



**We build Pride on the Southside**

# NOKOMIS EDITION

SECOND MONDAY OF THE MONTH

**April 2020**

VOL. XXX, ISSUE 11

*This newspaper is recyclable. It is made with renewable resources--pulp wood and soy ink.*

## Ego



BY TONY BOUZA

“That Tony Bouza, he sure is full of himself, isn’t he?”

Thus, did a wonderful old lady describe me to her companion as they left a talk I’d given.

“You enter a room, big, loud and aggressive and suck the air out.”

Thus, did a group of knowing executives describe me during an assessment session.

“He’s got a Messianic Complex.”

This was the evaluation of a management team sent to analyze my performance.

Vox Populi. Vox Dei.

“How did you two meet?”

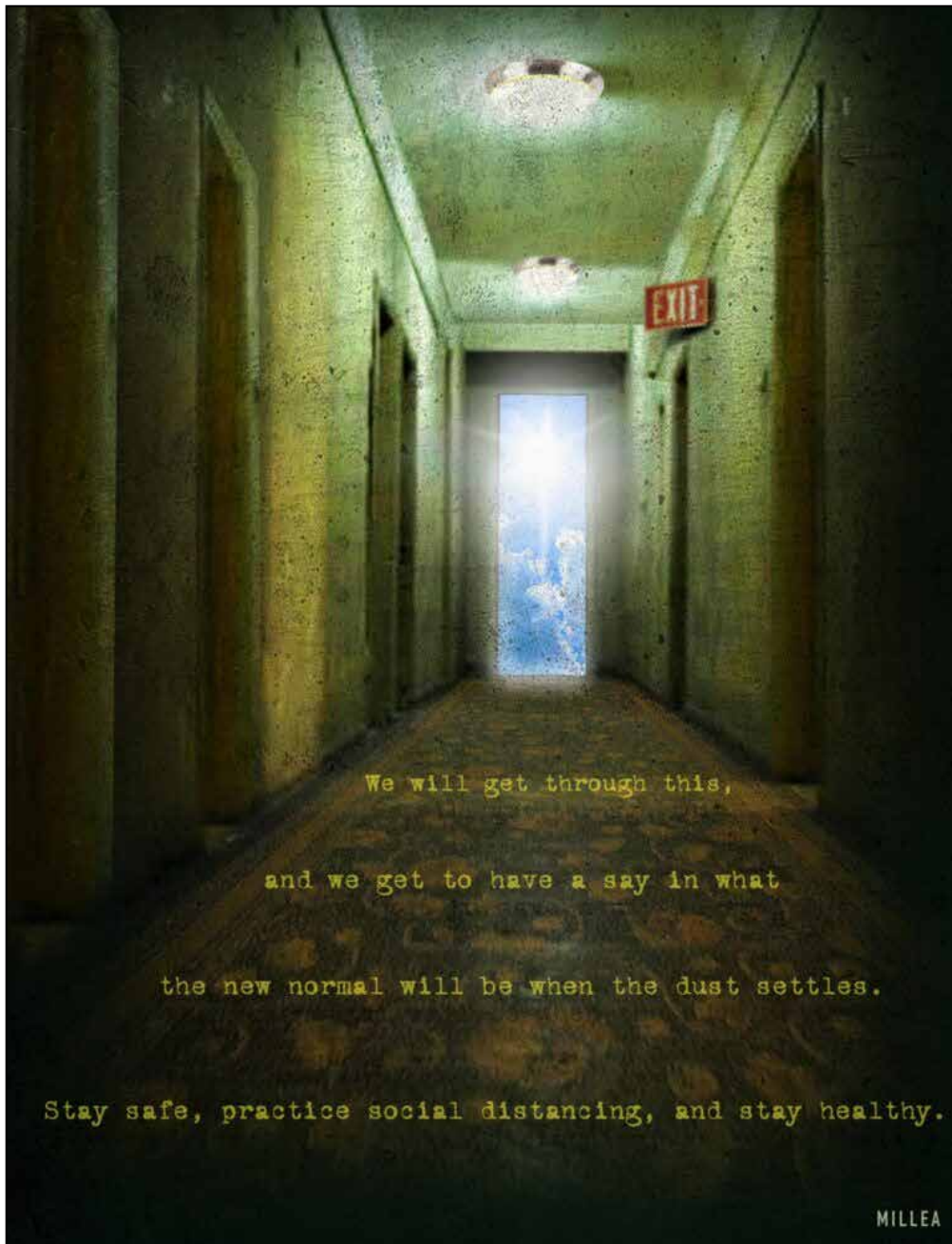
This is the brilliant question a wag directed at Woody Allen and Soon Yi Previn at a fancy Manhattan party.

The gravamen of my thought is that such observations must lead to tortured introspection if wisdom is to have any hope.

I always felt the Police Federation’s jibes were a sovereign antidote to hubris.

The ego is an indefatigable monster, forever tempting us to inflate our self-image. In time I came to see mine as my

See Bouza, page 5



## COVID-19 offers an opportunity to re-examine the status quo

BY ELINA KOLSTAD

Well shit, this is scary. Every day we hear about more cases of the virus in Minnesota. In our community, employees at Seward Co-op’s Franklin store and Mayday Café have tested positive. Museums, schools and retail stores are closed. Grocery stores are still open,

but shelves are empty, items are running out. My family is staying in for the time being. My husband is working from home and our daughter is home from day care.

In all of this we are incredibly privileged. We have health insurance, we are able to work from home, we are under 65 and have no underlying

health issues. But we are painfully aware that we will inevitably know people who get this virus, likely getting it ourselves, and I fear we will know at least one person who will die from it. Hopefully we are wrong.

This virus has drastically altered the way that we live. Air travel is collapsing, cities and even

See Changes, page 4

## Jubilee

BY ED FELIEN

April.

“When April the sweet showers fall  
And pierce the drought of March to the  
root, and all  
The veins are bathed in liquor of such  
power  
As brings about the engendering of the  
flowers.”

—Chaucer

“April is the cruellest month, breeding  
Lilacs out of the dead land, mixing  
Memory and desire, stirring  
Dull roots with spring rain.”

—T. S. Eliot

The month of beginnings.

Passover.

Death and Resurrection.

The time to plant the empty fields.



image: Bob Millea

As the Book of Leviticus tells us in Chapter 25, every 50 years there will be a Jubilee. All prisoners will be freed. All debts will be forgiven. No one will pay rent or a mortgage. No one will work. We will live for a year off the bounty of the land. For a year we will all be equal. We will all be brothers and sisters in the same family.

See Jubilee, page 4







# Chicago Avenue in the time of COVID-19

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BY DEBRA KEEFER RAMAGE

Normally, our focus on the southern part of Chicago Avenue would include a couple of interesting dining or brunch experiences, or perhaps a quirky little retail shop or two. In the past we have highlighted massage therapists, bike races, parks and their activities, and coffee hangouts. In any case, you would be enticed to get out there and explore, experience and mingle with your neighbors. But of course, you can't do that right now, since for about all of April, and possibly quite a bit of May, the entire state will be on stay-at-home orders. Now, what you may want to know is—what is even open, even if on restricted hours? Where can I get curbside pickup food if I get tired of my own cooking? Who delivers and do I qualify for delivery or other special help? If I miss my church, my exercise class, my friends—what do I do to connect? So that's the kind of information we're trying to bring you in this strange and historic time. Since you may have to

venture farther to meet your needs, we have included an expanded area—north to Lake Street, west and south into Edina and Southwest Minneapolis. Restaurants, bars and coffee shops are in a strange position. None of them can continue with their usual business model, which is the opposite of social distancing, but because they provide food and drink (and the state is now leaning toward including alcoholic drink as something people ought not to have to give up due to COVID-19), they have a path to remaining in business if they have the means to support it and the capacity to make that huge pivot without stumbling and falling. So the restaurant scene is a varied one. Turtle Bread is open in all locations for both delivery and curbside pickup, but Pizza Biga, which they own, is closed. Beloved coffee shop Sovereign Grounds is open its usual hours but only for takeout (they have great food as well as a diverse

selection of coffee). Town Hall Tap is closed, but it's the only one in the Town Hall chain that is not open some hours for

can order for delivery through either Uber Eats or Door Dash. Earlier we reported that Modern Times Cafe at 3200 Chicago was closed, and only selling hot sauce and merch online. They have slightly expanded that. Now they have a handful of crucial food items and more sauces, and are open Wednesday and Friday 10 a.m. to noon to pick up the orders. To order, simply email [modern-times3200@gmail.com](mailto:modern-times3200@gmail.com) and say when you're picking up. See page 5 for available items and pricing.



Parkway Theater

pickup or delivery; Town Hall Station in Edina (4500 Valley View Road) is probably the closest. Bagu Sushi and Thai is available through Bite Squad at slightly reduced hours—5 to 8:30 p.m. During the outbreak, R. A. MacSammy's is open Tuesday to Friday 4 to 7 p.m. and weekends noon to 7 p.m. You can order directly at <https://my-site-102770-108845.square.site/> and pick up curbside during those hours, or you

Grocery stores are definitely a vital business, so most of them from large to small have stayed open, some with reduced hours, some with added services to effect social distancing.

Kowalski's has remained open in all locations, including Chicago Avenue. If you have to shop in person (and are not currently ill!), here are Kowalski's present policies (condensed from their website):

- suggesting wearing a mask while in the store;
  - installed temporary plexiglass separators at the checkouts to specially protect our cashiers, carryouts and customers;
  - using every other checkout lane to ensure social distancing;
  - supplying our front-end employees with protective equipment (i.e. gloves);
  - cleaning and sanitizing surfaces that are touched regularly
  - extending wage and overtime increases to all hourly employees until May 2;
  - ensuring employees are getting adequate days of rest and are scheduled for manageable shifts;
  - temporarily suspended the use of reusable bags; suspended the 5-cent bag fee until further notice;
  - not limiting the number of customers that may be in the store at a time. However, if at any point store management feels a store is too crowded, they may ask customers to wait outside until the level of shoppers returns to a more reasonable level.
- Kowalski's also offers online ordering and delivery through a service called Shipt.
- The Seward Co-op Friendship store is open 9 a.m. to 9 p.m. daily. They have very recent-

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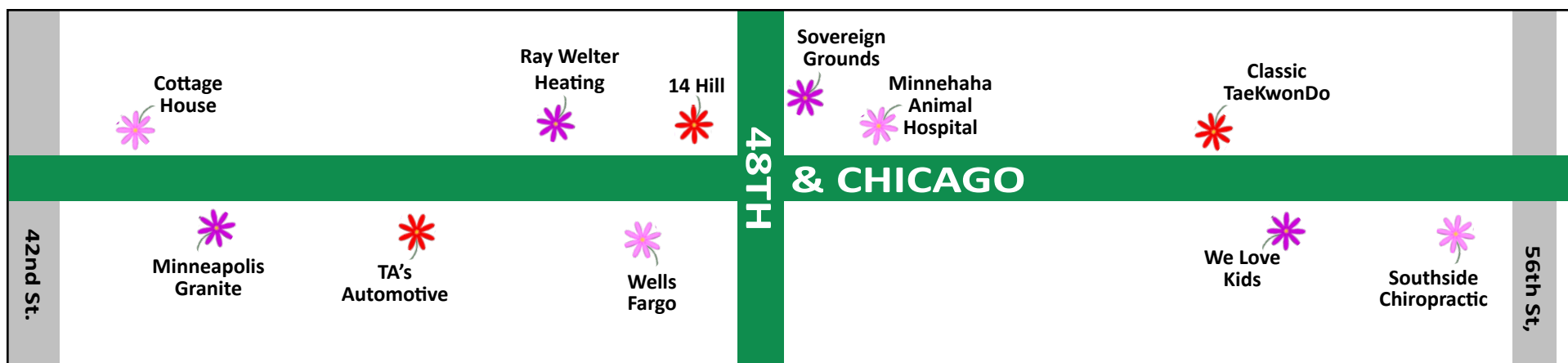
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ly instituted online ordering (without delivery) for curbside pickup. For now, it is only available to those over 60 or in other special needs categories (immunocompromised, health care workers). For more information as well as a lot more about what Seward Co-op is doing, see their member newsletter (and consider subscribing if you shop there a lot) at [mailchi.mp/seward/covid-19-april-9-update-2612372](mailto:mailchi.mp/seward/covid-19-april-9-update-2612372).

Walgreens at 43rd and Chicago is open normal hours. I have made one visit there since the pandemic started. They were low on many items, and not really practicing social distancing very well. It might be a good time to consider signing up for online delivery of pharmacy needs.

Quite a few local businesses are teaming up with nonprofits to help serve the disadvantaged or to help in the direct fight against the virus, or just initiating their own volunteer efforts. Some notable efforts in our community include the Town Hall chain, Seward Co-op and Kowalski's.

The staff of Town Hall Tap is furloughed during the closure, but pooled tips from staff at the other four locations give 80 percent to the furloughed employees (so tip very generously if you patronize them)! Also, Town Hall Station has delivered massive orders of tacos to Fairview Southdale for free meals for the health care workers there.

Seward Co-op is using their roundup for the latter half of April in a new Staff Solidarity Fund, to help staff with special needs or to provide pay for staff who are off work but have exhausted the usual PTO. They have also managed to not (so far) furlough or lay off any staff from Creamery Cafe, which is closed, by reassigning them to other roles for the duration.

Kowalski's is one of several local businesses supporting The Boys and Girls Club of the Twin Cities in its food insecurity mitigation program, which forms the main part of their COVID-19 response while recreation centers and schools are closed. BGCTC launched a "Family Meal Kits" program, which consists of giving registered families a box of healthy food ingredients, enough to feed a family of four. The implementation of the program follows a significant financial contribution by the Minnesota Vikings and the Wilf family. "Specifically, dollars will go directly toward meal and education services to more than 1,000 youth during this crisis,"



according to a letter from the Wilfs. In addition to Kowalski's Markets, the program is also supported by Cub Foods, Jerry and Diane Carlson, Minnesota

Timberwolves Head Coach Ryan Saunders and wife Hayley, MATTERbox Snack Packs, Pratt Industries & Minnesota Corrugated Box, Inc., Papa John's Pizza and Grandma's Bakery. The nearest location where the program is operating is 701 E. 39th St. According to the director for South Minneapolis, Mark Graves, the BGCTC has given away about 300 boxes since the program started (at the time of writing, more now I'm sure). You can help too, by simply donating to the Boys and Girls Clubs via their website: [boysandgirls.org](http://boysandgirls.org). For more information, call the BGCTC center nearest you.

If you feel the need for some spiritual uplift, it's good news.

Almost every church, mosque, synagogue, temple or other faith-based organization I have looked into is providing at least one weekly service by online streaming or meeting services such as Zoom or GoToMeeting. Two large Christian churches in the vicinity of Chicago Avenue include Calvary Lutheran at



El Burrito Mercado

39th and Chicago and the Urban Refuge at 5501 Chicago Ave S. (My own church—Walker Com-

munity UMC—is doing Zoom services and they are awesome.) For Calvary's signup information and more, see <http://clchurch.org/news/136/94/Worship-Updates.html>. They have a 10 a.m. service, and also a virtual coffee hour (separate access) after the service. For Urban Refuge, with services Sunday at 10:15 a.m., start at <https://www.theurbanrefuge.com/covid19-updates>. Other spiritual and material support services are offered online at this time. Urban Refuge's page has two buttons—I Need Help and I Want to Help. Pretty straightforward.

Finally, if exercise is what calms your mind, the YWCA is offering free video exercise classes in some of their most popular categories. For more information or to sign up go to <https://www.ywcampls.org/fitness-membership/group-fitness/ywca-on-demand/>.

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Southside Pride Nokomis Edition is a monthly community newspaper delivered on the Second Monday of the month for free to over 100 locations in and around the Nokomis community. We are proud of the racial and cultural diversity of the Southside, and we oppose racism and other efforts to keep us apart as a community.

If you want to share some news of your church, school or organization, please write us at:

Southside Pride

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email us at editor@southsidepride.com  
or edfelien@southsidepride.com

PUBLISHER/EDITOR ..... Ed Felien  
ACCOUNTANT ..... Bridgit Jordan  
ART DIRECTOR/GRAPHIC DESIGNER ..... Rebecca James  
EXECUTIVE EDITOR ..... Elaine Klaassen  
MANAGING EDITOR ..... Katherine Schaefer  
WEBSITE MAINTENANCE ..... Rebecca James  
SALES DIRECTOR ..... David Goldstein  
AD EXECUTIVE ..... Katherine Schaefer  
COMPUTER CONSULTANT ..... Celia Wirth  
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Jubilee, from page 1

A tiny virus has stopped the only world we knew, and the world we knew was the marketplace. We bought and sold, face to face. We don't do that as much anymore.

The world has changed. Suddenly, we are all one family, trapped alone in our homes but unified in our common understanding, knowing that we must all do what we can to slow down the spread. We are all in this together.

All of us.

We are all in this together.

We can no longer afford poverty and hunger and homelessness. We know those conditions can intensify contagion and produce super viruses that could overwhelm us. Those that are homeless should now check into a nice hotel and order room service if you're hungry. That would be best for all of us. There are hotel rooms that are empty. The federal government has programs that will reimburse the hotels, and the hotels will be happy to have the business.

We shall live a year without money. We will pay no

rent. The rent will be paid by the federal government, and the landlords will be reimbursed. We will pay no mortgages. The banks will be reimbursed. There will be warehouses of food. Enough for everyone. Health care and education will be free.

This is the Jubilee imagined in the book of Leviticus.

This is the world imagined by the Apostles, Acts 4:35: "And distribution was made unto every man according as he had need."

It is the vision of the Pilgrims' Mayflower Compact to "combine ourselves together into a civil body politic."

April is the beginning of the Jubilee Year.

But it probably can't last a year.

After a couple of months everyone will want to get back to work.

The corporations and the president will try to sell the idea of a "Return to Normalcy" like Harding in 1920, trying to calm the radicalism that erupted in reaction to World War I and the Spanish Flu epidemic. And Harding led to "Keep Cool with Coolidge," and then to Hoover and the Great Depression

and, finally, to the New Deal and Franklin Roosevelt.

People are ready for a New Deal now. We don't need to wait 12 years. Everybody now understands the social necessity of Medicare for All. It is in our direct interest that everybody gets tested and treated. My health is dependent on your health, and your health is dependent on mine. We are all connected.

We know the minimum wage must be a living wage. We know education, especially for nurses and doctors, must be free. We know there must be a massive public works program to repair our roads and bridges.

We know our world can be a better place than it was. We can make the hopes and dreams of ancient prophets and early apostles come alive. We can take comfort that the world is rich enough to celebrate a Jubilee—that all our brothers and sisters can be taken care of, that no one needs to go hungry or homeless.

"To what purpose, April, do you return again?

... like an idiot, babbling and strewing flowers."

—Edna St. Vincent Millay

Changes, from page 1

countries are shutting down, health care systems are being overwhelmed, and people are dying. In many ways this pandemic has highlighted the weaknesses of our system. We need a universal single payer health care system. We need better protections for workers, especially independent contractors and tipped workers, so that people have the option to avoid potentially lethal illnesses without risking their financial stability. We need a system that ensures ALL Americans are able to retire at a reasonable age so that they are not faced with having to continue to work customer service jobs such as grocery store cashier even as hordes of people, many of whom are statistically likely to carry the virus, panic-buy toilet paper.

This crisis has brought out the worst in some and the best in others. We have seen the concrete damage that our individualistic, dare I say, selfish culture has reduced some to through panic-buying and supply hoarding. And, on the other end of the spectrum, some are refusing to change their behaviors to limit the spread of the virus. We have seen horrible instances of racism and xenophobia. But we are also seeing many people come together in the U.S. and around the world to help

others whether they know them or not.

I hope that this experience will encourage our leaders to reevaluate our priorities as a people. Governor Tim Walz classified grocery store workers as emergency personnel and that provides them with vital benefits such as access to free child care. It also recognizes that these employees have endured the risks of large crowds stocking up and panic-buying, and it also appreciates their vital role in keeping the rest of us fed.

At the federal level, this is an opportunity to drive home the importance of a universal single payer health care system in the U.S.

Now is the time to remind our political leaders that measures such as a Universal Basic Income (UBI) will do far more to keep the economy afloat than bailing out banks and corporations.

There has been an encouraging amount of bipartisan talk about something that would be very close to a UBI, but right now it is questionable how long this program might last and there are efforts to limit its scope. Checks should begin to go out to anyone with a social security number as soon as possible and they should continue to go out every month until the threat has passed. To put a means test on any

relief would unnecessarily slow the transmission of the money through complicated bureaucratic hurdles. If rich people end up getting checks, it would open up a wonderful opportunity to remind politicians that we are already in desperate need of reforming our tax code, and that the rich and large corporations need to start paying their fair share.

There are a number of ways we can support those impacted by the virus and the resulting shut-downs locally as well. Restaurants are still offering takeout and some have expanded their delivery options, but if you don't want to take the risk, you can buy a gift certificate. Some restaurants such as Modern Times and Seward Café have set up fundraisers to keep themselves afloat. I would also encourage people to make donations or volunteer with organizations serving the homeless and/or those with food insecurity, such as St. Stephens and Second Harvest Heartland.

We will get through this, and we get to have a say in what the new normal will be when the dust settles. Stay safe, practice social distancing, and stay healthy. Oh, and you probably don't need an entire year's supply of toilet paper.



"Who can look at anything any more...a door handle, a cardboard carton, a bag of vegetables... without imagining it swarming with those unseeable, undead, unliving blobs...waiting to fasten themselves on to our lungs?... Who among us is not a quack epidemiologist, virologist, statistician and prophet? Which scientist or doctor is not secretly praying for a miracle? Which priest is not...secretly, at least...submitting to science? The virus has...struck hardest, thus far, in the richest, most powerful nations of the world, bringing the engine of capitalism to a juddering halt... The mandarins who are managing this pandemic are fond of speaking of war... But if it really were a war, then who would be better prepared than the US? If it were not masks and gloves that its frontline soldiers needed, but guns, smart bombs...fighter jets and nuclear bombs, would there be a shortage?... The tragedy is immediate, real, epic and unfolding before our eyes. But it isn't new. It is the wreckage of a train that has been careening down the track for years... What is this thing that has happened to us? It's a virus, yes. In and of itself it holds no moral brief. But it is definitely more than a virus... It has made the mighty kneel and brought the world to a halt like nothing else could. Our minds are still racing back and forth, longing for a return to 'normality', trying to stitch our future to our past and refusing to acknowledge the rupture. But the rupture exists. And in the midst of this terrible despair, it offers us a chance to rethink the doomsday machine we have built for ourselves. Nothing could be worse than a return to normality. Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next. We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it."



~ Arundhati Roy

#### Bouza, from page 1

greatest enemy.

Humility requires self-examination, skepticism to all flattery and clear sights.

We admire art because it contains truth—or a tortured search thereof. What is the artist attempting? To convince us of the worth of her discovery.

Truth matters.

Quentin Tarantino is some wonderful artist. Created one of the best flicks ever—"Pulp Fiction."

And yet, even Homer nodded.

I saw "Once Upon A Time in Hollywood." Awful—and a lie to boot. Great performances but

still a lie. No Sharon Tate murder. She gets only a delightful cameo in the flick. No analysis of the charismatic evil genius Charles Manson. Only riveting examples of the great thespian talents of DiCaprio and Pitt, in that order. Bravura performances.

Yet truth will out—and it must.

In "Inglourious Basterds," Tarantino posits the absurdity of a mass annihilation of Nazis, including Hitler. A silly fable.

And yet—in that very same scene of apocalypse, Tarantino reveals the fascinating truth (I hope) that Emil Jannings, the great German actor ("Blue An-

gel," etc.), was a devout Nazi. Geez, I didn't know that.

And Woody Allen makes films I must see even as I abhor his surrender to lustful and impermissible appetites.

Think of the characters in fiction who, upon discovery of their moral blindness, gouge their eyes out.

Our lust, ambitions, greed and other dark impulses must be understood if they are to be confronted. In hubris lies blindness.

Life ain't easy.

Wisdom is elusive.

Trudge on.



# First Avenue

BY ED FELIEN

Twenty years ago, Marty and Martha Roth used to write reviews of films and theater for Southside Pride, and their son, David, used to go to First Avenue. Now David works for KTCA and has produced a 60-minute documentary of what First Avenue meant to his generation. We asked Marty and Martha what they thought of his work:

"The music venue First Avenue, in downtown Minneapolis, rises from its ashes. The lingering echoes achieve full voice in a film about its 40-year history that has just been released and made available online by your friendly public television station. We can't deny that one of the producers is our son, but we'd have loved it anyway. It's that good in its blend of video, stills, voiceover and talking heads. The film includes priceless

footage of Prince, Ike & Tina Turner, the Replacements and many other touchstones of the rock (r)evolutions in popular culture."

<http://twincitiesmusichighlights.net/venues/depot/>

Steve McClellan, the tastemaker who booked the bands through the torturous history of First Avenue, will be hosting a New Music Showcase live at the southsidepride.com website every Friday and Saturday night from 8 to 10 p.m. starting soon.

Watch this space!

Steve McClellan wants to correct my assessment. He says he was just a cog in the machine, and there were a multitude of collaborators, both staff and musicians, "that were DEFINITELY major players in guaranteeing the venue survived the hard times, allowing it to still be open today."

## Dylan Alverson from Modern Times:

This is not how I imagined my spring would be going, but we are all making do. We are doing contact-free pickups Wednesdays 10-12 and Fridays 10-12.

We have a ton of merch left and also we will be selling our homemade hot sauces. \$6 a piece

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Email me directly for more information or to place an order:

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Thanks,  
Stay safe.





# Restaurants closed

BY STEPHANIE FOX

On March 16, in response to a rising number of COVID-19 virus cases, Minneapolis Mayor Jacob Frey declared a local public health emergency, closing or limiting access to bars and restaurants except for take-out orders and delivery, until April 1. The same day, Minnesota Governor Tim Walz also ordered dine-in restaurants and other gathering places to close. Then, on March 25, Walz extended the restaurant-closing order until May 1. The extension of the ordered closings was not unexpected by those in the restaurant industry.

## Hard times at Modern Times

At Modern Times, by the first order to close, the restaurant was already dark, its staff laid off and applying for unemployment insurance payments.

Dylan Alverson opened up his breakfast and lunch café, Modern Times, the brightly painted building at 3200

Chicago Ave., nearly a decade ago, almost on a whim, after spotting the empty restaurant space while out in the Central Neighborhood with his young daughter. Using money he made from selling his bike shop in Olympia, Wash., and with help from friends, he made the building usable.

He gave the place what he calls a casual “hippievibe,” serving food made from local products, offering vegan, vegetarian and omnivore food to crowds of neighbors. It soon became a neighborhood institution.

But, on March 15, a day before the official restaurant closures were announced, Alverson learned that at least two people living nearby had tested positive for the COVID-19 virus and made the decision to close up until the virus danger had passed. He distributed perishables to members of his laid-off staff and to neighbors, but announced that he would not open for takeout.

“Ending up contaminat-

ing someone with a deadly disease and possibly putting people at risk isn’t worth it,” he said.

“I knew someone within one degree of my staff with the virus,” he said. “I’m a little stressed out. I have 21 employees and no income. I thought by shutting down and laying people off now, the staff would get to apply for unemployment early.” On a brunch day, he said, the cafe would typically employ four servers, a dishwasher, three cooks and a manager, but even if they decided to do takeout, they’d be down to three staff people—only three jobs out of nine would be saved.

Alverson said that he’s keeping busy. “I have three children who are not in school. I’ve been home-schooling them. I walk my two dogs on the Greenway every morning at 7 a.m. I’m also doing a lot of paperwork, applying for a new SBA disaster relief loan and a new state business loan.” He is also managing a gofundme page, after finding out that their insurance would not cover payroll costs, utilities and rebuilding the food supply after reopening. He hopes to raise \$30,000.

“If it goes on longer, I am not sure what we’ll do,” he said. “There are some things I have been thinking about. Perhaps offering more of a grocery service or soup and bread that we could control from our end, things being germ free.”

He is hoping to start selling the Modern Time’s hot sauces, mugs, T-shirts and sweat-shirts to bring in income. “I want people to take this seriously. I know a lot of people with compromised immune systems or who are elderly,

and they are scared. It’s especially hard on them. It’s going to take everyone working together on all of this,” he said.

As of the afternoon of April 4, Modern Times gofundme page had brought in \$17,066.

## A very strange grand opening at Heather’s Restaurant

Heather Asbury had hoped to open Heather’s restaurant in the former home of Mario’s Pizza Parlor, at 5201 Chicago Ave., at the end of 2019. The building had been vacant for 15 years, and when work began on the building last April, it became the subject of years of speculation among the residents of nearby neighborhoods. “It was a tricky old building and needing a lot more attention than we were expecting,” she said.

The restaurant had a soft opening during the first two weeks of March, the staff experimenting with the menu while curious locals walked by, peering through the windows to get a glance at the newly remodeled interior. A grand opening was set for March 18. Then, on March 15, the city’s mayor and the governor announced that restaurant and bars would be closed except for takeout or delivery services.

“We had no idea, no clue that this would happen. We were originally set to open in November but there were construction problems. It’s a strange time to start a restaurant. It’s not easy.”

The government closing order was unexpected, but Heather’s was ready.

“We’d put in a walk-up window with plans to use it for serving ice cream in the summer, but that’s now our service window. People can call or order online if it’s cold or rainy or snowy,” she said.

“We’ve been very busy—busier than we would be if we were open for sit-down service,” she said. “We want to keep our staff employed. We lost some people who decided to quarantine on their own, which I support. Some didn’t want to work with the public, but others are healthy and really wanted to work. Some workers no longer have their second job, a problem, especially with kitchen workers, who often have several jobs.”

There were adjustments. The restaurant had been getting their pastries from Rustica bakery, but when that bakery closed its facilities, they scrambled to find another and found Lynnhall bakery in Uptown. “It’s a good partnership,” she said.

“We have to put all our glassware and plates in storage. And, I had to hire new people. When this is over, some of my new kitchen staff will go back to their old jobs and some are students who will go back to school, but I want to keep most of them on.

“We have limited hours, 10 a.m. until 8 p.m., but we’re serving the entire menu,” she said. “The phone orders drop off after 7:30 and we close the window at 8 because once it gets dark, it’s hard to serve through the window.

“We still do breakfast, lunch, dinner. We try to keep it interesting. But, it is what it is,” she said. “Words really can’t describe this.

“We will keep going until we can go back to normal,” Asbury said. “For now, we completely switched gears. When this is over, we may have to have a new grand opening. The neighborhood is most wonderful. They welcomed us with open arms.”

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## Kim Bartmann’s collapse

BY DAVE TILSEN

Many have heard the horror story of the Bartmann group of restaurants. She all but closed the doors to her seven restaurants, laid off over 200 employees and then could not make her final payroll. She has been grilled in social media, and truly, those employees have every right to be angry. The restaurants were collecting the tips that were put on credit cards

See Bartmann, page 10



# Celebrate our Planet on Earth Day

## Saving the Earth like we mean it

BY DEBRA KEEFER RAMAGE

I got addicted to a computer game called Onnect. Before I deleted it in exasperation, I was playing it an hour a day or more. I loved this game, but not enough to pay for it, so I had to watch some really annoying ads over and over, until my ire at the ads overtopped my jonesing to play the game. The one that sticks with me is very relevant to Earth Day, officially Wednesday, April 22 (although with the COVID-19 raging, we expect celebrations to be subdued, i.e., canceled). In this particularly infuriating ad, a mom and her little girl are doing their separate things in a beautiful upscale kitchen, when a glass of water gets knocked over. Mom reaches for a wad of paper towels. Daughter asks, "Mom, where do paper towels come from?" Mom replies, "Um—trees, I think." Daughter can't just leave it alone. "A lot of trees?" (Cut to Mom's face, looking guilty and helpless.)

Yes, the somber narrator

informs us, it IS a lot of trees. In fact, it's "94,000 trees every day in the U.S. alone." The ad then goes on to sell us bamboo-sourced paper products, which is not what infuriated me; I'm in favor of bamboo products. Not content with just saving trees, the new socially-responsible company is also PLANTING trees. A LOT of trees? Oh, my, yes. They have already planted 150,000 trees! And they're going to try to plant a million trees in a year. You can see the ad here: <https://www.youtube.com/watch?v=4s4GmHoiKeM>. And for those who don't glom onto math problems as quickly as others, here's what I found so annoying: In almost a year, this company (Seedling) planted enough trees to replace a mere 36 hours of harvesting just for paper towels and toilet paper. In their very aspirational and ambitious next year, they would replace their evil industry's destruction of —gasp—11 whole days' worth of trees (one million)! But what

really brought me all the way to fury, as well as confirming my pervasive "we suck" feeling about Ameri-

competition with India over "afforestation," the opposite of deforestation. The standing record, because the

million trees in 365 days or 350 million trees in half a day? And is it worth paying over two dollars a roll for bamboo toilet paper to feel this good? (Sarcasm.)

I am hoping my little rant will serve to introduce the topic of what should be a well-worn angle on environmental values and responses to climate chaos—what you might call an existential mental barrier or simply first-world ambivalence about these issues (the first world, my world, being the only one about whose thoughts I am entitled to speak, but not the only valid viewpoint there is). The reason we often encounter a barrier when we try to think strategically, ethically, individually, and perhaps, ideologically about the problem of the environment is that there are, in fact, several barriers there. In other words, dualisms, fake mental walls between concepts. Ideologically, there is the wall between capitalism and socialism. In terms of



**Brianna, a cow who escaped slaughter while pregnant, and her daughter Winter**

can capitalism, was seeing what some less "special" countries of the world are doing about deforestation and carbon sequestration shortfalls. The same week I deleted the game from my iPad, I saw a news flash that Ethiopia had recently broken an official Guinness World Record in its friendly

book has not been updated yet, is 50 million trees in 24 hours, planted by volunteers across India in 2016, not as a marketing ploy. (That would cover about 18 months of U.S. paper products.) Ethiopia, however, planted seven times that many, over 350 million trees, in only 12 hours. One

See *Earth Day*, page 8

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# Celebrate our Planet

**Earth Day, from page 7**

individual responsibility, there is the wall between individualism and communitarianism. Ethically and strategically, there is a wall between what we think is our responsibility and within our power, what we think ought to be our responsibility and within our power, and what actually is within our power. And these various walls cut across the problem in different directions, and we as individuals can be on different sides of one wall but the

same side of another wall as any other given individual. Consider a person who identifies as a socialist, who thinks they know what a capitalist is but actually doesn't, who also identifies as an individualist, and who tends to greatly overestimate both their own power and their own responsibility. This person doesn't think a lot about ethics, but if pressed would be a relativist. Then consider their comrade, who also identifies as a socialist, but as a communitarian one, who believes in moral absolutism,

and who tends to greatly underestimate their own power, but overestimate their own responsibility. Now imagine these two individuals trying to come to agreement on, let's say, the best way to control carbon emissions. Does this sound familiar? Do you think you may have actually had this conversation at some point? What normally happens here, in the best of circumstances, is that the discussion grinds to a vaguely uneasy halt at some point—too many variables, too much complexity. Mental passivity sets in. Well-meaning people either recycle or don't, give up their car, or make rather pathetic arguments about why they can't, go vegan and assume that's enough, or do something else but feel guilty every time they eat cheese or chicken.

You come to the very understandable view that you can't possibly do all the right things for the environment, and still live. And you're right, you can't! For one thing, there are systemic



**A forested valley somewhere in Africa**

factors beyond your control, so that you participate in the destruction, or die, or close to it. For another thing, bad actors (or sheer ignoramuses) will lay a guilt trip on you that because you can't unilaterally drop a certain destructive behavior, you have no right to struggle against it, or demand alternatives. Consider pipelines. People who don't see a problem with pipelines love to accuse active opponents of pipelines of hypocri-

sy, because they buy gasoline, take airplanes occasionally, and actually have the audacity to heat their homes in the winter, and use electricity to charge their cellphones. Or take my outsized aggravation with the hapless executives of Seedling Inc and their pathetic one million trees. OK, so I should be happy that Marc Benioff, CEO of Salesforce and another green capitalist (which to my mind makes about as much sense

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# et on Earth Day

as a reptilian rabbit or an atheist priest), has proposed a global tree-planting project called the One Trillion Tree initiative (see [1t.org](http://1t.org)). Well, OK, maybe, but how should I feel about what British ecologist Thomas Crowther has to

say about it: “If tree planting is just used as an excuse to avoid cutting greenhouse-gas emissions, then it could be a real disaster.” So, this could either “save the planet” or it could be a huge greenwashing scandal that costs some-

one (probably not Benioff) \$300 billion. (See <https://bit.ly/2Xoref8> for the whole story.)

I actually think I have a partial but workable solution you can use in your own life. I haven’t bottomed this out

into a full system yet, but I’m working on it. First, you give up any thought of perfection, purity, or of power that you don’t actually have. Then you take a fearless and searching inventory of your own values. What matters the most to you—your health, your family, the survival of the human race, the survival of the ocean (the human race being a lost cause) or something else? Do you care equally about human suffering and animal suffering or does one matter more? Do you believe in a higher power and/or an afterlife or is that crazy stuff? You also take an inventory of what you can

do, what you cannot do, and what falls in between. Then you do a ton of research, and try to determine which actions—going vegan, giving up your car, moving off the grid, eliminating plastic, growing mushrooms, going back in time and killing Hitler—are going to give you the highest return in your most valued areas and the highest personal satisfaction. Then you do those things. And you don’t give in to regrets, guilt or blame, but teach everyone you know how to do the same. I reckon that, plus the fall of capitalism (obviously!), will ultimately save us.

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You, fleeting bubbles of reason,  
Accidental parasites of time,  
  
You, filthy microbes of cancer,  
Ephemera of invincible eternity,  
  
You, who try to fill your vanity  
With abominable crimes,  
  
You, insensible butchers of  
animals,  
  
Notorious destroyers of pas-  
tures,  
  
You, contaminators of oceans,  
Deleterious polluters of rivers,  
  
You, menacing beings of har-  
mony,  
Transgressors of universal laws,

You,  
Who deliberately have put me  
through  
The tormenting agony of dying  
By  
Strewing your treacherous dark  
web of  
Your unworthy ambitions, all  
over my face,  
Shadowing my generous fertil-  
ity and  
Rendering me sterile,  
  
Behold,  
For the time has come for you  
To feel my wrath and my fury  
Boiling lava over you  
To flow every day,  
  
Kneel,  
Your tiny mortal beings  
In front of the immortal cosmos,

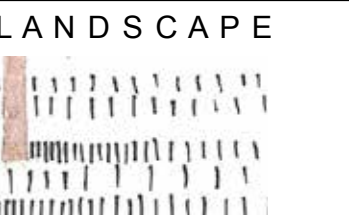
For the shiny heavy sword of  
Universal justice,  
Punisher of transgressions,  
guardians of  
The eternal laws,  
Over your thoughtless heads to fall  
With vengeance and rage  
Decapitating the most of you  
and  
Those who would survive  
Shall feel the torturing pain in  
Their hearts  
For  
Uncountable years!

- Demetrios  
Trifiatis





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# ‘No Shortcuts’ forum at Shir Tikvah

BY ISABELA ESCALONA

A coalition of labor unions, religious leaders and social justice organizations held a panel as part of a Week of Action on Wednesday, Feb. 26, at Shir Tikvah Synagogue. Rabbi Arielle Lekach-Rosenberg led the participants in a traditional Jewish covenant ceremony where elected officials joined in the call to end workers’ rights abuses and displacement amidst the housing crisis in the Twin Cities metro.

Arturo Hernandez, a construction worker who shared a story about working on a Dominion project, said, “This is happening everywhere—Minnesota, Nebraska, Kansas, Texas. These companies are taking advantage of vulnerable people. Workers are scared to come forward. I’ve reported these violations and nothing happens.” Barbara Luvene with African Career and Education Resource (ACER) discussed the intersection of workers’ rights and housing justice: “If you want tenants to do right by you, you must do right by tenants. We are not

just customers, we are your community.”

Many other elected officials joined the forum, including Mayor Mike Eliot from Brooklyn Center, Council Member Simon Trautmann from Richfield, Council Member Kissy Coakley from Minnetonka, Council Member Jenna Carlton from Bloomington, and Council Member Margaret Rog from St. Louis Park participated in the covenant ceremony in solidarity with workers and tenants.

The forum educated and encouraged elected officials and housing decision-makers to prioritize the concerns and the rights of workers and tenants in the financing and construction of affordable housing. Speakers at the forum explained how the current systems allow developers to obtain generous financing, public subsidies and tax incentives to maximize their profits at the expense of workers and tenants.

The event was sponsored by Jewish Community Action, CTUL, ACER, MRLE, LIUNA, Minneapolis Building Trades, and Carpenters Regional Council.

# U.S. attacks Venezuela

BY SARAH MARTIN

This past month, Venezuela’s President Nicholas Maduro wrote a letter to the people of the world denouncing the latest, treacherous U.S. escalation against that country. When the U.S. government should be entirely focused on the health and safety of U.S. citizens, the Trump administration has once again threatened the peace and stability of Venezuela.

On March 26, U.S. authorities charged Venezuelan authorities, including President Maduro, of drug trafficking and terrorism and outrageously placed a \$5 million bounty on their heads.

Pino Arlacchi, the former executive director of the United Nations Office for Drug Control and Prevention, says that in his 40 years of anti-narcotic work, he never came across evidence of Venezuela’s involvement in the drug trade—instead saying that the U.S. and Colombia drive drug production and consumption. As an expert on the Italian Mafia, Arlacchi says the U.S. government is actually the party behaving like an organized crime unit in its treatment of Venezuela.

It is no coincidence that the day before, on March 25, the Venezuelan government announced that an arsenal of sophisticated weapons had been captured close to the Colombia-Venezuela border. According to the Venezuelan government’s investigation,

these arms were for military and paramilitary personnel training in camps in Colombia that were part of an operation to kill President Maduro, his family and other high state officials and to attack Venezuelan civil and military sites. Mr. Cliver Alcalá, a retired general of the Venezuelan army admitted to being in charge of the operation. He said the weapons were purchased through a contract with Juan Guaidó, the U.S.-supported, self-proclaimed and illegitimate president of Venezuela, as well as with U.S. advisers and a representative of the Colombian president and government.

Although Alcalá was named by the U.S. in the letter charging Venezuelans with terrorism and drug trafficking, he was curiously and suspiciously seen shaking hands with his captors as he left the country without handcuffs on a VIP flight to Miami.

Then, in one of his daily COVID-19 press conferences last week, surrounded

by military officials, Trump announced that several warships will be deployed into Caribbean waters just north of Venezuela. In this bizarre scene, with the nation’s attention and concern on the pandemic, he left viewers bewildered as he talked about drugs and drug addiction. However, the message was clear. This move and these warships are yet another escalation of threats against the government of Venezuela and its people.

In his letter, President Maduro wrote, “Brothers and sisters of the world, you can be absolutely sure that Venezuela will stand firm in its fight for peace and that, under any circumstances, it will prevail. No imperialist aggression, however ferocious it may be, will divert us from the sovereign and independent path that we have forged for 200 years, nor will it distance us from the sacred obligation to preserve the life and health of our people in the face of the frightening global pandemic of COVID-19.”

.....

**Bartmann, from page 6**

(most of them) and then reporting them as income on paychecks. This will turn out to be a good thing on unemployment for servers, but it also exacerbates the injury of missing the final checks.

Kim Bartmann’s public statement, “Please know that I’m doing everything I can to make it right. I’m seeking investors. I’m applying for the SBA’s economic disaster relief loans. We’re pursuing catering contracts, selling gift cards, and petitions to be able to sell wine and beer with delivery and takeout. I will do everything humanly possible to make it right,” did little to help the economic situation for her employees. There is just nothing good about this situation.

Over the years, the Bartmann group has shown great creativity, community

solidarity and progressive leadership as she grew her business. She has hired experienced managers, as well as given people a chance to grow in her organization. Her block parties, like the ones during Pride, Bastille Day and others have been landmark community events that have employed local musicians and artists, and who doesn’t know someone who has performed at the Bryant Lake Bowl?

To do this she had to be brave, some call it risky, too risky, some call it hustling or entrepreneurial. Yes, she stretched her cash flow, but most of us who have run a business know what that’s like. It took a major virus, and then the governor shutting down her industry to cause her to crash and burn. I admit, I do love and admire her, but my heart weeps for the state of her workers in our neighborhood.

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# The city's empty promise of public housing

BY JOE HESLA

Minneapolis is an unaffordable place to live for those who are poor and of moderate income. Since 2011, the metro has a net loss of nearly 1,300 affordable units annually. Meanwhile, our rents are skyrocketing. In 2010, the average rent was \$941/month. In 2019, the average rent was \$1,332. Even more alarming, for new apartments constructed since 2010, the average rent was \$1,788.

Neither the city nor the open market has solved this escalating affordable housing disaster in Minneapolis and the metro area. Could a return to significant amounts of public housing (housing subsidized by public funds) be a solution to our problem? This country used to have much more public housing than it does now.

Definition of public housing: housing provided for people with low incomes, subsidized by public funds.

In 1933 and 1937, Congress passed two housing laws that ordered the building and maintenance of low-cost housing.

After that, public housing gradually went downhill. By the 1940s, the Federal Housing Administration (FHA) had incorporated a practice that created racially homogeneous neighborhoods, i.e., segregated neighborhoods. This practice was banned by the Supreme Court and then outlawed by new laws in 1960.

Integrated public housing ran into opposition from the beginning. When public opposition failed (and when Fred Trump got ordered by the federal government to stop discriminating against African Americans in his housing projects), “white flight” moved people to the suburbs. In the 1980s, Ronald Reagan cut Housing and Urban Development (HUD) funding by an astounding 40 percent. Cities then had to issue bonds to pay for urban infrastructure. Cities began to operate more like profitable entities to lure high-end developers and real estate companies to upgrade old

housing and build “amenities.” More and more, it became a way to attract a wealthier type of citizen to fix the financial problems that all cities were facing.

The Minneapolis Public Housing Authority’s (MPHA’s) website says there are currently 6,259 public housing units in Minneapolis. Is this enough? Consider this. A family of four is below the poverty threshold with an annual household income of less than \$24,858. Roughly 20,000 households in Minneapolis live in poverty. This is a significant number by itself. Add to that the thousands of other households that would need public housing.

What does City Hall think? Our Minneapolis 2040 Plan passed by the City Council says that they are committed to public housing. POLICY 33: section i. of the 2040 Plan says, “Preserve, improve, and expand public housing that serves the lowest-income people in our city.” Based on the preceding paragraph, this policy may not be working adequately.

It is true that City Hall has passed some ordinances to increase affordable housing through influencing the new developments of housing by real estate developers.

These efforts will be needed if you are concerned about the explosion of luxury condos built in downtown and near Northeast (near St. Anthony Main), as well as in parts of South Minneapolis. November’s inclusionary zoning ordinance is an example of the city’s efforts to legislate the for-profit housing market into providing enough truly affordable housing. Will it be enough to keep our current population from being replaced by a wealthier citizenry? Or do we need something in addition?

Why public housing? Public housing would keep those of us who are low- and moderately low-income residents in the city. Public housing could provide an affordable home for thousands of Minneapolitans. It would also be a stabilizing factor and ballast against the rise of rents.

It could be a significant force to slow down the dangerous pace of gentrification. Enough public housing would provide stable homes well into the future here for those of us currently threatened by the predatory housing market and accelerating gentrification.

What would it take for Minneapolis to build more public housing? It would take money. Cities and counties constantly raise money by issuing bonds and then raising taxes to pay for those bonds. Hennepin County issued bonds for Target Field, and we are all paying for it with a .15 percent sales tax (a regressive tax).

If the city can issue bonds to help a private citizen billionaire pay for his stadium, it can also issue bonds to build public housing and raise taxes to pay for it. How to raise those taxes?

There are many ways to tax in order to promote fair housing. The city could increase taxes on the profits and income of big developers. The city could levy a tax on large real estate sales. It could charge a special tax on the sales of individual homes that are purchased and flipped. It could levy a large tax on entities that purchase homes for conversion to airbnbs. This is increasingly happening in the city—you may have one on your block. It could issue a special yearly tax on any apartment building that does not have a certain percentage of affordable units.

The city could also institute policies to promote public housing. It could institute a “right to sell.” This would give a homeowner in danger of foreclosure the right to sell to the city, which would then operate it as public housing. It could institute a “right of first refusal.” This would give the city the first chance to buy any property for sale. Any purchases then could likewise be converted to public housing.

Southside Pride asked several City Council members if they would support issuing bonds to pay for public housing but got no responses by the time of this publication.

Across the country, there are numerous examples of progressive tax efforts like those mentioned above.

1) Airbnbs: In Amsterdam, Airbnbs must pay a tourist tax on income from holiday rentals. In Palm Beach, Fla., Airbnbs pay a 6 percent occupancy tax and in Portland, an 11.5 percent tax; there are similar deals in San Francisco, Washington, D.C., Chicago and Philadelphia. In Minneapolis, the rate is only 6.875 percent.

2) Taxing wealth: In Portland, Ore., in 2017, city officials instituted a new CEO pay tax that raised \$3.5 million for the city. That local measure brought national exposure to the idea, and

San Francisco has explicitly named Portland as its model.

3) Policymakers in San Francisco, Washington state, and at least five other states are proposing to locally tax the pay gap between corporate executives and rank-and-file workers.

4) Closing loopholes: Fix LA, a community coalition calling on Los Angeles city leaders to restore vital city programs and services that have been cut, is urging LA County to force commercial property owners to pay taxes they have avoided through accounting tricks.

5) Other taxes: Bernie Sanders proposed a 25 percent tax on flipping houses.

## Spring CarCare

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EVENTS

**Bahá’i Center of Minneapolis**  
3644 Chicago Ave., Mpls.  
Please visit the Bahá’i community of Minneapolis website at <https://www.minneapolisbahai.org/>. Here you will find information about upcoming and past Holy Day celebrations, as well as news, announcements and information.

**Bethel Evangelical Lutheran Church**  
4120 17<sup>th</sup> Ave. S., Mpls.  
For information on virtual worship, sacred music, and other church activities, please go to <http://www.bethel-mpls.org/> or <https://www.facebook.com/BethelLutheran-Mpls/>.

**Calvary Lutheran Church**  
3901 Chicago Ave., Mpls.  
Sunday worship at 10 a.m. via Facebook Live and Zoom. Online Group Meetings: Calvary members are actively leading discussion and study groups during this time. Please visit our website at [www.clchurch.org](http://www.clchurch.org) for more information.

**Catholic Church of the Holy Name**  
3637 11<sup>th</sup> Ave. S., Mpls.  
There will be no public Masses through April 30. Reconciliation by appointment only. Please call 612-724-5465. Visit our website at <https://www.churchoftheholyname.org/> for Archdiocesan links

to Mass online, on TV, and other Mass/prayer resources.

**Catholic Church of St. Albert the Great**  
E. 29th St. & 32nd Ave. S., Mpls.  
At the request of the Archdiocese, we have canceled all further “live” masses in the church. However, we ARE live-streaming the Sunday morning mass at 9:30 am on our St. Albert the Great Facebook page. Please join us there, and be safe and prayerful in this distressing time. <https://www.facebook.com/StAlbertTheGreatMpls/>

**Faith Evangelical Lutheran Church**  
3430 E. 51st St., Mpls.  
[www.faithlutheranmpls.org](http://www.faithlutheranmpls.org)  
Sunday Worship and Midweek Devotions online on YouTube <https://www.youtube.com/channel/UCAMEkjtLORYXnd-mlow/> and Facebook <https://www.facebook.com/felcmpls/>  
Join the Zoom meeting of the Wednesday morning Bible study: <https://uso4we.zoom.us/j/5862684310> or join by telephone -Meeting ID:586 268 4310 (this is a phone number to call if you don’t want to use computer).

**First Free Church**  
5150 Chicago Ave. S., Mpls.  
We’re not closed. We’re online. Sunday services will be posted at 9 a.m. to our Facebook and YouTube pages. [www.firstfreechurch.org](http://www.firstfreechurch.org)

**Holy Cross Lutheran Church, LCMS**  
1720 E. Minnehaha Pkwy., Mpls.  
Sunday Worship recordings online at [www.holycrossmpls.org](http://www.holycrossmpls.org). Scroll to mid-page on the homepage to see recordings and bulletins to follow along.

**Hope Lutheran Church**  
5728 Cedar Ave. S., Mpls.  
In a desire to do our part, Hope Lutheran Church has moved worship from a physical gathering in our Sanctuary on Cedar Avenue to an online gathering until at least the end of April 2020. To learn how to connect to our worship services, please click on the Worship Tab on our website. [www.hopempls.org](http://www.hopempls.org)

**Living Spirit United Methodist Church**  
4501 Bloomington Ave., Mpls.  
Worship with us from home! In complying with Minnesota’s stay-at-home order, all in-person activities, including worship and supper, are cancelled until further notice. Please visit our website to learn more about how we’re maintaining community in the meantime. [www.livingspiritumc.org/online](http://www.livingspiritumc.org/online)

**Messiah Lutheran Church**  
2400 Park Ave., Mpls.  
Due to COVID-19 and the recommendation of the ELCA and Governor Walz, Messiah has decided to suspend Sunday worship until further notice. We make this decision prayerfully and will instead be posting podcasts of the sermon

online. We will continue to monitor the situation closely and hope to resume Sunday worship at Messiah soon. “Energized by Worship, we reflect God’s Love in the community with activities of service that positively transform lives.” Please visit us at <https://www.messiahlutheranmpls.org/> for online services, devotions and bulletins.

**Mt. Zion Lutheran Church**  
5645 Chicago Ave. S., Mpls.  
In consideration of the public health concerns related to COVID-19 and per the recommendation of the Minnesota Department of Health, worship services at Mt. Zion Lutheran Church have been cancelled until further notice. Stay well. May God bless and keep you!

**New Creation Baptist Church**  
1414 E. 48th St., Mpls.  
Please visit our website at <https://newcreationbaptistchurchmn.org/> or on Facebook at <https://www.facebook.com/NewCreationBaptistChurch/> to access sermons and Bible study teleconferences online.

**Nokomis Heights Lutheran Church**  
5300 10th Ave. S., Mpls.  
[www.nokomisheights.org](http://www.nokomisheights.org)  
All in-person worship and activities suspended. We may be separated, but we are still a church and a community, physically distant but faithfully together. Connect with our online community on Facebook and YouTube, and join us as we navigate these challenges together. A new worship goes up on YouTube every Sunday at 10am, and all are archived, so you can view the ones you missed. <https://www.facebook.com/NokomisHeights/>

**Plymouth Congregational Church**  
1900 Nicollet Ave., Mpls.  
All Plymouth meetings and in-church Sunday services canceled until further notice. Please visit our website at <https://www.plymouth.org/> or our Facebook page at <https://www.facebook.com/PlymouthCongregationalChurch/> to view online worship services, bulletins and announcements.

**St. Joan of Arc Catholic Community**  
4537 3<sup>rd</sup> Ave. S., Mpls.  
For video masses, musical performances, church bulletins, and other news, please see our website <https://www.saintjoanofarc.org/> or Facebook page <https://www.facebook.com/StJoanMpls/>.

**St. Mark’s Episcopal Cathedral**  
519 Oak Grove St., Mpls.  
For the sake of the Common good, Saint Mark’s doors are closed until further notice—still there is so much you can practice from home. Visit our website at <https://ourcathedral.org/> for links to Daily Practices and past livestreams and video archives.

**Temple of Aaron**  
616 Mississippi River Blvd. S. St. Paul  
Please visit our Facebook page for updates on the synagogue’s programs, schools, and services. <https://www.facebook.com/Temple-of-Aaron-202015025137/>

**Walker Community United Methodist Church**  
3104 16<sup>th</sup> Ave. S., Mpls.

Until further notice, Walker Church will be closed for all non-essential operations. Services will continue online via Zoom and Facebook Live at 11 a.m. to noon on Sundays. Visit our website at <http://www.walkerchurch.org/> or Facebook page at <https://www.facebook.com/walker-umc/> for more information.

ONGOING

SHARING FOOD -- UPDATED

**Bethany Lutheran Church**  
2511 E. Franklin Ave., Mpls.  
612-332-2397  
Soup for You! UPDATE  
The Soup for You! Café will be closed to normal dining, but we plan to distribute bag lunches at the regular entrance to the Café, to mitigate the spread of COVID-19. <http://www.bethanyinseward.org/>

**Calvary Lutheran Church**  
3901 Chicago Ave., Mpls.  
612-827-2504, ext. 205  
The Calvary Emergency Food Shelf is available for area residents each Saturday from 9 a.m. to noon. Pre-packaged bags of food will be distributed at the elevator entrance (on 39<sup>th</sup> St., with the blue awning). Volunteers will be available to direct you to the correct door. There are eligibility requirements. On our website, [www.clchurch.org](http://www.clchurch.org), click on the “Food Shelf” link in the “Outreach” tab, or call the food shelf office at 612-827-2504, ext. 205.

**Groveland Emergency Food Shelf**  
1900 Nicollet Ave., Mpls.  
Basement of Plymouth Congregational Church  
612-871-0277  
Monday – Friday  
9:30 a.m. to 12:30 p.m.  
Entrance on Groveland Ave. between Nicollet and Lasalle. <http://grovelandfoodshelf.org/>

**Minnehaha United Methodist Church**  
3701 E. 50th St., Mpls.  
612-721-6231  
In order to fight food insecurity in our neighborhood, as of April 9, 2020, the Minnehaha Food Shelf will still be open on Tuesdays from 10:30 a.m. to 3 p.m. We have instituted protocols to maintain appropriate social distancing. <https://www.facebook.com/Minnehaha-FoodShelf/>

**New Creation Baptist Church**  
1414 E. 48th St., Mpls.  
612-825-6933  
We’re still here to serve you on the first through fourth Saturdays from 10 a.m. to 2 p.m. or until we run out of bags. Be safe and God bless! <https://www.facebook.com/NCBC-foodshelf/>  
Food Shelf  
Saturdays (except 5<sup>th</sup> Saturdays)  
10 a.m. to 2 p.m.  
(Brown door on the corner of 48th St. and 15th Ave.)

**Walker Community United Methodist Church**  
3104 16<sup>th</sup> Ave. S., Mpls.  
office@walkerchurch.org  
Tuesday Meals: Our regular Tuesday meals will be suspended until shelter-in-place orders end. We will still have groceries available for pickup on Tuesdays from 5 to 6 p.m. <http://www.walkerchurch.org/>

# The Nokomis Religious Community Welcomes You

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**BETHEL EVANGELICAL LUTHERAN CHURCH**  
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**CATHOLIC CHURCH OF ST. ALBERT THE GREAT**  
E. 29th St. & 32nd Ave. S.  
612-724-3643  
[www.saintalbertthegreat.org](http://www.saintalbertthegreat.org)

**CATHOLIC CHURCH OF THE HOLY NAME**  
3637 - 11th Ave. S., 612-724-5465  
No Masses through April 30  
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**FAITH EVANGELICAL LUTHERAN CHURCH**  
3430 E. 51st St.

612-729-5463  
[www.faithlutheranmpls.org](http://www.faithlutheranmpls.org)  
Sunday Worship and Midweek Devotions online on YouTube and Facebook <https://www.facebook.com/felcmpls/>  
Midweek Bible Study Wednesdays 11 am on Zoom at <https://uso4we.zoom.us/j/5862684310> or call Meeting ID 586-268-4310  
Pastor: Rev. Jesse Davis

**FIRST FREE CHURCH**  
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**HOLY CROSS LUTHERAN CHURCH, LCMS**  
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612-722-1083  
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Scroll to mid-page on the home page to see recordings and bulletins to follow along.  
Pastor: Bruce Laabs

**HOPE LUTHERAN CHURCH**  
5728 Cedar Ave. S.  
612-827-2655  
[www.hopempls.org](http://www.hopempls.org)  
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**MOUNT ZION LUTHERAN - LCMS**  
5645 Chicago Ave. S.  
612-824-1882  
[www.mtzioninmpls.org](http://www.mtzioninmpls.org)

**NEW CREATION BAPTIST CHURCH**  
1414 E. 48th St.  
612-825-6933  
<https://newcreationbaptist-churchmn.org/>  
<https://www.facebook.com/New-CreationBaptistChurch/>  
Pastor: Rev. Dr. Daniel B. McKizzie

**NOKOMIS HEIGHTS LUTHERAN CHURCH – ELCA**  
5300 10th Ave. S.  
612-825-6846  
[www.nokomisheights.org](http://www.nokomisheights.org)

**ST. JOAN OF ARC CATHOLIC COMMUNITY**  
[www.stjoan.com](http://www.stjoan.com), 4537 Third Ave.  
Masses suspended until further notice  
Video available on our website and Facebook page  
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# COVID-19 brings out our creativity

BY ELAINE KLAASSEN

During this period of time when most of us are not anywhere near the coronavirus, yet closer than we think, we are watching and waiting and wishing the best for our family, friends and neighbors. Finding ways to get through the gloom and worry of this time, many community members have come up with creative responses. It seems as though sheltering in place and staying home have driven up our desire to be connected to one another.

## Online compassionate communication

There's a Facebook group called COVID19-Delivery, Twin Cities Metro, MN organized by a woman named Laura Nilles. People who need something and for whatever reason aren't able to get it (usually food) can post their situation, and volunteers in the group respond. They coordinate their times and locations (covering the entire metro area—you can join the metro area that corresponds to you) and somehow or other the needs are met. The only commonality among the participants is their willingness to ask for help and their willingness to provide it. Nobody's genetically related or brought together by an ideology, philosophy or belief sys-

tem.

## Exercise options at home

Exercising alone does nothing for your social isolation, but it's still good to keep exercising. Watching exercise videos helps you stay on track and maybe feels a little less lonely.

The YWCA has put out six exercise videos, all of which are on You Tube (YWCA On Demand). One afternoon I did about 23 half-assed minutes of a half-hour routine (somewhat challenging) called Fitness Barre. I already did Chair Yoga, although I get tense trying to relax. I know. Anyway, it's fun. (I started exercising when I was 65. Before that I was afraid of having a heart attack. When I turned 65, I figured it was too late to die young so it didn't matter. The last 10 years of exercising have gone very well. No heart attacks or strokes. Just a little fitness.) So, whatever your reasons for not exercising, you probably can overcome them. I think having a video right in your own home makes the whole thing so much easier. Now might be a good time to start if you haven't already. These are the YWCA classes available: Fitness Barre - 30 minutes; Cardio HIIT - 25 minutes; Chisel - 25 minutes; Core Fit - 15 minutes; Vinyasa Yoga - 40 minutes; Hatha Yoga - 35 minutes; Chair Yoga - 30 minutes; Cool Down & Stretch - 10 minutes.

I just learned of a new video series put out in response to the pandemic by Happy Human, Jesse and Amber Walker's Minneapolis-based personal training company. The theme is Move, Meditate and Make a Difference. Filmed in their home, the mood is casual and involves Mom (Amber), a professional personal trainer, Dad (Jesse), and their participating charming children. Amber leads 20 minutes of workout (I'm not kidding, but you can create your own pace of course because no one is watching), and then Jesse leads a short meditation. Their videos are on You Tube, or you can join them by Zoom at 8:30 in the morning. Sign up at [www.happyhumanfitness.com/mmm/](http://www.happyhumanfitness.com/mmm/).

## Dental care by phone

My dentist, Dr. Terry Bongard, is calling all his patients on the phone to go over their dental history, general health history and potential concerns since he is limiting his face-to-face, in-person care to emergencies. He said that the idea of doing dentistry or health care remotely has been around for a long time, but now with COVID-19 it will probably be used a lot more. How much will stick,



Jesse and Amber Walker of Happy Human

time will tell. He is now taking online courses in teledentistry. Calling on the phone is of course "old technology," he said.

## Going for walks in the neighborhood

I don't know how advisable it is at this point to continue going for walks in the neighborhood. If you do venture out, be sure to wear a mask.

Until now, I've noticed the sidewalks covered with messages: "I can't wait to give you a hug." "Just breathe. This too will pass." And lots of hopscotch games—hop, hop, step, step, twirl to the right, twirl to the left. On one block of 41st and 42nd Avenues, neighbors have placed posters with poetry on their doors or windows, sometimes a poem continuing from one house to the next.

I saw stuffed animals in windows everywhere, placed there so that small children out on treks with their parents

could look for them and maybe make up stories about them. Somebody started it and now it's a "thing." I imagine the parents asking, "What kind of animals do you see? How many? What color? What are their habits? What are their natural habitats? Are they friendly? Scary? Are they extinct?" It felt lovely to participate in this collective fairyland. I put a brown sock monkey and a red imaginary TV animal in my windows. On each one I

taped an arm to the window, trying to make them look like they are waving.

At 34th Street and 42nd Avenue, across from Turtle Bread, there's a fanciful new business—closed for now—called Belle's Tool Box, a corner lot with a rain garden, a gazebo and curved pathways designed for children and their parents to do projects together. Along its fence on 34th Street, there's a drop box created especially for COVID-19. Perfect for our current moment, and afterwards too, it invites neighbors to bring cards or pictures for our older friends who might be isolated. Communications should be placed in baggies or ziplock bags. Co-owners Lucy Elliott and Jen Cantine will take the messages to Healthy Seniors, along with stamp money they donate, and the organization will sanitize and mail them.

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<https://www.src-mn.org/service/lead-hazard-control-grant>





# Popular Hennepin Avenue businesses struggle through pandemic (and cope)

BY STEPHANIE FOX

While most in Minneapolis agree that a shutdown of all but essential businesses is necessary, it is rough on many shops and restaurants now struggling to survive. While owners, workers and customers speculate when the governor will ease restrictions, businesses are finding their way through the crisis. Hennepin Avenue, usually bustling, is quiet with many businesses closed. Others are still operating, with restrictions.

## Perennial Cycle 3342 Hennepin Ave.

Bike shops in Minnesota have been designated essential busi-



Luke Breen's Perennial Cycle is open. Bikes are essential business, says Gov. Walz.

ness, to some extent because of Perennial Cycle's owner, Luke Breen. "Before, bikes were seen by a lot of people as no more than a toy. But, many of our customers work in the healthcare industry. Every day this week we have had a nurse, a doctor or a lab tech pick up their bikes that they use for commuting to work," said Breen.

"We are also seeing quite a few bikes that have not been used in the past several years," Breen said. "People are hoping that getting out on a bike for some exercise will help to get

through these long weeks of social distancing."

Just three days before Gov. Walz announced "shelter in place," Breen explained his reasoning to his state senator and representative, Scott Dibble and Frank Hornstein, who then presented it to Gov. Walz. The result was, bike shops were added to the list of essential businesses.

"Being considered essential is a blessing in that we're able to keep some form of the business operating, though our business will be less than 50 percent of

what we'd expect for spring. It is quite stressful having to work out new ways of operating the business safely for those of us working, as well as our customers," he said.

Once the lockdown is lifted, Breen hopes that his 25-year-old business will continue. "I'd be thrilled to simply get back into the groove of running a viable business."

Breen said that some of his staff were not comfortable working in a public space and are getting unemployment through the state's COVID-19 program. He's also applied for the Federal Payroll Protection Program and the Small Business Administration program.



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[www.fit1strunning.com](http://www.fit1strunning.com)


## Fit 1st Running 2327 Hennepin Ave.

This small specialty retail store focuses on providing walking, running and fitness shoes for the serious athlete. Shoes can be bought off the rack, but the shop also offers custom orthotic fittings and custom shoes, including dress and casual shoes. In addition, The FootWorks, a Performance Orthotics Company, run by Jake

Clint Allen, producer, storyteller, Buddhist motorcyclist, actor, and a big fan of his son's band.

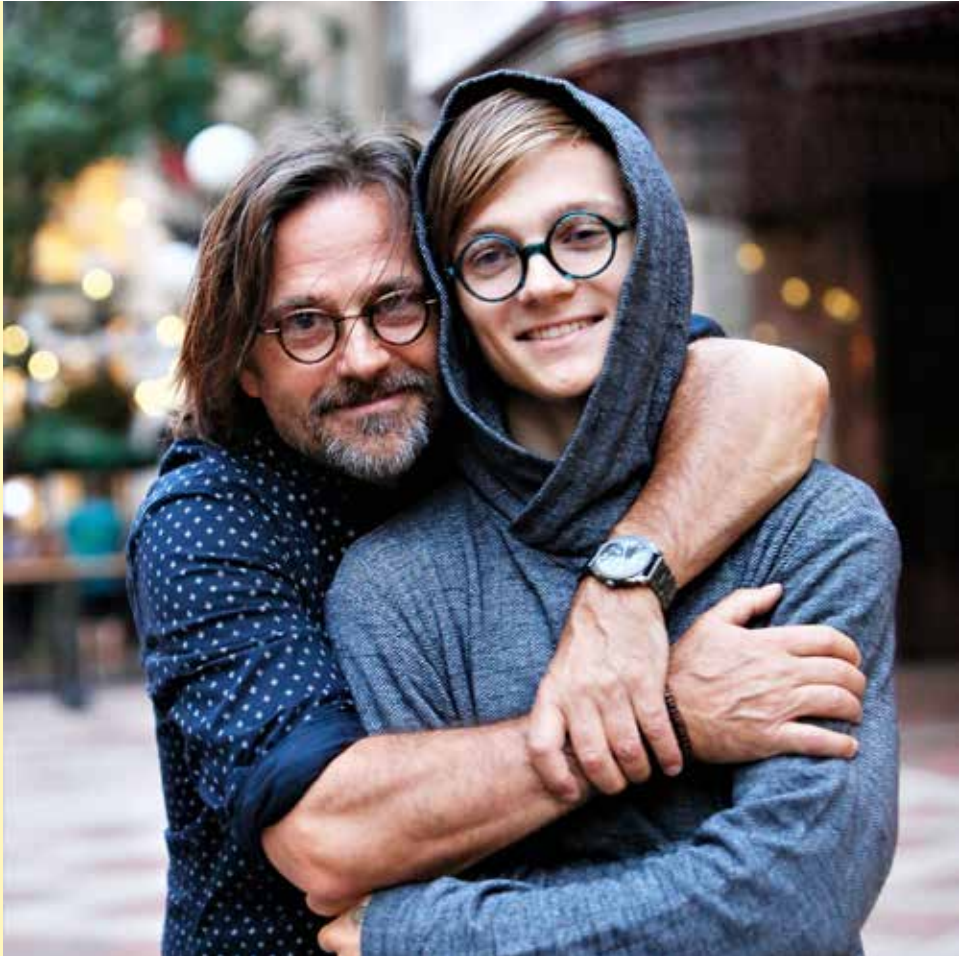
Whistler, his son, fast grocery bagger, serious scooter enthusiast, painter, music producer, and the drummer in Hippo Campus.

They're no ordinary pair. So why would they choose an ordinary pair of glasses?



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**1934 Hennepin Ave.**  
[www.lowryhillmeats.com](http://www.lowryhillmeats.com)





**Emmanuel Minter, owner of Fit 1st Running, has converted to online, at least for now.**

Skala, is located inside Fit 1st Running.

Fit 1st Running's owner, Emmanuel Minter, said he was reluctant to apply for any of the specialty loans, but did apply for one geared to helping him keep his staff employed. "I've had to cut hours and will wait to see what the governor says about opening up," he said. "We are a fitting shoe store, so our customers are very loyal and have been able to order from our website. They can access me via email or phone pretty much anytime."

During normal times, people can come for in-store fittings, but now, the business operates through the internet. The orders to close non-essential businesses to members of the public have meant that foot traffic has been banned, for now.

"We have had to make extreme adjustments to receive some income by basically overhauling our presence on the internet. This will help us out when we are post lockdown. So, I guess you could consider it a silver lining."

Once the crisis has passed, Minter hopes to again open for regular business hours. "We will need to prepare for people coming in who have been waiting longer than usual to replace their much-needed walking and running shoes ... [which] are more than just a style."

#### **Lowry Hill Meats** **1934 Hennepin Ave.**

Eric Sather opened his sandwich shop and meat specialty store in 2015, two weeks before Thanksgiving, so he is used to



**Lowry Hill Meats is open for curbside pickup of ready-made and ready-to-cook meats and more.**

working during stressful times. Even so, it's still hard to adjust to a world with stay-at-home policies. The shop is adjusting, he said, with shortened hours for employees. He has also set

up additional structured cleaning and daily team meetings.

For customers, curbside service is available, so people can still order from the expansive sandwich menu, including a vegetarian buttered radish sandwich made with shaved radish, butter salt and greens on a baguette. There is also an American cheese/provolone combo on a brioche. But, this is a meat shop, where a roasted pork shoulder with shaved cabbage and pickled mustard seed is popular as is a three-meats (salami, turkey and ham) "French Exit."

The take-home-and-cook-yourself choices include poultry, beef, pork, various sausage choices, deli meats, soups and stocks, frozen empanadas, eggs and dairy, fish and a selection of pantry items and produce. If you need barbeque sauces, woodchips or charcoal for grilling, they carry those too.

Right now, they are asking customers to text orders to 612-999-4200 and pay with Apple Pay or a chip card. Delivery is available in Minneapolis.

#### **The Cafe Meow** **2323 Hennepin Ave.**

Owing to the governor's executive order, Jessica Burge closed her café, with plans to reopen once the order is lifted.

During normal times, customers can come to the café for fair trade coffee and tea and for sweets such as brownies, muffins and cookies.

Also, people looking for a stress reliever can take their snacks into the cat lounge where they can, "for \$10 purr

person purr hour," pet real cats, all available for adoption. While the cafe is closed, anyone looking for a new feline friend can still adopt. But, says Burge, a key aspect of the adoption—hanging out to get to know their new cat at the café—is not possible.

"What we have done to help replace this is we have set up a live camera for viewers to watch our cats anytime at twitch.tv/thecafemeow."

In addition to the live interactions with cats at Cafe Meow, and also temporarily on hold, are the cat-centered special events, such as Catgo and Yoga with Cats.



**If you are lonely and shut inside, a friend is awaiting you (online for now) at The Cafe Meow.**

Like other businesses, the Cafe Meow is adapting. "We greatly reduced our employee hours. Our customers are bummed, to say the least, but are trying to help out any way they can. They have been truly wonderful by helping buy cat food, buying from our online store and buying eGift cards to help us out. If we can make it through this," Burge said, "our plan is to open and hope that lots of people will come in and help get money flowing into the

business again."

About cat adoptions, Burge added, "We would like to note that all adoptions are through our rescue partners so we do not see any of the adoption fee to help care for the cats. When we opened, we wanted to take that expense on and provide the rescues with an extra resource to foster many cats with no expense to them."

#### **Isles Bun & Coffee** **1424 West 28th St.**

The folks at Isles Bun & Coffee took advantage of the stay-at-home policy to upgrade their small café. They spent two weeks repainting, doing repairs to a drain and fixing some electrical problems, just in time to open for takeout the day before Easter. The full counter remodel is still set for the future.

Since then, the coffee shop has re-opened for business, so you can satisfy your cravings for special sweets on Tuesdays through Sundays from 6:30 a.m. to 4 p.m. They sell their specialty pastries in large quan-

ties for offices or family parties. The larger sizes are still available and some can be ordered frozen and ready to bake. Single servings are popular too. If being shut inside makes you



**Isles Bun & Coffee is still ready to fulfill your sweets cravings.**

want to indulge in sweets, Isles Bun & Coffee offers the muffin of the day, caramel sticky buns, rustic cakes, cookies, biscotti and the "puppy dog tails," a smaller version of their sweet cinnamon buns.

If you missed Mardi Gras, you can still celebrate, from the safety of your home, with a traditional King Cake, covered with cream cheese frosting and colorful sugar sprinkled on the top.

## **COVID-19 GOT YOU DOWN?**

Get your daily pick-me-up of cats and coffee on social media at [facebook.com/thecafemeow](https://facebook.com/thecafemeow) or [instagram.com/thecafemeow](https://instagram.com/thecafemeow).



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Energy Assistance Program offices are now open in St. Louis Park and 3 Minneapolis locations: Minnesota Council of Churches, Sabathani Community Center and Minneapolis Urban League

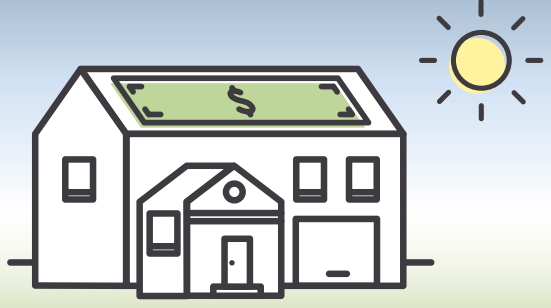
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