



A 4,000-square-foot mural has been created on the side of Project for Pride in Living's new Career Center at 1021 E. Franklin Ave. (the former Franklin Theater). The mural highlights the history, voices, and priorities of the Phillips neighborhood on a large scale. Attend

the mural's unveiling celebration on Saturday, Sept. 7 from 2–5 p.m. Power of Vision (POV), a partnership between Hope Community and Minneapolis Institute of Art (Mia) and a cohort of 10 artists birthed the mural. >> More on 9 within the Ventura Village page.

*Southside Harm Reduction Services working to distribute and pick-up syringes, provide naloxone, and reduce stigma for those using drugs*

## REDUCING HARM

By TESHA M. CHRISTENSEN

When Jack Loftus and Jack Martin saw a gap in services for safe injection equipment and more access to naloxone to prevent deaths from opioid overdose, they started Southside Harm Reduction Services.

Two years later, they're leading a crew of volunteers quietly working to distribute and pick up syringes in the Southside as they seek to reduce the stigma and judgement people using drugs experience.

"We recognize that drug use and the overdose crisis is incredibly complex and difficult to deal with, but we also know that everyone has the ability to make positive changes, from reducing stigma to picking up syringes to distributing naloxone themselves," said Jack Martin. "And we know to embrace every positive change."

### Share the story of how Southside Harm Reduction began.

Jack: Southside was started by two people, both named Jack: Jack Loftus and Jack Martin (me). Both of us were working at the Native American Community Clinic (NACC) in South Minneapolis. Through our work at NACC we helped start a short-lived syringe service program that grew incredibly fast in the few months that it was open.

We learned that there was a huge need in the local Native community for safe injection equipment and more access to naloxone to prevent deaths from opioid overdose. We didn't want the people who were



TESHA M. CHRISTENSEN

**Luce Guillen (left) carefully places a used syringe into a container held by Michael Neil on Saturday, Aug. 24 during a clean up on the Midtown Greenway, Lake and Bloomington. Neil, a former user himself, says it is important to not just pick up the syringes, but to get to know the people who are homeless in order to know what they need. Plus, then he has some who save their syringes until the next time they see him, knowing he'll dispose of them properly. "I let them know we love them," said Neil. "It's a reflection of where I come from, too."**

accessing the program to lose that service when the exchange closed at NACC, so we bought a cheap flip phone and started to hand out our number.

Back then people would text us or call us, and we would go deliver syringes, naloxone and other supplies to people after work or whenever we had free time. We were

able to stay connected to many people who we got to know through the NACC exchange program this way.

We debated over what to call the organization for weeks and finally decided on Southside Harm Reduction Services.

We grew slowly at first but quickly exploded in popular-

ity when the warm months came, thanks to word of mouth. The only advertising we ever did was putting up a few fliers in the dead of winter 2017-2018 on Bloomington Ave.

We drew our inspiration from older local harm reduction programs such as Lee's Rig Hub,9

**HARM** Continued on page 8

## Join Nice Ride for \$5

By TESHA M. CHRISTENSEN

Things are changing fast for shared mobility in Minneapolis, and Nice Ride is working to keep up with its evolving users.

This summer, bicyclists had access to the original green docked bikes, new blue dockless bikes, scooters and pedal-assist ebikes, introduced in late July (see related story on page 3).

"Nice Ride Minnesota over the years has really attempted to ensure that the organization is community-centered," remarked Nice Ride Minnesota Program Ambassador Alexis Pennie. "It has taken the collaboration of Nice Ride with many community partners – especially those focusing on community health outcomes in Black, Brown, and Indigenous communities."

### What do you appreciate about Nice Ride and in what ways does the company add value to the community?

Alexis: I appreciate the contributions and support the efforts that Nice Ride is making to curb greenhouse gas emissions, congestion, and increase people's opportunities to be more physically active.

Currently, the leading cause for death in the United States is heart disease. Studies show that cardiovascular exercise, such as biking, increases the heart rate, which in turn, strengthens your heart muscle, helps to manage weight, and lowers blood pressure.

For all these reasons and more Nice Ride is bringing real value to our communities.

**NICE RIDE** Continued on page 3







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

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**Editorial Leadership Committee:** Tessa M. Christensen, Harvey Winje, and Cathy Strobel-Ayres. **Would you like to serve on the ELC, help guide the editorial content of The Alley, suggest story ideas and contacts, and more closely connect The Alley to its readers?**

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*"Let me make the newspaper and I care not who makes the religion and the laws."* – Wendell Phillips

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Next Deadline  
Sept. 15, 2019

## Transit

# The August pick

By JOHN CHARLES WILSON

As of Aug. 17, 2019, Metro Transit is making several minor changes to its schedules that affect the Phillips neighborhood, and a couple of major changes outside the area which are notable due to the sheer amount of change involved.

First of all, the changes in Phillips:

- Route 2 will allegedly have an extra trip added in the mornings for customers going to the U of M; however, no new schedule has been published.

- Route 5 will have about five rush hour trips abolished, its southbound run is moved from

8th to 6th St., and times will be changed slightly to reflect the new stopping place at the Mall of America.

- Route 21 will have some 21E trips which end at Wendy's by the new Aldi changed to 21D trips which cross the river and end at Saint Thomas College. Five rush hour trips are being eliminated as well.

- Route 22 will lose one early morning trip in each direction.

- Route 53 will lose one early morning trip to Saint Paul.

- Route 111, a U of M express, will have minor time adjustments.

Now, for the two major changes in the "outside world":

- The Green Line, as has



been discussed for the past several months, will be replaced by buses on its 2 a.m. and 3 a.m. runs on weekdays, in order to give maintenance crews time to work unimpeded. (As I've said before, I still think Metro Transit considers the discouragement of homeless people from riding all night for shelter to be an added bonus, even

if that isn't the primary intent of this change.)

- Route 614, a suburban cross-town from Ridgedale to the 7-Hi neighborhood in Minnetonka, will be abolished due to low ridership.

It is claimed by Metro Transit that at least some of the abolished rush hour trips are due to the chronic shortage of drivers. I've noticed on flyers they've raised the starting wage to \$20.44 an hour. So if you or anyone you know wants a job driving a bus, this is a good time to apply. (Among other things, I have narcolepsy. Trust me, you don't want me driving anything, not even a bicycle, at this point in my life. At least it doesn't matter if I pass out while writing the column, LOL!) Public transit is a lifesaver for many people like me....

## What's Up at the Franklin Community Library

1314 E. Franklin Avenue | 612- 543-6925 | www.hclib.org  
M, F, Sa: 9AM–5PM • T, W, Th: 9AM –8PM • Su: 12-5PM

By ERIN THOMASSON

### All Ages

#### Live at Franklin: Kashimana

**Thursday, Sept. 5, 5:30-7:30 pm**

Kashimana has a rich, soulful blues voice; her compelling songs paint stories of her experiences growing up in Nigeria and Kenya, traveling through Africa and Europe, and living in the United States. Kashimana will perform an original set for Franklin Library's live music series. Funded by Minnesota's Arts and Cultural Heritage Fund.

### Electronic Music Workshop

**Wednesday, Sept. 18, 6:30-7:30 pm**

Grades 3-12. Make beats and experiment with electronic music production in a space that empowers girls, non-binary and trans youth. All are welcome! Collaborator: Beats by Girlz.

### West African Drumming & Dance, Thursday, Sept. 19, 5-6 pm

Learn traditional rhythms and dances from Guinea in West Africa. Practice basic hand technique, patterns and timing on the djembe. Learn fun energetic dances with steps which will be broken down for all levels, accompanied by live drumming. All are welcome.

Collaborator: Duniya Drum & Dance.

### Live at Franklin: Tufawon

**Saturday, Sept. 28, 3-4 pm**

Tufawon is a Dakota/Boricua hip-hop artist. His music addresses Indigenous resiliency, politics, health, defending Mother Earth, and fighting against oppressive systems. Tufawon will perform an original set for Franklin Library's live music series. Funded by Minnesota's Arts and Cultural Heritage Fund.

### Teens

#### Design A Skateboard

**Wednesday, Sept. 11, 5-7 pm**

Using permanent markers and templates, create art on a skateboard deck. Materials provided, including a skateboard deck. Click here to register. Collaborator: Rivard Art. Funded by Minnesota's Arts and Cultural Heritage Fund.

### Moving Through American History

**Thursday, Sept. 12, 5-6 pm**

Grades 7-12. From jazz to soul, funk to hip-hop, learn the basic steps of dances from several eras in American history and connect these dances to specific locations,

movements and events. Click here to register. Collaborator: The Cowles Center. Funded by Minnesota's Arts and Cultural Heritage Fund.

### Adults

#### Prompts for Poems

**Friday, Sept. 20, 3-4:30 pm**

Explore fun and inspiring prompts to get new poems underway. Click here to register. Collaborator: The Loft Literary Center. Funded by Minnesota's Arts and Cultural Heritage Fund.

### Sign Painting

**Tuesday, Sept. 24, 12-3 pm**

Have something to say? Create an artistic sign using repurposed materials to display in your home or yard. Think about your identity – who you are or where you are from – and display this personal message on your sign. This is a drop-in program. Collaborator: Pinwheel Arts and Movement Studio. Funded by Minnesota's Arts and Cultural Heritage Fund.

### Fasal furan oo ku Saabsan

#### Barashada Teknoolojiga

#### Maktabadda/ Library

#### Technology Open Lab

**Wednesday, Sept. 25, 10:30**

**am-12 pm**

Kaalay oo baro Teknoolojiga maktabadda. Shaqaalaha waxey ku bilaabi doonaan Open lab-ka 20-daqiiqo oo horudhac ku saabsan teknoolojiga maktabadda. Mowduucyada laga hadli doono

waxaa ka mid ah: sidaad u isticmaali laheyd kombiyuutarada maktabada, Internet-ka iyo Email-lada, asturnaanta, printer-rada iyo Scanner, iyo sidaad buugaagta uga raadsan laheyd bogga maktabada iyo kheyraadka laga helaba. Markuu mowduuca horidhaciisa lasiiyo, ka qeyb galayaasha waxey waqti u heli doonaan iney sii dabaqaan waxey barten iyadoo shaqaalahana diyaar u ahaan doonaan iney uga jawaabaan su'aalahooda mid-midna u caawiyaan.

Click here to register. Come and explore library technology. Staff will start each Open Lab with a 20-minute orientation to library technology. Following the orientation, participants will have time to explore on their own, while staff will be available for questions and one-on-one support. Schedule of topics: Sept. 25 - Scanning and printing.

**Franklin Learning Center: 612-543-6934**

The Franklin Learning Center offers free, one-to-one tutoring for adults who are learning English and math, preparing for the GED and citizenship exams, and gaining life skills. We are always looking for community volunteers! No experience necessary; we provide training and materials. Contact us at 952-847-2934 or flc@hclib.org.

silient, equitable, and decentralized.

## Puppt Lab, The Phillips Project

Two former HOBt programs, Puppet Lab and The Phillips Project, will now continue independently of the organization. During this period of organizational transition, HOBt is not able to continue hosting these programs, but the important work will continue under the same program leadership. More at info@hobt.org.

## King's Fair Sept. 21

The Seward neighborhood will celebrate its biennial event, the King's Fair, on Saturday, Sept. 21, from noon to 5 p.m., with a

family-oriented day in Mathews Park, 2318–29th Ave. South. This year's theme is "Celebrating Seward's History." The fair is a fun, low-key, neighbor-centered affair, co-sponsored by the Seward Neighborhood Group and the Minneapolis Park Board. There will be a variety of entertainments, music from local bands, offerings from local artist and crafters, activities for kids, and, of course, food. The Seward Neighborhood Group created the first King's Fair in 1979, after the discovering that between 1865 and 1883 there had been a fairground in the center of the Seward neighborhood. They named it after the Minneapolis businessman, politician, and promoter, William S. King, who owned the fairground. For 18

years the fairground drew crowds in the thousands from throughout the state. It was home to a total of 15 fairs, three of which were Minnesota State Fairs, until the land was sold for development. The modern-day King's Fair in Mathews Park, is adjacent to the location of the first fairs.

Visit the Seward Neighborhood Group tent to learn about the services they have provided to the community for nearly 60 years. Their recently released book, "A People's History of the Seward Neighborhood," will be for sale in the History tent.

Rain or shine, the fair will go on. See you there.

**Email your event submission to copydesk@alleynews.org.**



# Nice Ride launches new Ebike pilot in Minneapolis

For the first time, Minneapolis residents can supercharge their rides by trying out pedal-assist electric Nice Ride bicycles, Nice Ride leadership. Nice Ride launched a pilot of 50 pedal-assist ebikes on July 29, 2019, helping bike share become more accessible to riders with diverse abilities and completing longer trips. The pilot comes at no additional cost to Nice Riders.

“I am thrilled to see ebikes in the Nice Ride system for the first time,” said Bill Dossett, Nice Ride Minnesota executive director. “In other cities, ebikes have tripled the utilization of bike share and attracted thousands of new riders. These fifty bikes are just the beginning of a new era in fast, convenient, and fun transportation in Minneapolis.”

“We are proud to build upon Nice Ride’s legacy as a national bike share leader with this ebike pilot,” said Caroline Samponaro, head of bike, scooter and pedestrian policy at Lyft, the operator of Nice Ride. “The extra boost from ebikes makes it easier for more people to complete trips on two wheels rather than four, helping to make our streets more livable across Minneapolis. Along with our new Nice Ride for All equity program this year, Nice Riders are having the best season yet.”

Ebikes require less physical exertion and offer a sweat-free ride, making cycling a more attractive option for a wider range of trip types and individuals. By making longer trips easier, ebikes will also help shift travel patterns from cars to bikes - combating congestion, pollution and making Minneapolis a more livable city for all.

The new Nice Ride pedal-assist ebikes provide a boost when riders are pedaling, allowing riders to reach up to 18 mph -- generally how fast a classic Nice Ride bike can travel -- with less effort. The new ebikes can be ridden anywhere it is legal to operate a bicycle in

Minneapolis and must be parked in the physical Nice Ride stations.

Riders can turn on pedal assist by pressing the “power” button (located between the handlebars) for three seconds while the bike is stationary. They can be unlocked from a station using a code from the Nice Ride app or using a Nice Ride member key.

In May, Nice Ride announced its significant commitment to bike share equity and introduced a new discount program for low-income Minneapolis riders, Nice Ride for All. To sign up, individuals enrolled in SNAP (food assistance) or TAP (transit assistance) programs can visit [niceridemn.com/nicerideforall](http://niceridemn.com/nicerideforall) and complete a simple online sign-up by entering their EBT or Go-To Card number.

Nice Ride is offering a limited-time promotion for new enrollees of Nice Ride for All. To celebrate the launch of this program, individuals who sign up through September 2019 will pay only \$5 for their entire first year of membership. The Nice Ride for All membership will traditionally cost \$5 per month. Once enrolled, individuals have access to unlimited 60-minute bike share rides throughout Minneapolis.

### About Nice Ride

Launched in 2010, Nice Ride is the hometown bike sharing system of Minneapolis. Overseen by the non-profit Nice Ride Minnesota and now operated and powered by Lyft, Nice Ride’s mission is to enhance quality of life by providing convenient, easy to use bike sharing that will provide residents and visitors a healthy, fun, different way to get around town. We are part of a growing community of people and organizations working for active lifestyles, vibrant cities and livable public spaces. We’re helping build that community by making it easy for everyone to ride a bike and to feel safe and welcome while riding.



COURTESY OF NICE RIDE

Nice Ride Minnesota Executive Director Bill Dossett (front right) rides with Council Member Kevin Reich, chair of the Minneapolis City Council Public Works Committee, at the launch of the Nice Ride dockless system last September. The non-profit is now partnering with Lyft to offer pedal-assist ebikes, as well.

Ambassador Alexis Pennie shares what he appreciates about Nice Ride’s evolving options and its drive towards accessibility

## Join Nice Ride for \$5

Continued from front page

### How is Nice Ride accessible?

Alexis: Nice Ride is fully aware not everyone has a smartphone or has access to a debit or credit card.

As a result, Nice Ride has teamed up with Prepare + Prosper—a St. Paul-based organization aimed at increasing financial well-being for all through free tax assistance and financial services – to provide referrals to financially underserved members of the community for Fair and Responsible Banking (FAIR) products.

Also, Nice Ride has always provided its annual members with a Nice Ride key which unlocks any of their bikes at a dock station and will continue that practice which allows people without smartphones to be able to access their bikes. The blue dockless bikes can only be obtained via smartphone.

### What are the benefits of biking?

Alexis: Biking is great for your physical health. Additionally, biking can help to reduce levels of cortisol in the body which is a stress hormone that may block regenerative, deep sleep. It also can positively affect brain serotonin which

can improve your sleep cycles.

### What has been the community reception to the introduction of scooters?

Alexis: The introduction of scooters has been well received by community members. I have heard critical feedback from community members concerning the storage of scooters when people are not using them and they are placed along the sidewalk.

### What are the benefits of Nice Ride?

Alexis: The benefits of using a Nice Ride bike or scooter compared to owning your own consist of affordability, that fact that you don’t have to maintain the bike or scooter, and [it] provides the flexibility to leave the bike or scooter just about anywhere in the designated system rather than having to lug your bike or scooter back and forth.

Our members come from both communities of people whom do not own their own bikes and people who do own their own bikes. Some people like Nice Ride Bikes because it allows them to offer a bike to a friend or family member that do not own their own bikes so,

*“I appreciate the contributions and support the efforts that Nice Ride is making to curb greenhouse gas emissions, congestion, and increase people’s opportunities to be more physically active.”*

~ Alexis Pennie

that they can do a group ride.

### What are you promoting this summer?

Alexis: Nice Ride Minnesota is at the Four Sisters Farmers Market every Thursday from 11 a.m. to 3 p.m. promoting Nice Ride for All, the new program announced earlier this summer, that will make discounts available to those enrolled in the Supplemental Nutrition Assistance Program (SNAP) or the Transit Assistance Program (TAP). Qualifying individuals may apply for Nice Ride for All online with their EBT or Metro Transit Go-To Card number.

Anyone who registers for the program before the end of September will only pay \$5 for their first year of membership. Enrollees will have access to unlimited 60-minute bike-share rides throughout Minneapolis.



TESHA M. CHRISTENSEN

The original green Nice Ride bikes can still be found at docking stations.

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Primer piso



# Phillips woman devotes life to advocating for those with less

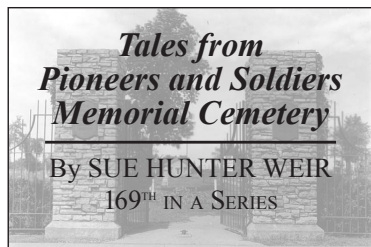
Carrie Jorgens Fosseen is not buried in Layman's Cemetery but this month, on the 100th anniversary of Minnesota's ratification of the 19th amendment, she is well worth taking the time to remember.

She was a suffragist, a social reformer, and political activist, and for the many years she lived in what is now Phillips.

Carrie and her husband, Manley Fosseen, lived at 2916 Bloomington Ave. between 1900 and 1920, in a house that still stands. Although they would not have been considered wealthy, they had enough money that Carrie was able to devote a great deal of her time advocating for those who had much less.

For her efforts on behalf of suffrage, Carrie was one of the first women appointed to the Executive Committee of the national Republican Party. In 1920, eight million new voters, all women, were about to vote for the first time, and both of the major parties had a stake in courting them.

But that appointment capped almost 20 years of her activism and advocacy on behalf of a number of causes. She, like many other middle-to-upper-middle-class progressive women spent countless hours lobbying politicians who they could not vote for. Women's clubs and organizations banded together and did what they



were exceptionally good at – organizing around issues that affected women and children, and fundraising in support of those causes.

She was president of the Thomas Hospital Tubercular Society, and of Tag Day, a fundraiser for the city's visiting nurse program that provided in-home medical care to those who could otherwise not afford it. She chaired the "Sane Fourth" Committee, an organization that tried to prevent blindness, amputations and death caused by the reckless use of fireworks on the Fourth of July, something that might sound frivolous today but was a very serious problem at the time.

She was an active member of the most well organized and most effective organization of its kind – the Minneapolis Women's Welfare League, a political offshoot of the Minneapolis Women's Club. Founded in 1912, its mission was "the promotion of the welfare of women and girls." At the time, there were an estimated 4,000 "homeless girls" in Minneapolis. They did not use "homeless" in the same sense that we do today but used it to describe girls and

young women who did not live with family or friends. Then, as today, there was a serious shortage of affordable housing and only 22% of those women had adequate housing; the rest were thought to be vulnerable to sex traffickers. The sad fact was that sex work paid better than factory work.

That reality led the League to take up the cause of poor women, many of them immigrants. The League established a residence for 200 young women complete with a dining room, auditorium and moving picture theater. They lobbied the School Board for vocational education for girls similar to the programs offered to boys. They opened a vacation home in Prescott, Wis. where a \$3 fee covered the cost of a week's room and board and train fare to and from Minneapolis. And they ran a Rest and Convalescent Home at 2925 Park Ave. for women who had been discharged from hospitals but who had nowhere to go and no one to care for them.

Carrie was 45 years old when she cast her first vote in a presidential election. Although many of Carrie's political views were progressive, they were by no means radical. She voted for Warren G. Harding, a man she believed to be a friend to labor, a constituency near and dear to the Fosseens' hearts. Carrie's husband, Manley L. Fosseen had served 12 years



The photo was taken in 1920 when the women shown in the photo were the first women to serve on the Executive Committee of the nation-wide Republican Party. Carrie Fosseen, suffragist and social reformer (second row, far right) was a long-time resident of what is now the Phillips Community.

in the Minnesota state legislature serving the 42nd District (ours) that was home to thousands of skilled blue-collar workers and described as the "strongest labor district in Minnesota."

Republicans had high hopes for a Harding administration but those came to an end when he died unexpectedly after only two years in office. Scandals that came to light after he died left him with the reputation of having been one of the worst presidents in American history.

Undaunted, Carrie remained active in the Republican Party and served on its Executive Committee for 20 years, traveling throughout the Midwest leading planning and strategy sessions for Republican women.

In 1947, she was named Minnesota's Mother of the Year which seems somewhat odd for a woman who was so well known for her accomplishments on the national political scene. But it

**WOMAN** Continued on page 5



## The Epic Report – September, 2019

[www.eastphillips-epic.com](http://www.eastphillips-epic.com)

### Council Member Cano says "NO" to EAW

**An EAW (Environmental Assessment Worksheet) is a brief document used to determine if a project might cause environmental or other problems for a community and assess if more attention must be paid to it before continuing.**

Council member, Alondra Cano, refused to request an EAW for the Hiawatha Campus Expansion Project, better known as the City's Water Maintenance Facility at the Roof Depot Site.

**This is a strange choice** for someone who was elected to represent the people of East Phillips and someone who knows that the City's plan is to demolish the former Sears Warehouse along with its hard surface parking. Since it was built in 1947, this structure & parking has safely encapsulated the arsenic which covered the entire 7.5-acre site, at the time of its construction.

**The demolition** will bring all that arsenic to the surface once again and present the distinct possibility of air-borne and water runoff contamination of the neighborhood and the Mississippi River through the storm drain system. The daily operation of the project will also bring a fleet of heavy commercial vehicles, many Diesel, an asphalt storage facility and a heavy equipment operator training center, all adding to the area's already contaminated air.

**What is she thinking? An EAW is such an Obvious Choice!**

**You Can Help!** Call, Email and Text Every Council Member and the Mayor & demand an EAW and ask them to support the East Phillips Indoor Urban Farm Project for this site instead.

**Thank you! We will soon know our fate – Farm or Fight!**



### For Your Calendar: \*

**The EPIC Board of Directors** meet on the FIRST Saturday of the month – Next Meetings; Saturday, 9/7/2019 and 10/5/2019 at 10:00 AM. at the EPIC Office at 2433 Bloomington Ave. S.

**The EPIC General Membership** meets on the SECOND Thursday of the month – Next Meetings; Thursday, 9/12/19 and 10/10/2019 and 11/14/2019 at 6:30 PM at East Phillips Park–2307 17<sup>th</sup> Ave. S.

**The East Phillips Community 17<sup>th</sup> Ave. Gardeners** meet on the second Saturday of Each Month during the gardening season, from March through September. Next meetings are: Saturday, 9/14/19 at 9:00 AM in the Garden at 2428 17<sup>th</sup> Ave. S. The First meeting of the 2020 Gardening Season will be March 14<sup>th</sup> 2020 at East Phillips Park at 9:00 AM.

\* **East Phillips Residents wanting a 2020 Garden Plot, contact Brad Pass at 612-916-8478**  
\* **To get involved in EPIC & help to continue moving the East Phillips Neighborhood in a positive direction, join us at any EPIC General Membership meeting. All are welcome.**

**Save Saturday, October 12<sup>th</sup> 2019 for the 21<sup>st</sup> Annual Phillips Community Clean Sweep**

**Save Saturday, October 19<sup>th</sup> 2019 for the Annual EPIC Garden Fall Harvest Party – 5:30 PM Until the fire goes out.**

*Prepared for and paid by EPIC*



Semilla Center for Healing

Peace Lantern Procession on Sept. 21

By PATRICK CABELLO HANSEL

Saturday, Sept. 21 is International Peace Day. It was established in 1981 by a unanimous vote at the United Nations, with a hope that all nations would recommit to building a Culture of Peace.

Without a doubt, our neighborhood and our world are in desperate need of recommitting to building peace.

The Semilla Center for Healing and the Arts are hosting a Peace Lantern Procession on Sept. 21, at 7 p.m., at St. Paul’s Lutheran Church. We will walk with lanterns to various spots in the community that are crying out for peace. The event will also feature music, interactive activities, food and the projection of Semilla’s Youth Photography Show.

A special lantern making workshop will be held at St. Paul’s on Sunday, Sept.8 at 1:30 p.m. St.

Paul’s is located at 2742 15th Ave. S. For more information, call 612-724-3862 or e-mail: semillacenter@gmail.com

THE PHOENIX RISES!

Want to see your work in print? Consider submitting to our neighborhood’s literary magazine The Phoenix of Phillips. Writers of any age are welcome to submit for this fall’s issue, whose theme is “Hope.” There will be a special poetry contest for youth, announced in October. Writers can send their poems, short stories and essays to semillacenter@gmail.com.

The Phoenix of Phillips is a project of the Semilla Center for Healing and the Arts at St. Paul’s Lutheran Church. Check out our website at www.semillacenter.org, like us on Face Book: Semilla Center, and follow us on Twitter and Instagram: @semillacenter.

Phillips woman Continued from page 4

would have been more or less expected that in order to be considered successful, a woman of her generation would have had to be able to balance her political ambitions with her domestic life. And she did that. She accomplished all that she did while rais-

ing two sons, and, following the death of one of them, raising two of her grandchildren.

Carrie Fosseen died on March 23, 1963, at the age of 88. She is buried next to her husband in Lakewood Cemetery.

MIGIZI moves to Downtown Longfellow

Open house set for Sept. 12, 4-8 p.m.

BY JOHN GWINN, MIGIZI

As of late June 2019, Migizi Communications has finally established occupancy at its new location in “Downtown Longfellow,” at 3017 27th Ave S.

After buying the vacant building last year, extensive renovations were done while Migizi conducted programming from its temporary home in the Plaza Verde building near Lake and Bloomington.

MIGIZI was established over 40 years ago by Laura Waterman Wittstock and others as an organization with an American Indian journalism and communications focus, bringing Native voices and stories to the public through radio, newspapers, magazines and other media.

Over the years, the mission of this American Indian led organization has morphed into one with more of a youth development and education focus, working in collaboration with local school districts and other community and governmental organizations to improve outcomes for Native youth in the Twin Cities.

Current programming includes in-school programming with a focus on improving American Indian graduation rates in Minneapolis and surrounding school districts, a workforce readiness and job train-



TESHA M. CHRISTENSEN

MIGIZI staff members, including new Executive Director Kelly Drummer (far left), are excited to be in their new office at 3017 27th Ave. S. Lake Street Council hosted a morning mixer on Aug. 22. BELOW - Drummer leads a tour and discussed the green initiatives students learn about, including solar and wind power.



ing program focusing on the industries of “Green Jobs” and Social Media Marketing, as well as cultural-focused mentorship programming.

With our new location, and under the leadership of new President Kelly Drummer, MIGIZI is undergoing a new strategic planning and re-branding process that will focus future programming and

establish solid goals as MIGIZI enters a new phase in its successful history of advancing a message of success for the American Indian community.

MIGIZI will be holding an open house on Sept. 12, 4-8 p.m. If you are interested in attending, please RSVP through our website, www.migizi.org.



MIDTOWN PHILLIPS  
NEIGHBORHOOD ASSOCIATION INC

www.midtownphillips.org | 763.310.4760 | midtownphillipsminneapolis

BOARD  
MEETING

Held every second Tuesday

Tuesday, September 10, 6:30-8pm

@ Stewart Park (Arts & Crafts Room)  
2700 12<sup>th</sup> Ave. S., Minneapolis

See our website www.midtownphillips.org for agenda

COMMUNITY  
MEETING

Held every fourth Tuesday

Tuesday, September 24, 6:30-8pm

@ Stewart Park (Community Room)  
2700 12<sup>th</sup> Ave. S., Minneapolis

COME MEET  
HENNEPIN COMMISSIONER  
ANGELA CONLEY!

Everyone Welcome!

This Monthly Alley Newspaper Half Page was paid for by Midtown Phillips Neighborhood Association, Inc.

PHILLIPS  
CLEAN SWEEP



SATURDAY OCTOBER 12, 2019

9am-10am

CHECK IN AT EITHER OF THESE LOCATIONS:

- Welna Ace Hardware Parking Lot – 2438 Bloomington Ave S
- Lutheran Social Services – 2400 Park Ave S (enter on 24th St)

Breakfast and tshirts are available for Clean Sweep Volunteers.

9am-Noon

Phillips Clean Sweep!

Meet your neighbors, help pick up litter, and clean up your neighborhood! Organize your neighbors! Enlist your block club or church youth group! Above all, just bring yourself and help keep Phillips clean!

Noon-1:30pm

Volunteer Lunch and Resource Fair

Plus Neighborhood Information & Fun at Stewart Park (2700 12th Ave S)

Bring out your trash!

The Phillips neighborhoods have raised funds to provide free pick up for residents during Clean Sweep.

They will pick up extra household trash, old furniture, carpet, household construction and tires.

All items for garbage pick up should be placed out by your pick up location the night before.

(No hazardous wastes are picked up and any appliance or recyclables are picked up on the next city recycling pick up day.)

FFI: call (612) 799-1858



# GET IT FRESH THIS SUMMER



COURTESY URBAN VENTURES



TESHA M. CHRISTENSEN

**PLANTING SEEDS, GROWING COMMUNITY – Drop by URBAN VENTURES’ farm and farm stand for vegetables, wood-fired pizza, burritos, and salads on Tuesdays and Wednesday, 11:30 a.m.-6:30 p.m., July-October. Urban Farm on the Midtown Greenway is at 2841 Fifth Ave. S. (29th St. and 5th Ave. S.) Urban Ventures produce is not touched by harmful chemicals. SNAP/EBT benefits accepted. Neighborhood residents can enjoy a 50% discount on all vegetables and fresh food with our Neighbor Card. To get a card, simply sign up at the farm stand during open hours.**



COURTESY WAITE HOUSE

## Teens garden at Waite House

BY TESHA M. CHRISTENSEN

At the Waite House, they’re nurturing a healthy foundation by growing fresh vegetables and then working with kids on an business venture.

In all, Pillsbury United Communities, which runs the Waite House (2323 11th Ave S.), has five spots in the Phillips neighborhood that they farm or sign the lease to provide technical support for community members to have their own plots, according to Food Systems Manager Ethan Neal.

**Who is involved in your gardening program?**

Ethan: One of our gardens, which is located behind the Phillips Community Center where Waite House is located, is entirely kept by a group of 14 and 15 years old. They worked with our chef to develop a new salad called La Fresca. They grow the food in back and sell it to another nonprofit called Roots for the Home Team, who then in turn makes the salads for Minnesota Twins games. Our kids then go to the Twins Games on the weekends to sell these salads and learn business acumen.

**What type of items were planted in the garden this year?**

Ethan: This year we have a

variety of things planted. A lot of kale, lettuces, tomatoes, peppers, pollinators, strawberries, etc.

**What is the value of having a garden at Waite House and what skills are the kids learning?**

Ethan: The value is multifaceted for sure. It serves as a place of education for youth ranging from how to create their own business, to soil health, to eating healthy. It also allows as an income stream for our youth and our nonprofit. The food also goes into our free community meals held at the Waite House. It also beautifies the neighborhood with well kept and tended land.



TESHA M. CHRISTENSEN

Simone Rendon (left) along with daughter Moneek (center) and Alexie Pennie of Nice Ride, has been selling her jams and jellies at FOUR SISTERS FARMERS MARKET each Thursday since they opened. She grew up in Phillips and lives in Hastings now, where she enjoys foraging and harvesting her ingredients and then fashioning edible art. “It feeds my mental health,” said Simone. She formerly worked in IT, and was depressed and unhappy. She and her daughter agreed that switching to this work has changed their whole family.



TESHA M. CHRISTENSEN

**FOUR SISTERS FARMERS MARKET** is open each Thursday, 10 a.m. to 3 p.m. through Sept. 26 at 1414 E. Franklin Ave. (parking lot of PowWow Grounds). While you’re there, browse through the veggies sold by Dreams of Wild Health, which works with kids on a farm in Hugo, Minn. through the Garden Warriors program. This year, 15 kids in two sessions were bussed out to Hugo for 8 a.m. to 3 p.m. work days spent planting, harvesting and processing ingredients. Above is Korbin Lyn Paul. On Thursday, Aug. 22, folks could sample food the teens made under the direction of resident chef Brian Yazzie of Intertribal Foodways.





# VENTURA VILLAGE NEIGHBORHOOD

## SEPTEMBER '19 NEWS

**4. With respect to its request to be included on page 4 of Project Eas-Permit in Laying Course Contract:**

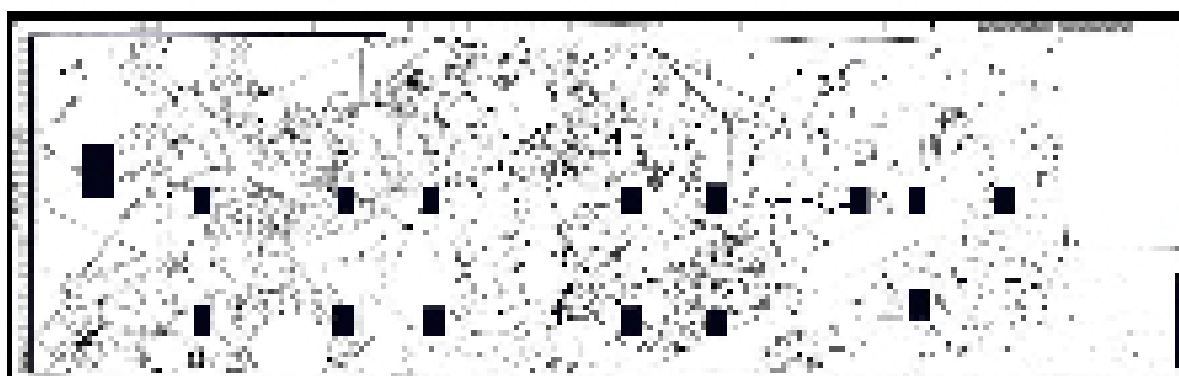
**Post Study Longitudinal Analysis**

[illegible]

Through community engagement and outreach, the intent of this organization designed the need to make important community members and encourage the more people and students to share the responsibility of their educational interests with national, community and local organizations, build community leadership capacity, and build a World Class "Community Champion" event, the community's leading strategy to ensure the company's design. They also wanted to contribute to the College's vision, particularly emphasizing to support graduation and enrollment in the design. Through various use forms of community outreach and communication, build a solid and a long-term relationship with the community, national and local as well as.

[illegible][illegible]

144



**Find out how Pridgen has Laramie & Worthington High School Moving to Teton County, Idaho**

**How Early, How Often, How Long?**

[illegible]

Chenoweth was here last evening to promote the space camp which is sponsored by the Los Angeles Chapter. The following will be featured and is set by will officially opening Wednesday August 30 with a special tour of the Space Station 1. The new location comes with a beautiful kitchen upgrade which will allow students to have national lunch to eat on the day camp in the school's kitchen. Students will not see the school about technology upgrade. The school is open, and more official space activities should be held soon. The school was closed off for the school's anniversary 7th anniversary.

Little evidence suggests that the 1980s and 1990s have been successful. The most serious impediment to a part of the private economy and industry may be that it will not respond to the challenges that it faces. Some of the most serious problems have been identified in the public sector.



**XXXXXXXXXX XXXX XX XXXXXXX**

## Medicine Garden Event

POINT-TO-POINT

1868

### References

• **How** **many** **times** **can** **you** **use** **it** **?**

## • **Local Heroes**

**Abstract**

**Abstract**




















**Td. 2011-11-25-1**

ed diego ruben

doi:10.1017/S0022292412001516

**Public and Private Debt Capital from Global Governments, Sovereigns, and Firms**

[illegible]

**UPCOMING VENTURA VILLAGE MEETINGS:**

- Wednesday, September 16th: Board of Directors Meeting: 6 pm
- Tuesday, September 14th: Community Engagement Committee: 6 pm
- ▼ Thursday, September 18th: Housing & Land Committee: 4:30 pm
- Wednesday, September 16th: General Membership Meeting: 7 pm
- Tuesday, September 14th: Wellness, Gardening & Greening Committee: 7 pm
- ▼ Thursday, September 18th: Crime & Safety Committee: 6:30 pm

**ALL RESIDENTS ARE WELCOME TO PARTICIPATE: VISITORS WELCOME TO ATTEND**

Yachara Village is located upstairs in the Phillips Community Center at 2727-north Avenue South

■ [bill@openoffice.org](mailto:bill@openoffice.org) ■ [dan-@openoffice.org](mailto:dan-@openoffice.org)

*Prepared for and paid by Ventura Village*



Movie corner

I had a good time watching ‘Once Upon a Time in Hollywood’

By HOWARD MCQUITTER II  
oldschoolmovies.wordpress.com  
howardmcquitter68@gmail.com

D r a m a /  
Comedy



The year is 1969. Vietnam, hippies, Black Panthers, marijuana, campus demonstrations, Stonewall riots, robust middle-class, man landing on the moon, white flight anywhere but where the blacks, soul music and Afros. Republican President Richard Nixon’s first term telling the American people to stay clear of the leftists on American campuses. Pope Paul VI declares an ersatz new liturgy (mostly in vernacular languages) for the Catholic Church. A historical music event called Woodstock drawing thousands of youth to upper state New York to hear the best of rock- country- soul music.

Director Quentin Tarantino brings authenticity to the year 1969,

in his ninth installment “Once Upon a Time in Hollywood.” It’s summer in Tarantino’s Hollywood starting with an aging television and film star Rick Dalton (Leonardo Di Capri) is rapidly becoming a has-been Western television star. It seems his great success in the once popular television Western “Bounty Law” is now just reruns. Dalton, though, still has the appetite to get his mojo back and he asks for advice from producer Marvin Schwarzs (Al Pacino) who tells him to go to Italy to act in Spaghetti Westerns. He takes the producer’s advice acting in several Westerns there and when he returns to California he has a bride on his arm. As for Rick’s buddy, Cliff Booth (Brad Pitt) who operates as his stunt double artist, chauffeur, handyman and soon, finds himself with little work in the industry, too. Cliff’s main problem is the studios have shunned him because responsible for his wife’s murder.

To keep a cash flow going, Cliff works as Rick’s chauffeur plus they both hang out at Rick’s posh crib



on Cielo Drive. It so happens he lives next door to Roman Polanski (Rafal Zawierucha) and his wife Sharon Tate (Margot Robbie), an upcoming actress who just acted in her latest movie “The Wrecking Crew,” starring with Dean Martin. Charming, I guess, two fictional characters Rick and Cliff and, on the other side, two real characters Roman and Sharon. Anyway what a treat!

The conversation between child-actor Trudi (Julia Butters) and her co-star Rick on set before the cameras roll is one of the most memorable ones in Tarantino’s ninth film that is rich with dialogue anyway.

I also think of the hippie girl, Pussycat (Margaret Qualley), Rick picks up to the Spahn Ranch – at one time a Western movie set – is now a commune of Charlie Manson (Damon Herriman) followers, eerie characters, some of his clan go on

to murder Sharon Tate (she’s pregnant) and five adults in all.

The Manson character appears only once, but Sharon Tate character is seen several times saying relatively little. She didn’t need a lot to say it’s her presence that proves strong. She stops in at a theater (only 75 cents) where a movie with her and Dean Martin appear together. She’s happy with her life and career; she glows, for me, Mrs. Tate is the sympathetic character, the one (I’ll never forget, I’m 21 years old at the time) smells success before fate’s curtain comes down.

The chemistry between Leonardo Di Caprio and Brad Pitt is terrific. At a party somewhere in Hollywood women in go go boots and men in bell-bottom pants dance away by a swimming pool. Who shows up but Mama Cass from the rock group the Mamas & the Papas. Although there’s Tarantino’s moments of violence, it’s less of it than in his films such as in “Inglourious Basterds” (2009), “Django Unchained” (2012) and Kill Bill (2003, 2004, respectively). I honestly say I had a good, good time watching “Once Upon a Time in Hollywood.”

Cast: Leonardo Di Caprio (Rick Dalton), Brad Pitt (Cliff), Margot Robbie (Sharon Tate), Luke Perry (Wayne Maunder), Dakota Fanning (Squeaky Fromme), Al Pacino

(Marvin Schwarzs), Margaret Qualley (Pussycat), Timothy Olphant (James Stacy), Damon Lewis (Steve Mc Queen), Kurt Russell (Randy), Emile Hirsch (Jay Sebring), Bruce Dern (George Spahn), Rafal Zawierucha (Roman Polanski), Damon Herriman (Charles Manson), Dreama Walker (Connie Stevens), Sydney Sweeney (Snake), Julia Butters (Trudi), Mike Moh (Bruce Lee). Director: Quentin Tarantino. Cinematography: Robert Richardson.

Running time: 159 minutes. (R)

The music of the 1960s is plentiful in “Once Upon a Time in Hollywood.” The music scholars are Holly Adams, Mary Ramos, Gary Raymond and Jim Schultz. Some of the songs: The Mamas & the Papas, “Straight Shooter”(1966); Vanilla Fudge, “You Keep Me Hangin’ On” (1967); Neil Diamond, “Brother Love’s Traveling Salvation Show” (1969); Willie Mitchell, “Soul Serenade”(1968); Aretha Franklin, “The House That Jack Built” (1968); Deep Purple,”Hush” (1968); Neal Hefti,”Batman Theme” (1966); Paul Revere & the Raiders, “Hungry” (1966); The Rolling Stones,”Out of Time” (1966); Otis Redding, “Can’t Turn You Lose ”(1967); Simon & Garfunkel, “Mrs. Robinson” (1968); Dee Clark,”Hey Little Girl” (1959); and more...

MPRB shuts down Nokomis Beach after confirmed cases of E. coli

Disease investigators at the Minnesota Department of Health (MDH) have identified a total of 49 people so far who became ill with diarrhea after swimming at Lake Nokomis. The total includes the three initial lab-confirmed cases of Shiga toxin-producing E. coli

(STEC) announced Wednesday, Aug. 14, 2019.

The cases include both children and adults, with about 20% of cases younger than 10 years old. In all cases, people became ill after swimming at the lake between July 16 and Aug. 11. No one has been

hospitalized.

Minneapolis Park and Recreation Board (MPRB) officials said the Nokomis beaches will remain closed for the rest of the swimming season out of an abundance of caution. Health officials said they would need to see no illnesses

reported for at least 16 days (two incubation periods of 8 days) before they could say there was no longer a risk of STEC spreading through water at the beaches.

Anyone who is experiencing symptoms of STEC infection – diarrhea (often bloody), stomach

cramps, no or low-grade fever – should see a health care provider.

Health officials remind all Minnesotans that anyone who has diarrhea should not go swimming in any body of water.

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Peace House community

They aren’t just ‘The Homeless’

By MARTI MALBY

“The Homeless,” a title that should only describe a person’s living situation, but often describes so much more.

On the one hand, being part of the homeless population automatically means sleep deprivation, instability, the daily challenge of finding what you need and so much more.

Unfortunately, that is only the objective side of homelessness, the things that can be observed and measured. There’s also a subjective side that can be even more destructive.

Sociologists and others talk about “Labeling Theory” which states among other things that the label a society places on a group within society becomes a shorthand for and an oversimplification of everyone in that group. When someone becomes part of “The Homeless,” that person finds that society no longer sees them as an individual. Instead, they are now simply part of a mass with no identity of their own. Worse yet, because of American culture’s emphasis on individual responsibility and tendency to downplay individual circumstances, those who end up homeless for whatever

reason also find themselves judged by society for their situation. Worst of all, because the majority of the homeless in the U.S. grew up here, they share this cultural outlook, blaming themselves for being homeless and forgetting who they are as individuals.

Among all the other problems the homeless face, the emotional toll of being a nameless, faceless “homeless” is one of the worst. Even as I write this article, I know the current trend among social service providers is to talk about “those who are experiencing homelessness” as a way of avoiding the dehumanization of slapping a label on an entire group. But even if I never applied the word homeless to any one individual, it would not change the dynamic of how our minds work.

When most of us see a “homeless” person, that is all we see. As Labeling Theory applied to homelessness explains: “One goes, often quite suddenly, from being a person with a set of socially acceptable identities, to being “homeless”, an identity that trumps, if not obliterates, all others.” (At Home of the Street: People, Poverty and the Hidden Culture of Homelessness)

On seeing a homeless individual, people rarely see a great musician, painter, mathematician, theologian, dedicated volunteer or any other aspect of that person’s life. And yet so often they think they know that person’s story, or at least enough of it to judge them or feel pity for them.

Just for fun, do a search of “Famous homeless people” and see who comes up. As you look at the list, ask yourself, “The last time I saw a panhandler, did I think they might:

- Revolutionize world technology, as Steve Jobs did
- Win an Oscar, as Halle Berry did
- Change political discourse across the world, as George Orwell did
- Become a world-renown singer, actress, writer and activist as Eartha Kitt did?”

All of this to say that the homeless are not just “The Homeless.” They are individuals who each took their own path to where they are now and will each take their own path to whatever comes next. Each one is a blessed individual with their own story, their own strengths and their own struggles.



# REDUCING HARM

Continued from front page

AccessWorks!, and Women With a Point. We had help and received advice from many others who were already experienced in harm reduction work at the beginning.

**What is the mission and purpose of your group?**

Jack: We strongly believe that a syringe exchange is more than just the syringes.

We believe healthcare and healing are intensely political, and people who use drugs or do sex work experience oppression in this way everyday.

Southside Harm Reduction is certainly about responding to the opioid overdose epidemic in a meaningful way, the racial disparities in OD deaths and HepC rates, and preventing HIV outbreaks – it is also about promoting safety, community, and autonomy and agency over one’s own health and body.

Our mission is to fulfill those ideals for people who use drugs and their communities.

We do not aim to be just a service or a charity for people who use drugs. Our ultimate goal is for our organization to be an avenue for people who use drugs to build community, to be empowered over their own safety, health and wellness, to be empowered politically and contribute to a cultural shift against stigma about drug use.

Our dream is to make comprehensive and culturally-relevant healing accessible to people who drink and use drugs, Indigenous people, people of color, LGBTQ people, people experiencing homelessness, people who do sex work, and anyone else who does not feel welcomed at existing institutions or feels they have to hide a part of themselves.

**Why did you get involved?**

Jack: Southside was started at the end of 2017 and early 2018 in the winter. We really took off in May 2018. We’ve all been doing harm reduction work for longer than that. We got involved in this work because it was a glaring unmet need in the community.

When Southside started, there were four syringe exchanges in the Twin Cities Metro already, but they are not accessible to Indigenous people, and not accessible to many people in South Minneapolis in general.

We were and still are filling a huge gap in services.

**Why is this work important?**

Jack: At a base level the clean syringes reduce infections and the naloxone allow our participants to save people’s lives and prevent overdoses – which are both inherently important – but we are also able to reduce the stigma and judgement people experience when accessing services.

People who use drugs experience so much stigma in their day-to-day lives, both from individuals and institutions and that can have a real impact on people’s health.

Being able to offer nonjudgmental and supportive services our-



TESHA M. CHRISTENSEN

**A Southside Harm Reduction crew looks for used syringes along the Midtown Greenway on Saturday, Aug. 24. Volunteers go out around the area several times a week. Go online to fill out a form requesting clean-up help. AT RIGHT Co-founder Jack Lofter said, “People who use drugs experience so much stigma in their day-to-day lives ... and that can have a real impact on people’s health.”**



selves and connect people to similar services helps remove barriers but also can reinforce the fact that everyone, including people who use drugs are important and deserve to be treated with dignity and respect.

**How are you helping to solve the safety issue of needles on streets, etc. for local residents?**

Jack: We don’t think that anyone should have to worry about getting poked with loose syringes in their neighborhoods. It is certainly a valid issue, and as a syringe distributor we feel a responsibility to help make sure they are disposed of safely.

We take in used syringes from individuals, distribute sharps containers to our participants and people in the community so they can dispose themselves, and we have weekly street cleanup efforts.

We try and support community members who pick up used syringes as much as possible (this includes people who use drugs as well as people who do not or never have used drugs).

We understand that seeing syringes on the ground can be really jarring for people, and it poses a danger especially to children and pets.

It is important that people are aware of the reality that the risk is very low of catching any kind of diseases from a syringe. It is also important that people know the systemic reasons why people who use drugs might leave a syringe on the ground (such as it being illegal to have them on you, and it is tough to get rid of them quickly in any other way), and recognize that the amount of syringes that end up on the ground, compared to the amount of syringes being used in the area, demonstrates that nearly everytime people use a syringe they are disposing of it properly.

Its important that people remember that the people using drugs and using syringes are their neighbors, they’re a part of your community, and above all else they are human beings and deserve the same love and compassion as everyone else. If we can un-do the stigma, when it is you or your loved one that is

dealing with an addiction you’ll be able to show them support and know how to be helpful.

**How are you protecting Southside residents?**

Jack: The people we work with are Southside residents. People who use drugs are our neighbors, friends, and family. People of any social class, race, and background are impacted.

Distributing clean syringes and naloxone prevents death from overdose and infectious disease outbreaks. Syringe exchange programs help support drug users and connect them to other services such as treatment or medical care.

A CDC study showed that people who access syringe services are five times more likely to access treatment services than people who do not access those same services.

Above all else, syringe exchanges work to help people and communities reduce the harms experienced by the drug war, the criminal justice system, racist and discriminatory housing and child protection systems, and to ensure that they have the tools and information needed to make their drug use practice is as safe as possible.


We meet people where they’re at, and help people make improvements in their health and wellness, while reminding them they are loved and valued and deserve respect.

**How can others get involved?**

Sign up for our email list at southsideharmreduction.org!

We have packing parties every Thursday night, and two regular street clean-ups that everyone is welcome to attend. We also have new volunteers meeting once a month. We will be tabling at the Seward Cafe on Sept. 11. We’ll be at Nicollet Ave. Open Streets on Sept. 22. Check out our website for more events as they come up!

One of the best way to support our work and get involved is to donate money. We are entirely funded by small grants and donations, and run completely by volunteers. Our most important resource is money used to purchase supplies.



**Do you like newspapers?**  
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**JOIN** the Editorial Leadership Team of Alley Communications and work with the Alley’s Coordinator to lift the many voices of the Phillips Community and how to get them represented within the pages of The Alley Newspaper!

Email AlleyWinje@aol.com or call Harvey at 612-990-4022 for more info and next steps.



**MAY-DAY**  
c . a . f . e

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MINNEAPOLIS  
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SAT 7-5 • SUN 7:30-5  
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**MIDTOWNGLOBALMARKET.ORG**

**A cat always lands on its feet...**

**Meet** the new Alley Newspaper Coordinator, **celebrate** the volunteers who help it endure and **contribute** to it sticking around!

**Save the date!**  
**Friday, November 8, 6-8:30.**

44 years, time for a party!

**Stay tuned!**  
Location and details to be announced.





## OPINION & COMMENTARY

# WATER IS LIFE: Drink and live

BY ABIGAIL ABBY SAMUEL, KRISTIAN  
NORDLAND, ELHAN ABDULLAHI JAMA,  
ASHA ALI HUSSEIN, KRISTIAN HERRERA  
AMIGON, ANGELA YARELI COLLAZO, ISMAEL  
CASTRO, ABDINASIR JAMA: CULTURAL  
WELLNESS CENTER BACKYARD COMMUNITY  
HEALTH HUB STEP-UP INTERNS

The human body is made up of 60% water. The longest a human can go without water is only 3 days! That's how important water is.

Not only does it help you survive, but it also offers a lot of benefits for your body. Water helps our physical shape, helps us exercise, and helps our brain function. Water is one of the most important substances on earth. All plants and animals must have water to survive. If there was no water, there would be no life on earth. This is daunting to think about and why we say water is life, so drink up and live.

Apart from drinking it to survive, people have many other uses for water. Water delivers important nutrients to all our cells, especially our muscle cells, postponing muscle fatigue and helping us lose weight and flushing toxins from our body. Water protects your many tissues, especially your spinal cord and joints. If you do not consume enough water, magnesium, and fiber, you may be more likely to experience constipation. Water even helps fight off illness.

As you can see, water is vital to the body's performance. It is important to replenish this water as the body loses it through breathing, sweating, and digesting. The kidneys, liver, and intestines use water to flush out waste and to dissolve substances like fibers. Saliva is water-based and essential to breaking down food. The body is 75% water when we are born and decreases over time to about 60%.

Not drinking water can be fatal. The first consequence is dehydra-

tion, which causes headache, thirst, and dry mouth. As the dehydration grows more severe, fatigue, confusion, dizziness and chest pain can set in. Water is needed to provide oxygen to your body, as well as preventing a change in electrolytes. This can lead to a chemical imbalance in your body, impacting your brain and your heart's rhythm. Painful stomach ulcers can also be caused by dehydration.

Drinking too much water is possible, as well.

Overhydration can lead to water intoxication, which is when the electrolytes in your body like salt become too diluted. Death from this is rare, but still possible. This process starts when your body has more water than your kidneys can remove, and too much water collects in your bloodstream. Retaining water is when your body can't remove water correctly.

The average adult is recommended to drink 9-13 cups of water (78-100 ounces) a day, but this can vary due to sex, age, weather, activity level, and health. If it's hot, you have a fever, or are very active, you will need more water. While there is no formula for the perfect amount of water, urine that is a pale-yellow color resembling lemonade is an indicator of a healthy amount of water intake.

We highly recommend drinking tap water instead of bottle, which is cheaper in the long run. When you buy water, it is like paying twice. Aside from the financial impact on your budget for bottle water, we think about the plastic. The long-term effects of plastic on the environment is why we highly recommend tap water instead of bottled water.

The plastic accumulating in the ocean and waterways in the environment can get to be catastrophic

for marine life, like your favorite sea turtle or pelican from Nemo.

It can even be fatal as ingesting plastics can cause choking, intestinal blockage, and starvation.

There are more than 300 million tons of plastic that will be produced yearly, and while plastics can be multifunctional and lasts decades, many plastics manufactured now are single-use that will last in landfills for centuries, and not all plastic containers are recycled. The chemicals in the plastic can alter hormones or have other effects when ingested by humans. Floating plastic waste that has a lifespan of thousands of years can transport invasive species that screw up habitats. Plastic buried deep in landfills can leech harmful chemicals into groundwater. BPA found in these plastics can contribute to increased risk of heart disease and diabetes. The more you reuse your plastic bottle, the more likely you will pass on dangerous bacteria to your system. There are many out there that refill their plastic bottles from fountains or water coolers.

Think about this, in the United States alone, we go through 50 billion plastic water bottles per year. Bottled water isn't always clean even though it is said bottle water is cleaned at 36 times, most of the time it is just tap water. Researchers found bottled variety is subject to far less stringent safety tests than tap water and is much more likely to be contaminated or become a source of infection. Tap water is a better choice than bottled water because tap water is regulated by government standards.

In our conclusion, we strongly encourage tap water. It is a better choice than bottled water, it is the healthier, and a more economic choice.



CULTURAL WELNESS CENTER

## Backyard Community Health Hub's summer 2019 Step-Up interns.

## ADDITIONAL WATER FACTS & SOURCES

## Where does tap water in Minneapolis come from?

Tap water from Minneapolis comes from the Mississippi River. <https://www.premierwatermn.com/water-quality/city-water/minneapolis/>.

### How often does it get tested?

Tap water is tested roughly every year in the twin cities. [http://www.ci.minneapolis.mn.us/publicworks/water/water\\_plant\\_why](http://www.ci.minneapolis.mn.us/publicworks/water/water_plant_why).

## Is water safer in different parts of Minneapolis?

There is no specific research that other places in Minneapolis are dangerous, but it is proven that tap water in Minneapolis is safer than any other city in Minnesota. <http://rethinkyourdrink.minneapolismn.gov/>

wp-content/uploads/2015/06/  
Minneapolis-tap-water\_tips-and-  
facts-sheet.pdf.

## Where does bottled water come from?

About 55 percent of bottled water in the US is spring water and comes from natural hot springs. The other 45 percent comes from a water plant facility which is the same water that comes from your faucet. [www.bottledwater.com](http://www.bottledwater.com)

**How often is bottled water tested?**

Bottled water is tested 36 times more than tap. The FDA is allowed to test water at any time, since bottled water is considered a packaged food. However, there is no scheduled testing. The FDA inspects water facilities annually.

At 11th and Franklin, Marie Sandvik Center, a Christ-centered church, exists to meet spiritual and physical needs of anyone.

## Kids' Club

**Begins September 14th!**

**Saturdays - 10am-12pm**

Kids entering K-8th grades are welcome to attend. Hot meal, Christian discipship, fun activities, new friends and ride provided.\*\*

Call 612-870-9617 for more information.

\*\*most of Phillips and N. Powderhorn neighborhoods. Call for more details.

**FOR ADULTS:** After a chapel service, guests may receive a hot meal, clothing, hygiene products and a blanket (\* Guests must arrive by **CHAPEL\*** time noted)

### Thursday afternoons

12:00p Quilt/layette sign-ups (-12:30)

**Christian video** (-1:00)

Child care for attendees

\*1:00p **CHAPEL\***

2:00p Meal, women's & kids' clothes

### Sunday nights

4:30p **Bible study**

\*6:00p **CHAPEL\***

7:00p Meal, men's clothes

### Tuesday nights

5:30p **Set Free 12 Step**

\*7:00p **CHAPEL\***

8:00p Meal, women's clothes

4th Tue - **BIG DINNER** - 6p-7:30p

### Friday nights

3:30p **Christian movies**

5:30p **Bible study**

\*7:00p **CHAPEL\***

8:00p Meal, men's clothes

Marie Sandvik Center - 1112 E. Franklin Ave., Minneapolis, MN 55404

Phone: 612-870-9617 E-mail: [MSC@USFAMILY.NET](mailto:MSC@USFAMILY.NET)



PETER MOLENAAR

**Outside City Hall, steel workers from around the country call for immigration reform on July 23, 2019.**

**\*\*\* YOUR VOICE MATTERS \*\*\***  
**WE WANT TO HEAR YOUR OPINIONS ON WHAT'S HAPPENING IN THE**  
**NEIGHBORHOOD AND THE WORLD! Email [copydesk@alleynews.org](mailto:copydesk@alleynews.org)**



# OPINION & COMMENTARY

## Raise Your Voice

### The world within us

By PETER MOLENAAR

From the passenger side window of the adjacent vehicle, an elder Native man called out: “Hey! Where are you from?” At the time, I was fetching 30 Alley papers for deposit at the Native American Community Clinic, after having dropped 30 at the Ancient Traders Market. Detecting the sleight of hand humor, I quickly decided not to delineate my four original nations of northern Europe. So, I responded, “I grew up in Cannon Falls, Minn., if that’s what you mean.” Then to clarify, “It’s upstream from Prairie Island on the Cannon River.” In the span of about 15 seconds, the elder Ojibwe pondered the not-so-ancient conflict with the Dakota, then registered delight that a white man would place his origin relative to Native Americans.

Note: The “cannon” of Cannon Falls is an English mumble of the French word for canoe.

Then a Somali woman walked between us. He quipped, “What do you think of all the tents (!) around here?” My instant response: “Ho, friend, I am not a Trump supporter and you know what he wants to do.” He responded, “Yeah, send them back!” I countered to the effect: who will the frenzied white man turn on when he’s done doing that? My new friend thanked me and promised to carry the thought home.

Back to the task....

I was pressed because four days of distribution had been lost to a hospital bed at Abbott Northwestern. The doctors



called it a “spontaneous” pneumothorax (bubble on the chest). Spontaneous? More likely, it was in consequence to 35 years of breathing silica dust at Smith Foundry.

Meditations....

First night: IV in left-hand vein, 10 inch tube in right upper chest (to suck out the bubble and reinflate lung), urinal on the floor (Oops!), call button dangling somewhere... an hour passed. Help! The tardy nurse knelt to her knees and was forever forgiven.

It is natural for a man to feel love for all his nurses. Moreover, for a retired industrial worker, it was natural to be respectful and uplifting to the entire cast. True, to my eye, it was unusual to experience such as stratified workforce (with separate unions for the various classifications). Nonetheless, what a splendid privilege to be served by all races and peoples from all over the world.

From each according to their ability, to each according to their work (not a “nation” where 60% of all wealth is inherited)... such is the socialist principle.

Speaking of the alluded to industrial form of unionism (one union under the roof), the United Steelworkers of America recently held their civil rights conference here. Founded in no small measure by the “Reds”, this union’s doors were open from the get-go to anyone willing to work. The Black/Brown/White formation included a pink-haired couple holding hands. We all marched from the Marriott Hotel to City Hall, chanting “Immigrants are welcome here!” and singing new words to some childhood melody: We will change the world forever, and ever, and ever.

## Frank reflection

### Renters being exploited

By FRANK ERICKSON

Let’s be clear on one thing: the Minneapolis City Council is pro-landlord. The unjust draining of renter’s bank accounts is the foundation of all these sleek new high-rise apartment buildings being built downtown and the city council has no problem with it.

The city has no problem “throwing renters under the bus,” to get the job done. Investors and developers see the very well coordinated job local landlords have done in banding together and driving rents up and they want in on the action.

The Liberals downtown will give you a sympathetic ear when you talk to them about your rising rents, but they are fully embracing a corrupt “supply and demand” model. They know it is corrupt, but it is getting the job done. Everyone gets richer except renters. Renters are quickly falling on harder and harder times.

“Supply and demand” is an immoral approach when the purchaser has no choice. If a group of individuals had control of all the

drinking water and used “supply and demand” selling it, \$100 for a glass of water could become the “market rate” for a glass of water.

Building more and more “affordable housing” is not the answer. Elected officials need to address the real problem here which is exploitation – the exploitation of all renters. Renters are not expendable capitalist “roadkill.” Renters are human beings and not capitalist fodder. Renter’s lives are worth more than just being cash machines for landlords – this is a form of slavery.

I am not opposed to rental cost increases. I am opposed to rapid and repetitive rent increases. Rapidly rising rents are a form of violence and they undermine the health and stability of an entire community.

Local landlords are doing the exact same thing that insulin manufacturers are doing; that is, taking something that people need to survive, banding together, and holding people hostage with higher and higher costs. So, why are only the drug companies in trouble?



## Letter to the community

### Pesticide pollution is perplexing: Arsenic 1938 to 2019

The StarTribune article entitled “Superfund Site Mostly Clean,” Aug. 1, 2019, B1, page 1, is incomplete and leaves questions unanswered.

For example, reporting that there are only nine property owners who refused soil testing does not tell the whole story. Though the Environmental Protection Agency (EPA) is tracking this, the number of properties refusing testing puts the onus or blame on the property owners as if they are the only problem remaining.

When the EPA tested a total of 472 yards, it refused to test outside a three-quarter mile radius of the original site of contamination at 28th and Hiawatha. This three-quarter mile parameter limits our knowledge of how far out arsenic soil contamination extends. So, we do not have a true measure of how far out and how many properties are still contaminated with arsenic.

In addition, the StarTribune article refers to East Phillips alone, as if the wind only blew the arsenic pesticide in one direction from 1938-1968 when the Reade pesticide plant was in operation. There are other surrounding communities where 18 inches of topsoil was removed in Seward, Longfellow and Corcoran as was done in Phillips. And, as can be seen in the Minnesota Department of Health (MDH) photo of the Arsenic Triangle at E. 28th St. and Hiawatha Ave., the contaminated soil was removed but relocated to where? What community received this contaminated soil?

Early on during testing the



Minnesota Department of Agriculture (MDA) reported that ground water was contaminated, as there are aquifers below our community. The results of monitoring these aquifers are not given by the MDA. There is a potential for groundwater cross-contamination where local existing wells can contaminate from one aquifer to another. While wells are not utilized today for potable drinking water use, there are still wells in south Minneapolis that are used, for example, in cooling towers. Reporting on ground water re-

sults and testing soils further out would ensure that the EPA, MDH and the MDA have sufficiently tested for arsenic water and soil contamination in south Minneapolis.

Inadequate reporting by the StarTribune and the lack of data transparency without sufficient explanation leads to the false conclusion that arsenic could not potentially have been spread and contaminating the soil and water in our community.

H. LYNN ADELSMAN

EDITORIAL NOTE: The arsenic contamination spread in a large radius centered at the Reade Arsenic Distribution facility at 28th and Hiawatha – commonly called the Arsenic Triangle, due to its shape – is currently the site of Smiley’s Clinic. This issue was consistently covered in The Alley Newspaper from January of 2005 through April of 2010 largely through the voluntary contributions of investigative reporting by H. Lynn Adelsman. She wrote 14 articles that exemplify the tremendous work by her and the seriousness of this problem. Additional articles were also printed during that span of years in eight other articles and public notices. This extensive covering of the arsenic pollution was a factor in bringing awareness to residents and businesses in this area of Phillips Community and neighborhoods east of Phillips in being designated as a federal Superfund site. Articles available at [alleynews.org/archives/arsenic](http://alleynews.org/archives/arsenic) and at the Franklin Community Library and Hennepin County Central Library. The first article was entitled: “Pesticide pollution is perplexing,” The Alley Newspaper, Jan. 2005, page 1



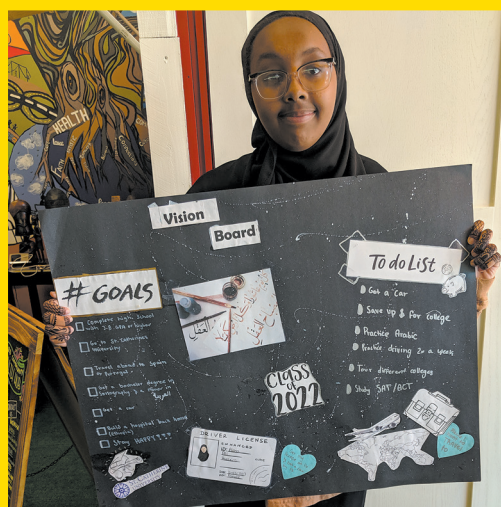
# BACKYARD COMMUNITY HEALTH HUB



Midtown Global Market, 920 E. Lake St., Minneapolis MN 55407

BackyardHealthHub@culturalwellnesscenter.org  
612-353-6211 | www.culturalwellnesscenter.org

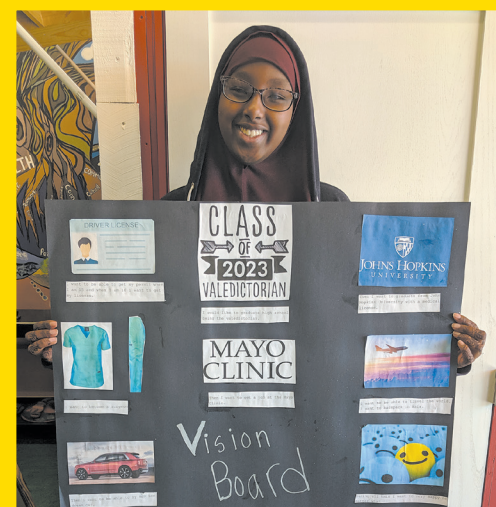
Call Monday to Friday, 10 a.m. to 6 p.m. for more info and to find out how to get involved!



Asha Ali Hussein



Ismael Castro



Elhan Abdullahi Jama

## Backyard Community Health Hub Summer Successes with STEP-UP Interns

September has come, and with mixed emotions, it marks the end of summer and a new school year. The Cultural Wellness Center's Backyard Community Health Hub also ends its 2019 Step Up Discovery Internship program with some awesome young people, leaving an indelible mark on them and them on the Backyard Community in which they served.



Angela Yareli Collazo

The STEP-UP Discovery Interns employed by the Cultural Wellness Center, spent a summer acquiring skills and experiences that will help them step more fully into their futures.

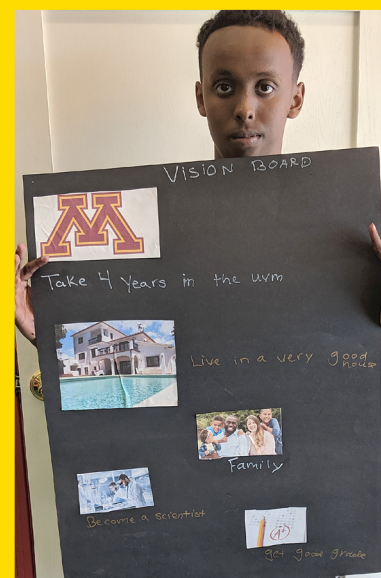
Our excellent STEP-UP Discovery Intern team members: Abigail (Abby) Samuel, Kristin Nordland, Elhan Abdullahi Jama, Asha Ali Hussein, Kristian Herrera Amigon, Ismael Castro, Angela Yareli Collazo and Abdinair Jama.

STEP-UP is directed by Mpls.'s Office of Community Planning and Economic Development. STEP-UP Discover offers entry-level internships for youth 14 and 15 years of age. These internships are intended to reach youth with limited work experience and are designed to develop skills and explore interests in preparation for more challenging opportunities.

There were eight STEP-UP interns working on Backyard Community

Health Hub activities. Some of their job responsibilities included planting and growing flowers in container planters at the Midtown Global Market. They assisted in Water Magic, part of the Cultural Wellness Center's Backyard Community Health Hub partnership with the Minneapolis Health Department's ReTHINK your Drink awareness campaign. They carried key messages about the adverse health effects of consistent consumption of sugar-sweetened beverages. (see their article, Water is Life, pg. 10) Interns gained skills in: customer service, leadership, communication, computer, financial management, project development, research and evaluation.

Take a tour of the photos on this page of each STEP-UP intern holding their Vision Board, demonstrating the futures they are hoping to step into. Now take a deep breath and envision it happening as part of your role in the Backyard!



Abdinair Jama



Kristian Herrera Amigon



Kristian Nordland



Abigail (Abby) Samuel