Franklin Community Library 100th Anniversary at 1314 East Franklin Party Oct 11th 1-5 PM • See page 5

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Ingebretsen’s Fall Events
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Celebrate 3 years of Occupy
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CLOSING
after 77 Years!

Phillips Community CLEAN SWEEP
Green Sweep!
Sat. Oct. 11 page 4

Phoenix of Phillips
Literary Magazine page 6

Celebrate 3 years of Occupy
See page 6

Give TO THE MAX DAY
NOV 13, 2014

www.alleynews.org
The Alley Newspaper • October 2014

Phillips West Neighborhood Upcoming Events

www.phillipswest.info

October 2nd (Thursday) 6:00 to 7:30 p.m. Community Meeting! Join your neighbors and other Community Partners for updates from City, Business Partners, Residents, & Mpls. Police at Changing Lives — Center Room (2400 Park Ave.). Free parking at rear of building.

Free pizza & beverages. Info: or to get involved please contact Crystal 612-879-5383 or pwn2065@yahoo.com

IV Annual Bridging Festival & Shenanigrins IV

By Dallas Johnson

The Fourth Annual Bridging Festival and Shenanigrins event on Sunday September 21st was such a blast on and near the 24th Street Pedestrian Bridge over 35W and nearby. The day began with Blue Lady sitting in the festooned Happy Stories chair as we debuted the “Anyday Parade,” driving around the neighborhood, inviting kids to join the fun. Within minutes, our spot was bustling with hula hoop contests and foot races for great prizes (complements of the Hennepin Theater Trust and my awesome mom), costumes, face painting, Buddy Goodfellow’s Musical Carpet Ride, pizza, dancing and lots more. Several kids have become seasoned Bridging Fest-goers and there were lots of first-timers too.

What a wonderful, happy, sunny day.

WANTED

CAPTAIN JACK SPARROW

Dallas Johnson

Phone: 612-386-6538

www.occupirate.blogspot.com

The Alley Newspaper • October 2014

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November Issue Submission Deadline October 15

2

The Alley P.O. Box 7006 Minneapolis, MN 55407 Editor 612-299-4022 Editor@AlleyNews.org www.alleynews.org Follow us on twitter.com/alleynewspaper

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“We came into this world to give truth a little joy onward and to help our city live up to its rights.

Donations are needed, welcome, and Tax Deductible.


Delivery: to 250 Apartments, Businesses, Places of Worship, and Organizations by Lyle James Delivery and to many homes and meetings by these volunteers: Beverly, Brad, Cathy, David, East Phillips Improvement Coalition, Jay, Jana, Heidi, Howard, Marjory, Midtown Phillips, Paul, Phillips West N.O.P., Simmons Family, Raymond, Stephanie, Sue, Tara, Venture Village within blocks of these neighborhoods: Venture Village, Phillips West, Midtown Phillips, Hiawatha Ave (Hwy. 55) - East.

Circle: 8,000 hard copies and online.

Printing: by Page 1 Printers.

Seeking new employment or re-entering the workforce? Do you need help looking for a job, filling out applications or writing your résumé? Free one-to-one assistance with a job search representative.

Seniors Play-Reading Group

Fri, Oct. 10, 1 pm

Join discussion of new & interesting plays of our heritage.

Education Alternatives

Discussion

Mon, Oct. 13, 1–2 pm

Join discussion of persistent problems in education & possible solutions.

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What if Phillips became a new Blue Zone?

If you ask what Albert Lea, Minnesota has in common with Okinawa, Sardinia, Italy; Loma Linda, California, Ikaria, Greece; Nicoya, Costa Rica, it’s that all but Albert Lea are already Blue Zones and Albert Lea is trying to become one! Blue Zones are where people around the globe have the largest percentage of people living to 100 or more years of age. As reported in the November 2005 issue of National Geographic, “For the first time in living history, the next generation of Americans could live shorter lives than the previous one. The culprit: childhood obesity and ailments such as diabetes and heart disease that result from it later in life. Some are paying attention!

Many folks in Albert Lea have joined together to help become a Blue Zone by adopting as many of the secrets of longevity observed in those population pockets of longest-living people that the Twin Cities-based Blue Zones Project by Healthways is helping promote and adopt. These principles are: 1. Move Naturally; 2. Know Your Purpose; 3. Down Shift; 4. Adopt an 80% [Eating] Rule; 5. Eat According to a Plant Slant; 6. Drink some Wine @ 5:00; 7. Be Part of the Right Tribe [surrounded by others who share a positive view of life]; 8: Community: Be Part of It; 9. Put Loved Ones First.

In order to help implement these nine lifestyle habits, they are assisting some communities in developing five strategies to help give a focus to these wellness efforts. These are: 1. City Environmental changes; 2. Finding Volunteer Opportunities; 3. Creating Healthier Workplaces; 4. Making Healthy Choices Easier; 5. Growing Social Circles; and 6. Joining Group Activities.

Through efforts of Allina’s Backyard Initiative and the neighborhoods of Greater Phillips, many of these ideas are already being implemented. Indeed, one of the commonalities of the Blue Zones that Phillips does not enjoy is a primarily singular demographic. We live in an area that some say is the most culturally-diverse in the state. But this should be considered just a greater challenge, instead of a reason not to proceed with community-wide efforts.

I’m looking for a group of Greater Phillips residents willing to examine the whole Blue Zones Project and help determine whether we could formally engage in community-wide wellness efforts based on these major principles. If you are interested in some dialogue, Google “Blue Zones” or contact me at ralbee4045@aol.com. Let’s see what we can adopt and implement!

How about a year-long “clean-sweep”?

Volunteering in the community is one of the Blue Zones activities that can help promote wellness. But if it becomes a permanent routine, it also might address some additional challenges as well. Our neighborhood has many immigrant elders and older people who came to our country without learning to read or write their own language, let alone English here in Minnesota. But many want to do some activities that contribute to the neighborhood and get them engaged in our wider community. We are looking to see if we can help develop a street clean-up program similar to what you see downtown on Nicollet Mall in which trained “Ambassadors” keep the sidewalks and streets tidy and showing our visitors a group of friendly faces. The devil’s in the details on how we can provide a small financial incentive while providing an opportunity for some to become engaged even before they become competent with a new language. Stay tuned!
that the Spanish Influenza epidemic “does not exist in Minneapolis and never has.” That didn’t mean that he didn’t expect it to appear. He warned that it would probably reach the city later in the fall. He warned that it would probably reach the city later in the fall. By mid-October over 400 new cases were being reported in the city every day.

**PHILLIPS CLEAN SWEEP**

**SATURDAY, OCTOBER 11, 2014**

- **9am-10am**
  - Free Breakfast, Sign In, Pick-Up Supplies & FREE 2014 Clean Sweep T-Shirt
  - **2 LOCATIONS:**
    - Welna Ace Hardware Parking Lot – 2438 Bloomington Ave S
    - Lutheran Social Services – 2400 Park Ave S (enter on 24th St)

- **9am-12pm**
  - Phillips Clean Sweep!

- **12pm-2pm**
  - Free Lunch, Entertainment, Neighborhood Information at Stewart Park – 2700 12th Ave S

**FFI:** call 952-996-6490

**Tales from Pioneers & Soldiers Cemetery**

**Sue Huntley Weir 117** in a SERIES on October 12th. Oddly, saloons were allowed to remain open but police were ordered to prohibit patrons from gathering or loitering in them.

In a period of four months, from September to December, 1918, 190 people in Minneapolis died from Spanish influenza. Ten of them were buried in Minneapolis Pioneers and Soldiers Cemetery. Percy Gould and his wife Nellie were among them. Percy Gould was born in Wisconsin in 1876. He was living in Minneapolis, working as a day laborer, as early as 1900. In 1901, he married Florence Rathbun. They had two sons, Walter and Irving. Florence died from tuberculosis on April 4, 1907; she was 24 years old.

In July 1909, Percy married Nellie Carlson. For reasons that are not entirely clear, his two sons from his first marriage were placed in the Washburn Home for Children. It may be that he was not able to support them; in the 1910 federal census his occupation was listed as “odd jobs.” His fortunes seem to have improved and by 1915 he was employed as a foreman for Rosenquist Fuel and Transfer Company, a business located at 890 East Franklin Avenue. His good fortune did not last long. On October 19, 1918 Nellie became one of the casual- ties of the epidemic; she was 30 years old. Eight days later, on October 27th, Percy died, also from influenza; he was 42 years old.

**COMING SOON! “The Thing from Another World”**

Join us at Mpls Pioneers and Soldiers Cemetery (Cedar Ave & Lake St) Wed., October 8, 2014, for “The Thing from Another World” – a cult classic. Gates open at 5:30. The film begins at dusk (around 7 p.m.). Taxi Taxi will be there serving their wonderful food. Bring a lawn chair or blanket. Tickets are $8 for adults, kids under 12 admitted free. All proceeds go to the fence restoration fund. Cash or checks are fine but we aren’t set up for credit/debit payments. This benefit showing is a joint venture between All Star Video, Trylon Roadshow and Friends of the Cemetery. The cemetery is on several bus lines & near the Lake Street LIFT stop. Bike racks are available.

Parking along Cedar Ave, after 6 p.m. & along sidestreets.

**No Flu cases Sept ’18, 400 Daily Oct ’18**

Percy and Nellie (Carlson) Gould amongst 199 deaths in 3 months

The early cases involved soldiers or military men in training. Soldiers were hospitalized at Fort Snelling while the men who were in training on the University Campus went to the University Hospital and those from the naval training programs at Dunwoody were quarantined in the West Hotel. Men who had finished their training and were prepared to move to other military camps around the country had nowhere to go—influenza had spread to 43 of the 48 states and military hos- pitals were overfilling with sick and dying soldiers.

Health department officials took a number of steps to try and slow the spread of the disease. Minneapolis soldiers who died on military bases around the coun- try could be brought home for burial but coffins had to remain sealed during funerals. Local hos- pitals were in virtual quarantine; only close relatives of patients who were thought to be dying were allowed to visit. President Burton delayed the start of fall semester classes at the University indefinitely. Public drinking foun- tains were altered to meet new health standards. Shaking hands was discouraged. Streetcars were required to keep at least three win- dors open at all times. The City Council unanimously approved an ordinance that required all schools, churches, poolrooms, dance halls, movie houses and theatres to be closed indefinitely as of midnight October 26, 1918, the Minneapolis Tribune reported the first case of influenza in Minnesota. Four days later, there were 150 reported cases in Minneapolis alone. By mid-October over 400 new cases were being reported in the city every day.

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Who’s Who at the Franklin Library

Newly arrived, Cassie Warholm-Wohlenhaus, delves into service and archives

BY ERIN THOMASSON

“This is your library,” says Cassie Warholm-Wohlenhaus, “and we’re here to serve you, the community.” Cassie is Franklin Community Library’s newest librarian, having joined the staff in March of this year. She is passionate about Franklin Library and the community it serves – young and old, Native and non-Native, immigrant and long-time resident alike.

“Franklin was my top choice of libraries to work in,” explains Cassie. “It’s a well-used library, with a collection of books and other materials in languages relevant to the local people, including Somali, Oromo, Spanish and Arabic.” She especially appreciates the Library’s location in the midst of the Native American community. Cassie recently attended a back-to-school resource fair at Little Earth of United Tribes to promote library services, and would like to see more programs and partnerships with both the Native and Somali communities.

Cassie is also excited about working with young people, and she staffs the Franklin Teen Center in the evenings. “I see a lot of positive changes in the youth who come to the library,” Cassie remarks. Working with youth at the library builds on her experience as a Peace Corps volunteer from 2008-2010, when she taught at a village school in Armenia. Her time in the Peace Corps deepened her commitment to public service and social justice.

“One day I woke up and just knew what I wanted to do with my life,” she remembers. “I suddenly realized that I wanted to be a librarian!” After completing her time in the Peace Corps, Cassie studied at the University of Wisconsin at Madison, graduating with a Master’s Degree in Archival Administration.

Her experience working with library archives was put to use almost immediately at Franklin Library as staff there have been preparing to celebrate the Library’s 100th anniversary. Cassie has been working on an historical exhibit, combing through 100 years of annual reports written by Library staff for interesting stories, photos and details about life in the Phillips community during the past century. She can’t wait to share what she and the other library staff have uncovered at the 100th Anniversary Open House, to be held at Franklin Library on Saturday, October 11.

Cassie and the staff of the Franklin Community Library encourage the community to celebrate its 100th Anniversary and “claim the Library as your own!”

Cassie Warholm-Wohlenhaus

First staff at Franklin Library, circa 1914.

Paul and Sheila Wellstone, honorary librarians, during their visit to Franklin Library in 1997.
Ingebretsen’s Fall Events Encompass the Traditional to the Trending
Drinking horns, aquavit, lutefisk (pictured below), Runestone history, bees, wax and soy candles

BY CARSTENS SMITH
October 4 to 11 is Sale Week for Ingebretsen’s, an event that kicks off a series of talks, presentations, and demonstrations that celebrate both beloved traditions and emerging trends.

The art of the Viking era lives on with metalsmith Frank Vinson and his son, Spirit. The Vinsons make drinking horns and knives, intricately decorated with Viking-age designs. Spirit will speak on the history of drinking horns and the process of making one on Saturday, October 4 at 1:30. Both Vinsons will be at the store all day to speak with people individually about their handcrafted items.

Food traditionalists will enjoy a talk by Chris Dorff, the president of Olsen Fish Company, the world’s largest lutefisk company. Chris will explain how lutefisk became associated with Christmas dinners, how it is processed, and the best way to prepare it. Olsen Fish Company also processes several flavors of pickled herring, which are carried by Ingebretsen’s. Samples will be available. Chris will be at the store on Friday, October 10 at 1 p.m. (Please call the store for reservations, 612-729-9333. The event is free, but we want to be sure to have a seat for you.)

One way to perk up a lagging conversation is to toss in a mention of the Kensington Runestone. Father and daughter researchers, Robert G. Johnson and Janey Westin have written The Last Kings of Norse America, Runestones Keys to a Lost Empire. They will speak about their research on an expedition sent to North America, decreed in 1354 by King Magnus of Norway and Sweden in an attempt to restore the lost fur and goods trade. Keys to this research are the author’s complete and rigorous translations of the Kensington and Spirit Pond runestones. Their conclusions will give you new arguments about an old, but favorite, topic. The authors will be at Ingebretsen’s on Thursday, October 9 at 2 p.m.

Distilled spirits have exploded in popularity and a new generation is developing an appreciation of the complex flavors they offer. Mike McCornon of Gamle Ode Aquavit will talk about the “water of life,” it’s centuries-old traditions and contemporary ideas for incorporating Gamle Ode’s selection of aquavits into cocktails and foods for seasonal entertaining. Join Mike on Saturday, October 4 at 2 p.m.

Bees are everyone’s concern. Margaret Lucht will share her vast knowledge of bees and will demonstrate making beeswax candles on Friday, October 10 from 10:00 to 1:00. She is will talk with customers about the importance of bees and how you can contribute to their survival. Beeswax and soy candles produce far fewer by-products than petroleum-based candles and are free of phthalates and other synthetic ingredients that create harmful fumes. Local candlemakers rareEARTH will be at the store from 2:00 to 4:00 with their line of soy candles made with essential oils.

Food samples will be available daily throughout Sale Week and programming will continue through December. To learn about all of Ingebretsen’s events, please stop by the store for a flyer at 1601 E. Lake Street or visit the website, www.ingebretsens.com.
Flitting about within the fronds of my garden's crimson red okra, so tiny it was. Soft greens of wing, green and gold of body, its rapid head/eye movement processed a world far beyond the realm of my own slow wit. Most precious girl... Come back!

Members of the Audubon society have met at the East Lake Library. They are planning a street demonstration to demand bird-safe glass at the new Vikings Stadium. Save the birds - save the people - save our planet!

A bird of similar feather was V.I. Lenin. He wrote an article in 1912 condemning a German firm which specialized in providing strike breakers, i.e., criminal hooligans. This firm was owned by one Ludwig Koch. Curious? Meanwhile, an ISIL has been spotted. Truthfully, an ISIL is not some type of bird, but rather it is another “monster of our own making.”

The ISIL sings the following song:

If a mujahid sings this song, it is merely ‘collateral damage.’ The countless accounts of American soldiers executing families and raping women under the sanctity of the U.S. military is another ‘monster of our own making.’

Pause, please. The Peace Movement is then quite correct to declare: MORE WAR MEANS MORE EXTREMISM. Sadly, the policy of “containment and limited intervention” will give way to “boots on the ground... again the ‘quagmire.’” Working class people will pay the price.

The question of the day: Does the Peace Movement get you moving to demand bird-safe glass at the new Vikings Stadium? Save the birds - save the people - save our planet!

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A Democrat will say, “climate change is real is not enough. We need that top five. The reason given is that the weather. Minneapolis was in the millions 11.2% live below the poverty line, while Wisconsin 12.5% of its population is below the poverty line. In Wisconsin 12.5% of its population lives below the poverty line. If you want to vote for the candidates who are running on the state level who are concerned about you. First I would like to compare Minnesota to our neighboring state of Wisconsin, whose state legislature, is controlled by Republicans, House, Senate and Governor. Minnesota’s State Legislature is controlled by the Democrats; House, Senate and Governor. Wisconsin’s unemployment rate is one of the lowest in the nation at 4.5%. In Wisconsin 12.5% of its population lives below the poverty line, while in Minnesota 11.2% live below the poverty line.

In September’s issue of Warblers of the World, I wrote about getting yourself to the voting booth in November because the Democratic candidates who protect Federally funded programs that are important to the people of Phillips Neighborhood need your vote. In this month’s issue I would like to address the importance of voting for the candidates who are running on the state level who are concerned about you.

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I recently saw a news program with a blurb about the top five cities people are moving to despite the weather. Minneapolis was in that top five. The reason given is the job opportunities. The fact that we have a relatively healthy economy despite the sand-bagging of the Republicans on the Federal level is no accident. I would like to use Governor Dayton as an example. Governor Dayton follows a two-term Republican, Governor Pawlenty, who did not have the people of Phillips Community’s interests at heart. While watching out for his rich friends, he borrowed from K-12 education, (funds that were never paid back while he was in office), cut programs that benefit the poor, and rejected the Federal funds offered to states out of the Patient Protection and Affordable Care Act.

Governor Dayton, on the other hand, promised to increase support for education every year he is Governor. Dayton, a former teacher in a poor area of New York City, knows the importance of education and has increased the education budget by $344 million; $40 million going to all-day kindergarten, (new in MN) and an increase to $8.9 million for English language programs, programs that will certainly benefit many families in Phillips.

Under Dayton and the Democratic House and Senate undocumented high school students, (many in Phillips) will greatly benefit also. Legislation was passed that will help them with state student aid and college to those who qualify. The Democrats haven’t left out help for others seeking high education either. They passed a historic $250 million increase for higher education, $46 million going to student financial help. They also froze tuition for state funded schools of higher education, which includes the University of Minnesota. And let’s not forget about the hundreds of millions of dollars more that will be in the pockets of low-wage workers through the minimum wage (many in Phillips) because the Democratically controlled legislature passed an increase in the minimum wage. Now, about that Patient Protection and Affordable Care Act, Dayton came into office just in time to accept it for the state of Minnesota.

Please vote this November, and vote for the Federal and State candidates who have your interests at heart!
We invite you to come to speak your truth about yourself, your struggles, your stories, your ideas, your family, your community and your world. Please join Communities of Light at the Amen Corner, in Peavey Park, Thrones Plaza every Saturday in October, Noon-4:00 p.m. (Chicago & Franklin Avenues.)

We get noticed when we vote! NTH Degree is working in coordination with Amen Corner to register voters; this effort is also supported by A. Phillip Randolph Institute, a group of African American trade unionists. Register to Vote 20 days prior to Election Day, November 4.

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.

We forgot to give credit to our valued friend and photo contributor, dee henry williams, for the photos of Amen Corner! Our sincere apologies, dee. We appreciate those beautiful images you capture of our community and appreciate all of your outstanding work.

BYI End of the Summer Celebration
At the Home of Rose Lobley

Visit the FARMERS MARKET hosted by the Growing in the Backyard CHAT Every Tuesday Noon to 2 pm in the Cultural Wellness Center’s backyard! 2025 Portland Ave. So. Mpls, MN 55404 612-721-5745