Kofi Awoonor, renowned Ghanaian poet, diplomat was one of scores of casualties in Westgate shopping mall attack in Nairobi, Kenya Sept 21, 2013

“A Real Scream” Munch Oct 19 pg 7
Coming Oct 2 at Cedar & Lake pg 3
Green Tomato Cook-Off Oct 17 pg 4
Voter Registration at “Amen Corner”

Bridging Neighborhoods & Fun pg 4
Day of the Dead Nov 1 & 2

Phillips Community CLEAN SWEEP Green Sweep! Saturday Oct. 12 page 5
Taste of Phillips & Phillips Avenues of the Arts Oct 25 & 26 pg 5

Peace House
Welcome 28th Anniversary Oct 17 pg 5

Phillips Community CLEAN SWEEP

SAVE THE DATE BRING/BUY BOOKS pages 4 & 5

Holy Rosary/Santo Rosario
2424 18th Avenue So. 612-721-2661
FESTIVAL & RAFFLE
Sunday, October 6
10:30 am to 3:30 pm
Kids Games - Granny’s Attic & More
Food Served 11:00 am to 2:30 pm

Zapata “peacefully” at Lake St. & 12th Av. Peace Garden
Back Yard Initiative page 8

MNSure Where you choose health coverage
November 14, 2013

The Alley Online! www.alleynews.org
@alleynewspaper
Remarkable progress update: 74% fencing is restored, obelisk gravestone found, gravestones a mystery & marker upgrade continues

BeSure of MnSure: new health insurance options

BY LEIGH GRAUMAN, PORTICO HEALTH

Can you afford to see a doctor when you feel sick? Can you get your teeth cleaned without worrying about how much it will cost? For many Minnesotans, that answer is no. There are about 500,000 people in Minnesota without health insurance, and even more who have insurance but struggle to pay for it.

The new Affordable Care Act, also known as ‘Obamacare’, will take effect on January 1st. While this law will help more people become insured, most of us don’t understand how it will work or what the benefits will be.

MnSure plans to offer the answers. MnSure is Minnesota’s health insurance exchange. Through the MnSure website, people needing health insurance can look up their options, compare private insurance plans, and apply for health care assistance programs like MinnesotaCare or Medical Assistance.

Some people will be able to have insurance starting in 2014, even if they didn’t qualify or couldn’t afford it in the past. Starting on January 1, if you have a pre-existing health condition, private insurance companies can no longer deny your application or charge you a higher premium. Tax credits will also be available through different insurance plans and much more as well.

The state health programs will also change in 2014. Medical Assistance will have higher income limits for adults, and assets won’t be counted in the application process. MinnesotaCare will no longer require people to be uninsured before they enroll, and immigrants with sponsors are more likely to qualify.

Even with MnSure’s one-stop format, it can be difficult to understand what health care reform means for you and your family. Portico Healthnet is a local nonprofit organization that helps people know their options and access health care coverage. Portico Healthnet guides people through the application process for Medical Assistance and MinnesotaCare, provides information on low-cost health services, and offers its own health coverage program. As one of the organizations chosen by the state to help people enroll through MnSure, Portico Healthnet offers free assistance to people in your community. To find out more and get help either in person or over the phone, please contact Portico Healthnet: 651-489-CARE or www.porticohealthnet.org.

BY SUE HUNTER WEIR

George Melford was working on the same Dracula script & sets as Tod Browning during the day but with at night with a Spanish language cast and crew. The missing film was found in 1970s. Many now argue Melford’s film is the better version.

Enjoy this classic monster movie, arrive early for a 1931 trailer reel and roam the cemetery. Bring a blanket or lawn chair. In Spanish with English subtitles.

5$ Suggested Donation. tickets: on-line at http://www.brownpapertickets.com/event444947 or at the gate cash only, please. Kids under 12 free. Please no pets, alcoholic beverages or videotaping. Takes-Up Productions, along with All Star Video Productions, is generously offering this event as a benefit for the Pioneers and Soldiers Cemetery’s fence fund. Hope to see you there.

Looking for Affordable Health Care Coverage? Portico Healthnet Can Help!

Thanks to support from the Allina Backyard Initiative, Portico Healthnet can:

- Help you apply for Medical Assistance or MinnesotaCare
- Enroll you in Portico’s Primary and Preventive Health Care Program if eligible

Call us at 651-489-CARE for more information
Bridging Neighborhoods and Fun

BY DALLAS JOHNSON

The 3rd Annual Shenanigrins and Bridging Festival was a gob-stopping feast for the eyeballs and a splendid gift to the heart. Before the event, our friends wrote happy words all over the deck of the 13th St pedestrian bridge, hung an enormous unicorn head from one end and suspended over 100 stuffed, glittering handmade hearts from the top of the bridge which danced in the breeze above our heads as we paradied across, danced to live bluegrass music, read a poem about community and tied our wild vests to the chain link. When we reached the party, we were greeted by brightly colored banners declaring “Life is Generous” in many languages. The costume cart got a serious workout as revelers young and old donned festive embellishments, had faces painted, hula looped, played instruments in a rock band, limbo’d to live soca music, held potato sack races and enjoyed pizza and snow cones. Muriel Simmons’ grandkids performed a skit in her honor which ended in the entire crowd shouting, “Anything is possible!” and then we took turns answering questions in the Happy Stories Chair, such as, “What’s your favorite thing about our neighborhood?”, which was answered in one word, “THIS!”.

13th Annual Green Tomato Cook-Off!

St. Paul’s Lutheran Church
2742 15th Av. So. • Thursday, October 17, 2013 • 6:00 – 8:00 pm

Green Tomato Contest food entries must be received by 6:15 PM
Cash prizes for best of 3 categories & overall
Join us for a gathering of gardeners from the Twin Cities Metro and beyond. Come celebrate the end of the community gardening season.

There are many ways to participate:
Free event with good will donations accepted at the door
• Help out at the event
• Make a green tomato dish
• Compete for 3 category prizes: Savory, Sweets and Sauces/Condiments OR
• Just show up and eat – ALL ARE WELCOME

INFORMATION: csplovac@msn.com or 612-871-0910

ALLEY COMMUNICATIONS Annual Gathering, Supper and Fundraiser Celebrating “The Power of Words”

Spoken word, poetry, songs, used book sale

DONATE YOUR USED Drop-Off Books before

Welna Hardware 2438 Bloomington Ave.
Park Bldg. 2307 17th St
For Book Pick-up or Info: 612-990-4022

The Alley Newspaper • October 2013
The Spirit of Peace House Community lives on at 1816 Portland Avenue

Left Photo: Peace House since 1985 at 510 East Franklin Ave. that has been demolished for the new building to complete the complex of four buildings developed by Hope Community and AEON has been demolished for the new building to complete the complex of four buildings developed by Hope Community and AEON.

BY CATHARINE MAKER, PEACE HOUSE DIRECTOR

The last little building standing between Portland and 5th Avenue came down without ceremony a few weeks ago. The ancient storefront served as the “living room of Franklin Avenue” for some of this neighborhood’s most destitute for nearly 28 years. Peace House Community was started on October 17, 1985 by Sr. Rose Tilllemans, a Sister of St. Joseph of Carondelet, and she ran it until her death in July of 2002. A beautiful mosaic by artist Angela Carlson Talle was worked on by many members of the community. The wall proclaimed that this was “A PLACE TO BELONG”. These words, which describe the ministry of Peace House so well, stood out among the mirror tiles as the mosaic became a focal point of Franklin Avenue.

Peace House Community moved on July 15 from our home at 510 East Franklin to a brand new building at 1816 Portland Avenue. As AEON and HOPE Community worked together on the redevelopment of the Portland/Franklin South Quarter Development, what to do with Peace House in the middle of the project became a heated question.

After 14 years of discussion, that question is answered with a beautiful new building built for us by AEON which will serve the needs of the Peace House Community for decades to come. The transition has been easy. Change never is easy. But we are so very grateful for the new building! It has a much larger room for our daily meditation and prayer, a gleaming state of the art new kitchen with storage space for donated food, an office where we can conduct business, two beautiful new rest rooms, central air conditioning and more.

Best of all we have a beautiful library where we can sit at a table and look at books or have small meetings and writers we have a wonderful remembrance wall with photos of the people from our community who have died. There are now 70 and we remark, that “life is shorter when you are on the street.”

Soon there will be a much smaller mosaic in the triangle space on the front of our new building, created again by Angela Carlson Talle. It proclaims that we are “A PLACE TO BELONG”.

Peace House Community provides a listening presence to anyone who comes in our door. We are a group of volunteers who come from near and far to provide a welcoming place for many who do not feel welcome anywhere.

We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door. We provide a listening presence to anyone who comes in our door. We have no services. We require everyone who comes in our door.
“The Grandmaster” (2013)

Drama/Action/Adventure
Weinstein Company


In the Mood for Love” [2000], “My Blueberry Nights” [2007] begins his tale in China, in 1936, at the time the Japanese occupied China, where Ip Man (Tony Leung), later to be the teacher of Bruce Lee. Ip Man must take on the kung fu artists of the day.

The best scene is between Gong Er (Ziyi Zhang) and Ip Man battling it out in full kung fu ritual as a train is passing by. Gong Er had learned of her father’s death and she isn’t one to forgive payback. She has already broken a tradition in her country usually reserved for men.

Not only is Ip Man up against other kung fu masters out to defeat him but he resists the Japanese occupation with hardship to follow him. Eventually, he moves to Hong Kong after World War II. “The Grandmaster” is a gorgeous, pictorial film including a mellifluous soundtrack.

Support the good work of The Alley Newspaper. A great neighborhood newspaper “Telling it like it is.”

What is functional fitness at Running Wolf Fitness Center?

BY CONNIE NORMAN, RUNNING WOLF MANAGER

Functional fitness exercises train your muscles to help you do everyday activities safely and efficiently. Find out more about functional fitness exercises – and what they can do for you at Running Wolf Fitness Center! It seems that at the gyms we are hearing about something called “functional fitness.” In effect any exercise that you do regularly helps to improve your day to day functions. However functional fitness exercises are designed to train and develop your muscles to make it easier and safer to perform everyday activities, such as carrying groceries or running to catch the bus or playing a game of basketball with your kids.

What is functional fitness training?

Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or on projects. While using various muscles in the upper and lower body at the same time, functional fitness exercises also emphasize core stability. For example, a squat to bicep curl is a functional exercise because it trains the muscles used when you pick up an object from the floor or a table. By training your muscles to work in this way, everyday tasks you prepare your body to perform well in a variety of common situations. Functional fitness exercises can be done at home or at the gym. Running Wolf offers classes that incorporate functional fitness. Exercise tools, such as fitness balls, kettle bells and weights, are often used in these functional fitness workouts. Running Wolf Fitness Center offers a variety of classes to help you improve your functional fitness through better balance, agility and cardiovascular fitness such as:

- Taiji-Ogong with Margaret that focuses on balance and agility and other things.
- “Matter of Balance” for Elders, which focuses on better balance both at home and outside the home to lessen your chance of falling.
- Cardio classes like Cardio-Kickboxing and Zumba to strengthen core and also improve your cardiovascular fitness.
- Different types of Yoga with Sheila and Dri that focus on strengthening and flexibility.
- What are the benefits of functional fitness training at Running Wolf?

Functional exercises tend to be multijoint, multimuscle exercises. Instead of only moving the elbows, for example, a functional exercise might involve the elbows, shoulders, spine, hips, knees and ankles. This type of training, properly applied, can make everyday activities easier, reduce your risk of injury and improve your quality of life. So join us at Running Wolf for better overall functional fitness and have fun at the same time! For more information please call Running Wolf @ (612)872-2388. Happy October!

U of M West Bank & HN Central Library
Monday Oct. 21 4:00 to 6:30 pm
Koran by Heart
Insights on Islamic culture; 3 families with children in a Cairo Koran-reciting contest; with discussion. Humphrey School, Cowles Auditorium, U of M 301 19th Av. So. Cawo Abdi, Prof. of sociology U of M with Abrabamin Mukhtar and Ahmed Ali, HN County Library

Monday Nov. 25, 4 - 6 p.m
Islamic Art: Mirror of the Invisible World
An epic journey across 9 countries and 1,400+ years of history exploring the richness of Islamic art and revels in finding commonalities in a shared artistic heritage with the East and West. Elmer L. Andersen Library, 222 21st Av. So.

Catherine Asher, Prof. Islamic and Indian Art; 1200 to today having traveled from Spain to China areas with sizable Muslim populations.

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By the Way

PETER MOLENAAR
Raise Your Voice

Just recently, while traveling north on Cedar Avenue, this writer was forced to slam his brakes near the tangled intersection known for its Taco Bell. A long-haired youth had stepped abruptly into the street from the parallel traffic which had stalled for his benefit. My horn refrained, yet the youth which had stalled for his benefit.

However, after exiting the gated neighborhood, the long haired youth headed straight for my brand new tomato.

Flight was not an option. Yet the hobo kept running, flat upon the ground, as I presumed to block his path—at which point mutual recognition occurred. He kept running.

"Thief," I shouted, and then immediately denounced the youth, mother, and then, as he drew near I called him a blanking punk (if you will). There was a pause. He walked on by.

My tirade resumed, oh, oh, he did an about-face and proceeded to get up in mine. Gestures of gangsta sign language were deployed, and then ironically, he claimed he was into organic and was a member of the community.

I've worked at Smith Foundry for 34 years. Hence, the art of cursing has been refined by countless humiliations rendered under conditions of mind numbing heat exhaustion. Did my opponent bow slightly when he handed me the tomato?

However, as the garden to whom I was as the inspiration for her design. Sonja Rose dinnerware produced by Bergquist and a beloved fixture on many dining tables, will visit its history, and how to prepare it at its supply of chemical weapons?

I bowed slightly and returned the tomato.

October at Ingebretsen’s: A Real Scream

BY CARSTENS SMITH

Ingebretsen’s presents a month of events, including a lecture on the art of Edvard Munch, food tastings, author talks, craft demonstrations, and a porcelain signmaking. People can drop by the store to get a flyer with a full listing of events or check the website, www. ingebretsen.s. The events start October 5 and continue into the Christmas season. Below are a few of this month’s highlights.

Peace Coffee will be at the store on Wednesday October 9, Leif Erickson Day from 11 am to 1 pm. The neighborhood roastery will provide samples and representatives will talk about their fair trade practices. You can’t have coffee without chocolate, so we will have samples of our signature chocolates plus a new lomonger-chocolate fudge.

On Saturday, October 12, Sonja Anderson, the designer of the Sonja Rose dinnerware produced by Bergquist and a beloved fixture on many dining tables, will visit its history, and how to prepare it at its supply of chemical weapons?

I bowed slightly and returned the tomato.

Ojakangas will talk about the road trip and sign his book on the same topic. O j a k a n g a s takes an appreciative look at the world outside the car window. He has readings to understand what the colors, strata, and formations tell us about the geologic history of where we are traveling. Please call to reserve a spot for this event: 612.729.9333.

On that same day, UMD Geology Professor Emeritus Dick Ojakangas will talk about the road

e-mail to community

Sister Rose: saint among us

Something certainly SHOULD be named for Sister Rose. Perhaps the only “Saint” I will ever meet. What an uncannily moving little lady. When she asked you to be a better person, it was almost impossible to not be.

I well remember when, after giving Rose a ride home, she reached over and grabbed my arm and said: “I am so happy that my prayers have been answered and God has made you a better person who will help me with Peace House.” I replied that I was not aware I was a bad person but that I promised to help her save Peace House.

I am not sure it took the prayers of a Saint to make me a better person, but I did try to help save Peace House; not the building but the idea.

That old building was NOT Peace House. Just as that frail little body was NOT Sister Rose. Peace House will continue in a better building that better serves the people to whom Sister Rose devoted her life. That frail little woman of steel and that old building served that idea until they were laid to rest, but the Spirit goes on.

There was no “Demise of Peace House” nor of Sister Rose. The Spirit goes on.

Jim Graham
The Backyard Initiative (BYI) is a partnership between the Community, Allina Health Systems and the Cultural Wellness Center. The goal of this partnership is to improve the health of the 45,000 residents living in the “backyard” comprised by the neighborhoods of Powderhorn Park, East Phillips, Midtown Phillips, West Phillips, Ventura Village, Central, and Corcoran. There are eleven Community Health Action Teams (CHATs) focused on improving the health through a variety of cultural and community-connecting activities.

For info on the BYI, please call the Cultural Wellness Center, 612-721-5745.