Street interviews transcript

**First woman**

all right so

what are your thoughts on what's going

on today i know you've been really

a big part of the community here and

then also like how are you taking care

of your mental health during this time

right before the trial

with the my mental health and like the

whole day of showing trial coming up

i've been very anxious

i know my house has been very anxious

too and i've just

been trying to meditate more often and

decompress at home and um think about

the pros and cons what could happen what

could not happen

and just preparing myself at the end of

the day what are your thoughts on what's

going on the trials coming up

are you taking care of your own mental

health of being such an active community

member here

**Kia**

well that's actually one of the things

that we do here

i am the co-founder of 612 mash which is

the

medical entity that provides health care

in this space

and mental health is one of the biggest

things that we deal with here

and trying to make sure that we create a

space for our people to be able to sit

down and embrace

each other of course covertly

but be able to support one another mourn

together heal together

and and be able to really open up the

dialogue of really hard conversations

that

some people don't even know how to bring

to the table and so we do a lot of that

with this community here that's what

helps within my mind with

taking care of my own personal care

sitting out here at people's way having

conversations with the community members

and really embracing

what we're going through and looking for

new and more innovative ways to protect

ourselves and to protect our communities

standing as a whole together i mean it's

you

actions are important right they often

say actions speak louder than words

and so just being the people out here

taking the initiative on a daily basis

to invest in our people

as a whole is is refreshing for my

mental health right

seeing the progress that we've come

i've actually watched you guys grow too

you know what i mean and

seeing where this all started off at i

mean

your buddy isak was out here right

alongside with us too

and keeping in keeping the solidarity

with the community and making sure that

it was a safe space right you need a

safe space you need to be able to come

somewhere that you feel safe

to even begin to you know unwind or

even let go of some of the fear that we

have because this

is scary this is survival this is

real this is history in the making and

how do you not take time for yourself

right

because this is about education and

re-education

we got to make sure that we take the

time to be educated

and and that's what this is all about i

mean

there's no better way than to do it

other than with the people that you know

genuinely care

genuine and loyal and love and honesty

and purity

and the opportunity to have a space like

this

is a first of its kind and so

i thank you guys for being here and

checking in on mental health because

it's super important and seeing a face

like yours

gives that open and welcome i see you

hey queen i do want to have a

conversation with you you know what i

mean

because they know you genuinely care

because you feel where they're coming

from you don't just

you know empathize you sympath you

sympathize you feel this you embrace it

you go through the same things

and it's important that we have our

people

talking to our people and helping each

other because community

is the people and so we got to keep

doing it

thank you so much for doing the work

that you're doing you are amazing you're

incredible

thank you yeah keep in the buck

period

keep it a buck

**Patience**

my name

is patience olonga and i use sheer

pronouns

thank you patients for doing this

interview with us so we're coming here

today to talk to community members about

you know where their head space at

during this time it's right before the

trial um do you want to speak a little

bit on that

yeah i feel pretty anxious

[Music]

i've been having to do a lot of

reflection in the past couple of days

about

[Music]

where i see myself in the coming months

in terms of my health and in terms of

my own

sanity honestly um because

last year was a lot and i did not

handle that well and i don't think

anyone i don't expect anyone to handle

it well

but it was really bad and

to think that like i would have this

winter

and winters are usually pretty slow in

minnesota

to think and reflect and do all of those

things

and feel like i haven't even scratched

the surface

of that has been really difficult for me

and so i i've

been really thinking hard leading up to

this trial like what

what does this mean for my well-being

how am i going to operate differently

knowing that it's going to be a tense

time and

it's been hard like i'm a photographer

i never anticipated entering

this field in this way

or being engaged in this way and so

it's been a really uncomfortable time

trying to understand

what my role is and how

i position myself in all of it

um well right now i've just been

listening to music that makes me really

happy that

re-centers how i truly feel not avoiding

those feelings

because i think i've been doing a lot of

that and not

being honest with how i truly feel

about this

i'm scared i i think that one

aspect of of this that i think many

people in the city know

but like outside of minnesota aren't

really aware of is

like the threat of white supremacists

um and how that was a really scary

time for me as a woman as a black woman

as a

black woman photographer and

so i've been listening to music to

solange

to spino like just

people that remind me to be my authentic

self

and processing with other black

photographers

other black people about how we can hold

each other accountable

to developing

healthy mental health practices during

the duration of the trial and

honestly even after two as well

thank you so much thank you for the work

that you do you are simply amazing

**Isak & Jasmine**

all right so uh first of all uh what

would you rate me zero to ten

zero anyways y'all this is the tequila

this is the tequila book podcast uh

today is march 8th

the first day of uh derek shovin's uh

trial

uh so to if i'm not misunderstanding it

uh today

they're uh starting jury selection uh

for the trial

and uh we're about to head downtown and

do some street interviews uh

of you know some of the um community

organizers and just

community organizers and just people who

are down there uh holding space

kind of picking their brains and

hopefully we can

find out how some of them are taking

care of their mental

**Yasmine & Emily**

health my name is

yasmine my pronouns are she her hers

and i live in apple valley my name is

emily my pronouns are she or hers and i

live in minneapolis

so you guys are here today protesting

can you guys tell us where your head

face at right now

honestly all day i've been

not in the loop and just trying to be as

present as i can

um yeah um i was just kind of

like looking on twitter trying to keep

up with all the things that are

happening

and i just saw something that made me

like kind of

slow down a little bit because i was

super anxious and like super nervous and

it was like

you know try to pace yourself you know

it's the first day and

this is not gonna you know it's gonna go

on until mid april so we just gotta pace

ourselves and

preserve our energy and like you know

the fight that we have within us so that

kind of helped me

settle a little bit but early on it was

very anxious

inducing and just a lot of i don't know

feelings

yeah so how are you guys planning on

taking care of your mental health

throughout this whole like

you know until april

like i said earlier just trying to pace

myself i think like

it can get overwhelming trying to like

scroll through

twitter like trying to keep up with

things like it can get to you really

quickly and like

you're getting like 20 different

headlines you don't know what's going on

you're not

in the middle of it so you're not really

100 sure so just trying to

one rely on uh dependable news

to keep track of what's happening and

then two

like trying to pace myself and feeling a

little bit more

centered when approaching this

issue at hand i would say

taking care of my mental health just in

a sense sometimes i can get really wound

up in what i'm feeling

but i think something really important

is to recognize that everything we're

feeling and

everything that's going on is so

interconnected that kind of helps me

stray away from what i'm personally

feeling and just

coming together as a community to work

together and recognizing that this is

like everyone's fight

and not just individually we're going

through a lot of things but

everyone's going through it too yeah

like you got other people like we got

each other

and other people in the community who

are feeling the same way so we don't got

to be alone in this feeling

right all right are there resources that

you wish

had you had available during this time

in regards to mental health i think it

doesn't matter the resources just

representation

um having people we can reach out to

that looks like us

people who understand and that takes

oftentimes when we reach out to people

who don't look like us it gives us more

time

to stray away from how we're actually

feeling and makes us explain more than

what's going on

so i think it doesn't matter the

resources it's just i'd appreciate

there's a lot more representation that

represents

the beautiful people that exist

i think for me it's like i can't depend

on the resources that exist because

they're not meant for me

and i know the only way that i can feel

like fully feel

represented and heard is through my

community and being with my community

but

a lot of people don't have the right

resources the city doesn't provide the

um adequate like funding that they need

to provide these resources to their

community members and so

it's frustrating because it's like it's

a double-edged sword like there are

resources and there is money there is

funding

but it's not available to the people who

can provide it to us right

and really understand what we need and

meet those requirements

because what the city has to offer or

the state is not

enough and it's not representative and

it's not inclusive

and it doesn't really like you know what

i mean so

overall i would say there are resources

but they're not meant for us therefore

i don't reach out i don't partake in

those resources

i don't look for them because i know

it's not going to benefit me in the long

run

do you guys go to therapy i don't

anymore it's useless

to put a blunt like i said there's no

representation i recognize the best way

that i can heal myself is for me to pay

attention to it and to recognize my own

root issues and

my root triggers and come to conclude

that for myself and

that's made me honestly a better person

and it makes me recognize how i should

react and communicate with other people

and it helps me bring other people

closer

to the main goal which is just peace so

yeah yeah we had a three hour

conversation about this because

yeah it's hard out here like being black

being muslim being a woman like

having all these identities like it's

hard because

like i said earlier the resources out

here are not meant for me

i would have to spend time teaching this

person

who supposedly is helping me about who i

am

and that is not enough for me you know

what i mean so like emily said i spend

that time with myself

to figure out what's like wrong with me

or like just trying to center myself

being a little bit more

mindful resorting to my faith and like

trying to be closer to god and to allah

is what really helps me center myself

and like i guess like that's my therapy

and i gotta do it alone and well i don't

have to do it alone i got family i got

people that love me but

i do have to do it for myself because

the resources out here don't really get

me you know

**Devon Mayweather**

my name is devon mayweather from

minneapolis

um i am 34 years old i'm a libra

um yeah um i actually

um i have

a mental health challenge

uh challenged with depression bipolar

ptsd etc

and i find it at these times

for me being informed helps a lot

you know understanding what's happening

staying on research reading

music and being with loved ones

um being alone is

it breeds depression so being around

loved ones

is very helpful and even if you're not

busy around someone you used to have

zoom meetings

facebook groups no ways to interact with

people still

enter i think with loved ones and

protecting your peace i think is

a great way to get through these times

with mental health challenges so with

the trial

um with derek shelvin starting today

where's your head spot

headspace at today how are you doing i

am

um i always choose try to be positive

but also real

um like when i was actually

taking photos and when i went that way

and i noticed how all the cops is right

behind that wall

just standing there post it with with

their guns and everything

and it looking at the environment it

makes you feel like

they already know the verdict and

they're preparing

themselves for the reaction of the

people

because they already know what's going

to happen when they say

what they should not be saying so

yeah so i feel

i feel eerie not really worried it's

eerie

i feel like like um i feel

in the air i feel the tension i feel you

know

the anxiety of where they're gonna stay

and then um i feel fearful of the

the pain from the blow

how you know how much that pain that

strike

you know i mean will affect us you know

emotionally

you know anger is not only an emotion

it's secondary

but the pain you know the hurt that we

feel

from hearing a verdict that spells to us

we don't care okay i mean if you don't

convict someone if i

if i get if i kill somebody right here

and i can say hey he was threatening my

life he i was defending myself

if there's no reproof for that i'm going

to jail

if it's a camera watching the whole

incident

and it shows that i wasn't endangered

like that

i'm going to jail so why not you yeah

you know um i stress this

um have anybody have you ever went

fishing before

so can you tell when you're holding the

fish in your hand

when it's getting weak and when it dies

so with a human body

when you're when human bodies goes weak

you can tell you can feel it because

it's in your hands so you know when that

that body was no longer strong enough to

fight you

why didn't you stop and then when an

officer said i think he passed out

why didn't you stop yes sir

so uh there's no excuse to me if you

watch the whole video get every aspect

there's no way he should be able to win

this and if he does

it just shows us that

y'all don't care and michael jackson was

the crazy

period um are you in therapy have you

ever thought about going if you haven't

yep yep i do um i do

therapy with um um

acmc uh therapists psychiatrists

caseworkers everything um people that i

talk to

you know um be mindful who you speak to

and when it comes to mental health and

depression

uh because the wrong people can feed you

the wrong information

or even the right people can feed the

wrong information so

knowing you know you always had you

always had that friend

that's gonna say yes go turn up and go

you know get revenge you got the other

friend like you know what calm down

let's be logical about this what's the

best options you got here

you want the friends around you that

wants the best for you

that means you well that they won't

that don't want to see you locked up in

these builders right here that wants to

be able to say hey

let's go let's avoid the fire and go

over here where it's cool

so you know it's important to watch who

you allowed to speak into your life

that's all the questions you have today

thank you so much for sharing and thank

you for so much

for being here yes awesome sauce i love

it what you guys are doing to me is

awesome

is is needed because then people are

able to express what they're going

through

and it can be used in a database to be

able to help people that go through

those things

without hearing from their people you

can't help people

all right boom so we just finished up

doing some really dope street interviews

uh in downtown minneapolis on march 8

2021

first day of the derek shelvin trial um

you know i'm saying hope you enjoyed uh

you know this episode of street

interviews is a really dope series i'm

excited to see

uh where it goes and uh uh you know i'm

saying hearing more people's stories and

voices

you can find us at to keep it a book

that's the number two

keep it a book on all social media

platforms uh we out here

uh and uh stay tuned for more peace