**New ways to live...heal the earth...as healed**

By KITTY O’MEARA

And the people stayed home.
And read books, and listened, and rested, and exercised, and made art and played games, and learned new ways of being and were still. And listened more deeply.

Some meditated, some prayed, some danced. Some met their shadows.

And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless and heartless ways the earth began to heal.

And when the danger passed, and the people joined together again,

they grieved their losses, and made new choices,

and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

**Mobile Outreach and Outdoor Drop-In (MOODI)**

MOODI is grounded in the cultural wellness approaches to moving from race to culture and community healings. The Cultural Wellness Center is located one block away from Peavy Park on the Hope community campus. The MOODI model is created by partners who have joined forces over the years to reverse the practice of individualism, loss of community, and loss of culture. Our response to the Corona-virus is to show up in community, practice social distancing but share our resources including cultural and spiritual resource because we know that in this we must unite. Our effort is a collaboration between the people from the Cultural Wellness Center and Anam Cara (an incubated initiative of the CWCC) along with community volunteers, health, social, and outreach workers.

**Commentary on EPNI Urban Farm**

**Common Sense for the Common Good**

By HARVEY WHJE

Before Covid-19, many cities across the U.S.—including Mpls.—were responding to climate change and racial discrimination by changing guidelines, revenue recipients, zoning, and goals. Housing, food, and jobs near public transportation—walking paths, bike trails, bus, and light rail—were common goals for the common good that was common sense.

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**Lost 2020: Laypeople’s Outdoor Sculpture Trail**

By SAM MOLSTAD, Host

Are you finding yourself with time in your hands? Are you looking for ways to harness your Power?

If your answer was “yes,” then please join us in creating the Laypeople’s Outdoor Sculpture Trail!

WHAT?

You and your household will create a sculpture to display in a prominent outdoor location at your residence. Then, we at LOST will generate a map of sites where sculptures are located. The map will be posted online and delivered to your mailbox by LOST upon request.

WHEN?

Please submit your intent to sculpt as a direct message to Sam Molstad and include the address of where your sculpture will be located. The map will be posted and distribution began April 11th.

WHY?

Why not?

We at LOST thank you in advance for your participation in this community building event designed with appropriate social distancing techniques in mind.

Check this event and our website at https://lostcorp.tumblr.com/ for updates.

**Report by BEN HEATH**

April 11th was the first day of the first South Minneapolis Laypeople’s Outdoor Sculpture Trail (LOST). Organized by Phillips neighborhood resident, Sam Molstad, non-sculptors across South Minneapolis displayed their creations in their front yards. Many folks made art from recycled, found, and natural materials including tree fungus, broken tiles, car jacks, holiday decorations, a potato, and holey tights. Sculptures are up through April and into May.

There is a facebook event page, and a google map of all the locations. So far there are 12 sites, some of them have more than one sculpture (or so much stuff in their yards it is hard to tell! ha!) It will be updated as sculptures are added/removed.

**Remembering 1980-1993 STOP 750 Truck Transfer Station Campaign in E. Phillips SUCCESS! 2020 AGAIN?**

**Mobile Outreach and Outdoor Drop In at Peavy Park Denver and Franklin Avenues, Daily 1 PM - 3 PM**

**Honor Guard at 2017 Pioneer and Soldiers Memorial Cemetery Memorial Day Celebration**

**Continued on page 7**

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**Readers Since 1976**

**Of, By, and For its Readers Since 1976**

**alleynews.org**

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2020 CENSUS—Why you count: Every missed person means forfeiting almost $28,000 each towards MN funding for the next ten years.

Starting April 13, Hennepin County Library started offering curbside holds pick up at 8 library locations, including at East Lake City. Library workers have raised public health and worker safety concerns about providing this non-essential service, especially as the County decided to make recall votes to these high-risk locations involuntary, over the protest of Local 2822. (Curbside service has provided paid work for only about 20 of the locked-out workers.) In addition, library workers have been raising questions about the lack of conclusive research on coronavirus transmission on library materials; the use of precious PPE and sanitizing supplies for providing a non-essential service; and the example of putting both workers and residents into unnecessary interactions with other people to provide a non-critical service during a Stay-At-Home order. Books are great, but lives are essential!

Library workers ask that the community do not use Library curbside services at this time. Instead, please take advantage of the many other remote services that Hennepin County Library is offering, and advocate for more robust remote services to bridge the digital divide!

All Hennepin County Libraries are closed to public. For Updated information on Hennepin County Libraries services during the Coronavirus Pandemic, visit www.hclib.org. All information is accurate as of April 19, 2020.

Ask Us: Have a reference or library account question? Call, text, chat with, or email a Library worker https://www.hclib.org/contact

Library Book Returns: All library book returns were closed on March 19. Check the library website when they will reopen. PLEASE do not put library books at risk by returning library materials at this time.

Library Card and Account Information: Contact the Library through Ask Us (above) to get your library card or temporary Library E-Card.

Temporary Library E-Card: If you do not have a Hennepin County Library card and would like to apply for a card to access online resources while we are temporarily closed, Hennepin County residents and property owners can apply online to get a temporary e-card: https://epay2.hclib.org/ecdard

Online Resources: Hennepin County Library has a smorgasbord of online resources including: Newspapers, Practice Tests, Interactives for Kids, Journals, Encyclopedia, Directories, Local History Digital Archives, Free Downloadable Music, Streamable Movies, Government Documents, Biographies, Computer Tutorials, and last but not least, E-Books. Visit the website to browse all online resources: https://www.hclib.org/browse/online-resources

E-Books and Audiobooks: Libby: The Libby app is available for iOS and Android devices and is a streamlined way to access downloadable ebooks and audio books from OverDrive. You can check out and audiobooks right in the app. You can also read ebooks in the app or send them to your Kindle.

Cloud Library: Find downloadable ebooks for readers of all ages. A reader app is also available for Android, Apple and other devices.

Storytimes on Facebook: Hennepin County children’s librarians are hosting storytimes on Facebook. New family storytimes premiere at 3:30 p.m. on Tuesdays, baby storytimes at 3:30 p.m. on Thursdays, and are available on YouTube anytime.

Homework Help: Visit: https://www.hclib.org/programs/homework-help. Online tutoring and online resources (need a library card to access

Other Hennepin County Resources

Hennepin County Resource Helpline 612-348-3000, 8 a.m.-8 p.m., 7 days a week Help available in different languages If you’re impacted by COVID-19, call for help with clothing, financial assistance, grocery and household supplies, medical care and equipment, or medication.

For people experiencing homelessness

Adults: Call 612-248-2350. Families: Call 612-348-9410. On holidays, weekends, and evenings until 11 p.m., call 211: 651-291-0211 and ask for the after-hours shelter team.

Domestic Abuse Service Center

Advocacy, orders for protection and safety planning services can be accessed by calling 612-348-5073. The room is A0710.

Mental health emergencies

Adults: Call 612-596-1223. Children 13 and under call 612-348-2233. Text **CRISIS to 69010 to connect to a crisis counselor.

Community Resources: Internet Access: Free Wireless Access in Minneapolis. USI: USI opened their WiFi network in Minneapolis for those that may need temporary internet access.

Minneapolis Public Schools—Food for children during closure: MPS is offering WEEKLY food pick up at nearly 50 food distribution sites across the city of Minneapolis. Each day, up to 10 different sites across the city offer food pick-up from 10 a.m. - 2 p.m. Monday-Friday. Each food box contains 5 breakfasts and 5 lunches of meals. Families are welcome to take ONE (1) box per child, per week. Food is FREE and available to ANY child 18 years or younger.

Foodpick in or near Phillips:

Monday: Anderson School
Tuesday: Phillips Park, Green School
Wednesday: Peavey Park
Thursday: South High School
Friday: Sullivan School

United Way 2-1-1

United Way 2-1-1 provides free and confidential health and human services information for people in Minnesota. We’re here 24 hours a day, 7 days a week to connect you with the resources and information you need. Whether you are in crisis, or need a little support, we’re here to help. Call 651-291-0211 or Online: https://www.211unitedway.org

Linden Finner is one of the locked-out library workers and is an executive board member of AFSCME Local 2822, representing Library Specialists, Associate Librarians, and Public Service Assistants at Hennepin County Library.
There have also been a number of smaller, local epidemics. In Minneapolis, in the mid-19th century, the good news is that most of these diseases are now rare in the United States. Better sanitation, clean water, vaccinations, antibiotics, and other medications have saved countless lives.

Covid-19 is only one of many pandemics that have occurred throughout history. There have also been a number of smaller, local epidemics. In Minneapolis, in the mid-19th century. The leading cause of death among adults was tuberculosis (also known as consumption or phthisis pulmonary) which occurred any time of the year. It came to be known as the White Plague and continued to be a leading cause of death well into the twentieth century. The good news is that most of these diseases are now rare in the United States. Better sanitation, clean water, vaccinations, antibiotics, and other medications have saved countless lives.

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2020 Lawns to Legumes: Corcoran + Phillips Demonstration Neighborhood Project

RESILIENT YARDS, RESILIENT PEOPLE.

As we continue to stay home and practice social distancing, we hope that you and your family stay safe and well as we come through this challenging time together.

The Corcoran + Phillips Pollinator Project is a grant program that provides funding for native plantings and pollinator-friendly trees and shrubs for your yard to protect our pollinators, other wildlife and our environment. The program includes training on how to care for your landscape.

We are offering this to residents of Phillips community to inspire active healing of the earth. We encourage you to connect to your environment, and help to make a difference from your yard!

For more information, and to sign up for the pollinator project, contact lilah@metroblooms.org or call (612) 293-4027.

You can also learn more by attending an online workshop about making your yard more resilient, from 5:30-6:15 pm, Thursday, May 14. This workshop is free to residents of Corcoran and Phillips neighborhoods. To register: bluethumb.org (check workshops page)

Peace House Community–A Place to Belong
Remembering We’re (Sort Of) All in This Together

By MARTI MALTEBY

In one sense I hate mentioning the Coronavirus pandemic, because no one needs to be reminded of it and I would love to provide an escape from it. On the other hand, it has illustrated one of society’s strange paradoxes that has been on the edge of my thoughts since last year.

When it comes to surviving the pandemic, many people say that “We’re all in this together”, meaning we (as individuals) need to cooperate with the measures that we (as a society) must follow to stop the disease from spreading. Those people want to evoke an image of community, cooperation and everyone pitch-in to accomplish a common cause. And how do we do this? By staying as far from each other as possible, minimizing social (at least physical) contact and generally isolating ourselves from each other. While we can still call, text or email each other, we can’t actually do anything together, at least not without risking each other’s health. Ironically, in the past when someone got sick, friends and neighbors might bring chicken soup or stop by to say hi, just to encourage the person and meet their needs. Now, sickness has become the period of greatest isolation. Even just the potential of having been exposed, the mere possibility that someone will get sick, is enough to isolate someone. It seems that our practice of “being in this together” demands that we come up with a modern phrase to illustrate what we mean.

This all brings me back to the paradox I mentioned earlier. As a society, we constantly try to balance the need to be together with our natural tendency to move away from anyone or anything that strikes us as all threatening. Society, by definition, means people are together, and yet society is where we meet the “other,” the person who looks different from us, who has different values, who will upset what I see as normal, and who may try to take what is mine. The paradox was summed beautifully for me a few months ago. I heard about a homeless man who was invited to attend a church service. His was hesitant to accept the invitation, explaining that “I’ve been in lots of church basements. That’s where they serve the meals. I never thought they wanted me in other parts of the church.” As a Christian, I relate well to the man’s comment. It’s so easy to intellectually value community but work against it in practice. In this time of pandemic, it makes sense to ask each other to practice social distancing as a way of caring for others, but we often do this without recognizing the emotional damage that isolation causes.

Of course, there is no solution or “right” answer here. Protecting the vulnerable from the pandemic is vitally important, but when that means shut-in grandparents can’t visit newborn grandchildren, domestic violence increases because of the stress of sharing a small apartment with others, and families cannot properly mourn the death of a loved one because funerals are now unhygienic, the “right” answer seems barely better than the alternative.

Transit

Transit and the Coronavirus

By JOHN CHARLES WILSON

Last month, I wrote about a so-called public transit strike was there was no news about transit in Phillips or the Twin Cities in general. Ironically, The Alley Newspaper submission deadline was just two days before Metro Transit made the first of two major service cutbacks due to the closure of certain businesses and the Stay At Home order.

By now, most people should know Metro Transit closes down from 11 PM to 4:30 AM each night, and that most routes are on a Saturday schedule on weekdays. Presumably, normal service will be restored when this crisis is over.

Even in normal times, I don’t get out much anymore, and I’ve only been on one bus ride since this mess began. That was to help a friend who has a bad memory and gets lost easily going shopping at a location he doesn’t know how to get to by himself. (Caring for others is a legitimate reason to travel under the order.)

One thing I immediately noticed is how empty the buses are. Many have literally no people on board. One or two people seem to be more common. The most I encountered on any bus I rode while helping my friend was about six. This was on a weekday with the return half of my trip being during the typical rush hour. It was quite surreal.

Metro Transit is even foregoing fare collection on buses with a back door. (You are still supposed to pay on buses with no back door and on BRT and light rail.) This is so people can board and exit using the back door and not go near the driver, to avoid giving him or her the virus if they have it. At least Metro Transit admits the health of bus drivers is more important than a few dollars. That is a step in the right direction towards logical thinking.

The current travel restrictions are supposed to be lifted 4 May. Personally, I predict the Governor is going to extend them again. I don’t think we’ll have the coronavirus under control by then. I read somewhere that similar restrictions were imposed for 116 days in Minneapolis and 71 days in Saint Paul during the flu epidemic of 1918. A repeat would take us to June or July. Please stay well, safe, and at home!
Peace House Community

“Poetical Picture Story”

By MIKE HAZARD

“As the person who has been at Peace House Community the longest (34 years), my heart is breaking,” emails Catherine Marner. “Never did I think it would come to this, but I realized it was the only chance we had.” Peace House Community has had to close the doors for now to keep everyone at a safe distance.

“What do I love about the Peace House Community? Almost everything,” enthuses Catherine. “I love that it is a little United Nations. Where can you find so many people of so much difference all living together along? I love that people are mostly respected and learn to care about one another. I love that people who have moved away come back and are so happy to see us still here.

“I love that people write to us from prison and tell us how much they miss us and can’t wait to come for coffee and meditation when they get out. I love meditation and that people share their wisdom and their pain and their life with others. I love that our volunteers are dedicated and never miss their days and stay for years.”

People often wonder how they can volunteer at Peace House Community. Catherine answers with her own experience. “I discovered I had so much to learn there, most of all that I was enough and did not have to always give something, but could just ‘be there’ and that was enough. Sitting and being with someone and listening to their joy and pain was enough.”

“Pray God we can reopen and begin welcoming our beloved Community very soon again,” Amen.

*This poetical picture story is by Mike Hazard. It is part of a project called Peace House People. The work will be exhibited at Franklin Library and Peace House when they reopen. The project is funded by an Artist Initiative grant from the Minnesota State Arts Board.*

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East Phillips Urban Farm & Housing vs City of Minneapolis

BY EAST PHILLIPS NEIGHBORHOOD INSTITUTE

Neighbors Made a Plan:

Neighbors of East Phillips made a plan to buy and use 7.5 acres of land with a building between Longfellow Ave. and the Midtown Greenway and 27th St. and 28th St. when it became for sale in 2014. Led by Little Earth of United Tribes, Somali Chemical Awareness, the Urban Farm Project, the Women’s Environmental Institute, and the East Phillips Improvement Coalition (EPIC), they planned an Indoor Urban Farm for green jobs, second-chance job opportunities and job training, a community commercial kitchen, an all nations World Café, Market run by local youth, bike repair facility, and 28 affordable 2 bedroom housing units with start-up funding by DEED grant from the state of Minnesota.

No Community Input Allowed:

The Minneapolis City Council and Public Works staff, prohibited open discussion of the Community Plan in Council and Public Works meetings since it undermined Neighbor’s Purchase Proposal to the previous owner by threatening Eminent Domain. Andrea Jenkins provided 20 minutes on Jan. 20, 2020 six years after we started working on the problem and well after all votes had been taken to support the demolition of the warehouse and prevent any “non municipal use” at the Hiawatha Campus expansion site. The community is thankful to C.M. Jenkins for allowing the neighbors to be heard.

Entire Sears/Roof Depot Warehouse Needed for Neighbors’ Plan

All 7.6 Acres of the Roof Depot site was originally and is, the goal of the community’s project and would create a more viable project. Note: the City intends to demolish the warehouse without required Environmental Permits; at any time. The community has requested notification of demolition date, but to no avail.

At least the South East portion of this building is required to create a sustainable Urban Farm Project. Constructing a new building is too expensive rendering the community project unsustainable.

Urban Farm Financial Support

In 2015, there was so much enthusiasm for the Indoor Urban Farm that the community had accumulated commitments for $9 million dollars in project support and had negotiated a $5 million dollar purchase price with the owners of the Roof Depot, the previous owner. This was all negated by the unethical threat of eminent domain by the city.

Opportunity is Still Possible

The City and State will miss an incredible opportunity to work with a challenged inner city neighborhood in a way that would benefit the local economy, workforce, and win awards as a model for cities everywhere.

Please Help Reverse City’s Momentum & Power

Please express your concern over this situation to Mayor Frey (jacob.frey@minneapolismn.gov. ), and the Minneapolis City Council (all can be reached at citycouncilmember@minneapolismn.gov) who have voted unanimously against the East Phillips Indoor Urban Farm project in favor of more pollution.

Please Thank State Senators Patricia Torres Ray, Jeff Hayden, Scott Dibble, Bobby J Champion, Kari Dziedzic and State Representatives Hodan Hassan, Aisha Gomez, Jean Wagenius, Frank Hornstein, K. Dziedzic, Fia Lee and All who SUPPORT the Urban Farm Project.

Thank you to The Minneapolis Foundation for initial funding and support!
In the Heart of the Beast Theatre Executive Leadership Transition

Lisa Marie Brimmer & Claire Curran begin as Interim Co-Executive Directors of In the Heart of the Beast Theatre on May 1st as Corrie Zoll ends his five tenure as Executive Director

By CLAIRE CURRAN
Lisa and Claire bring creative, equitable, community-centered skills from their past work and artistic experience. We’re very excited to have their leadership and perspectives at HOBT in this unprecedented moment.

Lisa Brimmer, artist and arts administrator, recently Interim Co-Executive Director of Cedar Cultural Center and member FREE BLACK DIRT collective, Lisa has been a critical part of designing, recruiting, and convening HOBT’s MayDay Council since October 2019.

Claire Curran has been HOBT’s Communications Director for two years, and previously led Communications and Campaigns at Minnesota Interfaith Power & Light. Claire has been a core part of leading the organizational culture shifts necessary for HOBT to embrace a more equitable future.
Fondly remembering Winona, a Cairn Terrier, and on the route to Mpls.-St. Paul International Airport—Hawatha Avenue. That threat was fought and won by neighbors and the American Indian Movement. Once again, land in the same area is threatened by greed, institutional racism, and incompetent urban planning; all made worse by conflicts of interest by key City officials, bureaucrats, and their lawyers.

Continued development of seven acres for warehousing and truck parking by the City is counterproductive and counterproductive to the merits of the site, well being of neighbors, goals of Green Zoning incentives, and good urban planning. Relocating more pollutants downtown during the COVID-19 pandemic— including the arsenic beneath the large building—and adding more vehicular pollution adjacent to housing and four forms of less polluting transportation is counter to commonsense.

Wendell Phillips, namesake of the Phillips Commons, said it well seventeen decades ago, “Commonsense doesn’t ask for an impossible chessboard, it takes the one before it and plays the game.” City of Minneapolis: Take the situation and land before you, use commonsense, and do the right thing. Listen to voices from the past, like Wendell Phillips, but much more importantly, listen to the voices of “the many” TODAY. Join in adapting the seven acres into the new norm of housing, jobs, transportation, food distribution, and cultural improvement instead of a metro-politan garage for parking and storage that is much less advantageous for serving the purpose of the common good.

Alexander, the 80-pound Dalmatian, slept peacefully between us on a double bed every night. He was careful not to push us out of bed, which he could have easily done, but he did make communal bliss a little tricky. He lived far beyond Dalmatian life expectancy. Some surgery kept his larynx open until he just could not breathe and he went to his beloved vet for a last goodbye. He was a strait cat that came to our house and did not leave. He competed with the dogs for tid bits from the table. He could sit, lift his paw for attention and do any manner of interactions for our regard. His name was Ojibwe for hungry and we cost it a buck a day to feed him. Once he caught a squirrel and ate the entire thing except the tail. Unlike Buckaday, SkunnyWundy, named for the Bible trickery of a gentle tuxedo, as the cats with black and white distinctive markings are called. We tried to keep her in the house but she would have none of that. She visited neighbors and enjoyed their company. She did get the occasional fight absences and once I had to cut an abscess open with an X-Acto knife that had been sterilized. She recovered nicely. She lived to 19 almost looking like an adolescent cat.

Going through the whole list might be tedious but I can’t leave it without talking about Gahjestohd. She was named shining light for her dazzling personality. I picked her out of a puppy group. She ran over and jumped into my arms. It was a choice made by the spirits. I put her in a little puppy box and on the plane with me. She came to her family in Minneapolis and loved everyone. Her Cairn Terrier cheerfulness allowed her to make friends with all she met. But something soon was wrong. She waited all day for us to come home and often she was sad. Concerned, we asked the vet for his advice and he said, “Get her a dog!” All was well after Fibber McGee came to live with us. Gahjestohd’s outstanding characteristic was she could tell moods so when I was sick she knew it practically before I did. She stayed next to me without food or water until I arose out of the bed. She was called our “nurse dog” and she was most beloved by the whole family. When she died at the gentle old age of 17 she was mourning as the brave woman she was, a true warrior.

My husband and I do not have a legal will. Almost instantly we thought about making one but our lawyer was not in his office. We have now worked out an online way to send things back and forth. It took us quite a while to figure out how to leave something to and how to give things to our children, grandchildren and our great grandson.

Apparently, from reports in the newspaper, we are not the only ones with this dilemma. Lawyers everywhere are rushing to figure out how to get wills done. We are far from wealthy but we do have enough to leave a little something behind. I am amazed to find out how little attachment I have to those things I thought precious when I acquired them. We know our children won’t have room for what we call stuff. We have tried to pass on only junk free items, but it is hard when photos or that special silk scarf is involved.

Next we have to consider how to organize the basement where 35 years of stuff have accumulated, some from a previous move – boxes of papers that never were opened. At least we are stuck inside where our work goes on. My husband is teaching classes online using the popular Zoom and I am still volunteering for Wicote, the nonprofit that supports language learning for very young children. The blameless parents of the students have had losses beyond imagination. That is true for many communities throughout Phillips and the whole city. Let’s turn our thoughts to them at least once a day and give what we can, whether talent, food, funds of course, and precious time. That’s what we are rich in now.

Common Sense Continued from page 1

During Covid-19, increased awareness of inequities of healthcare, housing, food, and work demands more common sense for the common good of everyone.

Nonetheless, the Mpls. City Council and Staff are continuing to flaut their powers against our neighbors’ Urban Farm, Affordable Housing, and Jobs Center Initiative in the highly diverse and high-income East Phillips area near public transportation. The City is going up against laws, and against their own environmental Green Zone Guidelines as they continue to demolish only three years after it was built. This was partially due to substandard design and construction; most significantly, it was threatened because of greed to seize prime development land near downtown Minneapolis and on the route to Mpls.-St. Paul Inter

2020 CENSUS—Why you count: Non-profit organizations use census numbers to estimate the number of potential volunteers in communities.

Save the date for a virtual, safe and deeply celebratory Chrysalis MayDay experience on Sunday, May 3rd!

By CLAIRE CURRAN, HOBIT

HOBIT and the MayDay Council have been in a chrysalis year working to design a more equitable and accessible MayDay Celebration. Now, collectively, we find ourselves in a moment of Chrysalis in Quarantine.

In this time of physical distancing, we know now more than ever that MayDay lives IN the community. We, all of us, ARE MayDay! And we will continue to create together in this time of quarantine.

Check-out hotb.org for art-making workshops with Graci Home, Fihat Mansour, and Mike Hoyt; as well as community activities on May 3rd including a grief and healing mediation led by Serita Colette in the morning, and a community sing (from the safety of your home, yard, or porch) in the afternoon.

Reminiscing

Those Who Went Before

By LAURA WATERMAN WITTSTOCK

Chubs
SkunnyWundy
Buckaday
Gahjestohd
FilbeeWundy
Winona
Alexander
Casey
Chubs
Fondly remembering Winona, a Cairn Terrier, Casey, a Congi, and all our pets who “brought joy and connection to our family” …Laura Waterman Wittstock

Precious Sparkle Monte

In this day of massive mourning in the whole world, our previous plans for death may seem outright whimsical. My husband and I will have been married for fifty years if we make it to August 30th. Our loving plans call for cremation and then mixture with whichever of our pets we have had through-out our married days that the children choose to include in our cremation mix. Might be one or two perished cats or the children and those would be kept out. Others would be too precious to put away. But we are hoping a few pinches from the list above could be included. A bit will go to the Seneca Nation of Indians cemetery. Smiley’s Point Health Clinic, Hi-Lake Shopping Center, and close to the YWCA and a Hemnepin County Service Center and Transportation Hub. On this vital land, the City is forcing creation of a large storage depot and large truck and car parking lot.

In 1975, one half of Little Earth of United Tribes housing was unhabitable and the rest demolished only three years after it was built. This was partially due to substandard design and construction; most significantly, it was threatened because of greed to seize prime develop-

Gahjestohd’s outstanding characteristic was her ability to love us dearly and would put his arms around my heart. We imagined he did not want to leave us, but his name was important to remember. His name was Ojibwe for hungry and we cost it a buck a day to feed him. Once he caught a squirrel and ate the entire thing except the tail. Unlike Buckaday, a strait cat that came to our house and did not leave. He competed with the dogs for tid bits from the table. He could sit, lift his paw for attention and do any manner of interactions for our regard. His name was Ojibwe for hungry and we cost it a buck a day to feed him. Once he caught a squirrel and ate the entire thing except the tail.

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These are very challenging times for all of us, but more so for some. Do not feel alone. If you or someone you see in the community needs help connecting to resources, contact us. We are all in this together!

Below is a partial but by no means exhaustive list of local resources. Practice social distancing, wash your hands often for 20 seconds, wipe down surfaces with disinfectant if you have to leave the house and return, stay at home, and be safe!

Food, health & housing
• Hunger Solutions has referral information for food services: 1-888-711-1151
• Metro Mobility is providing free food order delivery: 651-602-1180
• United Way 211 has resource and referral information 24 hours a day: call 211
• National Suicide Prevention Lifeline: 1-800-273-TALK (8255) or 1-888-628-9454

Legal advice for housing
• Mid-Minnesota Legal Aid 612-334-5970

Senior Services
• HOME, Household & Outside Maintenance for Elderly, program for older adults age 60+: 952-746-4046
• Meals on Wheels: 612-642-1892
• Senior Linkage Line: 1-888-333-2433

Safety
• Domestic Violence Minnesota Day One Crisis Line: Call: 1-866-223-1111 Or Text: 612-399-9995
• Please call 911 in an emergency.

Disaster Distress Helpline
• The Substance Abuse and Mental Health Services Administration Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters: 1-800-985-5990
—Saint Paul & Suburban Area Intergroup: Phones answered 24/7: 651-227-5502
—Greater Minneapolis Intergroup: Phones answered 24/7: 952-922-0880

Addiction
• VirtualNA.org for meetings 24/7
• Minnesota Recovery Connection, Twin Cities, MN. Telephone support 612-584-4158 from peer recovery navigators Monday through Friday, 9-5.

Education
• School & child care questions: 651-297-1304 or 1-800-657-3504 (7 a.m.-7 p.m.)

Hennepin County Library
Call 612-543-KNOW (5669) to reach library staff by phone to answer questions, connect you to online resources or recommend your next read.
Mon-Thur 9 a.m. – 9 p.m.; Fri Sat 9 a.m. – 5 p.m.; Sunday noon – 5 p.m.

Donations
• Hennepin County is requesting donations of personal protective equipment: 612-348-3000
• Blood Banks are in desperate need of donations: 612-871-7676
I invite you to think differently about capital. People intentionally engage in each other’s neighborhoods because money, business, stock market, finance, banks? were not about money at all? each neighbor invested some of their capital into it. A synonym for capital could be asset. We identified some of the things that hold intangible value. What would it mean if you considered yourself and your neighbors to be capital in the context of your community? Each of us has a unique set of skills, interests, education, hobbies, personalities, and passions that we carry with us into community. All that stuff is capital. Imagine how your neighborhood might be different (better?) if you considered yourself and your neighbors to be capital in the youth had capacity to do and it when invested (planted) has the ability to grow and develop into something even better. Non-profit and institutions hold capital campaigns when they plan exciting developments. University of Minnesota Extension refers to this social capital as social capital. We did this to change old systems that no longer serve us. We are driven to change the narrative of injustice towards our environment and our neighbors. That is why I’m going to teach you how to start your own garden with items found around your house. This can be grown by your window or in your backyard because there is great power in growing your own food. If you have internet access you can find my seed starting video on Pillsbury United Communities Facebook page: https://facebook.com/PUC/ or by searching “Michele starting seeds at home” on Youtube. For those of you who don’t have access, read on!

Step one: gather potting soil. This can be ordered online, or found at any local hardware store. Some stores are doing curbside pickup so you don’t have to go inside. Call ahead to order. Step two: gather old toilet paper rolls. Paper towel rolls or egg cartons. If using paper rolls: crease the roll so it resembles a square instead of a circle. Cut to desired length. For example: cut in half if using a toilet paper roll. Cut slits at the four corners to half way, so you will be able to fold the bottom of the roll like a box. You should have an opened end box, or seedling pot! Step three: pre-moisten your soil. You want to mix the water in until you are able to form a ball of soil without water dripping from it. Step four: fill your seedling pots. Be careful not to pack the soil too tightly, as the seeds need room for their roots to grow. Step five: place by the warmest, sunniest window in your home. Watch the seeds daily, and water when the soil is starting to look, or feel a bit dry, but he careful not to let them dry out completely. Continue caring for your seedlings in this way until the second week of May. If you have a space outside to continue on. If you are planning to keep plants indoors it is time to replant them in a larger container. Step six: start bringing your seeds outside for a few hours at a time. This is called, hardening off. And allows your seedlings to get used to what will be their new outside home. After 5 days of bringing them outside and back inside at night, they are ready to plant outside! A good rule of thumb is to plant your seedlings outside after May 15th. We rarely get another frost after this date, so your plants will be safe from a freeze demise. When planting outside, dig a hole to the depth of your plants roots and twice as big. Fill with water, place plant in hole and gently push for soil back into the hole. For more gardening tips or advice feel free to reach out to your local urban farmer at Michele@pillsburyunited.org.

Happy planting!

Spring in Minneapolis. Easter 2020

Ventura Village monthly membership meeting cancelled in May

Ventura Village Neighborhood Organization, like everyone else, has had to adjust and cancel meetings in March and April. As the weather improves we still want to serve and involve our neighbors. Here are some ideas for May:

- Join us on Saturday, May 16th to plant our “Flowers on Franklin” planters. We’ll start at 10 AM at the Trinity First parking lot at 13th and E. Franklin. We’ll have plenty of rooms to keep our social distance. We’ll also have seeds, plants, other supplies, and ideas for your gardens.

- If you want to start or add to your own garden we have a tool library to help you. We have specialized tools like a sod kicker, tree pullers, and string trimmers and common tools like shovels and wheelbarrows. You can help create raised beds or find a place in garden if you don’t have one. Contact us at 612-574-9070 or at venturevillage.org.

- You can volunteer at one of our neighborhood gardens. Contact Mel at Mel2464@r4etfarm@gmail.com for more information.

Starting Seeds (A Project to Try at Home!) Story and photo by: Michele Manske, Pillsbury United Communities

This year it hasn’t been the weather that’s been keeping us inside; it’s a global pandemic. With all the emotions that are coming up, let us stay present. What I am seeing is the strength behind the movement of people faced with a challenge, and it brings me hope that collectively we can organize, mobilize, and find solutions. As an urban farmer, I work to change old systems that no longer serve us. I am driven to change the narrative of injustice towards our environment and our neighbors. That is why I’m going to teach you how to start your own garden with items found around your house. This can be grown by your window or in your backyard because there is great power in growing your own food. If you have internet access you can find my seed starting video on Pillsbury United Communities Facebook page: https://facebook.com/PUC/ or by searching “Michele starting seeds at home” on Youtube. For those of you who don’t have access, read on!

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Happy planting!
**Movie Corner**

**Covid-19 Stay-At-Home Movie Recommendations**

By HOWARD MCGUINNETT II

oldschoolmovies.wordpress.com

howardmcguinnett@gmail.com

During Covid-19, the lights went out in movie theaters across the country along with countless restaurants, bars, sporting event, churches, and schools. At first, crowds of 500 were prohibited, then 100, then 50, and finally 10. Physical distancing is in order, preferally six feet; yes, wearing masks outdoors is commonplace now. Since people are strongly encouraged to stay home, I am recommending some movies to watch while sitting on the couch or doing household chores.

**Remembering Movies from the Past**


**FOOD PICK-UP SITES**

Starting Monday, March 30 MPS will operate nearly 50 food distribution sites offering WEEDF food pick-up. Each day, up to 10 different sites across the city will offer food pick-up from 10 am – 2 pm, Monday-Friday.

Each food box contains 5 breakfasts and 5 lunches for a total of 10 meals. Families are welcome to take one (1) box per child, per week. Food is FREE and available to any child 18 years or younger. Look for yellow school bus at all MPS food pickup sites! Make sure your household has adequate refrigeration to store food.

Supplemental groceries will be available for families in partnership with The Sheridan Story. (Please note: Friday, April 3, will be the last day for daily food pick-up.)

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612.729.9333

www.ingebretsens.com

IN THE SPIRIT OF COLLABORATION AND COOPERATION WITH MNPS’ CURRENT STAY AT HOME ORDER, WE ARE TAKING THESE STEPS:

- OUR DELI & BUTCHER SHOP ON EAST LAKE WILL CONTINUE TO PROVIDE CURBSIDE PICK UP
- OUR STORES ARE TEMPORARILY CLOSED TO THE PUBLIC.
- CURRENTLY WE ARE UNABLE TO SHIP ONLINE ORDERS.
- WE WILL CONTINUE TO WEAR YOU AND WANT TO KEEP IN TOUCH.

YOU CAN STILL BROUCH WEBSITE AND ORDER ON FACEBOOK, INSTAGRAM & YOUTUBE.

IF YOU NEED HELP ORDERING, PLEASE CALL US AT 612-729-9333 OR EMAIL info@ingebretsens.com.

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900 CENSUS—Why you count: A certificate from past censuses can be used as proof to establish your age, residence or relationship.

**Hunger Impact Partners**

Free food for kids 18 and under is only a click away. Starting immediately, the Free Meats for Kids mobile app will help families and kids in need to find and access free food at sites across Minnesota. The app is powered by GPS and shows locations of sites that are providing food with detailed hours of distribution. It also shows the distance and directions to the nearest site.

Download on iOS or Android

**Recommendations**

Raise Your Voice
Consuming the orange coronafruit
By PETER MOLENAAR

Remembering:
April 14...
Most of the day was spent responding to text messages and calls of concern. Comrade Harry had entered Hennepin County’s ICU (COVID-19). Blood oxygen was dangerously low, and failed to improve.

January 8...
The CDC issued a warning.

January, February, March...
Eight campaign rallies and five golf trips are interspersed with, “It’s a hoax… the corona virus is much under control… stock market looking very good to me.”

April 2...
The economy is imploding and 35 million U.S. citizens are in line to lose their private health insurance.

March 3...
After having passed through two sites of infection (Seward Co-op and May Day Café) I visited East Lake St. Allina Clinic, but was not tested (no tests available). …I thought, as a senior with damaged lungs that I might die should the symptoms emerge… was not even placed on a prioritized list!

March 4...
The East Lake St. Walgreens had no disinfectant at the check-out counters!

March 20...
Busy cashiers at the 1700 East Lake Street shop were frantically disinfecting after each customer, but nobody was disinfecting the gas pump handles!

March, April...
I regularly wage a one person online campaign to have our country’s ethanol supply deployed as a mass disinfectant… but fail miserably.

April 17...
I spent much of the day conveying to friends: in a comatose state of being, Harry’s condition has deteriorated over the night…

Now...
Thankfully, my unindulged symptoms have remained mild for about two weeks.

Meanwhile...
A Texas senator (the one with small hands) is complaining about all the “free stuff” us regular folks crave… stuff like Medicare and Medicaid. Gosh, Senator, you represent the 10% which owns 80% of our country’s wealth, and your people pay a lower tax rate on stock dividends than we pay on wages. Never mind that labor is the source of all wealth, including the wealth most of your 10% are simply born with. Right, Senator?

Note:
The orange coronafruit has been consumed by the “under educated” lot of the GOP base.

Truthfully, the “inevitable crash” was predicated by Trump’s “great tax break” of the GOP base.

December 25...
On Christmas Eve a Texas senator (the one with small hands) and a Rep from Iowa (the one with a large mouth) were cornered. Which makes it more important for us to have a voice.

Remembering how to appreciate women: one roman over another, 75% more people called in. That number was a Sunday, usually the slowest day for Minnesota’s domestic abuse hotlines: about 951 calls for help between March 10 and 24 alone.

Cowards, of course, consider this a gift home when you don’t have to be outdoors. It’s not even, unfortunately, domestic abusers have their victims are managed and clearly leaned on to clinically assess batterers, “Oh, they have anger management issues.”

Issues that somehow are managed and never arise when a partner’s buckling family member or friend happens to be around. It certainly isn’t a time for self-loathing sufferers to say, “It’s her fault.” Love doesn’t leave knots upside your head. It doesn’t put you in the emergency room. It sure doesn’t lay you out on a slab in the morgue. For good measure, tragedy on top of tragedy, there are amusing social media anecdotes of parents eager to recover for a corona cure if only to get kids out from under foot, back in school. Nothing’s cute, though, about reported instances of increased child abuse.

It is an international issue. Since the corona crisis, now, more than ever, domestic abusers have their victims cornered. Which makes it more important that sufferers show him or her the door. Or get out, themselves. Importantly, there are shelters available despite the virus.

Minnesota Governor Tim Walz didn’t grumble to the physically, emotionally and mentally terrorize, issuing the order to stay quarantine. Despite the order to stay home, the CDC put a strategy in place making the economy imploding and a few days before March 22nd, a few days before Gov. Walz announced the executive order, hoping the U.S. President follows suit.

Right here, March 22nd, a few days before Gov. Walz announced the executive order, was a Sunday, usually the slowest day for Minnesota’s domestic abuse hotlines: about 25% more people called in. That number can’t help but have grown by now.

With the corona crisis, now, more than ever, domestic abusers have their victims cornered. Which makes it more important

2020 CENSUS—Why you count: Census numbers help businesses and industries reduce financial risk and locate potential markets.
The Practice of Mutual Aid & Community Care

by Nicole Sara Simpkins, Sarah Jane Keavney, Cara Carlson, Minkara Tezet

In mid-March, several community practitioners and elders began sharing concerns about our city’s collective response to COVID-19. In particular, we were concerned for our neighbors who depend on social services, health clinics, and community for their basic needs and safety. We asked ourselves: what will happen when people without housing can’t access public libraries, or the Midtown Global Market? Where will these community members find health and safety information? How can we continue to offer care and knowledge with the Backyard Community Health Hub closed? How will people stay safe when social distancing isn’t possible in crowded shelters? What about the 700+ unhoused people not currently on any priority list for housing and care? We also asked, what would it be like to answer these questions from the standpoint of cultural and community wellness, informed by the Cultural Wellness Center’s 21 Principles of Community/Cultural Health Practices? How would this response be different from a state, agency, or hospital system response? Where would the resources, expertise, and support come from?

When systems are tasked with providing care, words like prioritization, eligibility, service delivery, and vulnerability describe how we respond to human needs. Within systems, people become symptoms, risk, percentages. When a community is tasked with providing care, words like context, inherent, tending, relationship, and reflective describe how we experience our health together. People become their capacity, their wisdom, their healing. The principles of cultural wellness teach us that a "tremendous amount of healing takes place when people take responsibility for their own healing and the healing of their community and when the community takes responsibility for the healing of its members" (Principle 4). Principles 8 and 9 teach us:

• Emphasize prevention over treatment and teach that prevention must involve the whole community.
• View illness as affecting a person within the context of a whole community, not as an isolated event.

The "Mutual" in Mutual Aid

We began to deepen our practice of these principles in mid-March, by showing up to Peavey Park every day from 1-3 PM. We call ourselves The Mobile Outdoor Outreach Drop-In (MOODI), and we offer a practice of mutual aid and community care. We’re focused primarily on our neighbors without shelter - members of our community who currently live outside of the systems tasked with providing care. We bring what we know about cultural and community care. We’re focused primarily on our neighbors without shelter - members of our community who currently live outside of the systems tasked with providing care. We bring what we know about cultural and community care.

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• View illness as affecting a person within the context of a whole community, not as an isolated event.

We recognize the "mutual" in mutual aid - as we, ourselves, experience the mending that takes place when we gather material and cultural resources to share. "We" include teachers, practitioners and learners from the Cultural Wellness Center and Anam Cara; outreach workers from agencies and organizations; activists and community organizers; volunteers and professionals, herbalists, and people who live and care in a web of overlapping communities. The cultural resources come from ourselves, our bodies, our hearts and spirits, our training and expertise, our resilience and our networks. The material resources come from our connections with people who recognize our shared humanity and who are able to share their excess and abundance. We ask, we talk, and we offer to redistribute. We are mindful of what it means to show up to this work during a pandemic. If we do not apply the principles of care, wellbeing, and "best practices for safety" when it comes to our own health, we will undermine our work. In truth, we are only ever as safe as the most vulnerable people in our communities. In this time of Corona, we encounter this stark truth in a new way: we are not separate beings. When we keep ourselves safe from exposure to the virus, we keep our community safe. When we provide increased safety to our community, we keep ourselves safe.

Today

Yesterday was gone, a dawning of a new day, called today.

I woke with determination.

I will make today a powerful day.

I will purpose to make it such.

I will do what I can do and be grateful that I can do something.

I will say what I can say that is positive and uplifting to me and others.

I will give what I can give and give with a cheerful heart to myself and others.

I will say tomorrow that yesterday was a powerful day!

Roberts

MN "Shelter-In-Place Order"

On Friday, March 27, Governor Walz issued what is now referred to as a “Shelter-in-place” order: all persons currently living within the State of Minnesota are asked to stay at home, unless to engage in essential services. As community care practitioners, we gathered in the park after this announcement, standing in a very wide circle, with 6 feet between each of our bodies, and attempted to figure out what this might mean for us and the people we are caring for. We figured out that yelling across the space with our homemade masks wasn’t going to get us far, so we started meeting weekly online to support our on-site work.

Walz’s order contains the following note: “Individuals without a home are exempt from the restrictions in this Executive Order, and they may move between emergency shelters, drop-in centers, and encampments. Encampments should not be subject to sweeps or disbandment by state or local governments, as such sweeps or disbandment increase the potential risk and spread of COVID-19.”

Community Responsibility for Safety

As days and weeks pile toward months ahead, we continue to question what it means to take community responsibility for safety during this time. We know that, pre-Corona, there were inadequate shelter beds, a housing crisis, and pre-existing outbreaks of disease and poor health. We know that community members experiencing these conditions are disproportionately black, indigenous and people of color. We know that in actuality, this systemic scarcity is a creation; in factual reality, there are enough rooms, beds, meals and money within our city to house and nourish all of us. Pandemic conditions heighten the brittle-ness of what has been.

We continue to show up in the park from 1-3 each day, practicing an attitude of cultural dignity and community connection (Principle 15) as we care for one another. We continue to reflect on what is needed during this time. As we seek to address the concerns that first brought us together, we are asking, how can this moment become a chance for healing and learning? How can we see cracks where the light gets in to provoke shifts toward truthful, stronger, and lasting wellness?

These questions spin threads that strengthen us toward becoming a community in service to itself. CWC Principle 7 teaches us, “Present, when possible, lifestyle changes and renewed decision-making within a cultural context as preferable to clinical options.” This is how we are show- ing up with a renewed sense of purpose - out of concern for the lived conditions of our neighbors, friends, family, and ourselves - we become a community who cares for itself.