



**PHILLIPS/  
POWDERHORN**  
FIRST MONDAY OF THE MONTH

**January  
2020**

**VOL. XXX, ISSUE 1**

**We build Pride on the Southside**

**Sartorial  
splendor**

BY TONY BOUZA

By 1975 women were entering police ranks in great numbers. They'd been piling up at the gates for years and then the dam broke. I am very proud of my role as an expert in demolishing the barriers.

The Southern Poverty Law Center sued to eliminate the obstacles, largely artificial and intended to keep women out. I served as their expert witness and we won every case. The revolution was one of feminism's greatest successes, but it remains unheralded, unremarked and unacknowledged.

I was in charge of the Bronx (pretty arrogant construction) and had about 100 police women. It was the age of the miniskirt.

Michael Codd was the commissioner, and my boss. "Old school" would scarcely describe him. "Fossilized" might approach. Very Irish. Very Catholic. Very limited educationally and intellectually, but he masked it effectively behind a tall, imposing ramrod straight mien. The image he invoked in my febrile imagination was of a Wooden Titan. I did not fear him, but always observed the obeisances.

One day a delegation of women cops came to see me to ask if they could wear pants.

Codd was a stickler for protocol and a slave to traditional ways.

See Bouza, page 5



Image: Rebecca James

**Donald, the  
cornered rat**

BY ED FELIEN

The walls are closing in on you.

Everybody knows your game.

It's all coming out now, your connections to the Russian Mob. How they bought

condos at Trump Tower and had them repossessed by the feds for money laundering. How they gave you tons of money when no bank would lend you anything. How they bailed out your bankrupt casinos. How you became their American brother. They had

omerta, loyalty, to you and you to them.

And everyone knows the Russian Mob is an agency of the Russian government, in much the same way the CIA has been working with the Sicilian Mob ever since they sprang Lucky Luciano from

See Donald, page 4

**We've  
changed**

BY ED FELIEN

Beginning with this edition, we've changed the way we deliver Southside Pride to you. We'll be at over 100 locations around the Phillips and Powderhorn Communities: at local businesses, libraries, churches and community centers, and we will discontinue home delivery. It was a lot of hard work, but, in spite of the best efforts of our heroic delivery people, the papers didn't always make it up to your front door. Now, we're asking you, if you see us when you're out and about, and you want news about your neighborhood, church events and a calendar of things happening in our community, then pick us up at one of these locations:

Modern Times	3200 Chicago Ave. S.
Southside Food and Deli	3300 Chicago Ave. S.
Wellstone High School	3328 Elliot Ave S.
Frostbeard Studio	3500 Chicago Ave. S.
Pillsbury Theater	3501 Chicago Ave. S.
PPNA	821 E. 35th St.
Jakeeno's	3555 Chicago Ave. S.
CTUL	3715 Chicago Ave. S.
Blackeye Roasting	3740 Chicago Ave. S.
Speedway	3744 Chicago Ave. S.
Portland Market	3751 Portland Ave. S.
Seward Friendship Store	E. 38th St. & 3rd Ave. S.
Sabathani Community Center	310 E. 38th St.
Nighthawks	3753 Nicollet Ave. S.
Five Watt Coffee	3745 Nicollet Ave. S.
Dragon Wok	3752 Nicollet Ave. S.
Salvation Army	3740 Nicollet Ave. S.
Quality Coaches	20 W. 38th St.
Blackbird	3800 Nicollet Ave. S.
Aliveness Project	3808 Nicollet Ave. S.
Nicollet Ace Hardware	3805 Nicollet Ave. S.
Lyndale Neighborhood Assoc.	3537 Nicollet Ave. S.
Blaisdell YMCA	3335 Blaisdell Ave. S.
Walgreens	200 W. Lake St.
Lake Wine & Spirits	404 W. Lake St.
Schatzlein Saddle	413 W. Lake St.
Muddy Waters	2933 Lyndale Ave. S.
Bryant Lake Bowl	810 W. Lake St.
Lagoon Cinema	1320 Lagoon Ave. S.
Walker Library	2880 Hennepin Ave. S.
Calhoun Square	3001 Hennepin Ave. S.
Dogwood Coffee	3001 Hennepin Ave. S.
Magers and Quinn	3038 Hennepin Ave. S.
YWCA	2808 Hennepin Ave. S.
Kenwood Isles Condo	1425 W. 28th St.
Isles Bun and Coffee	1424 W. 28th St.

See Changes, page 3

**Enjoy our New Senior Section**



**Gracefully**

**Pages 8 & 9**



# Celebrate Mayday

Dear Ed Felien, Deb Keefer Ramage, and Dave Tilsen:

I saw the heading “Celebrate Mayday,” so of course I had to pick up this issue: The November 2019 Nokomis edition.

I am glad that you wish to see Mayday celebrations continue, and that you wish to uphold the Free Speech and Worker tradition of Mayday, and the “sacred ritual

park, it is common courtesy for YOU to provide for their well-being. The puppet theatre assured restroom facilities from the very first year, and listened to voices from neighbors and participants asking for more toilet facilities year after year. Or perhaps those of you who live along the park are able to open your homes to people who need to pee? Is that

Perhaps my idea was dismissed because it just sounds too hard to get from here to there, but I would love to see another 45 years of MayDay, but in say 10 separate Minneapolis locations. We could still have the original MayDay at Powderhorn, but how about if there were similar smaller festivals in North Minneapolis, Northeast, Prospect Park, Seward

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David Tilsen wrote:

Thanks for your letter.

I remember back in 1973, at a meeting in an attic in what I remember as a church building near 24th and Cedar. You and Ray St. Louis and a few members of The Alive and Trucking Theater were in attendance. You presented your vision to create a new regular community traditional holiday for South Minneapolis. You (or Ray) talked about the importance that celebrations play in building and strengthening communities. This discussion led to the first Mayday March and gathering, (which I performed at). I have never missed a MayDay since. My children actually travel from wherever they live to be here for Mayday every year. This celebration is part of our family lore, discussion and arguments.

Your (PPT and HOBt) work on birthing and nurturing the festival through its infancy, youth and adolescence has been epic, artistic, courageous, and we will always owe you a great debt of love and appreciation. Like all children who outgrow their parentage, Mayday will have a different life going forward.

None of us knows what will happen. HOBt’s process envisions some new organization that will continue to shepherd the celebration and take care of both the artistic expression and the administration of the details of the celebration.

I believe these two roles are different, and actually inhibit each other.

I believe the Park Board needs to recognize that the community flocks to the park on MayDay and they need to be ready with porta-potties, dumpsters, etc. We pay a lot of taxes to them and we don’t even get fireworks. How often do 70,000 people gather in 12 square blocks for a day in the inner city with joy, fun, and no violence?

—David Tilsen

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Ed Felien wrote:

I agree with Deb’s vision of smaller and more Mayday celebrations: Let a Hundred Flowers Blossom, Let a Hundred Maydays Contend.

I agree with David that it is the Park Board’s responsibility to provide porta-potties. Before I read Sandy’s letter I had sent the following to the Park Board:

Seasons’ Greetings:

Southside Pride readers would like to know what sort of plans the Park Board has for Mayday 2020. For almost half a century, around 50,000 people have gathered on the first Sunday in May

to celebrate Mayday. Although Heart of the Beast Theater is not organizing the event this year, it is reasonable to assume thousands will still want to celebrate in Powderhorn Park. Have you made plans for that? Will you provide adequate sanitary facilities?

—Ed Felien

I received this reply:

Hi, Ed.

We have a number of staff out over the next few weeks for the holidays, but we should be able to get back to you in January 2020.

Best,

—Robin Smothers, Communications and Marketing

So, we are in discussions with the Park Board about porta-potties.

Sage Berglund wrote and said that she and her sister would be making papier mache puppets by the Lake at the site of the Tree of Life.

Dhann Polnau wrote:

Upon the announcement of cancellation Jason Heisler somehow created a nonprofit and procured a parade and festival permit. His intention is just to ensure Mayday happens. He has no other agenda and wants anyone and everyone to join the table. Just the catalyst. Jason is one of the founders of the Hard Times Café.

Many parties from near and far are planning to claim that space on that day and make shit happen. This includes the HOBt sun canoe flotilla wants to paddle as well as the tree of life puppet crew wants to raise the tree! So, I was asked to create a community puppet pageant on that same footprint at the same time--are there going to be 4 or 5 “ceremonies” each vying for that spot?

—Dhann Polnau

I contacted Jason Heisler. He wrote:

Just waiting to hear from two people before I give out the date and place of the Board Meeting. We are applying for a Park permit. It’s only \$1200. The food vendors will pay the Park Board 10 percent of sales. We hire the porta-potties. Our meetings have been at Hosmer Library. Board elections have been postponed till January.

—Jason Heisler

I haven’t heard back from Jason since the holidays, but it seems like an organization is being formed and people are intent on re-creating Mayday in the familiar tradition. And they will take responsibility for providing porta-potties.

Southside Pride will continue to follow these developments.



Sandy Spieler

of Mayday dating back thousands of years.”

From someone who cared for these roots and tended this gathering for 45 years, I challenge these things:

—If YOU invite people to the

a possibility? Maybe you want to reconsider “We will not set up porta-potties.”

—It is also common courtesy to respect the workers who tend this beautiful park by applying for a permit. There is lots of invisible work that goes into taking care of this Park, and the workers love this place and care for it as much as you do.

Thanks for listening and thank you for the many years of support of In the Heart of the Beast Theatre and Mayday.

Respectfully,

—Sandy Spieler, Lover of Mayday, Powderhorn Park and all of its kin (and former director of In the Heart of the Beast Theatre’s Mayday for 45 years)

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Debra Keefer Ramage wrote:

I didn’t get Sandy’s letter, so I am not sure of the context, but let me share my vision for the future of MayDay, which I did share with the consultant they hired in a one-to-one interview, but I felt ever so slightly condescended to and dismissed. I think MayDay’s problem is it’s way too big for its restricted venue, and I think the solution to its being too big is to do cell division and grow. But grow in separate spaces.

by the Mississippi, Loring Park, Diamond Lake, MLK Park and marching along Nicollet? All of which would draw people away from Midtown, so there would be more room for parking, less exhausting walks for elders and disabled and little toddlers, fewer portapotties required, more room for food vendors to branch out and not be intensely competing in a single space, opportunity for kids in other Minneapolis neighborhoods to have “their own” parade.

I don’t really see a downside, and many upsides. After seeding these celebrations in other areas, HOBt could step back and give each one to another arts nonprofit to manage, perhaps some created just for MayDay. In a way, it would be like Open Streets, except I think it would be important that they all occur on the same day, or at least the same weekend. Because the point would be for attendees to pick only one and go to it, preferably the one closest to them, so that total driving around is reduced even as total attendance goes up, and one neighborhood doesn’t have to take the entire strain of accommodating 60,000+ people.

—Debra Keefer Ramage

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# More cops, less hope

BY LEX HORAN,  
RECLAIM THE BLOCK

The Minneapolis City Council on Wednesday, Dec. 11, approved a budget that gives the Minneapolis Police Department (MPD) an \$8.2 million raise, bringing its budget to a total of more than \$193 million, while allocating comparatively insignificant funds to preventative and public health programs that build safety.

Throughout the budget process, hundreds of community members voiced their support of Reclaim the Block's demands to invest in programs like mental health response, solutions to the opioid crisis and youth homelessness programming instead of continuing to grow MPD's budget.

Nevertheless, the city council approved a budget that has had almost no changes to MPD's bottom line since Mayor Frey drafted it.

"Hearing and centering the most vulnerable members of our communities means not investing more in the police state," said Nicque Mabrey in testimony before the council. "We're here as your friends, as people who have been with you along the way since before you were elected. We have a partnership here. To invest more money into the police is a breach of that relationship. It's



disrespectful."

While the mayor has claimed a compromise for shifting his proposed 14 new hires into funding for a new MPD cadet class, that amendment will still result in a larger police budget and a larger force. Most cadet classes include 38 cadets on the on-ramp to becoming MPD officers.

"So many of us were thrilled two years ago when we thought

we had just elected one of the most progressive city councils in the country," said testifier Kristen Wiseman of Reclaim the Block. "Being progressive means making hard political decisions to move us forward, not being stuck in the status quo. You all aren't leading us forward progressively—you're not even following the lead of your constituents who spoke up last week."

To create a visual representation of the city's funding priorities, one testifier dumped \$193 one-dollar bills on the dais to rep-

resent MPD's \$193.4 million budget, and held up a single quarter to represent the \$242,000 that the city agreed to move into the Office of Violence Prevention (OVP) out of MPD's budget.

The council did amend the budget to respond to some community demands, including a position to enforce wage theft, a Trans Equity staff position and additional funds for the OVP. The council also passed staff directions related to a diversion program for low-level "quality of life" crimes and researching the racial equity impacts of traffic enforcement policies and practices.

Reclaim the Block and supporters demanded that council members commit to working with the community in coming years toward more substantial change.

Before passing this year's budget, only three members of the council (Council Members Bender, Ellison and Gordon) said they would work with community to invest in non-police safety strategies.

Changes, from page 1

Kowalski's	2440 Hennepin Ave. S.	St Vincent de Paul	2939 12th Ave.
Spyhouse Coffee	2404 Hennepin Ave. S.	Mercado Central	1515 E. Lake St.
Sebastian Joe's	1007 W. Franklin Ave.	Ingebretsen's	1601 E. Lake St.
The Kenwood	825 Summit Ave.	YWCA	2121 E. Lake St.
The Wedge	2105 Lyndale Ave. S.	Aldi	2100 E. Lake St.
Minneapolis Community & Technical College (MCTC)	1501 Hennepin Ave. S.	Hi-Lake Liquors	2130 E. Lake St.
Mpls Central Library	300 Nicollet Mall	Hub Bike Co-op	3016 Minnehaha Ave.
City Hall	350 S. 5th St.	Geek Love Pizza	3032 Minnehaha Ave.
Electric Fetus	2000 4th Ave. S.	Gandhi Mahal	3009 27th Ave.
Starbucks	2000 Nicollet Ave.	Town Talk Diner	2707 E. Lake St.
Franklin Nicollet Liquor	2012 Nicollet Ave.	El Nuevo Rodeo	2709 E. Lake St.
The Wedge Table	2412 Nicollet Ave.	Aldi	2929 27th Ave. S.
Spyhouse Coffee	2451 Nicollet Ave.	Peace Coffee	3262 Minnehaha Ave.
Bad Waitress	2 E. 26th St.	Chicago's Taste	3101 E. 42nd St.
Christo's	2632 Nicollet Ave.	Bill St. Mane's	4159 28th Ave. S.
Hennepin Healthcare	2810 Nicollet Ave.	Angry Catfish	4208 28th Ave. S.
Allina Hospital	920 E. 28th St.	Buster's	4204 28th Ave. S.
Children's Hospital	2525 Chicago Ave. S.	Baker's Wife	4200 28th Ave. S.
Ebenezer Tower	2523 Portland Ave. S.	Roosevelt Library	4026 28th Ave. S.
5th Avenue Apts.	2419 5th Ave. S.	Cardinal Bar	2920 E. 38th St.
Ancient Traders	2037 11th Ave. S.	Northbound Smokehouse	2716 E. 38th St.
Maria's	1113 E. Franklin Ave.	Key West Bistro	2803 E. 38th St.
American Indian Center	1530 E. Franklin Ave.	Standish Café	2403 E. 38th St.
Pizza Luce	2200 E. Franklin Ave.	Sister's Sludge	3746 23rd Ave. S.
Zipp's Liquor	2618 E. Franklin Ave.	Everett's	1833 E. 38th St.
Seward Co-op Creamery Café	2601 E. Franklin Ave.	WAMM	4200 Cedar Ave. S.
Seward Co-op	2823 E. Franklin Ave.	Hamburguesas El Gordo	4157 Cedar Ave. S.
Welna Hardware	2438 Bloomington Ave.	Tiny Diner	1024 E. 38th St.
Midtown Global Market	920 E. Lake St.	Chatterbox	2229 E. 35th St.
Chicago Lake Liquor	825 E. Lake St.	Matt's Bar	3500 Cedar Ave. S.
Chicago Lake Laundry	3015 Chicago Ave.	Dead Media	1828 E. 35th St.
		Reverie	3500 Bloomington Ave. S.
		May Day Café	3440 Bloomington Ave. S.




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# Manipulations and deceptions

BY KATHRYN KELLY

How does the Minneapolis Park & Recreation Board get what they want? One way is to twist and change input from their Community Advisory Committee (CAC) members to suit their agenda. And, according to Commissioner AK Hassan, referencing the 2020 budget, it is also through “a series of backroom deals and amendments that were put forward by some commissioners after TV cameras were off.”

As a member of the Hiawatha Golf Course CAC, I was told by a member of a previous Park Board CAC that the Park Board would solicit input from the CAC members and then ignore it and do what they wanted to do. I was skeptical. I am no longer skeptical. I have found out through person-

al experience how the Park Board Planning Department manipulates and changes the CAC members’ input to suit their purpose.

On Dec. 13, 2019, the Park Board publicly published a list of Hiawatha Golf Course CAC Design Priorities. How well did it reflect the input from the CAC members?

The worst omission was the CAC’s No. 1 item: protect the nearby homes from flooding with an engineering analysis. Everyone on the CAC agreed that this was to be the most important design item, but it was not on the list.

I had three items that I requested to be on the list. In the original published list to CAC members, one was omitted and two were modified by the Planning Department to change the meaning. After a back and forth with the

project manager, he agreed to add the item that was omitted and return the other two items to their original language. In the recently published list, the one item was, again, omitted from the list. And, the Park Board added their language back to the other two items. These three items are:

Item 1: I wanted the Park Board to answer the question, “Why does the Park Board want to reduce pumping?” Twice they have omitted this question from the list. Is it because they don’t want to answer this question?

Item 2: I asked for a plan for the 37 memorials that currently exist on Hiawatha Golf Course for people. The Planning Department changed this to a plan for “people of significance,” which would likely exclude most of the people currently memorialized. The project manager agreed to remove “people of significance” from this

item, but then it was back again.

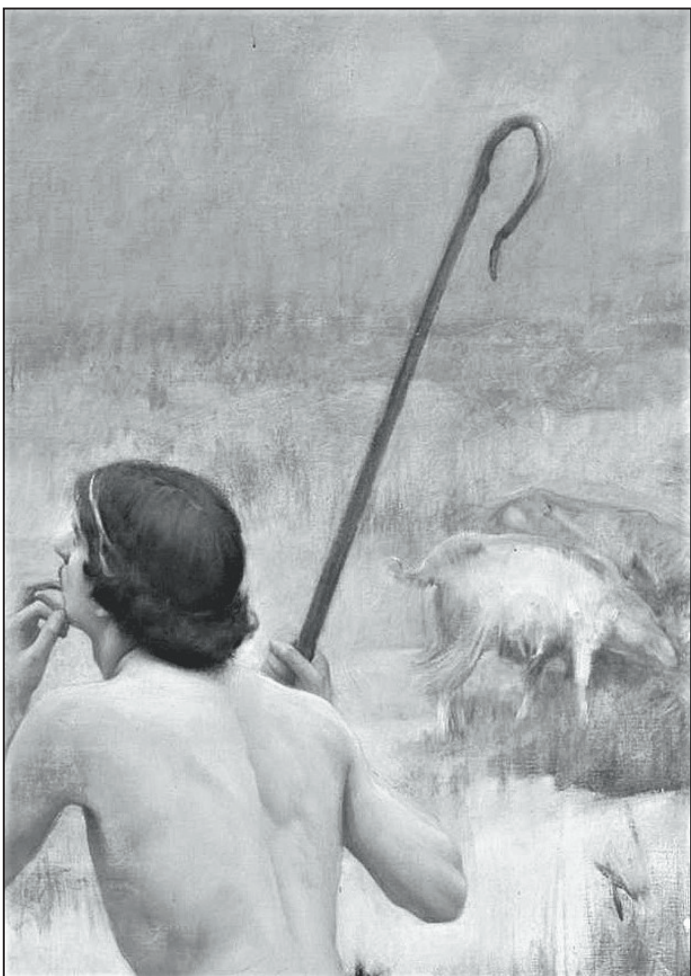
Item 3: I asked for a “New Parking and Traffic Analysis” for the neighborhood. The Planning Department changed it to “Update the current parking and traffic analysis.” There is a subtle, but important, difference between “new” and “update.” I asked for a “new” plan because I found basic flaws in the original planning and analysis, so a new plan needs to be done to correct these flaws. Also, the effect of the new Bergan’s development needs to be investigated and included.

In reference to AK Hassan’s statement, he recently voted against the 2020 budget because, as he wrote, he felt that some commissioners “stole nearly \$100,000 in funding for some of the most underserved youth in the Somali community” in a “final formal vote at a backroom in the City Hall.” He went on to say,

“I’m particularly disappointed in Commissioner Jono Cowgill and Commissioner Steffanie Musich for having one position when the cameras were on and another behind closed doors. This is not the type of representation that our community deserves and our Somali youth deserve to know when [people in] our community are being used as bargaining chips in dark rooms.”

Community input should be exactly what the community members stated, not a modification to suit the Park Board’s agenda. The Park Board doesn’t have to like the community input, but they should be honest enough with the public to accurately publish the real feedback. Plus, we need public servants whose private agenda matches their publicly portrayed agenda.

## Golf



BY ED FELIEN

Obnoxious plutocrats and Donald Trump have given golf a bad name. That’s too bad, because it really has an honorable history.

It’s probably the oldest game played with a stick and a ball. Our ancestors in Egypt, thousands of years before they crossed the Sinai Desert into the Promised Land, were farmers and shepherds. Shepherds carried a long stick to prod sheep back into the fold if they strayed too far. Sometimes they would use their stick to try to hit a stone into a sheep’s butt to negatively reinforce bad behavior. If they had a friend with them, they could compete to see who could hit the sheep, and then, who could hit the tree. And then, much later, Scottish shepherds got very solemn about it, and they eliminated the sheep and gave it written rules.

Sometimes, in the morning, just before dawn, when I’m standing over a silly golf ball with a club in my hands, I wonder, “What am I doing here?” And I smile, and I think, “I am honoring my ancestors.”

• • • • • Donald, from page 1

federal prison to help with the invasion of Sicily in 1943.

The big money in a Mob is selling drugs. The Iran-Contra Affair illustrates perfectly the smooth connection between the U.S. government and the Mob. George H. W. Bush and Ollie North cooked up a scheme in the basement of the White House to get around Congress’s prohibition on selling arms to the Contras in Nicaragua. The Contras shipped cocaine from Honduras to a CIA air base in Florida. The Mafia bought it for the U.S. market, and the money went to Iran to buy weapons that went to the Contras. It was a neat triangle. It should really be called the Iran-Contra-Mafia-CIA Affair to give credit to all the players.

The money that powers the Russian Mob comes from heroin, and that heroin comes from Afghanistan.

Everyone knows you’ve been using the U.S. military to deal opium out of Afghanistan. You had the U.S. Army protect trucks driving it to Pakistan to be turned into heroin and then drove the heroin back across Afghanistan to Turkmenistan to the Russian Mob who took it to Europe and the streets of New York City. It’s a \$5 billion-a-year racket in Afghanistan. That’s why Michael Flynn was your first hire, and that’s why you made him your national intelligence director.

He knew the territory. He was head of U.S. Army Intelligence in Afghanistan. His primary responsibility was to protect the opium crop from the Taliban who wanted to destroy it. He knew how to protect the convoys of contraband. He was at state dinners in

Moscow, sitting with Putin. He had to quit after 24 days because he got caught lying about his Russian contacts to Vice President Pence. [Is Pence that far out of the loop that he really doesn’t know what’s going on?]

When Hamid Karzai refused to play ball with you and cut you into the \$5 billion pot of honey, you dropped the MOAB (Massive Ordnance Air Blast, commonly known as “Mother of All Bombs”) in his backyard in April of 2017. It was such a Mob thing to do—blow out his shop to sell him protection. Karzai shrieked to Al Jazeera, Afghanistan should not be used as a “testing ground” for weapons. He’s quieted down lately, so he must have begun to appreciate the value of U.S. military protection.

John Bolton knew what was going on. He resigned after telling Fiona Hill, “I don’t want to be part of that Ukraine drug deal.”

What was that “Ukraine drug deal”?

Isn’t the “Ukraine meddling in the 2016 Elections” just a smoke-screen?

Wasn’t the Ukraine drug deal when the Mob Boss, Putin, put the pressure on you to put some pressure on Zelensky to sit down with the Kremlin Crime Boss and make a deal about Crimea?

You know, all this is becoming common knowledge, and eventually you will be tried for treason for betraying your country.

Let’s make a deal.

You plead guilty now and you get to keep Mar-a-Lago, or rather, we get to keep Mar-a-Lago, and we keep you in there. You can have your old room, run of the place, your golf course, your old golf cart. And you can have visitors, and even conjugal visits.

We’ll turn it into a federal prison palace. We will screen all your visitors because we’ll be protecting you from vengeance from the Mob.

You’ll love it. You’ll be safe and still be the center of attention.

And you’ll be a hero for sparing the country a painful ordeal.

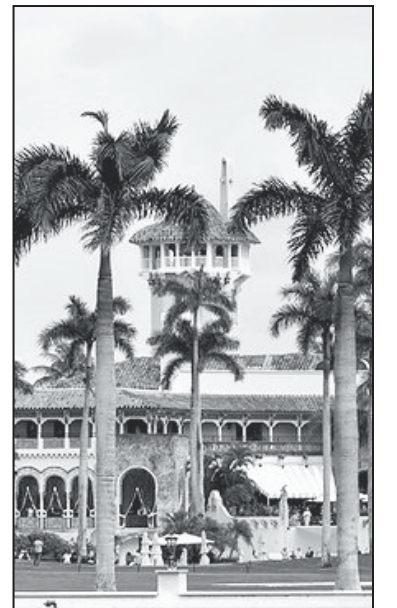
This is a good deal for you.

We’re giving you respect. We’re giving you a decent place in history. People will love you for it. People will remember you for hundreds of years. Everybody loves a story about a redeemed thief. You’ll be a greater president than George Washington.

Consider it an early retirement with full benefits and lasting immortality.

If you keep acting like you’re going to get away with it forever, then, when the crash comes, when everyone finally figures out what went on, you’re going to hate it.

Get out now and let everybody love you.



Mar-a-Lago: it already has a guard tower!



# Equity is the root of it all



BY ELINA KOLSTAD

The other day while crossing the street with my family (including my 2-and-a-half-year-old) an oncoming car slowed to a stop. The car behind that one, however, sped up and aggressively passed the first car on the right. Luckily, my family had just made it to the opposite curb, but the reckless driver was definitely too close for comfort.

The intersection we were crossing is a notoriously dangerous one. Visibility is difficult for both pedestrians and drivers owing to cars parked tightly on both sides of the street, and cars are almost always speeding through. It's also one of the few routes through the neighborhood to the freeway (other routes were largely closed off during the '80s and '90s as part of neighborhood "traffic calming" measures). A ghost bike stands as a monument to how lethal this intersection truly is.

The City of Minneapolis has adopted "Vision Zero: A Plan for Safer Streets in Minneapolis" (<https://www.visionzerompls.com/>). "Vision Zero" originated in 1990s Sweden and has spread across Europe and now into American cities. At its heart it is a new perspective on traffic safety, where traditional road system design assumes perfect adherence and emphasizes individual responsibility, "Vision Zero" designs roadways with the assumption of user error and uses a systems approach to design roadways that decrease fatalities (<https://visionzeronetwork.org/about/what-is-vision-zero/>). As a part of this, the City of Minneapolis has included traffic enforcement as a potential action within their plan. Open Streets has criticized this part of the plan, given the danger police pose to people of color in our communities ([https://www.ourstreetsmpls.org/vision\\_zero\\_action\\_plan\\_launch](https://www.ourstreetsmpls.org/vision_zero_action_plan_launch)).

Immediately after the asshole sped past us, my first thought was, "If we could trust the police, having a car stationed at that intersection would solve/improve the safety of this intersection." But we CAN'T trust the police. Open Streets rightly points out that increased police enforcement is problematic so long as the police are given carte blanche with the lives of our residents. So, we need to go further.

If we as a city, and as a greater society as well, don't tackle police brutality head on, we will never be able to have complete streets that are safe for all modes of transit in walkable, livable communities. If we don't place equity at the center of all we do, we won't be able to avoid the greater catastrophes of climate change.

And can I just point out the obvious irony of using the police as a tool to save lives when they so regularly take them without consequence.

This ghost bike stands as a monument at the lethal intersection.

## Bouza from page 1

The women said that every time they emerged from a squad the corner hang-outs whooped and hollered in their version of I got beaver.

The request seemed eminently reasonable, and I sent a memo recommending its adoption to the police commissioner.

Silence.

After a couple of weeks, I inquired as to the status of my request.

"It's been sent to the Uniform Committee for evaluation."

No pharaoh, entombed in a large pyramid's interior crypt, was ever more securely buried than any idea sent to the Uniform Committee. It was a place to which ideas were sent to die.

The ladies asked for an update and my conscience was pricked.

What to do?

I thought the status quo was intolerable, but I was afraid to affront the P. C. By then my sins were many.

After several days of internal agony, I swallowed hard and told my staff to telephone (nothing in writing) each of the 11 precincts and tell them that henceforth pants or miniskirts were optional.

A remarkable transformation—overnight.

When Bronx police women (we'd abandoned the title in 1973 for "police officer"—an androgynous term) traversed to other boroughs they sparked a scandal.

Trousers? How come? Just the Bronx? What's the authority?

In a wink all the females in the NYPD were in trousers. The corner louts were defeated.

And the P. C.?

I cowered cravenly in anticipation. I thought I knew Codd and felt he'd swallow my mutiny if I didn't make a thing about it—and I certainly didn't.

It worked. Not a single word was ever said—not even by the women who'd sought my intervention. A quiet revolution—the best kind.

As time passed, I reflected on what I alone thought was a signal event. One real regret emerged.

In the telephone message I had transmitted I had carefully parsed the language, but I neglected—I discovered later—to include the option of pants or miniskirts for everyone, even male cops. The imagery really captivated me.

Today, half a century later, all is buried and forgotten, including Codd and, soon enough, me. But for one unheralded moment the women of the Bronx blazed the trail now plodded by millions.

An essential postscript—the next year, 1976, I supervised the policing of the Muhammad Ali—Ken Norton heavyweight championship in Yankee Stadium. The cops rioted (no contract in three years) and I was accused of mishandling it. Codd forced me to leave the NYPD. So, ultimately, he got to pay me back.



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EVENTS

**Pathways Faith-Based Life Skills Class**  
**Thursday, Jan. 9, 6 p.m.**  
Basilica of St. Mary School  
Room LL7  
1601 Laurel Ave., Mpls.  
Make a positive change in your life in just 10 weeks! Did you know that every Thursday evening from 6 to 8:15 p.m., a team of dedicated volunteers hosts “Pathways,” our faith-based series of life skills classes? Stop by anytime! All are welcome and no registration required. Questions? Contact Julia at 612-317-3413.

**Confronting Islamophobia**  
**Saturday, Jan. 18**  
**9 a.m. to noon**  
Holy Trinity Lutheran Church  
Bartsch Room  
2730 E. 31<sup>st</sup> St., Mpls.  
Holy Trinity’s Racial Justice Committee invites the community to learn how to talk with and inform your neighbors about the rich and varied faith and culture of Islam. The presentation features Jaylani Hussein, executive director of the Minnesota Chapter of the Council on American-Islamic Relations, and Safiya Hashi, the Youth Coordinator for CAIR. You can register online at [bit.ly/HTJan18](https://bit.ly/HTJan18).

**Living into Being God’s Kindom in Minnesota**  
**Saturday, Jan. 25**  
**9 a.m. to 3 p.m.**  
Hennepin Avenue United Methodist Church  
511 Groveland Ave., Mpls.  
Please save Saturday, Jan. 25 for an event led by Dr. Grace Pak from the General Commission on Religion and Race of the United Methodist Church. Dr. Pak will facilitate conversation and learning to bring people together across cultural differences in order to live more fully into God’s Kindom. While sponsored

by Twin Cities District Strategy Team, the event is open to all across Minnesota, who are invited, expected, and encouraged to join our conference leadership and attend this first conversation and learning. Hosted by Minnesota Methodists and Hennepin Avenue United Methodist Church. For more info, see [https://www.facebook.com/events/446045692965945/?active\\_tab=about](https://www.facebook.com/events/446045692965945/?active_tab=about)

**Spiritual Exploration Opportunities**  
Plymouth Congregational Church  
19th and Nicollet, Mpls.  
612-871-7400, [plymouth.org](https://plymouth.org)  
For the complete Winter-Spring lineup and to register: [www.plymouth.org/explore/adult-spirituality/](https://www.plymouth.org/explore/adult-spirituality/)  
**The 1619 Project**  
**Mondays, Jan. 27–Feb. 24**  
**6:30 to 8:30 p.m.**  
Limited to 22; Tuition: Free, please register; Instructor: Ann Ludlow. Last summer, the New York Times Magazine published The 1619 Project on slavery in America, which now is being widely used in high schools and college classrooms. The series builds on research by distinguished black academics, journalists and writers.  
**Meditation Matters**  
**Tuesdays, Jan. 28–March 3 (intermittently)**  
**7 to 8:30 p.m.**  
Tuition: Free, please register; Facilitator: John Bennett. Try meditation methods with six practitioners on all or any of these Tuesday evenings: Jan. 28, Feb. 4, 11, 18, 25 and March 3. Scheduled presenters so far are: Todd Tsuchiya and Gail Wong, who will instruct us in Japanese Buddhist chanting; Emily Jarrett Hughes in wisdom dance; John Bennett in guided imagery; and Su Ying in a blend of Tai Chi and Qigong. Please sign up for the series by Jan. 24, or sign up for individual evenings by the Friday before each event. Classes are not

sequenced.  
**Better Angels: Families and Politics**  
**Saturday, Jan. 25**  
**9 a.m. to noon**  
Jackman and Nancy Baltins Room  
Limited to 52; Tuition: Free, please register; Instructor: Bill Doherty, PhD. Note: Prior participation in a Better Angels “Depolarizing Within” session (held last fall and announced in these pages) is required. If our toxic political environment is affecting family bonds, this workshop will offer you:  
• Insight into why family differences over politics are uniquely challenging;  
• Recognition of common roles that family members play in political conversations (e.g., the Gladiator, the Defender and the Sniper);  
• Skills for constructively handling family political differences.  
We’ll laugh and have some fun in this workshop—it won’t be all serious. After all, we all come from quirky families.

**Children’s Choir Concert by Choirs of Angelica Cantanti**  
**Sunday, Feb. 9, 4 p.m.**  
Mount Olive Lutheran Church  
3045 Chicago Ave. S., Mpls.  
Mount Olive Music and Fine Arts presents three of the nine choirs of Angelica Cantanti—Con Brio (grades 2-4), Michele Gehrz, director; Cantabile (grades 4-6), Rachel Lucius, director; and Concert Choir (grades 6-9), Beth Egger, director—in an afternoon of diverse choral music. Angelica Cantanti Youth Choirs (ACYC) is an award-winning Twin Cities children’s choir program dedicated to providing high quality choral music education with excellence in performance. ACYC’s four conductors are professional music educators and artists who nurture and challenge the 275 boy and girl singers in grades 2-12. Young singers come from across the Minneapolis/St. Paul metro area to

weekly rehearsals at the Bloomington Center for the Arts. For more information about Angelica Cantanti, visit [www.angelicacantanti.org](https://www.angelicacantanti.org). A reception in the church’s Chapel Lounge will follow the concert. This event is free and open to the public; a freewill offering may be received to support the Music and Fine Arts program. For further information, call 612-827-5919, or go to [www.mountolivechurch.org](https://www.mountolivechurch.org).

ONGOING

**Sharing Food**  
**Coming to the Table (CTTT)**  
**Third Saturdays**  
**10:30 a.m. to noon**  
Sumner Library  
611 Van White Memorial Blvd.  
Mpls. 55411  
(To reserve your seat, please RSVP at [www.cttt-northmpls.eventbrite.com](https://www.cttt-northmpls.eventbrite.com).)  
**Fourth Mondays**  
**7 to 8:30 p.m.**  
Wedge Table Classroom  
2412 Nicollet Ave., Mpls. 55404  
(To reserve your seat, please RSVP at [www.cttt-southmpls.eventbrite.com](https://www.cttt-southmpls.eventbrite.com).)  
At Coming to the Table (CTTT, [www.comingtothetable.org](https://www.comingtothetable.org)), descendants of those who were enslaved and descendants of slave owners and all those interested 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.ctttmpls.eventbrite.com](https://www.ctttmpls.eventbrite.com). Questions? Email [info@mn-peace.org](mailto:info@mn-peace.org).

**Bethany Lutheran Church**  
**2511 E. Franklin Ave.**  
**Mpls. 55406**  
**612-332-2397**  
Soup for You serves a free community meal every weekday from 11 a.m. to 1 p.m. The meal is open to everyone—no exceptions! Volunteers will take your orders and serve you at the table. This is not a soup kitchen, but rather a space to build community! Donations are of course welcome!

**New Creation Baptist Church**  
**1414 E. 48th St.**  
**Mpls. 55417**  
**612-825-6933**  
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.)

**Living Spirit United Methodist Church**  
**4501 Bloomington Ave. S.**  
**Mpls. 55407**  
**612-721-5025**  
Community Supper  
Wednesdays, 5:45 to 6:30 p.m.

**Minnehaha United Methodist Church**  
**3701 E. 50th St.**  
**Mpls. 55417**  
**612-721-6231**  
Food Shelf every Tuesday  
10 a.m. to 2 p.m.

**Weekly Talmud and Bible classes**  
**Thursdays, 6:30 (Bible) & 7:30 (Talmud)**  
Temple of Aaron  
616 S. Mississippi River Blvd.  
St. Paul 55116  
Weekly Talmud and Bible classes are taught by Larry Eisenstadt, Temple of Aaron’s ritual director and experienced educator. The classes are free and open to members and non-members. Hebrew language proficiency is not required. No reservations necessary. For more information call 651-698-8874. Or visit [www.templeofaaron.org](https://www.templeofaaron.org).

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3644 Chicago Ave. S., 612-823-3494  
[Minneapolis.Bahai@gmail.com](mailto:Minneapolis.Bahai@gmail.com)  
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Many other activities—call or email for more information.

*Christian*  
**BETHEL EVANGELICAL LUTHERAN CHURCH**  
4120 17th Ave. S.  
612-724-3693, [www.bethel-mpls.org](https://www.bethel-mpls.org)  
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Sunday Worship 10:30 am  
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*\*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](https://www.clchurch.org)  
Sunday Worship at 10 am  
Pastor: Hans Lee  
*A Reconciling in Christ Congregation*

**CATHOLIC CHURCH OF THE HOLY NAME**  
3637 - 11th Ave. S., 612-724-5465  
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Sunday 8:30 & 11 am  
Reconciliation Saturday 4-4:30 pm  
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**MESSIAH LUTHERAN CHURCH**  
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2400 Park Ave. S., 612-871-8831  
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Children’s Ed. during 11 am service  
Community Bible Study Tue. 10:30 am (lunch follows)

**ST JOAN OF ARC CATHOLIC COMMUNITY**  
[www.stjoan.com](https://www.stjoan.com), 4537 Third Ave.  
Masses: Saturday 5 pm (Church)  
Sunday 7:45 am (Church)  
Sunday, Family Mass  
9:45 & 11:45 am (Church)  
Sunday 9 & 11 am (Gym)  
Weekday, Tue. & Thu. 8 am (Orleans Chapel)  
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**WALKER COMMUNITY UNITED METHODIST CHURCH**  
3104 16th Ave. S., 612-722-6612  
[office@walkerchurch.org](mailto:office@walkerchurch.org);  
Website: [walkerchurch.org](https://walkerchurch.org);  
FB: [Walker Community United Methodist Church](https://www.facebook.com/WalkerCommunityUnitedMethodistChurch)  
Sunday Celebrations & Children’s Program 10:30 am  
Community Meal Tue. 5:30-6:45 pm



All Directory Churches are Wheelchair Accessible

**Stand with Immigrants Tuesdays and Thursdays at the Federal Whipple Building**  
**Tuesday, Jan. 14, 7:30 a.m. (Interfaith Vigil)**  
Federal Whipple Building  
1 Federal Drive, Fort Snelling, MN 55111-4080

ICOM, the Interfaith Coalition on Immigration, has been holding vigils for years to advocate for the rights of immigrants and refugees, except now vigils are weekly instead of monthly. ICOM states on its website: “We are people of conscience who recognize the sacred humanity of all people. Our diverse traditions teach us to welcome our immigrant, refugee, and asylee sisters and brothers.”  
“We stand in solidarity with our immigrant neighbors and stand in opposition to ICE policies of detention and deportation that dehumanize immigrants and separate them from their families.”  
The vigil on Jan. 14 will be the first one hosted by local Buddhists, from the Soka Gakkai, MN Buddhist Center.  
One of the many faith-based groups that participates in the vigils is Plymouth Congregational Church. Plymouth also provides a presence at immigration hearings every Thursday. They leave the church at 9:30 a.m. and return by 11:45 a.m.  
Jerry Davis, of Plymouth’s Immigrant Welcoming Working Group, writes about “Why We Go to Immigration Court” in Plymouth’s newsletter. He talks about the favorable outcomes. “While it’s informative to read about the pain and suffering endured by immigration detainees, the crisis becomes real when you witness firsthand the plight of the detainees in the courtrooms at the Whipple Building.”  
“While we are in the courtroom, the judge and the prosecuting attorney for the government are not free to operate in a vacuum. They are aware that concerned citizens are monitoring the process closely,” he writes.  
In addition, since immigrants probably don’t find much warmth or friendliness in the court system, Plymouth’s Welcoming Group tries to offer that. Also, the group works on solutions together with other organizations. “There’s power in numbers,” Davis writes. “We are simply trying to move the needle in a positive direction toward humane immigration policies.”



# Reflections

BY FRANCIS X. KRONCKE

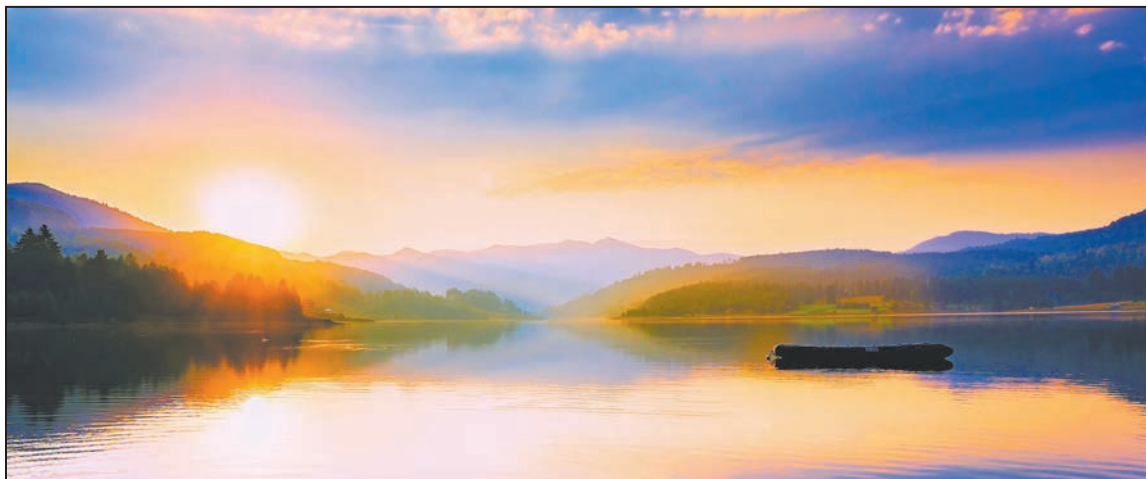
*"Your sacrifice in fighting against the war in Vietnam defined your life."* Someone recently wrote that to me, and it is true. "Sacrifice"—I'm not sure about that word. At the time, I was young (mid-20s), now I'm old (mid-70s). Like the guys (some gals) who went to Nam, I was trying to be a Good American. Here's all I can say—*Follow your conscience and be true to yourself.* For me, after fulfilling two years of Conscientious Objector service at the U of MN's Newman Center under the inspiration of my peace hero, Father Harry Bury, I raided draft boards, went on trial, and then went off to federal prison ... so it went. But my most significant impact, and that of my fellow "Minnesota 8" draft board raiders, was nudging Dan Ellsberg as he made his final moral stand and released the Pentagon Papers, after being a witness at our trial (1971). For many, it was Dan's moral stand that flipped out President Nixon, who sent the future "Watergate burglars" to steal Dan's medical files ... all of which led to Nixon's self-destruction and resignation, and contributed to an eventual end to the Vietnam War.

*Have conditions in America changed that much since the Sixties?* Coleen Rowley (FBI) and Colonel Ann Wright are living heroes whom younger folk should meet and listen to, as is retired Minnesota State Representative Karen Clark. In many ways, things are better today in respect to the hope and courage these women represent. My own actions led to a greater awareness of the moral complexity of the ongoing social and cultural challenges we face as "We, the People." In a sense, today, we know more of our communal Darkness ... which,

somewhat ironically, enables us to see more of the communal Light that shines from every quarter of our nation. All people, especially the young (of heart!), should be strengthened by the contemporary peace-making actions of so many. Just know that *you will never be able to clearly see the impact of your witness and actions beforehand*—often only at your funeral will others properly describe your life! Possibly.

What is the legacy of the Sixties? *Look forward, not backwards!* Learn from the past but live for and into the future. That's how I survived prison. I learned to live raw and freely after a mostly stable Roman Catholic upbringing and "formation." There's little doubt that words like growing up, maturing, aging, and the like sound good, but they are fraught with growing pains, humility, self-denial, and the like. Looking forward takes grit and courage, which is ultimately rewarded with a deep sense of inner peace, *no matter what others say about you.* Remember, you only come this way once, so *kick some butt!* Especially your own. Ha.

*Francis X. Kroncke, federal inmate 8867-147, is a seeker who has journeyed through the monastic life, the theological academy, federal courtrooms, a federal prison cell, and the byways of corporate America. In 1970, he took his Catholic theology into the American courts as he defended his draft board raiding crime, re: the trials of the "Minnesota 8."*



## Ram Dass passing

BY LAURIE SAVRAN

When Ram Dass (formerly known as Richard Alpert, sometimes known as RD), died on Dec. 22, 2019, at age 88 in Maui, I had recently returned from Maui, where I had gone to attend a retreat with Ram Dass entitled "Open Your Heart in Paradise." People considered me very lucky to have been with RD less than two weeks before his passing, and I was lucky indeed. It was my fourth time attending one of his retreats and each time was magical and uplifting.

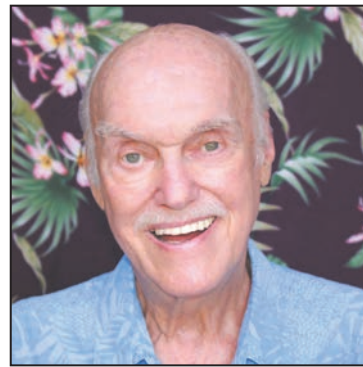
Back in 1972 when I worked at Savran's Paperback Shop (I was married to the owner, Bill Savran), we received the book "Be Here Now" by Ram Dass. I immediately read the book and it changed my life, just like it changed the whole generation of New Age hippies, seekers, meditators and yoga practitioners. Tim Leary had coined the phrase

"turn on, tune out, drop out" several years earlier and "Be Here Now" became the blueprint on how to accomplish Leary's message.

Ram Dass' life started with privilege, along with Leary. He

nizations and then had a debilitating stroke in 1997 and eventually moved to Maui. Despite the stroke and health issues, he continued to teach until the end.

Over the years, Ram Dass came to Minneapolis many times and I never missed seeing him here. I also travelled to workshops and retreats where Ram Dass was presenting. I considered him my guru. Since his passing I have read many, many tributes to RD. The most important teaching that RD shared with the world came from his guru, Neem Karoli Baba: "Love other people and serve them all." Based on the four retreats with RD that I attended, I can attest to the fact that he practiced what he learned from his teacher. His radiant presence made each and every person he encountered feel that unconditional love we all yearn to give and to receive. The last words I heard him speak were: "I am loving awareness."



Ram Dass

experimented with LSD at Harvard, got fired, went to India, met his guru, Neem Karoli Baba, came back to the U.S., wrote "Be Here Now" and numerous books, was the subject of several films, started many service orga-

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BY DEBRA KEEFER RAMAGE

In 2008, at age 55, I lived in a small town in England. I had recently been diagnosed with high blood pressure, and my blood glucose and cholesterol numbers were high too, though not demanding treatment. I started an exercise regimen at a private gym in an old stocking mill about a mile from our house in Hinckley (UK). For over two years, until the lingering effects of the global banking crisis finally took my job and led to my return to the States, I religiously worked out. I often walked to and from the gym as a warmup, and I felt really good most of the time, at least until the stress piled on from my life's chaos. Back here in the Twin Cities in December 2011, I struggled to find stability—looking for a job in my field, fixing up the trashed condo that was the only thing I could afford with no stable income, navigating the hellscape of U.S. health care—so I never made good on my “resolution” to get back into a routine of physical fitness. I do some sporadic stuff—walking, yoga, exercise, even take a class here and there. Occasionally I get a long and exhausting walk as a side effect of political activism and I’m grateful I can still

do that—sometimes. But I know that I need routine, habit, persistence. When I was tasked with producing this new series on aging gracefully, I felt that the first topic had to be the things that express gracefulness—our bodies. Here are some tips gleaned

Silver Sneakers (SS) is a program you can join as part of a Medicare Advantage plan. It doesn’t cost anything extra beyond the premiums you pay for the plan. You can take your SS member card to the Y, Anytime, or many other fitness



Literally anyone can do guided meditation

from my searches, struggles and successes, as well as some anecdotes from friends on their healthy body routines. And by the way, if you are still under 60, this is for you as well. It’s never too early to start building a graceful aging program.

studios and get a free membership there. These clubs offer exclusive SS classes, but you can also use all their member resources. Silver Sneakers classes cover a variety of intensities. The “classic” class is a mix of stretches and body-weight resistance combined with non-impact aerobics, all performed with a chair and other simple aids. Nokomis Healthy Seniors also provides free SS classes that you can take even if you’re not on a Medicare plan that includes it. Check out both the SS home page for details at <https://www.silversneakers.com/learn/classes> and the NHS page at <https://www.nokomishealthyseniors.org/>.

If you’re more of a purist, or maybe already familiar with yoga, simple yoga practice, alone, with friends, or in a class may be your preferred route. Yoga comes in a variety of flavors nowadays. Some may be better suited to our youthful comrades—hot yoga, Bikram (a proprietary form of hot yoga), Iyengar, core yoga, power yoga—while there are also new yoga adaptations specifically for seniors, older beginners, or people with physical challenges. These include chair yoga, water yoga and restorative yoga, all of which can be found in Silver Sneakers classes, at the Y, and in low-cost community education at parks and schools. Also, some varieties of yoga are inherently more gentle, such as kripalu, vinyasa flow, kundalini, and ashtanga. Another very popular exercise style is Pilates. This has some historical

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borrowings from yoga, and also from dance training, and was actually invented as a restorative practice for ballet dancers with injuries, so it's easily adaptable for any body type or condition. There are so many

ways to do this are massage and other bodywork, acupuncture, and passive stretching. For massage, the resources are many and all you need to do is a computer search or ask a friend. For acupuncture, you can go with a sole

also walks his dog every afternoon for a mile or more.

- Jennifer, age 72, doesn't have a formal "exercise routine," doesn't like to "work out" or take classes. She thinks physical work or play is easier and more effective if it's just part of one's everyday life, walking to the co-op, parking farther away when driving, etc. She has always liked to do both housework and yard work and in winter shovels snow and does projects in the house such as painting the kitchen. She does enjoy going for walks with friends but wouldn't make it a constant practice.

- Elaine, mid-70s, is another who enjoys snow-shoveling and gardening. She also exercises at home using routines she has learned over the years from physical therapy, personal trainers and classes. Unlike Jennifer, who finds exercise machines boring, Elaine (like me) finds them meditative and inspiring. "For a while I was really hooked on exercise [at the YW]—not to get stronger, not to get better looking, not for any reason except that I liked going to the gym. It had become my ... meditation time ... I especially liked walking the track at sunset because the light in the gym is so spectacular at that hour." Although not her express purpose, she has noticed that exercise makes her feel better, controls pain and prevents falls.

- KC, looking younger than her 80 years, is a widow who had a long and impressive career as a healthcare administrator. She does a three-day-per-week Fit and Tone class, a well-paced class for active elders, at the YW, which for her is a social occasion as well as a workout. She also walks her little dog three times a day, and tracks her steps, aiming for 6,000 or more daily.

- Carolyn, a little past 80, single, with grown kids and grandkids, wrote an



A Silver Sneakers classic class somewhere in Minnesota

essay. Here's an excerpt:

"In my 40s I put together a program of stretches, weight-lifting, aerobic walking—all activities I could do with reasonable consistency and not much cost, along with an occasional yoga class, tai chi, etc. My favorite part of all this was the longer weekend walk that I started 20 years ago. About seven years ago, scoliosis of the spine, breast cancer, semi-blocked arteries, and a 'shower of small strokes' each took its little bite out of my stamina, my flexibility, my stability, my determination. My exercise program took a number of hits. Let's just say it has not disappeared but has shrunk. The long weekend walks are gone, to my immense dis-

appointment."

- Jesse, age 90, is a widower with three adult children who lives at the former Augustana senior care housing complex near downtown. Jesse's career was journalism, and he is now a blogger. He works out 20 minutes four days a week in the fitness studio, divided between a gentle walk on the treadmill and three strength-building machines. He also tracks steps and gets in about a mile of indoor walking daily. Read his blog at <http://augustanacare.org/get-know-us/blog/>.

- Also check out my own blogpost about my exercise routine in the UK at <https://deboramaskitchen.blogspot.com/2008/05/workouts-work-play-and-music.html>.



## Mall-walking — easy, cheap, and a lifesaver

resources—TV shows, online videos, magazines, etc.—to facilitate creating your own yoga or Pilates practice at little or no cost, that this is a viable option. However, some styles include a big breath-control component, and some postures are contraindicated for those with high blood pressure, so if you have COPD, HBP or related conditions, consult your doctor first. If you're a novice or have any of these conditions, it's probably not a great idea to exercise completely alone; it might be more advisable—and safe—to at least find a buddy to practice with. The Twin Cities is awash with both yoga and Pilates studios, group trainers, personal trainers and clubs. I promise if you Google either one, you'll be inundated with possibilities.

Another way to go is to nourish the body passively. Some popular

practitioner, or you can check out community acupuncture, a network of very low-cost, low-frills, but credentialed practitioners in shared spaces. There is a very good one at the corner of Cedar and 38th Street. Passive stretching is relatively new to the area. Check out StretchLabs, which has several franchises in Minnesota, including one on West Lake Street near Bde Maka Ska.

I surveyed a few randomly-chosen, over-60 friends of mine to see what they do. I got more responses than I have room for in this piece, but here are a few samples:

- Dan, age 66, is a retired steelworker, single, with no kids. Like many retirees he travels quite a bit, including yearly long trips to Costa Rica, where he hikes and bikes, but when home he runs 4.5 miles every morning at about a 12-minute mile pace, and

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# Notes from the desk of peace activist Polly Mann (b. Nov. 19, 1919)

## A Positive Corporate Direction

My cynicism about the one-sided motives that corporations display in their transactions is sometimes challenged—not very often but once in a while. That happened yesterday when I was reading *The New York Times*. The headline of the half-page article read: “Bringing a Focus on Doing Good and Not Only Doing Well.”

The heroes of the story were three middle-aged and prosperous businessmen who had been friends since their Stanford University days (Andrew Kassoy, Jay Coen Gilbert and Bart Houlahan). They left their jobs to form an organization they named B Corps, which certifies companies that operate for social good as well as making money. Every three years they analyze and revise their methods. They have to be satisfied that they have accomplished what they set out to do.

Right now, they’re trying to build a more inclusive, long-lasting and creative enterprise. For example, they do not have employees; they’re workers. It’s a new ballgame, well, not exactly a game, but doing good as they play and profit.

## CIA: A Small Look at Agents of Deception

The act, NC 10/2/49, placed U.S. authority over espionage and counter-espionage operations abroad during war time and peace time under the control of the CIA director. Such operations were to be conducted by the Office of Special Projects.

Under Section 6 of the 1949 CIA Act, that organization was exempted from the obligation to disclose any information regarding its funding. The case of *US v. Richardson*, showed that some entities in the nation (\*CIA?) are free from all scrutiny and the less the population knows about it the better. The most famous example of the CIA treating American citizens as guinea pigs is the MK-Ultra program. For example, Ted Kennedy told the Select Committee on Intelligence during a 1977 hearing: “The CIA drugged American citizens without their knowledge or consent.”

Pilots who delivered arms from the U.S. to Nicaragua (during its latest revolution) could “bring back their own cargo,” that is, marijuana and cocaine. The CIA made sure they were not searched on arrival. Moreover, the drugs en route to America were provided by the CIA and a “friend,” drug trafficker George Morales, whom the CIA had pressured into providing planes and money to the Contras in exchange for benefits

during his jail time. In 1953, the CIA implemented the TPAJAX project in which Iranian Prime Minister Mohammad Mosaddegh and the Shah worked together. Because of this overthrow of a democratically-elected official, the Iranians were perceived as pro-American. But after 26 years, the CIA’s efforts to secure Iran as a secular and U.S.-friendly state were nullified at the advent of the Iranian Revolution.

The CIA continued its policies time and again. Nobody was punished for the events that transpired under the MK-Ultra project and many more I’m sure. Today, there’s little to be done to change



this situation and the CIA wants to sweep under the rug all information about every country that has suffered because of its machinations. I wonder what individuals are in their files.

I have demonstrated for things I believe in—like a peaceful world—and I think if going to jail would bring this country any closer to peace, I’d do it again. We’ll see.

## How About a Teeny Tax on Wealth?

For several years I’ve been receiving a monthly four-page (that’s front and back) periodical called “The Hightower Lowdown” which politically is somewhere between radical and progressive. It’s well-researched and well-written and I trust its information. The September edition was entitled “It’s time for a (teeny) tax on Wealth.”

During the past half century, myriad corporate and governmental decisions have methodically slanted America’s economic and political systems so that money and power flow from the many to the few. America’s tax code no longer adheres to the principle of ability to pay. Nearly 70 percent of capital gains are made by America’s richest 1 percent so they, obviously, would be the target of a campaign to make this a reality and not “pie in the sky.”

As the average U.S. worker’s

real wages have stagnated for more than a decade, income disparity has become enormous. Today, such a worker most likely would pay the top tax rate of 30 percent on an average income while America’s richest will pay 1 percent.

This country has a moral and ethical responsibility to tax its citizens fairly. The proposal should be for a bold, unabashedly progressive wealth tax based on income. Should legislation be proposed to enact a program to bring the plan to fruition, we middle-income taxpayers would have to really campaign to make it a reality.

## Guns and Common Sense

The topic of guns is ongoing in this country—whether pro or con, among individuals or corporations. Recently the Supreme Court cleared the way to allow relatives of victims of gun violence to sue perpetrators of the violence. Prompted by a plethora of gun violence, 145 corporate executives, including Levi-Strauss, Twitter, Uber and Citigroup, wrote the U.S. Senate urging stricter background checks and laws to prevent people who pose a threat from buying guns. Edward Skyler, the vice president of Citigroup’s Public Affairs, explained: “This isn’t a question of keeping guns away from legal customers; this isn’t a challenge to the Second Amendment. This is trying to put in place best practices about trying to reduce risk.”

## Guns—Again

The U.S. Attorney General William Barr is and has been concerned about growing gun violence in this country. He plans to combat it with an initiative, Project Guardian, which will consist of representatives from the Bureau of Alcohol, Tobacco, Firearms and Explosives, and state and local law enforcement. It will also create partnerships with community organizations aimed at preventing gun violence and increase scrutiny of people convicted of violent felonies or domestic violence, potentially reducing their access to firearms. At a news conference he explained that Project Guardian is intended to “better target offenders who use guns in crime and those who try to buy guns illegally.”

The reactions from organizations supporting gun usage generally would question Project Guardian. Kris Brown, the president of Brady, a gun control advocacy group, responded, “An initia-

See Polly Mann, page 11



Polly Mann at her 100th birthday celebration

## Celebrating 100 Years of Polly Mann

BY LUCIA WILKES SMITH

A joyful party at the Kenwood Isles condominiums in Minneapolis celebrated Polly Mann’s 100 years on a November afternoon with live music, sing-along and rap songs, original poems, pretty flowers, laughter, foods, bubbly beverages and memories. There were SPEAK TRUTH TO POWER fortune cookies, sugar cookies in the shape of 100, giant-sized cards for everyone to sign that stated “Speak Truth to Polly” and delicious sheet cakes adorned with peace signs. A Certificate of Recognition from the State of Minnesota, signed by the governor, was presented. Polly, of course, is best known as a founder of WAMM (Women Against Military Madness) in 1982 and as a current columnist for *Southside Pride*, <https://southsidepride.com/columnists/polly-mann/>.

During the gathering, 200 admirers listened to brief stories related by family members and several people who have been touched by Polly’s life and activism over the years. In the background, a slide show projected images from those very full years while people spoke about Polly’s campaign for U.S. Senate in the late 1980s; the years of WPA (Women’s Political Alliance) that Polly initiated for lobbying and advocacy at the State Capitol; and Polly’s crisp decline of the invitation for WAMM women to appear on *The Oprah Winfrey Show* because promotional material had

described them as “communist housewives.” (They were offended, saying, “We’re not ‘housewives!’”)

One man recalled Polly’s support and advice in 1967, when she worked in the book store at Southwest State University, Marshall, Minn., where he was a student. He protested the war in Vietnam and had been arrested on several federal charges for his resistance actions. Polly raised his bail, helped him weigh his decisions, and became “the only light in that dark time of my life.”

Polly—ever the gracious lady—thanked all who arrived, made donations to WAMM in her honor, and sang or spoke lovely tributes. She recalled the impact of seeing a vicious session of bayonet practice when she was a young woman working at an Arkansas army base. That, and the history books she read, “set me on a path and I’ve never stopped.”

One of the speakers suggested, “WAMM is Polly’s gift to all of us. Because, if it weren’t for WAMM, how would we all have found each other?” And because one of Polly’s slogans for WAMM is “never a meeting without an action,” all present—and all reading this article or watching the festivities on the WAMM Facebook page—are encouraged to call the offices of Senators Amy Klobuchar (612-727-5220) and Tina Smith (651-221-1016), this month, to press for their support of the U.S. signing the Prohibition of Nuclear Weapons Treaty.



# Changes at El Colegio

El Colegio is a small public high school in Minneapolis (Bloomington Avenue and 42nd Street) that has been serving students in English and Spanish since 2000. In 2019, Executive Director Norma C. Garcés was awarded a Bush Fellowship, so she will be leaving the school to pursue further education, while Katie Groh de Aviña steps in as the new executive director.



**New Executive Director  
Katie Groh de Aviña**

ment from which, for the past five years, 100 percent of students have been accepted into post-secondary educational institutions. Her dream is that the Minnesota educational system will be one in which “Latinx students see themselves in their teachers, learning is relevant to their experiences and dreams, and they are safe to express themselves and their culture.” As a trusted leader within

the Latinx community, she wants to scale the experience of El Colegio to communities across the state. During the two years of her Bush Fellowship she will study for a master’s degree, get executive leadership training, and develop skills in community engagement, cross-cultural communication, finance and public speaking.

Groh de Aviña comes to El Colegio after having most recently served as one of the directors at Academia Cesar Chavez in Saint Paul. She has many years of leadership, experience and knowledge in charter school management and cultural competency in education. She will take the reins in January just after winter break.

Groh de Aviña has worked with the Latinx community for 20 years in multiple capacities, and has always believed in the potential of all her students. She is excited to continue the mission and the vision of El Colegio with pre-

paring our youth to be agents of change wherever their path leads them. “El Colegio has a created environment and space safe for all learners to be successful! I want to build on that and make sure more youth know about El Colegio when they are selecting their high school!”

The school is a very close-knit community where people know each other well. Students develop the necessary skills to be comfortable and to excel in a bilingual, bicultural world.

On its website, El Colegio describes its vision, aspirations and goals as follows:

**Mission:** In community, El Colegio honors and builds upon the talents of bilingual students and their diverse families to provide the academic rigor, leadership skills, career preparation, and community connections necessary to fulfill their potential as change makers.

**Vision:** Communities worldwide are transformed by the El Colegio experience of liberation.

**Core Values:** In community, we foster a space for healing and liberation through these values:

**Identity:** We support our youth and their families in recognizing and embracing their own unique histories, cultures, and languages.

**Solidarity:** We recognize that we all live in connection with each other; we must honor and support our youth to honor and embrace our communities.

**Intellect:** Success in life and community change requires critical thinking and a deeper level of consciousness.

**Justice:** We pursue our work not solely for the individual benefit of the youth and families we serve, but because we believe their role is critical in securing equity and opportunity for all members of society.



**Executive Director  
Norma C. Garcés**

Garcés, in her position at El Colegio for the past nine years, created a culturally rich environ-

## Polly Mann, from page 10

tive that focuses on enforcement and increased policing makes no serious effort to address the supply of guns and how they fall into the hands of individuals who have proven themselves a danger to themselves or others.” I suspect that the relatives of people who have been killed by gun violence would ask for more details from the Brady group.

## Iceland—Almost Violence Free

According to the 2011 Global Study on Homicide by the United Nations Office on Drugs and Crime, Iceland’s homicide rate from 1999 to 2009 never went above 1.85 per 100,000 population in any given year. (The U.S. had homicide rates between 5.0 percent and 5.8 percent per 100,000 population during that same period.)

No. 1) There is virtually no difference among upper, middle and lower classes in Iceland and so tension among those economic groups is non-existent.

No. 2) A study done by a University of Missouri student found only 1.1 percent of participants identified themselves as upper class, while 1.5 percent saw themselves as lower class. The remaining 97 percent identified themselves as upper-middle class or working class.

Babies in Iceland are often unattended, left in a carriage alone, for a few minutes. GunPolicy.org estimates there are approximately 90,000 guns in a country with a population of just over 300,000.

Police are also unarmed. The

only officers permitted to carry firearms are the Viking Squad, and they are seldom called out. There are few hard drugs in Iceland. A 2012 study of people from the ages of 15 to 64 found that users of cocaine were 0.9 percent. In the past, when drugs seemed to be a burgeoning issue in the country, the parliament established a separate drug police, and in the first 10 years of its existence, roughly 90 percent of cases were settled with a fine.

Is it possible that other countries could adopt the same measures?

## Are the Climate Scientists You Are Relying on Really Scientists?

Robert Murray, coal mines owner and climate change denier, paid himself \$14 million, handed his successor \$4 million and earmarked \$1 million for casting doubt on man-made climate change, an event important enough to make a column in The New York Times. His company, Murray Energy, filed for bankruptcy in December, reporting \$2.7 billion in debts and more than \$8 billion in obligations, mostly pensions, etc. Murray also funded conservative political action groups that deny the existence of climate change.

Kert Davies, the director of the Climate Investigation Center, a group funded by organizations seeking to limit the impacts of climate change, said, “I cannot name another single funder of this scale in this time period. None of this is transparent. It’s a breakthrough on who is keeping the light on these major climate deniers.”

# December schedule changes, and new projects

BY JOHN CHARLES WILSON

Metro Transit’s last round of schedule changes took effect on Saturday, Dec. 7, 2019. Those changes were mostly minor adjustments. The biggest change was the reopening of 8th Street in downtown Minneapolis. The following is a list of changes that affect the Southside Pride readership area:

Routes which were temporarily moved from 8th Street to 6th Street in downtown Minneapolis for construction returned to 8th Street. These include the C Line and Routes 5, 9, 19, 22, 39 and 755.

Rush hour trips that were temporarily abolished due to a shortage of bus drivers have been restored on Routes 5, 21, 22, 53, 74, 133, 553, 554, 663 and 721.

Other minor schedule adjustments occurred on the C Line and Routes 5, 22, 94, 355, 535, 554, 558 and 597.

Rush hour frequency was reduced on Routes 94, 355, 535 and 597.

In other transit news around the Metro area, the Northstar commuter rail service turned 10 in 2019. There is a study pending to consider whether to finally extend the service to Saint Cloud as originally intended. Currently, riders must use a shuttle bus between Big Lake and Saint Cloud, and the schedule doesn’t enable weekend day trips for Twin Cities residents to visit Saint Cloud. This extension would thus be a major incentive for tourism. A public meeting on this will be held Jan. 30, 2020, at the Saint Cloud Public Library.

Route 6 may be getting a significant makeover as the E Line in a few years. The E Line is intended to run from Dinkytown to Southdale via Hennepin, West 44th Street and France Avenue, stopping about once every four blocks. For those of us who need to get closer to our destinations, regular, stop-every-block Route 6 service will continue from downtown Minneapolis to Fuddrucker’s via Hennepin and Xerxes Avenues.

The new Mall of America Transit Center opened at the end of 2019! A mere few steps from the bus or train, and you’re in the mall now! As you know, the Transit Center used to be separate from the mall, and you had to go up an elevator or escalator to get in the parking garage, then cross an internal driveway to get to the mall itself. That complicated hokey is no more! Unfortunately for the homeless, it still closes after the last train leaves for the night. As they say, home is where the heart is, and the homeless aren’t what the powers that be have a heart about, unless there’s money in it ...

Hint: there’s lots of money, and sometimes free transit, in special events. Minnesota Wild hockey games at Xcel Center on Saturdays are also sources of free transit rides. The passes are available at the Wild website. These passes are good from two hours before the game starts until two hours after it ends.

Visit [www.southsidepride.com](http://www.southsidepride.com) to keep informed about southside Minneapolis



# • COMMUNITY CALENDAR •

## Southside Pride / PHILLIPS/POWDERHORN EDITION

### January at Bryant-Lake Bowl

Bryant-Lake Bowl  
Cabaret Theater

810 W. Lake St., Mpls.

#### Party in the Rec Room

**Presented by Lorna Landvik  
Through Saturday, Jan. 25**

Don't make resolutions in the New Year – make reservations to PARTY IN THE REC ROOM! Join local author and actor Lorna Landvik as she throws another comedy bash, filled with characters created on the spot and margaritas created in a blender. Remember, if it's 2020 – it's time to party!

Fridays, Jan. 3, 10, 17, and 24 at 7 p.m. (doors at 6 p.m.) and Saturdays, Jan. 4, 11, 18 and 25 at 7 p.m. (doors at 6 p.m.) \$20/\$18 in advance.

#### Too Much

**Performed and Choreographed by Nic Lincoln  
Sundays, Jan. 26 and Feb. 2  
3 p.m. (doors 2 p.m.)**

"Too Much" is an abstract dance piece performed and choreographed by Nic Lincoln. It is a mesmerizing work that cleverly evaluates the outcome of effort and action versus the art of failure. Lincoln is a humanitarian, and his new work doubles both as a performance art piece and a call to action. "Too Much" speaks of one's search to clarify what it means to be an individual at its purest state of being, and brazenly demonstrates one's ugly yet beautiful experience of discovering the importance of

self-love.

Sundays, Jan. 26 at 3 p.m. (doors at 2 p.m.) and Feb. 2 at 3 p.m. (doors at 2 p.m.) Ticket price \$15.

#### Cellular Cinema: CAVE Festival

**Friday, Jan. 31 and  
Saturday, Feb. 1**

**7 p.m. and 9 p.m.**

Please join us in the dark, cold depths of Minnesota winter for the Third Edition of the Festival of Cinematic & Audio-Visual Experimentation (CAVE4)! We have a fantastic lineup of visiting artists and curators again this year, coming from across North America and presenting a diverse array of screenings, performances and discussions. Friday, Jan. 31 at 7 p.m. (doors at 6:30) and 9 p.m. (doors at 8:30) and Saturday, Feb. 1 at 7 p.m. (doors at 6:30) and 9 p.m. (doors at 8:30) \$6-\$15 sliding scale, \$5 with student ID. Artists will be announced shortly! More info at [www.bryantlakebowl.com](http://www.bryantlakebowl.com).

#### Nature Connections

**Jan. 7—Feb. 14**

Loring Park (downtown) - meet at Loring Community Arts Center, 1382 Willow St., Mpls.

Jan. 7 to Feb. 13

Indoors: Tuesdays, 2 to 3 p.m.

Outdoors: Thursdays, 2 to 3 p.m.

Matthews Park (Seward) - meet at Matthews Recreation Center, 2318 S 29th Ave., Mpls.

Jan. 9 to Feb. 14

Indoors: Thursdays, 10:30 to 11:30 a.m.

This January, the Minneapolis Park and Recreation Board (MPRB) launches Nature Connections, a new program designed for adults 55 & up. Enjoy varied activities focused on nature, including bird-watching, winter tree identification and flower arranging. Get insights from an MPRB naturalist. Choose outdoor or indoor sessions – or both!

Outdoor Sessions: Enjoy a stroll or a snowshoe around the park and neighborhood. Walking poles and ice cleats available for use. Sessions focus on topics such as bird-watching and winter tree identification. Time outside depends on the weather, and we'll warm up with a beverage afterward.

Indoor Sessions: Bring nature inside with activities like bird-watching, floral arranging and growing indoor plants.

All sessions for adults 55+ and FREE. Registration encouraged / Walk-ins welcome! Go online: [bit.ly/MPRBnatureconnections](http://bit.ly/MPRBnatureconnections). Call Matthews Recreation Center: 612-370-4950. Call Loring Community Arts Center: 612-370-4929. Questions? Email [LBretheim@minneapolisiparks.org](mailto:LBretheim@minneapolisiparks.org)

**Neighborhood Open House  
American Swedish Institute  
Wednesday, Jan. 8, 5 to 8 p.m.**

### FIND YOUR EVENT:

**A-ART**

**M-MUSIC**

**D-DANCE**

**T-THEATER**

2600 Park Ave., Mpls.

Be our guest at ASI's annual Neighborhood Open House. From 5-8 p.m., we're offering free museum admission to thank our supporters, celebrate the holidays and introduce the Mansion to new friends. Whether you live nearby and wonder what happens here, in the suburbs and have been intending to visit, or are a longtime ASI member, please join us for this evening of hands-on holiday crafts, performances, bonfires and more. No registration needed!

**Minnehaha Food Shelf  
Pasta Dinner Fundraiser  
Wednesday, Jan. 8**

**5 to 7 p.m.**

Lake Nokomis Lutheran Church

5011 31st Ave. S., Mpls.

Treat yourself to a great meal and help your community at the same time. There will be a band and opportunities to win prizes. Join us for good food and fun! For more information: [www.minnehaha.org/foodshelf.html](http://www.minnehaha.org/foodshelf.html). Tickets are \$15 per person and children (ages 10 and under) are free.

**Janis Joplin Tribute Concert  
Saturday, Jan. 11, 7:30 p.m.**

First Avenue

701 N. First Ave., Mpls.

It's going to be a night of ferocious female Soul Power when Jill Mikelson and friends turbo-charge the lasting songs of the legendary Janis Joplin – and the famous singers who inspired her – at First Avenue on Saturday, Jan. 11, including songs by Nina Simone, Aretha Franklin, Bessie Smith, Tina Turner and others. The "13th Annual Happy Birthday Janis" concert will showcase the raw power and pure emotion that Joplin exemplified on both studio recordings and live performance. Mikelson and her 10-piece band will honor the memory of Joplin's unforgettable music and life: She would have been 77 as of January 19, 2020. Mae Simpson Music, voted in City Pages "Readers' Choice" as The Best New Band of 2019 in its annual survey, makes this a must-see gig. Tickets are only \$20 in advance and at door and available at [www.firstavenue.com](http://www.firstavenue.com). Doors open at 7:00 p.m. for a 7:30 p.m. start time. This is an 18+ show.

**Dakota and Ojibwe  
Winter Sky Family Day  
Saturday, Jan. 11**

**11 a.m. to 3 p.m.**

Minnesota History Center

345 Kellogg Blvd. W.  
St. Paul, 55102

When the days are short, we have an opportunity to spend more time exploring and enjoying the night sky. Join educators from the Native Skywatchers program to learn more about Dakota and Ojibwe star maps and constellation guides. View a large Dakota star map in the exhibit Our Home: Native Minnesota, and then learn how to find those constellations in the night sky. Plus enjoy art activities, MNHS Press children's book "The Forever Sky," and fun for the whole family. Included with \$6-12 museum admission/MNHS members free. For more information visit <http://www.mnhs.org/event/8101>.

#### Paradise Road

**Sunday, Jan. 12, 12:30 p.m.**

Plymouth Congregational Church, Jackman Hall

19th & Nicollet, Mpls.

612-871-7400, [plymouth.org](http://plymouth.org) "Paradise Road" (1997, 132 minutes, rated "R") is a fact-based story about women of several nationalities and languages caught and imprisoned in a WWII Japanese POW camp on Sumatra. The highly-acclaimed Bruce Beresford ("Driving Miss Daisy") directs stellar actresses Glenn Close, Frances McDormand, Cate Blanchett, Pauline Collins, Julianne Margulies, Jennifer Ehle and others in a rare female WWII POW story. The film will show in large-wall projection in Jackman Hall. Note: We will have coffee but no lunch. You may order takeout at Jimmy John's at 12:10 p.m., on Franklin near Nicollet across from the church, cash or credit card only. Bring your takeout (or homemade lunch).

**Women's Art Institute  
Exhibition**

**Through Jan. 15**

Plymouth Congregational Church

1900 Nicollet Ave., Mpls.

Join in celebrating the 20th anniversary of the Women's Art Institute (WAI) with a special exhibition by 12 artists from the class of 2018. The Women's Art Institute was founded to encourage and deepen the art practice of advanced women artists of all ages and backgrounds.

WAI is a rigorous four-week studio intensive, which combines open studio work, individual tutoring, critiques and presentations from visiting artists, art historians,





# • COMMUNITY CALENDAR •

## Southside Pride / PHILLIPS/POWDERHORN EDITION

critics and museum curators, as well as visits to the studios of prominent local women artists. Issues of inclusion of women artists' work in art history, museums and gallery representation, in the past as well as in the contemporary art world, are explored. In addition, thought-provoking conversations, reflective writing sessions and critical thinking are encouraged. Elizabeth Erickson and Patricia Olson founded WAI at the Minneapolis College of Art and Design. It currently resides at St. Catherine University, St. Paul. Exhibiting artists are Shari Albers, Lynnette K. Black, Susan SkachBejarano, Martha Bird, Chris Cinque, Colleen Cosgrove, Kathleen Daniels, Cyndi Kaye Meier, Julia Nellesen, Brenda Olson, Kristin Palm and Kathleen Yennie.

For more information on Women's Art Institute (WAI): [www.stkate.edu/events/wai](http://www.stkate.edu/events/wai)

### STAR-Lite Training: Learning Strategies for Trauma Awareness and Resilience in a Single Day Thursday, Jan. 16

**8:30 a.m. to 4:30 p.m.**  
East Side Freedom Library  
1105 Greenbrier Street  
St. Paul 55106  
Pay-what-you-can-up-to \$40. Space is limited to 60. Optional 6.5 CEs and 5.5 CLEs available for an additional \$35. Please preregister by Jan. 8, 2020. For details and registration: <https://sljan162019.eventbrite.com/>  
STAR-Lite is a single-day, evidence-based training integrating neuropsychology, trauma healing and resilience, restorative justice, nonviolent conflict transformation, and broadly defined spirituality. All are welcome to join us at this training. Partially funded by The Saint Paul and F. R. Bigelow Foundations. Sponsored by [www.mnpeace.org](http://www.mnpeace.org) with our Community Partners.

### Neighborhood Night—Everyone Welcome! Thursday, Jan. 16

**7 to 8:30 p.m.**  
Holy Name Church  
Garvey Hall  
3637 11th Ave. S., Mpls.  
Join us for a viewing and lively discussion of the 2019 Rick Steves documentary "The History of Fascism in Europe." This overview of the rise of fascism in Europe in the 20th century begins with WWI and includes inspirational stories of those who resisted the violence and turbulence of the times. Come, learn and get to know neighbors! Coffee included. Bring a friend! No

cost/no registration. For more info: [www.churchoftheholyname.org](http://www.churchoftheholyname.org); 612-724-5465.

### Lunar New Year Celebration Saturday, Jan. 18, 2 to 5 p.m.

Midtown Global Market  
920 E. Lake St., Mpls.  
Celebrate the Lunar New Year at Midtown Global Market with a free public event featuring live music, a traditional Chinese Lion dance at 3:30 p.m. by Ha-Family Entertainment, Chinese Heritage Foundation activities, a free kid's craft table and more. The Lunar New Year is the largest and most important holiday in Chinese culture. During this 15-day celebration, families and friends unite to decorate their homes, watch fireworks and spend time together. In the Chinese Zodiac, 2020 is the Year of the Rat. Those born in the Year of the Rat are said to be instinctive, alert in nature, sophisticated and filled with spirit, wit, vitality and flexibility. Trung Pham and his family, owners of Pham's Rice Bowl at the Midtown Global Market, are sponsoring this annual community event. Free and open to the public.  
[www.midtownglobalmarket.org](http://www.midtownglobalmarket.org)

### Martin Luther King, Jr. Tribute Concert Sunday, Jan. 19

**3 to 4:30 p.m.**  
Ted Mann Concert Hall  
University of Minnesota  
2128 S. 4th St., Mpls.  
The 39th annual Martin Luther King, Jr. Tribute Concert is a not-to-be-missed multi-disciplinary celebration intermixing the words of Rev. Dr. Martin Luther King, Jr. with musical performances. This year's program focuses on the theme of "I Am Because We Are (On Being a Good Neighbor)" and is curated by U of M alumnus G. Phillip Shoultz, III of VocalEssence. Featuring the University of Minnesota Gospel Choir (Adrian Davis, director), Freddie Bell and Chantel Sings of KMOJ Radio, and more. This annual concert is free of charge and open to the general public; no advance tickets or reservations are required. Learn more at [z.umn.edu/mlk2020](http://z.umn.edu/mlk2020).

### Senior Living Information Sessions

**Wednesday, Jan. 29**  
**10 a.m. The Pillars of Prospect Park Seminar**  
**12 p.m. Noon Lunch**  
**12:30 p.m. Plan the Perfect Move/Downsizing Seminar**  
St. Frances Cabrini Church  
1500 Franklin Ave. SE, Mpls.  
Come to one or both Semi-

nars! RSVP: Jay at 612-623-7000.

### Joshua Cunningham and Charles Lyon Feb. 1 – March 7

**Opening Reception: Saturday, Feb. 1, 2 to 5 p.m.**  
Groveland Gallery  
25 Groveland Terrace, Mpls.  
Groveland Gallery is pleased to announce the opening of "Getting There," an exhibit of new paintings by Joshua Cunningham, and "Out West," an exhibition of new paintings and pastel drawings by Charles Lyon. For Cunningham, most of his painting days begin by wandering the alleys and streets near his home and sometimes traveling further afield until he discovers the site of his next painting. Cunningham writes, "Sometimes a scene unfolds before I get much more than a block away, and other days I am hours away before I am working. Everywhere I paint, a road has brought me there... This has fostered curiosity, wonder, serendipity, and a feeling like you are right where you were meant to be... answering an invitation from my intuition and imagination."

In October of 2018, Lyon participated in an Artist Residency at Brush Creek Ranch in Wyoming. The autumn colors of the landscape surrounding the North Platte River served as Lyon's inspiration for this new body of work. In his own words, Lyon describes this landscape as, "Being a tributary of the North Platte River, the ranch supported an abundance of monolithic cottonwood trees. Their forms and placement along the creek define the landscape and indicate where water is present and plentiful. Ochres, yellows, and cinnabars mean water and life in this harsh and arid landscape." The artists will be present at the opening reception Saturday, Feb. 1 from 2 to 5 p.m. Both shows continue through March 7. For more information please call 612-377-7800 or visit [www.grovelandgallery.com](http://www.grovelandgallery.com).

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## Modus Locus is excited to host Winter Cypher



**Exhibition: January 4 - February 1, 2020**

**Opening Reception: January 4, 2-8pm**

**Closing Event/B-boy/girl jam: February 1, 2-8pm**

**Stay tuned for pop-ups during the month.**

**Address: 3500 Bloomington Ave, Minneapolis, MN 55407**

**Viewing Hours: Wednesday thru Friday 4-8pm,**

**Saturdays 12-4pm and by appointment.**

**Private rentals can affect gallery hours.**

Winter Cypher is an immersive arts experience that documents the past 3 years of the growing grassroots, cultural expression that is Summer Cypher. Since 2016 Summer Cypher Minneapolis continues to explore the raw, uncut and authentic expressions of hip-hop in an all-inclusive, intergenerational environment. This mentality of sharing, informing, learning, playing, connecting, and keeping it real has incorporated interactive and overlapping creative activities such as: B-boy/girl dance battles, MC battles, DJs, graffiti art murals, spoken word, drumming, Bomba, craft vendors, and open community dance. This exhibit will incorporate the video documentation by Teddy Grimes, photography by Kimani Beard and Ephraim Eusebio, and the art of many graffiti and mural artists who have graced the Modus Locus Art Garden walls around the Summer Cypher space adjacent to the Modus Locus art gallery. This month-long exhibit will incorporate gatherings throughout the month and will culminate with a B-boy/girl jam on Saturday, February 1, 2020.

Artists/writers include:

SIG	Groe
Martzia Thometz (Pretty Hard)	Limpio Designs
Pets	Biafra
Ache	Black Daze
Sheva	DJ Chocolate Tuna
St. Paul Slim	Mixie
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Pablo Kalaka	and more

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# Minneapolis Public Schools and The Tower of Babel

BY ED FELIEN

Last year the Minneapolis Public Schools (MPS) District lost 1,500 students, more than 80 percent of them students of color. Enrollment was 45,011 in 2000. Today it's 35,717. How does the School Board react to this obvious vote of no confidence? They want to eliminate six more schools. They want to further centralize, eliminate the small schools and make the big schools even bigger.

Don't they know that's exactly what's driving parents away from public schools? Schools are already too big and too scary. Parents look at the size of those schools and they don't believe their child will get the attention and education they need.

It is extremely difficult to get accurate information from the MPS. I have written asking for current budgets and have received no response. The last year for which I could get data was fiscal year 2012 - 2013. The Superintendent's Office got \$1,192,291. The chief executive officer got \$675,083. The total expenditures for administration and maintenance were \$167,882,825. The total allocation for teaching was \$286,477,985. Administrative costs were 36.9 percent of the total. Generally, in evaluating charitable or government programs, any administrative costs over 15 percent are considered a waste of money. Charities are generally not funded if their costs go over 30 percent. Federal programs specify a 15 percent administrative overhead. 36.9 percent means bloat and waste and a more impenetrable bureaucracy.

Bureaucracies are a natural result of the concentration of power. The king or superintendent of schools decides they need more help doing some of the mundane stuff so they can be free to do the really more important stuff. So,

kings establish a class of nobility and superintendents create area superintendents. The more layers of government one can create means the one at the top is more and more important. And, since it's efficient to have everyone under one roof, they build bigger and bigger palaces to broadcast their magnificence.

King Nebuchadnezzar ruled the very advanced Mesopotamian Empire in the 6th century BCE. He built a tower in Babylon to house his government that was the grandest structure of its kind anywhere in the known world. He had the world's greatest library, a collection of Sumerian literature that contained the early telling of the story of Adam and Eve. He had to tax everybody to pay for it. Most countries went along with it, but the Jews in Israel refused.

In 597 BCE he besieged the city and carried away the rich and powerful. Ten years later he had to do it again, and he carried away Ezekiel and Ezra. Five years after that, he destroyed the Temple and carried away most of the people of Jerusalem.

*By the rivers of Babylon, there we sat down*

*Yeah, we wept, when we remembered Zion*

*There the wicked*

*Carried us away in captivity*

*Required from us a song*

*Now how shall we sing the Lord's song in a strange land?*

—By Brent Dowe and Trevor

McNaughton

The Jerusalem royal families and their court were probably kept in the Tower in the center of Babylon. It was probably in the library there that Ezekiel and Ezra wrote the first five books of the Bible, and where Ezekiel saw the wheel inside another wheel and, probably, the story of the captivity in Babylon inside the story of the flight from Egypt.

The Persian king, Cyrus, de-

feated the Babylonians in 539. He freed the Jews to return to Israel, and he gave them money to rebuild their Temple. It is tempting to believe he was generous because he was grateful for the assistance the Jews might have given him in overthrowing the Babylonians. If the Tower of Babel is a description of current events as well as a criticism of the dangers of a mountainous bureaucracy, then perhaps the seven plagues in Exodus that forced the Pharaohs of Egypt to free the Jews could be seen as a metaphorical description of the resistance of the Jews in Babylon and a handbook for guerrilla tactics.

The dangers of a swollen bureaucracy are even more apparent in the example of China. For almost 2,000 years the Chinese developed a civil service exam that produced a scholarly class that ran the government, but by the middle of the 19th century, the exam had lost touch with reality. It didn't take into consideration the industrial revolution or the interference of foreign imperial powers. French, German, English and American financial interests ruled China, and in their Foreign Concession in Shanghai the sign read, "No Chinese or dogs allowed."

The Minneapolis Public School system needs to think smaller, not bigger. They need to develop childcare and early childhood education within a block of a child's home. They need to have elementary schools small enough so every child can meet and know every other child. The middle schools and high schools should be much smaller, too. We don't need a school large enough to field a great football team because, thankfully, schools aren't playing as much football as they used to.

Bigger is not better. Small is beautiful. The scale of a building



The Tower of Babel (Vienna), Pieter Bruegel the Elder, Google Art Project

and an educational program must be measured from the perspective of the intended object. Young people need to believe their learning environment is knowable and within their control.

Unfortunately, the Minneapolis Public Schools system seems determined to go in the opposite direction and continue its death spiral into extinction.

"Let us build us a city and a tower, whose top may reach unto heaven"; but the LORD condemned them for their arrogance and pride and "did there confound the language of all the earth: and from thence did the LORD scatter them abroad upon the face of all the earth."

—Genesis 11:1-9



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# Millennials Gone Mad

BY ED FELIEN

What happened?

There are revolutionary changes happening in Minneapolis, and I don't remember voting on them. Robespierre had more of a mandate for his Reign of Terror than Bender and Frey do for their changes that are transforming Minneapolis.

The city's so-called "Inclusionary Zoning" has marked the inner city for extermination through gentrification. They are planning to eliminate the communities of color in the inner city in the name of integration, and they are sparing the neighborhoods that have historically discriminated against people of color. The communities included in the zoning change will be excluded and removed, and the communities excluded in the zoning change will be included in the new Minneapolis. What amazing doublethink. What a fraud.

They are raising our taxes more than they have in 10 years to pay for more cops and more bureaucrats. We have tried for months

to get the city to show us a manning schedule of the Minneapolis Police Department so we could begin to hold them publicly accountable, but they have refused to send us the data.

They are reducing the lane widths on major city streets like Park and Portland and 42nd Street.

The new lanes are only 11 feet wide, which creates more "side friction." They are deliberately making the streets more dangerous in the belief that will slow down traffic. Early last month I wrote to Council Member Andrea Jenkins, who represents the area around 42nd Street: "Are the reduction of lane width for autos and enhanced space for bike lanes on 42nd Street part of the 2040 Plan to 'Reduce speed limits.'" She hasn't answered.

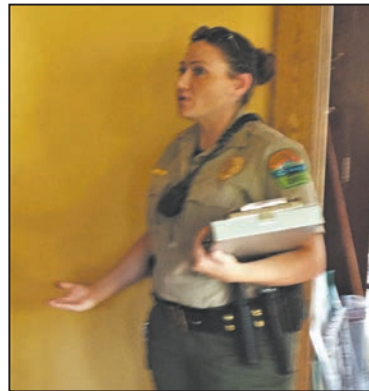
But that wasn't enough for the Millennials Gone Mad (MGMs). They converted Lyndale Avenue from four lanes to three and reduced the lane width to 10 feet.

Yes, fossil-fuel-powered motor vehicles need to be phased out.

There are, right now, more than 5 million electric cars on the road, an increase of 63 percent from last year. It's happening, and instead of subsidizing the fossil fuel industry, the government should be doing more to subsidize electric cars, and the city should be encouraging more charging stations. A war on fossil fuels shouldn't necessarily be a war against motorized vehicles. For seniors, families, and for shopping—a car may be a necessity. The actions by the MGMs on behalf of bikes make it seem like their bikes are aggressively trying to shove our cars off the road. Can't we have a truce and talk about this?

In Amsterdam they have separate streets for bikes with traffic signals. Instead of encouraging bikers to use Park and Portland, why don't we make Oakland a through street for bikes only? Cars could only drive for one block before hitting a diverter. That would calm traffic on Oakland and eliminate bike accidents on Park and Portland.

An incident in South Minneapolis last summer illustrates the overreach of these modern day Robespierres, these MGMs: A friend in South Minneapolis was having troubles with squirrels eating the soffit and fascia on their home and eating their garden. Squirrels are rodents, like rats and mice. The Minneapolis Code of Ordinances—Pest and Vermin Control, 229.70, says, "It shall be the responsibility of the owner of



Megan O'Brien, Animal Control Officer, Defender of Rodents

such property to exterminate the rats." So, rather than pass the vermin on to someone else by leaving them in a park, they were exterminating them.

Some MGM found out about it and reported it to Megan O'Brien, animal control officer for the city. She paid a visit to them in full battle gear and informed them that it was against the law in Minneapolis to kill any animal: Chap. 64.90, Prohibited Acts: "No person shall kill or injure any animal within the city unless it be in defense of himself or herself, another person or the threat of imminent death of another animal."

My friend was incredulous. "You mean you can't kill a mouse or a rat?"

Officer O'Brien was insistent, "What you do inside your house the city won't bother you, but you are not permitted to kill a mammal outside your home."

Chap. 64.90, Prohibited Acts is an interesting chapter in City Ordinances. It also says,

"No person shall cage any animal for public display purposes unless the display cage is constructed of solid material on three (3) sides to protect the caged animal from the elements and unless the horizontal dimension of each side of the cage is at least four (4) times the length of the caged animal," and "It shall be a misdemeanor for any person who houses, possesses, or is in direct contact with an elephant to use a bullhook, ankus, baseball bat, axe handle, pitchfork, or similar device designed to inflict pain for the purpose of training or controlling the behavior of an elephant." These prohibitions seem to exclusively apply to preventing cruelty to animals in circuses, and it is doubtful that the intent of the ordinance was to prohibit control of pests and vermin.

It is true that a rodent is an animal, and it seems the city has taken the side of the rodents. Chapter 64.90 is at odds with 229.70, and the City of Minneapolis has chosen to aggressively enforce, with military khaki and a fearsome utility belt, the rights of rodents.

George Orwell said, "If you want a vision of the future, imagine a boot stamping on a human face—forever."

OK, Millennials, can we talk about this?



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