

We build Pride on the Southside

POWDERHORN EDITION

FIRST MONDAY OF THE MONTH

February 2021

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Dying



BY TONY BOUZA

One of my closest friends, Joe Selvaggio, (who is probably well known to you) has done more for poor people than anyone but Mary Jo Copeland. Joe is an ex-priest and has strayed. Today he wrestles with death and asked me to include this and respond:

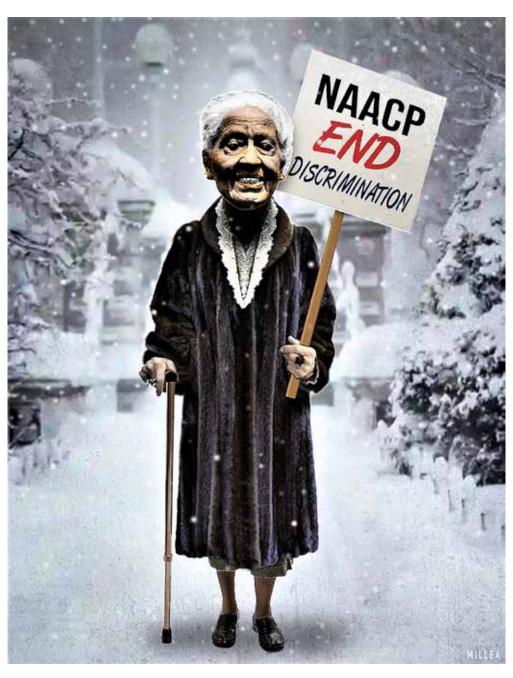
"The wise man dies when he ought, not when he must." -Seneca

Good advice, but not always that helpful in real life. Joe Selvaggio says he ought to die now (or soon) because he is almost at the point where he cannot take care of himself, and he cannot volunteer much for "good causes" in the community. However, his wife and one of his sons want him to "soldier on" a bit longer.

How much should the loved ones of a person have to say about when one "ought" to die? Shouldn't they have enough respect for the rights of their loved one to let him make his own decision?

My response: "I never thought

See Bouza, page 5



'Unceasing Militant'

BY CAROL HOGARD

"Unceasing Terrell" is the newly pubneglected, suffragists and 1904 through 1954.

civil rights fighters of the 20th century. Not only Union Army occupied Militant: does Dr. Parker explore Memphis, and The Life of Mary Church the details of Mary Church Terrell's life, but she inlished biography by Dr. cludes a contextual histo- came one of the major Alison M. Parker, depart- ry of the actions, ideas and fighters for U.S. and inment chair of American players of the civil rights ternational human rights. history at the University struggle in each of Mary Tall and elegant, with an of Delaware. Dr. Parker Church Terrell's many or- outstanding voice and has righted the historical ganizing projects. Known great wit, she became a record by this definitive by her friends as Mollie, great and much in demand work about one of the she was a major star of the speaker. Besides speaking, most important, but long human rights fight from she helped to organize for

Born in 1863, as the before slaves were freed there, Mary Church Terrell beeducational rights, voting

See Terrell, page 4

The legacy of Lisa **Bender**

BY ED FELIEN

Lisa Bender changed the world.

There probably has never been anyone in Minneapolis politics (with the possible exception of Hubert Humphrey) who has had such a profound impact on the city, the state and the

She had a vision for the City of Minneapolis that she fiercely believed in, and she saw that vision through to its conclusion.

Armed with a master's degree in city and regional planning from the University of California at Berkeley, she became the communications director for a lobbying group in Manhattan advocating mass transit, bicycles and walking as an alternative to cars. After a stint as a city planner in San Francisco, she returned to Minneapolis, ran against Meg Tuthill for a seat on the City Council in 2013 and won.

She is the grand architect of the mammoth bike lanes in Minneapolis that seem to be forcing cars off the streets. She has lowered the speed limit on city streets to 20 mph. But Park and Portland Avenues, Cedar Avenue, 42nd Street, Lyndale Avenue, Lake Street and University Avenue are all county highways as well as city streets, and the city has no jurisdiction



Lisa Bender

over speed limits on those roads. But, by increasing the width of bicycle lanes she has reduced those highways from four lanes to two, or (in the case of Park and Portland) from two

When I was on the City Council, almost 50 years ago, I established bike lanes on Park and Portland Avenues-modest 6-foot lanes-but the traffic engineer told me I had wiped out

See Bender, page 11





Celebrating Valentine's Day in the 2021 Weirds

BY DEBRA KEEFER RAMAGE

definitely lingering on. As February rolls in and we congratulate ourselves on surviving the first full month of what could be another very stressful year, we acknowledge two things-one, we're just past the oneyear anniversary of the first publicized COVID-19 case in the U.S., and two, we're definitely not going to be out of the pandemic by Valentine's

This should be pretty old hat by now. Use this opportunity ... lemonade from the lemons ... time to rethink, reposition, recalibrate... distancing doesn't have to mean distant ... yada yada. Rinse and repeat. And as ever, we at Southside Pride can

Maybe a few off-the-wall ideas.

Here's the deal. We're taking all 2020 is gone but the Weirds are the things that you associate with a romantic date night, and giving suggestions and links and so forth for you to craft your own celebration of love and the other things that St. Valentine is patron saint of-affianced couples, happy marriages, not fainting, beekeeping, draft-dodging, epilepsy and plague.

Plague? What a coincidence. Actually, one of those I made up. But it's part of his legend, so if there were a patron saint of draft-dodging it would be him. He could also be the patron of anti-imperialism, Middle English poetry and the Grateful Dead, for obscure reasons you can find in an earlier Valentine's Day piece, which you can read

com/weird-world-of-deborama-2-7c4od8a879bc.

The elements of a romantic date to be covered are: films, music, food and drink, the beautiful outdoors and gifts. Now, you can do this with a romantic partner if you have one and feel so inclined. But also, with or without a partner, you can do it with a friend, a family member, or anyone you want to show love and appreciation for. If you're a stone introvert like me, you can even do it

Of course, you'll pretty much want to stream, but perhaps you want to see a new film. One I plan to watch on Valentine's Day is a new release called "Breaking Fast." The title refers to the iftar, the meal eaten just after sundown each day during Ramadan, to break the fast. It combines two of my favorite sub-sub-genres of film: unlikely and unusual love stories, and films about the Middle East and Islam. (Although set in California, it features a "practicing Mus-

lim" character.) This is available to rent and stream at Amazon Prime.

A more traditional romantic drama is "Sylvie's Love," featuring a story where a youthful summer romance ends and then over a decade later, the pair meet by chance and discover they still have feelings for each other. One half of the pair is an aspiring jazz saxophonist, so there's music too. This one is also on Amazon Prime, but "free."

Over on Netflix, there are also two great possibilities. First, "Carol" is a recent (2015) Todd Haynes flick set in the 1950s, starring Cate Blanchett and Rooney Mara, based on a novel by Patricia Highsmith. That's an alluring combination of talents.

The other is "Straight Up," a 2020 movie exploring different solutions to complex conundrums of love and attraction. It stars James Sweeney (who also wrote and directed) as a gay man with OCD and a distaste for sex, and Katie Findlay as his newfound dilemma.

Making up for suggesting too many films, we only have one live music suggestion. The Hook and Ladder is streaming a fantastic show on Valentine's Day. You can get tickets online for "A Vagabond Valentine's" with Davina and the Vagabonds, 7 p.m. livestream (https:// tinyurl.com/handl-2-14). Turn down the lights, crank up the sound, and serve drinks and snacks for that intimate performing space feeling.

Food and drink

There are two ways (at least) to go with this, not counting indoor restaurant dining, which you can risk if you want to but I'm not recommending. First is to take a break from all that cooking for yourself (I know! It's exhausting) and order a full meal with drinks and dessert from your favorite local restaurant.

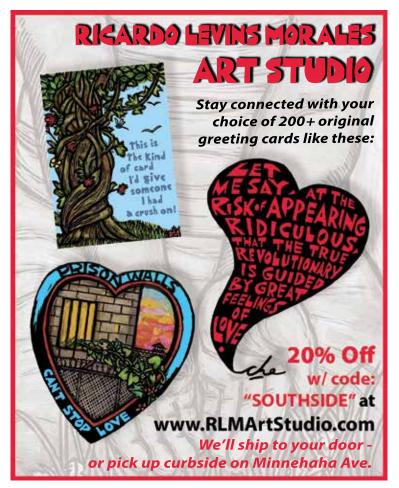
Several good eateries are offering Valentine's Day specials, but maybe just choose one you like and that will be special enough. Pizza Luce, if that's your thing, is now serving as a pickup location for crowlers (a can which readers under 50 and beer aficionados will know about) from Fair State Brewing, a hyper-local brewery that's not only a co-op but now also union-label. Seven Pizza Luce locations offer this service, as well as a pickup option on takeout from their extensive menu, which also includes Izzy's ice creams.

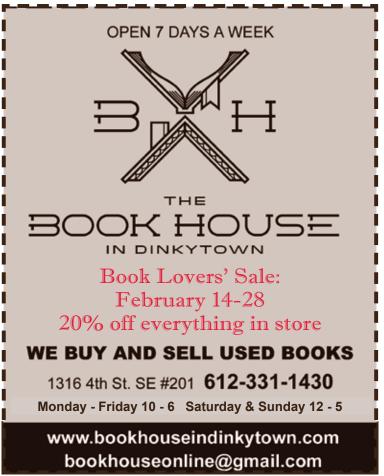
Another local favorite is the Birchwood Cafe. In addition to their healthy, organic and delicious menu items, they offer a selection of "provisions" ranging from eggs and flour to salsa, jam, or pickles. So you can get an excellent ready-to-eat meal and also stock up on things. Order from their website; ordering closes at 7 p.m. and pickup closes at 7:30



Table for two

only offer encouragement and tips. here: debrakeeferramage.medium. Southside Chiropractic Acupuncture & Massage Nichole Borell, DC • Drew Pfaff, DC We Take New Patients • We offer great cash rates and take most insurance Adhesion Breaking/Manual Release Techniques or Kinesiotaping Acupuncture Happy Valentine's Day! Gift Certificates Available Appointments available Monday - Saturday 5536 Chicago Avenue South Minneapolis Phone: 612-827-0657 www.southsidechiro.com









Fair trade arty chocolates

If you want a variety of vegan options, consider Reverie Cafe and Bar on 35th Street just steps from Powderhorn Park. Since Valentine's Day is a Sunday, you can opt for either brunch or dinner (www. reveriempls.com/menus-1). Reverie also has a full coffee menu, a great selection of local brews from Fair State, Indeed, Eastlake and more, a great wine list, and further non-alcohol options such as a ginger-turmeric steamer, kombucha, switchel, Wisco Pop and Maine Root. For dessert, there is vegan ice cream from Crepe+Spoon.

If you're doing a family-style or double-date celebration, or just want leftovers, consider one of the Nacho Meal Kits that serve four. And finally, you can spread your love with a pay-it-forward donation to support customers in need who use pay-what-you-can.

The other food and drink option is, of course, to prepare something extra special at home. The possibilities for meals are too overwhelming for me right now, so I'm going to suggest a cake. Nigella Lawson's famous Clementine Cake is wildly (move fast!) and some of our favor-

popular, very unusual, gluten-free, and amazingly fun to make. (Warning-you need a big blender or food processor, though.) Check it out at www.nigella.com/recipes/clementine-cake.

Here we will recap some of the nature walk suggestions from previous pieces earlier in the pandemic. These are all romantic places in the Twin Cities that won't be ruined by light snow if that happens to feature. Dress warmly and wear good boots.

- Lake Harriet, the Rose Garden and the Thomas Sadler Roberts Bird
- Wood Lake Nature Preserve in Richfield • Hidden Falls Regional Park in St.
- Minnehaha Falls to Lake Nokomis via Minnehaha Parkway trail · Cathedral Hill in St. Paul, includ-

ing the Swedenborgian Church

Here is a suggestion list featuring some long-distance online options

ite local retail establishments.

· Fair trade chocolates and other food gifts-You can get Alter Eco, Divine, Endangered Species, Tony's Chocolonely and more at your local co-op. You can get the first three, plus Evolved, via Thrive Market (thrivemarket.com) and you can also get Divine chocolates plus Lobooko or Five North chocolates, plus gourmet mixes, oils and spices, at Serrv. org of Madison, Wis. (www.serrv. org/). If you have time, consider the fabulously beautiful candies at EMVI Chocolates of NYC (emvichocolate. com/). Also check out this all-fairtrade "pantry" company from NYC, Hive (www.hivebrands.com).

- Books—I always give people books. Good local bookstores to use include The Book House in Dinkytown, Boneshaker, Moon Palace, Dreamhaven, Black Garnet, Birchbark and Irreverent Bookworm. Most of these are online ordering only, with delivery or pickup options. For e-books, I use Kobo; for gift cards, use bookshop. org and tell it which indie bookstore to credit the purchase to.
- Spa Day—this is a great traditional Valentine's Day gift. See if your favorite local spa or bodywork therapist has gift certificates so your giftee can choose their own day and
- Lovely things for the home—if your giftee is a homebody, cook or craft enthusiast, consider gift certificates or actual stuff (if you know them well enough to choose) from local artisanal, crafting, import or upcycling shops, such as Flotsam + Fork, StevenBe, the Art Shoppe at Midtown Global Market, or carousel +

- · Flowers are a good gift for Valentine's Day, but what about a live flowering plant? Check out Fractal Cactus or The Greenery. Or the plants and flowers at the Seward Coop. Carousel + folk also has potted
- Finally, maybe you can save money by making a handcrafted gift. It any way you can.

might be an edible (a jar of kimchi, or some fair-trade chocolate truffles), a drinkable (your own switchel, or a nut milk cultured with kefir grains) or a wearable (a painted silk scarf, or a knitted hat.)

Don't fear the holidays and especially not this one. It's all about love and friendship, and connecting in









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

COVID vaccinations

Israel leads the world in per capita COVID vaccinations, with more than a million and



a half Israelis having been vaccinated. Authorities estimate officials can administer the vaccine to some two million Israelis before the end of March, if not earlier, and hope to have the bulk of the population vaccinated by the end of March, but not the Palestinians living

there. Israeli officials contend that Palestinians living in the area don't fall under their jurisdiction under the terms of the Oslo accords and that it is the job of the Palestinian Authority to procure and distribute vaccines in the occupied territories. Israeli Health Minister Yuli Edelstein explained: "I don't think there is anyone in this country, whatever his or her views might be, who can imagine that I would be taking vaccines from the Israeli citizen and with all the good will, give it to our neighbors." Evidently Mr. Edelstein considers Palestinians "neighbors" but not worthy of vaccines.



LETTER TO THE EDITOR

count?

I have known Ed Felien for over 50 years and remember his newspaper, Hundred Flowers, and stopping in at his office upstairs on Cedar Avenue for coffee once in a while when I was in college. One thing I can always count on is the truth with any publication he is associated with.

I've known his family a long time. His brother Pat at one time worked for me when I owned a cab. His mom was a real fighter.

I first met Ed when I worked for Jim Butler, Republican City Council member who happened to be a libertarian and a good man who was a two-term member of the council. When I was in college Ed ran an excellent campaign and surprisingly won and did a great job, but upset the established and powerful in Minneapolis, mainly Northern Dear Bill, States Power (NSP), but that's another story.

What I'm getting to today is in the December 2020 [Riverside] issue of the paper. Elina Kolstad's article ["Hey hey, ho ho, Gov'nor Walz has got to go"], which is a commentary more than a news story, states that Joe Biden received more votes in Hennepin County than President Trump received in the entire state of Minnesota, which is a complete falsehood and a lie. Biden received in Hennepin County 532,623 votes and

MN. I feel it is very important to report information backed by facts, not a narrative they wish to adopt supported only by misinformation. Also, President-elect Biden is no Mothonce gave a eulogy at a Grand Cyclops of Ku Klux Klan funeral and opposed, from the Senate floor, public school integration, saying it'll create a jungle for white children, and he opposed gays in the mili-

But in closing, thanks, Ed, for all the good work you're doing on the golf course and this is just one instance of one reporter who let it get a little out of hand involving the

-William Marshall

Response from Elina Kolstad:

First of all, thank you for reading my article. You are correct in your assessment that it was intended as commentary, not news. The statement in question referenced an article from MPR titled "Biden won big in Minnesota. Why didn't legislative Democrats?" The direct quote is, "In fact, Biden's record-large margin of 322,000 votes from Hennepin County alone was bigger than the 310,000 votes Trump won in all of the 74 counties he won combined." I misread this. I apologize. I

Question about the Trump got 1,484,065 votes in would argue that my point still stands and that if Democrats can engage voters of color and progressives, they can easily win elections in Minnesota going forward.

As far as criticisms of Biden, er Teresa. Let's not forget he my statement was not meant to be an argument of why Biden was a good candidate. In fact, I think he was a bad choice for the Democrats to make. My point was that the threat posed by Donald Trump to our democracy, combined with the work done by Ilhan Omar, mobilized voters of color and progressives who, like myself, have in the past supported third party candidates, demonstrates a political path forward for the Democratic party to win statewide elections in Minnesota.

> I would like to add, I do find the timing of your vitriol against Biden interesting. As far as I can tell this comment was sent on January 13th, 2021. That is exactly a week after Trump incited a violent coup attempt at our nation's Capitol, which included many neo-Nazi symbols including a man in a "Camp Auschwitz" hoodie, people carrying Confederate flags, and resulted in the deaths of five people including a police officer. I can't think of anything that justifies those of us who bought in to the "lesser of two evils" argument for the first time in our lives more.

-Elina Kolstad

Terrell, from page 1

rights, striking cafeteria workers' rights, African American women's reproductive health

Born to enslaved parents, Robert Church and Louisa Ayers, both of whom became outstanding entrepreneurs after emancipation, Mollie was given the best educational opportunities of the time. Robert Church owned bars, pool halls and housing in the section of Memphis that was the birthplace of the Memphis Blues on Beale Street. Louisa Ayers was an on-demand, artistic hairdresser in the upscale shopping section of the city. have access to the best education of the time. She attended Horace Mann's Model School affiliated with Antioch College in Yellow Spring, Ohio, and graduated from Oberlin College with a BA (the gentlemen's curriculum—as opposed to the

studied in Europe to polish her was a guest in Anthony's home already fluent languages: German, French, Italian, Greek, and Latin.

While she is noted for beneeds and international peace. ing one of the founders of the NAACP, she is rarely given credit for the Committee of Forty on Permanent Organization that created the NAACP. The same is true for the formation of the National Association of Colored Women (NACW). She was the first president of a coordinated national effort to unite the African American Women's clubs across the U.S. and create a strong lobbying group for their agendas: anti-lynching, enforcement of the 14th and 15th Her parents' financial success amendments, sexual stereomade it possible for Mollie to typing, housing and sanitation issues, workers' rights, poorly equipped schools, securing the vote and ending the convict lease system.

By invitation from Susan B. Anthony, Mollie begins her civil rights lecture career with her first public speech before ladies' curriculum, which was a mixed Black and white auonly two years) in 1884 and an dience in Rochester, N.Y., at MA in 1887. After college she the Political Equality Club. She thrilling!

and began a friendship that lasted until Anthony's death in 1906. Although later there was tension in their professional relationship, they often shared a stage at organizing meetings. The Rochester speech began Mollie's lifelong reputation as an outstanding speaker with great talent to effectively articulate Black women's political agenda to white and mixed audiences. Another early supporter of Mollie's speaking talent was Fredrick Douglass. The two often collaborated on political presentations. They worked together organizing Ida B. Wells' anti-lynching speaking tour in D.C. They also went to speak to President Benjamin Harrison in 1880 to request a powerful, public anti-lynching stand. MCT was such an outstanding speaker that she even earned a living being a major speaker on the Chautauqua circuit. She often shared a stage with Douglass. Imagine being in the audience when Terrell, Douglass and Anthony shared the stage-

She moves into the interna- few months before her 90th tional forum as a much-desired speaker when she is invited in 1904 to speak at the Interna-Berlin. She delivers her speech in German and in French.

Using her reputation as an advocate for African American women's voting rights, Mollie was one of the only Black members of the National Women's Party (NWP). As a lifelong member, Mollie led and participated in many of She and her daughter, Phyldemonstration before Wilson's was arrested but not force-fed also marched in and was an organizer for the NWP's giant suffrage parade. In 1948 Mollie testified before the House Iudiciary Committee in support of the ERA on behalf of

After a lifetime of work for human rights advocacy and a

birthday, Mary Church Terrell took on another major project: the desegregation of Washingtional Congress of Women in ton D.C. As one of Mollie's last leadership acts as the chair of the Coordinating Committee for the Enforcement of the D.C. Anti-Discrimination Laws, she led a picket in 1952 to integrate a lunch counter. After death threats and other violence, the committee tried to dissuade her from leading the picket. One of the other picketthe group's lobbying activities. ers, Marvin Caplan, described Mary Church Terrell's deterlis, were part of the difficult mination: "Turning a deaf ear to last-minute warnings of the White House. They were part impending race riots and viof the "silent sentinels" risking olence that would result, she arrest and violence to demand put on her fur coat, wrapped the vote for all women. Mollie a scarf around her head, and with a cane in one hand and a as were the other leaders. She picket sign in the other, led the first detachments of pickets in a snowstorm."

> Buy the book! Give it to friends! Mary Church Terrell, The Unceasing Militant, was a great leader. We have her life as a model to continue her work for justice.

Who's running for mayor of Minneapolis?

BY DAVE TILSEN

Last June, in response to all that was happening, I posted on Facebook that if Jacob Frey would not step up and help the people, I was going to have to run against him. He didn't, I

On Jan. 21, 2021, he announced that he thought the city should reelect him. In his announcement he complained that the last year presented "unprecedented challenges." That's true, but we need to evaluate him on how he performed. We needed a leader who could rise to those challenges, show us vision, public problem-solving and police shooting, the economic collapse, the insurrection and burning of our commercial streets, and the need for city this city into chaos. The pandemic, the homelessness and hunger of four out of every 10 people in the city continues to be a real humanitarian crisis.

The truth is, that although the mayor showed caring, involvement and communicaemotional reactions that I don't doubt were honest, he

homeless encampment and solutions.



Jacob Frey

action-based solutions. The protected people from police when they were evicted. Park Commissioner Londell French was all over the parks, volunteering, listening and dialoguattention to rebuilding threw ing with both unsheltered and sheltered people. County Commissioner Angela Conley was everywhere constantly, from George Floyd Square to peaceful demonstrations. This is where good ideas come from, tion with constituents.

The most substantive comwas not willing to get out into ment from our mayor on the his city and find solutions. We largest encampment our state

ficials that were. Rep. Aisha needs were "infinite." Some-Gomez actually took securithing that is both not true and ty shifts at the Powderhorn stifling to the effort to find



Sheila Nezhad

A weak mayor system requires coalition building, team building, listening and creativity. I was part of Don Fraser's mobilization of the city to focus on the problems of youth and growing up. I was one of the worker bees in Sharon Sayles Belton's creation of the Minneapolis Initiative against Racism. These required risktaking, indomitable energy and giving away lots of credit to community members and other elected officials. These activities changed our city. Realistically I always knew this

for an old white male to take the lead. As most of the people I needed to support me signed going to be mayor.

The other candidate is Sheila Nezhad. Sheila and I have gotten to know each other over the last few months. Her employer, and mutual friend, Ricardo Levins Morales called me to sing her praises.

I find her a thoughtful, caring, open, energetic and charismatic leader. She has been involved in working on our city for years, and recently was instrumental in creating the People's Budget as an alternative to the mayor's budget. I find this document to be excellent.

Of course, the issue of public safety has dominated her work edit?usp=sharing

saw examples of elected of- has ever seen was that the was not the historical moment for the last year, as is appropriate, and she has been a leader with MPD150 and Reclaim the Block. She has a stellar group on to another campaign, I was of committed activists surforced to face reality. I was not rounding her, contributors and a growing impressive list of endorsements. This list will soon include me.

> I hope to help her (not that she needs it) with analysis, program and campaign strategy. She brings to the city the skill set, experience and inclination that is needed in our present multiple crises. Mayor Frey sadly does not.

Websites for more informa-

Sheilaforthepeople.com

https://docs.google. com/document/d/16-3SK-F5E040ZaxonemxedP-WRRsv3FJgStKO4solCeWw/



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

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environment for our staff,

volunteers and clients.

Bouza, from page 1

this would happen to me." --William Saroyan on his deathbed.

"Dying is easy. Humor is difficult." -- The actor John Drew (think Drew Barrymore) on his deathbed.

The issue is autonomy. We control our livesmostly-but not our deaths. Abortion is a battle for control. So is euthanasia.

Why should the state decide our fate? Pharmacology has provided safe (an oxymoron to be sure) and effective (and even comfortable) ways of ending our lives. Why and how can the state intrude to forbid it?

Our attitude is informing. We reflect it in our language. In the world I occupy no one ever dies-but a whole lot of folks appear to have passed

(water?).

The ironies are endless. Rightists are law-andorder nuts yet oppose the most effective tool for crime control ever devised in America-Roe v. Wade in 1973. New York went from six murders a day to less than one a generation later. Emblematic of the acrossthe-board experience in the U.S. in street crime. We live in a peace bubble delivered by Harry Blackmun, a great Minnesotan.

Men might well aspire to the blissful exits of Nelson Rockefeller and John Garfield—in flagrante delicto-but that is a far-fetched

We terminate a lot of folks-even fetuses-why shouldn't we be free to terminate ourselves?



Donations of dog and cat food, cat litter and gently used pet supplies are appreciated.

www.peopleandpetstogether.org

Serving the greater Powderhorn and Phillips neighborhoods.

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EVENTS AND ONLINE RESOURCES

2021 Collegeville Connections Virtual events

Join us for Collegeville Connections – a one-hour, weekly virtual event that features the work of Collegeville Institute alumni. Grab a cup of coffee or a bagged lunch and Zoom into our events on Wednesdays from 12-1 p.m., CST. Consider it your mid-week warm up this winter, encouraging you to explore faith, ignite imagination, and renew community with the Collegeville Institute. For more info and to register, go to https://collegevilleinstitute.org/events/.

Metaphor as a Tool for Discernment Wednesday, Feb. 3, noon Online

How do individuals and churches collectively discern what choices to make? And how can metaphors, such as pottery, help with the process?

Anti-racism and the Catholic Church

Anti-racism and the Catholic Churc Wednesday, Feb. 10, noon Online

Dr. Tia Noelle Pratt will discuss her ethnographic research on race and identity in the African American Catholic experience, the genesis of her #BlackCatholicSyllabus, and the importance of centering and listening to Black voices in the Church.

Breaking, Blessing, Building: A Call for the Common Good March 5-7 Online

COVID-19, a pandemic of racism in the United States, economic distress. Our reality right now helps us know that things need to change for the good of us all. Laity and clergy from various backgrounds and traditions are invited to gather together in such a way that inspires action to change the Church and the world. Read more about NEXT Church at https://nextchurch.net/gathering/2021-national-gathering/.

The Dignity Center

The Dignity Center, a non-profit offshoot of Hennepin Avenue United Methodist Church, works with people to achieve and maintain stability in housing and employment. Participants engage with one volunteer advocate, working together on skills such as problem solving, decision making, organization and budgeting. The Dignity Center works with many congregations, across denomina-

tions, as part of their network of congregations. The Dignity Center remains open under COVID-19 to serve its program participants. To learn more about the work of the Dignity Center, and ways to participate, volunteer, and donate, go to their website at http://haumc.org/dignity/.

New Beginnings for Refugees

On to new beginnings! Here at the Minnesota Council of Churches, we are beginning to welcome more new families to Minnesota and hope to see those numbers continue to increase. To help make these new neighbors feel welcomed and safe, we are in need of donations of adult face masks, large frying pans and kettles, new pillows, and new (or nearly new sheet sets). Can you help? Please email rsvolunteers@mn-churches.org for more information or to arrange a drop-off.

Ecumenical Advocacy Days April 18-21 Online

Save the date for Ecumenical Advocacy Days 2021, and join us as we gather online to "Imagine! God's Earth and People Restored." Together, we will passionately advocate and reimagine a world that lives out the values of justice, equity, and the beloved community. For more information, go to https://advocacydays.org/

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., Mpls. 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/StAlbert-TheGreatMpls/.

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/. Masks and social spacing required for worship. 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

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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.
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on Facebook and YouTube
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https://newcreationbaptistchurchmn.org/

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

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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/NCBCfoodshelf/Food Shelf

Saturdays (except 5th Saturdays) 10 a.m. to 2 p.m.

10 a.m. to 2 p.m. (Brown door on the corner of 48^{th} St. and 15^{th} 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/Minnehaha-FoodShelf/

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/

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.bethanyinseward.org/

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How to make your indoors brighter and your outdoors cozier: lessons from afar for the pandemic winter



Portable theater system starter set

BY DEBRA KEEFER RAMAGE

I can't tell you (because I've lost track) how many friends and acquaintances have done major or minor remodels this year, or moved to a larger or smaller place, or just a different place, or just impulsively rearranged their furniture and changed their decor every couple of months or so. I myself did a big downsizing in August, got a desperately needed new fridge in October, and got a minor bathroom upgrade in November.

It's a combination of introspection, stir-craziness, seeking control over something, and

self-soothing. And in many ways, it's an opportune time. Contractors want work, if you have the money. Or if you have the skills yourself, and you're idled from your job, why not?

We're not going to focus here on major remodels though. I don't have the expertise in that area that some of my readers do, so that would be silly. Instead, we're going to focus on simple changes to make to your domicile to achieve peace and contentment in your home, while storms of both snow and political craziness rage around. And also, we're going to include ways to both bring the outdoor elements of winter inside, and make the outdoors, particularly your own yard, porch, or what-have-you, more warm, inviting, and useable.

I got inspired to delve into the lifestyles and outlooks of people who live even farther north than we do, with longer, darker winters. You have no doubt heard of the decorating, food and lifestyle trend of hygge, borrowed from the Danes. Some writers like to joke about the cuddling aspect of this phenomenon by saying "get hygge with it," but that doesn't really work, for two reasons. First the pronunciation of the word is more like HOO-guh. So closer to "hug" than "jiggy." Secondly you can do hygge all alone, indoors or outdoors, or in a small crowd.

Just for fun, though, before we get into specifics, I thought you might like to learn about other northern cultures' versions of hygge. Here is a little list of those I found, with the word, the folk practicing it, and the rough English translation:

- Hygge Danish Well-being (Norwegian)
- Lagom Swedish Moderation,
- just enough
- Koselig Norwegian Cozy
- Hugge Iceland (Same word as hygge)
- Kalsarikänni / Sisu Finnish -(see below)
- Cosagach Scottish Cozy (Gael-

See Home, page 8





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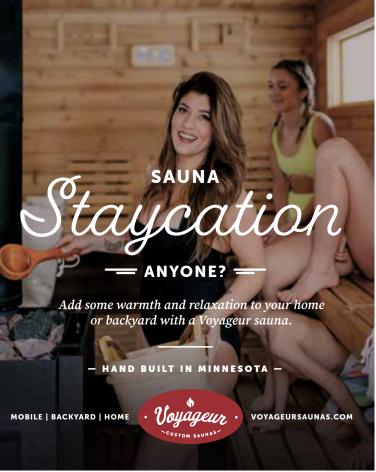
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Home, from page 7

- Cwtch Welsh 1. Hiding place 2. To snuggle
- Gezellig Dutch Convivial
- Gemütlich German Convivial, homey, pleasant
- Coorie Nova Scotian 1. Cozy 2. To cuddle OR to cower (Scots dialect)
- Uvut Russian Comfortable (with implication of cozy)
- Potlatch Alaskan Indigenous My suggestion, as the word literally means "inviting people" in the Tlingit

The Finns have two contending words and concepts that each equate to part of hygge. Kalsarikänni literally means "drinking in your underpants," while Sisu is usually translated "fortitude" but it means a kind of cheerful, aggressive fortitude. So, in Finland, you may have a sisu day followed by a kalsarikänni day, while the exact same two days in Denmark would both be hygge.

Also of note, cozy, kose (the root of koselig) and cosagach may all stem from the same root word, as may

cwtch, coorie and the French verb "coucher." (The "bed box" of Brittany, used for both hiding and canoodling, is also common in Wales and the Netherlands.)

-So here are some crafty thoughts to get your creative juices flowing. We'll start with the indoor stuff.

Lights. All the lifestyle pieces I read (a lot of them) agree that the koselig way with indoor lighting is soft but ubiquitous. Especially favored are candles, reading lamps, and string lights, with or without a tree under them. You might surround your bed, your couch or the bay window with strings of small white lights. If you're suffering from SAD, you can get a prescription for a light-box and spend an hour each day in self-treatment with it. But also, the hygge, sisu and koselig way with windows is to leave curtains, if any, wide open. Let in the sun, no matter how meager, and light up your yard in the long midwinter night (see below).

Fires. Closely related to lights. I note that the inimitable Hammacher Schlemmer now sells a tiny tabletop fireplace, so you can have an approximation of a real fire even if you live in a basement or a studio apartment. If you have a space for a fire but don't have a working one at the moment,

consider getting a wood stove from Woodland Stoves on Franklin Avenue. (They also sell wood-fired pizza ovens for either indoor or outdoor use. Very hygge.)

Colors. There are two schools of thought on this one. One is to counter the bleakness of outdoors and darkness with bright, bold colors. The other is to echo it with cool, light tones of blue and gray and lots of white. But one thing is sure, don't let your paint job get dull and marred when winter is coming. Clean whites and crisp colors everywhere are important. A blog on koselig by a southern Euro-type living in Norway says you have to redecorate every other year, at least. See afroginthefjord.com/2014/02/02/ how-to-make-things-koselig/.

Flowers and plants. Plants that flower in winter are a great thing to up the coziness factor. "Christmas" cactus and poinsettia are traditional favorites, as are forced bulbs such as amaryllis, hyacinth or paperwhite. There are also nice smelling plants such as jasmine, or striking large plants such as "peace lily" or bird-of-paradise.

Cut flowers. This is an easy option, if you can afford it. Most groceries and co-ops have them (Seward Coop's include fair-trade selections) or



The portable sauna crew from S

you can patronize our many excellent local florists if you're really fancy. For

Music. Another thing all the hygge and koselig articles agree is important. You could think of creating a playlist as part of your winter remodel, but if you can make your own live music, so much the better. Musical instruments can be part of your home environment too. Both of my kids remembered fondly the piano we had when they were little, and now as grown-ups, they both insisted on having one the instant they became homeowners. But it doesn't have to

be something that big-a ukulele or a









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woodwind of some kind works too. Check out local music stores such as Blackbird on Cedar Avenue.

Organization and storage. This is highly personal. Some people feel more comfortable with a minimalist look, with any possessions hidden away in orderly cabinets and cupboards save for a few artisanal pieces and maybe a "coffee table book." Others are comforted by the homey clutter of books, teapot, throws, scatter rugs, coasters, tchotchkes, yarn baskets and half-finished crafting products. I'm trying to get a little more minimal now, after a lifetime of clutter. I may try this clever hidden-away



or recycling

recycling center idea (see picture).

Crafts. While cozying up to your cottage, have a cottage industry if you like. Knitting, crocheting, weaving and tie-dye can contribute to your indoor esthetic, whether you made indoors that you can also eat makes the stuff yourself or bought it from a local artisan. Pottery is very koselig. Stained glass can increase your feeling of lagom.

Games. I am a big fan of having your favorite recreation integrated into your decorating scheme, and I like board games. Have a few statement pieces, such as a chess table, or one of those 50th anniversary deluxe versions of a classic game. I have two of my favorites from a brief stint working at a game store at the mall that I would recommend. One is a strategy game called Quarto, and the other is Colorku, Sudoku played with wooden marbles in nine colors. (Google for a picture if you're curious.)

Food. There is definitely hygge food. It's always hot cocoa or tea in the magazine articles, although all the real-life Scandinavians I know are coffee guzzlers. Hot soup is something almost every culture that has winter associates with winter. Pies and cookies with scents of cinnamon, or almond, or chocolate add a lot to the coziness through those uncurtained windows),

factor. If you're going the cosagach route, a wee dram of single malt may be in order.

Culinary plants. I am in favor of dual-purpose things. Growing stuff sense to me. Here is your chance to try out weird herbs or salad greens. Microgreens, daikon sprouts, chervil, French tarragon. Apparently (I've never tried it) you can grow a beautiful fern-y vine from the cut end of a sweet potato. Fancy that.

-Here are some random outdoor ideas.

Heat. For warmth outside, try a patio heater if you have the space. Or a fire pit if it's legal where you live. A greenhouse with one wall being an outer wall of your house can be heated with a special greenhouse heater.

Circuit training. Another approach is to do circuit training in your backyard. Warmly dressed. Google this and you'll find some very impressive, expensive bits you can buy to make an obstacle course for your own use, but I reckon you or your favorite handyperson can make these things much cheaper.

Lights. For lights (that will shine in

outdoor string lights are nice. I love to see the evergreens in the front yard lit up with lights, white or colored, and it's too lovely to be put away in Jan-

Luminarium. Another great outdoor decor feature is the ice luminarium. Here is a piece showing how to make your own:https://www.midwestliving.com/homes/how-a-twincities-artist-makes-magical-ice-luminarias-and-you-can-too/

Sauna. There is a local company that will rent you an outdoor sauna! They will even come set it up, then take it down and store it till next year. Check out stokeyard.com/.

Movies. There is another local company that will sell you a portable outdoor theater system so you can have movie nights in your backyard (or indoors in a big socially distanced way). Check out www.outdoortheatersystem.com/product/starter-series/.

Ice skating. There is yet another local company that will actually install a friggin' ice rink in your backyard! How sisu is that? Check out www.icetimemn.com/residential.





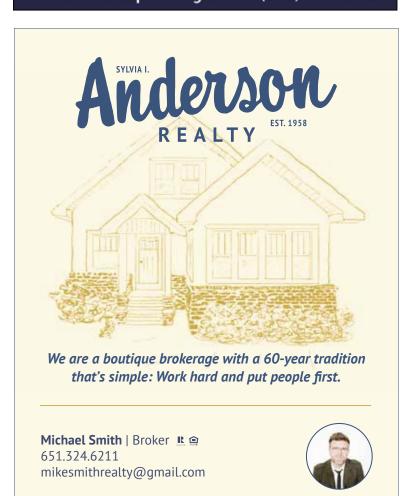
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Proposal to change the MPD

BY STEPHANIE FOX

Members of the City Council have been working since the MPD. summer of 2020 to get a pro-Minneapolis Police Department. Council members say that they envision a new Com- cally change how the MPD is those employees' compensa-

munity Safety and Violence organized and funded. Prevention Department, which

posal on the city ballot that Schroeder, Phillipe Cunningwould drastically reform the ham, Steve Fletcher and Linea Palmisano are behind the new proposal, which could drasti-

The Minneapolis city charter might, they say, include the now says that the MPD must have a minimum force based Council Members Jeremy on the city's population. According to the charter, the size of the police force must be at least 0.0017 employees per resident and must provide for

The call for change in the MPD began last summer when George Floyd died at the hands of police. Floyd's death was followed by demonstrations and riots and, at first, the calls for change were uncompromising.

Minneapolis City Council attended a rally in Powderhorn Park, joining with community groups Black Visions Collective and Reclaim the Block, to advocate defunding and dismantling the Minneapolis Police council members pledged to defund the police.

country, including the GOP candidate for president, began to use the accusation that candidates running against Republicans would "defund the police," using the charge as a way to rally their supporters. The local backlash to "defund the police" was harsh. The issue also attracted national attention, causing some council members to backpedal and soften their language.

Council member Steve Fletcher wrote in an op-ed for Time magazine, "reform can be daunting, even scary" but serve the area better if asasked readers to "reimagine what public safety means."

Council Member Phillipe Cunningham told The New York Times that the language in the pledge was "up for interpretation. It was very clear that most of us had interpreted that language differently," he said.

Lisa Bender, the council president, admitted that the pledge had "created confusion" rise. Compared to last January, in our community."

Council members now say

tion. The current charter gives they simply want to change the mayor control over the de- the city charter so the council partment's operations with the would have more control over City Council in charge of fund- the MPD. Instead of the current system, a new Department of Community Safety and Violence Prevention could include a reformed department of police. Changing the city charter requires a citywide vote and council members hope that the proposal, put before the pub-In June, nine members of the lic, will pass and become law.

Members of the council were not always anti-police. At a community meeting in the summer of 2019, two members of the City Council, Jeremy Schroeder and Andrew Johnson, heard constituents in the Department. At the rally, some 11th and 12th wards express concern about the then rising property crime rate. They Republicans around the both expressed concern that more police, not fewer, would help solve the crime problems. "We would like to see what we all can do as citizens to make things better. We all want better response times," he told them. "People want a beat cop in their neighborhood. We need more of a budget for cops, but these things might not happen. Officers are doing great work, but this is about getting better results."

Council Member Johnson said he was convinced that more police officers could signed to traffic enforcement, especially with roads and streets closed due to construction projects. "We can be more efficient with more traffic enforcement. There is next to none now."

When in 2020, the crime rate in Minneapolis began to soar, the idea of defunding lost much of its support. Now in 2021, crime rates continue to

See MPD, page 11



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February 2021

MPD, from page 10

the number of people wounded by gunshots is up 250 percent, rape is up 22 percent and robbery is up 59 percent compared to last year.

"After the killing of George Floyd and widespread public outcry in our communities," said Schroeder when asked about the new proposal, "the City Council made a commitment to transform our public safety system. To that end, we cluding mental health crisis proposed a change to our city charter that would provide a more flexible structure. After a public hearing, this proposal may then be forwarded to the the City Council had approved Minneapolis Charter Commission for its review, as required by law."

Sasha Cotton, the director of the new Office of Violence told WCCO her department is researching what has worked in other cities and promised that some of the solutions she learns could be implemented as early as this spring, with the MPD as part of the fix.

In early December, Frey and Police Chief Medaria Arradondo had called the proposed cuts to the MPD "irresponsible and untenable," saying that it would put the public in

danger. Arradondo cited more than 500 shootings and 80 homicides, calling the proposal by City Council President Lisa Bender and Council Members Phillipe Cunningham and Steve Fletcher to reduce the number of officers, reckless.

In December, Mayor Jacob Frey signed a city budget that took nearly \$8 million of the MPD budget to pay for crime prevention programs through the department, inresponse and emergency response teams, but he retained the current number of officers. This was a compromise after a proposal to cut the city's authorized police force by 138 officers. Instead, the department will be keeping staffing levels.

Frey has announced that he Prevention for Minneapolis, plans to run for reelection in 2021. On Tuesday, Jan. 25, the MPD announced that Chief Arradondo was being considered for police chief in San Jose. Calif., but shortly afterward, the chief withdrew as a finalist. Our chief says he "remains committed to the public safety of the residents and businesses of Minneapolis and moving our city forward in collaboration with our communities."

Laura

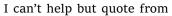
BY DAVID TILSEN

To be interviewed by Laura Waterman Wittstock was like being listened to by a wise friend. Then, afterward, you listen and think, why did I say that? I didn't plan to open up that much. Somehow Laura was able to do that with people. Without ever compromising her strong beliefs, she really knew how to listen and call on the openness in others. This skill, along with hard work, cutting intelligence and impeccable integrity, made her a leader, a power broker and an influencer for over 50 years.

I hope people remember her. She deserves some kind of permanent memorial. We have lost so many of the warriors of my generation, people who have made history, that I can't help but remember my mother's grief when this was happening to her. She would rage against my generation

who thought that we had invented feminism, socialism, antiwar activism, counter culture and commitment. She wanted us to remember her generation and her parents' generation and what they had given us. Laura's death gives me the same rage.

Certainly, the students of Migizi will carry on. Those of us addicted to her radio show, First Person Radio, will keep the memories, and her book with Dick Bancroft about the history of AIM will live on. The City of Minneapolis, it Laura Waterman Wittstock seems to me, owes her a debt. She served on the Minneapolis Library Board and on so many different foundations and advisory committees that I don't believe a complete list can ever be made. There are some people who just transcend the rest of us, whose smile, grit, determination and articulation have changed the world for the better.





the great Minnesota poet Irene Paull, who was writing about another woman who changed the world:

If you walk with an air of easy grace And hold your head up high. Cherish her as you cherish the sea And the Mountains that climb the sky.

Bender, from page 1

six handicapped parking places, so I retreated and eliminated them. I was busy with other objectives: municipal ownership of the electric company, rent control and down-zoning neighborhoods, and I had no way to fight off the objections ing racial equity. of city staff so I backed down. As a former city planner and chair of the Zoning and Planning Committee and then president of the council, Bender knew enough to simply hire more planners who agreed with her. When I was on the council, the city had three city planners. Today they have more than 200.

The great planning docu-City Council is the 2040 Plan. This document argues that in order to have racial equity we need to create more housmeans that naturally occurring affordable housing in the inner city, small single-family homes that right now are owned or rented by communities of color, will be sold to developers to build expensive that had restrictive covenants prohibiting a property owner from selling their home to a ing Black men. person of color would be un-

the city has the audacity to claim that wiping out affordable housing for communities of color and protecting historically white neighborhoods from gentrification is being done in the name of establish-

Finally, Southside Pride argued in March of last year, when the city settled the Terrance Franklin lawsuit, that Lisa Bender was whistling in the dark when she said, "I think our policy changes in the police department, leadership changes, have really created a scenario where this is unlikely to happen again, so I think it's time to move forward and rement to come out of the current ally continue with the changes that we're making in the police department to make sure this never happens again." We said the police are not going ing opportunities in the city, to change unless they are held so, the plan calls for up-zon- accountable. The city did not and voters breathed a sigh of ing the areas from Broadway contest the plaintiff's claim in the north to 42nd Street in that Officer Lucas Peterson the south to allow construction murdered Terrance Franklin of apartment buildings. This while he was surrendering with his hands up. The city paid out more than a million dollars to end the matter without dealing with that essential question, and Lucas Peterson still works for the MPD.

Without holding Lucas Peapartment buildings for young terson accountable, what lesurban professionals. The areas sons did Lisa Bender believe to was probably the reason of the city south of 42nd Street the MPD had learned? The lesson they learned was that they House and didn't pick up easy could get away with murder-

So, it was easy for Der-

affected by these block-bust- ek Chauvin to put his knee Charter Amendment to be vot- level, what a government by a ing apartment buildings. And to George Floyd's neck and choke the life out of him three months later.

> But this time the world saw what happened. And the world exploded in protest. Lake Street went up in flames. The Third Precinct burned to the ground.

> On Sunday, June 7, Lisa Bender led eight other members of the City Council to Powderhorn Park and declared they would "begin the process of ending the Minneapolis Police Department." This was the shout heard 'round the world. It became the mantra and campaign slogan for Trump and Republicans. It's probably the main reason the DFL wasn't able to win the State Senate, and it affected congressional and Senate races across the country. All a Republican candidate had to say was, "I'm not going to abolish the police,"

> And this time the expert city planner didn't have a plan. She had no idea how to go about dismantling the MPD. Later that year during final budget negotiations with the mayor, she could only quibble about where to spend an extra \$500,000 out of an MPD budget of almost \$200 million.

> The Powderhorn Manifes-Democrats lost 13 seats in the Senate seats in North Carolina and Iowa. And the Charter Commission is preparing a

power of the City Council and strengthen the power of the mayor-making city government even less democratic.

The legacy of Lisa Bender will be a scorched earth.

But it didn't have to be that

Yes, bicyclists need to be kept safe, but that doesn't mean we have to force cars off the road. Maybe the solution is to keep bicycles off busy arterial streets and give them exclusive right of way on some side streets. Rather than have them compete for space on Park and Portland, maybe they should have Oakland Avenue with cars only able to drive one block without being diverted to Park or Portland.

Yes, we need more apartment buildings but not at the expense of single-family homes owned or rented by communities of color.

Yes, we need to change the manner of policing, but maybe we don't have to abolish the police department. If the police chief won't hold officers accountable, and the mayor doesn't act, then maybe the City Council should act to hold hearings to hold MPD officers accountable for their actions.

It is understandable but regrettable that, in the absence of decisive action by the City Council, the Charter Commission would decide to try to move the city toward a Strong Mayor form of government. We have just seen, on the national

ed on this fall to weaken the bully looks like. I don't think we want that in Minneapolis.

But I think we do want a City Council that cares about the general welfare of all forms of transportation, that cares about affordable housing in the inner city, and that cares enough about justice to hold our police department accountable.



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/delivery only, Wed. - Sun. Family meals & bulk orders available- see Facebook or website. Delivery by DoorDash. Restricted hours.

Bull's Horn. Open for contactless curbside pickup only. Online and phone orders. Check Facebook for hours.

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

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

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. Usual hours.

(Note – during the "pause," food court tables not available at Midtown Global Market (MGM). Keep mask on at all times while in the building.)

Hot Indian Foods* (at MGM).

Open with restrictions. Online and phone orders. Delivery by Bite Squad, Chow Now, DoorDash.

Infused Life Plant-based Eatery* (at MGM). Open with restrictions.

Jakeeno's (at MGM). Permanent-

Southside

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

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Los Ocampo* (Chicago & Lake; MGM; St. Paul). Open for takeout only. 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 with restrictions. 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. Grab and go. Usual hours.

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. Grab and go. Restricted hours.

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. Online ordering available with store delivery or curbside pickup. Also available thru Shipt; deli orders thru GrubHub, DoorDash. 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. New – delivery offered – see website. Slightly 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 with restrictions. 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

Hungry Root. Grocery deliveries centered around meals using prepped food. All vegan. Add-ons. www.hungryroot.com

Imperfect Foods. Market boxes, organic produce, meat and fish, pantry items. www.imperfectfoods.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 one more day for winter: 2/13.

See What's Open, page 15

_____ February 2021

COMMUNITY CALENDAR

Southside Pride / POWDERHORN EDITION

EVENTS

Minneapolis United for Rent Control is having a virtual general meeting February 6 at noon. Go to their Facebook page to RSVP.

Walker Winter Fun: Snowshoeing and **Outdoor Films**

Thursdays in Feb., 5 to 9 p.m. Walker Art Center

725 Vineland Pl., Mpls.

Venture out to the Walker for some socially distant snowshoe trekking. Back by popular demand, snowshoes will be available for check out at the Esker Grove patio. Explore the Minneapolis Sculpture Garden in the moonlight. Self-guided tour materials will also be provided. Then, head up to the top of the snow-covered hill next to the museum and not only will you find yourself looking out onto the best view of the city, but you will also catch a glimpse of our winter film series. Sign up for your free 45-minute time slot on the date of your choice at https://walkerart. org/calendar/2021/walker-winterfun-snowshoeing-and-outdoor-films. Last checkout is 8:15 pm each night. Snowshoe rental is made possible by the University of Minnesota Center for Outdoor Adventure.

Please note, free tickets for gallery admission will be available, provided the museum is open to the public. Tickets must be reserved separately. [The Walker reopens to the public on Thursday, Feb. 4. See www.walkerart. org for more info.]

Rain Taxi February Events Nin Andrews and Denise Duhamel Thursday, Feb. 4, 5:30 p.m. Online

Rain Taxi presents acclaimed poets Nin Andrews and Denise Duhamel, each celebrating new collections, craft a unique dialogue in poetry from their longtime shared interests, which include matters political, sexual, pop cultural, and more. Fair warning, your thoughts are bound to be provoked as these fearless writers play poetry tennis without a net! The volley will be followed by a short conversation and Q&A. Free to attend, registration required on Rain Taxi's Crowdcast Channel here: https://www.crowdcast. io/e/andrews-duhamel. Books can be purchased during the event, or in advance from Magers & Quinn Booksellers in Minneapolis. More information

about the authors and this event can be found at the event page: https:// www.raintaxi.com/nin-andrews-anddenise-duhamel/.

Peter Gizzi with Ocean Vuong Wednesday, Feb. 10, 5:30 p.m.

Rain Taxi presents poet Peter Gizzi in conversation with poet and novelist Ocean Vuong, in celebration of Gizzi's new collection of poems, "Now It's Dark." These two amazing practitioners of the lyric dive into the depths of what it means to be human at this precarious moment, exploring themes of death, beauty, sadness, grieving, and light. Free to attend, registration required on Rain Taxi's Crowdcast Channel here: https://www.crowdcast.io/e/petergizzi. Books can be purchased during the event, or in advance from Magers & Quinn Booksellers in Minneapolis. More information about the authors and this event can be found at the event page: https://www.raintaxi.com/ peter-gizzi-with-ocean-vuong/.

Listening Contrapuntally to Witness Testimonies of Terezín Friday, Feb. 5, 4 p.m. Online

Professor Amy Wlodarski (Musicologist, Dickinson College) will be speaking for the Music and Sound Studies Colloquium on Feb. 5, co-sponsored by UMN's Center for Holocaust and Genocide Studies.

Over the past forty years narratives about musical Terezin—the "model camp" designed by the Nazis to obscure the reality of their genocidal motives to international observers—have focused heavily on music's redemptive and beneficial role as described by witnesses in postwar testimonial records. Borrowing from the ideas of postcolonial scholar Edward Said, musicologist Amy Lynn Wlodarski proposes the need for a more contrapuntal form of listening that would allow us to understand better how the power of past historiographies limits our contemporary listening and has created conditions for the possible silencing of alternative memories. Referencing archival materials related to the documentary "Goethe and Ghetto" (1996), Wlodarski shares how her own contrapuntal listening revealed opportunities for scholarly self-reflection, listening beyond the dominant discourse of the film, and analytical critique of the film's content. More information at https://cla.umn. edu/music/events/listening-contrapuntally-witness-testimonies-terez-n.

'Papier' by Swedish artists Bea Szenfeld and Stina Wirsén Opening Saturday, Feb. 6

American Swedish Institute 2600 Park Ave., Mpls "Papier," in a juncture between art and fashion, is an international touring exhibition showcasing artist-designer Bea Szenfeld's striking paper couture dresses and other sculptural fashion items made entirely from paper and worn by such pop icons as Lady Gaga and Björk — united with artist-author Stina Wirsén's evocative and colorful illustrations. "Papier" makes its Midwest debut, at one of only two sites in the U.S., Feb. 6 - July 11, 2021, at the American Swedish Institute (ASI) in the Turnblad Mansion and Osher Gallery. In this remarkable, creative partnership, two prestigious Swedish talents meet in a mutual affection for the handmade and paper. "Papier" features a dozen of Szenfeld's wearable pieces plus an object-based piece titled, "Grief." Her bold designs belie their delicateness. Wirsén's expressive drawings and illustrations set the scene and act as a colorful backdrop. Both artists have had a major impact in pop culture from

fashion to theatre. The ASI Museum, Museum Store and FIKA Café will all reopen on Feb. 6 with reduced capacity, pending any further COVID-related precautions. Revised hours are Thursday through Sunday, 10 a.m. to 4 p.m. Advance, timed reservations are required to visit the museum and can be made starting Jan. 22 at www.ASImn.org or by calling 612-871-4907 during public hours. Visitors must use face coverings and maintain safe distances. The Store and FIKA will accept walk-in customers. FIKA will also offer expanded Marketplace take-out orders. ASI has free on-site parking and is located at 2600 Park Ave., Mpls

Just Food and Water: A Conversation with Marita Bujold

Wednesday, Feb. 10, 7 to 8:30 p.m.

The world is at a food crisis crossroads - tethered to an industrial food economy that is unsustainable. St. Frances Cabrini's next Tegeder Talk: A conversation about our food economy with Marita Bujold. "Just Food and Water" leader, Bujold explains how through the public-funded Federal Farm Bill we reached this crisis and what we can do to create an inclusive food economy designed to care for all people and for our earth. Learn what you can do to address the food crisis. Support Minnesota Legislature HF2738. Register at https:// cabrinimn.org/tegeder-talk-signup (Questions: tegedertalks@cabrinimn. org). Future talks in this series are March 16 with Sr. Mary McGann and March 23 with Fr. Mike Joncas.

An Evening with Mira Jacob Thursday, Feb. 11, 7 p.m. Free online event

Mira Jacob is a novelist, memoirist, illustrator and cultural critic. Born in New Mexico to parents who emigrated from India, she uses her dual-culture background to navigate the ebb and flow of politics and modern culture. In 2015, Mira illustrated a graphic article for BuzzFeed entitled "37 Difficult Questions From My Mixed-Race Son," which quickly went viral. Her stunning graphic memoir, "Good Talk: A Memoir in Conversations," expands upon the delicate and nuanced conversations about race and politics she has with her son. "Good Talk" was shortlisted for the National Book Critics Circle Award, longlisted for the PEN Open Book Award, and named a New York Times Notable Book, as well as a best book of the year by Time, Esquire, Publisher's Weekly, and Library Journal. It is currently in development as a

television series with Film 44. This free and open to the public event is presented by University of North Dakota Writers Conference and University of North Dakota. For more information: https://www.facebook.com/ events/833806270685264/

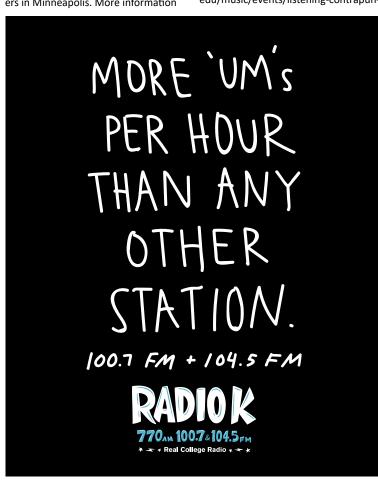
'Zealous Hellions' Series Presents: Nataki Garrett

Thursday, Feb. 18, 7 p.m.

Online

Mixed Blood Theatre hosts Oregon Shakespeare Festival (OSF) Artistic Director Nataki Garrett in its newest virtual "Zealous Hellions" event on Feb. 18 at 7 p.m. She will discuss the state of the American theater, race and the American theater, the future of the American theater, and the damages of systemic racism and white supremacy. "Zealous Hellions" is a project of Mixed Blood Theatre to provide the community with real-time conversations between artists, cultural provocateurs, politicians and thought-leaders in an intimate setting. The program allows audiences a glimpse into a different facet of a known personality and opportunity for deeper community dialogue. Nataki Garrett has directed some of Mixed Blood's most daring productions, including the world premiere of Katori Hall's "Pussy Valley," Branden Jacobs-Jenkins' "Neighbors" and "An Octoroon," and Aleshea Harris' "Is God Is." The definitive activist artist, Nataki sits on Mixed Blood's Advisory Board and serves as a mentor to Artistic Director Jack Reuler.

This "Zealous Hellions: offering will take place on Feb. 18 at 7 p.m. on Facebook Live and Zoom and will last one hour. ASL and captioning will be provided. Free reservations for the virtual event are available online. Make reservations and find further information at https:// mixedblood.com/on-stage/zealous-hel-





Corporate welfare to Health Partners

BY PAPA JOHN KOLSTAD

Twin Cities health care activists are seeking changes to a state law that gives nearly free state collection services to a corporate giant. Health Partners/Regions Hospital enenue provide collection services for debt people owe for health care. This law allows Health Partners to have the state capture any income or property tax refund from those who owe them money. Health Partners has an annual reveown collections.

a company in statutes. However, Health Partners gained this state collection privilege by getting someone to insert that only describes Health will pass. Partners/Regions Hospital. The offending words that need Partners from seeking the to be removed from this state collection of any debts. They law are: " ..., a private nonprofit hospital that leases its building from a county or city in which it is located," This language only describes Health Partners.

In addition to getting these collection services at taxpayer expense, something that would cost other small and large businesses 20 to 40 percent of the debt, this money is most likely being diverted from people who are already in a desperate

sic health care, as every other industrialized nation has, but they allow wealthy corporations to take poor and low-income people's meager tax refunds, money needed for food and essentials.

A group I work with, joys the privilege of having the Health Care Advocates, re-Minnesota Department of Rev- cently learned of this travesty. Through some research we learned that we could end Health Partners' state free ride by simply removing the words describing Health Partners from the state law. We next contacted some leaders in the Minnesota House and Senate, nue between \$6 and \$7 billion providing them with our proper year. They should do their posed suggested deletion of the errant language from the State law prohibits naming state statute. We found eager bipartisan support in House and Senate and are working to get chief authors and key co-authors in both houses of specific language into a bill the legislature. It is thought it ing them to bypass legal due Partners is a massive health all, with choice of doctor, hos-

This will not prevent Health would just have to hire a collection agency like every other business in Minnesota or pursue the legal process through the courts where the situation of the debtor could be consid-

The Minnesota Revenue Recapture Act was enacted to assist the state and publicly-owned facilities in the process of debt collection, such as state, county, municipalities and public libraries. Now situation. We are in the middle we find it has been cleverly of a pandemic and an economic subverted to provide taxpaydisaster. Not only has our gov- er-funded collection services ernment failed to provide ba- for private interests allow-



they pay no property taxes for Regions Hospital.

South Minneapolis? Health comprehensive health care to

process and collection costs. care corporation covering the Health Partners is already entire region. Their CEO republicly subsidized because ceives millions in salary. Yet pay-with 30 million not covour quality and availability of health care is declining. Other better health outcomes and Why should this matter to industrialized nations provide

pital and clinic, with half the costs per person of what we ered under our system-with with no open enrollment.

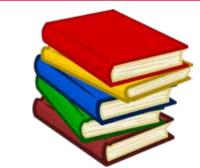
We should all demand real health care in America.











Schools, Enrichment, Tutoring? Run your ad in our

Education Section 3/1, 3/8 & 3/15

for information, call David (612) 289-5404 or email david@southsidepride.com

What's open, from page 12

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

Pharmacy

CVS (Target - Minneapolis). Open to public. Usual hours.

Present Moment*. 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.

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. Restrict-

Elevated Beer Wine & Spirits.Open with restrictions. Call about

Steel Roofing

ordering and delivery. Restricted hours.

Groovy's. Open with restrictions. Usual hours.

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

Irreverent Bookworm. Closed to public. Online and phone orders. Delivery by USPS. Check website for curbside pickup. Now accepting books for donation or trade credit. See website for details. Restricted hours.

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

Moon Palace Books. Closed to public. Online orders only. Delivery by USPS or to-go window pickup Mon. - Sat., 11 a.m. - 6:30 p.m. (They call or text when ready.)

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.

Tare Market. Zero-waste bulk foods, personal items, more. Open with restrictions, usual hours.

Target (Lake Street & Hi-

McCabe Self-Storage

2405 East 26th St., Mpls

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awatha). Open with restrictions. 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-andgo books and media - Central (downtown), Arvonne Fraser (Dinkytown), East Lake, Hosmer (Central), Nokomis (51st Street).
Grab-and-go only - Southdale. 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.

BATHROOMS Fix bad water pressure. Install sinks, tub/tub

vater pressure. Install sinks, tub/tub surrounds, toilets & ceramic tile.

BASEMENTS Finish basement, family room, bathroom, etc. Free est. & design ideas. 612-275-9815

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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 (Frank-

lin). 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@walker-church.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

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 Hiawatha YMCA. Mobile boxed food distribution. 1st Wed. each month, 3 - 6 p.m.

Food Shelf in a Box at Macedonia Baptist Church (Kingfield).
Mobile boxed food distribution.
4th Wed. each month 1 - 3:30 p.m.

Greater Friendship Missionary Baptist Church. See mutual aid link for list of needs. Uses Signup Genius App for volunteers. Distribution Tuesdays & Thursdays, 2nd & 4th Saturdays.

Keefer Court Meals on Wednesdays. Meals provided by Keefer Court, Wally's Falafel, Afro Deli, Mim's Café, free to all, 2 - 5 p.m. every Wednesday at Keefer Court.

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

Phillips Free Store at Walker Church. 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.

Sanctuaries for houseless people. The last encampment, at Minnehaha Falls, was cleared out by the MPRB on Jan. 6, 2021. The Sanctuary Supply Depot continues to support houseless people, but they are not legally in Minneapolis parks now.

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.





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