



We build Pride on the Southside

NOKOMIS EDITION

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How to get rich



BY TONY BOUZA

Grinding poverty concentrates the mind powerfully.

If you're so smart, why aren't you rich?

Money talks ...

We live in a merciless capitalist society. You're either at the table or on the menu.

My reaction to such cruelty?

Bravo!

There's never been a more generous economic idea than socialism.

Jesus said, "Take what thou hast and give it to the poor"—or, implied, forfeit salvation.

And the answer?

Altruism doesn't work, or, even when it works, it ain't enough.

And Scandinavia?

They are sensible, controlled, taxed and distributist capitalists. And homogeneous.

Is this so complex? Look around you, for God's sake. I didn't invent it and I'd much rather socialism worked.

So there I was—a beggarly boy in a cellar damp. What to do?

To be a member of today's middle class you need \$1.2 million in assets.

Each of us has a fair amount of cash trickle through our fingers.

How is a wage slave to make it?

See Bouza, page 11

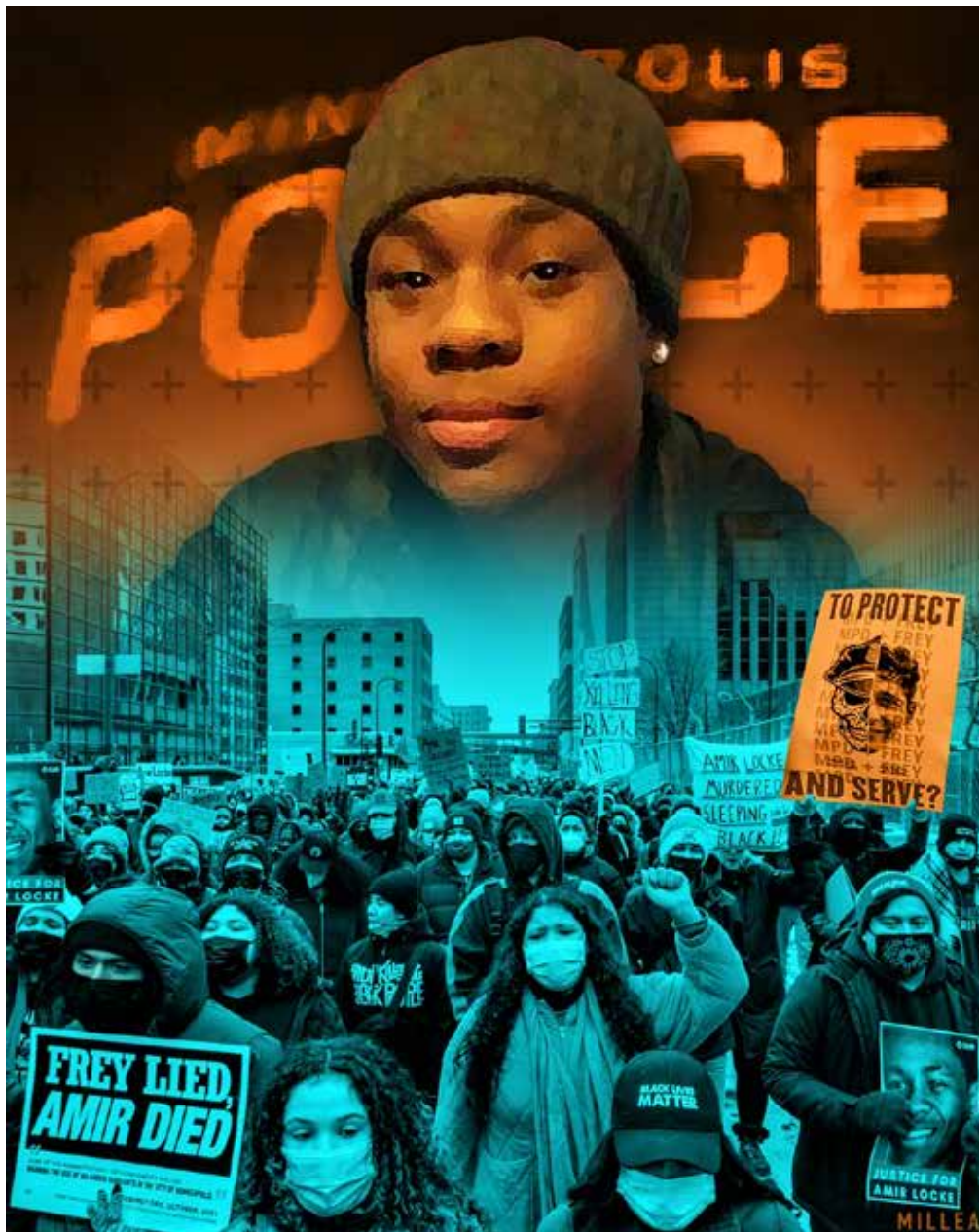


Illustration by Bob Millea / Photo by Brad Sigal

Another brother down

BY ED FELIEN

Just before sunrise on Feb. 2, the MPD SWAT team bursts into a downtown apartment: "Police!" "Search warrant!" "Get on the ground!" Amir Locke is asleep on a couch, under a blanket. They kick the couch. Amir gets up, turns to the officers. He is holding a gun. Officer Mark Hanneman shoots Amir twice in the chest and once in the wrist.

It took less than 10 seconds, and Amir Locke was dead.

They had a no-knock warrant. The St. Paul police had asked for assistance from the MPD in arresting a suspect in a homicide. Interim Police Chief Amelia Huffman asked the SWAT team to help. The Special Weapons and Tactics team said they wanted a no-knock warrant. It gave them a tactical advantage, the element of surprise. The chief signed off on it, even though her boss, Mayor Frey, had said he had abolished no-knock warrants.

The Fourth Amendment to

the Constitution says, "The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized."

No-knock warrants violate the very essence of the Fourth Amendment. The point of the amendment is that all of us have a right

Quakers look at policing cops

BY JOHN STUART

Quaker social justice values are embodied in "Testimonies," adherence to peace, equality, community and integrity. A year ago, members of the Minneapolis Friends Meeting began to talk about the policing of our city in the light of these Testimonies.

Too often, we had seen violence in policing. We saw Jamar Clark thrown to the ground, shot, and killed. We saw Terrance Franklin, unarmed, chased into a basement by five officers and a dog, shot, and killed. We saw Justine Damond, who called the police for help, shot, and killed. We saw the murder of George Floyd. We knew – I was a public defender for 36 years – that there was more police violence, beatings, punching, heads slammed onto the squad car, that we did not see.

Too often, we had seen inequality in policing. An ACLU study established that the marijuana arrest rate was eight times as high for Black people as for whites. Traffic stops for taillights, tabs, and "dangling object on mirror" were much higher for Black motorists. Most white people don't know it is illegal to have a pine tree air freshener on your mirror, but the Black community has learned this from experience.

We don't know what "community" means to the Minneapolis police. Ninety-two percent of our officers do not live in the city. Disrespect is shown not just in neighborhoods where people of color are concentrated – and it surely is there – but also at demonstrations. Many diverse protesters have been injured by rubber bullets and paint balls shot at their heads. Officers talked openly on camera about "hunting" protesters. The city will have to settle up a lot of lawsuits from these police practices.

But not much has happened to hold officers accountable for racial bias and violence. This leads us to examine the integrity of the department that is meant to "Protect and Serve." Officer Chauvin had 18 documented complaints before he murdered George Floyd, many of which were for hurting people. He received two reprimands and was appointed as a training officer. Police misconduct in Minneapolis is most often addressed by "coaching," even for excessive force, so that harmful, disgraceful incidents never see the light of day. This is not integrity.

Twenty-five people from the Minneapolis Friends Meeting, and some friends and neighbors, decided to take action. We scheduled

See Another, page 5

See Quakers, page 4



Our special pet section!

Pages 2-3



**2022 Summer Camp Section
Pages 7-9**



Small pets for small spaces – keeping birds, fish and other special pets

BY DEBRA KEEFER RAMAGE

Why keep small and unusual pets?

Not everyone can keep a dog or a cat in their living space. For reasons ranging from disabilities to allergies to rules for renters, sometimes if one wants an animal companion, they have to look for other

alternatives. I have known people who kept snakes, rabbits, ferrets, spiders and guinea pigs, among other unusual pets, but since we don't have the space in this article to cover all the options, we will just focus on a few relatively easy to care for options: small reptiles, small mammals, small birds and freshwater fish.

What kind of small reptiles are available to buy or adopt?

Smaller reptiles that are often kept as pets include the leopard gecko, the corn snake, the bearded dragon, the ball python, the red-eared slider, the blue-tongued skink and the chameleon.

Although you can sometimes find reptiles at big box pet stores, or buy or adopt them from friends and other individuals, the Twin Cities has a great resource on reptiles in a place called Snake Discovery. Located in Maplewood, it's a combination of a reptile zoo, an educational and entertainment resource for kids, a pet supply store, and a reptile rescue and adoption service. Also, Snake Discovery has a YouTube channel with over 2 million subscribers before it was a physical space, which you can explore here: www.youtube.com/watch?v=arRJ_n48F2g.

Before deciding if you want to keep a reptile, you can visit them at Snake Discovery and maybe take part in one of their programs (Totally Turtles, Reptiles Around the World, etc.) or even hold a child's birthday party in their facility to get up close with some reptiles. If you decide to go for it, check out



Consider adopting or fostering a small mammal from Minnesota Pocket Pet Rescue.

their adoption policies and procedures at www.snakediscovery.com/adoption-program.

Why small mammals and what kind should you get?

There are lots of species of small mammals available to buy or adopt, some that have been successfully domesticated for many years. Among those recommended online are Syrian hamsters, dwarf ham-

sters or Chinese hamsters, as well as gerbils, fancy mice, guinea pigs, and chinchillas. Most of these can also be bought at a reputable pet store if you have a way to check for reviews and the legal status of the breeder.

If you want to go the "adopt, don't shop" route, check out Minnesota Pocket Pet Rescue at www.mnpocketpetrescue.org. They're a nonprofit dedicated to rescuing rabbits, mice, hamsters and other small pets in danger of premature euthanasia other than for disease, or in danger of abandonment or abuse. If you're not ready to permanently adopt a tiny mammal, you may want to volunteer with them, temporarily foster a rescued pet, or buy merch from their website store to help support their mission.

Why tropical freshwater fish?

Aquariums full of fish and other life forms are popular with geeky types of people (in which I include myself). While caring for land-based fauna like birds and mammals involves actual caring skills, taking proper care of your fish tank is more like science and less like raising children. If you're more cerebral and less cuddly, this might be the pet for you. Also, problems caused by other types of pets, such as allergies or noise, are almost unknown amongst aquarium keepers.

What to know before you get that aquarium

Don't take this to mean that keeping fish in an aquarium is easy or without possible complications. So as not to inherit someone's hidden problems, I recommend that the beginner start from scratch. Proper steps are required to do it right, and patience is important.



A leopard gecko in its tank, complete with pool



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Best Friends



Colorful discus fish in a freshwater aquarium

First decide between three types of aquarium environments to go for – freshwater, brackish water or salt water. All other choices for your aquarium start from there.

Salt water is pretty complicated, and is not recommended for the novice, and so we will not cover that option here. Consult a trusted expert. Some experts recommend brackish water over freshwater, and although it does have some advantages, I recommend going with freshwater only for two reasons. First is that brackish water doesn't support live aquatic plants, at least not the ones commonly available in aquarium stores. (I am making a blanket recommendation against all forms of plastic for your aquarium accessories.) The second reason is just that there is more historical knowledge and more readily available advice and actual "stuff" for freshwater aquariums.

Here's a good online article about setting up a new freshwater aquarium: www.thatpetplace.com/articles/freshwater-aquarium-basics-article. There is also a terrific book available, possibly at the library or secondhand, titled "Freshwater Aquariums for Dummies." The short version is that choosing and buying your fish is almost the last step. Before buying fish, to have a safe and healthy environment you must do research, get the right size tank, condition the water, start filtering it, wait for it to come into balance, and start to get the plant life established. In addition to nitrogen/pH balance and ammonia levels of zero, your water needs to be at the right temperature. Lighting is used for the fish, not you, so you need to provide cycles that allow them to rest enough. All of this goes back to the importance of doing your research.

The one thing that comes after buying your fish, and is optional, is to get snails or bottom feeders. These help to keep the water and glass sides clean, but if you put them in too soon, they could starve. Of course, up to the capacity of your tank, you can buy more fish as you go along. You should only get two to five small fish to start, and then work up to the capacity of the tank.

to refer to what you probably call a parakeet as a budgie from here on, as does all the rest of the Anglophone world except people in the U.S. The dictionary says they're the same bird, but there is actually another small parrot species with that name – see graphic.)

What to know before you get a bird, or better yet, a pair of birds

You know what I'm going to say, right? Do your research. We're giving you some tips here, but this is just a small sample of what you need to know to be a responsible bird parent for the first time. The subject of keeping just a single bird is controversial. Lots of people do, and both the bird and the human seem OK with it. But to me, it seems cruel and unnatural. Birds are highly social, with so many instinctive behaviors that they need in the wild, that they have to frantically adapt if they find themselves alone in a human family instead of a flock. Basically, they must bond – strongly – with someone. If you're single and you have a single bird, or you're the one person in the family the single bird bonds with, what happens to that bird if things change? I have seen the tragic aftermaths of such situations.

I strongly recommend the following scenarios – two to five budgies OR two lovebirds OR two cockatiels. The best scenario is to get two very young birds of the same species that have already bonded with each other or at least been acquainted. Also, you don't want them breeding, so the best is to get a same sex

pair. With budgies, a small flock of mixed genders may not ever try to breed, or at least that was my experience when I was the spouse of a bird rescuer.

In my experience, the best starter bird pair would be two peach-faced lovebirds. If you get them young, be sure to handle and play with them one at a time early on. Otherwise, they will be so bonded

exercise, but provide small perches for their tiny feet.

- Do let the birds out of their cages, but check for hazards such as open doors or windows, fans, heaters and open water. Give them toys and other stimulation.
- Do find a specialist avian vet before you get a bird. Consider pet insurance.



Budgie vs. parakeet: All budgies are parakeets, but not all parakeets are budgies.

with each other they will nip at you. And just in case you're not doing your research, here are a few common failures to avoid:

- Don't feed a bird entirely on seeds. Birds need fruits and vegetables. Pellets make it easy, but give them real food also, as a treat. (But check on which foods are toxic to birds, like avocados.)
- Don't think you can house small birds in small cages. Put small birds in a large cage so they can get

What to do if you're fonder of large birds

If you want to get to know larger and more interesting birds, I recommend volunteering for a bird rescue organization. There is a wonderful parrot rescue group in St. Paul called MAARS (Midwest Avian Adoption and Rescue Services). Find out more at www.maars.org.

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LETTERS TO THE EDITOR

Who is really running Minneapolis?

The Jones Day law firm is the fifth largest law firm in the United States. They mostly represent large corporations, but in the last election they represented the Trump campaign in lawsuits trying to overturn the election results.

Jones Day has virtually taken over the government of our city, working in the city attorney's office to prosecute protesters and others, to defend the city against lawsuits by people hurt by police and to process complaints against the police in the Office of Police Conduct Review. They are negotiating the Police Federation contract for the city and ensuring that police get PTSD payouts, while inversely, the ones receiving these payouts should mostly be people injured by police brutality in the months following the uprising. They are also defending the city against the U.S.

Department of Justice and Minnesota Department of Human Rights investigations. They are blatantly working to keep the city from bringing better and more accountable policing to Minneapolis.

Initially they were working for free for the city but have now secured contracts where they are being paid \$500 or more an hour for work that should be done by the city attorney's office and other city staff at far less cost.

We don't need corporate hacks running our city and preventing us from holding the MPD accountable. They do not represent the people of our city. Please tell Mayor Frey and the City Council that Jones Day law firm has got to go.

Learn more, contact your City Council representative and sign the petition at: <https://www.cuapb.org/>

**Janet Nye
Phillips Neighborhood
Minneapolis**

Open letter to the Bureau of Criminal Apprehension:

As you certainly know, Winston Smith was killed by officers under the supervision of the U.S. Marshals on June 3, 2021. The Bureau of Criminal Apprehension conducted a Use-of-Deadly Force investigation, resulting in a report of over 1,000 pages, submitted to Crow Wing County Attorney Donald Ryan. Mr. Ryan then decided that lethal force was justified and that no charges would be leveled against the Ramsey and Hennepin County deputies who shot Smith. I just checked a minute ago, and that report is still not available to the public.

My understanding is that the entire purpose of this investigative section of the BCA is to provide transparency and inspire public trust and confidence when officers kill. In this case, there were no body cameras worn. No squad video was released. The identities of the shooters have been shielded. No grand jury or public trial

of those officers has happened, or will happen, since Mr. Ryan did not recommend them. At this point, nearly three months after releasing the BCA report to Mr. Ryan and over seven months since Mr. Smith's death, that report is still not available to the public.

Frankly, this leads me to wonder about the entire purpose of the investigation. Is it truly to inspire public confidence, or merely to delay long enough so that the public forgets the doubts that have been raised? If you want the public to trust armed officers who kill, please know that we do not now have the information to reach that conclusion in the case of Winston Smith. By withholding that report for so long, you are only delaying public outcries until the next officer-involved killing. It should not take more than a day or two to redact protected information. Using a computer search function should be able to accomplish that task in minutes. Why is this report still secret?

Charles Underwood

Reader criticizes Walz

This letter is written in response to the statement that Walz running for governor in 2022 would be helpful to Democrats. Many Minnesotans will not vote for Walz again. I'll first note the many voters he lost after his state police froze 640+ anti-police brutality protesters that cold November night on I-94. But being an environmentalist involved with Line3, I will focus on why a lot of us, and a lot of indigenous people, are done voting for Walz.

There Walz was in northern Minnesota campaigning, telling indigenous people that his decisions on Line3 would be based on treaties made with tribes in northern Minnesota. Their response was to conduct a Georgia-style voter recruitment drive that rallied many indigenous people and environmentalists in northern Minnesota and the metro area to vote for him. He lied to us and betrayed northern Minnesota lands that, as soon as courts gave them jurisdiction, tribes protected and beautifully conserved. Walz enabled a pipeline that goes through 40% of the nation's fresh water, which has led to many habitat-fouling frac-outs, drained wild rice lakes, and aquifer breaches, one of which the state allowed Enbridge to ignore, and it's been draining for a year. Recently, Enbridge poured concrete into it, but many, including geologists, are skeptical that the problem is resolved. Walz's DNR refuses to disclose the sites of other aquifer breaches, leaving many locals wondering how much mud Enbridge is injecting into their water sources. A geologist fears it could be millions of gallons. This, with Walz saying if there's any problems, there will be accountability.

What we get is state collusion. His administration meets with Enbridge whenever Enbridge wants, while never meeting with tribal officials or environmentalists. He has never toured the drainages, nor said one word about them. The aquifer got breached because Enbridge ignored a 10-foot-down drilling permit, and, as usual, did what it wanted, and drilled at least 20 feet down. For this it was fined

\$3.3 million, a small percentage of the funds they allocated for damages, and was charged with a misdemeanor, while his [Walz's] attorney general, Ellison, has been bumping up the misdemeanor charges of many Line3 protestors to felonies, despite receiving over 8,000 emails and uncounted phone calls asking him to drop all charges. These are nonviolent protestors who have already experienced Enbridge-funded local authorities' physical assaults, rubber bullets, pepper spray, solitary lockups, and lawyer targeting. Looming next for northern Minnesota is Glencore's Polymet mine. Glencore would probably win the contest for the world's foulest mine. We dread Walz being governor again with that on the horizon.

If Democrats expect to win the 2022 governor's race, they need to run a better candidate, a trustworthy progressive and environmentalist who wants to protect Minnesota's resources.

Also, it's important to distinguish between Republicans' voter-diversion ploy, the Legal Marijuana Now Party, and the Grassroots Legalize Cannabis Party, which has been around for decades and is not manipulated by Republicans. Will Democrats take the clue that running who's endorsed by the Grassroots Party could help them win elections? It seems like Democrats would rather lose to Republicans than let a progressive get into state office.

**Sincerely,
Connie Bonniwell**

Ed Felien responds:

I agree that Walz should be criticized and challenged for his action/inaction on Line 3 and for his handling of the National Guard in 2020. I believe the best and most effective way to challenge him would be for a left/DSA candidate to run against him for the DFL endorsement for governor at the Minnesota State DFL Convention. Progressives are in coalition with the liberals in the DFL, but we are not subservient to them. If they want to carry the urban areas, then they need our support. We vow to

support the endorsed candidate - that's the basis of the coalition. We think that strategy will be more effective than standing outside in the snow. If you want to be part of formulating a progressive strategy that has some possibility of success, then you should become a member of DSA and support the coalition within the DFL.

Disclaimer: these opinions are mine alone. I am not an officer of DSA. I hold no official position. I have been a member for almost 20 years, and I believe DSA is the best vehicle for creating a just and fair society for all of us, but I speak only for myself and not for the organization.

Connie Bonniwell is right. The next looming environmental tragedy would be the Polymet copper mine in the Boundary Waters. Obama canceled their lease. Trump renewed it. And, on Jan. 26, Biden canceled it again. It is not going to happen as long as there is a Democratic president and a DFL governor of Minnesota.

Any ultra-left or special interest party that siphons off votes from DFL candidates supports Republican candidates. The DFL-controlled House passed a bill to make marijuana legal, but it died in the Republican-controlled Senate. As I wrote last month:

"The Republicans control the State Senate by one vote. In 2020 Tyler Becvar was the Legal Marijuana Now candidate in Senate District 27. He posted a video on his Facebook page promoting the Republican candidate in that race, Gene Dornink, who beat DFL Sen. Dan Sparks by 1,902 votes. Becvar got 2,500 votes."

It is my belief that the only effective strategy for reaching the promised land is to link up with as many like-minded people as you can find, and make friends with people you disagree with on some issues. Find a common program and fight for it. I think the struggle of Bernie and AOC and others to try to pass Build Back Better was heroic. Their failure has been a smashing success. People can now imagine a better world, and they can demand it.

Take your fight to the DFL. You'll find friends there.

When we ban books in school before we ban guns, we admit we are more afraid of our children learning than we are of them dying.

- Baratunde Thurston

Quakers, from page 1

monthly Zoom meetings with city officials to express our concerns. We met with Mayor Frey, and with mayoral candidate Kate Knuth. We met with interim Chief Amelia Huffman and three other women officers, responding to studies that say a police department with 30% women changes its culture. We met with a state legislator, the Chair of the Police Conduct Oversight Commission, the neighborhood

activist Don Samuels, and seven members of the City Council.

We let them know we believe police have an extremely hard job, and that we have deep respect for the officers - a very large majority of officers - who do it well. We are disturbed by increases in violent crime. We know we need law enforcement. We know the department is short of staff. We know some of the leadership is trying to change things for the better.

All the same, there is too

much violence, disrespect, racism and cover-up coming out of the Minneapolis Police Department. We will keep listening, and keep speaking up. We have faith that at some point voices like ours will be heard.

John Stuart is a member of the Minneapolis Friends Meeting. However, he is writing here as an individual, not on behalf of the Meeting.

To boo or not to boo? The Parkway Theater’s ‘SCREAM it off SCREEN’ evenings let you decide

BY STEPHANIE FOX

Think of the Parkway Theater’s monthly event, “SCREAM it off SCREEN,” as a combination of the Gong Show and a night at The Rocky Horror Picture Show. But more fun. Unlike Rocky Horror, you don’t need be part of the club or know all the lines, and you don’t have to dress up or bring props.

And unlike the Gong Show, there aren’t any live performers to boo. Even if you’ve never been to “SCREAM it off SCREEN,” held the first Friday of each month starting at 8 p.m., you’ll catch on and be part of the crowd in no time.

The rules are easy. Filmmakers submit short films, 15 minutes or less. The theater chooses 15 of these, at random, to present to the crowd. Halfway through a showing, for films shorter than four minutes, the red lamp under a small Chinese-style gong lights up. For films longer than four minutes, the light comes on at the three-minute mark. That’s when the audience gets involved. People can yell “Let it play” or “Gong!”

If the judges think it’s a toss-up between the Yeas and the Nays, the film will be paused and those who like the film will be asked to stand. If those standing are judged to be the majority, the film will continue and those who disagree will have to watch

in silence. If the film’s fans are in the minority, it’ll be time to move on to the next film.

It’s all in good fun. At the end of the evening, the top winners vie to be the ultimate audience favorite. Winners are decided scientifically, with a decibel app to measure the cheering. At the end of the night, the winner receives a giant check, for \$101.01.

In between the films, the night’s cast does comedy. Not stand-up so much as shtick, a running gag that differs every month. There is music, too. And SCREAMy, the show’s mascot, a creature with a red body, a large red head with no eyes, and a huge grin, dances through the audience.

Of the 15 films screened on Feb. 4, four were gonged and 11 moved on.

During the February event (jokingly called the Valentine’s Day show by the host), the films that moved on were “Space Tiger Samurai” (an animated Asian-style film about a tiger flying in a spaceship that looked like a 1950s American car, directed by Scotty Monten), “The Host Cell” (a story about a pre-teen girl in the 1970s watching a TV space fiction story while her parents argue in the background about the good-for-nothing father-in-law, directed by Joey Hamburger), “SUCCOR” (an entertaining but disturbing animation directed by Steven Lapcevic), “Dave

and Derek: Episode 4” (comic mishaps with a green-screen bodysuit, directed by David K. Greene) and “Mary Dan Food Review” (a funny commentary on Pop-Tarts, directed by Mary Danielson).

While “The Host Cell” got the most votes, the winning director was not available at the end to pick up his winnings, so “Mary Dan Food Review” ended up taking home the prize.

The Parkway was nearly full and many in the audience were regulars. Sam Weston, a filmmaker from Duluth, travels to Minneapolis almost every month to attend and join in the fun. “They show a lot of bad films and a lot of good films,” he said. (Weston’s new film, “Gleahan and the Knaves of Industry,” will be released on March 3 on the Fantasy Network.)

The monthly event can run late, but wine, beer and cocktails are available and can be enjoyed inside the theater. They also have a live, virtual “SCREAM it off SCREEN” on YouTube on the second Friday of the month (“typically,” the website says. The next one is set for Feb. 18.) You can check the schedule at www.screamitoffscreen.com.

The Parkway also has other live concerts, events and classic movies. “I try to program an eclectic mix of both Minnesota and national touring artists. We also occasionally partner with



the MSP Film Society and other arts/entertainment groups in the Twin Cities,” said Jessica Paxton, the talent buyer and marketing specialist at the Parkway.

The theater is also available for private rentals. People in the neighborhood frequently rent the theater for small get-togethers and private movie screenings – a fun option for celebrations with friends and family members.

Upcoming events include live concerts, stand-up comedians, iconic silent films with live

musical accompaniment, film premiers and famous more-recent movies such as “Shrek,” “Highlander,” “The Muppets Take Manhattan” and the actual “Rocky Horror Picture Show.”

Come every month to be part of “SCREAM it off SCREEN.” Organizers say there won’t be a SCREAM in April (that’s April 1 but this is not an April Fool’s joke) but if you want to attend any of the other shows, come to the Parkway with proof of vaccination and a mask.

Another, from page 1

to be secure in our homes, and we cannot have that right taken away from us without due process. Our right to be secure in our homes means we have the right to defend ourselves against an invasion of that home—no matter whom the invader claims to represent. We have a right to see the warrant and to contest it in a court of law. A no-knock warrant destroys that constitutional right.

Minneapolis Police Sergeant Mike Sauro led a no-knock raid in 1989 on the wrong house. He used a flash-bang grenade that caused a fire and killed Lillian Weiss and Lloyd Smalley.

We should not be under any illusion that Officer Hanneman will be convicted of killing Amir Locke. Even with Keith Ellison getting the state attorney general’s office involved, there is little likelihood that a prosecutor would be able to defeat Hanneman’s plea of self-defense. Amir was holding a gun. Hanneman will argue that he felt his and his partner’s lives were in danger. Former Police

Chief Tony Bouza says, “There’s not a jury in the country that would convict him.”

Should Frey resign?

He lied about abolishing no-knock warrants while he was running for re-election last fall. Some of that can be ascribed to campaign hyperbole, but his exaggeration and lack of follow-through is disappointing. He has now initiated a temporary moratorium on no-knock warrants.

He promised transparency in his administration, but we don’t know how the decision came about to agree to the SWAT team’s request for the warrant. We don’t know the protocol for the SWAT team’s use of force. We don’t know who is training new SWAT team members and new recruits—we have heard from people who claim to have been MPD recruits that Office Mark Durand (the SWAT team leader in charge of the group that killed Terrance Franklin) is in charge. The point of transparency is to allow accountability. The public needs to know

what is happening in order to know who is responsible. A line item budget of the MPD should be made available to the public. We have a right to know who these people are that are sworn to “Protect and Serve” the public.

Should Frey resign?

No. But he should get to work making good on his campaign promises. And he has a responsibility to explain the protocols associated with the killing of Terrance Franklin, Jamar Clark, Thurman Blevins and Travis Jordan and whether those protocols are still in place today. Further, he has a responsibility to tell us whether the officers involved in those killings have been disciplined for their actions.

Should interim Chief Huffman resign?

We know from an FBI study in 2006 that white nationalists were recruiting members to take over municipal police departments. We know that Bob Kroll, the twice-elected former

head of the Minneapolis Police Federation, had a well-known history of racial discrimination against Black fellow officers. It was disappointing to learn that among Huffman’s first acts was to promote several of her buddies—further bloating the bureaucracy and taking officers off the street. She has failed miserably in controlling the gung-ho bullies in the SWAT team.

But, she is an interim chief until the mayor and City Council appoint a new chief. It seems misdirected energy to spend time hiring a new interim chief rather than doing a nationwide search for permanent chief.

Our best hope for permanent and meaningful change in our MPD will have to come from the four progressives on the Public Health and Safety (PHS) Committee.

This committee has six members:

LaTrisha Vetaw, Chair: She’s been outspoken and critical of Frey.

Elliott Payne, Vice-Chair: He’s said, in his campaign literature, “We cannot keep spending more than 30% of our city budget on a

police force that targets, harasses, abuses, and kills our BIPOC neighbors.” We need to “divest \$8 million in taxpayer dollars from police and invest in alternative responses to harm.”

Robin Wonsley Worlobah said in her campaign literature, “MPD does not bring public safety. They have never brought public safety. And they cannot be trusted to bring us public safety moving forward. It’s time for a new path.”

Jeremiah Ellison (Keith Ellison’s son) said on June 4, 2020, “We are going to dismantle the Minneapolis Police Department. And when we’re done, we’re not simply gonna glue it back together.” It almost cost him re-election.

Michael Rainville and Linea Palmisano will probably be the conservative opposition to the more progressive Mod Squad majority.

It is important that we all pay attention to what happens to these hopes and dreams.

We all know a better world is possible.

It’s inevitable.

But only if we work for it.

Resisting diet culture, vitamin D, and a mini-review of ie Italian Eatery

BY DEBRA KEEFER RAMAGE

Resisting diet culture

If you feel the alluring pull for a dietary “renewal” every January and have a vague feeling that you’re being played, you need to read this excellent piece by dietitian Christy Harrison in the Eater – “How to Avoid the shameless creep of Diet Culture’s ‘New Year, New You’ nonsense.” Harrison writes, in response to a question about the harmful side of the relentless “wellness” and “reset” messages that ramp up at the start of each

“In treating people with disordered eating, that’s how I became so acutely aware of the harms of diet culture. When you see them make a lot of progress in their recovery and that progress is just undone by a doctor making some comment or seeing an ad online that follows them around everywhere. It’s just a minefield out there, especially this time of year.”

Vitamin D at food shelves – could it help cut disparities?

One kind of diet advice I don’t resist is evidence-based recommendations on the best nutrition, whether from food or, if need be, supplements, to keep immunity as strong as possible. A key, and often overlooked, nutrient in the body’s complex immune system is vitamin D. This vitamin can be manufactured in the body, but requires sunlight as a component. Both lack of sunlight exposure and high melanin levels in the skin, as well as age and some illnesses, can lead to low levels of vitamin D, which in turn lead to immune deficiencies, which usually go undiagnosed.

Studies show vitamin D is especially beneficial to African Americans and other people of color in the prevention of COVID-19. So why does no one seem to know about this life-saving information? (Source: the University of Minnesota, Center for Infectious Disease Research and Policy (CIDRAP) website. According to the City of Minneapolis COVID-19 statistics, 29% of those who have died of COVID-19 in Minneapolis

were African Americans, while the percentage of the population that is African American in Minneapolis is only 19%. Native Americans fare even worse, with 4% of the COVID-19 deaths, for a demographic that comprises only 1% of the population in Minneapolis.)

Some food distribution sites in Minneapolis hope to add vitamin D supplements to their food shelves. If you can donate, or if you need vitamin D, call Fr. Robert Two Bulls at 612-791-1253. He is from All Saints Episcopal Church, one of the churches and food shelves that have agreed to distribute vitamin D as donations permit.

Asa’s Bakery opening soon on 34th Avenue

The popular Asa’s Bakery was supposed to be open by now according to what we knew when we wrote the January edition of The Dish, but as often happens,



ie Italian Eatery’s take-out agnolotti with the writer’s own salad

it’s taking a little more time than expected. They have departed the old space and put up signage at the new space, and are now saying mid-February. Follow them on Facebook for the latest news.

Closings

This is not an exhaustive list, but some permanent closings that may be of interest to readers include Trattoria Mucci in Uptown and the Black Dog Cafe in St. Paul’s Lowertown. The May Day Cafe, which took a long time to re-open, is now temporarily closed again. The Town Hall Brewery also closed temporarily. The Bad Waitress on Nicollet Avenue has remained open but with reduced hours. In fact, it’s getting to be a good idea to phone ahead routinely, as a lot of eating and drinking establishments are forced to change hours at the last minute, due to staff shortages, sick leave surges, and other pandemic fallout.

Food Supply Chain loan program announced

Part of the Rescue Plan Act passed in early 2021 was a \$1 billion Guaranteed Loan Program for businesses in the food supply chain. Not designed to rescue businesses, but to help businesses in growth mode rescue the supply chain, this loan is available to “any business involved in the processing, movement or storage of food, whether it’s making a product or delivering products to their final destination, according to Joey Pardo, senior loan officer of Rural Lending at Live Oak Bank” as quoted in an article in the Minneapolis/St. Paul Business Journal.

Food truck builders make the big time

The Minneapolis Star Tribune ran a great Variety piece on Jan. 21 about local food truck builders Chameleon Concessions. (tinyurl.com/2p8n7rnj) The occasion was a contract they had to refurbish a London double-decker bus into a food truck to be placed atop an 11-story corporate headquarters in Virginia for a rooftop park. They also provided the project, called The Perch, with another food truck built from a 1947 Flex bus, and a check-in booth for its mini-golf course made from a 1977 Airstream. The idea was inspired by the Food Truck Alley inside MSP airport, also a Chameleon Concessions project.

Chameleon Concessions is a Minneapolis-based family business that grew up alongside the food truck boom a decade or so ago. The article is interesting in that it expounds on a lot of creative uses of the food truck model in ways that transcend both trucks and food. Examples include mobile pet-washing, bike repair, cell phone repair, cocktail bars, and even outreach services to homeless youth. “We’ve been approached with just about everything now because



Asa’s Bakery’s new place

new year, and how in particular people who have suffered from eating disorders can resist them:

“Constantly living in diet culture, and having a disordered way of eating and thinking about food be celebrated, (losing weight is something your doctor tells you to do, people in your life will praise you for it) makes it so much harder to recover from that behavior.



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The outlook for the third summer of COVID

BY DEBRA KEEFER RAMAGE

The outlook for the third summer of COVID

In 2020, virtual summer camps were born. But when we published our piece on summer camps in early March 2020, we had no idea what was to come. And neither did the organizations offering summer camps, many of which simply had to be canceled at the last minute.

In 2021, both the summer camp industry and this writer knew, to some extent, what to expect. So the distinction between virtual and in-person summer camps entered the lexicon. Here again, there was some diversion between

some organizations offering summer camps in the past have stopped doing so, and a few have disappeared, there are a lot of offerings this year.

Art camps for performing arts – music, theater, circus arts

Songs with Sarah Music School in the Field neighborhood offers music day camps for school-aged kids with a variety of interests: jazz, nature, wizarding and more, as well as ensemble classes for guitar, ukulele, piano and drumming. All camps include movement, singing, instrument play and outdoor activities. Check out their offerings at <https://songswithsarah.com>

Youth Symphonies will offer three week-long summer camps for beginning to advanced strings, woodwinds, brass and percussion. Half-day sessions led by GTCYS conductors will take place in downtown St. Paul, capped by a final performance at the Landmark Center. <https://gtcys.org/programs/summer>

The Children's Theatre Company has a wide variety of week-long day camps June through August, each with a different theme and grade level for participants. See childrenstheatre.org/education-and-engagement/for-children-and-families/camps.

Circus Juventas offers three types of summer camp op-



Songs with Sarah Music School at 4th Avenue and East 48th Street

ture Camps from Adventures in Cardboard are like, “where ‘wonder’ is the preferred path to igniting a passion for design, construction and playful exploration of the natural world.” See [adventuresincard-](https://adventuresincardboard.com/summer-adventure-camp-2022)

[board.com/summer-adventure-camp-2022](https://adventuresincardboard.com/summer-adventure-camp-2022) for more.

Articulture, a South Minneapolis community arts nonprofit, offers a wide variety of

See *Camps*, page 8



Greater Twin Cities Youth Symphonies offer week-long summer camps for beginning to advanced students.

the outlook in March and the actuality in June through August. In the height of summer 2021, we actually thought the end was in sight. I don't think we're going to be so incautious this time.

The outlook for summer of 2022 is who-the-heck-knows? Virtual options in summer youth camping are now just that – an option. The summer camp universe is back to “normal,” sort of. Whatever that is. That being said, although

[com/summer-2022-1](https://www.macphail.org/meta/summer-camps/).

MacPhail summer music camps range from those for absolute beginners hoping to try out multiple instruments to advanced players, in genres like jazz, rock/blues, chamber music, composition and music production, and more. Both in-person and online camps are available. See their full schedule of camp options here: <https://www.macphail.org/meta/summer-camps/>

The Greater Twin Cities

tions: performance week-long camps, daily sampler camps, and teen high-flying adventure camps. Camps are for ages 6 through 18, where students are assigned groups based on age. See circusjuventas.org/summer-camps.

Art camps for making things – arts and crafts, pottery, fire arts

It's impossible to sum up briefly what Summer Adven-

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Camps, from page 7

week-long, all-day art camps for kids over 5 years old entering grades K through 6 in the fall. See artculture.org/pages/child-summer-camps for details.

Northern Clay Center provides myriad ways to keep the kids in your life engaged in ceramics. They offer summer camps, after-school clay club, weekly Teen Boot Camp, one-day workshops for families, and take-home virtual camp kits. Check it out at northernclaycenter.org/education/clay-

for-youth-families.

Another local arts organization now offering summer programs is Chicago Avenue Fire Arts Center in the heart of George Floyd Square. Registration opens Feb. 25 and class details were not available at the time of writing, but will be found on this page: <https://www.cafac.org/>.

Sport camps for every sport

Classic TaeKwonDo Studios in South Minneapolis is now enrolling for summer camp with all-day camp sessions

from June through August. Camp includes TaeKwonDo lessons and classes, a uniform, snacks, field trips and other activities – plus, you pay only for days needed. Discounts for additional family members. <https://www.classicktstudios.com/>

Vertical Endeavors offers indoor Climbing Camps, giving children the opportunity to learn proper climbing techniques in a controlled and fun atmosphere. Choose between Base Camp and Peak Experience for a fun and age-appropriate option for your child. The Climbing Camps are offered as week-long or single-day sessions. Visit www.verticalendeavors.com/programs/climbing-camps/ to register.

There will be a Nike basketball camp offered at North Central University in the Elliot Park neighborhood of Minneapolis. Coach Travis Bledsoe, head coach at De La Salle High School, and Coach Khalid El-Amin, former Chicago Bulls player, will lead this coed basketball camp for all ability levels, where kids can learn fundamentals, build on existing skills, and take their game to the next level. More info at www.ussportscamps.com/



Summer Day Camp at Classic TaeKwonDo Studios

basketball/nike/nike-basketball-camp-north-central-university,

Both Minneapolis and St. Paul have their own youth tennis summer programs. Minneapolis's program is presented by the sports nonprofit Inner-City Tennis and is available at 20 Minneapolis parks. To register, go to <https://innercitytennis.org/youth-tennis/summer-parks-22>. For St. Paul, the program is administered by the parks department and is called Urban Tennis or SPUT. Search "Urban Tennis St. Paul." Although SPUT offers classes year-round at many locations

and for all ages, the summer camp is only in August at Eastview Recreation Center, for ages 5 to 12. Registration was not yet open at press time.

A different sort of sports camp is Trail Kids Mountain Bike Camp, presented by the Loppet Foundation, and utilizing the single-track bike trails at Theodore Wirth Park. "Trail Kids offers nine weeks of half-day (8 a.m. to noon) mountain bike camps for beginner to advanced riders ages 7 to 13. The focus of the mountain bike camps is to have fun, meet new friends, and build confidence riding the single-track trails. The camps will have mixed gender groups split up by age and prior experience. Non-binary and trans youth are welcome to join any group in which they feel most comfortable." See www.loppet.org/programs/tk/summermtbcamps to register.

Finally, if you have a kid who loves sports but can't really decide which one, AKA All Sports Camp might be the answer. This is for kids grades K-6 and runs June 6 through Sept. 2. Camp sessions will feature a different sport and field trip each week, with a focus on keeping kids healthy and active, as well as making new friends and building confidence and self-esteem. See akasport.org/all-sports-camp for details.

Academic camps – STEM and more

There are so many STEM programs with summer camps, we had to pare it down a bit and just focus on two or three of



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them. Although there is considerable overlap, there are two private providers that target slightly different age groups, with a wide focus of programs.

The first, which skews slightly younger at ages 5 to 14, is Code Ninjas. There are four Minnesota locations, the closest being in Edina. Offerings are either one-week or two-week (Boot Camp) in length. Topics range from building robots to making movies, from coding arcade games to coding websites. Start at www.codeninjas.com.

The second, which is geared to ages 7 to 17, is iD Tech. This year they are back to cam-

for registration, with early bird discounts if you enroll before April 1. Sponsored by the Minnesota Debate and Advocacy Workshop (MDAW), there are both online and in-person camps available for three sessions in June and July. In-person camps will be held at Augsburg University's Minneapolis campus. For complete details, go to <https://www.augsburg.edu/urbandebateleague/mdaw/>.

Traditional, specialty and unclassified camps

Discovery Day Camp, offered by Camp Northern Star, is a

week-long program open to all K-8 youth. Each fun-filled day will include things like swimming, hiking, climbing, archery, STEM activities, outdoor skills, crafts and more. They offer multiple sessions at a variety of metro locations. Go to <https://camp.northernstar.org/Article-Detail/discovery-day-camp> for full information.

Great River School's summer camps provide kids aged 4-17 a fun way to spend a week exploring, building, learning, moving, creating and having a blast. Choose from sessions focusing on art, nature, robotics, cooking, ultimate frisbee, bookmaking and more. Great River School strives to make summer camp possible for all kids, with early-bird pricing, sibling and multi-program discounts, and scholarships available to all. See www.greatriverschool.org/summercamp for all the details.

YWCA Minneapolis is offering summer camps all summer for kids in grades K through 5 this school year. Curriculum is all-inclusive of STEM, arts, outdoor play, indoor quiet time, and even includes both breakfast and lunch. Check



Summer Adventure Camps from Adventures in Cardboard

out www.ywcamps.org and navigate to the summer camps page.

Camp Tanadoona in Excelsior is operated by Camp Fire, one of the oldest camping organizations around. Tanadoona hosts both day camps and a two-week residential camp, and offers an array of choices including outdoor activities, sports, arts and crafts, and more. They also have scholarships. See campfiremn.org/camps/tanadoona.

Finally, if it's a residential camp you want, there is another trusted name in Minnesota. Camp Pillsbury, located in Owatonna, is a co-ed camp for ages 5 to 17. Although they do operate a day camp for kids within driving distance, it's mostly known as a residential camp, with dorms, a movie theater, horseback riding and a lake. Check out campaillsbury.com.



Nike Basketball Camp at North Central University

pus-based in-person intensives, but also still offering the Virtual Tech Camps which were a mainstay last year (and are probably here to stay). For Minnesota kids, the in-person summer camp will be held at Macalester College. Visit www.idtech.com/locations and choose Minnesota to get specifics. For virtual tech camps, use www.idtech.com/virtual.

The University of Minnesota is offering STEM camps too, but they had not finalized their offerings at press time. However, they are also offering a very interesting summer camp called the National Summer Transportation Institute. At first glance, that seems like an arcane subject for kids, but it really looks like fun. See www.cts.umn.edu/education/k-12/nsti. It's two weeks in July, it's FREE, and it's for kids entering grades 7 through 9 in the fall.

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macphail.org/summer-camps/

Migrants in Mexico

BY JOHNNY HAZARD

The recent history of immigration through Mexico to the United States is one of “Meet the new boss, same as the old boss,” of the realization that the arrival of liberal or moderate presidents in both countries has not led to an examination or reversal of the draconian policies of their reactionary predecessors. The response of both governments to the immigrant caravans that have moved through Central America and Mexico since 2016 is an example of this.

Some of the caravans have been organized partly by former Minnesota resident Irineo Mújica, who was born in Mexico, moved to the U.S. when he was 13, and now lives in the border state of Sonora. He returned in 2013 to Mexico because he was moved by what he saw of the plight of Central Americans in Mexico. His intention was to stay for a while and take pictures, but he became deeply and permanently involved.

Immigrants currently in Mexico (often with the intention of arriving to the U.S.) are mostly Hondurans and Haitians, with significant numbers from El Salvador and Guatemala and several African countries. Others are from Nicaragua, Belize, Cuba, Venezuela, and the ex-Soviet bloc countries. Most Central American countries have large Black populations, especially on the Atlantic Coast. Here is the website of the largest Afro-Honduran organization: <http://of-raneh.org/ofraneh/index.html>.

Mexican president Andrés

Manuel López Obrador (AMLO) took office in December of 2018 after having campaigned for 14 years and having lost two elections due to the fraudulent behavior of the then-dominant parties PAN (Partido de Acción Nacional) and PRI (Partido de la Revolución Institucional). The seeds for repression against immigrants were planted when Felipe Calderón, president under the banner of the PAN from 2006 to 2012, immediately launched a “war on drugs” (taking a brilliant idea from Nixon and Reagan and not bothering to change the name).

Calderón’s successor, Enrique Peña Nieto of the PRI, continued this policy, which López Obrador opposed until he became president. AMLO, parting from a historical fallacy about the nature of the army, has given to the military the tasks of airport construction, customs, security at mass vaccination sites, and other civilian activities. Uniformed military leaders appear on the podium with him at events all over the country. One aspect of AMLO’s militarization is the creation of a national guard with army commanders and almost unlimited powers and responsibilities, including immigration enforcement. When it became impossible to deny accusations that the immigration police were incompetent or violent, the National Guard came to the rescue but has not refrained from tear-gassing pregnant women, arresting mothers and separating them from their babies, shooting people “accidentally” and other egregious acts.

In the summer of 2016, when Peña Nieto was still president, the first public caravans formed and advanced rapidly through Mexico with the support of the left and some church and citizen groups. People in the towns they passed through organized to provide food and shelter. Opposition came from a few outright xenophobes within Mexico and from a few U.S. political actors who thought the caravans were a plot to create a border crisis for Obama, Biden, and Hillary Clinton, and to support Trump (or vice versa, to oppose Trump), as if people who fled Honduras under desperate conditions were aware of the day-to-day vicissitudes of U.S. electoral politics.

As AMLO coopted progressive forces, support for immigrants diminished

Irineo Mújica, mentioned above, is founder of Pueblos Sin Fronteras. Late last year, the biggest of the recent caravans set out from Tapachula, Chiapas, with 4,000 migrants who pushed through a National Guard roadblock on the outskirts of the city and continued toward Oaxaca. Mújica said Tapachula, a city near the border with Guatemala, had become an open-air prison for migrants. This caravan advanced on foot over several weeks toward Mexico City and upon arrival was met by local police directed by Mayor Claudia Sheinbaum, a protégé of AMLO. The police attacked and tried to keep the people from entering the city. This time the people fought the law, and the law did not win: six cops were

injured. The caravanners rejected government shelter, ended up in a casa del migrante and after 10 days, on Dec. 22, extracted a promise from the federal government to issue humanitarian visas and to discontinue the bizarre policy of detaining immigrants in Tapachula and dropping them by the hundreds in cities like Acapulco and Monterrey. (This waffling in policy is typical: one week the government says it’s urgent to keep people in Tapachula; the next, to disperse them.) Of the 510 people, 57 Haitians elected to remain in Mexico City, 100 chose to seek permanent residence in Mexico, and the rest got (voluntary) bus rides to the northern cities of Monterrey, Juárez, Chihuahua or Hermosillo where the wait for a visa would be shorter and the border closer.

The U.S. role: Biden canceled some of the most notorious policies of his predecessor, such as the separation of children from their parents. But crowding in private prisons continues, as do mass deportations and the policy of forcing asylum seekers to wait in Mexico, all documented on the United We Dream site: <https://unitedwedream.org/protect-immigrants-now/biden-stop-deportations-now/>. The participation of the U.S. in exacerbating misery in Honduras is discussed in this article which was written too long ago to mention Trump’s intervention in the second-to-last presidential election: [https://theconversation.com/how-us-policy-in-honduras-set-the-stage-for-todays-](https://theconversation.com/how-us-policy-in-honduras-set-the-stage-for-todays-migration-65935)

People who solicited refugee status in Mexico in December 2021, by nationality:

Total: 123,187
Haitians: 47,494
Hondurans: 35,161
Distant third place: 8,148

migration-65935.

Another Mexican city with a large migrant population, all the way across the country from Tapachula, is Tijuana. This is the city with the largest number of Haitians who have decided to remain in Mexico. A few have work permits and work at “real” jobs; others have informal activities like washing windshields, selling products on the street, etc. Unfortunately, 16 Haitians have been murdered in Tijuana since 2016 – the most recent case was on Jan. 1.

In other northern cities like Chihuahua, it is common to see Hondurans or Haitians in convenience stores after a day of asking for donations on the street, changing dozens or hundreds of coins for bills. My friend Aurora of the Rarámuri (Tarahumara) Indigenous group and now resident in the city of Chihuahua, says of Black immigrants: “Let them come here. We’re not racist.” Any stigma against panhandling should be mitigated by the fact that the Mexican minimum wage is about five dollars a day and even a job like that is hard to come by for a person without papers.

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“Best Eyewear Shop in Minnesota”

Uptown, New Brighton and Grand Avenue

The Dish, from page 6

of the pandemic. It’s definitely branched out to new opportunities,” said founder and CEO Mark Palm.

Platinum Pudding for Her Majesty

“Queen Entrusts Public That Gave Us Boaty McBoatface With Platinum Jubilee Pudding,” reads the headline of a piece in the London Eater. Queen Elizabeth will celebrate her Platinum Jubilee this summer (70 years of her reign). For her coronation in 1952, two principals of the Cordons Bleu cookery school created a dish called Coronation Chicken which is still popular today.

Check out “Platinum Pudding” in Wikipedia for the whole story, and see “Coronation Chicken” in Wikipedia for that story.

ie Italian Eatery – mini-review of takeout (via Bite Squad)

Like many people, especially my fellow elderlies, I am not going out much. No, I am being coy; I haven’t been outside (literally)

for about a month now. Perfect time to return to reviewing meal delivery and use it to check out the fare at a nearby eatery I have not managed to visit yet.

In fact, that’s partly its name – I refer to ie Italian Eatery on Cedar Avenue. I was craving pasta, and ie makes their own pasta from scratch, and they have some pretty fancy versions of it. Consequently, using Bite Squad, I ordered agnolotti, a ravioli-like filled pasta from the Piedmont region of Italy. (The name derives from the local dialect word for “pinch,” referring to the shaping method.) The description was very promising: pistachio pesto, sage, ricotta, and brown-butter pumpkin. They had me at pistachio, to be honest.

The only other thing I ordered with this was a canned soda for later. A very fancy canned soda, to be sure: A’Siciliana brand Blood Orange Soda. I had fantastic organic mixed lettuces on hand and organic cherry tomatoes that were impossibly sweet for the dead of winter. So I made my own salad and waited anxiously for the food. It was one of the coldest, tempest-tossed evenings of the month, and I was

glad I had generously tipped my poor driver, but he made it here and the dish even had a lingering memory of having once been hot. I reheated it in my trusty toaster oven in its original foil pan and tucked in.

None of the flavors disappointed. The pistachio pesto was as sumptuous as I had hoped. There was a brownish smudge that was perhaps a lightly toasted powder of sage leaves. (Or maybe it was plain brown butter and that was not a description of the pumpkin? Ambiguity is the downside of this modern rejection of punctuation and sentence structure on menus.) Whatever it was, combined with the pesto sauce, it gave the dish a complex flavor. The pumpkin filling was perfect, as was the light and delicate texture of the little pasta parcels. And it was just the right amount for a meal – hunger sated, but not overstuffed.

I also recommend A’Siciliana drinks if you can find them. Only one drink, but it supplanted San Pellegrino as my favorite soda. I hope to visit ie Italian Eatery in person once it warms up enough and try more of their offerings.

The new City Council divide



BY CAM GORDON

On Jan. 10, the new Minneapolis City Council met for the first time, elected new leadership and approved new committee assignments. It also revealed an interesting council divide.

While the historic election of former vice president and Ward 8 council member Andrea Jenkins as the new council president was unanimous, the votes for vice president and for the council committee structure and assignments were not. The seat for vice president was contested. Council Member Jeremiah Ellison nominated Ward 1 Council Member Elliot Payne, and then Council Member Lisa Goodman nominated Ward 13 Council Member Linea Palmisano, who also had the support of Jenkins.

Payne and Jenkins also put forward competing committee assignments. Both proposed using the same five consolidated standing committees that had been created last term during the public health emergency. This includes the Business, Inspections, Housing and Zoning Committee that may be the most powerful, combining what had been three committees into one. Both proposals put Council Member Lisa Goodman as chair. Second is the Policy and Government Oversight Committee that oversees the city coordinator's department. The Jenkins proposal that was ultimately approved had Ellison as chair of this. Payne had Palmisano as chair. Both listed Andrew Johnson as chair of both the Public Works and Intergovernmental Relations committees.

Notable differences in the proposals were the chairs of the Public Health and Safety and Budget committees. Jenkins had Council Member LaTrisha Vetaw as chair of Public Health and Safety and Council Member Emily Koski as chair of the Budget Committee. Payne designated Ellison as Chair of Public Health and Council Member Aisha Chughtai as chair of the Budget Committee.

After some discussion, the council voted 8 to 5 to approve Palmisano as vice president and then to approve the Jenkins committee structure with the same eight voting in favor and the other five opposed or abstaining from the vote. The five who voted in opposition included four new council members: Payne, Chughtai, Robin Wonsley Worlobah, and Jason Chavez, who were joined by Ellison, now starting his second term.

One of the big winners, in terms of leadership assignments and getting the heaviest workload, is Palmisano. She is now vice president, chair of the Committee of the Whole, chair of the Government Structure Subcommittee, vice-chair of the Budget Committee and chair of the Audit Committee, which will be taking on a bigger role under the government structure charter change. Council Member Andrew Johnson will also be chairing more than one committee: the Public Works and Infrastructure Committee as well as the Intergovernmental Relations (IGR) Special Committee.

Two of the newcomers, who were clearly opposed to the public safety amendment, will be chairing committees: Koski will chair Budget and Vetaw will chair Public Health and Safety. Those following the Water Works facility set to locate in East Phillips may find it notable that Chavez will not be serving on the Public Works and Infrastructure Committee.

The group of five council members who were united in opposition to Palmisano as vice president and abstained from voting on the committee assignments, showed unity in other ways in January. The clearest example

was an op-ed that they jointly submitted to the Star Tribune, calling for a strong rent control ordinance.

It is hard to know the significance of the 8 to 5 split on the council and how it might impact policy decisions in the future. If the eight who supported Palmisano were to stay united on other issues and align to support the mayor, it could be a formidable coalition and make overriding a mayoral veto impossible.

That, however, seems unlikely when it comes to controversial issues. Most of the eight supporting Palmisano opposed the Public Safety amendment, for example. This is the case with new council members Michael Rainville, Vetaw and Koski, who seem more closely aligned with Palmisano, Goodman and the mayor on political issues. Three others, however – Johnson, Jenkins, and Jamal Osman – are on record as supporting a new Public Safety Department and could be less predictable swing votes on a variety of issues.

When asked about the 8 to 5 vote, Council Member Johnson said, "I don't think people should read much into this."

Especially as the group of five more progressive and socialist council members want to pass policy changes, it may be more useful to recognize a 5-3-5 split in the council. As critical issues come forward like rent stabilization, the Tenant Opportunity to Purchase Agreement, and funding for public housing (all of which were called out in the recent op-ed), as well as the need for an overhaul of police oversight and government restructuring, this could put the three potential swing voters in unique positions of influence and power. Jenkins has already demonstrated that she can get support across the spectrum. One challenge will be getting to seven votes to pass any legislation, and the bigger challenge will be getting to nine votes to override potential mayoral vetoes.

As Johnson put it, "I think everyone realizes how important it is to work together, and that is where we need to be."

Minneapolis City Council

Leadership and Committee Assignments

President: Andrea Jenkins
Vice President: Linea Palmisano

Standing Committees:

Business, Inspections, Housing and Zoning: Goodman (chair), Osman (vice-chair), Rainville, Ellison, Chavez, Chughtai
Committee of the Whole: Palmisano (chair), Chavez (vice-chair), Payne, Wonsley Worlobah, Rainville, Vetaw, Ellison, Osman, Goodman, Jenkins, Chughtai, Koski, Johnson
Under the Committee of the Whole, there is a Race and Equity Subcommittee that includes all Council Members with Jenkins as chair and Chavez as vice-chair, and a Government Structure Subcommittee that includes all Council Members with Palmisano as chair and Jenkins as vice-chair, which shall meet at the call of the chair.
Policy and Government Oversight: Ellison (chair), Wonsley Worlobah (vice-chair), Vetaw, Chavez, Koski, Johnson
Public Health and Safety: Vetaw (chair), Payne (vice-chair), Wonsley Worlobah, Rainville, Ellison, Palmisano
Public Works and Infrastructure: Johnson (chair), Koski (vice-chair), Payne, Wonsley Worlobah, Vetaw, Chughtai

Special Committees

Budget: Koski (chair), Palmisano (vice-chair), Payne, Wonsley Worlobah, Rainville, Vetaw, Ellison, Osman, Goodman, Jenkins, Chavez, Chughtai, Johnson
Intergovernmental Relations: Johnson (chair), Rainville (vice-chair), Payne, Wonsley Worlobah, Vetaw, Ellison, Osman, Goodman, Jenkins, Chavez, Chughtai, Johnson, Palmisano
Audit Committee: Palmisano (chair), Payne and Koski

Bouza, from page 1

There are only two vehicles I know of—real estate and common stocks. You need a plan.

A house of one's own. Over the past century, they've—with a few rare exceptions—appreciated. And there's a hefty tax exemption at the end. After three occupancies I was astonished by the amount each of the houses paid me to enjoy their comforts.

Compound interest is magic (if I have to explain this, you are doomed).

All of us know a little bit about real estate—our neighborhoods, for instance. Apply that knowledge.

As to stocks—read the front page carefully—not the financials.

For instance, cannabis is mostly legal—in states, not the federal government. What happens if the feds legalize it? Which stocks will be affected? Maybe Constellation?

And what about abortion? A super-conservative Supreme Court is bound to curtail Roe v. Wade. Who

profits? Makers of abortion-producing chemicals. One such is Cadence.

A crisis in Saudi Arabia? Look at oil stocks.

The evidence is all around you.

In 1966 I met a brilliant Black lawyer. Great guy, too.

"So, where did you work before you came here?"

"Pfizer."

I immediately bought 15 shares at \$30 a share. \$450 total. First stock buy. I never sold it. Guess what?

You can't be timid or risk-averse. It takes nerve to pull the trigger. Buying a house; investing in stocks; using compound interest—all take nerve, but you will have—and have had—your chances.

And suck it up and maximize whatever retirement plan you're using.

Capitalism is very cruel, its only saving grace is that it accords with human nature. We are driven by greed. Sex, power and money are what we're about.

Stop kidding yourself.

Can we move in?

Do you have a couple of rooms we could rent?

Southside Pride is going to need office space next summer.

Call 612 822 4662.

Children in crisis

BY ELINA KOLSTAD

At a press conference in early January, Mayor Frey argued that schools should remain open in order to combat violent crime and increased carjackings often carried out by juvenile offenders. He specifically said, “When we don’t have that [schools open], boredom sets in. And boredom is no excuse for carjacking.” This is a gross oversimplification of the stresses faced by so many families over remote learning. These stresses disproportionately impact low-income families, many of whom are immigrants and/or people of color. These stresses range from lack of access to reliable high-speed internet, lack of computers or tablets for each child to learn on, lack of space to facilitate learning from home,

and lack of access to affordable child care.

Just to give an example: take the story of Musab Hussein. In March of 2021 he attempted to rent a laptop to take a University of Minnesota exam and was allegedly denied because he didn’t “look like a U of M student” to the computer technician. He needed the laptop because five siblings in his family were juggling distance learning from three shared computers. Hussein was, at the time, an undergraduate student at Carlson School of Management with just one class to complete before graduation. I suspect his family’s circumstances reflect those of many families with children in the Minneapolis Public Schools.

In addition to the difficulty of simply learning when you have

to share three laptops among five siblings, consider how likely it is that many of these families live in small apartments with no private outdoor space – no yard or even a balcony. Consider the logistics of multiple students trying to complete school work and videoconferencing, perhaps in the same room. Now consider how hard it was for many of us to socially distance in those early days of the pandemic, and many of us had entire houses with yards and far fewer children to drive us and each other completely up the wall. And those families were lucky. Many families faced the pandemic with a need for everything from electronic devices to internet to food to a roof over their heads.

Perhaps some kids turned to crime while schools were closed

out of simple boredom, but taking just a moment to think of all the stresses faced by so many youths in our city makes the mayor’s comments seem petty and out of touch in the extreme. It should catalyze all of us to strive for better.

While the mayor paid lip service to protecting teachers, students and families from the pandemic, he offered an interesting solution: more police. The main actions he called for to solve this problem were: (1) keep schools open, and (2) recruit more po-

lice, in part by increasing pay. It is amazing that even when recognizing the importance of public education in crime reduction, the solution still ends up being more money for the police. This is especially ironic given that the major reason for schools closing in this current wave is that too many teachers and staff are out sick or quarantined to adequately run in-person schools. But we couldn’t possibly recruit more teachers or pay them more. Could we?



(Photo/Kim DeFranco)

70 join Minneapolis anti-war protest

On a very cold Saturday afternoon on Feb. 5, 70 people joined a Minneapolis protest to speak out to say, “No War with Russia.”

A statement issued by organizers read, in part, “Following the Biden administration’s announcement that 3,000 U.S. troops are being moved to Eastern Europe, people will be taking to the streets to raise the

alarm about the dangers of a U.S.-Russia war.”

“For the last 20 years,” the statement continued, “the U.S. has been in a series of endless wars, interventions, drone strikes, and bombings, the U.S. has occupied or bombed Iraq, Afghanistan, Libya, and Syria. The real threat to peace is the U.S. war machine. The people of the

U.S. need an end to the endless war threats, people need housing, COVID relief, a real struggle against inequality and racism, not new wars and war threats.”

Groups participating in the protest included Minnesota Peace Action Coalition, Anti-War Committee, Veterans for Peace, Women Against Military Madness, and others.



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
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Southside Pride would love to include news about your faith-based communities for our free religion calendar.

Contact Katherine at
katherine.southsidepride@gmail.com
or call 612-822-4662.

EVENTS

**‘A Call to Sabbath’:
A Conversation with
Dr. Claire Wolfeitch
Tuesday, Feb. 15, noon to 1 p.m. CT
Online**
Join Collegeville Connections for a conversation with Dr. Claire Wolfeitch about Sabbath practices. Pause, breathe, connect, liberate, delight ... Come explore what the ancient and countercultural practice of keeping Sabbath might mean today for us as individuals and communities. This webinar will combine presentation and interaction as we explore Sabbath (gift and challenge) in our own contexts and callings. For more information and a link to register for this free webinar, go to: <https://collegevilleinstitute.org/events/event/feb-15-a-call-to-sabbath/>.

**Braver Angels: Finding Common Ground on Gun Violence
Wednesday, Feb. 16
5:30 to 8:30 p.m. CST
Online**
The Braver Angels Common Ground Workshop brings together equal numbers of Conservatives and Liberals – Reds and Blues (4-8 of each) – for a deep dive into a problem, such as addressing climate change, electoral reform or abortion. Together participants talk about their connection to the issue and their opinion on solutions. By the end of the 3-hour online event they have come up with jointly and unanimously-held Points of Agreements on values, concerns and policies. Who can come? Any one interested in developing a deeper understanding of, and connection with, people whose political beliefs differ from their own. You should honestly be able to answer “yes” to the following question: “Are you willing to listen to the other side, and are you willing to speak to the other side with respect?” To learn more about how you can participate, and to register, go to <https://braverangels.org/event/common-ground-finding-common-ground-on-gun-violence/>.

**Abolitionist Responses to Violence
Wednesday, Feb. 16, 6:30 to 8 p.m.
Online**
Join the Center for Sustainable Justice for the final meeting of our Workshop Series, led by community organizers and activists Jonathan Stegall, Peter Digitale Anderson, and Liz Digitale Anderson.

Each gathering of this series will address one of these questions related to violence and an abolitionist response: “Where are we?” “What is abolition and transformative justice?” “What can I do about violent crime?” and “What can we do about violent crime?” Register here to receive the Zoom information and any updates: <https://forms.gle/miu4K-kxcaHpt5oKAA>. We look forward to wondering, connecting, and responding together!

**The Real Stories of the “Bad Girls” of the Bible: a Post-Evangelical Reflection
Thursday, Feb. 17, 7:30 p.m. CT
Online via Zoom**
Lecture presented by Tim Sena, Director of The Spencer Library and Associate Professor of Theological Bibliography, United Theological Seminary. Historically, the stories of many of the women of the Bible have been interpreted in ways that deprive these women of their own agency, shame them for their sexuality, ignore their heroic actions and if all else fails, relegate them to “bad girl” status (such as the wildly popular “Bad Girls of the Bible” book series written by Liz Curtis Higgs). These harmful interpretations are not supported by the text. By taking a fresh look at these narratives, there is the hope that space will be created for people to find their own stories within the text. Part of the United Theological Seminary’s Faculty Favorite Lecture Series. Register for this free presentation at <https://content.unitedseminary.edu/tim-sena-spring-lecture-series?hsLang=en-us>.

**Remembering and Restoring the Past
Tuesday, March 8, noon to 1:10 p.m.**
University of St. Thomas, St. Paul
What do the histories of, and the continued research on, various local congregations and houses of worship in Minneapolis-St. Paul teach us about how communities are created, relationships are built, and how inter- and intra-congregational interactions are lived out? In this presentation, Dr. Marilyn J. Chiat and Dr. Jeanne Halgren Kilde will draw upon their Twin Cities Houses of Worship Project, which brings together data on over 250 congregations and over 500 sites related to religious and ethnic groups who settled and developed nine neighborhoods along the Mississippi River in St. Paul and Minneapolis between 1849 and 1924. Learn more and register at <https://cas.stthomas.edu/centers-institutes/center-for-interreli->

**JRLC Virtual Day on the Hill
Tuesday, March 15, 6:30 to 8:45 p.m.
Online**
We are looking forward to a powerful day of interfaith advocacy! JRLC 2022 Day on the Hill: “For Such a Time as This,” will take place on Tuesday, March 15, as a virtual evening program from 6:30 to 8:45 p.m. The keynote speaker is Maharat Rori Picker Neiss, ordained clergy, Orthodox Judaism, Executive Director St. Louis Jewish Community Relations Council. She will inspire and call us to action, reflecting the Day on the Hill theme “For Such a Time as This,” from the book of Esther. Find more details here: <https://jrlc.org/2022-day-on-the-hill>. Invite your congregation, social action members and community organization. Make your faith-based values and voices known. Shape, influence and support public policies for dignity, justice and the common good. Be a change agent and ally for and with struggling Minnesotans. We belong to each other “For Such a Time as This”!

Help new arrivals settle in
From the Minnesota Council of Churches: Interested in donating to help newly arrived families settle in? Items can be delivered in person by appointment by emailing rsvolunteers@mnchurches.org or shipped to our office at: MCC Refugee Services, 122 W. Franklin Ave. Ste. 100, Minneapolis, MN 55404. Right now we are looking for:

- Stove top pressure cookers
- Tea kettles (electric or stovetop)
- Baking sheets

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. or until we run out of bags. Currently, we are distributing boxes and bags of food at the door. 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 to fight food insecurity in our neighborhood, the Minnehaha Food Shelf is open on Tuesdays from 10 a.m. to 3 p.m. Note: In response to the COVID-19 virus we have changed many things to protect both our guests and our volunteers – more rigorous cleaning routines, streamlined procedures, moved outside and encouraged the 6-foot (social distancing) guideline. Please be patient as we continue to improve what we do. We will be pre-packing most of the food so there will be fewer choices. Also, we continue to look for ways to decrease contact between people and that means each week might look a little different from the previous week. <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
3140 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>.

**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. Due to COVID-19, we are currently operating a drive-thru and walk-up model. No appointments are needed – just come to the parking lot. Eligibility is based on self-reported

income and need. We ask that households come only ONE TIME A MONTH to allow everyone access. The Calvary Food Shelf has no geographic boundaries – all are welcome! If you have any questions, please email foodshelf@clchurch.org or call 612-827-2504, ext. 205. For more information and to see eligibility guidelines, go to <https://www.clchurch.org/food-shelf>.

**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/>

**Soup for You! Café at 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/>

Minneapolis Friends

BY JOHN STUART

Many people’s first thought of Quakers involves oatmeal. Or bonnets and long beards. But there are modern Quakers at the Minneapolis Friends Meeting, at 44th Street and York Avenue South, with no bonnets, not much oatmeal, and diverse activism in our city.

The original Quakers began in 17th-century England as the left wing of the English Reformation. The founder, George Fox, believed that every person had “that of God” in them, so they could worship together without a pastor. George was jailed repeatedly for expressing these beliefs.

Because “that of God” was in everyone, women and men equally gave vocal ministry at Quaker meetings. Quaker consciences did not allow them to take part in war—you can’t kill other people who have that of God in them. Likewise, Quakers felt a duty to agitate against slavery, until it was abolished in England in 1807. The Quaker colonizer William Penn committed himself to fair and honest negotiations with Native peoples as he established Pennsylvania.

More recently in America, Quakers sheltered enslaved people making their escape along the Underground Railroad. Quakers urged Lincoln to put a stop to slavery. Quakers who were opposed to America’s later wars demonstrated, served as conscientious objectors, and went to prison. Some Freedom Riders were Quakers.

Minneapolis Friends meet Sundays beginning at 9 a.m. at 4401 York Ave. S. 612-926-6159

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
Sunday Worship 9 am and online on Facebook
<https://www.facebook.com/felc-mpls/>
Sunday School – Sundays 10:30 am
Bible classes – Sundays at 10:15 am and Wednesdays at 10 am

NA groups Wednesdays 7:30 pm
Vacancy Pastor: Rev. Peter Preus

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 (ELCA)
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

NEW CREATION BAPTIST CHURCH
1414 E. 48th St.
612-825-6933
Virtual Sunday Worship 10:45 am
On Facebook only at: 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
Ash Wednesday worship 3/2/22
Check website for exact time.
Sunday worship 10 am, in Sanctuary

Adult Forum 9 am, in Fellowship Hall
Sunday School 9-9:55 am, the Nokomis Room
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

• COMMUNITY CALENDAR •

Southside Pride / NOKOMIS EDITION

EVENTS

Call for Artist Proposals: The Off-Kilter Cabaret, by Off-Leash Area

Apply by Monday, Feb. 14

Off-Kilter is a new community program of Off-Leash Area to highlight and support performance work by artists with disabilities. The Off-Kilter Cabaret will be a 75-minute-long cabaret-style production, which will comprise seven acts in any performing arts form, curated by the Off-Kilter Leadership Group. Artists are being sought now to present work at the Off-Kilter Cabaret June 9, 10, 11 and 12 at the Barbara Barker Center for Dance at the University of Minnesota. The space is a fully accessible black box theater with a floor-level stage, and the event includes accessibility accommodations such as sign language interpreting, captioning and audio description, as well as current protocols following CDC and state COVID guidelines such as physically distanced seating, masks, and proof of vaccination, etc. Artists with disabilities are asked to submit proposals by Feb. 14 of a 5- to 10-minute piece they would perform on the theme "Organ Recital." Off-Leash Area co-artistic director Jennifer Ilse says, "We hope to provoke artists to propose risky, unapologetic, and entertaining performances, using their body organs and systems as inspiration." Seven artists or artist groups will be selected. Off-Leash Area is currently accepting applications in any performance discipline, including dance, theater, music, storytelling, spoken word and performance work. The call for proposals is available on

the Off-Leash Area website: www.offleasharea.org/off-kilter.

Minnesota Peace Initiative: WAKE UP CALL, A Conversation About Democracy Wednesday, Feb. 16 7 to 8:30 p.m.

Free online event
Norway House Minnesota Peace Initiative presents: WAKE UP CALL, a Conversation About Democracy, featuring guest speakers Anne Applebaum and the Honorable John Tunheim, moderated by Janet Dolan and Thomas Hanson. Our guests have extensive experience in building and writing about emerging and successful democracies and the threats to them. Go to our website to see speakers' full bios at <https://www.norwayhouse.org/calendar/2022/2/16/mpiwake-up-call>. Reserve your ticket on our Eventbrite page and receive a FREE copy of Anne Applebaum's book, "Twilight of Democracy: The Seductive Lure of Authoritarianism." 50 copies are available for the first 50 reservations to this online event! (Choose the Ticket + Book option at "Tickets," go through checkout, and fill out your shipping address.)

'Local Vibes' Wednesdays at 8 p.m. CST On YouTube

"Local Vibes" – come for the music, stay for the stories. "Local Vibes" is a one-of-a-kind show documenting and creating space for the Twin Cities hip-hop community and their voices through performance and interview. It's music that sounds like Minnesota, and it's only on the Vanguard, Radio K's 24-hour, college-student curated online hip-hop stream.

"Local Vibes" opens a door into the vibrant local hip-hop scene that you won't be able to find anywhere else on commercial airwaves. The show's unique performance setup and fun yet informative interviews make for memorable content you won't find anywhere else in Minnesota. You'll hear voices that are enhancing the Twin Cities culturally and socially, and are testing the bounds of music as we know it. Tune in to watch interviews from your favorite Twin Cities artists, and to discover up-and-coming artists that you'll want on your radar. Twin Cities hip-hop has something special to offer, and we want to let you in on the ground floor.

The Vanguard is a student-curated, uncensored, 24-hour online stream dedicated to hip-hop. It's one of the first non-commercial stations in the county to exclusively feature hip-hop, and it's the only place to hear hip-hop 24/7 in the Twin Cities. Tune in to watch "Local Vibes" in a late-night talk show format on Radio K's YouTube channel each Wednesday at 8 p.m. CST and catch updates on the Vanguard's Instagram (@radiokvanguard). Stream The Vanguard here: <https://www.radiok.org/the-vanguard/>.

The Right Here Showcase: 6th Anniversary Season

Feb. 17 – 20 and Feb. 24 – 27

The Tek Box Theater
Cowles Center
528 Hennepin Ave. S., Mpls.
Join us for the 6th Annual Right Here Showcase, the community's only annual juried program to support Minnesota-based, mid-career performing artists who create original performance work. Led by Founding Artistic Producer Paul Herwig, 2008

McKnight Theater Fellow and among 2005 City Pages Artists of the Year, four artists are chosen through an annual public call and a panel review, to be awarded financial commissions plus technical and promotional support to present a new work of contemporary performance especially for the Showcase.

This year's Right Here Showcase will run two weekends in February at the Tek Box in the Cowles Center downtown Minneapolis, featuring these four powerhouse performance makers:

- Benjamin Domask-Ruh – physical theater artist
- Jess Forest – dancer, choreographer, and visual artist
- Sam Johnson – performance maker
- Queen DREA – musician and composer

Tickets and info: (612) 384-5435, www.righthereshowcase.weebly.com

PUSH Records Presents

West Africa Love: In Celebration of Gambia's Independence Day

Friday, Feb. 18

Doors 6:30 p.m.

Show 7:30 p.m. to midnight

Southern Theatre
1420 S. Washington Ave., Mpls.
West Africa Love: Today is the day we celebrate our African roots in tandem with the West African nation of Gambia's 57th year of independence. We have a tremendous lineup of talented artists who all come from different backgrounds to bring together a show like no other. Join us for a night of celebration, music, and an experience like no other! More info and tickets at <https://www.southerntheater.org/shows/west-africa-love-in-celebration-of-gambias-independence-day>.

The 2022 Cedar Commissions

Friday, Feb. 18 and Saturday, Feb. 19,
7:30 p.m.

The Cedar Cultural Center
416 Cedar Ave. S., Mpls.
The Cedar Cultural Center presents the eleventh annual Cedar Commissions, on Feb. 18 and 19, 2022, featuring new works by Carlisle Evans Peck, Nyttu Chongo, Maddie Thies, Vie Boheme, Alicia Thao and Kat Parent. Each night, three lead artists will

debut their brand-new works on The Cedar stage: Friday, Feb. 18 features Carlisle Evans Peck, Nyttu Chongo and Maddie Thies, and Saturday, Feb. 19 features Vie Boheme, Alicia Thao and Kat Parent.

The Cedar Commissions is a flagship program for local emerging artists made possible with a grant from the Jerome Foundation. Since the program began in 2011, the Commissions have showcased new work by over 60 Minnesotan emerging composers and musicians, including Dessa, Aby Wolf, Adam Levy, Maria Isa, Joe Horton, Joey Van Phillips, Gao Hong, Dameun Strange and many more.

For more info and to purchase tickets, go to <https://www.thecedar.org/cedar-commissions>.

Minnesota Sinfonia 'Serenade' Friday, Feb. 18, 7 p.m.

Metropolitan State University
Main Auditorium

700 E. 7th St., St. Paul

Saturday, Feb. 19, 2 p.m.

Basilica of Saint Mary
1600 Hennepin Ave., Mpls.
The Minnesota Sinfonia's Winter Concert Season continues with "Serenade," a program featuring one of the most popular and important works in the entire Romantic repertoire, Peter Tchaikovsky's "Serenade for Strings." Also on the program will be Claude Debussy's well-known and very popular "Petite Suite," and a new work by Williams Gomes, "Waltz." These performances, like all Sinfonia offerings, are free of admission charges, and children are welcome and their attendance is encouraged! Concert times and locations are: Friday, Feb. 18, 7 p.m. at Metropolitan State University, Main Auditorium, 700 E. 7th St., St. Paul, and Saturday, Feb. 19, 2 p.m. at the Basilica of Saint Mary, 1600 Hennepin Ave., Minneapolis. For complete programs, program notes and other important concert information, including COVID protocols, please visit the Sinfonia website at www.MnSinfonia.org.

Virtual Supernatural Encounter Weekend

Sunday, Feb. 20, 1 p.m.

Free virtual event

Hosted by the Minneapolis Institute

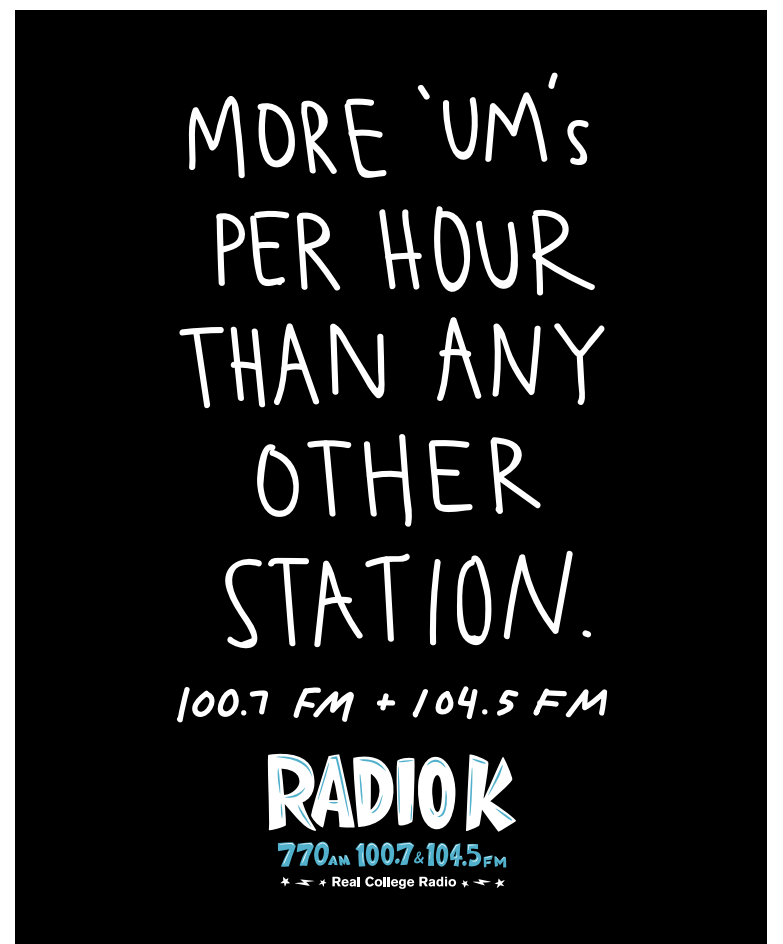


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of Art
During the opening weekend of “Supernatural America: The Paranormal in American Art” get a deeper dive into the exhibition from Mia curator Robert Cozzolino, scholars such as Bridget Cooks, plus Renée Stout and Tony Oursler. This will be a virtual event taking place over Zoom on Sunday, Feb. 20. A link to join will be emailed to you upon registration. Register here: <https://bit.ly/34amuce> “Supernatural America: The Paranormal in American Art” is on view at Mia Feb. 19 – May 15, 2022. Plus, get tickets to view the exhibition in person when it opens on Feb. 19: <https://bit.ly/35t1WfM>

‘Sutures’ and ‘Transformation: Art from the Inside’

On view through Feb. 20
The M window galleries
4th and Robert Streets, St. Paul
Walk by or drive by the M’s window galleries on 4th and Robert streets in downtown St. Paul and take in the current exhibitions: “Sutures” and “Transformation: Art from the Inside” on view through Feb. 20, 2022. “Sutures” brings together an emerging generation of artists who challenge straightforward ways of looking—at a photograph, a video, a loved one, a collective history, a memory or oneself—through layered, multimedia artistic practices. Artists Cheryl Mukherji, Prune Phi, Sopheak Sam and Daniella Thach use screen printing, projection, neon and collage to explore the complexities of seemingly “fixed” images, identities, and ideas. “Transformation: Art from the Inside” is an exhibition featuring works by incarcerated artists that reflects their personal transformation and restoration through visual expression. Founded by retired Stillwater correctional officer Antonio Espinosa, Art from the Inside is an organization that empowers incarcerated people to use art as an outlet for emotions while creating a platform for dialog about the complexities of our criminal justice system through exhibitions of their work.

Leonardo’s Basement All-Day Workshop for Kids Monday, Feb. 21

9:30 a.m. to 3 p.m.
Leonardo’s Basement
150 W. 60th St., Mpls.
All-Day Design and Build Workshop
Choose to work with wood, metal, plastic, motors, LEDs, and fun new and repurposed building materials as you design and create projects to take home. Use a host of hand and power tools to build from your imagination! Make something for fun, for a gift, to learn a new skill, or to complete a school project.
For ages 6 -16. Work independently with instructor support to design and build projects to take home using extensive tools and limitless materials in the workshop. 9:30 a.m. to 3 p.m., bring a lunch! Register at <https://leonardosbasement.asapconnected.com/#>.

Rain Taxi presents Author Ben Okri Tuesday, Feb. 22, 3 p.m. CT Online via Crowdcast

Ben Okri, Booker Prize winning author, returns to the publishing world with two new publications for audiences across the spectrum of age and interest from Other Press. In a new imaginative environmental fable, “Every Leaf A Hallelujah,”

Okri spins a wonder-filled adventure story, echoing climate activist Greta Thunberg’s message that “no one is too small to make a difference,” while “Astonishing the Gods,” originally released in 1995, is a genre-bending, imaginative novel (now including a new introduction penned by Okri) making a timely return — in 2019 the book was selected as one of the BBC’s “100 novels that shaped our world.” Don’t miss this special event with one of the foremost African writers of our time! Free to attend, registration required. <https://www.raintaxi.com/ben-okri/>

Talk of the Stacks Will Steger and Rita Mae Steger, In conversation with Beth Dooley Thursday, Feb. 24, 7 p.m.

Free virtual event
Talk of the Stacks invites you to our virtual table as we kick off our 2022 season in celebration of the release of “The Steger Homestead Kitchen: Simple Recipes for an Abundant Life” on Thursday, Feb. 24, at 7 p.m. In this delectable new cookbook, legendary explorer Will Steger collaborates with his niece Rita Mae Steger, chef at the Steger Wilderness Center, and accomplished food writer Beth Dooley. Interwoven with dozens of mouth-watering recipes – for simple, hearty meals shared around home chefs’ own homestead tables – are Steger’s exhilarating stories of epic adventures exploring the Earth’s most remote regions. Please join us as we welcome this tantalizing trio for an unforgettable discussion! Save your virtual seat here: https://www.supportthclib.org/steger-homestead-kitchen?utm_medium=email&utm_source=list&utm_content=Will-Steger&utm_campaign=TOS22

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Restoration: ‘Sambizanga’ Friday, Feb. 25, 7 p.m.

Students attend for free on Friday.
Saturday, Feb. 26, 7 p.m.
Walker Art Center
725 Vineland Pl., Mpls.
Sarah Maldoror’s “Sambizanga” is recognized as one of the first feature films made in Africa by a female director. The beautifully filmed scenes follow the journey of a woman and her child after her activist husband has disappeared as a political prisoner. Though ostensibly a fiction narrative, the film was made in direct collaboration with members of the Popular Movement for the Liberation of Angola (including Maldoror’s husband Mário Pinto de Andrade). Created in the weeks before the war for independence from Portugal, “Sambizanga” stands as a vital document of Black resistance against colonial occupation. 1972, Angola/France, 16mm transferred to DCP, in Portuguese with English subtitles, 102 min. Content advisory: scenes of violence.
This restoration is part of the African Film Heritage Project, an initiative created by the Film Foundation’s World Cinema Project, the FEPACI, and UNESCO, in collaboration with the Cineteca di Bologna, to help locate, restore, and disseminate African cinema.
Tickets at <https://walkerart.org/calendar/2022/restoration-sambizanga>

Snow Man – A Radio Fable for Winter Open Eye @ Home

Through Feb. 28 Online

Are you missing the simple pleasure of a good story well-told? We have just the thing: a village where it won’t stop snowing. A snow man who just wants to do his job. Two children in search of their parents. “Snow Man - a Radio Fable for Winter” is an audio play you can experience from the comfort of your own couch! Engineered by composer/sound designer/performing artist Kalen Rainbow Keir, adapted from a performance in 2021 of projected drawings and animation created by Michael Sommers with text by Kira Obolensky. It’s free to listen, and you can donate to support the artists who have created this radio experience! Text by Kira Obolensky; sound and music by Kalen Keir; featuring Maren Ward, Kalen Keir, Michael Sommers, and Hattie & Mack Carlyle. Register to listen for free here: <https://www.openeyetheatre.org/snow-man>.

Safe Place Homework Help School Days 3:30 to 6 p.m.

2001 Riverside Ave., Mpls.
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‘Rainbow-ish’

On view through March 5
Fresh Eye Gallery
900 Ocean St., St. Paul

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Fresh Eye Gallery presents “Rainbow-ish,” an exhibition exploring joy and exuberance. Throughout history and in many cultures, rainbows have represented optimism, promise and hope. “Rainbows represent happiness, abundance, and togetherness, as well as family, equality, and awakening,” says “Rainbow-ish” artist Danielle Day.
We are living in unprecedented times. With all the daunting challenges that face humanity worldwide – COVID-19, climate change, racial and economic inequality – optimism seems to be in short supply. This exhibition features work that is bright, colorful, and generated for the sheer joy of creating something from nothing.
The exhibiting artists are Danielle Day, Deja Day, Dede Decker, Ryan Suckow and Lucas Williams. All are self-taught artists supported by Fresh Eye Arts, a progressive art studio supporting artists with disabilities. The opening reception is free and open to the public.
Fresh Eye Gallery is an intentionally inclusive community space. The gallery is an extension of our Fresh Eye Arts progressive art studio program and encourages radical inclusion. We are owned and operated by MSS, a local nonprofit organization supporting individuals with disabilities.

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