

# Southside Pride

**We build Pride on the Southside**

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## Declining civilizations



BY TONY BOUZA

My very unscholarly appreciation of history includes the bromide that great civilizations implode through moral rot rather than outside challenges. As the saying goes, "All that is necessary for evil to triumph is for good people to do nothing." I agree.

A recent case illustrated the point.

A Star Tribune reporter asked me to review an incident and furnish my analysis of the event. It was what I did as an expert witness for about 30 years.

It seemed to me that a mysterious tipping point occurred—through a number of failures to act morally—that plunged great societies into decline. The mental image was of a long line waiting patiently to see a movie. Someone cuts in. Okay. Then several more. Antsiness. A few more, and the line dissolves in chaos. That is the sociological metaphor that works for me.

A Chinese mogul comes to attend a prestigious business course at the University of Minnesota in 2018. One of the richest, most powerful men in China. The school moves swiftly to accommodate his comfort, serving as pimp to his needs.

An unworldly,

**See Bouza, page 2**



Arriving in Senegal

## Trip to Africa is life-changing

BY ELAINE KLAASSEN

Steve Floyd (not related to George Floyd) has been taking Black youth from South Minneapolis on trips to Africa since the early '90s. Floyd feels that traveling to Africa is one thing that really works to help them heal from the effects of slavery throughout their history. He finds that the groups "return with a renewed sense of their own possibilities." In November of 2022 he led another group, but this time adults went too—five adults, one young adult and three teenagers, all of whom live around 38th and Chicago.

The trip was organized in collaboration with Elder Atum and the Cultural Wellness Center, whose People's Theory of Sickness states that "individualism, loss of culture, and loss of community is what makes people sick." Before leaving, the

travelers met for two preparation sessions, in which they were encouraged to remember that they would be visiting someone else's culture and would not be in charge. They were cautioned not to see people in other countries as their servants, as many people from the U.S. tend to do.

The 15-day trip was to Senegal and The Gambia, two West African countries located on the Atlantic coast. The many Senegalese friends Floyd has made over the years were waiting to greet the visitors. (There will be another journey in March, much to the joy of three people whose passports didn't arrive in time for the November trip.)

Floyd's main goal in taking kids traveling is for them to "see something different." All they know is a four- to eight-block area in Minneapolis. The trips open up the

world to them. Traveling to another country "is like getting a college degree," Floyd says. Also, a trip to another country "allows them to have an identity as an American, something they can't do here." It's like in North America they don't count as Americans, but outside the U.S. they do.

Floyd first traveled outside the U.S. through his college basketball connections. As a young man, he went to Holland and Germany, which he said was "so much bigger than what I had. It was so mind boggling how much I could learn about other people."

Since then Floyd has traveled extensively. In whatever country he finds himself, he builds relationships and now has friends all over the world that he keeps up with through texting and Facebook.

As Floyd expected, his

**See Africa, page 3**

## On My Beat

### Lake Street Council rising

BY KAY SCHROVEN

The Lake Street Council (LSC), a non-profit organization, has been around since the late 1960s. It was formed to support businesses that remained on the Lake Street corridor as the escape from the urban landscape to the suburbs continued. This exodus began in the first half of the 20th century and has come to be known as a period of suburbanization and disinvestment. The goal of the LSC was and is to keep historic Lake Street alive, safe, healthy and vibrant in the face of change.

Lake Street was originally home to Indigenous communities, mainly Dakota and Ojibwa people. Over the decades it became the destination of both citizens and immigrants in pursuit of the American Dream. Early on, they came from the eastern United States and Canada,



Allison Sharkey, LSC executive director

and later from the Scandinavian countries. It has been home to small businesses for decades, such as American Rug Laundry, Ingebretsen's, and Soderberg's Floral and Gift, as well as non-profits including Little Brothers - Friends of the Elderly, Metropolitan Consortium of Community Developers, and Urban Ventures, to name a few who remain. Lake Street is also home to cultural organizations such as the Division of Indian Works, which has strengthened urban American Indian people through healing, education and leadership; MIGIZI, an organization that nurtures education, social, economic and

**See Lake Street, page 4**



## Winter Wellness

pages 5, 6 & 7



# 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 con-

fect 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 serious-

ly 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 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/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 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: 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."

## 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

Bouza, from page 1

21-year-old hottie is impressed into volunteer service as a kind of escort.

A dinner party is arranged for 16 people (15 of them male) at a fancy restaurant. Lots of coerced toasts of wine. The volunteer gets drunk. She's consumed more than one and a half bottles. A limo drive to her apartment follows. The mogul, now lusting, accompanies, groping her energetically. She is delivered into her apartment.

The woman is raped by the mogul. She, now pretty sober, reports the crime. She is thoroughly examined by U of M

medics. The mogul is arrested. Big events are set in motion.

The police hierarchy trembles and arranges for the dropping of the charges, releases the victim's phone number to the mogul's attorney, and withdraws. Altogether, a pathetic betrayal of duty.

The university—except for its medical attentions—similarly withdraws, clearly anxious to accommodate a patron. Uriah Heep would have loved it.

The prosecutor is energetically absent and uninvolved in a case central to his existence. The Invisible Man.

The mogul is scot-free. The woman is scarred for life, and everyone else is in survival

mode. Not one official takes up her case.

But it is the societal cost that intrigues me. That's a lot of people doing nothing. The triumph of evil is assured.

When our institutions—police, educational, prosecutorial—fail, deliberately, to dispense justice and honor their oaths, evil triumphs. The case—parenthetically and significantly—contrasted sharply with a similar case in Australia, where the authorities did meet the challenge.

How many such corrupt actions and neglects constitute the moral erosion guaranteeing decline? So much for Minnesota Nice.



trol 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 af-

ly 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



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# Competing options for rent control



BY CAM GORDON

The rent control debate is heating up. With the city's rent stabilization workgroup completing its work in December, it now falls to the City Council to approve a policy and draft an ordinance if we are to have rent stabilization in Minneapolis.

On Dec. 13, the 25-member workgroup took a vote between two competing frameworks and voted 14-11 in favor of a framework (Option 5) that would limit rent increases to three percent per year with exceptions for "substantial capital improvements" and for "deferred maintenance and habitability."

The other framework (Option 7) calls for variable rent increases starting at five to seven percent plus a cost-of-living increase and would have no controls in place when there was a vacancy, meaning landlords could set rents at any level they wanted. It would allow rental license holders to "bank" annual increases to be used later, and would exempt affordable housing, all new construction for 30 years and all owner-occupied rental housing. It also calls for rental subsidies for renters making 30% or less of the area's median income.

With the full report not coming until early 2023, many elected city officials have chosen not

to respond. Others have been quick to react.

Mayor Jacob Frey said the day after the workgroup's final vote that he would veto the recommended framework (Option 5) that set a three percent cap. He was concerned that it would hurt the rental market, pointing to what happened in St. Paul.

Ward 2 City Council Member Robin Wonsley was quick to praise the group's recommendation. "Minneapolis is ready for strong rent control with a three percent cap, no exemptions," she wrote. "Renters and small landlords voted to advance this policy to the City Council because it's what Minneapolis needs to keep people in their homes."

Organizations are also weighing in. The interfaith group ISIAAH called it a "big win in Minneapolis" and gathered with other coalition partners the next day to celebrate, calling on the council to "listen to voters and their workgroup."

"City Hall will hide behind the chasm of difference between these two proposals to debate the merits of rent control from scratch," said Minneapolis United for Rent Control (MURC), a group that campaigned for the rent stabilization charter amendment that narrowly passed in 2021 with 53.21% of the vote and gave the council the authority to pass or propose a rent stabilization ordinance. They were critical of Option 7's inclusion of "variable rent increases (basically no rent control), with rent banking, meaning that a landlord could 'bank' rent increases over years and implement one large rent increase, plus inflation! Their proposal also includes massive carve outs, including a possible 30-year exemption for new con-

struction."

The City Council voted against giving a representative of MURC a seat at the table earlier in 2022.

The Minneapolis Advisory Committee on Housing, however, did have a representative at the table. Their representative, Bruce Brunner, supported Option 7 and said that Option 5, if passed, would be the most restrictive policy in the country. "I believe in rent stabilization," Brunner said, "but I believe in a more moderate approach."

As both a landlord and a developer of mostly duplex and triplex rental housing for the past 20 years, Brunner has experience providing a variety of rental housing. "I am the largest provider of housing for the Stable Homes Stable Schools program," he said, noting that he also provides Section 8 and market-rate housing.

Brunner supports an exemption for new construction, although said it could be less than 30 years. He also believes that rents need to be decontrolled when a unit is vacant so that its rent can be adjusted to match the current market rate and that accommodations need to be made to address inflation and rising costs.

After years of relatively small and predictable cost increases, Brunner said that in 2022 his mortgage rates have gone up seven percent, his taxes have gone up eight percent, and maintenance has gone up 12%.

With only a three percent cap and no provisions for people to bank or reserve rent increases over more than a year, and no opportunity to adjust rents when there is a vacancy, Brunner believes landlords will decide to increase rents the max-

imum amount every year, and that will actually lead to higher rents for some tenants. He is also concerned that "we will get more and more places with delayed maintenance."

"It's important to have something that's passable at the ballot," Brunner said, acknowledging that city officials say they intend to put it on the ballot in November of 2023.

Daniel Sutor, a Central neighborhood homeowner, also served on the workgroup. He supports Option 5 and represented the nonprofit organization he works for, HOME Line, which provides tenants with free and low-cost legal, organizing, education and advocacy services.

"I don't think anyone would agree that what we have now is working," Sutor said. "We proposed a strong policy and there is no reason this won't work."

Option 5 "lays out a slate of drastically needed reforms for tenants," said Sutor. One of its strengths, he added, is the ease of how it will be administered and understood. "Simplicity will make it easier for everyone," he said. "It will become the way of doing business in Minneapolis."

Sutor believes that a separate cost-of-living increase is not needed because "we know for a fact that there has to be a reasonable rate of return" or the policy could be challenged and defeated in court. He points to St. Paul's ordinance that allows all landlords to have a base level of profit. The rent stabilization ordinance there limits monthly rent increases to three percent in any 12-month period, even when tenants move out, but also recognizes property owners' right to a "reasonable return on investment." The ordinance creates a process for landlords to

request an exception to the rent cap based on the right to a reasonable return on investment, and to consider specific factors when determining whether an exception is justified, including increases or decreases in property taxes and property deterioration.

While it appears unlikely that supporters of Option 5 would ever support removing the control when there is a vacancy or exempting new construction, there may be some openness to rent banking. In Oakland, for example, if rent has not been raised in recent years, a landlord can bank up to three years of allowable rent increases and apply the total increase in a single year. "I'm open to rent banking personally, but it needs to be studied more," said Sutor.

With the mayor promising a veto, a compromise may be necessary to get anything passed and approved. So far, the mayor has offered little insight as to what might get his support. Without it, the council will need nine yes votes to override a veto and move something forward to the ballot.

"I think there is plenty of room for compromise at the council level," said Sutor, noting that there are many details that would need to be worked out in an ordinance.

"There was no looking for compromise from many people" at the workgroup, Brunner said. "The City Council has to come up with a compromise to find something that is supportable and passable."

For a ballot question to be referred to voters in 2023, all legislative action must be completed by June 1.

## Africa, from page 1

group of November travelers immersed themselves in relationship-building, and all of them have come home with new friends across the ocean.

For everyone on the trip, a major purpose was to see places important to their identity and their history, such as the Slave House and the Door of No Return, the place where kidnapped Africans were forced to step onto ships that took them to the new world. Another was Jufurre, the village where Kunta Kinte came from, the ancestor character in Alex Haley's book "Roots" (made into a TV series that Floyd counts as a major grounding in his life). Before the creator of "Roots" died, in 1992, he did a lot to support Jufurre, but since then, the groups from Minneapolis have adopted the village and always take supplies whenever they go.

One of the teenagers on the trip, Floyd's daughter Alyana, described many emotional moments. Seeing the Slave House

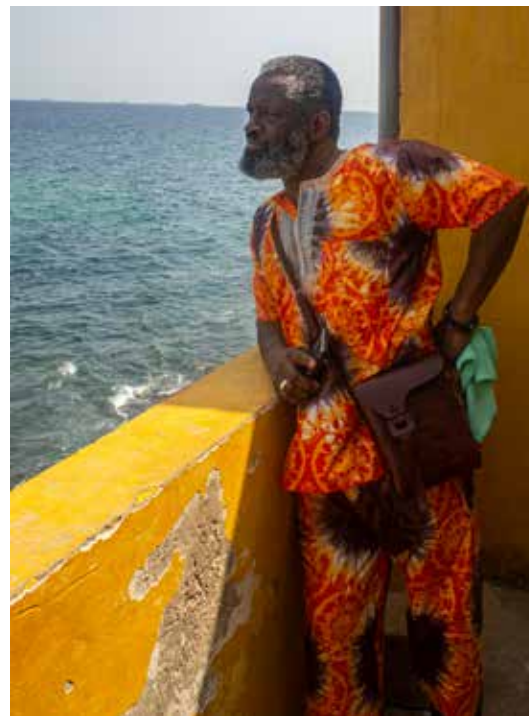
and the Door of No Return on Goree Island made her "happy to know we don't have to go through that no more." At the Renaissance Statue she pondered the stories and realistic sculptures of people who were enslaved, noting with sadness how confused and deprived of education they had been. In the jungle she said she felt so much joy to see animals where they belonged, in the wild. She was angry to see European visitors on vacation, but a Senegalese guard at a tourist place told her, "You don't forget, but you can forgive" and "We like people to visit us," claiming his place as a host in his country, emphasizing that his country doesn't belong to Europe.

Steve Floyd explained the pain that still runs through African culture wherever their ancestors had been captured and sold into slavery. It's like a reunion when their descendants come to visit.

The descendants participated in a naming ceremony of the Wolof ethnic group, in which the visitors each got an African

name from a Wolof person. Dancing was part of the event and Alyana said she appreciated the way she felt free to dance even though she didn't know how very well. People were so accepting, she said. "I didn't think there was a place where you could go and feel good about yourself and want to be nice to everyone. [In Senegal] everybody will help you, support you and care about you," Alyana said.

There were so many positive things in the culture, not the least of which was personal safety. In Senegal, Steve Floyd said, "Most people spend a lifetime never hearing a gunshot." In general, the society is very peaceful, whether in urban or rural areas. There is a high value for "socialization, relationships and negotiation ... Everybody eats. There



Julian Johnson meditating and contemplating the Door of No Return on Goree Island

that people could be in need but still be content—because they have their dignity.

Alyana noticed that if an argument seemed about to start, the other person would just back off. She was impressed that the police and security officers carry bats but not guns. She was also impressed that small children could be out at night playing by themselves without their parents. She felt a sense of freedom that she doesn't feel in North America.

It was a big pleasure for Steve Floyd to see his group smile a lot. "I see people change before my eyes." The mother of one of the teens, Theo, says that since he's been back, "he has changed. He helps around the house and is not fighting."

is no fighting ... It is typical for Christians and Muslims to live in the same village." Floyd noticed



# 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 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](https://en.wikipedia.org/wiki/Gang_of_Four).

1989 Tiananmen Square protests.

Umbrellas in Hong Kong, and now, this.

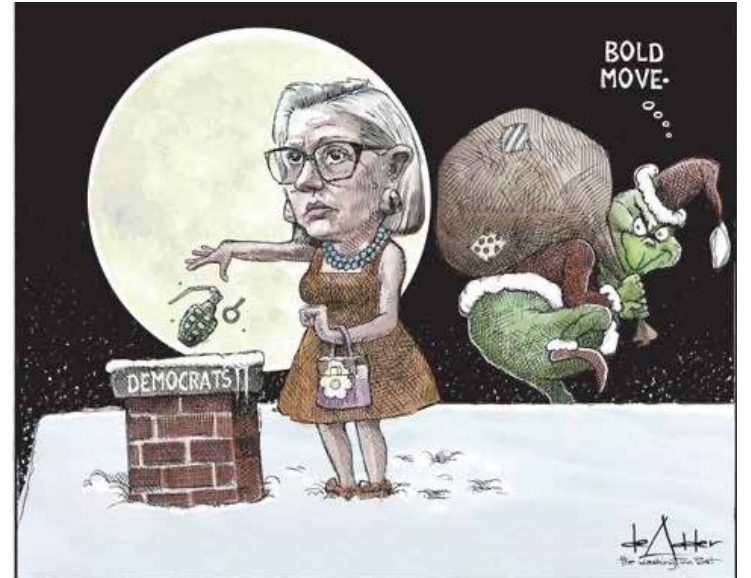
It's wonderful. It seems spontaneous, but it means that consciousness and communication are at a very high level among Chinese youth.

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 everybody 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.

## Lake Street, from page 1

cultural development of Indigenous youth; and First Nations Kitchen, a ministry led by Indigenous people for Indigenous people where free produce is distributed weekly and, when possible, hot meals are cooked and served.

Historically, the LSC has offered services related to branding and marketing, waste management, safety, storefront improvements and energy efficiency. They have also advocated for policies, community events, placemaking, transportation and real estate partnerships.

While it could not be anticipated, 2020 would impact the LSC and challenge it in ways never imagined.

The impact of COVID-19 and the civil unrest following the murder of George Floyd by for-

mer Minneapolis police officers in 2020 created an immeasurable need on the Lake Street corridor. How do neighborhoods survive without health care services, pharmacies, restaurants, churches, and other community services? The city was faced with unprecedented losses, destruction and upheaval.

Allison Sharkey, executive director of the Lake Street Council, rose to the occasion by adding staff, including Marie Campos as the organization's communications and marketing coordinator. With hundreds of properties damaged or destroyed, the need for support and services grew and the LSC needed to grow to be able to respond. Campos was hired to accommodate growth and to work closely with the organization's vendors, bringing her nonprofit background and experience in small business

marketing to the post. Since this landmark year, the organization has grown from just a few employees to 11, including Senior Communications Engagement Manager ZoeAna Martinez; Senior Creative Operations Manager Theresa Swaney; Senior Strategic Initiations Manager Matt Kazinka; Grants and Administrative Manager Ruth Howell; Business Outreach Specialist Oscar Corral; Manager of Recovery Initiatives Russ Adams; Director of Development Alex Tsatsoulis; Business Advisor Yusra Mohamud; and Manager of Placemaking and Activations Charise Canales. The organization has an executive committee of four, plus 11 Directors at Large representing small businesses, banks, real estate businesses and the like.

The LSC is funded through business partnerships, individ-

ual and corporate donations, government grants and private foundations. They have approximately 130 business supporters including Gold Partners such as U.S. Bank, Children's Minnesota, and CenterPoint Energy, among others. In 2020, the LSC received 403 applications for support from small businesses with an average request of \$15,000, with 328 applications (81%) receiving funding. Of those who received funding, 82% were BIPOC-owned (Black, Indigenous, and people of color). Over 70,000 people have now donated to benefit small businesses such as Zizi Boutique, Peer Pressure Fitness and MIGIZI. The “We Love Lake Street” recovery fund allowed businesses to weather the 2020 storm. Approximately 300 businesses have now benefited from the \$5.5 million raised and donated.

Today the LSC is digging deeper into the needs of small businesses to identify and support a variety of issues, with the continued goal of rebuilding and reopening Lake Street and its neighborhoods.

Areas of needed support include business development, building improvement, social media-building, website development, technical and funding support, signage and murals.

As 2023 begins, the LSC is celebrating new beginnings and is excited about future projects which may include adding lobbyist activity and assisting in the corridor's introduction of Bus Rapid Transit (BRT), as well as exploring a Lake Street Safety Center project.





# 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/vitaretices/foodfixes](http://www.drgoodfood.org/en/vitaretices/foodfixes)) scanned

every known bit of writing by him and found nothing that can be translated directly into this. However, Hippocrates did consider “diatímasí” (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 Hippocrat-

ic 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



Eight winter squashes

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 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).



Roasting vegetables

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See *Wellness*, page 6





**Wellness, from page 5**

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.

**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



The Hippocrates mural from the Wellcome Institute in London

guidance here: [www.webmd.com/pain-management/features/what-vitamin-should-i-take](http://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



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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

**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
- 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

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

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

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# Winter Wellness



• 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

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 initiative, try an app: Lumosity, Cognifit, Personal Zen, or play brain games like Sudoku, Anagrams, Concentration or chess.



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# • COMMUNITY CALENDAR •

Southside Pride / POWDERHORN EDITION

## Anita White Art Exhibition "Inner and Outer Journeys"

Opening Saturday, Jan. 14, 6 to 9 p.m.  
On view through February 2023

The Vine Arts Center  
2637 27th Ave. S., Minneapolis

The Vine Arts Center will be presenting a retrospective art show by Anita White called "Inner and Outer Journeys." The show opens on Saturday, Jan. 14, from 6 to 9 p.m. and continues through February.

Anita is a longtime resident of the Longfellow neighborhood and cofounder of the LoLa Art Crawl. She uses her talents to create documentary drawings of events and people around her.



Papa John Kolstad as seen by Anita White

"Drawing Through Crisis with Courage and Humor" was her first collection. She created "A Day in the Life of Hennepin Healthcare," following the hospital workers through their days.

Before this Anita could be seen at various events, especially musical ones, documenting the people around her and the performers. She has frequently been at local venues like Merlins Rest. More information at [www.vineartscenter.org](http://www.vineartscenter.org).

Her retrospective begins with her three-and-a-half years on Inisheer, the smallest of the Aran Islands, off the coast of Ireland. She documented her life there, including watching the process of making a currach (a kind of boat). The show follows her life story from Inisheer back to Minneapolis and her experiences here.

The past several years have included drawing people in health care settings, which Anita began when her husband fell sick and needed care.

## EVENTS

### Beyond the Page: Poets as Artists in the New Year

Opening reception Friday, Jan. 6, 6 to 8 p.m.

On view Jan. 1 - 30

Friedli Gallery and Studio  
943 W. 7th St., St. Paul

Four Twin Cities poets/artists – Deborah Keenan, Morgan Grayce Willow, Paula Cisewski and William Reichard – working in collage, photographic prints, artists' books and zines, create portraits, landscapes and abstractions that speak to the world around them, and give form to those things they cannot find a way to forge with language. Learn more at [friedliartsgallery.com](http://friedliartsgallery.com).

### Minneapolis School Finder Fair

Saturday, Jan. 7, 10 a.m. to 3 p.m.

Minneapolis College  
1501 Hennepin Ave., Mpls.  
The past couple of years have been challenging for students, educators and parents alike due to distance learning and other disruptions. Now, more than ever, it is critical for families to ensure that their children are attending schools that meet their individual learning needs. Local nonprofit Great MN Schools is offering an in-person event for families to meet with schools and community organizations, get their questions answered and determine where their children will go to school in the fall. More than 90 Minneapolis schools will be participating. Learn

more at [greatmnschools.org](http://greatmnschools.org).

### Poetry Night with Janna Knittel, Peter Campion and Connie Wanek

Thursday, Jan. 12, 7 p.m.

Magers & Quinn Booksellers  
3038 Hennepin Ave. S., Mpls.

In-Store Event  
Janna Knittel's "Real Work" is about both physical and emotional manifestations of work, from growing up on a small commercial hazelnut farm in Oregon to familial relationships and loss. It traces a journey from the Pacific Northwest to the upper Midwest through poems that hinge on attentiveness to nature and in which plants, animals, and seasons intertwine with human themes. Poets Peter Campion and Connie Wanek will also read from their work. FREE in-person event, registration required at: <https://www.magersandquinn.com/event/Poetry-Night-with-Janna-Knittel,-Peter-Campion,-and-Connie-Wanek/153>

### Sounds of Blackness: Music for Martin

Friday, Jan. 13, 7 p.m.

Ordway Center  
345 Washington St., St. Paul  
Incorporating jazz, blues, spirituals, rock & roll, R&B, gospel, hip hop and soul, Sounds of Blackness shares the music that fueled the civil rights movement interwoven with excerpts from Rev. King's great speeches. Information and tickets to "Music for Martin" are available at <https://ordway.org/>

[events/sounds-of-blackness/](https://events/sounds-of-blackness/).

### 'Remembering Remy' with Patrick's Cabaret

Friday, Jan. 13, 8 p.m. CT

Online via Zoom  
"Remembering Remy" – Patrick's Cabaret is throwing a party/ having a show to celebrate Remy Charlip – artist, writer, dancer, choreographer, theater director, theatrical designer and teacher. Remy's birthday is Jan. 10, so (for good luck!) we'll have the event three days later, on Friday the 13th. Remy passed in 2012, having touched many. This show brings together just a handful of the many artists who consider themselves lucky to have connected to him. We will share our memories of our work with him, and his work. The show will be a party featuring dance, video, performance art and children's books. For details visit <https://linktr.ee/PatrickScully>. Cost: \$15 (Can't make it to the show at this time? Email [patrick@patrickscully.org](mailto:patrick@patrickscully.org) for a link to the recording.)

### Rev. Dr. Martin Luther King Jr. Day Celebration

Monday, Jan. 16  
11 a.m. to 2 p.m.

Powderhorn Park  
3400 15th Ave. S., Mpls.  
Powderhorn Park Neighborhood Association invites you to an MLK Day celebration! Enjoy performances, art activities, lunch, giveaways for kids and more. Free and

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**POWDERHORN EDITION**

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

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

**Southside Pride**  
2721 E. 42ND STREET SUITE B  
MINNEAPOLIS, MINNESOTA 55406  
CALL US AT 612-822-4662  
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# • COMMUNITY CALENDAR •

## Southside Pride / POWDERHORN EDITION

fun for all ages, the celebration will showcase local artists whose performances are dedicated to ideals of community well-being like housing and environmental justice, and the elimination of race-based disparities to honor the work and vision of Rev. Dr. Martin Luther King Jr. If you need any accommodations to access the event please contact PPNA at [info@ppna.org](mailto:info@ppna.org) or 612-722-4817 by Jan. 3. More details on schedule of events at <https://www.ppna.org/mlkcelebration>.

### Personifying Beloved Community Martin Luther King Jr. Celebration Thursday, Jan. 19, 11 a.m. Virtual Event

Minneapolis College will host a virtual celebration of Martin Luther King, Jr. on Thursday, Jan. 19, to encourage reflection on King's dedication to equality and the civil rights movement. "I am mindful of wanting to make King contemporary," said African American Empowerment Program Coordinator Charles Watson. "The legacy of Dr. King lives on." The event will showcase winning scholarship entries from students' essays on King's work and how it paved the way for overcoming today's barriers to equity and justice. It connects youth from various communities with the ideologies of this incredible leader whose work is equally as relevant today as it was during the peak of the movement he led. Visit this webpage to join the virtual event: <https://minneapolis.edu/mlk#>.

### Heart of the Beast Puppet and Mask Theater

#### Free Workshops for Kids Jan. 22, 29 and Feb. 5 Online

Heart of the Beast Puppet and Mask Theater is sponsoring these FREE workshops for kids. Graci Horne and Ifrah Mansour are co-creating an online workshop series Jan. 22, 29 and Feb. 5. Workshops will explore feelings, findings and footprints using discarded items in your home to make memorabilia for your very own time capsule. Through artmaking, you will explore what it means to be an ancestor and reflect on our collective role and impact on the climate change crisis. To learn more call 612-721-2523 or go to [hobt.org/virtual-workshops/](http://hobt.org/virtual-workshops/).

### 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>

### 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!

### 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](http://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](http://www.neighborhoodrootsmn.org/winter-markets).

**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](http://eventbrite.com). For more information, contact the Bryant Lake Bowl, 612-825-8949 or online at [bryantlakebowl.com/theater](http://bryantlakebowl.com/theater).

### 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/>.

### Lent Procession Service of Lessons and Hymns Sunday, Feb. 26, 4 p.m.

Mount Olive Cantorei David Cherwien, Director & Organist Join Mount Olive Music and Fine Arts for a contemplative service of lessons and carols -- for Lent! Typically associated with Advent and Christmas, this service is designed especially for those caught up in preparations for the coming Easter and spring seasons. It provides an opportunity to withdraw from the busy-ness of life to pray, sing, listen, smell -- an opportunity to fully enter into the season of Lent, a time to renew our lives as baptized children of God.

The event takes place at 4 p.m., on Sunday, February 26, 2023, at Mount Olive Lutheran Church, 3045 Chicago Avenue South, Minneapolis. This event is free and open to the public -- please refer to the church website for COVID protocols applicable to this event. It will also be live-streamed via the church's home page (link below) and at the church's YouTube channel -- <https://www.youtube.com/c/MountOliveMinneapolis> This is the fourth event in the 2022-2023 Mount Olive Music and Fine Arts season. For further information on this event and on the Music and Fine Arts program, please contact Dr. Cherwien at the church office by phone at 612-827-5919, by email at [cantor@mountolivechurch.org](mailto:cantor@mountolivechurch.org), or on-line at [www.mountolivechurch.org](http://www.mountolivechurch.org).



Tommy Goodroad and The Highway Birds

### 2023 HOOTENANNY with TOMMY GOODROAD and THE HIGHWAY BIRDS, PIT STOP, + DUSK

Saturday, Jan. 7, Doors 7 p.m., Show 8 p.m.

The Cedar Cultural Center  
416 Cedar Ave. S., Mpls.

Make your way down to The Cedar on the first Saturday of the new year to enjoy some Country Western Rock & Roll with a very Midwestern lineup: Tommy Goodroad and The Highway Birds, Pit Stop, and DUSK.

"I was a piano player and a drummer and a singer forever, but when I started taking music seriously, I was making beats. So I started taking a lot of that country influence and making it into this like electronic computer music that I had been used to because I didn't know how to play guitar. It wasn't until late 2019 that I taught myself guitar. Once I learned guitar, I figured I should just be making country music. If it's all I listen to, I'll just make it." – Tommy Goodroad

This is an all-ages, standing show with an open floor. To request seating or other access accommodations, please go to our Access Page at [www.thecedar.org/access](http://www.thecedar.org/access) or call our box office at 612-338-2674.

\$13 Advance, \$18 Day of Show  
General Admission tickets are available online at [www.thecedar.org](http://www.thecedar.org).

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EVENTS

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 accom-  
 panist 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  
 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 infrastruc-  
 ture.  
 Come hear about our joint plat-  
 form 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 Tor-  
 res Ray, Jim Bear Jacobs, Sara Wolff  
 and Joshua Lewis.  
 This event is co-sponsored by Min-  
 nesota Interfaith Power & Light,  
 Honor the Earth, Jewish Communi-  
 ty Action and Minnesota Council of

Churches. Learn more and register  
 at [https://mnipl.nationbuilder.com/indigenous\\_faith\\_leaders\\_2023\\_launch\\_registration](https://mnipl.nationbuilder.com/indigenous_faith_leaders_2023_launch_registration).

Interfaith writing workshop for  
 women of color  
**Apply by Jan. 15**

This generative week-long work-  
 shop 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/>.

The Listening Ear at Living Spirit:  
 Mental Health for Everyone  
**Wednesday, Jan. 18, 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 Jan. 18 begins at 6:30  
 p.m. with a half-hour education  
 session, followed by some practical  
 exercises. At 7:30 p.m., partici-  
 pants 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. Par-  
 ticipate in person at Living Spirit or  
 online via our livestream/Zoom.  
 More information at our website:  
<https://livingspiritumc.org/listeningear>.

The Praxis of Hope: Ricardo Levins  
 Morales

**Wednesday, Feb. 15, 6:30 p.m.**  
**In person and online**  
 United Theological Seminary  
 767 Eustis St., St. Paul  
 "The Praxis of Hope: An Evening  
 with Ricardo Levins Morales" will  
 be presented to both in-person  
 and online audiences on Feb.  
 15. Based in South Minneapolis,  
 Morales is an artist and organizer  
 who uses art as a form of political  
 medicine to help people heal from  
 the injuries and realities of oppres-  
 sion. This event, the second in a  
 three-part "Praxis Series" aimed at  
 helping participants embody and

live into lessons about Love, Hope,  
 and Faith that are foundational for  
 justice work, is sponsored by the  
 Leadership Center for Social Justice  
 at United Theological Seminary  
 of the Twin Cities in order to  
 broaden its social justice outreach  
 to a wider community. For more  
 information, visit [www.unitedseminary.edu](http://www.unitedseminary.edu).

Donate items to newly arrived  
 refugee families this winter

It's getting chilly out there! MCC  
 Refugee Services is currently col-  
 lecting warm bedding to help our  
 families stay nice and warm this  
 winter. We are collecting comfort-  
 ers, 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](mailto:RSVolunteers@mnchurches.org) or call  
 612-230-3219.

Contemplative Meditation

**Thursdays at 9 a.m. online**  
**First Monday of the month,  
 7 to 9 p.m. in person**  
 Plymouth Congregational Church  
 1900 Nicollet Ave., Mpls.  
 The Plymouth Contemplatives  
 are an affinity group committed  
 to personal and collective trans-  
 formation. Together we share in  
 contemplative movement, silence,  
 and group discernment as ways to  
 be present to God dwelling in our  
 hearts, in Plymouth's congregational  
 life, and in our wider community.  
 We participate in a variety of prac-  
 tices with the common intention  
 of releasing attachments to our  
 smaller selves and consciously  
 consenting to the movement of the  
 Spirit through us. These exercises  
 can help us step off the emotional  
 roller coaster of our times. The  
 practice of focusing on the Spirit's  
 movement helps us find our way  
 through a topsy-turvy world. Every-  
 one is welcome. Learn more about  
 how to participate either online or  
 in person at <https://www.plymouth.org/connect/contemplatives/>.

Minneapolis Friends Meeting

**Fall-Winter Schedule**  
 4401 York Ave. S., Mpls.  
 The Fall-Winter schedule for Min-

neapolis Friends Meeting is now in  
 effect. Unprogrammed worship 9  
 to 10 a.m.; Mid-morning pro-  
 gram 10:15 to 11 a.m.; Semi-pro-  
 grammed 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](http://minneapolisfriends.org) for more information. All are  
 welcome

SHARING FOOD

Community Meals at Walker  
 Church

**3104 16<sup>th</sup> Ave. S., Mpls.  
 612-722-6612**  
 Free to-go meals and groceries are  
 available for pick-up every Mon-  
 day from noon to 2 p.m. All are  
 welcome.  
 Sisters' Camelot holds a separate  
 food distribution out of Walk-  
 er 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)  
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 outh Congregational Church  
 Delivery is available for individu-  
 als who are housebound due to  
 disability.  
<https://www.grovelandfoodshelf.org/>

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

**Food Hub**  
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 and some household goods.  
 Tuesday and Thursday,  
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 2nd and 4th Saturdays,  
 9 a.m. to 1 p.m.

Please bring ID and wear a mask.  
 Social distancing guidelines are in  
 place.

New Creation Baptist Church  
**1414 E. 48<sup>th</sup> 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 5<sup>th</sup> Saturdays)  
 10 a.m. to 2 p.m.  
 (Brown door on the corner of 48<sup>th</sup>  
 St. and 15<sup>th</sup> Ave.)

Nokomis Heights Lutheran Church  
**5300 10<sup>th</sup> 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 53<sup>rd</sup> 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. What-  
 ever 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. 50<sup>th</sup> 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 volun-  
 teers – rigorous cleaning routines,  
 streamlined procedures, moving  
 outside, wearing face masks and  
 following the 6-foot social distanc-  
 ing guideline. Please be patient as  
 we continue to improve what we  
 do.  
<https://www.facebook.com/MinnehahaFoodShelf/>

Soup for You! Café at Bethany  
**2511 E. Franklin Ave., Mpls.  
 612-332-2397**

Soup for You! operates out of the  
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 ly 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,  
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 days via Zoom 6:30 pm  
 See [www.minneapolisbahai.org](http://www.minneapolisbahai.org)  
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 -Baha'u'llah



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# The women who moved a castle

BY WILLIAM BURLESON

Much has been written about the former White Castle on the corner of 33rd and Lyndale in South Minneapolis. It is certainly a curiosity. Something about it says it doesn't belong there, this prefab fast-food restaurant in a largely residential neighborhood on a shady tree-lined street. It feels like the iconic little metal building is simply not in its native habitat, like a slider at a Minikahda Club wedding.

However, as story-worthy as this small building is, the better story is about the people who moved it: South Minneapolis's Calamity J. Contracting.

The building, now located at 3252 Lyndale Ave. S., was constructed in 1936. Known as Building No. 8, the Southside is its third home, the first being Washington Avenue in Stadium Village. The small metal building was one of the few made to be portable, with the idea that with the land under it rented, it could be disassembled and moved to another location easily. This is in fact what happened, when in 1950 it was moved to 329 Central Ave. in Northeast Minneapolis. There the tiny building stood, serving the iconic square burgers into the 1980s, when it was decided they needed a bigger location. Apparently, 28 by 28 feet wasn't cutting it any longer. A new White Castle opened in 1983 a few blocks away.

There was a groundswell of interest in saving the building. The Minneapolis Heritage Preservation Commission went looking for a buyer who would move the building once again. They found Calamity J. Contracting, who bought it for \$10.

Calamity J. Contracting started out in 1978 as a feminist collective founded by Rose Morin,

Cathy Bryson, Joan Meyer, Kristin Wilson and Rita Pippinger. They had their office in South Minneapolis at 24th and Lyndale.

"When I joined in 1979, they were all there working away," says Kathy Berven, formerly of Calamity J. and a longtime Southside resident. "I was playing on the amazing Amazon [bookstore] softball team that summer ... and they said, 'Kathy, come and join us. You want a job?'" At the time, Berven was going to school at the U of M and working nights at UPS. "I said, 'Well, yeah!'"

At the time Berven knew little about construction, and neither did many of her coworkers. "We started out painting houses ... up on 40-foot ladders, hauling those things around." But they learned. On a bathroom remodel, Berven remembers how she and a coworker had to look up in a book how to put in a window. "Thank God homeowners are away during the day," Berven said.

Being a woman-owned construction company garnered a lot of attention. Berven remembers working on a roof and people going by, then circling the block for another look. However, Berven doesn't recall getting a lot of flak. "Maybe I just wasn't aware of it ... I think we got a lot of credibility from just being in business, being visible and being respectable and respectful."

As their business grew, they started thinking about ways to get noticed. They were "reaching for anything to differentiate ourselves, to put our name out there," says Berven. The idea was hatched to buy the White



The historic White Castle Building No. 8

Castle and use it as their office. "I remember going down to Central Avenue and looking at that thing, and it looked pretty sore."

They bought it but needed to move it. So they did. Down Central Avenue, across the Mississippi, through downtown, and finally to South Lyndale. They didn't take advantage of its design allowing for it to be disassembled. Instead, "we just lifted it up and wheeled it down the street. It cost like \$10,000 to move it, I think," Berven recalled. As it went down Blaisdell Avenue, it passed the White Castle on Lake Street. "The workers came running out with bags of hamburgers for us. It was so cool!"

Once in its new location, the old White Castle made a good office and even served as a showroom. Unfortunately, Calamity J. Contracting wasn't long for the

world, closing just two years later in 1985. According to Berven, "We just didn't have the business acumen, we didn't have the capital, we didn't have enough projects with enough profit built in, and it just started sinking down." She adds, "It's really a tough business."

After Calamity J. Contracting left, the building has been home to a variety of businesses, from antiques to musical instruments to jewelry.

However, Calamity J. left its mark in more ways than one.

Four decades later Berven is still working construction, al-

though perhaps starting to slow down, moving incrementally into retirement with her life partner, Barb.

"We just thought we could do anything. It was the women's lib era, and we were just doing whenever we wanted to do." Berven adds, "The seventies were like a golden era."

While Calamity J. Contracting is long gone, signs of this golden era remain, with one woman's career and one oddly situated, tiny White Castle, now on the National Register of Historic Places.

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