



We build Pride on the Southside

RIVERSIDE EDITION

THIRD MONDAY OF THE MONTH

December 2022

VOL. XXXII, ISSUE 36

This newspaper is recyclable. It is made with renewable resources--pulp wood and soy ink.

Living



BY TONY BOUZA

A wag, name forgotten, on his deathbed, said, "If this is dying, I don't think much of it," and died.

This will be my last column. Another wag (they abound) said, "Every hero becomes a bore at the end."

The fat lady has sung.

The publisher has been a prince, a friend and wonderfully tolerant. I have no grievances.

I tend to grandiosity and have a large ego. This is another attempt at self-exam. The Greeks had it right.

A few final thoughts:

The smartest guy who ever lived was Albert Einstein—and he was proved right.

The vilest was Hitler.

America's greatest were Lincoln and Eleanor Roosevelt (especially when she fought for Marian Anderson).

Evolution was man's greatest discovery.

Cops do a great job, but those in charge need to be able to define it and exercise control with the many tools available. Cops are irrelevant to crime levels—poverty and racism are not.

America is a great country—with flaws to be sure—but it does require some effort from you. Racism and income

See Bouza, page 5



More than 150 people protested Dec. 8 in downtown Minneapolis, blocking Washington Avenue near I-35W for two hours at rush hour. They protested outside of Sen. Amy Klobuchar's office, demanding that the U.S. Senate act immediately to legalize people with Deferred Action for Childhood Arrivals (DACA) temporary immigration status. The protest, organized by the Minnesota Immigrant Rights Action Committee (MIRAC), is part of a national push to get the Senate to pass the American Dream and Promise Act during Congress's lame-duck session this month. (photo/Fight Back! News staff)

Police federation contract negotiations



BY CAM GORDON

Hopes are high that when city leaders and the Police Officers Federation of Minneapolis begin contract negotiations this fall, the process will be more open to

scrutiny and input than it has been in the past.

In November, the City Council approved a settlement agreement related to the lawsuit the Minneapolis for a Better Police Contract coalition brought against the city after meetings for the last round of negotiations were closed to the public.

"We filed a lawsuit when denied access and information and achieved a landmark settlement that includes a firm commitment by the city to provide dates, times, and location of public negotiations," said Stacey

Gurian-Sherman, coalition member and attorney. "Although contract negotiations are between the city as a public employer and the police federation as the union representing officers and sergeants, it is us as the residents of Minneapolis who are the beneficiaries."

Gregory Reinhardt, a retired Minneapolis police officer and former federation member for over 29 years, including as patrol officer, sergeant and lieutenant, said, "The settlement is a good thing. It pulls back the curtain and lets the public see what compromises need

See Cam, page 15

So far, so what?

BY ED FELIEN

Kyrsten Sinema:

Sinema's great moment of fame came when she emerged as one of the principal architects of the bipartisan infrastructure bill. She suffers under the self-aggrandizing delusion that without her it wouldn't have passed. It was a budget bill. It only needed 50 votes plus Kamala to pass. It would have passed easily without Sinema's huffing and puffing. The progressives in the House held up the bill, wanting to pass a mightier addition to it. Sinema assured the progressives that if they passed her bill, she would support their version. She didn't, it failed, and we had to wait until this year and Joe Manchin's reluctant support to pass it as the Inflation Reduction Act.

Sinema announced her decision as though it were a just pronouncement from the gods, and now she hurries into a perpetual vanishing.

In the sharp political divide of contemporary hyper-partisan American politics there is little room for a shameless opportunist caught in the disappearing middle.



Ruben Gallego, congressman from Phoenix, has been running against Sinema for two years, ever since she voted with Manchin to sink the sinking of the filibuster. She can count. There's no way she could get the Dem endorsement or even win a Dem primary. She thinks she's Lisa Murkowski. But Arizona isn't Alaska. There is very little middle ground in highly partisan Arizona. The Trump trials will eat up all the oxygen in two years. Republicans will be in full retreat (caution: the author is a pathological optimist).

On the coup d'état by Castillo in Peru:

My understanding of the social contract is

See So far, page 6



Winter Wellness

Pages 2 - 4



HAPPY HOLIDAYS

Pages 7 - 12



Vegetables, vitamins and pickleball

BY DEBRA KEEFER RAMAGE

Healthy eating – let food be your medicine

The phrase “Let food be thy medicine” is often attributed to Hippocrates. But a Dutch doctor specializing in nutrition and natural medicine (see www.drgoodfood.org/en/vi-tarecipes/foodfixes) scanned every known bit of writing by

him and found nothing that can be translated directly into this. However, Hippocrates did consider “diaitimasí” (a Greek word that is the root of our word “diet” but also encompasses other lifestyle factors like exercise and sleep) to be essential to health and included it in the umbrella term “treatments” in the Hippocratic Oath. Treatments to ancient and near-modern doctors also

included “farmako,” or medicine, but not to the extreme and virtually exclusive degree it does now.

I found a wealth of other good aphorisms about diet and health. One of the first hits, and now a personal favorite, was “You are what you eat, so don’t be fast, cheap, easy or fake.” The original author of this gem is unknown. Even though I like it, the only one I would fight to the death for is the last, fake. (And not even that, depending on how strictly you interpret it. Some people consider oat milk and tofu to be fake.) I think, in a busy lifestyle, there is room for fast and easy food that is still healthy, and excoriating someone for being cheap, either in their food choices or their wider life choices, is a bit too classist for me.

The problem with the “cheap” part of the mindset behind the quote is that our government subsidizes certain unhealthy and deracinated foods specifically because they are thought to be good



Vitamin D

enough for the poor, while the overproduction of them is good for Big Ag. Specifically, we can name nonorganic (glyphosate-saturated at harvest) wheat flour, corn syrup, white sugar, soybean cattle feed, and factory-farmed meat and poultry as receivers of government blessing and funding.

Go-to (and seasonal!) dishes, meals and snacks

To make informed decisions about what to eat, it’s best to have a plan – but a realistic

one. Every time I have tried to make a strict list in advance of what I would eat when, something always derailed it. Better to have flexible plans and guidelines, and a pantry that you can fall back on.

Dividing the year into spring-summer and fall-winter, for each season choose your three favorite fruits and your five favorite vegetables, and make sure you have at least one of each on hand at all times (preferably fresh, but including frozen for backup). Also have three fallback meals for each half of the year, something you can make on autopilot, easy and maybe even fast and cheap!

One of my fall-winter fallbacks is roasted Brussels sprouts (see the recent Thanksgiving article for a rough recipe). Another is roasted squash and root vegetables, with a combination of two or three from the list of roots (beets, potatoes, celeriac, turnips, parsnips, carrots, sweet potatoes) and squashes (delicata, butternut, acorn, kabocha, red kuri). These can be cut into bite-size or slightly larger pieces, seasoned creatively, and drizzled with olive oil. Roast until soft and slightly browned. If you add meat or another protein (turkey, tofu, vegetarian sausage) it is a full meal.

Meal-sized salads are also a great option for less-effort home cooking. I get a delivery of frozen wild-caught Alaskan salmon every two months, so I always have salmon in my



Roasting vegetables

DeVries

SPINE CARE

Dr. Ryne DeVries

chiropractor

612-492-1961

4748 Chicago Avenue, Suite #10

[schedule online at www.DeVriesspincare.com](http://www.DeVriesspincare.com)

check out my reviews!

DIABETES PREVENTION PROGRAM

Learn how to prevent Type 2 Diabetes with the Diabetes Prevention Program (DPP). You will learn how to choose healthier food options, manage stress, and be more physically active.

Scan the code to take the test!

This is a year long support program beginning in January 2023. The group will meet once a week, on Tuesday or Thursday afternoons, for 16 weeks, then once a month for 8 months. Meetings are available online, via Zoom, and in-person.

REDUCE YOUR RISK FOR DIABETES!

Requirements:

Received a high-risk result on the Prediabetes Risk Test

or

A body mass index (BMI) of 25 or higher

+

Recent A1c result in the prediabetes range within 12 months of the first session

+

No previous type 1 or 2 diabetes diagnosis

For information or registration, contact Mike Sampson (612) 843-6833

There is no cost to participate. Food and transportation vouchers, up to \$300, are available for those who qualify.

INFO@INNERCITYTENNIS.ORG | 4005 NICOLLET AVENUE | MINNEAPOLIS

ADULT TENNIS PROGRAMS

GET ACTIVE & JOIN A WELCOMING COMMUNITY

ALL PLAYER LEVELS WELCOME!

GROUP LESSONS

DRILLS

PRIVATE LESSONS

LEAGUES

2

WWW.SOUTHSIDEPRIDE.COM

December 2022



freezer, and all year round, I often make a salad with seasonal bitter greens, chopped cold boiled potatoes, chopped hard-boiled eggs, and poached or grilled salmon cooled to room temperature and torn

contribute to vitamin D deficiency include living in higher latitudes with less sunshine in the winter or having dark skin, and especially the combination of the two. There are also lists of other factors likely

ern philosophy and medicine to see the brain as somehow distinct from the body. But it's a part of your body, and integral to your complete body's health. And since your brain, after all, is what makes decisions like what to eat, it makes sense to get your brain in gear so that it doesn't subvert your program.

Did you know that brain power is not a matter of brain size or the number of healthy brain cells? The true determinant factor is the number and complexity of neural connections between the brain cells, and these are created by learning, experience and attention. As we age, the creation of new brain cells slows down, and certain activities, like drinking alcohol or playing extreme sports, may even kill brain cells. But none of those stops the ability to build new connections among the remaining neurons, an activity called neuroplasticity, which you have right up to the moment you die, unless it's diminished by certain illnesses.

Here is a handy list of activities that build new neural connections and contribute to brain health:

- Doing and learning new things – be a lifelong student



Eight winter squashes

into bite-size chunks, finished with a tangy dressing.

Supplements – what you need and don't need

According to WebMD (my best source for info on drugs, supplements and herbs) about half of U.S. adults take at least one supplement.

The supplements you need depend on a number of factors including:

- Your age and underlying health conditions.
- Your hormonal status, which can include gender, age, and other factors (e.g., diabetes, using hormonal birth control, etc.).
- The quality of your diet, air, and amount of sunshine you get.
- Medications you are taking regularly, if any.

Along with handy checklists, WebMD gives more detailed guidance here: www.webmd.com/pain-management/features/what-vitamin-should-i-take. Here we learn that the most frequent vitamin deficiency in generally well-fed developed nations is vitamin D. Although you can take too much vitamin D with resulting health risks, it's safe in normal doses. Factors that

to result in a vitamin deficiency, and symptoms that may point to one.

Your brain is part of your body, too

There is a tendency in West-

DIABETES BREAKFAST

4th Thursday of every month 10-11am.

Join us for a yummy breakfast catered by Minneapolis American Indian's Gatherings Café & discussion on health & wellness.

Everyone is welcome.

Many Rivers East Building
1508 East Franklin Ave.
Minneapolis, MN 55404
(building between Pow Wow Grounds and the Minneapolis American Indian Center on Franklin Ave.)

Questions? Call Jessica, RD, at 612-843-5931



The Hippocrates mural from the Wellcome Institute in London

and curious as a toddler.

- Reducing stress, including via philosophy, spirituality or psychotherapy.

- Exercise, especially if combined with learning or new ex-

See Wellness, page 4

Celestial Touch

Massage Therapist

Celeste M. Baines, BA, LMT, CMT

175 N. Milton St., St. Paul, MN 55104 • 651-644-2787
email: CelestialTouch175@yahoo.com

On-Site Chair for your event

Wishing you the warmest of holidays!

Touching Your Life

DINKYTOWN

OPTICAL

Eye exams, Glasses, Contact Lenses

Largest selection of eyeglasses for all medical assistance programs.

1411 4th St. SE
612-331-7100

Eyeglasses starting at \$99!

Schedule your eye exam today!



Winter Wellness

Wellness, from page 3

periences.

- Listening to music and dancing (both lay down new neural pathways).
- Teaching, arguing, debating, persuading, anything where you have to think on your feet.
- Art, crafts, writing, red-

orating – the first three require you to use close observation, which is good for your memory, and the fourth gives you new neural connections just by changing your visual environment.

- If you have trouble with initiative, try an app: Lumosity, Cognifit, Personal Zen, or play brain games like Sudoku,

Anagrams, Concentration or chess.

- It helps to get your hearing and vision checked and corrected if need be. People often stop paying attention and learning due to vision or hearing loss.

Exercise in the Minnesota winter

How to get exercise in the frigid temps of our sweet home may be a problem. If you're fit and skilled enough for winter biking, cross-country skiing or snowshoe hikes, good for you and do that. If you're a member of the Y and have a car to get there, you can still swim in the winter. But what if not?

One big favorite right now is pickleball. Minnesota is one of the top three in the nation for number of pickleball courts per capita, and bars and taprooms are springing up with their own courts. Another fun netball option is indoor tennis. Both Minneapolis and St. Paul have great programs for both kids and adults.

Also, there is walking. Bundle up, watch your step and walk outside when you can. When or if you just can't go outside, try mall-walking, stadium-walking or that very Minnesota version of indoor walking, hiking the skyways.



Local pickleball club



Winter exercise in Minneapolis



Briva Health

Free MNSure Certified Navigator assistance in person or over the phone
(855) 566-7873



The Saint Paul Yoga Center

Exceptional Quality - Unparalleled Experience
In person & live streaming classes available.
Our yoga teachers have a combined 300 years of yoga teaching experience.
You Deserve the Best!
Give us a call! **651-646-4656**

1162 Selby Ave. • stpaulyogacenter.com



Lakes

HOLISTIC CARE

Chiropractic - Massage - Acupuncture

612-259-7220

www.LakesHolisticCare.com
5601 Chicago Ave South Minneapolis



MASSAGE HOLIDAY PACKAGE THIS MONTH ONLY

Three 60 Minute Massages for \$199

Plus tax

4.9 ★★★★★ 226 Google reviews



Yoga is one indoor activity that many enjoy.

How did they do that?

BY ED FELIEN

What just happened?
Did we get hit with an inflationary spiral that skyrocketed prices just before the election and then calmed down just before Christmas?

It seems evident that a rise in gas prices began the action. This was caused—it was widely reported and believed—by the Saudis withholding supply. They cut off supply, and that raised the price.

But do the Saudis really control that much of the U.S. market?

The Saudi oil refinery in Port Arthur, Texas, pumps 626,000 barrels of oil into the U.S. every day. That's a lot of oil. It's the largest refinery production in the U.S. But it's only about 3% of the 20 million barrels the U.S. uses every day. By itself, Saudi withdrawal of oil from the market should not dramatically affect price.

The Koch refinery in Rosemount, Minn., pumps about 333,000 barrels every day. With the Saudis, the amount pumped would still be less than 5% of U.S. daily consumption. That still wouldn't be enough to affect supply and price—unless Charles Koch could convince his friends

at Marathon and Exxon to go along with the game.

The Saudis couldn't have started the inflationary spiral by themselves. They don't have enough market share to seriously rock the boat. They're the obvious fall guys for the machinations of Charles Koch.

Is that what happened?

Did Charles Koch make a few phone calls and orchestrate a drop in production and consequent inflationary spiral? Did he do this to help galvanize a Red Wave of Republican victories in November? Didn't he do the same thing to Carter in 1980—creating a gas shortage and lines at the pump—to ensure Reagan's victory?

It must be a deliciously evil game to play—creating all that anguish and suffering and getting a Democratic president blamed for it.

Isn't it time to stop Charles Koch from disturbing our peace and tranquility?

I wrote to Sen. Amy Klobuchar in October: "You are Chairwoman of the Subcommittee on Competition Policy, Antitrust, and Consumer Rights, which is tasked with oversight of antitrust enforcement at the Department of Justice and Federal Trade Commission and monitor-



© Greenpeace / Robert Meyers

LETTER TO THE EDITOR Praise for Tony Bouza

Dear Chief Bouza,

I love reading your monthly articles in the Southside Pride neighborhood paper!

You will remember me from 35 years ago, while you were chief. I beat a ticket, with your help! The temp was 20 degrees below zero. I had just gotten my car jump started, then drove to pick up a package. Leaving the car running to run in, there was a ticket placed on my windshield when I came out! I called the police department later, and you answered the phone! I fought the ticket and won, thanks to your encouragement. I came to your office to thank you, and you graciously invited me in for coffee and a nice conversation. I told you my grandfather had been a Minneapolis police officer in the '20s, '30s and '40s, and that my grandmother had come to the U.S. from another country (France), like you (from Spain). My grandmother was still living (now in her 90s), so you sent her a birthday card for the next year or two. She was thrilled to get a card from the Minneapolis police chief! Thank you, sir!

You always had such a sense of humor while you were the chief. I remember you were often featured on the evening local news, but you would feign

interviews saying, "Gee, I cannot talk now. My wife has just gotten out of jail, and I must be taking her home." (She was a famed activist fighting for important causes, always in the important light of local and national news, bless her!)

You provided much thought with your new practice of putting cops in cars by themselves, not in pairs any longer, if my memory serves me correctly. That was revolutionary, and unpopular.

The city loved you! You were such a great intellectual! You were a man of higher education and big words! You were a thinker, a speaker, a problem-solver! Only envious small types did not like your style. My dad used to tell me that there weren't that many horrible people out there, really, but they did get around!

I do so enjoy your monthly articles in Southside Pride. I have my Oxford dictionary handy at my side, and my trusty thesaurus, too, so I am ready to look up the words you use that I may not know. I always learn something. You certainly have an admirable vocabulary. May the years continue to bless us with your fun memories and wry wit.

Best regards,
Suzanne McKitterick

ing the state of competition in a variety of industries to help protect consumers." I asked her why her committee wasn't investigating Charles Koch.

I didn't hear back.

I called her Public Affairs Specialist, left a message, no response.

I wrote her again on Nov. 19: "I'm sorry we didn't receive a comment from Sen. Klobuchar's office on the obvious violation of the Sherman Antitrust law by Charles Koch and his partners in OPEC. <https://southsidepride.com/2022/11/07/lock-him-up-3/>

"I read in the Star Tribune that the senator is planning hearings

in her Antitrust Subcommittee on the monopoly practices of Ticketmaster because their site crashed when people in Minnesota wanted to buy tickets to hear Taylor Swift:

"In an interview with WCCO-TV, Klobuchar said she will call a congressional hearing on the matter and demanded a Department of Justice investigation. On Friday, national media reported that the DOJ has opened an investigation.

"There just has to be consequences for this type of behavior," Klobuchar told WCCO.

"When she finishes getting tickets for Taylor Swift, would she consider asking her subcom-

mittee to examine the practices of Charles Koch in the manipulation of the oil market?

"As a scholar of trusts and the antitrust movements, 'Antitrust: Taking on Monopoly Power from the Gilded Age to the Digital Age,' Klobuchar understands how certain interests that control significant market shares can collude and fix prices to the detriment of the American consumer.

"Shouldn't Sen. Klobuchar hold hearings in her subcommittee to determine the role that Charles Koch plays in the oil market and, especially, how his actions in withholding oil and raising prices helped create this latest pre-election inflationary spiral?

"We would love to publish Sen. Klobuchar's response in our December editions.

"Thanks for your help."

Bouza, from page 1

inequality are No. 1 and No. 2.

As I think of the wag on top, I'm tempted to agree. Death is not worth much thinking about or feared—life is.

Publisher's Note:

This is not the last you'll hear from Tony Bouza. We have three additional columns we have not published, one of

which includes his heretical views on the killing of Terrence Franklin. A new county attorney will be taking office in January. A review of the facts and a determination of whether there were criminal acts committed by Minneapolis police officers should be the responsibility of Mary Moriarty, the new Hennepin County Attorney. We will present Tony's and my views sometime early next year.



"Best Eyewear Shop in Minnesota"



Uptown, New Brighton, St. Paul and St. Louis Park



LULA VINTAGE CLOTHING
1587 SELBY AVENUE
ST. PAUL, MN 55104
www.lulavintagemn.com
651.644.4110

WE BUILD
PRIDE
ON THE
SOUTHSIDE!!

Arts make spirits bright

BY LYDIA HOWELL

This holiday season, cultural wish lists embrace tradition—with unexpected twists. See beloved fiction transformed for the stage. Explore rituals from Nordic to African American. Discover how accessible the fine arts can be. Family outings, date night or “experience gifts” are all possibilities.

Theater classics

The Guthrie Theater reprises its 2021 production of Charles Dickens’ “A Christmas Carol” (through Dec. 31) but I’m anticipating “The Little Prince” (Dec. 10 through Feb. 5, 2023). Pilot-writer Antoine de Saint-Exupéry’s 1943 fable of a crash-landed pilot’s mystical meeting with the title character wondrously asks Life’s Big Questions. Timeless magic infuses this story, suitable for adults and children ages 10 and up. <https://guthrietheatre.org> 612-377-2224

The Children’s Theatre Com-

pany’s “How The Grinch Stole Christmas” is exhilarating. Dr. Seuss’ illustrations delightfully come to life in Tom Butsch’s sets and David Kay Mickelsen’s costumes. New songs join familiar ones from the 1966 TV animation. As the Grinch, actor Reed Sigmund is extraordinary, displaying an emotional range of hate, grief and opening his heart to love, while embracing manic mayhem and comedy. Also of special note is the Grinch’s dog Max, daffily played in youth by Audrey Mojica and in age by Dean Holt, serving as narrator. <https://childrenstheatre.org> 612-874-0400

Celebrate live music

The Cedar Cultural Center hosts the Griot Series: Kwanzaa 2022 (Dec. 19, 7:30 p.m.). Begun in 1966, Kwanzaa, a seven-day secular holiday, emerged from the Black freedom movement emphasizing celebration, reflection, affirmation and connection. Includes drumming, dancing, singing and storytelling, curated

by Voice of Culture’s Kenna-Camara Cottman. The Fox & Beggar Theater’s “Vanaheimr: A Glimpse of Winter” (Dec. 23, 7 p.m.) will feature Nordic folk music, shadow puppetry, fire performance and theater converging around Norse mythology. <https://thececdar.org> 612-338-2674

The Eagles Club is open with music from salsa to swing, country to karaoke. 2507 E. 25th St. Complete calendar at <https://minneapolis eagles34.org>.

Anglophiles rejoice

The always-moving Twin Cities male choral group Cantus is best known for “All Is Calm,” inspired by the World War I Christmas Truce. (Look for it on TPT Public Television Channel 2.) Debuting a new CD (Dec. 20 at 7:30 p.m.) “Christmas with Cantus: Into the Light” updates the format of the Nine Lessons and Carols traditionally performed by the Choir of King’s College at the University of Cambridge. Tuesday, Dec. 20, 7:30 p.m., at the Chapel of St. Thomas Aquinas in St. Paul. www.cantussings.org/hometown-series/

Already dreaming of New Year’s Eve? Brit’s Pub hosts a Tribute to The Beatles. <https://britspub.com> 612-332-3908

Walker Art Center brings back a fave: the best of British TV ads with the 2022 British Arrows award-winners (Dec. 2 through Jan. 8, 2023). Mini-dramas to quirky humor, featuring Michael B. Jordan and Grace Jones. <https://walkerart.org> 612-643-2024

“Georgiana and Kitty: Christmas at Pemberly” (through Dec. 23) continues the Jungle Theater’s series of Lauren Gunderson and Margot Melcon collab-

orations staging Jane Austen’s “Pride and Prejudice.” This third chapter expands two minor characters, centering on female friendship. Austen’s wit and romantic intrigue continue to resonate with contemporary viewers. <https://jungletheater.org> 612-822-7063

Visual art and gift-shopping

Northern Clay Center’s annual Winter Exhibition (through Dec. 24) reveals there’s no limit to what you can make with clay, from the artistic practicality of plates, teapots and coffee mugs to wall art and sculpture in every style imaginable. You’ll find the delicate Zen of white porcelain, earthy terra cotta reds and browns, or a riot of bright colors. Some pieces echo the comics of R. Crumb and punk sensibilities, while others channel the calm of Scandinavian sea blue. One-of-a-kind mugs are only \$29. Local to international artists. Open seven days a week. <https://northernclaycenter.org> 612-339-8007

Midtown Global Market includes The Art Shoppe, owned by a collective of 70 Minnesota artists, including fiber arts, watercolors, photography, jewelry and more. <https://theartshoppegm.org> 612-562-5871

The Minneapolis Institute of Art is more relevant and accessible than ever. Mia regularly exhibits local, national and international artists of color, plus re-imagines permanent collections of works from Indigenous, African, Asian and Latin American artists by combining ancient and contemporary works. The photography collection is also marvelous. The gift shop offers art books, jewelry and gifts for kids. <https://mia.org>

Longtime favorites return

The Brave New Workshop’s improv/sketch comedy makes a hilarious recovery in “The Best Christmas Show in Three Years” (through Jan. 28, 2023) at Dudley Riggs Theatre. <https://bravenewworkshop.org> 612-332-6620

Minnesota New Year’s tradition returns to The Parkway stage! Comedian, media visionary and co-creator of The Daily Show Lizz Winstead looks back on another year of American zaniness in her all-new comedy set, “BADMEN and Some Crappy Women: A Comedy Purge of 2022,” providing the perfect mix of celebration and catharsis as we come together to say so long to another trip around the sun. Dec. 30 and 31, 6:30 p.m. doors, 7:30 p.m. show. <https://theparkwaytheater.com/all-events/lizz-winstead-nye-2022>

South Minneapolis performer/author Lorna Landvik returns to the Bryant Lake Bowl Theater with a brand-new show for the new year. “Pages and Stages” combines derring-do improv, set pieces, music, and stories/conversation about Landvik’s Hollywood days. It’s highbrow, it’s lowbrow, it’s a Tony* award contender! (*says Tony di Commedia, avid theater fan who bestows awards — gift cards to Olive Garden — to his favorite performers). Every Friday and Saturday night in January, beginning Jan. 6 at the Bryant Lake Bowl (6 p.m. doors, 7 p.m. show). bryantlakebowl.com/theater 612-825-8949

Lydia Howell is a Minneapolis journalist.



The Children’s Theatre Company’s “How The Grinch Stole Christmas”

So far, from page 1

that we agree to settle political questions democratically through elections. When someone rejects the decision of the voters, they reject the constitution that binds us together. When they throw out the constitution, when they try to rule by decree, whether they are Donald J. Trump or a German prince or President Castillo, they are robbing us of our future—a world owned and operated by all the people who live here.

The elections in Taiwan:

The election of Chiang Wan-an, the new Taipei mayor, the Nationalist great-grandson of Chiang Kai-shek, will probably signify nothing. It’s a lot of Nationalist shouting after Pelosi’s visit (a visit probably sponsored by Nationalist supporters in San Francisco who have supported Nancy all these years).

In terms of China/Taiwan relations, there is a strong material basis for not rocking the boat so much that someone falls overboard. Taiwan’s top trading partner is mainland China — \$126.2 billion (28.2% of Taiwan’s

total exports). The U.S. is a distant trading partner with Taiwan with just a little more than half that amount: \$65.9 billion (14.7%).

Taiwan is one of the biggest investors in China. Between 1991 and the end of May 2021, approved investment in China comprised 44,577 cases totaling \$193.51 billion.

But, according to Bloomberg: “Confidence is running low particularly among international investors. They pulled a record \$2.5 billion from mainland stock markets on Oct. 24.”

Protests in China:

Mao led revolutions against the Party leadership every 10 years—let the grassroots burn the structure from the bottom to the top. On the Long March in ‘36 to stop Stalin from running the revolution by telegraph; in ‘46 to Rectify the Party’s style of work—see William Hinton’s “Fanshen”; in ‘56 Let a Hundred Flowers Bloom—intellectuals, sit down and listen; in ‘66 the great proletarian cultural revolution.

Mao died in ‘76. A month after his death the Gang of Four were arrested: https://en.wikipedia.org/wiki/Gang_of_Four.

1989 Tiananmen Square protests.

Umbrellas in Hong Kong, and now, this.

It’s wonderful. It seems spontaneous, but it means that consciousness and communication are at a very high level among Chinese youth.

I wish Bernie and AOC had a million ultra-leftists hungry for organizing and action who wanted to go back to the land and educate and socialize people in small towns. Have you read Ai Weiwei’s “1000 Years of Joys and Sorrows?” It’s a horror tale about his father dragging him and his family through hell in his fanatical Maoist crusade to bring literacy and reduce “the idiocy of rural life.” It was a heroic and humbling experience.

We need a lot of young people today to go into these small towns and expand the range of possibilities.

Broadband funding in the Biden bill will help reach some of the more remote areas.

If it’s just a small group watching Stephen Colbert, it could get to look a lot like Berlin in the ‘30s and Weimar Germany. We need to make sure everyone is in

on the joke. Their argument is the fundamental Nazi argument that cosmopolitan city people are a danger to your purity.

The Cultural Revolution was an extremely chaotic period.

In the summer of 1966 at the Party Congress at a Yangtze resort, the leadership told Mao, “What does it matter the color of the cat, as long as it catches mice?” as their justification for being capitalist roaders. Mao went down to the river, jumped in and when he reached the other shore said two things:

“Nieh Yuan Tzu was right.” She was a low-level administrator at Beijing University. She wrote a big character poster that criticized the structure and values of the university that seemed to be creating a new aristocracy of the Party elite’s sons and daughters rather than educating workers and peasants. She was being widely condemned.

“Bombard the headquarters!” This was a call for the grassroots to hold Party leadership accountable. “Question authority.”

That seemed to fire up a new generation.

There were tremendous excesses. Lots of mistakes. People were harmed. But almost every-

body got to the other side.

Was it worth the trip?

We’ll know in a thousand years.

I think there is a deeper revolutionary consciousness in China. I think the Russian Revolution was a successful coup d’état, as opposed to Trump’s amateurish attempt. The Chinese revolution was a long, dragged-out civil war, then a war of resistance against Japan, then a civil war again. Everyone knew what was at stake by the end of it.

I have some sympathy for Xi Jinping. Compare the value of human life in China versus the pro-life, anti-mask and anti-vax crowd in the U.S. “The COVID-19 death rate in the U.S. has now passed 340 per million residents, just over 100 times the rate in China.” But maintaining zero tolerance for 1.5 billion people was a difficult task.

I do think their strategy for development is extremely clever. They invite any capitalist to build a factory in China. They will help with land and a stable workforce, and all they ask is 51% of the property. When the capitalist leaves, the means of production belong to the Chinese.

They take a very long view.



HAPPY HOLIDAYS

Holy Days of winter – we will survive

BY DEBRA KEEFER RAMAGE
Nine years of thinking about winter holidays

This will be my personal ninth Holiday article in Southside Pride. I seem to take longer to write these than any other pieces I write, whether that's because of or despite the fact that I feel somewhat ambivalent about holidays. To tell the truth, I feel ambivalent about a lot of things that normal people have strong

opinions about: religion, love, democracy, sports, Marxism, and the Kardashians. Whereas I have strong opinions on things normal people take for granted: a hatred for ketchup, bacon, perfume, firepits, and child slavery in the chocolate industry, and an obsessive love for owls, used books, nutritional yeast, and grandchildren (not just my own, but all of them). So if the topics I have covered within the broad overarch of "Winter Holidays" seem eclectic, or

even random, perhaps it's the desperate attempt of someone feeling ambivalent to find something relevant to say. Here are the subtopics of the last eight Southside Pride holiday articles:
2014 – Don't Let the Light Go Out – Comparing Christmas, Hanukkah, Diwali and lesser-known winter holidays and their focus on sun and light.
2015 – 50 Ways to Tame Holiday Consumption – Ideas for taking con-



See *Holiday*, page 8 The Yule goat



Yule Be Sorry! if You Miss This Offer

Free \$25 Gift Card!
when you buy \$100 in gift cards



This offer is good from
11/21/2022 – 1/01/2023
Use QR code or Order online at
pizzaluce.com/giftcard/southsidepride
Curbside pickup orders require credit card
and photo ID.

Curbside & Delivery Holiday Hours:

Christmas Eve | Dec 24 | Closed
Christmas Day | Dec 25 | Closed
New Year's Eve | Dec 31 | Open
New Year's Day | Jan 1 | Open





HAPPY

Holiday, from page 7

sumption down a notch and having a rich and traditional

holiday while practicing deep environmentalism.

2016 – Did Jesus Celebrate Hanukkah? – A deep dive into

the Judaism of Jesus while also gently poking fun at the “War on Christmas” crowd.

2017 – A Visit From Some

Solstice Ghosts – A retelling of “A Christmas Carol” as a dream I claim to have had where the ghost of my late friend Kristi visits me, and we learn about the threat to the earth and the future of humankind.

2018 – Becoming the Kindly Ghost – Considering ways to reflect on your legacy to future generations in the context of winter holidays.

2019 – Redemption – A cross-cultural consideration of theories of redemption, inspired by a Christmas ballad by Bruce Cockburn and the Islamic story of the birth of Issa.

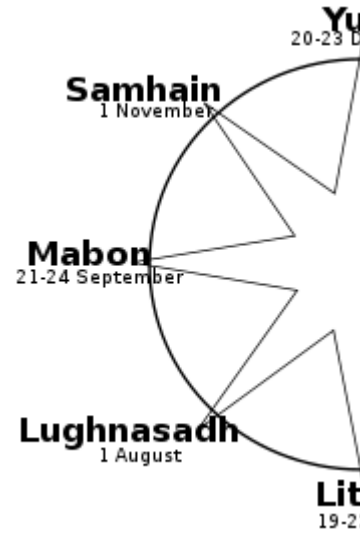
2020 – Holidays Are Holy – How both holidays and catastrophes can cause us to re-examine priorities and stop taking things for granted; wealth inequality and the need for a clean-slate amnesia.

2021 – Getting Dark and

Philosophical About the Holidays – A look into how people unconsciously time their deaths, how this reflects their



Wassailing is another custom inherited from Yule.



Wheel of the Year

values, and how sociology discovered this through death spikes and dips around holidays.

(If any of these pique your interest, you can type linktr.ee/dkramage into your browser address line to get a page with links to all the previous eight articles online.)

In the process of perusing these pieces, you can find such

Full Service

- Transmission flush
- Coolant flush
- Electrical system test
- Free check engine scan
- Brakes

Riverside Shell

On the corner of Franklin & Riverside

2817 Riverside Ave., Mpls.
612-333-3441

OIL CHANGE

3K service—Up to 5 quarts of new oil, new filter and 18-point safety check of major systems.

We give rides!
riversideshell@gmail.com

products for progressives since 1979

NORTHERN SUN

Calendars
Note Cards
Posters
Buttons

TShirts
Stickers
Magnets
Socks

Call or order online for curbside pickup 9-4 Mon-Fri
612-729-2001 www.northernsun.com 2916 E Lake St

CLASSIC TAEKWONDO STUDIOS
sign up for FAMILY CLASSES

Offering In person classes with COVID protocols including masking.
After School Pick Up and Day Camp

3 MONTH TAEKWONDO INTRO

- \$270 for Unlimited Class Hours
- Includes Uniform & 4 Introductory Classes
- Addt'l family members 50% off

Give the Gift of TaeKwonDo

MRS. CAROLYN BOSTON teaching for over 40 years

5253 Chicago Ave S | 612-810-2051
www.classictkdstudios.com

Thank You For Shopping Local!

Zipps is honored to be your local neighborhood liquor store. Thank you for supporting us. We strive to provide you one of the best selection of beverages around and customer service second to none. As always we provide a safe shopping environment.

Happy Holidays from the staff at Zipps!

Zipps Liquors

2618 E Franklin Ave
Minneapolis
612-333-8686

Visit zippsliquors.com to sign up for our email list, get coupons, browse keg listings and much more!

Zipps



Krampusnacht

gems of knowledge as these:

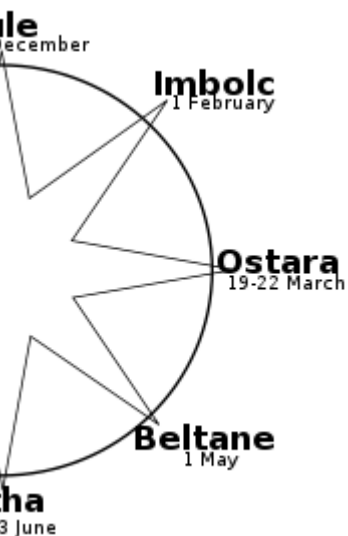
How a malevolent spirit named Lussinatta became transformed into the sweet young girl we know as Santa Lucia.

How “A Christmas Carol” is not the only ghost story associated with Christmas, and in fact, in Victorian Britain ghost stories were always an integral part of Christmas.

The weird but true tale of Clyde Lott, who is trying to “immanentize the eschaton” (bring about the end of days described in the Book of Revelation) by breeding red cattle in Israel.

HOLIDAYS

Why ancient civilizations in the Near East and Middle East didn't need revolutions, but had this one weird trick to



reset an economy plagued by wealth inequality.

How they celebrate the winter solstice in Iran, ever since the days of ancient Persia.

The amazing career of the American sociology professor known as "Doctor Death" for his decades of research into the intersection of death and holidays.

Looking at the list above, I



notice a few tenuous thematic threads running between them. There is an assumption that all religions that are true religions are valid and there is no need for them to contend with each other. There is an assumption that religion, or lacking religion as some of us are, spirituality (defined as interest in the numinous and ineffable), is the source of our desire to celebrate holidays.

Even civic holidays like Independence Day or Thanksgiving are linked to the quasi-religion of patriotism. How is patriotism like religion? In both cases, it is a helpful

boon to have, but in excess it becomes a cult, which is unhealthy both to the believer and especially to those whom he opposes as unbelievers.

I also notice a focus on history, and a preference for oddness, trivia and quirky things. This is probably more inherent in the writer than in the subject matter. But there are still lots of things I haven't addressed. Even in the realm of the odd and trivial, is there really any limit to the strangeness of human behavior? I think not. Or as they say in Yorkshire, "there's nowt as queer as folk."

First principles of the winter solstice – surviving

It occurs to me, not for the first time, that the real thread

See *Holiday*, page 10



The Dutch version of Krampus, "Black Peter," will soon disappear because it's racist.

AT HOME IN SOUTH MINNEAPOLIS
SINCE 1921
-1601 EAST LAKE STREET-

P.612.729.9333 WWW.INGEBRETSENS.COM

GIFT CERTIFICATES
AVAILABLE!

1599 Selby Ave., St. Paul, MN
651-644-4410
everydaypeopleclothing.com

HOLIDAY
CATERING,
DINE-IN, EVENT
VENUE & LIVE
MUSIC

Grab your loved ones a Granada Gift Card this holiday season to enjoy a dinner or a show! Be sure to stay updated with our event calendar to not miss out on any of the holiday fun.
Now offering exciting THC products and Memberships with exclusive perks.
Be sure to take advantage before the end of the year for 10% off venue rental when you book now for your 2023 event!

612.439.2558
www.granadamps.com
3022 Hennepin Ave S, MPLS

fall in love with your smile
Happy Holidays from
Dr. Joan Jakubas • Dr. Jenna Swenson • Dr. Alexa Klunder

Family and General Dentistry
Tooth Whitening
Tooth Replacement Options
Cosmetic Crowns
Bridges and Fillings
Invisalign Orthodontics
Dental Emergencies

New Patients and Families Always Welcome

612-721-3012
4554 Minnehaha Ave. S.
info@minnehahadental.com



HAPPY HOLIDAYS

Holiday, from page 9

running through all winter celebrations, whether they are religious or not, no matter where on earth they occur, no matter whether they are lost in the distant past or recently created, is survival.

When the sun goes away, and the nights get long, and the crops are no longer growing, and the birds and butterflies have taken off for unknown equatorial latitudes, and most of the other

mammals are hibernating, both ancient and modern humans become uncomfortably aware of their mortality. We don't like to talk about our mortality or even think about it.

We sing about it, by singing a denial of it, like we sing about romance when we're lonely, youth when we're no longer young, and summer when it's cold and bleak. Many Christmas carols offer the promise of immortality. We fill our larder with the

harvest and a few months later, on the eve of the longest night, we defiantly eat most of it up in a huge public feast around a roaring fire, and maybe we drown our fear of death with brandy or mead. That too is a denial, feasting to ward off famine.

Filling in the gaps – a focus on the Nordic cultures

One of the traditions that I haven't addressed much in earlier holiday pieces is



The real Saint Nicholas

the long, complex history of Yule. Yule is treated as just a quaint archaic name for Christmas these days, but Yule and its near relatives are older than Christianity. In fact, the word "yule" is thought to derive from "jol" (with the j pronounced as a y) which was an alternate name for Odin, the principal god of Norse mythology. Yule (as well as its many derivatives in various northern European countries) was celebrated for centuries before the Christianization of northern Europe. It was associated with Odin, the so-called Wild Hunt, the Yule log, Yule boar, and Yule goat, and a connected holiday the evening before Yule began, called Modraniht (Mothers' night) in Anglo-Saxon lands.

Most of the modern-day

Christmas customs in northern Europe (and, through colonial transmission, North America and much of the rest of the world) can be traced back to one or more of these Yule roots, while other Christianized holidays often trace back to ancient Rome or other pagan cultures. But other things unrelated to Christmas also came down to us from the Yule legends and customs. Echoes are found in folklore, songs and poems, in Arthurian legends, fairy stories, and the plays, operas and dances that derived from them.

It was a Norwegian king named Haakon I or Haakon the Good who was secretly a Christian when he became king, who partially Christianized Norway. Haakon had been fostered to Athelstan, a

BUY \$50 GET \$10

BUY \$100 GET \$20

Carbone's Pizzeria
4705 CEDAR AVE S. MINNEAPOLIS, MN 55407



Haakon the Good is credited with merging Yule with Christmas.

A BAKER'S WIFE PASTRY SHOP

HOLIDAY BOGO!

Buy any donut, muffin or cupcake and get a 2nd one free! (with this ad) expires 1/31/23

4200 S. 28th Ave. • 612-729-6898

QUALITY AUTO REPAIR SINCE 1961

ELECTRATUNE TIRE & AUTO

4522 East Lake Street | Minneapolis, MN 55406
612-721-3121

Print your own money-saving coupons at www.ElectraTune.com

Season's Greetings

THE CEDAR INN

Voted Best Wings in Minneapolis!

- Budweiser and Poker Mondays Buds \$3.00
- High Life Tuesday High Life bottles \$2.75
- Ladies Night Wednesday 2/1 Wine/Specials on all Hard Seltzers
- 1st Wednesday of Month, Designer Purse Bingo
- 2nd and 4th Wednesday, Karaoke
- Thursday, Mexican Beer Night \$1.00 off all Mexican Beers
- Corn Hole Tournament every Thursday Night, Stump! Trivia coming soon!
- Furious Friday \$1.00 off Surly Taps, Live Bands/DJ night. Come enjoy some local live talent and a cold one.
- Saturday, Live Bands/DJ night. Come enjoy some local live talent and a cold one.
- Summit Sunday \$1.00 off Summit Taps
- Etabs and pull tabs available daily

Follow us on Twitter, Facebook, Instagram and Tik Tok
On-Line ordering now available for delivery or pickup
Open 11am-2am 7 days a week 365 days a year

4155 Cedar Ave S 612-729-9785 www.cedarinnmpls.com

we are committed to offering

A UNIQUE SELECTION of quality goods

JEWELRY • GIFTS
HOME ACCENTS
STATIONERY
CANDLES • TOYS

14 HILL
...
your neighborhood gift shop

4737 Chicago Ave South Ste 2
Minneapolis, MN • 612-886-3606
14HILL.COM



HAPPY HOLIDAYS



St. Nicholas and Krampus procession

Danish king in present-day England. Parts of Britain had been Christian for about 200 years. The Wikipedia entry is interesting, especially the part about mandatory ale consumption!

The Saga of Hákon the Good credits King Haakon I of Norway, who ruled from 934 to 961, with the Christianization of Norway as well as rescheduling Yule to coincide with Christian celebrations held at the time. The saga says that when Haakon arrived in Norway he was a confirmed Christian, but since the land was still altogether heathen and the people retained their pagan practices, Haakon hid his Christianity to receive the help of the great chieftains.

In time, Haakon had a law passed establishing that Yule celebrations were to take place at the same time as the Christians celebrated Christmas, “and at that time everyone was to have ale for the celebration with a measure of grain, or else pay fines, and had to keep the holiday while the ale lasted.”

Some of the Yule customs now reflected in Christmas

Modraniht – This was a “blod” (sacrifice) offered to female gods and demigods such as the Valkyrie, and took place the night before Yule

See Holiday, page 12

Your “Deck the Halls”

Holiday Headquarters

Gutter hooks

Outdoor timers

Tree stands

Christmas lights

Gift cards

ACE
NICOLLET HARDWARE

3805 NICOLLET AVENUE | MPLS, MN 55409 | 612.822.3121

AirCondition your shelter
with **Ray N. WELTER**

Since 1912 • Family Owned & Operated

\$99 Clean and Safety Check

With this coupon
Offer expires 1/31/23. Cannot be combined with any other offer.

4637 Chicago Ave. S. • 612-825-6867
www.welterheating.com

GIVE THE GIFT OF A MYSTERY BOOK BOX!

LET US DO THE WORK OF SELECTING AND SHIPPING THE PERFECT ARRAY OF MYSTERY BOOKS

WWW.ONCEUPONACRIMEBOOKS.COM

Why Buy New When Used Will Do!

Store Hours:
11-6pm Wed thru Sun

3304 E. Lake St.
Minneapolis, MN 55406

REPAIR LAIR
www.repairlair.com

612-729-9095



HAPPY HOLIDAYS

Holiday, from page 11

began. It is mainly related to the wild hunt, and therefore the Christmas legends relating to that.

The Wild Hunt – This was a legend about ghostly or god-



Flaming Christmas pudding

ly hunters, usually men but sometimes women, who rode on ghostly mounts in the winter sky with wolves and birds of prey. Sometimes people claimed to see them, in which case they were a herald of bad luck, bad weather or impending war. Christmas derivatives of the wild hunt include Santa Claus and his “evil” counterpart Krampus. Sometimes the leader of the wild hunt rode in a chariot drawn by ghostly reindeer.

The Yule goat – We don’t see this one so much here, but in Scandinavia, Yule goats made of straw are commonly used in decoration and ritual.

The Yule log – This was related to rituals of staying awake and burning a large

log all night on the solstice to ensure the sun would return. The modern equivalent is merely a chocolate cake, but it also might be related to the Christmas pudding in Britain, which is soaked in brandy and served in flames. But the burning of fires generally is reflected in the lights on everything, and candles burning all night in the window.

The Yule boar – This is related to the eating of ham at Christmas, which predates eating turkey, goose, or game birds by almost a millennium.

You can find much more information about all these facets of Yule and more in Wikipedia. Or perhaps a visit to the American Swedish Institute, or Ingebretnsen’s, or the public library will turn up some books on Norse culture of old and the celebrations of Yule.



‘Gullinbursti and Freyr’ (1901) by Johannes Gehrts

On Yule Eve, oaths were sworn on the bristles of the ‘Yule Boar,’ which was then sacrificed and eaten as a tribute to the Norse god Freyr, who rode a golden boar named Gullinbursti.

PRACTICAL GOODS

High Quality 2nd Hand Natural Fiber Clothing



Warm Holiday Gifts

Open 10-6 Daily
1759 Selby Ave.
651-690-1122

www.practical-goods.com

Season's Greetings



Friendship Academy Provides a wholesome, nurturing environment where your child is safe to explore the arts and excel in academics.



See For Yourself!

Schedule your private tour of our brand new school building.
(612) 879-6703 | School@friendshipacademy.org



The Friendship Way	Academic Excellence	Arts Integration
We put families and community at the center of our work, celebrating the value of every person.	We help each student develop the skills to succeed and care enough to hold them to a high standard.	We honor the arts as the foundation of culture which fosters lifelong meaning for our students.

Uncovering Passion, Revealing Purpose

Join us this Advent and Christmas Season

BETHLEHEM BAPTIST CHURCH

720 13th Ave S, Minneapolis

WORSHIP SERVICES

Sundays: 9am* & 11am | Christmas Eve: 4pm* | Christmas Day: 10am*

*Online service and Spanish translation available

 bethlehem.church

Christmas at Hennepin Avenue UMC

God With Us

Saturday, December 24

4pm, 8pm, 10pm

 haumc.org/christmas



Start the New Year right:

Advertise your business in Southside Pride!

call David
(612) 822-4662
or email
david@southsidepride.com

EVENTS

Holiday Worship Schedule at Plymouth Congregational Church
1900 Nicollet Ave., Mpls.
Tuesday, Dec. 20, 7 p.m. – Longest Night Service: A Solstice Service of Remembrance.
Christmas Eve, Saturday, Dec. 24, 5 and 9 p.m. - The prelude for the 9 p.m. service will begin at 8:45. In-person or online at [Plymouth.org/worship](https://www.plymouth.org/worship). Our glorious tradition of Christmas Eve at Plymouth Church returns this year as we offer two services: 5 p.m. with our children and youth as worship leaders; 9 p.m. with our esteemed Plymouth Choir and Soloists.
Christmas Day, Sunday, Dec. 25, 11 a.m. – Carols and Meditation Service. Online and in-person. With music of Camille Saint-Saëns and Malcolm Williamson sung by the Choir and meditations on Christmas carols and hymns.

The Listening Ear at Living Spirit: Mental Health for Everyone
Wednesday, Dec. 21, 6:30 p.m.
In-person and online
Living Spirit United Methodist Church
4501 Bloomington Ave., Mpls.
Living Spirit offers a monthly night of mental health education and check-ins on third Wednesdays. The event on Dec. 21 begins at 6:30 p.m. with a half-hour education session focusing on holiday anxiety, followed by some practical exercises. At 7:30 p.m., participants can meet one-on-one with a trained listener to check in about their mental health in general or discuss a particular issue. The event is free and open to people of any (or no) faith traditions. Participate in person at Living Spirit or online via our livestream/Zoom. More information at our website: <https://livingspiritumc.org/listeningear>.

Holiday Worship Schedule at Minnehaha United Methodist Church
3701 E. 50th St., Mpls.
Services for Christmas Eve, Christmas Day and New Year’s Day
4 p.m. on Christmas Eve. Indoors; music by the Methodicals.
6 p.m. on Christmas Eve. Outside, dress for the weather.
10 p.m. on Christmas Eve. Indoors with organ and choir.
10 a.m. on Christmas Day. Indoors with lots of singing.
10 a.m. on New Year’s Day. Music by the Methodicals.
www.minnehaha.org

‘Cuatro Artistas – Identity and Difference’
Through Jan. 2, 2023
Conn Gallery Art Exhibit
Plymouth Congregational Church
1900 Nicollet Ave., Mpls.
Come view the work of four artists – Maria Santiago, Ricardo Levins Morales, Fermín Cervantes Montes, and Lucino Sosa Montano – whose strong, confident voices speak to us through their unique imagery. Using ceramics, printmaking, photography, drawing and collage, these artists speak out about issues of great importance to them. Identity, social

and environmental justice and activism, cultural awareness, education and protest are all addressed using vivid images, bright colors and passion. Learn more at <https://www.plymouth.org/2022/09/27/cuatro-artistas-conn-gallery-art-exhibition/>.

Saint Mark’s Music Series In Recital: Archer Brown
Sunday, Jan. 8, 2023, 2:30 p.m.
Saint Mark’s Episcopal Cathedral
519 Oak Grove St., Mpls.
Violinist Archer Brown with accompanist Gloriana Wolf will perform music by Johannes Brahms and William Grant Still. <https://ourcathedral.org/concerts/>

Indigenous and Faith Leaders United: Launching a Bold Climate Justice Agenda for 2023
Tuesday, Jan. 10, 2023 7 to 8:30 p.m. CT
Online via Zoom
We’ve got the power! Let’s build the world we know is possible. Join faith and Indigenous leaders as we roll out a bold legislative agenda for 2023 that will center Indigenous leadership, drive equity, demand 100% clean renewable electricity, and leverage federal dollars to put Minnesotans to work rebuilding our energy infrastructure. Come hear about our joint platform and leave with tools to build power in your community to usher in a new world. Speakers currently include (with more to be named!): Winona LaDuke, Sen. Patricia Torres Ray, Jim Bear Jacobs, Sara Wolff and Joshua Lewis. This event is co-sponsored by Minnesota Interfaith Power & Light, Honor the Earth, Jewish Community Action and Minnesota Council of Churches. Learn more and register at https://mnipl.nationbuilder.com/indigenous_faith_leaders_2023_launch_registration.

Interfaith writing workshop for women of color
Apply by Jan. 15, 2023
This generative week-long workshop at the Collegeville Institute aims to build an interfaith writing community by and for women of color who seek to write creative prose (fiction, nonfiction and hybrid forms) that is inspired by personal experience. Learn more at <https://collegevilleinstitute.org/events/event/about-me-about-you/>.

Donate items to newly arrived refugee families this winter
It’s getting chilly out there! MCC Refugee Services is currently collecting warm bedding to help our families stay nice and warm this winter. We are collecting comforters, queen- and twin-sized sheets, and pillows. A unique request: we are also looking for a coffee table for one of our clients for her family to gather around for meals. Do you have items you would like to donate? Please email RSVolunteers@mnchurches.org or call 612-230-3219.

Ongoing Tuesday Vigils for Justice
Tuesdays, noon to 12:30 p.m.
Plymouth Congregational Church
1900 Nicollet Ave., Mpls.

Racial Justice Initiative justice vigils are now being held from noon to 12:30 p.m. every Tuesday. Please join us when you are able. We always meet by Door 1 near Jones Commons. www.plymouth.org

Minneapolis Friends Meeting Fall-Winter Schedule
4401 York Ave. S., Mpls.
The Fall-Winter schedule for Minneapolis Friends Meeting is now in effect. Unprogrammed worship 9 to 10 a.m.; Mid-morning program 10:15 to 11 a.m.; Semi-programmed worship 11:15 a.m. to 12:15 p.m. Services will continue to be hybrid – join us on Zoom or at the Meeting-house. Please go to our website at minneapolisfriends.org for more information. All are welcome!

SHARING FOOD

Soup for You! Café at Bethany
2511 E. Franklin Ave., Mpls.
612-332-2397
Soup for You! operates out of the basement of century-old and deeply rooted Bethany Lutheran Church that we honor in our name. After two years of COVID lockdown and serving our community through a set of three glass doors, Soup for You! Café is back to an open dining room. Monday through Friday, noon to 1 p.m. Wednesdays, groceries, noon to 1 p.m. Large space, high ceilings, only four chairs per table, all volunteers vaccinated/boosted. <https://soupforyou.info/>

New Creation Baptist Church
1414 E. 48th St., Mpls.
612-825-6933
We’re still here to serve you on the first through the fourth Saturdays from 10 a.m. to 2 p.m. We have re-opened the food shelf to choice shopping. We do require mask, sanitizer and temp check. 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.)
We will be closed on Christmas Eve, Saturday, Dec. 24, and New Year’s Eve, Saturday, Dec. 31.

Nokomis Heights Lutheran Church
5300 10th Ave. S., Mpls.
612-825-6846
Serving Loaves and Fishes free community meals on Wednesdays from 5 to 6 p.m. The meals are all “to-go” meals, served from the northwest door on 53rd Street. These meals are free to anyone, no questions asked. You might have had a hard day and simply cannot cook dinner. Or maybe you’ve paid your last bill for the month and cannot buy groceries. Whatever your circumstance, you are welcome. You can simply drive or walk up to the church and receive a meal any Wednesday evening between 5 and 6 p.m.

Minnehaha United Methodist Church
3701 E. 50th St., Mpls.
612-721-6231
The Minnehaha Food Shelf serves food for the hungry on Tuesdays from 10 a.m. to 3 p.m. We help distribute up to 30,000 pounds of food each month. In response to the COVID-19 virus, we have changed many things to protect both our guests and our volunteers – rigorous cleaning routines, streamlined procedures, moving outside, wearing face masks and following the 6-foot social distancing guideline. Please be patient as we continue to improve what we do. <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.

Community Meals at Walker Church
3104 16th Ave. S., Mpls.
612-722-6612
Free to-go meals and groceries are available for pick-up every Monday from noon to 2 p.m. All are welcome.

Sisters’ Camelot holds a separate food distribution out of Walker Church every third and fifth Tuesday of the month starting at 2:30 p.m. Follow Sisters’ Camelot on Facebook or at <http://sisterscamelot.org/> for more.

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.
Thursday noon to 2 p.m.
All are welcome, no restrictions or proof required. To place an order, visit <https://www.dunordfoundation.org/get-food>.

Groveland Emergency Food Shelf
1900 Nicollet Ave., Mpls.
612-871-0277
Monday – Friday
9:30 a.m. to noon
On Groveland Avenue between Nicollet and Lasalle (Temporary entrance on Nicollet Avenue)
Hosted in the basement of Plymouth Congregational Church
Delivery is available for individuals who are housebound due to disability.
<https://www.grovelandfoodshelf.org/>

Church of the Holy Name

3637 11th Avenue South
Minneapolis, MN 55407
612-724-5465



Rev. Leo Schneider

Christmas Mass Schedule:

Christmas Eve 6 p.m.

Christmas Day
8:30 a.m. & 11 a.m.

All Are Welcome!

The Riverside 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
Saturday 5 pm
Sunday 9:30 am (also live-streamed on Facebook)
Sunday 12 noon
Weekday Masses M, T, TH, F at 8:15 am in the Chapel, east door and elevator entry
Christmas Eve 5 pm and 10 pm
Christmas Day 10 am

MINNEHAHA COMMUNION LUTHERAN CHURCH
4101 37th Ave. S.,
612-722-9527
Pastor Shawna Day
9:45 am Sunday Worship in person & livestream
12/24 Worship – 4 pm
12/25 Worship – 11 am
www.minnehahacommunion.org
12-step groups Tuesday through Friday evenings

TRINITY LUTHERAN CONGREGATION

Augsburg College,
Hoversten Chapel
Riverside & 22nd Aves.
612-333-2561
www.trinitylutherancongregation.org
Sunday Worship 11 am
Christmas Eve Service 4 pm
Pastors: Jane Buckley-Farlee & Alem Asmelash
Office: 2001 Riverside Ave.
Reconciling in Christ



All Directory Churches are Wheelchair Accessible

• COMMUNITY CALENDAR •

Southside Pride / RIVERSIDE EDITION

EVENTS

New survey for Riverside Park improvements

Two conceptual options are available for comment! The project team for improvements at Riverside Park has developed two concept plan options: Both have the same elements but in slightly different locations, with a few exceptions - see more below. About the two conceptual options: Option 1: added full-size basketball court; larger prairie planting area along the upper bluff. Option 2: added half-size basketball court; smaller prairie planting area along the upper bluff. Both options include:

- Rebuilt play area with new equipment.
- Expanded pool deck area with added seating.
- Rain gardens to receive stormwater from paved areas and roofs.
- Picnic shelter near the 8th Street and 28th Avenue intersection.
- Labyrinth.
- Several seating and picnic areas are placed throughout the park.
- Community garden in the far western corner of the park.
- Clearing created along the bluff to better connect Upper and Lower Riverside Park to West River Parkway and the river.

Now the project team needs to hear from you! Please take a few moments to review the options and fill out the survey here: www.surveymonkey.com/r/Riverside-Park-2. Everyone's responses will help us better match the design of the park to the community's needs.

Kids' Winter Break Workshops

Dec. 19, 20, 21 and/or 29

(School release days)
9:30 a.m. to 3 p.m.

Leonardo's Basement
150 W. 60th St., Mpls.
All-Day Design and Build Workshops for kids ages 6-17. Choose to work with wood, metal, plastic, motors, old toys, cardboard, electronics and other 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. Bring a lunch! Register at leonardosbasement.org.

Happy Holi-Dane!

Tuesday, Dec. 20, 7:30 p.m.

History Theatre
30 E. 10th St., St. Paul
Back by popular demand, the swingin', singing, sketch and story-filled hullabaloo of holiday entertainment returns to History Theatre for one night only! Host Dane Stauffer ("Glensheen," "When a Man Loves a Diva," "Triple Espresso") is joined by a bevy of the Twin Cities' finest stars to light up the holiday night. Warm up with musical holiday chestnuts, lesser-known ditties, solos, harmonies, sing-alongs, sketches, storytelling, laughter and reflection, joy, sequins, spirit and soul. Tickets available at www.historytheatre.com.

San Francisco Poet Laureate Tongo Eisen-Martin with Su Hwang and Michael Kleber-Diggs

Thursday, Dec. 22, 7 to 8:30 p.m. CT

In-person and online
East Side Freedom Library
1105 Greenbrier St., St. Paul

The East Side Freedom Library invites you to a special event with San Francisco Poet Laureate Tongo Eisen-Martin, in conversation with award-winning poets Su Hwang and Michael Kleber-Diggs. Tongo Eisen-Martin has been named San Francisco's eighth Poet Laureate in the city's history. He will be in St. Paul to read from his works and join in conversation with Su Hwang and Michael Kleber-Diggs as they discuss the role of the artist activist in our world and the making of culture. We are proud to bring together these three renowned poet activists doing work against mass incarceration. The 2020 uprisings opened up the conversation of defunding the police and our ongoing conversation about the carceral state. This event is free and open to the public, in-person or via the virtual link registration below. (In keeping with both library practice, the wishes of our featured guests and in hopes to keep everyone safe against the several illnesses prevalent as we are in the midst of holidays and gatherings, we ask that any guest at the in-person event wear masks.) For more information and to register for Zoom participation, go to <https://eastsidefreedomlibrary.org/events/>.

HUMAN TOLL: A Public History of 35W

On view through Dec. 31

Hennepin History Museum
2303 3rd Ave. S., Mpls.
"HUMAN TOLL: A Public History of 35W" explores community resistance and resilience, and illustrates how freeway construction destroyed and divided Black communities across the United States, amplifying the effects of systemic racism that are still felt today. With photographs, maps,

oral histories and archival documents, HUMAN TOLL foregrounds the experiences of Black residents of South Minneapolis by exploring stories about displacement, housing discrimination, neighborhood division and environmental justice. HUMAN TOLL was developed through a partnership with the Heritage Studies and Public History program at the University of Minnesota: it was researched and developed over two years by a diverse team of South Minneapolis community members and advisors working in collaboration with students and faculty. To learn more, go to hennepinhistory.org.

Holiday Flower Show

Through Jan. 8, 2023

Daily 10 a.m. to 4 p.m.

Como Park Conservatory
1225 Estabrook Dr., St. Paul
The Holiday Flower Show tradition began in 1925 and continues to be the most anticipated flower show at the Conservatory today. For the first time in 97 years, this year's flower show forgoes the traditional red, and instead will feature an elegant white poinsettia accented with plants selected for fragrance and texture, when all combined sparkles with warmth and light!

Sensory Friendly Morning

Dec. 28, 9 to 10 a.m.

Como Park Zoo and Conservatory is an energetic, colorful place full of sensory stimuli, and we know this environment can be overwhelming for some guests. This is a time designed for individuals on the autism spectrum and their families. Como strives to provide a positive, welcoming experience for every visitor.

Winter Arabic classes at Mizna Online

Give the gift of language and register your loved ones for virtual Arabic classes! This winter, we're offering Beginning, Intermediate, and Conversation classes with beloved instructor Dunia Khoury. Bundle and save \$60 by signing up for two Arabic classes. Use checkout code ARABICBUNDLE. For more information and to register, go to <https://mizna.org/product-category/classes/>.

Lorna Landvik's 'Pages and Stages'

Jan. 6 - 28

6 p.m. doors, 7 p.m. show
Bryant Lake Bowl

810 W. Lake St., Mpls.
Start out the new year with a new bang! Performer/author Lorna Landvik is serving up an evening's entertainment in "Pages and Stages," a brand-new show that combines derring-do improv, set pieces, music, and stories/confessionals about her Hollywood days and writing career. It's highbrow, it's lowbrow, it's a Tony* award contender! (*says Tony di Commedia, avid theater fan who bestows awards — gift cards to Olive Garden — to his favorite performers). "Pages and Stages" plays every Friday and Saturday night in January, beginning Jan. 6 at the Bryant Lake Bowl. Tickets are \$20 in advance (\$22 day of show) and can be purchased online at eventbrite.com. For more information, contact the Bryant Lake Bowl, 612-825-8949 or online at bryantlakebowl.com/theater.

British Arrow Awards

Through Jan. 8, 2023

In person and online

Walker Art Center
725 Vineland Pl., Mpls.
Brilliant British advertisements this way! The Walker's entertaining holiday tradition showcases a memorable mix of resonant mini-dramas, bold social commentary, and much-loved comedy from the ever-evolving world of British advertising. This year's program features ads directed by artists Martine Syms and Bradford Young, cameos of Michael B. Jordan and Grace Jones, plus selections from the Young Arrows category, dedicated to a new generation of emerging talent. Total run time: 73 minutes
Tickets for in-person screenings are now on sale. Online household screenings will be on sale and available Dec. 7 - Jan. 8, 2023. Limited to North America.
<https://walkerart.org/calendar/2022/british-arrows-awards>



RADIO
WITHOUT
BOUNDARIES

KFAI.org

90.3/106.7 fm

MPLS. - ST. PAUL - THE WORLD

MORE 'UM's
PER HOUR
THAN ANY
OTHER
STATION.

100.7 FM + 104.5 FM

RADIO K
770 AM 100.7 & 104.5 FM
* * * Real College Radio * * *

• HOME IMPROVEMENT & MORE •

Southside Pride / RIVERSIDE EDITION

Cam, from page 1

to be made.” He also noted that public scrutiny and pressure for specific terms and conditions could make compromise challenging. With the settlement in effect until 2028, “it pretty much guarantees that contracts are going to go to mediation,” Reinhardt said. This means that negotiations could end up being held in private again, but it is less likely they will start there, as was done with the last contract.

In mediation both parties agree on a mediator to help them reach agreement over a disputed issue or issues. It can be requested by either side and can also be challenged and not agreed to. Generally, it is not entered into unless both sides feel there is a genuine impasse.

“Unlike the last negotiations,” said Gurian-Sherman, “we expect the city will not capitulate with the police federation to keep the public out, including agreeing to move to nonpublic mediation to avoid public scrutiny.”

On Nov. 15, the city released a report on three community listening sessions held this past summer at Martin Luther King, Folwell and Whittier parks to gather public comments about the contract. The meetings consisted of presentations from city human resources staff, with police and federation representatives present, followed by small group discussions.

The “Key Findings” report meeting was held online at 9 a.m. on a weekday morning with five days’ notice. No notice was sent to participants in the listening sessions. The meeting ended in less than 15 minutes.

“This effort was compromised from the get-go,” said Gurian-Sherman. She shared concerns that the listening sessions were too short, too few, restricted to select topics, and only the city and the police federation were allowed to present. No community groups or even individuals were allowed to present to the large group.

Gurian-Sherman was also disappointed in the report itself. “No doubt all the comments provided should be made public, but that is certainly not sufficient without a serious attempt to gather those comments into cohesive and comprehensive points that can be the basis for the city presenting actual proposals,” she said.

One issue highlighted in the report that has the support of Mayor Jacob Frey is dividing the rank and file (patrol officers and investigators) into a separate labor bargaining unit from their supervisors, lieutenants and some sergeants. This is not necessarily a matter of contract negotiations and needs approval from the Minnesota Bureau of Mediation Services which establishes employee groups for the purpose of collective bargaining. On Oct. 31, according to the Star Tribune, the city formally asked the Bureau of Mediation Services to break up the union. A

response could come early next year.

One reason given for this division is to improve accountability. A comment from the listening sessions put it this way: “Take management (sergeants, lieutenants) out of the rank-and-file union. This is the major barrier to accountability in MPD, it prevents effective oversight, training, and administration of discipline.”

Reinhardt isn’t so sure. “It’s a clear advantage to the city but to the rank and file it is not.” He remembers a number of ongoing discussions about this issue, including the 2012 decision to eliminate the captain position in order to take it out of the union. Now the captains are at the commander rank and are unrepresented by any labor group.

“It’s basically a divide and conquer tactic and a tool to weaken the union’s ability to negotiate,” Reinhardt said. “Dividing or separating officers for discipline purposes isn’t needed. Supervisors don’t discipline, only the chief can do that.”

Another issue raised in many of the comments is how officers engage in off-duty work as police officers in the city working for private entities.

This issue has received widespread attention in and outside of City Hall in recent years. In 2019, a city audit of the practice recommended eliminating cash payments and having the city take over the scheduling, billing, and paying of wages

for off-duty work. In 2020 the Main Street Alliance, a coalition of local small businesses, called for overhauling the system, and two of its members, Kevin Brown and KB Brown, published a scathing commentary on Oct. 5 in the Minnesota Reformer.

Comments from the listening session report included “end buyback policies” and “limit number of overtime hours officers can work, including on duty and off-duty.”

“The off-duty provision needs to be reviewed and improved,” said Reinhardt, who did off-duty work while employed by the city for the Minnesota Vikings and Whole Foods. “I basically had to curry favor to get those jobs,” he said, noting that he got them approved by someone below his rank and that the city administration “doesn’t manage it at all.” The department would approve the businesses where they could work but “someone in the rank and file would make the assignments and would collect a management fee.” He points to Bloomington’s process where the city itself managed the off-duty assignments and collected a fee to cover the expenses involved. “I believe that if you are going to allow your officers to do off-duty police work, if it is not through another jurisdiction’s police department, it should be with the city,” Reinhardt said.

As things move forward, many people will be hoping for other significant improvements to the contract this time around. Five

council members voted against the latest contract when it was approved in March. They, and even some who voted in favor of the contract, stressed the need to do better this time.

After voting for the contract, Council Member Linea Palmisano (Ward 13) wrote, “With this now settled we can begin negotiations for a forward-facing contract that will cover a broader range of negotiations and cover years 2023-25.”

“The City Council must make clear its expectations of what must be in the contract to get their approval,” said Gurian-Sherman. “This is also a significant opportunity for the new police chief, O’Hara, to show he means business when it comes to changes in culture and accountability that he has been talking about.”

The coalition is planning to share its latest recommenda-

tions in December.

Whatever the outcome of negotiations in the months ahead, Reinhardt warns that “the consent decree could change things dramatically,” and Gurian-Sherman calls on the council to “take seriously its authority to review the contract and withhold approval until the contract meets its expectation.”

“We’re counting on this council,” Gurian-Sherman said, “not to rubber stamp the process or the results, and to hold the mayor accountable if the city once again withers to the police federation running roughshod over contract negotiations.”

McCabe Self-Storage

2405 East 26th St., Mpls
10x17' - \$140/mo
10x23' - \$160/mo
Doors 10' high.
612-418-9800



Nilles Builders, Inc.

Roofing

- Additions
- Renovation
- Concrete
- Remodeling
- Garages
- Windows & Siding

Licensed • Bonded • Insured #4690

651-222-8701 • www.nillesbuilders.com



Wild Birds Unlimited®
Nature Shop

Your Backyard Birdfeeding Specialists Since 1981

We can show you how to turn your yard into a birdfeeding habitat that brings song, color and life to your home.

Monday - Saturday 10am - 5pm • Sunday 11am - 5pm

2020A Ford Parkway, St. Paul, MN 55116

651-690-9525 • www.wbu.com/saintpaul

We Will Make Your Home Look Its Best!

Our Services:

- Painting and Updating
- Plaster Repair Specialists
- Smoothing or Improving Surface Conditions, Cracks etc.
- Refining Baseboard & Casings That Frame the Wall
- Bringing New Life to Older Finishes
- Cabinet Refinishing
- Overhauling Basements



612-803-1356

2419 E. 38th Street

Check out our reviews!

WWW.BRUSHEDMONKEY.COM



RIVERSIDE EDITION

The Southside Pride Riverside Edition is a monthly newspaper containing neighborhood news, religious events and a community calendar delivered on the third Monday of the month to over 150 locations in and around the Riverside 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

2721 E. 42ND STREET SUITE B
MINNEAPOLIS, MINNESOTA 55406

CALL US AT 612-822-4662

email us at editor@southsidepride.com
or edfelien@southsidepride.com

PUBLISHER/EDITOR Ed Felien
ACCOUNTANT Bridgit Jordan
ART DIRECTOR/GRAPHIC DESIGNER Rebecca James
MANAGING EDITOR Katherine Schaefer
STAFF WRITER Debra Keefer Ramage
SALES DIRECTOR David Goldstein
AD EXECUTIVE Katherine Schaefer
WEBSITE MAINTENANCE Rebecca James
COMPUTER CONSULTANT Celia Wirth
MAINTENANCE Ron Crawford
PRINTER ECM
DELIVERY Metro Periodical Partners LLC



GIVE THE GIFT OF OWNERSHIP

Co-own an independent, community-owned business that has been supporting the local economy, ethical purchasing, and human cooperation for over 50 years.

Perks of ownership include:

- Quarterly 10% discount
- Free and discounted classes
- Free product coupons in Sprout!
- Patronage refunds

Seward
COMMUNITY CO-OP



2823 E. Franklin Ave., MPLS
& 317 E. 38th St., MPLS
www.seward.coop

Stop by our Customer Service Desk for more info



People & Pets
together



We know pets are family. We help families stay together.

The People & Pets Together pet food shelf is open to residents of the city of Minneapolis. We provide dog & cat food and pet care items to individuals and their families in crisis.

People & Pets Together
Chuck & Don's Pet Wellness Center
2501 Minnehaha Avenue
Minneapolis, Minnesota 55404
(612) 722-9998

<https://www.peopleandpetstogether.org/>

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

SEASON'S GREETINGS FROM SOUTHSIDE PRIDE

SPECS

APPEAL



We carry a stunning variety of handmade frames from around the world. Our experienced opticians know what will look good with your prescription and facial features.

844 GRAND AVE. ST. PAUL, MN | JUST EAST OF VICTORIA
651.291.5150 | SPECSAPPEALMN.COM



SAINT PAUL COLLEGE
A Community & Technical College

Fit in. Stand out.

Spring Semester starts January 9!

Saint Paul College is an inclusive campus for ALL learners. We see, respect, and connect to your story. We welcome you to be your most authentic self while finding those who share your passions, goals, and background.

Apply for free today!
saintpaul.edu/SpringStart



Saint Paul College's Mission:
Grounded in equity and inclusion, Saint Paul College educates and empowers students to lead purposeful lives and discover rewarding careers.



MINNESOTA STATE
Saint Paul College,
A member of Minnesota State