



Tips from a COVID-19 Case Investigator

Feeling Sick and Uncertain

By LINDSEY FENNER

We recently had a COVID scare in our house. I wanted to share a little bit about that experience, because even though I have had hundreds of conversations about how to cope with COVID isolation, I still felt uncertain and unprepared. I needed help to figure out what to do.

I woke up on a Monday morning feeling sick: aches, chills, fatigue, headache, a low-grade fever, and a cough. None of these symptoms is specific to COVID. It might have been a severe cold or the flu, but to be safe, I had to assume it was COVID and act accordingly.

The first thing I had to think through was how to get tested. It was snowing that day and I wasn't feeling up to driving to a testing site. My partner doesn't drive, and I didn't want anyone else to risk exposure by giving me a ride. So I ordered a no-cost at-home test through the State of MN and Vault Health here: <https://learn.vaulthealth.com/state-of-minnesota/>

I started to mentally go through some of the interview questions I had asked so many times doing my job: where I might have gotten COVID from? and more importantly, was anyone else besides my partner potentially exposed?

I had to have a conversation with my partner about isolation and quarantine. If it was COVID, I would have been able to spread the virus two days BEFORE I started to feel sick. The people most at risk to get infected from someone with COVID are the people you live with. This meant both of us needed to stay home: I in isolation because I was potentially infected, and he in quarantine because he was potentially exposed. We canceled or rescheduled all appointments for the next few weeks. We also couldn't leave to get things like groceries, prescriptions, or cat food.

Because I would potentially be infectious for 10 days after my symptoms started, I knew I might need to stay home for at least 10 days. But we also needed to decide how I could isolate from my partner in our house. Our home is small, and we only have one bedroom and one bathroom. In the moment, it didn't seem possible for us to stay in separate parts of the house. So we didn't even try, something I would do differently next time.

My test took a little longer to arrive than I expected. I ordered it on Monday morning and it

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REMEMBERING Laura Waterman Wittstock

Sept. 11, 1937 – January 16, 2021

Woman of Wisdom Via Words and Voice: The Cosmos has Grown by One More Star

By HARVEY WINJE

Laura's compassionate eyes closed, her judicious intellect chronicled, her indigenous wisdom relayed, her corrections of errant history revealed, her gracious smile remembered, and her dedication to family of five children, four grandchildren, two great grandchildren, one great-great grandchild, and three honorary children fulfilled; Laura Waterman Wittstock's indelible impact lives on after passing to the Spirit world January 16th 2021. Laura was an enrolled member of the Seneca Nation of Indians, Heron Clan, and was born at the Cattaraugus



J.T.GUTHRIE

"The birthright of every Indian born is that her or his ancestors paid a price beyond imagining that their descendants would live as Indians."

LAURA WATERMAN WITTSTOCK

Indian Reservation in New York; moved to Honolulu in 1945, to San Francisco in 1954, to Washington, D.C. in 1971, and to the Twin Cities in 1973 where she

continued to:

- Nurture her family,
- Speak and write truth to power,
- Build trusting relationships between people, cultures, and organizations,
- Give unpretentious counsel to hundreds of people, organizations personally and on many boards of directors.

For many of us words don't come as easily as they did to Laura when expressing the deepest of thoughts from heart, head, and soul. Thank you, Laura. Rest in peace after walking with us and "taking only memories and leaving only footprints;"

Continued on page 7...

Abbott Northwestern Hospital Campus Renewal Project is About to Begin

By ALISON PENCE, DIRECTOR OF COMMUNITY ENGAGEMENT, ALLINA

Allina Health's Abbott Northwestern Hospital is about to kick-off a multi-year campus renewal project that will help us transform our facilities and prepare to provide patient care for at least the next 50 years. Abbott Northwestern has been a part of this neighborhood for more than 138 years and we intend to stay and invest in our facilities in this community. We are also abiding by the Covenant - the agreement that was made with the residents of the Phillips neighborhood many years ago - and will not buy any additional residential property in order

to expand the campus.

Before we improve patient care areas at Abbott Northwestern Hospital, we need to complete two critical infrastructure updates. We need to build a new Central Utility Plant (CUP) near 26th Street and Chicago Avenue. The CUP will replace the hospital's old energy and steam producing equipment with more reliable and energy-efficient technology. This equipment is essential to running both Abbott Northwestern and Children's hospitals. We also need to build a new Transportation Hub and add two levels of parking to a ramp near 28th Street & Chicago Avenue. Building a new Transportation Hub will allow us to tear down a dif-

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PHOTO CREDIT: CITY OF MINNEAPOLIS

"I can't in good conscience continue to support unsustainable unimaginable policies that continue to disrupt our communities. I really support this effort to create a more sustainable future for our communities, for our City." – Minneapolis City Council Vice President and Ward 8 Council Member Andrea Jenkins

It will become a community owned and operated enterprise that includes hydroculture; aquaponics; affordable low-income housing; a world market; community kitchen; entrepreneurial start-up spaces for people of color; and the largest solar array in Minnesota.

Andrea Jenkins, vice-president of the Minneapolis City Council, spoke passionately

Continued on page 6...

Letter, July 25, 1990

Garbage

By MYRTLE LARSON

Myrtle Larson was approximately 80 years old and lived on 16th Avenue near 28th Street when she wrote this letter. The new Garbage Transfer Station was never built.

"Over fifty years ago I took a course in Chemistry at the University of Minnesota. The professor who taught the course was Dr. I. William Geiger. He was very special. He was a dedicated conservationist and environmentalist. He taught us that waste materials could be transformed into useful products. One such product is methanol which could be used for energy to run automobiles.

We asked him why metha-

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VACCINES ARE HERE, MINNESOTA

Brighter days are ahead

ACCESS WILL BE FAIR
Vaccines are being distributed to those who are most likely to get COVID-19 and those most at risk of serious complications.

This approach will help us save the most lives and put us on a path to ending the crisis brought on by the pandemic as quickly as possible.

PLEASE BE PATIENT
Most of us won't have access to the vaccine for several months. All Minnesotans will have access to the COVID-19 vaccine.

YOUR SAFETY IS A PRIORITY
Getting vaccinated against COVID-19 is the best way to protect yourself and your community.

VACCINATION HELPS END THE PANDEMIC
Getting vaccinated will help us reopen the economy and relieve severely impacted hospitals and communities.

STAY SAFEMN 

INSIDE...

- How to get involved in the East Phillips Neighborhood Institute! p 6
- Excerpts from Laura's column, Indaway Mahgahnug (All My Relatives) p 7 & 10
- Financial & Tax tips and assistance p 3 & 10
- Cultural Wellness Center news on neighborhood nutrition programs p 8 & 12

thealley

Alley Communications IS connecting neighbors, promoting art and culture, advocating for issues, building health community, facilitating deliberation, lifting every voice, documenting history, agitating for change, giving truth and democracy a jog forward.

Guided and Informed by: Phillips residents

Governed by Directors: Cathy Strobel-Ayres, Pres.; Thorbjorn Adam, Eric Angell, Kyle Cranston, Steve Dreyer, Lee Leichtenritt, Frances Mendenhall, Steve Sandberg.

Operated by Editorial Leadership Team: Lindsey Fenner, Mary Ellen Kaluza, Carz Nelson, Minkara Tezet, Harvey Winje, and Jessie Merriam

Facilitated by: Graphics Designer and Coordinator, Jessie Merriam.

Page Coordinators: Steve Dreyer and Julia Robinson-Frantsvog, VV News; Hannah Lieder, EPIC News; Sunny Sevigny, MPNA News; Roberta Barnes and Susan Ann Gust, BackPage. Social Media: Jessie Merriam, Susan Gust

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

Board meetings: 6:30 PM 2nd Tuesday by Zoom. Editorial Leadership Team 2nd and 4th Mondays 8:30 -10:00 Mornings by Zoom and virtual conversations as needed.

Correspondence becomes the property of the alley and may be published.

Journalists' opinions in **the alley** and social media are not the opinion of Alley Communications, et al.

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

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

**Submissions due the 15th day of the previous month.
email: copydesk@alleynews.org**



Library News

By CARZ NELSON

For updated information on Hennepin County Library services during the Coronavirus Pandemic, visit **www.hclib.org**. All information is accurate as of January 15 2021.

PROGRAMS FOR BLACK HISTORY MONTH

This February HCLib is hosting virtual programs for Black history month, in partnership with the Minnesota African American Heritage Museum & Gallery (MAAHMG). In addition to films that address the arts in social justice movements, there will be panels with community leaders.

LIBRARY UPDATES:

East Lake Library Grab&Go
East Lake Library, located at 2727 E. Lake St., reopened on December 27. The building was damaged during the uprising and had been closed for rehab and repair. The library is now available for Grab and Go service
**Sunday 12-5 PM;
Mon, Tues, Thurs 9 AM to 5 PM
Wednesday 12-8 PM.**

Franklin Library
1413 E Franklin Ave., is open for computer use only. Call (612) 543-6925 to make an

appointment. The building will remain locked, but staff will let you in at your appointment time. Masks are required and will be provided if you do not bring one. Because of social distancing, staff will be unable to offer computer assistance. You will have access to a desktop computer, Internet, and printing. You will need to bring your own headphones.

At this time, Franklin Library is open for computer use ONLY. Other areas and services, including book/DVD checkout, are not available. Returns are accepted during staffed service hours.

Franklin Computer Hours
**Tues & Weds – 9 AM to 5 PM
Thursday – Noon to 8 PM
Friday & Sat – 9 AM to 5 PM
Sunday & Monday – Closed**

Grab & Go Library Service at Hosmer Library
Hosmer Library, 347 E 36 th St., is open for retrieving holds, limited browsing of materials, checking out items, returning library materials, quick reference support, computer appointments and printing.

Meeting rooms, study rooms, children's play areas, and lounges will not be available for use at this time. Masks are required and will be provided if you don't bring one. Check the library website for up-to-date service information and hours.

Due Dates Extended
Due dates for physical materials continue to be automatically extended. You are not required to return materials at this time. Libraries are accepting returns during staffed service hours only. Items will be

removed from your account after a three-day quarantine.

Outdoor Wifi Available at Franklin & Hosmer Libraries

Free Wi-Fi is available in the parking lots and grounds of several Hennepin County libraries, including Franklin and Hosmer. Library staff can help you find the best signal.

Homework Help
Live, virtual tutors are available through Help Now www.hclib.org/programs/home-work-help.

At-Home Service
At Home service is provided free of charge to Hennepin County residents who can't get to a library due to illness, disability, or visual impairment. To apply for At Home service, submit an online application or apply by phone 612-543-8850 Monday through Friday, 10 AM to 5 PM.

Expanded Hours for Library Social Worker

A social worker is available outside the library at **Franklin Library** Wednesdays and Fridays, 9 AM – 5 PM, **East Lake Library** Tuesdays and Thursdays 9 AM-5 PM.

- Basic needs (clothing, food, meals, shelter)
- Chemical Health
- Disability Services
- Education & Employment
- Hennepin County Benefits
- Housing
- A listening ear
- Mental Health Resources
- Transportation

E-Books and Audiobooks
Libby: Available for iOS and Android devices; use the app to access downloadable ebooks and audiobooks.

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

Online Services
Go to the library without leaving home. Here are just a few of the services available at www.hclib.org:

- Tools for job searches
- Ancestry Library Edition and other resources to research family history
- Local music on MNspin

Ask Us: Have a reference or library account question? Call, text, chat with, or email a library worker. www.hclib.org/contact Call 612-543-KNOW (5669) to reach library staff by phone. **Mon to Thurs – 9 AM to 9 PM
Friday & Sat – 9 AM to 5 PM
Sunday – Noon to 5 PM**

ESPAÑOL/SPANISH: Llame o envíe un texto al 651-503-8013 para recibir ayuda en español.

HMOOB/HMONG: Hu losis text rau lub tsev nyeem ntawv ntawm 612-385-0886 txais kev pab hais lus Hmoob.

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

Carz is a Phillips resident and an enthusiastic patron of Hennepin County Library.



"BOOKHEAD" BY JESSIE MERRIAM

METRO TRANSIT

Stops and Infrastructure

By JOHN CHARLES WILSON

Even though I normally write about schedule and routing issues, there is little going on on that front this month. However, I've gotten a call and an email about bus stop and infrastructure issues, which gives me material for this month's column.

Last year, Route 2 got the "Better Bus Route" treatment. This consists of making the stops farther apart and putting shelters and benches at more of them. The idea is to make the bus go faster and give riders a better experience. This works to a point, but transit agencies need to be cognizant of people who have a hard time walking when they decide where to place stops.

Traditionally, bus stops were placed at every inter-

section, regardless of the length of the blocks. In the Twin Cities, blocks are traditionally 1/16 of a mile by 1/8 of a mile. On the few routes left with the traditional stop pattern on the 1/16 mile blocks, the close stop spacing appears ridiculous to some.

Modern "best practices" are to have bus stops 1/4 mile apart: four short blocks or two long ones. For people with normal mobility, this is a good balance between bus speed and stop closeness to destination. Too many stops, and the bus goes too slow to satisfy most people. Not enough stops, and extra time spent walking takes away any advantage in higher speeds. However, for people who have difficulty walking, 1/4 of a mile is too far, and may even be a deal breaker. Placement of stops is also important: there should always be a stop where two or more routes intersect. I have heard several people are dismayed at the removal of stops by the new Chase Bank and by Maria's Cafe, at the intersection of Routes 2, 9, and 14.

The other issue I hear about

is inadequate snow clearance at bus stops. Having to climb a snowbank to board a bus is simply not safe. Slipping off or sinking into the snowbank

Do you read "the alley"?

Want it to continue, grow, improve, and land at your doorstep or on a newsstand as a "free newspaper" each month?

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at an inopportune time is a realistic worry. Some bus drivers recommend standing at the nearest clearing or standing in the street, which are a little safer but can often be uncomfortable.

If Metro Transit wants to increase ridership, it needs to consider all the needs of its customers. Speed isn't everything to some demographics.

May Day Café

Open for business

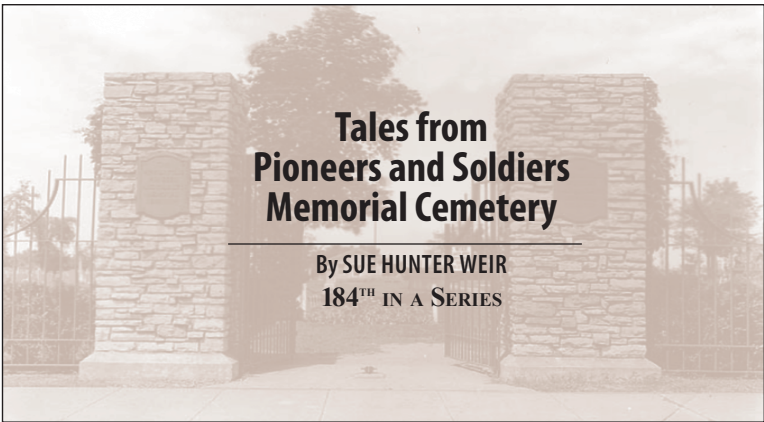
four days a week,

FRIDAYS THRU MONDAYS

from 9am to 1pm

for TAKE OUT only.

No inside seating.



Early African American Barbers in Minneapolis

Barbershops have long played a key role in African-American communities. In addition to providing gathering places, they have often provided a path to economic independence for African-American entrepreneurs. In “Cutting Across the Color Lines,” historian Quincy Mills noted that: “Barbers were members of the black middle class in the nineteenth century, and their shops were among the most numerous of black businesses in the 20th century.” Barbers were among the more prominent and most well respected members of the community.

In the 1859 City Directory, Ralph T. Grey was listed as one of only six barbers in Minneapolis. He was the father of Toussaint L’Ouverture Grey, the first African-American child born in St. Anthony, and the son-in-law of William Goodridge, a barber and entrepreneur, who ran the Underground Railroad between York Penn-

sylvania and Philadelphia before the Civil War.

Goodridge was one of the most successful African-American businessmen of his time. He used the knowledge that he gained as a barber to invest in real estate as well as a number of other business ventures and to use the profits from his businesses to further the cause of social justice.

His involvement with the Underground Railroad is documented as early the Christiana Riots in 1851. Several of the fugitive slaves who were involved in that riot were smuggled across Pennsylvania on railroad cars owned by Mr. Goodridge during the first leg of their flight to Canada and freedom. Eight years later, Oliver Perry Anderson, a member of John Brown’s raiding party, hid in Goodridge’s home and office building until abolitionists thought it safe to move him to Philadelphia. Although Mr. Goodridge was very discrete about his activities, pro-slavery forces suspected his involvement. His home was under constant surveillance, and there were rumors of plots to kidnap him and take him to the South where he almost certainly would have been



Woodford Anderson is one of eight African-American Civil War veterans buried in Minneapolis Pioneers and Soldiers Cemetery. His marker, which had been badly damaged, was replaced this past summer. New military markers were placed on the graves of three African-American soldiers whose graves had previously been unmarked. Other markers, which were broken or illegible, were replaced. As of 2020, each of the eight veterans' graves is marked.
Mr. Anderson worked as a barber. He was born in Kentucky in 1820 and served in Company D of the 17th U.S. Colored Troops. He died on June 19, 1908, from heart disease. He was 88 years, three months and nine days old.

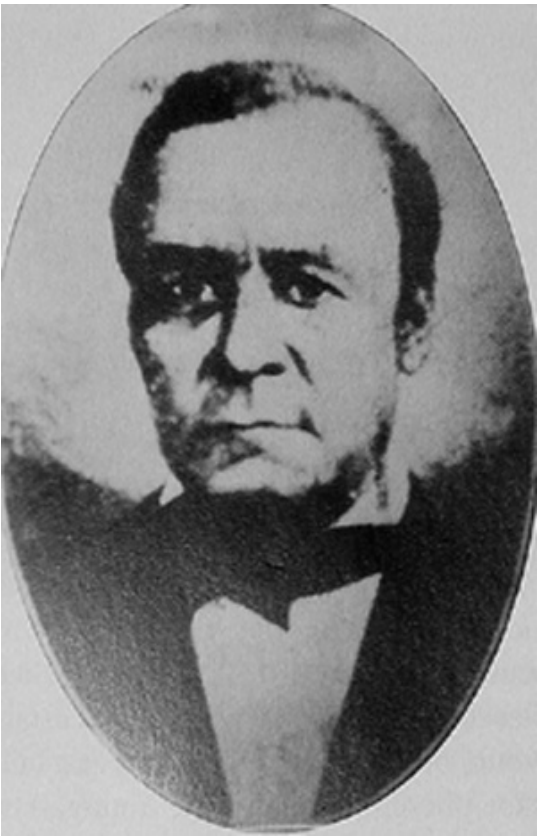
killed. Those threats coupled with personal and financial problems eventually forced him to leave Pennsylvania.

In 1865, Mr. Goodridge moved from York to Minneapolis to live with his daughter, Emily, and her husband, Ralph Grey. The Greys, who had been in Minnesota since the late 1850s, were active members of the anti-slavery movement in Minnesota and were instrumental in helping a woman named Eliza Winston attain her freedom in 1860.

Skilled barbers were in high demand and since the tools of their trade were relatively inexpensive and easily portable they were well positioned to relocate. By 1871, the city directory listed 28 barbers, 16 of them were African-American. Four of the African-American barbers

listed, including Civil War veterans Henry (Sandy) Bruce and Woodford Anderson, are buried in Minneapolis Pioneers and Soldiers Cemetery.

More than a dozen African-American barbers are buried in the cemetery. Those not previously mentioned are Joseph Black, Scott Cratic, Emanuel Hamilton, Isaiah Howard, Thomas Jefferson, Clenis W. Lee, David Lewis, George W. Minns and Samuel Williams.



William Goodridge (photo credit John Vincent Jezierski)

Eating Better and Saving Money in 2021

By MARY ELLEN KALUZA

By the time you read this, the holiday season will be a faded memory, even if the tree is still up dropping needles all over. Many of us have made and already fallen off our New Year resolutions, like spending less on take out and eating healthier. Reducing what we spend on food isn’t just a New Year’s concern, though, it is a year-round issue. And, it’s a tough one. We do have to eat and food costs money. We also have to contend with our busy, hectic lives. How many times have you stopped at a fast food place after picking up kids because everyone is tired and crabby? I only have my tired and crabby self to deal with these days and I’ve stopped more than I care to admit. **Cook BIG on the weekend** What’s a solution to the tired/crabby syndrome? Cooking

big. I always say, “If you’ve cooked and don’t have leftovers, you’ve just wasted your time.” I know a few people who cook something new each night, but when I finish work hungry and worn out, I will eat whatever is easiest, which is typically not the healthiest and comes directly out of a bag. Make a BIG pot of soup, stew, casserole, or salad on the weekend. Go for low-cost but protein-packed beans. Flavor with meat, if you like. There are a million different kinds of beans, each with unique taste and texture. Load up your pot with vegetables. Add kale, spinach or other greens to everything, whether it is included in the recipe or not. Chop it up fine if you have complainers to appease – that hidden nutrition will be easily overlooked. If fresh produce isn’t in season, go for frozen. Frozen vegetables typically retain more vitamins than the produce in

the grocery store that has traveled half-way around the world. And they can be less expensive than fresh produce in the dead of winter. Get adventurous with vegetables. Sweet potatoes in chili? Why not? Variety is the key to getting the full complement of vitamins and minerals we need. **Great time for life lessons** Cooking on the weekends is far less stressful than weeknights when you are tired and crabby, so it is much easier to have kids get involved. We all need to learn to cook, after all. What is the proper way to chop vegetables to retain all your fingers? How to be safe around the stove and appliances? Take turns picking out a recipe. Dole out cooking chores as appropriate. Bonus - give everyone a cleanup chore! Neighbors in the next door apartment will be envious Not only will you have a few dinners in the fridge that just need heating up, you’ve got lunches, too! When that chili is heating up in the microwave, I can guarantee someone will notice how good it smells, and wish they could trade their

factory-produced flavorless frozen entree for a bowl of your chili. **The pay off** Investing the time on the weekend will pay off. You’ll save money staying away from the drive-thrus, and feel better for the delicious and nutritious meals your family will have. *Author Mary Ellen Kaluza is a Certified Financial Counselor with LSS Financial Counseling. A version of this blog first appeared in Sense & Centsibility blog page.* *LSS Financial Counseling offers free counseling for budgeting, debt, student loans, foreclosure prevention, credit report reviews, and much more.* *Phone: 888-577-2227* *Website: www.lssfinancialcounseling.org*

Is there something going on in Phillips that should be noted in the alley? Maybe a shoutout for a job well done, an inspiring development, or a bittersweet farewell? Let us know all about it by sending your sentences to: copydesk@alleynews.org

CALL FOR SUBMISSIONS

Anxiety or stress during COVID-19 is normal



Spend time in nature



Take deep breaths



Be gentle with yourself and others

STAY SAFE MN

Random alley News

COMPILED BY LINDSEY FENNER



70+ Minnesota artists

THE ART SHOPPE
at Midtown Global Market

A collaborative of Minnesota artists with an online shop at theartshoppemgm.com

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Open Again

▶ Quatrefoil Library's Prime Timers Book Club continues to meet virtually while the library is closed due to Covid. If you are craving LGBTQ+ book talk, join the club for monthly meetings on Zoom. It's easy to join and all are welcome. For more information contact Rick Notch at ricknotch@icloud.com. The club has these terrific books selected for the first half of 2021 (all Book Club dates start at 1:15 p.m.): Feb. 20 - Swimming in the Dark by Tomasz Jedrowski; March 20 - The Storm, One Voice from the AIDS Generation by Christopher Zyda; April 17 - The Prophets by Robert Jones Jr.; May 15 - Fashionably Late: Gay, Bi and Trans Men Who Came Out Later in Life edited by Vinnie Kinsella; June 19 - The Inheritance by Matthew

Lopez. Quatrefoil Library's LGBTQ+ collection is available by drive up order at 1220 East Lake Street. Visit their website to learn more: www.qlibrary.org

▶ For Sale: 1100 E Franklin. The building currently leased by Chase Bank was listed for sale in December 2020, with an asking price of \$2 million. The building was last purchased in September 2018 for \$618,000 to be the new location of the UnBank branch on Franklin Avenue. The

owner Rule Breaker Three LLC, with project contact Gary Dachis (who is the principal CEO of Unbank) lost an appeal after their permit was denied by the Minneapolis Zoning Board because the location did not meet zoning regulations for alternative financial institutions such as Unbank.

▶ The new MN State Senator for District 62, Omar Fateh, has co-authored his first bill. The bill, SF76, would ban state and local

law enforcement from participating in Pentagon purchasing programs for military grade weapons and gear.

▶ #ReadingRedlining On January 15, 2021, Hennepin History Museum donated 100 copies of Richard Rothstein's book The Color of Law to Little Free Libraries across Hennepin County. This date marked the 54th anniversary of the opening of 35W, an engineering project that connected the metro area while displacing and dividing the communities in its path. Later this year, Hennepin History Museum will open an exhibit on the construction of 35W and the complex history of racism and housing in Hennepin County. They invite you to read the book and share your thoughts using the hashtag #ReadingRedlining. When you're finished, drop it off in another Little Free Library near you!

▶ A preliminary Minnesota Department of Health report showed a 31% increase in opioid overdose deaths for the first half of 2020 compared to 2019. If you are in Minneapolis and would like naloxone (commonly called "Narcan") to have on hand to reverse an overdose, contact Southside Harm Reduction: Text or call (612) 615-9725,

Continued on page 10...

Seward Co-op
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Locally grown and raised foods and natural wellness products since 1972.

317 E. 38th St.
2823 E. Franklin Ave. | www.seward.coop

NEW STORE HOURS
8AM-9PM

8AM-9AM will be reserved for older adults and those who have compromised immune systems

For the latest updates, please visit seward.coop/coronavirus/

EAST PHILLIPS IMPROVEMENT COALITION
EPIC NEWS **FEBRUARY 2021**

For ZOOM links and more information: Eastphillips-epic.com | Email: epic.ssantiago@gmail.com

Upcoming Events

February 4 at 7:00pm

EPIC Board Meeting Zoom

February 11th at 6:30pm

Monthly Community Meeting Zoom

Topics to discuss: Minneapolis United for Rent Control — we especially want to hear from renters, speed bumps and round-about in the neighborhood, committees — we want to expand our committee structure. This is an effective way to have a strong voice in the neighborhood.

February 18 at 7:00pm

Executive Community Mtg. Zoom

April 24 at 10:00am

2021 EPIC Annual Meeting and election of board of directors. Zoom

All EPIC meeting Zoom links are posted on the website: Eastphillips-epic.com

Ongoing Events

Every Saturday 9-11am

Neighborhood trash pickup for 20 minutes. For more information contact Nik at: subvert.designs@gmail.com

What's happening in East Phillips?

By the time this goes to print we will have hired a new executive director and voted new members onto the EPIC board. EPIC is gearing up to do new things in 2021. Currently we are looking for volunteers to chair the Garden Committee, run the April Annual Meeting, and chair Clean Sweep 2021. If you would like to help please contact Sarah at epic.ssantiago@gmail.com.

Love up our local environment!

Environmental justice has been a hot topic in our neighborhood for the past few years. But did you know there are many things that you can do right now to help the environment this winter?

- First, replace deicer, either salt or chemical deicer, with chicken grit. Salt is extremely toxic to lakes and rivers. Chicken grit doesn't melt ice but it creates grip. And in the spring you can sweep it up and use it again next year. Chicken grit is crushed granite. Corn based deicer is another environmentally friendly option.
- Spend time outdoors: biking, mushing, walking, sledding, skiing, ice skating, snowshoeing. It's especially important this year to get kids outdoors and active. The more time spent in nature the more you value it and the more you protect it.
- Cut down on eating meat, buy used clothes, use natural products instead of chemical, eliminate micro beads, learn about our local environment, buy local.



- Support the Urban Farm. Exciting things are happening and there are new supporters: EPNIfarm.org

- Support the Greenway sculpture project to beautify the EPIC Greenway entrance on 18th. Contact Tim Springer: 612 355 9600

Send photos of your winter fun to: epic.ssantiago@gmail.com We will post them on the website!



Winter Biking?

What other activity helps the environment, is great exercise and shows off our Minnesota cool? Okay maybe urban mushing and that's for another story. Now is a good time to get out on two wheels and enjoy our beautiful winters! Two designated bike routes run through our neighborhood: the Greenway and 17th Ave.

We Minnesotans know how to keep warm in winter: wear layers, keep your hands and feet warm, cover your head. Bicycling.com has some biking specific ideas:

- Lower the pressure in your tires.
- Carry hot liquids in insulated containers for a quick warm up.
- Add extra lighting to both the front and back of your bike. Visibility is key!
- Ride with fenders on your bike.
- Use ski goggles and a neck gator to keep your face warm.



MIDTOWN PHILLIPS

NEIGHBORHOOD ASSOCIATION INC

2021 ANNUAL MEETING

February 23, 6-8pm

VIA ZOOM

Watch www.midtownphillips.org for updated information

Featuring Speakers on Supportive Housing and Solutions to Homelessness

- Michael A Goze, CEO, American Indian Community Development
- Mpls Park & Recreation Board Superintendent Al Bangoura

Hear the annual report of MPNAIs activities & projects during 2020

- Learn about our partner organizations & upcoming initiatives
- Hear inspirational stories from neighbors
- Celebrate Midtown Phillips pride with fellow community members

Join the Midtown Phillips Neighborhood board!

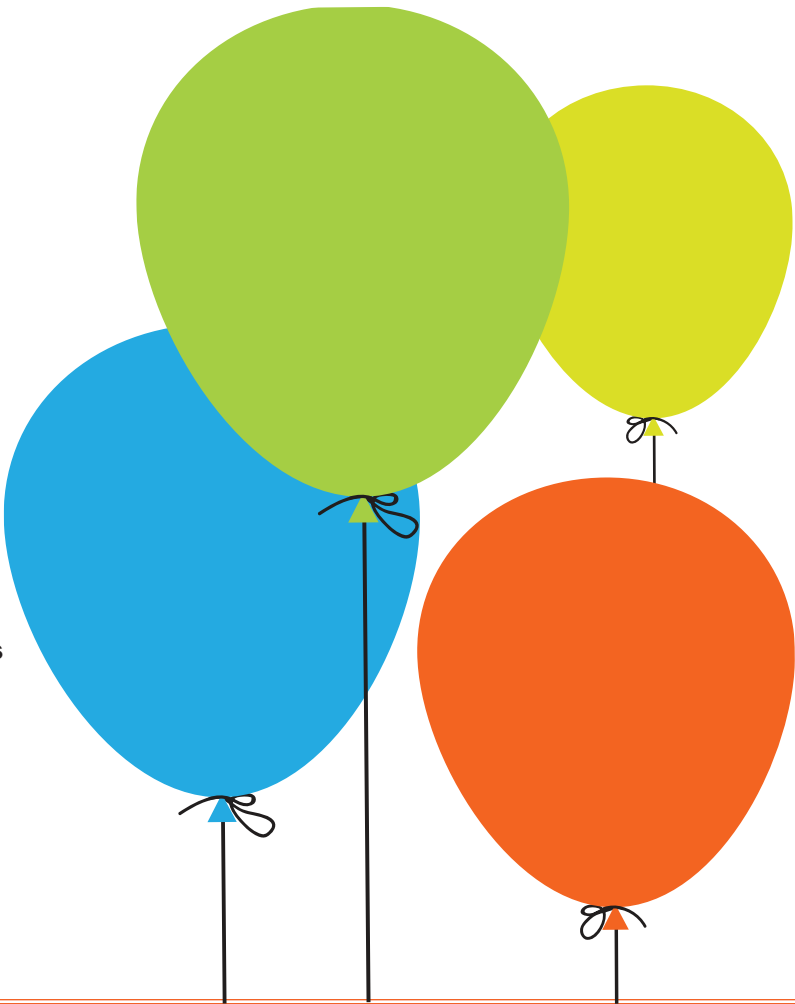
Visit www.midtownphillips.org/elections-2021 for more info

Join Zoom Meeting: <https://zoom.us/j/92761720780>

Meeting ID: 927 6172 0780

Dial by your location: +1 312 626 6799 US (Chicago)

Find your local number: <https://zoom.us/u/ac1FPka1K>



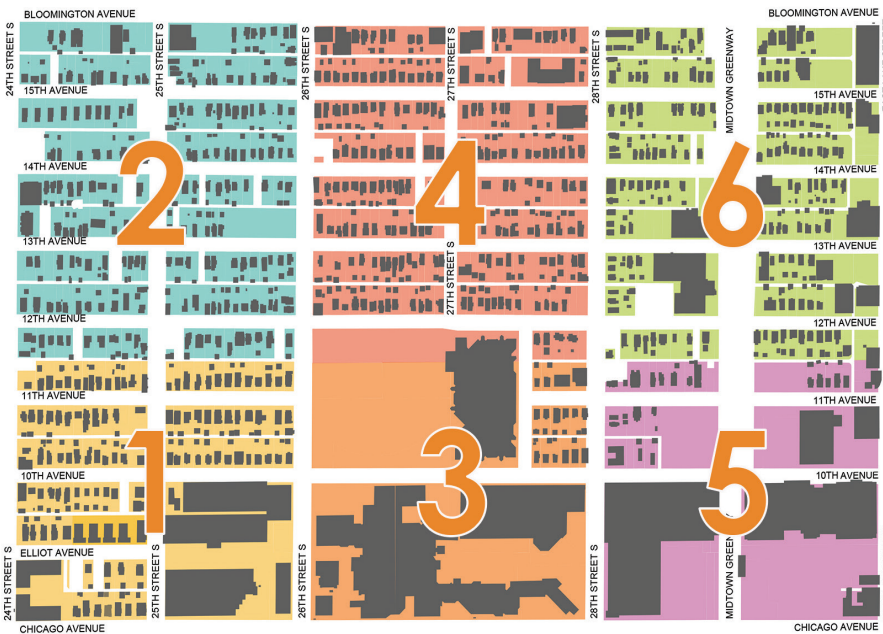
Join the MPNAI board

District Reps must live, work, or own property in their geographical area (see district map). An At Large Rep can live, work or own property anywhere in Midtown Phillips to be on the board. Representative terms are two-years and Board Chair is a one-year term. Participating on the board involves attending board meetings (currently held the second Tuesday of each month) and community meetings (when scheduled, held the fourth Tuesday of the month).

Visit www.midtownphillips.org/elections-2021 for more info and to nominate yourself or someone else for a board seat.

OPEN POSITIONS:

- Midtown Phillips Board President
- District 1: 24th-26th & Chicago to 12th Avenue
- District 3: 26th-28th & Chicago to 12th Avenue
- District 5: 28th-Lake & Chicago to 12th Avenue
- At Large Representative (2 seats)



How to Zoom:

BY PHONE:

1. On your phone, dial the +1 312 626 6799.
2. Enter the Meeting ID: 927 6172 0780 when prompted using your dialpad.

Note: If you have already joined the meeting via computer, you will have the option to enter your 2-digit participant ID to be associated with your computer. If you have not joined on your computer, simply press # again when prompted to enter in your participant ID.

BY WEB:

Get instructions on how to join meetings online on our meeting page at www.midtownphillips.org/meeting-schedule

FEBRUARY BOARD MEETING

Tuesday, February 9, 2021
6:30-8 pm

AGENDA:

- 2021 Partnership review
- Annual meeting prep

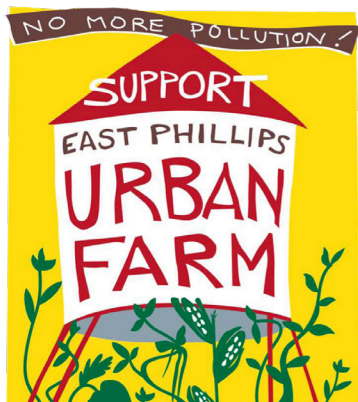
See www.midtownphillips.org for updates on agenda.

Join Zoom Meeting: <https://zoom.us/j/98650133025>
Meeting ID: 986 5013 3025

Dial by your location: +1 312 626 6799 US (Chicago)
Meeting ID: 986 5013 3025

Find your local number: <https://zoom.us/u/adRK0cpGjg>

Continued from page 1...
EPNI Success



about her experience as a civil rights advocate, declaring that racism is “a public health crisis” in the City. She pledged her support for the East Phillips Urban Farm, viewing the project as “a way to mitigate harms and address the inequities hoisted upon communities of colors, particularly in the East Phillips neighborhood.” Though Jenkins is just one voice on City Council, she is working to convince her fellow members to stand with East Phillips. Veda Kanitz, Chair of the DFL Party Environmental Caucus, gave a compelling

speech on the history of environmental racism and health disparities in East Phillips. Kanitz asked, “Where is the justice?” in Minneapolis’ Public Works plan and urged the City Council to “reconsider and allow this community to heal and grow.” Kanitz finished by listing the many attributes of the East Phillips Urban Farm and the importance of investing in green futures for all. We heard from MN State Senator Patricia Torres Ray, who recognized East Phillips neighborhood’s “long and difficult journey” in achieving environmental justice. She praised the diversity and resilience of the community, highlighting the power of collective voices coming together. MN State Senator Omar Fateh pledged his support for the project, emphasizing the need for capital investment in East Phillips and communities of color. Fateh called the project a “standard for the future” that combines economic opportunity, food security, and sustainability. EPNI introduced their investor, Mark Erjavec of Agro

Fund One, who restated his commitment to purchase the Roof Depot from the City of Minneapolis and develop the 40,000 square foot hydroponics operation. He pledged a donation for EPNI’s legal fund and offered to support the bond to prevent the City’s demolition of the Roof Depot building. He hopes that the East Phillips Urban Farm will become a model for collective community ownership and green economies. Attorney Elizabeth Royal reported on the progress of EPNI’s legal case to challenge the City’s plan in East Phillips, stating that the lawsuit is in the discovery phase and has great merit. She stressed the urgency for financial support, as more funds are needed to stop the Roof Depot demolition. This project is made possible through the efforts of the East Phillips community, elected and community leaders, EPNI volunteers, East Phillips Improvement Coalition, Global Shapers, and financial backers. This will be a national model for an equitable community-driven economic opportunity. The

WHAT CAN YOU DO?

VOLUNTEER by attending our weekly **Wednesday meetings 5:00-6:00.**
Contact ccc.shapers@gmail.com for the Zoom invite.

Check out our website at:
<https://www.eastphillipsneighborhoodinstitute.org/>
There you can donate to our court fund and sign up for our email list.

POST ON SOCIAL MEDIA TO RAISE AWARENESS!
Tag your local officials and tag **#EPNIUrbanFarm**
Follow us on Instagram and Facebook.

CONTACT your Council Member and Mayor Frey, and **ask them to sell the Roof Depot to the EastPhillips Neighborhood Institute.**

COME ON OUT TO OUR EVENTS!
SIGN OUR CHANGE.ORG PETITION supporting the East Phillips Urban Farm at <http://chnng.it/nmKXM5Vkfx>
Contact EPNI at our website to support and work with your community groups.
Community allies are so important!

authors of this article are very proud and thankful for the leadership shown by EPNI and the East Phillips community as they continue to work towards making the East Phillips Urban Farm a reality.

MIDTOWN
GLOBAL
MARKET

NOW OPEN FOR INDOOR DINING

Welcome Back to the Market!
Join us for safely-distanced dining.

1-HOUR FREE PARKING
WITH ANY PURCHASE AT THE MARKET

MIDTOWNGLOBALMARKET.ORG
920 E. Lake Street | Mpls

IF YOU HAVE OR KNOW OF A SMALL BUSINESS THAT COULD USE EXPOSURE TO THE OVER 20,000 PHILLIPS RESIDENTS WHO RECEIVE THE PAPER EACH MONTH, **ADVERTISE WITH THE ALLEY!**

OUR AD RATES ARE VERY COMPETITIVE AND WE CAN WORK WITH YOU ON RATES AND SIZES.
EMAIL COPYDESK@ALLEYNEWS.ORG

Continued from page 1...

Allina Health Campus Project

ferent parking ramp to make way for a new patient care space while abiding by the Covenant. Both the CUP and the Transportation Hub will include many features that reflects Allina’s commitment to environmental sustainability. With the CUP, we will be replacing eight 1950s-era boilers with two new energy-efficient boilers. We will also replace nine old emergency power generators with three new energy-efficient generators. The CUP will have a rainwater capture feature to reduce strain on the local sewer system. The Transportation Hub will include a Community Solar Garden, to be built by Cooperative Energy Futures, which will generate about 1 megawatt of electricity, enough to power 250 homes. The Transportation Hub will also include many options to support multi-modal commuting, including a new bike center for employees, Electric Vehicle (EV) charging stations, ride share parking and a new promenade along to the top of the Greenway to connect Chicago and Elliot Avenues on the north side of the Greenway.



New promenade along the Greenway between Chicago Avenue and Elliot Avenue



Transportation Hub



Central Utility Plant located at the intersection of 26th Street and Chicago Avenue

Continued from page 1...

Remembering Laura Waterman Wittstock

footprints that touched Mother Earth lightly but are a large challenge to follow and to fill.

“There is never enough room to get in all that should be said about a historical figure, but not just a litany of events in which she/he was present, but something of the woman/man her/himself,” as Laura herself wrote about another Indigenous elder. Laura also wrote the headline, “The Cosmos Has Grown by One More Star” about another activist of Indian causes. Both are fitting for her, too.

Laura’s own words in, “Remembering Those Who Went Before,” May 2020, are a good start to remembering the way she blended compassion, wit, and values.

Words enriched our lives with words in print and on radio for decades. Here are a few excerpts from her column, Indaway Mahgahnug (transliteration: All My Relatives) in the alley Newspaper and a list of some articles she wrote for the alley in the last 30 years.

Excerpts from the alley

By LAURA WATERMAN WITTSTOCK

“Remembering Those Who Went Before,” the alley, May 2020

“...In this day of massive mourning in the whole world, our previous plans for death may seem outright whimsical. My husband and I will have been married for fifty years if we make it to August 30th. Our loving plans call for cremation and then mixture with whichever of our pets we have had throughout our married days that the children choose to include. Some might be considered pets of the children and those would be kept out. Others would be too precious to put away. But we are hoping a few pinches from the list above could be included. A bit will go to the Seneca Nation of Indians Cemetery where my parents are buried and likewise a bit will go to the Sheboygan, Wisconsin cemetery where my husband’s mother and father are buried. That’s the beauty of ashes. You can go wherever your children or loved ones wish to place you.



“Fondly remembering Winona, a Cairn Terrier, Casey a Corgi, and all our other pets--Chubs, Skunny Wndu, Buckaday, Gahieestohd, Fibber McGee, Alexander, Casey, Spice, Precious Sparkle, and Monte; who brought joy and great interaction to our family.”

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

“Apparently, from reports in the newspaper, we are not the only ones with this dilemma. Lawyers everywhere are rushing to figure out how to get wills done.

“We are far from wealthy but we do have enough to leave a little something behind. I’m amazed to find out how little attachment I have to those things I thought precious when I acquired them. We know our children won’t have room for what we call stuff. We have tried to pass on only junk free items, but it is hard when photos or that special silk scarf is involved.

“Next we have to downsize by clearing out the basement where 35 years of stuff have accumulated, some from a previous move – boxes of papers that never were opened. At least we are stuck inside where our work goes on. My husband is teaching his classes online using the popular Zoom and I am still volunteering for Wicoie, the nonprofit that supports language learning for very young children.

The blameless parents of the students have had losses beyond imagination. That is true for many communities throughout Phillips and the whole city. Let’s turn our thoughts to them at least once a day and give what we can, whether talent, food, funds of course, and precious time. That’s what we are rich in now.”

“Neocolonialism is Stealing Indian Birthrights,” the alley, June 1991

“This country owes an enormous debt to the native nations, and it is a debt that is due in perpetuity because this country was not vacant when the Europeans came nor will it be vacated by those who at times willingly and at other times unwillingly relinquished their lands and territories to the new nation. This simple truth has escaped many of the living who did not personally preside over the genocide of native peoples. The birthright of every Indian born is that her or his ancestors paid a price beyond imagining that their descendants would live as Indians.”

Continued on page 10...

“Laura Waterman Wittstock, Still the Superb Journalist: First Person Radio Signs Off the Air,”

BY ELAINE SALINAS, THE ALLEY, MARCH 2018

Excerpt from a longer history of First Person Radio and the beginning of Migizi Communications.

“The final segment of First Person Radio (FPR) aired on KFAI Radio in Minneapolis on February 14th, 2018, forty years after it originated as The Native American Program on KUOM-AM, the University of Minnesota’s radio station. First Person Radio can best be described as a labor of love coupled with a commitment to produce timely and accurate news and information about the American Indian community to counter the many misrepresentations and inaccuracies perpetuated about Native people in the major media.

“When First Person Radio was forced to sunset in 1992 due to rising production and distribution costs and declining support for public radio across the country, its legacy continued. Laura Waterman Wittstock, founder of MIGIZI Communications, took advantage of the large reservoir of knowledge and experience gained through First Person Radio to place the tools of communications in the hands of the younger Indian youth. MIGIZI’s Achievement Through Communications, and Native Academy programs became the first community-based programs in the city to give access to state-of-the-art technology to American Indian youth, thus closing the digital divide for hundreds of youth who lacked access to computers in their homes and other community settings. Today, this legacy continues through MIGIZI’s youth-run social media enterprise that provides an opportunity for Indian young people to tell their stories and serve the community through training in video production, marketing, and enterprise management.



J ARTHUR ANDERSON

“Laura Waterman Wittstock served as President of MIGIZI from 1986 to 2004 when she retired from the organization. Her life-long passion for Indian journalism motivated her to resurrect First Person Radio in 2010 as a one-hour Indian current events program on KFAI Radio. Over the course of the next eight years, she grew a loyal listening audience that included former and new listeners from throughout the metro area and across the country who are as hungry today as they were back in 1977 to hear news and stories from a uniquely indigenous perspective.

Laura’s last two years of producing and hosting First Person Radio demonstrated her indomitable spirit and fortitude as she continued to meet the demands of the weekly program despite declining health and limited mobility, conditions that ultimately caused her to retire the program in February 2018.

It is only fitting that the final segment of First Person Radio was a tribute to Laura and her legacy.”

“We Are Still Here: A Photographic History of the American Indian Movement,” Dick Bancroft, Photographs and Laura Waterman Wittstock, Text, Minnesota Historical Society Press, 2013



“Having reported on many of the events depicted in this book, when they were actually happening, I have found catching up with some of the central figures of the day to be a lesson in the trickery of time. Memories have lost clarity in some cases, but in others flashbacks to events forty or more years ago recall the American Indian Movement as an organization built less on files and organizational charts and more on relationships that have held steadfast over time. Several of the individuals whose photographs are in this book remember so clearly because they have aged together, as AIM built its way into its new job: that of making communities work. They kept learning new ways to put Indian people at the center of their concerns.”

LAURA’S ARTICLES in the alley OVER THE YEARS

- “Oil and Water: Competition for Funds and Indian Cultural Values.” January 1991
- “An Uncertain Future for Indian Organizations,” August 1991
- “Inconsequential, Quincentenary Quintessentials,” October 1991
- “Cultural chauvinism comes in all colors” September 1991
- “Here’s to You, Professor Hill,” Nov. 1991
- “Looking Toward 1992 With Hope,” December 1992

- “Commentary On ‘Reframing Minnesota,’ Paint the Real Stories, September 2016
- “Jim Northrup Remembered-- April 28, 1943 – August 1, 2016,” September 2016
- “Roger Buffalohead May 30, 1939 – September 6, 2016: A Great Life Remembered” Nov. 2016
- “Analysis: The 2016 United States of America Presidential Election,” Dec 2016
- “Larry Levanthal April 28, 1941- January 17, 2017 The Cosmos has Grown by One More Star”
- “The Next Four Years, More or Less,” February 2017
- “What We Know About Trump So Far,” March 2017

- “Letter to the Editor: Profile Police Stops That Fear Non-whites of Any Age,” June 2017
- “Bill Parker—Friend to the Indian Community,” January 2018
- “Nowa Cumig: Dennis Banks—1937-2017,” December 2017
- “Francis Fairbanks-1929-2017,” Dec. 2017
- “Autumn In Our Hearts, Ojibwe and Dakota Culture, Tradition, and Language,” Oct 2017
- “Dick Bancroft: Champion With a Camera,” October 2018.
- “Dick Bancroft: Story Teller—1927-2018,” July 2018

Check out the Back Page to learn more about this exciting endeavor on the MOVE!

THE CULTURAL WELLNESS CENTER and the UMN DEPT. of FOOD SCIENCE NUTRITION WORKING TOGETHER ON BEHALF OF COMMUNITY

Neighborhood Nutrition

Ancient Whole Grains

Cultural Wellness Center's Community Health Hub
University of Minnesota Department of Nutrition

Midtown Global Market Restaurant Owners and UMN Students Partner

- Developed heart healthy and diabetic friendly menu modifications
- Created immune supporting pamphlets for Midtown Global Market restaurants

Ancient Whole Grains in the Food System

- Researched the food system for how to make ancient whole grains accessible in the community
- Formed advisory council of community, academia, and industry
- Introduced to Chef Robert Taylor to gain knowledge about culinary heritage
- Developed an understanding of a community-based project

The Future

- Explore culinary heritage with chefs and within the community
- Host ancient whole grains tasting events

Fall 2019

Community Health Hub and University of Minnesota Pilot study launched

- A cohort of 12 undergraduate University of Minnesota nutrition students engaged in experiential learning Midtown Global Market under the guidance of Roberta Barnes

Spring 2020

Community Health Hub Summer Interns Mentored by Roberta Barnes

- Researched the properties and significance of ancient whole grains (millet, teff, fonio, sorghum, African rice)
- Prepared community education handouts on ancient whole grains
- Worked with Chef Bill Lendway to understand the sensory qualities of ancient whole grains
- Gained insight on the role of nutrition professionals in the community

Fall 2020

Getting to know Ancient Whole Grains

- New cohort of 12 nutrition undergraduate students
- Develop ancient whole grains social media campaign
- Participate in panel discussion on community-academia partnerships
- Support Cultural Wellness Center chefs to develop culturally significant dishes using ancient whole grains

Spring 2021

Summer 2021 and Beyond

Project Goals

- Increase utilization and consumption of ancient whole grains
- Fill gaps in undergraduate nutrition education
- Develop a framework for community-academia collaboration

PARTNERS IN CULINARY WELLNESS

Grassroots Gourmet



Produce Exchange (Fields of Joy)



Seward Coop



May Day Café



African Grains



African Rice

One cup of african rice accounts for 8-12% of your daily carbohydrate intake.

Fonio



Fonio

Fonio is ideal for celiac's and diabetics.

Millet



Millet

Millet is rich in fiber and easily digestible.

Sorghum



Sorghum

Sorghum is commonly used in molasses which is rich in vitamin B.

Teff



Teff

Teff is often made into flour for delicious gluten free breads and crepes.



Cultural Wellness Center
Health · Heritage · Harmony



Midtown Global Market



Alyson Hornby



Anna Bougie



Anna Zellinger



Autumn Christensen



Daryrn Macasieb



Hannah Lux



Hannah Stoker



Isabella Wiggins



Nathan Seim



Shannon Anderson

"We are excited to be working in partnership with the Cultural Wellness Center's Backyard Community Health Hub on increasing awareness about and access to ancient whole grains within Midtown Global Market. This experience allows us to work alongside local chefs and entrepreneurs in the community. We hope to gain understanding of how to work in diverse community settings and learn how to allow the community to increase daily consumption of teff, fonio, barley, millet, sorghum, and African rice. Together, we will create a social media presence for the community to connect with ancient whole grains." --University of Minnesota Undergraduate of Nutrition Student Cohort



Cultural Wellness Center
Health · Heritage · Harmony
2025 Portland Avenue South Minneapolis, MN 55404
612-721-5745 | www.culturalwellnesscenter.org



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VENTURA VILLAGE NEIGHBORHOOD

F E B R U A R Y ' 2 1 N E W S

- **On January 13th, our Ventura Village Neighborhood board and membership met for the first time in 2021.** Board officers elected were Josiah Hanka (chair), Elizabeth Ihde (vice-chair), Melanie Majors (secretary), and Ray Peterson (treasurer). At the meeting our former Crime Prevention Specialist (CPS), Kali Pliego announced that the City Council had voted to move the CPS program from the Police Department (MPD) to the Neighborhood Community Relations Department (NCR). Over the past twenty years, our CPSs Carla Nielson, Don Greeley and Kali Pliego have been effective in our community because they have had direct access to MPD information that the NCR doesn't have. The trust they built between the MPD and the neighborhood by getting out of their offices and cars has made them effective in dealing with crime and safety issues. The membership expressed concern that this is being interrupted at a very important time. They are also concerned that members of the community have not been consulted in this decision.
- **Our February membership meeting will be Wednesday, February 10th at 7 PM.** Our meeting will be available only by Zoom. You can get our Zoom link by calling 612-548-1598, by visiting our website venturavillage.org, or by emailing us at villageventura@gmail.com for more information.
- **Construction on the third residence of the Anishinabe Wakiagun complex began in January.** The building called Anishinabe III will have about 40 apartments. The building will run parallel with Franklin Avenue and face the courtyard inside *(1st and 2nd photo-Construction beginning on Anishinabe complex.)*
- **Coach Adam Ugas and the Urban Youth Connection indoor soccer program have not had a smooth season.** They began practicing in November and then the Park Board shut down all programs because of Covid-19 restrictions. They were able to resume practice on January 12th for three weeks and now have to give up their gym time for basketball teams. The number of players is restricted and they have to wear masks *(3rd photo-Ventura Village 7th and 8th grade soccer team. Submitted by Coach Adam Ugas.)*
- **Waite House is expanding the storage capacity for its food shelf program and has started interior remodelling on the 13th Avenue side of the Phillips Community Center.** They will resume serving from that side of the building after using the gym for the past 6 months. *(Bottom photo-Waite House food storage. Submitted by Ethan Neal.)*

COVID-19 UPDATES AT NACC BY: ASHLEE JALLEN

On Tuesday, December 29th, NACC held a brief ceremony to begin the COVID-19 vaccinations in a good way. Elders from our community welcomed the vaccine with prayer and good medicine. NACC will first focus on vaccinating our elders (65+) within the community. If you have any questions regarding the COVID-19 vaccine, please call (612) 872-8086 (press 7).

In the meantime, we will continue to provide COVID-19 testing for the community. Testing is available every Tuesday/Thursday at the old Dollar Tree space (located next to the main clinic). To schedule an appointment to get tested, please call (612) 872-8086.

NATIVE AMERICAN COMMUNITY CLINIC (NACC) RECEIVES \$3.8 MILLION AS PART OF MINNESOTA'S \$1.9 BILLION PUBLIC WORKS CONSTRUCTION BONDING BILL:



MINNEAPOLIS, MN - NACC was among 19 Native American (NA) organizations who had approached the legislature together at the beginning of the session. NACC's work at addressing COVID-19 head on and the healthcare disparities that were amplified by the pandemic accelerated its urgency within the equity appropriations objectives.

The money appropriated in the 2020 Bonding Bill will fund purchase of a clinic site in the cultural corridor on Franklin Ave in the Phillips neighborhood of Minneapolis. This new site will provide the space to offer accessible integrated: medical, dental, chemical, behavioral and traditional health services to the surrounding community. Yearly, NACC provides over 19,000 visits to approximately 4500 patients. In response to COVID-19, NACC

rapidly implemented a Telehealth program in order to continue to provide clinic services in the safest possible way, and through collaboration with other neighborhood clinics and partners, NACC provided free COVID-19 testing sites throughout the Minneapolis-St. Paul area. In the new clinic site, NACC will continue to apply their efficient and innovative health services to a wide array of patients who are underserved, furthering

their goal of providing equitable access to healthcare, and in particular Native patients who experience the greatest health disparities in our community. At the forefront of this work is Dr. Antony Stately, NACC's executive officer. This will greatly expand our capacity to serve our community, improve access to care and deliver on our mission

For more information, please contact Ashlee Jallen at ajallen@nacc-healthcare.org.

STAY SAFE MN

Keep it up, Minnesota!

1

Wash your hands

2

Get tested when sick

3

Stay 6 feet from others

4

Wear a mask

5

Stay home when able

6

Work from home when able

Continue to follow safe practices.

MINNESOTA

mn.gov/covid19

Free Tax Prep and Financial Services

PREPARE AND PROSPER

With a team of 550+ IRS-certified volunteers, the non-profit Prepare + Prosper (P+P) provides free tax preparation and financial services to approximately 12,000 people each year at

nine locations in the Twin Cities. P+P pairs tax preparation with financial services, savings accounts and credit reports, designed to help people move further down the path of financial well-being.

This tax season P+P is doing virtual tax prep via Zoom by appointment only. Visit prepareandprosper.org or call 651-287-0187 to make an appointment.

In-person drop-off service is available on a very limited basis and by appointment only. Call 651-287-0187 to schedule a time to drop-off your documents at a designated drop-off site. Instructions and more information can be found at prepareandprosper.org.

Prepare them yourself online for free with the help of the Self-Prep Guide and free online training session to get you started. Visit prepareandprosper.org for the Self-Prep Guide and to sign up for an online training session.

TAX SEASON TIPS

MARY ELLEN KALUZA

File Even If You Don't Have To

- Recovery Rebate Credit – Didn't receive your stimulus money or the full amount? You will need to file 2020 Form 1040 or 1040-SR.
- New for 2020 tax year – Filers can claim a charitable deduction up to \$300 for cash contributions in 2020, even if you don't itemize.
- Earned Income Tax Credit (and other tax credits) – If you have any verifiable earned income but not enough to be required to file income taxes, you could be eligible for a tax refund.
- Property tax refund for renters and homeowners – file this with the MN Department of Revenue. You do not have to file an income tax return to file for the property tax refund.

File Early

- Reduce the chance of someone filing a fraudulent return in your name.
- Receive your refund faster.
- Eliminate filing deadline stress.

Resources for Filing

Prepare + Prosper:

<https://prepareandprosper.org/free-tax-preparation/>

AARP Foundation Tax-Aide:

https://www.aarp.org/money/taxes/aarp_taxaide/

Movie Corner

Al Milgrom 1922-2020

By HOWARD MCQUITTER II

Al Milgrom was a milestone for film in Minnesota, namely so-called art house films and foreign films. He established the Minneapolis-St. Paul International Film Festival in 1981 held every April. The Festival draws an amazing 50,000 or more, currently centered at St. Anthony Main Theatre. Nobody fostered films the way he did leaving no doubt he was a true cinephile.

Back in 1962, Mr. Milgrom founded the Minneapolis-St. Paul Film Society at the University of Minnesota where he started a curriculum for teaching film cinema. It was not long before he created the Rivertown Film Festival in Stillwater that in time would become the acclaimed Minneapolis-St. Paul International Film Festival.

I considered him a mentor and an inspiration as a film critic. He loved conversation and many times I would see him mingling among the crowds at the MSP Film Festival and around St. Anthony Main. He didn't let his age get in the way of moving around dialoguing with patrons, students, thespians, and directors. Milgrom was instrumental in bringing famous directors such as Werner Herzog (Cobra Verde, 1988), Jean-Luc Godard (Breathless, 1959), and Miles Forman (One Flew Over the Cuckoo's Nest, 1975) to town. When funding was short he managed to find a way to support local festivals.

"It's a very difficult job to try to wrap up 98 years of life," Graeme Stout said about Milgrom. Stout is currently Director of Undergraduate Studies in the Studies in Cinema and Media Culture Department at the University of Minnesota.

Milgrom made films of his own, usually documentaries, such as The Dinkytown Uprising (2015), Singin' in the Grain (2015), and a full-length film in the Soviet Union (now Russia) in 1959.



Al Milgrom

MORDECAI SPECKTOR / AMERICAN JEWISH WORLD

Continued from page 7...

Remembering Laura Waterman Wittstock: in her own words

"Mother Earth Is Calling: Is Anybody Listening," *the alley*, May 1991.

"As another Earth Day comes and goes, the observances remind us that like other days to acknowledge mothers, one day does not do nearly enough. It reminds us of how little regard we have for Mother Earth the other 364 days. For example, how could the bombing of Iraq be, in anyway,

Continued from page 4...

Random Alley News

Monday through Thursday from 5-8pm, to set up delivery.

- Chef Soleil Ramirez, a native of Caracas, Venezuela, has opened Arepa Bar in Midtown Global Market. Arepa Bar features a variety of appetizers, entrees, desserts, and drinks. From Empanadas to Tequeños (Venezuela cheese sticks), Polvorosa de Pollo (chicken pie) to Arepas (Venezuelan filled white corn pockets, Papelon con Limon (dehydrated cane sugar with lime juice) to Quesillo (Venezuelan flan). Many items are gluten-free, vegan, or vegetarian.

Hours: Tuesday – Friday, 11 a.m. – 4 p.m.; Saturday, noon – 5 p.m.; Phone: 612-353-4885; Website: www.arepabarmpls.com. Midtown Global Market is located at 920 East Lake Street in Minneapolis.

- More candidates have announced they are running for the Ward 9 City Council seat being vacated by Alondra Cano at the end of 2021. Jason Chavez is currently President of MN Young DFL, and a committee policy aide in the MN House of Representatives. Al Flowers Jr is a community organizer and founder of Be Better Foundation, an organization that addresses gun violence in the black community. Carmen Means is a community organizer and pastor who lives in the Phillips neighborhood.

declared a victory? It wasn't even a victory in the military sense, as we understand that to be... More importantly, scientists who have long laid claim to Iraq as one of the most valuable sites of western antiquity, tell us that irreparable damage has been done to the desert terrain, its' ancient sites and structures, and almost unthinkable harm has been done to much future understanding of the significance of the people and their cultures that once flourished in that country...

"Letter to the Editor: Tell History in full context; A Single Story is dishonest, disrespectful, and sometimes a monstrous mistake" *the alley*, June 2017

"It is the artist's responsibility to understand the society in which he/she lives and to create art that moves society forward. Apparently this artist thought building a scaffold to reveal the horror of mass hangings would shock and wake people up about the scaffold of the future unless society comes to its senses. What the artist achieved was a grotesque placeholder of a time in history when white settlers brought along fried chicken and other snacks to watch 38 human beings being hanged en masse. We have had many such events in England, for example. The tower and square where beheadings took place are merely tourist attractions today. The blood has long dried.

"But 1862 is a year that is unsettled yet today. Dakota land was invaded, impinged upon, and even treaty land got no payment. The Dakota were at the point of starvation.

"Building a scaffold in a courtyard that holds other art rips open the wounds made to the Dakota people. A quiet burning is the only remedy to this monstrous mistake.

We have yet to learn the lessons of 1862. We have yet to become Minnesotans. No time better than now to begin"

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Thank you

45

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EXPOSURE ALERTS

Receive an alert if you’ve been near someone with COVID-19. The app is free and anonymous.



Tips from a COVID-19 Case Investigator

continued from p.1 ...

didn’t arrive until Wednesday night. The State of MN home COVID tests are saliva tests that need to be done under supervision through an internet video call. I logged on and completed my test by spitting in a tube for about 10 minutes. Then I had to figure out how to return the test to the UPS drop box. I didn’t want to put anyone at additional risk by entering a building, so a neighbor dropped the test off for me (thanks Matt!).

I finally got my test results on Friday night and I tested negative! But because I still had symptoms and because there was a small chance the test was a false negative, I decided to stay home for the full 10 days.

In some ways, I had it easy: I work from home and don’t have any caregiving responsibilities. But it was still stressful. I was worried about my own health and I didn’t want to get anyone else sick. I wanted every decision to be the right one. So, if you think you have COVID and you’re not sure what to do, ask for help. You don’t need to figure this out on your own.

Raise Your Voice

Path of the Lemming

By PETER MOLENAAR

Gardeners in the Phillips Community are probably familiar with the vole. Like all rodents, voles are highly intelligent within their own realm. However, within the span of a day, one of them might take down every red beet sprout. “Oh”, they smile sheepishly, “I couldn’t help it”, before scurrying back to the hole. Sadly, compassionate gardeners are compelled to purchase traps. I purchased mine from Welna Hardware.

Living low in the northern tundra is a species of vole called the lemming. Lemmings are famous for their periodic mass “suicides”.

Are there bigots in our neighborhood? Actually, I did meet one once. The poor white man was ranting about a display of Native regalia at the American Indian Center, and was disdainfully whining about similar expressions in Africa. Hey, I have a Sudanese immigrant friend who celebrates his traditional regalia in a series of smart phone photos. He is an engineer in the field of medical devices who, once invited to join a Native circle dance here, did so without missing a beat.

STATE OF MINNESOTA COVID HELPLINE:

For questions related to the COVID-19 pandemic, call 651-297-1304 or 1-800-657-3504

Mon.-Fri.: 9 a.m. to 4 p.m.

MENTAL HEALTH CRISIS LINE
Call: **CRISIS (**274747)

COVID COMMUNITY COORDINATORS:

- **Comunidades Latinas Unidas En Servicio (CLUES):** 651-768-0000, Mon - Friday 8:30 am to 5pm; Saturday 10:00 am to 2:00 pm (Spanish)
- **Cultural Wellness Center:** 612-249-9528, Monday - Friday 24 hours; On call weekends (English)
- **Division of Indian Work:** 651-304-9986, Monday - Friday 8:00 am to 5:00 pm (English)
- **WellShare International:** 612-254-7308 (Somali/English) 651-318-0051 (Spanish) 763-312-6362 (Oromo)

Mon-Fri 8:00 am to 8:00 pm; On call evenings/weekends: English, Oromo, Spanish, Somali

Lindsey lives in East Phillips and has been working a reassignment as a COVID-19 Case Investigator for local public health since May. She is tired but hopeful. Her opinions are her own.

38th and Chicago...

On a hot day in the early afternoon, Native women danced in full regalia. Fists clenched in the air, they declared: BLACK LIVES MATTER!

Who does not love the bigot? Our simple neighbor would do well to ponder Cahokia, an ancient city in the land now called Illinois. These were the mound builders who organized commerce on a vast scale. Perhaps some knowledge of Tenochtitlan, once the biggest and “most beautiful city in the world”, would nudge his consciousness. However, some educators suggest a “hands on approach”, i.e., task the bigot with building a canoe from birchbark!

After all, the free and full development of every individual is in the national interest... is it not? Ijeoma Oluo has written the book: Mediocore: The Dangerous Legacy of White Male America.

Unfortunately, Nixon deployed the “southern strategy”, and Reagan began his campaign in a Mississippi town where three civil rights workers had been brutally murdered. Later, the Bush clan whistled tunes such as “state’s rights”, and more recently, Trump blamed Obama for the loss of the “American Dream”, all the while making mediocre white men feel good again.

January 6, 2021...

Quite possibly, the orange one has led the lemmings over the cliff.

Continued from page 1...

Garbage

nol was not being produced then and he said, “Oh, I suppose it is easier just to drill a hole in the ground and pump the oil out.” And, of course, he taught us that waste could be transformed into fertilizer to return to the soil.

And so, we have been pumping out our precious deposits of fossil fuel at an alarming rate---not only for gasoline but for myriads of other things. It is difficult to look around and find something that does not have some relationship with fossil fuels.

I have been practicing Dr. Geiger’s teaching for nigh onto a half century. It has been a rewarding, fulfilling, flourishing life. The fruits of frugality are mighty sweet. I am over 80 years old now and I am still making compost to return to the soil.

The people of this country have become wasteful, extravagant and careless. I am deeply concerned about what the future holds in store for us. Unfortunately, those who share this concern are in the minority. This minority must now be heard.

Now, Hennepin County proposes to build a five story garbage transfer station right in the heart of the residential and food distribution area 28th Street and Longfellow Avenue. It is proposed that each day 280 garbage trucks will bring 400 to 700 tons of municipal waste to this station. This waste will be unloaded, compacted, and re-loaded into 20 ton trailers and routed to the downtown incinerator.

The proposed garbage transfer station will also be a drop-off area for recyclable material including household hazardous waste.

The ramifications of this proposal are frightening and mind boggling.

A project of this magnitude would in all probability turn out to be a round the clock ordeal.

The constant rumbling of all of these trucks would create a continuous earthquake destroying not only the roads but also the sewer system.

The high level of exhaust fumes and the stench from the garbage would make breathing almost impossible. The noise created would be deafening.

I have been hoping that my golden days might be spent in peaceful, tranquil dignity, but instead I think I will be buried alive in garbage and dirty plastic diapers. As I am forced to take my degraded, ignominious departure from this poor, tired, exploited Earth, I will go down screaming.

IT IS ALMOST AS DIFFICULT TO MAKE NOTHING OUT OF SOMETHING AS IT IS TO MAKE SOMETHING OUT OF NOTHING, SO QUIT GENERATING SO DAMN MUCH GARBAGE.

IF WE CAN GET TO THE MOON WE OUGHT TO BE ABLE TO TAKE CARE OF OUR GARBAGE.

A Brief history of the Garbage Transfer Station Struggle in Phillips 1988-1992

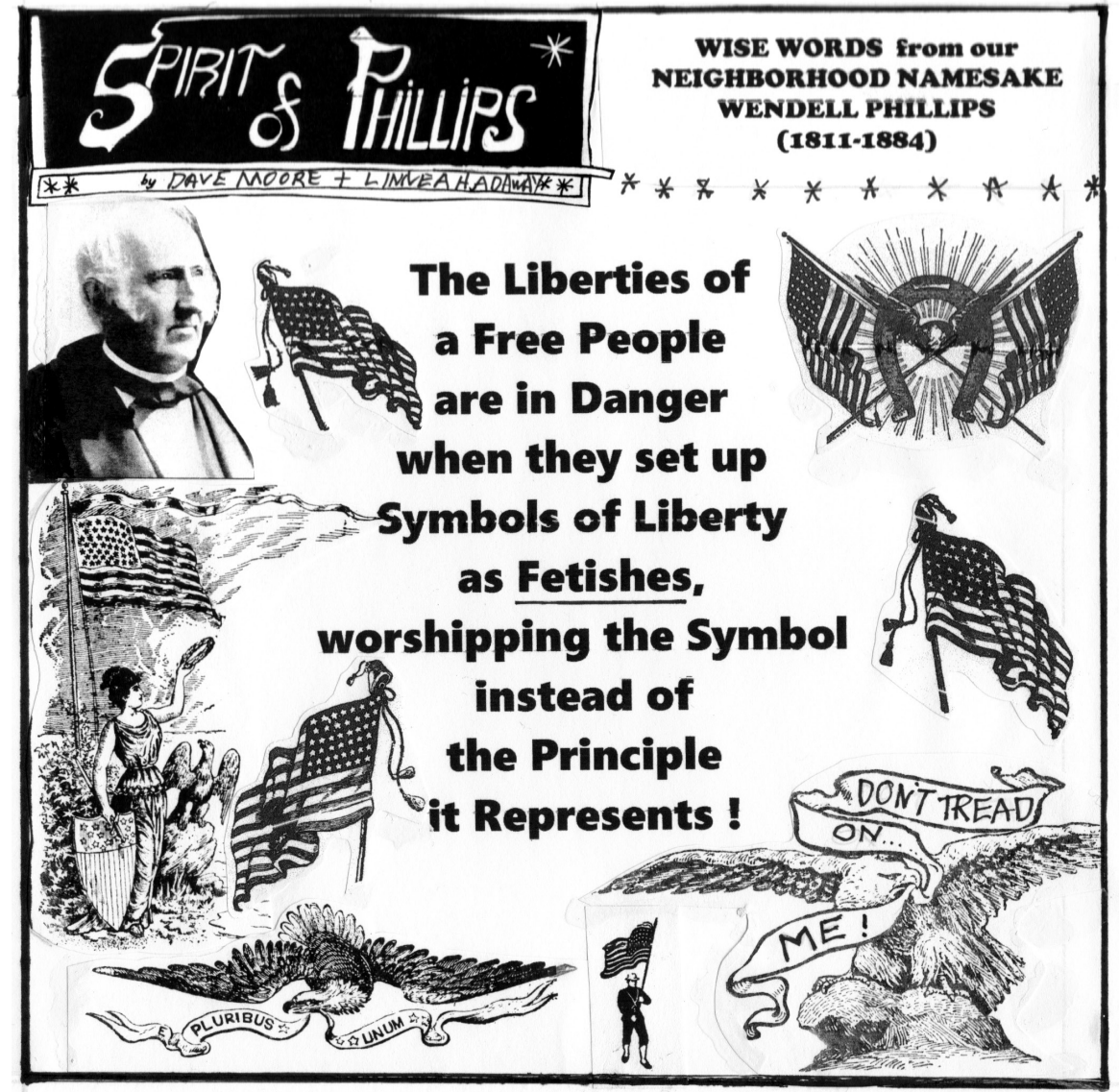
BY SUSAN GUST



A button from the Era

During this time period, a 10-acre garbage transfer station was to be built by Hennepin County to handle Minneapolis’s garbage. It would have stood in the corner of East Phillips that still hosts the old City of Minneapolis’s

solid waste recycling transfer station and what is now called the Greenway Building. It would have been adjacent to the Pioneer and Soldiers Cemetery and in the “backyard” of Little Earth Community. Over 750 City of Minneapolis garbage compactor truck trips would have rolled down Cedar Avenue daily to access the facility. Our City councilmember at that time referred to residents who were protesting this endeavor as “gnats” because of our relentless actions to prevent the transfer station from being built. We spun this into N.A.T.S-----Neighbors Against the Transfer Station. The best news, we prevented the garbage transfer station from being built, period. It was not built in Phillips, it was not built anywhere because Phillips Community residents were able to prove the transfer station was not needed (because the garbage data being used at the time was outdated), saving Hennepin County approximately 10 million dollars. ----



Community Health Hub on the
MOVE
to **EXPAND**
to *INCLUDE*
Culinary Wellness's
Neighborhood Nutrition

Check out
Page 8 in
this issue to
learn more!

Goodbye to our old
space, welcome to our
new space, still inside
of the Midtown Global
Market!

Watch the Community
Health Hub as we build
out our new space and
expand our health modal-
ities for our beloved back-
yard Community.



The space held the former Farmers Market Shed and transformation station where many various heal-
ing sessions were held. Space will be more than dou-
bled in size in our new transformed office area and
space to expansion into culinary wellness projects
and neighborhood nutrition.

"With this community-led project, we will develop tran-
sferable skills for nutrition undergraduate students, analyze
the food system related to ancient whole grains, and evalu-
ate the impact of ancient whole grains on cultural connec-
tions."

ALISSA PERTEET-JACKSON, PHD STUDENT,
UMN DEPT. OF NUTRITION



Robert Taylor



Bill Lendway

"Creating
dishes highlighting
ancient whole grains allows the
"know-how" and long-held wisdom of chefs
to intersect with the nutritional understanding
of students. In this cooperation, we may be able to
make changes to eating patterns, while linking gen-
erations through traditional ancient whole grains."

ROBERT TAYLOR AND BILL LENDWAY, CHEFS

"Ancient whole grains provide the opportu-
nity for students to experience nutrition in a
real-world community context. Often, nutrition
education is separated from the know-how and
community wisdom that connects people, cul-
ture, and health. By creating a dynamic partner-
ship, the community benefits from increased
awareness of ancient whole grains and under-
graduate students become well-rounded nutri-
tion professionals."

MELISSA JANSMA, PHD STUDENT,
UMN DEPT. OF NUTRITION



"Students learn community-based relationship
skills while introducing African whole grains into
the market. This unique collaboration allows stu-
dents to learn and experience the give and take
of community-based programs and activities."

LEN MARQUART, PHD, ASSC. PROFESSOR,
UMN FOOD SCIENCE AND NUTRITION



Coming Soon! The exapanded space
will also include the future Learning
Lab where healthy cooking and food
demonstrations will be conducted.



Roberta Barnes

"The Culinary Wellness'
Neighborhood Nutrition and
Ancient Whole Grains program-
ming will connect with commu-
nity through food, celebrating cul-
ture, and promoting health through
expanded opportunities in the
Learning Lab. "
ROBERTA BARNES, DIRECTOR,
CULTURAL WELLNESS CENTER,
COMMUNITY HEALTH HUB



"Culinary heritage allows us to reconnect to our culture and history.
It allows for our favorite and culturally significant dishes to be celebrated
and reintroduced by using ancient whole grains."

ATUM AZZAHIR, PRESIDENT AND EXECUTIVE DIRECTOR, CULTURAL WELLNESS CENTER



Coming Soon! The commercial kitchen where chefs
will be employed and food will be prepped and, in
some cases, cooked to provide food to those suffer-
ing from food insecurity. Stay vigilant to the rollout
of the Community Health Hub's new ancient whole
grains culinary wellness activities. We hope for very
promising health outcomes and increasing neigh-
borhood nutrition.

PHOTO CREDITS: ZAHIRA LOPEZ CRUZ AND JAMES PAGE



Cultural Wellness Center
Health · Heritage · Harmony

2025 Portland Avenue South Minneapolis, MN 55404
612-721-5745 | www.culturalwellnesscenter.org



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