



BEN HEATH

The Avalon Theatre at 1500 E Lake Street has been home to In the Heart of the Beast Puppet and Mask Theatre since 1988.

## In The Heart of the Beast Theatre Update

BOARD UPDATE AUGUST 12 2021

In 2021, HOBT has been working to restart our organization and adapt to the impacts of COVID-19. We considered every path forward that would

put us in the best possible position to live out our mission and carry the important work of the MayDay Council into the future.

In conversation and with the input of HOBT staff and the MayDay Council, the HOBT Board of Directors has voted to sell the Avalon Theatre, our home since 1988.

It's time to find a new, smaller home that will allow us to

*Continued on page 4...*

## City Council Committee Votes to Halt Hiawatha Public Works Expansion, Future of Urban Farm Uncertain

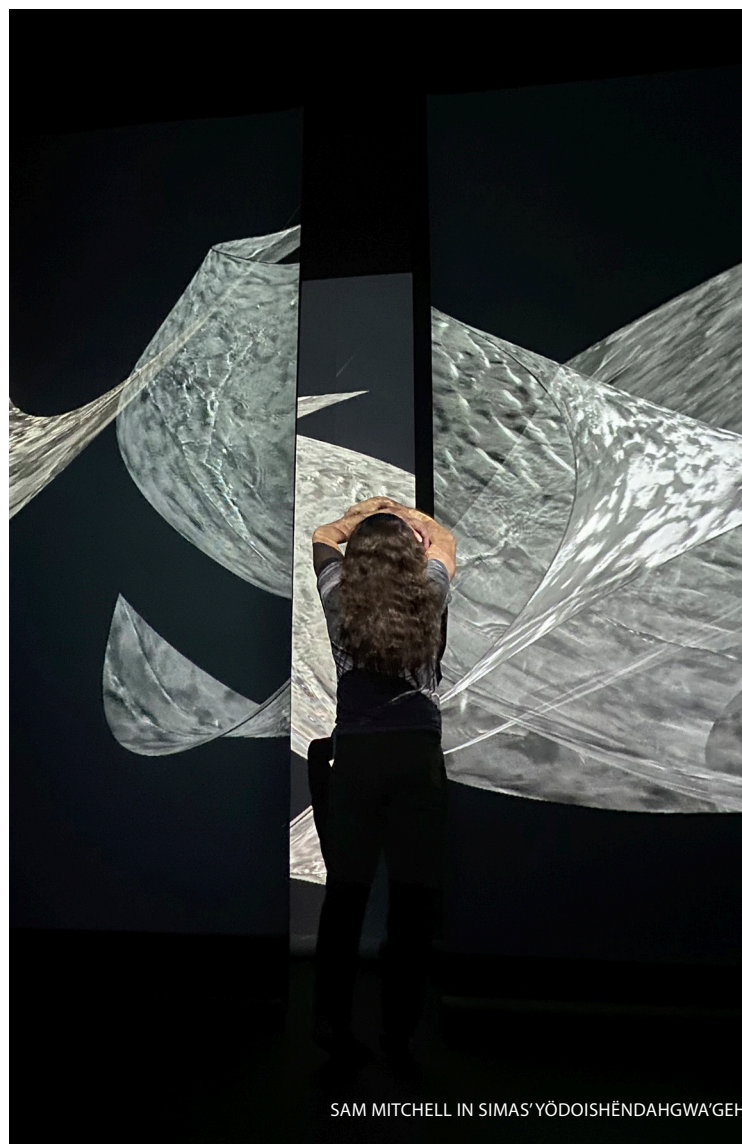
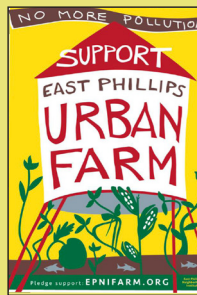
By LINDSEY FENNER

In a confusing and close vote, on August 18 the Policy and Government Oversight (POGO) Committee partially approved a staff directive authored by CMs Cano, Jenkins, Gordon, and Johnson, that halts the planned expansion of the Hiawatha Public Works Maintenance Facility at the Roof Depot Site at 1860 E 28th Street in East Phillips. However, an abstention by CM Ellison on the part of the directive which would have given the East Phillips Neighborhood Institute (EPNI) exclusive development rights to the property tied the vote 6-6, so that provision did not pass. This means the future of the East Phillips Urban Farm project proposed by EPNI is uncertain.

The partially approved staff directive passed by a 7-6 vote, with Council Members Reich, Fletcher, Cunningham, Osman, Goodman, and Bender voting no. The POGO Committee is expected to receive a financial report on the city costs of maintaining the Roof Depot site until development, as well as a "racial equity

impact analysis" at their meeting on September 9.

In a separate vote, the City Council voted to approve the Environmental Assessment Worksheet of the now halted Hiawatha Public Works Expansion Project. EPNI filed a lawsuit in summer 2020 to stop the City from demolishing the Roof Depot building before an environmental review was completed.



SAM MITCHELL IN SIMAS' YÖDOISHĒDAHGWA'GEH

## yōdoishĕndahgwa'geh A Place For Rest

yōdoishĕndahgwa'geh (a place for rest) is inter-sensorial space of moving image and sound by Seneca artist Rosy Simas and her collaborative composer François Richomme. The intention of the space is to contribute to the healing of generations on the river behind us — our ancestors, and in front of us — generations yet to be born. yōdoishĕndahgwa'geh is cyclical creation. By resting and taking refuge in the space, each visitor influences the installation and contributes to the future iterations.

Now showing through September 21, 2021  
at All My Relations Arts, 1414 E Franklin Avenue.



## Help for Voters Living with Disabilities

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

The Americans with Disabilities Act (ADA), landmark legislation that prohibits discrimination against indi-

viduals living with disabilities, has put the force of law behind mandates for equal access in all areas of civic life, including access for voting.

Voting accessibility is essential to ensure that all people have the right and ability to vote, regardless of their mobility or their physical, communication or other limitations. Minnesota has made strides in improving access to voting for all. In addition to the requirement that polling places be physically accessible, here are a few accommodations that may provide individuals living with disabilities better access to the ballot box:

*Continued on page 8...*

## COVID-19 Back to School

By LINSEY FENNER

It's September, which means kids are back in school! But with the Delta variant spreading in MN, and kids under 12 unable to receive the COVID-19 vaccine, sending your kids to school this year might feel really scary. Although the new variant is much more contagious, the good news is that all of the COVID-19 precautions we're already using are still effective against the Delta variant. We have so many tools to use! But it is important to remember that there isn't just one thing to do; we need to layer up these interventions to keep our kids healthy.

- Read your school's COVID-19 plan. Ask questions if there's something you don't understand.

- Surround your kids under 12 with vaccinated adults. Every vaccinated person helps to weaken the chain of transmission, and protect unvaccinated folks.

- Get your kids over 12 vaccinated. Although they are less likely to get severely ill, they can still get sick, and they can certainly spread COVID-19 to vulnerable loved ones, and unvaccinated younger siblings.

- Reduce community risk outside of school. Preventing spread outside of school prevents spread inside of school. This might look like: wearing a mask in all indoor settings outside of the home, seeing a smaller group of friends, doing fewer extracurricular activities.

- Good ventilation is essential. If your school isn't communicating with families about how they are improving ventilation in the classroom, ask about it!

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

Facilitated by: Graphics Designer and Coordinator, Jessie Merriam.

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## September content contributors to the alley :

September content contributors to the alley: All My Relations Arts, Roberta Barnes, Cultural Wellness Center and CWC Health Hub, Daniel Dorff, Steve Dreyer, East Phillips Improvement Coalition, Ebenezer Park Apartments, Edible Boulevards, Lindsey Fenner, Vivi Grieco, Susan Gust, Linnea Hadaway, Patrick Cabello Hansel, Ben Heath, Hennepin County Libraries and Covid-19 Response, Dwight Hobbes, Laura Hulscher, Sue Hunter Weir, In the Heart of the Beast Puppet and Mask Theatre, Mary Ellen Kaluza, League of Women Voters Minneapolis, Marti Maltby, Tim McCall, Howard McQuitter II, Jessie Merriam, Michel.Be, Midtown Global Market, Midtown Phillips Neighborhood Assoc., Minnesota Department of Health, Dave Moore, Carz Nelson, Peter Molenaar, Phillips West Neighborhood Organization, David Pierini, Kali Pliego, K. Flo Razowsky, Sarah Santiago, Sunny Sevigny, Michelle Shaw, Rosy Simas, Universal Pictures, Ventura Village Neighborhood Organization, Tony Webster, John Charles Wilson

## DONATIONS

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

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

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

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

**P.O. Box 7006  
Mpls., MN 55407  
612-990-4022**

**twitter.com/alleynewspaper**

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 August 15, 2021. For the most recent information, check out the library website at [www.hclib.org](http://www.hclib.org).

## LIBRARY UPDATES:

### NEW HOURS AT FRANKLIN LIBRARY

Monday	Closed
Tuesday	9 AM to 5 PM
Wednesday	9 AM to 5 PM
Thursday	12 Noon to 8 PM
Friday	9 AM to 5 PM
Saturday	9 AM to 5 PM
Sunday	12 Noon to 5 PM

## MASKS ARE REQUIRED

Everyone must wear a mask in the library and in all county buildings. Children under five years old are exempt. People who tested positive for COVID 19 or who are experiencing symptoms should not enter the library.

## LIBRARY SERVICE

Franklin Library is open for regular service; including book check out, holds pick up, and walk-in computer use. There's no limit on the time people can spend inside the library.

## READING SUGGESTIONS

Looking for a good book to read? You could ask a librarian. At [hclib.org](http://hclib.org), towards the bottom of the page, you'll find the link, Ask us for reading suggestions. This leads to a form you fill out about what sorts of books you like, and what sorts you don't

like. Fill in the form, and you will get an email with reading recommendations.

If you don't want to fill out a form, you can always ask librarians for recommendations in person, over the phone, or via chat.

## LIBRARY REDUCES SERVICE

After 30 years in the basement of Franklin Library, the Franklin Learning Center is closed. There's no word yet from the library as to why it was closed. Alternate resources can be found at the following locations:

- **U.S. Citizenship and Immigration Services:** [www.uscis.gov/citizenship](http://www.uscis.gov/citizenship)
- **Hennepin County Hotline:** 612-348-3000. Find legal, food, education and health resources and answers to immigration questions
- **Language learning and test preparation:** [www.hclib.org/programs/adult-learning](http://www.hclib.org/programs/adult-learning)
- **Literacy Minnesota:** 1-800-222-1990, <https://www.literacymn.org/classesforadults>. Language Learning, GED, and citizenship classes

## FREE BOOKS

The library will give away free books at the Four Sisters Farmers Market at 1414 E Franklin Avenue. Four Sisters Farmers Market is held every Thursday, 11am-3pm but the library will be there only on the **FIRST Thursday of each month.**

## STATE PARK PASS

You can borrow a Minnesota State Park pass from Franklin Library! The pass grants entry into any of the 75 state parks, and is valid for 7 days after check out.



## FUN FOR KIDS

This summer, Franklin Library will host snacks and outdoor games for youth on **Thursdays at 2:30 PM.**

## 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.

## 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.*

## 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.**

## ONLINE SERVICES

Go to the library without leaving home. Here are just a few of the many 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.*

READ NOT TO CONTRADICT  
AND CONFUTE, NOR TO  
BELIEVE 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!

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!**



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## METRO TRANSIT

# Going Too Slow

By JOHN CHARLES WILSON

(Note: Some concepts in this month's column are borrowed from a streets.mn article titled "Metro Transit Service: Chicken or Egg", posted 6 August 2021 by Andy Lewis, even though the opinions I will state are my own.)

Metro Transit is going too slow. By that, I don't mean the

buses and trains are literally going too slow, or running too infrequently. (In some parts of the country, "fast" and "slow" are used colloquially to refer to frequency of transit service.) What I mean is, Metro Transit is going too slow at responding to changing conditions regarding changing transit needs as pandemic conditions keep changing.

We had light at the end of the tunnel, then it got extinguished by the Delta variant. With the even more threatening Lambda variant on the international scene, we may be in for another round of Stay-At-Home Orders. Or we may not, we just don't know.

Metro Transit typically adjusts schedules during something called a "pick",

when operators sign up for their piece of work for the next three months. During normal times, this quarterly schedule adjustment is plenty. However, in the rapidly changing world of COVID-19, perhaps a monthly adjustment would be wise.

Many people have quit using buses and trains, as either they're working from home or they are afraid of catching this horrid virus. However, some are just now sticking their noses out (figuratively), and trying Metro Transit again. Right now is the time they should run as many buses and trains as possible given their budget and available drivers. That may mean providing excess service for the time being, but I think

that's a good thing because it helps with social distancing, and reminds people that Metro Transit will be there for them when they are ready to come back. Some routes aren't even running right now, putting their customers at risk of giving up on transit permanently.

For those who dare ride a bus or train right now, Metro Transit is offering a sale in September and October 2021: \$1.00 rides on all routes at all times, 50 cents for those who now get discounts. Personally, I hope this experiment will convince the Met Council that having the same fare at all hours rather than charging extra at rush hour is the way to go for simplicity's sake.



# Tales from Pioneers and Soldiers Memorial Cemetery

By SUE HUNTER WEIR  
190TH IN A SERIES

## For Want of Breath and Blood

“For want of breath and blood.” With those words Dr. John Cockburn, the city’s Health Officer, painted a heart-breaking picture of the death of a fragile infant born in 19th century Minneapolis. He wrote those words on the burial permit for Baby Girl Weeks who died on April 3, 1883. She was only two days old. She was not the first of her father’s children to die. John Warren Weeks and his first wife, Martha, had lost three children. Martha died in childbirth in 1877. John’s second wife, Elizabeth, was the mother of the unnamed baby girl who died in 1883. John Weeks died from consumption (tuberculosis) five months after his infant daughter died. He was only 39 years old and had outlived four of his children.

Before the late 19th and early 20th centuries, infant and childhood deaths were so common that families had no expectation that all of the children would survive to adulthood. Approximately 100 out of every 1,000 babies did not live until their first birthday. (Infant mortality refers to children who died before their first birthdays and child mortality refers to children who died between the ages of one and five). The more than 10,000 children who are buried in the cemetery who died before their tenth birthdays died at a time when the causes of childhood illnesses were poorly understood and when treatments and preventive measures did not yet exist. Doctors had no answers or explanations to offer their parents, and there

was nothing to be done to save their children.

Advances in medical and scientific knowledge during



The marker for six members of the Weeks family--John and Martha Weeks and four infants.

the late 1800s began to provide answers about the causes of some childhood diseases. In some cases that led to treatments, but preventing children from getting sick in the first place played an even larger role in keeping them safe. That knowledge, “a unified human accomplishment,” resulted in a dramatic decline in infant and childhood mortality rates. Dr. Perri Klass, author of A Good Time to Be Born: How Science and Public Health Gave Children a Future, described that decline as perhaps “our greatest human accomplishment.”

But it was more than just scientific breakthroughs that made it possible for so many more children to live. It required a shift in thinking about the role and responsibility that government had to protect the health of its citizens—especially its

most vulnerable members. Public health initiatives were a critical part of the process. Improved sanitation, a shift to municipal water supplies, the creation of the Food and Drug Administration in 1907, visiting home nurse programs, and countless programs designed to improve infant health care were all essential parts of the effort.

Today infant mortality rates are seen as one indicator of a society’s health and well-being. The United States’ infant mortality rate in 2017 was 5.6 deaths for every 1,000 live births. While that is tiny in comparison to earlier rates, it is still too high and, not surprisingly, has a disproportionate impact on low-income families and on communities of color. Worldwide the lowest rates are in countries like Finland, Iceland, Norway and Sweden where rates hover around 2 deaths for every 1,000 live births.

Many of the issues that politicians are debating and that we hear about on the news—mandates about masks and vaccinations, and how much money we should spend on repairing or improving the country’s infrastructure—are part of the debate that began more than 125 years ago. The difference is that we now have evidence that government programs and regulations do save lives. There is little doubt that the majority of the 10,000 children buried in the cemetery would, if they had been born today, have lived to adulthood.

The six members of the Weeks family—parents and four children-- are buried in Lot 31, Block K.

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



## Have You Heard the One About...

By PATRICK CABELLO HANSEL

A lawyer, a pastor and a saxophone player walked into...a cemetery? What’s the punchline? You’ll have to come to “QUITTING TIME at a Place of Endless Time,” on Saturday, September 18th at 4 pm at the historic Pioneers and Soldiers Cemetery at East Lake Street and Cedar Avenue in Minneapolis.

Patrick Cabello Hansel’s 2nd book of poetry, “Quitting Time,” is an extended elegy to his father, Walter Hansel. It engages his history from his birth into a German-speaking home in rural North Dakota, through the Great Depression, World War II, and becoming a barber and raising a family in Austin, MN.

Patrick retired in 2020 after serving with his wife Luisa for 15 years at St. Paul’s Lutheran Church in Phillips. He is the author of the poetry collection “The Devouring Land,” and his work has been published in over 70 journals. Twice nominated for a Pushcart Prize, he has received awards from the Loft Literary Center and the Minnesota State Arts Board.

## QUITTING TIME

PATRICK CABELLO HANSEL

Quitting Time at a Place of Endless Time

An afternoon of poetry, music, and remembrance at the Pioneers and Soldiers Cemetery on Lake and Cedar

WHEN: SATURDAY,  
SEPTEMBER 18  
4:00 pm

At the event, Patrick will read with prize-winning poets Tim Nolan and Richard Terrill. There will be live music with Larry McDonough on keyboards and Richard Terrill on sax. Books will be available for purchase and signing after the program, and there will be an optional tour of the historic cemetery.

Tim Nolan is a lawyer and the author of The Field (New Rivers Press, 2016), And Then (New Rivers Press, 2012) and The Sound of It (New Rivers Press, 2008).

Richard Terrill is a sax player and the author of poetry collections What Falls Away is Always, Almost Dark and Leaning Into Rachmaninoff.

- You can enter the cemetery on the Cedar Avenue side.
- Please bring a lawn chair or blanket.

We will try to keep you updated on COVID restrictions, but be prepared with a mask just in case. And if you’re not vaccinated, please do so!

Do you read “the alley”?  
Want it to continue, grow, improve,  
and land at your  
doorstep or on a newsstand  
as a “free newspaper”  
each month?

Contribute! or send a check to P.O.  
Go to Alley Communications Box 7006, Mpls., MN  
on GiveMN, 55407



## May Day Café

Open for business

FRIDAYS THRU TUESDAYS

from 9am to 3pm

for DINE-IN and TAKE-OUT

Masks required inside.

The Alley Newspaper is  
a member of



Give. And light a fire  
under inequality.

[www.changeisbetter.com](http://www.changeisbetter.com)  
(651) 647-0440





PHOTO STORY BY K. FLO RAZOWSKY @FLOWALKSFREE

JULY 17, 2021: On the way to Line 3, to assert treaty rights and oppose the destruction caused by Canadian-owned private corporation Enbridge, as it clear-cuts the forests and drills under the rivers, to build the pipeline that will carry oil for overseas sales. Already many of the drilling sites along the rivers have caused frac-outs - polluting the water with chemicals

The six women chained during this action were arrested along with myself, on site as media. #ShellRiverSeven



ABOVE: Women Horse Nation Riders going to support the Water Walkers. Coming from Pine River Crossing to Itasca, headwaters of the Mississippi, and drilling site of Enbridge's Line 3 pipeline.

CENTER:: #RedRoadToDC at the sacred Shell River. Nations gathering from all directions for the water with #HorseNations to #StopLine3

RIGHT: Firelight, a resistance camp at the headwaters of the Mississippi, where Enbridge drilling has caused multiple frac-outs: "...when drilling fluid penetrates fractured bed-rock, or seeps or flows into the rock and sand that surrounds the bedrock and travels toward the Earth's surface. A frac-out frequently occurs as the result of excessive down-hole pressure caused by a poor choice of drilling fluids or poor drilling practices."



<https://www.trenchlesspedia.com/definition/2186/frac-out>



*It's not about taking away access to livelihood, it's about figuring out how to meet our needs without devastating the planet, and finally respecting the rights and sacred spaces of the original caretakers of these places.*

## Edible Boulevards

By MICHELLE SHAW



Anita, Michelle, Lila, Tim, and Joythi helped to create the Edible Boulevard at Hawthorne's Celestial Garden, tended to by this group of urban agriculture community organizers.

Join us for our Edible Boulevards cooking classes! Our class will help you utilize the harvest from your own garden to create simple, delicious summer and autumn recipes. We were delighted to have Appetite for Change teach our first two classes, and we're excited to welcome Kelly Shay, founder of Harmonious World, to lead our September and October classes. You'll learn about the nutritional value of the produce in each recipe, and when the class is over, you will have made that

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## Are You Letting Expenses Rise to Meet Income?

By MARY ELLEN KALUZA

I once heard the phrase: Expenses rise to meet income. Not me!, I thought. But, to be honest, even a pathologically frugal person like me lets expenses rise with income.

Case in point: For most of my life (we're talking quite a few decades) I watched broadcast television and library videos on hand-me-down TVs. Cable was not in the budget as a single parent.

After my nest emptied and I had only myself to support, I envied friends and the great stuff they were watching on internet streaming sites. So, I started to pay for streaming. But, because my TV was so old and dated, I had to move off the couch in the living room to a hard chair in front of the computer screen to watch streaming video. I was okay with that, but my cat was not. We had a lot of disagreements about what was comfortable and what wasn't.

So I finally paid money for a new TV for the first time in my life. (Don't worry - I didn't completely go off the rails; it is a modest TV).

Continued on page 5...



## HELLO NEIGHBORS

We hope to see you at the Market soon!  
Live Music • Great Food • Groceries • Clothing  
Gifts • Beer • Margaritas • and so much more



MIDTOWNGLOBALMARKET.ORG  
920 E. Lake Street | Mpls

Continued from page 1...

## HOBT cont.

live into our vision of a decentralized MayDay. That includes moving into a new space that is more sustainable and accessible.

HOBT is also in the process of moving out of our puppet storage warehouse, which was rented to store the thousands of puppets in HOBT's collection.

The puppets will return to the artists that created them, museums who can house them (both locally and nationally), and HOBT will be maintaining a smaller collection to carry

our work into the future.

We have come to these decisions out of a fierce commitment to the power of puppet and mask performance to create new ways forward together with our beloved community.

We give abundant gratitude for all the brilliant work done over the past 48 years: the many artists, staff, board members, and volunteers who have given their whole hearts to the work of HOBT. Thank you!

As we sell the building and move out of puppet storage, we are turning the page on this chapter of our organization.

With hope, we are embarking on a new journey: finding a new space, creating new decentralized MayDay experiences, and choosing a new name for our puppet and mask theater.

In love with South Minneapolis since 1921



WWW.INGEBRETSSENS.COM  
1601 EAST LAKE STREET MINNEAPOLIS, MN 55407



May Day 2010  
poster, HOBT.org





## East Phillips Improvement Coalition (EPIC)

**EPIC's September Community Meeting**  
**Thursday, September 9 6:30pm-7:30pm**  
**JOIN AT the lot on 27<sup>th</sup> and Cedar Avenue**  
**OR VIA ZOOM (Zoom link to join at eastphillips.org)**

Come hear from the city planner doing safety improvements on 24<sup>th</sup>, 26<sup>th</sup> and 28<sup>th</sup> Streets. Learn how to have your input heard about this project.

Hear from NACDI and Hennepin County about the 4 Sisters Urban Farm Project happening along 29<sup>th</sup> Street!

**Kulanka Beesha EPIC ee Sebtember**  
**Khamiista, Sebtember 9 6:30 pm-7:30 pm**  
**KU SOO BIIR DHEXE 27 -ka iyo Cedar Avenue**  
**AMA VIA ZOOM (iskuxirka zoom si aad ugu biirto eastphillips.org)**

Haddii aad rabto inaad codsato fasiraad, kala xiriir Sarah (612) 354-6802 ama sarah@eastphillips.org.

**Reunión comunitaria de septiembre de EPIC**  
**Jueves 9 de septiembre de 6:30 pm a 7:30 pm**  
**ÚNASE AL LOTE EN 27th and Cedar Avenue**  
**O VÍA ZOOM (enlace de Zoom para unirse en eastphillips.org)**

Si desea solicitar interpretación, comuníquese con Sarah al (612) 354-6802 o sarah@eastphillips.org.

**Put it on your calendar:**  
**2021 Clean Sweep**

Saturday, October 9 2021

More details coming soon

The next **EPIC Board Meeting** is  
Saturday, September 4 10am-11am

The next **EPIC Garden Meeting** is  
Saturday, September 11 9am-10am

For links to join EPIC meetings go to  
eastphillips.org

Continued from page 4...

### Expenses cont.

We were back on the couch for TV time, and harmony was restored to the household. But, of course, that meant I needed to buy other devices, like a digital antenna and some box to get the internet to my TV. More expenses.

I could argue all this spending was justified to keep the cat happy, which makes my life easier. But the truth is, I didn't need to pay for entertainment in the first place. There is still plenty to watch on broadcast TV, and my library is only two blocks away.

Why wouldn't you want to let expenses rise to meet income?

1. Retirement. I have a cousin who always put her pay raises into her retirement account instead of spending it. Because of her diligence, she retired early with her husband and they are enjoying life very much.

2. Unforeseen events. Nearly 70% of Americans have less than \$1000 in savings. Almost a quarter don't even have a savings account. It doesn't take much of an emergency to put a family into a financial tailspin. Instead of getting the latest and greatest smartphone (and the attendant increased monthly expense) with that raise, put it into an emergency savings account. Money in the bank is quite comforting.

3. Reduced income. Keeping monthly expenses to a minimum will make it so much easier to weather a reduction in income from a layoff, divorce, or disability. Not being tied to expensive phone contracts or that new car payment will make adjusting to less income so much easier.

I'm not suggesting we always have to deny our wants. Just think through taking on that new expense before you are locked in to it:

- Review your retirement and/or emergency savings: Are they sufficient?
- Ask yourself how necessary the expense is: Can a cheaper car suffice? Does everyone in the family need a new phone? How many streaming or gaming services can you realistically use?
- Remind yourself how marketing and advertising manipulates us into spending our hard-earned money on unnecessary stuff.

**Save that new money!**  
**I guarantee you'll thank yourself someday.**

Mary Ellen Kaluza is a Certified Financial Counselor with LSS Financial Counseling which offers free counseling for budgeting, debt, credit, student loans, and housing. Website: [www.lssfincancialcounseling.org](http://www.lssfincancialcounseling.org). Call: 888-577-2227.

### Peace House Community - A Place to Belong

## What Time For Forgiveness?

By MARTI MALTBY



Marti Maltby

As you probably know, a Japanese Olympic official was fired on the eve of the opening ceremonies because of comments he made in a comedy routine about 20 years earlier. The comments were determined by his superiors to be racist, and so he was relieved of his duties. (I haven't heard the comments so I can't comment one way or the other about the accuracy of that interpretation.) This is not the first time that someone has been punished for a comment or action from the distant past that resurfaced as the person took on more responsibility. There was a time when such comments and actions were often overlooked or excused, allowing perpetrators to continue to act in the same way without having any reason to change. While I am glad that society is doing a better job of proclaiming what sort of behavior will or will not be tolerated, I am concerned about how easy it would be to move too far in the other direction. I can easily image us getting to a point where any foolish, flippant or immature comment can become a weapon against the person who made it.

For myself, I've made many comments throughout my life that I regret and wish I could take back. Some came from immaturity and insecurity, which

made me lash out at others whom I perceived as threats. Some were meant to be witty without recognizing that there are certain topics that should not be the subject of flippant comments. At various times in my life, I have been ignorant, insensitive, or so desperate for acceptance that I have said what I thought others wanted to hear rather than what I believed. And sometimes, I have said what I believe, only to have those beliefs evolve over time so that I now disown my previous statements.

I know I am not alone in this. I have never met anyone who thinks, speaks and acts in exactly the same way now as they did ten or twenty years ago. This is why I am so worried about old comments and actions defining individuals now. I have known many people who were jerks in high school but who turned into great members of the community. In those cases, their previous comments should be used as measures of how much esteem they should receive now, not how much judgement.

On the other hand, we all know that society contains its share of dangerous, predatory, or sociopathic individuals. They seek their own good and pleasure, and they will

exploit anyone around them to attain their goals. Perhaps they showed some of these traits years ago and have become better at exploitation over time. In other cases, they may have made a good start to life and then became bitter and self-centered through tragedy or some other experience. Regardless of why they have become dangerous, society is right to prevent these people from gaining the power to harm others.

As I said, I don't know the context of the Japanese official's (purportedly) racist comments. I don't believe it is my place to pass judgment on him. However, it is my responsibility to help those around me grow and mature, as it is to protect those who need protection. This duty rests with each of us. I hope that we are able to strike the right balance in doing it.



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# Random alley News



By LINDSEY FENNER AND LAURA HULSCHER

## ► All the Ward 6 and Ward 9 City Council Candidates on the Ballot in November:

Candidates for City of Minneapolis elections had an August 10 deadline to file to be on the November ballot. Candidates for Ward 6 City Council (which includes Ventura Village and Phillips West in the Phillips neighborhood: Jamal Osman (incumbent) and A. Bihi. Candidates for Ward 9 City Council (which includes East Phillips and Midtown Phillips in the Phillips Neighborhood): Mickey Moore, Yussuf Haji, Brenda Short, Ross Tenneson, Carmen Means, Jason Chavez, Alfred “AJ” Flowers Jr., and Jon Randall Denison. Look for a City Council candidate questionnaire in upcoming editions of the alley!

## ► Long Vacant 628 East Franklin to Be Developed into Affordable Housing:

City of Lakes Community Land Trust (CLCLT) and Hope Com-

munity have entered into an agreement with the City of Minneapolis to turn the historic vacant building at 628 East Franklin Avenue into perpetually affordable housing. The building has been vacant for over 20 years, as various redevelopment plans have fallen through. The plan submitted by CLCLT in partnership with Hope Community will renovate the gutted building into seven condo units: six 3-bed, 2-bath units and one 1-bed, 1-bath unit, affordable to households at or below 60% Area Median Income. Hope Community operates over 200 affordable housing units in the Phillips neighborhood, including the nearby South Quarter affordable housing community at Franklin and Portland.

## ► Drop In Behavioral Health Center Now Open at 1800 Chicago:

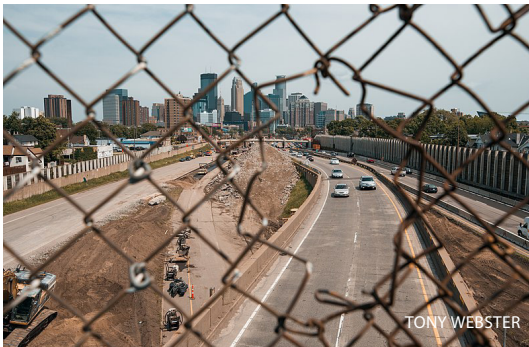
Hennepin County’s new Behavioral Health Clinic is open to anyone 18 and older needing help with mental health or substance use. Services include urgent care and physical screening; Housing, cash and food support; and Mental health and substance use services such as

- Mental health screening and diagnostic assessments
- Comprehensive screening for addiction disorders
- Case management and care coordination

- Support from people with lived experience
- Help in a crisis, including 3–10 day stay at the crisis stabilization program
- Withdrawal support from drugs and alcohol

Current hours Monday-Friday, 9AM-5PM, with expanded hours coming soon. 1800 Chicago Avenue, Minneapolis Enter behind building off Columbus Avenue. For more information: 612-879-3115

## ► 24th Avenue Pedestrian Bridge Reopens:



View from the 24th Avenue Pedestrian Bridge shortly before it’s demolition in 2018. The newly rebuilt bridge reopened in August 2021.

After a three-year closure due to the 35W construction project, the pedestrian bridge crossing 35W at 24th Avenue is now rebuilt and reopened. The foot path connects the Phillips and Whittier neighborhood. To celebrate, the MN Department of Transportation buried a time capsule which included a face

mask with a traffic cone print, a marionette from Open Eye Theatre, and contributions from Washburn High School and Lyndale Community School. The official bridge reopening on August 19 was celebrated with food, music, arts, and entertainment.

## ► Minneapolis Bans Large Truck Parking, Enforced Beginning January 1, 2022:

In late July, the City of Minneapolis passed an ordinance banning trucks weighing more than 26,000 pounds from parking on Minneapolis streets. Opera-

tors have a grace period before being fined for violating the ordinance, as the City works on education and outreach to help trucking companies and drivers find suitable parking. The ordinance will be enforced beginning in January 2022, with a fine of \$100 in 2022, increasing to \$150 in 2023, and \$250 in 2024 and after. On-street large truck parking has long been a problem for both residents and truck drivers. According to a 2019 MN Department of Transportation study, the Minneapolis-St. Paul metro area has a significant shortage of truck parking. Many

trucks parked overnight belong to owner-operators who live in Minneapolis. The ordinance includes a directive for city staff to work on regional policy solutions to the parking shortage.

## ► Midtown Greenway Glow, September 18, 4-10PM:

The Midtown Greenway Coalition will be hosting the Greenway Glow Festival, a free outdoor event along the Midtown Greenway. The Glow features dozens of local artists. Bike, walk, or roll along the Greenway to experience live music, art installations, and theatrical performances.

## ► Proposal to rename Columbus Avenue:

A group of residents living along Columbus Avenue have launched an initiative to change the name to Oyáte Avenue (a Dakota language word meaning “the people”). The change is envisioned as “one small piece in the long ongoing work of dismantling white supremacy.” The avenue in question runs from 18th Street to 62nd Street in Minneapolis. To learn more or participate, visit <https://www.oyateavenue.org> or <https://www.facebook.com/oyate.avenue>. Sign up for updates at: <https://www.oyateavenue.org/contact-us>

Thanks for your patience.

Now it’s time to

discover,  
connect  
and celebrate

the new 35W@94.

DEPARTMENT OF  
TRANSPORTATION

[mndot.gov/35W94](https://mndot.gov/35W94)

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- Barack Obama

PLEDGE TO VOTE. MAKE YOUR PLAN TODAY.

NOVEMBER 2, 2021

Ballan qaad  
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Promete votar y hoy  
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para cumplir tu promesa  
de voto.

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LEARN MORE AT [MNVOTES.ORG](https://MNVOTES.ORG) OR [LWVMPLS.ORG](https://LWVMPLS.ORG)

LEAGUE OF WOMEN VOTERS®  
MINNEAPOLIS





# VENTURA VILLAGE NEIGHBORHOOD

SEPTEMBER '21 NEWS

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

## VENTURA VILLAGE NEIGHBORHOOD NEWS

- The Franklin Park Lofts Apartment Building is now open and renters are moving in.
- The City Council has approved the sale of 628 E. Franklin to Hope Community and the City of Lakes Land Trust.
- The construction happening at 21st and Chicago is the Community Care Clinic and First Care Pregnancy Center.
- Norway House is planning a groundbreaking ceremony sometime in September. Watch for more information.
- 4 Sisters Market will be open every Thursday in September from 11 AM to 3 PM at the Pow Wow Grounds Coffee Shop parking lot.
- Our next Neighborhood Association meeting will be Wednesday, September 8th at 7 PM via Zoom
- The Food, Land and Community Program at Hope Community hosts a free farm stand every Friday at 1900 Portland Avenue between 10 am - 1:00 pm. All are welcome.
- Our Neighborhood Association has partnerships with several organizations to help us reach and engage everyone in our community. These 2 local radio stations are partners with us.

## KRSM YOUTH MEDIA INTERNSHIP

Article by: Michel.Be

The KRSM Youth Media Internship is a youth lead radio and broadcast journalism program where high school students explore their voices through audio storytelling, music and journalism. KRSM Interns were introduced to various areas of broadcasting and professional positions such as Content Creator, On-Air Host, and DJ. After choosing a position, they explored thier own ideas and perspectives through radio shows and podcasts, compiling music playlists and writing articles. This year consisted of new interns and returning interns from last summer. The second year interns worked on advancing their skills, working on special segments with other youth groups, leading workshops for MPR Radio & ThreeSixty Journalism Radio Broadcast Camp, and curating an original Zine. Here are a few work statements from KRSM Interns this summer:

Shane (On-Air Host) - “My series “Finding Balance” is a form of self help and self care. It’s about self-awareness and introspection of yourself and others. Understanding your thoughts and emotions, and how to balance them through discipline and moderation. My work is made from the agglomeration of experiences in my life. What works for me might not work for you. And that’s okay. I am simply a guide that gives suggestions. You choose your path in life.”

Daeliyah (DJ) -“ Introducing some of the most underrated and most talented musicians I’ve ever heard. “Before the Decade” brings light and new sounds to your surroundings, while also showing you what 2020 never missed. They brought singles, Eps and albums. During the time sharing struggles through love, self-love and even hate. Listening to 2020, the year that’ll eventually become yet another decade...Here you are.”

Ruweyda (Content Creator) - “One of the topics I’ve explored is Palestine and what is happening there. I have also covered Police Brutality and Affordable housing. Some other topics I am interested in writing about in the future js law and the criminal justice system, specifically regarding people that have been wrongly accused.”

Check out the Summer 2021 cohort and their work at [www.krsmradio.org/youth](http://www.krsmradio.org/youth)



KRSM interns at Showcase Event Photo Credit: David Pierini

## KALY RADIO



Mahamed Caly, president of KALY radio

Along with other South Minneapolis neighborhoods Ventura Village has a partnership with KALY Radio. KALY is operated by the nonprofit Somali American Community (SAC), and has

been on the air since December 2015. Its purpose is to advance and uplift the Somali and East African communities in Minnesota. Its programming covers issues related to health, housing, citizenship, employment, culture and civic engagement.

KALY is a non-profit, non-commercial station and is available on other media platforms. It seeks to serve as a bridge for young and old alike to the community it now calls home.

## NATIONAL NIGHT OUT A SUCCESS!

Article by: Kali Pliego, Crime Prevention Specialist

South Minneapolis (3rd Precinct) had over 600 registered National Night Out (NNO) parties for August 3rd. With Summer 2020 having been in the height of the Coronavirus pandemic, the 2021 NNO parties had a kind of “relieved” feeling to them (but we’re not out of the COVID-19 woods, yet!). From talking with many residents in my sector (the greater Phillips area), I know how happy people were to have the opportunity to celebrate this great annual community event. It was wonderful to see so many kids playing outside with bubbles, art tables, and games of garden tag! Equally wonderful were the smells of charcoal grills cooking up BBQ, burgers, and hot dogs. Add to it all the meaningful conversations between and among neighbors that deepen relationships and build community. I have to say, National Night Out is one of my favorite events of the year!

I had my plans all laid out on paper, including assigning myself time limits on each party I would attend. According to my plan, I had enough time to visit nine parties between 5pm and 9pm. Poet Robert Burns particularly had me in mind when he wrote, “the best-laid plans of mice and men often go awry”. After arriving at the first party on my list, I forgot all about my self-imposed time limits, and just went with the flow of the evening. I didn’t miss my mark too badly—I made it to six of nine parties—but I was very sad to have missed the Semilla Center for Healing and the Arts’ art party and lantern making! Due to my Crime Prevention Specialist role, people naturally ask me many crime related questions. It’s important for me to step into the opportunity to speak with community members, and even if I don’t have all the answers, I greatly appreciate the connections we’re able to create together. This all helps to lay a foundation of mutual respect and trust in these ongoing conversations and problem solving. To that end, I always welcome messages from the community. Email is the best way to find me: [kali.pliego@minneapolismn.gov](mailto:kali.pliego@minneapolismn.gov). Please especially be in touch to invite me to a future block event (wink)! I look forward to meeting even more Phillips neighbors in the years to come.



Continued from page 1...

## Voters Living with Disabilities cont.

- 1) ASSISTANCE: You can bring anyone to assist you while you vote, except your employer or union rep, or you can get assistance from election judges. Your assistant can participate in all parts of the voting process, including marking your ballot if you can communicate to them who you want to vote for.
- 2) ACCESSIBLE VOTING MACHINES: All polling places have a machine that can mark a ballot for you, giving you privacy if you cannot or choose not to vote using a pen. Voting machines display the ballot in large print or with a high-contrast background and can also read the ballot to you through headphones. You can fill out your ballot using a Braille keypad, touchscreen or sip-and-puff device. After you make your choices, the machine prints your completed ballot.
- 3) CURBSIDE VOTING: If you cannot leave your vehicle, you can ask to have a ballot brought out to you. Two election

judges from different major political parties will bring the ballot to your vehicle, wait for you to vote, then take the ballot back inside and place it in the ballot box.

4) AGENT: In some situations, an agent may pick up and return an absentee ballot from your home. To qualify, you must reside in a nursing home, assisted living facility, residential treatment center, group home, domestic violence shelter, or be hospitalized. Your agent must be at least 18 years old and cannot be a candidate. Metro Mobility also provides agent delivery services. Read more details about use of an agent here: <https://www.sos.state.mn.us/elections-voting/other-ways-to-vote/have-an-agent-pick-up-your-ballot-agent-delivery/>

Remember, unless a court order specifically removes your right to vote, you may still vote if you are under guardianship, conservatorship or if you granted someone power of attorney.

Election Day is November 2. For more information about voting and registering to vote, visit [www.lwvmppls.org](http://www.lwvmppls.org), [mnvotes.org](http://mnvotes.org), call the Disability Law Center's voting hotline at 612-334-5970 or call the City of Minneapolis voter information line 311.

NEXT MONTH: MAKE A PLEDGE AND A PLAN TO VOTE!

## Ebenezer Land

By DWIGHT HOBBS

“Affordable housing...is a misnomer of sorts: affordability implies the ability to pay for something given your budget”, think tank Cato Institute noted in a 2016 blog. Anyone of modest means looking for someplace to live who has run into what’s being marketed as “affordable” can tell you just what a misnomer that is. It begs the cynical retort, affordable to whom? On top of which, rents and income have gone in opposite directions for some time and the contagion certainly didn’t help, putting people out of work left and right.

Enter Ebenezer Park Apts., which doesn’t solve that problem for everyone, but does give the elderly and disabled, including deaf tenants, a sorely needed break. Starting with the wallet, but, importantly, not ending there. Paramount, it goes without saying, is the difference between



COURTESY EBENEZER PARK APTS

Ebenezer Park Apartments

dispiritedly perusing ads for places priced out of your range and being asked one-third of your income – whatever that happens to be. Plus, there’s no application fee. It defies reason as how companies and organizations whose selling card is affordability charge, non-refundable, at least \$35 with a straight face just to fill out an application. Claiming it’s to cover the background check is just so much bilge water. Ebenezer can find out whether you got booked for loitering and doesn’t pocket a dime in the process.

We’re not talking public housing, which generally, how little you pay, is no bargain. Shelterforce.org documents, “Public housing [has led], to a cycle of government neglect and under-funding which, in turn, led to poor construction design, inadequate maintenance, racial segregation, stigmatization, and further concentration of the very poor.” In parts of Minneapolis, it also fosters veritable drug and prostitution franchises.

Conversely, Ebenezer is a comparative oasis. Maintenance, something no apartment dweller takes for granted, is reliable. Importantly, building security is sound with a simple but strict entrance policy in effect 24/7. All said, with these basics a

given, tenants also enjoy quality-of-life support. A mini-laundromat is available around the clock, except an hour a day for cleaning. A daily lunch comes courtesy of the kitchen. The on-site store provides prescription delivery and over the counter meds. In the downstairs lounge (each floor has one), there are recreation treadmills, a place to play cards or dominoes and a huge flat-screen television fit for feature film viewing. For that matter, satellite service is dirt cheap, available at an incredible price. In short, the very living conditions are positive reinforcement at an opportune time in life. Trista Garceau, Leasing & Certification Director, states, “Ebenezer is driven to [sustain] longer, healthier, meaningful lives. We all have a passion for providing services that make everyday life easier. We’re more than a landlord in this setting. Ebenezer, which means ‘stone of help’, has over 100 years of experience serving [individuals] and their families.” Established in 1917 to provide community-centered care for homeless older adults and others, Ebenezer is now Minnesota’s largest senior housing operator. Ebenezer Park Apartments has been in South Minneapolis at 2700 Park Ave. since 1980, one of ten apartment complexes statewide (in the immediate area, humorously dubbed “Ebenezer Land”, are Ebenezer Tower Apartments, Ebenezer Loren On Park - assisted living and Ebenezer Care Center - nursing home).

Residential Services Director Danette Billups, seeing to 200 units, reflects, “I’m a people person and like to keep [tenants] happy.” Calling it multi-tasking understates the case. She adds with a smile, “It’s like having a

## Returning Chapter 12

# THE PAST IS NOT EVEN PAST...

By PATRICK CABELLO HANSEL

Imagine you are just about to see your child that has been lost; a loss that has taken your heart to new depths of pain. You’ve been cared for by a gentle elder, you’ve been refreshed with the tastiest food and drink. You are ready for the miracle.

But then, our loving Agnes told Luz and Angel that they had to see ‘just one more person.’ Like many heroes on a quest, the parents were ready to do anything. What was one more challenge. But as Agnes told them, she shrunk down, and the light and warmth of the room took on a chill.

From a doorway at the far end of the seniors’ community room, someone appeared. ‘Appeared’ may be the best word to describe this person, if it really was a person. Dressed in a torn scarlet dress, with layers of black lace, she looked more like a creation out of an older horror movie. And when she spoke everyone, including little Angel, felt a shiver.

The strange being was covered in garish makeup, so much so you could not tell if she was young or old. Her voice had the rasp of a heavy smoker, but her words were very clear. She spoke directly to Luz:

“So, little Luz. Little Lucy, snooping around my territory.”

“Do I know you?” Luz asked.

big target on my back.” During 2018’s all-hands-on-deck renovation, she filled in as “the cat whisperer”. She recalls, “They had different [apartments] they worked on each week. And people had pets. Cats, parakeets, whatever. I helped get them in a carrier or the cage, move them to the different apartments left vacant for that purpose. Like a hotel room where [owners] spent the day. Cable tv, refreshments.” The idea was to make tenants comfortable during the inconvenience. She grins, “Sometimes a cat didn’t want to go back. So, I’d have to chase them around.” It worked out so well there are t-shirts to commemorate the occasion.

Not all that long ago, senior housing amounted to warehousing – sticking gramps or granny in a corner with some oatmeal and Jell-O. Ebenezer Park Apartments, it goes without saying, does no such thing. To sum things up in one tenant’s words, “It’s a state-of-the-art old folk’s home. There need to be more just like it.”

The being let out a laugh that was as far from cheerful as hell is from heaven.

“Ha! Do you know me?” she howled. “You ruined my life! You wouldn’t obey and you ran away, and so the punishment that was to be yours was given to me. Me, loosey, juicy, boozy Lucy! Me!”

Angel looked at Luz for some hint of explanation, but what he saw instead was fear. Fear because Luz had realized that this creature standing between her and her child was from her past.

“Are you Cindy? Cindy Keefe?”

“Ha!” the creature cackled again. “I was Cindy Keefe. I was your friend, remember? I took you to the party when we were in 7th grade.”

“The party where your friends and your brother raped me,” Luz said, defiantly. “What do you want with me? Why have you taken my daughter? Take me to her!”

“Just like I was taken after you left town, you mean?”

And then it all hit Luz like a blow to the gut. After she left the party, she had never set foot in Albert Lea again. Her family didn’t come to the harvest at Hollandale and Le Sueur for many seasons. She got therapy and managed to graduate from high school, and had settled in Minneapolis with her Uncle Jaime. But the pain of that party had never left her. She had never seen Cindy again, but had heard that she had become involved with drugs and crime.

“Listen, Cindy,” Luz began. “I am sorry that terrible things happened to you. But it’s not my fault. I left. I survived. Now take me to my little girl.”

“Oh, I will, pretty Lucy,” she said. “There’s some other people waiting for you there. Let’s go.”

She pointed to the doorway in the corner. Luz took little Angel with one hand and her husband with the other.

“Oh, I don’t think you want your hubby to see this,” the creature laughed. “It will be fun, but not for him!”

Angel stepped up close to her face. He could smell some terrible kind of perfume that made him want to puke, but he didn’t waver.

“Where Luz goes, I go,” he said. “We are one now, and nothing is going to separate us.”

“We’ll see about that, won’t we?!”

To be continued...

70+ Minnesota artists



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# MIDTOWN PHILLIPS NEIGHBORHOOD ASSOCIATION

*Save the date!*  
**9th Ward  
CANDIDATE FORUM**  
**Tuesday, September 21  
3pm**  
**Little Earth Farm (2400 Ogema Pl).**

Noon - 3:00 pm:  
Join us for a 'Pickle Off' and a community meal  
prior to the Candidate's Forum.  
At Little Earth of United Tribes



**MPNAI BOARD MEETING**  
**Tuesday, September 14  
6:30 - 8 pm**

- Review 2022 Community Engagement Plan
- Finance Report

Please watch our website [www.midtownphillips.org](http://www.midtownphillips.org) for updated agenda and links to join our zoom meeting!



## PHILLIPS CLEAN SWEEP

**Saturday, October 9, 2021**

**9am-10am**

**Pick up Litter Pick Up Supplies and the Annual T-Shirt.**

**CHECK IN AT EITHER OF THESE LOCATIONS:**

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

**9am-12pm**

**Phillips Clean Sweep!**

Meet your neighbors, help pick up litter, and clean up your neighborhood! Organize your neighbors!

**12pm-2pm**

Pick up Lunch & Eat at Stewart Park (2700 12th Ave S)

### Bring out your trash!

The Phillips neighborhoods have raised funds to provide free pick up for residents during Clean Sweep. They will pick up extra household trash, old furniture, carpet, household construction and tires.

**Materials should be out the night before and no later than 9am October 9th.**  
(No hazardous wastes are picked up and any appliance or recyclables are picked up on the next city recycling pick up day.)



**PHILLIPS WEST**  
NEIGHBORHOOD ORGANIZATION

**Contact Us!**

[info@phillipswest.org](mailto:info@phillipswest.org)  
(612) 642-1487

Ana Sanchez is working with PWNO this summer as a Outreach Intern, focusing on connecting with Spanish-speaking residents in Phillips West. She is a recent graduate of Cristo Rey high school and will be attending St. Kate's in St. Paul for college starting this fall. We are so grateful for Ana's efforts this summer to increase language accessibility in our materials and at our events, in addition to connecting one on one with residents to learn more about what matters to them and how PWNO can provide resources accordingly. Below, Ana reflects on some of her experiences door knocking in Phillips West.

My very first time door knocking in the neighborhood I felt nervous and anxious for the fact that maybe people we're going to be hostile or not interested. But the more door knocking I have done I've realized how many people actually care about their neighborhood and community. Most neighbors have opinions, issues, and concerns about housing, safety, and many other things. It's connecting with these neighbors and making them know that there is someone here to listen and cares about what they have to say that matters to me most. I have learned so much about the community in each place we have door knocked and the neighbors also how it differs from other communities.

La primera vez que empezamos a tocar puertas en el vecindario me sentí nerviosa y ansiosa por el hecho de que tal vez la gente fuera hostil o no estuviera interesada. Pero al hacerlo más me he dado cuenta de cuántas personas realmente se preocupan y se interesan por su vecindario y comunidad. La mayoría de los vecinos tienen opiniones, problemas e inquietudes sobre la vivienda, la seguridad y muchas otras cosas. Es conectar con estos vecinos y hacerles saber que hay alguien aquí para escucharlos y que le importa alguien lo que tienen que decir es lo que me importa más. He aprendido mucho sobre la comunidad en cada lugar donde tocamos la puerta y los vecinos también sobre cómo se diferencia de otras comunidades.

## September Events

### Community Meeting

**Thursday, September 2nd, 6-7:30pm**  
In September we will be reviewing the proposed PWNO strategic plan that will set our priorities for the next few years. Come learn about how this plan was developed and what comes next!

### Community Cleanup

**Saturday, September 18th, 10 - 11:30am**  
Join us for our monthly community cleanup. This month we will meet at City Homes on Park and focus on the areas on Chicago Ave and around Peavey Park.

### Garden Visioning Day

**Sunday, September 19th, 1 - 3pm**  
PWNO has an emerging garden plot on the corner of 28th & Portland that we hope to turn into a public gathering place for the neighborhood. Come help us vision for the future of this corner!



Movie Corner

Old

(2021 Universal Pictures)

★★☆☆☆

By HOWARD MCQUITTER II

M. Night Shyamalan is up to another one of his “prize” thrillers that simply doesn’t add up to a hill of beans. I often say I’ll go for the ride with a movie if it lacks in major areas, but with *Old* I just wanted to not even get on the ride. Back in 2002, with his film *The Sixth Sense* (his first actual film is *Wide Awake* in 1998), the public was in awe of starring actors Bruce Willis, Haley Joel Osment,



Howard McQuitter II

Toni Collette, Olivia Williams, Donnie Wahlberg, and Glenn Fitzgerald. Shyamalan’s *The Sixth Sense*, indeed a sensation, drew viewers from word of mouth as well as by advertisement.

*Old* is the movie that should have never left the drawing board. At first, about a dozen tourists are told about an isolated “paradise” island which is supposed to be

the ideal vacation spot. Strange things begin to happen when the tourists arrive. A woman’s body washes ashore and just minutes later a man named Mid-Sized Sedan (Aaron Pierre) runs over to the tourists pleading he had nothing to do with the woman’s death. Do we believe him or not? It’s likely he’s innocent. But guess what? The Capas’ daughter Maddox, 11, begins to age rapidly without explanation.

Guy Cappa (Gael Garcia Bernal) and Prisca Cappa (Vicky Krieps from *Phantom Thread* [2017]) are about to divorce, but before they do, they go on a vacation with plans to tell the kids about the break-up after the trip. Their other child, Trent, is six years old. Like a virus in the air the tourists begin to age rapidly with no safe way off the island. With a clumsy onset, what fol-



lows tumbles downhill and stays there.

One of the only things that may come across in *Old* is the society we live in has an obsession with getting old. Getting old, of course, has its challenges

and its blessings. Shyamalan’s *Old* is a bummer. That in itself is old. Like his *Lady in the Water* (2006), *Old* fails to hold strong interest.

**Cast:** Gael Garcia Bernal (Guy), Vicky Krieps (Prisca), Rufus Sewell (Charles), Ken Leung (Jarin), Alex Wolff (Trent), Abbey Lee (Christal), Nikki Amuka Bird (Patricia), Eliza Scanlen (Kara age 15), Kathleen Chalfant (Agnes), Gustaf Hammarsten (Resort Manager), Thomasin McKenzie (Maddox age 16), Embeth Davidtz (Adult Maddox), Aaron Pierre (Mid-Sized Sedan), Alexa Swinton (Maddox Age 11), Nolan River (Trent age 6).

**Running time:** 108 minutes. **Director:** M. Night Shyamalan, (PG-13).

continued from p.1 ...

Covid cont.

- ▶ Get tested regularly: The CDC recommends students get tested at least weekly, even if they don’t have symptoms. Talk to your school nurse about what testing is available through the school. The State of MN offers FREE, at-home testing: <https://learn.vaulthealth.com/state-of-minnesota/>
- ▶ Masks are recommended in schools, regardless of vaccination status. Try to get

the best-fitting, highest filtration mask your child can comfortably wear for long periods of time.

- ▶ Keep your child home from school if they are feeling even the tiniest bit sick, and get them tested. If you work, check with your employer about what they offer for paid family leave, or COVID-19 leave for caregivers.
- ▶ Model good pandemic habits, like social distancing and handwashing, so your kids know what to do. Kids are great at following CDC guidelines, if they have a good example to follow.

COVID-19 TESTING NEAR PHILLIPS:

University of Minnesota Community-University Health Care Center

2001 Bloomington Ave  
Minneapolis, MN 55404

612-301-3433  
appointments required

Weekdays: 8:00 a.m.– 4:30 p.m.  
Weekends: Closed

Hennepin Healthcare Downtown Viral Screening Clinic

715 S. 8th St,  
Minneapolis, MN 55404

(612) 873-2922  
appointment required

Weekdays: 8:00am – 4:30pm  
Weekends: Closed

Southside Community Health Services Medical Clinic

324 East 35th Street  
Minneapolis, MN 55408

(612) 827-7181

Weekdays: 2:00 – 3:00pm

Weekends: Closed

FREE AT-HOME TEST through the State of Minnesota and Vault Health:

<https://learn.vaulthealth.com/state-of-minnesota/>

MN Testfinder: <https://mn.gov/covid19/get-tested/>

STATE OF MINNESOTA COVID-19 PUBLIC HOTLINE:

For questions related to the COVID-19 pandemic, call

1-833-431-2053

Mon.-Fri.: 9 a.m. to 7 p.m.  
Sat.: 10 a.m. to 6 p.m.

MENTAL HEALTH CRISIS LINE: DIAL \*\*CRISIS (\*\*274747)

*Lindsey lives in East Phillips, and has worked in local public health COVID-19 response for over a year. It breaks her heart to see so many preventable COVID-19 infections. She currently works at the library, where she sees everyday how great kids are at adapting to COVID-19 precautions.*

Board Member Wanted!

*The alley* is happy to announce that its Editorial Leadership Committee is growing and producing new and interesting articles of interest to our readers while supporting our current long time group of volunteer writers . This is due in large part to new community voices and volunteers..

We are, however, in need of new volunteers to grow the Board of Directors. The Board manages the business aspect of Alley Communications. This includes contracting for and overseeing the services we need such as bookkeeping and business management as well as ensuring our financial stability with new sources of stable income. We have made great strides the last few years but now need your help to build our Board capacity to allow us to continue to build on our work.

Like reading our long running Tales from Pioneer and Soldiers Cemetery, Raise Your Voice, The Movie Corner or the Spirit of Phillips cartoon each month? Or maybe it’s some of our newer offerings like our Transit column, our Covid-19 coverage from a contact tracer, or the Random alley News with short news summaries or following your neighborhood organization’s news and events. Whatever your *alley* jam, come join the Board and help be a part of a community driven, volunteer-run paper highlighting the often overlooked voices of the Phillips neighborhood.



We meet monthly for 1 1/2 hours and expect an additional few hours of time to complete needed tasks. All in all, most current members spend about 5-6 hours a month doing Board work. Do you have 5-6 hours a month to join us? We’d love to have you.

reach out to Board Director Cathy at [castrobel11@gmail.com](mailto:castrobel11@gmail.com) with questions and interest



COVID-19 Testing Recommendations

	Not fully vaccinated	Fully vaccinated*
Symptoms of COVID-19	Get tested immediately + -	Get tested immediately + -
Exposure to someone with COVID-19	Get tested immediately and, if negative, 3-5 days after last exposure + -	Get tested 3-5 days after exposure + -
Frequent contact with people from other households**	Get tested every 2 weeks + -	No need to test
In-person school settings	Get tested regularly according to CDC guidance + -	No need to test
Attended a large gathering indoors, or outdoors with no social distancing	Get tested 3-5 days after gathering + -	Get tested 3-5 days after gathering + -
International travel***	Get tested 1-3 days prior to travel, 1-3 days prior to returning, and 3-5 days after + -	Get tested 1-3 days prior to returning and 3-5 days after + -
Domestic travel	Get tested 1-3 days prior to travel and 3-5 days after	No need to test
Immunocompromised	Talk to your health care provider	Talk to your health care provider
Health care worker	Follow employer’s testing instructions	Follow employer’s testing instructions
Asked to get tested by health care provider or health department	Follow testing instructions provided	Follow testing instructions provided
Outbreak or cluster of COVID-19	Follow testing instructions provided	Follow testing instructions provided

\*Fully vaccinated = it’s been at least 2 weeks since your final COVID-19 vaccine dose

\*\*Includes children and staff in child care settings, sports, or youth camps and programs

\*\*\*CDC recommends not traveling internationally until you are fully vaccinated. Some countries will require testing prior to travel, check requirements of your destination and any lay-overs before you travel.









Chef Robert and University of Minnesota students in the kitchen

# “We Don’t Eat Nutrients; We Eat Food!”

The Cultural Wellness Center, Dr. Len Marquart and doctoral students from the University of Minnesota, Alissa Perteet-Jackson and Melissa Jansma along with Chef William Lendway, developed a food, culture, and health project to expand culinary skills through ancient whole grains and culinary heritage. Expanding on the existing community-university partnership, the Cultural Wellness Center’s Chef Robert Taylor and undergraduate students created recipes to meet the nutritional and cultural needs of the community. These University of Minnesota nutrition and dietetics students spent a week creating dishes using ancient whole grains. Here are some of the results of their great work!



Shredded braised beef between amaranth, corn, and wild rice patties served with a roasted avocado and jalapeno sauce



Spinach with black barley and grilled chicken



Popped sorghum



Chef Robert’s Morning Promise parfait using Egyptian Kamut, oats, berries, and low-fat yogurt



Fresh take on fish and chips using ancient whole grains



Indian butter chicken with lemon millet and roasted vegetables



Chef Robert and Chef William creating freekeh, kale, and cauliflower salad



Elder Atum Azzahir



Roberta Barnes

Guidance for this Ancient Whole Grains effort is provided by Elder Atum Azzahir and Roberta Barnes, the Cultural Wellness Center, and Dr. Len Marquart, U of M



Dr. Len Marquart



“Ancient Whole Grains (AWG) are the intersection between health and culture. The use of these grains as a foundation in the making of cultural dishes, will impact the people and communities’ health and wellness. Eating whole grains gives your body extra vitamins, minerals, fiber, and other disease-fighting nutrients. Adding ancient whole grains to your diet can significantly lower your risk of chronic diseases and conditions such as heart disease, high blood pressure, and diabetes.”

CHEF ROBERT TAYLOR



“As a dietitian, it is easy to talk about B vitamins and the details of nutritional content in whole grains. That doesn’t always have a lot of practical meaning when it comes to food choices. The fiber associated with Ancient Whole Grains and fiber-rich foods may have some of the most impactful benefits. Civilizations were built upon these ancient whole grains. The strongest, healthiest civilizations could cultivate, process, store, and prepare these grains, and then be able to defend or even expand their borders. These grains made history and were the primal fuel for humanity’s success. This is the power of ancient whole grains.”

CHEF WILL LENDWAY



“We hope that hands-on experience help prepares students to give practical and relevant dietary advice to people.”

ALISSA PERTEET-JACKSON



“This summer’s project helps fill gaps in undergraduate nutrition education by allowing for direct, hands-on approaches to food and nutrition.”

MELISSA JANSMA



Cultural Wellness Center  
Health · Heritage · Harmony

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



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