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## The Minneapolis American Indian Center Reopens May 1st!

All are welcome to a grand reopening and powwow celebrating the historic renovation



COURTESY FULL CIRCLE PLANNING AND DESIGN

By NATALIE RADEMACHER, Communications Coordinator, MAIC

A rendering of the new Minneapolis American Indian Center.

This May, the Minneapolis American Indian Center (MAIC) will open its doors again after nearly 2 years of renovation. The community is invited to celebrate the completion of this historic project at a powwow and open house on Wednesday, May 1.



COURTESY HENNEPIN COUNTY LIBRARY

Minneapolis American Indian Center, 1987

The festivities will kick off with a parade marking the start of Minnesota American Indian Month. The parade will begin at the Cedar Avenue Field Park (2500 Cedar Ave.) at 10 am and conclude at the Center (1530 East Franklin Ave.) followed by a public ribbon cutting ceremony at 11:30 am, with food available afterwards from local food trucks and the center's Gatherings Cafe.

### Preserving and Expanding Vital Resources for the Urban Native Community

Center staff are grateful for the community's continued support during our temporary relocation and historic capitol campaign. As of mid-March, we've raised \$29.25 million of our \$32.54 million goal. The support allows us to continue as a vital resource

to the Native community. Since 1975, the Minneapolis American Indian Center has been a central gathering place for the urban Native community and a staple in the Ventura Village neighborhood. The renovations allow us to continue and expand our programs and resources.

"From head to toe, the community's historic home

*Continued on page 8...*

### Press Release

## City's Health Department Awards First Round of Opioid Settlement Funding to Combat Crisis in Underserved Communities and Youth

March 12, 2024 (MINNEAPOLIS) – The City of Minneapolis is losing community members to the opioid epidemic at an alarming rate. To help combat this crisis, the City is expected to receive approximately \$18M in opioid settlement funds over the next 18 years from national settlements reached with opioid distributors and manufacturers.

The City has awarded the first round of opioid settlement money to community-based, culturally specific organizations combating the opioid crisis, with

a focus on underserved communities and youth.

The awardees of the Community Opioid Response & Engagement (CORE) funding will focus their work on treatment, long-term recovery, and prevention to reduce disparities in the number of overdose-related deaths and emergency room visits.

### Awardees

The awardees represent the diverse needs of the Minneapolis population and

*Continued on page 9...*

## Augsburg University to Sell East Franklin Avenue Property to Somali Museum of Minnesota

By AUGSBURG UNIVERSITY

On March 7, Augsburg University and the Somali Museum of Minnesota announced an agreement for Augsburg to sell the former Bethany Lutheran Church property at 2511 East Franklin Avenue to the Somali Museum of Minnesota to develop into a permanent museum facility and cultural center.

Since 2020, the University has worked with community-based developer Redesign (formerly Seward Redesign) to identify a financially sustainable, community-serving use for the property that contributes to the vitality of the East Franklin Avenue corridor. The church building and property were donated to Augsburg in May 2020 before

the Bethany Lutheran congregation dissolved in September 2021.

"We are so pleased to partner with the Somali Museum to advance their compelling vision to invest in a new museum site in the Seward neighborhood," said Augsburg President Paul Pribbenow. "This project represents a unique opportunity to create an enduring, trans-

formational impact along East Franklin—one that aligns with Augsburg's educational mission and honors Bethany Lutheran's legacy of welcome and service to immigrant communities."

Founded in 2009, the Somali Museum of Minnesota currently houses a collection of more than 1,500 items in a gallery on East Lake Street. "Our mission is education and to build

bridges that connect the community together," said Osman Ali, the museum's founder and director. "With a larger, permanent home for the museum, we hope to serve a wide variety of communities, whether young Somalis who have grown up in the United States or Minnesotans of other heritages who may not

*Continued on page 10...*

## thealley

Alley Communications is a Not-For-Profit organization.

### The Mission of Alley Communications is

- promoting art and culture,
- advocating for issues,
- building healthy community,
- facilitating deliberation,
- lifting every voice,
- documenting history,
- agitating for change,
- giving truth and democracy a jog forward.

Guided and Informed by:  
Phillips residents

Governed by Directors: Steve Dreyer, Susan Gust, Rico Morales, Cirien Saadeh

Operated by Editorial Leadership Committee: Laura Hulscher, Mary Ellen Kaluza, and Harvey Winje

Business Facilitated by: Erick Boustead

Production Facilitated by: Graphic Designer + Coordinator, Mattie Wong

Page Coordinators: Steve Dreyer and Daniel Dorff, VV News; EPIC News; MPNA News; Roberta Barnes and Jessie Merriam, Back Page. Social Media: Jessie Merriam, Susan Gust, Cirien Saadeh

April contributors to the alley: All My Relations Arts, American Swedish Institute, Ari Baum-Hommes, Augsburg University, Blecker Street, Mara Brooks, Patrick Cabello Hansel, City of Minneapolis, Cultural Wellness Center, Steve Dreyer, East Phillips Neighborhood Institute, Full Circle Planning and Design, Susan Gust, Linnea Hadaway, Dwight Hobbes, Laura Hulscher, Sue Hunter Weir, In the Heart of the Beast Puppet and Mask Theatre, Hennepin County Library, Journalism of Color, Mary Ellen Kaluza, Dralandra Larkins, Marti Maltby, Tim McCall, Midtown Global Market, Minneapolis American Indian Center, Minnesota Prison Writing Workshop, Modus Locus Gallery, Peter Molenaar, Moon Palace Books, Dave Moore, Mount Olive Lutheran Church, MPRB, Kali Pliego, Pohlad Family Foundation, Natalie Rademacher, ReEntry Lab, Jake Ryan, Claudia Slovacek, South High School, Ventura Village Neighborhood Organization, Visit Lake Street, zAmya Theater Project

### DONATIONS

Thank you to neighbors, readers, advertisers, subscribers, and GiveMN. Alley Communications is a Not-for Profit 501C-3; donations are tax deductible.

the alley is delivered to homes, businesses, places of worship, institutions in Phillips and in nine adjacent neighborhoods.

Board meetings: 6:30 PM 2nd Tuesday by Zoom. Editorial Leadership Team 2nd Wednesday 8:30 -10:00am, 4th Thursday 6:30-8pm by Zoom.

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

Opinions in the alley newspaper and its social media are those of the authors and artists and do not necessarily reflect the official policy or position of Alley Communications, its Board, Editorial Leadership Committee, or other neighbors or writers.

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Mpls., MN 55407

submissions: copydesk@alleynews.org  
ads: businessmanager@alleynews.org

Submissions due the  
12th day of the previous  
month



## Franklin Library News

By ARI BAUM-HOMMES

All information listed here is accurate as of February 12<sup>th</sup>, 2024. 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

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!

## How to write a LETTER TO THE EDITOR

Letters to the Editor are always welcomed. Three important criteria: no foul language, do no harm to an individual, must be "signed" by the author. Short and succinct is better - under 300 words if possible. Letters may be edited for length.

email your letter to [copydesk@alleynews.org](mailto:copydesk@alleynews.org) no later than the 12th of the month, by 5pm SHARP.

## PROGRAMS FOR YOUTH AND FAMILIES:

### HOMEWORK HELP

Tuesdays and Thursdays,  
3:30-7:30 PM  
Saturdays, 1-5 PM

Find homework resources for K-12 students online and at all our libraries: history, language arts, math, science and more.

### STEAM WORKSHOPS FOR YOUTH

Wednesdays, 5-6 PM

Drop in for fun and creative STEAM (science, technology, engineering, art, math) experiments and projects! Materials provided. Led by Franklin Library's Teen Tech Squad.

### YOUNG ACHIEVERS

Thursdays, 4-6 PM

Open to all teens who want to learn about various arts and media (including video projects, skits, and poems)! Young

Achievers supports members to be a positive voice for their generation and community.

## PROGRAMS FOR ADULTS:

### COFFEE & CONVERSATION

Second Wednesday of  
the month, 12:30-2 PM

Join Franklin Library staff for free coffee & conversations with neighbors.

### TECHNOLOGY HOUR

Mondays, 1-3 PM  
Tuesdays and Sundays,  
1-2 PM

One-on-one help with computers, smartphones, tablets, and e-readers. Library staff are available to assist you on your own devices and library computers.

### 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/)

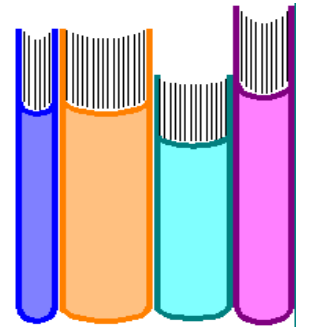
contact, text to 612-400-7722, or call 612-543-KNOW (5669) to reach library staff by phone.

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

Hmoob/Hmong: Hu losis text rau lub tsev 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.

Ari is a librarian at the Franklin Library.



## Block Club Meeting Idea – Walk and Talk

By KALI PLIEGO

Crime Prevention Specialists around the city are seeing a new trend in block club meetings. Block club members are preferring to take the meeting on the move, literally. Going on a walk together is a great way to provide a positive presence on your streets and alleys, in addition to moving your bodies and digging in to block issues through conversation. Level up by inviting your Crime Prevention

Specialist to come along! They can lead a discussion on CPTED (Crime Prevention Through Environmental Design), and help you come up with simple ways to apply the concepts to yards, garages, porches, even problem areas that have been difficult to solve! Crime Prevention Specialists can also educate your block club on a wide array of prevention tips, from personal safety to home

and business security, theft prevention and more. To find your Crime Prevention Specialist, visit the city webpage. All services are free. <https://www.minneapolis.gov/government/departments/police/cps/>

Kali Pliego is a Crime Prevention Specialist serving the Phillips Community within the Minneapolis Police Department 3rd Precinct.

## New CHAPBOOK Seeking Submissions of Poetry

Don't we think about our ancestors a lot? Where they came from, how they struggled and triumphed, what they would say to our world today? Our community knows the power of ancestors: from visits to the historic Pioneer and Soldiers Memorial Cemetery to Day of the Dead celebrations to streetside memorials at places of tragic deaths.

"Writing With Our Ancestors" is a chapbook\* focused on poems written to ancestors or from ancestors in their voice. It will be published in the summer, and submissions are now open. Poems should be no longer than 40 lines, and can be written in any style. Poets of any level are encouraged to submit. The only requirement is that they be poems written to ancestors or from ancestors in their voice. Poems about ancestors will not be accepted.

Editors of the chapbook are Patrick Cabello Hansel, the author of three books of poetry including "Breathing in Minneapolis," and Dralandra Larkins, an award-winning spoken word poet. E-mail submissions to [patrickcreate@aol.com](mailto:patrickcreate@aol.com) by April 30.



JAKE RYAN

There will be on-line workshops about writing with our ancestors in early April. Use the same email to find dates and times. The chapbook will be available for sale at the 4th annual Poetry and Music in the Holy Ground at Pioneers and Soldiers Memorial Cemetery in late June. Poets accepted in the anthology will receive a free copy.

\*A chapbook is a small publication up to about 40 pages (Not the same as a Chapter Book).



# Tales from Pioneers and Soldiers Memorial Cemetery

By SUE HUNTER WEIR  
221ST IN A SERIES

## Hamilton and Lee

In August 1905, within a matter of days, Minneapolis's African-American community lost two of its best-known and well-respected members: Emanuel Hamilton and Clenis Washington Lee.

Emanuel Hamilton, affectionately known as "Ham", died on August 12, 1905. Three days earlier, he became ill at work and rushed to the City Hospital. The city was in the middle of a heat wave and it was initially thought that he was suffering from heat exhaustion, but doctors later determined that he had suffered a stroke. He remained hospitalized, semi-conscious and unable to speak, until he died.

Hamilton was born in South Carolina in 1851, and although there is no record of it, he was most likely enslaved when he was a child. When Hamilton arrived in Minneapolis in 1870, there were only 13,000 people living in the city. He set up shop working as a barber in the Cataract Hotel, and the *Minneapolis Tribune* described him as "one of the most popular barbers in the city." He was a liberal Republican, and although he never sought office himself, he was "widely listened to by the shrewdest of politicians." Hamilton was also a member of the Masons and the Knights of Pythias. Newspapers described him as a widower but, although his name appeared in several censuses over the years, there was no mention of a wife.

Hamilton was best known for his passion for baseball. He attended games at the ball-field behind the downtown West Hotel. His passion for the game was so intense that he was described by the *Minneapolis Times* as "...one of the characters of the city in the seventies and eighties." As he aged, however, he was forced "to seek quieter pleasures." Although he moved his business several times over the years, he stayed close to downtown and contin-



**The Department of the Interior rejected his wife's claim for a military pension in 1924 but the Department of Veterans Affairs has since acknowledged that Clenis Washington Lee served in Company D of the 30th U.S. Colored Infantry. One hundred and thirteen years after he died, Mr. Lee received his military markers.**

ued working up until the time of his death.

Clenis Washington Lee died four days after Emanuel Hamilton, and like Hamilton, he was a barber. Lee served in Company D of the 30th U.S. Colored Infantry. He enlisted on September 4, 1864, and was discharged for disability on June 17, 1865. After the war he lived in Chicago but later moved to Madison, Wisconsin, where he met and married Fanny Blackwell. The couple lived in Wisconsin until 1882, when they moved with their six children to Minneapolis. They had two more children after the move.

Lee died from gallstones on August 16, 1905. Seventeen years later, Fanny Lee applied for a widow's pension. Her 138-page file details the Department of Interior's investigation into her claim. They wanted proof that the man she married, Clenis Washington Lee, was the same man who had enlisted as Washington Lee. She recounted that he had kept relics from the war and often talked of his time in the army, but the documentation that she once had, his discharge papers and their wedding certificate, were

*Continued on page 5...*

### *Something I Said*

## Having A Heart For Homeless Cats

By DWIGHT HOBBS

*Condensed from Minnesota Spokesman-Recorder*



Dwight Hobbes

If, as the Good Book says, the Lord gave us dominion over the beasts, birds and so forth, dominion doesn't just mean being in charge. It means caring for. Even protecting.

This includes homeless cats fending against the elements. They're hungry with no roof overhead through no doing of their own. Fortunately, folk do what they can to help out. Feed and water them, leaving bowls where they can eat and drink, close enough to a make-do refuge that the cats needn't scrounge in garbage cans and can scurry to safety at a moment's notice.

I did this for a clutch of felines. A neighbor ratted me out to animal control. When they came, I stood my ground. "Who is it hurting to give those cats a mouthful of food?" Which is how I learned food can be put down for three hours, then has to be removed. Hours? What I gave them was gone in three minutes. This stop-gap measure merely helps keep them alive. Pet Project Rescue's Trap-Neuter-Return program looks after cats living on Twin Cities streets, spaying and neutering to reduce their suffering from overpopulation. Individuals interested in volunteering as a Minneapolis cat colony caregiver can apply at <https://petprojectrescue.com/>.

Cats born in the wild are in considerably more danger simply because, unlike abandoned domestic cats, these felines never learned to trust humans and will flee as soon as they see one coming. Accordingly, it's harder to help them. It can be done, though. Trap-Neuter-Return takes a humane approach for felines without homes. Practiced for decades in the U.S. after being proven in Europe, scientific studies show that Trap-Neuter-Return improves the lives of these cats, improves their relationships with the people who live near them and decreases colonies over time. It

is exactly what it sounds like: Cats are trapped and taken to a veterinarian to be neutered and vaccinated. After recovery, they are returned to the site. Kittens and cats who are friendly and socialized to people may be adopted into homes. Animal lover Julie Plageman notes, "In my experience, feral cats are difficult to rehabilitate. Unless cats have human contact from birth, they don't develop the need for that contact." While trap and release programs don't lengthen or significantly improve the life of feral cats, they do reduce the population so fewer cats suffer a perilous existence. "Spaying and neutering feral cats also helps solve many of the problems associated with feral cats such as noise and spraying," says Plageman. "Trap and protect programs help provide a healthier life for feral cats by providing nutrition and observation of disease and injury. Cat communities can provide protection if a caring person regularly provides food and observation." She sums up, "I have taken in strays who have had human contact from birth and it proved to be a fulfilling experience. I have taken in a feral kitten and we never did create the bond necessary to make her a good pet, but I did take comfort in knowing she had a home and she lived for 19 comfortable years with my other pet cat. There are few things better than a purring cat."

Ultimately, homeless cats didn't ask for their predicament and there's something the species responsible for it can do.

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

## How to submit to the alley

*accepted submissions: photos, neighborhood news, feature articles, interviews, profiles, fiction, cartoons, opinions, artwork, poetry*

1. Find and write about a topic relevant to the Phillips Community.
2. Stick to these general rules: 500 words for an opinion piece and up to 700 for a feature piece, and no profanity or harm!
3. Ask a friend to proof-read!
4. Send in your article, any images, permissions, and captions, in their final and best form to [copydesk@alleynews.org](mailto:copydesk@alleynews.org) by 5pm SHARP on the 12th of the month!
5. Copydesk may follow up with clarifications, any image issues, etc.
6. The Editorial Leadership Committee decides what should go into the alley, and when. News and stories that focus on Phillips and are timely are prioritized.



# PHILLIPS WEST EARTH DAY

## PEAVEY PARK COMMUNITY CLEAN UP

**4/20/24**  
**9:30 AM - Noon**  
**730 E 22nd St.**

### UPCOMING EVENTS IN PHILLIPS WEST!

- 4/16** NEIGHBORHOOD DEVELOPMENT COMMITTEE  
6PM-7:30PM // ZOOM ID: 612 424 0786 // PASSCODE: 7966
- 4/29** BOARD MEETING  
6PM-7:30PM // 2400 PARK AVE // CENTER FOR CHANGING LIVES  
ZOOM ID: 612 424 0786 // PASSCODE: 7966
- 5/11** GREENWAY GALA: NEIGHBORHOODS DAY  
TIME AND LOCATION TBD

 **PHILLIPS WEST** NEIGHBORHOOD ORGANIZATION    *EMAIL: INFO@PHILLIPSWEST.ORG*  
*CALL/TEXT (ENGLISH): 612-424-0786*



# VENTURA VILLAGE

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

### SPRING NEIGHBORHOOD CLEANUP

Saturday morning, April 20th plan to meet your neighbors at the Trinity First Lutheran School parking lot at 13th and East Franklin for a neighborhood - wide cleanup of trash and graffiti. We'll have refreshments - coffee, water, and donuts, and all the supplies you'll need. We'll start at 9 AM and be there through the morning till noon. It's your neighborhood - Join Us! Check our website for updates.

**Need help with your early spring garden and lawn projects?** Our tool lending library has a large selection to help you start and complete your work. Contact our website for more information. We also have supplies to help you pick up trash and remove graffiti.

**If you see this sign board out in the neighborhood in the coming months stop by and talk to us.** Our community engagement members will be out telling people about our Neighborhood Association, why you should be involved, and we hope to get feedback from you. We are not about politics, we are about your community and how it can be improved.



**The only pin on our Ventura Village map to the right** is the location of one of the busiest and most important buildings in our neighborhood. It is the Social Security Administration building at 1811 Chicago Avenue. It was built and opened in 1969 - 1970. It is one of three offices in the metropolitan area. Visitors from the entire metro area come here to apply for social security benefits and do related business.



**Make a difference!**  
**Become a member**  
**Join our Board**  
**Go to [venturavillage.org](http://venturavillage.org)**  
**for more information.**

Our April Membership Meeting will be Wednesday, April 10th at 7 PM. We'll meet in person at the ICCM Life Center, 1812 Park Avenue and also via Zoom.

View the newsletter on our website for a list of many more events and resources available.





## Call for copyediting volunteers!

make an impact in local, community-based journalism

Time commitment: 3-5 hours a month.

Email: [copydesk@alleynews.org](mailto:copydesk@alleynews.org)

## News You Can Use



### Peace House Community - A Place to Belong

## Something to Offer

By MARTI MALTBY



Marti Maltby

Like many social service organizations, Peace House Community relies on volunteers to achieve its goals. Those who donate their time and, more importantly, their talents enrich the experience of our community when they come to our building. I am always thankful for our volunteers, and I knew we have added several services lately as new volunteers have joined us, but it wasn't until a week or two ago that I grasped just how much goes on here because of volunteers. If I look only at what our volunteers do directly with the community members, the list reads:

- Haircuts
- Hand massages
- Manicures
- Art projects
- Wood carving classes
- Writers group
- Blood pressure checks
- Bicycle repair
- Neck and back massages
- Live music during lunch
- Maintaining our garden
- Have normal conversations with our members.

This list doesn't include the behind the scenes work of our volunteers, like sorting donations and maintaining our website.

It's gotten to the point that

I have to look at my calendar to keep track of all the activities here. In the past, when someone asked me what they could do if they volunteered at PHC, I had a couple of set answers ready to go. Now that I have seen so many people use their interests in ways that wouldn't have occurred to me, my response is, "I don't know. What do you like doing? We can probably find a way to use that."

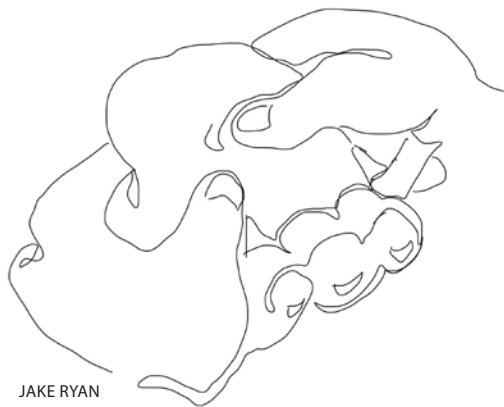
The first thing that made me reconsider our volunteer activities was our latest newsletter. We decided to highlight the volunteers, so I asked them to submit a sentence or two explaining why they enjoyed providing the services they did. I was gratified when the first couple of responses came in. Then impressed when more came in. Then concerned about having enough space in the newsletter as the responses kept coming. Finally, I was compelled to reconsider just how much more vibrant PHC and its community is because so many people have been so generous with their time and their individual interests.

The second thing that made me reconsider our volunteers was someone's question about how PHC works with other organizations to help the community.

I hadn't thought of PHC as a volunteer before, but between providing speakers to educate groups about urban conditions, organizing neighborhood clean ups days, sitting on the Ventura Village Executive Committee, participating in the Franklin Avenue Business Association, and so on, PHC tries to give as much as it receives.

I don't write this to promote PHC. Instead, I write this to encourage everyone to think of ways their own skills, experience, and interests can be used or are being used to help others. Just as our volunteers contribute to PHC's community in ways that wouldn't have occurred to me, and just as PHC gives to others without me noticing, I think everyone has something to contribute. Some are already doing this without recognizing the impact they have. Others hold back because they don't think they have anything to offer, but in reality they are simply underestimating their potential to improve the world around them. We all have a lot to give.

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



JAKE RYAN

## Tales, cont.

Continued from page 3...

destroyed in a fire some years earlier, and her knowledge of the details of his service was limited. Investigators also contacted several men who served in Company D. None of the men they interviewed, most of them in their late 70s or 80s, could recognize Lee from the only photo of him that existed, which was likely taken decades after his service. Mrs. Lee's application was rejected because she was not able to prove definitively that her husband, Clenis W. Lee, and Washington Lee were the same man.

Most of what is known about Lee comes from the deposition

provided by his wife. She said he was formerly enslaved and that his mother had been "taken away from him" when he was five years old. She did not know the names of his parents or siblings.

She did not know her own birth date since she, too, had been enslaved. She thought that she was about 70 years old when she filed her claim but she was undoubtedly older, since her younger sister was 73. After her husband died and she was no longer able to work, Mrs. Lee moved to Chicago to live with one of their daughters.

Emanuel Hamilton is buried

in Lot 6, Block 4 in an unmarked grave. Clenis W. Lee is buried in Lot 24, Block W, in the 24th grave from the north. The Department of Veteran Affairs has since acknowledged Lee's service, and his grave now has a new military marker.

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

## Get involved in planning for East Phillips Parks and Open Spaces

Apply to become a Community Collaborator and help create a vision for Cedar Avenue Field Park and East Phillips Park. The MPRB's Community Collaborator initiative is a paid opportunity for individuals and groups within the East Phillips community to host conversations and engage with residents about parks and recreation.

The work of Community Collaborators will inform the design and priorities for the East Phillips Open Spaces Plan in 2024.

Proposals to work as a Community Collaborator will be competitive, with **funding paid** to those whose proposals are selected. They should involve creative, innovative ways to engage different communities through digital platforms, in person, or both.

Examples of Community Collaborations could include but are not limited to:

- Virtual coffee hour with community members
- Story campaign with video interviews
- Community open house
- Focus group or community conversation

Application here!



[tinyurl.com/y6ju25n6](https://tinyurl.com/y6ju25n6)

Fill out or download and print a Community Collaborator application. Proposals are due on **Wednesday, April 17**. Send completed applications to [epachuta@minneapolisparcs.org](mailto:epachuta@minneapolisparcs.org) or

### Minneapolis Park and Recreation Board

Attn: Emma Pachuta  
2117 W. River Rd.  
Minneapolis, MN 55411

Questions? Contact Emma Pachuta, Project Manager at 612-499-3711 or at [epachuta@minneapolisparcs.org](mailto:epachuta@minneapolisparcs.org)

## The Cultural Wellness Center and Pohlard Family Foundation Call for Nominations: Black Legacy Fellowship

The Cultural Wellness Center (CWC) and Pohlard Family Foundation invite community members to nominate Black organizers and activists for the Black Legacy Fellowship 2024-2025 cohort. **Selected fellows will each receive \$55,000 in unrestricted funds to support their well-being and renewal.** Over the course of the 12-month fellowship, participants engage in a self-paced program that prioritizes well-being and renewal so they can continue their work toward racial justice. Additionally, each fellow has access to a Community Building Fund and can grant up to \$15,000 to nonprofit organizations dedicated to the racial justice movement in the Twin Cities.

To be eligible potential fellows must be:

- an American-born descendant of enslaved Africans;
- at least 18 years old at the time of the application deadline;
- experienced in racial justice work in the Twin Cities;
- reside in the seven-county Twin Cities metro area; and
- unaffiliated with the Cultural Wellness Center or the Pohlard Family Foundation. This includes employees, contractors or family members of employees or contractors.

Learn more!



[tinyurl.com/ycxt5f6f](https://tinyurl.com/ycxt5f6f)

To learn more about the nomination process, Black Legacy Fellowship and eligibility, visit [www.blacklegacyfellowship.org](http://www.blacklegacyfellowship.org). Nominations for this year's cohort are due on **Monday, April 15, 2024**.

Have more news to use?  
Drop us a line at:  
[copydesk@alleynews.org](mailto:copydesk@alleynews.org)

# APRIL EVENTS

**Better Things: A 5X5 Reading Event and Open Mic**  
Tuesday, April 2  
7 PM  
Moon Palace Books  
3032 Minnehaha Avenue  
Free

Please join us for the inauguration of ReEntry Lab's *Better Things* reading series, sponsored in partnership with the Minnesota Prison Writing Workshop and Moon Palace Books. This reading will feature five fantastic writers: C. Fausto Cabrera, Chavonn Williams Shen, LM Brimmer, Junauda Petrus, and Sara Dovre Wudali, and will be hosted by Erin Sharkey and Davi Gray.

ReEntry Lab works to connect writers and other artists leaving incarceration to a community that's ready to receive them. You can learn more about ReEntry Lab at [reentrylab.org](http://reentrylab.org), and about the *Better Things* series at [better-things.org](http://better-things.org).



**Lake Street Art Drop with Renee Dori and Benja Wuest**  
Thursday, April 4  
6 PM  
Starts at Midtown Global Market  
920 E Lake Street  
Free

Join Visit Lake Street starting this month for a free monthly scavenger hunt featuring photo clues on social media and local artwork prizes!

Here's how it works: Follow us @VisitLakeStreet on Facebook and Instagram, then head to Midtown Global Market with your favorite people. At 6pm, we'll start posting photo hints for the hiding places of art treasures. Follow the hints to find the art! If you're the first person to find it, it's yours to keep (one art piece per household, please). Message us when you find a piece, post your successful finds, and tag us and the artist so we can celebrate with you! Lake Street Art Drop will be held every first Thursday through October with different featured artists each month. See the lineup at [visitlakestreet.com/artdrop](http://visitlakestreet.com/artdrop).

**Phantom Loss Through April 7**  
The Avalon Theater  
1500 E Lake Street  
\$25 general admission  
April 2 - pay what you can

In the Heart of the Beast Puppet and Mask Theatre (HOBT) presents *Phantom Loss*, a new tabletop puppet show created by local artist Oanh Vu.

Thuy's life is upended when her mother, Hai, moves them to a small town to run a nail salon. Hai is excited for their new life, but Thuy hates it. Even worse, the nail salon and their house above it may be haunted. Luckily, Thuy discovers that the lingering spirit is a dopey ghost named Chicken. Thuy and Chicken become fast friends, but their time is cut short when Chicken reveals a dark secret, leading them to become contestants on a wacky game show in the underworld which quickly devolves when Chicken's mysterious past comes to light.

*Phantom Loss* is a tragicomedy that weaves Vietnamese mythology and American pop culture to explore the impact of criminalized immigration. For tickets and information, go to [hobt.org](http://hobt.org).

**Living in America: The Waiting List is Full**  
Wednesday, April 10  
6 PM  
Minneapolis Central Library  
Pohlad Auditorium (2nd floor)  
300 Nicollet Mall  
Free / sliding scale

*Living in America: The Waiting List is Full*, is a performance about public housing that showcases original content created by participants in zAmya Theater Project's workshops who have lived experience of housing insecurity, with creative contributions from zAmya Troupe Members. With humor, history and humbling questions, *Living in America* asks "What is public housing? Why is the waitlist full?" ASL interpretation provided, and tickets will be available at the door. For more information about zAmya Theater Project, visit [zamyatheater.org](http://zamyatheater.org).

**Okizi (To Heal) Through April 13**  
All My Relations Arts  
1414 E Franklin Avenue  
Free

*Okizi (To Heal)*, is a partner exhibition with the American Swedish Institute in response to the traveling exhibition, *Arctic Highways: Unbound Indigenous People*. *Okizi* highlights the revitalization efforts that reconnect this generation and future generations of Native peoples to our language, land, and culture as a means of healing. For more information, visit [allmyrelationsarts.org/exhibitions-events/exhibitions/okizi-to-heal](http://allmyrelationsarts.org/exhibitions-events/exhibitions/okizi-to-heal).

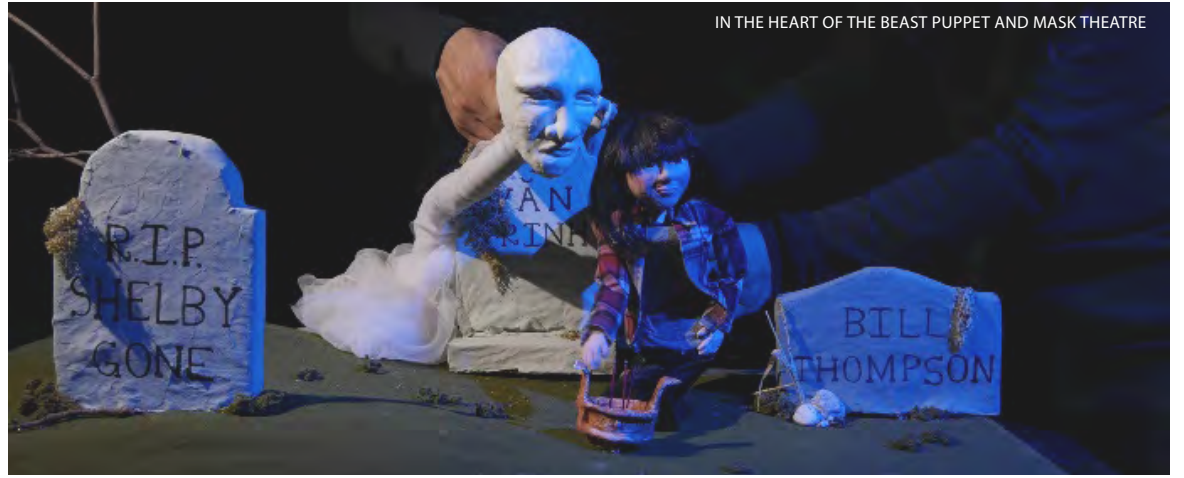
**Angelica Encore Choral Ensemble**  
Sunday, April 14  
4 PM  
Mount Olive Lutheran Church  
3045 Chicago Avenue S  
Free

Mount Olive Music and Fine Arts presents a concert by Angelica Encore Choral Ensemble, a mixed vocal, auditioned community choir providing continuing choral experience for Angelica Cantanti Youth Choirs (ACYC) alumni, as well as musicians throughout the Twin Cities. Join us for this eclectic spring program of music about the earth! This event is free and open to the public; a free-will offering may be received to support the Music and Fine Arts program. For further information on this event and the Music and Fine Arts program, visit [mountolivechurch.org](http://mountolivechurch.org).

**JUOIGGAS! Sámi National Theater**  
April 16-17  
American Swedish Institute  
2600 Park Avenue  
Free - Registration Required

Join ASI for two special concert performances from the Sámi National Theater, Beaivváš, that guides audiences through a mesmerizing musical voyage, showcasing the diverse landscapes and eras of Sápmi through its evocative lyrics and traditional yoiks.

The ancient art of yoik is one of Europe's oldest folk music genres, originating from the Sámi people. Derived from the Sami word *juoigat*, yoik represents a unique cultural expression for the Sámi people. This concert is co-present-



Artist Oanh Vu will be performing *Phantom Loss* at the Avalon Theater through April 7.



Creative collaborators for zAmya Theater Project's production of *Living in America: The Waiting List is Full*, being performed on April 10 at the Minneapolis Central Library's Pohlad Auditorium.

ed by ASI and the Sámi Cultural Center of North America. Register to attend at [asimn.org/experience/events](http://asimn.org/experience/events).

**Kids Yoga and Music Class**  
Saturday April 20  
Midtown Global Market  
920 E Lake Street  
Free

Calling all kiddos for a morning of fun! Miss Lydia will start with kid's story time and yoga at 10:30, followed by a Rockin' Robins Music and Movement Class at 11. You may bring yoga mats, towels or rugs for the yoga class, which will be bilingual in English and Spanish. The Rockin' Robins Class will incorporate musical instruments such as shakers, tambourines, and bells along with favorite songs to get your child moving and singing!

**Arctic Highways: Unbounded Indigenous People**  
Through May 26  
American Swedish Institute  
2600 Park Avenue  
\$6 - \$13

Free: Thursdays 3 - 8 PM

*Arctic Highways* shares stories of Indigenous People who live on different continents yet regard themselves as kindred spirits. Each artist tells their own stories, through their own forms of expression, inviting opportunities to explore what it means to be unbounded—not just for Indigenous People, but for all of us. For more information

and related programming, visit [asimn.org/exhibition/arctic-highways-unbounded-indigenous-people](http://asimn.org/exhibition/arctic-highways-unbounded-indigenous-people).

**South High Spring Art Show**  
May 2 - 16  
Modus Locus Gallery  
3500 Bloomington Ave S  
Free

Experience the artwork of over 200 talented South High students at Modus Locus Gallery this spring! A diverse array of media is represented, including ceramics, drawing, painting, photography, comic art, design, and sculpture. We encourage you to stop by and view the amazing work of our community's youth. Gallery hours are 4-7 M-F and 11-5 Saturday and Sunday.

**Music Thursday: Polivon**  
Thursday, May 2  
6 - 7 PM  
American Swedish Institute  
2600 Park Avenue  
Free

Enjoy the sounds of local indie band Polivon at ASI's May Music Thursday. If weather permits, the performance will be held outdoors. This event is included as a part of ASI's Free Thursdays After 3 pm program. Don't miss out on free concerts every first Thursday of the month at ASI!

## east phillips neighborhood institute monthly update

### project updates

*find more details and information about this community development project at [epnifarm.org/news/](http://epnifarm.org/news/)*

- Continuing to negotiate with Hennepin County for an outdoor farm plan in partnership with **Tamales y Bicicletas**, MN Arboretum, Red Lake Nation, Little Earth Urban Farm, Midwest Farmers of Color & others
- Partnering with **Cooperative Energy Futures** on rooftop solar array development
- Seeking community investors – email [daniel@epnifarm.org](mailto:daniel@epnifarm.org) to learn more

### Community Meeting Late April

*find the date at [epnifarm.org/events](http://epnifarm.org/events)*

Come learn about the project with neighbors and snacks!

**Little Earth Gym**  
2501 Cedar Ave S,  
Minneapolis

### get involved

- Learn about our volunteer teams through the form on our website
- Want to learn more about this? [epnifarm.org](http://epnifarm.org)!

go to [linktr.ee/epnifarm](http://linktr.ee/epnifarm) for information and calendar



*Does your organization have an important event or new program the Community needs to know about?*

### Contact

**[businessmanager@alleynews.org](mailto:businessmanager@alleynews.org)**  
to find out what it might cost to provide you space in the alley.

*We would be proud to help you promote your good work!*

## THIS MONTH IN EAST PHILLIPS & MIDTOWN...

We concluded our final youth workshop series aimed at redesigning East Phillips and Cedar Park. Our participants consisted of seven youth aged 14-18 from East Phillips and Midtown neighborhoods, a representative from the Alley who conducted interviews with the students, and two park board members who listened to the students' ideas. The students demonstrated honesty, critical thinking, creativity, and thoughtfulness throughout the sessions.

### HERE ARE THE KEY TAKEAWAYS:



Some youth expressed fear of visiting the park due to drug-related issues. They suggested innovative approaches to reduce drug use and enhance the park's appeal to children. One proposed solution is to organize more events to draw larger crowds, providing safety in numbers and making the park more welcoming.



Ideas included hosting indoor music, art, DJ, and dance classes, increasing the number of outdoor bathrooms, organizing outdoor movie nights, and creating themed playgrounds such as a treehouse, outer space, or teddy bear theme, each tailored to specific age groups.



Other ideas included introducing glow-in-the-dark dodgeball, making one of the playgrounds more baby-proof, adding more picnic space, planting additional trees and expanding garden areas, ensuring functional fountains, and establishing a sensory room for individuals prone to overstimulation.

These ideas represent just a fraction of the student's contributions. They worked on a word, vision, and drawing mural that represented their ideas. Every student expressed interest in collaborating with EPIC and MPNAI to plan and host an event in the park this summer. We urge the Park Board to continue engaging with youth to turn their visions into reality.



THE ALLEY, MARCH 1987



Photo by Alan Martin

Lauana Red Elk was one of hundreds of dancers participating in the Heart of the Earth Survival School Pow Wow at the Minneapolis American Indian Center on February 6, 7, and 8.

# MAIC Through the Years...

THE ALLEY, DECEMBER 1992



NANCY CONROY

The Minneapolis American Indian Center is one local non-profit that does give out a large amount in direct benefits to local people. Only part of MAIC's staff are shown in the photo. Front row (l-r): Joe Potter, Patricia DeCorra, Frank Papasadora, Janice Standing Cloud, Audrey Mitchell and Center Director Francie Fairbanks. Back row: Jay Hunter, Bruce Medicine Elk, Herman Martin, Francis Haas, Jan Lindstrom and Ron Schulman.

## MAIC, cont.

Continued from page 1...

has been updated to function at peak efficiency, while expanding our spaces to nourish head, heart, body, and spirit," said MAIC Operations Manager Andy Newton. "Our new heating, cooling, lighting, and security systems are designed to help the entire community, especially children and elders, feel comfortable, safe, and secure."

Despite major changes,

key features of the Center have been retained. Great care went into preserving the mural by the late Grand Portage Ojibwe artist George Morrison. The mural was carefully taken apart and shipped in pieces to Montana where each piece was restored and cleaned before being reassembled on an exterior wall of the center.

Doubling in size, the Center has expanded its community resources. The first level of the building is dedicated to community services, including the Two Rivers Art Gallery, Woodlands

Indian Craft Gift Shop, and Gatherings Cafe, which will serve healthy Indigenous meals to the public. The new second floor hosts staff offices, along with coworking and meeting spaces available for reservation. An art studio for Native artists is also housed on the second floor.

The Center's longstanding Ginew Golden Eagles program recently moved under the Boys and Girls Club Native Services umbrella, increasing the resources and opportunities available for the Native youth we support. The new Best Buy Teen Tech Center will be a space for youth to develop and hone digital skills and pursue creative avenues, such as podcasting and video production.

The fitness center, gym, and multifunctional gathering spaces have all been improved, and a large gathering room overlooking the gym will house programming for Native elders and be available for use during community events and funerals.

"The community was at the center of the entire renovation process. Community members, staff, and partners created a shared vision that guided the design and updates," said MAIC Executive Director Mary LaGarde. "This is the community's facility and has been since it opened almost 50 years ago. This historic renovation lets us continue to be a



COURTESY HENNEPIN COUNTY LIBRARY

AUG 79

A student records video footage outside the Native American Center on Franklin Avenue as part of a job training program, 1978

neighborhood and community resource for years to come."

The renovated Center has also been designated as one of Xcel Energy's three Resilient Minneapolis Project sites. Designed as emergency energy centers, sites will provide backup power for critical services during power outages. Under the project plan, the center will operate separately from the larger power grid and will include

rooftop solar and battery storage that can continue providing electricity in the event of a community outage.

"Being a resiliency hub helps reduce our footprint while expanding the services we provide," LaGarde said. "As we've continuously evolved to meet community needs over the years, this project ensures we continue to do so now and in the future."



POSTER CREATED BY MIISKOGIHMIIWAN POUPART-CHAPMAN

## Join the Board of Alley Communications



and help other volunteers grow the organization to more fully fulfill its mission- "to inform and engage the Phillips Community".

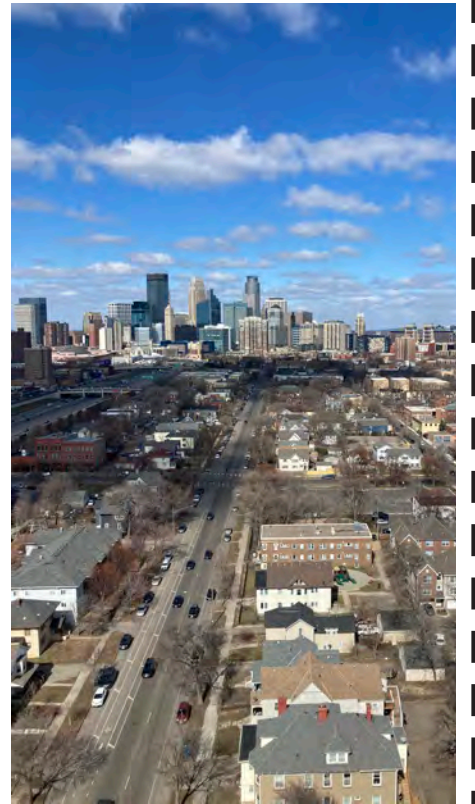
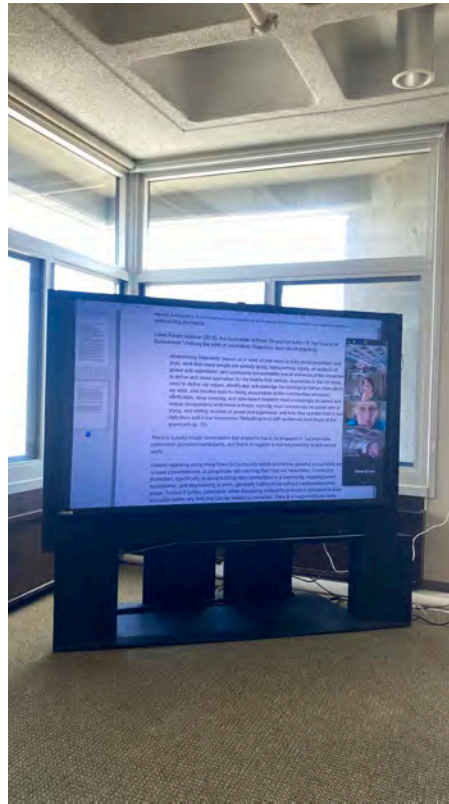
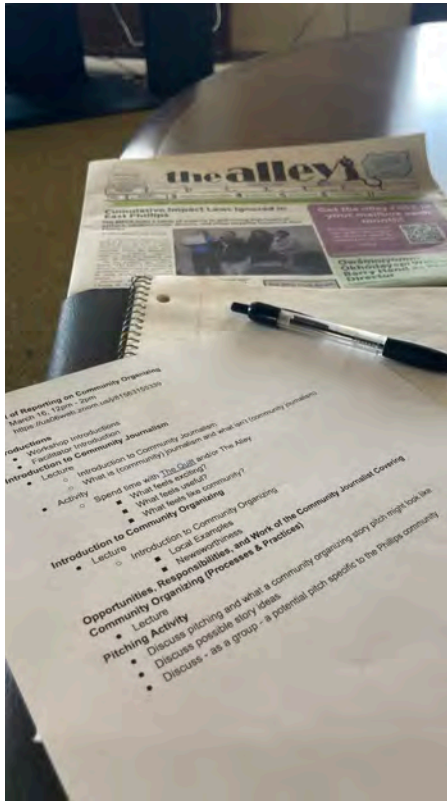
Email [susanangust@gmail.com](mailto:susanangust@gmail.com) to discuss and learn more!







ALL PHOTOS: SUSAN GUST



## Community Journalism Training at Ebenezer Tower!

The 5th and final Alley Communications Community Journalism Training Workshop conducted by Cirien Saadeh, Journalism of Color Training Center was held on Saturday, March 16, in the Community Room on the 23rd floor of the Ebenezer Tower Apartments. It was held as a hybrid event with participants on Zoom and in person.

### Opioids, cont.

*Continued from page 1...*

will increase access to and options for opioid treatment. Their focus will carry out the outlined CORE funding goals.

**Access Healing** will receive \$20,000: A significant portion of the funding will go towards establishing safer and more supportive culturally specific recovery housing facilities. Funding will also help expand wrap-around services. Visit: <https://accesshealingcenter.com/>

**Comunidades Latinas Unidas En Servicio (CLUES)** will receive \$100,000: The program will focus on serving Latino youth and their families. They have outpatient chemical health practitioners, and therapists and provide both substance use and mental health services. Visit: <https://clues.org/>

**Generation Hope** will receive \$78,844: The work is focused on addressing addiction, mental health, and the associated stigma within the East African community, with a strong emphasis on empowering individuals in recovery through workforce development. Visit: <https://www.generationhopemn.org/about-us/>

**Greater Minneapolis Council of Churches (GMCC)** will receive \$100,000: The project will launch new services to meet culturally specific needs. GMCC will launch a mother-led support network and Nar-Anon program. Visit: <https://gmcc.org/>

**Minnesota Somali Community Center** will receive \$74,994: The project will be located in a dedicated medical office suite within the Cedar Riverside neighborhood. This location ensures easy access for the East African community, reducing barriers to treatment. Visit: <https://mnsomali-communitycenter.org/>

For more information contact: *Scott Wasserman at 612-477-4450.*

### Opioid Statistics

In 2022, there were 1,002 opioid-related deaths in Minnesota

- 244 of those deaths were in Minneapolis (24%)
- Minneapolis opioid deaths from 2021 to 2022 increased by 24.8 percent
- Minneapolis represents about 7% of the state's population, but it accounts for 24% of all opioid-related deaths
- Fentanyl is the most common opioid being abused in our city. It's a synthetic opioid approved for treating pain. It can be:
  - Up to 50 times stronger than heroin
  - 100 times stronger than morphine
- The rate of opioid deaths among Native Americans is 30 to one compared to white people
- The rate of opioid deaths among African Americans is four times higher

Opioid resource page: <https://www2.minneapolismn.gov/government/departments/health/current-concerns/opioids/>

Where would you like to see *the alley?*

Email [businessmanager@alleynews.org](mailto:businessmanager@alleynews.org) and we'll see if we can add it as a drop site!



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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](mailto:copydesk@alleynews.org)



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Movie Corner

# Out of Darkness



**Bleecker Street 2024**  
**Thriller/Horror/ Mystery**

By HOWARD MCQUITTER II

Scottish director Andrew Cumming has crafted a most unusual film. His first full feature film *Out Of Darkness* occurs in prehistoric times - 45,000 years ago - where survival is of the utmost importance. Yet Cumming's clever work does not rely on survival alone but crosses the genres of horror, thriller, and mystery.

The people at that time are hunter gatherers, finding land that is not barren and has enough food and water for subsistence. When the area is barren, Adem (Chuku Modu), the group's leader, along with Heron (Luna Mwezi), his younger brother Geirr (Kit Young), and their elderly aide Odal (Arno Luning) leave for more fertile land only to find out it is just as barren as the land they left. The group is joined by a straggler, Beyah (Safia Oakley Green) and travels to another unforgiving land-

scape. Beyah is worried that she and her baby may not survive under the onerous conditions.

The characters speak a fictional tongue called Toga, hence the movie uses subtitles. Although the landscapes are aesthetically beautiful, the dense woods are menacing, dangerous and alluring all at once.

I think what director Andrew Cumming and screenwriter Ruth Greenberg are saying in *Out Of Darkness* is that in spite of not having any modern conveniences (gas lamps, electricity, central heating, etc.) humans' basic nature to survive under the most harsh conditions hasn't changed in 45,000 years.

At some point, the question one has to ask these six people in their struggle to survive is whether or not the menace is within themselves and/or in the monsters hidden in the woods.



Howard McQuitter II

**Cast:** Chku Modu (Adem), Iola Evans (Ave), Kit Young (Geirr), Arno Luning (Odal), Luna Mwezi (Heron), Safia Oakley Green (Beyah), Rosebud Melarkey (Neanderthal Woman), Tyrell Mhlanga (Neanderthal Man).

**Director:** Andrew Cumming.

**Screenwriter:** Ruth Greenberg.

**Cinematography:** Ben Fordesman.

**Original Music:** Adam Janota Bzowski.

**Running Time:** 88 minutes.

*Howard McQuitter II is a longtime movie critic. He has been reviewing movies for the alley since 2002.*



Bleecker Street

## Museum, cont.

Continued from page 1...

be familiar with Somali art and traditional culture. All are welcome."

Augsburg worked with Redesign on a feasibility assessment that evaluated the financial implications, neighborhood impacts, and partnership opportunities related to three options for the site: renovation, adaptive reuse of the existing structures, and ground-up redevelopment. When redevelopment emerged as the most financially sustainable scenario, given extensive deferred maintenance needs and a limited market for adaptive reuse, Redesign connected the museum and the university to explore a potential fit.

"The prospect of locating the Somali Museum on the site was exciting to us from the start," said Andy Hestness, executive director of Redesign. "The new Museum will be an important community anchor and cultural

destination, joining long-standing institutions like the Minneapolis American Indian Center, Norway House, and the American Swedish Institute along and near the Franklin corridor."

Augsburg remains committed to honoring current lease and license agreements with tenants of the former church building as the sale moves forward. Several former tenants have transitioned to new locations in recent months. Soup for You Café, which has operated at the site since 2015, will move operations to Holy Trinity Lutheran Church on East Lake Street in June.

The Museum was approved for \$3.9 million in state funding during the 2023 legislative session to advance the project, with Noor Companies, the largest certified woman and minority-owned general contractor in

Minnesota, as sole developer. A closing date for the property sale is anticipated later this year.

*For more information about the sale, Augsburg University, and the Somali Museum of Minnesota, visit [augsb.org/news/2024/03/07/augsburg-university-to-sell-east-franklin-avenue-property-to-somali-museum-of-minnesota](http://augsb.org/news/2024/03/07/augsburg-university-to-sell-east-franklin-avenue-property-to-somali-museum-of-minnesota)*

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Raise Your Voice

We Are Not Alone

By PETER MOLENAAR



Peter Molenaar

It was approximately a quarter century ago that this Column declared the territory of *the alley* to be the center of the universe! Well, okay, we do set a fine example of cordial relations between folks of varied backgrounds. (Note: in the absence of multi-racial/multi-ethnic unity, the transformation of capitalism to socialism is in doubt.) However, dear neighbors, I am pleased to announce: WE ARE NOT ALONE.

Traditionally, it is in the late winter that I mingle with the good people of St. Paul, Minnesota, while seeking a spiritual revival within the Como Park Conservatory. This year there were yellow Amazonian finches to greet every shade of humanity, including a Black couple who lovingly held the hands of a little white boy.

Then March 6, back in “the hood” at Mercado Central...

A splendid celebration of GREEN JOBS was held under the banner of UNIDOS. Indeed, the City of Minneapolis has allocated \$10 million to implement jobs training for the weatherization of our homes.



PETER MOLENAAR

Supporters of Green Jobs packed the parking lot behind Mercado Central.

Going forward, the evident solidarity of Organized Labor is our guarantee. Note: Ulla Nilsen deserves credit for her leadership.

Then back in St. Paul, March 7, a meeting with representative Aisha Gomez...

Again, I had the privilege of joining the Land Stewardship Project annual breakfast and lobby day. (Note: Locally, LSP’s headquarters is in the old fire station on 35th Street, just south of Powderhorn Park.) As it happened, I would join two young women from District 62A and head for Aisha’s office.

As per the ‘law of the declining rate of profit’ under capitalism, my companions were compelled to lament the loss of family farms to factory farms. In today’s world, confined animal farm operations (i.e. CAFOs) have become serious polluters of our water.

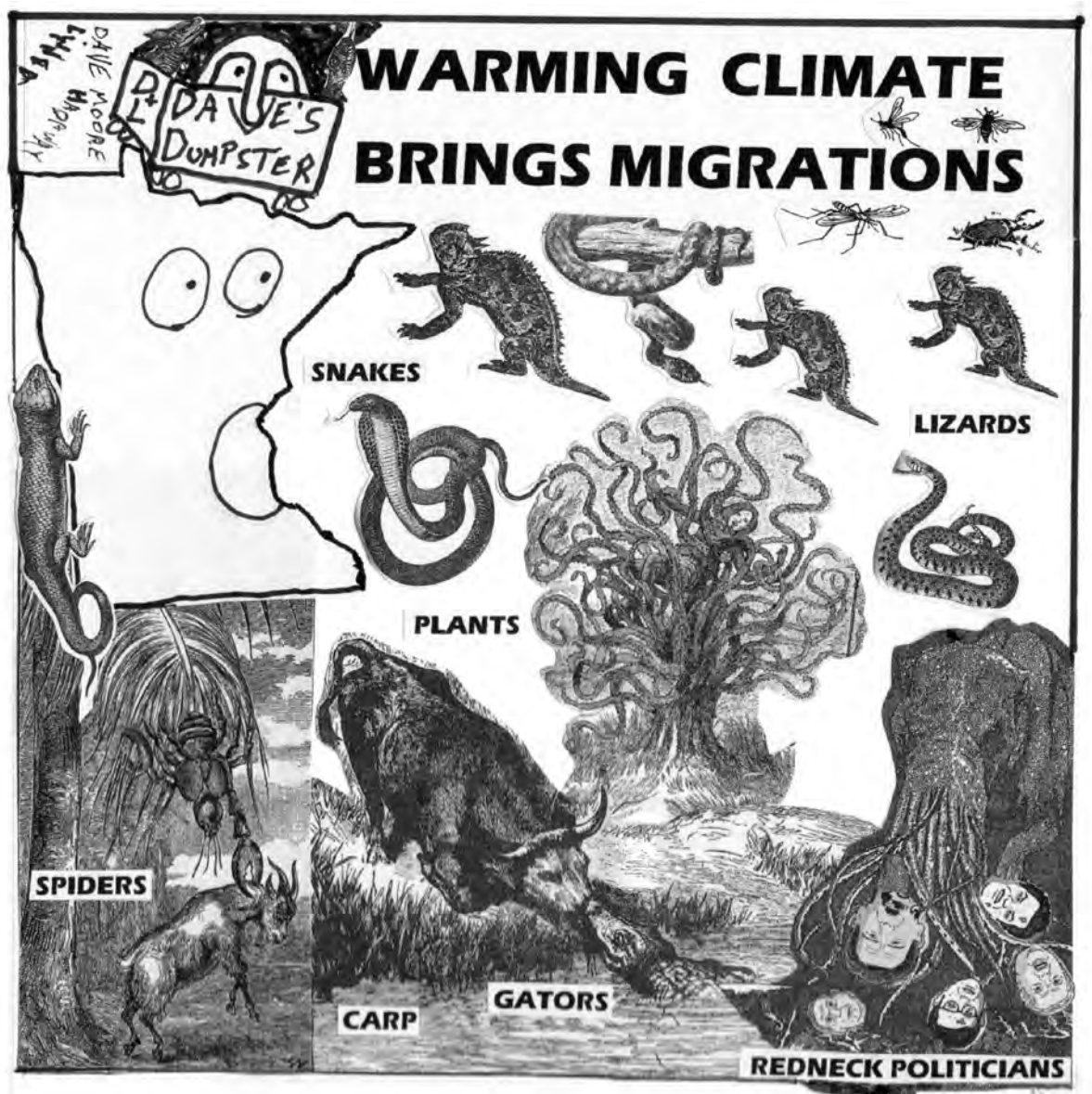
As for me, I was to emphasize the ongoing loss of our nation’s soil. Question: how will society finance the prevention of erosion and the capture of carbon dioxide via the photosynthesis of cover crops?

Yet there is hope, in part because we have people like

Aisha in office, and remember: WE ARE NOT ALONE.

*Peter Molenaar advocates a broad united-front, even as he describes socialism as the future solution.*

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



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# COMING SOON

FALL 2024

CULTURAL WELLNESS  
COMMUNITY HEALTH HUB



## integrated somatic lifestyle and pilates center

### Two basic forms of Pilates coming to the Community Health Hub

#### INTENSIVE MAT-PLUS (IMP)

A series of exercises performed on the floor using gravity and your own body weight to provide resistance. The main aim is to condition the deeper, supporting muscles of your body to improve posture, balance and coordination

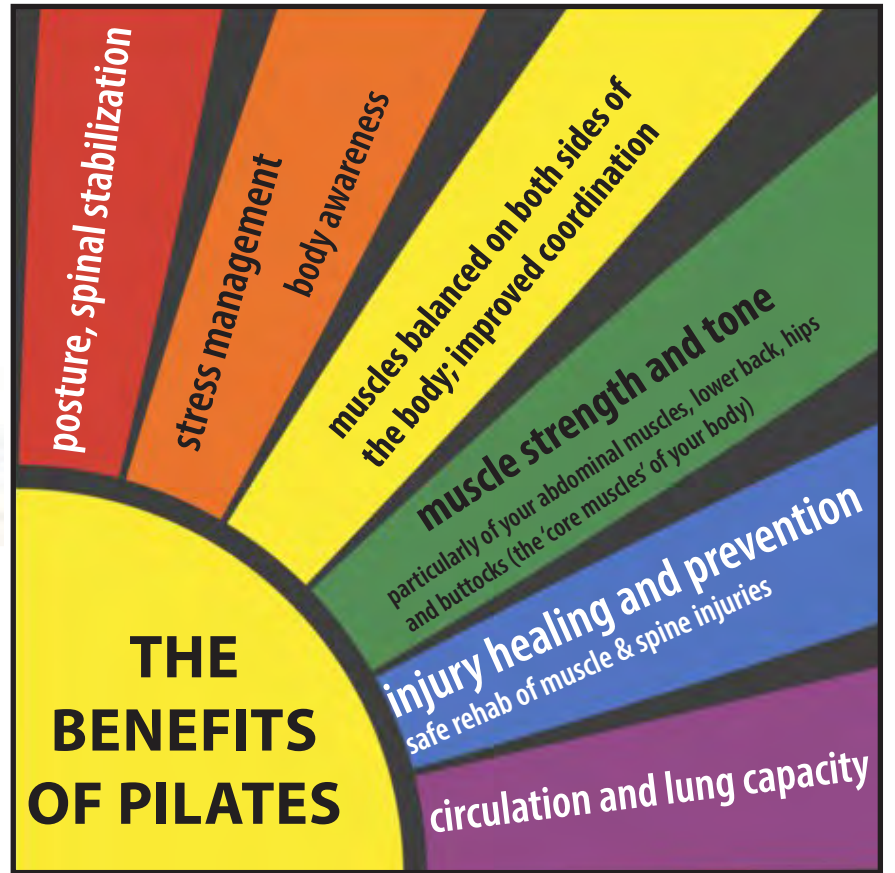
#### INTENSIVE REFORMER (IR)

This included working against spring-loaded resistance, the moveable carriage that you push and pull along its tracks.

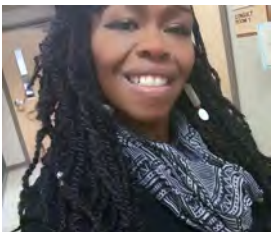


A typical Pilates workout includes a number of exercises and stretches. Each exercise is performed with attention to correct breathing techniques and abdominal muscle control. To gain the maximum benefit, you should do Pilates at least two or three times per week. You may notice postural improvements after 10 to 20 sessions.

*Pilates caters to everyone, from beginner to advanced. Pilates started as a European practice. Now the Cultural Wellness Center is training Black instructors to bring the benefits of pilates to our communities.*



## MEET THE CULTURAL WELLNESS CENTER PILATES TRAINEES



### MAYA BROWN

With a background in mental health and seven years as a certified fitness instructor, I am Maya Brown, ready to support and guide you on your wellness journeys through Faith Harbor. Experience a new level of health and wellness intentionally designed to engage your mental health, faith, and fitness for your holistic well-being



### REHTI MEKHA

Rehti has led internal and community-facing programs integrating whole-person fitness, spirituality, and well-being. She is certified as a personal trainer, Kentic Yoga instructor, and Pilates mat and reformer trainer. She leads the community to hear the messages their body shares and plays the role of mentor, leader, and healer. She is a Health Champion of the CWC's Community Health Hub and personal trainer and Pilates instructor for the YMCA of the North.



### PILATES HISTORY: Kathy Grant

Kathy Grant (1921-2010) was a first-generation African American pilates instructor and dancer. After suffering a debilitating knee injury, she trained with Joseph Pilates and was able to dance again. She went on to train many instructors and improve the lives of thousands of students at pilates studios and the YMCA.



### RYAN BARNES

Ryan received a Bachelor's Degree in Kinesiology from Iowa State University. Post-grad, Ryan obtained a Certification in Exercise Physiology to better understand how the body responds and adapts to physical activity. Ryan is the founder of Blair Ryan Health and Wellness, a unique player in the wellness industry, taking an innovative approach to providing health and wellness services that will leave you feeling stronger and healthier.



### NIA ZEKAN

Nia works as a farmer and in craft education. She is looking to find and grow community in BIPOC wellness circles.



Learn more about our offerings and events, and register for classes on the Cultural Wellness Center facebook page!



## Cultural Wellness Center

Health · Heritage · Harmony

2025 Portland Avenue South Minneapolis, MN 55404  
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