Southside Pride

We build Pride on the Southside

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Free speech

BY TONY BOUZA

What a facile phrase. Rolls off the tongue so easily we fail to concentrate on its miraculous value. Americans profess it promiscuously, but I've found that, when push comes to shove, few really believe in it enough to risk anything meaningful, unless it applies to them.

An example:

The year was 1967. I was a captain in the NYPD but principal aide to the man running the whole shebang – only he had no interest in power, only in the attainment of it and the photo ops. Sammy Glick, of What Makes Him Run? fame. So strange – he had a great talent for getting big jobs but was hostile to the notions of research or preparation.

So, he used me. And I was thrust into the role of Svengali to his Trilby.

On that day – 54 years ago – he and I were to meet with another feckless soul – the police commissioner, recently arrived from Philadelphia and utterly clueless.

The agenda was simple – to discuss Lincoln Rockwell's request for a rally permit for his American Nazi Party in Manhattan. Simple

See *Bouza*, page 4

It blew up in our faces

BY ED FELIEN

We were feeling so hopeful, so optimistic. We were congratulating ourselves on our great victory over ignorance. We lit a cigar to celebrate.

And then it blew up in our faces.

We made some terrible mistakes. The banner across the front of the stage in Powderhorn Park was the beginning. "Defund the Police" was never going to win friends and influence voters. And the public humiliation and rejection of Jacob Frey when he came down to talk to people in the streets just strengthened his support and got him a lot of sympathy votes. But the biggest problem with the amendment to change the police department was that it wasn't clear where it was headed. Voters thought they were being asked to jump off a cliff, and they weren't even promised a soft landing. The incumbents who supported the amendment in the more conservative wards were crushed by their opponents. Fletcher, Cunningham and Schroeder lost big-time to Rainville, Vetaw and Koski.

Conservatives on the City Council are now in a strong position. Rainville in Ward 3; Osman in 6; Goodman in 7; Jenkins in 8; Koski in 11 and Palmisano in 13 give them six solid votes. But it takes seven votes to organize the Council. It is possible that Andrew Johnson in Ward 12 could organize the other six progressives into a caucus that could run the City Council, but it's much more likely that the older, more experienced council members will run the show and give patronizing lip service to progressive aspirations.

Was anything gained in this desperate suicidal effort?

The re-election of Jacob Frey as mayor was not an endorsement of his administration of the police department. People want change. Even Frey's mentor, former mayor R.T. Rybak, told reporters: "He said he wants to make major reforms, so

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Mohamed Noor resentenced

BY ED FELIEN

Minneapolis police officer Mohamed Noor shot and killed Justine Ruszczyk Damond in July of 2017. He was convicted of third-degree murder and second-degree manslaughter.

Damond had called 911 to complain about an incident of domestic abuse happening in her alley. When the squad car passed her in the alley behind her house, she banged on the trunk to stop the car and came around to the driver's side window to talk to the officers. Noor thought she was going to kill them, so he shot first, killing her.

Just a year earlier, in July of 2016, St. Anthony police officer Jeronimo Yanez shot and killed Philando Castile. Yanez had stopped Castile for a minor traffic violation. He asked to see Castile's driver's license and registration. Castile said he had a gun. Yanez said, "Don't reach for

Mohamed Noor at resentencing (Photo/MPR)

it." Castile reached for his driver's license. Yanez shot him seven times and killed him.

What makes Twin Cities cops so trigger-happy?

Most Twin Cities cops are trained in the Lewinski Method. William Lewinski was a professor at Minnesota State University, Mankato. He produced a series of videos that showed a suspect shooting a police officer – a suspect running away from an officer, turning around and shooting; a suspect in a car who pulls a gun out from under his seat. The point of the videos is to show how fast a suspect can turn and fire. The challenge is to outdraw the outlaw. The added lesson is that an arresting officer should always be afraid that a suspect will kill them. The New York Times reported that

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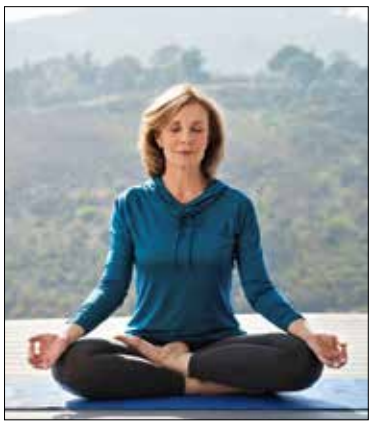
The vital role of a spiritual practice and more

BY DEBRA KEEFER RAMAGE

The case for a spiritual practice for good mental health

In recent years, there has been a merging between the body of knowledge of spirituality and spiritual practice and that of mental health and wellness. In a way, they were never separate. After all, the



root of psychiatry and psychology – psyche – means soul. And philosophers as well as practitioners have been known to blend the two together in the 150 years or so that psychology as a valid field of study has been around.

Among the theorists of psychology and psychiatry who have embraced some facets of the transpersonal, the numinous, or the collective "oversoul" of all humanity are Carl Jung, Alfred Adler, Roberto Assagioli, Fritz Kunkel, Thomas Szasz, Abraham Maslow, Victor Frankl, Rollo May, R. D. Laing, Wilhelm Reich, Carl Rogers, Ken Wilber, Virginia Satir, Erich Fromm, Elisabeth Kübler-Ross and Timothy Leary. The convergence of the modern "psyche" (mental health, personality) with the historic concept of soul is also a theme touched on by several 19th and 20th century philosophers, including Henry James, Aldous Huxley, Paul Tillich, Martin Buber, Søren Kierkegaard, Shunryu Suzuki, Thomas Merton, Dorothy Day, Thich Nhat Hanh and Jacob Needleman.

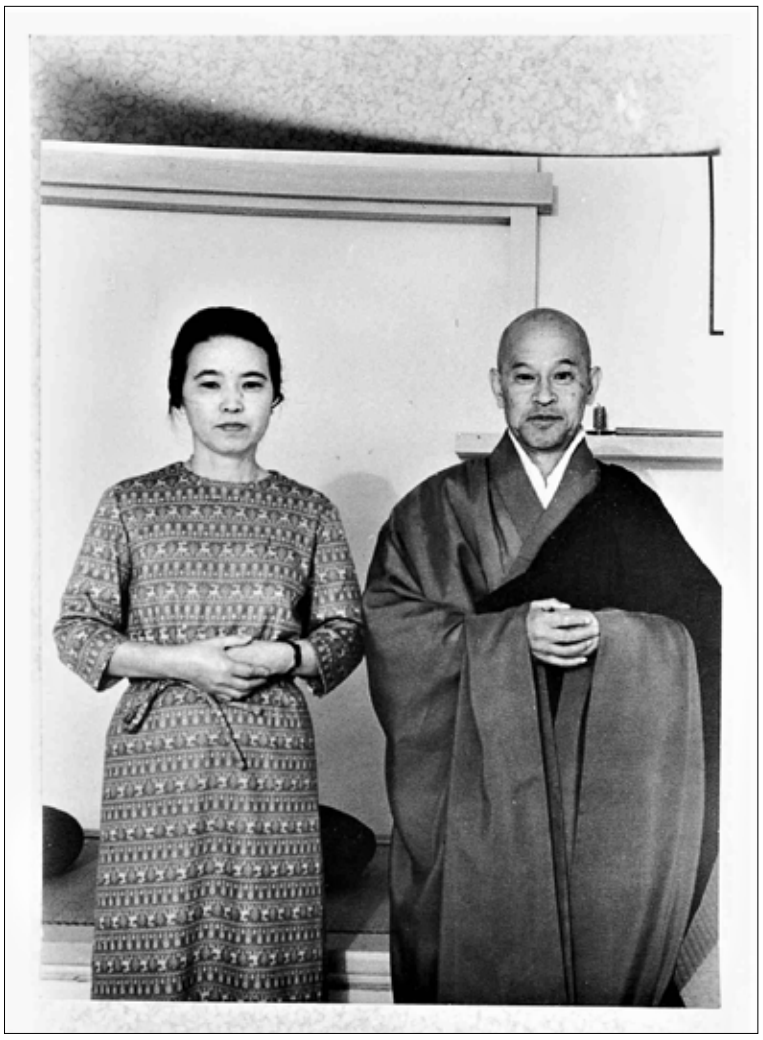
Since obviously this is too wide a net for this simple article, we are going to focus on the recent phenomenon of mindfulness meditation being offered (and finding some success) as a treatment for anxiety and other less-than-optimal mental states. (Mindfulness is not originally a psychological concept, but rather a spiritual one.) But this is not as great a leap in the subject as it may seem at first glance. Psychology-psychiatry began, despite its "soulful" etymology, as a quasi-medical model for treating extreme problematic mental pathologies. As such, it saw itself as enlightened science replacing superstitious religion (i.e., viewing mental illness as evil or demonic). But the later strands of existential, positive and humanistic psychology, founded or championed by those named above, came to focus on making the well better – happier, more loving, more effective socially – rather than just making the sick well, or as it usually played out, merely compliant.

Transpersonal psychology – beyond the "person" – set the sights even higher, and thus psychology began to presume to treat symptoms of existential angst, spiritual emptiness and the wholly rational anxiety of living in an insane world. To do this, it had to do a 180 and go back and consider the "perennial philosophy," humankind's whole history of spiritual wisdom. Psychotherapists learned to meditate, and to teach their clients how to do it as well.

I have found in my own life, especially since the pandemic began, that meditation, even without a teacher (even, in fact, with myself as the completely uncredentialed teacher of others) has in fact been a good treatment for anxieties, both personal and global. I think it's central to my own quest to age gracefully. If you're still having doubts, scientists say that a regular meditation or similar practice slows aging symptoms in the brain, as well as bestowing better sleep and a more positive outlook.

Some options for a spiritual practice

Although the spiritual practice I choose currently is meditation, influenced mainly by Suzuki-roshi in his book "Zen Mind, Beginner's Mind," I identify as Christian, specifically as Methodist. I sympathize with those who have rejected the religion of their childhood, if any, and I understand there are a lot of folks nowadays who have a purely secular upbringing. The good news is that Christianity and Buddhism are not the only religions to have a contemplative practice, and almost none of them require the practitioner to embrace all, or indeed any, of the dogma of the faith.



Shunryu Suzuki-roshi and his wife Mitsu in California, 1970

If Zen Buddhist practice feels like the wrong path for you, there are contemplative practices in Judaism, Islam, Hinduism, other branches of Buddhism, Sikhism, Shinto, secular humanism, many pagan faiths, and many (and varied – you wouldn't believe how varied) Native American spiritualities. There are probably some in religions so esoteric I have never heard of them.

I have found it very hard to meditate on my own. Even in monasteries, contemplatives meditate in the context of a community. And for me, even being online on Zoom with only one other person has helped me stay more consistent in my meditations. Online meditation, as well as phone apps (see below) are available in various flavors. Here's a link to a recommendation of 10, some free and some with a cost: www.healthline.com/health/meditation-online#our-picks.

Being in the Twin Cities, we are lucky to have numerous meditation centers as well as wellness centers that offer mindfulness as a treatment, and chapels, churches and temples that offer free, non-proselytizing meditation groups. Just to mention a few I know about: The Meditation Center (Yoga, Northeast Minneapolis), Common Ground Meditation (Yoga, Seward, Minneapolis), the Minnesota Zen Center (Zen, East Calhoun, Minneapolis), Sophia Wisdom Center (Christian, Whittier, Minneapolis) and Clouds in Water (Zen, St. Paul).

Since the early pandemic, most of these offer both in-person small groups and online options. There are even groups in Meetup.com that do meditation – see this list: www.meetup.com/topics/meditation/us/mn/minneapolis/. If you want to try apps, the most prominent two are Calm and Headspace (check out your favorite online app store). Another one I am getting a lot of push ads from is a Catholic Christian app called Hallow. (Yes, praying the rosary is technically a meditation – a

Gracefully

Dr. Cornel West

contemplative practice for the laity.)

There are loads of books that can guide you on your contemplative/mindfulness therapy path, some more spiritual and some more psychological. Three that I use as I guide others in meditation are:

• "Zen Mind, Beginner's Mind" by Shunryu Suzuki.

• "Roaming Free Inside the Cage" by William M. Schafer, Ph.D. (actually more of a book on the Enneagram but the two appendices on Taoist meditation are incredibly helpful).

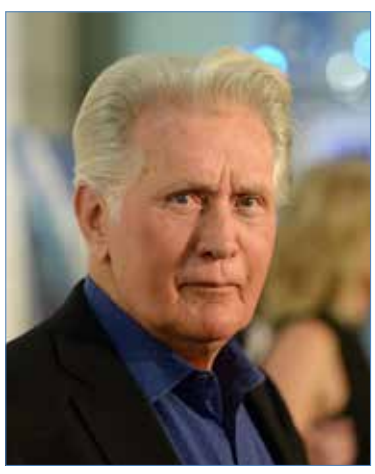
• "Volume One, Sunday Morning Services on the Farm" by Stephen Gaskin (so now you know what a hippie I really am).

More people who are (or were) aging gracefully

I am varying from my rules for "Aging Gracefully" role models, established in last year's piece, in two ways. One broken rule is that I am including a few recently deceased people (well, by recently I mean fewer than 10 years ago.) And for just one person, I am breaking the rule that they have to be older than me to be included. I'll start with that guy.

I feel a lot of affinity with Dr. Cornel West. Although my achievements, such as they are, cannot approach his, he works in a mental space that I also occupy a lot of the time – a space where religious and political ideals overlap so completely and seamlessly that I cannot understand how everyone can't see it, and that, frustratingly, religion and leftist politics are perceived as antitheses. I was astonished to learn that Dr. West is less than a year younger than I am, as I always perceived him as a wise elder. One thing we have in common is longtime membership in Democratic Socialists of America (DSA), although he was prominent (and an honorary co-chair, back when we had such) while I was practically unknown. Another thing we have in common is dabbling in the arts and expression of younger generational cohorts. Dr. West, in addition to his public activism, his 23 published books and essays, and his appearance in numerous documentaries, has also served as a consultant on the Matrix film series along with existential psychologist Ken Wilber, and appeared as a character named Councillor West in two of the sequel films. Even more amazingly, he has produced three hip-hop albums and been a guest performer for a number of soul, funk and hip-hop artists.

This leads in turn to another rule-breaker, the late Ed Asner (1929 – 2021). He probably shared a platform with Dr. West more than once. Asner was also a DSA member, having been grandfathered in as a founding member of DSOC. And, like Ronald Reagan, he was a two-term president of the Screen Actors Guild (SAG). However, Asner used this position to sway the union and the industry to support left-wing causes, such as opposing the "low-intensity wars" in Latin America. Asner continued to pursue left-wing advocacy until his health declined, long after he had virtually retired from acting.



Martin Sheen

Another left-wing actor who also definitely shared a stage with Asner is Martin Sheen. Still very active both politically and professionally at 81, Sheen was born Ramón Antonio Gerardo Estévez in Dayton, Ohio, the son of an immigrant from Spain and his Irish-born wife. Neither appearing nor sounding "Hispanic," the young Sheen found he could not get hired with his very Latino name, so he assumed his stage name, although he has never legally changed it. Of course, most of my readers will remember Sheen as fictional president Jed Bartlett from "The West Wing," although he is also known for his breakout role in the independent film "Badlands" and his role in "Apocalypse Now." Sheen makes the list as someone who combines a deep Catholic spirituality with his firm left-leaning liberalism (in his youth, before he settled on a coherent philosophy, he was active in the Dorothy Dayled Catholic Worker Movement) and uses his privilege and power to aid youth and many marginalized communities.

Two British actors, both "Sirs," made my list. The first is Sir Ian McKellen, who needs no introduction. Only surprising if you don't know gay history, McKellen, although out to his close-knit theater community, did not come out to the general public until 1988, goaded by an attempt to pass a horrid law against LGBTQ rights, "Section 28." (Sadly, it passed, but was repealed in 2003.) McKellen is an absolute Renaissance man, and another one who stays young by participating freely and happily in youthful arenas, such as, in his case, Twitter. (Follow https://twitter.com/IanMcKellen, and also check out his awesome website.) Although he still acts, he is most known now for his witty talk and writings. Here he is on all the names he is called:

"Serena was wittily coined by Stephen Fry at a gay fundraiser," Sir Ian told The Independent a few years ago. "Others favour [calling me] Damian. In the U.S., impressed and unused to titles, I am invariably Sir McKellen.* Computers address me as Siri McKellen. I answer to all."

[*I don't think we are impressed, just confused. "Lord/Lady" can be used with the surname in most cases, but "Sir/Dame" are applied only to the first name. And as Americans, we are actually not supposed to acknowledge civilian rank titles at all!]

I can't talk about Sir Ian without also including Sir Patrick Stewart. As you may know, the two are great friends, as well as appearing in several notable stage shows together. You might think they became friends because both are involved in a lot of modern science fiction and fantasy films, both are left of center, and they're getting to an age where a lot of their counterparts have died off or disappeared. But no! They were friends from youth, both being working-class northern boys who got into Cambridge. In 2013, McKellen actually joined the Universal Life Church and "married" Stewart – to his third wife, jazz singer Sunny Ozell.

Sir Patrick and Sir Ian in 'Waiting for Godot' in 2013

Patrick Stewart and Sunny Ozell's wedding photo from 2013

Well, I've run out of space. I was going to tie this back to the spirituality theme by including a trio of Canadian-American songwriters with spiritual and political leanings, (one deceased, so another rule-breaker). You'll have to come back for the next installment which will highlight Joni Mitchell, Buffy Sainte-Marie and Leonard Cohen as aged and graceful.

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Minneapolis students can go to college while going to high school

BY JOE NATHAN

South High School and charter public school students (like at Minnesota Transitions) can earn free college credits while still in high school. It represents a significant growing trend in Minnesota. Just-released research from the Minnesota-based Center for Policy Design shows they're among the more than 25% of Minnesota students who, with their families, have selected more personalized, individualized approaches to education.

Minnesota offers high school students many opportunities to save literally $5,000 to $20,000 or more via dual courses. Students can earn free high school and college credit in these courses. This can be done via classes offered by high school faculty or by college faculty either online or on a college campus. Depending on their skill level, students can start taking some of these courses in the ninth grade via Advanced Placement. Students generally register for these courses between January and March for the following fall.

Unfortunately, many families don't receive accurate, up-to-date information about these programs. Here are a few examples and things to know:

• Students earn high school and college credit via Concurrent/Enrollment/College in the Schools courses based on their work during the entire semester or year.

• Students earn high school credit via Advanced Placement or International Baccalaureate courses, based on their work throughout the class. However, college credit for most of these courses depends entirely on how well students do on the final exam.

• 10th- to 12th-graders can earn free high school and college credit via PSEO courses. They can be taken on college campuses or via computer. State law requires public high schools to allow students to use the school's WiFi and computers in the building to take PSEO courses online.

• CLEP exams (College-Level Examination Program) allow students with strong skills in a subject, such as Spanish, history or math, to earn free college credit just by doing well on a test.

• Students should check the Minnesota Office of Higher Education to see what grade or score they must earn to earn college credit.

Considerable research and students' experience (available on the Center for School Change website) show that dual credit programs are especially valuable for students from low-income families.

Personalized options are designed to help young people develop their individual interests, gifts and talents. More information about Minnesota's progress toward individualized education is available on the Center for Policy Design website. (https://www.centerforpolicy.org/papers#PersonalizingSchooling)

Minnesota has developed numerous opportunities for personalized learning over the last 30-plus years. These opportunities are found within school districts as well as chartered, private, home and online schools. Their availability gives opportunities for thousands of students to learn to their potential while also being a resource for traditional learning. Expansion of personalized learning will benefit our increasingly diverse student population while also improving traditional learning for all. School leaders and policy makers should make its growth a priority. It's vital that students and families know about the options that have been developed.

Joe Nathan, Ph.D., has been an urban Minnesota public school aide, teacher, administrator and PTA president. He directs the Center for School Change. Reactions/questions welcome to joe@centerforschoolchange.org.

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***Blew up,* from page 1**

let's go." The city should get the U.S. Department of Justice to put the MPD in receivership, invalidate the union contract and help the department remove cops for cause, he said.

Frey needs to clean house. He needs to publicly deal with the grievances against officers involved in the killing of young Black men in order to restore trust in the department.

What really happened in the basement of that home in South Minneapolis where officers shot and killed Terrance Franklin? The city never answered the charge in district court that Officers Lucas Peterson and Michael Meath executed Franklin. We deserve to know what happened, and the mayor and the chief of police need to give us a satisfactory explanation.

Did Officer Ringgenberg observe proper MPD protocol when he tackled Jamar Clark from behind when he was walking away from him? Did he have control of his weapon at all times?

Did the officers who shot and killed Thurman Blevins as he was running away from them saying, "I didn't do nothing bro. Please don't shoot. Leave me alone," observe proper protocol?

Does the MPD have new protocols to prevent them from killing mentally disturbed and suicidal citizens like Travis Jordan?

Frey and Arradondo have to publicly admit there is a problem with endemic racism in the MPD that doesn't value the lives of young Black men. And they have to show us concrete steps they are taking to stop these continued murders.

The issue of police accountability is not going away. The MPD will not be dismantled this time around, but we have a right to expect the house will be cleaned, and that it will protect and serve all of us without exception.

***Bouza,* from page 1**

stuff.

Rockwell's group was miniscule but noisy – more than amplified by Jewish hysteria. He was, in fact, the bogeyman who drove lucrative fund drives for the organizations he regularly, and ineffectively, denounced.

The issue was clear – a permit to rally would draw a tiny crowd of supporters (think the core group at the Jan. 6 Capitol riot or the Charlottesville horrors) and a massive protest – likely with some violence – from outraged New Yorkers.

My boss – ironically Jewish – argued that a rally would result in disorder and a permit should be denied. Our pusillanimous P. C. agreed. I saw it as a challenge to our ability to maintain order while protecting a constitutional right. By so doing we'd be breathing meaning into the exercise of free speech.

I knew, and acknowledged, the risk. Rockwell was a red flag and New York was loaded with bulls.

My argument was doomed from the start, and I knew it. Was this posturing? I hope not.

Very little came of it. No complaints. Even the ACLU didn't weigh in, although their history is festooned with such noble battles.

The music played on – but one day one of Rockwell's crazy acolytes shot him dead.

Rockwell's unexpected demise, I figured, was also a death knell to the fundraising efforts of B'nai B'rith.

An irony is that one of Rockwell's closest aides was actually an NYPD cop reporting secretly to us on his every deed and plan.

Another forgotten chapter in the history of free speech. It develops that, like Christianity, many profess its virtues but few want to pay the actual price of practicing it.

Jefferson had it right!

***Noor,* from page 1**

critics call his research "invalid and unreliable" and "pseudoscience."

To their credit, Mayor Jacob Frey and Chief Medaria Arradondo stopped new recruits from being trained in the Lewinski Method after the Noor killing, but Bob Kroll, then head of the Police Federation, thought the training was so valuable that he had the Federation sponsor the training for new recruits at no cost to the city.

Noor's conviction for third-degree murder was overturned by the Minnesota Supreme Court.

"Minnesota Statute: 609.195 MURDER IN THE THIRD DEGREE. Whoever, without intent to effect the death of any person, causes the death of another by perpetrating an act eminently dangerous to others and evincing a depraved mind, without regard for human life, is guilty of murder in the third degree and may be sentenced to imprisonment for not more than 25 years."

The court wrote: "The mental state necessary for depraved-mind murder... is a generalized indifference to human life, which cannot exist when the defendant's conduct is directed with particularity at the person who is killed."

Noor didn't have a "depraved mind." He was just afraid that the person who beat on the trunk of the squad car was coming around the car to kill him. He shot first. That was his training.

In her resentencing of Noor for his conviction on second-degree manslaughter, Judge Kathryn Quaintance said, "On July 7, I said the primary concern of the jurors who heard the testimony in this case, when I spoke to them after the verdict, was 'Will there be changes? Change is needed. Will some of these supervising officers be fired, or disciplined? Is what we saw normal for the Minneapolis Police Department and the Bureau of Criminal Apprehension? How will this be prevented from happening again?'

"The victim's family and some of the witnesses, including some officers, have expressed concerns. A large amount of tax payer dollars will go to Australia, but Minneapolis residents await the promised transformation and the questions of the jurors remain unanswered. What has changed? What will change so that this does not happen again? How does the department address officer safety without jeopardizing public safety? The jurors and the people of Minneapolis need and deserve answers."

Mohamed Noor was resentenced on his second-degree manslaughter conviction to under five years. He will receive credit for time served and is expected to be released in June of 2022.

WE BUILD PRIDE ON THE SOUTHSIDE!!

They're starting to leave the sinking ship

BY ED FELIEN

The five police officers involved in the Terrance Franklin killing have decided to get separate lawyers. That's a big sign. It probably means Officers Andy Stender, Ricardo Muro and Mark Durand might be willing to tell the truth about what happened in the basement when Officers Lucas Peterson and Michael Meath shot Franklin.

They all claimed in the police report that Franklin somehow overpowered the officers and gained control of Mark Durand's MP5 automatic pistol and shot Officers Stender and Muro; then, Lucas Peterson charged Franklin in the line of fire and shot him in the head.

For nine years Southside Pride has noted inconsistencies in this police report and demanded authorities reopen the case.

In the civil suit brought by the heirs of Terrance Franklin, new evidence was uncovered. A video of the police car outside the home on Bryant Avenue South heard voices from the basement broadcast through the police radio. After the initial burst of gunfire when Stender and Muro were shot, an officer's voice is heard saying, "Come out little n —- r. Do not put your hands up now!" The jury agreed with the argument of Attorney Mike Padden that Officers Stender and Muro were probably injured by an accidental discharge of an MP5, and that Franklin was executed by Peterson and Meath as he came out from under the stairs.

This new evidence and the civil jury's verdict have placed new pressure on Hennepin County Attorney Mike Freeman. He asked the Minnesota Bureau of Criminal Apprehension (BCA) to re-examine the evidence, but the cop-sympathetic BCA said, "There is no role for the BCA in this case." But both Freeman and Minnesota Attorney General Keith Ellison have said the case needs to be reopened.

If Stender, Muro and Durand continue to go along with Peterson and Meath's fantastical tale about how Peterson heroically charged Franklin, and a criminal jury finds Peterson and Meath were lying and convicts them of second degree murder – "Whoever causes the death of a human being with intent to effect the death of that person is guilty of murder in the second degree and may be sentenced to imprisonment for not more than 40 years" – then they would be guilty of "609.495 AIDING AN OFFENDER. Subd. 3. Obstructing an investigation. Whoever intentionally aids another person whom the actor knows or has reason to know has committed a criminal act, by providing false or misleading information about that crime, may be sentenced to not more than one-half of the statutory maximum sentence."

Janeé Harteau, the chief of police at the time, allowed the five officers three days to get their stories straight. They agreed they didn't want to blame one of them for shooting Stender and Muro, so they agreed to blame Franklin, and they concocted a fairy tale where they're all heroes.

The fact that they're now each getting their own lawyer means they're seriously re-evaluating whether belief in the fairy tale is worth spending 20 years in prison.

Nehemiah Martin holds up a photo of his father, Terrance Franklin, in May 2013. (Photo/MPR)

Affordable housing in Seward

BY ELINA KOLSTAD

The Minneapolis Public Housing Authority (MPHA) has plans to build and maintain 16 deeply affordable scattered site developments throughout Minneapolis and two of these will be in Seward. The new buildings will consist of modular four- and six-plexes that will be available to people with incomes of 30% or lower than Area Median Income (AMI), specifically families with children. The new units will be a combination of two-bedroom and three-bedroom configurations. Residents will pay no more than 30% of their income on rent. This is exciting news, but I do have some reservations.

The two units being built in Seward neighborhood in 2022 will replace single-family homes owned by MPHA that seem to be currently occupied. MPHA has plans to work with residents for interim housing options and perhaps returning to a unit in the new buildings. My feelings on this are very mixed. On the one hand we are desperately in need of more truly affordable housing options and the schematics of the proposed buildings look very nice. But I am also a supporter of the original intent behind the single or two-family scattered site housing; there is a level of privacy and a benefit to having a lower density house with a yard that I feel even deeply poor families deserve access to. Sadly, the reality we live in doesn't allow for that. In this reality higher density housing with less privacy and reduced access to outdoor play space for children is far better than the homelessness facing so many. This is a good start, but we need to keep pushing for better. Especially after living through the pandemic, we really need to figure out a way to house families so that all children have access to safe outdoor play.

These units will be run and maintained by MPHA which will allow for greater affordability and in theory is a very good thing and can be far more stable than maintenance that involves private developers. The concern here is that part of the reason for the opportunity to build these new units is the fact that the old units are in poor condition. They are in poor condition due to neglect in maintenance by the MPHA which has owned these properties for decades. We have also seen this problem at Glendale Townhomes where residents have been fighting for maintenance work to be done for years now. While new construction will likely need lower upkeep at first, that is not guaranteed. How do we trust that MPHA will adequately maintain new buildings when they continue to neglect current housing so badly?

These buildings in Seward are the beginning of a new push that hopes to add more affordable housing throughout the city, resulting in 84 new units in 16 small apartment buildings. Overall, this is positive news and an improvement in terms of sheer numbers, but we need to keep pushing for quality as well as quantity when it comes to housing our impecunious neighbors.

Seward Towers East on Franklin Avenue in Seward

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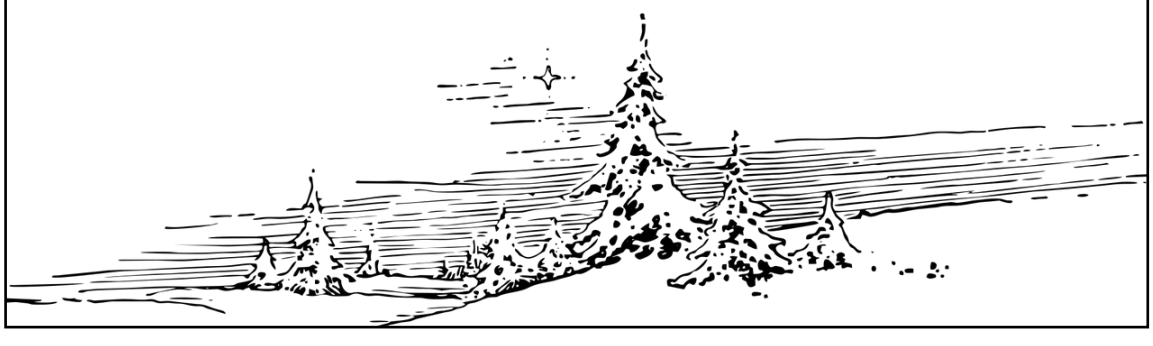

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Online via Zoom
MN Interfaith Power & Light
A group of interfaith partners from Minnesota, including Julia Nerbonne, MNIPL's executive director, will be traveling to the 26th U.N. Climate Change Conference in Glasgow. MNIPL will be sharing reports from Julia and others about their experience at those talks and how the world is coming together (or not) to address the climate crisis. Join in this webinar to hear from folks "on the ground" at the climate talks. Register here: https://www.mnipl.org/event/un-climate-change-conference-cc-webinar/.

Minnehaha UMC Taize Service
Friday, Nov. 12, 7 p.m.
In-person or online
Minnehaha United Methodist Church
3701 E. 50th St., Mpls.
It's easy to get caught up in the daily demands of life. In our busyness, we can lose track of ourselves, and of what God is calling us to be and to do. Take an opportunity to slow down, to rest in silence and music. On the second Friday of each month at 7 p.m. from October through May, Minnehaha United Methodist Church offers a Taize service; a time of sanctuary, a time for prayer, a time for community, and a time for silence. As we sing and pray, our hearts are opened so that we may hear God speaking to us. Please join us this month on Nov. 12 (masks are required). You can also catch a livestream of the service by finding the Taize button on our website: www.minnehaha.org

Annual Holiday Bazaar
Saturday, Nov. 13, 9 a.m. to 2 p.m.
Minnehaha United Methodist Church
3701 E. 50th St., Mpls.
Gifts, crafts, collectibles, baked goods and rice pudding! Breakfast served from 9 to 11 a.m. – egg bake or sweet rolls. Lunch served from 11 a.m. to 1 p.m. – sloppy joes or chicken hotdish, plus dessert. Both meals are takeout only. More info at http://www.minnehaha.org/.

St. Joan of Arc's Concert Series
'A Night in the Tropics'
Sunday, Nov. 14, 7 p.m.
St. Joan of Arc Auditorium
4537 3rd Ave. S., Mpls.
Live music is back this fall at the Concert Series hosted by the St. Joan of Arc Catholic Community beginning Sunday, Nov. 14 at 7 p.m. After a year of streaming virtual concerts, this year's series starts out with "A Night in the Tropics," a tour of sounds you could feel as a warm Brazilian breeze or tropical thunder of equatorial rhythms. "A Night in the Tropics" features Minnesota Orchestra trumpeter Charles Lazarus and composer/performer Tommy Barbarella.
Remembrance and celebration are the themes of 75 years of multiculturalism in South Minneapolis during Black History Month with local artists T. Mychael Rambo, Thomasina Petrus, Charmin Michelle, Dan Chouinard and TPT Historian Daniel Bergin. The spring brings the live performance of Simon & Garfunkel's pinnacle album, "Bridge Over Troubled Water" by Collective Unconscious. The series is rounded out in June by Ann Reed, Dan Chouinard and ensembles from the Twin Cities Gay Men's Chorus in celebration of Pride Month with "Something Old, Something New, Something Broadway, Something Blue." This series has been developed to provide hope and healing though uplifting evenings of music and entertainment. At a time when so many are experiencing health and social divisions, the series aim is to provide common cause for unity, healing and building a larger community both near and far.
All concerts take place on Sundays at 7 p.m. in the St. Joan of Arc Auditorium at 4537 3rd Ave. S., Minneapolis. In keeping with CDC guidelines for indoor community events, all attendees will be required to wear a mask while in the venue as well as to show proof of full COVID-19 vaccination or a negative test within 72 hours of the concert date. Tickets are $25 for General Admission or $10 for Student General Admission. Reserved seats are available with a Concert Subscription purchase (all four shows for $100 Adults / $40 Students); series purchase deadline is Sunday, Nov. 14. Tickets and further information are available online at https://www.eventbrite.com/o/st-joan-of-arc-church-34074995903.

'Hidden Histories Revealed'
The Tulsa Race Massacre,
100 Years Later
Sunday, Nov. 14, 3 to 5 p.m.
In-person or online via Zoom
United Theological Seminary
767 N. Eustis St. #140, St. Paul
The United Church of Christ in New Brighton, United Theological Seminary, the Amos Task Force of the Minnesota Conference UCC, and Living Table United Church of Christ, are thrilled to welcome Phil Armstrong, Interim Director of the Greenwood Rising History Center to speak with us about the Tulsa Race Massacre, 100 years later. The tragic events of May 31 – June 1, 1921, destroyed the historic Black business district known as Black Wall Street and the surrounding community that once stretched outward from Greenwood Avenue, leaving thousands homeless, hundreds injured, and an unknown number killed. Tulsa's Historic Greenwood District reflects the power of the human spirit generally, and the vision, determination and resilience of its oppressed and marginalized Black citizens, specifically. Tulsa, like so many other American cities, continues to grapple with the legacy of its historical racial trauma. Through acknowledgement, apology and atonement, Tulsa seeks to heal its lingering wounds and be both a beacon and a positive example for other communities seeking racial reconciliation. This is the specific story of the dignity of a people who turned trials, tribulations, and tragedy into a triumph of the human spirit. Our program, "Hidden Histories Revealed," will also include music performed by the One Voice Mixed Chorus honoring the life and work of Bayard Rustin, organizer and right-hand-person to the late Rev. Martin Luther King, Jr.
Please join us in person at United Theological Seminary or online via Zoom. More information at: https://www.unitedseminary.edu/event/troxel-lecture-10-2021/.
Refreshments will follow, and all in attendance are asked to wear masks and be vaccinated.

Walker Community Church
Alternative Art Fair
Saturday, Nov. 20, 10 a.m. to 5 p.m.
Sunday, Nov. 21, noon to 4 p.m.
Walker Community Church
3104 16th Ave. S., Mpls.
This art fair features an eclectic mix of artists and makers offering jewelry, paintings, handmade soap, crocheted dish towels, ceramics and so much more. A great lunch will be served as well. This fundraiser supports the community at 3104 16th Ave S. which includes Walker Community Tuesday Meal Distribution, F12 People's Kitchen, Sisters' Camelot, Powderhorn Area Wellness Collective, Southside Harm Reduction Services, Southside Healing Collaborative, SoulSpeak Expressions, North Country Food Alliance, New City Church, Powderhorn Park Music Project and the North Star Health Collective.

Advent Procession: A Service of Lessons & Carols
Sunday, Nov. 28, 4 p.m.
Mount Olive Lutheran Church
3045 Chicago Ave., Mpls.
Mount Olive Music and Fine Arts presents its annual Advent Procession Service. Mark the season with a solemn procession and a series of lessons and carols for Advent, and enter this season of hope in the darkest time of the year. Candles, incense and beautiful music all invite the listener to engage in this profound liturgical season. Free and open to the public. More info at https://www.mountolivechurch.org/ or email cantor@mountolivechurch.org.

'Bitter Tears: After Boarding School, In Mourning'
Tuesday, Nov. 30, 7 to 8:30 p.m.
Online
The Fargo-Moorhead Indigenous Association, The FM Interfaith Center, Associates of the Presentation Sisters of Fargo and Concordia College invite the local and regional community to an educational event to participate in what might be a difficult yet important conversation. "Bitter Tears: After Boarding School, In Mourning" will provide a foundational understanding of the American Indian Boarding School System to those who do not have direct, familial or community boarding school experience. We hope to encourage further learning, listening and action, as well as a willingness to participate in recognition, truth-telling and healing. For more info and to register for this free event, go to https://www.eventbrite.com/e/bitter-tears-after-boarding-school-in-mourning-tickets-194841715817.

JRLC Housing Webinar Series
First Thursdays, Dec. 2 – Feb. 3,
6:30 to 8 p.m., Online
Are you concerned about persons impacted by homelessness, the high cost of rent and the scarcity of affordable or supportive housing? Do you want to understand these issues from a variety of perspectives – and make a difference? Then join us for one or more of the monthly Housing Webinar Series offered by the Joint Religious Legislative Coalition. Register now for the program and small group discussion at https://us02web.zoom.us/meeting/register/tZcucOigrTIsHdWaRONrsnxNmYUW-7PYaVuU0.
For more information or to RSVP by email contact Joan Miltenberger, JRLC Organizer at jmiltenberger@jrlc.org, (612) 230-3232.

First 50 Afghan Refugees
Minnesota Council of Churches Refugee Services is excited to be welcoming many new arrivals this month, including our first 50 Afghan refugees. With a quick pace of arrivals, we are in immediate need of some key household items and winter coats. These items include: rice cookers (20 cup capacity), shower curtains with liners and rings, and tall kitchen trash cans and trash bags. We are also in need of warm winter coats for boys in sizes 12 months - 4T, boys' size large, and all sizes of men's coats. Donations can be ordered from an online store and shipped directly to our office, or you can deliver donations to us in person. For more information, please email rsvolunteers@mnchurches.org. Thank you!

'Sundays at Five'
Every Sunday, 5 p.m.
Plymouth Congregational Church
1900 Nicollet Ave., Mpls.
Plymouth invites you to a new worship offering each Sunday evening at 5 p.m. Rooted in contemplative practices, "Sundays at Five" will feature a slightly different focus and style each Sunday evening at 5 p.m. This worship service is designed to be quieter and more intimate than our Sunday morning services. These opportunities will include:
Evensong (first Sundays) – worship that features thoughtful singing, periods of brief silence and contemplation, and a series of contemporary and scriptural readings for reflection.
Sensing the Sacred (second Sundays) – a time for resting in centering prayer/meditation; participating in the sacred reading (Lectio divina) of word, art, or nature; and the sharing of group prayer.
Celtic Weavings (third Sundays) – a service that celebrates the cycles of land, sea, and sky, affirming our connection to and the presence of Mystery within it.
Testimonies: Transformation through Stories (fourth Sundays) – an opportunity to explore the narratives of our lives as pathways for growth or hindrance and the spiritual freedom found in sharing them.
Taize Worship (fifth Sundays) – a gathering focused around simple melodic singing that also includes readings, prayers, and periods of quiet.
We invite you to join us for any or all of these services. Please invite your friends to join us! "Sundays at 5" represent a way of connecting with the Holy that will appeal to many. https://www.plymouth.org/worship/

The Nokomis *Religious Community* Welcomes You

CATHOLIC CHURCH OF ST. ALBERT THE GREAT
E. 29th St. & 32nd Ave. S.
612-724-3643
www.saintalbertthegreat.org
Weekend Masses with limited seating
Saturday 5 pm
Sunday 9:30 am (also live-streamed on Facebook)
Sunday 12 noon
Front door entry preferred
Weekday Masses M, T, TH, F at 8:15 am in the Chapel, east door and elevator entry

FAITH EVANGELICAL LUTHERAN CHURCH
3430 E. 51st St.
612-729-5463
www.faithlutheranmpls.org
Thanksgiving Eve Service 7 pm
Sunday Worship 9 am and online on YouTube and Facebook
https://www.facebook.com/felcmpls/
Bible classes - Sundays at 10:15 am and Wednesdays at 10 am
NA groups Wednesdays 7:30 pm
Pastor: Rev. Jesse Davis

FIRST FREE CHURCH
5150 Chicago Ave S
612-827-4705
Sunday services at 9 am and 10:30 am (in-person and online)
Child care provided during both services
Student ministries during 9 am service
www.firstfreechurch.org
Christ-Centered, Christ-sent

HOLY CROSS LUTHERAN CHURCH
1720 E. Minnehaha Pkwy.
612-722-1083
Sunday Worship at 9:30 am
Bible Study at 10:30 am
Sunday Worship recordings online at www.holycrossmpls.org

LIVING SPIRIT UNITED METHODIST CHURCH
4501 Bloomington Ave.
612-721-5025
Multicultural/Intergenerational
Justice — Generosity — Faith
Worship In-Person or Online
10:30 am Sundays
Online: livingspiritumc.org/live

NEW CREATION BAPTIST CHURCH
1414 E. 48th St.
612-825-6933
Sunday Worship in person 10:45 am and also on Facebook:
www.Facebook.com/NewCreation-BaptistChurch
https://newcreationbaptist-churchmn.org/
Pastor: Rev. Dr. Daniel B. McKizzie

NOKOMIS HEIGHTS LUTHERAN CHURCH – ELCA
5300 10th Ave. S.
612-825-6846
www.nokomisheights.org
Sunday worship 10 am, in Sanctuary
Adult Forum 9 am, in Sanctuary
Sunday School 9-9:55 am, in Fellowship Hall
Masks required in church building for ages 2 and up.
Online worship continues every Sunday.
Find us on Facebook and YouTube!

ST. JOAN OF ARC CATHOLIC COMMUNITY
www.stjoan.com, 4537 Third Ave.
We're Open –
Saturday, 5 pm in the Church
Sunday, 7:45 am in the Church,
9 & 11 am in the gym
Family Mass - 9 & 11 in the Church
Video available on our website and Facebook page
We Welcome You Wherever You Are On Your Journey

All Directory Churches are Wheelchair Accessible

SHARING FOOD

New Creation Baptist Church
1414 E. 48th St., Mpls.
612-825-6933
We're still here to serve you on the first through the fourth Saturdays from 10 a.m. to 2 p.m. We're back to our client choice shopping and require clients to have their temperature checked, wear a mask, and follow social distancing. Be safe and God bless! https://www.facebook.com/NCBCfoodshelf.
Saturdays (except 5th Saturdays)
10 a.m. to 2 p.m.
(Brown door on the corner of 48th St. and 15th Ave.)

Minnehaha United Methodist Church
3701 E. 50th St., Mpls.
612-721-6231
Yes, the food shelf is still open! In order

See *Sharing Food*, page 11

Holiday happenings, gifts and music 2021-22

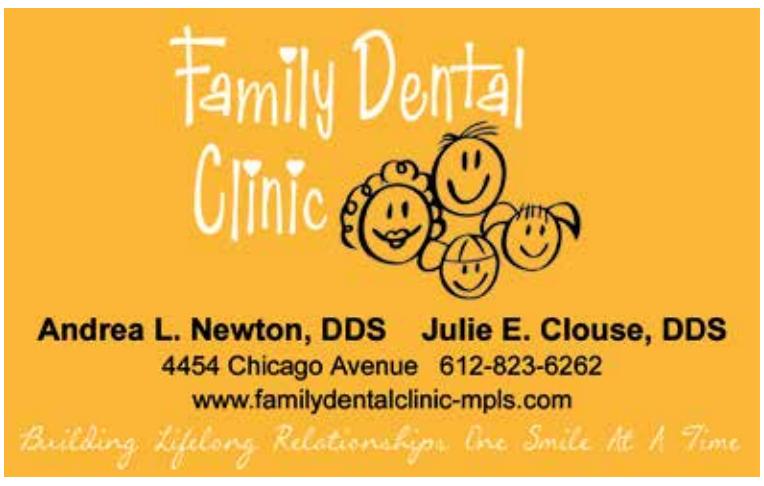
BY DEBRA KEEFER RAMAGE

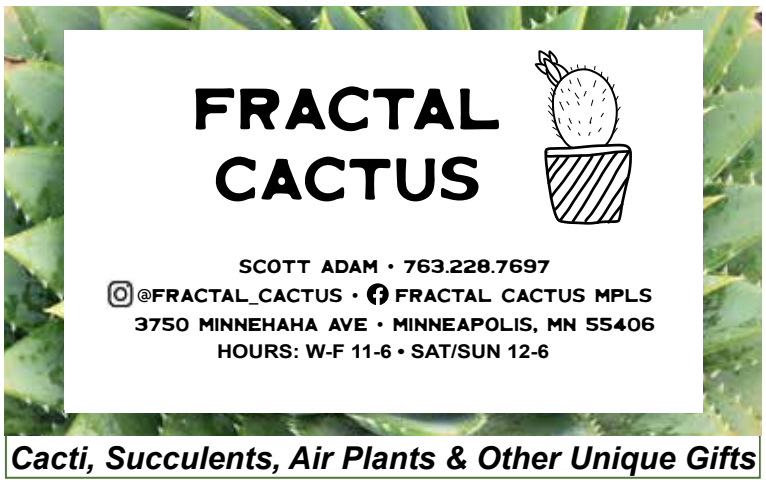
The difference a pandemic makes

In contrast to last year, even though the pandemic is still very much in force, there are quite a lot of in-person events to attend to enjoy the holiday season this year – if you are so inclined, and if you are vaccinated. Because (to oversimplify) of those two "ifs," there are also a number of virtual events still on the calendars, and probably that will continue to be the case. Also, online shopping in a big, big way is here to stay, for now if not "forever." Note that most of the indoor, in-person events require proof of vaccination, sometimes with the option of a negative COVID test result, and all require or strongly recommend masks.

[Note – for readability, a lot of detail (times, complex schedules, etc.) is left out of these notices, and in most cases, the sponsoring organization website has the details you need if interested. Also, giving full URLs, especially in print, is not practical, so in most cases I only give the homepage URL in short form to get you started, then you may have to search. It's a balancing act. If there is a Facebook event, I may give the full URL for that.]

'Afterwardsness' rehearsals





Theater, puppetry, comedy

The Guthrie Theater announced a 2021-22 season back in the summer, and they are holding to it. Audience members must be masked and either vaccinated or provide proof of a negative COVID result in force on performance day. (I doubt that many will go that route.) The big – and I cannot stress this enough, BIG – news is that after a couple of decades, the signature Christmas-themed show, "A Christmas Carol," has been updated by Lavina Jadhwani, and will be directed by the Guthrie's artistic director Joseph Haj. Performances run from Nov. 10 to Dec. 27. Tickets at guthrietheater.org.

As well as "A Christmas Carol," Twin Cities audiences missed the iconic show "Black Nativity" last year. It's back now at the Penumbra Theatre. Penumbra has reopened for its 45th season this year and "Black Nativity," written by Langston Hughes, directed by Lou Bellamy, and choreographed by Leslie Parker, will be showing Nov. 30 through Dec. 24. Penumbra also requires vaccination or a negative test, and masks for all patrons.

Penumbra's executive director Sarah Bellamy is hosting a series of virtual discussions called "Let's Talk." There is one on Dec. 13 at 7 p.m. on climate justice. The next show in Penumbra Theatre's season will be a new play, "Thurgood," centered on the life and legacy of the late Supreme Court Justice Thurgood Marshall, in March. Tickets and more details found at penumbratheatre.org.

Open Eye Theatre has a couple of interesting events this winter. Dec. 9 through Dec. 21 will see a reprise of a popular solstice show from 2013. "The Longest Night" is co-presented by Bradley Greenwald and pianist Sonja Thompson.

"Celebrating and embracing winter, the holidays and "hell-i-days," Seasonal Affective Disorder, friends, family, Christians, and Pagans, Greenwald brings light and levity as well as reflection and renewal to the season. Rodgers and Hart, Leonard Cohen, Purcell, J. S. Bach, Sting, Peter Mayer, Dar Williams, and more get their songs sung, with a little Margaret At-

See *Holidays*, page 8

Happy

Holidays, **from page 7**

wood, Joseph Campbell, and Ogden Nash thrown in for good measure."

Prior to that, in fact coming up soon with an opening day of Nov. 11, is a treat for those who have sorely missed In the Heart of the Beast (HOBT) in its long performance hiatus. Now a seasoned HOBT alumnus, Seth Eberle, will present a new puppetry work, "The Box King," running from Nov. 11 to Nov. 14, with two shows on the 13th. Open Eye has the same COVID requirements as the above two theaters. (I'm going to stop saying this now. Just assume it applies everywhere.) For more details and online ticket sales, see www.openeyetheatre.org.

For some more lighthearted approaches to holiday entertainment, we found HUGE Improv (see www.hugetheater.com), Stillwater's Dark and Stormy Productions (see www.darkstormy.org), and a one-off show at First Avenue. Starting with Dark and Stormy, there is "Jacuzzi," described as: "A dark comedy for the holidays! The owners of a remote Colorado ski chalet arrive for vacation early to find a couple relaxing in their hot tub – they're VRBO renters. Or are they the property caretakers? Nothing is what it seems ..."

Trailer Trash's 'Trashy Little Xmas Show'

HUGE Improv presents shows in monthly series with audience participation, in the great tradition of comedy improvisation. Their Saturday night offering for the months of November and December is "Family Dinner," where the audience provides each character with a secret to keep from the others as they experience a fraught family dinner get-together. It runs every Saturday except Christmas Day from Nov. 6 to Jan. 1, 2022.

And finally, produced by First Avenue in Minneapolis, but showing at the Fitzgerald Theater in St. Paul, on Dec. 8 only you can catch BenDeLaCreme and Jinkx Monsoon in "The Jinkx and DeLa Holiday Show." "That's right... After a year of doom, gloom, and zoom, the Queens of Christmas have risen from the rubble to unearth your favorite holiday tradition ... taking the stage once again in a post-apocalypse-mas extravaganza certain to make this yuletide gayer than ever!"

Music and dance performances

Leading off with Nutcrackers, or just a very small sample of the dozen or so Nutcracker ballet options you can find, there will be a performance of "Loyce Houlton's Nutcracker Fantasy" at the State Theatre in Minneapolis, presented by the Minnesota Dance Theatre, running from Dec. 12 to Dec.19. See www.mndance.org for details and tickets. Another option, "The Nutcracker 2021," is presented by the similarly named but different Minnesota Ballet Theatre and School at several venues, including at Eden Prairie Performing Arts Center, Dec. 17 – 19. There is a Facebook event for that with details and ticket sales: www.facebook.com/events/585524719239796.

Well before Christmas inundates us in Nutcrackers, a rather more serious dance piece will be presented at Northrup Auditorium Nov. 10 – 14 (six shows) – Bill T. Jones/Arnie Zane Company's "Afterwardsness." (Tickets available at www.northrop.umn.edu/events/bill-t-jones-arnie-zane-company-afterwardsness-2021or by phone at (612) 624-2345.) Here is a description of the show:

"Tony Award-winning choreographer, director, and dancer Bill T. Jones presents his hypnotic new work 'Afterwardsness.' Performed by Jones' entire company for an audience of 180 situated on the Northrop stage, 'Afterwardsness' addresses the isolation and trauma of the twin pandemics of COVID-19 and ongoing violence against Black bodies. The poignancy of the movement is underpinned by a live musical landscape featuring a new vocal composition by Holland Andrews, a violin solo for George Floyd entitled 'Homage' by Pauline Kim Harris, as well as excerpts from Olivier Messaien's harrowing war-time chamber composition 'Quartet for the End of Time.'"

Events at the American Swedish Institute

There are a huge number of music performances during December and beyond, but here is a small selection:

- Trailer Trash, "Trashy Little Xmas," Parkway Theater (theparkwaytheater.com), Dec. 4.
- St. Lucia Celebration Concert, American Swedish Institute (asimn.org), Dec. 12.
- "Joyful Echoes" with Kevin Kling and PaviElle French, Minnesota Orchestra at Orchestra Hall (www.minnesotaorchestra.org), Dec. 16 – 19.
- Dan and Megan Rodriguez, "Merry Evening," Parkway Theater, Dec. 18.
- Trans-Siberian Orchestra, "Christmas Eve and other stories," Xcel Energy Center (www.xcelenergycenter.com), Dec. 27.

Festivals and food and drink events

A new festival this year seeks to replicate the midsummer joy of the State Fair in the midwinter. GLOW at the Minnesota State Fairgrounds in St. Paul combines light shows,

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Holidays

live music and wintry art installations with favorite State Fair food vendors, from Nov. 18 to Jan. 2, 2022. See the Facebook event https://www.facebook.com/Glow-Holiday/ for details.

Here are a few more in this category:

• Julbord Dinner (2), American Swedish Institute (asimn.org), Dec. 18 (dinner) and Dec. 19 (lunch).

• Winter Solstice at the Castle, American Swedish Institute (asimn.org), Dec. 21.

• Gingerbread Wonderland, Norway House (www.norwayhouse.org), Nov. 23 through Jan. 2, 2022.

Gifting ideas – online

A lot of our favorite retailers of arts, crafts, books and specialty foods ramped up their online technology in response to the pandemic. It was a survival move then, but keeping it going after in-person shopping returns is just good business sense. Here are some suggestions:

• Flotsam + Fork – local, online only, purveyor of imported kitchen and home items from Europe and elsewhere.

• Moon Palace Books – local, books, new and used.

• Birchbark Books & Native Arts (birchbarkbooks.com) – local books and other items centering Native American writers and makers.

• The Book House in Dinkytown – local used and collectible books.

• Ingebretsen's – local, Nordic arts, crafts, books, food, gifts.

• Equal Exchange – out-of-town, fair-trade food items.

• Northern Dyer (northerndyer.etsy.com) – neighboring state online, kits and completed fabric items featuring homemade dyes plus grow-your-own-woad kits.

Gifting ideas – craft festivals and other in-person events

The number and variety of these events is still quite diminished from pre-pandemic levels. One large and notable new venue is the Minneapolis Holiday Boutique at the Convention Center, Dec. 10–12. (See www.facebook.com/events/1908515802658844.) A smaller but equally notable event is the Dec. 11 Handmade Holiday Market at Lakes and Legends Brewing. (Search www.eventbrite.com for event.)

Miscellaneous winter activities

• The Pond Hockey tournament returns after a one-year hiatus. It will be at Lake Nokomis and takes place Jan. 21 – 30, 2022. See www.uspondhockey.com/media.

• Theater Mu has an interesting event – "The Twentypho Hour Playfest" on Nov. 19 (ending on Nov. 20). This involves 30 Asian American artists from across the nation and six 10-minute plays to be written, rehearsed and performed virtually within a 24-hour period. Confused but intrigued? See www.theatermu.org/playfest2021.

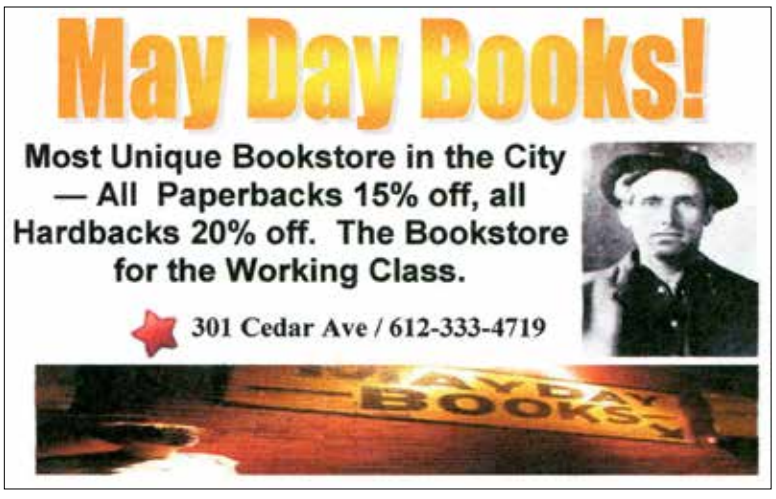
• The Holiday Music Festival returns to Mall of America after a one-year hiatus. Live music performances for free throughout the days from Nov. 29 to Dec. 26 will appear in the rotunda.

• The American Swedish Institute (ASI) has its annual Neighborhood Open House, when admission is free to all, on Dec. 30, from 5 p.m.

• The ASI is also presenting "Learn About the Hmong New Year" (partnering with the Hmong Museum) on Dec. 16. See asimn.org for details.

• For a pretty good list of more things (not just in Bloomington) see: www.bloomingtonmn.org/Article-Folder/holiday-events.

Matthew Saldivar (left), Lily Birkholz, and John Catron in rehearsal for the Guthrie's new adaptation of 'A Christmas Carol'



Restaurant and food business news, consciously eating insects, and an Owamni mini-review

BY DEBRA KEEFER RAMAGE

Restaurant news – BIPOC owners on the rise

In New York City and many other major metropolises, pizza sold by the slice is more common, and "slice shops" abound. They are pretty rare in the Twin Cities. Becoming less rare, but still a definite minority, are BIPOC-owned restaurants. So it was great news when Hosie Thurmond and Adam Kado, two young African American best friends who love pizza, opened Slice Inc. pizzeria on the first of October. The pair had been trying to launch this restaurant since 2019, but, you know, COVID and all that. Just days after opening, they were forced to close again briefly due to a mysterious fire, which they suspected was arson. They are now open Tuesday through Saturday at 519 East Hennepin Ave. Some major losses of inventory and equipment were located in the parking lot and thus not recoverable through insurance, and Slice Inc. is raising $25,000 via donations at gofundme.com/f/help-slice-inc-black-owned-pizzeria-after-a-fire.

This is reminiscent of the problems plaguing other BIPOC new food business owners. We covered one of these in September – the story about Side Chick on Lyndale Avenue, which experienced a shootout in the street outside their newly opened business that left a staff member badly injured. (southsidepride.com/2021/09/06/the-dish-more-restaurant-news-more-than-two-mini-reviews/.) Another which we didn't cover was the two vandalizations of The Dripping Root on Minnehaha Avenue at 40th, which also occurred soon after their grand opening and necessitated a closing and reopening to repair damages. You can read about that here: bringmethenews.com/minnesota-news/for-the-2nd-time-since-opening-thieves-break-into-minneapolis-the-dripping-root-juice-bar. The Dripping Root sells fresh raw juices, smoothie bowls and all-raw chia "puddings" to have onsite or to-go, from Thursday through Sunday, opening at 9 a.m., closing around 1 p.m.

Hosie Thurmond, left, and Adam Kado, owners of Slice Inc.

Union organizing in hospitality – craft beverage industry section

People were calling October "Striketober" because there were so many new industries, companies, and classifications of workers either trying to launch a union, deep into organizing drives, or on strike. (Locally, Minnesota Nurses with MNA had a short informational picket, and comrades from the Twin Cities caravanned to Iowa to support strikers from the John Deere factory.) But some of the biggest news over the past couple of years in the union organizing space in the Twin Cities has been in food-related or hospitality industries.

Two union locals, UFCW Local 663 and UniteHERE Local 17, have been having many successes (and inevitably a few frustrating fails). UFCW has organized a majority of the food co-ops, and has recently turned its attention to a bookstore chain, Half Price Books. UniteHERE already has more than 20 union hotels in the Cities, and at least a dozen union restaurants, and lately the union has been concentrating on craft beverages. Their first success was Fair State, a cooperative brewery. Following on, there were organizing drives in several breweries and even more distilleries. Tattersall, Lawless, and others were successful, followed recently by a win for Brother Justus Whiskey Co., with a workforce of ten. (Management voluntarily recognized the union, so if you're a whiskey drinker, or know one, let's show Brother Justus some solidarity love.)

#Striketober – organizing Hello Fresh

Nationally, the big food-related news right now is with a new vista for organizers – the meal kit delivery companies. UniteHERE started a campaign at the largest of them, Hello Fresh, a national company that made huge profits due to the pandemic, which unsurprisingly did not show up as gains for workers. As a culmination of "Striketober," UniteHERE had a nationwide day-long program of militancy and visibility on Oct. 28. As their press release said, "As Workers Rise Up During '#Striketober,' Hospitality Workers in 29 Cities Will March, Picket, Vote to Unionize, and More in Fight for Good Jobs." This was also the day the union election began at Hello Fresh.

Catiesha Pierson, owner of The Dripping Root, left, and her mom

Interesting things that Mexicans eat (will we eat them here?)

I found a really interesting piece about huitlacoche, known to the FDA only as corn smut, but also called Mexican truffles. But an even more informative piece is this one from Food Republic: foodrepublic.com/2016/05/04/what-is-huitlacoche-and-how-do-you-cook-it/. My friend who lives part of the year in Mexico, and lived almost half of her adult life in Iowa, says that it's very expensive in the part of Mexico where she lives, but used to be thrown in the trash and burned to prevent spreading in Iowa. (In fact, preventing corn smut is one of the reasons for genetic modification of corn in the U.S., so they probably aren't that bothered by it now.) But I thought how ironic that is.

It turns out you can find huitlacoche in the Twin Cities. It is often sold canned or frozen in grocery stores with a large Mexican clientele. A number of Mexican restaurants sell quesadillas or enchiladas or other prepared dishes with huitlacoche. And I even heard vague rumors of fresh huitlacoche being spotted at local farmers' markets, although never with enough specificity to pass on here.

This put me in mind of a graphic novel by local illustrator and writer Blue Delliquanti and Soleil Ho called "Meal." This short work of art and fiction features a chef working with not corn smut, but insects as an ingredient, another "exotic" foodway that is ancient and traditional for our neighboring nation of Mexico. Here's a short synopsis from Goodreads.com:

"Yarrow is a young chef determined to make her mark on the cutting edge of cookery with her insect-based creations. Though her enthusiasm is infectious, it rubs some of her fellow cooks the wrong way, especially Chanda Flores, Yarrow's personal hero and executive chef of an exciting new restaurant. Her people have been eating bugs for centuries, and she's deeply suspicious of this newbie's attempt to turn her traditions into the next foodie trend. While Chanda and her scrappy team of talented devotees struggle to open

Huitlacoche

See *The Dish,* page 11

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***The Dish,* from page 10**

on time, Yarrow must win over Chanda ... or lose this once-in-a-lifetime opportunity to achieve her dreams."

Long-awaited mini-review of Owamni by the Sioux Chef

All of which makes a nice segue into our mini-review of the month. I say this is "long-awaited" not to imply that my devoted readers are waiting around in restless anticipation for me to review Owamni by the Sioux Chef, but because, due to the immense popularity of this restaurant, I made my reservation back in September, had lunch there in October, and am now telling you about it in November. And why is it a segue? Because, among other things, I ate crickets. Deliberately, that is. Paid for them and all.

We went for a late-ish lunch (1 p.m., actually early for me). We ended up getting a nice big table for four even though we were only a party of two, right by the massive window, looking out from the second floor onto the Mississippi River below. There are some wines and beers from Native-owned wineries or breweries available, or zero-proof cocktails, but we just went with tea.

Between the two of us we had four dishes and two herbal teas – mine iced, hers hot. We shared tastes and both took home leftovers. The four dishes we had were smoked lake trout with a white bean pate, wojapi, and tostadas; waksica (grain bowl) with quinoa, wild rice, nixtamal, pulled bison, wojapi, pesto, seeds, tepary bean and grilled vegetable; the garden salad with tomato, carrot, ground cherries, sprouts, and those toasted crickets; and simple wild rice with cranberries and a root vegetable.

We asked about the source of the teas (I was hoping to later find a complete ingredient list) and after some scratching around they came back with their supplier – Anahata Herbals in Duluth. (Check out their Facebook page. They have online ordering.) Everything we tasted was very good, even the crickets. Well, to tell the truth, the crickets didn't taste of much once they were toasted. I think the toasting shrunk them. They were mostly a pleasing crunch and a small hit of protein, not unlike the seeds that also topped the salad. Don't laugh. We'll be very glad to have insects and seeds after the climate apocalypse.

I will return to Owamni soon, this time for dinner. It really is worth the wait. You can check out their menu and make reservations at owamni.com.

Owamni interior

***Sharing Food,* from page 6**

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. https://www.facebook.com/MinnehahaFoodShelf/

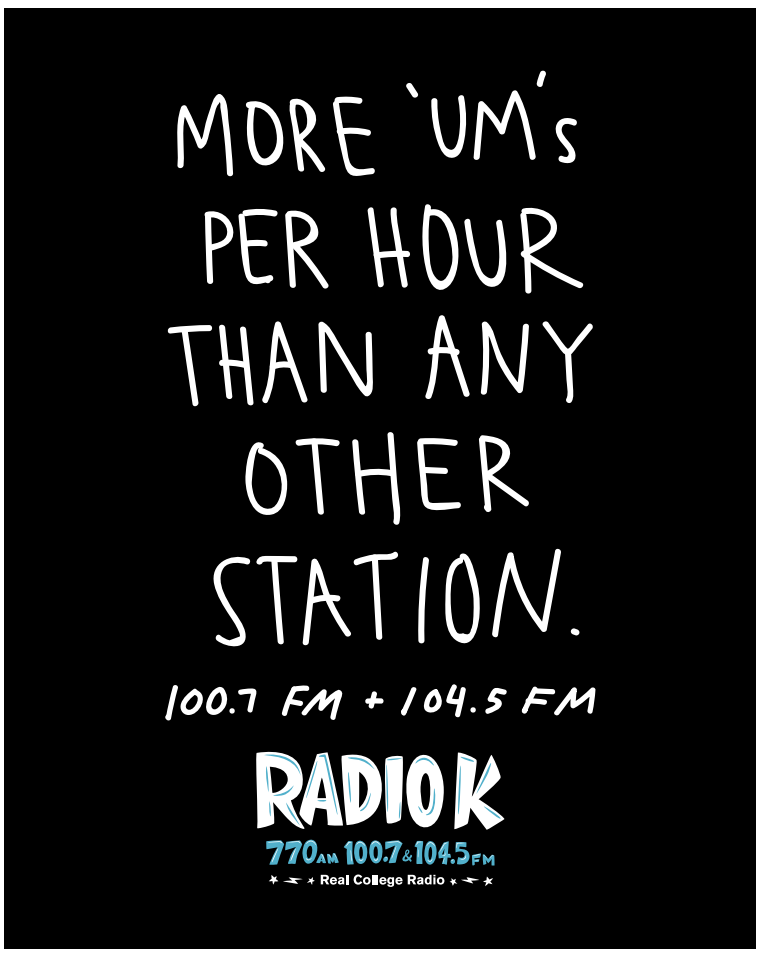
Greater Friendship Missionary Baptist Church and Friendship Community Service
2600 E. 38th St., Mpls.
Food Hub
Free food, hygiene products, and some household goods.
Tuesday and Thursday,
1 p.m. to 5 p.m.
2nd and 4th Saturdays,
9 a.m. to 1 p.m.
Please bring ID and wear a mask.
Social distancing guidelines are in place.

Du Nord Foundation Community Market
3104 Snelling Ave., Mpls.
612-460-8123
We are a community-supported food shelf that is a welcoming place for neighbors to find free, healthy food for their tables and supplies for their homes. We invite neighbors to order online and choose the day and time that works for you for curbside pickup.
Mondays and Wednesdays 3 to 6 p.m.
Thursdays noon to 2 p.m.
All are welcome, no restrictions or proof required.
To place an order, visit https://www.dunordfoundation.org/get-food.

Soup for You! Café at Bethany 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. https://soupforyou.info/

Calvary Lutheran Church
3901 Chicago Ave., Mpls.
612-827-2504, ext. 205
The Calvary Emergency Food Shelf is available for area residents on Saturdays from 9 to 11:30 a.m. We will hand out pre-packaged bags of food with a Walk-Up table on 39th St. and Drive-Thru model at the parking lot entrance. Please stay in your car, and we'll bring the food to you! Volunteers will be available outside to help you. There are eligibility requirements. On our website, https://www.clchurch.org/, click on the "Food Shelf" link in the "Outreach" tab, or call the food shelf office at 612-827-2504, ext. 205.

Groveland Emergency Food Shelf
1900 Nicollet Ave., Mpls.
Plymouth Congregational Church
612-871-0277
Monday – Friday
9:30 a.m. to 12:30 p.m.
Entrance on Groveland Ave. between Nicollet and Lasalle. https://www.grovelandfoodshelf.org/



EVENTS

Louise Erdrich's 'The Sentence'
Limited seating book launch event
Monday, Nov. 8, 7:30 p.m.
Lake of the Isles Lutheran Church
2020 W. Lake of the Isles Pkwy., Mpls.
Sponsored by Birchbark Books and Native Arts. Call Birchbark at (612) 374-4023 or visit the store to purchase a ticket and reserve a spot. Limited to 150 attendees. Event will be streamed to our Facebook and YouTube pages for those who cannot attend. Miigwech and pidamaya!

Duniya Drum & Dance
November Classes
West African Drumming with Fode Bangoura
Saturdays 2:15 to 3:15 p.m.
Center for Performing Arts
Second floor chapel
3754 Pleasant Ave., Mpls.
Learn basic technique, patterns, timing and solo techniques on the djembe and doundoun while learning traditional rhythms from Guinea, West Africa. This class is for both new and experienced drummers. Masks required.
West African Dance with Sana Bangoura
Saturdays 12:30 to 2 p.m.
CFPA Dance Studio (please enter through the new main entrance on 38th St.)
Join Alhassane "Sana" Bangoura from Guinea, West Africa for his Saturday dance class. Sana is a gentle, patient and experienced teacher who breaks down the music and movements so that dancers of all experience levels can participate in this dynamic dance form. Masks required. $17/class – all classes are drop-in. Class cards available upon request.
For more info, see our Facebook page at https://www.facebook.com/DuniyaMN or contact Whitney@duniyadrumand-dance.org.
Note: Class cancellations will only be posted on our Facebook Page.

'Fruit Flies Like a Banana'
By The Fourth Wall
Wednesday, Nov. 10, 6:30 p.m.
Thursday, Nov. 11, 6:30 p.m.
The Southern Theater
1420 Washington Ave. S., Mpls.
Minnesota Fringe favorites The Fourth Wall (aka "The Fruit Flies") return for their first in-person performances in Minneapolis since 2018. Don't miss the interactive, family-friendly, high-art shenanigans! 3 Performers. 20+ Pieces. 60 Minutes. Few musical ensembles earn top marks for their "deft choreography," (The Wall Street Journal) but this is no ordinary ensemble. Part chamber music group, part devised theatre company, part modern dance troupe, part circus act, The Fourth Wall blends music, theatre, dance and acrobatics into a new hybrid art form. In "Fruit Flies Like a Banana," this trio of musicians presents new interdisciplinary works and reinterprets classic repertoire – all performed in an order chosen by the audience – to make music that leaps off the stage. Time Flies Like an Arrow...Fruit Flies Like a Banana! For more info and to purchase tickets, go to https://www.southerntheater.org/shows/fruit-flies-like-a-banana.

The Holocaust: A Perspective from Yad Veshem
Wednesday, Nov. 10, noon
Virtual event
Yehudit Shendar, chief curator of the United Kingdom Holocaust Memorial and former senior art curator and deputy director of the museums division at Yad Vashem, the National Holocaust Remembrance Authority in Jerusalem, speaks about Holocaust memorials and exhibitions and their thought-provoking role in the 21st century.
Generously supported by the Mark and Mary Goff Fiterman Lecture Fund. "Envisioning Evil: 'The Nazi Drawings' by Mauricio Lasansky" is organized by the Minneapolis Institute of Art and lent by The Levitt Foundation.
Free; tickets required. Reserve here: https://bit.ly/3mcqb80

U of M School of Music
World Music Ensemble
Wednesday, Nov. 10, 7:30 p.m.
Lloyd Ultan Recital Hall
U of M Ferguson Hall
2106 4th St. S., Mpls.
To celebrate this year's relaunch of UMN's Jamaica Music Education Forum, the World Music Ensemble will present a program of works by the late great Lee 'Scratch' Perry in tribute to this pioneering roots reggae master. A live stream will be available for this event, visit z.umn.edu/musicstream to view it (click on "Lloyd Ultan Recital Hall" in the right call out box). Free and open to the public. All visitors are required to adhere to the University Face Covering Protocol and wear facial coverings while inside campus buildings, regardless of vaccination status.

Solmaz Sharif
Wednesday, Nov. 10, 7 p.m. CT
Online via Zoom
The University of Minnesota Department of English presents a reading and conversation with Solmaz Sharif, the author of "Look: Poems," finalist for the National Book Award in Poetry. Born in Istanbul to Iranian parents, Sharif will publish her second poetry collection, "Customs," in March 2022 with Graywolf Press. Presented by the Edelstein-Keller Visiting Writer Series and Creative Writing. Register for this free Zoom event here: https://umn.zoom.us/webinar/register/WN_JYXtOaM7TauTXpF1q2IZsA

'The Box King'
Open Eye Guest Artist Series
Nov. 11 – 14
Open Eye Theatre
506 E. 24th St., Mpls.
Families looking for wholesome, imaginative entertainment for all ages should plan ahead for "The Box King," created by Seth Eberle. Open Eye is pleased to present the premiere of a new puppetry piece developed with support from the Jim Henson Foundation. Told with zany marionettes and a transforming cardboard box, "The Box King" is for kids ages 4 and up! Full performance schedule and tickets at https://www.openeyetheatre.org/the-box-king.

Readings by Writers
Tuesday, Nov. 16, 7:30 to 9 p.m.
University Club of St. Paul
420 Summit Ave., St. Paul
Join us for a poetry reading with Thomas R. Smith, Philip Bryant, Michael Bazzett and Joyce Sutphen, hosted by Tim Nolan. https://www.facebook.com/events/974478140084056

Tasting Series at the Market
Saturday, Nov. 20, 6 to 9 p.m.
Midtown Global Market
920 East Lake St., Mpls.
Tasting Series at the Market – a new movement created and launched by Midtown Global Market small business owners. Explore many tastes from around the globe while staying in one place! This incredible experience will allow you to sample cuisines from multiple countries during a seven-course tasting menu. Delicious food from Arepa Bar, Grass Roots Gourmet, Manny's Tortas, Moroccan Flavors, Pham's Rice Bowl and Soul to Soul Smokehouse will be served, with beverage pairings provided by Eastlake Brewery, Manny's Tortas and Arepa Bar. Local musician Robert Everest will entertain with live music. Susana Mendez Jewelry & Gifts and Riffraff Jams & Jellies will be selling their specialties, many of them perfect for holiday gift giving! Tickets are $75 per person. Space is limited. To order, please visit: https://www.eventbrite.com/e/tasting-series-at-the-market-tickets-201932655007. Free parking available.

Walker Community Church Alternative Art Fair
Saturday, Nov. 20, 10 a.m. to 5 p.m.
Sunday, Nov. 21, noon to 4 p.m.
Walker Community Church
3104 16th Ave. S., Mpls.
This art fair features an eclectic mix of artists and makers offering jewelry, paintings, handmade soap, crocheted dish towels, ceramics and so much more. A great lunch will be served as well. This fundraiser supports the community at 3104 16th Ave S. which includes Walker Community Tuesday Meal Distribution, F12 People's Kitchen, Sisters' Camelot, Powderhorn Area Wellness Collective, Southside Harm Reduction Services, Southside Healing Collaborative, Soul-Speak Expressions, North Country Food Alliance, New City Church, Powderhorn Park Music Project and the North Star Health Collective.

'Top Girls' by Caryl Churchill
Through Nov. 21
Theatre Pro Rata
Playing at The Crane Theater
2303 Kennedy St. NE, Mpls.
Theatre Pro Rata is producing "Top Girls" by Caryl Churchill at The Crane Theater. Initially produced in 1982, Churchill's play remains timely and resonant 40 years later as it wrestles with issues of gender roles, class, race, family obligations, sacrifice, and how we measure success. Directed by Carin Bratlie Wethern, Theatre Pro Rata's production of "Top Girls" promises to be both witty and poignant. Tickets for all Theatre Pro Rata productions are $16 – $61 (sliding scale) and must be purchased in advance: www.TheatreProRata.org/box-office/. COVID-19 Protocols: Theatre Pro Rata requires photo ID and Proof of Full Vaccination or a negative Covid test within 72 hours for all audience members, front of house staff, and artists. Proof of Full Vaccination can be your vaccination card, a photo of your vaccination card, or a digital record of your vaccination on a smart phone app.

Southside Pride

NOKOMIS EDITION

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

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

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

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'According to Rod…'
New Paintings by Rod Massey
and 'From the North,'
New Paintings by Thomas Paquette
Through Nov. 27
Groveland Gallery
25 Groveland Terrace, Mpls.
In "According to Rod …," Rod Massey focuses on the less-inhabited areas of the urban landscape, keenly describing the sometimes-awkward intersection between the domestic and industrial landscapes that coexist in city life. His sustained investigation of these ordinary places, objects, surfaces and facades illustrates his personal and sometimes exasperated affection for the urban landscape.
In "From the North," Minneapolis native Thomas Paquette uses small, loose brush strokes and multiple layers of paint reworked over time to create richly colored and textured compositions that appear to glow with light. Paquette is inspired by the vastly varying landscapes of his journeys: swirling silvery rivers, tall, thick pines, sun-dappled forest paths, or the rural countryside bathed in golden sunlight. https://grovelandgallery.com/

Fall Flower Show at Como Park
Through Nov. 28, 10 a.m. to 4 p.m. daily
Marjorie McNeely Conservatory
Como Park
1225 Estabrook Dr., St. Paul
While many Minnesota gardens are winding down for the winter season, the Sunken Garden at the Marjorie McNeely Conservatory will be in full bloom! The Fall Flower Show opened Saturday, Oct. 9 and features a variety of chrysanthemums and fall favorites. The first half of the Fall Flower Show (Oct. 9 – 31) featured a yellow and silver palette, with dwarf sunflowers, marigolds, ornamental peppers and pumpkins on-a-stick adding to the cheerful display. The second half of the Fall Flower Show (Nov. 6 – 28) will be equal parts orange, yellow and white. There will be a mid-show change Nov. 1 – 5 in which the Sunken Garden will be closed, but all other rooms of the Conservatory will remain open to the public. Admission is free and a voluntary donation is appreciated. Reservations and facemasks are required. Make your reservations today at https://comozooconservatory.org/reservations/.

2021 British Arrows Awards
Dec. 3, 2021 – Jan. 9, 2022
Walker Art Center
725 Vineland Pl., Mpls.
The British Arrows returns for in-person screenings in the Walker Cinema as well as online. Celebrate this cherished tradition, featuring a bold and eclectic mix of drama, spectacle and comedy from the creative world of British advertising. From timely adverts advocating for social change to moments of much-needed comedic relief, the British Arrows serves as an epic year-end time capsule. $15 ($12 Walker members, students and seniors) Tickets will be available for the general public on Nov. 11. Walker members have early access; beat the rush and receive up to two complimentary tickets by joining as a new Walker member today! Learn more at https://walkerart.org/calendar/2021/2021-british-arrows-awards?utm_source=wordfly-&utm_medium=email&utm_campaign=INS_Biweekly_110221&utm_content=version_A&promo=18804.

'The Longest Night'
A Winter Solstice Cabaret
Dec. 9 – 21
Open Eye Theatre Mainstage
506 E. 24th St., Mpls.
Audience favorite Bradley Greenwald celebrates winter's beauty, the holiday blues, and the soul's need for rebirth in an eclectic program of words and music as kaleidoscopic as the season. First presented in December 2013, Bradley Greenwald, along with pianist Sonja Thompson, create a meditative and joyful performance of music and poems embracing the longest and darkest night of the year. Full performance schedule and tickets at https://www.openeyetheatre.org/the-longest-night.

Safe Place Homework Help
School Days 3:30 to 6 p.m.
2001 Riverside Ave., Mpls.
By appointment only – contact tutoring@trinitylutherancongregation.org.
Free tutoring for grades K- 12.

Mill City Museum to Welcome Back Visitors Nov. 4
704 South 2nd St., Mpls.
The Minnesota Historical Society announces the reopening of Mill City Museum starting on Thursday, Nov. 4. Visitors are invited to explore the exhibits and signature experiences such as Water Lab, Baking Lab, Observation Deck and Minneapolis in 19 Minutes, Flat! at their own pace, assisted by museum guides stationed throughout the museum. For a more comfortable experience and better social distancing,
Flour Tower will be operating with reduced capacity. Bushel & Peck is also reopening with grab-and-go sandwiches, salads, snacks and beverages.
The gallery's overview of Minneapolis history is being updated this fall and will be renamed "What Makes Minneapolis, Minneapolis?" Visitors will have an opportunity to share their thoughts about the city and watch four videos of community members answering questions about the city's past, present and future. These community members include: Jewell Arcoren (Sisseton Wahpeton), executive director of Wicoie Nandagikendan; JoJo Bell of the African American Interpretive Center of Minnesota; Roxana Linares, executive director of Centro Tyrone Guzman; Neeraj Mehta, community organizer and director of learning at the McKnight Foundation; and Stewart Van Cleve, author of "Land of 10,000 Loves."
Museum and Store Hours: Thursday – Friday, 10 a.m. to 4 p.m.; Saturday – Sunday, 10 a.m. to 5 p.m.
Museum admission: $8 - $12, members free. For details on all current exhibitions and programs, please visit www.mnhs.org/millcity.

Highpoint Presents:
A Contemporary Black Matriarchal Lineage in Printmaking
Through Dec. 4
Highpoint Center for Printmaking
912 Lake St. W., Mpls.
Highpoint is delighted to partner with Delita Martin and Tanekeya Word to deliver the exhibition "A Contemporary Black Matriarchal Lineage in Printmaking." Curated by Milwaukee-based printmaker and book artist Tanekeya Word, and Huffman, Texas-based printmaker and Highpoint Editions artist Delita Martin, this marks the first national exhibition curated by Black women printmakers highlighting the experimental prints of Black women printmakers. This exhibition will explore the work of 12 contemporary Black women printmakers who have shaped a place for themselves in the printmaking world. Utilizing their craft in an improvisational style, each printmaker brings personal narratives into focus while paying homage to the foremothers who came before them.
Gallery viewing hours are Monday through Friday, 10 a.m. to 4 p.m. and Saturdays from noon to 4 p.m. We are currently requiring masks in our galleries; please call (612) 871-1326 or visit www.highpointprintmaking.org for up-to-date information on visitor protocol.

The Contemporary Print: 20 Years at Highpoint Editions
On view through Jan. 9, 2022
Minneapolis Institute of Art,
Target Gallery
2400 3rd Ave. S., Mpls.
Many boldface-name artists admire Highpoint Editions, the collaborative publishing arm of Highpoint Center for Printmaking in Minneapolis. Mia recently acquired Highpoint's complete archive, comprising more than 325 published prints and multiples, plus hundreds of items of production material. These works, inspired proof of Highpoint's impact on printmaking, will be on display at Mia in a sweeping exhibition, "The Contemporary Print: 20 Years at Highpoint Editions."
"The Contemporary Print" showcases 175 artworks in a broad range of printmaking techniques, styles and subjects. You'll also find preliminary drawings and working proofs, as well as demonstrations to better appreciate this expressive art form. Featured visiting artists include Carlos Amorales, Julie Buffalohead, Willie Cole, Sarah Crowner, Jim Hodges, Delita Martin, Julie Mehretu, Todd Norsten, Chloe Piene, David Rathman, Do Ho Suh and Dyani White Hawk. For more information and to purchase tickets, go to https://new.artsmia.org/exhibition/the-contemporary-print-20-years-at-highpoint-editions/?utm_medium=e-mail&utm_source=newsletter&utm_campaign=general&utm_content=September21.

Children's Theatre Company
2021-2022 Season
Children's Theatre Company
2400 Third Ave. S., Mpls.
Join us for a remarkable return to live theatre at CTC! We can't wait to welcome you and your family back for a season that features jaw-dropping spectacles, blockbuster musicals, world premieres and more. Experience the magic of live theatre that will inspire you, open your heart, and fill you with joy. Tickets start at just $15 for kids!
"Annie," Nov. 7, 2021 – Jan. 9, 2022, all ages
"Bina's Six Apples," Jan. 9 – Feb. 13, 2022, ages 9 and up
"Circus Abyssinia Tulu," Jan. 18 – Feb. 13, 2022, all ages
"Something Happened in Our Town," Feb. 27 – March 27, 2022, ages 7 and up
"Diary of a Wimpy Kid: The Musical," April 22 – June 18, 2022, all ages
Single tickets to all performances now on sale at https://childrenstheatre.org/.

Minnesota Orchestra Movies & Music Concerts for the 2021-22 Season
Tickets for most performances are available now.
Featured films include "Black Panther," "Toy Story," "Harry Potter and the Order of the Phoenix" and "Star Wars: Return of the Jedi."
Conducted by Sarah Hicks, the Orchestra's principal conductor of Live at Orchestra Hall, these special events bring feature films into the concert hall, where the movies are shown on a large screen above the stage while the Orchestra performs every note to the corresponding scores live. Four major films will be presented in the 2021-22 season, starting in November with the newly added 2018 Marvel Studios film phenomenon "Black Panther," with Oscar-winning score by composer Ludwig Göransson. A family favorite also makes its first appearance at Orchestra Hall in November, when the Orchestra performs the score to Disney Pixar's "Toy Story," the revolutionary animated film released in 1995, with music by Randy Newman. The Orchestra continues its performances of the beloved Harry Potter series in January 2022 with the fifth installment of the film series, "Harry Potter and the Order of the Phoenix," featuring music by Nicholas Hooper, and returns to another favorite movie series with performances of John Williams' Oscar-nominated score to the 1983 film "Star Wars: Return of the Jedi," the final movie in the original Star Wars trilogy, in April 2022.
Tickets are available now for select performances of "Black Panther" and "Toy Story," and for all performances of "Harry Potter and the Order of the Phoenix" and "Star Wars: Return of the Jedi." Tickets for additional performances will be available to subscribers on July 26 and to single ticketholders on August 16. Subscribers save up to 15%. Young Listener (ages 6-17) discount available for select concerts. Some restrictions apply. Visit minnesotaorchestra.org for details.

Fare for All offers affordable holiday cooking options this year

Community-based program makes fresh produce and frozen meats more accessible and affordable

The holidays are just around the corner and Fare for All, a community program that offers affordable groceries, is ready to help with your family's feast. Stretch your budget and get fresh produce and quality frozen meats without breaking the bank this holiday season. Fare for All's signature Holiday Packs will be available in November and December. November's pack features an 8-10 lb. turkey and December's pack will have a 6-7 lb. ham. Food packs costing $30 will serve over 5,000 individuals.

"Every year we look forward to offering food for the holidays at great prices for our community. In a time when so many families need affordable and healthy food, we want to offer accessible options for everyone to be able to prepare a holiday meal," said Lindsey Countryman, Program Coordinator. "This year our goal is to return to as many of our locations as possible while serving folks as safely as we can."

One option to pick up your Holiday Packs is at Fare for All's Minneapolis location at Open Arms of Minnesota (2500 Bloomington Ave). See www.fareforall.org for more info and all 30-plus locations.

The holiday sales in Minneapolis will be indoors with masks and physical distancing on Friday, Nov. 5 and Friday, Dec. 3 from 1- 3 p.m. No need to call or register in advance – just stop in to shop!

Nov. & Dec. Holiday Pack Contents*:

The (all frozen) content of the November Holiday Pack ($30) this year includes: 8-10 lb. Jennie-O turkey, 2.5 lb. garlic pork loin, 27 oz. pumpkin pie and more.

For the same price, the (all frozen) content of the December Holiday Pack includes: 6+ lb. bone-in ham, 2.5 lbs. boneless rotisserie chicken, a 1.5 lb. Hormel pork tenderloin and more.

*Limit one per household, contents subject to change based on availability.

About Fare for All (www.fareforall.org)

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New transit station at Lake Street

BY STEPHANIE FOX

For four years, those traveling on I-35W have seen a mammoth construction project rise above Lake Street. The structure is part of MnDOT's Crosstown plan to create a 14-mile highway Bus Rapid Transit (BRT) line connecting Minneapolis, Richfield, Bloomington and Burnsville.

On Thursday, Oct. 21, the first Metro Transit Bus pulled out from the station onto I-35W. This new station allows bus riders access to both the METRO Orange Line and I-35W express bus routes on the freeway level, giving easy connections to the freeway, to other local Minneapolis bus routes, to the Midtown Greenway and to Lake Street – one of the busiest bus routes in the system. The new line upgrades and replaces Route 535.

Express bus stop above Lake Street ready to travel I-35W to Richfield

View of Lake Street from inside the new transit station

"Metro Orange is different than typical highway express routes," said Luis Rangel, Metro Transit's outreach coordinator. "Most routes that run on the freeway serve the 9-to-5 riders coming from the suburbs to downtown and back. This new route will provide mass transit opportunities for people who work the second or third shift and people who live in the urban core and work in the suburbs. And, since it operates on weekends, it offers chances for people to go to sports events or weekend entertainment downtown."

Currently, the station is open from 5 a.m. until 11:45 p.m. with plans to extend the hours in early December.

Riders will pay $2 during non-rush hours and will have 2 ½ hours to use a transfer. "There are a few new elements that will speed up service. You can pay before you board. You don't have to queue up and pay on the bus. You can board through any of the three doors. There are heating and lighting and TV monitors that will show arrival times. You can lock up your bikes." Many of the features that once were exclusive to light rail will now be available to bus riders.

The new station cost $20 million, part of the $150-million price tag for the entire Orange Line. Funding came from the Counties Transit Improvement Board, the state of Minnesota, the Metropolitan Council, Hennepin County, Dakota County and the federal government.

BRT provides high quality service like light rail but is less expensive to build and, if needed, bus routes can move and change, unlike transit dependent on train tracks, said Rangel.

The new bus hub is a vast improvement over the original bus stop, he said. "Before the construction started, there was a staircase crumbling. It didn't offer any accessibility. The previous bus stop had a shelter at the edge of the freeway. It didn't offer protection from the traffic or the weather. This improved waiting experience is a big improvement. Before, the bus stop at the Lake Street level was very narrow and dark. Now, there is a big wide-open staircase with hundreds of LED lights. The new two-story hub is ADA accessible, with elevators to both levels."

There are more improvements planned for the future. A Metro B line will bring new services to Lake Street and I-35W and give access to businesses in the region. There are 14,000 daily riders in the corridor. "As we see work and travel plans change post-Covid, we are planning to extend the route. We are looking to make it a faster and better experience. Looking long term we want heating, lighting, emergency telephones and cameras," Rangel said.

I-35W and Lake Street Station

There are plans in the works to make improvements to the busy Chicago Avenue route and to add additional connections to the Midtown Greenway, allowing people to use bus transit and their bikes to reach their destination.

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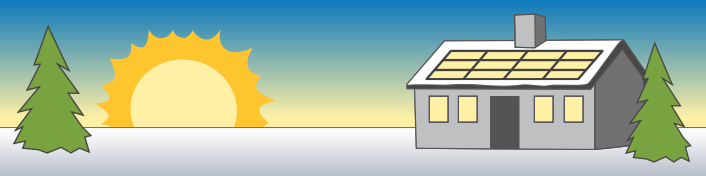

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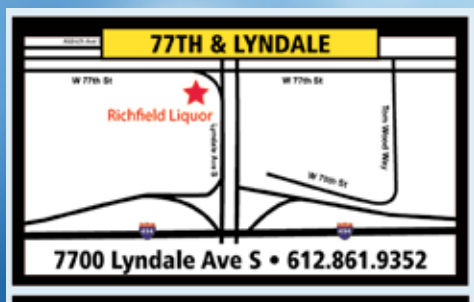

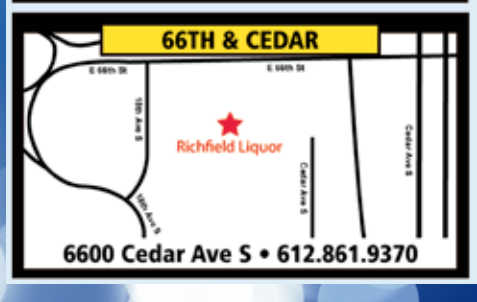

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