



We build Pride on the Southside

# NOKOMIS EDITION

SECOND MONDAY OF THE MONTH

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## The slab



BY TONY BOUZA

On Nov. 28, 2020, The New York Times reported the discovery of a 12-foot steel monolith in the desert called Red Rock Country, Utah. It described it as evocative of Stanley Kubrick's 1968 film "2001: A Space Odyssey." In that film primates howl around an unexplained monolith. Amazing. Stupendous. And inspirational.

What did it mean?

I've always thought Kubrick to be America's foremost directorial genius and not only saw all his flicks (including the unknown "Fear and Desire") but thought long and hard about every one.

In "A Clockwork Orange" he warns us of the evils and dangers of conditioning and uses Beethoven (my hero) to illustrate the point. In "Paths of Glory" we see cynicism in the use of war. In "Spartacus" he uses a communist's book (Howard Fast), brings back Dalton Trumbo and depicts class struggle and the charms of slavery.

See Bouza, page 4



Park Board bureaucrats: See no people; Hear no people; Speak to no people

## Does the Park Board really care what we think?

BY KATHRYN KELLY

Results of the latest Minneapolis Park Board survey on the Hiawatha Golf Course Master Plan have, again, shown that a HUGE majority of respondents do not support a plan that has, so far, cost over \$870,000.

The responses have been compiled and quantified in a best effort considering the vast variety of comments from over 400 responses. The numbers indicate how many responses were received on that particular comment. The top 15 responses were:

- 196 People want to retain the 18-hole golf course
- 41 Reject Master Plan / bad plan / waste of money / cost too high / put plan on hold
- 38 Honor Black golfers by retaining the 18-hole golf course
- 33 9-hole golf course is unsustainable / money loser / beginners only / insufficient for demand
- 29 Plans for water mitigation/protection of homes are questionable /

ill-defined / won't work / need more study

29 Amenities already exist in the Hiawatha/ Nokomis parks or can be done nearby

26 Want golf course there for my kids / kids in general

23 A diverse golf course (users are all races, ages, genders...)

22 18-hole golf course is a neighborhood institution

22 Redesign / upgrade current 18-hole golf course / facilities

20 Support the plan

20 Put money toward more needed areas / areas in disrepair / existing infrastructure

17 Only golf course in the city proper / inner city

16 Save the parks at 43rd & 19th and 44th & Longfellow

15 Will be less property for other activities—only golf and water in summer

15 Fix trash problem first (separately)

This survey, again, shows clearly that a HUGE majority of the respondents who stated a preference

want the Park Board to retain the 18-hole golf course (196 responses), growing from 157 in the April 2020 survey. Plus, the view that the plan disrespects the Black community and its history at Hiawatha Golf Course is very clear in the survey results. These results also show that there is opposition from the neighborhood with respect to changes across the street from homes. This opposition comes from worries about protecting the homes from flooding, increased traffic, usurping the parks to accommodate the new golf course due to major portions of the property being converted to a lake, and the addition of storm sewers, pumps and snow-making equipment across the street from homes.

There was, again, considerable concern expressed about the proposed financing of the project, especially in this time frame of COVID and economic distress. Many people feel this project should be post-

See Park Board, page 4

## NENA reconsidered

BY ED FELIEN

Last month in this space we published a notice we found on the Nokomis East Neighborhood Association (NENA) website about a new program they were planning: Nokomis East Neighbor-to-Neighbor Communication Project. We felt this could be a very useful community resource.

Who could disagree with their organizing principle: "NENA believes every person has the right to a safe, healthy home, and a welcoming community that values Diversity, Equity, and Inclusion."

Their strategies seemed a bit muddled. They begin by saying, "This is not a crime prevention or safety project," and end by saying they will "inform Block Club Leaders and encourage them to share with their blocks, communication and safety resources developed for Nokomis East, and government resources at the city, county, and state levels."

But we felt any program that increases communication between neighbors during the current crime wave was a good thing and should be supported.

We got a very angry response from Becky



Timm, the Executive Director of NENA. She said we should have talked to her first before publishing things from their website.

Like so many projects begun at NENA, the Neighbor-to-Neighbor Communication Project seems to have faded away. I could find no trace of it now on their website or on their Facebook page. They have three standing committees working on projects, but minutes from those meetings are lost somewhere in cyberspace. The Housing, Commercial & Streetscape Committee is on hiatus, but they have a 2020 budget of \$29,550. Wednesday, Dec. 16, 2020, will be the final NENA free food and

See NENA, page 4







# Winter Wellness

## The art of winter wellness

BY DEBRA KEEFER RAMAGE

Oh, great. Not only is it winter, but it's in the peak of a terrible pandemic. And you want to talk about wellness? Is that some kind of sick joke? When the conditions are most stacked against your goal, that's not when you give up, it's when you sharpen your game. Especially if your game is literally staying alive, and keeping your near and dear ones safe as well.

Most of the tips here for winter wellness have nothing to do with the pandemic, specifically. Many of these tips help prevent colds, flu, digestive problems or aching muscles. Some will protect against depression, poor balance, cognitive decline, degenerative diseases, lack of energy, headaches or heart ailments. And if they also lessen your chances of catching COVID-19, or protect you from the worst ravages if

you do catch it, so much the better. Let us break down the art for you.

### Food

A famous Ayurvedic proverb says it best: "When diet is wrong, medicine is of no use. When diet is correct,



Healthy grain bowl

medicine is of no need." And by diet, I—and the Ayurvedic sages—don't mean some artificial composition like "paleo" or "low fat." We just mean "everything that you eat." That's your diet.

That being said, many tra-

ditions of healthy eating, both ancient and modern, have prescriptions. Nowadays we can (at some expense) do sophisticated testing to see how each person's body system respond to various foods.

In general, eat what is local to where you live, what is in season, what is traditional with your own people. But also try things that are traditional to other people and see how they affect you. Don't eat anything you can't pronounce or don't know (at least theoretically) how to produce if you had to.

Many of the trendiest foods in restaurants and spas are ridiculously easy to make for yourself. Rice bowls, which can be based on any grain, not just rice, are an example. No special equipment required. Here's one to try: [facebook.com/deborama/posts/10159077187806204](https://facebook.com/deborama/posts/10159077187806204).

Citrus juices are very low-tech to make. For more high-tech juices, such as apple, pear, celery, greens and so on, a juicer will make them achievable, and lacking that, it may be possible with a blender and a sieve. (If a jar blender is too big an investment, try a stick blender—great for soup too.)

Oh, yes! Soups are another thing you can make at home for very little money. You can find excellent recipes with a two-minute Google. My go-to healthy soups include a vege-

tarian borscht, a Basque-style fish soup similar to bouillabaisse, a vegan miso-based hot-and-sour soup, and a gluten-free version of minestrone with spaghetti squash, cannellini beans and lacinato kale.

Remember—if you're trying to avoid going out in public due to COVID, check out the meal kits, market boxes and delivery service sections of Southside Pride's What's Open page.

### Good winter foods and drinks:

- Fruits - citrus of all kinds and cranberries for vitamin C; avocado and banana for

ter ones "cleanse the liver" (arugula, mustard, watercress)

- Roots and tubers - potatoes, rutabaga, parsnips, beets, sweet potatoes, yams, carrots, turnips and celeriac \*Affordable!\*

- Whole grains like brown rice, millet, barley and oats, and seeds similar to grains such as wild rice, amaranth and quinoa

- Wild-caught fish - wall-eye, salmon, trout and more

\*Note - one of the reasons I love the delivery service Imperfect Foods is their great bargains on wild seafoods ([imprfct.us/v/Debra\\_2](https://imprfct.us/v/Debra_2)).

- Beans and peas and le-



### Mindfulness as therapy

minerals; dried figs, prunes, dates for fiber

- Vegetables - greens, especially the cruciferous ones - broccoli, cauliflower, brussels sprouts (try them roasted in olive oil)

- Herbs - for salads, the bit-

gumes - lentils, navy beans, black beans, fava beans, green peas, black-eyed peas, pigeon peas \*Affordable!\*

- Spices - Load up with garlic, ginger, turmeric, cayenne, cinnamon. Many are anti-inflammatory, and some can clear your head of sinus congestion.

- Tea - herbal or green or black. Try iced hibiscus for a refresher. \*Affordable!\*

- Ferments - kimchi, sauerkraut, curtido, pickles, tempeh, miso, tamari. Drinks like kvaas, kombucha, or switchel if that's your thing. Yogurt and kefir, dairy or non.

### Exercise

The easiest thing is to run, bike or walk (if you can). With a bike you can cover

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more ground, see the sights, soak up nature. Walking is more contemplative, slower. Contemplative is good.

For questions about walking, running or biking—like preventing foot pain, or how to integrate this time into your routine, or the best shoes—there are a lot of resources online. Join an online club and share experiences. Prevention magazine is a big booster of walking for health and a good resource.

Indoor exercise routines are a thing, of course. If COVID-19 closes off the health club pos-

or walking, or doing yoga at home, if you have a pet, you can exercise with your pet and you'll both benefit.

#### Immunity

Immunity is a complex topic, which I cannot do justice to in this limited space. A few resources at the end are given if you want to dive into it.

The main thing about resistance to disease is that it's a combination of the hand you're dealt genetically, and various inputs throughout your life, including the diet and exercise already dis-

lamp if natural light is not enough. Try to get outside in all but the most beastly of weather, and air out your home when the cold spell breaks.

- Sleep - practice good sleep hygiene. Find out your optimal amount and time of sleep and ingrain that as a habit. Only use your bed for sleep and sex, not eating, watching TV or reading. Also it helps (it really does, I tried it) to keep your bedroom tidy and make your bed every day.

- Good digestion is key to good immune function. See Food, above. Also, as with sleep, try to develop regular habits around food, and only eat when you're hungry. Identify and eliminate foods you can't digest easily.

- Mental health is also key to immunity. So don't neglect that aspect.

- Some resources for learning more about immunity: Books - "An Elegant Defense: The Extraordinary New Science of the Immune System," by Matt Richter and "In Defense of Self: How the Immune System Really Works," by William R. Clark; Magazine - Life Extension (also has a website); Website - NIH website on immunology research [www.niaid.nih.gov/research/immune-system-research](http://www.niaid.nih.gov/research/immune-system-research).

#### Mental Health

The thing about these tips is that they're all connected. For instance, poor sleep will affect your mental health, and your immune system, even though you mainly feel it in your body. So, enjoying food, sleeping, exercising in



Well-roasted veg: carrot, celeriac and parsnip

a spirit of play rather than duty, hanging out with your goofy cat or dog, and having a community of kind people, may all contribute to mental health.

But, if there is such a thing as a one-size-fits-all remedy for poor mental health, in my opinion that would be mindfulness. Whatever mental issues you are diagnosed with, or even if you're not diagnosed at all, can't afford treatment, aren't sure, feel pretty OK most of the time but not perfect, a mindfulness practice will help, without interfering with other things.

We're very lucky to have several local meditation or mindfulness centers in the

Twin Cities (one of which was cited in the Exercise section above.) Also, mindfulness is offered as a mental health treatment by many health centers.

As with online exercise, apps and videos offering all types of guided meditations abound. You can't play a silly game on your phone these days without getting tons of ads for Headspace, Calm, Aura,

Sattva or 10% Happier. These all cost something, so if that's an issue, an approach I recommend is to find a buddy or small mutual support group, and just do it. Maybe use a book for instruction, like the classic "Zen Mind, Beginner's Mind," by Shunryu Suzuki.

Even though mindfulness is associated with spiritual practices or religious paths, it is not in itself a spiritual practice and is accessible to agnostics toward any and all belief systems. The only thing you have to believe is that you have a mind. That's pretty basic. (Of course, some people also find that a spiritual practice is another avenue to better mental health.)



Downward dog with a dog

sibility, you can develop your own routine at home. Or use an online class; these are exploding right now. Some are free, some are the temporary replacement for gym-based workouts and require a membership, and some are not free but quite affordable. They range from beginner to advanced, from "boot camps" to chair-based gentle stretches.

#### Here are some options:

- The YWCA - [www.ywcampls.org/class-schedules/](http://www.ywcampls.org/class-schedules/)
  - The Mindfulness Center - [www.themindfulnesscenter.org/classes/](http://www.themindfulnesscenter.org/classes/)
  - GrowYoung (for anyone who needs chair exercise, not free but affordable) - [www.growyoungfitness.com/online-starter](http://www.growyoungfitness.com/online-starter)
  - AARP (good for any age and free) - [videos.aarp.org/category/videos/fitness](http://videos.aarp.org/category/videos/fitness)
  - USA Today, a potpourri of styles and apps, some free, some not - [www.usatoday.com/story/tech/reviewed-com/2020/04/02/best-online-fitness-classes-working-out-home/5067270002/](http://www.usatoday.com/story/tech/reviewed-com/2020/04/02/best-online-fitness-classes-working-out-home/5067270002/)
- Whether you're running

cussed, but also factors like mental health, sleep, and externals such as air quality or community health.

All we'll address here are a few simple life factors and externals that you have at least partial control over, and that you likely already know about, but may need occasional reminders.

- Light, fresh air, temperature - these can all make a huge difference. Try to keep your home as cool as you feel comfortable with, and if the air is dry, use a humidifier or gently simmer a big pot of water on the stove. Consider a light box or full spectrum



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

## Mexican children incarcerated at the U.S. border

Some Central American children coming into the United States are being stopped at the border and are being returned by the U.S. Border Patrol to Mexico or placed in custody. The transfer is contrary to both U.S. policy and an outstanding diplomatic agreement with Mexico, which does not allow children from other countries who are traveling

without adult guardians to be returned to Mexico. However, the Trump administration has shut down the border to most asylum applicants because of the coronavirus. The number of children expelled is unclear because the Mexican government has not provided such information. A border patrol agent stated that his agency had been directed to contact the Mexican consular office each time an unauthorized child who was not Mexican was expelled. Lawyers from KIND, an immigrant advocacy organization, reported some Central American children were expelled into Mexico and were still there. Some parents have had to wait days or weeks to find out if their children, without their consent, were still in custody there.

## THE SAME MAN: George Orwell (Eric Arthur Blair) and Evelyn A. Waugh

Both were from what Orwell called “the British lower-upper middle class” and their era was that of the Spanish Civil War and they are both important historical figures. They each left accounts of their survival in the English private school system, called “public schools” there. It’s a harsh portrait of the helpless and continual sadism and snobbery of which

they were victims. Blair at a later age confronted the bully who was attacking him. As for Waugh, he was always brash and ready to fight.

The world they lived in after the war was changing. Orwell became a zealot for justice and Waugh came to know how objectification, sensuality and aimlessness distort one’s humanity. The Catholic peace advocate Dorothy Day once had a four-hour meal with Evelyn Waugh during which they debated whether the poor or the

rich had the best of it in the world.

There are nine chapters in the book, alternating from Orwell to Waugh and back again. Dorothy Day recognized these two writers first and foremost as workers, laboring with their hands, putting many hours into their craft. For her, anything of goodness, beauty and truth were the fruits of God-given vocations. Although the two men died over 50 years ago, their place in history is assured.

# How to reform the MPD

Dear Tony Bouza,

I enjoy your columns and respect your expertise and vision as both a police chief and a commentator.

I have several suggestions to make for reform of the Minneapolis Police Department.

First, I would like to see the City of Minneapolis require police officers to live in the city. They are city employees. Local residents pay taxes to pay police wages. Instead, over 90 percent of Minneapolis police live outside the city and pay property taxes to those jurisdictions, which do not require any services from them. When they live here, like oth-

er residents, they become part of their neighborhoods, attend our churches and mosques, send their kids to our schools, and know the people they are living among, the good and the bad. Their 24/7 presence would be a deterrent to crime that a 10-hour shift four times a week is not. The police union has succeeded in getting the state legislature to legislate permission for police to live outside the city. I would like to see that law changed, even if it requires some sort of salary incentive or stipend to police to get it done.

Next, I support measures that would require more transparency in arrests, the use of

weapons, public disclosure of misconduct and sanctions and dismissal for unlawful and/or improper police behavior. At one time, we had a citizen police review board. It didn’t work. I think what is needed is more on the professional administrative level. Body cams are a great step forward in meeting this concern.

Best wishes,

Dan Cohen, former president of the Minneapolis City Council and the Minneapolis Planning Commission; current member, Minneapolis Charter Commission

## NENA, from page 1

supply distribution. They have been giving away fresh produce, dairy, meat, staples, clean supplies and personal care items at 5734 Sander Dr. from 2:30 -3:30 p.m.

Becky Timm sent out a dire warning to people in Nokomis East earlier this fall, “We need your help to keep NENA in operation and serving our four neighborhoods. This is the time to Use Your Voice to speak up for our community! This fall, the Minneapolis City Council is considering drastic cuts to funding for neighborhood organizations like NENA. If the proposal moves forward, NENA’s annual allocation will be cut by 40 percent on Jan. 1, 2021. Over the next three years, NENA’s funding will shrink from \$80K, to \$60K, and then bottom out at \$40K”

I was alarmed enough to check their budget and found that out of a 2020 budget of \$353,606, staff salaries were \$211,773 for the executive director and community organizer. [My difficulty in trying to find accurate figures is detailed in “Bloat,” on page 15 of this edition.]

The pandemic has caused a severe reduction in revenue for the City of Minneapolis, and almost all departments are facing severe cuts. The Police Department faced a 7.4 percent reduction in the mayor’s proposed budget, and that was before the City Council voted to cut an additional \$8 million. Most of the money cut from the Police Department was transferred to the Department of Public Health, and they show an increase in proposed

funding of 2.3 percent. The only other city department to show an increase in proposed funding is the city coordinator (+1.1 percent).

The city coordinator’s budget includes Neighborhood and Community Relations, which is the funding source for NENA, so Becky Timm’s salary seems pretty safe.

Cutting the police budget has been very controversial. Most people (and the police) agree that the police are not qualified to handle all 911 calls. The recent tragedies of Thurman Blevins and Travis Jordan happened when both of them were experiencing mental health crises. They were killed by Minneapolis police officers when they could have been treated without harm by mental health professionals. Most accident reports could be handled by a competent clerk with a portable computer.

The value of the police is in their visible presence. Most crimes are crimes of opportunity. If there is a visible police presence, crime seems less attractive.

So, why doesn’t the City of Minneapolis give Becky Timm a car to drive around the Nokomis East community at night with Nokomis East Neighborhood Patrol written on the side? She shouldn’t intervene in trouble, but with a cell phone to call 911 she could be the NENA Guardian Angel.

Executive directors of neighborhood organizations probably know their neighborhoods better than anyone. In the face of the crisis of mounting crime we need them to watch over us and keep us safe at night.

## Park Board, from page 1

poned, or that it is a waste of money, and the proposed \$42-62 million that would be spent could be put to better uses.

It is finally time for the Park Board to bow to the majority of the survey respondents and quit wasting money on this plan. Instead, maintain the 18-hole golf course while incorporating some of the desired amenities and fixes into the current property.

## Bouza, from page 1

And on and on.

Back to the monolith in “2001.”

Clearly produced by humans, but who? A vanished civilization. Where did they go? Kubrick tells us.

To emphasize his point, he shows us another monolith on another planet.

In “2001” he has a brilliant astronaut easily defeated in a chess game with the computer “Hal.”

The machine is clearly frustrated by the lack of control over feckless humans who are clearly his inferiors.

So, what does Hal do? He kills the crew to assert

control.

Man, in his insatiable quest for progress, creates a machine smarter than himself. The machine, though, cannot reproduce. It can only seek, gain control but vanish into extinction in the fullness of time. One time reference speaks of “millions of years.”

The lone survivor hurtles through space faster than the speed of light. As Einstein reminds us, this reverses time, and the astronaut, at the end, is a baby.

Now you know why I think Kubrick is a surpassing genius (assuming I am right). Of course, I ought to entertain the possibility that the police union is right—that I

am a moron.

A humbling thought—and very possibly, true.

And “Lolita” doesn’t contain even one sexy scene. Now that is an achievement.

Still, imagine the event—a brilliant artist conceives a Kubrickian echo, has it secretly and laboriously embedded in Utah’s desert, swears his many helpers to silence and patiently awaits its discovery.

I am floored!

— On Friday night, Nov. 27, four men and a wheelbarrow removed the mysterious monolith.





# Local businesses: open, closed, restricted ... ?

[Look for the \* on the name of an organization that is a POC-owned or immigrant-owned business or POC- or immigrant-oriented and/or led. If we got anything wrong, please email [deborama@gmail.com](mailto:deborama@gmail.com) with your corrections.]

**Restaurant/Café/Pub**

**Bagu Sushi & Thai\***. Open for takeout/delivery only. Online and phone orders. Delivery by Bite Squad, Uber Eats. Restricted hours.

**Birchwood Cafe**. Open for takeout only. Family meals & bulk orders available– see Facebook or website.

**Bull’s Horn**. Open for takeout only. Online and phone orders. No delivery. Curbside, counter pickup. Patio, weather permitting. Check Facebook for hours.

**Café Racer\***. Open for takeout only, Tues. – Sun., restricted hours. See Facebook page for details.

**Dragon Wok\* (George Floyd Square)**. Open for takeout/delivery only. Delivery by Bite Squad, GrubHub. Hours may fluctuate depending on location status.

**French Meadow**. Open for takeout/delivery only. Delivery by Bite Squad, DoorDash, GrubHub, Uber Eats. Usual hours.

**Galactic Pizza**. Open for takeout/delivery only. Restaurant, Door-Dash or Postmates delivery. Online ordering [galacticpizza.com](http://galacticpizza.com).

**Gandhi Mahal – Curry in a Hurry\* (Franklin & 31st)**. Open for online or phone orders, takeout/pickup. (Phone if online is not working.) Gandhi Mahal Facebook page for updates.

**Hamburguesas El Gordo\***. Open for takeout/delivery only. Online and phone orders. Delivery by Bite Squad, Uber Eats. Usual hours.

**Heather’s**. Open for takeout/delivery only. Delivery by Bite Squad. Usual hours.

**Himalayan\***. Open for takeout/delivery only. Online and phone orders. Delivery by Bite Squad. Patio. Usual hours.

**Hot Indian Foods\* (at MGM)**. Open to public. Online and phone orders. Delivery by Bite Squad, Chow Now, DoorDash.

(Note - During the “pause,” food court tables not available at Midtown Global Market. Keep mask on at all times.)

**Infused Life Plant-based Eatery\* (at MGM)**. Open to public.

**Jakeeno’s (at MGM)**. Open to public. Online and phone orders. Delivery by Bite Squad, DoorDash, GrubHub.

**Los Ocampo\* (Chicago & Lake; MGM; St. Paul)**. Open for takeout. Delivery by DoorDash. Usual hours.

**Lucy’s Market & Carryout\***. Open for takeout. Usual hours; closed Tuesdays.

**Mama Sheila’s\***. Open for takeout/delivery only. Delivery by Uber Eats. Restricted hours.

**Manny’s Tortas\* (at MGM)**. Open

to public. Online and phone orders. Delivery by Bite Squad & GrubHub.

**Maria’s Café**. Open for takeout only. No online ordering. No delivery. Usual hours.

**Merlins Rest**. Open for takeout/delivery only. Delivery by Bite Squad. Restricted hours except for takeout.

**Modern Times Cafe**. Open for takeout only. See their website or email [moderntimes3200@gmail.com](mailto:moderntimes3200@gmail.com) with questions.

**Northbound Smokehouse Brewpub**. Open for takeout only. Call for pickup. Usual hours.

**Parkway Pizza**. Open for takeout/delivery only. Online and phone orders. Delivery by business or thru Bite Squad. Usual hours.

**Quang\***. Open for takeout/delivery only. Online and phone orders. Delivery by Bite Squad, DoorDash. Usual hours.

**Reverie**. Open for takeout only. Online and phone orders. Restricted hours. Beer and wine available. Pay-it-forward, \$2.50 per meal to homeless sanctuary.

**Sandcastle**. Closed for 2020, back in spring 2021.

**Smoke in the Pit\***. Open for takeout/delivery only. Phone orders. Delivery by Bite Squad. No curbside pickup. Pre-order grab and go.

**Soberfish\***. Open for takeout/delivery only. Online and phone orders. Delivery by Bite Squad & DoorDash. Call for curbside pickup. Restricted hours. Pre-order grab and go.

**The Howe**. Open for takeout/delivery only. Delivery by Bite Squad & Uber Eats. Usual hours.

**Trio Plant-based\***. Open for takeout/delivery only. Full menu. Usual hours.

**Wendy’s House of Soul, Inc.** Newish restaurant in new location. Takeout only. See Facebook page for more details.

**Bakery/Coffee/Deli**

**A Baker’s Wife**. Open for takeout/delivery only. Online and phone orders. No delivery. No curbside pickup. Restricted hours.

**Butter Bakery**. Open for takeout/delivery only. Online order and delivery by Chow Now. No curbside pickup. Restricted hours. Pay it forward for sanctuary meals.

**Café Meow**. Open for takeout/delivery only. Online and phone orders. Cat lounge experience by reservation. Still fostering cats—visit cats by video.

**Café Wyrd**. Open for takeout/delivery only. Order online for pickup at [www.toasttab.com/cafewyrd/v3](http://www.toasttab.com/cafewyrd/v3).

**Geek Love Café (in Moon Palace)**. Ordering window and pickup north side of building. Restricted hours.

**Key West Bistro**. Open for takeout/delivery only. Online and phone orders. Delivery by Bite

Squad, Door Dash, GrubHub & Uber Eats. Usual hours.

**May Day Café**. Open for takeout Fri. thru Mon., 9 a.m. - 1 p.m. See Facebook for details.

**Mel-O-Glaze**. Open for takeout/delivery only. Call for information about delivery or curbside pickup. Usual hours. Grab and go.

**Riverview Café**. Open for takeout/delivery only. No online or phone orders. No delivery, no curbside. Usual hours.

**Sisters’ Sludge**. Open for takeout/delivery only. No online or phone orders. Grab and go. Usual hours.

**Sovereign Grounds\***. Open for takeout only. Restricted hours. Grab and go.

**Groceries**

**Aldi (Lyndale & 26th)**. Open to public. Usual hours.

**Cub Foods (mobile site at Minnehaha Mall)**. Open with restrictions. Restricted hours.

**Cub Foods (46th and Hiawatha)**. Open with restrictions. Delivery available thru Instacart. Usual hours.

**Kowalski’s (Chicago Ave & 55th Street)**. Open to public. No online and phone orders. Order thru Shipt. No curbside pickup. Usual hours.

**Longfellow Market**. Open to public. No online and phone orders. No delivery. No curbside pickup. Restricted hours.

**Oxendale’s Market (Minneapolis)**. Open with restrictions. No online and phone orders. No delivery. No curbside pickup. Usual hours. 7 to 8 a.m. shopping for at-risk customers.

**Seward Co-op / Friendship**. Open with restrictions. Check website for online ordering with curbside pickup. Restricted hours.

**Wedge & Linden Hills Co-op**. Open with restrictions. No phone orders. Online order for curbside pickup or order thru Instacart for delivery. Usual hours.

**Specialty/Convenience**

**Coastal Seafoods**. Open with restrictions. Online and phone orders. Delivery by Mercato. Usual hours.

**Dokken’s Superette (42nd Street)**. Open to public. No online or phone orders or delivery. Usual hours.

**Everett’s Foods**. Open to public. No online or phone orders. No delivery or curbside pickup. Restricted hours.

**La Alborada\***. Open to public. No online and phone orders. No delivery. No curbside pickup. Restricted hours.

**Produce Exchange (at MGM)**. Open to the public. Online and phone orders. Delivery by Mercato.

**Tom Thumb (38th Street)**. Open to public. Usual hours.

**United Noodles**. Open with restrictions. No online orders.

Delivery order thru Instacart. Usual hours.

**Delivery Services for Groceries and Staples**

**Instacart**. Aldi, Bed Bath & Beyond, Costco, Cub Foods, CVS, Fresh Thyme, Lakewinds Co-op, Lunds&Byerlys, Petco, Staples, United Noodles, Wedge Co-op

**Mercato**. Coastal Seafoods, Eastside Food Co-op, Produce Exchange @ MGM

**Shipt**. CVS, Kowalski’s, Office Max, Petco, Target

**\*NEW\* for winter - Delivery Services for Market Boxes, Meals or Meal Kits**

**Every Plate**. Meals and meal kits. Some no-prep, very lo-prep. Cheapest. [www.everyplate.com](http://www.everyplate.com)

**Imperfect Foods**. Market boxes, organic produce, meat and fish, pantry items. [www.imperfectfoods.com](http://www.imperfectfoods.com)

**Local Crate**. Twin Cities exclusive meal kits by chefs like Gavin Keyesen, Ann Kim. [localcrate.com](http://localcrate.com) Can be picked up in stores or delivered.

**Misfits Market**. Market boxes, all produce organic, extras at discounts. [www.misfitsmarket.com](http://www.misfitsmarket.com)

**Origin Meals**. Local company. No-prep meals. Very good for keto or paleo, no/very few veg options. [www.originmeals.com](http://www.originmeals.com)

**Sun Basket**. Meal kits and meals. Best selection of healthy options. All produce organic. [www.sunbasket.com](http://www.sunbasket.com)

**Thrive Market**. Market boxes, mostly non-perishables, no produce. Own brand very good value, mostly organic. Lots of selection. [thrivemarket.com](http://thrivemarket.com)

**Farmers Markets**

**Mill City Indoor Saturday**. Open the following days for winter: 1/09, 2/13.

**Minneapolis Farmers Market Winter Season**. Open to public. No online and phone orders. No delivery. No curbside pickup. Restricted hours.

**Pharmacy**

**CVS (Target - Richfield)**. Open to public. Usual hours.

**Present Moment\***. Open to public. Usual hours.

**Ritual Aromatherapy (at MGM)**. Open to public. Usual hours.

**Walgreens (E Lake and 31st Ave)**. Mobile pharmacy open in parking lot.

**Walgreens (Hiawatha & 46th)**. Open to public. Usual hours, plus drive-thru.

**Walgreens (Hub - Richfield)**. Open to public. Usual hours.

**Retail**

**Art Shoppe (at MGM)**. Open 11 a.m. – 5 p.m. Saturdays. Open 11

a.m. – 3 p.m. other days except closed Tuesday. Will have extended hours for holiday shopping.

**Boneshaker Books\***. Closed to public. Online ordering and delivery via Bookshop.com.

**Dreamhaven Books**. Open with restrictions. Online and phone orders. Delivery by USPS. Restricted hours.

**Eastlake Craft Brewery (at MGM)**. Open for takeout only. Usual hours.

**Electric Fetus**. Open with restrictions. Online orders, delivery USPS available. Restricted hours.

**Elevated Beer Wine & Spirits**. Open with restrictions. Call about ordering and delivery. Restricted hours.

**Flotsam + Fork**. Formerly at George Floyd Square, now online only. Offering local weekly delivery within a 15-mile radius of GFS. \$10 or free if purchase over \$50. [www.flotsamandfork.com/](http://www.flotsamandfork.com/)

**Groovy’s**. Open with restrictions. Usual hours.

**Habitat for Humanity--ReStore**. Open with restrictions. Both donating and shopping. Usual hours. Read safety rules on website.

**Irreverent Bookworm**. Closed to public. Online and phone orders. Delivery by USPS. Check website for curbside pickup. Restricted hours.

**Mother Earth Gardens**. Open with restrictions. Online ordering. Curbside pickup. Usual hours.

**Moon Palace Books**. Closed to public. Online orders only for now. Delivery by USPS or curbside pickup Mon. - Fri., 11 a.m. - 5 p.m. (They call when ready, unable to answer phone calls at this time.) Restricted hours.

**Nokomis Shoe Shop**. Open to public. Online orders. Delivery by USPS -free for orders over \$100. Slightly restricted hours.

**Once Upon A Crime**. Open with restrictions. Online orders, delivery by USPS available. Restricted hours. See website for more.

**Quilt Shop Co-op**. Open for online shopping: [quiltshopcoop.com/shop](http://quiltshopcoop.com/shop). In person 1-hour shopping by appointment Mondays 10 a.m. – 6 p.m. & Saturdays 9 a.m. – 2 p.m. Email [info@quiltshopcoop.com](mailto:info@quiltshopcoop.com) for appointments.

**Repair Lair**. Open with restrictions. Slightly restricted hours. Also does repairs.

**Target (Lake Street & Hiawatha)**. Reopened. Usual hours.

**Service**

**Cedar Ave Repair**. Open with restrictions. Usual hours. Call before visit.

**Clyde’s Service Auto Repair**. Open with restrictions. Usual hours. Call before visit.



EVENTS AND  
ONLINE RESOURCES

**#AdventWord Begins Sunday, Nov. 29 Online**  
For the seventh year in a row, #Advent-Word will gather prayers via a global, online Advent calendar. Virginia Theological Seminary is offering meditations and images during this holy season beginning Sunday, Nov. 29. Images and meditations can be experienced via the #AdventWord website, direct daily email, as well as on Facebook, Instagram and Twitter, and ASL videos via YouTube. This year, meditations will also be available in English, Spanish and Haitian Creole. Join an international community in prayer to explore the mystery and wonder of Advent! To sign up, go to <https://adventword.org/en/home/>.

**Education Series: Make Minnesota a Sanctuary State**  
**Monday, Dec. 14, 6:30-7:30 p.m.**—Immigration history and stories of origin  
**Monday, Dec. 21, 6:30-7:30 p.m.**—National and local immigration landscape  
**Monday, Dec. 28, 6:30-8 p.m.**—Action planning  
ECMN, in partnership with Minnesota Sanctuary State Coalition, is offering a three-part orientation for individuals and faith communities looking to engage the Sanctuary State movement, and work for justice in the immigration system. These 3 sessions, offered online, will help you learn more about the history, listen to the stories of those directly affected by ICE and current immigration policy, and build a bridge between public policy and Jesus’ the Way of Love, as we move towards the Beloved Community. ECMN and our allies are committed to renaming the Whipple Building, encouraging the State of Minnesota to become a sanctuary state as promised by the governor, and to engage in supporting change in our federal immigration policy. Learn more and register here: <https://us02web.zoom.us/join/register/tZMvd-2gqjkoHNUMcOxY-WA9c6rZ19ehZr11y>

**Volunteer Virtually with Refugee Services**  
From the Minnesota Council of Churches: We’ve been asked if we still have volunteer opportunities available during the pandemic, and the answer is: YES! As with so many other things, some of our programs have gone virtual so we can continue meeting the needs of our newly-arriving families and others who have been in the country less than 5 years.

We are looking for volunteers to assist with our exciting new Community Orientation Workshops, a skills program on navigating life in Minnesota. We cover critical information like transportation, community resources, job readiness, financial literacy, health literacy, education and family adjustment. Volunteers call students after a YouTube lesson presented by staff to reinforce topics from the video and practice English or participate in a Zoom class, practicing reading and conversation around these topics for students with a higher level of English. For more information, please visit our website or email [rsvolunteers@mnchurches.org](mailto:rsvolunteers@mnchurches.org).

**Braver Angels**  
From St. Mark’s Episcopal Cathedral: As an extension of St. Mark’s work around “courageous conversations” and bridging the political divide, we are continuing our partnership with Braver Angels and engaging in their “With Malice Toward None” efforts specifically designed for faith communities. “With Malice Toward None” is an initiative to heal America in the aftermath of the 2020 election outcome. In the meantime, there are many opportunities to participate in building skills and conversation with people of differing political views, as well as being curious about our own personal biases. Events are open to all and held online. For more information, go to <https://braverangels.org/what-we-do/with-malice-toward-none/>.

**Bahá’í Center of Minneapolis**  
3644 Chicago Ave., Mpls.  
Devotions via Zoom, Sunday at 10 a.m. Please visit the Bahá’í community of Minneapolis website at [www.minneapolisbahai.org/](http://www.minneapolisbahai.org/). Here you will find information about upcoming and past Holy Day celebrations, as well as news, announcements and information.

**Calvary Lutheran Church**  
3901 Chicago Ave. S.  
Sunday Worship at 10 a.m., via Facebook Live and Zoom. See our website at [www.clchurch.org](http://www.clchurch.org) for instructions.

**Catholic Church of St. Albert the Great**  
E. 29th St. & 32nd Ave. S., Mpls.  
In-person Masses with limited seating on Saturdays at 5 p.m. and Sundays at 9:30 a.m. and noon. Masks and social distancing required. Enter through church front center doors only. Please see our website at [www.saintalbertthegreat.org/](http://www.saintalbertthegreat.org/) for more details. Sunday 9:30 a.m. Mass also streamed on our Facebook page at [www.facebook.com/StAlbertTheGreatMpls/](https://www.facebook.com/StAlbertTheGreatMpls/).

**Faith Evangelical Lutheran Church**  
3430 E. 51st St., Mpls.  
[www.faithlutheranmpls.org](http://www.faithlutheranmpls.org)  
**Christmas Eve Worship 7 p.m.**  
**Christmas Day Worship 9 a.m.**  
Sunday Worship (with safety measures in place) at 9 a.m. Those who are over 65, have pre-existing conditions, or live in proximity to at-risk demographics are encouraged to remain home. We will continue to post videos online for Sunday morning for those who can’t join us yet on YouTube and Facebook [www.facebook.com/felcmpls/](http://www.facebook.com/felcmpls/). Sunday morning Bible class 10 a.m.; masks and social spacing required for worship and Bible class. NA groups Wednesdays 7:30 p.m. (Fridays temporarily suspended).

**First Free Church**  
5150 Chicago Ave. S., Mpls.  
Sunday service 10 a.m. (in person and online).  
**Christmas Eve service at 4:30 p.m. and 6 p.m.**  
Visit our website at [www.firstfreechurch.org](http://www.firstfreechurch.org) for more information.

**Holy Cross Lutheran Church, LCMS**  
1720 E. Minnehaha Pkwy., Mpls.  
Sunday, Advent, and Christmas worship services will be online only during December. Service recordings, bulletins and news continue to be available on our website at [www.holycrossmpls.org](http://www.holycrossmpls.org).

**Living Spirit United Methodist Church**  
4501 Bloomington Ave., Mpls.  
Worship with us from home! Worship is currently being streamed on Facebook Live at 10:30 a.m. on Sunday mornings at [www.facebook.com/LivingSpiritMN/](http://www.facebook.com/LivingSpiritMN/). The weekly bulletin, children’s faith formation packet, and more will be posted to our website; that’s also where you can find resources and worship recordings from previous weeks. [www.livingspiritumc.org/](http://www.livingspiritumc.org/) online

**Messiah Lutheran Church**  
2400 Park Ave., Mpls.  
All services now online at [www.messiah-lutheranmpls.org](http://www.messiah-lutheranmpls.org). Each week we video services, viewable anytime, please join us! Visit our website for online devotions and bulletins.

**Minnehaha Communion Lutheran Church**  
4101 37th Ave. S., Mpls.  
Sunday Worship online at 9:45 a.m. All services and programs are temporarily

online. Please check the church website for any changes: <https://minnehahacom-munion.org/>.

**Minnehaha United Methodist Church**  
3701 E. 50th St., Mpls.  
Online Sunday worship available, either livestreamed at 9 a.m. or afterward on-demand. And our online Taizé service is back! Join us on our YouTube channel for a service of music, prayer and meditation. Visit our website at [www.minnehaha.org/](http://www.minnehaha.org/) for more information.

**Mt. Zion Lutheran Church**  
5645 Chicago Ave. S., Mpls.  
Sunday worship at 9 a.m. Please see our website for more information. [www.mtzioninmpls.org/](http://www.mtzioninmpls.org/)

**New Creation Baptist Church**  
1414 E. 48th St., Mpls.  
Sunday Devotion online 10:45 a.m. on Facebook and YouTube [www.facebook.com/NewCreationBaptist-Church/](http://www.facebook.com/NewCreationBaptist-Church/) <https://newcreationbaptistchurchmn.org/>

**Nokomis Heights Lutheran Church**  
5300 10th Ave. S., Mpls.  
[www.nokomisheights.org](http://www.nokomisheights.org)  
**Online Midweek Advent Worship with Holden Evening Prayer premieres Wednesdays at 7 p.m.**  
**Online Christmas Eve Worship premieres at 4 p.m. December 24**  
Physically distant but faithfully together. Connect with our online community on Facebook and YouTube. A new worship goes up on YouTube every Sunday at 10 a.m., and all are archived, so you can view the ones you missed. [www.facebook.com/NokomisHeights/](http://www.facebook.com/NokomisHeights/)

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

**Trinity Lutheran Congregation**  
Augsburg College, Hoversten Chapel  
Riverside & 22nd Aves., Mpls.  
[www.trinitylutherancongregation.org](http://www.trinitylutherancongregation.org)  
Online worship available anytime on our YouTube channel: Trinity Lutheran Congregation

**Walker Community United Methodist Church**  
3104 16th Ave. S., Mpls.  
Until further notice, Walker Church will be closed for all non-essential operations. Services will continue online via Zoom and Facebook Live at 11 a.m. to noon on Sundays. Visit our website at [www.walkerchurch.org/](http://www.walkerchurch.org/) or Facebook page at [www.facebook.com/walkerumc/](https://www.facebook.com/walkerumc/) for more information.

SHARING FOOD

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

**Minnehaha United Methodist Church**  
**3701 E. 50<sup>th</sup> St., Mpls.**  
**612-721-6231**  
Yes, the food shelf is still open! In order to fight food insecurity in our neighborhood, the Minnehaha Food Shelf is open on Tuesdays from 10 a.m. to 3 p.m. We have moved our operations outdoors, meter the flow of clients to help ensure social distancing, periodically clean our surfaces, and wear face masks. Should we have foul weather, we plan to move the distribution indoors, though still meter clients and encourage distancing. [www.facebook.com/MinnehahaFoodShelf/](http://www.facebook.com/MinnehahaFoodShelf/)

**Calvary Lutheran Church**  
**3901 Chicago Ave., Mpls.**  
**612-827-2504, ext. 205**  
The Calvary Emergency Food Shelf is available for area residents on Saturdays from 9 a.m. to noon. We will hand out pre-packaged bags of food with a Walk-Up table on 39th St. and Drive-Thru model at the parking lot entrance. Please stay in your car, and we’ll bring the food to you! Volunteers will be available outside to help you. There are eligibility requirements. On our website, [www.clchurch.org](http://www.clchurch.org), click on the “Food Shelf” link in the “Outreach” tab, or call the food shelf office at 612-827-2504, ext. 205.

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**CATHOLIC CHURCH OF ST. ALBERT THE GREAT**  
E. 29th St. & 32nd Ave. S.  
612-724-3643  
[www.saintalbertthegreat.org](http://www.saintalbertthegreat.org)  
Weekend Masses with limited seating  
Saturday 5 pm  
Sunday 9:30 am (also live-streamed on Facebook)  
Sunday 12 noon  
Masks and social distancing required  
Enter at church front center doors only

**FAITH EVANGELICAL LUTHERAN CHURCH**  
3430 E. 51st St.  
612-729-5463  
[www.faithlutheranmpls.org](http://www.faithlutheranmpls.org)  
Sunday Worship 9 am and online on YouTube and Facebook  
<https://www.facebook.com/felcmpls/>  
Sunday Morning Bible class 10 am  
Masks and social spacing required for worship and Bible class.  
NA groups Wednesdays 7:30 pm, Fridays temporarily suspended  
**Christmas Eve Worship 7 pm**  
**Christmas Day Worship 9 am**  
Pastor: Rev. Jesse Davis

**FIRST FREE CHURCH**  
5150 Chicago Ave S  
612-827-4705  
Sunday services 10 am

(in-person and online)  
**Christmas Eve service at 4:30 pm and 6 pm**  
[www.firstfreechurch.org](http://www.firstfreechurch.org)  
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**HOLY CROSS LUTHERAN CHURCH, LCMS**  
1720 E. Minnehaha Pkwy.  
612-722-1083  
Sunday Worship recordings online at [www.holycrossmpls.org](http://www.holycrossmpls.org)  
Scroll to mid-page on the home page to see recordings and bulletins to follow along.

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[www.livingspiritumc.org/online](http://www.livingspiritumc.org/online)

**MT. ZION LUTHERAN - LCMS**  
5645 Chicago Ave. S.  
612-824-1882  
[www.mtzioninmpls.org](http://www.mtzioninmpls.org)  
Sundays – 9 am worship  
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**NEW CREATION BAPTIST CHURCH**  
1414 E. 48th St.  
612-825-6933

Sunday Devotion online 10:45 am on Facebook and YouTube  
<https://newcreationbaptistchurchmn.org/>  
[www.facebook.com/NewCreationBaptistChurch/](http://www.facebook.com/NewCreationBaptistChurch/)  
Pastor: Rev. Dr. Daniel B. McKizzie

**NOKOMIS HEIGHTS LUTHERAN CHURCH – ELCA**  
5300 10th Ave. S.  
612-825-6846  
[www.nokomisheights.org](http://www.nokomisheights.org)  
Worship with us online on YouTube and Facebook  
New worship goes up every Sunday at 10 am  
**Online Midweek Advent Worship with Holden Evening Prayer premieres Wednesdays at 7 pm**  
**Online Christmas Eve Worship premieres at 4 pm Dec. 24**

**ST. JOAN OF ARC CATHOLIC COMMUNITY**  
[www.stjoan.com](http://www.stjoan.com), 4537 Third Ave.  
Masses suspended until further notice  
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# Happy Holidays

## Holidays are holy

BY DEBRA KEEFER RAMAGE

"You don't know what you've got till it's gone," Joni Mitchell famously sang. I have been thinking about the many local delights that are gone, or may be soon.

In 2016 I was still working for Heart of the Beast Theatre. We put on "La Natividad" that December. Two years later, after I retired and left, there was a one-off Winter Solstice show called "The Longest Night." There was no show at all in December of 2019. This year, after a year without even the MayDay Parade, HOBT is on furlough for an indeterminate length of time. I hope I'm wrong, but it seems to be shrinking away.

Of course, this story is repeated

many times, across the Twin Cities, across the Midwest, across the country and around the world. As we are being battered by climate chaos, poverty for many more induced by a yawning and growing chasm of wealth disparity, the almost inevitable growth of reckless extremists, including resurgent fascism, and then this year, the one-two punch of COVID-19 and its associated structural economic depression—cultural riches that were based on voluntarism and crowds (healthy people) and property values and philanthropy (wealthy people) are being starved out of existence.

We took these things for granted, and we should not have. Now that we have worked through the pain

of surrendering them (if we have), along with restaurant dining, parties in bars, family get-togethers, Big Sports, and cautiously trusting our governments and corporations, we should probably ask ourselves: What things are we still taking for granted that will be snatched away from us next? The internet? The entertainment industry? The food distribution system? The power grid? Running water? The theoretical rule of law?

In a way, the plagues of the past were not as terrifying as this one, even though they could and sometimes did fall to the rock bottom (the Black Death of mid-14th century Europe killed something between 30 and 60 percent of the population in just four years). Rock bottom is still the same place, but the heights we fall from are much greater.

At this point you're probably asking yourself why on earth I started out an article titled "Holidays are Holy" with five paragraphs about pain and loss, culminating with the Black Death. The reason is I am leading up to a discussion of refreshment. Not refreshments, like cookies and cold drinks, but refreshing, reloading, starting over, hitting the reset button.

See *Holidays*, page 8

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# Happy

Holidays, from page 7

Consider the Black Death, for example. That was a horrible calamity, probably beyond our ability to comprehend. But for the survivors, it was the dawn of a new era. With the population so drastical-

ly reduced, it became a time when the rich could only get labor from the poor by giving them wages of real value. The peasantry, who had previously been little more than slaves, began to build modest wealth. This led first to the decline of the feudal system, and ul-

timately to the so-called Enlightenment and the Industrial Revolution in the next three centuries.

This is illustrative of a sweeping historical phenomenon documented by Walter Scheidel in his book “The Great Leveler.” His inescapably argued hypothesis (at least inescapable if you don’t go back before about 800 B.C.E.—more on that in the next paragraph) is that wealth inequality always rises in the context of a civilization at its breaking point, and it is only reversed by violence, which he divides into four broad outcomes: war (example: WWI), revolution or civil war (example: the fall of Rome), environmental catastrophe (example: the destruction of the Mayans), and plague (exam-



Hmong family Tet in Vietnam

ple: The Black Death). To lead into the subject of reset buttons, and 800 B.C.E., we need to look at a later, and not as popular, book: Michael Hudson’s “...and forgive them

their debts.” The hypothesis this book sets out is that in the ancient civilizations that preceded the democracy of Athens, the wise men and rulers understood something that those great “civilization founders” of Greece and Rome denied or forgot: that wealth inequality, once it starts, will grow inexorably to the point of collapse, and all will come to a violent end, unless you hit the reset button.

Now, these civilizations were ruled by godlike tyrants, whereas Greece, and Rome at its start, espoused the more “modern” ideals of meritocracy and “freedom.” John Si-

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MICHAEL HUDSON

Michael Hudson's ‘...and



# Holidays

man, writing for nakedcapitalism.com, both interviews Hudson and reviews the book. Hudson tells him, about the various civilizations in Mesopotamia, “[These] societies were not interested in equality, but they were civilized. And they possessed the financial sophistication to understand that interest on loans increases exponentially, while economic growth at best follows an S-curve. This means that debtors will, if not protected by a central authority, end up becoming permanent bondservants to their creditors. So Mesopotamian kings regularly rescued debtors who were getting crushed by their debts.”

The Egyptians and the Israelites did this too, most likely. Pharaoh thought he could renege on the deal and keep the Israelites in permanent slavery. We are pretty sure the Israelites that came out of Egypt kept the rule and even codified it to be the Jubilee—every 49 years—even though they never had a great empire or a very powerful king.

I originally set out to write this piece as an examination of themes of refugees and victims of injustice in the context of winter holidays. I considered

the story of Herod’s “slaughter of the innocents” and how that drove the Holy Family into refugee status in Egypt. I discovered this excellent piece about how Hanukkah became a holiday of special meaning for former refugees settling in America, and thus a specifically American style of Hanukkah developed. (See <https://www.tenement.org/blog/our-american-holiday-refugees-and-the-meaning-of-hanukkah/>.)

I also was intending to discuss how commercialization and greed (whether for presents, “fun,” or fancy foods) can totally corrupt and destroy these redemptive meanings of our most holy holidays. And how now, in a time of forced simplicity and inward-

ness, we might humbly recover and rediscover these fragile meanings.

So, I have mentioned all those things now, but something is still missing from the picture. I had been recently (for obvious reasons) ruminating on these themes of collapse and what Hudson calls the Clean Slate Amnesty. And I had this thought—what if many of our holidays, not just the winter ones, not just the Abrahamic religious ones, but our very concept of “holy days,” have a concealed meaning that points to a new (but ancient?) paradigm of freedom?

This is what Siman has to say to paraphrase Hudson’s conclusions about the post-800 B.C.E. misinterpretation

of the idea of freedom:

“In ancient Mesopotamian societies it was understood that freedom was preserved by protecting debtors. In what we call Western Civilization, ... just the opposite ... has been the case: For us freedom has been understood to sanction

the ability of creditors to demand payment from debtors without restraint or oversight.

“This is the freedom to cannibalize society ... the freedom to enslave ... the freedom proclaimed by the Chicago

See *Holidays*, page 10

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# Happy Holidays



Liberty menorah by  
Manfred Anson

## Holidays, from page 9

School and the mainstream of American economists. And so Hudson emphasizes that our Western notion of freedom has been, for some 28 centuries now, Orwellian in the most literal sense of the word: War is Peace • Freedom is Slavery • Ignorance is Strength ...

“... Our neoliberal notion of unrestricted freedom for the creditor dooms us at the very outset of any quest we undertake for a just economic order. Any and every revolution that we wage, no matter how righteous in its conception, is destined to fail.

“And we are so doomed, Hudson says, because we have been morally blinded by 28 centuries of ... decontextualized history. The true roots of Western Civilization lie not in the Greek polis ... but in the Bronze Age Meso-

potamian societies...”

So, to get back to holiness and holidays, I am considering that for a holiday to have some deep connection to the ancient concept of Jubilee, or its equivalence in other lost civilizations, it has to have a message that privileges real freedom—i.e., freedom from want, fear or bondage—as opposed to the licentious freedom of enslavers and predators. So, any holiday about Jesus, with a slight stretch and a caveat, can qualify. The caveat is you have to consider the actual Jesus who said “forgive them their debts” and not revise that to merely meaning forgiving so-called “trespasses.”

And another holiday that clearly qualifies is Passover, since it is literally about freeing people from bondage. (That’s why I don’t want to artificially restrict this to winter holidays.) But then



Refugees (‘Flight into Egypt’ by Botticelli)

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# Happy Holidays

again, both winter solstice holidays—and new year holidays—Rosh Hashanah, Tet, Saturnalia in ancient Rome, all the many new year days around the many cultures and calendars—all qualify too. Winter solstice and the beginning of a new year al-

Slate. I intend to meditate and pray, to take out all my trash, sweep my floors and make lists. I will try to repair every flaw and breach in my life, and if anyone owes me any money (ha!) I am going to forgive them. But mostly I am sending up an inten-



‘The Slaughter of the Innocents’ by Giotto

most always have a powerful theme of what Hudson termed Clean Slate Amnesies. I’m pretty sure the secular holy day of January 1, 2021, is going to be a time when many yearn for a Clean

tion and prayer that at some point, our “democratic” rulers get the message and proclaim a Jubilee, before it’s too late. Because you don’t know what you’ve got till it’s gone.



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Businesses, from page 5

**Hennepin County Libraries (various locations).** See <https://www.hclib.org/about/locations> for branch statuses and hours. Computer use by appt – Franklin. Limited computer use & grab-and-go books and media – Central (downtown), Arvonne Fraser (Dinkytown), Hosmer (Central), Nokomis (51st Street). Grab-and-go only – Southdale. Extended due dates. All of the above listed libraries except Franklin (and many more in other areas) now accepting returns.

**Hub Bicycle Cooperative (Minnehaha Ave).** Open for repairs. On-line shop with curbside pickup or delivery. See website or call for more.

**K9 & Kitty Kutters (Bloomington Ave).** Open by appointment. Waiting list. Slightly restricted hours.

**Laundromat (37th & Chicago).** Open to public. Usual hours.

**Massage Envy (Highland Park near Lund's/Downtown Minneapolis).** Open with restrictions, by appointment. Restricted hours.

**Nailish.** Open with restrictions, by appointment. Usual hours.

**Pedego.** Open with restrictions. Phone orders. Delivery available. Call for curbside pickup. Restricted hours. Open for all services but call first.

**Riverstone Salon and Wellness Center.** Open with restrictions, by appointment. Usual hours.

**The Grease Pit Bike Shop.** Open winter hours – Sat & Sun only.

Health Care

**CUHCC & CUHCC Dental.** By appointment. Usual hours.

**East Lake Animal Clinic.** By appointment. Usual hours.

**HCMC Whittier Clinic.** By appointment. Usual hours. COVID-19 testing available.

**Minnehaha Animal Hospital.** By appointment. Usual hours.

**Nokomis Pet Clinic.** By appointment. Usual hours.

**People's Center.** Open with restrictions. Wellness Hub closed. Online appointment requests available. Telehealth available.

**People's Center Dental Clinic (Minnehaha).** Open with restrictions. Usual hours.

**Pet Doctor (Franklin Ave).** By appointment. Usual hours.

**Spinal Frontier.** By appointment. Phone orders. Restricted hours. Chiro care and wellness products.

Gyms, Wellness Centers, Training Facilities

**Big River Yoga.** All classes now virtual. Massage therapy & health coaching with restrictions. Yoga on demand (new.) See website for details.

**Blaisdell YMCA.** Online fitness classes available.

**Five Elements Martial Arts.** Limited size classes with restrictions. Zoom classes are also continuing. See website for details.

**Iron Frost (38th Street).** New fitness studio. Small social-distanced classes, some outdoors (yes, in winter.) Kettlebell and other strength training.

**Midtown YWCA.** Online fitness classes available.

**The Fix Studio and Café.** Virtual fitness classes. Café open for grab and go or online ordering.

Nonprofit

**Ani-meals - Meals on Wheels for Pets.** Contact Community Emergency Service if you need pet food delivered to your home. Weekly.

**Boys and Girls Clubs of TC.** Open with restrictions. Restricted hours. Only open for food distribution.

**Briva Health.** Open with restrictions. Health care navigation by phone or appointment. Usual hours.

**House of Charity (Elliot Park).** Open with restrictions. Restricted hours.

**Macedonia Baptist Church\*.** Open with restrictions. Restricted hours. Call for more information. Only open for food distribution.

**People and Pets Together.** Open with restrictions. No delivery or curbside pickup. Usual hours. Pet food shelf - 1 client at a time.

**Sabathani Food Shelf\*.** Open with restrictions. Usual hours. Only open for food distribution.

**Simpson Food Pantry.** Open to public. Restricted hours. Outdoors, weather permitting.

**Sisters Camelot\*.** Random food distributions. Check Facebook page weekly. Sites include Walker Church, Bethany Lutheran, Park Ave UMC.

**Soup for You Café at Bethany Lutheran Church (Franklin).** Closed to public. Distributing bag lunches at the side door Monday thru Friday, 11 a.m. until gone.

**Walker Church.** Open with restrictions. Hot meals, bagged groceries. Email [office@walkerchurch.org](mailto:office@walkerchurch.org) or message Facebook page for information. Tuesdays only. Only open for food distribution.

**Walk-in Counseling.** Closed to public. Call for Phone or Zoom counseling. Usual hours.

**Pop-up Mutual Aid Sites / Pay-as-u-can / Pay-it-forward** See <https://twin-cities-mutual-aid.org/> for complete list, or for updates on needs of most of the sites listed below.

**612 MASH (Medics at Chicago & 38th).** See mutual aid link for list of needs.

**Augustana Senior Homes (Elliot Park).** See mutual aid link for list of needs.

**Brian Coyle Center.** Free COVID-19 tests and free flu shots Fridays. See mutual aid link for list of needs.

**Café Racer at El Colegio\*.** Breaking Bread free meals. Free contactless hot meals to-go Tuesdays 4 – 7 p.m. Thru end of 2020.

**Greater Friendship Missionary Baptist Church.** See mutual aid link for list of needs. Uses Signup Genius App for volunteers. Distribution Tue, Thu, 2nd & 4th Sat.


**Midtown YWCA.** See mutual aid link for list of needs. Distribution by reservation, see link above.

**Phillips Free Store at Walker Church (previously outdoors at Grease Pit).** See mutual aid link for list of needs. Open 2 – 7 p.m. Fridays.

**Sanctuary Movement Supply Depot (PPNA Office 35th Street).** See mutual aid link for list of needs. Or inquire at the depot for more up-to-date info.

**Sanctuaries for houseless people.** See <https://www.minneapolis-parks.org/encampments/> for updates from MPRB on houseless encampment sites. Situation is volatile heading into winter, so check frequently if you're trying to help. See mutual aid link for list of needs. According to MPRB, the only encampments still open: Minnehaha Falls Park Rev. Dr. Martin Luther King Park The Mall – Uptown Twin Cities Mutual Aid also lists one in Near North and Safe Haven in Seward. The depot was still open last time we checked.

**South Minneapolis Free Clothing Store (Provisions restaurant).** Open by appointment or will deliver. See mutual aid link for list of needs.



**Southside Pride**

**NOKOMIS EDITION**

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

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

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# • COMMUNITY CALENDAR •

*Southside Pride* / NOKOMIS EDITION

## EVENTS

**Tracy K. Smith in conversation with Sophia Benrud**  
**Monday, Dec. 14, 7 p.m.**  
**Online**

Join Tracy K. Smith and Sophia Benrud as they discuss the poems of Yi Lei's "My Name Will Grow Wide Like a Tree" (Graywolf Press). Hosted by Moon Palace Books. Passionate, rigorous, and inimitable, the poems in "My Name Will Grow Wide Like a Tree" celebrate the joys of the body, ponder the miracle of compassion, and proclaim an abiding reverence for the natural world. Presented in the original Chinese alongside English translations by Changtai Bi and Pulitzer Prize-winning poet Tracy K. Smith, this collection introduces American readers to a boundless spirit—one "composing an explosion." Register on Zoom: [https://us02web.zoom.us/j/.../reg.../WN\\_9WkjccuWRVOlzkGen6glww](https://us02web.zoom.us/j/.../reg.../WN_9WkjccuWRVOlzkGen6glww)

**'Fear and Loving in South Minneapolis'**  
**Virtual book launch with author Jim Walsh in conversation with Lizz Winstead**  
**Wednesday, Dec. 16, 7 p.m.**  
**Online**

Columnist, freelance writer, and genuinely curious reporter Jim Walsh collects the encounters and adventures and lives that make a city hum—and make South Minneapolis what it is. The Minneapolis that he maps is a matter of heart, of urban life built on human connections: the everyday interactions, ordinary people, and quiet moments create an extraordinary picture of a city's life. Event access is \$5, which gives you access to the virtual event (access instructions provided via email 24-48 hours prior to event), as well as a \$5 virtual gift card to magersandquinn.com. Use it toward your copy of "Fear and Loving in South Minneapolis" or anything else from our web store.

**Handel's 'Messiah'**  
**Free digital concert by The Saint Paul Chamber Orchestra**  
**Saturday, Dec. 19, 8 to 10 p.m.**  
**Sunday, Dec. 20, 2 to 4 p.m.**  
For generations, George Frideric

Handel's oratorio "Messiah" has been one of classical music's popular holiday traditions. Experience all its grandeur at home with The Saint Paul Chamber Orchestra's 2018 performance featuring conductor Jeannette Sorrell, an all-star roster of vocal soloists, and renowned vocal ensemble The Singers. Join us 30 minutes before the concert for a panel discussion moderated by Artistic Director and Principal Violin Kyu-Young Kim on George Frideric Handel's investment in the transatlantic slave trade and what it means to perform his works today in light of this knowledge. Panelists include Jeannette Sorrell, Artistic Director and Founder of Apollo's Fire; Ahmed Anzaldúa, Director and Founder of Border Crossing; and Steve Swayne, Professor of Music at Dartmouth College and President of the American Musicological Society. A second broadcast will take place on Sunday, December 20 at 2 p.m. Filmed and recorded in December 2018.

George Frideric Handel: Messiah  
Jeannette Sorrell, conductor  
Carine Tinney, soprano  
Reginald Mobley, countertenor  
Rufus Müller, tenor  
Jesse Blumberg, baritone  
The Singers — Minnesota Choral Artists, chorus  
Matthew Culloton, artistic director  
Stream it for free at [thespc.org/live-streams](https://thespc.org/live-streams).

**British Arrows Greatest Hits**  
**Through Jan. 4**

Celebrate this cherished holiday tradition in a new way! A collection of the most inventive ads compiled from more than 40 years of British Arrows Awards history comes directly to your home. New and long-standing audiences will enjoy one of the Walker's most popular events as an online presentation, showcasing a retrospective of viewer and creative-industry favorites. You'll find loads of self-deprecating humor, social satire and political provocation, singing and dancing, celebrities, and naughty innuendo, all influenced by developing technologies and changing attitudes. This unique screening experience shows how the program has evolved over the decades—leading up to a special selection of new UK ads created

under the challenging circumstances of the global pandemic lockdown. Approximately 80 minutes. Tickets are \$12 (\$10 Walker members) per household for online viewing through Jan. 4, limited to North America. Once your purchase is complete, you can view the program as many times as you like via the Content Page of your online account. For more info or to purchase tickets, go to <https://walkerart.org/calendar/2020/british-arrows-greatest-hits>.

**Foot in the Door 5: The Virtual Exhibition**  
**Through Jan. 10**

Minneapolis Institute of Art Since 1980, "Foot in the Door" has been an open exhibition for Minnesota artists of all ages to present their work at the Minneapolis Institute of Arts. The exhibition occurs once every 10 years, and by now, generations of artists have participated in it. The sole curatorial criteria? All submissions must measure at or under 12 inches in height, width and depth—literally inviting all artists to place "a foot" in the museum's galleries. Serving as a snapshot of Minnesota's creative scene, "Foot in the Door 5" celebrates the talent, diversity and enthusiasm of our state's visual artists. To prioritize safety for artist, visitors and staff alike, this celebration of our community's creativity is entirely virtual this year. Thanks to all artists who make this exhibition possible, especially amid the coronavirus pandemic and subsequent economic and personal impacts. You are proof that in times of adversity, creativity still triumphs. View the exhibitions here: <https://collections.artsmia.org/exhibitions/2760/foot-in-the-door> Please note: Because this is an open-call exhibition, it might contain artworks some viewers consider inappropriate or objectionable. That's democratic artistic expression in action.

**'Amethyst Skies' by Amy Rice**  
**'Cityscapes' by Mark Horton**  
**Through Jan. 23**  
Groveland Gallery  
25 Groveland Terrace, Mpls.  
Groveland Gallery presents two new exhibitions on view now through Jan. 23. Visit in person Tuesday through Saturdays from 12 to 5 p.m. (by appointment only) or online. Amy Rice's "Amethyst Skies" is a new body of small mixed media paintings illustrating the real and imagined lives of the animals that live on and under the artist's East Central Minnesota flower

farm. Also on view: "Studies, Sketches & Small Works," a group show by gallery artists. Call 612-377-7800 or go to [www.grovelandgallery.com](http://www.grovelandgallery.com) for more information.

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**Como Zoo's Reindeer Cam Is Back!**

The 24/7 webcam livestreams all the reindeer games and more from Como Park Zoo and Conservatory in St. Paul. Get to know Mabel, Abigail and Forest, the three reindeer that call Como Zoo their ho-ho-home! Enjoy a 24/7 peek into the daily details of their lives through Como Zoo's Reindeer Cam. Count down to the holidays while watching the reindeer feed, interact with one another, and socialize with their neighbors — a few arctic fox that peep into the reindeer habitat from time to time. The reindeer holiday habitat includes a Christmas-themed barn complete with a live Advent calendar and a map detailing Santa's delivery route on Christmas Eve. Visit us at <https://comozooconservatory.org/reindeer-cam/>.

**'An extra/ordinary Holiday in Extraordinary Times'**  
**Nov. 14 – Jan. 10, 2021**  
**Online**

American Swedish Institute  
2600 Park Ave., Mpls.  
While ASI is temporarily closed due to COVID precautions, we invite you to view the exhibition video and virtually explore "An extra/ordinary Holiday in Extraordinary Times." We hope to reopen the Museum on Dec. 19. You can watch the video here: [www.asimn.org/exhibitions-collections/exhibitions/extraordinary-holiday-extraordinary-times](http://www.asimn.org/exhibitions-collections/exhibitions/extraordinary-holiday-extraordinary-times). "An extra/ordinary Holiday in Extraordinary Times" is a new indoor/outdoor, immersive exhibition experience encompassing the richly decorated Turnblad Mansion and an open-air Nordic story trail, on view at the American Swedish Institute (ASI) Nov. 14, 2020 – Jan. 10, 2021. The story trail was designed by community partners from Sweden, Norway, Denmark, Iceland and Finland, with each country highlighting classic holiday tales at stations winding through ASI's courtyard and Mansion grounds. The ASI Museum Store and Jul Shop are OPEN for in-person

shopping with new hours: Thursday through Sunday, 10 a.m. to 4 p.m. ASI's annual Julmarknad Holiday Market runs Nov. 14 – Dec. 20. This year it will feature a virtual market and a Virtual Day with chances to shop and connect further with artists. The Julglädje (Christmas Joy) join-in family performance will be offered online, in addition to a virtual Lucia Celebration concert. For more information please visit [www.ASI.mn.org](http://www.ASI.mn.org).

**Heart of the Dance**

Heart of the Dance MN works to bring the SEL program "Dancing Classrooms" to schools across the Twin Cities metro area, including 3-year partner Keewaydin Elementary School. Since COVID-19 has caused everyone to shift to virtual programming, for the first time ever, we are able to offer a shortened virtual program directly to families with elementary school-aged students. "Dancing Classrooms Homeroom Edition" is designed to accommodate the complexities and potential inequities of remote learning. The Homeroom Edition residencies include original prerecorded instructional videos with flexible follow-up assignments, live virtual instruction and check-ins from teaching artists, engaging assignments connecting dance to other subject areas, virtual peer-to-peer sharing celebrations, and a live, family-friendly dance party. A short video about the program is available at <https://vimeo.com/461842369>.

**We Are the Story – Exhibition #1**  
**Gone but Never Forgotten: Remembering Those Lost to Police Brutality**  
**Through Dec. 24**  
**Open by appointment**  
**Tuesday—Friday**  
**11 a.m. to 3 p.m.**

Textile Center, Joan Mondale Gallery  
300 University Ave. SE, Mpls.  
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## Talk to Tony

**Former Minneapolis Police Chief Tony Bouza** will be talking on Zoom about how the City of Minneapolis could **reduce the MPD budget** and still increase efficiency and effectiveness.

He will also share his experiences in **controlling the thumpers** in the Police Department responsible for **millions of dollars each year in civil lawsuits** brought against the City for the excessive use of force.

**Join us Tuesday, December 29 at 3 pm for an hour from 3 to 4 pm.**

**Meeting ID: 244 384 2933 • Passcode: 622321**



*Tony Bouza*



# The battleground that is Lake Street

*“We are in pain, don’t choke us.” —Ira Azhakh*

BY KAY SCHROVEN

Despite ambitious efforts by the city and a Neighborhood Action Plan to reimagine Lake Street, Ira is not hopeful. After 40 years in the car business in the 4500 block of East Lake Street, he has closed. Before the year was half over, the pandemic and the destruction surrounding the riots in the wake of the killing of George Floyd by the MPD caused Ira to let his guys go and close shop. He has had a “For Lease” sign up for months with no takers. “People are shying away from Lake Street. Small businesses especially are not confident that it is a place to invest.” Ira points out that this is not just about him, it’s about the community of small businesses on or near Lake Street—the varied and needed small businesses that have called East Lake Street home for years, even decades: restaurants, hair and nail salons, coffee shops, laundromats, car sales and repair, small ethnic groceries.

The hangover after closing his business is painful and involves physical and financial damage. His current debt is \$10,102.90, itemized below.

Ira shows up to our meeting with documents tucked into his pocket. Before he pulls them out, we chat a bit about the unique and trying summer that Minneapolis has experienced. Ira points out that he is not politically oriented and has a great deal of empathy for George Floyd’s family and the Black Lives Matter movement as well as all marginalized groups including immigrants, a demographic he is part of. He is especially concerned about

his fellow merchants suffering the same aftermath that he is. Ira simply wants to continue working and making a living as he has been for decades. We review his documents.

The Documents

- Document #1 is his property tax statement from the city announcing a 52.8% increase (2021 over 2020). Yes, 52.8%! \$8,375.18.

- Document #2 is his utility bill from the city: \$1,096.72 (the bill notes “a meter is reporting zero usage”).

- Document #3 is his license renewal: \$455.00.

- Document #4 is a fee for inspection: \$176.00.

Total \$10,102.90

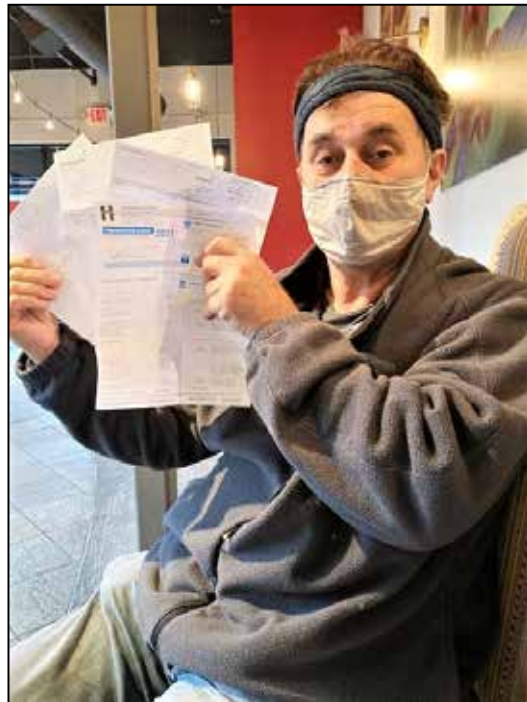
Ira forwards a voicemail to me that he received from the city in response to his inquiry about his 2021 proposed property tax with its unusually high increase. A soft voice explains that his property has been compared to like properties and assessed accordingly. She further assures him that such large increases will not follow 2021, implying that this is a one-time, isolated charge. Discussing this call with Ira he asks, “To what and where is the comparison being made? Is it to like properties on East Lake Street? Minnetonka? West Hollywood? Rodeo Drive? What is the context?” So far, this question has not been answered.

With no business for many months, Ira cannot afford to pay up. He took some reasonable steps to assuage the situation. He had no-longer-needed utilities turned off. He improved his second building (next door) with the intention of working out of it. Miraculously this one had survived

the riots. This did not turn out when his Ward 2 City Council member informed him that he could not go in this direction. Ira does not quite understand the reasons, but assumes it has to do with zoning, future zoning, future plans.

So, what are the future plans for East Lake Street? As early as 2000 there was an East Lake Street Corridor Study conducted referencing 36th Avenue to the Mississippi River. The Lake Street Task Force published its vision for Lake Street, which included public realm improvements, development of mixed businesses (retail at ground level with living and office space above), a lively pedestrian thoroughfare, attracting quality developers, improving safety and the appearance of the street, strengthening existing desirable businesses, etc. Included in the list of challenges are “numerous parking lots and auto-oriented businesses.” Shall we assume that auto-oriented businesses are undesirable? Ira’s response to this information is, “If the city wants us to go away, why not simply tell us and stop playing games?” But then there is a long history of playing games. After all, this is originally Dakota and Ojibwe land.

Lake Street has a long, prosperous, rich history dating back to 1856. It began as a narrow dirt road with a few homes and businesses such as Harvester Works, Freeman’s Dept. Store, The Oddfellows Hall, Petersons Drug Store, Podany’s Furniture and Hotel Woodland. It was shaped and influenced by Natives and immigrants, African Americans, Yankees from the East Coast, and Europeans. They came for cheap land and natural resources. They cut timber to escape slavery, starvation, war and the class systems of their homelands. Lake Street was home to prominent bicycle trails (1880s) and smart carriages and horses. By 1905 the trains came and by 1908 it was paved. Did you know that Lake Street was once known as “Automobile Row”? The first car



Ira Azhakh

arrived in 1896, and by the late 1920s Lake Street had become a showcase for automobiles. With its miles of fluorescent lighting, it was often compared to Le Cours Vincennes Boulevard in Paris, Bond Street in London and famous streets of Rio de Janeiro and West Germany. I’ve been told that as recently as the 1960s it was a strip where you could show off your car and rendezvous with friends and strangers.

Like Ira, many Lake Street merchants and local residents do not want gentrification or displacement. They do not want “Uptown.” They want to preserve the character, the multicultural and ethnic nature of the area, full of choices and experiences not found in other parts of the city. In the aftermath of George Floyd’s death and the ensuing riots, city officials designated Lake Street as “one of seven cultural districts to promote racial equality, preserve cultural identity and promote economic growth.” Yet, some have been forced to leave as the system grinds through legislation, committees and task forces focused on what to do about Lake Street. Maya Santamaria moved her Spanish language radio station (La Raza Radio, which has been around for 20 years) to Richfield where her agent was able to find appropriate space. Ruhel Islam of Gandhi Mahal Restaurant was fortunate to find temporary space with a neighbor. This way he can con-

tinue with takeout food, now known as Curry in a Hurry. Those who are unable or unwilling to continue on Lake Street represent a loss to Minneapolis. Without immediate relief, more may be forced to leave. We hear and read about relief funds: Lake St. Council Recovery Fund, Urban Ventures, The Promise Act, etc. On Nov. 24, Gov. Walz and House Republicans released separate economic relief plans to help small businesses and workers, indicating that it will take 30 days for the legislature to move funds into the hands of businesses. Clearly there are good faith efforts being made as well as donations via

not-for-profits, private entities and individuals. The question is: Will the funds make their way into the hands of those in need fast enough to preserve the businesses often built over many years and destroyed within a few hours? And will it be enough? We still see huge piles of rubble all along Lake Street six months after the historic nights of destruction. The cost of removal is often in the six-figure category, not to mention the cost to rebuild. Those with insurance get some relief, but rarely enough.

With rich, historic significance there is no doubt that Lake Street should be preserved. On this, most agree. Yet, questions remain regarding who will stay, who will go and what will be valued? Will we still be able to find the delicious ice cream at La Michoacana Purepecha? Will there ever be another Roberts Shoes? Can the hardware store where they know my first name remain? Can I walk on foot to buy groceries? Or will we have multiple Starbucks and formulaic shops such as Sephora and Urban Outfitters?

While funds get sorted out and distributed, maybe the city would be wise to at least reduce expenses for small businesses impacted by the unprecedented 2020 trouble, especially those who are currently diminished or inoperable.



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# Bloat

BY ED FELIEN

In ancient China, the state apparatus was 3,000 years old when the student revolts on May 4, 1919, began the Nationalist revolution that eventually overthrew the emperor. The bureaucracy was so far removed from the people that they spoke a different language. They had contempt for the needs of the average Chinese. They prided themselves on being out of touch and removed. The government was run from behind a walled compound forbidden to ordinary people.

Is that what is happening to Minneapolis in 2020?

Is our government so removed from the public that it is impenetrable?

Mayor Jacob Frey has said, "Transparency and accountability are of the highest priority for Chief Arradondo and me."

Really?

I have asked for years to see a line-item budget for the Minneapolis Police Department so that we, the taxpayers of Minneapolis who pay for all those salaries and benefits, can see how our money is being spent. I have asked and my answer has been the stone walls of silence and indifference—like the stone walls surrounding

the Forbidden City in Beijing.

To give you a better idea of the mask of secrecy the city pulls over its questionable acts, I wrote the following to David M Rubedor, assistant city coordinator and Neighborhood Community Relations (NCR) director, who heads a burgeoning bureaucracy of 19:

"Hi David,

"I would appreciate your assistance in solving the mystery of some budget items in the 2020 Budget for the Nokomis East Neighborhood Association.

"I've written to Becky Timm, the executive director: 'Please send how you spent the \$211,733' allocated for staff. There are, according to the NENA website, just two staff members, Becky and Karla Arredondo. After a week of meeting Becky's stonewall, I wrote to your neighborhood support specialist, Ethrophic Burnett:

'Hi Ethrophic,

'We are doing an article for Southside Pride on the upcoming cuts to the budgets of neighborhood organizations. I am puzzled by the budget for NENA that spends \$211,000 on staff out of a total budget of \$353,000. Could I see a breakdown of that budget item. As I understand it, NENA has two staff: an executive director and a community organizer.

'I would appreciate any help you could give in understanding this problem.

'thanks,'

"She told me her supervisor, Karen Moe, would contact me. I waited a couple of days and then wrote to Karen:

'Hi Karen,

'I have been trying for almost a week to get information about the budget for the Nokomis East Neighborhood Association. I would like an explanation of the staff budget item of \$211,733 for 2020. The staff, according to their website, includes Becky Timm, executive director, and Karla Arredondo, community organizer. Is that the budget allocation for those two positions? Is that their combined salaries?

'We understand that the mayor is proposing reducing the budgets of neighborhood organizations, and, in order to appreciate the effects of these cuts, it is essential for our readers to fully understand how their tax money has been spent up to now.

'We would appreciate your assistance in helping us understand this problem by showing us a line-item budget for this organization.'

"That was last week. I have received no answer. So, finally, I have arrived at your doorstep. My question is a simple one: How did NENA spend the \$211,773 allocated for staff salaries?

"Your assistance in this matter would be greatly appreciated.

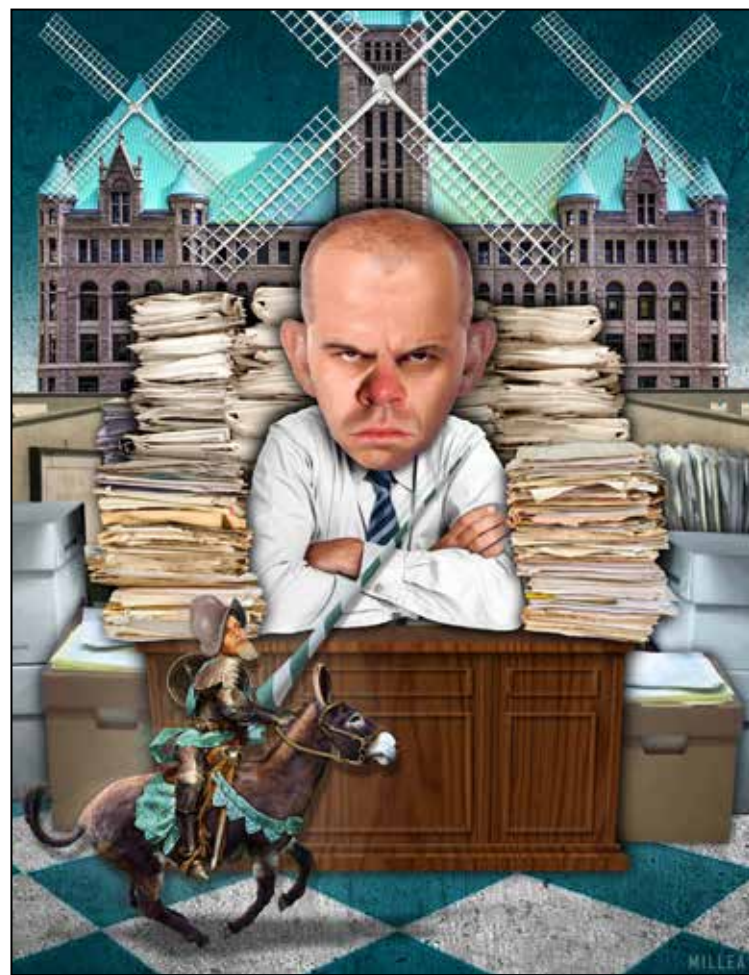
"Ed Felien"

I received this response from David Rubedor:

"Ed,

"I received your request as well as know you have emailed others at the City.

"As you are probably aware, media requests are coordinated through our Communications department. I've been in



contact with them this morning and you should be hearing from them shortly.

"Let me know if you need further assistance.

"Thank you.

"David M Rubedor"

After this article was published in the Powderhorn edition, Casper Hill of the Communications Department contacted me:

"Regarding your questions about the Nokomis East Neighborhood Association's budget, the City can provide tax filing information. According to its 2018 Form 990, the NENA ED [Executive Director] made \$72,840 along with other compensation of \$8,354. From the budget submitted to NCR, in 2019, staff salaries were just over \$199,300."

But the bureaucracy of the

NCR pales in comparison to the bloated bureaucracy of the Planning Department. Compared to 19 people in NCR, the Community Planning and Economic Development Organizational Chart (updated Nov. 9, 2020) lists 242 staff people, plus 14 vacancies. And what does the Planning Department plan? For one thing, they have planned the extinction of small auto repair shops like Ira Azhakh's place on Lake Street (see Kay Schroven's piece "The battleground that is Lake Street" from page 14).

Oscar Wilde once said, "America is the only country that went from barbarism to decadence without civilization in between."

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