



We build Pride on the Southside

NOKOMIS EDITION

SECOND MONDAY OF THE MONTH

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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

See Bouza, page 5



© Greenpeace / Robert Meyers

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. dai-

ly 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 Klo-

buchar 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 monitoring 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/lockhim-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

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>



The Children's Theatre Company's "How the Grinch Stole Christmas"



guthrietheatre.org 612-377-2224

The Children's Theatre Company'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

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Winter Wellness

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HAPPY HOLIDAYS
Pages 7 - 11, 16



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.drgood-food.org/en/vitarecipes/foodfixes) scanned every known bit of writing by him and found nothing that can be translated directly into this. However, Hippocrates did consider “*diatimasi*” (a Greek word that is the root of our word “diet” but also encompasses other lifestyle factors like exercise and



Roasted root vegetables

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 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



Vitamin D

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



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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.



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.

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
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- 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.



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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 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 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 Western 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 and curious as a toddler.
- Reducing stress, including via philosophy, spirituality or psychotherapy.
- Exercise, especially if combined with learning or new experiences.
- 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, redecorating – 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 ini-

tiative, 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



Local pickleball club

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 great 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.

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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

EVENTS

The Feast of the Virgin of Guadalupe Monday, Dec. 12, 6 p.m.
Saint Mark’s Episcopal Cathedral
519 Oak Grove St., Mpls.
You’re invited to join Padre Néptali and the Hispanic and Spanish speaking communities for a special service in the Cathedral Nave. As worship ends, danzantes Aztecas will perform followed by Mañanitas with the Mariachi Internacional. Tamales will be served in the Banquet Room at 8:30 p.m. while the Mariachi continue to entertain. No reservations are necessary. We hope you’ll attend! <https://ourcathedral.org/>

Vigil for Immigrants, Refugees and Asylees
Tuesday, Dec. 13, 7:30 to 8:30 a.m.

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!

Bishop Henry Whipple Building
1 Federal Drive, St. Paul
St. Joan of Arc Catholic Community’s “Welcome the Stranger” ministry will lead a brief, interfaith vigil of prayer and music at the Whipple Federal Building. This is the site where many immigrants are brought to court, often to be driven to the airport for deportation following their hearing. We stand with the Interfaith Coalition on Immigration, who hosts this vigil each month, to call our minds and hearts to the suffering of our immigrant brothers and sisters, as well as the need for comprehensive, humane immigration reform. For more information, go to <https://mnicom.org/programs/vigils/>.

Winter Solstice Celebration Saturday, Dec. 17, 7 to 9 p.m.
Lake Harriet Spiritual Community
4401 Upton Ave. S., Mpls.
Relax and enjoy as the beautiful revitalizing energy and sound bath of crystal bowls, crystal meditation, music and light language song wash through and around you. Led by Carol Lovelee and Kristen Wertenberg, who offer years of wisdom and wonderful spiritual gifts. They are passionate about helping you understand, manage and shift your energy so you can quickly experience health and vitality, change and spiritual growth. Save your space by pre-registering for \$35, at carollovelee.com/book-now. Walk-in registration is \$40. Join in and experience the expansive Solstice Vibes! <https://www.facebook.com/events/1084951695508476/?ref=newsfeed>

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>.

‘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-artis>

tas-conn-gallery-art-exhibition/.

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 Meetinghouse. Please go to our website at minneapolisfriends.org for more information. All are welcome!

SHARING FOOD

New Creation Baptist Church 1414 E. 48th St., Mpls. 612-825-6933
We’re still here to serve you on the first through the fourth Saturdays from 10 a.m. to 2 p.m. We 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/>

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/>

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
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

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/felcmpls/>
Education Hour - 10:30 am
AA group - Mondays 6:30 pm
Senior Exercise Class - Mondays 10 am
NA groups - Wednesdays 7:30 pm
Christmas Eve Service – Dec. 24, 7 pm
Christmas Day Service – Dec. 25, 9 am
Vacancy Pastor: Rev. Jared Yogerst, PhD

FIRST FREE CHURCH
5150 Chicago Ave S.
612-827-4705
Sunday services at 9 am (in-person and online) and 10:30 am

Christmas Eve services at 2 & 3:30 pm
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Velocity Youth Student Ministry at 9 am.
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 Including Christmas Day and New Year’s Day
Christmas Eve Candlelight at 10 pm
Education Time 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
In-person Sunday Worship 10:45 am
Also on Facebook at: www.Facebook.com/NewCreationBaptistChurch

<https://newcreationbaptist-churchmn.org/>
Pastor: Rev. Dr. Daniel B. McKizzie

NOKOMIS HEIGHTS LUTHERAN CHURCH – ELCA
5300 10th Ave. S., 612-825-6846
www.nokomisheights.org
Sunday worship 10 am, inside the sanctuary
Sunday School and Adult Forum at 9 am
Online worship premieres Sundays at 10 am on Facebook and YouTube.
Christmas Eve Worship, 3 pm and 4:30 pm
Christmas Day Worship, 10 am, Christmas Coffee following worship
New Year’s Day Worship, 10 am, Lessons & Carols

ST. JOAN OF ARC CATHOLIC COMMUNITY
www.stjoan.com
4537 Third Ave.
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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
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Presumed non-Scandinavian encounters lutefisk

BY DEBRA KEEFER RAMAGE

Because I am not a member of the American Swedish Institute, I had to shell out an extra five bucks for my ticket to the annual ASI lutefisk dinner, which was held on Nov. 20 this year. The things I do for journalism. And maybe for curiosity. There are a surprising number of hulking blond Minnesotans named things like Anderson and Jensen and Peterson who are still lutefisk virgins! Some of them may even be members of the ASI and have lots of felt things and those cute horses in their homes.

I even dressed up and arrived promptly. This had better be worth it, I thought. Not wanting to prejudice the experience, I waited till it was over to do any supplemental research. But of course I had heard tales over the total of 25 years I have lived in Minnesota, with a 13-year gap when I lived in England.

The dinner took place in the event hall one floor up from Fika. The massive queue of people waiting to be seated at Fika prevented me from being wistfully jealous of the Fika diners. I went on up. There was a cash bar and a free punch bowl. I registered (no line) and grabbed a cup of punch and found my table. The table contained one couple, one single guy and four other single women, although two of



them were friends of each other. We all chatted, and I told them about Southside Pride and how I would be writing about this.

There was soft classical-ish music to accompany our dining, but being a hearing aid user, and what with the low-level din of a crowded room, I couldn't really hear it. The table had a plate of lefse, rye crispbreads, and rye bread to share, and by each seat a pretty little cup of rice pudding with a ginger cookie lid. I tasted the punch. I hated it. Not

a good start.

The smell of lutefisk is legendary. I noticed that although I could smell it faintly (it can only charitably be described as rotten fish) when I first walked in on the ground floor, it seemed the closer I got to the dining hall, the fainter it was. When they brought the plates in, I steeled myself for that smell up close, but there was none. I even sniffed at my plate (journalism!), but nothing. The plate also contained (I learned this

was traditional) boiled potatoes, boiled green peas, and home-pickled cucumber, which I expected, and also three meatballs, which I did not expect.

As the plates were distributed, three bowls of sauces, all different, were placed on the table. My tablemates and I had much discussion about what the sauces were, and I am still none the wiser. One was butter sauce, which seemed to be melted butter, thickened with something, maybe flour, then allowed to go semi-hard again, i.e., it was not pourable, but rather a blob. Here's what I ate - all the potatoes and all the cucumber, three baby bites of lutefisk, one with each of the sauces provided, and a third of a meatball. I don't like meatballs. Lutefisk literally tastes of nothing. It's the most nothing-tasting thing I have ever tasted. The texture can vary depending on cooking methods. This batch was somewhere between moistly fibrous and Jell-O.

After the main course, I eagerly ate the rice pudding, which was just OK. My favorite part of the meal was the ginger cookie lid on the dessert, and my second favorite part was the pickle. After most of the diners were finished we heard some lutefisk stories/jokes, then sang the lutefisk song. All in all it was a fun and very Minnesota experience, but not very satisfying in a culinary sense. I had lutefisk breath for about 20 hours after the meal (imagine if I had eaten the entire portion).

Two days after the lutefisk meal, where I told everyone pretty confidently that I have no Scandinavian DNA whatsoever, I was visiting my sister, the genealogist, in Kansas City, and discovered that DNA tests have revealed significant DNA in our family associated with both Sweden and Norway. Maybe if I had known that before the dinner I would have eaten more of the lutefisk. But probably not.

Bouza, from page 1

income 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.

Koch, from page 1

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

"As a scholar of trusts and the antitrust movements, 'Antitrust:



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"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."

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Thank you, Andrew Johnson

BY ED FELIEN

Thank you, Andrew Johnson—for being so polite and friendly and helpful. Thank you for always standing for the most progressive ideas, for standing for change when change wasn't easy, and fighting for it when it was needed.

Andrew Johnson has announced that he's not going to seek re-election next year. He will have served 10 years by the end of next year. That seems to be about the right amount of time for public service. Of course, many politicians believe elected office is their true and only calling, and they stay there forever. But Johnson has a young family, and being an elected public official can take time and energy away from the duties of parenting. We look forward to

his final year, and we wish him well in his deserved retirement.

Nancy Ford ran a spirited campaign for 12th Ward City Council last year.

Jerome Evans has already announced his candidacy for City Council in the 12th Ward. He hosted an official campaign kickoff at Venn Brewing at 11 a.m. on Dec. 3, where he discussed his vision for "a Minneapolis that's committed to justice and safety, protecting our health and environment, supporting local business, eliminating racism, and inspiring transformative change." It will be nice to get Evans away from glittering generalities and into specifics, but that can happen later in the campaign.

One priority that Southside Pride has advanced is cleaning out the sand that the city puts on streets to stop us from slid-

ing into each other. This sand washes down the storm sewers all the way from Lake Street and Chicago Avenue and ends up in Lake Hiawatha and Minnehaha Creek. The city needs to dredge the lake and creek. Remove the sand. Dredging the creek from 27th Avenue to 34th Avenue could lower the level of Lake Hiawatha by a foot and reduce flooding, and dredging the lake could return it to its original depth of 33 feet. Right now, there's a sandbar in front of the storm sewer that empties into Lake Hiawatha. Restoring the lake to its original depth will increase clarity and make it safe and fun for swimming again.

We look forward to a vigorous campaign for City Council in the 12th Ward, and we are grateful for the wise and kind stewardship of Andrew Johnson.



Andrew Johnson

• LOOKIN' OUT MY BACK DOOR •

Nothin' happening at 38th and Chicago, yet



BY TOM ABELES

The area around the intersection at 38th and Chicago has achieved a stasis after the death of George Floyd. There are numerous major issues that need resolution. The most recent one to surface is the agreement of the city to purchase the former Speedway station and to cure any environmental issues that might restrict its development. It seems that most individuals in the area, along with the city, see the site as housing a space that

honors George Floyd.

The possibilities for that site are yet to be determined. Since the city is not a developer, there currently lacks a party that not only will have a plan but must be able to have the fiscal and management resources both for any construction and then for management of the site in a fiscally responsible manner.

It is anticipated that any memorials such as those on 38th and Chicago will be integrated into the development, opening both streets to full access by public transit. However, city transportation planner Alexander Kado from the public works department asserts that the city has not yet made any decisions regarding transit's future at the intersection. Currently, these memorials impact approximately 40 square blocks home to the Chicago Avenue Route 5, the most heavily used line in the city. On Dec. 3, the new D-Line, a BRT (bus rapid transit), began operation, reducing Chicago Av-

enue's Route 5 to approximately half-hour intervals, impacting the residents in that 40-square block area, particularly during inclement weather.

The city's department of public works, its planning agency and Metro Transit have held an open house and listening sessions to increase the exchange between the city and residents as to what might be accomplished as the former Speedway develops and the necessary road and related constructions are implemented.

At the present time, City Hall, the office of the mayor and the City Council have committed to bringing the Speedway site to development standards. The city staff has plans for redevelopment of the roadway and sidewalks to accommodate vehicle traffic and pedestrian access. Beyond this standard, as we have seen with the Upper Harbor project and St. Paul's Ford plant, there will be an independent developer who brings such expertise and required capital to take on fiduciary responsibility.

As of yet, not all voices in the city have had input, including on the future of the memorials on 38th Street and Chicago Avenue. More importantly, there is no party to accept these ideas and concerns and mold them into a viable project that can be developed and financed at the former Speedway site. For many projects of this type there are sources for funding. But none of these



can be accessed until there is a developer who can demonstrate that such a development can be carried into successful operation once constructed.

The city of Minneapolis has tried for years to revitalize the 38th Street corridor. Now, momentum appears to be building. The current Speedway site represents an interesting center for such development in both east/west and north/south directions. A properly developed plan which integrates the best of both needs seems like an interesting and potentially viable option. There are a few planning agencies that could work with a nonprofit developer and could create a paradigmatic example of both collaborative community development and urban revitalization. Lessons learned around

the Upper Harbor project point to a number of such parties that can provide the needed development and design expertise.

As with a few major developments, such as Target Center and the Vikings stadium, government plays a vital role but eschews doing what developers do best. It's time that the citizens, particularly those bound by that 40-acre transportation black hole, invite potential developers into these listening sessions to understand what they might propose in response to citizen concerns.

It's also imperative that City Hall and its supporting departments bring clarity to their roles and how there can be collaboration to bring a complex set of issues to a successful conclusion.



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HAPPY HOLIDAYS

Holy Days of winter – we will survive

BY DEBRA KEEFER RAMAGE
Nine years of thinking about winter holidays

This will be my ninth Holiday article in Southside Pride. I seem to take longer to write these than others, perhaps because I feel somewhat ambivalent about holidays.

Truthfully, I'm ambivalent about a lot of things that other people feel strongly about: religion, love, democracy, sports, Marxism, and the Kardashians. Whereas I have strong opinions on

things others take for granted: a hatred for ketchup, bacon, perfume, firepits, and child slavery in the chocolate industry, and a 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 over-arch of "Winter Holidays" seem eclectic or random, perhaps it's the attempt of someone feeling ambivalent to find something relevant to say. Here are the sub-topics of my previous 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 consumption down a notch and having a rich, traditional holiday while practicing deep environmentalism.

2016 – Did Jesus Celebrate Hanukkah? – A deep dive into the Judaism of Jesus while also gently poking fun

See *Holiday*, page 8



The Yule goat



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HAPPY

Holiday, from page 7

at the “War on Christmas” crowd.
2017 – A Visit From Some Sol-

stice 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.

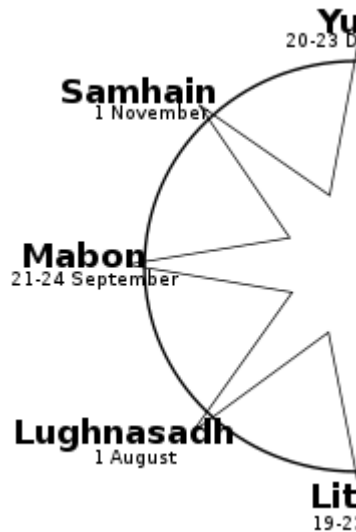
2020 – Holidays Are Holy – How both holidays and catastrophes can cause us to re-examine priorities and stop taking things for granted; wealth inequality and the need for a clean-slate amnesty.

2021 – Getting Dark and Philosophical About the Holidays – A look into how people unconsciously time their deaths, how this reflects their values, and how sociology discovered this through death spikes and dips around holidays.

(If any of these pique your interest, go to linktr.ee/dkramage to find links to all the previous

articles online.)

In perusing these pieces, I notice some tenuous thematic threads between them. First, an assumption that all true religions are valid and there is no need for them to contend with each other.



Wheel of the Year

Second, an assumption that religion – or, if lacking religion, 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



Wassailing is another custom inherited from Yule.



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Krampusnacht

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 to those he opposes as unbelievers.

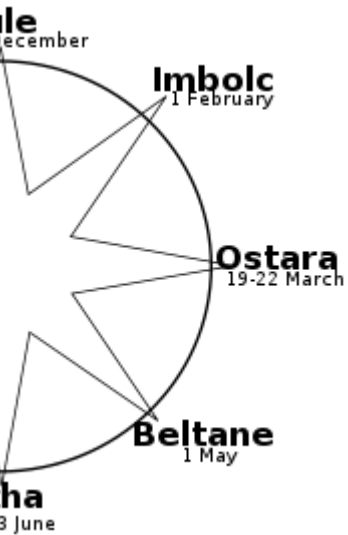
I also notice a focus on history, and a preference for odd and quirky things, probably more inherent in the writer than in the subject matter. But there are still lots of things I haven't addressed. In the realm of the odd and quirky, there is no limit to the strangeness of human behavior. Or as they say in Yorkshire,

HOLIDAYS

“there’s nowt as queer as folk.”

First principles of the winter solstice – surviving

The real thread running through all winter celebrations –



of it up in a huge feast around a roaring fire, and drown our fear of death with brandy or mead. That too is a denial, feasting to ward off famine.

Filling in the gaps –the Nordic cultures

One tradition that I haven’t addressed in earlier holiday pieces is the complex history of Yule. Yule is treated as just a quaint 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 was celebrated for centuries before the Christianization of northern Europe. It was associated with Odin, the so-called Wild



See *Holiday*, page 10

The Dutch version of Krampus, “Black Peter,” will soon disappear because it’s racist.

whether 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 fields are dormant, and the birds and butterflies have left for equatorial latitudes, and most other



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

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 then later, on the eve of the longest night, we defiantly eat most

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Haakon the Good is credited with merging Yule with Christmas.

Holiday, from page 9

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 modern-day Christmas customs in northern Europe (and, through colonial transmission, North America and other parts of the world) can be traced back to these Yule roots, while other Christianized holidays often trace back to ancient Rome or other pagan cultures. There are also things unrelated to Christmas that came down to us from Yule 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 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. The saga says that when Haakon arrived in Norway he was a confirmed Christian, but since the land was still heathen and the people retained their pagan practices, Haakon hid his Christianity to receive the help of the great chieftains. In time, Haakon established a law to make Yule celebrations take place at the same time as 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 Yule customs now reflected in Christmas

Modraniht – A "blod" (sacrifice) offered to female gods and demi-gods such as the Valkyrie, which took place the night before Yule began. It is mainly related to the wild hunt, and the Christmas legends relating to that.

The Wild Hunt – A legend about ghostly or godly 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 common in both decoration and ritual.

The Yule log – Related to rituals of staying awake and burning a

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HAPPY HOLIDAYS

large log all night on the solstice to ensure the sun's 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. Fire symbolism is reflected in the use of holiday lights and candles displayed in windows.

dles displayed in windows.

The Yule boar – Related to the eating of ham at Christmas, which predates eating turkey, goose, or game birds by 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, Ingebreetsen's, or the public library will turn up some books on Norse culture of old and the celebrations of Yule.



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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 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 pre-

vents 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

See Cam, page 15

Arts, from page 1

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://thecedar.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.) Debating a new CD (Dec. 10 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. The Capri Theater, Dec. 10 at 7:30 p.m. <https://thecapri.org> 612-643-2024

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 collaborations 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

If you prefer a holiday Brit fix of mystery, Theatre in the Round presents Kate Danley's stage adaptation of Agatha Christie's "The Mysterious Affair At Styles" (through Dec. 18). A myriad of characters is thrown together in a 1916 manor, where one is poisoned, and all are suspects. This story introduced Christie's beloved Belgian detective Hercule Poirot, in a fresh take by Ben Tallen, a Minnesota actor who has performed in plays ranging from Shakespeare's "Macbeth"

to Neil Simon's "The Odd Couple." <https://theatreintheround.org> 612-333-3010

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 acces-

sible 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

It's worth it to make the trek to the Turf Club in St. Paul for rockabilly/country group Trailer Trash's annual "Trashy Little Xmas Show" (Dec. 16 and 17, 8 p.m.) <https://first-avenue.com/venue/turf-club> 651-647-0486

Lydia Howell is a Minneapolis journalist.

Food and restaurant news, plus a mini-review: Meritage



BY DEBRA KEEFER RAMAGE

Bowl and a roll, Red Cup Rebellion, and more

Why didn't I know about a "bowl and a roll"? Because I'm not a true Midwesterner. In case you're also not a Midwesterner, defined as not going to little-kid school here, a bowl and a roll is a counter-intuitively delicious combo of chili with a side of cinnamon roll. I'm game to try it. See if it's as good as advertised even without the nostalgia factor.

The national edition of Eater.com covered the Starbucks Workers United (SBWU) nationwide one-day strike at 111 locations coinciding with Starbucks' big promotion called Red Cup Day on Nov. 17. This was a gift in terms of naming their campaign, so it became the Red Cup Rebellion, and SBWU strikers had their own red cups and shared free coffee with sympathetic would-be patrons and supporters, like my own DSA local, which sent out a squad of members signed up for strike support, as well as amplifying SBWU's message on social media. This was in response to retaliations Starbucks has carried out against both stores and individuals, actions which are illegal, but often unpunished.

Twin Cities Eater (twincities.eater.com) on Nov. 8 had

to-eat food but only to-go, which is not the same as having "a nice cafe inside") it does mention one choice in Minneapolis which I agree with - Seward Co-op. Again, it's not exactly a cafe, but at least you can sit and eat at both locations, after grabbing refrigerated deli items, hot bar or salad bar, and drinks, including excellent coffee.

Seattle's local version of Eater.com had a Nov. 15 piece about the growing "decolonizing" Native American eateries scene, centering on three that have recently opened there: ʔálʔal Cafe, Off the Rez, and Native Soul. I am glad to see there are others springing up to keep our own beloved and groundbreaking Owamni company.

Finally, Mpls.St.Paul magazine had a Nov. 18 piece by Stephanie March on new local cookbooks ("4 New Cookbooks We're Craving"). One is something I mentioned a while ago - Justin Sutherland's "Northern Soul" (southern-inspired home cooking, \$30). The others are:

- "True North Cabin Cookbook" by Stephanie Hansen (published by the Minnesota Historical Society, \$30).

- "Emily's Fresh Kitchen" by Emily Maxson (gluten-, grain- and dairy-free dishes, \$35).

- "At Home" by Gavin Kaysen (a glimpse at the home cooking of an immensely successful chef-restaurateur, \$35).

Mini-review No. 1 - Wherein I lost my lutefisk virginity

The publisher of this paper, or as I call him, My Last Boss, ca-

panion piece titled "Presumed non-Scandinavian encounters lutefisk."

Mini-review No. 2 - Birthday dinner at Meritage

On Nov. 5 I turned 70. My daughter Aimee was in town with her smooth and accomplished boyfriend Doran and proposed to take me out to dinner "somewhere nice." Remember back in May when I reviewed a 60th birthday celebration at Creekside Supper Club? The visit was in April of this year, and the birthday was that of my good friend Patricia, and it occurred because her hubby Russ had messed up and booked himself



Meritage frites with bearnaise sauce

to play a gig on his own long-time wife's 60th birthday. (Men. Honestly.) So for my 70th, we were a party of five: me, Aimee, Doran, Patricia and Russ. We had a reservation at Meritage.

I had a starter of butternut squash puree soup with a swirl of creme fraiche. Most of their dishes hewed pretty closely to the traditional French bistro fare of the past century but this was one that did not. (Another was the starter I was going to get before I heard about the soup, which was an off-menu special. That was the delightfully named "Tiny Tuna Tartare Tacos.") Most of the others started with wine, but I was saving my alcohol allotment for dessert, so I had iced tea. Just like a southern American tourist in Paris would.

For my main, I had the crispy all-natural half chicken, accompanied by even crispier (and perfect) roast potatoes, spinach and garlicky chicken jus. Aimee had duck a l'orange which came with duck-fat potato gratin and roasted broccolini, and I accepted a few tastes of her broccolini, which I love. Doran had risotto with duck confit and Patricia and Russ shared plates



Meritage interior

with an order of moules frites (mussels and French fries, quite

similar to what I raved about at Creekside, but there they used champagne and cream while Meritage used pancetta, tomato and white wine, which I would not like as much) along with red-wine cooked lentils and a couple of other sides and apps. The frites, as is the custom these days, came in a massive cone placed upright near the center of the table, for easier sharing, which we all did. The dipping sauce was my favorite of the classic French sauces, bearnaise.

I was feeling quite replete at the end of that. Then came dessert. I honestly have forgotten if the others had dessert or not.

I seem to recall Russ ordered a dessert wine. I think Doran and

Aimee split some dark chocolate thingy. Meritage does have desserts: profiteroles, ice cream, mousse au chocolat, crème brûlée. For my dessert, I had a cocktail called the Meritage Manhattan, consisting of cognac, kirsch and orange bitters.

Meritage was more casual than I expected, and though not cheap, it is far from being the most expensive place to have a fine meal. Their alcohol selection is wide and accommodating, with French and American wines, local and international beer and cider, good cocktails and some alcohol-free options like the Phony Negroni, spritzes with bitters and fruit, and a sparkling plum shrub. The site is very romantic, next door to Park Square Theatre (in fact, sharing a building) across the street from the beautiful Landmark Center, and boasting valet parking. I highly recommend it.



Indigenous food in Seattle

a piece on Twin Cities grocery stores with nice cafes inside them. Although I found it a bit too slanted toward fiery ethnic cuisines in funky and tiny ethnic groceries in the suburbs, and not always as advertised (e.g., United Noodles does sell ready-

joined me to attend the American Swedish Institute annual lutefisk dinner. But it's OK, I survived. However, as sagas do, this saga got to be very long, what with the centuries of lore and my predilection for going down rabbit holes, so see the com-

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EVENTS

Joshua Whitehead: 'Making Love with the Land: Essays' Tuesday, Dec. 13, 7 p.m. CST Virtual event

Canadian author Joshua Whitehead will present his newest work of nonfiction, "Making Love with the Land: Essays" (University of Minnesota Press, Nov. 15, 2022) at a virtual event with Birchbark Books in Minneapolis on Tuesday, Dec. 13. The novel "Jonny Appleseed" established Whitehead as one of the most exciting and important new literary voices on Turtle Island, winning both a Lambda Literary Award and Canada Reads 2021. In "Making Love with the Land," his first nonfiction book, Whitehead explores the relationships between body, language, and land through creative essay, memoir and confession. In prose that is evocative and sensual, unabashedly queer and visceral, raw and autobiographical, Whitehead writes of an Indigenous body in pain, coping with trauma. Intellectually audacious and emotionally compelling, Whitehead shares his devotion to the world in which we live and brilliantly—even joyfully—maps his experience on the land that has shaped stories, histories, and bodies from time immemorial. For more information or to register: <https://birchbarkbooks.com/pages/events>.

Manure & Poetry #3: An Evening with Labor Camp Orchestra Wednesday, Dec. 14, 6:30 p.m. Weisman Art Museum 333 E. River Rd., Mpls.

Join us for an evening of in-gallery performance, held in conjunction with the exhibition "Piotr Szyhalski: We Are Working All the Time!" Loosely connected to a sound project by the same name, this iteration of "Manure & Poetry" combines bits and pieces of gestures taken from all Piotr Szyhalski's performance pieces over the years. Visitors will have an opportunity to experience, live, many of the works in the exhibition usually only accessible via video documentation. The artist has described the evening's performances as "vignettes that revisit and build on the expanded palette of performative works that were developed over the decades." It's an especially notable performance for the Weisman as well, as this special event echoes a similar "Evening with Labor Camp Orchestra" that took place at the museum in 2007. The performance will be followed by an opportunity for audience Q & A. wam.umn.edu

Glögg Tours at ASI Dec. 14, 20, 27, 28; Jan. 3, 4 6 to 7 p.m.

American Swedish Institute
2600 Park Ave., Mpls.
Celebrate the holiday season with a guided tour of the holiday exhibition and Swedish mulled wine. Small bites and glögg are included. Available to ages 21+. \$55 (\$50 members). asimn.org

Root Words Poetry and Music Series Thursday, Dec. 15, 6:30 p.m. Healing Roots Wellness Center 154 Summit St., River Falls, Wis. Join us for Healing Roots' First Annual Night of Light in Darkness — A Solstice Celebration. A free event

featuring poetry by Michael Kiesow Moore, Michael Kleber Diggs, Ardie Buckholtz Medina, Diane Jarvenpa and Joshua Davies, and music by Lars Ortiz, the Asiginaak Women's Hand-drum Group, Joan Maloy and more. Mingling and light refreshments to follow. Come enjoy an evening of great entertainment and GREAT artists at this free event. www.healingrootsrf.com/calendar-and-events

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. Through Dec. 16, Mizna is offering 15% off all winter Arabic classes! Use code WINTERARABIC23 at checkout. Or 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/>.

RedHot Art Market Saturday, Dec. 17 11 a.m. to 5 p.m.

Chicago Avenue Fire Arts Center
3749 Chicago Ave., Mpls.
Join Chicago Avenue Fire Arts Center on Saturday, Dec. 17, for the 7th RedHot Art Market! This fun-filled holiday shopping event is also the largest fundraiser for CAFAC's scholarship fund. It's a day meant to fuel community as we mingle with friends old and new, support our local artisans, give that scholarship fund a little boost, and find some unique gifts for all of our loved ones. Featuring the original work of 38 art-

ists and makers, you're sure to find something for all of your gift-giving needs. We will have the entire shop filled with talented artists/makers with a huge array of awesome work to choose from! For a complete list of this year's featured artists/makers, go to <https://www.cafac.org/events/cafacs-7th-redhot-art-market>. Please join us for this celebration of giving, gifting, and a great community of talented artists/makers.

'The Velveteen Rabbit' Through Dec. 18

Youth Performance Company
Conn Theatre
1900 Nicollet Ave., Mpls.
The play, adapted from the classic book "The Velveteen Rabbit" by Margery Williams, introduces a new generation to the beloved story in celebration of the 100th anniversary of this tale of friendship and self-acceptance. A child awakens to discover a Velveteen Rabbit among their gifts. Adored at first, then cast aside, the Rabbit is snubbed by the other toys for being old-fashioned. Over time, their friendship blossoms. The Velveteen Rabbit learns what it means to be truly loved and love yourself—and the smiles and tears that come from being real. Tickets at: <https://www.youthperformanceco.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 Mornings Dec. 18 & 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.

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




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NOKOMIS EDITION

Southside Pride Nokomis Edition is a monthly community newspaper delivered on the Second Monday of the month for free to over 150 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:

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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
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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.

'Metamorphosis in stone' Through Dec. 23

Mhiripiri Gallery
9001 Penn Ave. S., Bloomington
"Metamorphosis in stone" is a retrospective celebration of the life of the late Zimbabwean Shona stone sculptor Bernard Matemera. The exhibition runs through Friday, Dec. 23. www.mhiripiri.art

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>

Tom Maakestad 'Novellas' Winter Salon Group Show Through Jan. 14

Groveland Gallery
25 Groveland Terrace, Mpls.
"Novellas" is an exhibition of new work by Minnesota artist Tom Maakestad. Raised in rural Northfield, Minn., in a family of artists among

a community of farmers, Maakestad has always used his knowledge and appreciation of the land as a source of inspiration for his work. The exhibition runs concurrently with Groveland Gallery's annual Winter Salon featuring new work from 20 Groveland artists. Gallery hours are Tuesdays through Saturdays, from noon to 5 p.m. You can also view the exhibitions online at grovelandgallery.com.

Neighborhood Roots Winter Market
Saturday, Jan. 14, 10 a.m. to 2 p.m.
Bachman's Floral, Gift, and Garden
Indoor greenhouse
6010 Lyndale Ave. S., Mpls.

Neighborhood Roots Winter Markets return to Bachman's! Enjoy music and fresh, ready-to-eat food and beverages, and stock up on produce, sweet treats, crafts and gifts from local farmers, bakers and artisans. This market series will take place outdoors indoors (January - March) at Bachman's Floral, Gift, and Garden and will feature all your favorite vendors from the Kingfield, Fulton and Nokomis Farmers Market. Pets are not allowed at the market. Service animals are always welcome. For more information, visit www.neighborhoodrootsmn.org/winter-markets.

Cam, from page 12

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 recommendations 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."

Free, Online Peacebuilding Trainings for the General Public

Programs sponsored by the Minnesota Peacebuilding Leadership Institute. More information available at www.mnpeace.org/

Register at www.eventbrite.com



Intro to STAR (Strategies for Trauma Awareness & Resilience)
Wednesday, January 11
9:00AM - 11:00 AM (CST)
Pay-What-You-Can

Most people want to build peace into their lives and community. Our 2-hour online Intro to STAR training integrates and promotes trauma healing, resilience, and restorative justice to build peace into our lives and communities.



Intro to Self Care for Resilience
Thursday, January 26
9:00AM - 11:00AM (CST)
Pay-What-You-Can

Join us to learn, explore, and apply simple, free strategies to build peace into our personal and community lives with self-care practices for resilience.



Intro to Restorative Justice
Wednesday, January 11
2:00PM - 4:00PM (CST)
Pay-What-You-Can

Restorative justice heals and repairs individual and community relationships to prevent violence. This training is for everyone who wants to learn the basics of Restorative Justice.



Intro to Talking Circles
Thursday, January 26
2:00PM - 4:00PM (CST)
Pay-What-You-Can

This 2-hour online training teaches the basic philosophy, principles, vocabulary, and practices of the Indigenous talking circle process for virtual and in-person applications. Since ancient times many Indigenous communities have utilized the talking circle process for community building, decision-making, problem-solving, and conflict transformation.

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