

MINNESOTA WOMEN'S PRESS

People
Who
Inspire

Changemakers

MINNESOTA WOMEN'S PRESS

POWERFUL. EVERYDAY. WOMEN.

PHOTO SARAH WHITING



IRENE OCHOA, PAGE 14

CONTACT US

651-646-3968

Submit a story: editor@womenspress.com

Subscribe: womenspress.com/subscribe

Advertise: ads@womenspress.com

Donate: womenspress.com/donate

Find a copy: womenspress.com/find-a-copy

Minnesota Women's Press has been sharing the stories of women since 1985, as one of the longest continuously published feminist platforms in the country. It is distributed free at 600 locations.

Our mission: Authentic community-based journalism that amplifies and inspires the stories, action steps, and leadership of powerful, everyday women (cis and trans), trans men, and nonbinary people.

Our vision: We all are parts of a greater whole. Our stronger future will be built from the collective energy of people who shift narratives to effect change.

Minnesota Women's Press LLC
800 West Broadway Ave., Suite 3A
Minneapolis, MN 55411

Vol. 37-12

©2021 by Minnesota Women's Press LLC
All rights reserved. ISSN #1085-2603

Past Publishers:

Mollie Hoben & Glenda Martin (1985–2002)
Kathy Magnuson & Norma Smith Olson (2003–2017)

MWP TEAM

Publisher/Editor: Mikki Morrisette

Managing Editor: Sarah Whiting

Sales & Development Directors: Ashley Findlay,
Ryann Swimmer

Digital Development: Mikki Morrisette

Photography/Design: Sarah Whiting

Associate Editor: Lydia Moran

Financial Operations: Fariba Sanikhatam

This month's writers: Feven Gerezgiher, Sarah Gruidl, Amoke Kubat, Lissa Maki, Natalie McGuire, Paula Neeley, Sheila Regan, Denisse Santiago Ojeda, Cirien Saadeh, Cassidy Tarala, Priscilla Trinh

Copy Editor: Kelly Gryting

Proofreader: Abbie Phelps

Factchecker: Selena Moon

Distribution Coordinator: Sarah Whiting

Community Engagement: Siena Iwasaki Milbauer,
Lydia Moran, Denisse Santiago Ojeda

Cover: Lucina Kayee, photo by Sarah Whiting

Follow @mnwomenspress



"We must not be content only to see things as they are. We must have the vision, faith, and hope to see what things can and must become."

— Sister Generose Gervais

WHAT'S INSIDE?

Editor's Letter	3
Taking Charge of Change	
GoSeeDo	4
Holiday Festivals and Art	

CHANGEMAKERS

Lucina Kayee: Foster Youth	8–9
Sue Purchase: Substance Use	10–11
Georgia Fort: Media Accountability	12–13
Irene Ochoa: Gender-Based Violence	14–15
Stronger Sexual Assault Statutes	16–17
Naheed and Yusra Murad: Housing	20–21
Nancy Marie Beaulieu: Native Treaties	22–23
Sabine Engel: Climate Change	24–25
Creative Revitalization in Granite Falls	26–27

Thoughts	31
Natalie McGuire: An Empty Frame in Texas	

SPECIALTY GUIDES

Spirituality	6–7
Amoke Kubat: Elder to Ancestor	
Education	18–19
Bringing Vaccines to Reluctant Communities	
Holiday	28–29
Books From Minnesota Authors	
Classified Ads	30–31

Taking Charge of Change

by Mikki Morrisette

Minnesota Women's Press readers nominate wonderful people to be honored in our annual December issue. There are many more inspiring Changemaker candidates than we have the capacity to include. Our criteria as we winnow down the list: We look for people who have had unique impact that year, we aim to create a mix of people from different areas of influence, we honor those who have not been recognized in mainstream media (or in previous Changemakers issues).

Our stories in 2021 reflected the best of what we dubbed the Year of Regeneration. We included stories from people on healing journeys, communities revitalizing after the pandemic, and more.

The Minnesota stories reflected in these pages include shining examples of people who reimagine a better way: A mother-daughter team who question the way we serve basic needs, a long-time harm reduction activist, a journalist who holds media accountable, and several others. We also include our first bilingual story, with an advocate who has long engaged with survivors of domestic violence.

How Are You a Changemaker?

I gave a talk recently speculating how U.S. history might have been different if women had been in charge from the start. Would farm conglomerates have squeezed out small farmers and be focused on corn, soybean, and meat factories? Would the bulk of our crime reduction efforts be put into police budgets instead of violence prevention and healing trauma? Would the average pay of corporate leaders in 2020 be more than \$24 million annually — a doubling in ten years — while the federal minimum wage remains at \$7.25 per hour?

Caregivers on average make less than \$10 an hour, while

most top companies pay their stewards at least 100 times more than their median employees. Valuing profits over people is, to my mind, a chest-thumping, competitive approach that has gotten us, over hundreds of years, into the mess we are in now.

We cannot know how some of the major social issues of today would be different under radically regendered leadership. But we do know that women tend to be trained as collaborative caretakers. As I enter my fifth year stewarding stories of inspiring Minnesota movers and shakers — cis and trans women and nonbinary — I am asking you to join us in 2022: The Year of Solutions.

Historically, “salons” have been a regular social gathering of people, especially writers and artists, at a woman's home. Decades ago, Minnesota Women's Press used to gather people together for salons in its office. We would like to revisit the concept today, largely digitally, as we launch a new statewide Changemakers Alliance in January. We will bring urban, suburban, and rural voices together — including feminist men — to talk about story ideas, solutions to long-standing issues, and solidarity around action steps.

Do you care about healing trauma, transforming justice, regenerating ecosystems, or building equitable and cooperative economies? Let's talk about it together. There is much that we need to accomplish as changemakers.



womenspress.com

Commentaries

womenspress.com/view

Ongoing news items

womenspress.com/MWPnews

Changemakers Alliance (CAI)

[womenspress.com/
changemakers-alliance](https://womenspress.com/changemakers-alliance)

2022 Themes

womenspress.com/submit-a-story

Donate to help us hire a Collaboration Coordinator

womenspress.com/donate

Tax deductible option to 12/31/2021

givebutter.com/changemakersalliance

EXTRAORDINARY WOMEN

Walk among extraordinary Minnesota women who changed their communities. Learn how featured objects reflect pivotal moments in their lives. Be energized by their history — and leave ready to make history of your own.

EXHIBIT CLOSES JAN 2
mnhs.org/extraordinarywomen



COURTESY AMERICAN SWEDISH INSTITUTE

Through December 18 — Ole and Lena Christmas

Ole and Lena bring their friends Sven and Ingrid, Mrs. O’Shaughnessy, Santa, and one irreverent elf out of the joke books and onto the stage. This lovable pair have written letters to Santa, each asking for their deepest desires. Lena wants a baby; Ole wants deer sticks. In collaboration with the Scandia Creamery, the production includes festive fare, a Scandihoovian costume contest, and interactive shenanigans. \$65. Fridays and Saturdays, 6:30pm dinner, 8pm show. The Scandia Creamery, Scandia. sillygoosecomedyproductions.com

Through December 12 — In the Presence of Longing

Minneapolis-based artist Roshan Ganu exhibits three-dimensional collages that reflect how she fosters comfort and belonging in her life. Ganu believes people experiencing displacement in the form of migration (voluntary or forced) exist in a “hybrid state” — memories and cultural objects intertwine with a new reality. Drawing from her childhood and cultural identity formed in Goa, India, Ganu examines how her past informs her present life in the midwestern U.S. \$5 suggested donation. 10am–5pm. Duluth Art Institute, Duluth. duluthartinstitute.org

December 4–5 — Julmarknad Handcraft Market & Festival

At this traditional Scandinavian marketplace, shop handmade goods from more than 60 regional artists at booths located inside the American Swedish Institute and courtyard. Browse artisan glass, clothing, wood, jewelry, ceramics, and textiles, and enjoy pop-up musical performances, kid-friendly story time, and festival foods. \$10–\$15. 10am–4pm. American Swedish Institute, Minneapolis. Registration required, asimn.org

December 14 — The Impact of Jean Follett



COURTESY PHOTO

Jean Follett grew up on the East Side of Saint Paul, served in World War II, and moved to New York City, where she helped develop the postwar art scene. After returning to Saint Paul in 1962, Follett joined other local women in discussions around aesthetics, art in society, gender roles, and immigrant inclusion in the art scene. Melissa Rachleff Burt, professor at New York University, will give a lecture on Follett’s impact on the art world, including architecture, engineering, natural history, and more. Free. 7pm–8:30pm. Virtual, presented by East Side Freedom Library. Registration required, eastsidefreedomlibrary.org

MINNESOTA HISTORY CENTER

MAJOR SPONSOR: **SECURIAN FINANCIAL**

ASSOCIATE SPONSORS: **ANDERSEN WINDOWS & DOORS**, **DORSEY always ahead**

MEDIA SPONSOR: **StarTribune**

PROJECT PARTNERS: **LWV LEAGUE OF WOMEN VOTERS OF MINNESOTA**, **Hallie Q. Brown Community Centre, Inc.**, **WATER TOWER LANDMARK SOCIETY**

Digital content is made possible by a generous donation from Judy Schwartzau.



MINNESOTA WOMEN'S PRESS

HELP OUR READERSHIP GROW STATEWIDE

The lived experiences of Minnesota's diverse communities are the heart and center of our publication. Our unique first-person narratives are now reaching more people than in pre-pandemic levels. Can you help us grow statewide?

We would like to hire a Collaboration Coordinator to connect urban, suburban, and rural perspectives in new Changemakers Alliance events. Can you support these discussions about healing trauma, regenerating ecosystems, transforming justice, and building equitable economies? Our fundraising goal: \$55,000. Learn more: womenspress.com/changemakers-alliance

Tax deductible: givebutter.com/changemakersalliance

SUBSCRIPTIONS	NEW ADVERTISERS IN 2021	LOCATIONS	DISTRIBUTION UP (500 SITES IN 2019)
UP 62%	89	75 CITIES	631
MONTHLY READERS	2020 PAGE VIEWS		
25,000+	96,325		

"Minnesota Women's Press is one of the few publications that will publish the experiences and opportunities of rural Minnesota women. Today's collective psychosis has led to an atmosphere of polarization — in contrast to the stories of solidarity and solutions that advance justice and healing published from trusted Minnesota Women's Press authors."

— Cheryal Lee Hills, Region 5 Development executive director, Staples, MN

**SPIRITUALITY
GUIDE**



Support our advertisers, and tell them you saw their ad in the Minnesota Women's Press!

White Bear Unitarian Universalist Church

A Welcoming & Inclusive Faith Community

Offering In-Person & Virtual Services: 9 & 11a.m.

www.wbuuc.org

Elder to Ancestor

written by Amoke Kubat

HEALING HOMEMADE MEALS PEACE
Women-nurturing HOSPITALITY
RETREATS REST CHANGE
HERMITAGE Spiritual Renewal

Time for Renewal

www.ARCRETREAT.ORG

ARC
RETREAT COMMUNITY

JOIN US @ 4PM, 7PM, 10PM

Christmas Eve

IN-PERSON OR ONLINE AT
haumc.org

HENNEPIN AVENUE UNITED METHODIST CHURCH

BE PRESENT WITH THE PROFOUND



We offer a unique, family-centered approach to life, death, and the beautiful journey in between.

INSPIRED JOURNEYS LLC

Angela Woosley, Owner and Licensed Mortician
651.300.0119 · inspiredjourneymn.com

It goes without saying: Covid-19, Minneapolis burning, and global rage brought the whole world to its knees in 2020. Our collective human devolution and institutional and political implosions were videotaped and posted on social media platforms. Quarantined and socially distanced, we watched. Powerless. Nobody had any satisfying answers or solutions to the angst of our fears.

I have lived with social inequalities in education, health, housing, and justice. I have witnessed police brutality. At 14, I experienced the Watts Riots in Los Angeles, and 27 years later the 1992 Los Angeles riots. Now, the same issues in different places are still unresolved. This disappoints and saddens me.

My internalized oppressions shamed and screamed, “You did not do enough! Do something! Do more!” What did I not do in my lifetime? I marched. Educated. Advocated. Used my body as a shield. What more can I do now? I have decreasing abilities. I cannot run or scream. Time became an urgency.

I do not fear death. That is not the same as wanting to die. Death has a whole lot of phases. Death is not my adversary. Deathing, which is what I call my awareness that I will die, is always a reality.

I have few memories of languishing in anxiety about anything long. I have few fears because calamity visits Black women often. You strive and survive with family, friends, and community, and sometimes alone.

There is a Yoruba proverb that says, “I stand tall because I stand on the shoulders of my Ancestors.”

Eighteen months into this turmoil, I am still standing. Period. It is their love, guidance, and protection that kept me from losing my grip entirely. They remind me that Olodumare (Creator God) gives every living thing ase. Ase is having divine energy. It differs from the mainstream concept and practice of power: superiority and dominance. Essence.

There is a Yoruba proverb that says, “I stand tall because I stand on the shoulders of my Ancestors.”

Light. Personal ase is amplified by being balanced: mentally, emotionally, physically, and spiritually. Ase allows you to be, do, and live the life that you were destined and born to live.

The year 2020 tested my faith and Indigenous African spiritual practice. I was horrified by the continuous revelation of depravity in people. Especially people I thought I knew well. Were we on the brink of America’s and the world’s destruction? Every day I prayed for an end to this devastating pandemic and for protection from our worst selves. I asked to understand, to grow, and to maintain the love and compassion necessary to help us out of our labyrinth of suffering. I prayed for courage, focus, and stamina.

My Ancestors guided me to look beyond generational harm and trauma. They possess knowledge that has kept their descendants alive in difficult circumstances and times. They told me to work on my Ori.

Ori is one’s divine mind. It differs from the conscious and subconscious mind. Ori is the consciousness that is connected to Olodumare. They advised, “Keep your heart open. You will face times when nobody and nothing feels loving.” Feeling old and tired, I asked, “What can I do?” They counseled, “Only act with clarity and purpose. Trust yourself. Then you can be helpful to others.”

My shrine and nature were my safest places. Rigidly socially distancing, I drove down the Theodore Wirth and Victory Memorial Parkways — early mornings, middays,

and early nights. It was important to feel the pulsing promise of a new day or sing praises and gratitude at dusk. I went to the Mississippi River in North Minneapolis. I gazed upon the water, prayed, and offered honey for keeping life sweet. I received messages from Osun, Oya, and Yemoja in the flow of water.

2022 is inevitable but holds no promises. I am continuing my journey from Elder to Ancestor.

My prayers are these:

May my life have meaning and purpose until the end of life as I know it.

May I greet my demise like an Olympic team member relinquishing the baton with my eyes still on the finish line.

May I be welcomed in the Realm of my Ancestral Pantheon.

May I be a revered Ancestor.

May I return born in the loving arms of my descendants.

Ase. (May it be so).



COURTESY PHOTO

Amoke Kubat (she/her) is a multidisciplinary artist and culture bearer. She is a recipient of the 2021 Minnesota State Arts Board Creative Support Individual Grant, Springboard for the Arts 20/20 Artist Fellowship, and 2021 Jerome Hill Fellowship in Playwriting and Theater. Kubat uses art-making (writing, weaving, dollmaking, and mosaics) to define and hold a position of wellness in an America sick with inequities. She is also the creator and CEO of YO MAMA LLC, which offers The Art of Mothering workshops and YO MAMA’S House Cooperative, a shared nonresidential space for mothers who are artists, community activists, or healers.

Lucina Kayee: The Stories of Foster Youth

reported by Paula C. Neeley

How does a group of Black, trans, queer, and disabled foster youth improve their corner of the world? By just doing it. Lucina Kayee, 25, created Atlas of Blackness as a grassroots, multimedia organization that mentors Black foster youth.

Kayee, who is a two-time cancer survivor with Lupus, envisioned an organization that blends her love of research, the arts, and history to document Black foster youth stories in a healing way. “As somebody who is disabled and chronically ill, I wanted to create something that would be sustainable without me being there,” she says.

Through narratives and research about the foster care system, Atlas of Blackness provides education. It also creates space for Black people to tell their stories without being retraumatized by speaking to traditional media or politicians. Educational workshops include the history of the child welfare system, the impact of foster care on LGBTQ+ and two-spirit youth, the pipeline from foster care to prison and deportation, and disability 101.

Kayee is employed by FosterClub, a national nonprofit organization, to advocate for the Every Child Deserves a Family Act. The Act would prohibit federally funded child welfare service providers from discriminating against children, families, and individuals because of their religion, sex, sexual orientation, gender identity, and marital status. In many states, for example, it is still legal to turn away prospective parents if they are LGBTQ+. If potential families are not discriminated against, more kids can find placements.

Kayee indicates that many foster youth around the country have been put into substance use treatment facilities because of a shortage of foster homes.

Kayee’s family escaped war in Liberia in 2002. Her family’s post-traumatic stress led to being separated. She was placed in individual and group homes more than a dozen times. She

hid her queer and Muslim identities, telling social workers that she was Christian as a means of self-protection.

“I spent most of my time in foster care institutionalized [in a treatment facility]. They could not find me placement because [I was] undocumented. My foster parents found out that I was queer. So I was placed in what most people call treatment facilities, but they were just facilities where I spent most of my time in solitary confinement,” Kayee explains. “A lot of foster children experience that. Because they are Muslim, or trans, or two-spirit, it is harder for [them] to find placements.”

As she explained in an essay on fosterclub.com, “No child should ever feel like they have to hide who they are. There needs to be a way for foster children in Minnesota to speak their truth without any repercussions.”

When Kayee noticed that many youth she knew were going missing and dying by suicide, she and two friends founded MY Generation “to show foster children of color that if the system is unwilling to protect them, we will make sure to hold the system accountable.”

MY Generation worked to teach foster youth about their legal rights and educated social workers about the dangers of the system. Those efforts morphed into collaborating with community organizers and successfully shutting down plans to construct new youth treatment facilities in Ramsey and Hennepin County in December 2016.

“Any foster youth knows that these treatment facilities are just youth prisons,” Kayee says.

What Is Child Welfare?

In the 1850s, “orphan trains” started moving impoverished youth in New York City to middle America where families could adopt them. “Although most of these children were



PHOTO SARAH WHITING

orphans or homeless, they were also the children of poor immigrants whose family members were working,” Kayee says. “Today, preventable neglect is still a significant cause for children to be placed in foster care. Parents who cannot afford to miss work or hire child care lose their children instead of being offered adequate resources.”

Experience with the child welfare system often sets in motion other life challenges that lead to incarceration or being unhoused. According to the Juvenile Law Center, 90 percent of youth with five or more foster placements will enter the criminal legal system. Foster youth are over-represented in data on youth sex trafficking.

Twenty-five percent or more of foster children leaving the system become homeless within two to four years.

In 2020, MY Generation was part of an effort to help find housing for more than 600 foster youth across the country, and distributed nearly \$100,000 to Black mothers and Black caregivers across Minnesota. In “flash funding,” common after the 2020 summer racial uprisings, Kayee awoke one morning to find that her cash link options were being widely shared on social media and money was pouring in from around the world.

However, finding sustainable funding is a challenge for Atlas of Blackness. Its six staff work 25 hours a week unpaid. Kayee says, “It is easy to be overlooked by legacy foundations. We are young, right? We are all under the age of 28. All but two of us are trans. Everyone on our team is disabled. Everyone is Black.”

In July, Atlas of Blackness launched a community journalism program, Documenting MN, which involved hiring seven Black interns from different backgrounds who were taught how to document stories and edit film. PBS signed on as mentors. The documentary project is on hold due to lack of funding, while Kayee researches grants to pay the interns, as well as to find funding for another Atlas of Blackness program, Literary Experience, for intergenerational Black people to read and discuss texts by Black authors.

“Having an intergenerational conversation can really teach Black youth [that] these are things that have been done before you,” Kayee says. “It is just that the system finds a way to destroy it. [...] How can we make sure that the system cannot destroy what we are doing right now?”



Talk to your representatives about the Every Child Deserves a Family Act. Have public conversations about how foster care impacts young people in Minnesota.

Follow   @aobminnesota

— Lydia Moran contributed to the reporting of this story

SHADE GROWN • HAND PICKED • SUN DRIED • FAIR TRADE

As close to local as coffee gets in Minnesota

Imported directly from our family's farm in Honduras, roasted locally and delivered to your door



velasquez family coffee

HONDURAS >> MINNESOTA >> YOU

www.vfamilycoffee.com



TELL US WHAT YOU RECOMMEND

SHARE YOUR FAVORITE PEOPLE, PLACES, AND THINGS BY JANUARY 31 IN THE MINNESOTA WOMEN'S PRESS ANNUAL READERS' POLL...


AND YOU COULD WIN AN ARTISAN, MINNESOTA MADE GIFT BOX FROM YOUBETCHABOX.COM

GO TO SURVEYMONKEY.COM/R/R2022 WE CAN'T WAIT TO HEAR FROM YOU!

Volunteer!
Hennepin County
2022 Citizen Advisory Boards

- Adult Mental Health Local Advisory Council
- Capital Budgeting Task Force
- City Planning Commission (Minneapolis)
- County Extension Committee (University of Minnesota Extension)
- Human Resources Board
- Library Board
- Mental Commitment Attorney Panel Advisory Board
- Race Equity Advisory Council
- Workforce Innovation and Opportunity Act Board
- Watershed District Boards: Lower Minnesota River and Minnehaha Creek

Application deadline:
Friday, December 31, 2021
hennepin.us/advisoryboards



Sue Purchase: Guerilla Public Health Provider



reported by
Lissa Maki

Sue Purchase started smoking cigarettes at age 12. Before the end of seventh grade, she was smoking marijuana. She tried LSD in eighth grade. By 16, she was snorting cocaine.

Mind-altering substances offered an escape for Purchase, who grew up in the 1960s and 70s in a Cloquet household that was filled with domestic violence. “To say it was traumatic is to put it mildly,” she says. “My story gets at many people’s stories. It is a traumatic childhood that leads to drug use.”

Purchase married young. Her husband introduced her to intravenous drug use in the mid-1980s. The domestic violence and drug use continued in her marriage.

Eventually she left, determined her children would have a better future. She stopped injecting drugs. But she was never comfortable with the abstinence-only model of drug treatment, with its religious base and all-or-nothing framework.

She went back to college, where she learned about the relationship between trauma and drug use and discovered harm reduction as an alternative. It was a “lifesaving” revelation.

In 1996, Purchase founded a Minneapolis needle exchange

program called Women With A Point — the first program of its kind in Minnesota. Since then, she has dedicated herself to harm reduction, working tirelessly on various projects over the years in multiple states.

Compassion and a Sterile Syringe

Harm reduction is a practical approach to providing health care services to people who are actively using drugs, according to Purchase. “It is the idea that public health matters first and foremost before somebody’s drug use,” she explains. “Rather than requiring abstinence mandates for services, harm reduction accepts people exactly where they are.

“Recovery is any positive change — as people choose to define it for themselves.”

Purchase points out that drug users, and mothers in particular, are harshly penalized for their behavior, which makes it difficult to access the services they need. “If you reach out for help, and especially if you are not white, you might lose your children,” she says.

A harm reduction approach starts with compassion, the absence of judgement, and a sterile syringe. “The point is literally the point,” Purchase often says. “It is about building a bridge to services and care. It is a lifeline for people who do not have one.”

The statistics on harm reduction are compelling. People who access syringe services programs are five times more likely to enter a treatment facility.

Harm Reduction in the Northland

Three years ago, Purchase returned to the Duluth area. After learning about the gap in services for people using drugs in Northern Minnesota, she started Harm Reduction Sisters. The nonprofit provides mobile syringe supplies and HIV testing, as well as opioid overdose education and naloxone — a fast-acting drug used to treat opioid overdoses.

Because the U.S. government has a syringe exchange ban, no federal dollars can be used for the basic supplies Harm Reduction Sisters needs to do this work. But Purchase is resourceful and was able to secure foundation grants of \$20,000 to start up in January 2020. That funding was completely spent within three months. “To say [the situation in Northern Minnesota] is dire is an understatement,” she says.

The Covid-19 pandemic exacerbated this public health crisis. People were disconnected from support systems and turned away from in-person crisis services. Overdose deaths in the U.S. rose to over 93,000 in 2020 — up from 70,630 in 2019 — which was the largest amount ever recorded in a 12-month period.

Even as drug use was on the rise, syringe services in Duluth and Superior closed down due to the pandemic. “When there are not enough clean syringes to go around, there is a ripple effect,” Purchase says, noting that that region is facing multiple outbreaks of HIV, syphilis, hepatitis C, and hepatitis A.

While other programs were shuttered, Purchase was constantly distributing syringes — 80,000 a month in Duluth and the surrounding rural areas. She did much of this on her

own, delivering supplies in her car north to International Falls, south to Pine City, and just about everywhere in between.

Along with supplies, Purchase provides education about the importance of sterile syringes for disease prevention. Service recipients have the chance to talk about their situation, but she does not pressure them to quit using. The goal is to build rapport so the person has supportive services in place if they decide to change their behavior.

Purchase views Harm Reduction Sisters as a feminist response to the opioid crisis. Services are nonexclusive, but Purchase tries to cater to women and people of color because they often have additional barriers and traumas. According to the Minnesota Department of Health, American Indians are seven times as likely to die from an overdose as whites in Minnesota. African Americans are twice as likely to die from an overdose as whites.

She adds that home delivery is particularly helpful to connect with women who have children, or pregnant women who face severe consequences for drug use. She is currently working to secure funding to expand intervention work, case management, and HIV testing.

“If one person did not stigmatize somebody else, that would go a long way,” says Purchase. “People are dying. There are women I work with who have lost multiple children. And it is preventable. Pull your head out of the sand. Pay attention. Watch your judgement. There is so much people can do.”



- Learn more about harm reduction, harmreductionsisters.org
- Know how to spot an overdose, tinyurl.com/RecognizeOverdose
- Make a tax-deductible donation to help pay for syringes, harmreductionsisters.org/donate-1
- Contact your representatives. Tell them to allocate funding for harm reduction services to address the opioid epidemic.

MB'S
CLEANING SERVICES

Green cleaning & toxin-free disinfecting for home and businesses since 1994!

651-225-1960
Mbscleaning.com

Kjellberg Law Office
Divorce, Abuse, Custody, Paternity, Family Law Mediation

It's your family & your future.
You need a strong advocate who will fight for you, tell you the truth and not overcharge.
Call me when you need help.

Carla C. Kjellberg
Attorney at Law

651-789-7799
www.kjellberglaw.com

The Salvation Army Booth Manor
For seniors 62+ across from Loring Park

- 1 bedrooms
- Utilities included
- Activities Director and Service Coordinator
- Smoke-free building
- Section 8 and market rate available

1421 Yale Place, Minneapolis
612-338-6313

PHOTO SARAH WHITTING



reported by
Feven Gerezgiher

Fort's exhibit "Freedom of the Press" was at Normandale College from October 14 to November 12, showing images from rallies, demonstrations, and events that she captured while reporting stories.

Years before George Floyd would become a household name, Georgia Fort was challenging narratives around Black people and police brutality that are often perpetuated by the media.

She recalls one pivotal experience as a news anchor working for an outlet in Georgia. A supervisor asked her to find the criminal history of the victim in an officer-involved shooting. To be balanced, Fort also looked into the officer's history. She found 12 pages of complaints — four were specific to racial profiling. Two police officers confirmed the involved officer's racial bias.

**"Guess what made the five o'clock news?"
Fort says. "The man's criminal history and
nothing about the cop who shot him."**

She began to understand the broader issue. Not only do police misuse their power with little accountability for their actions, but when those stories are mishandled by media outlets, it shapes the way the public understands the world.

Stepping Into Media

Fort spent her formative years in Saint Paul with her sister and mother. As renters on welfare, they moved often, yet she feels deeply connected to Rondo and the East Side, where she attended Harding High School. She excelled in academics and worked a variety of jobs to support her family, including starting her own cleaning business.

She majored in business administration and management at the University of St. Thomas, and got her first break in media at KMOJ. There she built the groundwork for her multifaceted journalism — hosting shows, reporting for different platforms, running websites. She engaged diverse audiences and became a trusted voice for Black and brown community members in the Twin Cities.

After her role in TV news in Georgia, Fort moved to Duluth, where she reported on the chief of police's family ties to Irene Tusken, a white woman whose false rape accusation led to the 1920 lynching of three Black men.

Shortly after that, Fort's contract was terminated. She believed her 10 years of work experience — including two Emmy nominations — would land her a job when she

returned to the Twin Cities. But every station told her she needed more experience.

Reporting Rooted in the Community

Fort felt called to do meaningful work. As a single mother, she wanted to create a better world for her daughter, and felt an urgency to bring her full self to her work.

“I worked alongside kids who went to the most prestigious journalism colleges, who were terrified to go into poor neighborhoods to ask a witness who saw a police shooting for comment [...] or go to homeless encampments and see needles on the ground,” Fort explains.

She says that as someone with Black heritage, and having family who struggle with addiction and are incarcerated, she is not far removed from the issues she is covering. That life experience gives her humility and helps her see people’s humanity beyond their circumstances.

Fort also notes that she and other Black women in newsrooms are often deemed “angry” when they advocate for better representation of Black and brown people. Newsroom dynamics can prevent media accountability.

Fort began work as an independent journalist. The role gives her the freedom to tell riskier, more authentic stories.

Three years ago, she began co-producing a documentary with Unicorn Riot interviewing mothers from across the country whose children were killed by police. The families alleged police were covering things up and dominating media narratives. Prior to the national racial reckoning, she says, “That [story] was controversial. Nobody [in the media] wanted to touch that [story]. People would accuse us of being biased and not being good journalists.”

But then the world saw for themselves the disparity between the initial press release (“Man Dies After Medical Incident During Police Interaction”) and what was captured on Darnella Frazier’s cell phone.

Although it has required some professional sacrifice, Fort says her mission to change narratives is worth it. “It is about examining the media industry and saying, ‘How can we be better collectively? How can we stop being an industry that causes further harm to marginalized and oppressed communities?’”



Georgia Fort says, “Real change does not come without resistance. So be prepared, be in it for the long haul.” She says we all have a part to play in changing the media landscape

— invest in independent journalism and alternative models of distribution, and be critical of what we are consuming. Fort encourages media outlets to be more equitable: diversify their rolodex of experts and sources, build relationships with community, and prioritize story integrity.



Irene Ochoa: Emotional Lifeline

as told to Denisse Santiago Ojeda

Irene Ochoa has invested 30 years of her life as a senior advocate for Esperanza United. Ochoa gives emotional support to people who phone the Latina-focused organization because they are experiencing domestic abuse. She also supports those who moved out of an abusive home into a shelter. Following is a Q&A with Ochoa in both English and Spanish.

Mi nombre es Irene Ochoa y trabajo para Esperanza United. Mi posición ahí es Senior Advocate y lo que yo hago es darle apoyo emocional a las mujeres que llaman por teléfono tanto cómo a las que están viviendo en el refugio.

How did you get involved in this work?

I was a survivor of domestic violence, and I was impacted by the help Esperanza United provided when I needed their services. My passion to help other women who are going through the same things I did began then.

¿Cómo se involucró en este tipo de trabajo?

Yo fui sobreviviente de violencia doméstica y me impactó el trabajo que hicieron en Esperanza United cuando necesité servicios de ahí. De ahí nació mi pasión para ayudar a otras mujeres que están pasando lo mismo que yo pasé.

How do you serve people through this journey?

Many people think it is easy to leave their partner and start over. However, it requires much bravery. It is not easy to leave a cycle of abuse when you repeatedly hear that you

are not capable of doing anything on your own, or when you have strong feelings towards the other person and you think about everything that unites you. Many people think survivors should have left the first time abuse happened, but it is impossible because sometimes feelings win over reason. You think that they will change.

When I listen to a survivor talk about experiences, I can identify with them. The connection becomes stronger when I can listen without judging. I can understand the challenges that make it hard to escape the abuse. Part of my support is reaffirming that I believe what they say. I believe they are capable, even when it is difficult. I will be by their side to guide them to where they want to go. I am able to be with them as they gain knowledge and are empowered to make their own decisions.

¿Cómo usted apoya o provee servicio para la gente pasando por esta situación?

Muchos piensan que es fácil dejar a su pareja y empezar de nuevo. Pero se requiere mucha valentía. No es tan fácil salir de un ciclo de abuso cuando repetidamente escuchas que no eres capaz de poder tu sola. O cuando tienes sentimientos muy fuertes hacia la otra persona

y te pones a pensar en todo lo que los une. Muchas personas piensan que las sobrevivientes deberían huir la primera vez [que ocurrió el abuso] pero es imposible porque a veces los sentimientos le ganan a la razón. Piensas que esta vez, sí va a cambiar.

Cuando escucho a las sobrevivientes hablar de experiencias



PHOTO SARAH WHITING

puedo identificarme con ellas. La conexión se hace más fuerte cuando puedo escuchar sin juzgar. Puedo entender las razones que tienen como reto para salir del abuso. Parte de mi apoyo a las sobrevivientes es reafirmar que creo lo que dicen. Creo que son capaces aunque vaya ser difícil y que estaré a su lado para guiarlas a donde quieran llegar. Yo estoy con ellas mientras que se llenan de conocimiento y se empoderan a poder tomar sus propias decisiones.

How have you remained involved for 30 years in work that must be draining and sad?

To work in the field of domestic abuse is not easy. There are days that are full of challenges and discouraging circumstances. What keeps me centered is the ability to provide security and words of encouragement, or seeing changes in the lives of others. Sometimes we get calls from people who we worked with over ten years ago; they want to let us know they are doing well, or to just say hello. I would not change the fact that I work in an organization that focuses on the security and strength of its participants for anything.

¿Cómo se ha mantenido involucrada por ya 35 años en este trabajo que nos imaginamos es muy agotador y triste?

Trabajar en el área de abuso doméstico no es fácil. Hay días que están llenos de retos y circunstancias desalentadores. Lo que me mantiene centrada es el poder brindar seguridad, unas palabras de aliento, o poder ver cambios en la vida de las personas. A veces tenemos llamadas de personas que fueron participantes hace más de diez años y ahora llaman para decirnos lo bien que les está yendo o llaman solo para saludar porque aprecian el apoyo que recibieron. No cambiaría por nada el hecho de trabajar en una organización que se enfoca en la seguridad y fortaleza de las participantes.

What do you suggest for people who also want to help someone through trauma like this? What to say, not say, actions, support that makes a difference?

The most important thing is to believe in them. Believe what they say about their situations. Believe that they can move forward. Listen without judging. Keep in mind the resilience and strength they have. Not all survivors identify as victims. It is important to talk about what domestic violence is in all aspects — how it manifests, the tactics, and what healthy relationships look like. It is important to not overwhelm the participant and instead guide her and empower her to make her own decisions.

¿Qué sugerencias tendría para la gente que quisiera ayudar a alguien que está pasando por un trauma similar a esto? Por ejemplo, que decir, que no decir, acciones que puede tomar, apoyo que haga la diferencia?

Lo más importante es creer en ellas. Creer lo que cuentan de sus situaciones. Creer que puedan salir adelante. Escuchar sin juzgar. Mantener en mente la resiliencia y fortalezas con

las que cuentan. No todas las sobrevivientes se identifican como víctimas. Es importante hablar de lo que es el abuso doméstico en todos los aspectos — desde cómo se manifiesta, las tácticas, y cómo se ven las relaciones sanas. Lo importante no es abrumar a las participantes sino guiarla y empoderarla a tomar sus propias decisiones.



What action steps do you recommend our readers take to support gender-based violence survivors?

Something we can all do to support the eradication of domestic violence is to simply start reflecting on the gender roles we assume. In our culture, inequality between the man and woman is still very notable, even in the home. Simply contributing to these roles fosters a pattern of abuse. For example, “Because he is a boy, he doesn’t clean. Because she is a woman, she must assume all the caretaking responsibilities.” We need to reflect on our actions and the message each one carries.

We must also be careful about our assumptions. There are men who suffer abuse and do not speak of it because of the stereotypes created against the image of a man. It is important to recognize that stereotypes limit us. I would also like to emphasize the importance of not normalizing situations of abuse. This fosters a pattern of control and can have a negative effect on our children. It is not normal to live under control. It is not normal to be attacked in any way. It is not normal to submit to gender roles. There are support, resources, and information for survivors to learn about.

¿Qué pasos recomendaría que nuestros usuarios tomen para apoyar a las sobrevivientes de la violencia de género?

Algo que todo podemos hacer para ayudar la erradicación de la violencia doméstica puede ser empezando simplemente a reflexionar sobre los roles de géneros que asumimos. En nuestra cultura es muy notable todavía la desigualdad entre el hombre y la mujer hasta en el hogar. El hecho de contribuir a estos roles fomenta un patrón de abuso como por ejemplo, “Porque es niño, no limpia. Porque es mujer debe asumir todas las responsabilidades del hogar”. Tenemos que reflexionar en nuestras acciones y cuál es el mensaje con cada una de ellas.

Tenemos que al igual tener cuidado asumir. Hay hombres que sufren abuso y no lo hablan por los estereotipos creados contra la imagen de el hombre. Es importante reconocer que los estereotipos nos ponen límites. Quisiera empatizar también la importancia de no normalizar situaciones de abuso. Esto fomenta un patrón de conducta y puede tener un efecto muy negativo en nuestros hijos. No es normal vivir bajo control. No es normal ser agredido de ninguna manera. No es normal someternos a roles de género. Ay apoyo y recursos importantes para que las sobrevivientes.

Esperanza United, confidential 24-hour bilingual crisis line
651-772-1611, esperanzaunited.org

PHOTO SARAH WHITING



Stronger Sexual Assault Statutes

reported by
Kassidy Tarala

Representative Kelly Moller (l) and Representative Marion O'Neill in front of the State Capitol

Representative Marion O'Neill (GOP, District 29B, Maple Lake) got involved in drafting new Minnesota legislation after a young girl “was denied justice for her assault when she was just thirteen years old,” O'Neill says. Her 2019 bill, Hannah's Law, called for eliminating the statute of limitations that prevented someone from reporting an assault after a certain amount of time had passed.

As a prosecutor newly elected to the legislature, Representative Kelly Moller (DFL, District 42A, Shoreview) was aware that O'Neill was working on policy change. “I reached out to her after I was elected and said I would like to work together in a bipartisan manner,” Moller says. “We developed a partnership and friendship in working on issues to achieve justice for victims of sexual assault and domestic violence.”

Simultaneously, Asma Mohammed and Sarah Super, as volunteer lobbyists, began to pursue changes to sexual assault law. Both were survivors who connected over a desire to change policies. In Mohammed's case, she was assaulted when she was 12 and had only six years to report that trauma if she wanted to pursue criminal charges.

“Sarah shared with me her hope to eliminate the statute of limitations, which I had not known much about. I was personally impacted by the statute and still did not know that the law existed until she told me about it,” says Mohammed, advocacy director of Reviving Islamic Sisterhood for Empowerment. “Sarah said it was a lofty goal to eliminate the statute, but I told her I had a friend at the legislature who could help.”

In the meantime, Moller supported O'Neill's 2020 bill, which requires all rape kit samples to be tested, establishes a database to track the status of testing, and appropriates funds to hire additional lab scientists. Yet there were many

details remaining in Minnesota's statutes that did not reflect an understanding of trauma.

A team of prosecutors, legislators, advocates, and survivors — including Mohammed and Super — worked together for years to examine old wordings and suggest new ones.

Revised wording to criminal sexual conduct statutes was included in the Public Safety Omnibus Bill, which was signed into law on June 30, 2021 and took effect on September 15. This bill:

- Closes the loophole that prevented victims from charging someone who assaulted them if they were unable to give consent because they were voluntarily intoxicated;
- Creates the crime of sexual extortion, punishing someone for forcing a person to have sex by threatening to, for example, report the person to immigration authorities, evict them from housing, or terminate employment;
- Ensures certain relationship-related offenses are included, even if they are not directly considered in positions of “authority,” such as educators and students, or those involving a perpetrator who is dating a victim's parent.

A Minnesota Supreme Court case became nationally publicized in March 2021. After that, movement on revising statute wording moved forward more quickly in the legislature.

The case involved Francois Momolu Khalil, who was convicted of third-degree criminal sexual misconduct for raping someone after she left a bar intoxicated. His conviction was overturned because, according to existing statute, he was not accountable since he did not personally drug her or give

her alcohol.

Moller says that the national attention for this Minnesota case helped them establish a sense of urgency to pass the bill this year. "After the Khalil decision," she says, "we had many more legislators sign on to the bill as coauthors."

Sexual assault and domestic violence are treated differently from other crimes, since skepticism that the victim is lying is common, Moller says. "I have seen it in court and at the legislature. The myth about false allegations created some hurdles to our bill, but the strong testimony from survivors, and the egregious facts of the Khalil decision, helped us to overcome that."

"I think that ensuring justice for assault survivors is a priority for everyone. It just doesn't always get the attention it deserves," O'Neill says.

O'Neill and Moller worked with more than 100 survivors, advocates, law enforcement officers, and others in crafting the legislation.

"We are also a part of another working group to look at potential reforms to the Predatory Offender Registry, which is one of the final portions of the bill that was passed," O'Neill adds. "We are looking at how it functions, who is on it, how long they are on it, and who should be on it. We will have a report ready for the full legislature by the time we go back into session on January 30."

Though this legislation will allow survivors to report their assault at any point in their lives, and to have the choice to report it if it is helpful to their own healing, Mohammed points out that this legislation is not retroactive, meaning it only impacts those who experience sexual violence on or after September 15, 2021. "If I could change anything about this bill, I would make it retroactive," she says.

Details: To see Judiciary hearings in action, see the video discussion of the proposed wording changes on April 7, 6:37pm, and April 8, 1:03pm: tinyurl.com/MNAssaultHearings



Asma Mohammed says more people need to listen to survivors. "There have been numerous occasions in which my ideas have been shut down by people who don't understand the pain of sexual violence," she says. Letting survivors lead the work helps to avoid creating more harm.

Mohammed adds that more people need to get involved in advocacy. "My hope is that survivors join us at the capitol to demand more accountability as we enter another session."

Rep. Kelly Moller says, "I am a strong supporter of the ERA, and I would love to see some movement on that." She encourages people to support passage of the Equal Rights Amendment in Minnesota. eramn.org

Says Rep. Marion O'Neill: "If anyone you know has experienced sexual violence and are not getting justice, contact your state legislator and local victims' advocacy group, which can be found at



Asma Mohammed

mncasa.org. Even with these new changes, victims are hesitant to report, and some county attorneys are declining to file charges against perpetrators. Both men and women should educate themselves about the new law, including

where the line is with affirmative consent, the new definitions of sex crimes, and how crucial a sexual assault exam is to receive justice."

LOCALLY OWNED & INDEPENDENT SINCE 1968!

Mastel's
VITAMINS, MINERALS, SUPPLEMENTS, HERBS, GROCERY, PERSONAL CARE, HOMEOPATHY, TCM

Open for in-store shopping, curbside pickup, and mail orders!

1526 ST. CLAIR AVENUE
ST. PAUL, MN 55105
T. 651-690-1692

OPEN WEEKDAYS 9-8
SAT 9-6 • SUN 12-5
WWW.MASTELS.COM

10% OFF YOUR ENTIRE ORDER!*

*SALES ITEMS EXCLUDED. NOT VALID WITH ANY OTHER PROMOTIONS. ONE COUPON PER CUSTOMER.

EXPIRES DECEMBER 31, 2021

For over 16 years,
Marnita's Table
has hosted thousands of individuals, breaking bread, and fostering conversations that promote "openness, authenticity, and connection."

Read Marnita's story at sunrisebanks.com/marnita

SUNRISE BANKS

Marnita's Table

Member FDIC

EDUCATION GUIDE



Support our advertisers, and tell them you saw their ad in the Minnesota Women's Press!

Psychic Development Classes and Soul Readings

Classes — Learn to work in partnership with your soul (See ad under "Classes" in the Classifieds)

Soul Readings — A private and respectful way to receive your soul's guidance.



Cindy Lehman
www.cindylehman.com
cindy@cindylehman.com
612.669.1861

Bringing Vaccines to Reluctant Communities

reported by Cirien Saadeh

On Fridays and Saturdays, Kelly Robinson is set up outside of Wilson's Barbershop in North Minneapolis. As president of Black Nurses Rock (BNR) Twin Cities, and the owner of a health-care business, Robinson organized BNR nurses to provide Covid-19 testing in 2020 and vaccination events each week in 2021.

"We have some people who come to the barbershop to get their hair cut, to get their kid's hair cut, and then there are others who see our [mobile-unit] bus and know we are doing [vaccinations]," says Robinson. "You do not have to make an appointment, you do not have to go anywhere else. You can just pull over, or get off the bus, and get your shot."

Welcome to your future in integrative, whole-person care



Join us for an *on-campus* Discovery Day on January 22.

nwhealth.edu/mwpdd 952-885-5409

admit@nwhealth.edu

MacPhail
CENTER FOR MUSIC



“ The support I receive at MacPhail is amazing. It's taught me that I'm capable of anything when I put forth effort and dedication to achieve. ”

— KYA —

Get Inspired at MacPhail
Individual Classes & Ensembles for All Ages & Skill Levels
5 Convenient Metro Locations + Online
LEARN MORE AT MACPHAIL.ORG

WOMEN



LEAD

AT SUMMIT



REIMAGINE YOUR FUTURE
AT NO OUT OF POCKET COST TO YOU

 **SUMMIT**
ACADEMY OIC

WWW.SAOIC.ORG



CentraCare nurses in the Saint Cloud area host mobile vaccine clinics to serve immigrant families.

“We have been going to churches, mosques, schools, community meeting spaces, Somali malls, Black community organizations. Anybody who will have us, we are ready and willing to go. We have been doing work with our vaccine equity team to brainstorm and make sure we are being equitable in every sense of that word,” says Hani Jacobson, a community health and wellness nurse with CentraCare.

One of the biggest challenges is misinformation and suspicion. Ashley Jude, an IT professional with CentraCare, says, “Across the continuum, it is a lot of the same fears about what we are putting in them, how they are going to be affected, and how it will benefit them. We come from that place of compassion. As long as they come to the table, we will have the conversation about what they need to know about the vaccine.”

Understanding the Fear

There is mistrust in many communities. Pew Research Center found that sparsely populated rural areas have twice the number of Covid-19–related deaths as urban areas.

“Rural residents are among the most vaccine-hesitant groups, along with Republicans, individuals 30–49 years old, and Black adults,” the report indicates.

According to a Kaiser Family Foundation (KFF) report, “Vaccine Hesitancy in Rural America,” half of rural residents say the seriousness of Covid-19 is “generally exaggerated” compared to 27 percent of urban residents and 37 percent of suburban residents. In rural areas, getting a vaccine is seen as a personal choice (62 percent) rather than as part “of everyone’s responsibility to protect the health of others” (36 percent). A majority of urban residents (55 percent) say getting vaccinated is part of everyone’s responsibility, as do nearly half of suburban residents (47 percent).

Heather Cox Richardson has written about the bipartisan nature of the divide in her blog. She says about 10 percent of Democrats eligible for the vaccine have refused it, and almost 40 percent of Republicans have. In October, 7.8 people per 100,000 died in counties that voted strongly for Biden and 25 out of every 100,000 died in counties that voted differently.

A June 2021 Chicago Policy Review detailed why some Black community members distrust medical institutions:

- J. Marion Sims — “the father of gynecology” — used enslaved women for painful surgical experimentation
- The Tuskegee Study of 1932 kept 600 Black men intentionally untreated for syphilis for 40 years.



PHOTO SARAH WHITING

Kelly Robinson preps a syringe in the mobile vaccine unit outside Wilson’s Barbershop in North Minneapolis.

- The cells of Black woman Henrietta Lacks, who died from cervical cancer in 1951, were used for scientific research without notifying or compensating her family.

Additionally, many Black Americans feel like outsiders in the health-care system. According to KFF, “Amplifying Black representation in medicine would provide these individuals a sense of agency in decisions affecting their health.” The Association of American Medical Colleges supports pre-medical pipeline programs to bolster the success of students of color through mentorship.

Advocates for trauma-informed policies suggest that the fundamental question should not be “What is wrong with these people?” but “What happened to them to make them so fearful?” A coauthored essay at [PacesConnection.com](https://www.pacesconnection.com) puts it this way: People who have experienced trauma — whether structural racism or a sense of exclusion — tend to be “hypervigilant toward threat and danger [and have] difficulty trusting others. Any perceived agenda from an untrusted source feels like a life threat that will be reflexively met with resistance.”

Says Jacobson, “Our goal is gaining trust by answering questions, and talking about their fears and anxieties related to historical trauma. Even if people do not get the vaccine, we are present in our community and building those relationships.”

— Mikki Morrisette contributed to the reporting of this story

Naheed and Yusra Murad: Supporting Basic Needs

reported by Sarah Gruidl



Naheed Murad



Yusra Murad

In 1993, Naheed Murad and her husband immigrated to the U.S. after graduating from medical school in Pakistan. They were accepted to a Minnesota training program and intended to return to Pakistan after that. The opportunities here, however, were suited to their specialties. Political instability and safety concerns after 9/11 made it challenging to return.

In addition to work, “[we were] trying to establish our [Muslim] identity as well as raise our [three] children as American Muslims,” she says. “One of the things that struck me the most when I came here is the isolation that you can feel because you do not have your extended family, you do not have your neighbors, you do not have the people that you grew up with. I did not want my children to feel that isolation. So we worked really hard to develop that sense of community.”

Murad’s daughter Yusra, 25, says she reflects on her childhood often. “In hindsight, we were cognizant of our racialized identity the moment we entered elementary school, but didn’t have the language for it until almost a decade later. As a kid, there is intense shame and isolation and general confusion about how to navigate white spaces. All that said, we still had so many privileges — access to good education, a financially stable household, even grandparents who could participate in raising us.”

After Yusra became a teenager, Naheed started to spark conversations with her about the things she was experiencing

at school and seeing on the news. “Our relationship shifted — we were finding more common ground as we simultaneously processed our experiences as brown Muslim women in the U.S.,” Yusra explains.

As people engaged in community service with members of the Muslim community in Eagan, Naheed and her husband co-founded ZACAH in 2013, setting up a board and operations with a contingent of others. The intention was to formalize what was already an ongoing process of redistributing wealth to meet the needs of the low-income immigrant community in Minnesota who cannot rely on extended family. Many Muslim immigrants send zakat (a mandatory charitable tax for many Muslims) and sadaqah (voluntary donations) back to deserving families in their countries of origin. ZACAH began to gather monetary donations in 2014, returning 100 percent directly to community members.

Social justice is a fundamental pillar of Islam, Yusra explains. She and her mother began to talk about how to challenge institutional and structural racism and fight for an equitable distribution of resources.

“A big need in our society is housing,” says Naheed. “We realized that almost everybody who was applying to ZACAH needed temporary help with rent while they were going through a life circumstance — illness, loss of a spouse, or a domestic abuse situation. They were threatened with eviction

or losing their home and belongings.”

ZACAH opened a transitional home in 2017. The small three-bedroom house was primarily offered to women who were victims of domestic abuse. After the pandemic hit, rental assistance took on a renewed sense of urgency. The board “all realized through our work how intricately housing and health are connected,” Naheed says. “It is not possible for someone to have a sense of physical, mental, and social well-being without having safe, stable, dignified housing.”

The mission of ZACAH is to protect vulnerable Minnesotans from homelessness and eviction, but Yusra and Naheed talk often about the need to move away from reliance on philanthropy and create change on a systemic level. Says Yusra, “The driving cause of homelessness is the fact that we do not consider housing a human right and a public health need. ZACAH, or any nonprofit, can purchase a building, but this is a short-term solution.

“Nonprofits will never solve the housing crisis. We have to focus on creating neighborhoods where people can thrive physically and socially, to achieve the best state of health. We need public housing.”

Naheed notes that, growing up in Pakistan, her childhood experiences were marked by limited resources in a developing nation. “Basic human rights were not given to a majority of the population.” To combat that, the community looked out for each other. “If somebody did not have food, we provided them with food. When people needed assistance with building their home or with rent, we reached out to family and friends and collected funds. We did not call it mutual aid, but it was.”

Yusra adds, “Sometimes my mom and I will reach an impasse, where I am deeply cynical about why nonprofits — including ZACAH — exist in the first place. She wants to focus on the immediate needs of the rental applications, which we do. But we also need to question, ‘Is it viable or sustainable for grassroots nonprofit organizations to be paying rent for people in a country where housing could be provided by the government?’ Of course not.”

Find Sarah Gruidl’s original story at revivingsisterhood.org/naheed-and-yusra-murad



“Start asking public officials questions about public housing,” says Yusra. “Cities and counties in Minnesota have a waitlist for public housing and subsidized housing that is two to five years long.”

ZACAH is working with the state to assist Afghan families settling in Minnesota. Find details at womenspress.com/murad-housing



Hawks View Cottages

— dreamers welcome —

Deluxe forest cottages, lodges & suites high above the Mississippi River and Seven Hawks Vineyards at historic Fountain City, Wis.

Visit us at www.hawksview.net
inquiries@hawksview.net + 651-293-0803



Enjoy FREE wine tasting in our Seven Hawks Vineyards Tasting Room, 17 North St. 608-687-WINE(9463) + sevenhawksvineyards.com

You Talk, I Listen

together we collaborate

Joan Gilles | Financial Advisor & Coach
financialplanpartners.com | 612-436-3733



2021 HONOREE
WOMEN'S PRESS 2021
THE WISCONSIN FUTURE FUND

FINANCIAL PLANNING PARTNERS

Securities and advisory services offered through Cetera Advisor Networks LLC, a Broker-Dealer and Registered Investment Advisor, member FINRA/SIPC. Some advisory services also offered through AdvisorNet Wealth Management. Cetera is under separate ownership from any named entity. Listing in the Women's Press publication is not a guarantee of future investment success. This recognition should not be construed as an endorsement of the advisor by any client. 8530 Eagle Point Blvd., Suite 100 | Lake Elmo, MN 55042 | 612-347-8800

PHOTO SARAH WHITING



Nancy Marie Beaulieu: Protector of Treaties

reported by Sheila Regan

Nancy Marie Beaulieu shows a swath of land that was dug for the Line 3 pipeline near the encampment where she and others held space.

Nancy Marie Beaulieu called it holding space when she and others stayed on the easement of land controlled by Canadian energy company Enbridge Incorporated in June. “That was our 1855 Treaty encampment. It was not a Line 3 protest camp,” she says. “We [are] asserting our treaty rights, which is not criminal. It is Article VI of the United States Constitution.”

A co-founder of Resilient Indigenous Sisters Engaging (RISE) Coalition and a citizen of Leech Lake Band of Ojibwe, Beaulieu has been both a leader in resisting Enbridge’s Line 3 pipeline and a tireless educator on treaty rights and Native sovereignty.

Founded by Beaulieu in cohort with three other Native women — Debra Topping, Anna Yliniemi, and Dawn Goodwin — RISE works with tribal, local, and state governments to protect land and water, and to ensure Native people are properly consulted and represented in tribal decisions. RISE participates in public speaking and networking engagements to educate Native and non-native people on treaty obligations. They say Enbridge did not secure informed consent from Native peoples to run the

pipeline through treaty lands.

Treaty obligations were a cornerstone of the movement led by Native groups and environmental activists against Line 3, which became operational on October 1. Members of RISE and others hold that treaties — particularly those signed in 1854, 1855, and 1863 — ensured Native people the right to hunt, fish, gather, and preserve cultural resources on land where the 337-mile corridor of replacement pipeline runs.

“My role is to remind people that treaties are [as] alive today as the day they were signed,” Beaulieu says. “And as a Native person, it is my inherent responsibility to defend our treaties and our way of life.”

The ecological toll of deforestation, the pollution of wild rice beds and water bodies, and the risk of future spills violates treaty rights. The pipeline has already played a role in drying out watersheds in the region; Enbridge pumped nearly five billion gallons of water during construction.

Beaulieu has made her dissent from her tribal leaders' approval of the project known. In January, she spoke publicly to leaders from the Minnesota Chippewa Tribe — the governmental authority for six Ojibwe bands in Minnesota. She stated that the executive leaders violated the tribe's constitution, which holds that leaders will conserve and preserve the tribe's resources for the well-being of its people.

The speech was followed by direct action initiatives, including RISE Coalition's eight days of prayer on the Enbridge drill site at the Mississippi Headwaters.

Working in a Good Way

Beaulieu first participated in pipeline resistance at Standing Rock in 2016, protesting the Keystone XL Pipeline. She was a nursing student at the time, in addition to being a mother and grandmother. "Going to Standing Rock, I had found that our clean water was not the only thing being attacked, it was our democracy and our right to be free and be heard. We are not treated equally."

What comes next for RISE is still being formulated, but Beaulieu says there are plans underway for gatherings that will draw people from across Turtle Island. She believes the coalition is a model for building future treaty relationships with allies interested in working "in a good way."

"We are going to take a look at the creation story, how we got here as Native people," she says. "And then we are going to talk about the treaties between tribes, the treaties with our Native people, what is working and what is not working, and what kind of strategy we need moving forward to have our treaties honored and justice for all living things."



Nancy Marie Beaulieu says, "If we recognized the real history of what happened to our people here, we would find a better understanding."

She encourages others to take the treaty pledge at MN350. mn350.org/treatypledge

STEVENS
FAMILY LAW &
MEDIATION, PLLC

ONLINE: Dispute Resolutions,
Mediations, Consultations, & Meetings

stevensfamilylaw.com
jennifer@stevensfamilylaw.com
Burnsville, MN 55337 - 952-856-0518

MINNESOTA
WOMEN'S PRESS
Wants to know...

**What Are You
Afraid Of?**
Statewide Survey

tinyurl.com/MNFears

Matthew Molinaro
Tree Trimmer, Certified Arborist
molinarotree.com • 612-239-2508

Licensed, fully insured
free estimates

- Tree Trimming
- Tree Removal
- Stump Removal

Cert Number - MN4551-A

Like us on Facebook!

RE/MAX RESULTS
NoPlaceLikeHome.info

Amy Ruzick
RE/MAX Results
651-492-1044

Kay T. Johnson, RSS
612-802-8261

Chris Goble, RSS
612-396-8708

"Working hard for our clients while serving the community"

NoPlaceLikeHome@Results.net | Each Office Independently Owned & Operated

TIMELESS aromatics
authentic aromatherapy

- Therapeutic Essential Oils and Hydrosols
- Immune Support
- Non-Toxic Hand Sanitizer
- Botanical Perfumes and Attars
- Safe Home Cleaning

Online Sales & Local Events

TimelessEssentialOils.com

Fall Specials on both websites!

Northern STAR Botanicals

CBD Topical & Nutritional
Hemp Goods

THC-Free & Full Spectrum
from Organically Grown,
non-GMO Hemp

Made in Minnesota / Online Sales & Local Events
NorthernStarBotanicals.com

Woman-owned Small Businesses
Rosemount, MN

Sabine Engel: Bridge-Builder on Climate

reported by Priscilla Trinh

As a teenager growing up in the exurbs of Hamburg, Germany, Sabine Engel rushed to help a boy whose foot was run over by a bus. In return for her kindness, the boy's mother gifted Engel a collection of Jane Austen novels. Smitten with the literature, Engel's love of language and curiosity would take her across the Atlantic to earn a doctorate in English from Duke University.

So, how did Engel end up leading an international program about renewable energy policy?

Rural Potential

Originally from a small village, close to West Germany's northern border with communist East Germany, Engel spent her childhood near a forest. As she bussed into the suburbs of Hamburg for school, she noticed that rural children like herself were looked at differently, and perceived as less intelligent.

Rather than feel resentment about it, the experience spurred a passion for collaboration. "What does resentment do? Nothing," Engel says. "Rural students are not less intelligent. We only tend to grow up differently. It is exciting what you can do when working with others who have a different perspective."

She also understood the power of language to prompt change. As a teenager who cared about litter accumulation along country lanes, she noticed that public conversations are a powerful lever. "Policy is informed by what we notice and talk about, and influences how we interact with each other and our surroundings," she says.

Engel wanted to leave the limited options and sexism in Germany. She immigrated to the U.S. for graduate school, worked in several states as a teacher, and moved to Minnesota in 2001. She was drawn to the state because of its large rural

areas and its "collaborative gene."

Engel eventually directed interdisciplinary programs at the University of Minnesota–Twin Cities Center for German & European Studies, building Minnesota-Germany exchange programs on health policy. She found a mentor and close friend in Connie Perpich, a reproductive rights activist (and 2007 Changemaker for her work securing Planned Parenthood funding for low-income Minnesotans).

In 2010, Minnesota Lieutenant Governor Yvonne Prettner Solon asked her to make connections with Germany to help boost the conversation on renewable energy policy in Minnesota.

Exchanging Solutions

Currently, Engel is leading Climate Smart Municipalities (CSM) at the University's Institute on the Environment. CSM brings together 12 cities, paired from Minnesota and Germany, to share ideas about sustainability, renewable energy, climate adaptation, and energy efficiency. Working with a range of stakeholders — in politics, state government, the private sector, NGOs, and academia — the motto for the group is "together, we are smarter!" The six Minnesota cities involved are located across the state:

- Warren, a small northwestern agricultural Minnesota town of 1,600, is focused on achieving energy conservation and efficiency measures. Inspired by their German partner city, Warren partnered with Northland Community and Technical College to use drone technology to detect heat loss from town buildings.
- Morris passed a city solar ordinance, and solar arrays are beginning to dot schools, the municipal liquor store, and houses. The county is working on an end to landfill usage by 2025. The local college collects organic waste, and



PHOTO SARAH WHITING

one student wrote a successful grant for the school district to receive \$550,000 for the purchase of two electric buses.

- White Bear Lake is working on strategies for energy conservation, renewable energy, transportation, waste reduction, water supply, and natural resources. The city purchased three hybrid vehicles for its fleet.
- Elk River is working on a plan to expand renewable energies with a potential biogas plant to fuel electric generators with methane gas produced from decomposition in landfills. The generators power 15 percent of Elk River's population.
- Duluth mayor Emily Larson established a sustainability officer who reports to the mayor, inspired by an example in Germany. Street lights in Duluth are being powered with yellow-hued LED lights, and there is a city goal of 80 percent reduction of greenhouse gasses by 2050.
- The City of Rochester passed a commitment to provide 100 percent renewable electricity, motivated by their German partners. The advancements of the smaller communities, particularly Morris and Warren, have assisted with internal discussions and advocating for new programs and initiatives.

Looking Ahead

Despite the challenges from climate change, Engel is optimistic about the future of sustainable communities and climate change solutions.

Her role as a bridge between two countries enables her to see the value of an exchange of technical knowledge. With every delegation of Minnesota and German decision makers, Engel is reassured that cities of any size can make economically beneficial changes. The keys to this are collaboration and communication.

“Minnesotans think the Germans are so advanced, but there is only a difference of strategy,” Engel says. “Generally, Germans want everything figured out before acting. Americans only need an idea and they run with it. When policy doesn't yet exist, they tend to get inspired and create it.”

Details: climatesmart-mn.org



Sabine Engel urges people to talk to each other about climate change and to act directly. Reduce, reuse, or recycle. Put solar panels on your roof. Switch to an electric car. Act in your personal and in your professional environment. “Incremental works,” she says.

diverse properties. diverse clientele.



MALINDA LAUNERT

612-802-2527
malindalaunert.com



Serving the community for 25 years!




Crescent Tide
cremation services
The New Generation of Service

- No Hidden Costs
- No Confusing Society or Membership Fees
- No Pressure To Buy
- Straight Forward Answers

CrescentTide.com (651) 315-8214

Simple Cremation \$750
Serving the Greater Twin Cities Metro Area



MINNEHAHA FALLS FAMILY DENTAL
fall in love with your smile



Joan Jakubas, DDS and Jenna Swenson, DDS

Providing you with above & beyond service!



612-721-3012
minnehahafallsfamilydental.com
4554 Minnehaha Ave. S., Minneapolis

PHOTO SARAH WHITING

Creative Revitalization in Granite Falls



reported by
Mikki Morrissette

Some of the many women making change meet at the Bluenose Gopher Public House in Granite Falls. Standing (l-r): Luwaina Al-Otaibi, Dani Prados, Nicole Zempel, Tamara Isfeld. Sitting: Betsy Pardick, Autumn Cavender-Wilson (with Leo), Mary Gillespie

Granite Falls suffered during the farm crisis that started in the 1970s, when conglomerates started to buy up farms to profit on corn and soybeans. Today, many community members are part-time farmers who rent land.

Nicole Zempel, an artist and mushroom forager, left the town a few years after high school and returned 20 years ago. “When I first came back, Main Street had a lot of empty spaces.”

After Mary Gillespie returned to the town from Saudi Arabia ten years ago, she and Zempel joined with others to begin to revitalize the heart of the community through art projects. A group of people fought to prevent the local K.K. Berge Building from being torn down. Funds were raised to save the building and convert it into an art center.

“Now, if I wanted to open a business, there is only one space open to rent,” Zempel says. Women in particular have created “a lot of fun and unique shops” and generated creative events that bring people to the west-central Minnesota town of 3,000.

This past year, the community hosted the Imbibe Sessions to showcase the development of American music since the

1920s, a gravel road bike race, a weekly makers market in the summer, trivia nights, and a “Light Up the River” celebration for the Upper Minnesota River Art Crawl.

Turning Ambivalence Into Immersion

LuWaina Al-Otaibi grew up in Saudi Arabia and Bahrain, went to school in Florida, and lived in Australia for six months. She visited grandparents in Granite Falls, where she moved in 2014 “with no intention of living here for long.”

After Gillespie, her mother, returned to the area, she began buying inexpensive buildings in town, including a dilapidated house that needed refurbishing. Al-Otaibi bought the house inexpensively as a home base.

A few years ago, she started to connect with people while helping to transform a former spa on Main Street into what is now the Bluenose Gopher Public House. “It has given cool people a place to find each other,” says Al-Otaibi, who became the Bluenose operations officer. Now, “this is my home.”

Money for the tap room was raised by loans and co-op

membership fees of \$150.21. The tap room opened in 2019 with Minnesota-made wine, beer, food, and events.

The 21 cents for the membership fee was a nod to Andrew Volstead, a ten-term U.S. congressman and Granite Falls mayor, whose name was used in 1920 on the Volstead prohibition bill that restricted alcohol sales, production, and distribution. The 21st amendment to the Constitution repealed Prohibition in 1933.

As creators of a co-op, they also wanted to acknowledge Volstead's pioneering role in legalizing farmer cooperatives nationwide. Although local farm ownership has been dramatically reduced, many residents work at the employee-owned Fagen ethanol plant headquartered in town.

Artistic Hub

Tamara Isfeld was part of a group that wanted to create a community mural project along the river. There was some resistance by city leadership to the project — “it will attract graffiti” — but eventually people outside the town were visiting to watch its progress.

A city councilperson later remarked that it was not the hospital, nursing home, or financial businesses revitalizing the area, but the arts.

Betsy “PirateBetsy” Pardick is a hair stylist and musician who hosts open mic performances at Bluenose. The events draw people into the community from places like Marshall, 20 miles away. Her nickname refers to her tendency to kayak and to camp on a nearby island in the Minnesota River. For a recent birthday, she and Al-Otaibi picked up 116 pounds of trash along the Minnesota River.

“When I visit Fargo or Minneapolis, I might be in a space with 15 musicians next to me,” Pardick says. “Here it is not as saturated with musicians or egos, yet there is so much talent. We are from different backgrounds and music genres — from jazz to 70s rock to 90s punk. We respect that we all have different tastes, but collectively we create new music together and now play shows together.”

Dani Prados is an artist-in-residence who has lived in many large cities. She enjoys the electricity and possibility in big performance spaces, but believes in small communities. “We engage as human beings first. We are aware of our relationship with and for each other and the landscape in a very different way” than you might get in the anonymity of large cities.

That means neighbors work harder with each other, because “you know you will see them again,” Isfeld jokes.

Flipping the Narrative

Autumn Cavender-Wilson grew up in the adjacent Upper Sioux Community and has lived in New York, Washington, D.C., Phoenix, and El Paso. She married a Twin Cities man and moved with him to her home community, where she is a midwife and passionate about land sovereignty.

“Our urban friends thought we was nuts to move here,” she says. “We felt guilty during the Covid shutdown, eating peanut chickpea curry on the porch overlooking farm [land], while those same friends were largely trapped inside small apartments. Here you can see the sky, a hundred kinds of plants, moving animals. And city life has what? Concrete and traffic. You live next to people you do not know. My next-door neighbor and I might have nothing in common politically, but we both believe in being good neighbors.”

Cavender-Wilson would like to flip the narrative that there is little to do in small communities. As a parent of two, she says, it is helpful that everyone looks out for your children, is able to let the dog out if you cannot get home, or can offer a ride to Walmart if needed.

She adds, “It can be a little claustrophobic — seeing your therapist at the grocery store, for example. But that also means we are not defined by our jobs. Betsy is not just a hair stylist — she also is a pirate who taught my son how to play the ukulele. We are about so much more as a person than what we do.”

Personal Transformations

In a group conversation with Minnesota Women's Press, the women agreed that it is a mistake to think small towns are full of close-minded people. Cavender-Wilson sees an advantage to having neighbors with different perspectives.

Local food shelves are stocked with produce from nearby farms — although many joked that they miss having access to sushi.

The benefits of affordable housing in a small community, says Pardick, means “I can afford to take fun vacations.”

Zempel says, “The past seven years of diving deep into the natural world has truly transformed the way I approach and view life.”

Says Al-Otaibi: “There is so much about this community that makes me happy. I always know that if I have an idea that I am excited about, I can find a group of amazing individuals to support it and make it happen. Planning events with these women — we all seem to build off of each other's energy.”

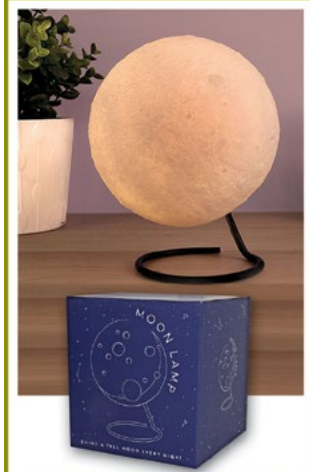


Visit small towns. Talk to people from different areas of the state. Connect with neighbors.

HOLIDAY GUIDE



Support our advertisers — and tell them you saw their ad in the Minnesota Women's Press!



unique. funky. affordable.

THE ELECTRIC fetus

TUE-SAT: 10-6 · SUN: 11-6

Minneapolis
2000 S. 4th Ave.
612.870.9300
electricfetus.com



Revolutionary CATERING

- + free custom menu design
- + home of the StayWELL Tonic
- + ksrevolutionary.com
- + 10% off when you mention this ad

HOLIDAY GALLERY SHOP



Textile Center • Mpls, MN
through Dec 24, 2021
textilecentermn.org/shop

Shop eco-friendly for the holidays!



Use WP20 for 20% off all products until 12/31/2021

beenaturalz.com

Support Minnesota Artisan Food Makers!
Gift Local+FREE Shipping

www.YouBetchaBox.com



TWIN CITIES BALLET OF MINNESOTA

BELOVED HOLIDAY CLASSIC WITH A MINNESOTA TWIST!

A MINNESOTA NUTCRACKER



AMES CENTER

TwinCitiesBallet.org

December 10-12, 2021

TICKETS ON SALE NOW: in person at the Ames Center Box Office or at Ticketmaster.com

These activities are made possible by the voters of Minnesota through grants from the Minnesota State Arts Board and the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.



Suggested Books

2021 releases from Minnesota authors.

Find more suggested books at womenspress.com/MWPbooks

Essays: We Are Meant to Rise, edited by Carolyn Holbrook and David Mura

Penned and compiled by Indigenous writers and writers of color living in Minneapolis, this collection of essays and poems unwinds how the city came to be the epicenter of global demands for justice. Many of the authors have participated in Carolyn Holbrook's More Than a Single Story conversation series.

Novel: The Seed Keeper, by Diane Wilson

Rosalie Iron Wing spent most of her youth with a foster family in Mankato. She grows up to marry a white man and raises her children on his farm. Two decades later, after her husband's death, she returns to her birth home in the woods and begins an exploration of her past, learning that she is descended from women with "souls of iron" who fought to protect their traditions.

Novel: Long Lost, by Jacqueline West

After being forced to move away from her friends, Fiona finds solace in her new town's library. Inside the spooky converted mansion, she opens an old book that captivates her as it reveals secrets about the town and its inhabitants, including a centuries-old unsolved crime. This tale for young adults is a mystery novel within a mystery novel.

Nonfiction: The Dark Side of Memory, by Tessa Bridal

The local author, born in Uruguay, details conversations with families who lost family members, including young children, and illuminates how matriarchs are pursuing answers. She notes parallels with U.S. border policy — allowing parents and children to be separated and detaining people without legal representation.

Nonfiction: Opioid Reckoning, by Amy C. Sullivan

Minnesota is known as the birthplace of addiction rehabilitation and recovery. The author shares what she has learned from people who have experienced addiction and recovery, as well as activists and medical professionals. She explores the complexity of opioid addiction, which has claimed more than 450,000 U.S. lives since the late 1990s.

Nonfiction: Fix What You Can, by Mindy Greiling

In vulnerable detail, former Minnesota legislator Mindy Greiling describes what life has been like with a son diagnosed with schizophrenia, her work as a mental health reform activist, and being a mother living with both her son's relapses and hope.

EST. 2012
Lutunji's PALATE

Happy Holidays from Lutunji's Palate!

We hope to make your gatherings even more special with our delectable gourmet treats.

lutunjispalate.com
info@lutunjispalate.com

70+ Minnesota artists

THE ART SHOPPE
at Midtown Global Market

A collaborative of Minnesota artists with an online shop at theartshoppemgm.com

Or visit our shop at
Midtown Global Market,
920 E. Lake St., Minneapolis
612-562-5871
theartshoppemgm@gmail.com

35 YEARS OF MINNESOTA WOMEN
MINNESOTA WOMEN'S PRESS

Looking for a good gift for the feminists in your life? Order "35 Years of Minnesota Women" today!

womenspress.com/buy-book

ELY WINTER FESTIVAL
February 3-13, 2022
Nobody does winter better!

elywinterfestival.com follow our website for Covid 19 updates
Festival Hotline 218 • 365 • SNOW(7669)

- Snow Sculpting Symposium
- Ely ArtWalk
- Kubb Tournament
- Ice Fishing Contest
- Ely Folk School Classes
- Outdoor Gear Demo
- Guided Snowshoe Hikes
- Downtown Arts Market
- Food, Music, and More

MINNESOTA STATE ARTS BOARD | artwalk | GARDNER HUMANITIES TRUST | ARROWHEAD REGIONAL ARTS COUNCIL

This activity is made possible by the voters of Minnesota through grants from the Minnesota State Arts Board, and the Arrowhead Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund. This activity is made possible in part by the Donald G. Gardner Humanities Trust.

Accounting

PHYLLIS BURDETTE, CPA. Year-round tax, accounting, and advisory services for busy women. Individuals, businesses, LLCs, nonprofits. Office in St. Louis Park. 952-546-8708, pburdette@burdettecpa.com, BurdetteCPA.com

JROSE BOOKKEEPING. Personalized non-judgmental bookkeeping for small businesses and busy professionals. Twenty-three years of experience. QuickBooks setup or training, payroll, invoicing, bill paying, reconciliations. 612-221-2211, judy@jrosebookkeeping.com

Attorneys

CALL MUNDAHL LAW today to learn more about setting up your Estate Plan! 763-575-7930. mundahlaw.com

Beauty / Hair / Skin Care

WILSON'S IMAGE BARBERS & STYLISTS/IMAGE RENEWAL ORGANICS — Specializing in haircuts, styling, color & care/repair. Products diligently created using raw, unrefined-organic Shea butter, unrefined-organic carrier oils, 100% pure essential oils and all-natural fragrances. Contact wilsonsimagebrand@yahoo.com or visit wilsonsimage.com

Books / Bookstores

THE BOOK HOUSE IN DINKY-TOWN. We buy books! Books for the academic, collector, and "common reader" since 1976. Open 7 days/week, 1316 4th St. S.E., 612-331-1430

Chiropractors

HEALTHWAYS CHIROPRACTIC, PA. Experienced, gentle care. Women's and children's health. Auto, work, sports injuries. Applied Kinesiology, exercise/rehab, nutrition. Accepts insurance. Dr. Judy St. Clair, 612-869-7371, healthwayschiro.net

Classes/Seminars

PSYCHIC DEVELOPMENT CLASS. Learn to access and work with your soul's gifts. Wednesday evenings, 36 sessions beginning on March 23, 2022. Cindy Lehman, 612-669-1861, cindy@cindylehman.com, cindylehman.com

Coaching

BUILD THE WRITING LIFE YOU LONG FOR. Coaching for writers of all levels by a critically-acclaimed author and certified meditation teacher. Breathe. Write. Repeat. heatherdemetrius.com

Counseling



Safe Place Safe Passages
Providing a safe place to explore life's challenges
Both Ann Schumacher, MA, LPCC, Psychotherapist

- Personal Growth
- Empowerment
- Partnering
- Life Transitions
- Inner Conflict Resolution
- Relationships
- Sexuality
- Women's Issues
- Spirituality & More

651-491-3377

Counseling

Continued

MOLLY NICHOLSON, MA, LPCC. Preferred One provider. LGBT Psychotherapist. Feminist, Integrative Relational Counseling Approach. Offering a supportive place to explore loss, depression, anxiety, abuse, relationship struggles, and stress. 612-702-4119, mollylpcc.com

Education

GAIA DEMOCRATIC SCHOOL We are a small, unique, independent private school for K-12 grade students. Enroll now! 612-823-0154, GaiaDemocratic.org. Learning Together in Fun and Freedom.

Financial Services

KAREN R. PALM, CPA, CFP. Tax preparation for individuals, businesses, estates for over 30 years. Current and back taxes. Represent you with IRS and Revenue. 612-379-1393

Furniture

CUSTOM SLIPCOVERS that fit like reupholstery. Affordable Third Generation Quality! Fabric discounted up to 40% off. By text or call 612-280-1553. Free estimates online at designersbestfriend.com

Graphic Design

DESIGN & TYPESETTING: Professional and personalized graphic design service for every project. Classy, clean design that makes your message rise above the rest. Visit ChicagoBayDesign.com

Home Services

CHILEEN PAINTING: Serving the Lakes area since 1952. Offering interior painting, wood finishing, water damage repair, patching, & insurance claims. greg@chileen.com 612-850-0325

MS. GREENJEANS 25+ years experience with interior painting and wall repair. We are taking precautions for COVID-19. Set up your free estimate at Laurie@msgreenjeans.net

STANDARD HEATING & AIR CONDITIONING: 91 years dedicated to Twin Cities homeowners. Family owned & woman operated (fourth generation). We recycle old equipment & operate with no-contact protocols. 612-824-2656, info@standardheating.com

Insurance



State Farm
Davina M. Baldwin
763-535-4788
Auto • Home • Life
Health • Business
www.davinabaldwin.com

Retreats / Retreat Centers

ARC RETREAT COMMUNITY. Serving individuals and groups seeking time apart, rest, and spiritual renewal. On ninety acres of woods and wetland near Cambridge. 763-689-3540, arcetreat.org

NEXT DEADLINE: Friday, December 10, 5pm

CLASSIFIED DISPLAY advertisements

Run a boxed ad (1 or 2 inches) in a classified category. Contact us for more information, categories, deadlines, and rates.

LINE CLASSIFIED advertisements

Place your ad at womenspress.com. Click on Classified Ads. Prepayment is required for the amount of the entire run. \$35 minimum. We bold and capitalize the first 2-3 words at no extra cost. Pay online with PayPal or mail check or Visa/MC info to Minnesota Women's Press, 800 W. Broadway, #3A, Minneapolis, MN 55411 or call 651-646-3968 with credit card info.

EMPLOYMENT advertisements

\$2/word for print and online presence. \$1/word for online-only ads. Minimum charge \$50. Email your text to ads@womenspress.com. Include company name, address, contact person, and phone number.

Ads are placed both in the magazine and on the MWP website: womenspress.com
For more info call 651-646-3968 or email ads@womenspress.com

Claims for adjustment due to error must be made within 10 working days of ad posting. The publisher will not be liable for slight changes or typographical errors that do not lessen the value of an advertisement. It is the responsibility of the advertiser to check the accuracy of the ad.

Ads are run in consecutive issues.

- up to 25 words: \$36/ad, 1-5 issues
- up to 25 words: \$26/ad, 6-12 issues
- up to 50 words: \$62/ad, 1-5 issues
- up to 50 words: \$47/ad, 6-12 issues

Retreats / Retreat Centers Continued

SHIRE IN THE WOODS. Unique cottages. Wood-burning fireplaces. Walking trails. Labyrinth. Natural surroundings will nourish and rejuvenate your soul! 320-592-0180, shireinthewoods@outlook.com, shireinthewoods.com

Spirituality

COMPASSION OF CHRIST CATHOLIC COMMUNITY, pastored by womenpriests, streaming liturgies on Zoom. Send an email to compassiontc@gmail.com for more information.

SOUL READINGS / CLASSES. Soul Readings for clarity and guidance. Psychic development classes to connect and live from your highest self. Cindy Lehman, 612-669-1861, cindy@cindylehman.com, cindylehman.com

Travel / Adventure

COMO ROSE TRAVEL. Experience our personal attention helping you get the most out of your travels! Trips, tours, cruises, air tickets. Visit us at 2190 Como Avenue, Saint Paul, 651-646-8855, david@comorose.com

Writers / Editing Services

FAMILY, HOUSE & BUSINESS research, interviews, illustrated histories & collaged scrapbooks. Preserving memories, honoring ancestors. Loris Sofia Gregory, 25+ years experience, outstanding endorsements, 952.431.5586, lorissofia@frontiernet.net

EMPLOYMENT

KEMPS — We Are Hiring! Come be part of the team that delivers Good Comes Around! 3rd Shift Cooler Worker starting at \$22.84 per hour, FT Deliver Driver starting at \$28.55 per hour, 3rd Shift Maintenance Technician starting wage varies on experience. For more information and to apply, go to Kemps.com, click on Culture at the top banner, click on Careers and search. Call 612-378-8424 with questions.

If you value the words,
ideas, and stories
you find here, please
consider sending a
voluntary payment.

[womenspress.com/
donate](http://womenspress.com/donate)

An Empty Frame in Texas

submitted by Natalie McGuire



Natalie McGuire, "Bridge to Wonder," 2019 digital infrared black and white matted print, 16"x20"x1"

Earlier this year, Texas passed the most restrictive abortion law in the country, banning most abortions after six weeks of pregnancy. Since women with the resources to do so can travel across state lines, the law mainly denies poor and working-class people their reproductive freedom.

When my work, "Bridge to Wonder," was accepted into an exhibition at the Arcadia Art Show in Tyler, Texas, I felt compelled to take action. I wrote to the curator of the exhibit and said that, respectfully, I could not send my art to a state that would support a trampling of "the right to choose." To my amazement, the curator, Dace Kidd, responded that she understood and asked if she could install my statement, framed, in place of the photograph that would have been hung.

This was an encouraging outcome, but so what? Who is this punishing? I decided to form a group of concerned social practice artists. We created a committee through the Art To Change the World nonprofit called #FrameYourRights. Our first exhibition was in November, and we donated 30 percent of all sales to the Lilith Fund, which provides financial and emotional support as the oldest abortion fund in Texas.

Natalie McGuire (she/her) creates multi-sensory wall art that engages curiosity. She could not have done this call to action without the help of fellow Art to Change the World members Barbara Bridges, Layl McDill, Cory Farve, Nina Robinson, Debra Ripp, and Lucienne Schroeffer. arttochangetheworld.org/mission

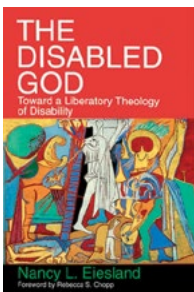
New in Spring 2022:

Wisdom Ways is redoubling its commitment to interfaith engagement

In the Spring, we are excited to host the Islamic Resource Group and the Niagara Foundation to help promote their work with Muslim communities in Minnesota.

- **"What You Always Wanted to Know About Islam and Muslims" w/ John Emery** – Thu., Jan 27 at 7pm
- **"Women in Islam" w/ Dr. Tamara Gray** – Thu., Feb 24 at 7pm
- **"Islam and Christianity" w/ Dr. Tamim Saidi** – Thu., Mar 31 at 7pm
- **Interfaith Dialogue Iftar Dinner** – Thu., Apr 28, 2022 at 7-10pm

The 16th Annual Dialogue and Friendship Iftar Dinner will be held at the Carondelet Center in Saint Paul and online via zoom. This year's program will begin with Opening Remarks and Prayer, the Keynote Address: Love of Neighbor Without Distinction followed by Roundtable Conversations. This event is co-sponsored with The Niagara Foundation and Turkish American Society of MN as an interfaith endeavor to promote peace and tolerance over a shared Iftar meal. All are invited and welcome to attend the event in person or online!



Exploring Disability Theology

**Mondays, 6:30-8:30pm • 2/21, 2/28, 3/7, 3/14, 3/21 • Online via zoom
\$20 per Session or \$100 for Series (5 sessions)**

Presented in two modules. The first module will introduce Disability Theology using Nancy Eiesland's groundbreaking book *The Disabled God: Toward a Liberatory Theology of Disability*. We will cover the history of the disability rights and justice movements, what we as participants can do to be more aware of our role in supporting this movement, and specific concerns among disability theologians such as sin and healing. The second module will address disability in a variety of faith traditions.

Spiritual Sounding Boards

Thursday, Jan 6 at 7pm • Online via zoom • FREE

What are the purposes and benefits of spiritual direction, group spiritual companionship and life coaching? Feel free to engage if you are exploring ways to enhance your personal growth and active presence in your daily life.

Hot Topics in Spirituality w/ Marian Diaz

Thursdays, 1/13, 2/10, 3/10, 4/14 • 7-8pm • Online via zoom • \$10 ea. session

This series will explore current topics relative to spirituality and well-being that can support growth and development throughout all areas of life. Content pieces including articles, videos and podcasts will be sent out one week before the session to introduce the topic to participants. Topics include interpersonal neurobiology, Faith Unbundled, and Spirituality & Power for Justice.

Artist's Way: A Spiritual Path to Higher Creativity w/ Carly Swenson

Wednesdays at 6-7:30pm • Jan 5 -Mar 23 • Online via zoom • \$150 (12 Sessions)

The Artist's Way book has 12 Chapters focusing on different aspects of your sense of self (Safety, Identity, Integrity, Possibility, Connection, Strength, Autonomy, etc.). This course isn't only for creative professionals. This course is ideal for people looking to focus their time and energy on improving their personal sense of self-worth, renewing hope, and gentle healing.



**For more information on our upcoming events
or to register, visit our newly redesigned website**

1890 Randolph Ave, St Paul, MN 55105
www.wisdomwayscenter.org | 651-696-2794