

GRADUATING

“Being alive and Native is an act of resistance, resilience and activism,”

says Marcie Rendon

BY DWIGHT HOBBS

“Being alive and Native is an act of resistance, resilience and activism. As long as we are breathing we are going against the oppression. For me, writing is a way to put voice to many of the stories in a way that is comprehensible to others, while creating a mirror for ourselves as Native people. At least that’s my hope.”



Marcie Rendon, writer, grassroots firebrand

“Being Alive...” Continued on page 10

Pastors Luisa and Patrick Retire

BY CHRISTINE LEEHEY, BART BUCH, SANDY SPIELER, SUE HUNTER WEIR

“Pastors Patrick and Luisa Cabello Hansel have served St Paul’s Lutheran Faith Community for 15 years. Their art and poetry talents were gifts, to us and the community.” —Christine Leehey

“Everywhere I go, I see Luisa and Patrick—as artists and directors of Semilla Center for Healing and the Arts. They planted many semillas we will see long after their retirement.” —Bart Buch

“They retire June 15th, yet their influence will live on in Phillips Community, regional Faith Communities, and in my own life.” —Sandy Spieler

“At the heart is their pursuit of social justice and advocacy for voices are not always heard. They gave joy to my 99 yr old mother. There is no greater gift than that.” —Sue Hunter Weir

Luisa and Patrick Continued on page 5



LOWELL HANSON, 2014

Pastors Luisa and Patrick Cabello Hansel



SOUTH HIGH SCHOOL FACEBOOK

South High School 2020 Graduate Lawn signs designed by the Graduate Recognition Committee, purchased by South High Foundation, and delivered to graduate’s homes by teacher and staff volunteers following strict distancing protocol. March 16 was the final day of classes, after schools were ordered closed; and May 13 was the first day signs were distributed. Commencement will be virtual, streamed online, and broadcast on MP5 Ch. 15, June 1, 8 p.m.

“CLASS of 2020: You Carry the Legacy of Resilience. We Know You Will Deliver!”*

To the South High Class of 2020, Even before the circumstances of the present day, you carry the legacy of resilience. You were all born shortly before or shortly after the events of 9-11-2001. You have experienced two recessions, three presidential elections of astounding historical significance, the emergence of social media, and as South High scholars, you have always been at the fore of social awareness. Your class has further raised

the social consciousness of climate change and social justice issues, as well as the de-stigmatization of mental health issues. It has been said that because you are Minneapolis South High graduates, much will be expected from you. We know you will deliver!

*With pride and highest regards,
Your South High Educators*

* MIGIZI, South High, and Takoda 2020 School Year Continued on pages 6 & 7

Raise Your Voice: Commentary

Honor The Community’s Vision Of A Better World. Please!

Our Righteous Community

BY PETER MOLENAAR

Note: In the realm of politics and leadership, the designation of “opportunist” intends a pejorative, i.e., it describes a person whose self-interest supersedes the longterm benefit of the whole.

By now, every reader of “the alley” newspaper, is aware that governance of Minneapolis intends to demolish the Roof Depot building which rests directly across the from Smith Foundry, and kitty-corner from the Bituminous Roadways Company asphalt plant on East 28th Street. Actually, the demolition has secretly commenced, out of sight, within the walls. The intent is to create a staging ground for the city’s fleet of industrial trucks, many diesel, and their water and sewer pipes. In reality, this plan is a mean spirited slap to our face.

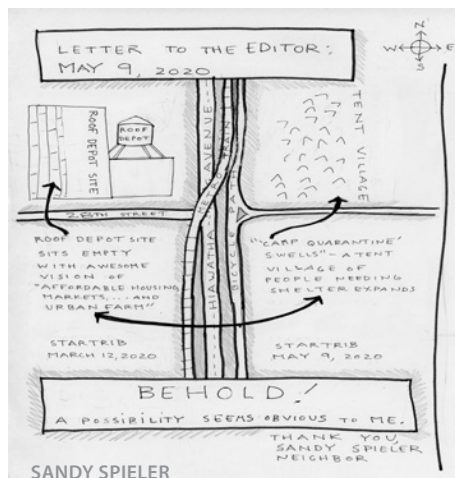
Hey, community activists have invested no small sum of time and money to draw up an alternative plan. Their plan, our plan, envisions green jobs, organic food, low rent housing, and more. But, no more pollution in this already overburdened neighborhood! Park the diesel truck fleet where foundry and asphalt fumes are not in the mix! UPHOLD THE FUTURE OF THE CHILDREN OF LITTLE EARTH!

It gets deeper...

Presently, despite the pandemic and the heat of summer, Smith Foundry workers continue to make molds from sand, pour molten iron, process and ship castings. Why? Because there are military contracts involved, and these workers are deemed “essential” by the federal government. Pray for them, please. Recent science has revealed that COVID-19 attaches to fine dust... iron foundries are dusty places.

and deeper...

The Roof Depot building and parking lot



encapsulates ARSENIC and slows the movement toward the Mississippi River of the arsenic-laced groundwater, samples from which register 700 times above the level deemed to be “safe”. Should this site be reduced to rubble and ARSENIC DUST? What fate awaits?

I have personally appealed for intervention from the Teamsters Union. Karen Clark, Jeff Hayden, and others are working the state legislature to STOP THIS MADNESS. TakeActionMn and Mn350 are on notice. Astutely, in an article in “the alley”, Clyde Bellecourt has appealed to Keith Ellison, our Attorney General.

Hear us, please. The arrogance of a city government cannot be allowed to threaten the lives of workers, children, and neighbors who ARE deemed—and who SHOULD BE deemed—“essential to the nation.” Issue an injunction: CEASE AND DESIST!

Grant us a moment of respite during which certain city council persons might revisit their “conflicts of interest” and “retributions.”

Then HONOR THE COMMUNITY’S VISION OF A BETTER WORLD. Please!

The Fateful Day in Duluth: June 15, 1920

BY HOWARD MCQUITTER II

On June 15th, 1920, three young African American boys—Elias Clayton, 19 years old; Elmer Jackson, 19 years old; Isaac McGhie, 20 years old—working for the John Robinson Circus were lynched by a white mob.

False accusations of rape of a white woman of nineteen years old by six African American men spread throughout Duluth. Although a physician found no physical evidence of rape, it didn’t matter because the white mob (estimated between 10 and 15 thousand) was determined to lynch the three boys already in jail. The mob was able to break into and nab Clayton, Jackson, and McGhie and the mob tried to break into a more fortified part of the jail where more Black men were jailed, but were not successful.

While the mob was in a frenzy, other African Americans who unfortunately may have been in the way were thrown into Lake Superior. Contrary to popular belief, about 21,000 African Americans lived in Duluth before



Postcard of the 1920 Duluth lynching: Two of the victims are still hanging while the third is laid on the ground.

the lynchings. After the 1920 lynchings, the number of African Americans living in Duluth drastically declined. Why would the average Black person still reside in Duluth when the majority of the white community turned against them? Once the murderous mob did their deadly deeds and three Black bodies violated, the only punishment issued three white men were imprisoned for rioting.

Although the lynchings of Clayton, Jackson, and McGhie made headlines nationwide, soon after the “dust settled,” the horrific incidents in Duluth that June 15, 1920, silence about what happened that hot summer day prevailed for decades. In other words, “Minnesota Nice” went into cruising mode. (I found out about the Duluth lynchings, circa 1966.)

The Duluth lynchings came on the heels of “Red Summer” of 1919, when racial tensions exploded in cities like Chicago and Omaha—spreading into 25 cities—also to mention countless lynchings North and South with

June 15, 1920 Continued on page 10

- **Dakota 1862 Encampment & 2020 Indignities to Indigenous people pg 6**
- **New: “Art, No Chaser” pg 10 & “Dave’s Cave” pg 11**
- **Four Sisters Farmer’s Market pg 9**
- **BackYard Activities Continue! Pg 12**



Alley Communications IS
facilitating culture and creativity in and around
Phillips area of Minneapolis through publications,
research, public forums, classes, workshops,
artistic presentations, social media.

*“When the great newspapers don’t say much,
see what the little independent ones say.”*
–Wendell Phillips 1811-1884

IS also doing business as
“the alley” Newspaper and alleynews.org
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
representing the residents and businesses aided
by its 501C-3, Not-for-Profit status.

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Governed by Directors:
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Sevigny, MPNIA News; Susan Ann Gust, CWCHH;
Social Media: Sunny Sevigny

**Appreciative of these volunteering workers
who have help make the current Newspaper
and Social Media:** Bob Albee, Heidi Anderson,
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Wellness Center Backyard Health Hub, Steve
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Fieger, Brad Pass, Phillips West Neighborhood
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& Sue Welna, Cathy & Mark Welna, Wikipedia,
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Wittstock, Erin Wolf.

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contributions through GiveMN, some subscriptions
and occasional grants. Financial contributions are
needed, appreciated, and tax deductible.

Delivering Newspapers to every Phillips house
by Jeff Matson Delivery; and to 170 businesses,
places of worship, institutions in Phillips and adja-
cent neighborhoods by Peter Molenaar

Having Board meetings monthly:
6:30PM 3rd Thursday in Ventura Village Meeting
Room in Phillips Aquatic Center at 2323 11th Av.

**Receiving correspondence that becomes
the property of AC, Inc. dba “the alley”
Newspaper and may be published.**

*Acknowledging that views and opinions expressed
in “the alley” Newspaper and Social Media are those
of the authors and do not necessarily reflect the
official policy or position of Alley Communications;
Board of Directors, Editorial Leadership Committee,
or other neighbors and writers.*

Receiving mail and calls at:
P.O. Box 7006, Mpls., MN 55407
612-990-4022
www.alleynews.org
twitter.com/alleynewspaper

Archives:1976 thru 2007 <http://bit.ly/2GaYHIU>
and at Franklin and Central Libraries.

AD@alleynews.org 612-990-4022

*“Let me make the newspaper and I care not
who makes the religion and the laws.”*

**DEADLINE: the 15th of
the Previous Month**



Community Libraries

By **LINDSEY FENNER**

As of May 21, all HN Cty librar-
ies are still closed to the public,
although there are 8 locations
currently doing curbside pick-up
for requested materials. Please do
not return library materials at this
time. Library workers have been
advocating for returns to be delayed
until a safe process can be devel-
oped. With the end of the MN Stay
At Home order, HN Cty is currently
working on tentative plan to bring
back more library services to 4-6
libraries by mid-June, but it is not
clear what those services will be or
which libraries will be selected to
provide those services. In addition,
about 100 frontline library workers
are still not being allowed to work
or have any input in reopening plan-
ning. But whatever library services
resume will look nothing like the
community library you remember.

The Coronavirus pandemic is
having a serious financial impact on
local gov’t, and HN Cty Commis-
sioners are having discussions about
what the future will look like. This
might include significant budget
cuts, permanent staff layoffs, and
the closure of buildings. Call or
email District 4 Commissioner
Angela Conley to let her know that
you value libraries and library work-
ers. 612-348-7884 angela.conley@hennepin.us

All HN Cty Libraries are closed
to public. For Updated information
on HN Cty Library services during
the Coronavirus Pandemic, www.hclib.org. All information is accu-
rate as of May 21, 2020

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 am – 9 pm
Friday-Saturday 9 am. – 5 pm

Sunday noon – 5 pm
Español/Spanish:Llame o envíe
un texto al 651-503-8013 para reci-
bir 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.

PHYSICAL MATERIALS: All Due
Dates Have Been Extended. All
Holds Have Been Extended.

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

CURBSIDE SERVICE: Mon-Fri, 9
am-5 pm Please note this service is
running with very limited staff in
order to maintain social distancing.
The workers at these locations are
exhausted, so please be kind!

CURBSIDE PICKUP LIBRARIES: Brook-
lyn Park, East Lake, Eden Prairie,
Maple Grove, Plymouth, Ridgedale,
Washburn, Webber Park

Important service notes: This
service is limited to items currently
on the shelf at a curbside pickup
library.Wait times for holds placed
online are longer than usual. Please
do not return items at this time.
Due dates will be automatically
extended.

CURBSIDE PICKUP STEP-BY-STEP

1. Place items on hold.
o www.hclib.org to search for
items currently available at a curb-
side location.
o Place items on hold, and choose
a curbside location for pickup.
2. Wait for notification, then call
the library when you plan to pick up.
o You will receive email or
phone notification when your hold
is available for pickup. Wait times
for holds placed online are currently
longer than usual.
o After you receive notification,
call your curbside pickup library
and have your library card barcode
available. For faster service onsite,
call ahead with an estimated time of
arrival so staff can have your items
ready.
o Staff will check out your items,
put them in a plastic bag, and place
the bag on a cart outside of the
building.
3. After calling, pick up your

items at the curbside location.

o Bags will be on a cart outside
the building.

o Find your bag labeled with
your hold pickup number (this is
written on your library card).

o Grab your bag
**LIBRARY CARD AND ACCOUNT INFOR-
MATION:** Contact the Library through
Ask Us (above) to get your library
account information.

TEMPORARY LIBRARY E-CARD: If you
do not have a HN Cty Library card
and would like to apply for a card
to access online resources while
we are temporarily closed, HN Cty
residents and property owners can
apply online to get a temporary
e-card: <https://apps2.hclib.org/ecard>

Online Library Events:

Storytimes on Facebook: HN
Cty children’s librarians are host-
ing 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.

**JUNETEENTH CELEBRATION: SUNDAY
JUNE 14, 2-4 PM; TUESDAY JUNE 16,
6-8 PM** Celebrate this significant
moment in African American
history at an all-ages online commu-
nity event! Enjoy powerful stories,
performances, rhythms and songs.
Juneteenth honors families reunit-
ing, just as our ancestors took their
freedom and reconnected with lost
relatives. During this time of physi-
cal distancing, Juneteenth celebra-
tions still bring us closer together.

The link to watch the events
online will be posted at least 24
hours in advance of each event.

Performers include Voice of
Culture Drum and Dance, Million
Artist Movement, Black Storytell-
ers Alliance, Neverending Story-
circle, Journey Productions, Passed
Presents, and Black Table Arts.
Funded by MN’s Arts and Cultural
Heritage Fund.

ONLINE RESOURCES: HN Cty
Library has a smorgasboard of
online resources including: News-
papers, Practice Tests, Interactives
for Kids, Journals, Encyclopedias,
Directories, Local History Digi-
tal Archives, Free Download-
able Music, Streamable Movies,
Government Documents, Biog-
raphies, Computer Tutorials, and
last but not least, E-Books. Visit
the website to browse all online
resources: [https://www.hclib.org/
browse/online-resources](https://www.hclib.org/browse/online-resources)

E-BOOKS AND AUDIOBOOKS:

LIBBY: The Libby app is available
for iOS and Android devices and is
a streamlined way to access down-
loadable ebooks and audiobooks
from OverDrive. You can check out
and audiobooks right in the app. You
can also read eBooks in the app or
send them to your Kindle.

CLOUD LIBRARY: Find download-
able eBooks for readers of all ages.
A reader app is also available for
Apple, Android and other devices.

HOMEWORK HELP: <https://www.hclib.org/programs/homework-help>
Online tutoring and online resources
(need a library card to access)

OTHER HN CTY RESOURCES

HN Cty Resource Helpline:
612-348-3000, 8 am to 8 pm, 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.

CASH, FOOD, AND RENTAL ASSISTANCE:
612-596-1300

**FOR PEOPLE EXPERIENCING HOMELESS-
NESS:** Adults: 612-248-2350 Fami-
lies: 612-348-9410.

On holidays, weekends, and
evenings until 11 pm, call 211
(mobile: 651-291-0211) and ask for
the after-hours shelter team.

DOMESTIC ABUSE SERVICE CENTER

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

We discourage anyone from
coming to the domestic abuse service
center at the Gov’t Center. But if
someone finds themselves there, a
conference room has been set up on
the same level equipped with phones
to call the services number 612-348-
5073. The room is A0710.

MENTAL HEALTH EMERGENCIES

Adults 18 and over: 612-596-
1223; Children 17 and under:
612-348-2233.

Text ****CRISIS** to connect to a
crisis counselor.

**INTERNET AND COMPUTER
RESOURCES:**

USI:USI opened their WiFi
network in Mpls. for those that may
need temporary internet access

- Look for the “City of Mpls.
Public WiFi” or “USI Wireless”
networks on your mobile device and
you will be connected. The process
is similar to using Wi-Fi at a coffee
shop or the airport.
- No password or credit card is
required to sign in.
- You need to be within 50 feet of
the hotspots. Signal strength varies
indoors.

Contact: Call (24/7)
1-800-US-INTERNET – Email:
info@usinternet.com Text:
952-253-3277

PCS FOR PEOPLE: PCs for People
provides affordable computers and
low-cost internet eligible individuals
www.pcsforpeople.org Phone:
651-354-2552

Lindsey is an East Phillips resi-
dent, and usually works at Hosmer
Library in South Mpls. After not
working for the Cty for almost two
months, she has recently been reas-
signed to HN Cty Public Health as
a Covid-19 Contact Tracer.



**May Day Café Gift
Certificates
now available!**
**INVEST IN YOUR FUTURE BURRITOS,
COFFEE, AND CROISSANTS!**
It’s a great way to support us
during this time!
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Paypal
maydaycafemn@gmail.com
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Put your full name and mailing
address in the transaction memo
& your certificate will be mailed
to you.
May Day Café is temporarily
closed until further notice

**“the alley” NEWSPAPER
IS A MEMBER OF**



CHARITY IS GOOD, CHANGE IS BETTER

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improve, and land at your
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**Go to Alley Communications on
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Box 7006, Mpls., MN 55407**



Tales from
Pioneers and Soldiers
Memorial Cemetery

By SUE HUNTER WEIR
177TH IN A SERIES

Plenty Work to be done. Revive WPA

If you look closely at the east or west side of the Caretaker’s Cottage, most of which was built in 1871, you will see a subtle difference between the back room and the two front rooms. That difference is how you can tell that the backroom is a

cut. The new stones were cut using power tools while the old stones were cut by hand.

It’s been a challenge to put a date on the “new” addition but the answer was hidden in the monthly reports that Albert Nelson, the Cemetery’s caretaker from 1827 until 1953, wrote to his supervisor on the last day of the month. Mike Barth, the current caretaker, found those reports last fall.

The addition to the Caretaker’s Cottage, like many other improvements in the Cemetery, can be traced to President Franklin Delano Roosevelt’s New Deal. On May 6, 1935, FDR’s Works Progress Administration went into effect creating jobs on public works projects for millions of American around the country. The Cemetery was one of those public works sites.

Mr. Nelson first mentioned the “tool room,” as he called it, in his June 1939 report. Just a few weeks later, in July 1939, work on the project came to a halt during

work on the building was nearly complete. His announcement turned out to be somewhat premature since it actually took until

tery’s records and typing up tens of thousands of index cards that are kept in the Cemetery’s office. It was a complicated



Caretaker Cottage 1940 masonry straight-cut edges differ with 1871 hand-chiseled. One of five Phillips buildings on the National Register of Historic Places.



WPA built Charles Christmas monument. WPA employed 8.5 Billion 1935-1943



NYA built Annie Holl monument; FDR’s WPA began May 6, 1935 & ended June 30, 1943

fairly recent (only 80 years old rather than 149 years old) addition. The roofline is a little lower but that’s not an age difference. The masonry is identical except for one thing: the top and bottom edges of the newer stones are perfectly straight while the stones on the older rooms are rough-

a nationwide strike by WPA workers over a cut in their pay. Although the strike was short lived, work on the Cottage did not resume until November when Mr. Nelson reported that the work crew was cutting the opening for the door that would connect the front rooms to the back room and that

July 1940 for the rest of the work, which included painting the new addition and putting a roof on, to be completed.

Two other enduring structures that date from the WPA era are the monuments for Annie Holl, one of the Cemetery’s most ardent preservationists, and Charles Christmas, the first surveyor of Hennepin County. The two stone structures were erected by workers of the National Youth Administration, a WPA program for young men and women, aged 16-25. There were several facets to the program but the young people who worked in the Cemetery, in addition to building monuments, did physical labor like grading uneven sections of the Cemetery and landscaping. Mr. Nelson had nothing but good to say about them and the quality of their work although he was somewhat less happy with their supervisors who he thought were disorganized and inefficient.

A contribution of WPA workers that is less visible to the public involved records work. Mr. Nelson had as many as five staff working on reconciling the Ceme-

task that involved making sure that names were spelled correctly, locating graves, and verifying the ownership of the graves. Those cards are invaluable in helping locate graves and are still in use today.

Other crewmembers conducted a survey of headstones and markers that existed at the time. Some of the markers remain, others have gone missing since the survey was completed but there is a record of what existed in 1938.

Eighty-five years after the WPA was created, the work that was done still matters. It helped save information what might well have been lost and created permanent structures that are an important part of the Cemetery’s landscape. The novel Covid-19 pandemic has left more than 36 millions Americans out of work, more than double the 15 million who were unemployed during the height of the Depression. This seems like a good time to revive government-sponsored public works programs. There’s still plenty of work to be done.

MARIE SANDVIK CENTER

“Under his wings shalt thou trust” Psalm 91:4b

Marie Sandvik Center paused all in-person ministry services last month due to the covid-19 shutdown.

Our children’s ministry moved to a virtual platform like schools did.

When the restrictions are lifted, we plan to resume our adult chapel services, meals and clothing distributions. We hope to host summer kids club, too.

In the mean time, we are still receiving donations so that we might be supplied to help those with needs. We have many things available for those who need it: clothing, and hygiene packs. On a more limited basis, we have food, diapers, and blankets.

We continue to have sandwiches available to anyone who comes to our east side parking lot and rings the doorbell. (While supplies last.)

If you are in need of any of these things, please follow these steps.

1. Call 612-870-9617 between 11am-4pm, Monday through Friday.

2. Explain what you need and give your call back information.

3. We’ll call you back to schedule a time for you to pick up what we have collected for you.

Don’t lose hope. Cast your cares on the Lord because he cares for you. We care, too.

Call us if you need prayer or would like to be informed when we reopen our doors and resume services. We’ll post on Facebook, too.

17 For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory.

18 So we do not focus on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal. - 2 Corinthians 4:17-18 (HCSB) -

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

612-870-9617

Find us on www.mariesandvikcenter.org

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Abbott Northwestern Hospital.
Donate at GoFundMe:
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Or Text to Give: text mealsformedics to
243725.
Thank you to The Minneapolis Foundation
for initial funding and support!

MEALS
FOR MEDICS

Peace House Community—A Place to Belong Canadian Humor (which I spell “Humour”)

By MARTI MALTBY

I decided that this month I wouldn’t mention Coronavirus (it didn’t take long for me to fail on that count, did it?) because it has dominated so much of the news that I wanted to give you a break from thinking about it. I hadn’t fully grasped how pervasive Covid has become until I tried to come up with a topic for this column that didn’t involve Coronavirus, and I failed. Every topic I thought of somehow came back to the pandemic.

As I said, I wanted to give people a break from Coronavirus because of the negative effects the virus is having on our society. I was about to list some of them, but you are probably as aware of them as I am, and if I did list them I would fail even more spectacularly in my effort to give you a break from thinking about Coronavirus.

The best I can do at this point is to offer an alternative to the bleak news, so below you will find links to videos of Canadian humor. I’m proudly Canadian, and I’m sorry that many of my incredibly talented fellow Canucks haven’t received more attention here. In doing this, I do not want to simply wish Coronavirus away or tell people to cheer up. Neither of those have any place in our current crisis. I simply hope to give people a few minutes to forget their stress and recharge, so that when they return to the stress they have a little more resilience for the challenges they have to face. I can’t solve anyone’s problems, but hopefully I can help them cope with them.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=VJRDPTUIRJI](https://www.youtube.com/watch?v=VJRDPTUIRJI) – for years Rick Mercer had a comedy/political commentary show. In one segment he would visit people with interesting jobs in different parts of the country. This is my favorite episode.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=BKEUE05RWPO](https://www.youtube.com/watch?v=BKEUE05RWPO) – comedian Lorne Elliot’s commentary about visit Winnipeg in winter. I’m sure Minnesotans will relate.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=OHTNFW5IAS&LIST=RDF6FWSB7ZD6M&INDEX=2](https://www.youtube.com/watch?v=OHTNFW5IAS&LIST=RDF6FWSB7ZD6M&INDEX=2) – Red Green did make it to the U.S., but if you haven’t seen him before, he’s worth checking out. This segment from his show demonstrates the power of lateral thinking.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=_EJPIWO_IIQ](https://www.youtube.com/watch?v=_EJPIWO_IIQ) – a series of Canadian comedians discuss the Canadian armed forces. This will give you some idea of why Canada isn’t threatening to dominate the world.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=D9SX86Y-DIY](https://www.youtube.com/watch?v=D9SX86Y-DIY) – Derek Edwards demonstrates that Canadians may be polite but they can also be bitter.

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=M5BNAMV5OUC](https://www.youtube.com/watch?v=M5BNAMV5OUC) – a darkly funny song from Lorne Elliot about playing with a killer whale. If you’re not in the mood for a morbid humor, skip this one.

Hopefully these help you find something to smile about.



Regina

Peace House Community “Poetical Picture Story” A SMILE IS SPIRITUAL

People come here from
all over the world.
Peace House is an oasis,
a little United Nations.
Rose’s place is not all bread and roses.
Who wants to sleep with both eyes open?
Beware, she has bed bugs. They jump.
Tears are holy water. A smile is spiritual.
I keep coming back because it feels good.
We don’t need the experts.
We need us.
We don’t come for a sermon.
We come for food.
He’s a drunk, but we all have hearts.
My favorite race is the human race.
We pray for the human race.
a meditation of words overheard
at Peace House

by Mike Hazard / mikehazard.org
(from Peace House People,
an Artist Initiative project
funded by the Minnesota State Arts Board)

Transit When Will Normalcy Return?

By JOHN CHARLES WILSON

Note: This column was written between the times Governor Walz announced the lifting of the Stay at Home order and the change taking effect.

Metro Transit has decided to continue running a Saturday schedule on weekdays and not running buses or light rail late at night, even after the Stay at Home order is lifted, and the restriction to “essential trips only” is still in place. Even though it will be legal to go out for any purpose, you are still not supposed to ride transit unless it is necessary. The only change is that wearing face masks will be required on Metro Transit as of 18 May. However, there will be no enforcement of this rule unless non-compliance becomes a major problem.

It remains to be seen whether the schedule change which normally takes place in June will happen this year. With Metro Transit running a limited schedule anyways, they might decide there is no point to it.

The transit situation everywhere is dire. It is expected that many “choice” riders (people who use transit by choice rather than being “transit depen-

dent”) won’t be coming back to the bus or train for a long time after the coronavirus crisis is over. This is partly due to more people working from home and more people choosing to drive because it feels more “safe” and “sanitary”.

This has several implications which are not good:

1. Transit will be seen more as a “welfare” system for the poor, children, people with disabilities, and senior citizens and less as a public service for everyone.

2. What little non-user support there is for transit is in danger of drying up, especially if the meme that buses and trains are “unsanitary” is added to the meme that they are “dangerous.” Good-bye, state funding!

3. Service will probably be more concentrated in inner cities and access to suburbs by transit will become even more dismal than it is now.

4. The stigma against people who still use transit will increase.

We need to be proactive in fighting the “new normal” before it hits. Wearing masks and keeping transit vehicles and facilities clean is just the beginning. More highly visible cleaning and security staff (not full-fledged police; more like combination conductor/janitors) on transit vehicles and at facilities will probably also help to make skittish people more comfortable.

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Compassionate Duo Artfully Planting and Giving for Tomorrow

Poetic Art & Artful Poetry

BY CHRISTINE LEEHEY

Pastors Patrick and Luisa Cabello Hansel have been serving the Faith Community at St Paul’s Lutheran Church (2742 15th Ave.) in Phillips for 15 years. Their talents in art and poetry have been tremendous gifts, not only to us but to the community as well.



LOWELL HANSON, 2014
Pastors Luisa and Patrick Cabello

Pastor Patrick’s skilled verse has meant that our members have benefited from a personal, relevant and meaningful sermon every Sunday for 15 years. Pastora Luisa’s mosaic artistry adorns the Sanctuary and the 28th Ave Peace Garden.

In addition, they have helped St Paul’s transform into a diverse community that serves its neighbors through invitations to programs and events and access to free health care through two clinics housed within our building.

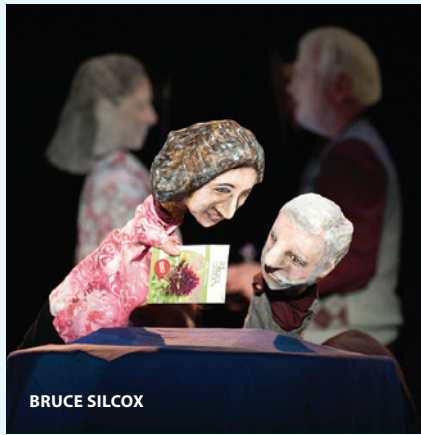
We have been truly blessed from their time with us. We pray that their next chapter in life is filled with continued opportunities to share their gifts with others!

Christine Leehey is St. Paul’s Church Council President.

Plantings Forever

BY BART BUCH

Everywhere I go in my neighborhood, I see my neighbors, Luisa and Patrick Cabello Hansel. They get around. Through their work as artists and directors of the Semilla Center for Healing and the Arts and Co-Pastors of St. Paul’s Lutheran Church, I see many creations initiated and led by them. I see the mosaics on walls, trash cans, and planters they and partners have created. I see the plants, flowers and gardens they have planted with neighbors. I see the words of poetry from youth with whom they worked--- on utility poles. I see the young leaders they have trained. I see photos and words of neighbors in their neighborhood literary magazine, “The Phoenix of Phillips.” I see reminders of the posadas, marches, and meditative blessing walks for peace, justice, beauty, and compassion. I know they have led and co-created much more beauty, healing and



Luisa and Patrick Cabello Hansel
Puppets by Bart Buch

connection in this place than any of us can see. They are believers, in you, in me, in us, in each other, in this place, in the world. They have helped me believe more in all these things, too. They have planted many, many semillas and we will continue to see these seeds and fruits and flowers and trees and connections multiply long after their upcoming retirement. They knew that. They’re smart. Thank you!! Thank you a thousand times, Patrick and Luisa, for your belief, your beauty, and the bounty that you have left us. I promise to tend, reap, share and replant what you have sowed.

Compassionate Duo

BY SANDY SPIELER

Luisa and Patrick’s influence will live on in the East Phillips Neighborhood, in the regional organizations of Ecumenical Faith Communities, and in my own life.

Our first meeting was quirky. Within months of their arrival to East Phillips, Patrick found me in the E. Lake Street Target parking lot. He called out to me, “Sandy Spieler! I know YOU, but you don’t know ME. This is my wife Luisa. Let’s work together!” Indeed, we were now neighbors working 2 blocks apart on 15th Ave. They at St Paul’s, and I at In the Heart of the Beast Theatre. Patrick reminded me that our paths had crossed in 1976 in Washington DC for the culmination of the Continental Walk for Disarmament and Social Justice when Patrick helped to carry puppets. Wow!

Ours was an easy, instant connection because of their welcoming warmth and humor. I recognized they shared my intrinsic understanding of how Art prods Spiritual discovery and how Spiritual quandaries fuel Artistic expression and Social Action. Together, in 2006, we built a team from the Church and from the Theatre to create and enact La Natividad(<https://sandyspieler.com/la-natividad/>) enacting this on the streets of the neighborhood six times through 2016. Even though I understand very little Spanish, I love the Spanish speaking and bi-lingual congregation that gathers young and old, and became a member of the church.

Semilla Center grew naturally from the church with faith that LOVE planted like a SEED will flourish in unexpected ways. Their contributions to Semilla are hefty, with Luisa’s outreach on Mosaics and Visual Arts, and Patrick’s on Literary Arts. The Semillas (seeds) have blossomed, evidenced by the many mosaics enlivening the region, neighbor’s words and photographs for The Phoenix of Phillips magazine, surprise poems on lamp-posts, lantern processions lighting the night, and mentoring and encouragement of Youth.

Underneath all of this, they are ministers—each a counselor of deep insight—who have ministered and advocated for

those of us seeking guidance and inspiration. They are a dynamic duo of Compassion, and I thank them with every ounce of my energy for what they have shared with our neighborhood, and with my own life. So much gratitude and love for you, Luisa and Patrick!



“My preaching outfit, Easter Sunday Covid-19. Ha!” says Patrick

Giving Joy

BY SUE HUNTER WEIR

I first remember seeing Patrick at one of the early Green Tomato Festivals which were held to celebrate Phillips’ many community gardens. It turned into an annual event and friendly competition—who was going to win the blue ribbon in one of three categories or, better yet, Best in Show. I’ve lost track of who won the most ribbons, but have not forgotten the fun it was.

Patrick and Luisa have supported so many community activities—“the alley” Newspaper, Friends of the Cemetery, In the Heart of the Beast Theatre, community gardening, a community clinic, and, of course, the Semilla Project and Young Leaders Program—that touch on almost every aspect of life in Phillips. They have made beautiful art with young and old. At the heart of it all is their pursuit of social justice and their advocacy for those whose voices are not always heard.

I have a more personal reason to be grateful, as well. During the last months of my 99-year-old mother’s life, Patrick visited her and prayed with her. One week before she died he showed up at her door with three angels (kids from St. Paul’s complete with halos). They brought her small gifts, sang for her, and prayed with her. They gave her joy. There is no greater gift than that.

“Returning”

BY PATRICK CABELLO HANSEL

Author’s note: this story picks up years after the saga of “Searching,” serialized in 34 issues of “the alley” from March 2009 through June 2012. In that story, we met Luz and Angel, two 19 year olds running from their past and searching for their future, along with a score of beautiful and strange neighbors.

Angel woke up with a start. He didn’t know what time it was, and for a moment, he didn’t know where he

was. He had fallen asleep on the couch at 8 am, after helping Luz get Angelito dressed, fed and out the door to Hi-5 at Andersen School, and getting Lupita off to day care. He kissed Luz goodbye, ate the last of Lupita’s oatmeal, took a sip of lukewarm coffee and flopped on the couch.

He had done a double shift at Abbott Northwestern Hospital, 3 pm to 11 pm, 11 pm to 7 am. He hated crossing the nurse’s picket line, and he was angry at the supervisors who had filled in during the strike. The regular nurses, some of whom he saw this morning on the corner

of Stewart Park with their picket signs, treated Angel and other orderlies, indeed the whole staff, as colleagues. The supervisors acted as if Angel and the others knew nothing about patient care. They bossed them around, or ignored them as people.

Angel hated crossing the picket line, but they needed the money. Angelito’s asthma had not gotten any better, and without health care, they couldn’t afford his medicine. Luz was trying to finish her degree at Augsburg University, while working part-time. The uncertainty about DACA and an uptake in heroin

overdoses added to their stress.

But that stress wasn’t what woke Angel up with a start. It was a dream. It was The Dream. The nightmare of someone chasing Luz and him and the children. He never saw their face, but he knew the evil in them. Who or what was it? The trauma and enemies of his and Luz’ past? The forces of fear unleashed from the highest office in the land? Or was it the ghost of Mateo Kelly Hidalgo, come back to haunt him and the place he called home? Would Angel ever know, and would he ever be free of this curse?

To be continued...

An Open Letter to Governor Walz and Local Decision-Makers

—from a front-line public health nurse, 5.18.2020

I am reaching out to connect about the resource distribution and conditions for people experiencing unsheltered homelessness in MN, and the resonance to a dire time in state's history.

Summer 1862: displaced Indigenous people, of the recently established State of MN, were waiting on over-due annuity from the U.S. gov't. Exposed to a series of epidemic diseases, hungry, vacated from land and homes, they asked officials for more credit for food and supplies from locally-controlled stores in order to survive the months to come.

One local response was, "Let them eat grass, or their own dung."

2020: displaced Indigenous people, of the still-occupied Dakota land, continue to wait on the overdue annuity from the US gov't. 2020: Indigenous descendants are 17 times more likely than white-settler descendants to experience homelessness in MN. Access to land and housing has never been an accident, access to land and housing is a purposeful system of displacement that destroys community and erodes culture; leaving individuals at highest risk for hunger, disease, and poverty.

The story of resilience is a MN story, and more specifically, an Indigenous story. It is not a story simply of those who survive displacement, starvation, and genocide - but a story of how culture and resource inherently of this place is meant to thrive. The abundance in MN at this moment will be measured by how well we care for each resident of MN, and particularly those most at the margins. 2020 is a historical time to tell the story that starts with enough is enough - and ends with everyone having enough to thrive.

Displaced Indigenous people in Mpls. are currently among those without food and water, waiting on local officials to carry out the federal guidelines for pandemic response. Local officials stall plans for food and water distribution, hygiene stations,



Art installed on the fence surrounding the Sabo Bridge Encampment and made by neighbors, residents, and local artists. Banner produced by Olivia Levins Holden

Now, before monitoring the progress of the disease, state health officials endorse closing existing encampments without alternate places for individuals to go. The duration of the Shelter in Place order left state decision with no plans for unsheltered Minnesotans to access to food/water, healthcare, sanitation, and ability to isolate. Enough is enough.

Enforcement of further displacement under the direction of local leadership and public health is too familiar in MN. Inadequate and inhumane conditions created by the systems that tolerate starvation and disease are not enough.

sions and protections forward for unsheltered and displaced Minnesotans at this time, and fully endorse and implement the CDC guidelines for unsheltered homelessness. <https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/unsheltered-homelessness.html>

- Provide isolation by use of hotels for people without housing at the crisis-scale.
- Suspend the executive order, Now!: camps can be cleared as a public health concern.
- Establish state, county, and city partnerships ensuring distribution of food,

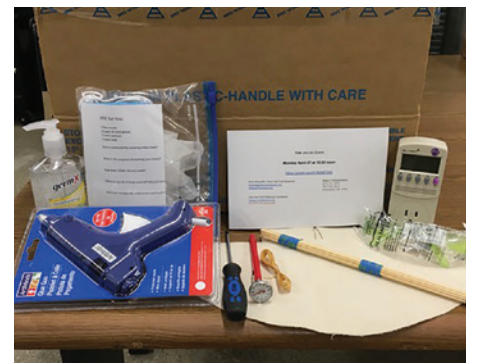
MIGIZI Communications Continues and Expands During Covid-19 2020 School Year

MIGIZI means "bald eagle" in the Ojibwe language.

BY JOHN GWINN

Like all other schools and youth serving organizations, MIGIZI rather abruptly shut its doors to staff and participants on March 16 in accordance with the Governor's shelter in place order. Since that time, MIGIZI staff have switched to an online service platform, whereas participants can log on to a virtual meeting with MIGIZI staff via Zoom. Not only are we offering homework help and academic support, staff have also come up with other cultural well being programming including Medicine Mondays and Cooking with Jane.

MIGIZI's workforce readiness and job training programs went virtual as well. With students enrolled in either the Green Jobs or



Migizi Instructors send solar kits to students at homes.

Social Media Marketing career pathway, staff delivered all necessary coursework materials and supplies directly to their homes, including iPads, Apple pencils and solar charger kits.

This summer, we plan on offering a combination of virtual and in-person programming to up to 50 American Indian youth and young adults. For more information on all of our virtual programming, go to www.migizi.org

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.

With our new location, 3017 27th Av. So., 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.



BETWEEN FENCES (VIDEO STILL) ©MONA SMITH, 2012

Dakota Internment Camp at Fort Snelling, MN 1862

bathrooms - and now offer that closing encampments is the right response.

State health officials acknowledge that the COVID-19 virus is community spread in the unsheltered community, and yet departments do not fulfill the contact investigation or testing needed to respond to the scale of the community-spread crisis.

MN needs partnerships in 2020 that can support us through this moment, so that when we are past the curve, there is never an instance when people are once again left "to eat grass." We need, at this time - and as always, to center the well-being of each of us, to promote the well-being of all of MN.

Please bring the conversation of provi-

water, hygiene items, trash collection, & resource distribution to displaced individuals statewide.

Thank you, for your commitment to the resource and resilience of our community now & always.

Sincerely, a front-line Public Health Nurse

Just a Little **Pomp** Due to the **Circumstances...**

Congratulations 2020 Students and Educators!

2020 South High School Graduates from Phillips Community

To the South High Class of 2020, Even before the circumstances of the present day, you carry the legacy of resilience. You were all born shortly before or shortly after the events of 9-11-2001. You have experienced

two recessions, three presidential elections of astounding historical significance, the emergence of social media, and as South High scholars, you have always been at the fore of social awareness. Your class has

further raised the social consciousness of climate change and social justice issues, as well as the de-stigmatization of mental health issues. It has been said that because you are Minneapolis South High gradu-

ates, much will be expected from you. We know you will deliver!

*With pride and highest regards,
Your South High Educators*



Heidi Abad-Yadaicela
Nesri Abdi
Rahmo Abdi
Khatab Abdulkadir
Gedion Abera
Kafia Aboubaker
Adna Abukar
Anas Abukar
Anab Adam
Nimo Aden
Cristhian Aguilar Dominguez
Amran Ahmed
Hamze Ahmed
Nejma Ahmed
Niman Ahmed
Shoueib Ahmed
Brandon Alarcon Villa
Alena Almanza

De'Von Anderson
Anayeli Andrade-Vera
Yulisa Andrade-Vera
Jennifer Aniceto Dominguez
Jose Aragon Rodriguez
Carla Aranda Quiroz
Cristian Ayavaca Sanchez
Tarek Azzazi
Teresa Baker
Enrique Balero Galicia
Ana Barrios Tajonar
Mohamed Barud
Abdulahi Bashir
Britney Birch
Sahara Bourasa
Julian Branden
Annika Brown
Adriana Carreno
Ella Cates
Arlet Centeno Navarro
Hans Christopherson
Keegan Conlee
Arie Copley-Radder
Jessica Culhane
Ruby Davenport
Nyla Day Mccoy
Jadin Decora
Karla Delgado

Selina Dominguez Hernan-
dez
Amelie Doying
Joel Espinoza Saldivar
Ugbad Farah
Betselot Frauenheim Danke
Tigist Frauenheim Danke
Victor Galicia Tapia
Maria Genis Lopez
Alizey Gervais
Christian Gil Pliego
Vanessa Gonzalez Valdez
Elijah Grathwol
Daniel Gubrud
Owen Guindon
Nafie Hassan
Seamus Hegarty
Alexander Hernandez
Olivera
Clifton Hollow
Tannen Holt
Felix Steve Iaa
Thomas Isebrand
Mohamed Isse
Julian Jacobson
Absher Jama
Brian Jaramillo Ojeda
Brian Jaramillo Ojeda

Noa Johnson
Fadumo Khuriye
Sophia Leonhardt
Jalonda Lewis
Claire Lind
Ethan Madden
Mahamed Mahamed
Ferdowsa Mahamud
Maribel Martinez Sercas
Arielle Mary
Maxwell Mcdonough
Sylence Mckinnie
Brenda Meza Torres
Fatuma Mohamed
Mohamed Mohamed
Zakaria Mohamed
Aisha Mohamud
Naima Muhumed
Iqra Mursal
Jude Nair
Todd Nathan
Joshua Neuhauser
Juan Niola Jara
Sundus Noor
Cecilia O'Connor
Johnatan Ortega Jaimes
Raul Ortiz
John Osborn

Ella Parish
Jessica Perez Reinoso
Jackky Phiravanh
Esperanza Ponce Delgado
Emely Quintero Silverio
William Quito
Luca Raffo-Simoes
Tianna Ramirez
Kayla Redden
Luciana Rian-Senna
Casandra Rojas Hernandez
Josaiah Rushing
Brian Saldivar Villafan
Saul Santamaria-Castillo
Stacia Schirber
Soren Sidorfsky
Gabriella Simmons
Silas Sosa
Mia Swanson
Daycie Thunderhawk
Jilda Toribio-Montecinos
Phillip Truong
Giant Vang
Kayla Vang
Lillybeth Vasquez Vail
Ruben Vences Baron
James Warren
Anthony Malachi Weaver

Joseph White
Matthew Whitlock
Leon Wong
Anjilee Yale
Hailey Yellow
Ayan Yusuf
Ayanle Yusuf
Mario Zamora Pineda
Blanca Zuniga Olivera
Norma Zuniga Olivera

**GRADUATION
2020
Congratulations
and
Commentaries
continue
in “the alley” July
issue. Graduates and
Schools, please
send Names and Com-
ments to copydesk@
alleynews.org**

**Life Goes On
at Takoda
Institute—
American Indian
OIC During
Covid-19**

**Takoda means “All Are Welcome”
in Lakota Language**

BY TAKODA INSTITUTE STAFF

Life goes on at the American Indian OIC—Takoda Institute building and over the Internet. The spring term saw regular Takoda Institute class offerings in the Patient Services Specialist and Computer Support Specialist programs held entirely online with the students and staff working mainly from home and using Zoom, Microsoft Teams, or other online conferencing and learning tools. This was after the instructors took crash courses and the students prepared their devices. As many schools, we have permission from the Higher Ed. Office and our accrediting agency to temporarily conduct classes online.

Classes started on April 13 and are expected to wrap up at end of June, leaving July 6 as the likely starting date for the Summer Qtr. In that quarter, if conditions permit and regulators allow, we hope to offer limited on-site training at a safe distance in our computer rooms while continuing to offer the online alternative. The actual nature of that Qtr. will depend upon both the determination of the AIOIC and of the Governor’s decisions at that time. Looking further ahead, the MN Dept. of Health recently announced they will soon have a plan in place for Higher Ed. as it may look in the Fall of 2020. Their determinations will also shape our method of course delivery in the fall.

Instructor Lloyd Wittstock reported on the gains and losses of the online experience. “We all—teachers and students—have learned from it. Of course, there are differences between face-to-face, all in one place and at one time classes and what we now have. Students like

the “lab” portion of the courses on their own. Some send their homework to me right away, while others work later in the day or even into the evening and then send results to me. Some have returned to previous part-time employment with at-home working capabilities as they also complete their education.

On the down side, for one, the total curriculum is hard to fit into the new format. It takes longer to share with each other during the live part of each online session. Second, some courses convert better than others. Keyboarding, for example, works well online because the course needs a lot of individual practice time, so during our online time, we explore various keyboarding software and ways I can sample their progress. Microsoft Office Intro. Class is more oriented to demonstrations and live discussion, and so leaves less class time for their practice, which then goes more into traditional extra homework hours.”

Overall Services go on at AIOIC

While Mpls. has been ordered to stay at home for our community’s safety, the team at Takoda/AIOIC is still hard at work to make classes and programs function at the new level of normalcy.

While classes are currently being offered online, other programs are also offering online or over-the-phone assistance. Takoda’s SNAP Outreach Specialist and Enrollment Specialist, Erin Wolf, says: “Anyone who may qualify for grocery assistance can apply online at any time. Clients are encouraged to call or email me with any questions they may have about eligibility or assistance they may need with the application process.” In-person visits to our building at 1845 E. Franklin are by appointment only and will include a temperature check at the entry. Face masks are encouraged.

Contact Erin: 612 341-3358 ext. 113 or erinw@takoda.org to register for long-term Takoda Institute programs, short-term training, or for SNAP services.

Or for youth programs, ShirleenMorseau at ext. 117 or Shirleenm@takoda.org. to set you up with Mpls. Youth Works, for ages 16-24, paid internships, paid work readiness training, paid drivers’ ed classes and more. She also handles Mpls. Works, for those 18 and over, offering employment support for work clothes and transportation.

She is also meeting with youth by appointment only, on Tues, Wed or Thurs.

Barbara Hydeen, Takoda Works Director, helps with: Clients needing a job search or make other use of the Career Resource Room computers, it will be by appointment only on Tues. Wed. and Thurs during hours of 10:00-2:00.

Social distancing: only allow five people in the room to use computers at one time. All appointments to use the room need to go through Angela Fabel who will make a weekly calendar of appointments and coordinate the room activity. Angela at angelaf@takoda.org.

Short-term programs are planning to start up in June. Jose Santos coordinates short-term hands-on training for warehouse workers, forklift and Bobcat drivers and compact excavator opera-



Takoda Institute

tors. Groups are already scheduled for late May and June, and participants are already enrolled. Those wishing to participate in such training in July or on into the fall should contact Erin Wolf.

Jose says that groups will be taught in separate smaller cohorts in different rooms, and sanitary precautions will be taken at the school and at the equipment training sites. He adds, “There are some changes we have made because of the COVID 19. For the months of May, June, July, and August we are not going to provide the Forklift, Boom Lift, and Scissor Lift trainings. HERC-U-Lift has decided that they are not going to provide trainings or let folks on their campus until the fall. They just want to be safe all around for their staff and participants. If all goes well, we can get back to our regular trainings in September.

As for our Warehouse Training Program, folks will still be able to earn five certificates in the following areas: OSHA 10 Certificate, Flagging Certificate, Bobcat Certificate, Compact

Excavator Certificate, and Tool Cat Utility Vehicle Machine Certificate.”

More Changes to Follow

The Adult Basic Education and GED room is scheduled to open up for in-person class times starting June 1, and the hours our building is open, currently 9 am to 1 pm, for any visitors, may be expanded in June. Enrollment sessions for a range of programs may also start at that time. As of late May, by order of the Mayor of Mpls, all persons inside public buildings will be required to wear a face mask. For more and up-to-date information, check our website at takoda.org, or the following contact people:

- Food stamp application assistance: erinw@takoda.org or 612 341-3358 ext. 113 (SNAP)
- Takoda Prep Distance Learning: christyi@takoda.org (That’s the high school)
- Adult Basic Education/GED: ness@takoda.org
- Takoda Institute Career Training: erinw@takoda.org
- Career Counseling/Job Search Support: barbarah@takoda.org

We look forward to serving you at Takoda, whenever and however that becomes possible.

Takoda—“All Are Welcome!”

“Takoda, previously known as the American Indian OIC, was founded in 1979 in response to the damaging education and employment disparities faced by Indigenous people within the Twin Cities metropolitan area. Since its foundation, the organization has grown a workforce of over 25,000 through its culturally-relevant education, training, and workforce programs. Each year, over 900 people, affiliated with tribal nations in the U.S. and Canada, utilize the OIC’s services. Though the OIC was originally founded to strictly serve Native Americans, it has since opened its services and programs to people of every race, creed, gender, age, ability, or sexual orientation. Hence the name “Takoda”, which is a Lakota word meaning ‘all are welcome.’” ... *“the alley”* newspaper, April, 2020 page 1.





The EPIC Report – June, 2020

www.eastphillips-epic.com



SUMMER IS HERE



A few
Garden Plots
are still available
in the **East Phillips Community**
17th Ave. Garden
2428 17th Ave. S

If you live, work or own property in East Phillips,
Contact Brad at bpass@usinternet.com or
612-916-8478
Don't Wait!

Plots cost \$30.00 Per season. Garden Key - \$5.00 Per Key

Garden Rules for COVID-19:

- ❖ If you are not well or have a cough, fever or other symptoms, do not come to the garden.
- ❖ Wear your own GLOVES when in the Garden.
- ❖ Stay at least 6' away from your neighbor. Masks required when others are present.
- ❖ Only 1 person at a time in the Garden Shed.
- ❖ Disinfect everything you touch (except your plants).

Help maintain the garden. We're all in this together!
Have fun, Eat well, Stay Safe.

East Phillips Indoor Urban Farm – UPDATE

Minneapolis City leaders are about to demolish the 230,000 sq. ft. Sears warehouse unleashing more pollution and trauma on the already traumatized residents of East Phillips. Alondra Cano, our Council member, turned against us, disallowing the community's petition for an Environmental Assessment Worksheet, dragging the rest of the council with her into the environmental gutter.

A bright spot is the wonderful support our Urban Farm Project is receiving from so many of the Minnesota State Legislators. Please thank them and contact Governor Walz and Lt. Governor Peggy Flanagan and remind them of the desperate need for something positive in East Phillips – namely the East Phillips Indoor Urban Farm.

Read the article in this Alley by Peter Molenaar

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 Community Meetings are on the SECOND Thursday of each month – Via ZOOM; Thursday, 6/11/2020 and 7/16/2020 at 6:30 PM. Watch your E-Mail for your Zoom Invitation. Contact Sarah, EPIC Secretary, epic.ssantiago@gmail.com if you are not on the EPIC email list.

East Phillips Community Gardeners meet on the second Saturday of Each Month – Via ZOOM; Saturday, 6/13/2020 and 7/11/2020 at 9:00 AM. Watch your E-Mail for your Zoom Invitation .

East Phillips Residents wanting a 2020 Garden Plot, contact Brad at bpass@usinternet.com or 612-916-8478.

The EPIC Board will temporarily meet on the FIRST Thursday of each month – Via ZOOM; 6/4/2020 and 7/2/2020 at 7:00 PM. Watch your E-Mail for your Zoom Invitation .

East Phillips Park SummerFest is canceled.
Clean Sweep 2020 is still in the planning stage. Scheduled date – Oct. 10.

COMMUNITY FORUMS ON HOUSING

MPNAI is now holding virtual board and community meetings via Zoom. Connect by phone or by web
Please watch our website www.midtownphillips.org for links to join!

JUNE 23

Let's Talk about Housing
with Hennepin County Commissioner
Angela Conley



6:30 - 7:30 pm

Join us for discussion on the local encampments, homelessness and housing resources

Please watch our website www.midtownphillips.org for links to join by phone or web!

JUNE 30

Phillips Neighborhood Fun Facts &
How to Research Your Home's History
with Sue Hunter Weir



6:30 - 7:30 pm

Did you know the bread slicer was invented in the Phillips neighborhood? Or that the first Minnesotan soldier to die in WWI was a parishioner of St. Paul's ELCA? Join us to learn more about your neighborhood and how to find out even more on your own!

Please watch our website www.midtownphillips.org for links to join by phone or web!

JUNE 9, 6:30-8 pm
BOARD MEETING

Did you know MPNAI offers home improvement loans for Midtown Phillips residents?

Discussion on how to provide a more accessible Home Loan Program for the community will be facilitated by Jim Hasnik, Director of Lending Services at the Center for Energy and Environment
Please watch our website www.midtownphillips.org for links to join!



MIDTOWN PHILLIPS
NEIGHBORHOOD ASSOCIATION INC.

www.MidtownPhillips.org | 763.310.4760 | info@midtownphillips.org | [midtownphillipsminneapolis](https://www.facebook.com/midtownphillipsminneapolis)

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



VENTURA VILLAGE NEIGHBORHOOD

JUNE '20 NEWS



FOUR SISTERS FARMER'S MARKET UPDATE
By: Mel Anderson, FSFM Manager

Hello All,

Mel, here! Manager of the Four Sisters Farmer’s Market. I hope this article finds you safe and healthy during these unimaginable times. Many things in our daily lives have changed and we question when, if, and how things will go back to normal. I write to update you on the status of the market for this season and am happy to say that we plan to remain open to serve our community, unless otherwise directed by officials. The State of Minnesota considers farmers markets essential grocery providers. Farmers markets are a vital part of our food system and are essential to our farmers.

Four Sisters Farmer’s Market will run **Thursdays beginning July 2nd through October 15th.** Market opening day will be **Thursday, July 2nd from 12-3pm. With 11am-12pm being for our Elders, First Responders, & immunocompromised.**

We have made many changes to the market to ensure the community's safety, including limiting numbers of customers, having separate entry & exit points, hand washing stations at each entry & exit, and adding space between vendor's stalls to be in compliance with CDC's physical distancing guidelines. Unfortunately, we have also cancelled market events including cooking demos, sampling, music and other entertainment.

Farmers markets have long been places to gather and build community. However, this season we must follow public health recommendations and resist the urge to linger and socialize. Please help us ensure a safe environment for everyone by following our new rules.

2020 MARKET RULES:

- Stay home if you or someone in your home is sick.
- 11a.m. - 12 p.m. is for immunocompromised shoppers, Elders, and First Responders.
- Maintain 6-foot distance from others.
- No dogs.
- Wear a face mask or covering.
- Limit shoppers to 1 if possible.
- No eating. Takeout is available from Pow Wow Grounds Coffee Shop
- Don't touch. Let vendors serve you.
- Limit socializing.
- Plan to use the restroom at home. The art gallery restroom is closed.
- Shop efficiently. Shop with a grocery list if you can.

We are currently working on getting our vendors set-up to offer their goods online. Please stay tuned to our Facebook page for updates. We encourage you to stock up on fresh food and pantry items and support your local farmers. Eating fresh fruits and vegetables is a great way to keep our immune systems strong when we need it most. Thank you for protecting yourself and your community while eating well and supporting the local farmers and makers who work hard to feed us!

World's Largest Bank To Open Branch In Ventura Village



As part of an effort to expand its presence nationwide, JP Morgan Chase plans to open retail bank branches in Minnesota starting with locations in Minneapolis and St. Paul. One such location to open soon will be at 11th Ave and E. Franklin.

Flowers on Franklin Was A Success!



Saturday, May 16, over 20 volunteers from Ventura Village planted the "Flowers on Franklin" planters along Franklin from 16th Ave. to Portland. Everyone was able to keep their distance and make a contribution to the liveability of our neighborhood.

THE OPTICS OF HOMELESSNESS/COVID 19
By: Bob Albee, former resident and board member of Ventura Village, former editor of this page in the Alley

If you were walking along sidewalks in parts of Minneapolis and Seattle, tent encampments in each city look almost the same. However, Seattle had the jump on Minneapolis by several years.

In earlier days of homelessness (when we developed Anishinabe Wakiagun and Kola in Ventura Village), we travelled to Seattle/King County in the 1990’s to see how officials’ and activists’ forward thinking spurred improvements in addressing homelessness. We wanted to adopt any measures that could improve services and supports addressed to Native peoples’ homelessness.



Anishinabe Wakiagun

When living in Minneapolis, I also strongly advocated for a reuse of the mothballed Fort Snelling military campus as a place that could be rapidly operationalized for hurricane refugees, immigration influxes, or any other widespread catastrophe that could displace a large group of people. Imagine now how helpful that campus could be in helping quarantine pandemic victims. It could’ve fit into the \$Trillion expenditures Congress has recently appropriated.



Fort Snelling

Moving to the Seattle area in early 2017, I was disappointed seeing this wealthy Pacific Northwest area had lost its leadership in serving the homeless. Minneapolis had not only caught up, but it actually surpassed King County in comprehensive services and supports to the homeless. In Seattle, the opioid epidemic landed hard and coupled with judicial rulings that decriminalized urban “camping,” led to tents and villages” popping up on public and private land throughout central areas of the city. Residents were often in an uproar.



Minneapolis Encampments (left) and Seattle Encampments (right)

It was not only the visual damage of tents and junkyard litter; but also no sanitary facilities, no storage facilities and no empathy from adjacent neighborhood residents. No distinction is often made except by professionals, as to whether homeless people arrived in these encampments via bankruptcies, job losses, chronic addictions or conditions or simply risky personal choices. The “blame & shame” game got louder up to the time the Covid-19 pandemic struck. Suddenly, public money in many urban areas across the country became available to acquire “closed” motels/hotels and vacant buildings to get infected and exposed people off the street. Up to that point, coffers had been tightly shut. Now they’ve popped open like a Jack-in-the-Box! I’m impressed at how quickly convention centers, gymnasiums, soccer fields and other large venues were pressed into service for quarantines and enlarged capacities for hospitalizations. This illustrates how community “attitudes” drive public and private expenditures. Had there been a similar response to homelessness as to the pandemic, we could’ve replaced encampments through public services and infrastructural investments addressing the root causes and consequences of homelessness. Optically speaking, homeless encampments in both cities look mostly the same if you ignore the architecturally distinct differences. The Covid-19 pandemic began to be identified nationally following a specific nursing rehab care center outbreak in Kirkland, across Lake Washington from Seattle. Now we see elder care centers, food processing plants and penal incarceration facilities as primary hotspots throughout the country. Each facility in these categories would generally look similar to a casual observer. What we’ve learned with this pandemic is optics are not the issue, but rather well-considered policies based on science with leaders willing to stand together to insist that plans be carried through decisively and thoroughly. Then when evaluating the impact and results, adjustments be made to keep the virus of Covid-19 or homelessness from further spreading.

Our Neighborhood Board has no meetings scheduled in June due to the Covid-19 response (as of mid-May). You can contact us at 612-874-9070 or at venturavillage.org.

Movie Corner

“Lord of the Flies” (1990)

BY HOWARD MCQUITTER II

Did you ever wonder what you would do if you had to fend for yourself after a holocaust and the survivors around you, whether you know them or not, are strangers? Similar to that question is what’s going on today with the pandemic coronavirus where “normal” human encounters are truncated as if in clouds of uncertainty---social distancing, wearing masks, sometimes wearing gloves, confining ourselves to home or apartment, maybe daily watching the dreary stories of Covid cases and deaths on CNN. In these times where coronavirus faces you in its unseen and mysterious form wondering if

that sneeze near you will infect you or the doctor or nurse hands on patients with coronavirus may turn up postive.

In “Lord of the Flies,” schoolboys escape a place crash in the ocean making it to an island. Ralph (Balthazar Getty) quickly goes into survivor mode by giving each boy an assignment. Shortly after each boy is assigned a duty, a rebel named Jack Merridew (Chris Furrh) decides to slip the campfire and, when the other boys go on search for him, they miss the chance to be seen by a helicopter. What follows is the group divides among themselves under the leadership of Jack, who is a tyrant. Under Jack’s spell the boys resort to savagery of all kinds. All the boys went to military school but it’s Jack who uses his training to control his group. He orders his boys to steal the possessions of Ralph’s group. After the group is divided, Jack goes as far as a killing spree. And while Ralph tries to win back boys from Jack’s group, Ralph is

really no match for the evil Jack.

So, then today, in the midst of coronavirus when the world is turned on its ear, do people take Ralph’s or Jack’s route---or does society take some actions from both camps?

Cast: Balthazar Getty (Ralph), Chris Furrh (Jack Merridew), Danuel Pipoly (Piggy), James Badge Dale (Simon), Andrew Taft (The Twins), Edward Taft (The Twins), Gary Rule (Roger), Terry Wells (Andy), Barden MacDonald (Larry), Angus Burgin (Greg), Martin Zentz (Sheraton), Brian Jacobs (Peter), Vincent Amabile (Patterson), David Weinstein (Mikey), Chuck Bell (Steve), Everado Elizondo (Pablo), James Hamm (John), Charlie Newmark (Will), Brian Matthews (Tony), Shawn Skie (Rapper), Judson McCune (Luke), Zane Rockenbaugh (Tex), Robert Shea (Billy), Gordon Elder (Rusty), Bob Peck (Marine Officer), Bill Shoppert (Marine Petty Officer), Micahel Greene (Captain Benson). Director: Harry



Hook. Writers: William (novel) and Jay Preson (screenplay). Cinematography: Martin Fuhrer. Music by Philippe Sarde. Rated: (R). Running Time: 90 minutes. This is a remake of “Lord of the Flies” in 1963. The 1963 version is the better of the two.

June 15, 1920 Continued from page 10

smells of burning crosses by the resurgence of the Ku Klux Klan.

An anti-lynching bill was passed on April 21, 1921 in Minnesota, a good thing, but on the other many restaurants still continued to refuse service to Blacks and Blacks had to sit in the balcony in local theaters. For months, Blacks in the city feared of their lives choosing to lock themselves in their homes.

A memorial for Clayton, Jackson, and McGhie was established in 2003. La Tonya Autry, researcher and doctoral student at the University of Delaware; Sharon Sayles



Belton, Mpls. Mayor 1994-2001; and the late African American activist, Ron Edwards (1939-2020) helped to make the memorial possible. What would have been much better than a memorial: reparations for all Duluth’s Black descendants.

Howard McQuitter II is the fourth generation born in Minnesota on his mother’s side.

Memorial dedicated in Duluth Minnesota in 2003, 83 years after lynching of three young African American men by a mob of thousands of white people.

Arts, No Chaser

“Being alive and Native is an act of resistance, resilience and activism,”

says Marcie Rendon

BY DWIGHT HOBBS

Marcie Rendon, writer and grassroots firebrand, has made her way into the mainstream with the hit novels, “*Murder on the Red River*” and “*Girl Gone Missing*” (Cinco Puntos Press), racking up love-letter reviews from Publisher’s Weekly, Minneapolis Star-Tribune, Kirkus Review and more like it’s lunch.

“*What’s an Indian Woman to Do When White Girls Act More Indian Than Indian Women Do?*” circa mid-90s to the best of her recollection, was the highlight of an afternoon

with the likes of Janice Command and Ardie Mendoza reading prose-poetry from a Native perspective. It’s a scathing send-up of sexually slumming, paleface predators hunting Native men while Native women stew in seething consternation. This gathering eventually evolved into the theatre company/performance troupe and **Raving Natives Productions** with Rendon at the hub. Debuting at the Minnesota Fringe Festival, noted for the satirical social statement “*Free Frybread Telethon*”, a tour de force of sardonic wit that roasted white liberal hypocrisy on a spit, lampooning the American prison system in its treatment of Native Americans.

Rendon continued as a community arts activist, WLA Children’s Book Award winning author and, notably, playwright (“*SongCatcher*”—Great American History Theater, Sacajawea–Fargo-Moorhead Community Theater).

Dwight: “Marcie Rendon social critic cum mystery writer. Who could’ve seen that coming? You weren’t small potatoes before. Has your increased profile as a novelist benefited your contributions as someone committed to community?”

Marcie: “The increased profile has opened doors to opportunities to speak to broader audiences. I find that “*Cash Blackbear*,” mystery series resonates not just with Native women but women in general who have always wanted to be as empowered as Cash is. The stories also have a following with men who admire the toughness of the characters. I have talked to a lot of audiences that I would have never gotten in front of before—farmers, small town residents, women’s book clubs, country western radio stations. All are opportunities to build understanding and create deeper conversations with folks who may have never heard of ICWA, #MMIW or adoption as a means of stealing Indian identity and land.”

Dwight: “Doesn’t seem you’ve left your activism behind. In fact, that your protagonist is Native, member of a population noted in Wikipedia as plagued by a MMIW (missing and murdered Indigenous women epidemic).”

Marcie: “Being alive and Native is an act of resistance, resilience and activism. As long as we are breathing we are going against the oppression. For me, writing is a way to put voice to many of the stories in a way that is



SIGWAN RENDON
Marcie Rendon, writer, grassroots firebrand

comprehensible to others, while creating a mirror for ourselves as Native people. At least that’s my hope.”

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Raise Your Voice

By PETER MOLENAAR

“My father, age 99 years, passed away May 19th, Covid-19. Through a window, I witnessed the nurse offer oral morphine. His lips moved slightly as she whispered in his ear...”

[Peter’s Raise Your Voice Column is on the Front Page of this issue.]

Something I Said

What Good Safeguarding Income by Risking Life to Only Afford a Good Funeral?

By DWIGHT HOBBS

Minnesota Gov. Tim Walz extended the corona stay-at-home order through May 18th. While not nearly long enough, it was a welcome reprieve from the threat of people being let loose on the street to keep spreading this catastrophic contagion.

This is no thanks to hundreds who demonstrated in mid-April outside Walz’s home as the Liberate Minnesota Movement, demanding he lift the order. The rationale: it’s costing the economy. Yes, businesses have faltered, even closed and people are laid off, fired. Hence, you had indignant folk hollering slogans like “We can sue! We can revolt over this tyrant. He is supposed to be working for us” and organizer Michelle Even telling Fox News, “We want our rights restored.”

Twin Cities’ activist, Michelle Gross, took a different take, telling “*the alley*” newspaper, “Forcing communities and businesses to reopen prematurely harms workers. We are seeing this now with the order to reopen meat packing plants. People will be forced to choose between risk and income because anyone who refuses to go back to work at dangerous work sites will lose their unemployment.”

Protesters raising hell over lost income need a reality check. I saw the television coverage and it was a horde of white folk - few wearing masks, none doing social distancing - who look like they never missed a meal a day in their lives. They can just

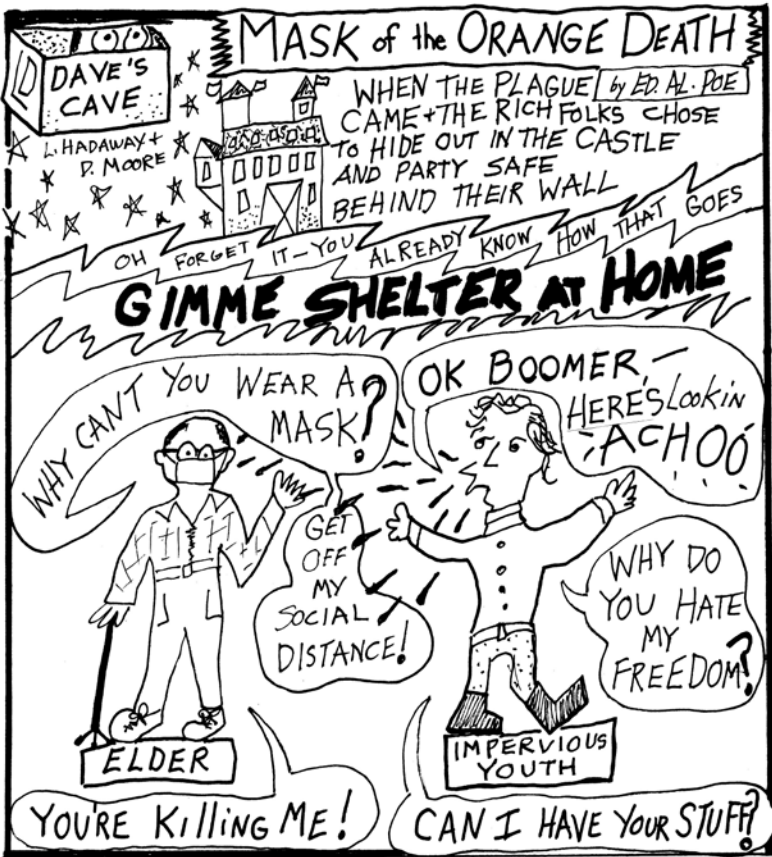


suck it up, make do with less and join the rest of us who’ve busted our asses to keep food on the table all our lives. Bottom line, what good does it do to safeguard your income if you risk not living long enough to do a damned with it except afford a good funeral?

As could be counted on, Trump the Chump, who’s downplayed the crisis and dodged accountability from day one, championed this willfully ignorant lunacy. Well, on May 4, U.S. News & World Report ran the headline “Reopening the Economy Would Add 233,000 Deaths by July but Save Millions of Jobs. In the story, “The number of Americans expected to die from the corona virus by the end of June will nearly double White House estimates circulated as recently as this week for total deaths through the course of the entire outbreak, according to [an] analysis from the Penn Wharton Budget Model.” Talk about do the math.

On May 12, National Institute of Allergy and Infectious Diseases director, Dr. Anthony Fauci, told the Senate Committee for Health, Education, Labor, and Pensions that reopening states too soon invites disaster, stating “Problems will escalate if states do not have the hospital capacity to treat patients and to isolate people exposed to the virus.”

Those protesters think there’s a problem now? God help us all if they get their way.



Phillips Neighborhood Clinic Things Open Up

BY HARRY LEEDS

Our lives have changed tremendously over the past few months, and as we very slowly move towards normalcy, it is important to remember your healthy habits. Perhaps the first thing to keep in mind is that we are not out of the woods yet. The State of Minnesota has done a better than average job of social distancing and preparing hospitals. What this means, though, is that the spread of COVID-19 has slowed enough to (likely) ensure that everyone will have access to the medical treatment they deserve if they get sick. That’s what the models suggest, anyway. Social distancing and working from home are still important.

We might have slacked with our old, good health habits, but it is important to keep them up. I have often joked this last month that Jenny Craig is going to make a killing next year. If you are stuck at home, whether you are employed or not, it is tempting to eat junk food. These times are stressful, you worry about the next time you will be able to enjoy that doughnut, and supermarkets have been one of the few businesses to remain open.

The health benefits of eating a plant-based diet in the long term are pretty well established, but it is also important to think about the short term. High calorie foods can cause inflammation in the body, which basically means that your body thinks it is under attack. The effects on your mood and immune system are negative, and a poor diet can make you feel tired, sad, and reduce your ability to fight infection.

There is a way to boost your immune system, feel happier and more energized. That is to exercise. If you can safely go outside for a walk while staying six feet away from others, you might find it will do some good.

It can feel overwhelming to try and keep up these healthy habits, especially with the stress that we are all under. But if you make eating healthy and exercise routine, you may find you will look forward to them. Some people find that rather than thinking about what foods they shouldn’t eat, they think about healthy food they do like (Don’t think, “I shouldn’t eat the doughnut,” but, “I love roasted sweet potatoes.”) If you find yourself with little to do, now is a good time to try out some new recipes. It could be a welcome, and healthy, distraction.

Harry Leeds is a nursing student at the University of Minnesota and nursing clinician at the Phillips Neighborhood Clinic (PNC) 2742 15th Ave. So

Please Make Minnesota PPE

By LEE LEICHTENTRITT

There is a well-known shortage of PPE (Personal Protective Equipment) in the United States. Minnesotans and our fellow countrymen in the other 49 states are suffering because of the shortages of PPE. No employee should go without PPE. No child returning to school in the fall should be without clean and safe daily PPE. No one is expendable or worthless; all human beings should be valued.

One solution to Minnesota’s and America’s PPE shortage would be to invest in making PPE in Minnesota. There are a few options to make Minnesota-made PPE a reality. The first option would be to

use the tax code to create incentives to investors to build PPE manufacturing plants in Minnesota. The second would be to establish a public-private partnership. The third would be for the State of Minnesota to build and operate its own PPE plant. The fourth would be for Minnesota and its neighbors to pool their talents and resources to create a multi-state organization that would utilize regional investments in time, talent, and treasure to create PPE.

The aforementioned options are suggestions to fix an ongoing problem this summer. History has shown us that the 1918 pandemic came in waves and that the first wave was not the most fatal. Minnesotans should be aware of the history of 1918 and willing to put shortage solutions into place now. United, we can produce enough PPE for all of our needs, and any surplus PPE could be sold to other states and to Canada.



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

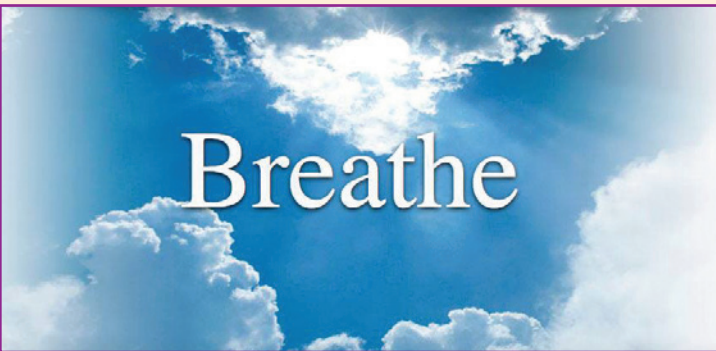


KEEP IT MOVING!

Creating and obtaining Health can be fun and every step or movement you make counts. Join the Backyard Community Health Hub as we journey together achieving health and balance, drinking plenty of water, or moving with us in other wellness and balance activities. *These excellent classes are FREE through the generosity of the Backyard Community Health Hub a program of the Cultural Wellness Center & Allina Health.*



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(a Zoom class)
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Wednesday: 7pm
Saturday: 9:30am



MEDITATION & SOUND THERAPY
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Mondays and Wednesdays, 5-6 pm
Two Saturday sessions, 4-5 pm and 5-6 pm

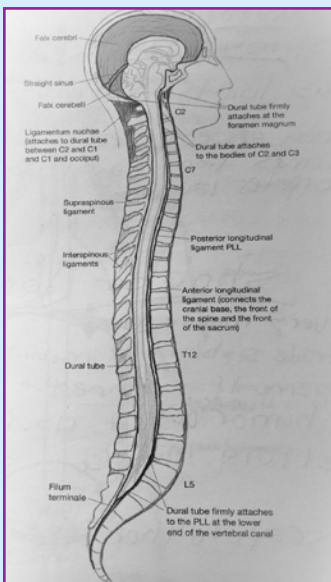


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Wednesdays: 6pm
Saturdays: 2pm



STEPPING

*Watch for videos posted on the Backyard Community Health Hub's Facebook page on the **2nd & 4th Tuesdays of the month!** Look for easy-to-follow videos on our Facebook page. Keep your groove on, learn some new moves or simply have some fun!



CRANIOSACRAL

*Watch the **weekly Wednesday** videos posted on the Backyard Community Health Hub's Facebook page! Craniosacral—is light touch, inner resourcing body-listening, rooted in following the movement of the cranial head bone that pumps cerebral spinal fluid down to the sacrum. Since all of the nerves come out of the spine, you can connect with the whole body. You can talk to the whole body from that relationship.



MOTIONS CREATES EMOTION, KEEP IT MOVING!

- Get in your ten-thousand steps *Walk around your home * Walk up and down stairs.
- Walk around the neighborhood *Walk a beautiful trail, and while you are getting your 'ten-in,' drink water, 'water does the body good'.
- Sing one of your favorite songs. You don't have to sing like Aretha, Patty Labelle, or even Beyonce—singing is medicine to the soul. Or cheat like we do sometimes and put one of your favorite songs on and lip-sync. Don't tell anybody, it is our little secret!
- How many of you out there can hula-hoop? It is tons of fun and your waistline will love you! It is great to do this with your kids.
- Hey, what about weight conditioning? if you don't have weights around the house, grab a couple of canned goods and lift. Strap a couple around your ankles as you walk through your day. Laugh about how silly someone thinks you look, but in the end, you win.
- DRINK WATER throughout the day!
- Ideas for a few more fun, family activities: hopscotch, get your chalk, call on your creativity, and hop right on into health as a family unit.

JOIN the Backyard Community Health Hub's FACEBOOK Page and participate with our wonderful Health Champions via their Zoom links or through the videos posted!

