

CITY VOICES

Photos and interviews by Stephanie Glaros

What's been the happiest moment of your life so far?



▲ ROSETTA FULLER, MINNEAPOLIS

I'd say my new job. I work at a childcare place, Child Garden Montessori School. It was something that I majored in, so I'm really happy I got the job. I love the joy and the happiness that children bring, it gives me energy. I just love working with kids. Right now I'm working with infants, so maybe I'll just work my way up. It does get challenging because kids are crying, you have to take care of all of them and it's hard to multitask.

Glaros: What's your goal?

To complete my degree in Early Childhood Education, and probably become a licensed teacher in the future.



▲ ILANA KAPRA, MINNEAPOLIS

One of my happiest moments is sailing on my dad's sailboat. He has a 15-foot catamaran, and it's like flying. It's the best. We were up by the Apostle Islands and it was a beautiful day, but there was a storm predicted that night. And we went to sail around one of the islands, away from the group of sailboaters we had come with. The wind started to kick up, and we still were on the back side of the island. We were in wetsuits, but the waves started getting higher and higher, and we couldn't get back, because if we put our sail out to get enough wind, we'd get pushed over by a gust. So we were kinda stranded out there for a while, working our way back, super slowly. But it was getting darker and darker. We had a radio, thank God. So we called the Coast Guard, and they couldn't find us for a long time, but they eventually did and towed us back in. It was totally dark by then, and the storm was coming, and it was so cold. You would freeze to death if you were in the water.

But part of it was amazing. Lake Superior is so beautiful, it's so clear. The Apostle Islands are like the Caribbean, but fresh water. They're gorgeous. We just looked at each other, and I was like, 'If I die right now, it's the best way to die. Having fun, and being surrounded by this glorious nature, and with someone you love.'



◀ SALANIUS NELLUM, ST. PAUL

Finally realizing that I needed help as far as drugs and alcohol. I checked myself into a treatment center October 4th, 2015. Crack cocaine and alcohol. I have a 23-year old and a 20-year old, and my daughter who goes to St. Kate's found out. So I knew I had to make some adjustments when she found out. It's weird to be sober. I think a lot clearer. I make better decisions than I've ever made in my life. It's a big change, and the change I'm really making is for myself. I wanna live better, I wanna be happy. I'm not lying, I'm not stealing, I'm not engaging in compulsive behavior. And it's weird.

Glaros: What's your technique for maintaining your sobriety?

I go to the library. I do a lot of reading. I'm doing a lot of things that I used to do, that I didn't do when I was using. So I've changed my whole routine. Meditation works really well for me. I color now, too. I went to Barnes & Noble, and here's people at a table coloring, and I'm like, 'Really?' So I picked up a coloring book, and that helps, it just calms you down. Coloring, and the library, and groups, I go to a lot of meetings. It's all about staying busy. Lotta times if I'm not busy, I find things to do that I'm not supposed to be doing, or I find myself somewhere where I don't belong. It's a big change. You have to change a lot of aspects in your life to stay sober, and that's what I'm doing.