

BREAKING  
NEWS

On February 24, a judge ruled to temporarily halt the city’s planned demolition of the Roof Depot building until the lawsuit against the demolition is decided in the MN Court of Appeals.



Indigenous relatives and elders, East Phillips neighbors, and allies set up Camp Nenooaasi at the Roof Depot site at sunrise on Tuesday, February 22. The peaceful camp was cleared by Minneapolis police that evening during the beginning of the winter storm. Several Roof Depot protectors were arrested.

# Free Leonard Peltier After 48 years and City to Demolish Roof Depot After 9 Year Community Opposition

By STEVE SANDBERG & H. LYNN ADELSMAN

On February 6th there were two rallies at Hennepin County Government Center and City Hall. First to demand Leonard Peltier’s release from 48 years in a maximum security prison. Then followed a protest regarding the city’s plan to demolish the Roof Depot building so the city can build its Hiawatha Expansion with hundreds of employees, city vehicles and diesel trucks creating more traffic related air pollution (TRAP). Nicole Perez, Little Earth resident, noted that there are 221 units at Little Earth with over 2000 people living there, many who are children and elders with asthma. Perez says “I’m fighting for my granddaughter. We have a farm plan for the site that the

youth designed, but we’re not gonna be able to eat the food and our kids won’t be able to play outside if arsenic contaminated soil is again released into our community. We’re saying please don’t do this. Remember, we don’t have the financial resources to just move away. The city said no to delaying the demolition of the Roof Depot but I’m not gonna stop fighting.”

## LEGAL CHALLENGE

East Phillips residents, East Phillips Neighborhood Institute, and their supporters are protesting the ruling of Minnesota State Court of Appeals Judge Jennifer Frisch, who has ruled that the City’s environmental assessment worksheet (EAW) is adequate.

And in turn, District Court Judge Edvard Wahl has ruled against granting an injunction that would halt the demolition until arguments are heard in court. This clears the way for the city to tear down/demolish the Roof Depot building that the city says will begin on February 27, 2023.

What then about the 2008 Clark – Berglin Environmental Justice law, which mandates cumulative levels assessment for projects in this neighborhood, specifically within a half mile radius of the epicenter of the EPA arsenic superfund site? Neither ruling mentions it. Lawyer Miles Ringsred of the EPNI legal defense team says that it is one of the grounds by

Continued on page 4...

# With New President Shelley Buck, Friends of the Falls Now Native-Led with Native-American Majority Board



New president of Friends of the Fall, Shelley Buck, with outgoing president Mark Andrew

By AMANDA WIGEN, Friends of the Falls

Friends of the Falls, a non-profit working to transform the site adjacent to the Upper Lock on Minneapolis’ central Mississippi riverfront, made headlines on February 3 when it announced that retiring president Mark Andrew would be succeeded by Shelley Buck. Shelley is currently serving her sixth term on Prairie Island Tribal Council and serves as a board member of the Minnesota Wild Foundation, Great River Passage Conservancy, and Lower Phalen Creek Project. She has been a part of the project since late 2020 as a valued member of The Falls Initiative’s Native

Partnership Council. Under Shelley’s leadership, the organization is now Native-led and has a majority Native American board of directors. “Owámniyomni (St. Anthony Falls) and Wita Wanagi (Spirit Island) were desecrated like so many of our sacred sites. For Friends of the Falls to name a Bdewákanṭuŋwaŋ (Mdewákanṭon) Dakota – and in particular a Dakota wínyaŋ (woman) – as its next leader, is not a symbolic gesture. It puts Dakota voices rightfully in the lead. The River is our relative; we follow her lead,” said Buck.

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# The Grease Presser: Rediscovering Forgotten Trades of the Southtown Yards

By JOHN ANDERSEN

A century ago, South Minneapolis was home to thousands of skilled tradespeople. Right next to our neighborhood was the largest roundhouse of the Chicago, Milwaukee, St Paul, and

Pacific Railroad, more commonly known as The Milwaukee Road. The roundhouse had forty-six stalls and was completed before 1900. In the center was a ninety foot electrically operated turntable. Immediately adjacent were the workshops.

Altogether, the maintenance complex was referred to as the Southtown Yards. It was located in the area that today is bounded by Hiawatha, East Lake, 26th Avenue South, and East 26th Street.

A People’s History of the Seward Neighborhood (2018), includes a description of the yards with the interesting fact that some 1,500 mechanics were employed there. Certainly, there were at least as many laborers employed as well.

From wading through the 1940 US Census, I learned about

one laborer who worked there from 1928 until 1958. He had the job title of “grease presser.”

What exactly was a “grease presser”?

The grease presser injected grease into wheel axles and driver bushings. With the advent of Zerk fittings in the 1920s, this was done by attaching a grease gun to the fitting, and pumping grease into the bearing. A Zerk fitting is a metal lubrication point.

Before Zerks, there were grease cups that were threaded into bearings just like the

Zerks. The cups were filled with “hard grease” that came in large blocks which were cut down, and from which “grease sticks” were made that could be put into the cups.

The laborer filled the grease cup, and then tightened the cap a turn or so at regular intervals, likely based on train mileage. The regular cap tightening forced the grease into the bearing. You knew you had enough grease inside when after tightening, fresh grease oozed out from the side of the bearing.

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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.

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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 Monday 8:30 -10:00am, 4th Thursday 6:30-8pm by Zoom.

**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**

**Submissions due the 15th day of the previous month**



Library News

By CARZ NELSON

All information listed here is accurate as of February 15, 2023. For the most recent information, check out the library website at [www.hclib.org](http://www.hclib.org).

FRANKLIN LIBRARY HOURS

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

CHEMISTS IN THE LIBRARY

For grades 1-12. Drop in and do an easy hands-on chemistry activity. Minnesota American Chemical Society volunteers will lead the experiments. Materials will be provided.

**Hosmer Library**  
**Saturday, March 4 at 1:30 to 3:30 PM**

KUMIHIMO BRAIDED BRACELETS FOR TEENS

For grades 6-12. Learn kumihimo, a Japanese eight-stranded braiding technique with intricate patterns that look complicated, but are easy to master. Finish your piece off with a clasp for a fashionable bracelet. Materials will be provided. Registration required. You can register online at [hclib.com](http://hclib.com). Space is limited, so register now!

**Franklin Library**  
**Wednesday, March 29 at 5 to 6:30 PM**

URBAN 4-H

A youth leadership club that’s driven by curiosity. For adolescents.

**Franklin Library**  
**Tuesdays at 4-5:30 PM**

**COFFEE & CONVERSATION**  
Join us for Coffee & Conversations.

**Franklin Library**  
**Second Friday of the month 10 AM to 12 Noon**

WAY TO GROW

Way to Grow connects parents of kids ages 0-8 to a culture-to-culture family educator to help with resources and provide support and education.

**Franklin Library**  
**Tuesdays at 3 to 5 PM**

STEAM WORKSHOP

The Franklin Library’s Teen Tech Squad leads education and entertainment for kids 8-plus on topics in Science, Technology, Engineering, Art and Math.

**Franklin Library**  
**Wednesdays at 5-6 PM**

EMERGE

A Workforce Coach from EMERGE will be available to work with people aged 16-21.

**Franklin Library**  
**Wednesdays at 3 to 5 PM**

ANIME CLUB

Anime Club for adolescents.

**Franklin Library**  
**Wednesdays at 6:30 - 8 PM**

CAREER AND JOB ASSISTANCE

Meet with a CareerForce employment specialist at Franklin Library for job and career help. Stop by for individual assistance with job searching, resume writing, and more!

**Franklin Library**  
**Second Monday of the month at 1 PM - 3 PM**

HOMEWORK HELP

Both Franklin and Hosmer Libraries offer free one-on-one tutoring for K-12 students.

**Franklin: Tuesdays and Thursdays at 3:30-7:30 PM, Saturdays at 1-5 PM**  
**Hosmer: Mondays and Wednesdays at 4-7:30, Saturdays at 1-4 PM**

SMALL BUSINESS INFORMATION

The City of Minneapolis Small Business Team is holding public office hours at Franklin Library. This is a great opportunity for people with questions about starting, maintaining, or expanding their businesses. Please feel free to drop in – no appointment needed.

**Franklin Library**  
**Second and fourth Tuesdays of the month at 12 to 2 PM**

VETERAN RESOURCES

Senior Outreach Coordinator of MACV (Ending Veteran Homelessness), will be available to talk to veterans and connect to resources.

**Franklin Library**  
**Thursdays at 12 to 1 PM**

RESOURCES AND SUPPORT

The Bridge for Youth visits Franklin Library the fourth Wednesday of each month, 2 to 5 PM. They connect people with resources and provide hygiene items and other supplies. Look for them in their outreach van on the corner of 14th and Franklin Avenues.

**Franklin Library**  
**Fourth Thursday of the month at 2 - 5 PM**

FREE FOOD

Franklin and Hosmer Libraries are collaborating with Every Meal to distribute free meal bags. Bags are free for anyone to take, while supplies last.

Henry High School students on the North Side, but it also means that the southbound 22 that passes Franklin Avenue at 4:30 PM will be 2 minutes later.

It is disappointing that more positive changes aren’t able to be made yet. Maybe Metro Transit should consider new ideas to entice workers, such as a child care benefit or extra pay for driving more “problematic” routes. Right-wing platitudes like “No one wants to work anymore” are as unhelpful as they are untrue.

On a different note, no announcement yet on whether MillerCoors-sponsored free transit will happen on Saint Patrick’s Day as it has in the past. I hope so!

*John Charles Wilson is a transit enthusiast who has been interested in this field since the 1970s.*

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 kind of books you like, and what kind 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.

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 at 612-543-8850.

ASK THE LIBRARY

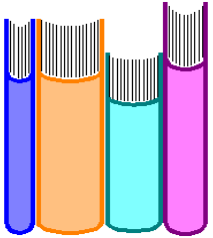
Have a reference or library account question? You can chat, email, text, or call the library. Chat or email at [www.hclib.org](http://www.hclib.org)/contact, text to 612-400-7722, or call 612-543-KNOW (5669) to reach library staff by phone.

**Español/Spanish:** Llame o envíe un texto al 651-503-8013 para recibir ayuda en español.

**Hmoob/Hmong:** Hu losis text rau lub tsev nyeeem ntawm ntawm 612-385-0886 txais hev 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.*

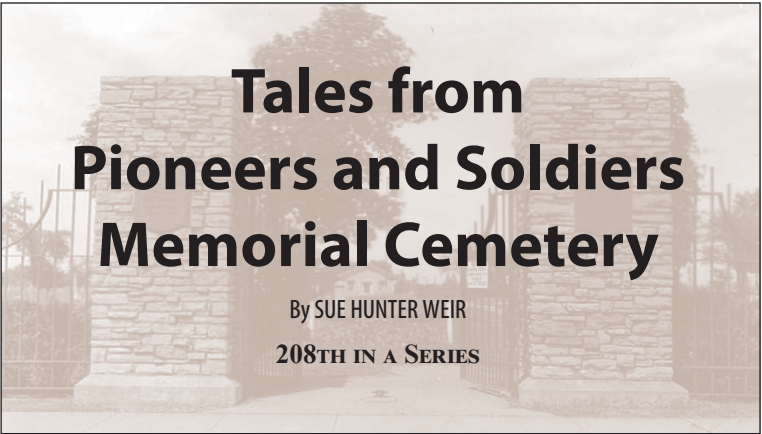


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South Side Destructor—Part II  
City Leaders (Finally) Arrive at a Solution

In the summer of 1938, no one denied that Minneapolis needed a new incinerator to deal with its overabundance of garbage. The problem was not new: the debate about where to locate the incinerator had already dragged on for ten years and there was no solution in sight. Untreated garbage was piling up, creating a health hazard.

From the beginning, the City of Minneapolis Engineer’s Office had favored what was referred to as “the so-called Layman’s site” (by that time, the cemetery was officially Minneapolis Pioneers and Soldiers Memorial Cemetery). But there was significant opposition from people who lived near the proposed site and they had the support of a handful of city council members, members of the Board of Estimate and Taxation, Mayor George Leach, and the South Side Protective Committee, a coalition of neighbors, patriotic and civic organizations, including the Minneapolis Cemetery Protective Association.

The wrangling began in earnest in March 1938 and continued throughout the summer. Herbert Finseth and John A



The exterior of the plant looks much as it did when this “state-of-the-art” incinerator was built in 1939. It cost about \$250,000. Funding came from the city’s operating budget and from the federal government’s Works Progress Administration.



The 180-foot-tall smokestack was decommissioned in 1971. Today it is home to a red-tailed hawk.

the authority to authorize the sale of bonds to pay for the new incinerator and they were firmly opposed to the Layman’s site. At their June 16th meeting, which was attended by 300 residents, they unanimously voted against authorizing the sale of bonds, a move that the Board’s chair claimed would “kill for all time” the building of an incinerator in South Minneapolis. Curiously,

the motion to deny was put forward not by a Board member but by the Mayor, who had previously gone on the record saying that South Minneapolis was “... overly blest [*sic*] by a concentration of city equipment, operations and supplies in the large city maintenance yard located approximately in the middle of it.”

*Continued on page 9...*

Edible Boulevard Applications Coming Soon

By MICHELLE SHAW

Any time it’s above 32 and sunny, a bunch of us die-hard Minnesotans reach for our shorts and sandals. We’ve had plenty of those February days, which brings us hope for spring. And with spring comes the planting of our gardens, our Minneapolis Edible Boulevard Gardens!

Are you a first time gardener who’s been wanting to plant food on your boulevard but you haven’t known how to transform your grass to a garden? Or are you a veteran gardener who wants to grow in a space where fruit is shared but you’d like a few resources to support you? Our applications will be open towards the end of March and go through mid-May. Once approved, you’ll go through a process of receiving a soil test, seeds or seedlings (depending



There are so many ways you can create your Edible Boulevard and a space to share produce with passersby. This is one of many!

Association board member, will show us how to start our edible garden seeds indoors. Then they’ll be ready to go at the beginning of June when we transplant them to our outdoor gardens. Find more details in *the alley*’s event section.

Lastly, our community survey will be up through mid-April, and we’d love to get your input. At this time, our data along with the City’s 100+ boulevards that

have been tested, have shown that the boulevards don’t have the toxins some assumed they would. Minneapolis Edible Boulevards (MEB) has posted the Soil Test Data Map on social media, and we do soil testing before each garden. Even the City’s Health Department has confirmed that the toxin levels are much higher next to a building structure. We discuss all of this during your one-on-



**CALL FOR SUBMISSIONS**

Is there something going on in Phillips that should be noted in *the alley*?

Let us know all about it by sending your sentences and/or photographs to:

**copydesk@alleynews.org**

**CALL FOR SUBMISSIONS**

one when approved, and we talk about how to garden safely with toxins in the soil. Perhaps you have ideas for growing bioremediators, culturally appropriate seeds you’d really like to see, an event you think will bring your neighbors together by putting in a boulevard garden cooperatively, ideas for funding (we are grant based)...Whatever your idea, fill out the survey for a chance to win a prize. Thank you!

*As a Northeaster, Michelle Shaw joined the City’s Community Environmental Advisory Commission in 2017 and became a fierce advocate for the Roof Depot and for the Northside community to be included in creating Upper Harbor Terminal. After spending time with community members in both Green Zones, the area she knew she could best partner with community (and you can find her subbing at a Southside school!) was food injustice; Minneapolis Edible Boulevards was born in 2019.*





Continued from page 1...

## Depot, cont.

which they have petitioned to have the Frisch ruling reviewed by the state Supreme Court. They have also filed a motion for an injunction to stay demolition pending the appeal. Depending on the results of these appeals, as well as the results of planned demonstrations seeking a new city council vote, active demolition of the Roof Depot building may be occurring by the time you read this.

Says state representative Karen Clark, “The continuing pattern of environmental injustice in East Phillips is heart-breaking. They don’t care and they won’t admit that they will add to the high levels of asthma that already exist, adding to the pain and suffering in our com-

Little Earth resident Nicole Perez confronts Minneapolis Mayor Jacob Frey at the Missing and Murdered Indigenous Relatives Rally on February 14 at East Phillips Park. She told Frey “Stop pretending to care about our children, give us our land back and we will use it in a good way to protect our children.”

munity. Also there is no transparency in this process. We have no idea what exactly the city is planning for this site. They presented it to the park board but not the community who is affected the most.”

The ongoing fight to protect especially children and elders with asthma from existing environmental injustice is never ending. The superfund arsenic soil cleanup effort was scary and exhausting. As hazmat protected workers moved contaminated soil from east Phillips not

long ago, residents were told to stay off soils. How will this be possible for children playing in parks or when mowing and raking with the arsenic soil disrupted from the roof dept demolition? How will we protect children and elders from asthma with increasing levels of diesel fumes from more city vehicles in Phillips polluting our air?

Steve Sandberg is on the board of the East Phillips Neighborhood Institute.



restored connections to the river, honoring Dakota culture and language, and ongoing care for the land and water.

Shelley says her vision for the future of the site is one of healing, connecting/reconnecting, educating, and community building. Furthermore, “in the second season of this project, we will assess different ownership models. It’s our desire to involve Dakota tribal nations in that discussion, to get their input in shaping the vision for the site, and to strengthen their role in the project going forward.”

Early design ideas were also

released for the project site at Owámmiyomni (St. Anthony Falls). The drawings depict gathering places for ceremony and healing, places to connect physically with the river, and interpretive signage along winding pathways to educate people about the historical, cultural, and spiritual significance of the area to the Dakota people. The drawings do not represent final designs, and the ideas will evolve based on Dakota tribal leaders’ input and direction.



Ground view of an early design draft of the project site at Owámmiyomni, St. Anthony Falls.

Continued from page 1...

## Falls, cont.

Friends of the Falls convened the Native Partnership Council in partnership with the Native American Community Development Institute

(NACDI) and CDA Enterprises to hear stories and gain understanding about Owámmiyomni (St. Anthony Falls) from Indigenous perspectives. It is the

core component of the organization’s community engagement framework that centers Native voices. The Council developed a vision statement that calls for



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

NEW LOCATION ON THE FOOD COURT!

Mention this ad for a 10% discount off your purchase. See website for special offers and more info.



## From the Desk of State Representative Hodan Hassan

By REP. HODAN HASSAN, District 62B

Greetings, friends and neighbors. It’s been a busy month in Saint Paul as we’ve made big strides of progress for Minnesotans.

As February is Black History Month, I want to highlight two great bills that we passed this month. We passed the Restore the Vote Act, which would restore voting rights to individuals convicted of a felony upon completion of any incarceration imposed and executed by a court for the offense.

Restoring voting rights is both an equity issue and a racial justice issue. In Minnesota, 20% of those deemed ineligible to vote are black, while black Minnesotans of voting age make up just 4% of the population.



Hodan Hassan

We also passed a bill to officially declare Juneteenth a state holiday, which was swiftly signed into law by Governor Walz. This is just the beginning of the work we are committed to doing to rectify racial disparities in Minnesota.

This month, people across the country will celebrate and recognize Black History Month in many different ways. Here in Saint Paul, it is me and my colleagues’ responsibility to work towards economic equality for black and brown communities, so that all Minnesotans may live and thrive in our beautiful state.

My pledge to you is to continue working towards things such as closing the wealth gap. Minnesota recently ranked third in the nation for the worst racial wealth gap, with only our neighbor, Wisconsin, and Washington D.C. being rated as worse off, coming in second and first place, respectively.

I pledge to continue efforts to boost and encourage people of color to start small businesses, and to help black families overcome the redlining that is deeply ingrained in our communities so that they can finally have a reasonable path towards home-

ownership to build generational wealth.

With the DFL trifecta, I am hopeful that we will finally be able to work towards repairing some of the damage that black and brown communities have endured for generations.

I also want to highlight legislation I authored that would establish a community wealth-building grant program. The bill, HF 318, would allow Minnesota small businesses to receive targeted, culturally and regionally specific technical assistance from an expert business advisor. It would also help institutions provide low interest loans to cooperatives, employee-owned businesses, and commercial land trusts that are at least 51 percent owned by people who are Black, Indigenous, People of Color, immigrants, low-income, women, veterans, or people with

disabilities. The bill was laid over for consideration in a broader package of economic development legislation later this session.

Please continue to share your questions, ideas, and feedback with me throughout the legislative session. You can reach me by email at [rep.hodan.hassan@house.mn.gov](mailto:rep.hodan.hassan@house.mn.gov). You can contact my Legislative Assistant, Elijah, at 651-296-1761 or via email at [elijah.henderson@house.mn.gov](mailto:elijah.henderson@house.mn.gov).

I am incredibly honored to get to work for you. From the bottom of my heart, thank you for trusting me with this honor.

In solidarity,  
Rep. Hodan Hassan



“Early detection gave us time to adapt together, as a family.”

If you’re noticing changes, it could be **Alzheimer’s**. Talk about visiting a doctor **together**.

[ALZ.org/TimeToTalk](http://ALZ.org/TimeToTalk)



## Peace House Community - A Place to Belong

### The Simple Life

By MARTI MALTBY



Marti Maltby

Rose Tillemans, the founder of Peace House Community, would have celebrated her 100th birthday on February 11. In honor of the event, I went through some of PHC’s old photo albums to put together a small memorial for our website.

Although the photos were taken before I joined PHC and showed many people I never met, I felt a connection to the faces in the photos. That connection was not just based on having PHC in common. The photos showed simple, everyday activities that we all participate in, like sharing a cup of coffee, or singing together, or playing a board game. I’m not sure how to explain the connection I felt, but I think it could be best summed up with the phrase, “That looks like fun. I wish I could do that.”

Of course, I can do that. It doesn’t take much to call a friend, go for a walk, chat with a neighbor, or say hi to someone. But so often it feels like I don’t have time to do something as frivolous as relaxing. I know I’m not alone in that thought. I keep hearing from others how busy they are.

The sad thing is that we often lie to ourselves when we say we’re busy. I remember my mom carting me and my two



Rose Tillemans and the Peace House Community in an undated photo found in the Peace House Community photo albums.

brothers around to our various events, even though we lived outside the city and had a 20 minute drive one way to our school. She would load us into the car after she cooked the family dinner without a microwave or prepackaged meals, and cleaned the dishes without a dishwasher. She kept us on schedule using paper and pencil, not an electronic calendar. All my friends’ parents did the same thing for their kids.

Like so many others, I am “busy” because I have allowed the technology that was supposed to give me free time, take up that free time. We are often more concerned with Facebook than with our friends. Instead of taking up hobbies like playing an instrument, we plan how we can monetize all of our activities. We panic if we lose our phones because we have (often quite literally) lost the ability to function on our own. We can’t call anyone by ourselves because we’ve lost the ability to memorize phone numbers (even our own). We’ve forgotten the

days when we could walk next door to ask to borrow an egg for the recipe we are making (you know, back when we baked cookies instead of buying them). And heaven forbid we ever get stuck out in the wilds, like all those poor souls who go camping on the weekends.

None of what I am saying is new, of course. Many people have been warning that we would end up here as we became more dependent on technology. Those of us who didn’t pay attention lament our loss of freedom, even as we embrace the technology that enslaves us. Fortunately, there are those who keep their lives simple. Many of them can be found in the campgrounds, or playing the violin, or simply chatting with their neighbors. I thank them for the example they set, and I pray that the rest of us can follow in their footsteps.

Marti Maltby is an avid cyclist, Director at Peace House Community, and an obnoxiously proud Canadian.



# MARCH EVENTS

**Seeds**  
Through April 29  
Norway House  
913 East Franklin Ave.  
Adults \$7  
Kids 12 & Under Free

Our first exhibit of the season will showcase work from Norwegian multimedia artist, Finn Eirik Modahl, whose newest sculpture, *Seeds* was unveiled in October at Norway House. This is Modahl's first work in the United States and is a sister sculpture to Konglo in Sotra, just outside of Bergen.

With *Seeds*, Modahl takes us into a universal and optimistic territory – seeds of change, hope, and new beginnings. The Norwegian Pine — represented through the image of its pinecone



Hidden Gems at the Hennepin History Museum

— is the state tree of Minnesota, drawing connections between Norway and Minnesota and conjures thoughts about immigration, memories of the past, and the links to a new land or home. [www.norwayhouse.org](http://www.norwayhouse.org).

**Hidden Gems**  
On view through June  
Hennepin History Museum  
2303 Third Avenue  
South  
Free

*Hidden Gems* is an exhibit of paintings, prints, collages, and drawings from the permanent collection of Hennepin History Museum that were “rediscovered” through a recently completed cataloging project of their permanent art collection.

Spanning the 20th century, the works featured in *Hidden Gems* encompass the experimentation, imagination, and creativity associated with modern art, and includes local artist pioneers such as Josephine Lutz Rollins,

Cameron Booth, Ada Wolfe, Bela Pethos, Frances Greenman, Eugene Larkin. For more information and open hours, visit [www.hennepinhistory.org](http://www.hennepinhistory.org).

**Peavy Park Drop-In Discovery**  
Mondays 6 - 7 PM  
Peavey Recreation Center  
Free

Drop by to discover fun, interesting, and inspiring nature activities right in your neighborhood park! Each week offers a different option for nature exploring — such as meeting live animals, dissecting an owl pellet, investigating animal tracks, and much more! No need to register, just stop on by for free fun! Children under 12 must be accompanied

poet, essayist, editor, and literary critic John Freeman, who will be reading from his recent third poetry collection, *Wind, Trees*, published with Copper Canyon Press in October 2022.

He will be joined by Twin Cities-based poets Su Hwang and Michael Kleber-Diggs for a reading and conversation about poetry and literary activism. For more information, visit [www.moonpalacebooks.com](http://www.moonpalacebooks.com).

**Fire in My Veins**  
March 16 - 19  
Open Eye Theatre  
506 E 24th Street  
Sliding Scale \$10-\$22

Living with a chronic illness is hard, horrifying, and honestly, sometimes hilarious. In *Fire in my Veins*, storyteller Allison Broeren takes you on the romp of living life with a rare autoimmune disease. Almost 20 years after her initial diagnosis, she thinks she has it figured out...then a pandemic hits, and her chemo tries to kill her, so — back to the drawing board! Recommended for all ages. For more information and tickets, go to [www.openeyetheatre.org](http://www.openeyetheatre.org).

**Community Connect: Shamrock Day**  
Friday, March 17  
6:30 - 8 PM  
East Phillips Park  
Free

Come celebrate Shamrock Day and the wearing of the green at East Phillips! We will be playing a little musical jig freeze dance, hunting for gold coins in the park, making shamrock art, and more. There will be fun for all!

**SENSUS by Duo Avila**  
Friday, March 17  
10:30-11 AM  
American Swedish Institute  
2600 Park Avenue  
Free

Duo Avila, a piano and violin ensemble whose goal is to bridge the gap between composers past and present through the programming of music by women and BIPOC composers, presents *SENSUS*, a multi-sensory concert for individuals of all ages. Join Venezuelan musicians Ines Guanchez (piano) and Sofia Schutte (violin) as they explore the music of various female composers from across the globe through live performance and visual art. The concert will feature works from Costa Rican visual artists Alessandra Sequeira and Magda Cordoba, who have created a collection of paintings inspired by these composers. Find more information at [www.asimn.org](http://www.asimn.org).

Please join us for a free, in-person, masked event to welcome

**Billy McLaughlin with Simple Gifts**  
Sunday, March 19  
4 PM  
Mount Olive Lutheran Church  
3045 Chicago Avenue  
South  
Free

Billy McLaughlin is recognized as an innovative performer and composer who embraces unorthodox acoustic guitar techniques while celebrating a gift for melody. His enormous yet fluid acoustic guitar tone has carried him around the world to Billboard's Top 10 chart, and most recently through a devastating medical disorder called focal dystonia. McLaughlin has had to relearn the guitar left-handed, and his story is the subject of an award-winning documentary film, *Changing Keys: Billy McLaughlin and the Mysteries of Dystonia*.

McLaughlin will share his original music and reinterpret familiar acoustic music with the members of his ensemble, Simple Gifts. Expect innovative guitar, humor, inspiration, incredible female vocal harmonies, and a Celtic twist. For more information, visit to [www.mountolivechurch.org](http://www.mountolivechurch.org).

**Sowing Seeds for Summer with Tomia MacQueen**  
Saturday March 25  
11 AM  
Zoom  
Free (registration required)

Join Minneapolis Edible Boulevards and Tomia MacQueen of Wildflower Farm to learn how to grow and transplant seedlings. If there's time, we'll also learn how to grow items from our kitchen pantries. Start saving those egg cartons and yogurt cups! If you need

starter mix and seeds for the class, there'll be a way to pick them up before March 20 (so register now!) Go to Edible Boulevards' Facebook or Instagram sites for more information and to register. If you are not on social media, email us at [minneapolisedibleboulevards@gmail.com](mailto:minneapolisedibleboulevards@gmail.com) for the registration link.



Master Gardener Tomia MacQueen has been an Edible Gardens consultant for 14 years and will facilitate a March 25 class on starting garden seeds indoors.



## Alley Oops!

Regrettably, the Open House for Banyan Community's free after-school program was omitted by mistake from the alley's February event calendar. Banyan Community is Celebrating 25 years of partnership with the Phillips neighborhood; to learn more about their programs go to [www.banyancommunity.org](http://www.banyancommunity.org) or call 612-722-8512. Banyon's Summer Cool Off Days programming will be announced soon!



# your community. your neighborhood. your phillips west.

Join us at the Phillips West Neighborhood Organization and make a difference in our community!

Passionate about affordable housing? Join the **Housing Committee!** Green space? Help Build our **Community Garden!** Make the neighborhood more secure with the **Safety Committee!** Or plan our season events with the **Events & Engagement Committee!** And, stay informed at our monthly **Community Meetings!**

**PHILLIPS WEST**  
NEIGHBORHOOD ORGANIZATION  
[info@phillipswest.org](mailto:info@phillipswest.org) // [612] 424-0786



# VENTURA VILLAGE

[venturavillage.org](http://venturavillage.org) 612-548-1598 [villageventura@gmail.com](mailto:villageventura@gmail.com)

**The English Learning Center: Always Evolving**  
By: Kala Hotakainen

The English Learning Center (ELC), a program of Our Saviour's Community Services, welcomes students from all countries of origin to learn and build English language skills. Still, we notice demographic shifts in our student population and are constantly tweaking our program to reflect students' needs.

Recently, we've seen a surge in students from Ecuador. In the last six months, the ELC has welcomed 89 students from Ecuador, eight times the number we saw in that time frame last year. Today, students from this primarily Spanish-speaking country comprise one-quarter of our student population.

There's no waiting list at the ELC and students can start at any time during the year. We offer classes online and in-person, in the mornings and evenings. Our students from Ecuador are primarily seeking in-person, evening classes. As an example of working hard to meet students' needs, we're considering converting administrative space to more classroom space to maintain small class sizes and ensure all students can take classes in their preferred time and format.

Since opening in 1981, our program has been a place where students can learn in a supportive community. Last fiscal year we were fortunate to work with students representing 32 countries.

No matter what external factors or trends come our way, the ELC will continue to be a place where everyone can build skills and community!

## Ventura Village News

- Our March General Membership meeting will be Wednesday the 8th at 7 PM in person at ICCM Life Center, 1812 Park Avenue, and on Zoom.
- Our website, [venturavillage.org](http://venturavillage.org), has been redesigned and updated! You can find more information about meetings, events, and happenings in our neighborhood.
- Our Neighborhood committees meet the last Thursday of the month. Check our website for updates and agendas.
- Elle, our Park Board naturalist, stops by the PCC every Tuesday from 6 PM to 7 with a new learning experience.
- Brothers EMpowered will have their monthly food shelf Friday. March 8th from 3 PM to 5 PM at the PPL CVI Building at Franklin and Elliot.
- If you are involved with a block club or interested in finding out about them, the Banyan Community at 2529 13th Avenue South sponsors a meeting with food on the second Saturday of the month. The March meeting will be at 11 AM.

**Neighborhood Worker involved in State Legislation**  
By: Steve Dreyer

The "Driver's License for All" bill was passed through the Minnesota House of Representatives on January 30th and is now before the State Senate. Jovita Morales, who works at the Waite House Food Shelf, has been working to get this bill passed since 2008. At that time she helped develop a leadership training program called Mujeres en Liderazgo (Women in Leadership) and they chose the issue of undocumented immigrants not being able to obtain a driver's license and the problems it causes.

Before 2003 people trying to obtain a legal driver's license were not asked if they were legal citizens. They were just asked to pass the written and driving tests. In 2003 then-Governor Tim Pawlenty's administration made being a citizen a prerequisite to obtaining a driver's license as a reaction to the 9-11 terrorist attacks.

Jovita's lobbying group, along with other immigrant advocates and representatives of business, agriculture, faith, and labor groups, has worked to change this rule. They testified that immigrant and refugee communities are critical to the state's economy, and that expanding access to driver's licenses is a practical step in addressing our state's workforce shortage.

Under the bill, which is co-sponsored by Representatives Aisha Gomez and Maria Isa Perez-Vega from the House and Zaynab Mohamed, Bobby Joe Champion, and Scott Dibble from the Senate, licenses would be available for driving and identification purposes, but not to register to vote or obtain a REAL ID. 18 other states and the District of Columbia have similar laws. The bill has been supported by law enforcement groups, including the Minnesota Police and Peace Officers Association. They contend the streets will be safer when every driver is legal and has taken the same tests, knows the rules and has insurance.

Jovita has taken a leave of absence from her job at Waite House to help complete this legislation. She helped form the "Minnesota Immigrant Movement (MIM)" group to help lobby for these changes. She has seen many examples of how this bill would benefit people she knows and our community as a whole. We all benefit because immigrants and refugees are important contributors to our neighborhood and economy. Information Supplied by: Jovita Morales

Visit our website for more news, events, and meeting information!







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*Remembering our neighbors and friends  
with sorrow, joy, and gratitude. No matter  
the years they spent with us, we are all  
richer for their existence.*



Pat Welna

## Pat Welna's Life Story

Written by VIRGINIA (WELNA) MAGNER  
Edited by SUE WELNA

Born in Minneapolis, MN, in 1929, Pat Welna was raised as an only child. When she was seven, her parents divorced, although her father visited frequently. The family would go on outings to the MN State Fair, to the fireworks at Powderhorn Park and to family gravesites on Memorial Day. On the Fourth of July, Pat would have her one annual ice cream cone. During two Minneapolis Aquatennials, a teenaged Pat danced in a chorus line at the Orpheum Theater wearing long beautiful dresses and big fancy hats.

During the Depression, times were tough. Pat's mother turned their small home into a boarding house with ten roomers. Pat slept on a ¾ cot in the living room with a female boarder and her mother slept nearby. The hook behind the dining room door was Pat's clothes closet. Her mother also ran a wedding catering business out of their home.

Pat attended St Margaret's High School. As a high school senior at her best friend's party, she saw the man who would later become her husband, saying to herself, "I will marry that man or no man." They became friends, and he called her every night for the next four years. After high school, Pat attended Minnesota School of Business College and then worked at the Boy Scouts Office for three years, loving every minute of it.

Immediately after his college graduation, Virg asked for Pat's hand, and they were married two weeks later! They lived with Pat's mother. Shortly after they married, Virg was drafted and they moved to Maryland where Pat worked a temporary secretarial job. On the day Virgil prepared to leave for overseas,

they traveled to New York City. Virg was to check in at the base while Pat would take the train to the airport. Pat cried the entire way to the airport. On the plane prior to take-off, she heard the announcement, "Is there a Mrs. Welna on board?" As she stepped forward, she saw Virgil standing on the tarmac. He had arrived at the base early and with a few hours before he had to check in, he hitchhiked back across New York. They had dinner together and Pat took a later flight. She said, "I never cried again -- for how many people had ever been so loved?" She returned to her mother's home in Minneapolis.

When Virg returned, he partnered with his father in a hardware store business on Bloomington Avenue, a huge shift from his original plan of becoming a schoolteacher. Pat was now married to a business owner who would not have summers off! The money they had been carefully saving for a down payment on their own home became the down payment on the hardware store. For eleven years they continued to live with Pat's mother. In 1964 they purchased their own home in South Minneapolis. Virgil worked long hours while Pat cared for their three children. She excelled at hospitality and there were often guests at their table. Later she worked alongside her husband at the family hardware store. She continued to come to work into her 90th year and enjoyed visiting with the customers, drinking coffee and passing out cookies!

Pat volunteered consistently. She worked with adults with intellectual disabilities. Every single day for several years, Pat visited her mother and her aunt in nursing homes. She was very involved in politics, actively supporting electoral candidates. One of her biggest commitments was supporting the establishment of Minneapolis Metro Light Rail Transportation. Because of her involvement, she was an honored rider on the inaugural Metro Transit train trip!

Pat loved to travel and was able to see the world with Virgil and her son Jim. Later, she traveled on her own with groups. She completed many courses at the University of St. Thomas as a part of their senior study program. Pat died on January 17, 2023. She was preceded in death by her husband Virgil and is survived by her three children, seven grandchildren and ten great grandchildren.

### Something I Said

## Terry Bellamy - A Singular Presence

By DWIGHT HOBBS

Terry Bellamy, who passed in January, was, to say the least, a singular presence. I met him in 1993 at the Playwrights Center for some sort of town hall meeting. He got up and raised three different kinds of hell, calling the organization out for being whites only. We chatted afterward but for the life of me I can't remember a word either of us said. I do recall within weeks the Center had a black playwrights workshop led by the regrettably late actor Byrd Wilkins (*Doctor Who, Running Scared*). I joined.

Next time I saw Bellamy was in August Wilson's *Two Trains Running* at Penumbra Theatre Company. It wasn't the last as that presence fueled several powerhouse performances at the Twin Cities answer to NYC's fabled Negro Ensemble Company. The man was, hands down, an amazing actor who appeared all over America in productions at prestigious venues.

He was not, however, like many actors, in the profession for the sake of ego, and helped local performance artist David Daniels develop *Malcolm X Meet Peter Tosh*. It had well received runs at Cedar Cultural Center, Minnesota Fringe Festival, Colorado State University in Denver at the Bug Theater.

He was committed to black

culture and odds are he wanted Penumbra to use its mainstream success to empower a nationalist bent that harked to the Black Arts Movement that thrived from 1965 to 1975. There's reason to believe this led to his highly successful career being scuttled as he and artistic director Lou Bellamy did not always see eye to eye. A production of Wilson's hallmark drama *Ma Rainey's Black Bottom* was, at one point, a train wreck. Terry Bellamy, playing the lead, "Levee," tossed in a line, "I'm sick of this bullshit," which wasn't in the script, and next performance he simply wasn't there when the stage manager called "Places!" The production shut down for three days while Lou Bellamy arranged to fly in a replacement from Houston. Terry Bellamy then vanished from Penumbra and area theatre for years. He eventually resurfaced here and there but never regained his premier stature.

Which is too bad, because there's no telling what Terry Bellamy would've accomplished had things not gone awry. Still, he remains an historic figure in Twin Cities theatre.

*Dwight Hobbes is a long-time Twin Cities journalist and essayist.*

## Remembering David Norris



David Norris

By QUATREFOIL LIBRARY

We are devastated by the news that David Philip Norris died Thursday, January 12th, 2023. David was a long-time volunteer and dear friend to many. His calling was that of a librarian and cataloger. At Quatrefoil Library, much of David's work was behind the scenes, cataloging new items in our collection and enhancing metadata for existing items. David was passionate about making library resources easier to find, and in doing so helped countless others.

He worked tirelessly to ensure that bibliographic records were up-to-date, and strived to combat racism in classification systems, always working towards more equitable library practices. For more on that work, you can read his blog: <https://secularlibrarian.com/>

David was close to many of our volunteers, board members, and library patrons. His legacy will live on whenever our catalog is searched and in the processes he left behind.

We are actively discussing ways that we can memorialize David. If you have a story, photo, or memory of David that you would like to share, please send it to [president@quatrefoil.org](mailto:president@quatrefoil.org) and post on the memorial site: <https://www.mykeeper.com/profile/DavidNorris/> If you would like to be in community with others who knew David, we encourage you to participate in one of our Friday night board game nights, where he was a frequent participant.



Continued from page 3...

### Tales, cont.

Several city council members were of the opinion that the Board of Estimate and Taxation had overstepped its bounds and came up with the idea of using \$125,000 from the city's operating budget instead. Not one to mince words, City Council Member Finseth called their proposal "conniving and trickery." Nonetheless, the City

Attorney ruled that the City Council had the authority to do so.

On August 11, 1938, the night before the Council was scheduled to vote on the appropriation, hundreds of people, some in favor, others opposed, met at the old South High. At one point the meeting "got out of hand" as those in attendance debated the merits of the chosen site and the proposal about how to pay for it. The next day, many of those people attended the City

Council meeting. The South Side Protective Committee had set aside their plans to take legal action against the city. They were convinced "that if the majority of the city council realizes the injustices that will be done, and the feeling of the citizens in the effected [sic] area, it will see its way clear to remedy the situation." Their hope was misplaced. The council voted in favor of the appropriation on a vote of 17-6.

Two months later the City

Council voted to allow construction to begin, and by December 1938, excavation was already underway. In May 1939, construction began, and in October, only five months later, the building was complete, and the City Council held a "celebratory lunch" at the plant. After ten years of acrimonious debate and staunch opposition, the incinerator was open for business.

Eighty-four years later, the plant remains a part of South Minneapolis' landscape. It currently functions as the South

Side Transfer Station. The 180-foot-high smokestack has been inoperable since 1971. Today, it is home to a red-tailed hawk.

*Sue Hunter Weir is chair of Friends of the Cemetery, an organization dedicated to preserving and maintaining Minneapolis Pioneers and Soldiers Cemetery. She has lived in Phillips for almost 50 years and loves living in such a historic community.*

Continued from page 1...

### Grease, cont.

My personal interest in grease pressers stems from experience as a light rail vehicle technician in Oregon. There, we used grease guns on our trains primarily for couplers, articulation bearings, and axles. Greasing well is somewhat of an art form, especially when you can't see exactly where the grease is going, and just how much is actually making it to the bearing. Sometimes flashlights and inspection mirrors can help. Sometimes they can't.

What always fascinates me is how, even with jobs that at face value seem simple, far more skill is required than meets the eye. Fittings can be hard to reach, and the grease gun must attach to them in the correct manner for the grease to go into the bearing instead of all over the outside housing. In tight areas around engines and axles, there are ways to do this both skillfully and efficiently. Those ways can't be easily taught. Each mechanic needs to figure this out on their own.

Again, much more than meets the eye.

The Milwaukee Road grease presser would need to know locomotives intimately, and also where to detect likely points of failure. They would



1945 aerial view showing Southtown Yards in the center. Lake Street runs east/west along the bottom, and Pioneers and Soldiers Memorial Cemetery can be seen in the lower left corner.

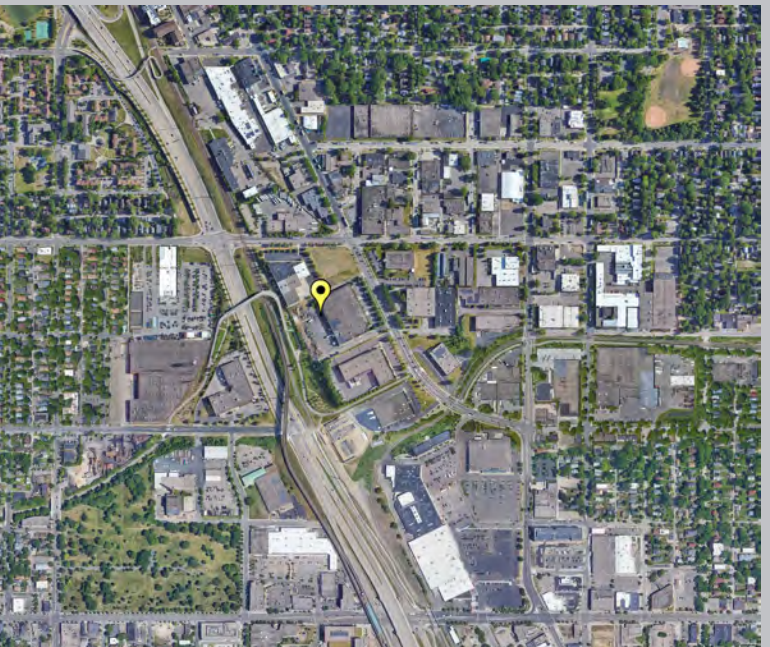
also need to carefully inspect all areas requiring grease, and identify components that were broken, about to break, or otherwise defective.

Greasing the train cars was just a tiny slice of the massive maintenance operation at the Southtown Yards. Beyond the roundhouse, there were at least ten other shops and sheds where craftspeople worked, where they daily met unforeseen challenges and found innovative ways to solve them.

Looking ahead, it's my intention to learn and write about

some of the trades that existed there, and the clever techniques craftspeople used to get the job done.

While those trades are now mostly gone, they're still worth knowing about because they provide a link to the ingenuity and creativity of those who lived



Contemporary aerial view marking the location of the old roundhouse between Hiawatha and Minnehaha Avenues, just south of East 26th Street.

in our neighborhood a few generations ago.

Hope you join me in this journey. Let's see what gems from the past that we can uncover!

*About John: John and his wife Mandy are early retiree nomads. John was a maintenance offi-*

*cer and administrative technician in the Air Force, a small business owner, and a light rail vehicle technician. He and Mandy are currently exploring La Paz, in Baja California for six months.*

## EVERYONE 6 MONTHS AND OLDER SHOULD GET AN UPDATED BOOSTER SHOT WHEN ELIGIBLE

AGES 6 MONTHS TO 4 YEARS  
PFIZER

✓ Get an updated (bivalent) Pfizer vaccine for the third dose of the primary series.\*

FIRST DOSE 8 WEEKS SECOND DOSE 8 WEEKS THIRD DOSE AT LEAST 8 WEEKS

AGES 6 MONTHS TO 4 YEARS  
MODERNA

✓ Get an updated (bivalent) Moderna booster shot at least 2 months after your primary series.

PRIMARY SERIES 2 MONTHS UPDATED BOOSTER

AGE 5 YEARS AND OLDER  
ANY COVID-19 VACCINE

✓ Get an updated (bivalent) booster shot at least 2 months after your primary series or last original (monovalent) booster.

PRIMARY SERIES OR LAST BOOSTER 2 MONTHS UPDATED BOOSTER

Updated boosters help protect you from the original COVID-19 strain and newer Omicron variants (BA.4 and BA.5).



- The updated Pfizer bivalent vaccine is authorized for ages 6 months and older.
- The updated Moderna bivalent vaccine is authorized for ages 6 months and older.
- The Novavax monovalent vaccine is authorized as a booster in people 18 years and older in limited situations.

STAY SAFE MN



## Movie Corner

Search  
Outside the  
Box Office

By HOWARD MCQUITTER II



Howard McQuitter II

The best films are not necessarily current box office hits. Just the other day, TCM (Turner Classic Movies) featured one of the best films in film history which is *The Passion of Joan of Arc* (1928). Directed by Carl Theodor Dreyer (*Master of the House*, 1925), the film showcases one of the most remarkable single performances by an actor in film history - Renée Jeanne Falconetti as Joan of Arc. She was known at the time for comedy routines in theater and cinema. What silent film thespians learn to master is visual expressions and body movements. In numerous closeups Falconetti does an amazing performance as the tortured Joan of Arc who is being accused of heresy by powerful ecclesiastical men. She does this for 110 minutes. It's nothing less than extraordinary.

I saw *The Passion of Joan of Arc* many years ago, but after seeing it again recently I realized even more than before how great her performance is, as well as the film. Adding to the exceptional work is the director Carl Theodor Dreyer (1889-1968), born in Copenhagen, Denmark. He is considered one of the best directors and screenwriters of all time.

Many - if not most - film critics (at the present time) agree *Citizen Kane* (1941) is the best film ever made. A masterpiece without doubt, the film is com-

plicated, mysterious and dramatic to its core. I saw it many years ago when I was much younger without grasping its contribution to cinema. Over time, watching Orson Welles in *Citizen Kane* (and in his large body of work directing or acting in his movies), I began to see why it is so revered by many film directors, screenwriters, critics and audience members. (*The Third Man*, 1949, is one of my favorite films of all time, with Orson Welles as principal actor along with Joseph Cotten and Alida Valli, directed by Carol Reed.)

Kane (Orson Welles) grows up in poverty and loves his sled, known as "Rosebud", a term periodically used throughout the film. One day he is taken from his home and eventually amasses great wealth as a newspaper tycoon. Welles directed, produced, co-wrote (with Herman Mankiewicz) *Citizen Kane*. RKO Pictures was behind the film. But Welles' Kane will soon become controversial because *Kane* parallels the contemporary William Randolph Hearst, the media mogul of the day. Hearst didn't ignore the comparison to him and the term "Rosebud" which he interpreted as a reference to his mistress, Hollywood actress Marion Davies. Hearst



RKO Radio Pictures, Inc.

refused to publish *Kane* in any of his newspapers and went further attempting to buy up the prints and destroy them. Hearst's move also intended to destroy Welles' career. Even though *Citizen Kane* garners several Academy nominations, it never wins best picture. At the 1941 Academy Awards, *Citizen Kane* won only best screenplay. Indeed, the influence of Hearst's wrath made an impact.

In the film, Kane becomes a victim of his own success. Avarice, adultery, and cruelty gets the best of the man. What's truly missing from his

life is happiness. He divorces his first wife, Emily Norton Kane (Ruth Warrick) for a young dancer Susan Alexander (Dorothy Comingore). When warned by his manager Mr. Bernstein (Everett Sloane) that if he doesn't change his habits, misfortune will consume him. Kane smugly dismisses him. And his best friend and colleague, Jedediah Leland (Joseph Cotten), cannot save him from his greed. Lessons in *Citizen Kane* are deep and are a reminder one must use their wealth wisely or lose more than just money.



Société Générale des Films

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!

Dave Moore & Linnea Hadaway have lived here since the Reagan 80s and became life partners while originating the cartoon series "Spirit of Phillips."

image by  
M. DoughmaneRETURNING  
CHAPTER 29:  
Light Comes  
Shining

By PATRICK CABELLO HANSEL



Patrick Cabello Hansel

Agnes hurried through the early morning streets of East Phillips with little Lupe in tow. But the weight of her decision slowed her hurry down. She had decided to save Angel's and Luz' daughter, despite Brian Fleming's threat to have her own daughter Ingrid killed, or worse. Agnes knew that he had connections far beyond East Phillips, and that some of the women he had controlled had disappeared. No one knew if they had been sold, or killed and their bodies disposed so that they would never be found. Agnes loved Ingrid, her only living descendant, who had made many bad choices in her life. But she could not let this precious little Lupe become a victim of the great evil that Brian Fleming was.

Meanwhile, Luz and Angel and Angelito were following the trail of hearts pinned to 100-year-old houses. They had gone six blocks north and a few

west from Cedar and Lake, and though the journey was not in a straight line, they did not lose hope. The hearts on the houses had warmed their hearts somehow, and so they continued on. At one point, Angel remarked to Luz how peaceful it was, despite the terror of not knowing about their daughter. Luz said nothing but hugged him closer.

Finally, they stopped at a small house set back from the street, one of those houses that seem to have plopped in whole from the sky somehow. They couldn't tell from the street if there was a heart on the house, but something drew them in. The door opened, and a warm, soft light illuminated the walkway. A voice called to them: "Welcome! Come through!"

As they walked on the stone path, they saw that some of the stones had been decorated with mosaics. Luz recognized the work by artists from the center she had worked at. Though

there was just the light from the doorway—no moon on this mysterious night—she could make out designs: wheat, a waterfall, birds, butterflies, a turtle.

At the door stood a young woman in a long blue robe with what appeared to be a golden hijab around her head. She smiled at them and said, "Oh Luz, oh Angel, oh little messenger Angelito, we have been waiting for you. Please come in. All will be well."

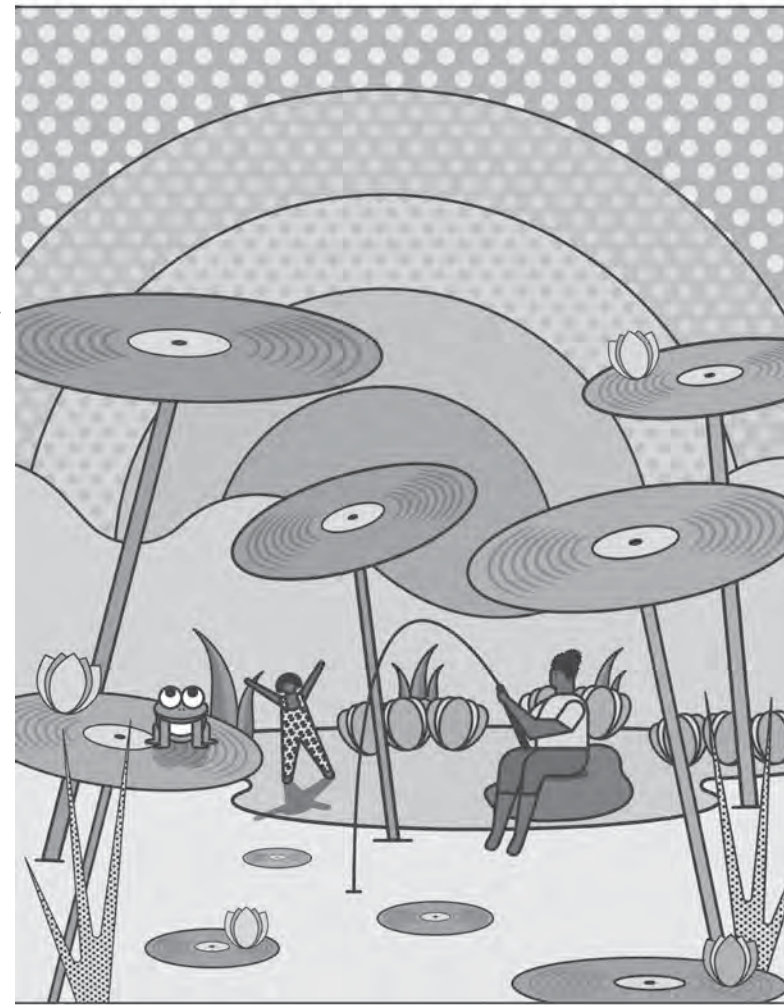
Luz and Angel had no idea who she was, how she knew their names or why her smile was so disarming. But both of them later said they knew that she had to be Mother Light, and they knew that their missing daughter would be soon found.

Meanwhile, Agnes and Lupe trudged through the night.

Meanwhile, the police finished their raid on Brian Fleming's operation, arresting some low-level operatives, and letting the higher ups conveniently escape.

To be continued.

Patrick Cabello Hansel is a retired pastor, having served with his wife for 15 years at St. Paul's Lutheran in Phillips. He spends his days writing poetry and fiction, gardening and yelling at the TV.

VISITA UN PARQUE O BOSQUE CERCA DE TI Y  
SIENTE EL RITMO  
DE LA  
NATURALEZA

ad U.S. ENCUNTRA UN BOSQUE Y MÚSICA INSPIRADA EN LA NATURALEZA EN  
DESCUBREELBOSQUE.ORG

## Raise Your Voice

## Stop Toxic Harm

By PETER MOLENAAR



Peter Molenaar



Missing and Murdered Indigenous Relatives March goes down 24th Street on a rainy February 14.

Three years before my mother's mother was born, a young man named W.E.B. Du Bois took note: "Among the most corrosive effects of racism is its tendency to make its victims see themselves through the eyes of people who hold them in contempt." Yet today, we ponder the death of Tyre Nichols. Indeed, "The Souls of Black Folk" was Du Bois' seminal work.

Thankfully, our nation's book banning movement is resisted by the good librarians at Franklin, Hosmer, East Lake and Walker. 'GO FREE OR DIE: A Story about Harriet Tubman', has begun to circulate among our children. Yes, it is from within the ranks of the oppressed that the most transformative individuals emerge.

38th and Chicago, not long

after...

I recall the convening of indigenous drums and dancers there.

February 14, 2023...

The gymnasium of the East Phillips Park Cultural and Community Center sheltered a fortitude and eloquence which rallied hundreds to march in the name of Missing and Murdered Indigenous Relatives. The rain and slippery ice faltered no-one, as we walked down 24th to head south on Cedar Avenue, before looping around 26th and then down Bloomington back to 24th street and the Center. However, the mayor of our city was not among us!

URBAN FARM NOT TOXIC HARM...

Fact is, Mayor Frey made an appearance in the lobby, but was blocked from entering the gym. Was this community action just? Yes, it was totally just. How so? Well, regarding the transformation of the Roof Depot site, instead of rendering market assistance to our community business model, his administration purchased the site "out from under us" with the intent of concentrating the city's diesel fleet (i.e., diesel fumes) here, on top of the already existing air pollution. Moreover, the mayor has, as far as we know, made no effort to procure state or federal funding for an electric truck fleet. Get the picture?

What does Science tell us?

Past studies suggest that people exposed to air pollution may be more likely to devel-

op mental health conditions and neurodegenerative diseases. A more recent study shows that exposure, even to diluted diesel exhaust, results in less "functional connectivity" in a key brain network linked to internal thought, introspection, and focused attention. (See: *Even brief exposure to diesel fumes alters activity in key brain network*, in the February 14 issue of LIVESCIENCE.)

In resisting the degradation of our neighborhood, we shall be resisting the degradation of children everywhere.

Peter Molenaar is bulk distributor of the alley. As such, he is likely familiar with more of the "nooks and crannies" within Phillips than anyone else alive.

Color  
Visions

By SHELIA BLAND

Red rose  
Blue jeans  
Black nights  
Green seas

Orange horizons

Yellow dusks  
Golden Dawns  
Dreamy haze

Drip and dreary days  
Blanketed whites and grays

Patterns and textures  
Splattering color  
Dimensional creation  
A fictional maze

Color bursts  
Sound explosions  
Flights of fantasy

Rainbow revelations

Shelia Bland lives in Midtown Phillips. She has been writing most of her life to help herself understand the experiences and people in her shared world.

WELNA  
HARDWARE  
ACE

- KEYS MADE
- LOCKS RE-KEYED
- 5 GALLON PAINT
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- RUG DOCTOR RENTAL
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- EXPERT WINDOW/SCREEN REPAIR

Thank you

48

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# Rethink Your Drink

what we know and learned about tap water



## MYTH

Bottled water is safer than tap water

- Our City delivers safe, clean tap water that meets or exceeds federal and state guidelines for water safety.
- On average, 500 tests a day are performed on our tap water to maintain a high level of quality.
- The bottled water industry is less regulated and bottled water factories are only inspected every few years.
- The City publishes an annual report about tap water quality; the bottled water industry doesn't disclose similar information to consumers.



## MYTH

Minneapolis tap water might be contaminated with lead, like in Flint, MI

- The City adds a small amount of a chemical called orthophosphate to our water which creates a protective lining inside of water pipes and protects our water from lead corrosion. In Flint, MI, they neglected to add this chemical to their water supply.
- In Minneapolis, lead poisoning is much more likely to happen through exposure to lead paint and paint dust. • Every three years, the City conducts lead testing in a sample of homes with lead pipes. In 2021, all homes tested below the EPA's "action level".
- If you're concerned about lead in your water, you can request a free testing kit from the City by calling 311.
- You can also let your water run for a minute, especially first thing in the morning. You should avoid using hot water directly from the tap for cooking or making baby formula (heat up cold water instead). • You don't need to use a water filter. If you do choose to use a filter, be careful! The filters need to be changed regularly or else they can contaminate your water with bacteria.



## MYTH

Bottled alkaline water is healthier than tap water

- Alkaline water is commonly produced by an "ionizer," a device that changes the chemical composition of water. This makes the water more alkaline and less acidic.
- Marketers claim this offers health benefits like improving digestion, slowing down the aging process, and preventing bone loss. These are just clever marketing tactics though.
- Science does not support these claims and there have been no credible studies showing that alkaline water has any health benefits. The Food and Drug Administration, a federal agency, doesn't allow companies to claim any health benefits of alkaline water because of a lack of evidence.
- Your body naturally prefers a pH that's closer to neutral (not more alkaline) — and it has its own ways of achieving it.
- The City controls the pH of our tap water to make sure it's not too alkaline or too acidic.

**...and the City of Minneapolis Public Works Department estimates that 5 gallons of tap water costs only 2 cents!!!!!!**

**The Community Health Hub works on behalf of your health the health of the community!**

### Sugary Drinks

Did you know that sugary drinks, like soda and energy drinks, are a major source of added sugar in most people's diet? Sugary drinks can cause many serious health problems such as weight gain, heart disease, and cavities.

### How much sugar is really in these drinks?

A 20 oz. bottle of soda has 65 grams of sugar, that's 16.25 teaspoons! Other drinks such as sports drinks, iced tea, coffee drinks, and energy drinks also contain a lot of added sugar.



### You wouldn't eat this much sugar. Why would you drink it?

The recommended limit of sugar per day is 4 teaspoons. Just one sugary drink can put you way over this daily limit.

### What are some healthier beverage options?

- Water
- Unsweetened coffee/tea
- Low-fat milk or milk alternative
- Naturally-flavored sparkling water
- 100% fruit or vegetable juice in small portions



### Minneapolis Tap Water

Minneapolis tap water is healthy, safe, great tasting, and saves you money.

- Minneapolis tap water is tested over 500 times a day, and meets or exceeds both federal and state guidelines for water safety
- Minneapolis water is already softened, so residents don't have to buy expensive water softeners
- Fluoride is added to the water to prevent tooth decay
- Minneapolis tap water is also much more affordable than bottled water. For the price of one 20-oz. bottle of water out of a typical vending machine, you could fill about 10 bathtubs with Minneapolis tap water!

### Still have questions or concerns about your tap water?

Call the Water Lab hotline number: 612-661-4999



### You do so much to protect them.



But maybe you **never** realized how much **sugary drinks** could hurt them.



After all, your kids are **sweet enough already!**

Choose **Water** or low-fat **Milk**.

**reTHINK their drink!**  
every sip counts •



This project is supported by the Minneapolis Health Department with Statewide Health Improvement Program funding, Minnesota Department of Health.

## HEALTHY FOODS HEALTHY LIVES PROJECT OVERVIEW\*

Between June – October 2021, the Minneapolis Health Department and community partners created an initial cohort of "Tap Water Ambassadors". Ambassadors received intensive training on key topics related to tap water including the Minneapolis water treatment process, lead contamination in drinking water, and the health, financial, and environmental benefits of tap water.

Subsequently, funding from the Fall 2021 HFHL Community-University Partnership Grant was used to support the Tap Water Ambassadors in conducting culturally specific education and outreach in priority communities and evaluating the effectiveness and impact of the Ambassador model.

Culturally specific education and outreach from trusted messengers was prioritized by community members as an important mechanism for overcoming distrust and concerns about tap water.

### Project team

- City of Minneapolis Health Department
- City of Minneapolis Department of Public Works
- University of Minnesota Department of Family Medicine and Community Health
- Appetite for Change
- Cultural Wellness Center
- Little Earth of United Tribes
- St. Mary's Health Clinics
- The Neighborhood Hub

The Cultural Wellness Center had 15 main outreach events, as well as sharing information at various vaccine clinics.

Healthy Foods, Healthy Lives Institute  
Community-University Partnership Grant Program-Fall 2021 cycle

\* Excerpts from: FINAL REPORT for the MINNEAPOLIS TAP WATER AMBASSADOR PILOT PROJECT-January 2023

Kristen Klinger, MPH, MCHES (Community PI); Dr. Katie Loth, PhD, MPH, RD, LP (University of Minnesota PI); Dr. Jerica Berge (University of Minnesota Co-Investigator)



## Cultural Wellness Center

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