Dorothy Benson, my mother, was a resident of the Phillips Neighborhood since the early 1950’s. She and my father fought very hard against “Model Cities” in the sixties which were trying to isolate and divide Phillips Neighborhood by building freeways like what happened to Rondo neighborhood in St. Paul. They were both very immersed in the DFL (Democratic Farmer Labor party), politics, PNIA (Phillips Neighborhood Improvement Association), and Neighborhood activism.

Phillips Neighborhood is where she raised us; a family of six children. While the youngest was in diapers, the oldest was in college. My father worked a day job while my mom had a day care business along with the full time job of raising us, too. However, we were not the only children mom inspired along the way. My sister reminded me of the Christmases when mom took neighborhood kids in, five or six at a time, and they made homemade Christmas cookies from scratch. They would all take their treats home and mom would tell them to “send the next group of kids!”

My mother was very compassionate about the kids. She would always try to find time to read to them out on the porch, or ask them if they were hungry because she knew how important it was and what some of their situations were at home.

Dorothy Benson: Daughter’s Tribute
“...I guess because they were hungry.”

Alberder Gillespie
Alberder Gillespie Leads Mpls. Census

Publisher’s Jacket Preview
“The Great Derangement: Climate Change and the Unthinkable”
By AMITAV GHOSH;
The University of Chicago Press, 2016

“My mother was a self-made woman who excelled in everything—activism, selling, cooking, and being a mother to us and the neighborhood.”

Alberder Gillespie

Indigenous Women’s March

By CITY NEIGHBORHOOD AND COMMUNITY RELATIONS
Alberder Gillespie, Mpls. 2020 Census Project Coordinator is leading Mpls.’ efforts to ensure that all residents are accurately counted. An accurate population count is vital in determining political representation for Minnesota and federal funding.

Alberder Gillespie

About The Artist
Ricardo Levins Morales - P8

“Ghosh’s book serves as a great writer’s summons to confront the most urgent task of our time.”

Indigenous Women’s March

“The extreme nature of today’s climate events, Ghosh asserts, makes them peculiarly resistant to contemporary modes of thinking and imagining. This is particularly true of serious literary fiction: hundred-year storms and freakish tornadoes simply feel too improbable for the novel; they are

Publisher’s Jacket Preview
“The Great Derangement: Climate Change and the Unthinkable”
By AMITAV GHOSH;
The University of Chicago Press, 2016
The Alley Newspaper

PHILLIPS WEST - Community Meeting
March 6th & April 3rd (First Thursday) 6–7pm
Join your neighbors and other Community Partners for updates from Local City Government & Minneapolis Police! Meeting will take place at the Center for Changing Lives Building in the Centrum Room (2400 Park Avenue). Free parking is available in the building off of Oakland Avenue. Free Jakeeno’s Pizza Dinner will be provided! If you would like more information or would like to get involved in the neighborhood, please email Crystal at 612-879-5383 or email her at pwno2005@yahoo.com.

Available at:
- The Alley Newsstand (1773 3rd Ave)
- Neighborhood Newsstand (1322 18th Ave)

All alleynews.org • March 2020

2020 CENSUS • You COUNT • Be COUNTED • You are Counted Upon • CENSUS 2020
In January 1869, a few months before Mr. Moores died, Mayor Hugh Harrison, had asked the City Council to take steps to establish a pest house in the city which they did. It was located just outside of the city limits in North Minneapolis (around what is now 26th Street North on land now part of Farview Park). As the city’s population grew, it became necessary to relocate the pest house and in 1886 a new one was built in what later became St. Louis Park. Patients were not the only ones placed under quarantine. An ordinance passed in January 1870 required that caregivers of quarantined patients also be quarantined. Furthermore, patients could only be moved to the Pest House after dark when few people were out and about and unlikely to come into contact with them.

In June 1869, St. Paul’s city health officer reported that there had been 125 reported cases of smallpox that year. The Minneapolis Tribune, always in the business of promoting Minneapolis at St. Paul’s expense, announced that quick action on the part of Minneapolis’ health officer and City Council house had “completely eradicated the disease so that not a single case remains in the city.” Although smallpox did not seem to infect as many Minneapolis residents, that claim was premature and ultimately wrong.

In February 1870, two children, Alice and Amos Rafter, aged two and 17 years old respectively, died from smallpox within a matter of weeks, and there were sporadic outbreaks for the next 50 years. Three people who died from smallpox in 1883, two of them from the same family, are buried in the Cemetery. The worst outbreak occurred in 1904 when six members of the Lockwood family died within between March 31 and May 16th, a period of fewer than six weeks.

There was no known treatment for smallpox—there was only prevention. Smallpox was an airborne disease, spread through coughing, sneezing and spitting. Three out of ten people who contracted the disease died from it.

Edward Jenner had created a vaccine as early as 1796 but it took almost two hundred years and an estimated hundreds of millions of deaths before smallpox became the first and to-date only human disease to be eradicated. This amazing achievement came about because of a coordinated world-wide program of vaccination. In 1980, the World Health Organization declared the world free from smallpox.

In February 1870, two children, Alice and Amos Rafter, aged two and 17 years old respectively, died from smallpox within a matter of weeks, and there were sporadic outbreaks for the next 50 years. There is no marker for H. M. Moores, the cemetery’s first recorded case of death due to smallpox, is buried in an unmarked grave in the cemetery’s Potter’s Field.

*Their family deserves their own story so watch for it in a future issue.*
Alley’s Editorial Leadership & “Core” Members

The Alley’s Editorial Leadership Committee (ELC) has been a long time coming, but it’s finally here! Provision for the Committee was written into the Alley’s By-Laws, but somehow never quite came together, formally, until recently. It’s an exciting time for the Alley as we meet some of our long-term organizational goals.

The Committee’s role is to work with the Coordinator and the Board of Directors to help the Alley in its role to facilitate communication with the neighbors of Phillips. The ELC strives to ensure that the Alley stays true to its editorial policy of encouraging communication in the community. The Committee takes on a wide range of tasks for the newspaper, leaving the Coordinator and the Board to focus on their core duties.

Want to participate? The Committee is open to new members. Whether you wish to devote a lot of time to the Committee or you are only able to make occasional contributions, your participation is welcome.

We are excited and proud to introduce our core group of ELC volunteers.

Lindsey Fenner

has been involved with the Alley in various capacities since 2016. She is a proud East Phillips resident, public library worker, trade unionist, labor communicator, collaborative writer, and community gardener. Her work with the Alley is always guided (she hopes) by the spirits of Minnesota writers and journalists Eva Valesh, Meridel Le Sueur, and Marvel Jackson Cooke.

Mary Ellen Kaluza

“...in the politics of climate change. Pope Francis is, of course, the most prominent example, but some Hindu, Muslim, Buddhist, and other groups and organizations have also recently voiced their concern. I take this to be a sign of hope because it is increasingly clear to me...”

Minkara Yezet

Griot of Psychology and Psychiatry
Resident Poet, Cultural Wellness Center

My art form is that of the griot. The Cultural Wellness Center is a cultural community institution that has absorbed my pain, my formal professional training and clinical experience, and my personal journey of healing. These aspects of my experience have then been shaped and alchemized into my work, which is to tell the various layers of that story. This is the artwork of the griot. In cultural communities, it is impossible to separate the art from the work, from personal development, or from life.

As an emerging griot, my work has focused on community healing, community development, and community health practices. At the Cultural Wellness Center, I have come to learn what it means to produce research anchored in an African System of Thought. Research and the studying of ourselves within the context of the community is a sacred process. My work is to study my heart, what it means to be Black, what it means to be African, and what it means to become conscious of ourselves as spiritual beings. I have learned to use the creativity to study peace and the impact peace can have on my ability to produce knowledge and to be in community.

Carz Nelson

Carz works and owns a home in Phillips. She has a passion for history and believes that a community gains power by understanding its past. She joined the ELC to assist the community’s dialogue about its history, its place in the present and the potential for the future.

Council Member Abdi Warsame Resigns from City Council

to Lead Mpls. Housing Authority

Ward 6 City Council Vacancy

By LINDSEY FENNERS

Phillips West and Ventura Village residents will soon need to elect a new City Council representative. Ward 6 Minneapolis City Council Member Abdi Warsame is leaving the City Council to lead the Minneapolis Public Housing Authority (MPHA), pending City Council approval.

Warsame will be heading MPHA in a time of controversy and crisis. As Minneapolis is in the midst of an affordable housing crisis, the recent deaths of five residents in a fire at a MPHA high-rise building in the Cedar-Riverside neighborhood and the planned implementation of several Trump Administration-backed housing programs, considered by many housing advocates as a step towards dismantling and privatizing public housing, have put more attention on MPHA.

Warsame, elected in 2013, was the first Somali-American elected to the Minneapolis City Council. Prior to serving on the City Council, Warsame lead efforts to redistrict Minneapolis’ political Ward and Precinct boundaries, and was the Executive Director of the Riverside Plaza Tenants Association. Besides Phillips West and Ventura Village, Ward 6 also includes parts of the Stevens Square, Elliot Park, Cedar Riverside, and Seward Neighborhoods. The Minneapolis City Council will be calling for a special election to fill the vacancy.

Transit

Politicians and Light Rail Safety

By JOHN CHARLES WILSON

The Minnesota State Legislature is finally trying to do something about the rising tide of crime and harmful behavior on public transi-
My father taught me to hunt,” says Vern. “We hunted to eat. Venison, bear, beaver, raccoon, and quail. We lived in southern Illinois, near the Kentucky border. I was a country boy. I’m ready to go back. ”

in WWII, my Grandfather was in ing people. People can think what Asian... I cook it all.”

friends. (Laugh.) Italian, Spanish, a lot about cooking from ex-girl-

more. I cook everything. I learned ist paid more, but I liked cooking 

I got a job as a machinist. Machin-

for two or three months, and then 

Henry O’Killian. He never found 

texts looking for a picture of his 

back pages, and generally made a

positive difference to the homeless and the greater community.

Most of the responses to home-

lessness that I have seen haven’t started at the neighborhood level. What homelessness first became a national problem in the 1980s, this is how people addressed it. Churches, community associations, and similar groups saw the prob-

lem growing and took action. As homelessness escalated and over-

whelmed what neighborhoods could do, government programs began addressing the crisis. (This is an oversimplification, since homelessness and the federal department of Housing and Urban Development predate the current housing crisis, but it gives you the general outline of the situation.)

Over time, homelessness became an institution, with children who grew up in homeless families becoming homeless as well. We see the cycle repeat with their children. Responses to homelessness followed a similar path with scientific studies docu-

menting which programs were most effective, only to have later studies show that new approaches were better, with still more stud-

ies showing that the earlier studies were flawed in their assumptions. All of this resulted in shifting priorities and funding as society tried to grapple with the ending homelessness. Today, phrases like “cost effective”, “best practice”, “evidence based” and others domi-

nate the conversation.

What has impressed me most about this effort is how personally those trying to solve the problem take the problem. At community meetings, the problem isn’t “homelessness”, rather it is that “our rela-

tives” are in danger and dying for lack of resources. The solution is not to improve the best model; it is taking concrete steps to turn avail-

able space into shelter as quickly as possible. Stopgap measures are adopted until permanent measures can get up to speed. Activists are not afraid of publicly challenging each other or the organizations at the meetings to do more, but it isn’t done in an effort to shame or self-promote. It is done because of the urgency of seeing family members left in a tragic situation.

The speed and determination that the Native community has brought to this problem could be a better model than any other model I’ve ever seen.

By MIKE HAZARD AND MARTI MALTBY

“As you can see, I’m part Irish American, part African Ameri-

can, and part Native American,” said Vern. I asked what nation. “My brother says Cherokee.” He thumbed through his cellphone texts looking for a picture of his Irish American great grandfather, Henry O’Killion. He never found it. We talked.

“I was a cook in the military, a biscuit burner. Sister Rose (the founder of Peace House) hired me to cook. I cooked at Peace House for two or three months, and then I got a job as a machinist. Machinist

ist paid more, but I liked cooking more. I cook everything. I learned a lot about cooking from ex-girl-

friends. (Laugh.) Italian, Spanish, Asian... I cook it all.”

I’m a Christian, but there is no honor and distinction in kill-

ing people. People can think what they want to think. My Dad was in WWII, my Grandfather was in WWII.

“I followed the model of Muhammad Ali during the Viet-

nam War. I went AWOL. Don’t make me kill somebody. I was a marksman, sharpshooter. But I decided I was against war. We don’t have to kill people to solve problems. If somebody was here in our country, I could shoot to

kill. But not these other wars. The Vietnam War was about who was going to control the heroin trade. The Gulf War was about oil.

“There’s a proverb in the Bible, Don’t let anybody lead you into Hell. Watch out for Satan. I choose to hear, ‘You had your own mind.’”

“...that the formal political structures of our time are incapable of confronting this crisis on their own. The reason for this is simple: the basic building block of these structures is nation-state, inherent to the nature of which is the pursuit of the interests of a particular group of people. ...
Do you like newspapers? Better yet, do you read The Alley Newspaper and want to see it improve, grow or change? VOLUNTEER for the Editorial Leadership Team of Alley Communications and work with the Alley’s Coordinator to lift the many voices of the Phillips Community and how to get them represented within the pages of The Alley Newspaper!

Email Editor@alleynews.org or call Harvey at 612-990-4022 for more info and next steps.

Board Member Position(s)

Join the volunteer Board of this dynamic organization and this important community media source to stay strong, vibrant and lifting the many voices of the Phillips Community. Current responsibilities include the ability to attend monthly Board meetings. Email the Board Chair, Cathy Strobel-Ayres, cstrobel11@gmail.com to receive more information about this position.

Editorial Leadership Committee

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Research Helpers

Research is needed to assist and expedite decision making by The Alley Board, The Alley Editorial Leadership Committee, and The Alley Coordinator. These are limited time tasks that may be done by one or two people. The task topics vary in range of topic and length of time needed. There is a task that fits your interest and time availability.

Write to P.O. Box 7006, Mpls., MN 55407, call 612-990-4022, or email copydesk@alleynews.org

2020 Alley Leadership
About the Artist: Ricardo Levins Morales

Ricardo Levins Morales describes himself as a “healer and trickster organizer disguised as an artist.” He was born into the anti-colonial movement in his native Puerto Rico and was drawn into activism in Chicago when his family moved there in 1967.

Ricardo left high school early and worked in various industries, and over time began to use his art as part of his activism. This activism has included support work for the Black Panthers and Young Lords to participating in or acting in solidarity with farmers, environmental, labor, racial justice and peace movements.

Increasingly Ricardo sees his art and organizing practices as means to address individual, collective and historical trauma. He co-leads workshops on trauma and practices as means to address individual, collective and historical trauma. He co-leads workshops on trauma and resilience for organizers as well as trainings on creative organizing, social justice strategy and sustainable activism, and mentors and supports young activists.

Ricardo’s art has won numerous awards but the greatest affirmation is the uses to which it has been put by grassroots movements and communities.

At Ricardo Levins Morales Art Studio, posters, note-cards, buttons, t-shirts, fine art prints and tapestries of art for social justice Ricardo has been creating for 50 years in Minneapolis, can be purchased: RLM Art Studio 3260 Minnehaha Avenue, Mpls. MN 55406; next door to Peace Coffee.

The Epic Report – March, 2020

www.eastphillips-epic.com

For Your Calendar: *

The EPIC Board of Directors meet on the FIRST Saturday of the month – Next Meetings: Saturday, 3/7/2020 and 4/4/2020 at 10:00 AM. at the EPIC Office at 2433 Bloomington Ave. S.

The EPIC General Membership meets on the SECOND Thursday of the month – Next Meetings: Thursday, 3/12/20 and 4/9/2020 at 6:30 PM at East Phillips Park – 2307 17th Ave. S.

The EPIC Annual Meeting is Sat. April 18 at 9:30 AM. Join us for Breakfast & Board Elections at East Phillips Park – 2307 17th Ave. S. **

The East Phillips Community 17th Ave. Gardeners meet on the second Saturday of Each Month during the gardening season, from March through September. Next meetings are: Saturday, 3/14/2020, 4/11/2020 & 5/9/2020 at 9:00 AM in the East Phillips Park Community Center at 2307 17th Ave. S. Subsequent meetings will be held in the Garden at 2428 17th Ave. S.

* East Phillips Residents wanting a 2020 Garden Plot, contact Brad Pass at 612-916-8478 or bpass@usinternet.com

** EPIC Board of Director Elections will be held at the Saturday, April 18 Annual Meeting. To run for the board you must live, work or own property in East Phillips and you must have attended at least one Thursday Community Meeting since the last Annual Meeting & complete the application on the Website - www.eastphillips-epic.com

Did you know Midtown Phillips offers financing for residents?

MIDTOWN PHILLIPS NEIGHBORHOOD 0% INTEREST LOAN PROGRAM

The Midtown Phillips Neighborhood has partnered with the Center for Energy and Environment Lending Center to help Midtown Phillips residents finance home improvement projects.

• 0% APR
• $7,500 maximum loan amount
• No maximum income limit
• Terms up to 7 years
• Eligible improvements are most exterior, major mechanical and energy improvements

3 EASY WAYS TO APPLY

1) Apply online at mnlendingcenter.org
2) Email loaninfo@mncee.org for a copy of the application
3) Call 612-335-5884 to have an application mailed to you

Visit mnlendingcenter.org or call 612.335.5884 to get started today!
By: Meghan Marrist, Pillsbury United Communities

Medicaid, SNAP, Housing assistance, School meal programs, Child care assistance, Employment and transit services, Head Start, Health and unemployment insurance. The list goes on and on for programs and services that receive federal funding based off census data. For Minnesota, it’s estimated that the state will lose $28,000 per person in the course of a decade for not counting just one person in the 2020 census.

The census is much more than just a count of who lives here. In addition to impacting resources that flow into our communities, it also affects local, state, and national political representation. For this census, Minnesota is at risk of losing one of its eight congressional seats. (And did you know that if the 2010 census results, North Minneapolis lost a city councilmember?) Less elected officials = less political power.

It’s no surprise that often times it’s the historically undercounted communities that have been undersourced as well. We’re talking about immigrants and refugees, those experiencing homelessness, Indigenous communities, low-income households, renters, and children under 5, just to name a few. We know there will be barriers standing in the way: language, technology (that is the first time the census will have an online option), fear and distrust of government, and just general awareness. So this year, it will take all-hands-on-deck to ensure everyone is counted. Why? Because when resources are underestimated and communities are underrepresented, the opportunity to flourish and thrive diminishes.

We have a big challenge ahead of us. And to ensure that we are visible, that we are not erased, and that we are all counted, it’ll take all of us. Here’s what you need to know:

Counting begins THIS month! On or around March 12th, you should receive your first piece of mail that will include a URL to fill out the census form online. If you do not fill it out, you will continue to receive reminders in the mail until census enumerators begin knocking on your door starting in May. To avoid visits, fill out the form sooner rather than later.

Need help filling out your form? Starting March 17th through July, come to one of our open computer lab days at Waite House Community Center (2333 11th Ave. S. Minneapolis) designed to help you with just that:

1st Tuesday of Month: 10 am – 1 pm & 3rd Tuesday of Month: 1-4 pm
2nd Wednesday of Month: 10 am – 1 pm & 4th Wednesday of Month: 1-4 pm

It’s confidential. By law, specifically Title 13 of the U.S. Code, your information is protected. The data is used for statistical purposes only and cannot be used against you nor shared with other government entities, such as ICE, the FBI, CPS, etc. The penalty for disclosing census information is a fine up to $250,000 or imprisonment of up to 5 years, or both.

What about non-English speakers? Folks can fill out the form online or via phone in 12 different non-English languages: Spanish, Arabic, French, Haitian Creole, Japanese, Polish, Portuguese and Tagalog, Chinese, Korean, Russian, and Vietnamese. The paper form will only be available in English and Spanish. Language guides are available online in 59 different languages and will soon include video guides in those languages as well. Also, Questionnaire Assistance Centers (State of MN) and Trusted Spaces (City of Minneapolis) will be opening up throughout the city and state to assist anyone with filling out their form, some of which you can designate according to which language(s) assistance is available in.

Stay updated. Ask questions. Commit to be counted. Find out where you can go to receive help filling out your form. All by texting COUNT to MN2020. (Or, in Spanish: CENS0, Somali: TIRI, and Hmong: SUAVPPEB.) Also check out these websites for more information:

https://mn.gov/sa1mon/2020-census/
https://2020census.gov/
http://www.minnesotacensus.gov
d

Volunteer! Help ensure your neighbors are counted. Contact Meghan Marrist to get connected to volunteer opportunities: 612-455-0388, MeghanM@pillsburyunited.org

The Minnesota State Demographer Center wants everyone to have what they need to respond to the 2020 Census, regardless of which language they speak. To promote census awareness and participation across the state, the We Count MN team has created flyers, videos, and digital guides to be shared with our residents who speak English, Somali, or Spanish. Visit our wecount2020.census and 2020census.gov to find available language resources.

**UPCOMING VENTURA VILLAGE MEETINGS:**

**NOTICE THAT ALL COMMITTEE MEETINGS WILL NOW TAKE PLACE ON THURSDAY**

- **Wednesday, March 11th:** Board of Directors Meeting: 6 pm
- **Thursday, March 26th:** Community Engagement Committee: 7:00 pm
- **Thursday, March 26th:** Housing & Land Committee: 5:30 pm
- **Wednesday, March 11th:** General Membership Meeting: 7 pm
- **Thursday, March 26th:** Wellness, Gardening & Greening Committee: 7:30 pm
- **Thursday, February 6th:** Crime & Safety Committee: 6:30 pm

**ALL RESIDENTS ARE WELCOME TO PARTICIPATE:**

Ventura Village is located upstairs in the Phillips Community Center at 2323 11th Avenue South • Minneapolis • 612-874-9070
“Midnight Family” (2019) by Howard McQuitter II

**Midnight Family**

Howard McQuitter68@gmail.com
oldschoolmovies.wordpress.com

“...to avoid some serious disruptions of the global climate. But I would like to believe that out of this struggle will be born a generation that will be able to look upon the world with clearer eyes than those that preceded it; that they will be able to transcend the...

For the Ochoas (as with others, too, day and night (especially the later), the life of ambulance drivers and assistants often take on edgy and dangerous undertakings. Competition between the private and government ambulances is evident in a city of massive traffic jams and other obstacles. In down times, the family members go to sleep on the sidewalks or the youngster kicks a soccer ball or puts on his headphones. A lesson to be learned is the dedication of the people who own private ambulances. On the other hand, “Midnight Family” epitomizes the vast lack of responsibility by the Mexican government. Director: Luke Lorentzen. Running time: 81 minutes. Spanish with English subtitles. Cinematography: Luke Lorentzen. Original Music: Leona

Lina Wertmuller, directed-written-produced-acted in 1973, was more than enough to not only get a feel from this great director and an extraordinary mark not only for the Academy but the whole film industry as well. She was the Honorary Irving G. Thalberg Award winner (1974), in critical ways with movies such as “Spartacus” (1957), “Killer’s Kiss” (1955), “201: A Space Odyssey” (1968) and “Citizen Kane” (1948), the Oscar for Best Picture–“Parasite”, which is an extraordinary mark not only for the Academy but the whole film industry as well. She was the Honorary Irving G. Thalberg Award winner (1974), in critical ways with movies such as “Spartacus” (1957), “Killer’s Kiss” (1955), “201: A Space Odyssey” (1968) and “Citizen Kane” (1948), the Oscar for Best Picture–“Parasite”, which is an extraordinary mark not only for the Academy but the whole film industry as well.

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**Movie Corner**

By HOWARD MCQUITTER II

diskbboakmovies.wordpress.com

“Midnight Family” (2019) by Howard McQuitter II

**Documentary/Action/Crime**

3 of 3

“Midnight Family” is one of those didactic documentaries that feels much more like a narrative than the usual documentary. If you know nothing about the film and hear the title you might think it’s a mob film or one of those dreamy horror pictures. But instead, the film is about a family in Mexico City who own an ambulance in Mexico City, a sprawling city of nine million people, where only 45 government ambulances are in operation. A city of nine million with only 45 government ambulances is pathetic to say the least. To add to the horrific shortage of government run ambulances, local families try to eke out a living by having private ambulances. One of those families is the Ochoas, hard working and determined to go to the rescue of those in need of a hospital, clinic or treatment on the spot. Often times the private ambulances show up at emergencies while the government ambulances show up late or not at all. For the Ochoas (as with others, too, day and night especially the later), the life of ambulance drivers and assistants often take on

92nd Oscars Making Glorious History... A Look at Previous Snubs

By HOWARD MCQUITTER II

Never achieved before, in the 92 years of the Oscars, that a foreign director won Best Director and Best Picture–“Parasite”, which is an extraordinary mark not only for the Academy but the whole film industry as well. For me, I jumped up and down for the winner of those chosen Oscars, South Korean Bong Joon Ho, who won in two other categories; Best Original Screenplay and Best International Feature. (Don’t get me wrong I jumped up and down for other winners, too, such as Brit Pitt for supporting actor and Renee Zellweger for best actress). Some of Bong’s other wonderful films (perhaps lesser known to the average moviegoer but seen by cinephiles) are “Mother” (2010), “The Host” (2007), “Memories of Murder” (2002), “Snowpiercer” (2013) and “Barking Dogs Never Lie” (2012). Some films just seem to get a feel from this great director. The Oscars has a bad trail where through the years many too many cast members, directors and screenwriters have been snubbed.

Close is an ex-cep-tional actress, I think film culture in the “World According to Garp” (1982), “The Big Chill” (1983) and “The Natural” (1984) shows up late or not at all. For the Ochoas (as with others, too), 1999, when “Shakespeare in Love” won over “Saving Private Ryan”, “Elizabeth”, “Life is Beautiful” and “Thin Red Line” for Best Picture. That year the voters had to have been drunk to make such a colossal blunder. This day, an African American director has never won Best Director. Remember Spike Lee is nomi-nated only once for Best Director, for “BlackKkKlansman,” and that’s only last year. The late John Singleton was the first African American to be nominated for Best Director (and youngest nominated) and best screenplay in 1991, for “Boyz ‘n’ Hood.” I think of the last great director Stanley Kubrick who augmented film culture in
It was to be an unusually warm day for late autumn, it seemed. The Aunties exited the sweat lodge, intent upon harvesting the edge of the marsh. Straddling lengths of logs the men had hewn, they would maneuver the water without getting stuck. In tow were the water-tight baskets they themselves had made.

A celebratory fire was stoked near shore for their return. In the shallow, a newborn was placed in a basket for introductions. The gentle rocking induced a contented smile, which erupted in a squeal of delight when a careful spin was applied.

Naturally, the toddlers and somewhat older children converged to demand their turn. This is why the first boat was actually a big round basket, which eventually gave birth to the canoe to facilitate trade between the nations. So, then...

A celebratory fire was stoked near shore for their return. In the shallow, a newborn was placed in a basket for introductions. The gentle rocking induced a contented smile, which erupted in a squeal of delight when a careful spin was applied.

In today’s world, “Alley territory” extends somewhat beyond the official boundaries of the Phillips Neighborhood. For example, 10 papers go to a place called the Electric Fetus, at 4th and Franklin. 15 papers go to nearby Loaves and Fishes, where they themselves had made.

In tow were the water-tight baskets they themselves had made.

Imagine... When hunting grounds overlapped, the Onondaga, Cayuga, Seneca, Mohawk, Oneida, and Tuscarora men were inclined to war. How then did “the Six Nations” become one? It happened (by all the inherent logic) because the Haudenosaunee council of women was more equal than to the council of men. All said and done, the woman’s role in the economic sphere (i.e., “her three sisters” mode of agriculture) was equal to the role of man. On top of which, she owned the dwelling and would throw you out if you failed to listen!

Something I Said

What’s the big deal? Why did we need a whole month for the history of black folk? After all, nobody else gets one.

Well, for openers, calm down and console yourself that at least it was the shortest month of the year. Then, consider: Were American History college and grade school classes honest about chronicling what white people did - actually, what they didn’t do – the record would already have been set straight. Which isn’t merely a matter of recording facts for facts’ sake.

Do you regularly read The Alley and want it to continue, grow, improve, and land at your doorstep or on a newstand as a “free newspaper” each month? Contribute! Go to Alley Communications on GiveMN, or send a check to P.O. Box 7006, Mpls., MN 55407

2020 CENSUS • You COUNT • Be COUNTED • You are COUNTED Upon • CENSUS 2020

raiseyourvoicealleynews.org • March 2020

Raise Your Voice
Sisters in Spirit

By PETER MOLENAAR

Last month, on delivery of the usual 40 Alley papers to the Minneapolis American Indian Center, the young woman at the desk gave access to the Two Rivers Gallery where a marvelous birch bark canoe is on display. With a twinkle, I inquired: “Who built the first canoe?”

If the canoe to facilitate trade between the nations.

So, then...
YOGA AT THE GLOBAL MARKET

The winter months call for deep stillness and introspection — can you feel it? You might look to nature to see this truth in action. When you look at trees, we know that though their leaves are gone for now, they are not dead. That spark of life is still alive and well even through the coldest of months, trusting their inner reserves and strength. Just like the trees, we too can remember our inner strength and vibrancy even now. Sometimes it takes community to remind and support us in realizing our true nature. Community can provide kindling and hope for warmer brighter days. Together we create sacred space for individuals to grow through mindful movement, self-discovery, and connection. We come together to practice yoga three days a week and have room for more seeking souls like you to join.

You are invited to class: Monday, Wednesday, Saturday at 6pm

To learn more, search Facebook for “Tree Yoga at the Global Market”.

We hope to see you soon! Your friend and partner in wellness, Mikky Daub, Registered Yoga Teacher

BREATHE... A SACRED JOURNEY WITHIN

I never thought seeking a deeper spiritual path many years ago would lead to serving communities today. My journey as a mindfulness facilitator began 26 years ago when I was a young woman suffering from severe depression. I’ve tried conventional methods of therapy, but nothing worked because treatment didn’t allow me to address my issues as a whole person. Coming from a Christian upbringing, my mother would have my siblings and I sit in silence to get in touch with ourselves and our Source. It was one of the many times throughout my childhood I felt peaceful, grounded, and connected to my true nature. This motivated me to reconnect with my spirituality but with a holistic approach. I began attending classes at various meditation centers. I learned the importance of breath, how to quiet the mind and ease the body into relaxation. It wasn’t easy at first because it was a new way to communicate with my mind, body, and spirit. With time and daily practice, I now have the knowledge and tools to experience the wonderful benefits of mindfulness.

This way of life has given me many opportunities to teach others how to meditate and connect with their breath. I create a warm and loving environment that invites participants to open their hearts and trust their journey inward. With the use of singing bowls, guided imagery, breath-work and silent meditation, each person can relax and gently go deep within. Participants are taught that breath is the bridge from our body to the mind. Joining body and mind together for deep inner healing—it is the essence of balance. I love what I do! Join Me! LaDonna Funderburke

Craniosacral Whole-Body Awareness

Caring for myofascia is one way that craniosacral can support increasing range of motion, realigning DNA, increasing fluidity and flexibility, decreasing pain, and shift our culture. Dis-ease and dis-comfort arise when the body’s constant communication feedback is disrupted. Myofascia collagen fibers are connective tissue that web the whole body together to live as one, similar to how mushroom mycelia connects a whole forest as one, and how we can feel a sense from our bodies of our interconnectedness with all of life. Drinking water is a wonderful way to keep myofascia elastic and healthy, but so is a craniosacral session. The myofascia directly under the skin continues into the nucleus of cells, so a gentle hand brought to a tight area can open conversation all of the way to the cellular level. In this way, I approach craniosacral as whole body awareness and whole-body listening, and when we again honor every voice in our bodies, we can again honor every voice in our communities.

Craniosacral, want to learn more about it and experience this whole-body awareness and whole-body listening? Attend Wednesday’s Community Cultural Healing, or schedule an appointment through the Cultural Wellness Center’s Backyard Community Health Hub, 612-353-6211.

Caspian Wirth-Petrík

Meditation and Sound Therapy offered to you: Monday and Wednesday 5pm – 6pm, Saturday 4pm – 6pm

Did You Know?

- Research shows that the more time you spend sitting, the shorter and less healthy your life will tend to be, even if you exercise regularly, thanks to the negative impacts on your cardiovascular and metabolic function
- When you sit, lack of muscle contraction decreases blood flow through your body, reducing the efficiency of biological processes
- For every hour you sit, your life expectancy decreases by two hours. Research has also found that sitting for more than three hours a day raises the risk of death by 27 percent
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- When you sit, lack of muscle contraction decreases blood flow through your body, reducing the efficiency of biological processes
- 20 to 25 minutes of walking per day may add anywhere from three to seven years to your life span. A little as two hours of walking per week may also reduce mortality risk in older adults.
- Brisk walking has even been shown to improve life expectancy in smokers and overweight individuals
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