create

I WALK INTO the classroom of plain white walls and white table desks. I grab the test and listen to my teacher say, “You have 60 minutes.” Sweat begins to drip down my forehead while my mind goes blank and my legs start to shake. You can do this. I open the test and look at the first question. No, you can’t. I always doubt myself. I’m afraid of failing. Yet I always manage to get decent grades. For a while that was good enough.

I’m the second oldest of four naturally talented, athletic, or intelligent siblings. I am not naturally talented, athletic, or intelligent. My mother said I had “good work ethic,” and I agreed with her. But I believed the work I was doing was pointless. Like most teenagers, I didn’t know what I wanted to do in life or what my purpose on earth was. By tenth grade, I wanted to quit school entirely. I knew I couldn’t because education was important. But why was it important? Why was it worth it?

A family tragedy helped me figure



Lyla Lee
Park Center
High School

it out. It was December 29th, 2016 when my family got a call saying my grandfather had died from a heart attack. In Hmong culture, the funerals last three to five days, and the preparation takes months. We were preparing for the funeral every single day, and my mother was sad. While my family cooked and made hundreds of paper boats, they talked about my grandfather. I learned that during the Vietnam War, my grandfather was held at gunpoint and forced into “re-education” camps, leaving his family in the refugee camp. To get him back, my great-grandparents had to buy his freedom with all the money that they had.

However, it was his struggles in America that changed his life the most. With very little knowledge of English, he found a way to navigate

from Michigan to Minnesota, where there was more support and better jobs. He got a high school diploma, something he’d been wanting for a long time. He asked every one of his family and friends for money, and eventually earned enough to open the very first Asian grocery store in Minnesota. His friends and family trusted him because of his winning personality and character. He was genuine, ambitious, and an over-achiever. They trusted him because he was able to navigate long distances. They trusted him because he said he was going to get a high school diploma, regarding his English, and got it. He earned it and created his own opportunities. He wanted freedom and that’s what he got.

After the funeral, I was given a chance to create my own opportunities. It was the middle of March when we got registration sheets for the upcoming school year. One of the options was PSEO (Post-Secondary Education Option). This was an opportunity to study at colleges and get college credit, while also fulfilling high school credits; an opportunity to complete two levels of education at once. You can’t do this, I thought. Then, the words of

my grandfather came to mind, If you want to be great, you cannot settle for comfortable. I decided I had to leave my cycle of self-doubt. I needed to move on. Like my grandfather, I had to persevere. He created his own success by achieving his ambitions. Education was the first step in doing so. I wasn’t going to allow myself to “settle for comfortable.” I was going to get an education and challenge myself with new knowledge. I was going to earn my own freedom. And so, I decided to mark the PSEO box. It was a little mark but a big decision.

Going into PSEO full-time was intimidating at first. I was a high school junior, sitting next to college juniors and adults in their thirties. I doubted myself because I had struggled in high school, but I was able to maintain a GPA above 3.5. School was something that I struggled with mentally, physically, emotionally, and even spiritually, but I knew that I could overcome it and I did. I found myself growing intellectually every single day and I want to continue. Because of PSEO, I was able to gain all kinds of new knowledge.

I didn’t just learn about my classes, I learned how to improve natural human abilities such as communication and asking questions. Because of my grandfather’s stories, I was able to embrace all of the obstacles that I was going to face. His memory became my inspiration.

The legacy that my grandfather left was his freedom. His stories taught me that in order to succeed in my goals I must try new experiences and I must continue to be hungry for knowledge. Staying in my comfort zone, I never grew. Knowledge kept my grandfather going. Earning his diploma was his first step to freedom. The legacy that he left for his family is the legacy that I want to leave for my family. I want them to be inspired. I want them to create their own legacies. My grandfather’s words stick with me to this day and I only want to strive to be the best and never settle for anything less.



Self-Care When We Needed It Most

IT WAS A gloomy and rainy Friday afternoon. I stood next to my mother’s hospital bed, holding a pink blanket that was as light as a feather. Tears rushed down my face, just like my mother who was laying in bed. All you could hear was the sniffing of our noses as we tried to hold back our pain. I gave the precious blanket back to my mother and slowly sat on a chair across from her. All I was thinking about was why? Why us? Why her? Why me? At that time, I did not want to accept the fact that I had to continue to live my life as an only child. As my life carried on, I had to learn how to find the positive outcomes after my mother’s miscarriage.

The first month after my



Ethan Nhim
Harding Senior
High School

mother’s miscarriage, I realized she needed me more than ever. I helped her out a lot more than usual while also making sure that her mental state of mind was starting to accept what happened. During this time, she was visiting the hospital almost every other week due to depression from losing my baby sister. Because my mother was not home very often, my responsibilities and workload around the house increased quite a bit. The acts of kindness that I undertook for my mother, helped

our relationship grow into the strong bond that is seen today.

The miscarriage of my sister took a big toll on me as well. It marks the point in time when my grades started to decline because I became depressed about what happened, just like my mother. It was not too long before my family noticed the difference in my grades. I did not want that trend to continue or have my grades disappoint my family. I told myself that I need to face the reality of what happened, and that there was nothing I could do other than focus on my education and assure myself that my family is safe and mentally stable.

The thought of moving on was hard for me to handle at first. The first week after the tragic death, I could barely rise out of my bed to go to school. However, I kept pushing myself to press on. It was all I felt I could accomplish at the

time, besides helping out my mother. It took time, but a month later is when I completely accepted what happened. I got a call from my mother’s friend, asking me if I wanted to speak about the miscarriage and how it was affecting me. At first, I was hesitant to answer, but after I talked to my mother, we agreed that doing this would help us both mentally. After I spoke with a group of people that were my age or younger who had gone through the same tragic event as me, I realized that my motivation to succeed in school increased and that I possess the leadership and courage to help others.

Miscarriages are usually considered bad things, and most of the time they are. Even though

my mother’s miscarriage is a bad thing that happened to my family, there is something positive I was able to take away from it. I realized that this tragedy brought me greater motivation to achieve my goals in life. It has also shown me that I am able to find the positive outcomes during a difficult time as long as I try my very best to do so. As time moves on in my life, I know that no matter what difficult situation I might face, I will face it resiliently.

Paving My Path

HER SINGING STOPPED. The microphone in her hand started shaking. She could feel the water trickling down her legs. My mother placed her hand on her bulging stomach and realized where the water was coming from. Her friends immediately surrounded her, panicking about what to do next. They took her to the nearest hospital but she refused to enter. Rumors had been going around that children were being stolen from the hospitals in the area. Instead, my mother was taken to a family member's house and they helped with my birth.

This is an everyday reality for most pregnant women in refugee camps. Their only resource is the community around them. I hope to return to my former refugee camp, Kakuma, and become an additional resource as an obstetrician.

My mother is a single refugee mother who raised her ten children



Samia Abdalla
Girls Inc.,
Eureka!

by herself. She had to emigrate from Somalia to Kenya once the civil war in Somalia broke out. During her emigration, she was pregnant and had my five other siblings with her. Once they left Somalia, they settled into Kakuma in northwestern Kenya.

My family survived the emigration with the help of the United Nations High Commissioners for Refugees (UNHCR), who provided resources for the refugees living in the camp. They have also helped people immigrate to other countries, including my two oldest siblings who moved to Canada with their families in 2007. In 2010, my mother, younger brother and I came to the U.S to live with my grandma. The rest of my siblings and

their families still live in Kenya with the hope of someday moving to a better place.

My mother has been trying to get my siblings in Kenya to the U.S., but even after eight years, there has been no change. The separation of my family due to our refugee status has urged me to further my education, which, I believe, will give me enough power to navigate through the immigration system in order to get my family back together.

I am going to be the first individual in my family to go to college, and I am paving the way for my little brother. This puts a lot of pressure on me because my family expects my future to bring them better opportunities. Despite all the pressure, my end goal is having a career that provides me with a substantial salary to support my family and the opportunity to bring them all back together.

My career path is in the medical field, which requires me to take a lot of science courses. Many girls are discouraged from going into this field because society underestimates their

abilities. Some people believe that the only thing that a girl should be in the medical field is a nurse, but I want to be a doctor. My decision to become a doctor is supported by groups like Eureka!, which empower girls to be leaders in the STEM field.

In the OB/GYN field, patients prefer female doctors to male doctors. I, as a woman, would personally prefer a female to be my doctor when I have to deal with birth and female health concerns. Historically, men have dominated the field, but there's a growing rate of females who hope to bring comfort and ease to pregnant women. With that said, I want to not only increase the percentage of females in the OB/GYN field but also inspire girls from underdeveloped countries to pursue their dreams.

Back home, girls are discouraged to go to school. As a child in Kenya, I didn't go to school. I started school as soon as I immigrated to the

United States. Even though I will be equipped with my education, I fear that my patients will hold prejudice and discriminate against a doctor from an underdeveloped country. Many assume immigrants in this country aren't capable of having a high-power career like a doctor. This prejudice, however, only encourages me to dismantle their assumptions and become a great Obstetrician, despite my immigration status.

One of the goals I have in life is to give back to the United Nations in Kenya by helping pregnant women in refugee camps. I know that many women don't have the resources for prenatal care, labor or postpartum care. In fact, many of the women who help with deliveries have never had formal training, which makes labor risky and dangerous. I plan to go back to Kenya once I officially become an OB and become a resource for my childhood community.

Putting My Health First

IT'S 1 A.M. on one of the coldest days in December and I find myself sitting outside on a lone metal bench. The harsh wind is nipping at any exposed skin it can find and my mind seems to be just as numb as my gloveless hands. I stepped out of my suffocating room and into this near-negative temperature hoping to clear my mind and make my breathing steady again. I feel an oncoming panic attack and can't help but blame myself for overworking myself to this point and causing damage to my mental health.

Lack of care for mental health has been a long-standing issue in my family's health history—along with the denial of any mental health issues that may be occurring—because of cultural influences and potential damage of pride they may feel. Having interacted with these family members my entire life, I have been able to witness firsthand how this denial and lack of attention shown



Fatima Acosta-Mendoza
Harding Senior
High School

towards mental health within my family has negatively affected my older relatives' personal lives and careers. Growing up surrounded by these harmful influences, I began to deny the downfall of my own mental health and fail to provide myself with the proper resources needed to keep my mental health in an acceptable state.

Toward the end of my sophomore year, I began to clearly see the harmful effects of this denial of care for my mental health. I had placed unrealistic expectations on myself through comparison to others and thinking my efforts weren't enough, and I had placed a toxic amount of

pressure onto myself. This stemmed from me believing that to be successful and reach my full potential, I had to be among the best in everything ... and that if I was not doing as well as others, my efforts didn't count. This want to be the "best of the best" became a source of motivation for me, one that was damaging the way I viewed my situation and myself. My toxic behavior eventually became an obstruction to my ability to work towards my goals.

After coming face to face with a near-panic attack, I quickly realized that I couldn't continue forcing myself to work towards goals that were not realistic for me. Despite having this realization, I didn't immediately begin to treat my mental health with more care. It was a long and tedious process to confront my problems and find a solution, but one that I am immensely grateful for nonetheless. I had to learn how to manage myself better, by giving myself space to clear my head and not get overwhelmed with the expectations I had forcefully drilled into my

conscious.

This new understanding of myself has opened up sides of me that I was not aware of before. I now know that I am capable of working my way towards a solution that can control my negative thoughts and ease them into something manageable.

Being disadvantaged with my family's health history, and my own harmful attitudes and actions, it was easy for me to neglect my own mental health and consequently let it affect my personal and scholarly life. Having to face this reality and come to terms with the fact that I was

harming both my present and future self was troubling, but

something I believe was necessary for me to go through. I realize where I went wrong and am able to grow from it and become a better version of myself. I can now reflect on my actions, and the consequences they may have, and use that to improve and work towards my ideal future. Having this unexplored understanding of myself allows me to constantly improve my life by reflecting and managing my emotions and their effects better, making me eager for what the future has in store for me.



A Helper for My Brother, A Healer for My People

I CAN REMEMBER my brother's first epileptic seizure like I can recall the passcode to my iPhone. It was in July of 2006, and I was only 5 years old at the time. My brother, Keysi, and I were playing tag in the office of our one-story townhome in a south Minneapolis neighborhood filled with other Somali families. What happened next changed our lives forever and made me aware of why health care is so crucial and important around the globe.

On this summer afternoon, our 11-year-old brother, Koshin, had just gotten out of a cool, refreshing shower after playing basketball with friends in the neighborhood park. I saw him walk briefly to our shared bedroom, but he never walked back out. All of a sudden, we hear a loud thud — a thud so loud neighbors could hear. This thud defined our future. Keysi and I immediately stopped playing tag, glanced at each other and ran to him. I saw him lying on the bedroom floor,



Anisa Yusuf
Girls Inc.,
Eureka!

still naked from his shower. I saw my brother's melanin, frail, skinny body shaking uncontrollably. His eyes rolled back in his head. Tears dropped from his ebony-enriched eyes. Foam flowed out of his mouth. As if this foam was being translated to words, he begged for me, his 5-year-old sister, to save him.

Keysi, who was 8 years old, just stood there confused. He thought Koshin was pranking us. "Warya ayarka iska dhaaf," he said. "Bro, stop playing." But I knew my brother wouldn't pull a prank so absurd. I yelled out a scream for help, so deafening that within a millisecond my parents rushed in, our neighbors dropped what they were doing and ran over and the ambulance was called.

That day, doctors saved Koshin. He was diagnosed with epilepsy, a brain disorder causing unpredictable seizures. From that day on, I just remember my brother going in and out of the hospital, swallowing large white pills three times a day and more episodes of seizures, some more serious than others. All of them were scary to witness, however, as they always came randomly. You can't do anything to prevent or relieve the seizure. All you can do is watch and pray for the best.

Growing up as the only girl in my Somali household, I had to take care of and look after my oldest brother most of the time. I gave him his medication, helped him in and out the shower (as he often felt weak and wearied after seizures) and called paramedics when he had an episode. My parents were busy working. My mom held two jobs to make sure we had somewhat of a stable income, so I was basically Koshin's personal caregiver.

As I grew older and matured mentally, I kept thinking back on what would have happened to Koshin and our situation if my family had never left Somalia. Would my brother have even

survived his first seizure, let alone make it to 21 years old? How would my parents have afforded or found the right medical care? These types of questions never left my train of thought and are what makes me determined to change the field of health care globally.

I am lucky to be in America. As a first-generation Muslim Somali-American woman, I believe America is an astonishing country with many opportunities. To receive an education, to get jobs and to improve our health and well-being. It's been true for my parents who escaped the Somali Civil War in 1991. My dad, who started as a taxi driver, now is a construction consultant. My mother worked hard to become a community health worker.

Koshin is not letting his disability define him. He graduated from high school and is now enrolled at Minneapolis Community and Technical College (MCTC). I haven't heard him experience a seizure in a long time. Meanwhile, Keysi is living life! He bought a new car and just graduated from South High School. He also plans to go to

MCTC in the Fall.

College, for me, is a once-in-a-lifetime opportunity because I know not everyone is fortunate enough to attend. I will study health care and become either a neurosurgeon or a certified registered nurse anesthetist (CRNA). My brother's experience with epilepsy has opened my eyes to the positive impact of health care. It keeps people flourish, saves lives and, most importantly, provides them future. I believe health care goes beyond your income or status. Health care is a way of life. It's about having an opportunity to make a difference in this world, and I plan to make a difference around the globe.

Ultimately, I want to make all my Somali people proud. One day, I will go back to Somalia and share what I learned about the advances and advantages of health care, along with the experiences and education I received while being in America. I will do this so everyone can have a chance to live a good life like my brother Koshin.



Speak It into Existence

"CAN YOU SAY that again? I didn't understand you."

In my childhood and even today, I can be difficult to understand. My family mostly spoke Hmong at home, and as the middle child of nine kids, I spoke in my native language until I went to school. Articulating words and sounds in English was challenging for me then and still is today. Even though I've worked hard at speech therapy since kindergarten, people still ask me to repeat myself.

My own contemptuous view of my speech led me to become a shy, quiet and sad kid. I was exhausted by always repeating myself and never being understood. Soon, sadness laid in my mind, sometimes making me yearn to be someone else.



Paying Yang
Patrick Henry
High School

The journey to self-acceptance began when I auditioned for the fourth-grade choir. When I was done trying out, I somehow knew the answer already without being told. My heart became heavy as I heard my music teacher's decision: "Sorry, you didn't get the part." I looked at the bland ceiling to stop my tears from flowing. At that moment I believed I would never be able to do the things I wanted to do because of my speech.

Despite my conflicting feelings, something in my heart told me to try

again and not give up. I decided to audition again in fifth grade because of that optimistic inner voice.

One year later, my tiny hands trembled as I again raised the microphone. I began to belt, "Oh, Lord, I want to be in that number when the sun refuse to shine." Cold sweat was dripping down from my forehead as I finished the last part of "When the Saints Go Marching In."

My eyes closed as I waited for the answer. My hands were clenched in anxiety, the bitter feeling of last year ready to return, as the teacher announced the names of the students who were accepted into the choir.

I was ready to again look at the bland ceiling to stop my tears from flowing. Instead, I heard a few simple words that would forever change my life. "Congrats, you got in!" Shocked, I opened my eyes in disbelief. I was overwhelmed and felt tears of relief on my cheeks. At

that moment, the insecurity I felt about my speech had been taken off my chest and replaced with the feeling of determination.

Eventually, though, I had to face the inevitable: The day of the recital.

"Today is the day," I thought, as my fingers clutched the skirt of my new sparkly green dress as I waited to perform. The crowd of parents and students made the butterflies in my stomach flutter. My heart pounded against my chest as I started to sing with my group.

Moments later I heard someone cheering me on and saw my mother's bright smile. The butterflies went away, and I finished, feeling proud for doing something I'd never thought I would do.

Looking back, I realize auditioning for the second time has driven

me to always try again even if I fail the first time.

I am also a more courageous person. Making friends comes easier

to me, and talking to strangers is no longer an obstacle. Doing and learning new things is thrilling instead of foreboding. Most important, I learned to love myself and my journey.

Now I know my voice is what makes me unique and myself. I've always worried my speech would make people presume I'm not a sharp person or "normal." What I've learned is my speech is only a small part of me and it will not dictate my future. My speech has made me a stronger student and person, someone who stands up for herself and others. Today, I am fearless.

Livio Brings Back House Calls

A mobile health care company and its community health workers treat more than just the sick.

LIVIO HEALTH GROUP takes a holistic approach to treating aches and pains. In addition to employing board-certified providers and medical assistants, the company uses community health workers to investigate some of their patients' underlying challenges.

Started in 2015, Livio provides onsite services that help remove barriers to accessing care. The company evaluates and treats chronic conditions, illnesses and injuries, while also providing preventive care and prescriptions.

"This patient-focused care model achieves that by providing the medically underserved with faster patient care, which often reduces or eliminates ER and hospital visits, and ultimately leads to better patient outcomes," Jim Olson, president of Livio Care Group, said in a company press release in 2016.

Livio also believes better patient outcomes can be achieved when they help uncover the underlying issues behind illnesses.

"A big hurdle we have is basically social issues. But, to help with our social issues, we have a team of community health workers and they can assist us in a lot of areas in housing, maybe helping people



Ta'Vasia Johnson
Harding Senior High School

get their bills paid, paying for their medication, stuff like that," said Donny Dunrow, a nurse practitioner of Livio Care Group.

Livio Health community health workers (CHWs) look to treat the whole person by giving patients with a lack of support some of the resources they need. CHWs build trusting relationships with patients, help identify obstacles to health and access to care, and advocate for patients. Importantly, they also help patients learn to advocate for themselves.

"Community Health Workers go in and help mediate the social shortcomings that people have," said Dunrow.

In using such an approach, Livio has flipped traditional health care on its head, going beyond single encounters to treat the whole person. They've committed to doing whatever it takes for as long as it takes to change the system and provide the expertise, understanding and care people deserve.



PHOTOS COURTESY OF LIVIO HEALTH

Livio Health operates as a completely mobile health service, focusing on those experiencing homelessness, mental illness or addiction.



Livio Health Group staff meets with youth at Minnesota Transitions Charter school.

Organizers Aim to Spark Health Habits Throughout North Minneapolis

Leaders of Northside Greenway Now look to revive connections with residents in North Minneapolis

WILL LUMPKINS is determined to help create more green spaces in North Minneapolis. He's the manager of Northside Greenway Now, a group working to bring the area to life by transforming low-traffic streets for motorized vehicles into non-motorized pedestrian greenway paths.

North Minneapolis is considered to be among the most dangerous neighborhoods in Minnesota. A 2010 study showed that those living in area codes 55111 and 55112 have a lower life expectancy, and not just because of the crime there. The neighborhood is a "food desert" — lacking grocery stores in the area. North Minneapolis is behind many other



Samira Mohamed
Washington Tech
Magnet High School

neighborhoods in the city in offering green spaces and nutritious foods, so a committee was put together to come up with solutions.

It decided the best way to connect residents to parks and other green spaces was with a greenway. And with that, the committee commenced engagement with the city from 2011 to 2016, starting to piece together the Northside Greenway project.

In 2016, three temporary greenway models were installed along Irving Avenue North, and the area was closed to traffic. The various designs brought mixed results: some residents embraced the idea while others found aspects of it frustrating. Even an anti-greenway group started, which asserted that the project was racist and ableist.

"I think the biggest challenge has been dealing with some of the negative narrative, and also learning how to rebuild burned bridges," Lumpkins said. Among his goals has been showing people the "value of having something like this in your neighborhood."

The most popular design was the linear park greenway, which would draw out the most neighbors. It would eliminate car traffic from the road while replacing it with a paths and green spaces for bikers and pedestrians. There would be space for community gardens, playgrounds, BBQs and art. A

July report said that 73 percent of survey respondents want some form of greenway on their street.

Lumpkins said some residents believed that a greenway would create more crime; however, he believes that it would combat some of the crime in North Minneapolis. "When you're young, it's good to keep up a healthy lifestyle. Having more access to parks can help keep up that lifestyle," he explained. "If they have access, there's a possibility that they'll use it. This first generation might not use it, but our kids and their kids will get the value out of it."

Even though the committee has hit some rough patches during the test period, it's still going strong, continuing its advocacy for the project and promoting it in the neighborhood. The committee is vying to get federal funds for the project for 2019.



Will Lumpkins (left), manager of Northside Greenway Now, meets with ThreeSixty student Jessy Saybe to discuss the proposed bike and pedestrian path in North Minneapolis.



Minneapolis resident Alexis Pennie supports the Northside Greenway. Here, he meets with North Minneapolis residents and describes how, "the project would potentially provide access to economic opportunity, connectivity throughout our city and region, and a vitally important investment in our quality of life."

MARK BROWN, UNIVERSITY OF ST. THOMAS

COURTESY OF NORTHSIDE GREENWAY



Red Willow; a key ingredient in the making of medicinal, sacred tobacco.

Using Culture as Prevention

Mat Pendleton teaches Native American youth about an important tradition.

AFTER THE SNOW of winter and before the thunder of spring, Mat Pendleton goes to harvest the sacred tobacco.

He goes down by the river and cuts off a branch of the red osier dogwood, or red willow, to be shaved into sacred tobacco.

This is similar to the time when Pendleton was a boy, when his father and brother taught him about sacred tobacco.

Pendleton, the recreation director at the Lower Sioux Indian Community, teaches youth about this significant cultural tradition, which has survived generations despite being made illegal.

He said he feels it's his duty to carry on the tradition of the Dakota people, especially because those traditions can heal past wounds and prevent future ones.

"That is who we are. That is our connection to God, the creator," Pendleton said.

Sacred tobacco had been made illegal, along with other Native American religious artifacts, until 1978. That opened the door for commercial tobacco, including cigarettes, to become incredibly common in that time and many



Sophia Schach
Southwest
High School

Native Americans became addicted.

Now that sacred tobacco is legal again, the Lower Sioux are reclaiming and introducing it back into their lives.

In Dakota tradition, nothing is taken without giving something back. Sacred tobacco is used as an offering, as an act of remembrance, to honor or to heal.

"Say we're out harvesting berries. We give that tobacco as an offering to that berry bush that's providing us food for our bodies. We're giving thanks for that," Pendleton said.

Even during the harvesting of the sacred tobacco, an offering from a previous harvest is put down by the red willow before a single branch is removed. It is also offered when visiting significant sites. When Pendleton was accompanying a group of young people on a tour, they gave tobacco to Red Rock in Newport, Minnesota, an important spiritual site.

Sacred tobacco is not just used



Kara Siegfried (right), certified health specialist and member of the Lower Sioux, discusses the medicinal properties of sacred tobacco at a Lower Sioux Indian Community event.

In Dakota tradition, nothing is taken without giving something back. Sacred tobacco is used as an act of remembrance to honor or to heal.

on special occasions, but in everyday life.

Through different workshops and activities, Pendleton gives young people the tools to build an understanding of the benefits of sacred tobacco. The activities are hands-on and engaging for the youth. Before community basketball games, for example, tobacco is offered before the teams take the floor.

Seeing kids, such as his son, teaching other kids about harvesting and the use of this tobacco, is an example of the impact Pendleton's teachings are making in the community. This is personally rewarding to him because he knows a big

part of the culture is coming into their lives.

"That's what I continue to work for is to give the kids tools to do all the good things that they're put here to do -- to be a good Dakota, a good relative, that's with all of our teachings," Pendleton said. "And it gives me pride to see all our young people growing and living like our ancestors lived with the tradition and knowing our medicines and knowing what it is to be Dakota."

At pow wows, sacred tobacco is used instead of commercial tobacco to thank the drums and the entities. Many spiritual buildings are also instituting no-smoking areas to help

eliminate commercial tobacco.

Informing the community about the benefits of sacred tobacco draws them back to this important part of their culture and results in a decrease in commercial tobacco use for current and future generations, Pendleton said.

Pendleton was invited to Grand Portage to show a documentary called "Reclaiming Sacred Tobacco" that he was in and talk about what he does.

Although sacred tobacco is a big focus in the workshops, reconnecting the Dakota people to the water is also a big part of making a healthier community, Pendleton said. For example, community groups go up to Leech Lake and learn how to harvest wild rice.

"So that sacred tobacco is that vessel, I said, so to make us healthy, to help us fight addiction, depression, anxiety, diabetes is to get more active, eat healthier and to respect that tobacco," Pendleton said.



MARK BROWN, UNIVERSITY OF ST. THOMAS

TV and Me? Stay Tuned...

View student's TV Broadcast Camp work at <https://threesixty.stthomas.edu/student-video-radio>.

THREESIXTY JOURNALISM's TV Broadcast Camp is back, bigger and bolder than before. Last summer, ThreeSixty unveiled the new camp for advanced students in partnership with the Center for Prevention at Blue Cross and Blue Shield of Minnesota (Blue Cross) and Padilla. This summer, the Center, Padilla and students, plus an impressive list of Twin Cities media partners, collaborated to tackle health equity issues and lift the voices of those affected.

"There are these assumptions that young people don't know what's going on in the world," said Sasha Houston Brown, Center for Prevention Communications and Advocacy Consultant.

She added that the Center looks specifically for youth to tell the stories. "They are engaged and insightful. They bring enthusiasm that's desperately needed."

I was one of those enthusiastic participants! I am a junior at the University of St. Thomas, double majoring in Communication and Journalism and American Culture and Difference. This summer, I was eager to be a student worker for ThreeSixty Journalism because they were offering a chance to gain some skills in writing and telling stories. I was excited to hear I was invited to participate as a student in the TV Camp. I had never considered a career in broadcasting, but after five days, I should not rule this out.



Chioma Uwagwu
University of
St. Thomas

Weeks ago, if you'd asked me, "What the best part about TV news?" I'd without a doubt have said it's feeling glamorous on-air -- makeup artists, thousands of Instagram followers and getting to tell stories by traveling around the world. I was naive. I spent the week creating what eventually became an edited video package sharing the Lower Sioux Indian's effort to reeducate their community on medicinal tobacco.

On the first day, we were introduced to the topic of health equity by the Center for Prevention team. They told us that race, place and income were the main factors contributing to inequity. Honestly, I didn't know it was that big of an issue within Minnesota, considering we are in the top-five fittest states in America.

As for my story on medicinal tobacco, the result of it being outlawed resulted in many Native Americans using commercial tobacco. That trend caused significant health issues—like cancer. As this was my first go as a broadcast reporter, I struggled with how to make the story come alive.

Luckily, we weren't doing it alone. With



Inspiring the next generation of journalists to always go beyond the first question.



We're proud to support the young, curious minds behind ThreeSixty Journalism. See how we build, grow and protect brands at PadillaCo.com.

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THE STATE WE'RE IN

A podcast that explores themes related to health, health equity and community.

iTunes | Spotify | Stitcher
centerforpreventionmn.com/podcast



Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association

the help of more than 30 current and former journalists from our media partners, plus more than a dozen story sources, we found the confidence to grasp our story angles, on-camera interviews and broadcast writing. Media partners included: Padilla, KARE 11, WCCO-TV, TPT, KSTP-TV, the University of St. Thomas and the University of Minnesota - Hubbard School of Journalism.

I worked with former KSTP-TV anchor and reporter Kris Patrow and Jasper Farlow, who both now work for Padilla. I liked getting to know them beyond their job titles. I also appreciated the amount of independence they gave me. They didn't come in to control. I was in control and they were my support.

KARE 11 reporter and long-time ThreeSixty volunteer Lindsey Seavert says she had a fun time working with St. Paul Academy and Summit School senior Isabel Saavedra-Weis.

"We need these students," said Seavert. "They're helping us be better and raise the bar. I see this as a turning point. We needed their voices a long time ago but especially now."

Once we completed interviews, transcribed our video and wrote our scripts, something magical happened. The editing process was one of my favorite parts. In just three hours, Jasper and I condensed an hour of raw footage and turned it into a 90-second video package—ready for air. He was able to

effortlessly mix audio levels, find the right video to cover my tracks and added the right amount of seamless transitions to make sure the message shined.

Fellow TV Camp participant and Irondale High School junior Aaliyah Demry said, "At TV camp, I was really pushed out of my comfort zone. I learned a lot about grammar and how a reporter is supposed to stand and talk."

Our final video projects were showcased at a celebration with ThreeSixty friends, partners and volunteers back at the University of St. Thomas. I was filled with pride to see something come alive on the screen that four days ago was just an idea.

This week gave me a greater appreciation for the countless hours journalists put in everyday to gather and deliver broadcast news. Exploring health equity topics shed light on the many Minnesotans impacted by health inequities and groups who are dedicating their efforts to combat the effects of these challenges one day at a time.

"It's humbling to meet young people with such talents," said Christian Knights, the Center for Prevention Strategic Communications Manager, who oversees the partnership with ThreeSixty Journalism. "I'm continually blown away. When you think, 'It can't get any better than this,' it does."

You can view all the TV Camp student stories at <https://threesixty.stthomas.edu/student-video-radio/video-broadcast-camp/>



Racial Shift Leads to a Policy Change

African Immigrant Services addresses racial demographics in Osseo Public School District.

SINCE 2014, OSSEO, Minnesota, has seen change due to the dramatic shifts in its racial demographics.

The Osseo public school district is the fifth-largest in the state, serving all or parts of Brooklyn Center, Brooklyn Park, Corcoran, Dayton, Maple Grove, Osseo, Plymouth and Rogers. The district is made up of approximately 20,000 students, with African Immigrants and African Americans now making up 53 percent of them.

According to Fata Acquoi, a program director with the African Immigrant Service (AIS), the Osseo school district had an opportunity to do more when it came to serving students of color upon her arrival in 2016. “These organizations were not created for us as people of color. They were created as bureaucracies and created to make it harder for us to infiltrate.”



Aaliyah Demry
Irondale High School

“Minnesota has a pretty large African migrant population, but a majority of our voices are being left out in decisions,” she said. “AIS was founded to basically bring the voices of African immigrants to the table so that we are able to contribute back and be in powerful positions making changes to policy and system.”

She noted that parents of color started to notice there was a very big gap in suspension rates for students of color in comparison to the white students, there was a lack of African-American history classes available and food options from African cultures were not



AALIYAH DEMRY, IRONDALE HIGH SCHOOL

Fata Acquoi

available. Osseo public school district also did not have any teachers or schools board members of color.

Acquoi says that parents overall felt that there was not equity for students of color in the district and knew something must be changed. In 2014, more than 300 outraged families in the community met with the school board, superintendent, teachers and principals and expressed how they had seen a difference in punishments, food options and class course options for

students of color than white students.

As a result of the meeting, the district brought in African Immigrant Services (AIS), a community nonprofit working to increase civic engagement with communities of color to remove disparities and defeat systematic and cultural barriers. Acquoi was hired to be a mediator between parents and the school board.

“I was brought in by the parents to make sure our students are going to be successful,” she said.

Acquoi shares experiences with today’s students of color: coming to the United States, going to a predominately white school and being talked down to by teachers and principals.

Acquoi soon learned that an Osseo Education Equity policy was held up for two years by the district and groups other than AIS wanted their names attached to it. Parents had not been informed.

So she called an emergency meeting and held a focus group with parents to look over documents and give feedback. After reviewing the documents, parents agreed and the policy was passed. The policy includes creating an African-American history class and offering African food for lunch with food ingredients listed. More important, it required the hiring of teachers of color.

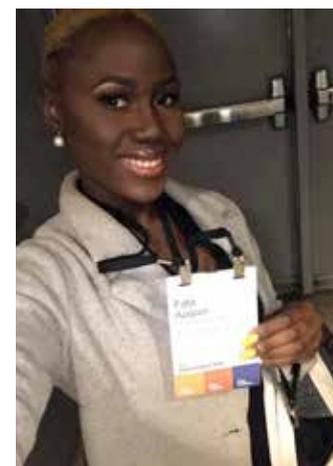
“This is the first-ever policy where parents of color can hold the district accountable,” she said. “If these rules are not followed AIS could always challenge or sue the school district.”

The passing of this policy shows progress for the Osseo public school district as it tries to address its changing racial demographics.



PHOTOS COURTESY OF AFRICAN IMMIGRANT SERVICES

Parents of Osseo School District youth gather at the Brooklyn Park City Community Activity Center.



Fata Acquoi attends the 2018 Policy Link Equity Summit.

Little Moccasins, Lots of Love

Lisa Skjefte, along with her community, give gifts to young Native American babies.

LISA SKJEFTE, AN American Indian Community Liaison at Children's Minnesota, was about to start making her rounds in the hospital to meet and greet all of the new Native babies in the Special Care Nursery and Neonatal Intensive Care Unit (NICU).

On that spring day in 2015, however, something felt odd.

"It didn't feel culturally appropriate to go and meet these new little ones, without a gift welcoming them into this world," Skjefte said.

Skjefte, a member of the Red



Shelby Cathey
Minnehaha
Academy

Lake Nation of Ojibwe, started speaking with other members of her community, and that led her to form a partnership with All My Relations Arts, a contemporary American Indian fine art gallery. Together they set out to make moccasins for Native babies needing special care.

Her vision was to have the



Moccasins being hand-stitched by members of The First Gift volunteer organization.

moccasins represent a celebration of the new baby's life, and that the children are now a part of a loving community despite their health challenges.

Community is very important to Skjefte and she wanted to make sure that building a strong community and collaboration was incorporated into her new idea. She continued to work with All My Relations, Children's Hospital Minnesota, and members of her

community for this new project. Graici Horne, a curator for All My Relations, came up with the program's name; "The First Gift." The program continues to partner and collaborate with Children's Hospital and now also works with Two Rivers Art Gallery.

It is very important to Skjefte that the program is a partnership and not just one person.

"I never say I founded it, but I created it with the community,"

Skjefte said.

Every year about 50 babies receive moccasins, 30 are inpatient and 20 are given to the community. The program continues to encourage members of the Native community to volunteer to make the shoes, and hand-stitch and bead traditional moccasins to gift to the babies. The moccasins, despite their small size hold a lot of love and represent hours of dedication. The program ranges from about 20-40 volunteers per session at the Two Rivers Art Gallery.

Skjefte explained that about 20 women have come to every moccasin-making session for the past 3 years, since they started, and haven't missed a single one.

"I think that it's because of the community building," she said. "It feels good that you are invested and doing something for babies in our community."

As the project has continued, some of the volunteers have been very supportive and were extra helpful in some situations. Skjefte explained that when she was running late one day, some of the volunteers taught newcomers how to stitch the moccasins.

Skjefte has fostered children and it is very important to her that the children know their culture, even from a young age. She shared a story about a baby she fostered, her name is Myla. The baby was always welcomed to come to the sessions and sat and watched the women bead. Even as a baby, Myla always enjoyed and celebrated the space.

"When she was 2 years old, we would drive up to the American Indian Center. She would start clapping and say 'Yay' because she was excited," Skjefte said.

On occasion families will sometimes reach out to the organization and thank them for their work. Skjefte recalled a scenario where a family had reached out to her via email right after their daughter had turned one. She said the family was grateful to "The First Step" for starting their daughter off on a clear pathway. For the family the moccasins symbolized a clear path for their daughter, a journey that will continue to connect her with her Native culture.



Lisa Skjefte works on moccasins at the American Indian Cultural Center.

PHOTOS BY ELIZABETH FLORES, STAR TRIBUNE

Appetite For Change Brings Fresh Ideas to the Table

Group uses food as a tool to build health, wealth and social change.

WHEN PRINCESS TITUS set out to spread the message about the importance of eating healthful foods, she faced the challenge of doing it in a community overrun with fast food chains serving up anything but.

Her task, which has grown from a mission into a movement called Appetite for Change (AFC), meant not only steering people away from the high-calorie fast food fare but also making healthier options such as fresh produce more accessible.

Six years ago, Jessie McDaniel and LaTaijah Powell saw potential in a youth program with Appetite for Change to raise awareness. Now McDaniel and Powell are youth leaders and program facilitators.

McDaniel and Titus both saw a need for a change toward better health. They also saw the importance of inspiring youth in the community, and how building trust within the community is part of the process.

“If we were not training young people and exposing them how to feed themselves that we were disadvantaging our future,” Titus said.

The program’s message went viral when they released a song called “Grow Food.” In the video, some of the youth from AFC rapped about the importance of nutrition while comparing the adverse effects of poor nutrition to things like urban crime.

Although the video has led to an increase in valuable donations and publicity,

Titus and McDaniel emphasize their unique mindsets toward the movement. They also hope the public realizes their genuine ambition and dedication to improve eating habits, even though a snapshot of the north side and its sea of too-convenient takeout eateries



David Gutierrez
St. Louis Park High School

shows a formidable challenge, not unfamiliar to other communities they’ve visited.

Some might wonder if it’s just a coincidence. “We’ve been to California and Seattle and as soon as you see the black or brown

people, you start to see the bad (unhealthful) food,” Titus said.

Said McDaniel: “I don’t care if we get a million dollars tomorrow, and if they tell us we don’t even have to work no more, I’ll still be in the community, at the garden putting in that work because my people gotta eat.”

AFC, with a staff of 40 to 50 full-time employees and more than 20 part-timers, created the vehicle to allow young people to let their voices be heard and address social issues. McDaniel shows his belief in immersing the youth into a healthier future, while being convinced “the youth is the truth.”

Titus even takes it a step further, emphasizing the community



PHOTOS COURTESY OF APPETITE FOR CHANGE

Appetite for Change is spreading the message of healthy eating to a community that lacks fresh food options.

gardens, where she hopes to see the community unite and change the narrative.

“The stories have to be told, that we are courageous enough to go to those places of soil and plant with strangers to meet at our basic human need,” Titus said.

Appetite for Change is having a domino effect around the country with more people buying into the

idea of a healthier future. AFC is still gaining traction, but at this rate the possibility of expanding AFC seems more likely rather than less.

AFC has been fighting to change, along with the rut of unhealthy eating habits, the narrative on the North Minneapolis community, even the negative label “food desert” and perceptions about things like high rates of diabetes.



Youth involved in Appetite for Change encourages North Minneapolis community members to shop fresh.



Minnesotans enjoy a ride on one of the many Nice Ride bikes located throughout the Twin Cities metro area.



Nice ride pushes for an increase in dockless locations, making rental cheaper for Minnesota residents.

Minnesota Nice...Ride

Nice Ride focuses on alternative transportation through its bike sharing system.

MOST PEOPLE UNDERSTAND that riding bikes is healthy—and good for the environment. But more and more people are also discovering that rental bikes are a convenient way to negotiate city traffic and avoid parking hassles.

Mitch Vars is one of the many users of rental bikes from Nice Ride Minnesota, the largest supplier of rental bikes in the Twin Cities. Truth in advertising: He also happens to be the company's information technology director.

"They're great for a one-way trip," Vars said. "I take a bike if I'm going to meet a friend and I don't want to take the car."



**Neng Thao
Johnson Sr.**
High School



Paying Yang
Patrick Henry
High School

Nice Ride is an eight-year-old bike sharing system with 1,800 bikes on the streets of Minneapolis and St. Paul. It will add 1,500 bikes this year and another 1,500 in 2019. All

of these will use the new "dockless" technology.

Dockless bikes will lower the price of a rental from \$3 to \$2. They will have GPS technology to inform riders of the virtual pickup and dropoff zones.

"We're going to have more bikes on the street and closer proximity to more people and more neighborhoods," Vars said. In all, the company is looking to add 800 to 1,000 dockless locations next year.

Nice Ride needed a hand to achieve that growth. In July 2018, Motivate Minnesota assumed control of Nice Ride's operations, changing it from a nonprofit to a private company. With potential new competitors coming into the market, Nice Ride had to adapt to the changing industry. "They (new competitors) are going to come in at 99 cents or a dollar (per ride), and we know we wouldn't be able to compete with that unless we made some changes," Vars said. Motivate Minnesota is providing cash and technology that will allow Nice Ride to meet that challenge.

Nice Ride also plans to do an electric bike pilot project in 2019.

Vars said that people are using e-bikes more in other parts of the country because they make it easier to travel longer distances faster. "The length of trips taken on the electric bike tends to be significantly longer than on the standard bike, so people are able to use them to do more things."

Vars believes that these changes will benefit the community, as well as the company. One example is a new partnership with Shared Use Mobility that aims to integrate shared bicycles with buses, light rail and other means of transportation. It also will make sure rental bikes are included in the planning for parks and other public spaces.

"Nice Ride has had a role in that from the beginning," Vars said. "We have talked about what role bike sharing can play."

Motivate Minnesota hopes greater use of shared bikes will lead to a healthier and more vibrant Twin Cities. "If we're successful, it means improvement in air quality. It means less traffic congestion. It means increased mobility for residents, and it could mean increased economic vitality," Vars said. He believes that having greater mobility will give people the potential to go out to eat, go to a movie or just spend money.

Vars is looking forward to the future. Motivate Minnesota has a three-year plan for continued growth. "Our focus will be trying to increase the number of riders, the access to bicycles and the number of neighborhoods that we provide services in," he said.

As the long road continues, Nice Ride will pursue prosperity for the community.

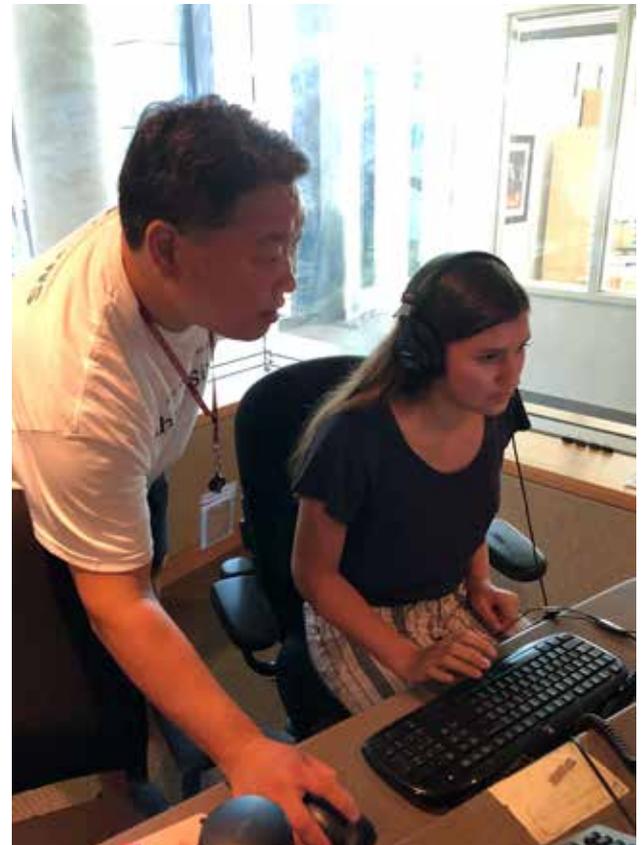
"If we're successful, it means improvement in air quality. It means less traffic congestion...and it could mean increased economic vitality."

—Mitch Vars, Information Technology Director



Thank You, Volunteers!

THREESIXTY WOULD LIKE to express its gratitude for everyone who volunteered this summer. It is with the endless support of our volunteers that we can continue to provide students with these valuable experiences and opportunities. Some of you were new, some returning, but all of you came to the table with all your immense knowledge, ready to help the students succeed. Thank you for your time, support and commitment. We hope you will continue coming back to be a part of the ThreeSixty team.





HENNES from page 7

Dease, and through four long-form stories showcased the heart of Dease's deep connection to Uganda and how it reflected St. Thomas' mission to contribute to the common good.

In 2000, Hennes was part of a St. Thomas delegation to Cuba, during which he wrote a collection of stories about the trip, including "Final Thoughts: Trying to understand Cuba... and Castro."

Hennes penned "That Great Heart: The Life of I.A. O'Shaughnessy, Oilman & Philanthropist," a book published by Beaver's Pond Press in 2014. An in-depth account of philanthropist Ignatius Aloysius O'Shaughnessy, Hennes expertly painted a portrait capturing the spirit of O'Shaughnessy, a 1907 St. Thomas graduate who amassed great wealth as an independent oil operator and gave most of his money away, with St. Thomas and Notre Dame as primary beneficiaries. In an Amazon review of the book, O'Shaughnessy's grandson, Jim, called the book a "wonderful portrait" and wrote that Hennes did "a great job of capturing my grandfather's wit, love of life and his incredible generosity."

LOVE OF ATHLETICS

Often partnered with his love of writing, Hennes was a huge fan of St. Thomas athletics. Many times, Hennes would attend games purely to watch, but more often he would find his way to the familiar reporter's chair to write a story for Tommie Sports. Afterward he could be seen interviewing players and coaches, always finding the heart of his story in the people.

Many times, that reporting involved long road trips: Along with traveling to Cuba, Hennes covered national championship seasons across the country.

"He just loved everything about St. Thomas and our athletic programs so much," said athletic director and former men's basketball coach Steve Fritz, who as an admissions counselor recruited Hennes to come to St. Thomas in 1973. "He was great at getting around and seeing people at events. He had a great writing style, loved writing. There are so many things that we're going to miss sorely." [endtext]

Reflected in his stories was the fact Hennes simply loved people. Coupled with that was his desire to help everyone. Throughout his decades at St. Thomas and the Pioneer Press,

he consistently found and made connections to improve others professionally—the list of jobs he recommended colleagues for is endless—or through the difficulties of life: As the head of University Relations he led the department's weekly volunteering efforts with Meals on Wheels, Loaves and Fishes, Adopt a Family at Christmas, Habitat for Humanity and raking the Summit Avenue median, examples of his constant nature of giving back to others.

"He embodied all those values that St. Thomas stands for," said Jim Winterer, Hennes' colleague for 27 years in University Relations. "That made him a wonderful boss and wonderful person to work with."

"He was our leader in everything," said Sara Klomp, former senior designer for University Relations who worked for Hennes for 24 years. "He was a great man. He was St. Thomas."

Editor's note: This story was written for and first published by the University of St. Thomas Newsroom and is shared here with its permission.



PHOTO COURTESY OF UNIVERSITY OF ST. THOMAS

2018 ThreeSixty Scholar Zekriah Chaudhry interviews Doug Hennes on the history of the University of St. Thomas versus St. John's University (Tommie-Johnnie) football game prior to kickoff of the Sept. 23, 2017 gridiron classic at Target Field in Minneapolis.



PHOTO COURTESY OF UNIVERSITY OF ST. THOMAS

Doug Hennes (left) stands with St. Thomas alum Will Steger during the ThreeSixty's Great Minnesota Media Get-Together fundraising event October 27, 2017 in Anderson Student Center's Woulfe Alumni Hall.



ThreeSixty Journalism

2018 PROGRAM YEAR REPORT

THREESIXTY JOURNALISM • JUNE 1, 2017-MAY 31, 2018

Student Demographics	
African	9%
African-American	21%
Asian/SE Asian	46%
Caucasian/White	3%
Hispanic/Chicano/Latino	13%
Multiracial	8%

195 program participants across print, TV and radio journalism summer camps, school-year News Team, College Essay Boot Camps and special assignments

\$200,000+ in ThreeSixty program scholarships provided to financially qualified students

306 volunteer shifts fulfilled by individuals from 76 organizations

81 student bylines published across three issues of ThreeSixty Magazine

51 college essays written by students

19 ThreeSixty alumni attended St. Thomas, including three at Dougherty Family College

ThreeSixty alumni reported internships at:

- Best Buy
- Center for Prevention at Blue Cross and Blue Shield of Minnesota
- CLAgency
- Commonwealth Games
- Rep. Keith Ellison's campaign
- KMOJ
- KRSM
- Local Current
- St. Paul Mayor Melvin Carter's campaign
- Minnesota DFL
- MPR
- Office of Gov. Mark Dayton
- Pioneer Press, Under-Told Stories Project and USC Trojan Insider

18 student bylines published in Pioneer Press and Star Tribune

9 broadcast-ready reported stories by Radio Broadcast Camp students

7 Minnesota Newspaper Association Better Newspaper Contest Awards earned by ThreeSixty

5 health equity look-live packages created by TV Broadcast Camp students

4 "ThreeSixty Focus" stories in ThreeSixty Magazine, featuring Gov. Mark Dayton, Minneapolis Police Chief Medaria Arradondo, Minneapolis Mayor Jacob Frey and St. Paul Mayor Melvin Carter

What People Are Saying About ThreeSixty

"ThreeSixty Journalism really helped me. I never knew that writing little can be so meaningful and powerful."

- Ester, Harding High School and ThreeSixty student

"I participate in News Team because of the satisfaction that you get not just from finishing a piece of writing, but by improving your confidence, creativity and ability to improvise in difficult situations."

- Zekriah Chaudhry, 2018 ThreeSixty Scholar

"I got the chance to really see myself as a future broadcaster. Meeting people from the industry and being allowed a space to be myself and tell a story was the best feeling ever."

- Erianna Jiles, Saint Paul College student and ThreeSixty alumna

"These young people are incredible. They are hungry. They desire to be the next generation of journalists."

- Reg Chapman, WCCO-TV reporter

ThreeSixty Journalism





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Thursday, Oct. 11, 2018, 5:30 p.m.

University of St. Thomas
Anderson Student Center, St. Paul campus



Hosted by
Laura Lee
ABC 6 News
ThreeSixty Alumna



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