WE ARE

2065

By TESHA M. CHRISTENSEN

2065
The year the USA will become 54% People of Color (according to Pew Research Center projections).

South Minneapolis artist Joanna Hallstrom has painted 16 oil portraits of Minnesota students who will be living this change.

"I was really struggling with it all the way up until December or January... But I am going to leave on my terms and not when somebody tells me to leave, so I am leaving on top. I feel like I have accomplished a lot here and in Minneapolis," explained Aponte. "Now it’s time for me to move on and maybe take my talents and go somewhere else where somebody else might need some help. I don’t plan on retiring. I plan on taking some time off and reevaluating my position and my own personal track, but I suspect I will probably end up at a school some place."

Aponte has worked in academic administration for 34 years, and for the Minneapolis Public School District for 25 of those years. This long history in the district has made him the longest-serving principal in Minneapolis Public School District history. He has been both an assistant principal and principal at a plethora of schools, including Northeast Middle School, Anderson, Waite Park, and Jefferson.

Beloved principal leaves on high note

By KINSELY WILCOX-MCBRIDE

This article is reprinted courtesy of the South High student newspaper, the Southerner.

Beloved Principal Ray Aponte made a huge announcement on March 19 with the end of the 2018-19 school year, he began officially end his time as principal of South High.

Aponte has served as South’s Principal for the past five years.

East Lake Savers closes

By TESHA M. CHRISTENSEN

27 years, the Savers on East Lake St. shut its doors for the last time on April 3, 2019.

The closure came as a surprise to staff members, shoppers and building owner, Wellington Management, Inc.

“We are disappointed with this departure,” said Wellington Management Executive Vice President David Wellington. He pointed out that they were mid- contract and the rent had not changed recently.

“We are actively attempting to backfill their vacancy with other soft-good retailers including other well-known thrift stores,” remarked Wellington. “We have a deep understanding of how the Hi-Lake Shopping Center operates as an important community resource and we hope we will continue this tradition as we look for a new tenant.”

Wellington acquired the shopping center in 2004 and has since doubled the density onsite with three new buildings that brought 30,000 square feet of additional retail and 100 new owner-occupied and affordable rental housing units. Wellington confirmed that there are no plans to redevelop the Hi-Lake Shopping Center beyond this at any point in the foreseeable future.

The Savers at Hi-Lake Shopping Center closed on April 13 after 27 years. That same day, Savers LLC shut down Value Village Store in the Sun Ray Shopping Center in St. Paul. The company recently reached a restructur- ing agreement to avoid bankruptcy.

South Minneapolis painter Joanna Hallstrom explores how the United States will be 54% People of Color by 2065 in portraits of 16 local students

PHOTOS COURTESY OF JOANNA HALLSTROM

Ashre, 9, (at left) and Diane, 7, talk about their experiences of school, family and growing up. These hundreds of hours of audio were then cut down to about 20 minutes that play in the exhibit as viewers look at the 16 portraits and hear stories of those featured within it.

In the winter of 2017, she traveled far, worked hard and endured much to allow the next generation to stand on their shoulders and lead, teach and guide us,” said Hallstrom.

PHOTO BY TESHA M. CHRISTENSEN

CAREER CHANGE
Hallstrom grew up in the same house as an accomplished illustrator and painter, but didn’t pursue art initially even though she loved it. Instead, she began a career with nonprofits, work- ing as the Refugee Resettlement Manager for the Minnesota World Relief office and then as project management for community organizations such as the Kingfield Neighborhood Association, Kingfield Farmer’s Market and the Nicollet East Harriet Business Association. In 2009, Hallstrom decided to develop her artistic side. She returned to her home- town of Alexandria, Minn. with her husband and young family so she could pursue a communica- tion and art and design degree full-time from Alexandria Techni- cal and Community College, where her father and well-known artist, Myron Sahberg, was teaching.

She graduated with honors and received 16 AAF (American Ad Federation) awards for her design and illustration work, including a judge’s choice award from the AAF Central District 8 for an oil painting.

Back in Minneapolis, Hall- strom took an illustration class at the Minneapolis College of Art and Design (MCAD), and began meeting monthly with a group of illustrators. Now working as a graphic designer, Hallstrom wanted to hone in on her fine arts skills with the goal of doing more painting and illustration work.

In the winter of 2017, she painted a series of small portraits of Syrian refugees and found an immediate connection with paint- ing the human face.

Hallstrom applied for a Min- nesota Artist Initiative Grant from the Minnesota State Arts Board in 2015, and didn’t get it. She used the first process as a learning op- portunity, and took the feedback she received to refine her ideas and her work. Hallstrom knew that she wanted to focus the project on refining her portrait skills, and it made sense to build upon her background with diverse popula- tions and refugees. She wanted to do a project that would be valuable to the community, and found her inspiration after reading an article based on information from the Pew Research Center about how the demographics of the United States are changing.

"I was really struggling with it all the way up until December or January... But I am going to leave on my terms and not when somebody tells me to leave, so I am leaving on top. I feel like I have accomplished a lot here and in Minneapolis," explained Aponte. "Now it’s time for me to move on and maybe take my talents and go somewhere else where somebody else might need some help. I don’t plan on retiring. I plan on taking some time off and reevaluating my position and my own personal track, but I suspect I will probably end up at a school some place."

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PRINCIPAL Continued on page 3

MayDay 1974-2019

Everyone’s an artist, and creator of the future

By DAVI NEUMAN

Dear MayDay People,

Forty-four years ago a bunch of community activists and artists created a parade and a ceremony to welcome spring and the ending of a war. A few hundred people created a parade and a ceremony to welcome spring and the ending of a war. A few hundred people joyously marched down Marquette Street in Minneapolis.

What was different about MayDay then and now are two deep understandings that motivated the first organizers.

Our studies and actions had taught us that ceremony and ritual are essential elements in the image.
Next Deadline May 15, 2019

The Truth Doesn’t Report Itself. Be a part of reading ... telling the truth.
Submit your items to copysdesk@alleynews.org.

What’s Up at the Franklin Community Library

1314 E. Franklin Avenue | 612-543-6925 | www.hclib.org
M, F, S: 9am-9pm; T, W, Th: 9am-8pm; Su: 12-5pm

By ERIN THOMASON
Book Donations for Navigation Center

Hennepin County Library is partnering with three local bookstores – Birchbaker, Boler’s, and Splendid Cycles – to provide reading materials for residents of the Navigation Center, many of whom relocated from the New North in Minneapolis. Your donation will provide positive recreational and educational materials for people experiencing housing insecurity. Choose any title you wish! All books pur- chased for donation can be left in the stores; they will be picked up periodically and distributed to the Navigation Center. The location for each bookstore can be found on their websites: Moon Palace Books https://www.moon-palacebooks.com; Birchbaker Books https://birchbakerbooks.co; Boler’s Books http://www.bolerbooksheaker.com.

Information about the Center can be found here: https://www.franklinwithacamp.org/

Allegies
Children’s Day of Play
Saturday, May 5, 3-4pm
Celebrate and learn about Japan’s Children’s Day by experi- encing Japanese games and crea- ting Japanese crafts, including origami folding to make Kabuto (Samurai helmet) and Koinobori. Materials provided.

Learn Together: Connect and Play
Tuesdays, 6-6:30pm
Connect with your child during this drop-in program exploring early literacy activities. Join your neighbors each week for a dif- ferent theme including music, art, storytime, Technology (Engineering, Math), reading and creative play.

Family Storytime
Thursday, 10:30-11ams
For children of all ages and their caregivers. Tunes, stories, read and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

Teen Programs
Urban 4-H Club
Tuesdays, 5-7pm
We do everything from urban gardening to digital video to theater. Partner: University of Minnesota’s Arts and Cultural Heritage Fund.

Open Crafting
Monday, May 6, 1-3pm
Looking for a space to sew, knit or work on other crafts? Bring your current project and materials and join us! Sewing machines, knitting needles and other equip- ment will be available for your use.

Franklin Technology Hour
Tuesday, May 1, 4:30-6pm
Do you want to explore new technology, practice using a computer program, or learn more about the library’s electronic resources? Then come to Franklin Technology Hour! Bring your questions or come and explore a spotlighted resource.

OLLI Nonfiction Book Club
Friday, May 3-30

By JOHN CHARLES WILSON
Route 53 is one of the nicest bus routes in the Phillips neigh- borhood. We wish the 53 ran all day! Are you tired of being stuck on a slow bus for most of your jour- neys over Lake Street? Well, there’s good news. In a few years, Route 53 will be replaced by a B Line, a Bus Rapid Transit line similar to the A Line on Snelling Avenue in South Minneapolis. The B Line will have a similar stop pattern to the 53, with off-board payment and traffic signal priority like the light rail. This will make it even faster.
Unfortunately, the lead time necessary in writing for a monthly publication leaves me able to give you limited notices of the upcom- ing B Line meetings. However, if you happen to read this column in time, you are the meeting times and places:
• Monday, May 1, 4-6 pm, South High School (English and Spanish literature available), 3135 S. 19th Ave., Minneapolis
• Tuesday, May 7, 4-6:30 pm, Monticello Boulevard, 1831 Marshall Ave., Saint Paul
• Thursday, May 9, 4-5 pm, Saint Mary’s Basilica, 2601 University Ave. W., Saint Paul
• Thursday, May 16, 5-6 pm, Northeast Library, 201-261 Larpenteur Ave. E.

Transit

Wish the 53 ran all day?

City of Minneapolis

Enjoy reading a variety of nonfic- tion topics including biography, science, technology, politics and more. Partner: Osher Lifelong Learning Institute (OLLI).
May 10 & June 14: Leonardo Da Vinci by Walter Isaacson

Cards and Board Games
Saturday, May 11, 2:30-4:30pm
Come play a variety of games with new or old friends. Games are provided, or bring a favorite from home.

Blood Quantum Physics: A New Native Theatre Live Comedy Podcas
Saturday, May 11, 7-8:30pm
In 2019, mosques and Islamic centers in Minneapolis, which was led by Jacob Frey, celebrate “Red Lake Nation and Avivo Ending Home- lessness Day in Minneapolis.”

Mayor Jacob Frey, celebrate “Red Lake Nation and Avivo Ending Home- lessness Day in Minneapolis.”

City of Minneapolis

Seasonally, the Franklin Library is offering a Native Theatre Comedy Podcas.

Blood Quantum Physics: A New Native Theatre Live Comedy Podcas.

Saturday, May 11, 7-8:30pm

In 2019, mosques and Islamic centers in Minneapolis, which was led by Jacob Frey, celebrate “Red Lake Nation and Avivo Ending Home- lessness Day in Minneapolis.”

Mayor Jacob Frey, celebrate “Red Lake Nation and Avivo Ending Home- lessness Day in Minneapolis.”

City of Minneapolis
His announcement was made to the South High staff at a meet- ing after school on the 19th, and a letter written by him was emailed out to students later in the after- noon. For the meeting, Aponte had to ask someone else to read the letter because of the emotion it brought out in him. “I thought I’d better not read this letter in front of staff, because I don’t want to break down… it was very emotional,” Aponte said.

The heartfelt announcement let- ter began with a recount of his struggle to acclimate to the schools in America, after his move from Puerto Rico as a young child.

“In my career as an administra- tor—24 years in all—never forget- ting that the kids who might not be making it in the classroom, might only need an experience bigger than the classroom,” the letter read. “A garden to nurture, a trip to the Black Hills, advanced learning, music, theater, and art,” he contin- ued, all examples of opportunities for students created during his term as principal, thanks to his passion for supporting “learning outside of the classroom.”

Students and staff all respect Mr. Aponte’s efforts to connect to the community. He says the students “really like the fact that Aponte inter- acts with students, no matter what their personality is,” said sophomore Abrae Woller. Aponte affirmed this in saying that “to be a principal, you have to love all children.”

“Really made an effort to con- nect,” agreed sophomore Beatrice Kennedy-Logan.

“Every morning I have to set the tone in the classrooms, in the halls,” Aponte said. He feels his involve- ment in the school and communi- cation with students is vital to the health of our community.

After his announcement, there has been a lot of talk within South, the district, and online. “Just read- ing some of the things people are saying online about their experienc- es with me, it touches my heart,” Aponte said. He shared that he feels very happy to hear all of the ways people remember and appreciate their time with him.

“I’m hoping that we can con- tinue working on a lot of the things that he was responsible for in his time at South… that some of the visibility for particular groups of students and some of the work that we’ve been doing to try to improve things for them will continue,” said history teacher Joshua Fisher. Examples include South’s various murals and field trips taken this year to Hamilton or the Alvin Alley Dance Company.

Aponte feels that his five years at South High have been the pin- nacle of his career. “It’s not an easy job,” he said. He went on to explain how the diversity of the student body has taken a lot of commit- ment and education to properly lead. “We have five huge popula- tions here, and you have to be able to kind of meander in and out of those cultures,” he said.

Aponte has also been a cheer- leader for the All Nations Program, an often overlooked group. He has passionately supported cultural opportunities for Native students, such as a buffalo hunt, a trip to the Black Hills, and the building of lacrosse sticks.

“I spent about 45 minutes yester- day in All Nations. That is the population that continues to not meet the achievement levels that other cultures do here… they were worried because I have been their advocate… they wanted me to talk about what was going to hap- en,” Aponte explained. “The new Principal has to love Native chil- dren and understand the historical trauma that they have been under, and how desperate that community is in regards to outcomes academi- cally and even with jobs.”

Aponte hopes that there will continue to be support for South’s Native community, as that is one area of the school where he does not feel his job has been “finished.”

“I am hoping that students here can continue to help support that program by... understanding that it is very difficult to be a Native child… people with more privilege need to be advocates for them,” Aponte said.

“To be a Principal, you have to be very centered around what you believe in regards to how students should be treated and how school should be run, and that just doesn’t happen overnight. But I’m pretty centered around what I believe,” Aponte said. He feels that type of relationship which students are so fond of in his responsibility.

After 34 years as a dedicated administrator, Aponte’s hiatus may not be a shock to some people, but it is certainly emotional to many. “It was said to hear that it is official… I hope that we have the chance to find another person who is an advo- cate for South in the same way,” said Fisher.

Aponte didn’t always foresee the path he would follow: “I never would have imagined that I’d be an [administrator]. Never.” Yet with all the growth he nurtured for South at his time here, his legacy will be hard to follow. “He’s had a long career. It will be big shoes to fill,” said Woldam.

This is a standard district pro- cess for hiring principals, and the MPS Superintendent will make the final decision. However, Aponte will be a part of that hiring process, as well as other staff and members of the Minneapolis Public School community.

As for next year, Aponte has plans of self-improvement. “It’s really hard for me to think past today, because this is an encom- passing job, but I think I’m really going to try to simplify my life, make good meals and become healthier mentally and physically,” he said. “This job is taxing men- tally… I’m going to do yoga and keep walking and try to eat good food. And my family, my brothers and sisters and my mama, I hardly ever see them because I am almost always here.”

“It’s been an honor to work alongside hard-working teach- ers and to know brilliant student minds… Thank you, beyond words, for the privilege of being your prin- cipal,” the letter concluded. “I am a better person now, than I was before South High School.”

Aponte is leaving big shoes to fill, but the search for a new prin- cipal is beginning. On April 10, there was a Site Council meeting to discuss the process of select- ing a new principal. After a few brief statements from Assistant Principal Isabel Rodriguez and Student Council Representative Marie Stebbings, Daniel Glass, who leads school leadership hiring for Minneapolis Public Schools, began to describe the process of finding a new principal for South High School.

First, the Site Council and oth- ers need to create a finalized sur- vey for students, staff, and parents. The survey results will create a profile that Glass will use to find potential matches from a pool of candidates. Those candidates will be interviewed by a committee of South High community members who will give a recommendation to the superintendent. The superinten- dent then makes the final decision.

Glass said his role is “to make sure we have a deep pool of people to draw from.” Applicants must com- plete a set of rigorous assessments to be considered. These include an interview with an associate superinten- dent and two sitting MPS princi- pals, presenting a plan to their hypo- thetical site council on how to deal with a hypothetical challenge at a school, a role-playing activity with an upset parent, and an observational activity where they give feedback to a teacher. Glass also emphasized that “this is not a district- driven process. This will be a South High driven process.”

Glass also discussed the need to move quickly in order to secure a highly-qualified applicant. “There’s competition for people, but that being said I don’t want you to go any faster than you feel comfort- able with,” he expanded.

After Glass took a few questions from teachers and parents, Assistant Principal Mercedes Aponte reminded the group that the survey was not officially announ- ced. Many people had comments regarding the format and content of the survey questions. In the end, people at the meeting made suggestions on physical copies of the survey that were handed out. Lisa Ramirez and other members of Site Council will make changes to the current survey, then on Monday April 15th a smaller group will meet to finalize the survey.

LaCresha Dotson, parent of South junior Jordan Dotson, attended the meeting. “I think it went fairly well. I think what I heard, though, is that we’re a little bit behind the eight ball. We’ve got this monumental decision to make and not a whole lot of time to make it if we want to get the best candi- dates. I think there’s some good ideas that came out of here. There are some really concerned parents, but I also recognize that there are lots of parents and stakeholders that are not here as well. So I’m looking forward to seeing how this process plays out,” Dotson said.

Associate Superintendent Carla Ingebritsen attended the meeting and will oversee the hiring process, said she hopes the hiring process will complete in time for the new principal to begin work on July 1.
Month of May: a mix of old and new events

It seemed like spring would never come, but here we are at last. And that means that there will be a lot of wonderful events happening in the cemetery.

One of the most important is the 151st Memorial Day observance on Monday, May 27 at 10 a.m. This year’s keynote speaker is Lt. Col. Lori Allert, U.S. Army Nurse. Students from the Minnesota Transition Charter School will read General Logan’s Orders and the Gettysburg Address. American Legion Post 1 will provide the Firing Team, and the Seward Community Concert Band will provide the music. Please join us for this moving tribute to veterans dating back to the War of 1812.

At 1 p.m. on the 27th, there will be a seated history talk followed by a question and answer session. The talk is “Hiraeth: Walking the Long Field,” an original play written by local artist Cynthia Veal. The play is part of a week-long initiative from the East Phillips Community Center called “Dreamland Faces.”

American Indian Month’s 50th

May marks the 50th anniversary of American Indian Month in Minnesota. In Minneapolis, community members gather each May to celebrate Minnesota’s native cultures with a kickoff rally on May 1, art and open houses showcasing American Indian organizations in Minneapolis: American Indian Cultural Corridor, along Franklin Avenue. Stay up to date by following the Native American Community Development Institute’s Facebook page.

Cars, bikes & more

The city of Minneapolis is collecting public input on ways to improve the city’s transportation system as city staff develop the Minneapolis Transportation Action Plan and the Vision Zero Action Plan. The Transportation Action Plan will be a 10-year plan to implement the transportation vision outlined in the Minneapolis 2040 Comprehensive Plan. It will develop strategies and actions on advanced mobility, pedestrian, bicycle, transit, freight, street operations, and streetscape. The Vision Zero Action Plan will be a three-year plan to advance the City’s commitment to ending traffic fatalities and severe injuries resulting from traffic crashes on our streets by 2027.

Attend the south area open house on Thursday, May 9, 4-7 p.m. at Longfellow Rec Center, 3435 36th Ave. S Minneapolis, MN 55406. You can respond to short surveys at http://go.minneapolismn.gov/.

For Your Calendar:

The EPIC Community Meetings are on the Second Thursday of each month – Next Meeting; Thursday, 5/9/2019 and 6/13/2019 at 6:30 PM at East Phillips Park – 2307 17th Ave. S. Agenda includes Neighborhood Industrial Pollution, Crime Initiatives, and EPIC project updates.

The East Phillips Community Gardeners meet on the second Saturday of Each Month the next meetings are 5/12/2019 in the East Phillips Community Center at 2307 17th Ave. S, and 6/8/2019 in the GARDEN at 2428 17th Ave. S.

East Phillips Residents wanting a 2019 Garden Plot, contact Brad Pass at 612-916-8478

DON’T DELAY – They go fast

The EPIC Board of Directors meet on the First Saturday of the month – Next Meetings; 5/4/2019 and 6/1/2019 at 10:00 AM. at 2433 Bloomington Ave. S.

East Phillips Park Summer Fest – Sunday, June 23rd starting at 1:00 PM in the Park. Food, Local Entertainment, Inflated Bouncing Fun for the Kids. Don’t Miss the Party in the Park.
Illustrator Joanna Hallstrom hopes people walk away from the 2065 exhibit with more openness, wonder and confidence in our future.

Meet Diane Amgamarca-Ortiz

By TESHA M. CHRISTENSEN

Seven-year-old Diane Amgamarca-Ortiz can make friends with anyone.

She’s in second grade at Risen Christ Catholic Church (1120 E. 37th St.), and takes the bus over to Banyan Community after school. At Banyan, she works on homework, plays in the gym, and “chills out.”

Diane is one of 16 South Minneapolis students whose portraits are part of the WE ARE 2065 project by local painter Joanna Hallstrom. Diane is one of three participants from Banyan. “I love Banyan,” she stated.

Diane will be 53 in 2065. What will she be like then? “Nice, kind and I think my likes will be the same,” said Diane.

As part of the project, students were interviewed and asked to share their experiences of school, family and growing up for a soundscape, the accompanying the gallery.

How does her day start? “I wake up, brush my teeth, change and have breakfast,” she said.

“When I come downstairs, put on my shoes, get my backpack, and wait a few minutes. My dad and mom take me to school.”

The talkative seven-year-old loves to draw and can’t imagine a day without drawing. “I like to play with my stuffed animals. I like to read,” she said. She enjoys snapping photos with her camera, roller skating, swimming and going to the park.

When she grows up, she wants to be a chef like her dad, Patricio Amgamarca, who works at the Loo Café in downtown Minneapolis.

When the 2065 show is up at Banyan, Diane plans to invite her large extended family to view it. Diane is the child of two immigrants from Ecuador. Her father has been in the United States for 19 years, and became a citizen four months ago. He came here hoping for a better life at age 18 when his school closed because the government wasn’t funding them. Patricio started washing dishes and cleaning at a restaurant, working 16-hour days at two jobs. He moved up to work in the kitchen, and is now a chef.

Learning another language has been challenging for Patricio, and he’s glad to see how easily his youngest daughter, Diane, speaks in English with others.

“He’s proud of both of his daughters and grateful for his beautiful wife, Olivia Ortiz. “I have a good life,” said Patricio. “I’m happy here.”

"The WE ARE 2065 project..."
HEART OF MAY DAY

People – gathering in workshops, conversation, rehearsals, and celebration

HOB/MyDay artist and staff member, Raman Cordis and those quoted helped collect these testimonies.

36 Parades later (for me), I keep participating because it is so much fun work! My favorite aspect of the entire MayDay season, is the workshops. We create miracles of imagination. I love assisting an enthusiastic kid in designing a mask and costume – together transforming the refuse of society into a beautiful creation. The kids who come year to year become masters of their ideas, visionaries and engineers of the impossible.” ~ Greg Leierenood

Your MayDay Community Band” used to be called, “There Goes the Neighborhood – Band.” We would gather by meeting on the street or in the park. Now we are on the internet. We always defy authority and almost never march in step! In the early years, there were usually fewer than 10 players. When we rehearse, we have 10 to 12. At the Parade, we often have 20 to 25; sometimes more than that. I missed the first two years. My first year in the band was the third year of the Parade. Some people from the Street Band join the Ceremony Band at Powderhorn Park, but the core members of the Ceremony band generally do not march in the Parade. Tom Wells has been the leader of the Ceremony Band for the last several years. He used to march in the Parade, but the task of leading the Ceremony Band has kept him away recently. Steve Sandberg does most of the Street Band organizing and is the main decision maker during the Parade. Other people often decide what step or movement we might make at any given time. There is a large portion of Anarchy. We usually have five or six songs which we repeat during the Parade in no particular order.” ~ Jim McCready

MayDay is a chance for my family to come together every year to celebrate our community and give thanks to the Earth. As an aspiring artist, I am not only inspired by what I’ve seen in the Parades past, but being part of the workshops has taught me new methods for eco-friendly art practices.” ~ Ivy Stewart

MIDTOWN PHILLIPS
NEIGHBORHOOD ASSOCIATION INC
www.midthownphillips.org | 763.310.4760 | midthownphillipsminneapolis

MIDTOWN PHILLIPS
SPRING CLEAN UP
SATURDAY, MAY 4

CHECK IN 9AM:
Check in and get supplies at
Welna Ace Hardware, 2438 Bloomington Ave S

Clean Up Phillips!
In anticipation of the May Day parade, help pick up litter on Bloomington Ave from 24th to Lake Street. Meet your neighbors and clean up your neighborhood!

MIDTOWN GREENWAY COALITION seeks
Midtown Phillips representative

The Midtown Greenway Coalition, a private nonprofit organization that works to protect the Greenway, seeks a volunteer board member to represent the Midtown Phillips Neighborhood. Women and people of color strongly encouraged to apply.

For more information or to express interest in joining the board, please contact us at info@midtownphillips.org

This Monthly Alley Newspaper Half Page was paid for by Midtown Phillips Neighborhood Association, Inc.
Everyone’s an artist, and creator of the future using ceremony and ritual for peace, justice and equality

Continued from page 1

in the creative imagination and the experience of a different future of peace, justice and equality. And that everyone is an artist, and a creator of the future.

The future of MayDay has always been uncertain, with no assured funding. As it has grown the cost of feeding our community has also kept growing and will continue after we are gone. I am worried. There are so many of us who want to continue this incredible cultural feeding of our hearts and souls that is MayDay. And I remind myself that we don’t have to figure it all out at once or get it all right once and for all. I remember that we are continuing on a journey that started long before us and will continue after we are gone.

There is a quote from Dag Hammarskjold written around the face of the Sun that greets everyone every year has been an act of faith that this “making” will continue. It is a moment of celebration and release when the Parade and Ceremony are over and the next few hours are for eating, meeting friends, and relaxing; watching a thunder storm roll across Powderhorn Lake from a ladder as we desperately untied banners from trees – we didn’t beat the storm and ended up soaked through, so we decided to dance in the rain, learning to still-walk in the yard of the Church behind the Heart of the Beast Theatre – I held onto the wall way longer than my brother who decided to start running up and down the hill with the Parade and Ceremony are over. But I am so hopeful! All of that will be, yes!

I’ve been in 27 MayDay Parades. I’m involved for the creativity, the tradition of celebrating Spring, and because many of the people I admired growing up now are involved. Memorable experiences are: being a skunk when I was about 8 years old and spraying people with Rose Water (and some fart spray!) all along the Parade; it is a moment of celebration and release when the Parade and Ceremony are over and the next few hours are for eating, meeting friends, and relaxing; watching a thunder storm roll across Powderhorn Lake from a ladder as we desperately untied banners from trees – we didn’t beat the storm and ended up soaked through, so we decided to dance in the rain, learning to still-walk in the yard of the Church behind the Heart of the Beast Theatre – I held onto the wall way longer than my brother who decided to start running up and down the hill with the Parade and Ceremony are over.

THE CHANGES AND CONVERSATION AHEAD

MayDay is a different experience than other large community events. It engages our hearts, souls and minds, presents a vision of a better future and calls us to act in community. This is not an accident or a byproduct, it is the intent.

Since the beginning Sandy Spieler has been the Artistic Director of MayDay. Her vision and values have been instrumental to shaping the why, what and how of the MayDay experience. As Artistic Director she has been the decision maker, navigating and negotiating the ideas and opinions of many people to shape each year’s parade. After an incredible 45 years, she is stepping down from that role.

Sandy stepping down leaves some huge holes that we, as a community, must somehow fill if Mayday is to continue and have the meaning and purpose it has had. As I see it there are three key questions that must be addressed. They are essential if the ethic, values and the communal experience of MayDay are to continue.

1) What is the essence of the Mayday experience? How is that essence lived in the rituals and practices? These are the core elements that we need to find words for and share with each other.

2) What is the culture of Mayday, of its conception and creation, that should be carried on?

3) How will decisions about artistic content be made in the future?

These are big questions. There will be many different views and values. How we answer them will change over time. But we need to hold them up, examine them, listen to each other, acknowledge our differences and find a way forward together.

Dan Newman was a member of the Almond Tree Household in Phillips and an organizer of the first MayDay. He has served in leadership positions on the HOBT Board of Directors for most of the last 25 years and organizes the Tree of Life crew each year.

~Gaea Dill-D’Ascoli

~Bart Buch

7
**Movie corner**

**Bold whodunit from Denmark**

By HOWARD MCQUITTER II
oldschoolmovies.wordpress.com
howardmcquitter@gmail.com

“The Purity of Vengeance” (2019) ★★★★★

8 of 5 stars

This month I’m attending the 38th Minneapolis-St. Paul International Film Festival for about the 14th year (not necessarily in consecutive order) and for the third year (consecutively) as press (once I did press back in the days of Oak Street Cinema).

This year the festival has brought to the Twin Cities more than 250 films from 75 countries. One of the films that catches my eye is a brilliant thriller/crime drama from Denmark called “The Purity of Vengeance” directed by Christina Hoie. Simply put, the film is as bold as it is smart marked by whodunit and why. To date, “The Purity of Vengeance” is the highest-grossing film in Denmark, but unlike so many American films of similar genre that put too much heat in the violence blocking out any feasible plot(s) the movie just blossoms.

To get a feel of director Christina Hoie’s riveting story one first must see homicide detective Carl Mørk (Nikolaj Lie Kaas) sitting in his office moping over his confinement to the cold case division for some indirect act. His partner Syrian émigré Assad (Fares Fares) vis a vis transferred to another division as he’s been promoted. The last days before he’s transferred to another department, Assad looks through cold cases on his desk and one particular case catches his eye: Construction workers tearing down a false wall in stores like an abandoned apartment find three mummified bodies sitting around a table as if drinking tea. The weirdness and mystery continues when a fourth chair is empty. Television stations in Copenhagen and throughout Den–mark report the macabre mystery deaths as all three have been poisoned according to the toxicology lab.

Mørk goes on the assignment joined by his partner Assad and a third party Rose (Johanne Louise Schmidt) to solve this bizarre case. As one can imagine, the case is going to be a difficult one to solve especially since the bodies have been there for 30 years or more. What may take them to the source is to Sprogo – now defunct – a school for wayward girls subjected to forced sterilization and feeticide. A young woman, in particular, Nette (Fanny Bornedal) is the key character subjected to sterilization and solitary confinement. She has disappeared over the years – finding her will not be easy for the three detectives. One thing is for sure is one of the principal villains at Sprogo, Doctor Wad (Anders Hove), who led the sterilization program is now the head of a fertility clinic. Apparently, Wad has changed his evil ways, a doctor death who will do anything to keep from getting caught. He has men around him to do his dirty work directing their attention at the detectives. Dead men (woman) tell no tales.

I hope the film can get a wider audience and those who dismiss viewing subtitled films should be much more opened-minded. Danish subtitles notwithstanding and fun to watch.

Cast: Nikolaj Lie Kaas (Carl Mørk), Fares Fares (Assad), Soren Pilmark (Marcus Jacobsen), Fanny Bornedal (Nette), Clara Rosager (Rita), Amanda Radeljak (Nour), Anders Juul (Gunnar).

Director: Christina Boc. Running time: 118 minutes.

Norwegian House to expand

The country of Norway has pledged NOK 1.5 million (around USD $175,000) to Norway House here in the United States and Norway.

“Minister of Trade and Industry, the United States,” said Norway’s Førstminister Eriksen Søreide said.

“Opportunities that are available in the business sector in the United States and Norway.

The expansion will be provided by the private and public sectors in the United States and Norway.

Norwegian technology companies are at the forefront internationally, and there is great potential in the Midwest. By supporting this expansion of Norwegian House here, we want to showcase Norwegian-Americans who have significantly advanced the quality of life for others through their extraordinary accomplishments. It is set for Tuesday, June 11, 5 p.m. at the Renaissance Minneapolis Hotel, The Depot, in the Newly Renovated Expansion - The Great Northern Ballroom. More at www.norwayhouse.org.

Midsummer Gala

The Midsummer Gala at the Norwegian House is an annual signature event set near the summer solstice. The gala dinner features the Going Viking awards, which honors Norwegian-Americans who have significantly advanced the quality of life for others through their adventurous spirit and extraordinary accomplishments. It is set for Tuesday, June 11, 5 p.m. at the Renaissance Minneapolis Hotel, The Depot, in the Newly Renovated Expansion - The Great Northern Ballroom. More at www.norwayhouse.org.

Make your garbage beautiful

By PATRICK CABELLO HANSEL

Have you seen the beautiful mosaics on concrete garbage and recycling containers around Phillips? Would you like one on your block?

Those mosaics are the work of the Semilla Center for Healing and the Arts (St Paul’s Lutherans and its artistic director, Pastor Luisa Cabello Hansel. Pastor Luisa and other community artists would love to work with you and your neighbors to create a unique mosaic that will last decades.

In the process, you will learn how to do mosaic, and maybe meet some new people in your community.

The Semilla Center also is looking for youth ages 11 to 15 who are interested in learning about community art this summer. Our Young Leaders program trains youth for the job market and leadership in the community. Youth earn stipends while creating together. Career day visits to artists, theaters and museums connect youth with professionals in the arts.

For information on either of these programs, call 612-724-3862 or e-mail semillacenter@gmail.com. And like “Semilla Center” on Face Book, ¡por favor!

Pollinating

As we know, pollinators are crucial for life. Without butterflies, bees and other insects, many of the foods we eat would not be available. And we know that humans have had a negative effect on the life of our small friends, through use of pesticides, destruction of habitat and global warming.

We can make a positive difference in the life of pollinators in our neighborhood by what we plant and by what we use.

Saturday, May 18: 9 a.m. to noon, the Semilla Center for Healing and the Arts at St. Paul’s Lutheran will host its annual “Pollinate Phillips Day.” We will plant pollinator attracting plants and art in boulevard gardens to make our beautiful community even healthier and more beautiful.

The day begins at 9 am with a breakfast and presentation. After the close the ways to protect our land and water. Any age can participate! Pollinate Phillips will be at St. Paul’s Lutheran Church, 2742 15th Ave S.

We also know that ideas and changes in our community and our society need pollinators as well. People who are willing to take wing and take risks to bring new ideas to life, and bring people together. On Thursday, May 9, from 5:30 p.m., the Semilla Center St. Paul’s will be at Midtown Global Market’s Neighborhood Night. Pastor Patrick will read from his new poetry collection “The Devouring Land”, 4th grade poets from Andersen United School will read their poetry about deportation, racism, violence and other issues. Live music will feature jazz pianist Peter Breen. All these events are free and open to the public.

For more information, call 612-724-3862 or e-mail spaulsencreate@gmail.com. Follow the Semilla Center on Facebook, Twitter and Instagram @semillacenter.

And coming up this summer: “Our Sacred Land” A day camp for children 3 to 11, June 10-14, Block Party July 21 Workshops in poetry, mosaic, lantern making and more!
NOW THAT ITS SPRING AGAIN, HERE ARE SOME OUTDOOR EVENTS IN YOUR NEIGHBORHOOD!

Wellness, Gardening & Greening News:

Ventura Village can help you out with your garden, yard and/or lawn. Resources we offer include a tool-lending library, plants and seeds for starting a garden, and information for those interested in specialized topics (composting, raised bed gardening, etc.). Call us at 612-874-9070 to learn more.

We need your help for our Flowers on Franklin project. Join us Saturday, May 18th, 10 am, at Trinity First’s parking lot (13th and E. Franklin) to plant our flower pots up and down Franklin Avenue—Each flower pot will be an individual garden, and flowers are chosen for their color, purpose, and contrast. The plants are started in a greenhouse in March, and each year there’s a combination of old favorites and new surprises—Come be a part of the planning by helping us that morning. Call us at 612-874-9070 for more information.

Our neighborhood also supports the 24th St. Urban Farm, which is a combination of the Mashkiikii Gitigan and Waite House gardens. Volunteers for planting and growing are needed throughout the season. Contact michelem@pillsburyunited.org for more.

Peavey Park: Construction nears completion; grand opening celebration scheduled for May 31st, 2-4 pm.

Overhaul of the park includes a new picnic pavilion, play area, athletic field and turf establishment. Come see the beautiful transformation of your neighborhood park!

You are invited to the Native American Community Clinic’s (NACC) open house.

Save the date for May 31st, 12-3 pm at 1213 E. Franklin Ave. Join the NACC for an afternoon featuring traditional foods, karaoke, raffle, face painting, community resource tables, as well as drumming and singing.

If you are interested in having a tabling or donating to the event, contact Chenoa, Moriah, or Ashlee at 612-872-8086/marketing@nacc-healthcare.org

UPCOMING VENTURA VILLAGE MEETINGS:

- Wednesday, May 8th: Board of Directors Meeting: 6 pm
- Thursday, May 30th: Housing & Land Committee: 5:30 pm
- Tuesday, May 28th: Community Engagement Committee: 6 pm
- Wednesday, May 8th: General Membership Meeting: 7 pm
- Thursday, May 30th: Crime & Safety Committee: 6:30 pm
- Tuesday, May 28th: Wellness, Gardening & Greening: 7 pm

ALL RESIDENTS ARE WELCOME TO PARTICIPATE: VISITORS WELCOME TO ATTEND!
The last martyr smiled

By PETER MOLENAAR

Elliot Park
(1000 E. 14th St.) was host on April 6 to Sudanese immigrants, friends, and families, who had come to observe a revolutionary moment. In Khartoum, a million people surrounded the armed forces. Soldiers were leaving the compound to celebrate among the people. The 30-year dictatorship of al-Bashir was about to fall... and it did!

It is not too soon to begin casting the vision for a new Sudan, including the reconstruction of the historic irrigation system. Naturally, the prison gates have been breached, freeing the comrades to the democratic process.

What might we take home from the heart of Africa?

For all time, the Sudanese people have demonstrated the possibility of implementing fundamentally change by nonviolent means. (Hey, why wait for some mythical Red Army to drop from the sky?)

We are witness to a Muslim people who have taken down an Islamic state. How does this possibility for the 9/11 event?

Congresswoman Omar has already made death threats...

“This is how tyranny takes hold, friends.”

From a distance and in a small way, I have been privileged to take part in the Sudanese People’s Revolution. From that far away land an image of a martyr was sent to my phone. His head was cradled by a comrade as he bled out upon the stretcher. In the last flickering of the light, he smiled.

Congresswoman bears responsibility for the 9/11 event? Supposedly, all Muslims are the same. Right?

However, progressive Jewish voices are coming forward. I will cite former Secretary of Labor, Robert Reich:

“The President of the United States has endangered the life of a member of Congress by creating and disseminating a propaganda video... which ties her to the 9/11 tragedy because she is a Muslim...”

“Our nation has not condemned the recent burnings of three black churches. He has not repudiated his relationship with the Saudi crown prince who murdered an American journalist. But he attacks a political opponent... for exercising her First Amendment rights...”

“Congresswoman Omar has already made death threats...”

“...This is how tyranny takes hold, friends.”

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Help bump up recycling

Funding is available to neighborhood and community nonprofit organizations in Minneapolis to conduct outreach focused on increasing participation in the city’s residential organics recycling program. Participating organizations will receive training, funding and environmental education resources to conduct a project in their communities. Contact: jessica.arika@hennepin.us or 612-346-3025.

Help mow for seniors

Senior Community Services is a city of Minneapolis partner organization, and its HOME Program mows lawns for seniors in Hennepin County. The HOME Program is seeking helpers to mow lawns every 7-10 days and use a weed whip once a month for $16 per hour. Mowers must supply their own lawn mower and weed whip and set their own schedule. Contact Bethany at seasonalwork@seniorcommunity.org or call 952-767-7888.

Rethink I-94 over free meal

Share a free family-style, sit-down meal with the communities surrounding I-94 and I-35W on Thursday, May 2, 5-8 p.m. at Franklin Steele Park off Portland Ave. This is an opportunity for neighbors to meet, share a table, and have a conversation with MnDOT staff and construction workers about rethink I-94. The meal will include halal, vegan, and gluten free options, and there will be kids activities. More at: mndot.gov/1-94minneapolis-spinal

Letter to community

Arsenic levels map confusing

The April 2019 Alley page 3 shows a map with a confusing description: “Childhood elevated blood lead, arsenic & asthma per 10,000 people.”

It should be clarified to show that the arsenic levels were in soil, not blood. Soil with greater than 95 ppm (or mg/kg) was removed and replaced with new soil because of arsenic. I agree that children in Phillips bear excess burdens of a contaminated environment. Lead remains a major issue because of lead paint and poor removal practices that allowed lead to go into the soil.

Jim Haefenyey

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The Rand Report

2020 plan: ‘Do what I say not what I do’ applies to city

BY RAND RETTERATH

The Minneapolis Neighborhood Organization has elected to do without staff or used part-time/volunteer staff in favor of additional community participation. The 2020 plan mandates our actions in this regard by requiring staff.

5. Community organization funding will be a mechanism to create “group think” across all neigh-
borhoods. It will hold us hostage to a limited set of options.

6. The potential exists for uni-
formity across all neighborhoods in the bylaw process, as well. The “minimum requirement” clause concerns many. These mandated points must be included or risk los-
ing funding.

7. It states, “Not all residents can attend an annual meeting but may have interest in participating in the election process. Therefore, an alternate method to vote will be provided.” Is any neighborhood set up to address the complexities this requirement mandates?

8. The document states, “Have no more than 25% of the board membership serve more than 6 years. Require board officer term limits.” What does the first sentence mean? If it is good for us, it should be even better for the council.

9. Neighborhoods are “required to develop a robust engagement outreach plan that includes some form of direct resident contact.” Neighborhood organizations should submit a measurable outreach plan that provides residents, including under-represented residents, with multiple opportunities to engage...”

This one is the most upsetting to me. Residents are routinely blocked from communicating with our elect-
ed representatives. There MUST be some accountability within this document for shared responsibil-
ity between us and council members. Mechanisms for mutual accountability must be contained within 2020.

10. This document is over-
whelmingly one-sided in favor of consolidating power at the city level reducing the efforts of community groups.

11. It keeps us busy with account-
abilities at the expense of communi-
ity effort and accomplishment.

The following are points gleaned from other neighbor-
hoods in opposition to this pro-
posal. My comments are in paren-
theses.

- The document is regulatory focused, punitive vs. empowering vs. supportive.
- The document promotes ser-
vice from NCR which suggests that the program is about growing NCR, not neighborhoods.
- NCR will review bylaws of organizations and require chang-
es for funding eligibility (another opportunity to reduce individual community identity and efforts in favor of group think).
- Neighborhood organizations give feedback to, not respond to the city. The model requires groups to go thru NCR - NCEC - NRP Policy Board to access city coun-
cil. (Community groups should have direct access to council members and city department no one should be excluded from direct communi-
ty input and accountability. Remember “taxation without repre-
sentation.”)

- Neighborhood organizations need to develop, not – community orga-
nization and equity. Neighborhoods are “required to develop...”

- The funding formula requires neighborhoods are receiving money illustrates the lack of understanding as to capac-
ity building, engagement, partnership, celebration of victories and accomplishments. Such a sugges-
tion reflects the lack of understand-
ing of the City’s Place Plan.

- The new program will include a minimum set of requirements that funded neighborhood groups must include in their bylaw process. City is over-
reach. We are Independent 501c3s and nonprofit directors are legally responsible for fiduciary account-
ability to neighborhoods.

- Neighborhood organizations need to develop, not – community orga-
nization and equity. Neighborhoods are “required to develop...”

- NCR will review bylaws of organizations and require chang-
es for funding eligibility (another opportunity to reduce individual community identity and efforts in favor of group think).

- Cultural organizations are to be funded, they are not required to include bylaw man-
dates. Yet another double standard.

Furthermore, there are no mandates on outcomes or financial reviews.

- The funding formula requires 50% go to administration. Absolutely laughable with the expectations for neighborhood rep-
resentatives. (For us to spend 50% of our time and energy we try to think about that and how much our efforts will be curtailed.)

- It promotes segregated orga-
nizing under the rhetoric of inclu-
sion and equity. Neighborhoods are about providing a form for differing views on issues or ideas to develop – not community orga-
nizing.

- Citywide universal election day mandate for all non-profits that are receiving money illustrates the lack of understanding as to capacity building, engagement, partnership, celebration of victories and accomplishments. Such a suggestion reflects the lack of understanding of the City’s Place Plan.

- The new program will include a minimum set of requirements that funded neighborhood groups must include in their bylaw process. City is over-reach. We are Independent 501c3s and nonprofit directors are legally responsible for fiduciary accountability to neighborhoods.

- Neighborhood organizations give feedback to, not respond to the city. The model requires groups to go thru NCR - NCEC - NRP Policy Board to access city council. (Community groups should have direct access to council members and city department no one should be excluded from direct community input and accountability. Remember “taxation without representa-
tion.”)

- NCR will review bylaws of organizations and require changes for funding eligibility (another opportunity to reduce individual community identity and efforts in favor of group think).

- Cultural organizations are to be funded, they are not required to include bylaw mandates. Yet another double standard.

- We need to reject this docu-
ment. It was written by city staff, but not based on feedback obtained and documented. Grassroots empowerment is NOT a top-down model which this reflects.

- The proposed public comment process is flawed, ineffective and appears only to benefit the department.

- Remove NCR from acting as lead on this restructuring. They have created deep mistrust with the commu-
nities over the last four years by disregarding the feedback we have provided. Most of the feedback the community has already given.

Clearly, this summary (and it does not reflect all of the comments flowing in the city) should raise an alarm to all residents reading this. THERE IS NO DIFFERENCE BETWEEN CITY HALL AND THE FEDERAL GOVERNMENT. Absolutely no one is listening to us, no one is responsive. NCR is blocked from electronic communi-
ation, sent to junk mail, and phone calls go unanswered/returned. This is not a democracy, this is a government that values a democratic republic. I may not like what you have to say, BUT I will listen to what you have to say with my life. Please pay attention to this danger-
ous trend. Call your Council mem-
ber Alondra Cano, 612-673-2299, email Alondra.Cano@minneapolis.

Frank Reflections

How much more death and destruction will we endure?

BY FRANK EICKSON

“Military interventions” are murder! They can never be trusted! How can they be trusted when the factor that puts them into motion is a small country’s lack of relative defense?

There is talk of United States “military intervention” into Venezuela. Here’s an idea: the world powers come together and attack Washington D.C. by a “mili-
tary intervention” to stop the U.S. from calling their “military inter-
terventions!”

Representative Ilhan Omar is strongly opposed to “military inter-
terventions” upon smaller defenseless countries. This is very encour-
gaging. Rep. Omar’s first months in office have been rough. How does a Black Muslim Congresswoman ilicit more trouble than two White Christian male politicians who started the Iraq War murdering over 200,000 Muslims? White suprem-
acy runs Washington D.C. and Minneapolis! The Iraq War and those that started it are no different than a war started by us! Please, let us give thought to these words.

We, the members of the Black Alliance for Peace, uphold our political stance in the face of aggressions waged by the United States. Two of BAP’s core prin-
ciples are an unwavering com-
mmitment to self-determination for peoples and nations alike and opposition to imperialism in all its varied and brutal forms. Therefore, unlike so many who are confused about Venezuela, we say with-
out equivocation that we oppose the illegal and immoral attacks by the United States and their Organization of American States (OAS) allies voice not only in the internal affairs of Venezuela. No objective right has been bestowed upon the United States to impose its will on any sovereign people or nation.

...We pose the question to progressive forces in the United States: How much more war, how much more death and destruction will we endure? How can the United States break with the capitalist dooply of your government and say no more war, no more subversion, no more kill-
ings in my name? The Iraq War and those that started it are no different than a war started by us! Please, let us give thought to these words.

See full statement at https://
blackallianceforpeace.com/bap-
statements/defendvenezuela

OPINION & COMMENTARY

2020 plan: ‘Do what I say not what I do’ applies to city
Community organizations and residents – Bring your co-workers and friends and join together to make healthy life choices, build morale and meet the CHALLENGE!

WIN individual or organizational prizes and recognition for:
• BIGGEST LOSER !!! • MOST STEPS!!! • MOST FITNESS HOURS . . . .and more!

Need 10 community VOLUNTEERS who want to learn and grow organic vegetables, fruits, and herbs on a one acre farm close to the city. Need to commit to one, half-day a week for 8 weeks. In exchange for your labor, you will learn to grow, market, and value-added strategies to prolong food through packaging and preparation. Receive a Certificate of Completion.

Call or email the Backyard Community Health Hub (see below).

GUIDE TO CALENDAR:
1. WALK ANYTIME-HIGH & GROWTH – 8am to 6pm. CHECK IN with staff of the Backyard Community Health Hub to help us keep track of your participation.
2. MONDAY activity – held in the Midtown Global Market’s Conference Room on the lower level
3. 1st and the 3rd THURSDAY activities – located in the center area of the Midtown Global Market.
4. WEDNESDAY and SATURDAY activities – located inside of the Allina Conference Room.

---Join us at the Midtown Global Market---

MAY 2019

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<td>&quot;Walk anytime!&quot; • Breathe 5-6pm • Yoga 6-7 • Zumba 7-8</td>
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"I have found the support and connections I need in the Backyard Community Health Hub to motivate me to continue my journey of health and wellness. I struggled with pain and depression, but Breathe and Yoga is a God send."  - Darla  "Backyard Community Health Hub, thank you for making health and wellness free, fun, and fulfilling. I never thought I could enjoy getting healthy, thought it would be expensive and a chore. I am moving with your stepping into wellness, walking often, and the food at your gatherings is delicious and can be consumed without guilt."  - Zora