



## The Other Pandemic, Violence Against Women

By MARCO DÁVILA C.

Translated by Duncan Riley.  
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lamatracanews.com

HER NAME IS YADHIRA  
ROMERO MARTÍNEZ

Let's imagine how great would be the indignation in the mainstream media if the murdered young woman, instead of being a Mexican with US Citizenship, had been the daughter of the governor, the president, or some millionaire or celebrity?

She never returned home. Yadhira Romero Martínez lived in Morelos, Mexico with her parents. Recently she traveled to Minnesota, her place of birth. She was 19 years old. She was found dead in a house in Powderhorn Neighborhood (E Lake Street and 18th Avenue South).

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The Minnesota Indian Women's Resource Center at 2300 15th Ave S unveiled their new mural on May 14. The mural was designed and created by Holly Henning-Garcia (Miskitoos), Lina Downwind-Jubera (Migzi Ikwe), Charlie Garcia, Thomasina Topbear, and Miskwa Mukwa Desjarlait.

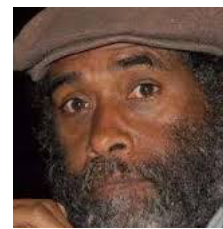


People and Pets Together,  
3745 Bloomington Ave

Something I Said

## People and Pets Together

By DWIGHT HOBBS



Dwight Hobbes

Probably most people's well being is intrinsically, inextricably tied to caring for a pet. The furry, four-footed friend you take care of who actually takes care of you. And who you need to feed. Tougher and tougher as financial times have grown, more than a few folk struggle to put food on the table, let alone fill a feed bowl.

Enter, People and Pets Together (PPT) ([www.peopleandpetstogether.org](http://www.peopleandpetstogether.org)) to meet that vital need. As the corona crisis continues to rage, it's increasingly about more than having a cute critter on hand. That critter, for a lot of us, means company. For those who've had Fido or Kitty awhile, it is the loving com-

panionship of a family member. Ultimately, we're talking about the overall good. As Dr. Marie Louderback of the 3 Pound Cats clinic, fondly referred to at PPT as Dr. Marie, notes, "To be able to care for [one's] pet allows me to indirectly care for the family as well." She adds, "The human-animal bond is...helpful with many human conditions."

That particularly includes people who live alone, especially



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## Why Should You Care About City Elections?



THE SECOND IN A SERIES OF ARTICLES ABOUT THE 2021 MUNICIPAL ELECTIONS BROUGHT TO YOU BY THE LEAGUE OF WOMEN VOTERS MINNEAPOLIS.

If you drive a car, walk, bicycle, live in a house or apartment, breathe the air, have a pet, discard trash, flush the toilet, or eat or drink in a restaurant, then, as a resident of Minneapolis, you have a vested interest in who runs our city. If your concern is safety, policing, and civil rights, your interests are even more relevant this year.

City council members – one elected from each of Minneapolis' 13 wards - make the laws and policies that govern the city. They approve budgets, levy taxes and elect a council president who sets the council's agenda and presides over meetings. Council members serve on committees

that focus on specific issues like housing & zoning, public health & safety, public works and budgeting. The city council writes the rules that govern nearly every aspect of the city that impacts our daily lives. Read more about City Council Powers and Duties here: <https://www.minneapolismn.gov/government/city-council/about-city-council/powers-and-duties/>

Reminder: every city council seat and the mayor will be on the ballot on November 2!

The mayor is the only city official elected at-large; that is, by the entire city voting population. Think of the mayor as the city's chief executive, responsible for the day-to-day operations of the city and cheerleader-in-chief. The mayor is the most recogniz-

Continued on page 3...

Tips from a COVID-19

Case Investigator

## How We Get to the End (because we're not there yet)

By LINDSEY FENNER

Now that COVID vaccines are much more easily available in Minnesota, we have reached what is perhaps the hardest part of this enormous vaccination task: reaching the folks who waited or haven't quite made up their minds or still have questions. And as much information as any government public health official can send out in the world, YOU can make a difference by having conversations with loved ones about getting vaccinated. These conversations might be difficult. And it will likely take more than one conversation. But this is how we get to the end of the pandemic.

Some tips for having these difficult yet crucial discussions:

- Listen with empathy and without judgement: These vaccines are new. There is so much information and misinformation about them, it can be overwhelming. It is understandable that people have questions or anxiety about getting their shot. Give folks space to talk it out.
- Ask open-ended questions: This helps keep the conversation going, and helps you understand what your friend or relative is concerned about.
- Share information and resources (but ask permission first): There are many good informational resources about the vaccine. Just try not to SPAM them with information!
- Help them find their reason why: People who get vac-

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# 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

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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.

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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](mailto:copydesk@alleynews.org)**



## Library News

By CARZ NELSON

All information listed here is accurate as of May 18, 2021.

### CHANGE IS COMING

Library hours and services are expected to expand soon in response to the decrease of COVID in the community. In this rapidly changing environment, you can find the most recent and reliable information on the library website,

[www.hclib.org](http://www.hclib.org).

### LIBRARY UPDATES:

#### JUNETEENTH

The library is hosting many online activities to celebrate Juneteenth. Million Artist Movement is helping the community to connect with each other and to reflect on Juneteenth themes, stories and dreams. There are three activities to choose from: making quilt squares, dance, and storytelling. Kits will be available to pick up ahead of time at Hosmer Library for making quilt squares. Check out the Events page on the library website to see all the Juneteenth programs on offer.

#### CHILL ON THE LAWN

Franklin Library has free Wi-Fi outside the building from 7 AM to 10 PM. They also have chairs on the front lawn when the library is open. It's a convenient spot to hang out and log on.

### DUE DATES RETURN

HCLib suspended due dates for the past year because of COVID. This policy ended on April 26. Check your online account or paper receipts for due dates. Renewal policies remain the same; items can be renewed up to three times. Returns are accepted at all library locations. Book drops accept returns 24/7.

### NO MORE FINES

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

### HOMEWORK HELP

Live, virtual tutors are available through Help Now [www.hclib.org/programs/homework-help](http://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.

### LIBRARY SOCIAL WORKERS

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](http://www.hclib.org):

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

### ASK THE LIBRARY

Have a reference or library

account question? Call, text, chat with, or email a library worker.

[www.hclib.org/contact](http://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.*



"BOOK HEAD" BY JESSIE MERRIAM

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*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](mailto:copydesk@alleynews.org)*

**CALL FOR SUBMISSIONS**

## METRO TRANSIT

# Light at the End of the Tunnel

By JOHN CHARLES WILSON

The next Metro Transit quarterly service change is happening Saturday, 12 June 2021. There isn't much in the way of change for the Phillips neighborhood bus routes:

Routes 2 and 11 will have schedule adjustments to reflect actual travel times.

Route 14 will have similar schedule adjustments, and will also operate more trips to Richfield Commons, improving access to Target, Home Depot, and several restaurants from Bloomington Ave.

For me personally, the most exciting change is far from Phillips: new Route 323

will go from Sun Ray Transit Center on the East Side of Saint Paul to Woodbury. All-day service to Woodbury has been needed since the 1980s! Unfortunately, since the last trip is at 10:45 PM and Route 63 is being truncated at Sun Ray, people living in the Londin Lane area, where there are a lot of apartment buildings, will probably howl at losing their late night service.

In other news, I hope every *alley* reader makes the right choice and gets vaccinated against COVID-19. I just got my shot the day before I wrote this column. Vaccination is free, and the lines are going down. Appointments are easily available now, and infection rates are going down. Even though the State mask mandate is lifted, the Cities of Minneapolis and Saint Paul are still requiring masks, as is Metro Transit, due to a federal mandate not set to expire until 13 September 2021, If you want to be free to go places without a mask, if you want restaurants and libraries to be open, if you want buses and trains to go back to normal service, please do your part and roll up your sleeve. I, for one, look forward to normal.



Tales from  
Pioneers and Soldiers  
Memorial Cemetery

By OLGA ACUNA  
187TH IN A SERIES

What began as a class project addressing environmental injustice in the East Phillips neighborhood steadily flourished into an Arbor Day celebration at the notable Pioneers and Soldiers Memorial Cemetery on the intersection of Cedar Ave and Lake St. On Saturday May 1st, over 60 volunteers from the surrounding community gathered at the cemetery to aid in the planting of over 50 trees throughout the 27 acres of green space.

On one of the warmest days of the Spring season, this resilient intergenerational group of volunteers worked through the heat together to nurture the Earth by planting trees with help from arborists from the Minneapolis Parks and Recreation. Volunteers later gathered around for an ethereal blessing of the tree performance which included two deer puppets, bells, and poetry all done by the Semilla Center for Healing and the Arts. The event rounded off with the enjoyment of a collective meal in the shade with food from Pham’s Rice Bowl. Volunteers mingled with one another, took photos with Elmer the Elm Tree, and watched out for an appearance from Fern and Lily, the local Cemetery deer.

One participant commented on the event saying, “It was powerful to be in this neighborhood that was so impacted by the uprising after George Floyd’s murder and to do something meaningful. When I visit these trees in the future, it will help me remember the awfulness of police brutality in our state but also help me connect to the hope there is in the community.” Another, an 11-year-old, stated, “I’m scared of climate change and I know planting trees helps. Thank you!”

Open Spaces and Healing Initiative arose from the grand challenge course offered at the University of Minnesota, Innovation for the Public Good: Design for a Disrupted World. In this project-based course, students worked in interdisciplinary teams to develop entrepreneurial responses to current complex social and environmental problems. Classmates Olga Acuna, Sage Brinton, and Bemnet Kika, along with two other students, felt the need to address the pressing issue of environmental racism occurring in the East Phillips Neighborhood of South Minneapolis.

For over 80 years, the community of East Phillips has been exposed to a disproportionate amount of toxic waste from a myriad of pollution sources, including: arsenical pesticide

# Cemeteries: The Modern-Day Urban Park



Elmer the Elm Tree

facilities, land recycling sites, garbage incinerators, oil facilities, major traffic, and more. Studies done by the Minnesota Department of Health conclude the community now deals with the highest rates of asthma and lead poisoning hospitalizations in the State of Minnesota due to air pollution from nearby facilities. The Open Spaces and Healing initiative aims to activate green spaces in urban neighborhoods by implementing trees and benches. Trees have the power to filter atmospheric pollutants while also being able to cool the space down. The benches increase the amount of time a user spends in

increase in density the number of urban green spaces decreases. Activating open spaces becomes vital for the well-being of the community. In fact, during the 19th century, hanging out and snacking in cemeteries became a common pastime. Many municipalities at the time lacked proper recreational spaces, leaving people to utilize what outdoor space they had. Picnicking in the cemetery grew in popularity as epidemics were raging across the country. Yellow fever and cholera cases heightened amongst women and children resulting in early death. Families were able to connect with the deceased and those still living by conversing



the space and increases accessibility. Numerous studies have proven the health benefits of spending time outdoors. Studies done by the the World Health Organization Europe explain that urban greenspaces promote mental and physical health, and reduce morbidity and mortality in urban residents by providing psychological relaxation and stress alleviation, support physical activity, increase social capital within the community, and reduce exposure to air and noise pollution and excessive heat. Our hope is to invite people into the space so that they can continue to find it as a place of tranquility within the busy streets of Minneapolis.

Spending time in a cemetery can seem macabre and taboo. However, as cities

with others about the death of their loved ones. The tradition of picnicking in graveyards is still done by those in Guatemala, parts of Greece, and Asia

Looking into the future, we hope that our idea of revitalizing green spaces and focusing on cemeteries as a way to combat environmental racism and promote community healing can be seen as a framework that can be replicated across the country. We would not have been able to see our idea come to fruition without the support of Friends of the Cemetery, Minneapolis Parks and Recreation, Youth Service America, the Hershey Foundation, and Acara - Institute on the Environment at the University of Minnesota.



Continued from page 1

## City Elections cont.



able city official and acts as the city’s figurehead and spokesperson. That enables the mayor to set the city’s agenda and wield the bully pulpit. Where city council members typically represent their individual communities, mayors have a broader city-wide perspective.

In Minneapolis’ “weak mayor” system, the mayor appoints commissioners and directors of the various city departments and oversees their work. The city council’s Executive Committee, however, also plays a role in appointments and oversight. While this forces collaboration and democratizes decisions, it can lead to role confusion and unclear expectations by staff. Accountability is also shared, which may confound voters as to where the buck stops.


What is NOT controlled by city government: schools and parks. Both have separate boards that set policy and budgets.

Future installments in this series will explain the roles of the Board of Estimate & Taxation and the Minneapolis Park & Recreation Board (elected offices). You’ll see both of these entities show up on the ballot in November, too.

Your VOTE is your VOICE and the most direct way to hold city officials accountable for their actions. Mark your calendar for November 2, register to vote in advance and make a plan to get to the polls. Visit [www.lwvmpls.org](http://www.lwvmpls.org) for more information.

Learn more at [www.lwvmpls.org](http://www.lwvmpls.org).

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La vacuna es muy buena para proteger a las personas de la enfermedad de COVID-19. Se necesita algún tiempo después de la última dosis para desarrollar protección contra el COVID-19. La persona que le administre la vacuna le informará sobre si necesita una o dos dosis. Si necesita dos dosis, es importante que reciba ambas para obtener la mejor protección.

VACUNA DE 2 DOSIS

PRIMERA INYECCIÓN

ESPERE 3 A 4 SEMANAS

SEGUNDA INYECCIÓN

ESPERE 2 SEMANAS

LA MEJOR PROTECCIÓN

VACUNA DE 1 DOSIS

PRIMERA INYECCIÓN

ESPERE 2 SEMANAS

LA MEJOR PROTECCIÓN

[mn.gov/vaccine](http://mn.gov/vaccine)

Minnesota Department of Health | [health.mn.gov](http://health.mn.gov) | 651-201-5000 | 625 Robert Street North PO Box 64975, St. Paul, MN 55164-0975 Comuníquese con [health.communications@state.mn.us](mailto:health.communications@state.mn.us) para solicitar otro tipo de formato.


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# Fresh Summer Food in Phillips

COMPILED BY LINDSEY FENNER

Check with the organization for latest COVID precautions and for schedule changes

► **Sisters' Camelot at the American Swedish Institute, 2600 Park Ave First Tuesdays through August, 2:30-3:30 PM:**

Sisters' Camelot will be in ASI's parking lot the first Tuesday afternoon of each month through August. Sisters' Camelot is a collectively-run nonprofit founded in 1997 that is focused on food justice, waste reduction, sustainable living, community building, and youth education. We share free organic groceries and free organic meals with our community. <https://www.facebook.com/SistersFoodshare/>

► **Fare for All at Open Arms, 2500 Bloomington Avenue, Friday June 4, 1-3PM:**

Fare For All, now in a drive-thru format, is a nonprofit cooperative purchasing program – selling fresh produce and packages of frozen meat to the community for up to 40% off retail price. Credit, debit, or EBT payments are preferred. Cash is accepted, NO checks. We remain open to ALL people with all modes of transportation. 763-450-3880, <https://fareforall.thefoodgroupmn.org/>

► **Four Sisters Farmers Market, 1414 E Franklin Ave in the Pow Wow Grounds parking lot, Thursdays June 3 - October 28, 2021, 10 am - 3 pm**

Four Sisters Farmers Market is an Indigenous-centered food market, focused on both Indigenous and hyper-local foods from Phillips

and surrounding neighborhoods. The market is a program of the Native American Community Development Institute (NACDI). Working with native-run farms and food producers, we will help develop a healthy, Indigenous food system that is accessible and welcoming to people in the American Indian Cultural Corridor. We welcome and accept SNAP/ EBT benefits, Market Bucks, and Four Sisters Farmers Market vouchers. **Facebook: @foursistersmarket**

► **Waite House Community Center Food Shelf, 2323 11th Ave S**

Food Shelf Distribution:  
Mondays: 12pm-4pm  
Tuesdays: 10am-12pm, 1pm-4pm  
Thursdays: 10am-12pm, 1pm-4pm

Produce Distribution:  
2nd & 4th Wednesday of the month: 10am-12pm

Free nutritious groceries for individuals and families.

Pre-filled pantry bags are available for pick-up at Waite House Community Center during the usual food shelf operating hours. No appointment needed, but first-time visitors will be asked to complete a brief registration process. First-time visitors must bring an ID for themselves and their family members and complete a brief registration process.

<https://pillsburyunited.org/programs/food-distribution/>

Regarding Produce Distribution: Visitors must register in the morning and pick up their produce later in the day.

<https://pillsburyunited.org/programs/produce-days/>, 612-721-1681

## Peace House Community - A Place to Belong

### Who Are Our Leaders?

By MARTI MALTBY



Marti Maltby

For whatever reason, I've been wondering lately who's in charge, or, to put it another way, who is the leader. If a space alien gave me the cliché, "Take me to your leader", I'm not sure who I would take him to.

Many years ago, one of my college instructors defined a leader as someone who had followers. More recently, I came across the book *Bad Leadership*, which argued that many "leaders" were bad at their jobs because they were ineffective, meaning they couldn't get others to buy into their vision or the direction they wanted to take their organization. In other words, no one was following them. (The book

also argued that some leaders were bad because they did have followers, but they led the followers to make really bad decisions. Think Jonestown.)

I am becoming more and more aware of how many people call themselves "leaders" (or, even more pretentiously, "thought leaders"). Usually this is a gimmick to make themselves sound more important than they are, hoping that it will attract more attention on social media or more attendees at their online events. These people usually recycle other people's ideas in new packaging, or they rely on novelty more than substance to keep their "followers" interested in what they are doing.

All this has led me to wonder who our real leaders are, or who should be the leaders. In one of these columns about 18 months ago I mentioned a work group in the Native American community trying to deal with the opioid and homelessness epidemic. The group is doing some fabulous work and making progress, but they lack the resources

to get the situation under control. That group is leading the way on Native American issues, but a lack of followers among various government agencies (the people with the resources) is hampering their work.

The Phillips neighborhood hosts many of the largest homeless encampments, was disproportionately affected by the unrest after George Floyd's death, fights chronic crime problems (including drug dealing and prostitution), and is historically one of the poorer neighborhoods in the city. Despite these challenges, many residents and business owners take responsibility for beautifying the streets, ensuring city funds are spent wisely, and keeping their neighbors informed of local events.

I know there are many leaders that I haven't noticed or don't get to meet. I wish these true leaders got more press and could attract enough followers to really make the positive differences they are striving for. The world would certainly be a poorer place without them, but it would also be a much richer place if they are able to truly become our leaders.

continued from p.1 ...

## Something I Said



### People and Pets Cont.

during a pandemic that the medical profession expects to last until December. Characteristic of isolation is succumbing to depression and just plain loneliness. "A pet can remind you that you're not alone," says life coach Desiree Wiercyski at WebMD. "Pets offer unconditional love, which can be extraordinarily soothing when feeling isolated."

This past year PPT, one of the only two pet food shelves in all of Minnesota (the other being Pet Resource Center, 1401 N 44th Ave, Minneapolis) gave out

96,097 pounds of dog and cat food on-site. While the available stock shifts, you can generally find brand names like Loyal, Pro Plan and Nutro (dogs) and Friskies, 9-Lives and Purina (cats). A constant is that it will be quality food, enough to last a month. Upwards of 1,000 households were served, including birds, guinea pigs, rabbits and fish. Importantly, their veterinary assistance grant program helped cover emergency bills for low-income homes: just because you're cash poor shouldn't mean your pet can't get healthcare.

It also shouldn't mean having to give your companion away because your wallet is thin. "Our mission at PPT is to end pet surrender," says Kate Meador, Program Director. "Our clients are faced with the question of how to keep their family, including their pets, fed. We're here to answer one of those questions. I work with People and Pets

Together because I believe in our work and know that I could find myself in the same position that clients find themselves in. My pets are very important to me. My dogs have helped me through painful loss, hiked with me to undiscovered places, and kept me company during lonely moments. They bring me great joy and I never want to be without them by my side. And I wish that for every person who enters our door."

The initiative began 11 years ago with Kim Carrier who remains on the PPT board of directors and has proved a boon to pet owners ever since.

**Pets & People Together, serving the Minneapolis-St. Paul metro area, is located at 3745 Bloomington Ave. in South Minneapolis. Hours: Tuesday, Thursday 5:30pm - 8:30pm Saturday 9:30am - 2:30pm. Phone: (612) 722-9998**



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# GUEST EDITORIALS



## We are not trash, stop sweeping us

By SOUTHSIDE HARM REDUCTION SERVICES

This last month the Minneapolis Police evicted another encampment of people experiencing houselessness in East Phillips. This is the third time in the past few months that this group has been moved. This eviction was especially violent. About 40 police arrived to forcibly evict roughly 30 residents with no place for residents to move. The police barricaded the area surrounding the camp and forced almost all the community outreach workers out of the camp, searching for people with active warrants and tell-

ing residents they had 5 minutes to pack everything and leave. During this eviction, a resident of the encampment experienced an overdose. The police (all of whom are supposed to be carrying naloxone) did not respond. Instead, they continued to stand around and force people to leave the encampment. Fortunately, a fellow resident responded to the emergency by administering naloxone, and the person experiencing the overdose survived, exclusively because of this community response.

These evictions are violent, and they cause immediate and long-term health crises. They prevent people from making progress in finding housing and in achieving health goals. They cause people to lose their tents, identification documents, personal belongings, medication, harm

reduction supplies, and naloxone. They also cause disruption of important relationships with friends and family, as well as healthcare and social service providers. These connections are as valuable to people’s health as physical supplies. As one resident put it, “Every time we are evicted, we start back at square 1, we could be at square 450 and then immediately back to square 1.”



Signs calling for housing justice attached to the fencing installed around the abandoned gas-station and, recently cleared tent encampment at 25th and Bloomington.

Encampment evictions are happening in the midst of multiple outbreaks, including HIV, Hep A, and alongside record high numbers of overdose deaths.

These evictions and health crises disproportionately affect Indigenous people and people of color, and we cannot pretend that these crises are separate or independent of each other or minimize their magnitude. We need to be open to new solutions, and we must recognize that people who use drugs and people who are living outside are part of the solution.

Southside and other outreach workers talked with folks who have been staying at the recently evicted encampments. Below are some of the needs they voiced to us:

1. Create a space for community members living outside where they will not be evicted or harassed. Where community and safety as defined by residents is supported.
2. Meet basic human needs in encampments such as sanitation (potable water, toilet access), food, waste management.
3. Increased access to mobile medicine, harm reduction, and

other relevant health and social services

4. An overdose prevention site/supervised ‘shooting gallery.’

We want to acknowledge the real and legitimate concerns of housed community members on the public health crisis they see and experience from their homes in their communities. Lack of adequate sanitation, food storage, syringe and other litter, lack of adequate PPE and space for social distancing, and potential violence all create very real public health risks. However, we cannot lose sight of the fact that the people most impacted by these conditions are the people living directly in them. These evictions do nothing to resolve these conditions, and only serve to relocate these community members into other neighborhoods while poverty and unsafe living conditions continue to be exacerbated.



Continued from Page 1

### Violence against Women cont.

It is a systemic problem. Of course, a murderer is a murderer and should pay for their crime. But it is also imperative to turn and see the circumstances and causes, and ask ourselves how we can prevent these horrible murders, instead of holding to the conservative idea that simply putting people in prison solves all problems.

Femicide is a pandemic that ends women’s lives. “In 2011 alone, according to The Guardian, it happened to 1,600 women and girls from Alaska to New York,



YADHIRA ROMERO MARTÍNEZ

of all races, ages, and income levels. They were murdered in their beds and in their cars, at work and at yoga classes, with parents, husbands, ex-boyfriends, cousins, children, neighbors, and strangers.”

The community in South Minneapolis has taken it person-

ally. For the big media companies, it may not be a very important story, but for neighbors in South Minneapolis, this case is as important as it is outrageous. As soon as the news broke, the community came together and mobilized itself. The fact that hundreds of people have come to the vigils and marches demonstrates that indeed, people do want to do something to stop these things from happening. “¡Ni una más!” (not one more) is a demand that resounds during the protests.

This cannot become normal for us. We cannot allow Yadhira Romero Martínez to become just another statistic. Let’s take the terrible case of Yadhira as a call

to get angry together. Let’s follow the example of those who protest in the streets. And let’s keep saying her name.

It’s an epidemic that shows no mercy to women and girls, occurring in the United States and across the world.

And it seems that the murder of women is a subject so often minimized that many people don’t even know the word “femicide” which refers to the murders of women, the vast majority of which are committed by men solely because they are women.

**JUSTICE FOR  
YADHIRA ROMERO  
MARTÍNEZ!**

#### CHRONOLOGY OF EVENTS

- Yadhira Romero Martínez left work at a Walmart in Bloomington at 4 P.M. on Thursday the 22nd of April.
- Friday, April 23rd, Yadhira did not make it to work. Her body was found the same day.
- Hours later, José Daniel Cuenca Zúñiga was arrested in Ohio for being the principal suspect in the murder.
- First court date for José Daniel Cuenca Zúñiga was May 10th.
- Family members have started two GoFundMe accounts to gather funds to transport her remains to Morelos, Mexico:  
<https://gofund.me/d403a869>  
<https://gofund.me/ae23b119>



## East Phillips Improvement Coalition (EPIC)

**Board Meetings are the first Saturday of every month at 10am**  
The next EPIC Board Meeting is Saturday, June 5 at 10am

**Community Meetings are the second Thursday of every month at 6:30pm**  
The next EPIC Community Meeting is Thursday, June 10 at 6:30pm

**EPIC Garden Meetings are the second Saturday of every month at 9am**  
The next EPIC Garden Meeting is Saturday, June 12 at 9am

**Join the folx on your block in picking up trash every Saturday, anytime between 9-11am.** Join the whole neighborhood the last Saturday of every month - meet at 27<sup>th</sup> and 17<sup>th</sup> Ave at 10am!

NOTE: All meetings are virtual for the time being (except trash clean ups). Get the link to join at [eastphillips.org](http://eastphillips.org)

**EPIC’s June Community Meeting**  
**Thursday, June 10 at 6:30pm**

A vote will be held on new EPIC bylaws. To view the new bylaws visit [eastphillips.org](http://eastphillips.org).

*El proceso de revisión de los cambios en los estatutos se realizará una votación el 10 de junio. Para ver los cambios propuestos, vaya al [eastphillips.org](http://eastphillips.org).*

Visit [eastphillips.org](http://eastphillips.org) to learn more  
Follow us on Facebook for neighborhood updates and resources: [facebook.com/eastphillipsepic](https://facebook.com/eastphillipsepic)









# VENTURA VILLAGE NEIGHBORHOOD

## JUNE '21 NEWS

venturavillage.org 612-548-1598 villageventura@gmail.com

GARDENING AND WELLNESS UPDATE

Hopefully all your yard and garden projects are coming together this spring. You can contact our neighborhood email or phone number (612-548-1598) if you have a question or need help. We have a tool library, raised beds, and ideas for you.

Our Savior's Lutheran Church, Waite House, and the Neighborhood has been **developing the garden site at 2215 Chicago** this spring. We meet on Monday mornings 10:30 AM to 12 PM if you want to join us. Contact [MelissaT@pillsburyunited.org](mailto:MelissaT@pillsburyunited.org) for more information.



Constructing the storage shed and laying mulch at the front entrance to 2215 Chicago, Photo Credit: Melissa Trent.

PHILLIPS COMMUNITY CENTER GRADUALLY REOPENING

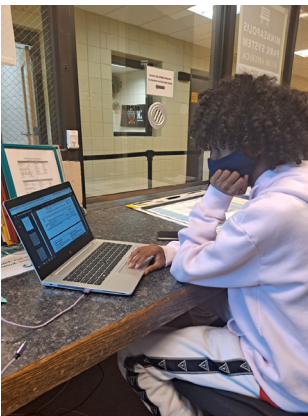
The Phillips Community Center is slowly moving back to a normal routine this summer, after being mostly shut down for almost 15 months because of the Covid-19 pandemic.

Waite House kept their food shelf open during the pandemic because of the demand caused by people losing their jobs and income. For about 6 months they used the gym with it's better access for suppliers and clients of the food shelf. During that time they remodelled, painted, and upgraded their equipment in their normal food shelf area. They have been gradually moving back to that area and hope to provide the full services they did before the pandemic.



University of St. Thomas students assembling at Waite House and painting their food shelf walls. Photo Credit: Ethan Neal

The Park Board began doing some limited programming in January. Urika Pratt, the Youth Program Specialist at the PCC offered weekly STEM (Science, Technology, Environment, Math) classes to preteen students who had signed up, and limited teen center and gym time to older youth who had signed up. **This summer they will be offering a city biking program, swim program, safety camp, basketball tournaments, open gym for all ages and more!** Opening up will be beneficial to everyone.



Pictures from left to right: 1-3 STEM 4-6 TEEN CENTER Photo Credit: Urika Pratt  
1) Creating Volcanoes, painting them, then combining ingredients to make them erupt  
2) Discussing engineering concepts and building multi-layered marble mazes

HELP CLEAN UP FRANKLIN AVENUE

**One of the realities of living in a city is dealing with graffiti and trash.** Unfortunately letting someone else deal with it doesn't help solve the problem. It doesn't go away - it's everyone's responsibility.

The city is encouraging individuals and organizations to help. Our neighborhood has obtained supplies to help with graffiti on public property (traffic lights, control boxes, hydrants, etc.) and supplies for picking up trash. The pictures below are before and after results of graffiti removal at the corner of 13th Avenue and E Franklin.



**Work together with your neighbors, friends and organizations.** Volunteer for big events like the Phillips Clean Sweep in October. Contact Ventura Village for graffiti and trash cleanup supplies. You can also learn more at [minneapolismn.gov/CleanCity](http://minneapolismn.gov/CleanCity) and [minneapolismn.gov/litter](http://minneapolismn.gov/litter).

NATIONAL NIGHT OUT IS COMING BY: KALI PLIEGO

National Night Out is Coming, August 3rd, 2021

National Night Out is a beloved annual event that many in our community look forward to, make plans for, and enjoy with neighbors year after year. The 2021 National Night Out is scheduled for **August 3rd, 2021** – save the date!

Typically, the lead planner for National Night Out (NNO) party are block leaders. Block leaders are volunteers; recruited and trained by the Crime Prevention Specialist. After a thoughtful process, Minneapolis Public Works Department decided to go ahead with issuing permits to restrict traffic for 2021 NNO block parties. Luther Krueger, NNO coordinator, has recently communicated this news with block leaders – indicating the start of NNO planning season.

While a lot of the focus of the City's planning energy will be placed on NNO, I want to offer to the reader that National Night Out is just one of many opportunities to connect with your neighbors. I urge residents of South Minneapolis to consider other ways and times to develop relationships and deepen connections with neighbors. These times can be fun and frivolous, like birthday parties or ice cream socials; they can also be more serious, like a safety meeting or vigil. The point is doing these things together.

Strong block clubs are an integral part of crime prevention. Neighbors who know and trust each other tend to look out for one another. They talk to each other and know what is, and isn't, normal activity for their block. This helps identify when there is suspicious activity on the block, and deal with it swiftly (through problem solving together and/or reporting the behavior to appropriate authorities). For this same reason, apartment buildings should have some type of resident board that can function like a block club.

Anyone interested in becoming a block leader is invited to email me at [kali.pliego@minneapolismn.gov](mailto:kali.pliego@minneapolismn.gov), so that I can fill up the list for my next Block Leader Training. When I have 10 interested people (i.e. potential block leaders), I will schedule the training.

Need help with ideas for block club activities? Here's a list (not exhaustive, but a start):

- Ice Cream Social
- Art Party
- Book Club
- Movie Club
- Gardening Club
- Cultural/Religious Celebration or Recognition
- Walking Patrol
- Coordinated Litter Pick Up
- Safety Meeting
- Care for Elderly Neighbors
- Afterschool Kid's Club/Tutoring

- 3) Creating structures such as buildings/bridges using recycled materials and hot glue
- 4) During teen center hours, Providing college application help and resume building utilizing onsite computers.
- 5) Spending time in the teen center playing piano.
- 6) Ultimate Sports is a program during open gym that offers unique activities and sports such as hover boarding, badminton, obstacle courses and more.

FOUR SISTERS FARMERS MARKET

-The Four Sisters Farmer's Market will be open every Thursday beginning June 3rd from 10 AM to 3 PM in the Pow Wow Grounds parking lot.

NEIGHBORHOOD ORGANIZATION NEWS

-Our June General Membership meeting will be Wednesday, June 9th at 7:00 PM. --  
-Our June Committee meetings will be held Thursday, June 24th at 5:30 PM. Both meetings are available via Zoom. To request a zoom link call or email us.  
-**The following motion will be voted on** at the June General Membership meeting, Recommendation 2105-1: "Ventura Village moves to allocate up to \$100,000 from the Community Participation Program to the Neighborhood Priority Plan for Peavey Park improvements, including but not limited to the Picnic Shelter, Playground, Trail extension and enhancements, depending on additional funding and the MPRB scope of work."



# thealley

is looking for part-time help and volunteers  
to keep the Alley coming to you!

**CONTRACT POSITION:**

Business manager, roughly 10-15 hours per month  
@ \$15-20 hour based on experience

**REQUIRED QUALIFICATIONS:**

- Strong customer service and management skills and experience working with economically and culturally diverse communities and individuals.
- Excellent skills in meeting deadlines and task management within an environment that has conflicting priorities, at times.

**RESPONSIBILITIES INCLUDE:**

- Weekly mail pick up from post office box and process the mail
- Make bank deposits, log, record and track monthly deposits, write thank you notes to donors
- Manage accounts receivable and collect amounts past due
- Manage ad index log and coordinate with bookkeeper for invoicing
- Pay and track payments to 4-5 vendors monthly
- Respond to emails from advertisers, writers and readers in a timely fashion, communicate with Alley committees and Board as needed, answer inquiries from new advertisers
- Coordinate and problem-solve paper delivery from printer to delivery people
- Track and organize required State and Federal Annual Filings made by the bookkeeper including W9's and tax filings
- Coordinate with volunteers to update the Alley Facebook page by posting articles from the current edition and from other sources with content relevant to Phillips residents.
- Additional tasks can be added as needed.

Email your resume & cover letter to [copydesk@alleynews.org](mailto:copydesk@alleynews.org)  
For additional information, contact Cathy Strobel-Ayres:  
[cstrobel11@gmail.com](mailto:cstrobel11@gmail.com)  
*\*Please use "business manager application" in the subject line*



## Volunteer Opportunities

with The Alley Newspaper:

- Join the Board and help guide, grow and sustain the Alley with your marketing, social enterprise or organizational development, or community media development skills
- Join the Editorial Leadership Committee and be part of producing the Alley each month
- Research possibilities for pro bono or discounted web designers to enhance the Alley webpage
- Organize fundraising efforts including to events, advertiser development, and sponsored pages
- Social media outreach to post articles from the current edition and from other sources with content relevant to Phillips residents

For additional info:  
Cathy Strobel-Ayres at  
[cstrobel11@gmail.com](mailto:cstrobel11@gmail.com)

# Random alley Labor News:

By LINDSEY FENNER

► **Strike Averted at Allina:**

Service Employees International Union (SEIU) healthcare workers at Allina, which includes Abbott Northwestern Hospital and Phillips Eye Institute in Phillips, reached a last-minute tentative agreement with Allina Health. Workers had been set to strike on May 10 if an agreement wasn't reached in time. Issues during contract negotiations included pay, and health and safety concerns.

► **Boycott of Marathon and Speedway Gas Stations Called for as Lockout at Refinery Continues:**

The MN AFL-CIO has endorsed a boycott of Marathon and Speedway gas stations as the lockout of workers at the St. Paul Park Marathon Refinery enters its fifth month. Members

of Teamsters Local 120 were locked out by Marathon after a one-day strike in January. Workers have been fighting against staffing cuts and changes that they are worried will make the refinery more dangerous. The Marathon Refinery is one of about 50 refineries in the United States that still uses hydrogen fluoride, a highly toxic chemical. According to Marathon filings with the Environmental Protection Agency, an explosion at the refinery could create a toxic cloud that could travel 19 miles and impact 1.7 million people. Teamsters and allies have been spreading the word about the boycott and safety issues at the Marathon Refinery with pickets at gas stations supplied by the refinery.

► **Upcoming Labor Education Class from the U of MN's Labor Education Service:**

Bargaining from Margin to Center, Thursday, June 3, 1:00pm - 4:00pm. Union members can use the collec-

tive bargaining process to center the needs and concerns of historically marginalized people (people of color, queer and trans people, disabled people, immigrants, etc.). This course will provide participants with skills and strategies to prioritize gains for historically marginalized people in your collective bargaining process.

- Cost: \$50 for participants with union sponsorship; \$25 for individuals without union sponsorship; free for anyone who cannot afford to pay. Registration is required; space for each class is limited.
- Instructors will email the link to access the class after registration is complete. Please contact [les@umn.edu](mailto:les@umn.edu) for more information or if you need a price adjustment.



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



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!

## Returning Chapter 9

# A Ray of Hope

By PATRICK CABELLO HANSEL

The older woman walked as fast as she could toward Lake Street. She felt that she was being called further south, and had planned to wait for the light to change. But as she saw the car lights reflect off the mirrors in the huge mural at La Mexicana, a saying came to her mind:

Light is not lost in its reflection

She wasn't sure where the saying came from, if she had heard it spoken by someone or read it in a book. Maybe I just made it up, she thought. But it was so clear and strong that she decided to heed it. The light that she saw reflected came from the east, so she turned east. That's when she saw Angel and Luz and little Angelito, walking briskly. She could sense the fear in them.

They stopped in front of where the bakery used to be. The phone store was mostly boarded up; it had been looted recently, and the owner was waiting on the insurance. Whatever Luz and Angel were looking for, it didn't seem to be there. All they could see was a little broken glass on the floor, and boxes scattered around.

The older woman smiled and said to them, "It may look empty, but there are a lot of memories in that place, if you have eyes to see."

Angel thought, Oh great, another thing that doesn't make sense.

But Luz looked at the older woman's face, and a spark of recognition lit up her own smile.

"Agnes?" she said. "Is that really you?"

"Yes, dear," the older woman replied. "And Luz, my Lord, how your little family has grown!"

Normally, Luz would have introduced Angel and her son to an old acquaintance, but given what had happened, she only blurted out:

"But we've lost one of our little family—our littlest one—we don't know where she is!"

Agnes sighed and reached out her arm to comfort Luz.

"Who is lost?" she asked.

"Our daughter Lupita!" Luz cried. "She's only two, and we went to her day care, but she's not there!"

Right at that moment, Agnes realized why she had been sent to that place. Even though she was a lifelong Lutheran, she had begun praying to the Virgin of Guadalupe when a new member of her church told her the story of how the Virgin had saved her and her little one when they crossed the desert. That very morning, she had been thinking of Xochitl and her daughter, who was now almost a teenager. Her daughter was also named Guadalupe—or Lupe—or Lupita—and Agnes had become her unofficial abuela. Her Minnesota grandmother.

"I think we need to go see Mother Light," she said to Luz and Angel.

Mother Light had been the mysterious teacher who had guided the couple at the beginning of their journey together.

"But I thought that Mother Light had passed!" Angel blurted out.

Agnes smiled and leaned in for a whisper:

"Even when we pass, dear Angel," she said. "We are still together."

Angel was stunned by her words. How did she know about Mother Light?" he thought. And how does she know my name? And what does she mean that we are still together.

Angel would have had many more unanswered thoughts, but at that moment, both Agnes and Luz said, "We have to leave right now!"

Agnes led the little party down the alleyway, where the faded mural of San Miguel Bakery was barely visible. Angel had never seen an older woman go that fast. But Agnes had seen the van coming, and seen the look on Luz' face. She knew that if they were to get to Mother Light, they would have to use the path through darkness.

To be continued.





MIDTOWN PHILLIPS  
NEIGHBORHOOD ASSOCIATION INC.

[www.MidtownPhillips.org](http://www.MidtownPhillips.org)

[info@midtownphillips.org](mailto:info@midtownphillips.org)

[f midtownphillipsminneapolis](https://www.facebook.com/midtownphillipsminneapolis)

MPNAI JUNE  
BOARD MEETING  
Tuesday, June 8, 2021  
6:30-8:00 pm

AGENDA:

- Discussion on the new equity funding guidelines and the Community Engagement Plan with Ariah Fine, NCR Department
  - Housing Program Report
  - Finance Report

Find Zoom link at  
[www.midtownphillips.org/meetings](http://www.midtownphillips.org/meetings)

Please note there will be no MPNAI community meeting in July.

MIDTOWN PHILLIPS NEIGHBORHOOD ASSOCIATION

- COMMUNITY CONVERSATIONS -

LAKE STREET  
RECOVERY #5

TUESDAY, JUNE 15TH, 2021 / 6:30 - 8:00 PM  
A VIRTUAL MEETING

Topic: N.E. Corner of Chicago & Lake



Neighborhood Development Center (NDC) has been working closely with many of our neighbors around the Global Market since the uprising last summer, NDC is attempting to gain site control and ownership of the north east corner of Chicago and Lake where the multi tenant retail building was. This is the area where our Midtown Community Safety Center was located. If successful, we'd like to begin talking with community groups to get input and develop plans for that corner.

More Info:

Zoom Information will be posted on the MPNAI website.

Past meetings can be found on the MPNAI website:  
[www.midtownphillips.org/meetings](http://www.midtownphillips.org/meetings)

Phillips West

Phillips West has rolled into spring with an emphasis on the simple things: being outside and picking up trash.

At a community cleanup the weekend of May 8th, about forty neighborhood participants filled enough trash bags to top off two large dumpsters. Neighbors gathered at the corner of Oakland and Lake for coffee and snacks before fanning out to the east and west. According to Megan Gramlow, event host and co-chair of the PWNO community safety committee, participants were able to cover an impressive area: east-west from Columbus Avenue to 5th Avenue and north-south from Lake Street to 28th Street.

Community cleanups aren't complicated. Nor are they a novel idea for neighborhood organizations. But they achieve many important things all in one go: showing care for where we live, meeting our neighbors, and making a tangible impact on our day-to-day experiences walking down the street.

Gramlow, a three-year resident of Phillips West, has wanted to organize this kind of community event for a while. But even as she was gearing up in early 2020, she had to back off when the pandemic set it. "A big thank you to everyone who volunteered at the trash pick-up," Gramlow said. "It feels good to see so many people giving their time and energy to our community."

After two successful cleanup events, we are ready for more in the summer months! PWNO is planning twice-monthly community cleanups, one during the week and one on the weekend. You can stay up-to-date with our community cleanup schedule by subscribing to our newsletter or signing up for text alerts at [phillipswest.wordpress.com/subscribe](http://phillipswest.wordpress.com/subscribe)

Event Calendar

[phillipswest.wordpress.com/events](http://phillipswest.wordpress.com/events)

June 3, 6pm - 7:30pm  
PWNO Community Meeting  
Virtual (see website for link)

June 8, 6:30pm - 7:30pm  
Community Safety Committee  
Virtual (see website for link)

June 13, 10am - noon  
Community Cleanup  
2941 Oakland Avenue





Movie Corner

Nobody

(2021 Universal Pictures)



By HOWARD MCQUITTER II



Howard McQuitter II



Needless to say, *Nobody* is that movie where in real time safety is an issue never guaranteed, much less respected in an era of dystopia, reining in all subjects whether they like it or not. Crime is such, whether serious or petty, that doesn't stop at the sleepy-eyed white suburbs.

Hutch (Bob Odenkirk from TV series *Breaking Bad* and *Better Call Saul*) is a quiet hard-working gentleman with his wife Becca Mansell (Connie Niesen) and children. Perhaps his worst frustration is missing the garbage man every Tuesday.

However one night, while Hutch and his family sleeps, two robbers stage a home invasion. He holds one robber off with a golf club and forces the

other to step back before they steal some cash and his daughter's kitty-cat bracelet. Well, the theft of the kitty-cat bracelet sets him off.

Not long after Hutch's house invasion, he comes to the rescue of a lone adolescent girl on a city bus from thugs harassing her. Hutch makes the thugs pay in the physical way. What's unknown to him at the time is one of the baddies he's punished is the younger brother of Yulian Kuznetsov (Alesksei Serebryakov), a cold-hearted Russian mobster who loves to party. Yulian visits the hospital to find out who did the damage on the bus.

But before Yulian sends his heavily-armed men to Hutch's house, Hutch hustles his family away to a convenient shelter in the basement. Then all hell breaks loose as gunfire and severe violence ensue. When Yulian's goons go after Hutch's elderly father in a nursing home, the ex-FBI agent (Christopher Lloyd) turns the tide on them.

*Nobody* is worth seeing if only for Bob Odenkirk who carries the movie. The testosterone is high until the bland end.

Cast: Bob Odenkirk (Hutch Mansell), Conne Nielsen (Becca Mansell), Alexey Serebryakov (Yulian Kuznetsov) Director: Lillya Naishuller  
(R) Running time: 92 minutes

COVID tips

- continued from p.1 ...
- inated do it for different reasons. You could share why you got vaccinated to help them think about it, or talk about what you both could do together once everyone is vaccinated.
- Remove barriers: Sometimes people just need a little logistical support, like help finding an appointment or vaccination event, transportation to the vaccination site, help with caregiving if they have side effects, or just someone familiar to accompany them at the appointment.

We need to acknowledge that there are so many structural reasons that have prevented people from getting vaccinated, like lack of access to healthcare, paid time off, or transportation; undocumented status; the legacy of white supremacy in the healthcare and public health systems. Just as we know that folks of color are more likely to get COVID-19, we also know that white folks are more likely to be vaccinated. Although there are efforts

by local public health agencies and the Minnesota Department of Health to do better, there is so much work that still needs to be done. As we get through this pandemic, we need to make sure that the glaring inequities we saw never happen again.

*Lindsey has been working a pandemic reassignment with local public health for over a year. Like many of us, soon she will be getting back to "normal by going back to working in the library. If she remembers how.*

**State of MN:** Make an appointment through the Vaccine Connector at one of the state's COVID-19 Community Vaccination Program locations: <https://mn.gov/vaccineconnector>.

**Vaccine Hotline:** 833-431-2053, Mon-Fri, 9 a.m. – 7 p.m. & Sat, 10 a.m. - 6 p.m.

Use the state's Vaccine Finder Map to find the closest vaccine provider: <https://mn.gov/covid19/vaccine/find-vaccine/locations/index.jsp>. Contact your primary health care provider or a local pharmacy.

What You Should Know About Covid-19 Vaccines



MINNESOTA DEPARTMENT OF HEALTH

- No safety steps have been skipped in making the COVID-19 vaccines.** COVID-19 vaccines have gone through the same safety steps and studies as other vaccines. Medical researchers were able to make the vaccines quickly because of years of earlier research and money from the federal government.
- COVID-19 vaccines work for everyone in authorized age groups.** All COVID-19 vaccines were tested in clinical studies with tens of thousands of people of different ages, races, and ethnicities to make sure they were safe and worked.
- The COVID-19 vaccines cannot change your DNA.** The mRNA (messenger RNA) in the Pfizer and Moderna COVID-19 vaccines is not able to change or modify a person's genetic makeup (DNA), because it never enters the center of cells, which is where DNA is made. After the mRNA does its job, it is destroyed by the body.
- The Johnson & Johnson COVID-19 vaccine does not have fetal tissue in it.** This vaccine is made using a harmless cold virus, called an adenovirus. The cold virus is grown on fetal cells collected decades ago that have been maintained by the vaccine maker. Many faith groups and bioethical institutes have stated that people may ethically receive this vaccine when other vaccines are not available.
- COVID-19 vaccines do not contain microchips.** The new COVID-19 vaccines do not contain microchips to track or monitor people.
- COVID-19 vaccines do not have preservatives, eggs, or pork products.** COVID-19 vaccines do not contain: latex; preservatives; or any animal byproducts, including pork products or gelatin. The vaccines are not grown in eggs and do not contain egg products.
- Pregnant people can get vaccinated.** The current data we have show that the COVID-19 vaccines do not impact the fetus or cause miscarriages. We encourage anyone who is pregnant to talk to their doctor about getting vaccinated to understand the benefits and risks of vaccination.
- COVID-19 vaccines do not cause infertility.** If you would like to have a baby someday, you can get the COVID-19 vaccine. There is no evidence that fertility problems are a side effect.
- Get vaccinated even if you already had COVID-19.** We do not know how long immunity from having COVID-19 lasts, and we do not know if immunity varies based on how sick you were. We also do not know how variants may affect people who have had COVID-19.
- You cannot get COVID-19 from the vaccine.** Vaccines do not have any COVID-19 virus in them.
- Side effects after vaccination are mild.** Side effects are mild compared to having COVID-19 disease. Pain, swelling, or redness where the shot was given; having headaches; feeling achy; tiredness; and low-grade fevers mean your body is responding to the vaccine. It is also OK if you do not have any side effects. Each person responds differently to vaccines.
- The COVID-19 vaccine is free.** No matter your insurance or immigration status, you should not be charged.
- The best vaccine is the first vaccine offered to you.** The best vaccine is the vaccine you can get now. Whatever vaccine is available, is the best choice. All the COVID-19 vaccines are very good at preventing severe illness from COVID-19, meaning someone will most likely not have to go to the hospital if they get COVID-19 after they are vaccinated, and they are much less likely to die from COVID-19.

**MORE TO LEARN**

We are still learning some things about the COVID-19 vaccines, such as how long protection from the vaccine lasts, and how the vaccine affects the spread of COVID-19. But these are not reasons to delay getting life-saving vaccines. Experts will continue to monitor the vaccines for safety for as long as they are available.

Find more information at About COVID-19 Vaccine ([www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html](http://www.health.state.mn.us/diseases/coronavirus/vaccine/basics.html))

**Sleeves UP, MASKS OFF!**

Get vaccinated for the summer you want.

**STAY SAFE MN**

VACCINE RESOURCES

**Hennepin County Navigator Line:** 612-348-8900. Call the COVID-19 navigator line with questions or for help registering for a vaccine appointment

We want to ensure that everyone, including people with language or technology barriers, can get their COVID-19 vaccine questions answered and sign up for a vaccine appointment. Help is available in English, Spanish, Somali, and Hmong.

**Español:** Queremos asegurarnos de que todos, incluyendo las personas que la barrera es el idioma o la tecnología, puedan obtener respuestas a sus preguntas sobre la vacuna COVID-19 y puedan inscribirse para una cita para recibir la vacuna. **Llame al 612-348-8900 para obtener ayuda en inglés, español, somalí y hmong.**

**Soomaali:** Waxaan doonaynaa in aan hubino in qof kasta, marka lagu daro dadka dhibaata-du ka haysato luqada iyo tiknolojigu, ay heli karaan jawaabaha su'aalohooda **talaalada**

**COVID-19 ayna isu diiwaan gelin karaan balanta talaalka.** **Wac 612-348-8900** si aad u hes-hid caawimaad luqdaha English, Spanish, Somali, iyo Hmong.

**Hmoob:** Peb xav kom txhua leej txhia tus nrog rau cov tsis paub lus zoo, los sis, tsis paub txog kev mus siv saum huab cua, uas yuav txais tau tej lus nug thiab tej lus teb txog koob tshuaj tiv thaiv tus kabmob COVID-19 thiab sau npe team caij txhaj koob tshuaj. Yog xav tau kev pab hais ua lus Askiv, Spanish, Somali, los sis Hmoob, hu rau tus xov tooj 612-348-8900.



Raise Your Voice

Cover Crop Seeds

By PETER MOLENAAR



Peter Molenaar

From time to time, readers of the Alley are reminded that Wendell Phillips, our neighborhood’s namesake, was an abolitionist. I will assert here that, were he still alive, he would be opposed to the ongoing oppression of the Palestinian people. Now days, this opposition to all forms of oppression circulates via this paper in surrounding communities, including the Land Stewardship Project (LSP) which maintains an office in the Powderhorn Neighborhood. LSP is splendidly adept at mingling strains of progressive rural thought with the corresponding urban strains. Our nation’s soil health is an overriding issue for LSP. Why bother? Well, an estimated 1/3 of our topsoil has already washed away. The applied math does not bode well. But hey, just add more chemicals... right? Wrong. Actually, the world’s supply of phosphate is nearing exhaustion. (Note: President Biden has initiated a supply chain analysis for all vital commodities.) Moreover, cover crops are the

key to a ‘regenerative agriculture’ which is poised to sequester enough carbon to seriously stem the tide of climate catastrophe. However, any mandate that our farmers comply with this strategy will be deemed by “conservatives” and well armed “patriots” to be a “socialist tyranny”. So, seemingly light years ahead of most Republicans, Biden has proposed to compensate farmers who convert. However, another reminder: cover crops are grown from seeds (!) which ideally would exist ahead of time (i.e., prior to launching the full scale program, our government must contract for an adequate initial supply)... But oh, gosh golly, would not such thoughtful planning constitute yet another “tyranny”? “Market forces” will handle the matter in due time. Right? Note: Cargill Inc., one of the world’s largest procurers of agricultural commodities, is a family-owned company with facilities seen along Hiawatha Avenue. The annual dividend distribution to the family is considerably over a billion dollars. Question: how big should government be? Answer: big enough to serve the people. Meanwhile, our new Treasury Secretary Janet Yellen is not happy that \$7 trillion in taxes has gone uncollected from the wealthiest Americans. Yes, Biden’s proposal to beef up the IRS appears to be a good one! Who will pay for the cover crop seeds, so vital to our nation’s future? Farmers? I think not.

Continued from p 6

Budget, cont.

- income – after taxes and other deductions. You’d be surprised how many people don’t know that number. (Frequently, they also carry expensive credit card debt.)
2. Subtract your Must Pay expenses – housing, utilities, loan payments, insurance – think of those things that will result in something bad happening if you didn’t pay them.
  3. Subtract your Must Save For periodic expenses – car repair/maintenance, home repair/maintenance, taxes not subtracted from income, medical bills, emergencies, etc.
  4. What is left? This is where the hard decisions come in – what do you need and what do you want. We need food and clothing. But how much food and clothing? And what kind of food and clothing? You may need a car, but what kind of car? Do you need a bigger screen TV? You get the idea.

How to manage it?

1. Divide it up into piles. Set up automatic deposits or transfers to the piles (aka accounts).
2. Your Must Pays go into a separate checking or savings account, or on a special debit card. This card stays at home, by the way.
3. Your Must Saves go into a separate savings account. (Calculate annual amounts and divide by 12 – this is your monthly deposit to that savings account.)
4. Some of the remaining

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## XAQIIQOYINKA TALLAALKA COVID-19

☛ **Tallaalka COVID-19 waa bilaash.**  
Waxaad heli kartaa tallaalka iyada oo aan ku xirneyn inaad ceymis leedahay ama sida ay tahay xaaladaada degenaansho.

☛ **Tallaalka COVID-19 waa ammaan.**  
Waxaa la mariyay dhamaan isla tallaabooyinka badqabka ee la mariyo tallaal kasta.

☛ **Tallaalka COVID-19 waxtar ayuu leeyahay.**  
Tallaalka wuxuu aad ugu fiican yahay inuu dadka ka ilaaliyo cudurka COVID-19. Waxay qaadataa xoogaa muddo ah kadib cirbadaada ugu danbeyso si jirkaaga difaac ugu yeesho COVID-19. Qofka tallaalka ku siinaya ayaa kuu sheegi doona haddii aad u baahan tahay hal kuure ama labo kuure. Haddi aad u baahan tahay labo kuure, waxaa wanaagsan in la qaato labada kuuraba si loo yeesho ilaalada ugu wanaagsan.

**TALLAALKA 2-DA KUURE**

CIRBADA 1-AAD      SUG 3-4 TODDOBAAD      CIRBADA 2-AAD      SUG 2 TODDOBAAD

**TALLAALKA 1-KA KUURE**

CIRBADA 1-AAD      SUG 2 TODDOBAAD

**mn.gov/vaccine**

Minnesota Department of Health | health.mn.gov | 651-201-5000 | 625 Robert Street North  
PO Box 64975, St. Paul, MN 55164-0975 La xariir health.communications@state.mn.us si aad u codsato xogta oo qaab kale ah. (Somali)

“He who stifles free Discussion secretly Doubts what he professes to Believe is really True.”

Wendell Phillips (our neighborhood namesake)-- 1870



