



We build Pride on the Southside

POWDERHORN EDITION

FIRST MONDAY OF THE MONTH

April 2020

VOL. XXX, ISSUE 10

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?”

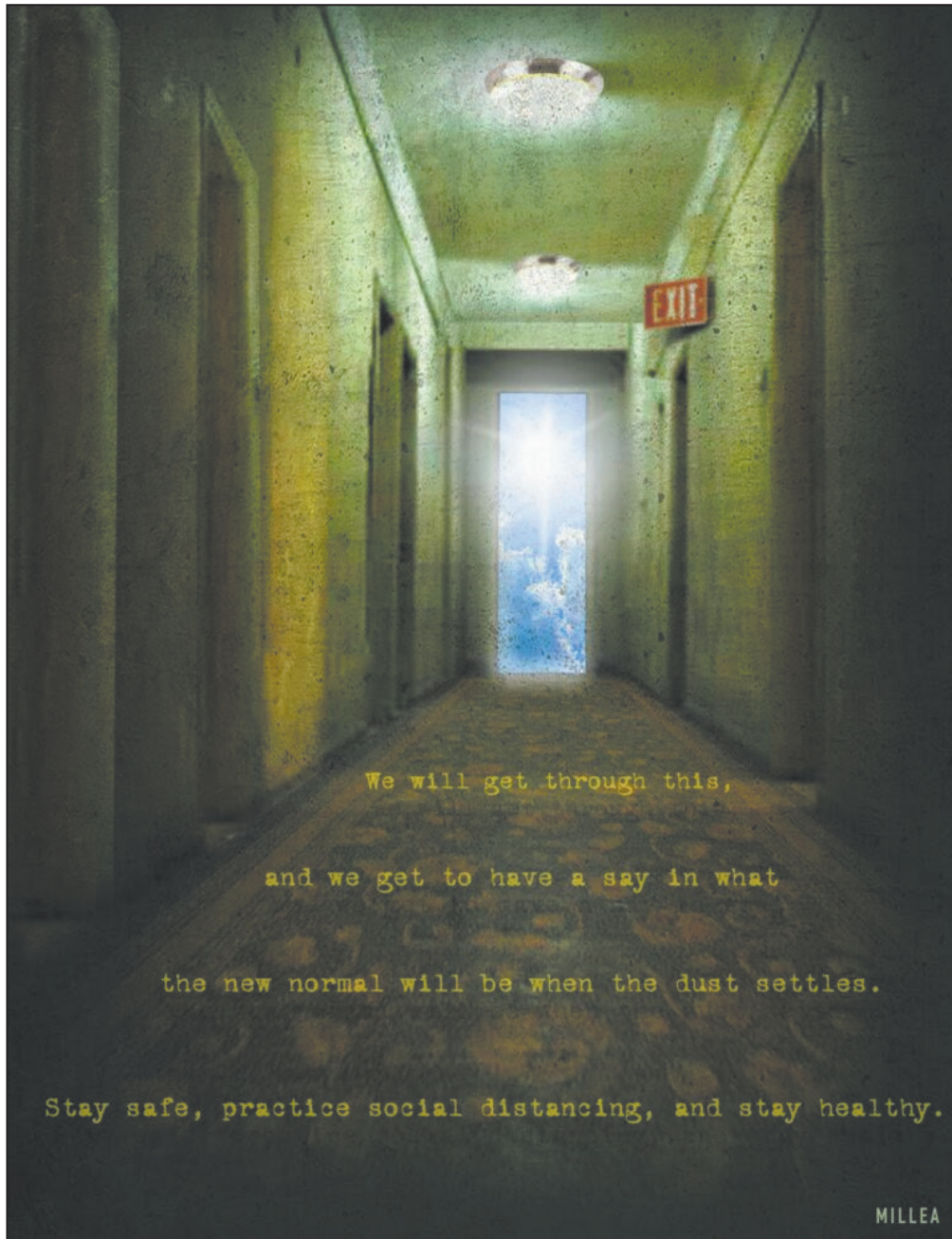
This is the brilliant question a wag directed at Woody Allen and Soon Yi Previn at a fancy Manhattan party.

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 10



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 13

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 that 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

**Our 11th Annual
Celebrate Spring on
Lake Street
Pages 2 & 3**

**Earth Day
Pages 7, 8 & 9**



Celebrate Spring on Lake Street

Lake Street in COVID-19 Times, 2020

BY DEBRA KEEFER RAMAGE

Normally, our focus on East Lake Street would include a couple of diverse dining experiences, a quirky little retail shop or two, maybe a race, festival or sports event, or some theaters, music venues or art galleries. 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 half of March, and most if not all of April, 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 or restrictions on how many can go in? Where can I get curbside pickup food if I get tired of my own cooking? What vital suppliers deliver to the home if I can't even go out due to illness? So, that's the kind of information we're trying to bring you this strange and historic month of April 2020, and to do so, we will go a few blocks afield of Lake Street to both the north and the south.

At the time of writing, almost all large

and medium grocery stores in the area are open with varying degrees of social distancing protection. You can shop in person at Cub Foods Minnehaha Center, Target Minnehaha Center, Longfellow Market (3815 E. Lake), Aldi—both Hi-Lake Shopping Center and 2929 27th Ave. S., and the Seward Co-ops, both on Franklin Avenue and the Friendship store on 38th Street. I am not sure about distancing practices at all of these stores, but Seward Co-op regulates the number of shoppers at the door, and are also, for now, not charging for paper bags and discouraging people from bringing bags or containers from home. If you want delivery, one option I've tried with great results is Instacart, for the Wedge Co-op or for Target. (Please tip generously.) For medium-sized and convenience store-type places, we have partial information. La Alborada, a Latinx small grocery at 1855 E. Lake, was open recently. The Produce Exchange at Midtown Global Market is taking online or phone orders for curbside pickup. Check out midtownglobalmarket.org for

contact details for the produce market as well as the restaurants mentioned below. Los Arcos, the convenience store in the rear of Mercado Central, is reportedly open. Tom's Superette on East 38th Street is open normal hours. Everett's at East 38th Street is open part time. Other stores along East Lake include Lake and Park at 700 E. Lake; Amigos One Stop at 3159 Chicago; a Stop & Shop at 1715 E. Lake; and another at 2225 E. Lake; Dur Dur (African) Bakery & Grocery Store at 1552 E. Lake; La Mexicana at 1522 E. Lake; Holiday (also has gasoline) at 3550 Cedar; Speedway at 4320 E. Lake; and Walgreens at 3121 E. Lake. We believe these are all open at least part time.

For medications, both over-the-counter and prescription, Walgreens and Target mentioned above are resources. Almost all pharmacies remain open. Also, Rituals Aromatherapy in Midtown Global Market is offering curbside pickup at 612-729-5522.

If you're having trouble paying for groceries right now, there are a number of free food programs either remaining in business or operating for the duration



ESTIMADO CLIENTE DEL MERCADO CENTRAL

DEBIDO A LA DECLARACION DE EMERGENCIA CON RESPECTO AL CORONAVIRUS (COVID-19) EL GOBERNADOR DE MINNESOTA DIO LA ORDEN DE QUE A PARTIR DE LAS 5:00 DE LA TARDE DEL MARTES 18 DE MARZO DE 2020 Y POR DOS SEMANAS, TODOS LOS NEGOCIOS CON COMEDORES COMUNES DEBERAN CERRAR ESAS SECCIONES PARA EVITAR QUE EL PUBLICO SE SIENTE A COMER EN ESOS COMEDORES COMUNES.

LES COMUNICAMOS QUE LOS RESTAURANTES Y ALGUNOS OTROS EXPENDIOS DE ALIMENTOS CONTINUARAN VENDIENDO SUS PRODUCTOS UNICAMENTE PARA LLEVAR.

USTED PUEDE ORDENAR COMIDA PARA LLEVAR EN PERSONA O POR TELEFONO. LOS TELEFONOS DE LOS RESTAURANTES, PANADERIA Y EXPENDIO DE JUGOS SON LOS SIGUIENTES:

• LA PERLA	612-728-5544
• PUPUSERIA EL RINCON SALVADOREÑO	612-728-5442
• MARIA'S RESTAURANTE	612-728-5433
• THE BEST TACO	612-728-5424
• LA LOMA RESTAURANTE	612-728-5437
• COCINA SAN MARCOS	612-728-5427
• LA LOMA TAMALES	612-728-5430
• PANADERIA EL MEXICANO	612-728-5426
• LA REYNA DE LOS JUGOS	612-728-5407

OTROS NEGOCIOS QUE OFRECEN OTROS PRODUCTOS O SERVICIOS PERMANECERAN ABIERTOS DEPENDIENDO DEL NEGOCIO INDIVIDUALMENTE. LE AGRADECIMOS SU PACIENCIA Y ESPERAMOS VOLVER A LA NORMALIDAD LO MAS PROTO POSIBLE. GRACIAS POR VISITAR MERCADO CENTRAL

ATENTAMENTE
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These Midtown Global Market business owners are preparing and delivering 50 lunches daily:

- Grass Roots Gourmet
- Hot Indian
- Jakeeno's
- Manny's Tortas
- Pham's Rice Bowl
- Sabbai Cuisine
- The Produce Exchange

Thank you to The Minneapolis Foundation for providing matching funds up to \$10,000. Our goal is to continue for 60 days or more with your help!

MIDTOWNGLOBALMARKET.ORG

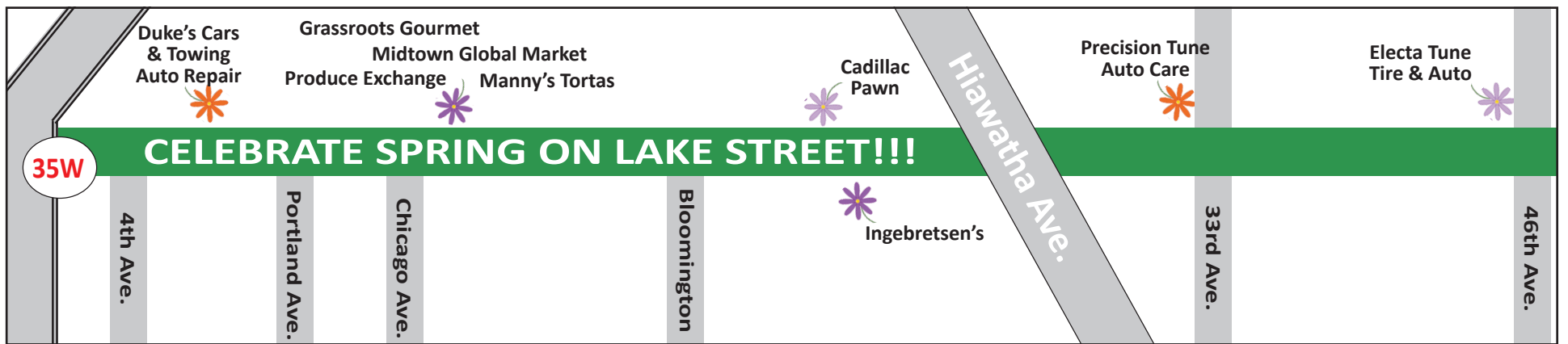
Midtown Global Market
920 E Lake Street



We're here & we're open!

Please enter thru main lobby door across from 10th Ave. parking ramp.

612-871-6947



of the COVID-19 crisis. Sisters Camelot is giving away produce at Walker Church on Tuesday afternoons. I believe they have one other distribution site on Thursdays. Need is outstripping availability right now, so to avoid disappointment, email foodshare@sisterscamelot.org to get up-to-date information on if and how you can access their food share. Walker Church has suspended free community meals on Tuesdays but is continuing grocery giveaway while they can still get supplied, but pre-bagged rather than choose your own. The one-hour window for pickup at the church starts about when Sisters Camelot is finishing, around 5 p.m. They also ask that you email ahead to office@walkerchurch.org. In some cases, they can reserve you a bag and deliver it to your home. The Salvation Army has a food shelf open Monday and Wednesday afternoon and Tuesday and Thursday morning at 1604 E. Lake St. Pillsbury United Communities is distributing pre-filled bags at the usual food bank hours at both Waite House (2323 11th Ave. S.) and the Brian Coyle Center (420 15th Ave. S.) See the website pillsburyunited.org/programs/food-distribution for days and times. Provision Community Restaurant has a model where they get food donations from restaurants and suppliers, and money from donors and pay-what-you-can (including zero) from patrons and normally serve a sit-down restaurant-style meal—dinner selected weeknights and Saturday brunch. During the COVID-19 crisis, they are giving out box meals 5:30 to 6:30 p.m. Monday through Friday from their location at 2940 Harriet Ave. S. Cafe Racer Kitchen

at 2929 E. 25th St., has a program called Break Bread, which is a free community meal once a month. They changed that to a delivered meal by request for March and presumably will do the same for April. Check out caferacermn.com for menu, delivery options and details on Break Bread for April. Note this is not an exhaustive list of free food programs. See the last paragraph for more resources.

Restaurants have a choice of converting to curbside pickup take-out and/or deliveries, or closing completely during the stay-home period. A number of favorites in the community, including the May Day Cafe and the Co-op Creamery Cafe, have simply had to close for the duration. Reverie, the wonderful plant-based place we reviewed just before they were forced to close by their landlord several years ago, had just started up in our neighborhood at 35th and Bloomington at the first of the year when the pandemic hit. After announcing curbside pickup would begin, and in the wake of the closing of the nearby May Day Cafe due to a case of coronavirus on its staff, Reverie made the painful decision to close for an indeterminate time. Another great source of vegan food, as well as omnivore food, Modern Times, is also closed for an unspecified time. Read the heartfelt message from the owner and if you can, contribute to the fund to keep the staff going during the period of shutdown: gofundme.com/f/modern-times-cafe-covid19-fund.

They are also selling sauces and merch to be delivered; email moderntimes3200@gmail.com to order. Restaurateur Kim Bartmann was apparently already struggling with declining business in the early days of the pandemic, and when the stay-at-home order came out, sadly all the restaurants in her “empire” closed except Barquette, which began offering a limited menu of curbside pickup. What was really sad, for all involved including Bartmann, is that she was not able to make the last payroll for the closed out staff. The latest word is that they have applied for an emergency small business loan to remedy this and have also reopened Tiny Diner on E. 38th St. for curbside.

On the other hand, here are some of the places we know of that are offering one or both options of delivery or curbside pickup. Pizza Luce—what can I say? You can hardly tell the difference. They are still open their miraculous hours to 2 a.m. and still offer free delivery, plus now the option of curbside pickup. Don't pay with cash and tip generously. There's online ordering at pizzaluce.com. Check online services Bite Squad, GrubHub and Door Dash for up-to-the-minute delivery options, more than we can list here. Other favorites we last heard were open for curbside or delivered meals: Gandhi Mahal on 27th Avenue, the Himalayan at 2910 E. Lake, Merlin's Rest at 3601 E. Lake (they're doing their pub quiz on Facebook Live!), most of



Provisions Community Restaurant's special COVID-19 program

the dining spots in Midtown Global Market including Hot Indian Foods, Sabbai Cuisine, Jakeeno's, and even the Eastlake Craft Brewery (see link above in grocery section), most of the dining spots in Mercado Central (see illustration), and finally, even though it's pretty far from Lake Street, one of my favor-

ites, Zen Box Izakaya on Washington Ave. S. (order at zenbox.com.) Finally, those promised resources. Check out this directory of mutual aid for everything from running errands to small money grants: mutualaidhub.org. Zoom in on the map until you can see eight dots on Minneapolis.



Manny's Tortas

GOURMET MEXICAN SANDWICHES



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920 E. Lake St. #125
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Fax: 612.870.1838



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VIRTUAL EVENTS

Lester Literary Update

The Loft's Virtual Wordplay, presented by St. Catherine University and the Star Tribune, will run April 7–May 9. These free online events (donations welcome) will include conversations with authors and maybe some plays. The rolling schedule of events is listed here: <https://loft.org/festival/wordplay-schedule>.

And don't forget your local bookstores. They need your help. Please order from them if possible!

Next Chapter Booksellers; Magers & Quinn Booksellers; The Irreverent Bookworm; Subtext Books; Moon Palace Books; Red Balloon; Wild Rumpus; Excelsior Bay Books; Birchbark Books; Cream & Amber; Valley Bookseller; Storied Owl Books.

Polyvinyl Announces 'Stay Home'

Midwest independent record label, Polyvinyl Record Co., is proud to announce the release of 'Stay Home'—a 16-track compilation featuring previously unreleased music, demos, and covers from various artists on the Polyvinyl roster. Available now exclusively on Bandcamp for Pay What You Want (starting at \$5 USD), with all proceeds going directly to the artists involved.

What originally began as a way to help support the Polyvinyl artists affected by COVID-19, quickly grew into a project spanning more than half of the label's active roster. 'Stay Home' includes brand new covers by Owen (The 1975), Palehound (Kar-

en Dalton), Squirrel Flower (Emmylou Harris), Hazel English (The Mamas & The Papas), and Xiu Xiu (Kim Jung Mi). The compilation also features previously unreleased singles from Chris Farren and Radiation City, along with intimate album demos from Yumi Zouma, of Montreal, STRFKR, and The Get Up Kids.

The compilation's titular theme, 'Stay Home,' doubles as both a social plea—a worldwide effort to help "flatten the curve," while giving nod to the sprawling classic on American Football's landmark self-titled debut.

Fans can also pre-order a limited edition 'Stay Home' tee, designed by Polyvinyl art director, Janelle Abad, PWYW starting at \$15 (comes with a digital copy of the release) with 100% of profits going to the artists. 'Stay Home' is now available, exclusively on Bandcamp: <https://polyvinylrecords.bandcamp.com/album/stay-home>

Walker at Home: Food for Thought

As we enter week four of our quarantine and continue to explore new ways to bring you art digitally, the Walker team is focusing on two topics that are very much on our minds these days. Let's start with community, more specifically collaborative communities.

Walker Curator Pavel Pyš on Community, Collaboration, and Food

How do members of a community work best together? As we think of vital parts of our own community (a big

shout-out to first responders, service workers, medical staff, and other heroes!), we share Side by Side: Collaborative Artistic Practices in the United States, 1960s–1980s, the newest addition to the Walker's Living Collections Catalogue. Visual Arts curator Pavel Pyš introduces the volume, which "explores the work of artists whose practices were highly collaborative, interdisciplinary, and often aligned with concurrent social movements." That sounds like just what we need now. View it here: https://walkerart.org/magazine/pavel-pys-haus-rucker-co-living-collections-catalogue?utm_source=wordfly&utm_medium=email&utm_campaign=INS_WalkerAtHome_040720&utm_content=version_A

Common Ground: Haus-Rucker-Co's Food City I and Collaborative Design Practice, by Ross Elfine

The role of food seems especially meaningful as we "shelter in place" and share meals with family or yearn for a gathering with friends. The notion of nourishment, through food or through art, is also on our minds right now. Chapter 3 of Side by

Side: Collaborative Artistic Practices in the United States, 1960s–1980s tells the story of Haus-Rucker-Co's Food City I, a participatory event staged outside the Walker in 1971. Food, of course, has featured prominently in art—from prehistoric cave paintings of hunting scenes to a certain big cherry on a spoon, from the still life drawing class's focus on fruit to feasts depicted in famous masterpieces. Read it here: https://walkerart.org/collections/publications/side-by-side/haus-rucker-cos-food-city-i-and-collaborative-design-practice?utm_source=wordfly&utm_medium=email&utm_campaign=INS_WalkerAtHome_040720&utm_content=version_A

Coming to the Table (CTTT)

Third Saturdays, 10:30 a.m. to noon MEETING ONLINE UNTIL FURTHER NOTICE

For more information, please email Peacebuilding at info@mnpeace.org

At Coming to the Table (CTTT, www.comingtothetable.org), descendants of those who were enslaved and descendants of slave owners and all those inter-

ested in engaging safe constructive dialogue, come together to envision the U.S. as a just and truthful society that acknowledges and seeks to heal the racial wounds from the historical trauma of slavery, and the racism it continues to spawn. Join Peacebuilding Associate Trainer Crixell Shell and others invested in transforming trauma into nonviolent power. Since seats are limited, please sign up for this free event at www.cttt-mpls.eventbrite.com. Questions? Email info@mnpeace.org.

3rd Annual Spring Floral Exhibition 2020

Studio Pintura EXHIBITION NOW VIRTUAL

Selected artworks by local and nationally known artists. Juried by Steven J. Levin.

To browse all the works, including those that could not be delivered to the gallery, please visit StudioPintura.com.

Videos also available!

A complete Studio Pintura Fine Art Gallery tour: <https://youtu.be/KPAhH-7k4isY>

Our guest juror, Steven J. Levin, announcing the awards and giving some

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 De-

pression 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

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770AM 100.7 & 104.5 FM
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• COMMUNITY CALENDAR •

Southside Pride / POWDERHORN EDITION

commentary on the pieces and his process: https://youtu.be/_65J3nWVBSY

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25 Groveland Terrace
Minneapolis, MN 55403

Gallery works can be enjoyed by browsing the website at www.grovelandgallery.com.

Purchases can be made by phone or email.

CANCELLED OR POSTPONED EVENTS

Classics Lost 'n' Found Theater Company SPRING PRODUCTIONS POSTPONED UNTIL JULY

Classics Lost 'n' Found Theater Company has announced that their Spring 2020 production, "Twelfth Night" by William Shakespeare, originally scheduled for May performances, has been postponed due to the current health crisis. The new dates are planned for July 24-25 and July 31-August 1. These dates are tentative and subject to change. Should there be no improvements with the present situation, it will be postponed again.

For more information, contact Noreen Brandt at 612-724-4539

Nina Simone: Four Women POSTPONED: HOPING FOR

A START DATE IN LATE JUNE

Pillsbury House Theatre
3501 Chicago Ave. S.
Box Office: 612-825-0459
pillsburyhouseandtheatre.org

In this powerful play inspired by Nina Simone's song "Four Women," Simone and three other women find themselves in the rubble-filled 16th Street Baptist Church on the day of the 1963 bombing, in which four young girls were killed. As riots erupt outside, the women must come to terms with the tragedy and with each other if they are to move forward. Featuring Simone's most popular Civil Rights anthems. This work is an electrifying testament to the radical and healing power of art.

The Works Museum ALL EVENTS CANCELLED UNTIL FURTHER NOTICE

Robot Day (4/18) and She Discovers (5/2) and all She Engineers activities will be rescheduled when it is safe according to the recommendations of public health authorities. Visit www.the-works.org for updates.

Diabetes Support Group CANCELLED UNTIL FURTHER NOTICE

Trinity Apartments
2800 E. 31st St., Mpls.

Longfellow/Seward
Healthy Seniors sponsors

a monthly diabetes support group for adults with Type 1 or Type 2 diabetes. The group is facilitated by Beth Peltzer, MSW.

Tai Chi for Health CANCELLED UNTIL FURTHER NOTICE

Holy Trinity Lutheran Church
2730 E. 31st. St., Mpls.

Tai Chi is a low impact, slow-motion exercise that is adaptable to individual abilities. The classes vary between sitting and standing and include slow, easy movements aimed at quieting the mind, improving breathing, coordination, flexibility and strength. Registration is not required. Classes cost \$5 each

Makers Mornings CANCELLED UNTIL LATE MAY

American Swedish Institute
2600 Park Ave., Mpls.

Join other makers for this new weekly opportunity to work, share and learn in a relaxed, communal setting. Whether you knit, carve, weave, sew, spin, crochet or do some other fascinating thing with your hands, we invite you to bring a project to work on. All are welcome, regardless of level of ability or craft of choice! Come for as long as you like and bring your own works-in-progress, materials and tools. This group will meet in ASI's Lindberg Stuga.



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!

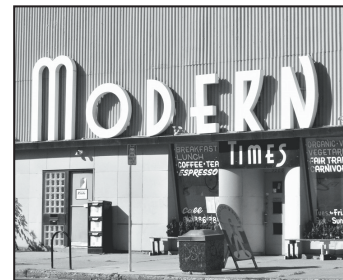
Steve McClellan wants to correct my assessment. He says he was just a cog in the machine, and there were a multitude of collaborators, both staff and musicians, "that were DEFINITELY major players in guaranteeing the venue survived the hard times, allowing it to still be open today."

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

Blueberry ghost
House habanero
Serrano lemon
Habanero sour orange
Smokey
Coconut
Hot Date sauce \$10 for 8oz
Tahini sauce \$8 16 oz
Local organic black beans or pinto beans. (Dry) \$4#.
From Rising Wind Farms
Hummus for Friday \$8 16oz
Gluten free bread (frozen) \$6 loaf



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

Moderntimes3200@gmail.com.

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 contaminating 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 Times’ hot sauces, mugs, T-shirts and sweatshirts 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 his 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.”

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 (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

See Bartmann, page 10



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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 indi-



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

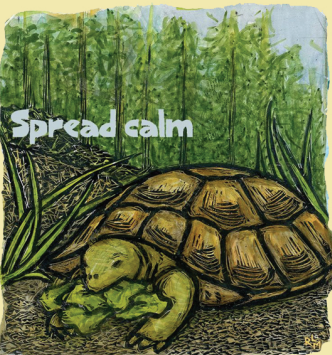
can capitalism, was seeing what some less "special" countries of the world are doing about deforestation and carbon sequestration shortfalls. The same week I deleted the game from my iPad, I saw a news flash that Ethiopia had recently broken an official Guinness World Record in its friendly

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

vidual 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 communitari-

an 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

cussion 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

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 factors beyond your control, so that you participate in the destruction, or die, or close to it. For another thing, bad actors (or sheer ignoramus-es) 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 hypocrisy, 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



A forested valley somewhere in Africa

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 dis-

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

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et on Earth Day

makes about as much sense as a reptilian rabbit or an atheist priest), has proposed a global tree-planting project called the One Trillion Tree initiative (see 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 be either "save the planet" or it could be a huge greenwashing scandal that costs someone (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



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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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‘No Short-cuts’ 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 and 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 7

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.

Bouza, from page 1

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

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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 Angel,” 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.

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Bouza, from page 1

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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, though. 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, already in effect, 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.

As far as the political will

to create more public housing, this writer asked several City Council members if they would support issuing bonds to pay for public housing. By the time of this publication, only Andrew Johnson responded that he was open to the idea.

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 of-

ficials 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.



If you are facing a crisis involving your utility bill, we are here to help.



Stay Warm. Stay Safe.
Stay Connected.

Don't Get Disconnected! Energy Assistance Can Help.

CAP-HC's Energy Assistance Program (EAP) provides financial assistance to eligible Hennepin County residents, including the city of Minneapolis, to help with home energy costs and heat related repairs.

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

For more information, call **952-930-3541**
visit us online at www.caphennepin.org
E-mail: eap@caphennepin.org
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A program of Community Action Partnership of Hennepin County, sponsored by:
The Minnesota Department of Commerce & The U.S. Department of Health and Human Services

Call us today - You shouldn't have
to choose between having heat or food!

• RELIGION CALENDAR •

Southside Pride / POWDERHORN EDITION

ONLINE EVENTS AND RESOURCES

Bahá'í Center of Minneapolis

3644 Chicago Ave., Mpls. Please visit the Bahá'í 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 17th 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/BethelLutheranMpls/>.

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 for more information.

Catholic Church of the Holy Name

3637 11th 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/>.

[org/](#) for Archdiocesan links to Mass online, on TV, and other Mass/prayer resources.

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.

Plymouth Congregational Church

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 3rd 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 16th 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/walkerumc/> for more information.

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 39th 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, 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/MinnehahaFoodShelf/>

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/NCBCfoodshelf/> Food Shelf Saturdays (except 5th 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 16th 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 Powderhorn Religious Community Welcomes You

Bahá'í
BAHA'I CENTER OF MINNEAPOLIS
3644 Chicago Ave. S.
612-823-3494
Minneapolis.Bahai@gmail.com
Devotional Gatherings
Sunday 10 am
See www.minneapolisbahai.org for online options

Christian
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www.bethel-mpls.org
Video available on our website and Facebook page
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In gratitude, Bethel amplifies God's grace, nourishes all creation, reaches out and builds community.
**A Reconciling in Christ Congregation*

**Bethel CYF Ministries:*
Bridging generations to model, equip, encourage a foundation of trust in God's story

CALVARY LUTHERAN CHURCH
3901 Chicago Ave. S.
612-827-2504 or www.clchurch.org
Sunday Worship at 10 am, via Facebook Live and Zoom,
See website for instructions
Pastor: Hans Lee
A Reconciling in Christ Congregation

CATHOLIC CHURCH OF THE HOLY NAME
3637 - 11th Ave. S., 612-724-5465
No Masses through April 30
Reconciliation by appointment only
Pastor: Fr. Leo Schneider
A welcoming Roman Catholic community

MESSIAH LUTHERAN CHURCH
The Center for Changing Lives
2400 Park Ave. S., 612-871-8831
All services now online at www.messiahlutheranmpls.org
Each week we video services, please join us!

ST JOAN OF ARC CATHOLIC COMMUNITY
www.stjoan.com
4537 Third Ave.
Masses suspended until further notice
Video available on our website and Facebook page
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All Directory Churches are Wheelchair Accessible



"Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is symbolic as well as actual beauty in the migration of the birds, the ebb and flow of the tides, the folded bud ready for the spring. There is something infinitely healing in the repeated refrains of nature ... the assurance that dawn comes after night, and spring after the winter."

—Rachel Carson

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 has 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 system.

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/.

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 healthcare 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, 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 Ave-



Jesse and Amber Walker of Happy Human

nues, 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.

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.

Trash talk

BY ELINA KOLSTAD

The first Monday of February, about 50 people gathered at Matthews Center to talk some trash. Kellie Kish, recycling coordinator with the City of Minneapolis, Kate Marnach from Tare Market in Standish neighborhood, and Nancy Ford from Repair Lair on East Lake Street and Reuse Minnesota gave presentations about some of the ways the city and individuals are working to reduce the trash we burn and landfill.

The good news is that we are doing well compared to other cities. Ms. Kish provided a number of encouraging statistics. From 2018 to 2019 we had a 1,500-ton reduction in garbage and 2,500-ton reduction in overall waste. The city fully expects to reach a 50 percent sign-up rate for organics pickup in 2020, and annual inspections reveal a contamination rate of less than 1 percent! We also have a high rate of recycling: 97 percent of single family to four-unit housing have a recycling cart. Eureka processes our recycling in St. Paul and 100 percent stays in North America with 90 percent staying in the Midwest and 80 percent staying in Minnesota.

While the global issues with recycling have made the process drastically less profitable, Ms. Kish pointed

out that it is still less expensive to recycle what we can than it would be to burn it in HERC. Recycling also offers other benefits such as local job creation. The city has adopted a Zero Waste Action Plan, as yet unfunded, and continues to look at ways to reduce our waste stream.

Ms. Marnach and Ms. Ford focused on actions we can all take as individuals to reduce how much trash we produce. Buy less, buy used, choose quality over quantity. Ms. Marnach's background is in zero waste, defined by Zero Waste International Alliance as, "The conservation of all resources by means of responsible production, consumption, reuse, and recovery of products, packaging, and materials without burning and with no discharges to land, water, or air that threaten the environment or human health." Ms. Ford's advice for living a greener lifestyle was that it goes hand in hand with being cheap. She recommends: buy less, walk more, and menu plan. She also reminded everyone to consider whether they need to buy an item or whether it would serve them just as well to rent or borrow the same item.

Some points of interest from audience questions:

-Battery pickup is not done anywhere else in the country and the practice was discontinued here when some of the batteries started a fire at a Hennepin County library.

All types of batteries can be taken to drop-off locations and Kellie Kish will be working hard to expand these sites this year. It is recommended that all batteries be taped with masking or painters tape on both ends.

-Cloth recycling is no longer accepted by Hennepin County. Synthetic fabric blends make reuse and recycling difficult. Fabrics are also largely recycled in other countries and there are ethical concerns about how much the fabrics were truly being recycled and whether they were a positive or a negative for local populations.

-The standard procedure for revoking a recycling bin is that if crews find something obviously inappropriate in a bin they will leave a tag on the bin and inform trash crews to pick up the contents the following week. Then the resident will get a letter from the city in the mail. If the resident continues to put inappropriate items in the bin it will be revoked.

-Plastic bags and similar thin plastic packaging is a serious problem because it catches



in the machines that sort the recycling, Ms. Kish used the analogy of a shoelace in a vacuum. When this happens, all the machinery has to be shut down, sometimes for as long as six hours, to clean it up.

Minneapolis is doing a good job diverting trash from incineration or landfill. Much of the credit goes to Kellie Kish, who works around the clock, and to our active and informed citizenry and organizations such as Longfellow Community Council's Environment and River Gorge Committee and the Seward Neighborhood Group's Environment Committee who hosted this informative event.

Interested in getting involved? Here are some resources that may interest you.

*Bus Tours of organics

processing facility in Rosemount every spring. Sign up ahead of time as space is limited. Contact Kellie Kish at 612-673-3536 or kellie.kish@minneapolismn.gov for more information.

*Volunteer for annual audit of organics pickup (must have strong stomach). Again, contact Kellie Kish for more information.

*Monthly Tours of Eureka Recycling Facility in St. Paul. You can sign up online at <https://www.surveymonkey.com/r/CFDJDCF> or contact Kellie Kish for more information.

*Hennepin County grant to save materials from home renovation. For more information: <https://www.hennepin.us/residents/recycling-hazardous-waste/deconstruction>

 *Earth Dance Farm*

Spring Valley, MN

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- Home built before 1978
- A child (5 or under) lives in or frequently visits your home
- Live in Hennepin County
- Meet certain income qualifications

Call Sustainable Resources Center at 612-872-3281 to schedule a free home visit! We can offer virtual visits and send documentation through email. Communication available in Spanish, Somali, and Hmong.

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



People & Pets Together 

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People & Pets Together pet food shelf
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Serving the greater Powderhorn and Phillips neighborhoods.

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Volunteers needed.

www.peopleandpetstogether.org

Visitor Restrictions

The People & Pets Together food shelf is open but we will be allowing only one client or household inside at a time. We are committed to ensuring a safe environment for our staff, volunteers and clients.

Not getting about so much right now

BY DEBRA KEEFER RAMAGE

Sadly, while it may be a fact that those over 60 are most vulnerable to contracting severe COVID-19, and therefore most needful of practicing social distancing, this same group has the lowest skill in using and access to online technologies that allow remote social connecting. Even if it turns out that age alone is not a predictor of who gets the most severe cases of the virus, or if the virus has mutated in order to widen its circle of victims, it's still the case that on the whole, older people have weaker immune systems and higher across-the-board risk factors, such as heart disease and lung conditions. And it is hard when social distancing has to mean social isolation, because one is not able to use remote connecting devices beyond the telephone. Social isolation itself is a risk factor! All of the activities I was planning to highlight here back in late February and early March (because yes, dear reader, I really do that much research) are now totally cancelled, or moved to

a virtual space, if they could be. So, instead, it's back to the drawing board, and dedicating this whole month's column to coronavirus and using technology to stay connected.

First of all, though I despise the thing myself, there is the cellphone. An old-fashioned "dumb" cellphone is little more than a phone you can take places, but if you (or your elderly loved one) were smart enough to upgrade to a smartphone, then you could do everything you can do on both a phone and a computer, plus many other things besides. Granted, the typing on a smartphone keyboard is kind of fiddly, but there are ways around that. One way, if you have not got a smartphone yet, is to switch to a Jitterbug smartphone (greatcall.com). Promoted in AARP magazine, these are a bit limited in the apps they support, which means you can't do quite as much, but what you can do is more accessible, with its large keypad, enlarged and simplified display, and intuitive menus and interfaces tailored to older users. Or you can purchase a small detached keyboard if

you need to do a lot of typing. Or, if you prefer, you can interact verbally with most smartphones quite seamlessly, even in text-based applications. Just "tell" your smartphone that you want to use the microphone for input. It will transcribe your speech into text, not perfectly, but it should be fairly intelligible.

If you don't have a computer, or don't use the one you have very much, a halfway step is to get a mobile tablet. The most popular is the iPad. Even I, a notorious Apple product avoider, now have an iPad. (It's the only way I'm allowed to video-chat with my youngest granddaughter.) Non-Apple Android tablets are popular, too, such as the Galaxy by Samsung. There are even tablets (and smartphones) that run Windows, and, in fact, the line between tablets and laptop computers is becoming ever more blurred. So basically the devices you can pick and choose from, including running multiple ones, include smartphones, tablets, laptops and desktop computers. There are a few other devices, but this is enough for getting on with.

Once you have your device, what can you do to connect, besides the well-known Face-

book, Twitter, Instagram, SMS and email? Are there some more intimate, personal ways to connect? Maybe with more privacy? Yes, there are! You may already do SMS texting. What if you want to do group texting, but want more security and privacy from those outside your known circle? You might look into an app called Signal (signal.org), which replaces your SMS messaging app on your phone (but only if you give it permission)! For family and super-close friends, texting seems too remote. Skype is an older app that even a lot of elders are familiar with. Some more modern equivalents that I have used include FaceTime, which only runs on Apple devices, or Google Hangouts. But if you want a really large group, or to hold remote meetings, try Zoom. You can get a free account of your own at zoom.us. I belong to Walker Methodist Church, and I would guess our median age is probably 62 or so. We have had the last

few Sunday celebrations on Zoom. The first one had about 40 live participants dialed in, and it has grown each week. It's amazing how motivating boredom and loneliness are to learn new technology!

I'll leave you with a couple of ideas for creating community on Facebook. One group I am in is nationwide and is called Quarantine Lecture Circuit. I am not sure how public it is, but if you can't find it, you could start your own. We basically take turns giving lectures using Facebook live video or similar technology, that other members can watch and respond to via comments. And there are many small towns, neighborhoods, blocks, or even apartment buildings that have started small ultra-private Facebook groups for mutual aid and building or preserving community through the crisis. Just don't be like me, and spend so much time online you forget to eat or sleep!

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