



POWDERHORN EDITION
FIRST MONDAY OF THE MONTH
January 2021
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This newspaper is recyclable. It is made with renewable resources--pulp wood and soy ink.

Pius XII



BY TONY BOUZA

I have a tiny coterie of friends who, whenever we meet, immediately plunge me into esoteric, vehement exchanges on arcane subjects. Two such are the publisher of this tract (and I mean that in the sense of propaganda leaflet) and the sadly dead and missed Ivan Musicant.

An encounter in Lund's with one such set me into a spirited discussion of Eugenio Pacelli. That's how these things go—right into the deep end.

The guy, Jeff Morris, sent me three books proving Pacelli was not an anti-Semite. Two by rabbis no doubt pursuing their own agendas. I neither scanned nor perused them, but I did actually read more than a trifle.

Straw man reasoning. Reductio ad absurdum, I concluded.

But the books set me thinking.

Pacelli was the central Catholic figure of my youth. A gigantic image. Aloof, cerebral, austere, elegant and patrician.

As Secretary of

See Bouza, page 11



The race is on!

BY ED FELIEN

Alondra Cano has announced she will not run for a third term as City Council member for the 9th Ward.

Southside Pride supported Cano four years ago when she ran for re-election. We were thrilled when she supported demonstrations supporting holding Minneapolis Police Department (MPD) officers accountable in the death of Jamar Clark. We were hopeful when she was made Chair of the Public Safety Committee of the City Council, and we were crushed when she refused to have a hearing in her committee on holding MPD officers accountable for the deaths of Terrance Franklin, Jamar Clark, Thurman Blevins and Travis Jordan.

Further, we felt betrayed when, after holding a massive public meeting on the evils of gentrification, she voted to support the 2040 Plan, which calls for up-zoning of the 9th Ward that will replace affordable housing for communities of color with expensive apartment buildings for Young Urban Professionals.

Margarita Ortega and Jason Chavez are two strong candidates running to replace her.

Ortega was an aide to Cano. Her Facebook

See Race, page 2

Working for Amazon

BY SAFIYO MOHAMED

This is a true story about how Amazon dehumanizes and abuses its workers for the sake of excessive profit. When Amazon (msp1) hired me and more than 50 other people in 2016, we joined over a thousand workers already working there.

My first day was very exciting because I was really happy I got my first job in the United States. But after only three days of dismally inadequate training, I was on my own.

I became so stressed and anxious I couldn't sleep at night. Amazon is rating you every single minute of every single day and every single week. After only one week, my supervisor informed me I had to improve or ultimately be fired: My productivity was low; I made mistakes and was slow. This was a shocking surprise. The training did not include information about meeting unrealistic quotas and being under intense scrutiny to measure it. My "American Dream" was shattered because there was no way I could improve without help.

After an agonizing week of hard work and sleepless nights, my supervisor pressured me into signing a write-up. I was new to the country, new to English, and I was dying inside. I was standing 10+ hours, lifting 50 + pound items, and was exhausted physically and mentally. Yet, I was told that I wasn't working hard enough. The only option I had was to meet their expectations 100 percent of the time or be terminated.



I was having trouble meeting the quota of moving more than 260 units per every hour and 2,600 units for every 10-hour shift. If I made more than one error during this time, I would be in trouble. Just imagine how could a human being who has been employed there less than a month do that?

Amazon did not provide any helpful coach-

See Amazon, page 2



Race, from page 1

page says, “I’m Rita—a Native American and Latina woman, a mother, a community organizer, and a proud Little Earth resident. I’m running for Minneapolis City Council because Ward 9 deserves a representative who will lead with radical vision and moral clarity.”

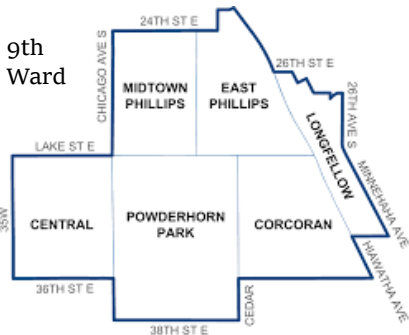
Her website, www.ritaforward9.com/vision, is long on generalities and short on specifics. She has the support of an impressive list of progressives active in the 9th Ward, including Londel French, Park Board commissioner and activist during the Powderhorn Park encampment this summer; Susana de Leon, immigration lawyer and founder of Kalpulli KetzalCoatlucue, an Indigenous dance collective; and Andrew Fahlstrom, an activist involved in housing and immigration issues in the 9th

Ward.

Dave Tilsen said, “I told Margarita Ortega that I would support her, but Jason is also very good and has more support. One negative about Margarita going around is that she was loyal to Cano and did not decide to run until Cano was out. I think loyalty is not a negative, and the criticism is unfair.”

Jason Chavez was president of the Minnesota Young DFL for 19 months. Senate District 62 Chair Luna Zeidner says, “Jason did a really good job leading a statewide caucus to push radical ideas, even if it got them in trouble with the Party. MYDFL pushed hard on police brutality issues. They were also a key part of the Omar Fateh for State Senate campaign.”

It is possible that Zaynab



Mohamed and Carmen Means might also be candidates.

DFL precinct caucuses to elect delegates who will endorse a candidate for City Council will start on Monday, March 1, when participation registration opens and delegate interest forms will be made available. On Tuesday, March 16, at 7 p.m. there will be a virtual Caucus Night, one per ward. On Tuesday, March 23, precinct caucus electronic balloting opens, and on Monday, March 29, 11:59 p.m., caucus participation registration closes. On Wednesday, March 31, at 11:59 p.m., precinct caucus electronic balloting closes. On Friday, April 2, precinct delegate lists will be released to ward committees and candidates.

The 9th Ward virtual endorsing convention will be Sunday, April 18, beginning at 1 p.m.

Amazon, from page 1

ing to improve my performance, but my co-workers did. With their advice and overextending myself, I was able to keep the job I needed for survival. However, I had to work harder every day. The computer was constantly monitoring my rate and movement. If you spent too much time “off task,” it knew. Keeping hydrated and using the restroom are considered time off task, so I did neither for my 10-hour shifts.

Not only was I dehydrated and exhausted, I was denied the opportunity to follow my daily prayer rituals. After my shift, I couldn’t even cook for myself. I barely had the energy to take a shower and often went to bed with an empty stomach. I had nightmares about getting fired, disrupting the little sleep I was getting. They treated me and every other warehouse worker like a machine, not a human.

Every employee has to prove her/himself every single day in order to survive at Amazon. Nobody says anything because everybody is just trying to survive, struggling all alone, all by themselves. Employees don’t quit because most of them are new immigrants and are just trying to survive in

a country they don’t entirely understand.

Immigrants are more vulnerable at Amazon because they know you aren’t going to speak up when your rights are violated. They know you don’t have easy access to resources, so they purposely don’t employ supervisors or translators who can communicate with employees with limited English. Employees of color are also systematically treated unfairly. Amazon assumes we don’t know our rights under the law as employees, and they take advantage of that.

To maximize its profits, Amazon is committing labor abuses in its warehouses and in the delivery trucks by demanding unreasonable quotas for its order-fulfillment employees. People’s health and well-being are continually jeopardized by the ridiculous standards and Amazon’s refusal to adjust to the pandemic. This should be unacceptable to everyone. So, under our watch, we need to insist we honor human rights. I urge those of you who care to look into Amazon’s employee practices. Amazon needs to be exposed. We cannot allow Amazon’s abuse to continue and to profit excessively off its employees’ misery.

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2020's two great losses in local journalism

BY DEBRA KEEFER RAMAGE

Throughout this pandemic, we have been noting businesses in various categories that have closed for good (and a few brave souls who opened businesses!). We've noted the impact on restaurants, brew-

communities. But this isn't a new trend ... the pandemic is just increasing the pace of the closures ... About 1,800 newspapers in the United States have closed since 2004.

The two big losses in the Twin Cities this year are Min-

closing, former music editor Andrea Swensson said, "... so many alt-weeklies have come and gone, and City Pages endured so many changes. To be bought by the Star Tribune, it seemed like they were on safe ground, like that was going to offer some longevity."

And so it was, when times, though tough in the industry, were relatively normal elsewhere. Obviously, that is not the way 2020 rolls.

City Pages did not have a lot of advance notice, although the Star Tribune is trying to get the staff jobs on the daily or other areas. Their last issue features a graphic that could become the icon for the whole cursed year. Inside they did a piece on the Atlas Aegis wannabe "poll watchers," a what-the-heck-is-this photo (it was a pine marten!), and a piece titled "Why Would Anyone Open A Restaurant Right Now?"

And they had a touching collection of tributes, memories, and farewells from current and former staff. See it here: www.citypages.com/news/city-pages-is-dead-we-had-a-good-run/572915171.

The Southwest Journal story began in 1990 when a young couple, Janis Hall and Terry

Gahan, started publishing out of their Linden Hills duplex. Over 30 years, they grew their paper into a small but powerful publishing company. During that time their home office got too small and they eventually bought a building downtown. Their daughter, Zoe, grew up to enter the family business.

They published two very popular free magazines (purchased in the 2000s), and after buying Skyway News in 2001 (and changing its name to Downtown Journal in 2005), kept it going through 2018. They hired talent from the Star Tribune (Linda Piccone in 1998) and Twin Cities Reader (David Brauer, former editor, in 2001). They em-

ployed legions of freelancers and won several top awards.

You can read Janis' own memories here: www.southwestjournal.com/remembering-the-southwest-journal/2020/12/janis-hall-publisher-co-founder-1990-2020/. Although they have ceased publication, the business and downtown building of MPP are both still for sale (at the time of this writing).

This is truly one of the saddest losses (apart from lives and livelihoods, of course) of 2020 for a lot of us in the Twin Cities who care about and need good journalism. It's certainly a blow to all of us at Southside Pride.



Last City Pages cover

eries, retail and services, both vital (like groceries and pharmacies) and not so vital but still pretty important (like bookstores and hair salons). One business category we haven't covered so far is our own—print and web-based news media. Local journalism. Now we are speaking of that.

One's first thought is that this is a downstream effect from the temporary closings, capacity cuts, and sometimes permanent closings of the advertisers. There is a lot of truth in that view, but to put it into context, it just accelerated something that was already happening before 2020.

For instance, a major publisher of monthly papers, Lillie Suburban Newspapers, closed in October of 2019. The Twin Cities Daily Planet ought to have had a better shot, being all online and being a non-profit, so not dependent on ad revenues. But they quietly dropped out of the scene a couple of years ago.

Still, 2020 has been the straw that broke the beast of burden's back, and not only in big cities. Bringmethenews.com sums up the story of losses in sheer numbers:

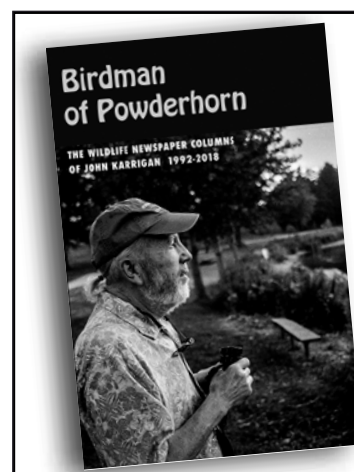
Nationwide, the pandemic has closed more than 60 papers across the country ... many of them the only news source for their respective

nesota Premier Publications (MPP), comprising Southwest Journal plus the magazines Parent and Good Age, and the last local alternative weekly standing, City Pages. There have been some others (The Growler is one I'll miss), but these two were major.

City Pages was founded in 1979. Originally named Sweet Potato, it became City Pages in 1981. It was the newcomer to a head-to-head competition between two alternative weeklies in town, the other being Twin Cities Reader, founded in 1977. Then in 1997, both papers were bought by Stern Publishing, which also owned the Village Voice in NYC and six other city-based weeklies. They bought Twin Cities Reader solely to shut it down.

There were other sales, mergers and changes in the ensuing years. Probably the divestment of the owners in Backpage.com and CP's dropping that feature played a part. Fast forward to 2015 when then-owner Voice Media Group began to wind down operations. Their first property sold was City Pages, to the Star Tribune publisher. The second, later in 2015, was the Village Voice.

It seemed that CP's days of hard-scrabble were ending, with that sale. In an interview with the TwinCities-Pioneer-Press.com on the



Coming Soon!

John Karrigan's "Powderhorn Birdwatch" columns, 1992 to 2018.

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Watch for further info in **Southside Pride**.



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LETTERS TO THE EDITOR

Holidays are holy

I love Debra Keefer Ramage's essay "Holidays are Holy" in the December 2020 paper. I agree with the core ideas and values, and I hope that our society resets into something more equitable for everyone.

However, I question two points:

1) The Israelites probably were not enslaved in great numbers in Egypt. The Egyptians were good record-keepers, and so far, there's no archaeological evidence for that story. Therefore, Pharaoh didn't "renege" on the deal to release the Israelite slaves (after his heart was hardened by God according to Exodus 7).

2) The very pro-slavery rules in the Bible are mostly horrifying and don't deserve any positive spin. The rules are different for male Israelite slaves (free after 6-7 years unless they don't want to leave a spouse behind in which case they are enslaved forever), for women and foreign slaves, and for debt slaves and Israelites owned by foreigners (free in a Jubilee year every 49-50 years). Sex slaves were the young virgin spoils of war or were daughters sold by their fathers. If you beat your slave and he lived for more than a day or two, you wouldn't be punished because he

was your property. See Exodus 21, Leviticus 25, etc., for more details.

These points matter because U.S. foreign policy is sometimes guided by the Christian Bible. In 2019 the U.S. provided \$3.8 billion in military aid to Israel, some of which financed the regular bombing of non-Jewish Palestinians and the destruction of their homes and fields. American Christian Zionists, trying to speed up the return of Christ and to expedite the Rapture, directly facilitate the illegal land grab by Jewish Zionists.

Polly Mann, cofounder of Women Against Military Madness, estimated that Minnesota's share of the "aid" to Israel (which has universal health care) from 2009-2018 was \$886,428,240!

In Minnesota, it's unpopular to publicly challenge anyone else's religious beliefs, but I think it should be okay to honestly question the historicity and the values of our ancient stories. Indeed, we must do so. Even at Christmas.

Thank you, Debra Keefer Ramage, for a thought-provoking essay.

--Heidi Uppgaard, Mpls
(Let the doxxing begin!)

The battleground that is Lake Street

In Kay Schroven's recent article, "The battleground that is Lake Street," Kay says in the beginning " ...surrounding the riots in the wake of the killing of George Floyd by the MPD..."

I take exception to her statement. The Minneapolis Police Department did not kill Mr. Floyd, a fired Minneapolis police officer did. This is the kind of "stirring the shit pot" that we don't need and does absolutely no good. Has your paper not ever heard of accurate reporting? It is time to stop being part of the problem and starting to be part of the solution.

—Alan Jones

Response from Kay Schroven:

Mr. Jones,

Your response to my Southside Pride piece "The Battleground that is Lake Street" was forwarded to me. I understand your point: that the individuals involved in the death of Mr. Floyd are not necessarily representative of the entire MPD. And, they are former officers. At the time of Mr. Floyd's death, they were employees of the MPD and hence representatives of the organization. That was my view when I wrote that. It seems you object to my naming the organization rather than individuals.

If Mr. Floyd's death was an isolated incident, I may be inclined to be more sympathetic to your point. However, it is not, as we well know.

I can assure you that Southside Pride is dedicated to solutions and did not intend to stir the pot.

The good news is that we live in a democracy where we can express our views openly, as you have done. I'm thankful for that.


Happy holidays to you.

—Kay

Editor's Note:

What is the "problem," Mr. Jones? Isn't the problem the endemic racism in the MPD? We know the FBI in 2006 warned of white supremacists taking over police departments across the country. We know the Police Federation has twice elected Bob Kroll president. We know Bob Kroll also heads up City Heat, a motorcycle gang of police officers from the Twin Cities that fly Confederate flags and wear Nazi war medals. We know Bob Kroll was found guilty of racist discrimination against Arradondo and four other MPD officers. We know the MPD has done nothing to punish or criticize the white MPD officers who killed Terrance Franklin, Jamar Clark, Thurman Blevins and Travis Jordan. We think that's the problem with the MPD. We think part of being the solution to the problem is first understanding the problem.

What's your solution, Mr. Jones?



Thrift Store

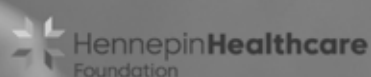
Voted 'Best Thrift Store' in the Twin Cities City Pages, July 2020

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JUST IMAGINE

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- No mail delivery.
- No landline phone service.



The riots on Lake Street in Minneapolis severely damaged and closed our East Lake Clinic. This presents an urgent need to help the 8,000 patients who relied on this critical healthcare resource. We are committed to healthcare equity and access. We will return to this vibrant and diverse community, but it will take 5-6 months before this clinic opens its doors again. Our community is reeling.


We need you to be their hero.

Help Us:

- Address the food and supply desert in this community. Donate food and basic needs like: diapers, baby wipes, deodorant, shampoo, tampons, and toothpaste. Learn more.
- Transport patients of East Lake Clinic to our Whittier Clinic four miles away.
- Offer home visits, mobile healthcare vans, and interpreter services to expand access to essential vaccines and care.
- Support our staff on the frontlines responding to COVID-19 and now this new patient care crisis.

Be an East Lake Clinic Hero Today: <https://www.hennepinhealthcare.org/hennepin-healthcare-foundation/>

Thank you for standing with our community.





Our Annual Valentine's Day Section will run February 1 & 8

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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 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, Wed. - Sun. Family meals & bulk orders available– see Facebook or website. Restricted hours.

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, DoorDash or Postmates delivery. Online ordering 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, Door-

Dash, 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 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.

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.

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.

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

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

Imperfect Foods. Market boxes, organic produce, meat and fish, pantry items. www.imperfect-foods.com

Local Crate. Twin Cities exclusive meal kits by chefs like Gavin Keysen, Ann Kim. localcrate.com Can be picked up in stores or delivered.

Misfits Market. Market boxes, all produce organic, extras at discounts. www.misfitsmarket.com

Origin Meals. Local company. No-prep meals. Very good for keto or paleo, no/very few veg options. www.originmeals.com

Sun Basket. Meal kits and meals. Best selection of healthy options. All produce organic. www.sunbasket.com

Thrive Market. Market boxes, mostly non-perishables, no

produce. Own brand very good value, mostly organic. Lots of selection. 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/

Groovy’s. Open with restrictions. Usual hours.

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

EVENTS AND ONLINE RESOURCES

Online Calvin Symposium on Worship January 6-26

Key topics and themes in worship and the Christian life will be addressed at the Calvin Symposium on Worship. This online experience is designed for all kinds of learners: students, faculty, artists, musicians, pastors, preachers, scholars, teachers, worship leaders and planners, and all interested worshipers around the world. More information and free registration at <https://worship.calvin.edu/symposium/>.

Rice cookers and coats for refugees

As we move towards 2021 with hope, we at the Minnesota Council of Churches anticipate a rebuilding of the refugee resettlement program and are preparing to welcome new families. One of our most critical supplies is rice cookers, and we are totally out. Families prefer medium and large capacity rice cookers. We are also in need of large frying pans and kettles with lids to furnish apartments for our newest neighbors. If you would prefer to order these items online, you can have them shipped just directly to our office (please just include a gift note with your name so we can thank you!). We also continue to accept warm winter coats in the following sizes: girls 10-12; 14-16, boys 7-8; 10-12, women's medium, men's small and medium. For more information, please contact rsvolunteers@mnchurches.org. Thank you!

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'i Center of Minneapolis

3644 Chicago Ave., Mpls. Devotions via Zoom, Sundays at 10 a.m. and Tuesdays at 6:30 p.m. Please visit the Bahá'i community of Minneapolis website at 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 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/ for more details. Sunday 9:30 a.m. Mass also streamed on our Facebook page at www.facebook.com/StAlbertTheGreatMpls/.

Faith Evangelical Lutheran Church

3430 E. 51st St., Mpls. www.faithlutheranmpls.org 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/. 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). Visit our website at www.first-freechurch.org for more information.

Holy Cross Lutheran Church, LCMS

1720 E. Minnehaha Pkwy., Mpls. In-person worship services suspended; online services continue via our website. Service recordings, bulletins and news are available at 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/. 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/ online

Messiah Lutheran Church

2400 Park Ave., Mpls. All services now online at www.messiahlutheranmpls.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://minnehahacommunion.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/ 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/

New Creation Baptist Church

1414 E. 48th St., Mpls. Sunday Devotion online 10:45 a.m. on Facebook and YouTube www.facebook.com/NewCreation-BaptistChurch/ <https://newcreationbaptist-churchmn.org/>

Nokomis Heights Lutheran Church

5300 10th Ave. S., Mpls. www.nokomisheights.org 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/

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/ or Facebook page www.facebook.com/StJoanMpls/.

Trinity Lutheran Congregation

Augsburg College, Hoversten Chapel Riverside & 22nd Aves., Mpls. 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.walker-church.org/ or Facebook page at www.facebook.com/walkerumc/ for more information.

SHARING FOOD

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 web-

site, www.clchurch.org, click on the "Food Shelf" link in the "Outreach" tab, or call the food shelf office at 612-827-2504, ext. 205.

Groveland Emergency Food Shelf 1900 Nicollet Ave., Mpls. Plymouth Congregational Church 612-871-0277

Monday – Friday 9:30 a.m. to 12:30 p.m. Entrance on Groveland Ave. between Nicollet and Lasalle. <http://grovelandfoodshelf.org/>

Greater Friendship Missionary Baptist Church and Friendship Community Service 2600 E. 38th St., Mpls. Food Hub

Free food, hygiene products, and some household goods. Tuesday and Thursday, 1 p.m. to 5 p.m. 2nd and 4th Saturdays, 9 a.m. to 1 p.m. Please bring ID and wear a mask. Social distancing guidelines are in place.

New Creation Baptist Church 1414 E. 48th St., Mpls. 612-825-6933

We're still here to serve you on the first through fourth Saturdays from 10 a.m. to 2 p.m. or until we run out of bags. Be safe and God bless! www.facebook.com/NCBC-foodshelf/ Food Shelf Saturdays (except 5th Saturdays) 10 a.m. to 2 p.m. (Brown door on the corner of 48th St. and 15th Ave.)

Minnehaha United Methodist Church 3701 E. 50th 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/

Bethany Lutheran Church 2511 E. Franklin Ave., Mpls. 612-332-2397

Soup for You! UPDATE: We are still spreading the love! The Soup for You! Café will be closed to normal dining, but we plan to distribute bag lunches at the regular entrance to the Café, to mitigate the spread of COVID-19. www.bethany-inseward.org/

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3644 Chicago Ave. S., 612-823-3494 Minneapolis.Bahai@gmail.com Devotions via Zoom, Sundays 10 am and Tuesdays 6:30 pm See www.minneapolisbahai.org *So powerful is the light of unity that it can illuminate the whole earth.* -Baha'u'llah

Christian

CALVARY LUTHERAN CHURCH

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

MESSIAH LUTHERAN CHURCH

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

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www.stjoan.com, 4537 Third Ave. Masses suspended until further notice Video available on our website and Facebook page *We Welcome You Wherever You Are On Your Journey*



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I have seen the future and it's pretty cool

BY ELINA KOLSTAD

My husband and I bought a car. When we sold our only car five years ago, we knew that there was a good chance we'd need to own a car again someday. Most of our transit pre-2020 was by public transportation. When Covid hit, our habits changed. No longer taking the bus, condensing many small grocery trips into fewer large hauls, and the Target in our neighborhood burning down over the summer led to us buying a car.

We bought an all-electric 2015 Nissan Leaf and it is amazing. It has a slightly greater range than earlier models at about 85 miles per charge. So far, range anxiety has not been a problem for us. We will see

ly charged by the time I was done. It cost us literally nothing. Pretty sweet.

On the way home we talked about how awesome it will be when charging stations become more common. Imagine going out to dinner or to visit friends or family, assuming we can gather in public again someday, perhaps to a location that is just on the edge of our car's range. As long as we know there's a charging station, or multiple stations, nearby we could theoretically refill our car while at our event. Not only that, but if we get that app working, we can start the car from inside at the end of the evening even if we've parked blocks away. The idea seems pretty cool to me.

This may seem like wishful

be credited to the customers' electric bill. The combination of such "smart grid" technology with more widely dispersed solar and wind energy would both benefit the environment and stabilize our electric infrastructure.

If you're thinking about buy-

ing a new car, I'd highly recommend exploring the electric car options on the market. I understand electric cars are still unrealistic for many. It was easier for us to consider this type of car than it is for most people, in large part because we have lived for a long

time with the limitations of not owning a car and we still have access to car sharing. I am hopeful that the Hourcar electric car sharing and the charging stations will encourage greater interest in electric cars.



how it goes over the winter, but I am optimistic. One feature that is very nice is that the car itself can be turned on to heat up while still connected to power. There is an app that allows one to do this from a cell phone, but until we get that hooked up, we have done this manually in the car and it works great. After five or ten minutes you can unplug it and drive the pre-warmed car without draining the battery with the heater. I know there are similar features for gas cars, but I personally would not use one because of the pollution and the cost of gas. This is not a judgment on anyone who does this—we all have our own tolerances and bugaboos. I'm just weird.

Recently my husband was kind enough to drop me off at a local clinic for a test I needed and he waited in the car. The appointment ended up taking over an hour and I was worried about how cold the car might have gotten and/or how the range would be. On the way home he explained to me that he had decided to look for charging stations nearby because he thought it would only end up costing a few dollars and be worth it. He found one at the St. Louis Park Rec Center, and it was free! He was able to plug in, keep the heat on, and our car was almost full-

thinking, but more charging stations are coming. Hourcar is rolling out a one-way electric car sharing service in 2021. Part of this plan is installing charging stations throughout Minneapolis and St. Paul. According to early writing on the plan, "At most points within the service area, people will be within 0.3 miles (approximately a five-minute walk) from a mobility hub" (<https://bit.ly/2Jc4Dar>).

Electric cars offer many benefits. While cleaner air quality and an easier transition to renewables are a couple of obvious ones, electric cars also offer an opportunity to improve our electrical grid. In his book "Unstoppable," Bill Nye talks about how electric cars can actually serve as backup battery power to "the grid." Think about how we use cars. We drive them from place to place, but even people who are heavily dependent on cars park them for long periods of time. Cars are parked while people are at work and overnight while people sleep. If all of these cars were electric and charging stations were widely available, customers could agree to allow the power company to pull power from the batteries of the car in response to a surge in demand or an outage somewhere along the grid. The power taken would then



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408 East Lake Street, Minneapolis

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405 East Lake Street, Minneapolis 612-232-2087

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505 East Lake Street, Minneapolis 612-532-4631



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, 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 traditions 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://www.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 vegetarian 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 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 bitter 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 - walleye, 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).
- Beans and peas and legumes - 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.

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www.indianhealthboard.com

Exercise

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

Winter Wellness

Here are some options:

- The YWCA - www.ywcamps.org/class-schedules/
- The Mindfulness Center - www.themindfulnesscenter.org/classes/
- GrowYoung (for anyone who needs chair exercise, not free but affordable) - www.growyoungfitness.com/online-starter
- AARP (good for any age and free) - videos.aarp.org/category/videos/fitness
- USA Today, a potpourri of



Downward dog with a dog

styles and apps, some free, some not - www.usatoday.com/story/tech/reviewedcom/2020/04/02/best-online-fitness-classes-working-out-home/5067270002/

Whether you're running 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 discussed, 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 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 in-grain 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

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 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, Sat-tva 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 as-



Mindfulness as therapy

sociated 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.)



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

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.

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 Or-

well 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.

Hey hey, ho ho, Gov'nor Walz has got to go!

BY ELINA KOLSTAD

In the month of November, Gov. Walz made two missteps that should cost him any chance at reelection. His administration deployed excessive force to a protest on I-94 and approved the 401 water crossings permit for the Enbridge Energy Line 3 pipeline replacement project.

On Nov. 4, 2020, the Twin Cities Coalition for Justice 4 Jamar held a protest as part of a national call for protests no matter who won the election. They were kettled by police and Minnesota State Patrol troopers, and 646 people were arrested. For perspective, this is more than double the number of protesters arrested on the first day of the RNC back in 2008. Protesters have been "taking the freeway" or marching on the freeway and blocking traffic to bring attention to unarmed Black people brutalized and murdered by the police for a number of years now. Instead of working to solve this problem, Gov. Walz would seem to see the protests themselves as the problem. Instead of stopping the murder and abuse of his citizens, the people who elected him, he sees the need to criminalize protest and erode our First Amendment rights.

Many reading this might assume that there isn't much that the governor can do to ad-

dress the concerns of groups like Black Lives Matter, but there are many areas where he can have an impact, such as advocating for criminal justice reform and policies of decriminalization and/or legalization of substances like marijuana at the state level. At the very least he could not have the Minnesota State Patrol troopers aggressively target those fighting for racial justice.

Just over ten days after the incident on I-94, Walz's administration approved a Line 3 water crossings permit, thereby moving the Enbridge Energy project forward. This move puts the health of our waterways at risk, harms tribal communities, and will increase greenhouse gas emissions. The fact that this approval was given in Native American Heritage Month seems a bit like an added slap in the face to this outsider. Even Lt. Gov. Peggy Flanagan had to distance herself from such shameful action on the part of her administration.

The environmental and human costs of the proposed pipeline are numerous. From an environmental perspective they span everything from inevitable leaks from the pipeline into waterways to the increased greenhouse gas emissions that will result from the movement of tar sands fuel into the market. The human costs are more devastating.

Indigenous populations in the U.S. and Minnesota specifically have been especially hard hit in our current pandemic, in large part due to historic and systemic mistreatment at the hands of the U.S. government. Enbridge will bring hundreds of workers into northern Minnesota. These workers will be coming from all over the country and many will bring Covid with them. The influx of workers from out of state also increases the risk of kidnapping and human trafficking to Indigenous women in the region. As far back as 2016, Patti Larsen, of Mending the Sacred Hoop, said, "Follow the pipeline through, you follow the construction workers, you follow the money, you follow the oil—you'll start seeing where the trafficking will follow that."

These two actions on the part of Gov. Walz's administration in November demonstrate his support for white supremacy and colonial capitalism. He has demonstrated his preference for order over justice, for profits over people, and corporate interests over our collective future.

As a part of the 2020 presidential election, we saw a massive mobilization to get out the vote spearheaded by people like Ilhan Omar. As a result of these efforts Joe Biden won more votes in Hennepin County alone than Trump got in the entire state of Minnesota. The governor's term will be up in two years. That happens to be the perfect amount of time for someone to start working to challenge Walz, whether as a primary challenger or as a third-party candidate. The Democratic party establishment may not want to listen to the voices of people of color, but between urban voters in Hennepin and Ramsey Counties and the tribal communities in outstate Minnesota the power is with the people!

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

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

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How environmental policies can reduce crime

BY ELINA KOLSTAD

“Defund the Police” has sparked a nationwide debate, the likes of which we have not seen before, about what a safe community looks like and how we achieve that for ALL of our residents. The vast majority of people in Minneapolis support redirecting funds from the MPD to violence prevention programs, mental health and drug treatment. Another important aspect of the conversation is to examine root causes of crime in the first place. Pollutants, such as lead, have a direct impact on crime as is demonstrated by both econometric studies and physiological evidence of how lead impacts brain development as is laid out in detail in Kevin Drum’s 2013 article “Lead: America’s Real Criminal Element.”

It has long been recognized that poverty and crime are linked. But a 2019 study from Harvard identified “toxicity,

city’s recycling and composting they could pursue serious zero waste strategies, especially in commercial and manufacturing applications which is where the term originated. As for green energy production, rooftop solar offers an excellent alternative if we are willing to prioritize it.

The Phillips Urban Farm has been fighting for the past couple of years to use an existing structure for aquaponics to provide food for the community as well as building affordable housing on the site. The city, however, has other plans. They have aggressively stood in the way of the community organizers every step of the way and plan to consolidate the Public Works Water Distribution Maintenance and Meter Shop operation to one site, instead of the three separate sites where they are now housed. While the city highlights “green” aspects of the project such as LEED certification, these seem a bit



Pollution, poverty and crime: a matched set?

violence, and incarceration” as significant factors of poverty that increase the chances of adult incarceration. Some may be surprised that the study indicates that environmental policies, specifically those that reduce pollutants in communities, could significantly reduce crime rates.

The Hennepin Energy Recovery Center (HERC) burns trash in downtown Minneapolis. Incinerators like this spew massive amounts of air pollution from chemicals like nitrogen oxide to heavy metals like lead and mercury. Community members have been fighting to close HERC for years. There are a number of roadblocks to closing down HERC, but it may surprise some that our excessive throwaway culture is not the only factor. The incinerator produces energy—specifically energy that can be categorized as “clean.” Both of these are serious environmental concerns, but there are alternatives. In addition to increasing the

like green-washing when compared to the community-driven proposal of the East Phillips Urban Farm. Especially given concerns that the city’s plan will increase emissions through increased traffic and that the demolition process will aerosolize the arsenic pollution on the site.

In both of these cases it is argued that, while these actions can be harmful to some of our city’s residents, the overall benefits to the city make the sacrifice worth it. Keep in mind that these are not people who live in these communities. These arguments are not being made from a position of personal sacrifice, but from a position of the sacrifices that others should make—often these others are the least empowered and enfranchised of us.

We must start to look at remediation and prevention of pollution as being a priority for our city. But even if we could magically clean up all of the



The garbage burner downtown puts this stuff in the air and, with prevailing northwest winds, drops it into the Phillips neighborhood.

toxicity of our city overnight it wouldn’t decrease crime overnight. It is exposure to toxins during early childhood development that increases crime rates and simply cleaning up the environment cannot undo the damage. This is where “defund the police” comes in, with more funding to programs that will reduce crime in the shorter term. This includes decriminalizing mental illness, home-

lessness and substance abuse. It also means investing in early childhood and youth programs that can identify children who have suffered developmental damage from their environment and divert them from criminal behavior.

We have a problem with crime in our city. We’ve had a problem with crime in our city. I grew up in “Murderapolis.” I’ve lived through ebbs

and flows of violence over the years. Yes, crime is worse now than it has been, at least for a while; we are also facing one of the most challenging times in our nation’s history and a huge economic recession, if not depression. But even in the “good times,” crime was happening. Policing as it exists was never the solution and it’s not now.

.....

Bouza, from page 1

State he negotiated the creation of the Vatican state with Benito (and let’s never forget his father named him after Juarez) Mussolini. Maybe the preeminent achievement of the church’s millennial history.

So, Pius XII is a big, big figure.

But an enigma.

Why?

The Church has not released his papers.

What will they show?

Imagine Pius XII. The recipient of a very large gift from the inventor of fascism (pedantry—a fasces symbol was an axe, encased in rods, to demonstrate Etruscan kings could beat or kill you). They flank the podium from which American presidents give their annual addresses to Congress.

There—that sums up the confining limits of my knowledge—of everything.

Anyhoo—moving right along ...

Jews were caught in the dilemma that only Communists were fighting fascists in the

’30s.

Pius XII confronted the identical problem, but from a reversed perspective.

Pacelli loathed godless Communists.

He knew the Nazis were evil, but the Communists were eviler. He is unlikely to have been an anti-Semite; he tolerated acts of charity toward or protections of Jews— isolated and particularized but not as policy.

The Pope’s papers will very likely show a realpolitik assessment of the world he faced. His was the quintessential realism. The Church dares not expose this facet because, as Shakespeare reminds us, “The devil quotes scripture for his purposes.”

So, take that, Morris. I never said Pacelli was an anti-Semite; I would have admitted he practiced and tolerated actions that helped some Jews, but what you will never convince me of is that, faced with the greatest evil the world has ever known, and perched on a uniquely positioned seat to bear witness—Pius XII remained silent.

Publisher’s note: As Minnesota’s preeminent retired peace officer, Tony Bouza is under-appreciated as an elegant and brutally efficient bomb-thrower. In a brief, economical aside he characterizes me as “the publisher of this tract” and Southside Pride as a “propaganda leaflet.” Of course, he’s right. Southside Pride is propaganda—in the same way that every news source, every newspaper, every television station is propaganda. All news is written from a point of view. Most newspapers and all network television are produced from the point of view of defending the status quo, and just because they’re defending the status quo doesn’t mean that it isn’t propaganda. Southside Pride, for 30 years, has challenged the status quo. That has always been our point of view.

Mark Twain—“A newspaper is not just for reporting the news as it is, but to make people mad enough to do something about it.”

Southside Pride / POWDERHORN EDITION

What's open, from page 5

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. 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 for appointments.

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

Target (Lake Street & Hi-

awatha). 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.

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. Online 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.

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. Zoom classes only. See website for details.

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 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. Food distribution. See mutual aid link for days and times.

Food Shelf in a Box at Folwell School. Mobile boxed food distribution. 3rd Tues. each month 3 - 6 p.m.

Food Shelf in a Box at Hi-awatha YMCA. Mobile boxed food distribution. 1st Wed. each month 3 - 6 p.m.

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, link in 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.

Provision Community Restaurant. Free meals to go, M-F, noon to 1 p.m. Accepts donations of food or financial contributions.

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.minneapolisparcs.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



POWDERHORN EDITION

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

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

Southside Pride
3200 CHICAGO AVENUE SOUTH
MINNEAPOLIS, MINNESOTA 55407
CALL US AT 612-822-4662
email us at editor@southsidepride.com
or edfelien@southsidepride.com

PUBLISHER/EDITOR	Ed Felien
ACCOUNTANT	Bridgit Jordan
ART DIRECTOR/GRAPHIC DESIGNER	Rebecca James
EXECUTIVE EDITOR	Elaine Klaassen
MANAGING EDITOR	Katherine Schaefer
WEBSITE MAINTENANCE	Rebecca James
SALES DIRECTOR	David Goldstein
AD EXECUTIVE	Katherine Schaefer
COMPUTER CONSULTANT	Celia Wirth
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Southside Pride / POWDERHORN EDITION

EVENTS

Winter Peacestock:

Where do we go from here?

Saturday, Jan. 16, 1 p.m.

Event will feature a Peace Panel of nationally known activists moderated by Maj. Danny Sjursen. The free Zoom event will be held on Saturday, Jan. 16, with the regular program beginning at 1 p.m. CST. It will also feature a Peace Plaza of peace and justice activist groups with Zoom links that will go LIVE at 3:15 p.m. CST. For more information and to register go to peacestockvfp.org. Sponsored by Veterans for Peace Minnesota Chapters 115 and 27. Free and open to all.

'How to Walk on Water'

Author Rachel Swearingen

In conversation with Angela Ajayi

Thursday, Jan. 7, 7 p.m.

Online

Join authors Rachel Swearingen and Angela Ajayi for a conversation about short fiction and reading like a writer, in celebration of Swearingen's debut short story collection. Hosted by Magers & Quinn. Event access is \$5, which gives you access to the virtual event as well as a \$5 virtual gift card to www.magersandquinn.com. Use it toward your copy of "How to Walk on Water," or anything else from our web store! Access instructions and gift card provided via separate emails prior to event. For more information and tickets, go to <https://www.eventbrite.com/e/rachel-swearingen-presents-how-to-walk-on-water-tickets-133868328775>.

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.

Adventure Hubs now open in Minneapolis Parks

Navigate to an Adventure Hub for FREE fun this winter! Trek through the snow, construct a cool fort, spy on feathered friends and more. Kids, teens, families, adults—everyone's welcome! Think you're familiar with Minneapolis parks? This winter, the Minneapolis Park and Recreation Board (MPRB) invites people of all ages to explore the parks in fresh ways. Through Adventure Hubs at 16 locations, MPRB offers FREE supplies and materials for a range of self-guided activities: snowshoes, trekking poles, fort building, outdoor art, orienteering, birdwatching or animal tracking. All Adventure Hub items are FREE to borrow - no sign-up or registration needed. Just show up, see what's available and be ready for fun! Activities include: snowshoeing; trekking with poles; fort building; snow painting; bird watching and animal tracking. Items rotate periodically among Adventure Hubs, so you can return to try new activities. Head to a Hub near you—or explore a new park! Look for Adventure Hub signs at recreation centers in the parks listed below or call ahead for information. The signs show available items, which staff bring outside for you to use. Note: items are available first-come/first-served. COVID-19 safety protocols will be followed.

South Minneapolis locations:

- East Phillips Park (East Phillips Park Cultural and Community Center) – 612-370-4888
- Keewaydin Park – 612-370-4956
- Lake Nokomis Park (Lake Nokomis Community Center) – 612-370-4923
- Longfellow Park – 612-370-4957
- Powderhorn Park – 612-370-4960
- Stewart Park – 612-370-4932

Memorial Blood Centers Is Testing All Donations for the COVID-19 Antibodies Through Jan. 31

Amid the ongoing challenges of recruiting blood donors during the COVID-19 pandemic, local nonprofit Memorial Blood Centers (MBC) is facing a shortage of blood and platelet donations. The need for blood is constant, but due to the pandemic, many drives have been canceled or postponed. To replenish supplies for Twin Cities' hospitals, trauma centers, and air ambulance bases, more healthy donors are needed at blood drives and donor centers in the coming weeks. Appointments can be made online at MBC.ORG or by calling 1-888-GIVE-BLD (888-448-3253). Through January 31, MBC will test all donations for COVID-19 Antibodies. In addition Memorial Blood Centers is collecting convalescent plasma from people who have recovered from COVID-19 in efforts to help treat the virus (MBC.ORG/CPdonor). As a thank you, all presenting donors with receive a limited-edition long sleeve T-Shirt along with a voucher for free coffee at local area Dunkin locations through January 31, 2021. Additional Dunkin drawings for Free Coffee for a Year and \$25 gift cards will occur throughout the month.

More than 50% of the blood supply was lost when community blood drives

were cancelled due to COVID-19 this year, and the supply remains low (less than a 3-day supply of all blood types). Blood drives are resuming, with additional precautions at all donation sites; appointments are preferred to help maintain social distancing, and donors are required to wear a face mask or face covering.

Blood donation is safe and essential, and MBC has a COVID-19 self-screening policy in addition to general eligibility guidelines. In general, you may be eligible to donate if you are:

- In good health
 - 17 years or older — or 16 with written parental consent (PDF available on MBC.ORG)
 - At least 110 pounds
 - Free of antibiotics for 24 hours, unless taken for preventative reasons
 - Symptom-free for at least 72 hours following a cold or flu
- Visit MBC.ORG to find your nearest drive or donor center, or to make an appointment at one of the public blood drives. Every two seconds, someone needs blood and there is no substitute. Only volunteer donors can help save lives.

'An extra/ordinary Holiday in Extraordinary Times' Through Jan. 10 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.

"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) joint-in family performance will be offered online, in addition to a virtual Lucia Celebration concert. For more information please visit www.ASI.mn.org.

'Anansi the Spider: Re-spun' Streaming January 11 – 31 Free

Children's Theatre Company CTC is presenting "Anansi the Spider: Re-Spun," created by the UK's leading theatre for young people, Unicorn Theatre, free of cost January 11–31. Inspired by their hit show, "Anansi the Spider," about the infamous mischief-maker and master spinner of yarns (whose schemes don't always go as planned!), these classic West African and Caribbean tales have been adapted into an exciting online experience. This energetic and engaging online performance takes three classic Anansi stories and uses music, song, dance and humor to create an exciting new adventure. Created and directed by Justin Audibert for Unicorn Theatre, www.unicorntheatre.com/. Best enjoyed by ages 3 and up. Free. <https://childrenstheatre.org/>

Children's Theatre Company

Virtual Academy Classes

Jan. 26—March 27

CTC's Virtual Academy classes for the winter season are now on sale! Classes are either nine weeks or four weeks long, running Jan. 26 through March 27. Classes will include a mix of theatre, music, dance, film, and technical theatre for ages 4 through 18, beginner through pre-professional. This winter also includes a new offering designed for parents providing fun ways to bring imagination and creativity into the home paired with weekday daytime classes to give students an artistic break in their virtual school day. Also included are classes specifically designed for young people with sensory sensitivities including those with ASD, Sensory Processing Disorder, anxiety, PTSD, and other disabilities and mental illnesses for ages 4 through 12. Classes can be purchased at <https://childrenstheatre.org/virtual-academy/>.

'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 noon 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 for more information.

Safe Place: Homework Help

Free online tutoring available for grades 1 through 12. Contact Destiny at tutoring@trinitylutherancongregation.org.



Treaty for the Prohibition of Nuclear Weapons becomes international law on January 22, 2021

BY MARIE BRAUN

Two days after Joe Biden is sworn in as the 46th president of the United States, nations around the world will celebrate the ratification of the Treaty on the Prohibition of Nuclear Weapons. This international treaty makes it illegal to “develop, test, produce, manufacture ... use or threaten to use nuclear weapons.” The treaty was negotiated at the United Nations and has the support of over 120 countries, the International Red Cross and Red Crescent movements, the Pope, the Dalai Lama and millions of ordinary people across the globe. This treaty is the product of work by the International Campaign to Abolish Nuclear Weapons (ICAN), which won the 2017 Nobel Peace Prize. This campaign was inspired by the successful international campaigns that led to the prohi-

bition, under international law, of biological, chemical and other inhumane and indiscriminate weapons, including landmines and cluster munitions. Unfortunately, the U.S. government is unwilling to sign the treaty, and, in fact, boycotted the negotiations. The other eight nuclear nations—Russia, UK, France, China, Israel, India, Pakistan, North Korea—will not sign it either. In fact, the U.S. and the other nuclear powers are pursuing new nuclear weapons, even ones designed for battlefield use, rather than pursuing diplomatic courses to de-escalate tensions and reduce the chance that nuclear weapons will ever be used. The U.S. could help avoid the possibility of a nuclear disaster by entering into arms control agreements with other nations. We can dismantle the 400 missiles that are on hair-trigger

alert. We should preserve the treaties that have already been negotiated, including the Open Skies Arms Treaty, which increases confidence and transparency on military activities of states through information gathering from aerial imaging, and the Intermediate-Range Forces Treaty (INF), a treaty that bans missiles with ranges between 310 and 3,400 miles. President-elect Biden should also renew the New START Treaty, a nuclear arms reduction treaty, which expires in February 2021. President Putin has already expressed a willingness to extend this treaty for five years. As the cost of the escalation of the arms race and the modernizing and developing of nuclear weapons and other weaponry continues, the real priorities facing our human family, such as the fight against poverty, the promotion of peace,

the undertaking of educational, ecological and health care projects, and the development of human rights, are relegated to second place. Disarming nuclear weapons is not a difficult process, since we have the technical expertise and verification procedures in place. The Pantex plant near Amarillo, Texas, is capable of disarming thousands of nuclear weapons in a relatively short time. In 1991, some 4,000 nukes in Europe were disarmed without a treaty under the cooperative leadership of President George Walker Bush, President Michel Gorbachev, William Perry, Sam Nunn and Sen. Richard Lugar. We can continue this process of disarmament, but we need the political will and popular support to do so. As citizens, we can call on our legislators to take immediate steps to alleviate the threat of

nuclear war. In working toward this goal, we must confront the reality that one of the reasons our government has failed to eliminate these weapons of mass destruction from our arsenals is that there are 26 powerful corporations that profit from making nuclear weapons. And these companies have significant control over the reelection budgets of many legislators. And lastly, the U.S., the only nation to ever use nuclear weapons, should take the lead in convening talks with the other eight nuclear nations with the goal of working toward the elimination of these horrendous weapons and becoming signatories of the new landmark Treaty on the Prohibition of Nuclear Weapons. Impossible? Let us remember the words of Nelson Mandela: “It always seems impossible until it’s done.”

Yemen, and the endless war

BY KATHY KELLY

Recently, an ad from Vote Vets featured the father of a U.S. Navy Seal, Ryan Owen, who was killed in Yemen. Three million people watched it. They heard Ryan Owen’s father urge them not to trust Donald Trump with the lives of their kids. “Look what happened to my son,” Bill Owen said, decrying a botched raid. The debacle happened when Navy Seals landed in a remote Yemeni village, Al Ghayyal, with instructions to carry out a night raid to capture a “high value target.” Nearby villagers, hearing a commotion, ran to the site. They disabled the Navy Seals’ helicopter. A gun battle broke out, and the Navy Seals called in air support. U.S. war planes fired missiles into various huts.

Huddled in one hut were Fahim Mohsen, her sister and 12 children. A missile tore through the mud roof. Terrified, Fahim had to quickly decide whether to stay in the hut or guide the children into the darkness, hoping to flee. She chose to step outside, carrying her infant in one arm and holding hands with Sinan, her 5-year-old son. A helicopter gunship fired at her, killing her instantly. The infant lived, and Sinan, her little son, told his eyewitness account to Iona Craig, a brave journalist who went to Al Ghayyal to speak with survivors. After reading Bill Owen’s message, on Aug. 30, Iona Craig sent out a tweet saying dozens of Yemenis were killed that same night in January of 2017. Remember the names of the children killed that night, she wrote:

Asma al Ameri, 3 months; Aisha al Ameri, 4 years; Halima al Ameri, 5 years; Hussein al Ameri, 5 years; Mursil al Ameri, 6 years; Khadija al Ameri, 7

years; Nawar al Awlaki, 8 years; Ahmed al Dhahab, 11 years; Nasser al Dhahab, 13 years. In September 2016, in the small town of Arhab in northwest Yemen, the water table had lowered so much that villagers’ wells weren’t bringing up water. The people were desperate to feed their livestock and irrigate their crops. With no government or NGO to help them, they took a risk and cooperatively hired a rig, which they hoped could dig deeper and reach water. Weeks transpired with no success, but finally, when they were about to call off the project and lose their shirts, the rig hit water. Townspeople celebrated. Men danced and sang late in the night. As the gathering was breaking up, a Saudi warplane flew overhead. There had been rumors of new wells being targeted by the Saudis, but these celebrants had dismissed such fears as outlandish, certain they were too remote to be noticed. A Saudi pilot, perhaps trained by U.S. forces and using U.S. intelligence,

pressed a button and a Raytheon bomb manufactured in Arizona was released. About the size of a compact car, the bomb dangled from the warplane. When the fuse broke, the bomb came to life. It sprouted three fins and then began hurtling, laser-guided, toward the target, the new well. Once the nose of the bomb hit the ground, 200 pounds of TNT exploded. Steel shards sped eight times faster than the speed of sound, maiming, crippling, blinding, disemboweling and decapitating people. The next morning, about 100 villagers, including children, gathered at the gruesome site. They tried to rescue survivors and collect the remains. But then a new Saudi aerial attack commenced and lasted for hours. Ultimately, 32 people in Arhab were killed, and 40 wounded. Jeffrey Stern, writing for The New York Times Magazine, traced the journey of Raytheon’s bomb from an Arizona factory to the village of Arhab where he sat with a survivor, Fahd, whose life had been ruined. Fahd was partially blind, crippled, constantly feeling anger and always suffering headaches. He took Jeffrey’s hand and pressed it to his face. Jeffrey felt parts of the missile

embedded under Fahd’s cheekbone, his jaw and his forehead. Stern had traced the ordnance, he concluded, all the way to the face of a man who had thought, two years earlier, he had something to celebrate. Stern also writes that after the well in Arhab was bombed, people in the area stopped digging new wells. Cases of cholera began to spread; a year later, one million people in Yemen suffered from cholera. Boeing, headquartered in Chicago, manufactures SLAM-ER missiles similar to the missile which Raytheon sent to Saudi Arabia. Boeing is selling 1,000 such missiles to the Saudis this year. Boeing’s new CEO, Mr. David Calhoun, recently told a talk show host he didn’t think it would matter much, for Boeing’s profits, whether a Democrat or a Republican was in the oval office because the U.S. government always wants to defend the U.S. But how do these weapons sales defend U.S. security?

And amongst people flummoxed or perhaps outraged when street protests in U.S. cities include destruction of property, are questions raised about how U.S. taxpayer-funded weapons and wars destroy lives and property in places like Yemen? I believe such questions could guide us to seek safety in community, equality, justice and democracy.

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They want you to perfume the sewers

BY MERIDEL LESEUR

Editor's note: The following remarks were delivered in 1988 by video to the Alliance for Cultural Democracy conference in San Francisco.

I bring greetings from the Middle West and also from Time. On Feb. 22, I'll be 88 years old. I've been a writer, an artist in the Middle West, trying to find out what the true image is of our time and our country.

I believe that now is the most wonderful period of my life because for the first time we can think of a global world: a global world of art, a global world of expression, a global audience, a global people. Global was not a word in my time that you even spoke about. It wasn't in your consciousness to be global.

Today the consciousness, the rising of the global people, is so wonderful, so tremendous. Such energy is released and we are released as artists from servitude to the establishment, to the death force of imperialism.

Engels said in 1877 there were only two subjects for the artist, for the creator. One was the moribund dying society, "the corpse" he called it. The other was the newborn, being born out of the corpse, the new people, the new consciousness, the young child, the image of humanity.

Now we see this actually happening. It's no longer a theory to say "the rising of the working class" as we used to say in 1916 in the First World War. It seemed like a dream. Today you look at your television in the evening and you see the people rising. You see the children throwing rocks at the army; you see the brutal resistance of the dying class, "the corpse" as Engels said.

Imperialism is dying. I don't think they have any way of even saving themselves. They're committing suicide by cutting off the food, causing famines, exporting our products to other countries and selling them back to us. It would be like an Alice in Wonderland death if it wasn't so horrible.

I don't belittle the dangers of the bomb at all, but even these dangers very often bring us together in unity, in a global unity and certainly in a consciousness of the dangers. We see now that we didn't even dream of the viciousness, of the deadliness, of the willingness to risk complete global and cosmic death; of the capitalist class.

The middle class is also falling down into the working class and betraying its interests. They have too much to protect



Meridel LeSeur

to move against death. Death is the only product of imperialism today. It's an obvious problem. They tell us they are going to kill us, and they do kill us.

So the artist has a great wonder and a tremendous influx of new life and at the same time has a great responsibility, because he must bring his skills to the rising people who contain the creation of the new world. It no longer exists in the middle class. It no longer is any good to get the grants.

They just want you to perfume the sewers. They need artists to bring perfume to the terrible stench of their death. It isn't doing the artist any good. There is no place to go except to the struggle of the people today. There is no place for the artist. There is no artist arising except from the struggle of the people.

We see now that all culture comes from the people, comes from the struggle of the people. In America, middle-class culture has obscured the great vigor of American people's culture. I came up from the farm culture. When I was young there was farm music, the farm songs, a great culture of the Midwest farm and the democratic forces in the Middle West, and radical organizations like the IWW.

The IWW is something for you to look at because, there, culture was part. It wasn't separate. It was something you just brought out. Culture was part of the struggle. You could only be a poet or an artist if you were a worker, a revolutionary. The IWW taught me that culture is part of the struggle of the people. It's not separate. They never had a meeting they didn't open with poetry. They painted. They had cartoons. Their culture was immense, but more than that, it was a culture of the people.

I once saw a group of IWWs learning poetry, learning Walt Whitman, in preparation for going to prison because they didn't have books, so they learned poetry. When going to the same prison they each would learn a different poem so they could bring their culture to prison.

Culture was part—it created a tremendous audience. In 1913, John Reed worked on a tremendous production in Madison Square Garden, put on by the strikers of Patterson. We used to put on affairs here from the farm. We had music, poetry, books. There is a tremendous culture, which is almost unknown and is now in danger of disappearing, like the Black culture, like the ethnic cultures of the Norwegians and the Scandinavians.

This is coming up in our culture like a Vesuvian release of energy and it's just beginning. Recently in the Austin strike, there was a wonderful example of the artists emerging out of the struggle. They've had a mural, which the reactionaries destroyed. They had wonderful music. They had theater that just came out of the struggle. This is where it comes from. Go where it is. Go there. That's the only place there's life. That's the only place where there are any kind of images.

The new images are coming from these struggles. The farm struggle recently here, for example, was one of the greatest uprisings of culture in the Middle West. The grief, the tragedy, the images... People, farmers, committed suicide. They were looking for images of their struggle: seeing their struggle as a long history, for the first time, as inevitable.

In the thirties, the workers and farmers saw that the factories would open up again, saw that there would be again prosperity even. Today, they know there is not going to be a "good" war. They know the factories are not going to reopen. The work has been exported to cheap labor in foreign countries. The steelworkers know as they are struggling and struggling to open those mills.

The worker knows that there is going to be no "good" war. That there is no prosperity. That there is not going to be an end to exploitation. This in itself is a great cultural vision, a vision that is true, a vision that is possible. It is not only possible, it is necessary; it is the only continuation of the struggle of man to exist.

So, I feel wonderful for you, young people. It's a wonderful thing to be here now, stripping some of the illusions of bourgeois culture—the illusions of getting into those galleries, the illusion of becoming a prostitute to bourgeois culture. It's not possible anymore, except maybe for a few. The grants are being cut off. They're not going to give out these grants anymore. They didn't work. You didn't come in and perfume the

sewers. And thank God, we're not going to have those kinds of grants anymore.

What we need now is something like the WPA where a democratic culture can be supported, and a democratic audience. One of the great things about the WPA was its raising of the audiences' consciousness. There was an audience for art; there was an audience for murals. We started here a farm collective, a painters' group for the farmers to paint during the winter and have farm exhibits, this is where your audience is. The middle class is not a rich audience anymore. They don't have the images anymore. They don't have the truth.

The hearings (Iran-Contra) were the greatest thing to show you what the middle class does to support the lie. Culture is used to support the lie, to cover the lie. Language is used to cover the lie. In those hearings, language became a tool to cover not only lying, but the death and destruction of our whole society.

So, this is what is happening. It's revealed. It's not a secret any longer. They can't keep it a secret. What those bastards do in the morning is on TV in the evening. It's impossible to be secretive. They tell upon each other, in fact. They can't keep a secret from each other. You are living in a time when the front door is open, the road is open.

You don't even hardly have to choose—it's between life or death. It's between what supports creative culture and what is death to it. It isn't even a choice. It's inevitable. It's just there. You have to live it. You have to be it. You have a chance to become part of this struggle. As the Communist Manifesto ends, the only people who will save the world are those who have nothing to lose but their chains.

This is what we see in the colonial countries. People driven to hunger, to death, who literally have nothing to lose, who really rise up on the horizon on all scenes. Those great meetings are not any longer the lit-

tle meetings, but the meetings of millions of people demanding life, demanding the image, the true image. So this is what you have now for your life; to go into this great life, this great new force.

We used to say, "Workers of the World, Unite." Well now we have no choice. It's inevitable. They have to unite or die. So, it's not a dream any longer. It's not a hope any longer. It's a presence, a wonderful living presence.

I'd just like to read a piece of mine that I wrote years ago, and this I hope would be the keystone in the temple of your meeting together:

Let us all return.

It is the people who give birth to us, to all culture, who by their labors create all material and spiritual values.

No art can develop until it perpetuates and penetrates deeply into the life of the people.

The source of American culture lies in the historic movement of our people, and the artist must become voice, messenger, organizer, awakener, sparking the inflammable silence, reflection back to the courage and the beauty. He must return really to the people, partisan and alive, with warmth, abundance, excess, confidence: without reservations, being cold and merely reasonable; or craftiness, writing one thing, and believing another; not being a superior person, even superior in knowledge, in theoretical knowledge, an ideological giant, but bereft of heart and humanity.

Capitalism is a world of ruins, junk piles of machines, men, women, piles of dust, floods, erosions, masks to cover rapacity.

To these stinging sounds the people carry their young, in the shades of their grief, in the thin shadow of their hunger, hope and crops in their grief, in the dark of the machine, only they have the future in them.

Only they.



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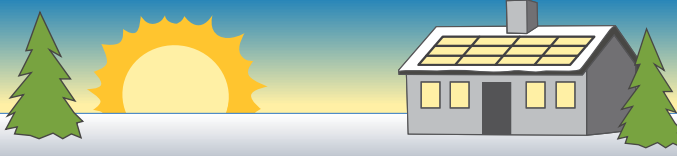


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