Phillips

By JESSIE MERRAIM

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Tips from a COVID-19

Vaccinated.

Centers for Disease Control and Prevention (CDC) came out with new guidelines for people who are fully vaccinated last month. This guidance attempts to balance our need for social connection with what we still don't know about how the vaccines reduce transmission of

The COVID vaccines approved in the US have shown a really remarkable ability to prevent death or serious illness from COVID-19. But, like

Continued on page 10...

Case Investigator

Now What?

As more neighbors and loved ones are getting vaccinated, we're entering a hopeful yet complicated time of the pandemic. If you're like me, only some people in your household or social group are fully vaccinated (I'll probably be last on the list!). This means while there are some things fully vaccinated people can do with other should be careful when they're around folks who haven't been vaccinated yet.

First a definition: "Fully vaccinated" means someone who has completed their full vaccine series (2 shots for a 2-dose series like Moderna/Pfizer, and 1 shot for the Johnson & Johnson/ Janssen vaccine) and it has been at least 2 weeks since they had their final dose. Had one shot of a two-dose vaccine? Nope, not fully vaccinated. Had your last shot yesterday? Still not fully

ľm

NEW! RANDOM ALLEY

LABOR NEWS

PAGE 10

By LINDSEY FENNER

fully vaccinated people, they

vaccinated.

COVID-19.

Continued on page 8...

call!

Little Earth partnership redefines research

By SARAH McVICAR

DEEP WINTER GREENHOUSE V.3.0.2 UNIVERSITY OF MINNESOTA On occasional weekend mornings since last spring, you may have heard some hammering down the street. Tamales y Bicicletas has been working with the U of M, volunteers from Fireweed Community Woodshop, and other friends and neighbors

to troubleshoot and--slowly but surely!--

build a new custom model of greenhouse

that provides year-round growing space.

Building Green into Winter

Year-round crops coming to



build weekend to see how you can be involved! To support this neighborhood resource, please visit http://tamalesybicicletas.weebly.com/ (click "donate")

More info to come in May's issue of the alley!

Reprinted with permission from Metropolitan State University's Institute for Community Engagement and Scholarship

In 2015, Metropolitan State Human Services Professor Roberta Gibbons and residents of the Little Earth community embarked on a rare, shared project that would impact them both in fundamental and enduring ways. Like Little Earth itself – the only Native-preference Section 8 housing community in the nation – the initiative was unique from the start.

It began with a proposal for a small research grant from the U.S. Department of Justice to gather data about the drivers and causes of violence at Little Earth – and potentially secure a subsequent larger grant to fund community programming.

At the heart of the project was the unique way in which it embodied its model of Community-Based Participatory Action Research (CBPAR)

- what the Healthy City program defines as a "collaborative approach to research that involves all stakeholders throughout the research process..." and "aims to address the practical concerns of people in a community and fundamentally changes the roles of researcher and who is being researched" - or, as Gibbons describes it: "Research with a community rather than research on a community."

"This was a project that followed very true to the model of participatory action research," Gibbons said. "Working with the community, focusing on action, you really learn more because there's trust and investment. The impact of this kind of research can be far greater than research that is just about numbers and publishing – especially for the community."

Also central to the model was the convening of critical community stakeholders who have not historically worked together, including notably the Minneapolis Police Department

(EAW). It is weak, deeply

flawed and totally fails to

address the serious public

health dangers to residents

that the city's proposed Public

Works project would impose

on this majority people-of-

color, Native American and

very low-income neigh-

borhood. Our residents are

already overburdened with

toxic pollution-related racial

health disparities. Thus one

protest sign: "Urban Farm,

Not Toxic Harm"-- an envi-

ronmental justice rallying

to hear strong support for the

community-based proposal

from 9th Ward candidates

Margarita Ortega, Jason

Participants were gratified

Continued on page 9...

Neighbors Rally for Environmental **Justice in East Phillips**

By STEVE SANDBERG AND KAREN CLARK, EAST PHILLIPS NEIGHBORHOOD INSTITUTE **BOARD MEMBERS**

On Sunday March 7, supporters of the East Phillips Indoor Urban Farm Project gathered atop the Greenway bike path's Martin Olav Sabo Bridge in East Phillips Neighborhood. Organized with the help of the local chapter of Global Shapers, an estimated 200+ socially distanced supporters rallied at 1PM to display protest banners over Hwy 55 and to hear speakers. On this unseasonably warm 58 degree Sunday afternoon, the bridge was filled with many neighbors -- from babies to elders;



East Phillips Urban Farm Supporters Rally on the Martin Olav Sabo Bridge

East Phillips Neighborhood Institute (EPNI) organizers; Little Earth of United Tribes drummers and singers; American Indian Movement carriers of the AIM Flag; numerous racial and environmental justice organizational allies; four candidates for Minneapolis' 9th Ward City Council's 2021 election race; all welcomed by the rousing sound of local sousaphonepowered band--the Brass Messengers.

The rally was called 1) to urgently protest and stop the City of Minneapolis' dangerous proposal to consoli- Assessment

date their city-wide Public Works storage and distribution plants into East Phillip Neighborhood and 2) to instead strongly promote our community-led alternative to save the huge former Roof Depot warehouse from city demolition and to convert it into an indoor urban farm with affordable housing, good jobs and small business opportunities, BY and FOR the neighborhood. Urgency arises from the March 25 deadline for public comments on the city's recently published "Environmental Worksheet"

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The Really Really Free Market

Art, Literature, vegetarian/vegan foods, garments.

Whittier Park 425 W 26th Street April 3rd, May 1st, June 5th

Remembrance of My Father

A POEM By LAURA WATERMAN WITTSTOCK - October 8, 2008

Unable to speak to me so that I could hear And gently fearful that my leaving meant his leaving My father's eyes twinkled at me over thickening breath. I saw the end as clearly as he saw me seeing it, His heart and mine beat faster and harder, But I did not cry as in so many dreams I had expected to Cry and lose all pain in my fear of his dying. Months before he had passed me the torch of his moment When we stood on his land and he named medicine plants, Saying he was only going to name them once, so I had better listen. He gave me his legacy standing up, Months from hospital death and the breaking apart of body and spirit,

So that in the end there was no end, just separation.

I left him then, just at the point when

We both knew there was nothing more to say, And time floated out of importance for both of us, Abandoning remembrance along the milestones of stars.

*Laura, born September 11, 1937, passed away January 16, 2021

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.

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Lloyd Wittstock Working Partnership.

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

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

Bv CARZ NELSON

We live in changing times. For updated information on Hennepin County Library services during the Coronavirus Pandemic, visit 1413 E Franklin Ave., is

www.hclib.org.

All information is accurate as of March 16, 2021.

LIBRARY

HENNEPIN COUNTY LIBRARY QUITS CHARG-**ING FINES**

The library has gone fine free. Patrons will no longer be charged for overdue material, but they will continue to be responsible for the replacement cost of unreturned or lost items. An item is considered unreturned 41 days after its due date.

To kick off the new policy, the county extended amnesty to residents with outstanding fines. On March 10, all Hennepin County Library cards were reset to a \$0 balance.

LABOR PROGRAMS LED BY UMN'S LABOR EDUCA-**TION SERVICE**

We got a hot tip that HCLib is sponsoring programs that will be led by the University of Minnesota's Labor Education Service. Registration information for these events will be made available on the library website.

Thursday April 29th at 6:00 PM- Know Your Rights in the Workplace- Learn about your rights whether or not you're represented by a union. Learn about legislations and organizations that protect workers' rights.

Thursday May 6th at 6:30 PM-Celebrating May Day: Workers of the Twin Cities Labor Movement-Workers from Tattersall Distilling, Ausburg University, and the Awood Center talk about recent organizing campaigns in their workplaces.

East Lake Library Grab&Go

East Lake Library, located at 2727 E. Lake St., is open for Grab and Go service

Sunday 12-5 PM; Mon, Tues, Thurs 9 AM to 5 PM Wednesday 12-8 PM.

Franklin Library

open for computer use only. Call (612) 543-6925 to make an appointment. The building will remain locked, but staff **UPDATES:** 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

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/homework-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 Libary 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.

HM00B/HM0NG: Hu losis text rau lub tsev nyeem ntawv ntawm 612-385-0886 txais kev pab hais lus Hmoob.

S00MAALI/S0MALI: 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.



"READING NEST" BY JESSIE MERRI

METRO TRANSIT

Better Days Are Coming

By JOHN CHARLES WILSON

There are two big pieces of news this month. One isn't transit-specific but will have a major impact in the next few months on transit, and that is we seem to be turning the corner on the coronavirus pandemic. Masks may soon become historical relics, as forgotten as they were after the 1918 flu. In addition, our transit service will probably return to normal soon, though "normal" may not be the same as what it was before. Ironically, for many of us it may be even better. The suburban commuter market tanked during the pandemic

due to many office jobs being done from home instead. Quite a few companies may find the work-at-home model to be rent, buy, or maintain as much office space. In addition, some companies are pulling out of downtown Minneapolis due to uncertainty about the safety of doing business there. Personally, I find that sad, but the implications for transit are actually good. That is because there will be less need for rush-hour-only bus routes that run empty to and from the garage and only carry passengers one way, usually from the suburbs to downtown in the morning and back to the suburbs in the evening. The resources no longer needed for such routes will be able to be used to provide better all-day service in inner-city areas like Phillips.

The other big piece of news is more directly relevant to Phil-

lips residents who have reason to visit the North Side, including the northern suburbs. The Blue Line extension to Brooklyn Park cheaper as they won't have to ran into a snag last year because BNSF was unwilling to allow it on their right-of-way. The Metropolitan Council released a report recently proposing new routing that doesn't need to use railroad property. Instead, it will go down Bottineau Blvd. through Robbinsdale and Crystal. This really isn't good news for those suburbs, as the new line will be a couple of blocks east of their primary business centers. However, North Minneapolis gets an upgrade: instead of going down Highway 55, the new proposed route is via either Broadway or Lowry. Broadway is the main business center of North Minneapolis, and Lowry has the widest right-of-way, which means the least destruction of nearby properties. Either would be good.

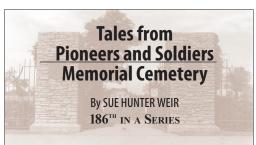
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Annie Erwin: She Loved Not Wisely

Annie Erwin is one of the more intriguing stories in the cemetery although it's hard to judge how much of it is true. The source of much of the information about her was an unnamed man who claimed to have been told about Annie by her former lover. This unnamed man, in turn, shared that story with the press. His third-hand

account was picked up by the Chicago Tribune on October 21, 1866, two weeks after Annie died.

According to
Annie's lover she
was born in England

where her family had become members of the Latter-day Saints (Mormons). Annie appeared to be losing faith in her religion so her family sent her to the United States with another Mormon family which was headed to Salt Lake City. Annie reportedly told her lover that when she reached Utah she was "compelled to marry a hoary-headed old saint, who had already seven wives." Since newspapers at the time were openly hostile to Mormons it's hard to judge how accurate that characterization was but Annie decided to leave Salt Lake City

and "being a woman of remarkable intelligence and shrewdness" planned an escape.

There were army troops stationed in the area and Annie, dressed in a soldier's uniform, returned to the Midwest in the company of one of the soldiers. They stayed together for a while but eventually parted. Following that, Annie became "the mistress of a fast young man, engaged in the mercantile business, but [he] proved a little too fast..."

It was believed that it was while she was living in Logansport, Indiana, that she met Louis Cohen, a traveling salesman for a tobacco company. He is the one who shared Annie's story with the man who reported it to the press.

Annie and Cohen moved to Minneapolis where she initially stayed at the First National Hotel. The couple eventually set up housekeeping in St. Paul. Cohen spent much of his time on the road but returned to Annie throughout the spring and summer. Eventually he tired of her. One version of the story said that he was already married to a wealthy, older woman whose powerful friends did not take kindly to Cohen's treatment of her and had threatened him. He wrote Annie a note saying that he was going to New York and abruptly left

Abandoned by her lover,



Pollinator alert! Spring is just around the corner. Watch for the cemetery's annual opening (weather permitting) around April 15th. The marker in the forefront of the photo belongs to Magnus Norquist (1822-1901) and his wife Kiasa (1822-1910).

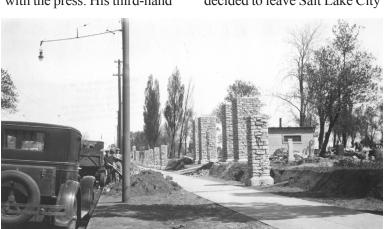
Annie returned to Minneapolis and tried to register at the First National Hotel again but they turned her away, most likely because of her relationship with Cohen. Instead, she registered at the American Hotel. It was there, on the afternoon of October 8, 1866, Annie overdosed on laudanum and strychnine.

Before she died, Annie wrote several letters. She wrote one to the proprietor of the hotel where she was staying, telling him that if he sent a bill to David Thomas in Chicago (perhaps her father or family friend), that he would pay it. Once it was paid she asked that he forward her trunk to Thomas. She wrote to her father, brothers and

sisters asking for their forgiveness for the "rash act" that she was about to commit and asked him to "pray for your unhappy child."

Her last letter was written to Louis Cohen, the lover who abandoned her: "Louis, farewell. You have broken my heart. I loved not wisely, but too well..."

In the letter that she had written to the hotel's proprietor, Annie had asked him to bury her in the clothes that she had and with "as little expense as possible." She was buried in the cemetery's paupers' section, the first of 46 women buried in the cemetery who are known to have committed suicide.



The Cedar Avenue (west side) of the fence under construction about 1928. Look for restoration of the stone pillars along Cedar Avenue and Lake Street to begin soon.

Living Near Major Roadways

How Phillips and surrounding South Minneapolis communities continue to be burdened with trafficrelated air pollution

By H. LYNN ADELSMAN

Many statements and studies exist to promote that East Phillips deserves to be a "Green Zone" and the Minnesota Pollution Control Agency (MPCA) confirms there are multiple negative health effects from air pollution worse in the central city. Yet for over 5 years the city continues to push for an expanded public works department storage and maintenance facility with over 100 diesel vehicles to replace the Roof Depot site in East Phillips. Why is there no effort directed to place this facility in the western or southern most neighborhoods of Minneapolis? This will increase traffic in Phillips and the surrounding communities to further add to existing high emission levels harmful to residents.

The concentration of high traffic related air pollution (TRAP) in communities where there is less private property ownership and low equity in

housing / wealth has a history in Minneapolis. In 1956, the National Interstate and Defense Highways Act created plans for 35W's Southside path with no community input but from white homeowners. In the 1950s, as 3Ww plans were laid out, with Lyndale Avenue being the most logical route, Lyndale residents resisted and 35W was rerouted through the redlined south-central African American community.

In a planning report prior to eminent domain takeover of homes entitled Freeways in Minneapolis by Barton and Associates, they described how there were no "unified and strongly functioning groupings" or "viable communities" in the pathway where 35W would be built. So it should be no surprise then that planners today would not see and value the families that are not majority-white who live in East Phillips. Less than a mile away is Little Earth, the only Native preference Section 8 housing project in the nation.

In 2013, a seventy page City of Minneapolis Environmental Justice Working Group Climate Action Plan recommended support for "increased funding opportunities for lowemission infrastructure. Green Zone designation would ensure that communities most highly impacted by environmental hazards and economic stressors receive much-needed resources and support." This supports the plan the East Phillips Neighborhood Institute (EPNI) has created for the Roof Depot

site to host an indoor urban farm project, affordable housing, urban food production, a coffee shop and a bicycle shop on the seven acre site.

2020. In January University of British Columbia at Vancouver study confirmed that there are associations between road proximity and impaired cognitive function and neurological disorders drawing a definitive connection between Alzheimer's, dementia, multiple sclerosis and Parkinson's to living near major roadways and freeways. Add this to the existing list of health effects from traffic related air pollution (TRAP) that includes cancer, cardiovascular and respiratory diseases (ie: asthma). To counter these

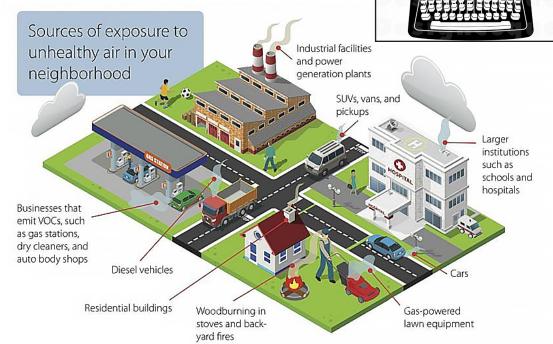
negative health effects the study suggests spending time in green space. Which there is little of given the many high traffic roadways in Phillips such as Hiawatha, Cedar, Lake, 26th and 28th streets.

East Phillips historically has held many commercial and industrial properties which continue to pollute air, soil and water. This includes air pollution from the Smith Foundry & Bituminous Roadways, contaminated soil from lead from high traffic and arsenic from Reade Herbicide manufacturing plant, and groundwater

Continued on page 8...



MN POLLUTION CONTROL AGENCY



Peace House Community - A Place to Belong

The Never-Ending Tragedy

By MARTI MALTBY

I'm writing this on February 5, during the first really cold spell we have had this winter. Yesterday was not a shining moment in my career of serving the homeless. One of our community members who has serious physical handicaps mentioned in passing that he needed to get his tent and belongings from another part of town because his life was in danger. I commute to work by bike so I wasn't able to help him, but his comment about being in danger didn't register with me and I didn't look for other resources for him. When I arrived at work this morning a garbage hauler was standing over a collapsed tent in the vacant lot behind the Peace House Community building. As I rode past I recognized the wheelchair sitting next to the tent and realized that the community member was probably in the tent. Worse, because the temperature had dropped below zero during the night, I knew there was a real chance that he had frozen to death during the night. Fortunately he was alive, although he was understandably traumatized by his situation. I brought him into the PHC building and immediately started making phone calls to ensure he would not have to spend any more nights outside when the low temperatures (and most of the highs) are forecast to be below zero for the next week and a half.

I desperately want to describe in more detail the community member's physical condition, or the fear he felt for his life, or the betrayal he felt from his street friends who abandoned him when he needed them most. They could not even be bothered to help him set up his tent. I want to do this to impress on my mind and yours the need to change the way our society treats its members who can't function "properly" or who aren't economically viable. Tragically, I can't, first because I can't find the words suitable for such a graphic task and second, because the community member is already intensely vulnerable to the elements and to predators in the homeless community. Broadcasting the specifics of his condition and his vulnerability would simply victimize him more.

I want to be a voice for those who can't speak for themselves. but then I run into my own limitations, like when someone saying "I'm scared for my life" doesn't affect me. I did what I could for the community member. I listened as he cried and tried to make sense of his friends being willing to let him freeze, but I found no words that could comfort him if they didn't come with a safe place to sleep. I tried to access the social service system for him, but all I did was get him on a shelter waiting list that already had over 100 names. This is the system that pays me and thousands of other workers a comfortable salary, but couldn't find shelter for someone who would almost certainly be dead by the time you read this because of its failings.

I will not tell you how this episode ends, because this is just one example of a tragedy that happens countless times every day in this city, let alone across the county. Until society can straighten itself out, there is no end for those on the streets.

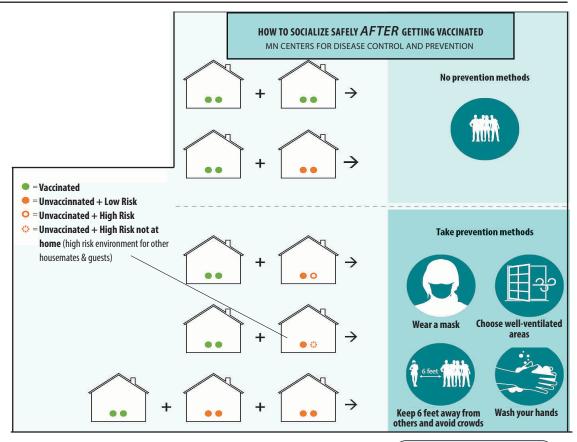
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Random alley News

By LINDSEY FENNER



- Hennepin County Lead Paint Removal Funding Assistance: Hennepin County has a program to help eligible homeowners and landlords pay for lead paint removal, which includes a free home test and up to \$12,000 for work, including new windows. Visit https://healthyhomes. hennepin.us/ to see if you qualify. Contact healthyhomes@hennepin.us Phone: 612-543-4182. In 2018, more than 200 children tested for lead in Hennepin County had blood lead levels high enough to damage their health. In young children lead exposure can cause:
 - •Brain and nervous system damage
 - •Slowed growth and development
 - •Learning and behavior problems
 - •Hearing and speech problems

The government banned lead paint in 1978. Homes built before then likely have lead paint.

Parking Ramp Expansion Passes City Planning Commission: As part of their planned Allina/Abbott Northwestern campus renovation (see the February 2021 alley for project details) Allina has been granted permitting, zoning, and variance changes to build a new 8-story parking ramp and expand an

existing ramp at 28th St. and Chicago Avenue. Part of a planned "transportation hub", the ramp will include approximately 1,825 additional parking stalls, a bike center with parking for 200 bikes, electric car charging, and a roof-top solar array. At the public hearing on March 8, community speakers expressed concerns over increased car traffic and air pollution. The project was approved by the Planning Commission with a vote of 7 to 1. The lone "no" vote came from Commissioner Chris Meyer, who expressed concerns that the increase in car parking was not compatible with the goals of the 2040 plan and was a step back for environmental justice and Green Zones. Other members of the Planning Commission called Allina's plan "innovative" and believed Allina had justified their need for more parking.

- Phillips Pool Lifeguard Classes: Minneapolis Parks and Rec are offering Red Cross Lifeguard Certification at Phillips Pool this spring. Scholarships are available for Minneapolis youth in need to complete their training. Through American Red Cross certification, lifeguards learn CPR, first aid, and AED (automated external defibrillator). Lifeguards are certified first responders and can provide emergency assistance in a range of situations. Register for classes online at https:// apm.activecommunities. com/minneapolisparks/ Home and search for "Red Cross Lifeguard Certification".
- Landmark Voter Intimidation Settlement Reached: In February, the Minnesota chapter of

New! Random *alley* LABOR NEWS p11

the Council on American-Islamic Relations and the League of Women Voters of Minnesota reached an agreement with security contractor Atlas Aegis to settle a Voting Rights Act lawsuit. The lawsuit came out of Atlas Aegis' plan to hire and deploy armed ex-soldiers to polling sites in the state of MN during the 2020 elections to protect them from "antifas and supporters of Black Lives Matter'. In the settlement, Atlas Aegis and its chairman Anthony Caudle are prohibited from deploying armed guards within 250 feet of any election-related locations such as polling places, and canvassing or tabulating locations, and from "taking any action to intimidate, threaten, or coerce voters, people aiding voters, or people engaged in tabulating, counting, or reporting votes".

Minneapolis DFL Caucus Registration Starts **April 1:** The Democratic Farmer-Labor (DFL Party is holding their Minneapolis caucus online this year. April 1-30, caucus attendees can register, snare their preferences for candidate subcaucuses, and mark down if they want to run to be a delegate to later City and Ward Conventions. At city and ward conventions, delegates will endorse candidates for Mayor, City Council, Park Board, and Board of Estimate and Taxation. Delegate elections will be May 12-May 18, and City and Ward Conventions will be later in the summer. Folks can sign up online at caucus.dfl.org, by calling (612) 552-4215, or by texting (612) 712-7461. As of press time, the alley could not find any information about upcoming Minneapolis caucuses for other political parties.

MIDTOWN PHILLIPS NEIGHBORHOOD ASSOCIATION

COMMUNITY CONVERSATIONS -

TUESDAY, APRIL 20TH, 2021 / 6:30-7:30 PM A VIRTUAL MEETING

Topic: Solutions to Homelessness



Speakers:

Michael Goze, CEO

American Indian CDC Al Bangoura,

Superintendent Minneapolis Park & **Recreation Board**

Deborah Moses - CEO/ Executive Director St Stephens Human

Sheila Delaney

Services

Indoor Village

More Info:

Join Zoom Meeting https://zoom.us/j/97326950488 Dial by your location +1 312 626 6799 US (Chicago) Meeting ID: 973 2695 0488

Find your local number: https://zoom.us/u/acYs1mkqSo Past meetings can be found on the MPNAI website:

APRIL 13, 6:30-8pm: MPNAI BOARD MEETING AGENDA:

- Discuss co-hosting Mayoral candidate forum summer 2021 with EPIC - MPNAI letter of response to Rapid Transit Line for Lake Street Line B – New Board Orientation

Find Zoom link at www.midtownphillips.org/meetings



www.MidtownPhillips.org | info@midtownphillips.org | | | midtownphillipsminneapolis



EPIC Annual Meeting:

Join us on April 24 at 10am for a virtual Annual Meeting, followed by a physically distanced neighborhood clean up! The link to join the Annual Meeting will be posted on our website. Join us and hear directly from the nominees to the board of directors. Afterwards meet at the notice board on 27th Street and 17th Avenue for a trash pick up.

VOTE!

Vote for your next EPIC board members! Go to eastphillips.org to access the ballot starting Saturday April 17. The ballot will close on Saturday, April 24 at 4pm.



East Phillips Improvement Coalition Report

Next EPIC board meeting is Saturday, April 3 at 10am

Next EPIC Community Meeting is Thursday, April 8 at 6:30pm

Next EPIC garden meeting is Saturday April 10 at 9am

All meetings are virtual for the time being. Get the link to join at the **EPIC website

http://eastphillips.org

Reunión anual de EPIC:

Únase a nosotros virtualmente en nuestra Reunión Anual 2021 el sábado 24 de abril a las 10 a.m. Vaya al sitio web de EPIC para obtener el enlace de Zoom o el número de teléfono para asistir virtualmente a la reunión. La votación para los elecciones de la junta vecinal comienza el sábado 17 de abril y termina el sábado 24 de abril a las 4pm.

EPIC bylaw changes will begin a review process on May 13 and a vote will be held June 10. To view proposed changes go to EPICs website beginning April 23.

El proceso de revisión de los cambios en los estatutos el 13 de mayo y se realizará ucomenzarána votación el 10 de junio. Para ver los cambios propuestos, vaya al sitio web de EPIC.





TCMAP mantiene el Mapa de Ayuda Mutua, una página web y herramienta que ayuda a personas a encontrar y distribuir suministros esenciales.



¿Buscando recursos?

Busque lugares en el mapa que estén "abierto para distribuir donaciones".

TCMAP Waxay ilaalisaa khariirada Kaalmada ee labda dhinac iyo aalad ka caawineysa dadka helitaanka iyo qeybinta alaabaha muhiimka ah.



Raadinaya kheyraad?

Karaadi khariirda meelo "Ufuran qaybinta deeqaha"

TCMAP.ORG

TCMAP information in English page 8



May Day Café

Open for business

four days a week, FRIDAYS

THRU MONDAYS

from 9am to 1pm

for TAKE OUT only.

No inside seating.

Letter to the Editor

How the Militant Right Are Destroying Our Nation and the Anarchist Left Are **Destroying Our City**

By DONNA PUSUSTA NESTE MIDTOWN PHILLIPS RESIDENT FOR 26 YEARS

My hope and prayer is that our nation is learning some lessons from forty years of unfettered Republicanism that ended up creating unfettered Capitalism. This year it culminated in what we witnessed in Texas, where from the time of the George W. Bush

GRANTED...

governorship to the present, the Republican Texas state lawmakers put their trust in the "hidden hand of the market" to provide their citizen's utilities, just one of the many human disasters caused by far-right Republican policies, leading to the unfettered Capitalism that will destroy our nation.

READ NOT TO CONTRADICT AND CONFUTE, NOR TO BE-LIEVE AND TAKE FOR

BUT TO WEIGH AND CONSIDER"

FRANCIS BACON

the alley invites you to CONSIDER writing a note or letter to the paper, for feedback or to publish!

MIDTOWN

For several years Donald Trump with the help of news networks like Fox has continued to perpetuate an alternative reality to his base that has strengthened and sustained a militant far-right constituency. The nation looked on in horror as this far-right, militant, terrorist movement reached its pinnacle with the storming of the Capital in a violent attempt to over-throw our government and kill legislators. It is dangerous and if not vigorously checked, will destroy our nation.

In so many categories our city and state have been rated at the top due to the foresight of those who have governed through the years and the progressive policies they put forth. However, things aren't so great for the people of color who live here. The top ratings our city

and state receive are up-sidedown for those who aren't White. Minnesota is at or near the bottom of every category for people of color. Joseph Jealous, a former Director of the NAACP called Minnesota, "Mississippi with snow." Systemic racism, often hidden by "Minnesota nice," has plagued our city for as long as I can remember. The murder of George Floyd should have surprised no one.

However, am I just not woke enough for Minneapolis because I do not want to defund the police, but would rather see the Justice Department step in after this Minneapolis horror like they did in Ferguson and help our police department change its culture and truly reform? I would also rather see some real restraints put on the police union and by

law have to stand down when an officer is charged with a crime, like unnecessary violence while arresting a perpetrator. Is something wrong with me because I'm intolerant of needles and feces all over my street, violent drug dealers prowling my block in stolen cars with no license plates, or a gun in my neighbor's face as she was exiting her car?

Like the far right took over Texas, the far left took control of our City Council. First they pushed out the Republicans in Minneapolis and I said, "That's ok. I don't like their policies anyway." Then they pushed out the moderates and I just shrugged. Today the liberals are moving out in droves and soon the city will be left to the anarchists. And God

help Minneapolis when it is.

BEANS – Good for the Earth, Good for Wallet You, Good for Your

By MARY ELLEN KALUZA

World population is growing by 3 billion people over the next 40 - 50 years, and with it is a growing demand for beef. Over the past 60 years, global production of cattle meat has grown over 40%. Cattle grazing accounts for 80% of the loss of Amazon forests alone. duces just 15.6 pounds of pro- protein. tein. One pound of beef needs 1800 gallons of water to get known as pulses. Pulses are to our table. Additionally, and also a good source of protein. One acre of pulse crops can accounts for 14.5% of green- produce 94 pounds of protein, house gas emissions, with beef and use 1/10 of the water beef taking in the lead at 2/3 of that. needs.

We need protein for repair and growth of cells, fighting comparisons, to continue pickdisease, moving oxygen in our blood, and more. Meat is a good source of protein. But, ories, 44 grams of protein, 120

like a precious stone. The bright red flowers of the Scarlet Runner attract hummingbirds and butterflies. The pictured beans were grown right here in Phillips. One acre devoted to beef pro- meat isn't the only source of milligrams of cholesterol, 12

The Scarlet Runner Bean, native to the highlands of Mexico and

Central America, is not only delicious and nutritious, it is lovely

Enter dried beans, also

Other important nutritional ing on beef:

A 5-ounce steak has 300 cal-

grams of fat (much of it is saturated fat), no carbohydrates, and no fiber.

A cup of pinto beans has 265 calories, 15 grams of pro-

Continued on p. 11



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

Or visit our shop at Midtown Global Market, 920 E. Lake St., Minneapolis 612-562-5871

Bring this ad in for 10% off your purchase. See website for special offers and more info.



-HOUR FREE PARKING

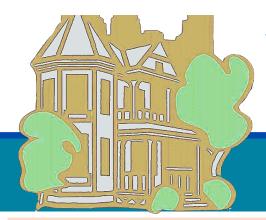
MIDTOWNGLOBALMARKET.ORG

920 E. Lake Street | Mpls

JOIN OUR BOARD! The Phillips West Neighborhood **WANT TO** Organization is a community-led nonprofit dedicated to the health, **LEARN MORE?** vitality, and wellbeing of those who

live, work, and visit the Phillips West neighborhood. We are directed by an all-volunteer board that oversees making this vision come to life!

Please reach out to us at info@phillipswest.org



VENTURA VILLAGE NEIGHBORHOOD

APRIL'21

"NEW" OUR SAVIOR'S SHELTER TO **REOPEN SOON**

by Rico Morales

Our Savior's Housing Emergency Shelter at 2219 Chicago Avenue closed May 1st last year because its residents could not be safely social distanced. Our Savior's has continued to support the residents through Hennepin County's hotel rental program. While the building has been vacant Our Savior's has been doing a major physical/structural remodeling of the facility to improve the health and safety of all its residents, visitors, staff, and neighbors. When the Shelter reopens in the near future it plans to also offer daily "Drop-In" services for the homeless community such as showers, laundry, and meals along with possible outreach and intake direct aid.

Ventura Village's Tool Library

As you plan and begin your yard and garden projects this spring our Wellness,

Greening, and Gardening Committee has tools, supplies and ideas for you. Contact us by calling 612-548-1598 or

emailing us at villageventura@gmail.com.



• Our April membership meeting will be Wednesday, April 14th at 7:00 PM. Because of our pandemic restrictions

the meeting will be accessible only by Zoom. You can get our Zoom link by emailing us at villageventura@gmail.com, by calling 612-548-1598, or by visiting our website at venturavillage.org.

Seedling containers



Seed Packets Available

PILLSBURY UNITED COMMUNITIES by Melissa Trent

Spring has officially arrived and one thing we know for sure, is that we've made it through the winter. For folks interested in starting their own garden seeds indoors, now is the time! Growing food is an act of resilience and can be an exciting way to spend time outdoors this year, plus, we have plenty of gardening neighbors to learn from and chat with this season.

I find the easiest plants to grow are tomatoes, peppers, and herbs. If you have a sunny window, seeds or plants, good soil, a few large pots, or a small garden space, you can grow your own food (just add water)! If you're looking to start your own seedlings this season, here's an easy-to-follow guide:

- 1. Source seeds (for free), collect a few small trays, old egg cartons, or plastic lettuce containers with lid, seed starting soil, and a spray bottle
- 2. Choose a South facing, sunny window to set trays on
- 3. Moisten soil in a bowl or bucket before filling pots, the soil should be moist, but not so wet that you can squeeze water out of it
- 4. Fill your trays, pots, or cartons with soil, and loosely pat
- 5. Read seed packet, follow instructions on the back of the packet, and plant seeds at proper depth. (this doesn't need to be exact, but fairly close to the recommended depth)
- 6. Place seeds in soil, using your finger to gently press into the soil
- 7. Lightly cover seeds with soil and water
- 8. Label planting containers with the plant varieties that you chose
- 9. Place seeds in a sunny window
- 10. Check plants daily to ensure that they have adequate moisture and make sure to mist them if the soil feels dry. It's critical to make sure the soil doesn't dry out, as the seeds require moisture to germinate.
- 11. After 4 weeks, or one set of true leaves have emerged, place one plant per pot, into larger pots, and move into a porch, or place outside for a few hours, gradually moving outdoors.
- 12. After the last spring frost (usually after Mother's Day), plant outside in a sunny area.

Pillsbury United Communities is hosting a FREE SEED GIVEAWAY on Wednesday, April 14th, 10:00AM-2:00 PM

At Waite House Community Center: 2323 11th Avenue South, Minneapolis, MN, 55404

- Unlimited, free, vegetable and flower seeds of all varieties
- Bring a friend or a family member
- Live DJ and Acoustic musicians
- Outdoors, socially distanced
- Bring your gardening questions, experienced gardeners will be there to answer them!
- Contact Farmer Mel with any questions about the event or seed starting at melissat@pillsburyunited.org or follow us on Instagram @puc.farms

Follow us here, beginning in May for garden updates, and a calendar of events https://chicagoavegarden.com/about/

------LINKS------

*Seedling containers: https://lovelygreens.com/seedstarting-with-recycled-materials/

*Seed Packets Available: https://gardenerspath.com/howto/beginners/backs-seed-packets-display-valuableinformation-gardener/

'LEARN FROM MY MISTAKES' by Crime Prevention Specialist, Kali Pliego

When I was in my early 20's, I lived on my own in the Central American country Guatemala for a year and a half. I say "on my own" because I moved there without family, but I quickly met friends and became part of a community in my town. Antigua Guatemala is an UNESCO Western Heritage site that is known worldwide for its cobblestone streets and earthquake-caused ruins of Catholic churches and monasteries. Due to its fame, the city attracts both tourists and petty criminals who seek to prey on the unsuspecting tourist. I was technically a long-term tourist, and for the "long-term" part should not have been susceptible to the ways of the petty criminal. One would think.

Approximately six months after my arrival, I was robbed at gunpoint while I walked home at dusk. I wanted to share my experience with you as a classic example of "Don't do this!" I had been working on a project for a friend and was headed home with a laptop hung on one shoulder, and handbag on the other. The week prior, I travelled to Belize and had my hair braided, so I was looking like a super tourist. Out of convenience, I chose to walk a different route than one I typically tread several times per day. This meant that I was not familiar with the employees in the tiendas along the way, nor were they with me. The difference between 6th Avenue and 7th Avenue for me, was being a part of the community versus not. There was no inherent safety for me on 7th Avenue like I had on 6th Avenue. The other difference was the direction of one-way traffic. Traffic flowed northbound on 7th Avenue, which meant that I was walking in the same direction as the traffic.

While I was walking, a car stopped abruptly beside me and the driver jumped out with a gun pointed at me. "Give me all your stuff," he demanded. There was no choice but to give over everything I had—my computer and purse with personal identification and my only access to money inside. He told me to look away while he got back in the car and drove on. Feeling completely defeated, but relieved nothing worse had happened, I looked around for help. I immediately realized there were witnesses of this crime who chose not to intervene, but instead looked the other way. It was devastating to be a victim of this crime and then realize the people around me actively chose not to help. What can be learned from my mistakes? Here's a list of tips to avoid something like this happening to you in Minneapolis:

- Walk with confidence and be alert—don't take your safety for granted
 - Appear as though you belong where you are—don't stick out like a tourist!
 - Know where you're going and follow a route you're familiar with
- Build community where you dwell
 - Get to know your neighbors, including the businesses in your neighborhood
 - o Participate in creating safety in your neighborhood—look out for each other

Community Notices

- For the Community and your Safety Please turn on your outside lights at dusk
- Are any of your street lights out? Feel safer and call Excel Energy at 1-800-960-6235 if they are wooden. Call 311 if they are metal

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Neighbors Rally



East Phillips Urban Farm Supporters Rally speakers

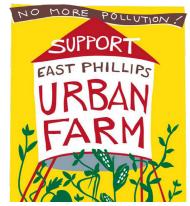
Chavez, Haji Yussuf and Michael Moore plus organizational allies who rallied in solidarity including: DFL Native People's Caucus, DFL Environmental Caucus, Little Earth of United Tribes, MN 350, Minneapolis Climate Action, Project Sweetie Pie, Black Visions, Reclaim the Block, Comunidades Organizando el Poder y la Accion Latina (COPAL), NetImpact MN, U of M Medical Students Association, Women's Environmental Institute, Midtown Greenway Coalition, George Floyd Square Coalition, and more. All spoke AGAINST the city's plan to demolish the huge, well-constructed 230,000 sq foot Roof Depot warehouse which we could see from the bridge. All urged

hood's plan and for a strong new Environmental Impact Statement (EIS).

Official comment period for the EAW ends March 25, but EPNI urges all supporters to continue sending comments to City Council members at: CityCouncilMembers@minneapolismn.gov; and to the mayor; jacob.frey@minneapolismn.gov; Tell them their weak EAW is not acceptable, a stronger EIS that recognizes pollution-related health disparities and environmental racism is urgently needed and that you support the neighborhood-based urban farm and housing plan.

On April 20, the City Council's BIHZ Committee (Business, Inspections, support for the neighbor- Housing & Zoning) chaired

by Council Member Lisa Goodman, is scheduled to hear the City staff's recommendations and vote to accept or reject the city's EAW. The entire Council votes on their recommendation April 30. Mayor Frey will then either sign or reject the City Council's action. If he approves the EAW, demolition of the Roof Depot



building can follow anytime.

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



TCMAP maintains the Mutual Aid Map, a website and tool helping people find and distribute essential supplies.



Seeking resources?

Look for places on the map that are "open for distributing donations."



Providing aid?

Email support@tcmap.org so we can put you on the map!



Have supplies to donate?

Look for places near you on our map or search for specific needs.



Find us at map.tcmap.org

Something I Said

"Judas and the **Black Messiah" and** "Free Angela and All Political Prisoners"



Dwight Hobbes

By DWIGHT HOBBES

There are times you have to question how seriously black folk take our own history. Two examples are the films currently arching eyebrows, turning heads and topping just about everyone's must-see list, "Judas and the Black Messiah," and 2012's "Free Angela and All Political Prisoners" (Lionsgate-DVD). When you consider what Fred Hampton, chair of the Black Panther Party for Self-Defense Illinois Chapter and iconic activist Angela Davis went through so the bourgeoisie could blithely change its tune from "We Will Overcome" to "I have overcome" it truly is saddening.

The plain facts are that even in the 60's, while even middle class blacks rallied around Martin Luther King's social protest, freedom fighters like Hampton, Davis and Malcolm X weren't socially acceptable. They were too angry for assimilationists. Today, scores of African Americans less interested in the African as anything but a way to look cool around white liberals, are no longer interested in struggles, period. They have their equality, content that some black men, women, and children are more equal than others.

The Panthers, no less than the hallowed American Revolutionaries, battled to throw off the yoke of oppression. An aspect you never hear much about is part and parcel of that war against the white system was not race hatred but simple self-empowerment, which included by the end of 1969 setting up kitchens across this country, sending impoverished kids to school mornings with a hot meal in their stomachs. Angela Davis constantly spoke before thousands, standing on the premise, Free your mind and your a--- will follow.

FBI director J. Edgar Hoover was so terrified by and angered at young Fred Hampton's (21 years old) success at inspiring resistance to ruthless subjugation he had him drugged and murdered in his sleep - if that sounds like an irresponsible accusation, look it up. Or view the stark dramatization, Judas and the Black Messiah. Hampton had the chance to run for it and refused, standing his ground for the movement. Davis was not about to be gunned down like those before her and went underground, eventually acquitted of trumped up charges by, of all things, an all white jury in ultra conservative Orange County, California.

This soul brother and sister were among legions who devoted their lives improving black life. To improving it for us all, not just those eased their way into material success via affirmative action tokenism whereupon they pulled the ladder up after themselves, not interested, much less invested in social progress beyond their front door.

Continued from Page 3

Traffic Pollution

tamination into underground aquifers per the Minnesota Department of Agriculture.

The MPCA notes regarding "Vehicles and equipment, pollution from vehicles is an important environmental justice concern. A 2015 study by MPCA researchers found that while communities of color and lower socio-economic status tend to own fewer vehicles, do less driving, and use public transit more often than other groups, they are also exposed to higher levels of traffic-related pollution. This is because busy roadways and the associated air pollution emissions, often run through communities of color. Many communities of color therefore bear a dis-

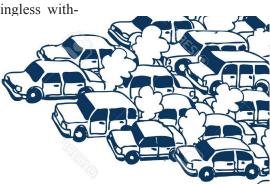
related health impacts while It is past time to listen to the contributing less to vehicle people who live in Phillips pollution." Such "busy roadways" in East Phillips already exist and adding the public works storage and maintenance facility site will further increase diesel vehicle TRAP.

Spending thousands of dollars, if not more, for years to research, study and announce that there are notable negative health effects requiring a Green Zone label in East Phillips are meaningless with-

out infrastructure change. Many of us and our neighbors are not well where we live. Cancers, heart disease, stroke asthma, and now neurological related diseases are seen in infants to elders, begin-

proportionate burden of traffic- ning at unusually early ages. and support a healthier community within. And recall the wind does not blow in one direction only, carrying this TRAP into Phillips alone.

> H. Lynn Adelsman is a community historian who focuses on public health, housing and school history in Minneapolis.



Returning Chapter 8

Sweet & Sour

By PATRICK CABELLO HANSEL

As our little family walked towards Lake and Bloomington, two other forces started to move. On 17th, the evening crew began to disperse towards the corners that their regular customers knew well. And from a small house deep in the swale near 24th, an elderly woman wrapped a colorful shawl around her neck and stepped out into the night wind.

Angel and Luz had met at the San Miguel Bakery six years before, when it was still located in the old People's Bakery spot near Bloomington. The People's Bakery had made the Guinness Book of World Records for making the World's Largest Dog Biscuit, and Luz' Uncle Jaime was running the bakery the day they met.

St. Michael the Archangel of pan dulce and tres leches had moved two blocks east to a larger place, and on this cold night, the aroma given off caught little Angelito's nose.

"Mami, papi," he said. "Tengo hambre. Can I have a concha, please?"

Luz and Angel had not planned on stopping at the bakery, but they realized that none of them had eaten dinner. As they walked through the doors into the warmth and scent of fresh bread, a skinny man in a hoodie brushed past them, bumping Angel with his arm.

"Excuse me," Angel said.

"Whatever," the man said.

His face was hidden by his large hoodie. Angel watched him walk across the street to the empty lot on the corner. There's something off about that guy, he thought. His voice sounded more like a dog barking than a human

Little Angelito changed his mind three times before he settled on a large roll with red sprinkles. Luz grabbed one of the cakes with nuts, and Angel settled on a plain roll. He didn't feel like eating anything sweet.

When they left the bakery, the man in the hoodie was back on the corner, talking in low tones with a man wearing a black and purple letter jacket with not letter. Together, they blocked the way for them to cross Lake Street.

"Excuse us," Luz said. "We just want to cross."

"So go ahead and cross," the man in the letter jacket said. "Nobody's stopping you."

Neither man moved out of the way, so Angel said:

Continued from Page 1

Little Earth Redefining Research

(MPD) and Minneapolis Park

"[One of the things] that surprised me the most was the Hennepin County Attorney's Office and MPD's willingness to work with us to try to change perspectives, to engage the community," said former interim Little Earth Executive Director and Participatory Action Research (PAR)-Team member Jolene Jones, whose steadfast leadership was crucial to the project's launch and continued growth. 'Our biggest goal was to protect our children [notably, some 50%plus of Little Earth residents are under 21, and half of those are children under the age of 10]. We wanted to show them that this [violence] isn't normal...gunfire in the middle of the day isn't normal. We wanted to show them a

"C'mon man, my little boy just got new shoes. We don't want him to step in all that slush and dirt. Just move over a bit."

Both men moved toward Angel until they were less than a foot from his face. Angel knew he had seen the man in the letter jacket out selling before. He didn't recognize the other man, whosewho's face was still mostly hidden by his hoodie pulled tight.

But Luz did recognize him. It was his eyes, and the little scar just above his lip. It was him. It was them. It was the same man and the same evil force that had haunted her and Angel six years ago; it was the same face that had violated here many years before that. She had heard that he was sent to prison for a long spell; but there he was, blocking the way of the two men she loved

She picked up Angelito in her arms and grabbed Angel's arm.

"C'mon, mi amor," she said. "We'll just go this way."

The man in the letter jacket laughed andt said, "Yeah, mi amor, better do what the woman says." The man in the hoodie just snorted, a sound that shook Angel

They started walking down Lake Street fast. Angel fought the desire to turn and look at the two men. He wanted to make sure he could identify them, but he knew that looking at them right now was not a smart thing to do.

Meanwhile, the older woman had reached 27th and Bloomington. She stopped in front of the Mercy Center to catch her breath. Why am I doing this? she thought. Just then, the siren started up at the fire station kitty corner across the street. The harsh noise startled her, and she realized that she needed to keep walking south. Her life was needed there.

To be continued...

better way of living."

The project's early work included the formation of the PAR-Team – now SCOUT (Safe Communities of United Tribes) Team – where Dr. Gibbons worked with Little Earth residents to discuss the foundations of research, pertinent resources, and the answers needed at Little Earth

For Jones, who had worked with researchers before, Gibbons' willingness to listen and acknowledge what she didn't know was "refreshing," and a key aspect of the successful partnership.

"Most people come in and think they know everything," Jones said. "[Gibbons] was willing to listen and change."

True to the participatory action research model, the community was involved in driv-

ing each aspect of the research. The team chose to gather initial data through a door-to-door household community survey — a shared decision that was not made lightly.

"We wanted to make sure it was something the community was invested in, "said original PAR-Team member Margarita Ortega. "At the time a lot of data was gathered [by others] but nothing would come back to the community...We wanted to do something ourselves."

The truly unique nature of the partnership was further illuminated at the DOJ-sponsored training of teams who received the initial research grant, where - along with Gibbons and other researchers - Little Earth was the only community represented. "We were the only ones that had an actual community member present," recalled resident and former PAR-Team/SCOUT Safety Champion Coordinator Cassandra Holmes. "People would run up and ask, 'How did they get you here?' I said, 'What do you mean? We're part of the team!"

The team's work was a success, and the results of the initial survey were vital in securing the subsequent Dept. of Justice programming grant which funded the continued work of the research team along with a number of other initiatives aimed at reducing violence and building community, including peacemaking/conflict resolution and a Pathway Advocate working with youth and their families.

One key focus was improving the relationship between police and community members – one that had been fraught with mistrust.

As part of her work with SCOUT, Holmes emphasized the importance of creating fun, community-centered events – like a Friday night drive-in movie and meet-and-greets where community members could interact with police in a relaxed environment. One such event included games like badminton, bean bag toss, and free food like popcorn and cotton candy where SCOUT members partnered with police to run the booths.

Additional events included "Circle Time" at the main bus stop

on Monday and Friday mornings with sage, drummers, juice and snacks for kids on their way to school and community-wide Narcan trainings (Narcan, or naloxone, is a medication administered to reverse opioid overdoses, a significant issue at Little Earth).

Holmes described how once community members saw the work other residents were doing, they started proactively reaching out to address community issues. Holmes said, "We would be out in our bright shirts letting people know we were here...people knew we were trying to work with the police and bring them into our community but nobody called us snitches...People loved that we were community members involved, that we had youth involved."

address community safety themselves. We're building more leaders."

Indeed, fostering meaningful and lasting change is central in the CBPAR model, as is recognizing and elevating knowledge that comes from within community. "When you come from a poor background...you feel like[people with additional privilege] have more knowledge, more everything," Ortega said, regarding the importance of empowering community voices. "But really your knowledge is just different and it does matter."

According to Ortega, residents are now assuming ownership of the work: "It's mostly resident-driven now...now residents feel like their voices are heard and they can actually be a part of



In 2019, following the ongoing work of SCOUT and the other initiatives funded by the programming grant, the team administered a follow up survey to compare to the initial survey data, measure progress on targeted areas, and ultimately inform decisions for further community action.

As an incentive for completing the survey, an Institute Community-Engaged Scholarship grant funded 200 \$10 Cub Foods Gifts for participants (gift cards for both surveys were also funded through a donation from the East Phillips Improvement Coalition). The follow up survey - which garnered responses from a remarkable ~85% of households visited – ultimately found progress in all targeted areas, including procedural justice, police legitimacy, and collective efficacy.

While the results are promising, as with many things of late, the work has been complicated by COVID – as well as the killing of George Floyd at the hands of police, which hit especially close to home given the relationships the team worked so hard to help community members cultivate with police (from the very same precinct). Despite the challenges and the ambiguity around the project's future directions, residents – and Gibbons - are hopeful that progress will be ongoing, which wouldn't be possible without the deep community investment. "I always resort back to the love I have for the community," Ortega said. "I walk around here just to look at the people and they remind me how much I love them. That's what keeps me going when I'm afraid."

"If this work isn't instilled in the community it won't be able to continue," said Makenzie Nolan, the Director of Safety Programming funded through the grant. "But if together [we] can plant enough seeds, that's a success and I think that's what we've

Ortega, too, frames the work in terms of cultivating a foundation for continued community growth: "Our goal wasn't just to address the safety issues, but to empower community members and give them the skills and resources to creating something and make a difference."

Said Holmes, "As community members, we're still moving forward....[the work] is Little Earth's; it's ours, it's our residents'. We did that."

Little Earth residents, though, are not the only ones who have been inspired by the unique partnership. Gibbons, too, feels a personal commitment to the community and building on the foundation laid by their joint work. Prior to beginning the project – which she noted has garnered national attention – "I didn't know much about Little Earth except that I used to bike by it every day to work....Now I feel like Little Earth is my second family."

Gibbons expressed her admiration for the community members she has had the opportunity to work with – and the lasting impact of the connections and learning she has taken from their partnership over the past several years.

"I remember applying for the grant," Gibbons said, "and saying if we get it, my life will never be the same...What I've mostly learned is the strength and resilience of community members — many of whom are suffering historical trauma and still trying to do the work, being good parents, caring and making the best decisions they can for themselves and the community."

At present, Gibbons is staying on as a member of the cross-sector team – an advisory body for violence prevention, safety, and community-building work – and looking for ways to move forward and bring in new funding. "I've made it really clear that I want to continue to be involved in the community," Gibbons said. "I don't want the grant ending to be the end of me."

Ultimately, Ortega believes the work has had a profoundly positive impact for Little Earth and its residents: "The empowerment that came from the project, the community engagement; what it brought to the community – it brought our voice back, it brought our spirit back. It's a blessing."

To learn more about the SCOUT Program, visit its website at https://littleearthurbanfarm.org/scout/

Random

alley Labor

News:

Union Workers at Abbott

and Phillips Eye Institute

Strike

After Allina Hospitals

refused a to extend an

expiring contract for

union workers, Service

Employees International

Union (SEIU) Healthcare

workers in negotia-tions at Allina/Abbott

Northwestern Hospital/

Phillips Eye Institute voted

at the end of March to

decide whether to autho-

rize an Unfair Labor

Practices Strike against

Allina. Results of the

strike authorization vote

were too late for print.

According to the union,

Allina has declined to

negotiate health and safety

issues. SEIU-represented

workers at Abbott went

on a two-day Strike last

October over safety and

COVID-pay. SEIU work-

ers at Children's Hospital

are in separate contract

negotiations, where key

issues are pay and safe

staffing levels.

COVID-19.

Vote:

By LINDSEY FENNER

Movie Corner

Unhoused

By HOWARD MCQUITTER II

Adjust your eyes when you see director Chloe Zhao's superb road film Nomadland because it has a feel of a documentary and a feel of an arthouse film, yet it's a true narrative. The

principal star is Fern. McDormand, who has recently lost her husband; and the local gypsum and sheetrock factory in Empire, Nevada where she worked. closed shop. The town just disappears. even the zip code doesn't show up on the map.

decides Fern she will not stay in Empire so she packs up some small possessions and puts them in her beat-up van and takes off on the road. But before she hits the road the townspeople offer her help, even places to stay. She smiles

and quietly refuses the offers. What we learn early is Fern is fiercely independent and refuses any help from churches, social services, and charity.

Now she's a nomad traveling from one nomad community to another meeting various people with circumstances similar to hers, becoming kicked out or pushed out by corporate America. Surely this nomad feeling is quite evident today with COVID-19, massive unemployment and racial tensions swirling around us like a gale.

Everybody she meets is friendly, leaving her with good feelings without getting too attached with anyone. Nonetheless, there are many heartwarming stories others share with her. On the way she picks up odd jobs, including some work at Amazon. She stops to visit her sister in California, someone who understands her probably better than anyone else. During her road trip she meets David (David Strathairn) who takes a liking to her and invites her to visit him at his son's house. He offers her the guest house to stay in as long she wants, but she only stays for a few days. Early in the film she tells her neighbors she's not "homeless" but "houseless". What a outstanding road movie with Frances McDormand, an Oscar nomi-

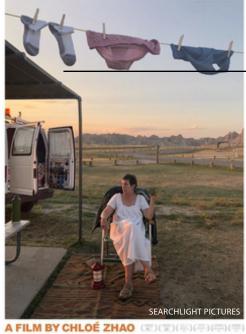
nation for Best Actress. Cast: Frances McDormand (Fern), David Strathairn (David), Swankie (Swankie), Bob Wells (Bob), Angela Reyes (Angela), Carl R. Hughes (Carl), Douglas G. Soul (Doug), Ryan Aquino (Ryan).

Director: Chloe Zhao. Running time: 108 minutes.



Howard McQuitter II

played by Frances FRANCES McDORMAND NOMADLAND



Nomadland Poster

continued from p.1 ...

Tips from a **COVID-19 Case** Investigator

most vaccines, they don't work 100%. Very rarely, people who are vaccinated can still become infected with COVID. This is called "vaccine breakthrough," and MDH keeps track of people who test positive who have been fully vaccinated. So far, it seems like these instances have been very uncommon, and people have had zero or extremely mild symptoms. And although fully vaccinated people are unlikely to get seriously ill, we're still getting information on how much vaccinated folks can still spread the virus if they get infected.

New CDC guidance for if you've been fully vaccinated (as of March 9, 2021):

What's Changed

If you've been fully vacci-

• You can gather indoors with fully vaccinated people without wearing a mask.

You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from

• If you've been around

What Hasn't Changed

For now, if you've been fully vaccinated:

• You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spac-

someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.

You will still need to follow

Many more people are eligible to get vaccinated in Minnesota, and it is changing rapidly. Visit https://mn.gov/covid19/vaccine/ to see who's eligible, find vaccination sites near you, and sign up for the Vaccine Connector, a



Teamsters Locked Out at Marathon Refinery: The labor movement in MN is asking everyone to avoid buying gas at Marathon and Speedway gas stations in solidarity with locked out Marathon Refinery workers. About 200 workers at the Marathon Petroleum Refinery in St. Paul Park have been locked out of work since January 22 and have been on the picket line 24/7 ever since. Workers, who are members of Teamsters Local 120, have been fighting against staffing cuts and changes that they are worried will make the refinery more dangerous. You can learn more about the lockout at Teamsters Local 120's Facebook page, or at the Minneapolis Labor Review: https://www.minneapolisunions.org/.

International Workers' Day March Returns: May 1st is International Workers' Day, and the Twin Cities Labor Movement will be marching, Saturday, May 1, 2021 at 2 PM, Minneapolis. Exact location is to be determined: check the MN Workers United Facebook page for more details as

they become available https://www.facebook.com/ MNWorkersUnited. The organizers demand: Labor Rights! Immigrants Rights! Stop Police Violence! Stop Line 3!

Support Needed for Hospitality and Event Workers: The hospitality industry has taken a huge hit from COVID, and these workers need our support and solidarity. Ninety percent of hospitality and event workers have been unemployed due to the pandemic, and financial support is running low. The Twin Cities Hospitality Relief Program, a coalition relief effort with Unite Here Local 17, IATSE Local 13, Restaurant Opportunities Center of MN, and other partners is supporting union and nonunion workers in events and hospitality facing hardships due to COVID-19. To support this important work, you can send a donation to:

Working Partnerships Memo: Hospitality Fund 312 Central Ave. SE Suite 524

Minneapolis, MN

es. Take these precautions whenever you are:

-In public

-Gathering with unvaccinated people from more than one other household

-Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk

· You should still avoid medium or large-sized gatherings.

You should still delay domestic and international travel. If you do travel, you'll still need to follow CDC requirements and recommendations.

You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.

guidance at your workplace.

tool that helps Minnesotans find out when, where, and how to get their COVID-19 vaccine

Lindsey lives in East Phillips and has been working a pandemic reassignment for almost a year as a COVID-19 Case Investigator for local public health. The pandemic isn't over yet, but we're getting SO close!

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

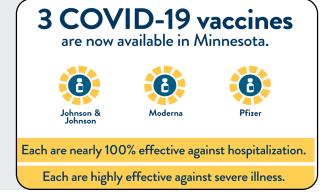
Call: **CRISIS (**274747)
COVID COMMUNITY COORDINATORS: **▶** Comunidades Latinas Unidas En Servicio (CLUES): 651-768-0000, Mon - Friday 8:30 am to 5pm; Saturday 10:00 am to 2:00 pm (Spanish)

• 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, So-



Continued from Page 6

BEANS



tein, no cholesterol, 1 gram of fat (which is polyunsaturated), 26 grams of complex carbohydrates, and 15 grams of dietary fiber. Beans have more potassium and less sodium. Both beef and beans have iron, but we absorb plant-based iron more efficiently.

While beef provides more protein per ounce, we also get protein from other foods: dairy, grains, nuts, vegeta-

bles, and even fruits. Most Americans consume twice the protein they need.

Pulses are members of the legume family. Legumes actually feed the soil as they grow, pulling nitrogen (considered to be the most important nutrient for plants) from the air and fixing it into the soil. Legumes are widely used as cover crops and in crop rotation for this very reason. A crop that feeds itself and the next crop. How cool is that?!

And, beans are dramatically more affordable. Dried beans cost an average of \$1.20/lb. vs. \$5.70 for lean ground beef.

ularity in the United States. Growing up the only beans I had were navy beans in the sweet barbecue side dish baked beans, and in split pea soup. Back then I never heard of hummus (made with chickpeas), but now it is a staple and on menus everywhere. An heirloom bean club out of California has a 10 month waitlist to join! There are over 400 varieties of beans, each with their unique color, taste, and texture.

You may say, "But beans me...you know... Despite the old rhyme "Beans,

Beans are growing in pop- beans, the musical fruit, the more you eat, the more you toot," the more you eat, the more your digestive system adapts and the less gas beans will produce. Beans, with all their nutritional value are such a great food bargain, they easily make up for any errant gas.

Cooking dried beans can be intimidating. They require planning and time. Consider investing in a pressure cookhand stores to save money. Cooking time is cut to a fraction and eliminates the need to soak the beans. Cook extra beans to freeze for later use to

save more time. Canned beans, while ounce for ounce are almost twice the cost of dried beans, are still a better bargain than beef. No shame in using canned beans.

Take away: Eat more beans!

Author Mary Ellen Kaluza is a Certified Financial Counselor with LSS Financial Counseling.

LSS Financial Counseling er – watch sales and second offers free counseling for budgeting, debt, student loans, foreclosure prevention, credit report reviews, and much more. Website: www.lssfinancialcounseling.org

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Raise Your Voice

Democracy and the Wizard of Oz

Bv PETER MOLENAAR

A few blocks east of Cedar on Riverside Avenue is the People's Center where, at age 70, I received the Moderna Vaccine. Given that my father died of COVID-19 at age 99, I look forward to voting in seven more presidential elections. Right?

Looking back, at age 20, I was actually fit enough to assist in voter registration in Carthage, Mississippi. Mrs. Hudson was our guardian while the three of us faced down a comparable gathering of hostile young men. Subsequently, for fear of a lynch mob, we wisely deflected a deployment of flirtatious southern belles.

Then, at age 32, I would tour the Soviet Union in the midst of electoral activity. To facilitate the voting process, everyone there had the day off with pay! Fast forward to this country... major sections of the working class remain captivated by Trumpism, and are imprisoned by racist thinking.

Do you remember the Wizard of Oz and the associated cast of characters?

From behind a curtain, strings were (and are) pulled on behalf of big business. To cast divisions among the masses, the Wizard busied himself

ing lights. Observant intellectuals like Marx and Lenin pondered the inner workings of this 'bourgeois-democracy'. Actually, it was Lenin who elaborated the revelation that a dictatorship operates behind a facade. Nonetheless in his day. Fred Engels advised workers to utilize the franchise to incrementally advance whenever possible.

Note: fascism is an openfaced dictatorship.

Question: why was a massive transfer of wealth to the super rich allowed to happen recently?

Biden is now compelled to save our country via the American Rescue Act, even as this will exacerbate the nation's deficit beyond Trump's original sin. Republicans will hoot, holler and obstruct without agreeing to raise taxes, let alone agreeing to cut back on military expenditure... never mind making ends meet again.

Is this "bourgeois-democracy" even worth the time of day to us? Certain "revolutionists," laser focused as they are on a future 'workers-democracy', tell us: no it is not. To which:

with sound effects and flash- character of Oz, "whatever happened to the dialectical motion of interpenetrating opposing conceptions?" Curiously in response, the Cowardly Lion began biting his own tail, however the Tin Man pumped his fist to the place a heart belongs. Dorothy interceded, "comrades, in the last election folks in Georgia overcame a racist shutdown of their familiar voting locations, they were then compelled to stand in long lines while holding their bladders in check, and yet they prevailed in their purpose!"

> Oh my, when exposed, the Wizard of Oz was embarrassed, contrite and repentant, but no not the Republicans of this world. Floundering now in their fantasy dream place, they imagine voter suppressions too numerous to elaborate here. Hopefully, Senate Democrats will break the filibuster to pass the For the People Act and the John Lewis Voting Rights Act. Hey, around here we are antifascists who understand the long term nature of the revolutionary process.

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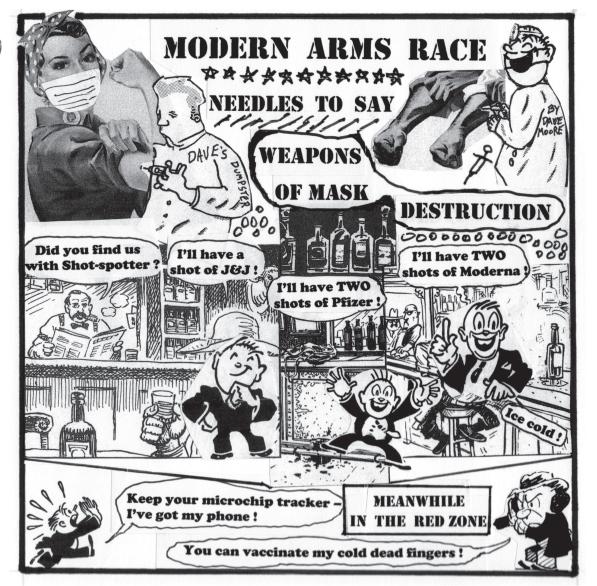
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gosh," said the

Scarecrow





Akhmiri Sekhr-Ra; **PERINATAL EDUCATOR AND TRAINER**

I am Akhmiri Sekhr-Ra and I am the Chief Family Development Officer for the Cultural Wellness Center. I am also a Perinatal Educator and Trainer here in the community. I work with families to help support them in the birth process and beyond.

I do this work because it is a calling that I have been following for the last thirty years. Babies are conscious and I want families to know that they mold the path that their baby will take.

munity for the past 10

years. Seeing people

mile, laugh, move, and

groove brings her great

joy because there is so much going on in our

lives that bring us down.

Helping people learn the wonderful art form

of Chicago 8-count

stepping and soul line

dance provides a great

escape from the every-

Alvena Richburg: LINE DANCE & STEPPING

Alvena Richburg, Line Dance & Stepping instructor with Command Steppers Minnesota

Dance & Fitness, has enjoyed staying fit and shar-

Blessings. My name LaDonna Funderburke, Meditation Facilitator, Cultural Healer, Owner of Breathe Deep Within LLC. I teach breath work, meditation, and sound therapy. In my class, you can learn easy-to-follow mindfulness techniques for stress management, anxiety, trauma, pain, grief, and overall health and well-being. Participants relax in the sonic vibrations of sound therapy that synchronizes brain waves, helping the body's energy return to cellular balance. All three modalities are complimentary to each other with amazing results.

My holistic approach creates a warm and friendly environment,



LaDonna Funderburke: **MEDITATION FACILITATOR & CULTURAL HEALER**

a safe space for each person to find peace and deep inner healing. Participants learn the importance of having a mindfulness practice with medically proven information to encourage them to make a commitment to their

As a cultural healer, I'm dedicated to serving the BIPOC (Black, Indigenous, People of Color) and under-served communities. It's vital that everyone have easy access to alternative healthcaré. I whole-heartedly give each person a quality of service that supports, advocates, and provide tools that allow growth in ways that will make a positive impact in one's life and the lives of others

alleynews.org • April 2021



Darryl Sellers: ZUMBA

I vividly remember taking my first Zumba Fitness class 13 years ago! It was LOVE at first dance! I've been teaching Zumba for 10 years! And, I'm still having a BLAST with members sharing in on the fun all over the Twin Cities, the U.S, and the world.

Zumba is a fun combination of cardio and toning! You'll get invigorated to move and groove to rhythms from ALL over the world! Please keep in mind, you don't have to be a dancer or worry about getting all of the moves. Zumba is about moving the way that's best for you...and having fun while doing it. I'll be leading you all the way... so the moves will be familiar in a short

This might be the most fun you'll have getting fit. And, you'll burn 500-800 calories in an hour while boogying to the beats! So, please join us as we put the Zoom in Zumba and Latin groove our way to fitness! I look for-

ward to dancing with you soon!

Caspian: **CRANIOSACRAL**

am grateful for practicing Craniosacral because relearning remembering how to sense the subtle communications of bodies can grow the skills of sensing the quiet voices in our

communities. Bodies live relationships and interconnectedness in ways I am grateful for returning to. I cherish being an extra layer of support or a prompting question for a person during a session as they "feel" into their relationship with the body they live with. May we all be more aware of living from our hearts and guts instead of oppressive conditions. May we all be more aware of how the patterns we practice with bodies, land, and animals are patterns that we practice with each other; so may we practice gratitude, listening,

-ty THANK YOU

to our HEALTH CHAMPIONS

of the Community Health Hub!!!

ing the love of dance and music with the com-

day stresses of life and she wouldn't trade it for the world! Combining fitness with dance and our favorite music is great motivation to get people moving!

J. Most: COMMAND STEPPERS

J. MOST, Founder & Lead Stepping instructor with COMMAND STEPPERS Minnesota Dance & Fitness / established in 2009, has enjoyed staying fit and sharing the love of dance and music with the Minnesota community for the past 12 years. Seeing people smile, laugh, move, and stay fit through the EMPOWERMENT of Couples Dancing is truly a great feel-

COMMAND STEPPERS has taught over 400 community participants this wonderful dance art form called Chicago 8-count stepping and provides a great escape from the everyday stresses of life. Combining fitness, dance and performing arts provides the soul with the healthy ingredients for a long existing life-STYLE!



You have helped to bring us Health and Harmony over the past year and you are keeping us well as we look forward to our future!

ENGAGE, CONNECT, and PARTICIPATE....

Our work unleashes the power of citizens to heal themselves and build community. If you would like to find out more about any of the classes or to join in, check out the Backyard Community Health Hub's Facebook page or email **BackyardHealthHub@culturalwellnesscener.org**

Mikky Daub: YOGA

Hi! I'm Mikky Daub, a 500-hour Registered Yoga Teacher and a forever student of life, yoga, and people. As a highly sensitive person, my favorite types of classes to teach are nervous system soothing and include slowing down enough to savor moments and movements. Stretchy, flowy, lots of deep breathing---we do not rush here. And we do not waste time. I don't include super athletic/gymnastic poses or pacing. You will likely get stronger but we're not working out, we're working in, working WITH. Befriending our bodies and minds, while unlearning the need

push. I also love to share about the moon, seasonal cycles, yoga philosophy, social justice, current events, fun things I'm learning, quotes and books. My main goal is to love you and hype you up. To remind you that you are lovable exactly as you are right now, and that ultimately YOU are (or can learn to be) your greatest ally and teacher.



Rehti Utchat Mekha: MY BODY **TALKS**

I am Rehti Utchat Mekha and I start ed my very own business and named it "My Body Talks!" During my time of growing up and into my young adults years, I enjoyed playing different sports Basketball was my main sport. When my knees got so bad and I couldn't play as I used to, I began to look at certifications in Health and Wellness. When friends and family asked how to get healthier without all the weights and machines, I began to look at what the body was saying to me and applying it



in how I coached and trained others. I tell people to listen to their bodies and we go from there. I love biking and walking but I love to do those things with people that are close to me. So I encourage my clients to find family and friends that like to move spend the time doing those things that move you. You just need to move. Get outside however you can whether it's to a pumpkin patch, a bike ride or j



Cultural Wellness Center Health · Heritage · Harmony

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