



"Listen, Learn, and Take Action!"

U.S. Representative John Robert Lewis



CC BY-SA 4.0 CORDY TINDELL VIVIAN

Cordy Tindell Vivian
(July 30, 1924 – July 17, 2020)

"Leadership is found in the action to defeat that which would defeat you... You are made by the struggles you choose."...C. T. Vivian

Reverend C. T. Vivian was an American minister, author, and close friend and lieutenant of Martin Luther King Jr. during the Civil Rights Movement. Senator Barack Obama, speaking at Selma's Brown Chapel on the March 2007, anniversary of the 1965 Selma to Montgomery marches, recognized Vivian in his opening remarks in the words of Martin L. King Jr. as "the greatest preacher to ever live." Vivian resided in Atlanta, Georgia, and founded the C. T. Vivian Leadership Institute, Inc. He was a member of the Alpha Phi Alpha fraternity.

Vivian died on July 17, 2020, in Atlanta two weeks before his 96th birthday, the same day as his friend and fellow activist, U. S. Rep. John Lewis.

**Rep. John Lewis' (GA)
Opening Comment for the Ways and Means Full Committee Hearing on The Disproportionate Impact of COVID-19 on Communities of Color [abridged] May 27, 2020**

Throughout my career, I fought to make health care available to every American. I deeply believe that in order to recognize the dignity and worth of every human being, we must first realize their right to equal and affordable health care. I have said it before, and I will say it again: In this country we are one family. We are one house – the American house, the people's house. And when one member of the house falls ill, it will affect us all – whether we want to admit it or not.

In the wake of this deadly virus, we should admit we have fallen short. Health inequality is once again costing lives on a scale that no one can ignore. Mr. Chairman, in order to save lives and right this wrong, we must **listen, learn, and take action.** I believe in my heart of hearts that if we put ego and ideology to the side, we will find a way to fix the underlying flaws in our health system that result in communities of color bearing the disproportionate burden of a global health crisis.

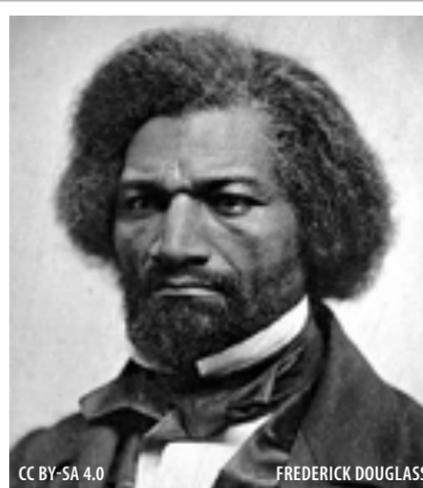


CC BY-SA 4.0 JOHN ROBERT LEWIS



CC BY-SA 4.0 GEORGE FLOYD

George Floyd had big plans for life nearly 30 years ago when 17 years old and said "I want to touch the world." His tragic death when murdered while in police custody is powering a movement against police brutality and racial injustice throughout the world." On the evening of Memorial Day 2020 his last words that did "touch the world" were, "MaMa. I can't breathe!" George Floyd was born October 14, 1973 and died on May 25, 2020 in Minneapolis at 38th St. and Chicago Avenue.



CC BY-SA 4.0 FREDERICK DOUGLASS

"No man can put a chain about the ankle of his fellow man without at last finding the other end fastened about his own neck."...Frederick Douglass, 1818-1895; social reformer, abolitionist, orator, writer, and statesman. After escaping from slavery in Maryland, he became a national leader of the abolitionist movement admired for his oratory and incisive antislavery writings. Read more about Frederick Douglass on page 7 "Raise Your Voice" By Peter Molenaar.

"Anchor the eternity of love in your own soul and embed this planet with goodness. Lean toward the whispers of your own heart, discover the universal truth, and follow its dictates. Release the need to hate, to harbor division, and the enticement of revenge. Release all bitterness. Hold only love, only peace in your heart, knowing that the battle of good to overcome evil is already won. Choose confrontation wisely, but when it is your time don't be afraid to stand up, speak up, and speak out against injustice. And if you follow your truth down the road to peace and the affirmation of love, if you shine like a beacon for all to see, then the poetry of all the great dreamers and philosophers is yours to manifest in a nation, a world community, and a Beloved Community that is finally at peace with itself."... U.S. Representative John Robert Lewis Feb. 21, 1940 – July 17, 2020

Tips from a COVID-19 Case Investigator

By LINDSEY FENNER

For the past two months, I have been reassigned as a COVID-19 Case Investigator. This means that everyday I have conversations with people who have tested positive for COVID-19. Over the next few months, I will share tips and ideas from this experience. This month, I want to introduce everyone to what a Case Investigator does and what you should know if you get a call from one.

What happens when I test positive?

After a positive test for COVID-19, you should be getting two phone calls: one phone call from the clinic where you got tested, and another phone call from a case investigator from the State of Minnesota Department of Health or a local public health agency.

Why do we call?

We want to give you information about isolation and quarantine. I spend most of my time answering questions, talking through what isolation might look like, and making sure families have what they need to isolate and to stop the spread of COVID-19 to others. We also provide letters for work or school and can connect people with resources for essential needs while they are in isolation.

We also need to gather information to help understand this new virus and keep people safe. We only share private information with other people working in public health, like epidemiologists and other public health and infectious disease experts. We also want to make sure everyone you had contact with while potentially infectious has the information they need to quarantine. We usually ask you to communicate quarantine information with friends and family. We do follow-up with workplaces if someone worked while they were infectious, but only so the workplace knows what to do to keep everyone safe. We only share your name with your permission.

What should I know about the questions you ask?

There is a reason behind every question we

Beloved civil rights icon John Lewis dies at age 80

By DWIGHT HOBBS

Committed to the cause of civil rights until his last days, enduring icon John Lewis, career U.S. congressman and beloved leader, commented on the national tragedy of George Floyd's killing to CBS "This Morning's" Gayle King. "The way this young man died... it made me so sad. It was so painful. It made me cry. I kept saying to myself, how many more?"

"How many more young Black men will be murdered? The madness must stop. It was very moving... to see hundreds and thousands of people from all over America and around the world take to the streets to speak up, to speak out."

He continued, "You cannot stop the call of history. You may use troopers. You may use fire hoses and water, but it cannot be stopped. There cannot be any turning back. We have come too far and made too much progress to stop now and go back."

The long-revered elder statesman had stood at the forefront of the fight for racial equality since 1961 as one of the 13 original Freedom Riders to challenge the rule of Jim Crow. In 1963, Lewis, a founding member of the Student Nonviolent Coordinating Committee (SNCC), was elected to serve as chair, joining Martin Luther King Jr. as one of the "Big Six" leading the historic March on Washington for Jobs and Freedom.

After which, in 1964, the Civil Rights Act became law. Though unquestionably part of the force responsible for it becoming law, Lewis was disappointed that it failed to protect African Americans from police brutality or afford the right to vote, describing it as "too little and too late."

During his tenure, SNCC opened Freedom Schools, launched the Mississippi Freedom Summer, a hard-fought campaign to register Black voters across the South. Lewis grew to national stature for his prominent role in the Selma to Montgomery marches when, on March 7, 1965, known as "Bloody Sunday," he and fellow activist Hosea Williams led over 600 marchers across the Edmund Pettus Bridge in Selma, Alabama. This sped the passage of 1965's Voting Rights Act.

Elected to the U.S. Congress, reelected 16 times, Lewis represented Georgia's 5th District, and was recognized as one of the most liberal congressmen to have represented a district in the Deep South. However, he was described by The Washington Post as "a fiercely partisan Democrat but ... also fiercely independent."

While in office, Lewis sustained a spirit of activism, speaking out in support of gay rights and national health insurance. He opposed the U.S. waging of the 1991 Gulf War, and the 2000 trade agreement with China. He opposed the Clinton administration on NAFTA and welfare reform, which he decried as a political and moral affront, stating, "Where is the sense of decency? What does it profit a great nation to conquer the world, only to lose its soul?"

An early opponent of the Iraq war, Lewis was cited by the Associated Press as "the first major House figure to suggest impeaching George W. Bush," and arguing that the president "deliberately, systematically violated the law" in authorizing the National Security Agency to conduct wiretaps without a warrant. Lewis said, "He is not king; he is president."

In the wake of the mass shooting that took place on June 12, 2016, in Orlando, Florida, Lewis led a sit-in comprised of approximately 40 Democrats on the House floor June 22 in an attempt to bring attention to and force Congress to address

John Lewis.. Continued on page 4

Swim Safely at Home or Away

By H.Lynn Adelman

Modified from MN Dept. Natural Resources advice

With few or no lifeguards at Minneapolis lakes and beaches this summer, please be aware of these safe practices:

- Always watch children around water, without being distracted. Phones can be distracting and contrary to child-monitoring.
- Keep young children within arm's reach of an adult at all times.
- Teach children how to swim. Consider their age, development, and how comfortable they are around water. (See below for swim lesson resources).
- Empty buckets, containers, and kiddie pools immediately after use. Store them upside down so they don't collect water.
- Air-filled and foam toys are NOT safety devices.
- Children should wear a Coast Guard-approved life jacket in the water.
- Be aware that fences are needed around home or apartment pools. A 4 foot tall, pool fence should surround all sides and have self-closing and self-latching gates to avoid children from entering unsafely without supervision.
- Drowning most often occurs silently; not like in movies where the victim shouts and waves their arms. People often cannot recognize a drowning that makes little noise as a person can't cry out for help. Ask the person if they are alright. If they can answer they likely are OK. If not quick action is needed.
- Know what to do when rescue is needed including calling 911. Throw a floating object or extend a towel or paddle but release if the victim starts to pull you in and try something else.

Swimming During the COVID-19 Pandemic

Maintain your beach area with a towel, etc, at least 6 feet away from anyone not in your household. Then you can remove your

Swimming safety.. Continued on page 4

thealley

Alley Communications

is connecting Neighbors, Promoting Art and Culture, Advocating on Issues, Building Healthy Community, Facilitating Deliberation, Lifting Every Voice, Documenting History, Agitating for Change, Giving Truth and Democracy a Jog Forward

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Winje and Program and Engagement Coordinator: Meena Mangalvedhekar. et al.

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H. Lynn Adelsman, Roberta Barnes, Cultural Wellness Center's Backyard Health Hub, Steve Dreyer, East Phillips Neighborhood Coalition, Lindsey Fenner, J. Marie Fieger, Susan Gust, Linnea Hadaway, Dwight Hobbes, Sue Hunter Weir, Ashlee Jallen, Harry Leeds, Marti Maltby, Howard McQuitter, Midtown Phillips Neighborhood Assoc., Mpls. Police Safety Ctr., Peter Molenaar, Dave Moore, Niemer-Fieger, Brad Pass, Kali Pilego, Julia Robinson-Frantsvog, Sunny Sevigny, Ventura Village Neighborhood, John Charles Wilson,

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the alley is delivered to every house in Phillips by Jeff Matson and to 170 apartments, businesses, places of worship, institutions in Phillips and several in nine adjacent alley radius neighborhoods by Peter Molenaar.

Board meetings: 6:30 PM 1st Thursday by Zoom. Editorial Leadership Team: 2nd and 4th Mon. Mornings by Zoom and emails as needed.

Correspondence becomes the property of AC, Inc. aka the alley and may be published.

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P.O. Box 7006, Mpls., MN 55407
612-990-4022
www.alleynews.org
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Archives: 1976 thru 2007 <http://bit.ly/2GaYHIU> and at Franklin and Central Libraries.

Submissions due the 15th day of the previous month

"When the great newspapers don't say much, see what the little independent ones say."
-Wendell Phillips 1811-1884



What's Up at Your Community Libraries

By LINDSEY FENNER

Hennepin County Libraries are reopening with limited in-person services.

For Updated information on Hennepin County Library (HCL) services during the Coronavirus Pandemic, visit www.hclib.org. All information is accurate as of July 15, 2020

LIBRARY UPDATES: As of Tuesday, July 14, **Franklin Library** is open for computer use! Call 612-543-6925 to make an appointment. The building will remain locked, but staff will let you in at your appointment time. Masks are required and will be provided if you don't bring one. You will need to bring your own headphones. At this time, **Franklin Library** is open for computer use ONLY. Other areas and services, including book/DVD check-out, are not available. They will be accepting returns during staffed service hours.

FRANKLIN LIBRARY COMPUTER HOURS
Tuesday & Wednesday 9 a.m.-4:30 p.m.

Thursday 12-7:30 p.m.
Friday & Saturday 9 a.m.-4:30 p.m.

Sunday & Monday – closed

Franklin Library meal pickup for youth, Thursdays, Noon-2 p.m. For ages 18 and under. Pick up a week worth of free meals. Caregivers can pick up meals for youth who are not present. Meals include: sandwiches, milk, fruit, vegetable, and snack.

CURBSIDE PICK UP LIBRARY SERVICE AT HOSMER LIBRARY: Monday-Friday, 9

am.-5 p.m. All **East Lake Library** patrons will have the default pickup location of their holds changed to **Hosmer Library**. Place an item on hold through the Library website, wait for notification that the item is ready, then call the Library when you are ready to come pick items up.

Hosmer Library: 612-543-6900

PHYSICAL MATERIALS: Due dates for physical materials continue to be automatically extended. You are not required to return materials at this time. Libraries are accepting returns during staffed service hours only. Items will be removed from your account after a three day quarantine.

GRAB AND GO LIBRARY SERVICE: Libraries will be phasing in services over the summer. Some Libraries will begin to open for holds pick up, limited browsing, and computer appointments at 50 percent capacity. Check the website for up-to-date service information and hours. Masks are required and will be provided if you do not bring one.

LIBRARY NEWS: Because of the COVID-19 Pandemic, **libraries** have had to reduce costs. Nine HCL buildings will not be opening through the end of 2020, and 66 vacant staff positions have been permanently cut. As County Administration prepares the budget for 2021, there is an expectation for more cuts in staffing, significant cuts to the collection budget, and the potential that some Library buildings will be closed long-term. The Hennepin County 2021 proposed budget will be presented on September 17, so if you care about Libraries, let District 4 County Commissioner Angela Conley know! Phone: 612-348-7884 Email: angela.conley@hennepin.us

ASK US: Have a reference or Library account question? Call, text, chat with, or email a library worker <https://www.hclib.org/contact> Call 612-543-KNOW (5669) to reach Library staff by phone.

Monday-Thursday 9 a.m. – 9 p.m.
Friday-Saturday 9 a.m. – 5 p.m.

All of this excitement gets to happen within the next presidential term, which means we all have something to look forward to no matter who wins in November's popularity contest.

Sunday noon – 5 p.m.
ESPAÑOL/SPANISH: Llame o envíe un texto al 651-503-8013 para recibir ayuda en español.
HMOOB/HMONG: Hu losis text rau lub tsev nyeem ntawv ntawm 612-385-0886 txais kev pab hais lus Hmoob.

SOOMAALI/SOMALI: Caawimaad Soomaali ah, soo wac ama qoraal (text) usoo dir maktabada 612-235-1339.

Online Library Events: There are a growing number of online library events! Check out the schedule by going online to www.hclib.org and click on "Events"

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.

DISTANCE ASSISTANCE FOR COMPUTERS AND JOB SEARCHING: Mondays, 2PM-4PM. Need help with email, word processing, internet navigation, writing résumés, or searching for jobs? A staff member is available to answer questions and provide computer assistance via phone or videoconference. Please call 612-208-7849 to get started.

SUMMER LEARNING: Your Library is here for summer learning, with great books, online events, and more ways to connect and have fun. Check out the Library website for reading lists, book clubs, and virtual summer learning programs for youth of all ages, including art, science, technology and more.

ONLINE RESOURCES: HCL has a smorgasboard of online resources including: Newspapers, Practice Tests, Interactives for Kids, Journals, Encyclopedias, 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/b>

rowse/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 audiobooks from OverDrive. You can check out 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 Apple, Android and other devices.

HENNEPIN COUNTY RESOURCE HELPLINE: 612-348-3000, 8 a.m. to 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.

Lindsey Fenner is an East Phillips resident and usually works at Hosmer Library in South Minneapolis. After not working for the County for almost two months, she has recently been reassigned to Hennepin County Public Health as a Covid-19 Case Investigator.

The Alley Newspaper is a member of



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METRO TRANSIT Where Are We Going?

By JOHN CHARLES WILSON

Even though our buses and trains are still running on a greatly reduced schedule, Metro Transit is hard at work behind the scenes building and planning for a COVID-19-free future.

That said, I wish to interrupt the good news to tell everyone that Cub Foods is running a FREE shuttle bus between its temporarily ruined Lake and Minnehaha location to their Quarry location at 1540 New Brighton Blvd. in Northeast Minneapolis. Buses leave the Lake Street Cub every hour between 10 AM and 5 PM and leave the Quarry store one half-hour later. Each bus will transport up to 20 people, allowing for social distancing and room for shopping bags. Other rules are similar to Metro Transit.

Now, for what is in store for us when this debacle is over:

- The Green Line Extension (Southwest Light Rail) construc-

tion is continuing as normal. It is planned to be ready for use in 2023.

- The Blue Line Extension (Bottineau Line Light Rail) is anticipated to be done by 2024; however, a snag in negotiations with BNSF Railway for use of their right of way may cause a delay.

- The D Line bus rapid transit (BRT) (similar to Route 5 but faster) is expected to open in 2022.

- The B and E (BRT) Lines (similar to Routes 21 and 6 but faster) are expected to be built in 2022 and 2023.

- The Orange Line (BRT) to Burnsville on I-35W is still under construction and is expected to open near the end of 2021.

- The Gold Line (BRT) from Saint Paul to Woodbury is expected to open in 2024.

All of this excitement gets to happen within the next presidential term, which means we all have something to look forward to no matter who wins in November's popularity contest.

COFFEE FOR A CAUSE

DONATIONS APPRECIATED



Stop by these Pillars Locations for complimentary coffee with curbside pickup, and make a donation to the Walk to End Alzheimer's.



7:30 A.M. – 10 A.M.
PROSPECT PARK | July 9
HIGHLAND PARK | August 6

Hosted by The Pillars Senior Living communities. Coffee donated by Starbucks®.

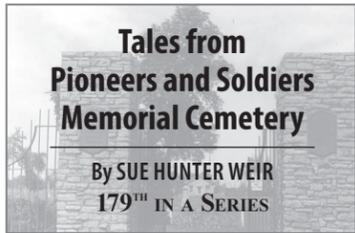
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Emeline Baker Balch

1830-1867

The Cemetery is listed in the National Register of Historic Places in part because of its ties to the anti-slavery movement. Its original owners, Martin and Elizabeth Layman, were members of the First Baptist Church of Minneapolis which was closely associated with that movement; and there are several others buried in the cemetery, including a number of women, who had ties to both the anti-slavery and temperance movements. It is hard to gauge the exact nature of their involvement since very few of the women who died during the cemetery's early years left first-hand accounts of their lives, but there can be little doubt about what they believed.

Emeline Baker Balch was born in Onondaga, New York on 20 March 1830. When she was 14 years old, Emeline and her family moved to Aurora, Kane County, Illinois. The town of Aurora was settled by New Englanders who tended to migrate in groups—sometimes extended families, sometimes in colonies of church-members. Many were descendants of Puritans who fled

religious persecution and arrived in what was to become America in the 1600s. Emeline's paternal and maternal grandfathers were veterans of the Revolutionary War.

The New Englanders who relocated to Aurora had been successful merchants and farmers back East and their moves were prompted less by economic necessity than by reform-minded, religious people, sympathetic to the temperance and anti-slavery movements, and Aurora became an important stop on the Underground Railroad.

In 1908, the author of an early history of Kane County, wrote that the history of the county's involvement in the Underground Railroad had not been written, and would, in fact, be difficult to write since its activities were by necessity conducted in secret. But, he offered this colorful description:

It was a strange road. It had neither locomotive nor cars; it ran in the darkness and was invisible... The friends of this mysterious railway declared that its charter came from God and that it ran from the northern portion of the southern states to Canada. Its officers were largely volunteers and its route was that which afforded to its passengers the greatest safety—salary, time, if not paid in this world—would surely be in the next; running expenses donated. (P. 129)

Although Illinois was officially a “free” state, there were laws in effect that made anyone convicted of aiding fugitives subject to heavy fines and lengthy prison terms.

Those risks did not deter members of the Kane County Anti-Slavery Society (KCASS). The KCASS, founded in 1843, encouraged women's participation in the organization's activities. One-third of the Kane County Anti-Slavery Society's members were women who attended meetings and were among the signers of the organization's constitution; they raised funds and sewed clothing to aid escapees on their way to Canada.

Since she was only a teenager in the organization's early years, Emeline's name is not mentioned in the Society's minutes, but there is little question that she supported the abolitionist cause since she married a known abolitionist.

Emeline married Albert Balch on June 1, 1854. Albert, the son of Stephen and Polly Terrell Balch, was born in Covington, New York in 1823. His family, like Emeline's, moved to Illinois in the 1840s, and, like Emeline, one of his forebears was a soldier during the Revolutionary War. When Albert was 16 years old, during a national period of religious revivalism, he joined the Church of the Disciples. In 1865, he “united with the Adventists for whom he preached.” The Adventists were strongly opposed to slavery.

The same year that Albert joined the Adventists, he and Emeline, and their two sons moved to Minneapolis. Leonidas Baker, Emeline's older brother, came about the same time. Most likely he came for the same reasons as Emeline—lured by promises from the city's boosters that Minnesota's climate would

Phillips Neighborhood Clinic

Keeping Cool in the Heat of It

By HARRY LEEDS

There's this joke about Minnesota. “We have a really incredible summer! You should come see it. It's on a Thursday.” Yes, Minnesota is blessed with sunny skies, relatively low humidity, cool breezes, and some of the best parks in the country, all at our disposal to enjoy in July and August.

Joking aside, it can get hot outside while many of us spent our summer days in air conditioned offices or cafes, now we find ourselves at home. It is a heatstroke when your body is exposed to high temperatures and exhaustive physical exertion.

So, it is important for the more vulnerable (or in my case, irritable) of us stay cool during the summer. It is important that you do not stress yourself, physically and emotionally. Carrying a couch up the stairs of an apartment building in 90 degree heat may seem like a good idea at the time, but you can hurt yourself. High temperatures can make you cranky, confused, and dangerously dehydrated. So you'll want to make sure you are drinking

enough water.

If you can stay safely inside an air conditioned space, you should do that on the hottest of days. Go outside early in the morning before the sun is directly overhead and the streets have had time to suck up so much of its heat. You can also use blinds efficiently. Close the east facing blinds in the morning and open west blinds; then, reverse it in the evening. If it is safe, open your windows at night to let in the cool air, then close them before it heats up in the morning.

A person might be experiencing heatstroke if they have flushed skin, strange alterations in sweating, throbbing headache, nausea, vomiting, or confusion and possibly a high heart rate. Medications or alcohol can make it worse. If this happens to you, get in the shade and cool down anyway you can like with cooling water. Most importantly, call for medical help. Remember, if you call for the ambulance, you don't have to go the hospital after the EMTs assess you. Stay cool out there.

cure their respiratory illnesses. That promise was not fulfilled. Emeline died from tuberculosis on December 1, 1867, at the age of 37. After Emeline died, her brother

returned to Aurora where he died a few years later from complications of “hay asthma.” Emeline is buried in an unmarked grave in Lot 33 Block A.



MIDTOWN PHILLIPS NEIGHBORHOOD ASSOCIATION INC.

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MPNAI BOARD MEETING AUGUST 11

6:30 - 8 pm

Please watch our website www.midtownphillips.org for agenda and links to join our zoom meeting!

Want to be part of Midtown Phillips Neighborhood Association? MPNAI has open board positions!

For more information, info@midtownphillips.org

District 1 Representative: OPEN Representative must live or work between 24th-26th St & Chicago to 12th Avenue (One-year term, 2020-2021)

District 3 Representative: OPEN Representative must live or work between 26th -28th St & Chicago to 12th Avenue (One-year term, 2020-2021)

District 5 Representative: OPEN Representative must live or work between 28th-Lake St & Chicago to 12th Avenue (One-year term, 2020-2021)

National Night Out is September 15, 2020

National Night Out is our cities annual community-building event that promotes neighbors getting to know each other, keeping our blocks safer and creating a better place to live.

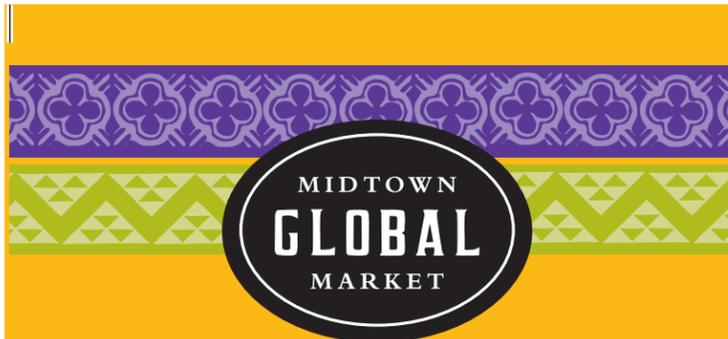
National Night Out encourages relationships between neighbors, thus bringing back a true sense of community. This is needed now more than ever!

This year, Minneapolis will celebrate NNO on September 15th. Many block clubs, old and new, will be seen in streets celebrating this event.

For many kids, it's a night to play in the street and not worry about vehicle traffic. For many, it's a time to share a potluck and reconnect with neighbors and meet new ones.

It's not too late to plan for your NNO block event. Talk to your neighbors today!





MIDTOWN GLOBAL MARKET

WELCOME BACK!
We appreciate your support.



We are now open 7 days a week!
We invite you to your neighborhood Public Market for coffee, breakfast, lunch, dinner, groceries, beer, gifts and services.
Please wear your face mask. Photos: Bruce Silcox

MIDTOWNGLOBALMARKET.ORG
920 E. Lake Street | Mpls

Beloved civil rights icon John Lewis dies at age 80

Continued from page 1

gun violence with definitive legislative action.

Lewis also protested the presidency of Donald Trump, who was elected on November 8, 2016. In an interview with Chuck Todd for NBC News' "Meet the Press" which aired on January 15, 2017, Lewis said he didn't believe Trump was a "legitimate president" because of Russian interference in the election. "I think the Russians participated in helping this man get elected and they helped destroy the candidacy of Hillary Clinton," Lewis said. He also said he would not attend



LOURIE SHAULL

Trump's inauguration.

Diagnosed with pancreatic cancer in 2019, Lewis stated: "I have been in some kind of fight—for freedom, equality, basic human rights—for nearly my entire life. I have never faced a fight

quite like the one I have now." On July 17, 2020, Congressman John Lewis, who received the Presidential Medal of Freedom in 2011 from President Barack Obama, died at the age of 80.

Tips from a COVID-19 Case Investigator

Continued from page 1

ask. Some questions help us understand how the virus is spreading. For example, we only knew about clusters of cases at different Minneapolis bars because different people told us where and when they went out. Because of this information, we were able to inform the public that anyone who went to those bars should isolate and get tested. Other questions help us understand what occupations might be more hazardous or how different communities are being impacted by COVID-19.

How can I be prepared when someone calls me from the Public Health Department?

- Think about your symptoms and see

if you can remember the specific date for when you first started to feel sick. We use that symptom onset date to figure out how you got exposed to COVID-19 AND to know when you were likely infectious.

- Think through all of the places and people with whom you would have had close contact two weeks before you started to feel sick AND ten days after you started to feel sick.
- Get permission from anyone you may have caught the virus from OR any close contacts while you were infectious to share their name with public health authorities. We usually only contact them if you are unable to, but it is important for us to get names so we can connect cases and understand how the virus is spreading.
- Answer the phone! Our goal is to call

everyone in the State of MN who has had a positive test result within 24 hours of that result being reported to the state. We really need to talk to you, so we will keep calling! But it will save us all time if you pick up the phone on the first call. There are many different public health agencies working on this, but people who call should clearly identify themselves as calling from the Minnesota Department of Health, or a local jurisdiction like Minneapolis or Hennepin County. We NEVER ask for social security numbers or bank account information. If you have questions related to the COVID-19 pandemic, call the Minnesota Helpline: 651-297-1304 or 1-800-657-3504 Mon.-Fri.: 9 a.m. to 4 p.m. or visit <https://mn.gov/covid19/>

Swim Safely at Home or Away

Continued from page 1

mask. Wear a mask when you go for a walk or to a parking lot. Practice social distancing in the water just as you would on land thus allowing any virus that might emanate from nearby swimmers, surfers, or paddlers to dilute, disperse, and die off."

Swimming Lessons Now Available

The Minneapolis Park and Recreation Board (MPRB) offers lessons for all ages and abilities, with scholarships and donated swim-

wear is available to help make swimming more accessible and equitable. For Minneapolis youth who qualify, a series of eight lessons with a scholarship is just \$5, (versus the typical \$50 cost); scholarships are available on a first-come, first-served basis. These lessons are part of the Water and Ice Safety Education (WISE) program launched by the Hennepin County Sheriff's Office (HCSO) and take place throughout the sum-

mer at a variety of MPRB aquatics facilities. WISE scholarships are also available for women's-only swimming lessons and lifeguard training classes. Classes are held throughout the summer at various MPRB lakes and pools and year-'round at the Phillips Aquatics Center 2323 11th Ave. So. For more information on MPRB swim lessons and scholarships, email aquatics@minneapolisparcs.org or call 612-230-6495.

Did you miss Midtown Global Market's Grand Reopening event?

You can still pick up a **Passport for Food and Fun** filled with discounts and offers from our Market vendors. Stop by The Produce Exchange to get your passport and start saving at the Global Market!



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VENTURA VILLAGE NEIGHBORHOOD

AUGUST '20 NEWS

NEIGHBORHOOD CLINIC ADAPTING TO COVID-19 PANDEMIC

By: Ashlee Jallen

In response to the COVID-19 pandemic, the Native American Community Center in the Ancient Trader's Center on Franklin Avenue had to move quickly to make sure the community did not go without essential medical and behavioral health care. One of the biggest transitions for the clinic was creating a telehealth model that worked for both providers and patients. In an effort to make sure patients were able to make their telehealth appointments, NACC provided 30 gently used laptops and 25 smartphones to patients who needed them. Behavioral health, intensive outpatient program (IOP), medicated assisted treatment (MAT) and medical have all transitioned to the telehealth model.

Many other programs such as the traditional healing workshops have also transitioned to using online meetings to connect with the community. So far, NACC has hosted two workshops that included making a cedar vapor salve and elderberry elixir. NACC ships out the kits prior to the workshop so all participants can follow along with the instructor.

In addition, NACC has added curbside testing to help ensure community safety and access to healthcare. To date, NACC has provided over 1,000 COVID tests to the community. Following the protests and civil unrest in the community, NACC increased their testing efforts and encouraged all who participated to get tested if they have been in large crowds.

The civil unrest following the death of George Floyd prompted the clinic to expand their outreach efforts. Instead of hosting the annual NACC Open House, outreach employees brought smudge kits and outdoor activity kits to the Little Earth Community and Pow Wow Grounds to give out. NACC purchased ground bison and hygiene kits that they donated as well.

NACC has faced many challenges during COVID-19, but we are proud of the work that we continue to do to promote health and wellbeing in the South side community!



3rd Precinct Advisory Council By: Crime Prevention Specialist, Kali Pliego

Did you know there is a group of residents in the 3rd Precinct who've been meeting for 23 years to provide a forum for community members and staff of the Third Precinct (Minneapolis Police Department) to come together on a regular basis? This is an environment to share ideas and concerns in a fair and impartial manner and to work together to make our precinct a safe place to live and work. The group is called the 3rd Precinct Advisory Council, or 3-PAC..

3-PAC is a non-political organization, entirely community funded, that is made up of people who live and do business in the third precinct of Minneapolis. They host community meetings every other month where the Police Department presents on special units and/or specific topics, as requested by community members. Recent presentations have been focused on the Co-Responders Unit (a cop paired with a COPE social worker to respond to Emotionally Distressed Person calls), the Homeless and Vulnerable Populations Unit, and a Q&A with the Precinct Inspector, Sean McGinty. These meetings were held at the 3rd Precinct station and are temporarily suspended due to COVID. It is unknown when or where the meetings will pick up again. To receive updates on future meetings, email 3rdPrecinctAdvisoryCouncil@mail.com.

Given that the 3rd Precinct is the largest in the City, and that it is made up of a diverse mix of residents and businesses, a group like 3-PAC is a great asset to our community. Their mission to share information between the community and police in an impartial manner is especially important right now. To that end, 3-PAC recently distributed a questionnaire (with help from Crime Prevention Specialists) to Neighborhood Associations, block leaders, and businesses in the 3rd Precinct, which solicited opinions on the current and ideal state of public safety and policing in our City. If you did not have a chance to submit a questionnaire, and would like to, contact 3-PAC at 3rdPrecinctAdvisoryCouncil@mail.com.

National Night Out is September 15, 2020

National Night Out is our city's annual community-building event that promotes neighbors getting to know each other, keeping our blocks safer and creating a better place to live. National Night Out encourages relationships between neighbors, thus bringing back a true sense of community. This is needed now more than ever! This year, Minneapolis will celebrate NNO on September 15th. Many block clubs, old and new, will be seen in streets celebrating this event. For many kids, it's a night to play in the street and not worry about vehicle traffic. For many, it's a time to share a potluck and reconnect with neighbors and meet new ones. It's not too late to plan for your NNO block event. Talk to your neighbors today! If you are a block club leader and haven't registered your party yet, please register ASAP (luther.krueger@minneapolis.gov).

Remember to Vote on August 11th: Update from the Ventura Village Neighborhood Board

The 6th Ward City Council seat has been vacant since April when Councilman Abdi Warsame resigned to become head of the Minneapolis Public Housing Authority. The 6th Ward includes the Ventura Village and West Phillips Neighborhoods (see map bottom right). There are 12 candidates running for that position in our primary election on Tuesday, August 11. This is a ranked choice election where you will be asked to choose your 3 top candidates from those running. The winner of this election will then serve out Mr. Warsame's term until the general election in 2021 when the mayoral position and all council positions will be up for election.

How should you choose from all these candidates? In July the candidates were asked to participate in 3 neighborhood forums. You have been receiving in the mail and through handouts information about the candidates, their qualifications, and views about what they feel strongly about. Some of the candidates have websites also.

Our Ventura Village Neighborhood Board has asked the candidates to respond to these questions:

- What will be your financial priorities given the proposed budget shortfall?
- How do you plan to address the current housing crisis? How will you provide accessible and affordable housing?
- What is your stance on defunding and reorganizing the Minneapolis Police Department? How would you accomplish the reforms and at the same time provide a response to criminal activity?

These are some of the real issues the City Council needs to focus on. When the new council person is elected, these are some of the responsibilities they will need to respond to until the 2021 election.



Our next Ventura Village Membership and Board of Directors meetings will be on Wednesday, August 12th. Since the Phillips Community Center is closed, please contact us at 612-874-9070 or at venturavillage.org for the location. The Board will meet at 6:00 PM and Membership at 7:00 PM. The meetings will also be offered via Zoom. All committees will meet Thursday, August 27th starting at 5:30.

Movie Corner

"Walkabout"

(1971) ***** 5 out of 5 stars

20th Century Fox

BY HOWARD MCQUITTER II

A riveting film by Nicholas Roeg in which a teenage girl, (Jenny Agutter), and her younger brother, Lucien John, (Luc Roeg), find themselves in unforeseen circumstances in the Australian Outback. The two youngsters and their father are supposedly on their way to a picnic. Without warning, the father (John Meillon), stops the car and starts shooting at the children who seek refuge behind a rock. Then, the father sets the car on fire before shooting himself in the head. The teenage girl, witnessing the horror, shields her brother from seeing the incident.

Out in the middle of nowhere in scorching heat, crawling with scorpions and snakes and seemingly endless sand, the two English children walk for miles. Tired and hungry, they come upon a watering hole. It is here they meet the Aboriginal Boy, (David Gulpilil), who knows the Outback backwards and forwards.

Gulpilil's character, just known as Black Boy, shows the two white children how to hunt and survive in the harshness of the Outback. In one scene, Gulpilil is wrestling a small buffalo to the ground before he's nearly run over by white men in a truck. They are shooting at buffalo with rifles, more for sport than for food. This reckless act by the white men is indicative of the decades of Western civilization.

"Walkabout" has its share of nudity, especially by Agutter's character. The swimming scenes create sexual tension

between her and the Aborigine. The watering hole and the farmhouse are two places where the three characters can be playful. And, it must be mentioned, not only are the English children and the Aborigine from different cultures, there's a language barrier as well. The contrast between Western civilization's "superior" culture and the simplicity of humanity's natural ways are well-portrayed in the movie.

Nicholas Roeg (1928-2018), the director of "Walkabout", also has directed works such as the films "Performance" (1970), "Don't Look Now" (1973), and "The Man Who Fell To Earth" (1976). The cinematography by Anthony Roeg is breathtaking. The soundtrack by John Barry (1933-2011) is extraordinary.

Cast: Jenny Agutter (Girl), Luc Roeg (Lucien John), David Gulpilil (Black Boy), John Meillon (Father), Robert McDarra (Man), Pete Carver (Wo



Hopper), John Illingsworth (Husband), Hilary Bemberger (Woman), Barry Donnelly (Australian Scientist), Carl-Manehini (Italian Scientist).

Running Time: 100 minutes

Peace House Community—A Place to Belong

Groundhog Day

By MARTI MALTBY

Back in May, when people had settled into the Covid-19 lockdown, a survey by OnePoll asked Americans how their sense of time was being affected by spending day after day in their homes. The results included:

- The average American got confused about what day it was five times every week.
- 59% of respondents didn't even know what day it was when they took the survey.
- 65% of those polled said they were struggling to stay motivated during self-isolation.

When I heard the results, my mind immediately flashed back many months to a meditation discussion I led at PHC. I asked community

members what parts of homelessness could never be explained but simply had to be experienced. Several people gave answers that almost exactly mirrored the survey results I just mentioned. Among other things, the community members said:

- "It's like [the movie] Groundhog Day. Every day is just like the day before."
- "You have to learn how to make yourself comfortable because you know what tomorrow is going to bring, and it's the same as today."
- "It takes strength not to snap into depression. You've got to keep a positive mind."
- "Being homeless over a period of time messes with your mind."

Another interesting parallel emerged when many of the survey respondents identified snacking as a method of coping with their isolation. As a summary of the survey commented, "Is food the key to this problem? Over one in three of those surveyed said they're using snacks as a motivating tool. In fact, 69% of those surveyed said they blew through their snack stockpile quicker than they planned." People's snacking habits even produced the following quips about sheltering in place:

- I need to practice physical-distancing from the refrigerator.
- PSA (Public Service Announcement): Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
- So, after this quarantine.....will the producers of My 600 Pound Life just find me or

do I find them?

These phrases about unhealthy coping mechanisms mirrored a comment by one of PHC's community members, who said that he used drugs as a way to escape the sleeplessness, boredom and other dynamics of homelessness. The drugs allowed him to keep functioning in the face of homelessness.

The recent turmoil caused by Covid and George Floyd's death have shaken everyone up, but it has also provided new opportunities for connection and understanding. While many of us look forward to things returning to normal, we are also grasping on a deeper level how bad normal was for many of those around us. Hopefully, instead of returning to normal, we will find a way to create a different normal, one that features greater empathy and doesn't leave so many on the fringes of society.



The EPIC Report – August 2020

www.eastphillips-epic.com Contact Carol Pass at 612-916-8478 or cpass@runbox.com

EPIC's Housing Loan Programs are considered on a First come – First served basis

EPIC Home Buyer Program

Loan Amount:	Up to \$10,000
Interest Rate:	0%
Loan Term:	Due on Sale or Transfer. Forgiven after 10 years of owner occupancy.
Eligible Costs:	Down payment and closing costs.
Loan Closing date:	Simultaneous with purchase of property.
Program Limit:	One EPIC Home Buyer Loan per life-time.
Eligible Properties:	1-4 Unit properties in East Phillips, owner occupied, homestead & primary.

EPIC Rehab & Emergency Loan Program

Loan Amount:	\$1,000 to \$10,000
Interest Rate:	0%
Loan Term:	Due on Sale or Transfer. Forgiven after 10 years of owner Occupancy.
Eligible Properties:	1-4 unit owner occupied properties in East Phillips.
Eligible Projects:	Code violations and most Improvements.
Ineligible Projects:	Pools, playgrounds, lawn sprinklers, saunas, whirlpools, Non-built-in appliances.

EPIC has reinstated its two HOUSING LOAN PROGRAMS:

- EPIC Home Fix-up Loan Program
- EPIC Home Buyer Loan Program

Both programs provide deferred loans at 0% interest, no monthly payments and the loans are not due until the sale or transfer of your property. The programs are available to East Phillips Owners of 1-4 unit owner-occupied properties who meet the income requirements described below. Both loans are forgiven after 10 years of continuous owner occupancy.

Income limit for both programs:

At or below 115% area median income as determined by HUD and adjusted for household size.

For example, a family of five must make at or below \$124,000 per year

The loans are Funded by EPIC & Administered by CEE,
the Center for Energy and Environment
mncee.org/eastphillips - 612-335-5884 - 212 3rd Ave. N. Suite 560

For Your Calendar:

To get involved in EPIC and East Phillips, Join us
At 6:30 PM on ZOOM on the 2nd Thursday
Unless otherwise notified

The EPIC Board of Directors meets temporarily on the FIRST Thursdays Via ZOOM.
8/6/2020 and 9/3/2020 at 7:00 PM. Watch your E-Mail for your Zoom Invitation .

EPIC Community Meetings are on SECOND Thursday of each month – Via ZOOM
8/13/2020 and 9/10/2020 at 6:30 PM. Watch your E-Mail for your Zoom Invitation .

Phillips Community 17th Ave. Gardeners are not meeting at this time.

* For Garden Questions or Issues, OR East Phillips Residents wanting a 2020 or 2021 Garden Plot, contact Brad Pass at 612-916-8478 or bpas@usinternet.com .

Clean Sweep 2020 is still in the planning stage. Scheduled date – Oct. 10.

To join EPIC and/or receive ZOOM invitations, contact Sarah at epic.ssantiago@gmail.com

Something I Said Homeless Crisis Requires Common Sense Solutions

By DWIGHT HOBBS

There comes a point at which even bleeding heart liberalism must yield to common sense and things at Powderhorn Park in South Minneapolis have passed it.

There's been a great deal of carping about how the city owes the homeless a place to go, the parks – not just Powderhorn – should be their sanctuary, so on and so forth. This would hold water if the encampment in the middle of a decent, peaceful neighborhood had not sordidly and violently disrupted the surrounding quality of life. The inhabitants didn't even have to contribute to communal well being, just not drag it down into the gutter and literally endanger it.

As of this writing, crime there has gone from bad to worse. A teen aged girl was raped on June 26. Two days later, so was a woman. All told, there have been three sexual assaults; at least three that were reported. A man was shot in the face recently. Drug use has become so common place, neighborhood residents don't bother to call police when they see suspected activity, including the directly related traffic of hookers hopping in and out



of cars at all hours of the day and night. Junkies have been carted away in ambulances after overdosing. Home owners and rent-paying tenants who work for a roof overhead have had their windows tampered with and seen their automobiles broken into.

The Sheraton Hotel at Chicago and Lake was a homeless sanctuary before this. The owner threw them out for good reasons – drug overdoses and a fire. There are some people you just can't help for the simple reason that they don't want to be helped. They'll gladly take a handout but have no interest in changing, in taking accountability to if not lead a productive life, not violate the rights of others.

Apparently, the whole endeavor was handled in ramshackle fashion from day one. Just pitch some tents to a chorus of Kumbaya and all will be well. The reality is there should have been, from the outset, screening; for addicts and for sexual predators. Not to mention people with criminal records, particularly prostitution. After all, they were

not moving into a shelter but invading a locality where there are families, including children who, of course, can no longer just go play in the park, because their parents don't dare let them. The worst tragedy is that there are, among these homeless, decent folks down on their luck who just need a hand up, or, at least, a place to figure out their next move. The best thing to do was go through the place with a broom and sweep it out.

Powderhorn Action Group, a collection of people living near Powderhorn Park, is circulating a petition with specific demands for public agencies at all levels to respond to the needs of people without housing.
To learn where to find the petition online please email sanctuaryneighbors@gmail.com.
Thank you.

Keep "the alley" sustaining through current times

**Do you read "the alley"?
Want it to continue, grow, improve, and land at your doorstep or on a newsstand as a "free newspaper" each month?**

Contribute Today!

Go to Alley Communications on GiveMN, or send a check to P.O. Box 7006, Mpls., MN 55407



Raise Your Voice Beyond the 4th of July

By PETER MOLENAAR

The 15th of every month is "alley time" for those who submit articles, yet the fire crackers persist late into the night... disturbing little children and disrupting the sleep of workers.

"What to the Slave Is the Fourth of July?" is the title now given to a speech by Frederick Douglass, delivered July 5th, 1852. Has the image of Frederick Douglass been imbedded in every mind?

Wielding the stature of a George Floyd, Douglass' Native-American facial bone structure shown prominently through his African-American complexion. Having escaped the illiteracy of an enslaved childhood, he rose to become the eloquent orator and esteemed author of the day. Naturally, Wendell Phillips, our neighborhood namesake was a friend of his.

Sample some of Frederick's words:

Are the great principles of political freedom and of natural justice, embodied in that Declaration of Independence, extended to us?... What, to the American slave, is your 4th of July? I answer: a day that reveals to him, more than all other days of the year, the gross injustice

and cruelty to which he is the constant victim... You profess to believe that, of one blood, God made all nations... and hath commanded all men everywhere to love one another, yet you notoriously hate (and glory in your hatred) all men whose skins are not colored like your own.

In extreme opposition to Douglass, was a confederate general named Henry Lewis Benning, evidently history's most fanatical proponent of the lash. Fort Benning is named for this guy. In addition, nine more U.S.A. military installations honor by name, soldiers of white-supremacy.

Enter the New World, please...

In response to the recent inter-national outrage, our military leaders have proposed

to delete all such designations. Incredibly, in order to satisfy his base of "under educated people," Trump will endeavor to block the renaming process. In addition, the one called "Little-Boy-Man" has proposed 10 year prison terms for the destruction of statuary memorials to oppression.

Congress must act! All such monuments to treason must be relegated to museums. A placard designating SHAME must be attached to every one of them.

Sadly, to date, two marvelous statuary renderings of Douglass have been vandalized by racist activists. Neighbors, stay strong. The face of Frederick Douglass will never be erased. Eventually, every school child will come to know this truth.



By LINNEA HADAWAY and DAVE MOORE

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The Cultural Wellness Center's Community Health Hub is bringing ANCIENT GRAINS to MGM in 2021



Atum



Len



Melissa



Robert

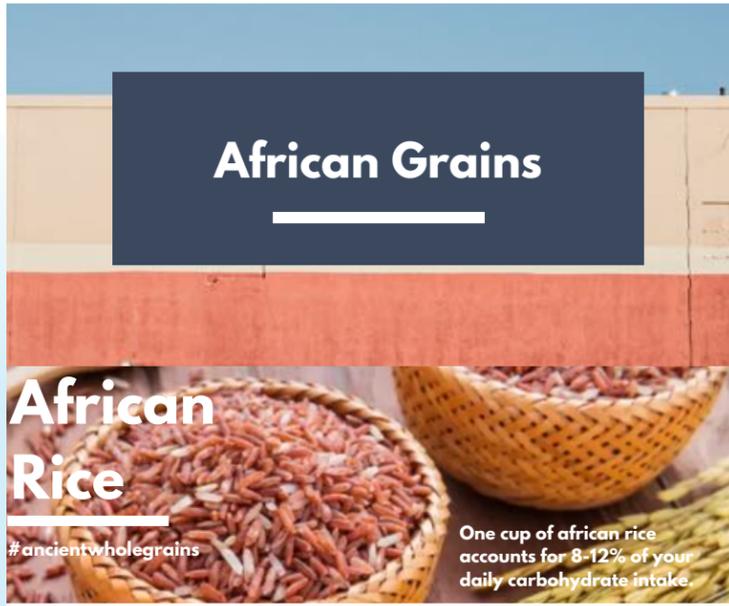


Roberta

Ancient whole grains bring us together to leverage food, health, and culture.

"Most government officials and everyone think, 'okay just give them money and put it into infrastructure and walk away' and how like that actually would break down a community instead of asking them what support they need and working with them and like that really opened my mind."-----Student

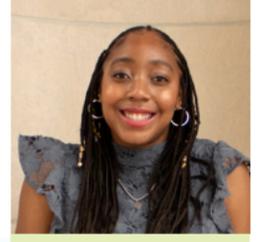
Minnesota ranks as one of the healthiest states (# 7), however, obesity and diet-related diseases disproportionality affect Black, Indigenous and people of color (BIPOC) communities. Public health nutrition approaches and top-down policies aimed at improving health of underserved communities often fail to recognize community wisdom, cultural resources, and culturally significant foods. Yet, community-led health and wellness programs show promise in improving health in communities facing the greatest inequalities.



Ancient whole grains reclaim health and wellness. Ancient whole grains rediscover cultural heritage - food is our culture.

Ancient whole grains intersect health and culture. Using ancient whole grains as the foundation of culturally significant dishes, we can leverage people and communities in health and wellness.

This summer, six student interns continued this work by developing an innovative culinary heritage "Food Experience" assessment tool to explore and better understand the cultural dimensions of consumer acceptance, sensory qualities, and the significance of culinary heritage in contributing to perceived quality and potential health benefits of Ancient Whole Grain dishes. Data collected using the assessment tool will help in understanding the ways in which culinary heritage and culturally significant dishes influence community health and wellness.



Azzairia



Brooke



Doug



Erik



Shauna

A novel two-semester pilot program with 12 undergraduate nutrition students was initiated by the BYCHH and the U of M. They learned about intercultural interfacing, community engagement, and knowledge production from the BYCHH while learning about entrepreneurship from MGM vendors. Together, students and vendors, worked toward adapting culturally relevant recipes and menu modifications using: diabetic friendly, heart-healthy, and immune supporting foods. While the cohort faced a

number of issues including the impact of restaurant closures due to COVID-19, reports from entrepreneurs indicate a boost of inside salad sales. For many students the experience transformed their understanding about community-led wellness. Students described having a greater understanding of intercultural interfacing, and how community wisdom positively impacts community health and wellness. "One student reported, "Just being open minded to knowing that there's no one, right way."

For 25 years the Cultural Wellness Center (CWC) has leveraged health and wellness by helping people to reconnect with their culture and build community. In a novel collaboration with Allina Health, the CWC formed the Backyard Initiative (BYI). The BYI was a ten-year community engagement project aimed to support residents in health and wellness by increasing social support, social cohesion, education, and health empowerment to reduce health inequities for more than 42,000 residents. Given the success of the

collaboration, the Backyard Community Health Hub (BYCHH) was formed. The BYCHH aims "To leverage connectedness and cultural practices to ultimately better serve communities, cultivate local champions, build local capacity and reflect community culture and values in the pursuit of wellness." As the cultural health anchor of the Midtown Global Market (MGM), the BYCHH provides programs for community gardening, Neighborhood Nights: Backyard Community Health Hub Dialogues, body movement, and culinary well-

ness through its unique and successful model of community engagement. **The Community Health Hub is introducing lost African Ancient Grains Hub as part of our 'Culinary Wellness' program. These inexpensive, tasty, and healthy grains will be made into dishes and the community will be invited to a taste testing as part of a future cultural celebration. Currently, we continue to work toward a healthier community through our virtual offerings. Stay tuned for more to come!**



Cultural Wellness Center
Health · Heritage · Harmony

2025 Portland Avenue South Minneapolis, MN 55404

612-721-5745 | www.culturalwellnesscenter.org

backyardhealthhub@culturalwellnesscenter.org



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