

The Alley
Newspaper
2013 Front
Page Review
Centerfold

the Alley NEWSPAPER

NEWS & VIEWS OF PHILLIPS SINCE 1976
JANUARY/FEBRUARY 2014 • VOLUME 39, NUMBER 1

The Alley Online!
www.alleynews.org



@alleynewspaper



This is the 40th Mayday!

Dear Neighbors!

On Sunday May 4, 2014, we will celebrate the 40th Mayday Festival—born from the Phillips Neighborhood! **THANK YOU! You make Mayday happen!**

Last year at this time I wrote you an in-depth letter about our yearly and critical need for volunteers and monetary support. This year I write **with gratitude** for the massive response from you all, as well as a heart filled with so many memories from the past 39 years. **Thank you!**

Here is an invitation for the upcoming Community Planning Meetings, a call for your much needed donations to assure Mayday's continuance, and an invitation for you to submit your special stories/ photos /video clips from the past 39 years.

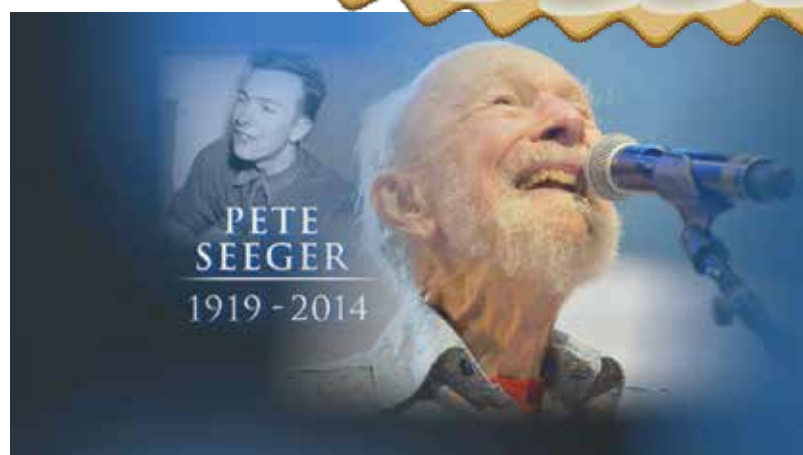
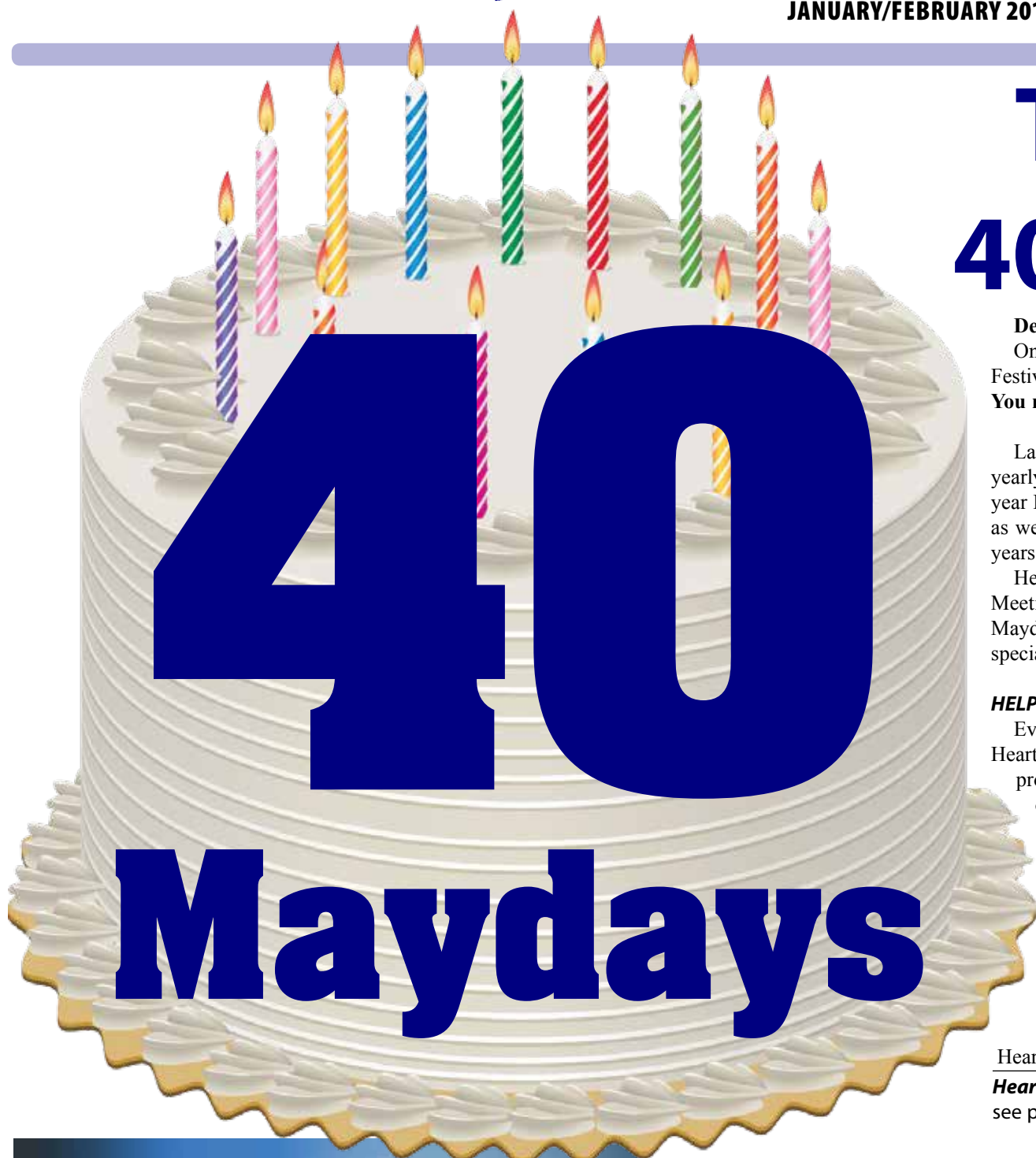
HELP KEEP MAYDAY SOLVENT

Every year we raise funds to have Mayday pay its way. In the Heart of the Beast Puppet and Mask Theatre is the creator and producer of Mayday. Contrary to popular assumption, the City of Minneapolis, and the Minneapolis Park Board DO NOT finance this event. In fact we pay fees to both to enact Mayday. It is truly the generosity of many neighbors that makes Mayday happen. Mayday will cost the theatre nearly \$140,000 this year. If each person or family or group who enjoys Mayday contributes, we reach that goal easily. This means 20,000 people contributing about \$7.00 each! (or 2,000 people contributing \$140 each or 1,000 people contributing \$280. You get the idea!) **WE CAN DO IT!!!**

Please send or bring your contributions to "Mayday/In the Heart of the Beast Theatre" at 1500 E. Lake Street, 55407. I

Heart of the Beast Letter from Sandy Spieler

see page 3



"Oh sacred world now wounded, we pledge to make you free of war, of hate, of selfish cruelty. In this small corner we plant a tiny seed. May it grow in beauty to shame the face of greed."

-Pete Seeger

These words are painted above the front doors of In the Heart of the Beast Theatre's small corner lobby; always beneath the Mayday "Story Boards" and always above those who enter and those passing into the world who have the "most important fight of all – you [who] live in the heart of the beast."



Mayday in photos over the years



Courtesy HOBTT Archives



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www.alleynews.org
Follow us on twitter.com/alleynewspaper
"We came into this world to give truth a little jog onward and to help our neighbors rights"

Ann Greene Phillips (18__-1885)
Wendell Phillips (1811-1884)

Alley Communications reporters, columnists, and artists are neighbors and friends who contribute their time and work. This issue includes but is not limited to the following: Clarasophia Gust, Susan Gust, Dee Henry Williams, Linnea Hadaway, Hennepin County Franklin Library, Sue Hunter Weir, In the Heart of the Beast Theatre, Tim McCall, Howard McQuitter II, Jonathan Miller, Peter Molenaar, Dave Moore, Laney Ohmans, Out in the Backyard, Roma Patel, Phillips Neighborhood Clinic, PWNO, Pete Seeger, Carstens Smith, Sandy Spieler, Erin Thomasson, Crystal Trautnau Winschitl.

Door to Door Delivery: Youth group from Calvary Church, Donna Neste, Bob, Brad, Brad, Carol, Patrick, Cathy, Dave, East Phillips Improvement Coalition, Jacy, Jana, Heidi, Howard, Joyce, Marjorie, Midtown Phillips, Paul, Phillips West N Org., Simmons Family, Raymond, Stephanie, Tara, Ventura Village, Will you deliver a block or two or your apartment? Call Harvey 612-990-4022

Bulk Delivery: Lyle James Delivery. 250 Apartments, Businesses, Places of Worship, and Organizations; this issue is having volunteers delivering many blocks of these neighborhoods Ventura Village, Phillips West, Midtown Phillips, East Phillips, Central, Powderhorn Park, and Corcoran; and the usual spots in Longfellow, Cooper, Cedar-Riverside, Elliott Park, Whittier, and Lyndale.

Board of Directors: Cathy Strobel, President; Leon Oman, Treasurer; Sue Hunter Weir; Joan Hautman.
Senior Editor: Harvey Winje, editor@alleynews.org; 612-990-4022
Co-Editor & Designer: Jonathan Miller jmiller@alleynews.org

To Advertise: ads@alleynews.org 612-990-4022
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Member Lake Street Council & Member East Phillips Park Cultural Community Center Partners

**March Alley
Deadline:
February 15**

The Alley Newspaper
is a Member of



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BY ERIN THOMASSON Children & Family Programs Homework Help

Tues, Wed & Thurs (except Feb 13), 3:30-7:30 pm. Free in-person tutoring for K-12 students. No advance sign-up needed.

Family Storytime Wed, 10:30 am

All ages and parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

Teen Programs 4-H Mentoring Club

Tues, 5-7 pm. Urban gardening to digital photo/video to theater.

O.P.E.N. Time

Tues, 7-8 pm. Options for Play and Enrichment Now; choose from computers, magazines, board games, video games, brain teasers, conversation with friends and more!

Movies for Teens

Wed, 6-8 pm. Movie titles are chosen by teens to ensure your viewing pleasure!

Game Time!

Wed, Feb 5 & 19, 4:30-5:45 pm. New or retro gaming system each week for tournament action. See how you compare with peers when you're playing 8-bit style!

Teen Tech Workshop

Wed, Feb 12 & 26, 4:30-6 pm. Get creative and make music, videos, animation and other projects using both high- and low-tech tools, everything from iPads to LEGOS® to wooden dowels. Led by the library's Teen Tech Squad.

Young Achievers

Thurs, 4-5:30 pm. Do you want to be involved in your community? Then bring your friends and come for poetry, arts, games and more!

Franklin Teen Center: Teen Job Workshop

Thurs, Feb 6 & 20, 6:00 pm. Teens: looking for a job? Drop in during these informal workshops to get help creating your résumé, searching and applying for jobs online, practicing interview skills and more.

ArtVentures

Thurs, Feb 13 & 27, 6-7:15 pm. Explore your creativity while learning about the vibrant arts scene right in our community! Sessions will include projects based out of the Franklin Teen Center along with visits from local artists and trips to see working artists in action.

Adult Programs Winter Jackets

Through February 28
Age 17 and up: check out some new (book) jackets on cold winter days and nights! Read or listen to great stories. Share what you're reading with other book lovers online at www.bookspace.org

Seniors Play-Reading Group

Fri, Feb 14, 11 am-12:30 pm. Join us for a stimulating morning of reading and discussion of some of the great plays of our heritage.

**55+ Nonfiction Book Club
Fri, Feb 14, 1-3 pm.** Join our

Programs at the Franklin Library

**Franklin
Community Library
1314 E. Franklin Avenue
New: 612-543-6925
www.mplib.org
Tues & Thurs: 12 - 8 pm
Wed, Fri & Sat:
10 am - 6 pm
Complete program
calendar, visit, call, or
www.hclib.org and news
at www.hclib.org/pub/
info/newsroom/**

discussion of new and interesting nonfiction titles. Bring along your recommendations for future meetings. For additional information, call the library, 612-543-6925.

Memoir Writing Group

Thurs, Feb 20, 1-3 pm. Would you like to create a record of your personal history? Bring what you have written and are willing to read to the group for helpful comments and suggestions.

**Phillips Technology Center
Register online for these classes
and more at www.hclib.org or
call 612.543.6925**

Computer Class for Complete Beginners

Fri, Feb 14, 10-11:30am.

Learn the difference between hardware and software, practice using a mouse and keyboard. Find out more about computer training resources at the library. For students with little or no experience using a computer.
**Computer Skills Workshop
Fri, Feb 14, 12-1:30 pm.**
Work on projects and practice skills from using the mouse and keyboarding to using email and Microsoft Office with our software instructors and volunteer assistants.

**Franklin Learning Center
612-543-6934**

Free, one-to-one tutoring for adults who are learning English and math, preparing for the GED and citizenship exams, and gaining life skills. We are always looking for community volunteers! No experience necessary; we provide training and materials. Contact us at 952-847-2934.

WANT AD

Housing General Contractor RFQ

Our Saviour's Community Services is seeking proposals from general contractors demonstrating their qualifications to be selected for an invited bidders list for rehabilitation of a 40 bed shelter in South Minneapolis. Proposals are due February 14, 2014. Send an email request for the RFQ to mbridgeman@hmcollaborative.com.

Cookie Cuisine at Ingebretsen's

BY CARSTENS SMITH

Krumkake (KROOM-kaa-ka) is a light, delicate Scandinavian cookie, fragrant with cardamom and rolled into a cone. The northern cousin of the Italian pizzelle, which is usually flavored with anise, it is easy to make once you have a few tips from an experienced baker. Ingebretsen's has such an expert, Emily Barker, who will teach a class in making traditional krumkake along with a number of variations on Saturday, February 8 from 10 to 11:30.

"My Norwegian heritage is important to me and I like to share traditional recipes. But good food



in general is important, so anyone who likes baking would enjoy learning to make krumkake," says Emily. The name means "bowed" or "arched" cookie and refers its graceful shape when it is rolled. For people who want to venture into shaping the cookies in less-than-traditional ways, they can try their hand with Norwegian "fortune cookies," complete with Ole and Lena jokes to tuck into the folds. Emily also shares a gluten-free krumkake recipe and a variety of filling recipes. To register for the class, call Ingebretsen's at 612.729.9333. The class fee is \$5.

Phillips West Neighborhood Upcoming Events www.phillipswest.info

February 6th (Thursday) 6:00 to 7:00 p.m.

Phillips West Monthly Community Meeting! Join your neighbors and other Community Partners for updates from City Council Member Abdi Warsame, Minneapolis Police, Business Partners, and Residents. This meeting will take place at the Center for Changing Lives in the Centrum Room (2400 Park Avenue). Free parking is avail-



able in the rear of building off Oakland Avenue & 24th Street. Free Pizza & Beverages will be provided! If you would like more information or would like to get involved with the neighborhood please contact Crystal at 612-879-5383 or email her at pwno2005@yahoo.com

MIDTOWN PHILLIPS NEIGHBORHOOD ASSOCIATION, INC.

ANNUAL GATHERING

**TUESDAY
FEBRUARY
25, 2014
6-8 PM**

CELEBRATE WITH US!
AND HEAR WHAT'S NEW IN PHILLIPS!

- Meet our New Council member Alondra Cano
- Hear the Phillips Safety Report by Inspector Mike Sullivan
- Learn about the Phillips Housing Program Launch
- Visit Neighborhood Resource & Program booths
- Discover the Avenue of the Arts Project
- Hear the 2013 Neighborhood Report
- Vote in Board Elections
- Refreshments served
- Entertainment by The Little Thunderbirds and One Ukulele

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midtownphillips@gmail.com
www.midtownphillips.com

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TB Spawned innovative forerunner to University of Minnesota Medical Center, Fairview- Riverside

Tales from Pioneers & Soldiers Cemetery
SUE HUNTER WEIR
108TH IN A SERIES

Hilmar and Dorothy were only two of 101 people buried in the cemetery who died at Thomas Hospital between 1908 and 1917. Undoubtedly, many more who were not buried in Layman’s Cemetery died there during those years and in the years between 1917 and the hospital’s closing in 1929. Tuberculosis was the leading cause of death in Minnesota, and in 1910 approximately 2,500 Minnesotans died from the disease commonly known as the “white plague.”

Thomas Hospital was a project of the United Church Hospital Association whose membership was primarily composed of Norwegian Lutherans. For \$1 a year, members could vote on the UCHA’s board, and anyone who donated \$25 was entitled to a lifetime membership in the organization. Norwegian Lutherans were not the only ones who had a stake in trying to eradicate tuberculosis and a number of organizations, some secular, some representing other religious denominations, provided considerable financial support.

Individual and group donations were not enough to build a new hospital. George Christian, a milling magnate, contributed \$50,000 of the \$75,000 construction cost in

honor of his friend, Bishop Elisha Smith Thomas. Christian and his wife, Leonora, knew that, although tuberculosis was particularly prevalent in working-class families, the wealthy were not immune. Their son, Henry, died from tuberculosis in 1905.

Just before the hospital opened in October 1908, the board of Thomas Hospital and its Ladies Auxiliary held a carnival to raise funds to furnish the hospital. For five nights, they held open houses, complete with brass bands and, according to the Minneapolis Tribune, a “dozen dainty girls, attired in Norwegian costume, [serving] Norwegian food to hungry folks.” Antiques and bric-a-brac were for sale. The price of admission was ten cents. The money was used to buy beds for the patients and furniture for the nurses’ residence.

Thomas Hospital was built to treat consumptives who were able to pay for their care but it soon became clear that there was a great, if not greater, need to treat those who were unable to bear the cost of their own treatments. Organizations as well as wealthy

patrons sponsored “free” beds for the poor at a cost of \$400 a year. In 1906 two beds were designated charity beds but in a matter of a few years that number increased to 20, roughly 25% of the hospital’s capacity.

Hospital officials were reluctant to disclose the number of people who died there. There can be little question that the number was high. Although it was not called a hos-

pice, hospital beds were reserved for patients suffering from the most advanced stages of tuberculosis. Despite excellent nursing care and the most advanced treatment available, most of those admitted were already beyond hope. One of the hospital’s main goals was to prevent tuberculosis, this “menace to the health of the community,” from spreading.

The people who died at the Thomas Hospital and who are buried in Layman’s were young by today’s standards and in many ways were similar to the casualties of the pandemic of 1918. Of the 101 deaths, the majority were young adults, 70 men and women who were between the ages of 20



Dorothy, Lillian, and Hillmar Evanson c1911-13, based on Lillian’s estimated age. Hillmar died from TB in 1913 at age 29 and Dorothy in 1915 at age 26. They and 99 others were hospitalized at Thomas Hospital and buried at Layman’s Cemetery [now Pioneer’s and Soldiers Cemetery].

and 40. Another 11 were between the ages of 40 and 45. There were four teenagers, a few elderly and a handful whose ages were not known.

Although Layman’s Cemetery closed to future burials in 1919, the work done at Thomas Hospital continued on until 1929 when the building was converted to a residence hall for nurses and administrative staff at Fairview Hospital. Tuberculosis patients were treated at the newly opened Glen Lake Sanatorium. In 2013 tuberculosis was not listed among the 15 leading causes of death in the United States



Heart of the Beast Letter from Sandy Spieler from page 1

am including our budget so you can share in how this huge public event happens financially with thrift, with responsibility to City and Park fees, and with the donated labor and joy of many many people.

Mayday Community Planning Meetings

WE VALUE YOUR INPUT! The Mayday process begins with the **first Community Meeting on Tuesday Feb. 11 from 7-9pm.** This first meeting is a “talking circle” to share ideas that will inform the theme and images of this year’s Parade and Ceremony.

The **second Community meeting is Tuesday March 25, 7-9pm** when the Mayday staff will share initial plans for your feedback to add depth to the proposed theme and designs.

ALL ARE WELCOME! Both

meetings are at In the Heart of the Beast Theatre, 1500 E Lake St.

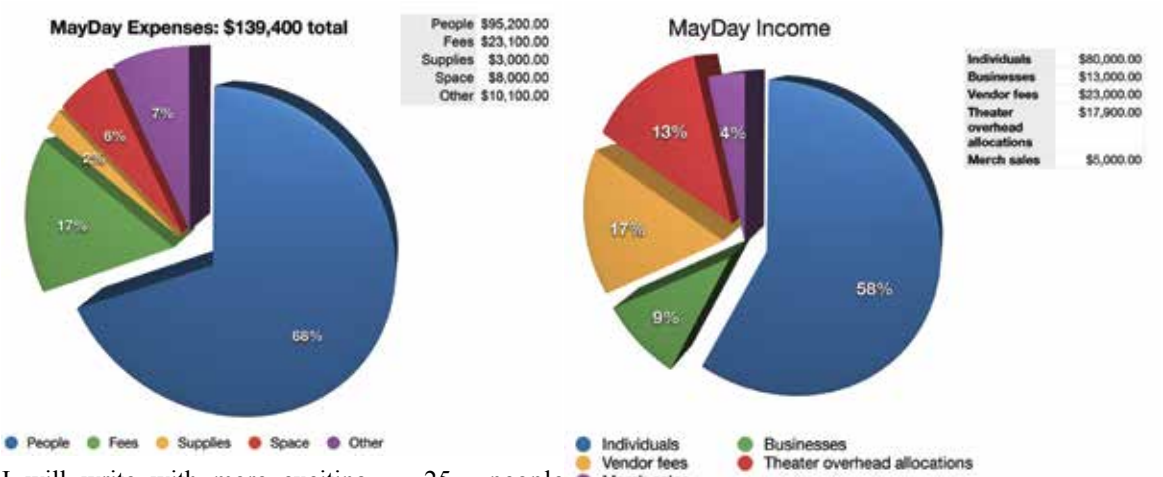
40 YEARS OF STORIES

Because it is the 40th Anniversary of the Mayday Festival this year, we are collecting stories from the past 40 years. If you have a Mayday moment you’d like to share, please email Laney at communications@hobt.org with a short summary and that year’s date, and any photos or video you might have.

VOLUNTEER!

You or your group can be part of the fun-loving crew that helps with Mayday Puppet building Workshops during the month of April, or assists with activities for the day of May 4. For a list of volunteer opportunities, contact Margery at 612-721-2535 x 8 or motto@hobt.org.

THERE ARE MANY WAYS TO PARTICIPATE and great ideas are already coming our way!



I will write with more exciting news next month including all the Public Workshop times. At this moment, the importance is to remind you of the **upcoming Community Meetings**, and **our gratitude for your essential donations!**

With joy—
Sandy Spieler
Artistic Director, In the Heart of the Beast Puppet and Mask Theatre. For more info: www.HOBT.org or call 612-721-2535

The 2014 Mayday Budget

TOTAL EXPENSE: \$138,900

PEOPLE—\$95,200.

- 47 People contracted for Mayday—\$48,000.
- (Honorariums for 22 full or part-time artists who lead the workshops, parade, ceremony and clean-up for 7 weeks, and

25 people who coordinate and run the festival)

9 Permanent HOBT Theatre staff—\$45,000.

- (12 weeks of full or part time work devoted to Mayday)
- 150 Volunteers who help coordinate Mayday—\$2, 200.
- (for thank you tee-shirts and food)

FEES—\$22,600

- Powderhorn Park Fee (\$4,500.)
- Traffic Police (\$3,100.)
- Parade and Park Security (\$2,000.)
- Recycling and garbage (\$2,000.)
- Sound system (\$3,950.)
- Portapots (\$2,000.)
- Truck rental (\$2,000.)
- Permits and licenses (\$1,000.)
- Misc (\$2,550.)

SUPPLIES—\$3,000.

- Artistic and Festival supplies

SPACE—\$8,000

- Theatre rental for 2 months

OTHER : \$10,100

- Printing, PR, Documentation (\$6,300),
- Tee-shirt and Posters (\$3,800)

TOTAL INCOME :\$138,900

- Individual Contributions \$80,000
- Business Contributions \$13,000
- Vendor, Information Table and Join -In Fees: \$23,000
- Theatre Overhead Allocations from the Minnesota State Arts Board- \$17,900
- Tee-Shirts and Poster Sales--- \$5,000

WORKSHOPS to make masks and costumes

You, your family, and friends can make masks, costumes, and other parade art by attending the FREE Public Workshops at In the Heart of the Beast Theatre throughout the month of April on Saturdays from 9-11 am and Tuesday and Thursdays from 7-9pm.

[illegible][illegible]

A black silhouette of a cat sitting and looking to the left, with a long, curved tail. The cat has pointed ears and whiskers. The background is white with a horizontal line near the top.

[illegible]

the **Alley** NEWSPAPER
NEWS & VIEWPOINTS PHILLIPS COUNTY, MINN.
DECEMBER 2013 • VOLUME 19, NUMBER 12

The Alley Online!
www.alleynews.org

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POETRY

BETWEEN THE WORLDS

December 13-22, 2013
IN THE HEART OF THE BEAUTY PURRIFY AND MUSIC THEATRE
1000 East Lake Street, Minneapolis, MN 55407 (612) 733-0333 / lake.org

POLITICS

FOUND

October 25, 2013 - January 18, 2014
ALL MY RELATIONS GALLERY
www.allmyrelations.org

"If more politicians knew poetry, and more poets knew politics, I am convinced the world would be a little better place in which to live."

—Janet Kerslake, May 25, 1933 - November 25, 1963

"A good head and a good heart are always a formidable combination."

—Rabindranath Tagore, July 18-1918 - September 8, 1941

Poetry and Politics in our back yard see pages 4 and 6

Alley Communications, publisher of The Alley Newspaper, held its annual meeting on Friday, Nov. 15, at the Park Assembly Hall in the Phillips Community Bldg, just like its roots past. This was one where one would expect there to be around meeting of an organization. No toasts were suggested, no food was even considered, no speeches were made.

38 years of The Alley Newspaper and counting!

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Still Time in 2013 To Support 2014

For those who missed the Alley Studio event at 7:00 p.m. on Nov. 15, here's a chance to see it again. The Alley Newspaper invites you to the 2014 Alley Studio event on Friday, Nov. 15, at 7:00 p.m. in the Phillips Community Bldg. The event is free and open to all. The event will be a celebration of the Alley Newspaper's 38th anniversary and a chance to see the Alley Studio event.

is bound for the future

Library and Franklin Library. This year they will reprint and bind 2008 thru 2013. THANK YOU.

Howard's Top Ten of 2013

"12 Years a Slave"



HOWARD MCQUITTER II
Movie Corner
Howardsmoviecorner.com

HowardMcQuitterii@yahoo.com

1) "12 Years a Slave"

(R) Drama/Bio. 134 minutes
Director: Steve McQueen. Powerful, gritty, disturbing true story of a free Black, Solomon Northup, captured and sold to slavery for 12 years. Chiwetel Ejiofor plays Solomon Northup.



2) "Dallas Buyers Club"

(R) Drama/Bio 117 minutes.
Director: Jean Marc Valler. One man's struggle with HIV and his campaign to get better drugs for him and others affected against great opposition from the government officials.



3) "Gravity"

(PC13) Sci Fi 90 minutes
A space accident causes Sandra Bullock's character Dr. Ryan

Stone to literally hang in the balance.



4) "The Act of Killing"

(R) Doc. Director: Anonymous, Christine Cynn. Frightening candid documentary about some of the men who staged a takeover of the Indonesian government in 1965 under the guise the country had been controlled by the Communists.



5) "Nebraska"

(R) Drama. Drama. Director: Alexander Payne. In Black and White. Elderly gentleman Woody Grant (Bruce Dern) from Billings, Montana, is convinced he's won a million dollars in a sweepstakes contest. Stubborn but determined to drive to Nebraska to "claim" his "prize" convinces his younger son to drive him there.



6) "Fruitvale Station"

(R) Drama/Bio 90 minutes.
Director: Ryan Coogler. Mr. Coogler's debut film based on a true story of Oscar Grant (Michael B. Jordan), a young African American, shot and killed by a

Transit police officer.



7) "Wadjda"

(PG) Drama/ Foreign Director: Haifan Al-Mansour. Languages: Arabic in English subtitles. Country: Saudi Arabia/Germany. The first full-featured film by a Saudi Arabian woman. A young girl wants a bicycle discouraged by her society for a girl to have a bike.



8) "American Hustle"

(R) Comedy/Drama 138 minutes.
Director: David O. Russell. The best of cons try to con a New Jersey mayor.



9) "Mandela: A Long Walk to Freedom"

(PG-13) Drama/Bio 139 minutes.
Director: Justin Chadwick. Nelson Mandela's life before and after his imprisonment for 27 years.



10) "Philomena"

(R) Drama 98 minutes Director: Stephen Frears. Philomena Lee (Judi Dench) has a son out-of-wedlock taken away from her and given over for adoption. She goes out of Martin Sixsmith (Steve Coogan) eventually going to America.



VENTURA VILLAGE NEIGHBORHOOD

VENTURA MEANS HAPPINESS & GOOD LUCK TO YOU! BUENA VENTURA!

2nd Wednesdays: BOARD OF DIRECTORS MEETINGS: 6:00 PM

2nd Wednesdays: GENERAL MEMBERSHIP MEETINGS: 7:00 PM

1st Tuesdays: COMMUNITY ENGAGEMENT COMMITTEE MEETINGS: 5:30 PM

1st Tuesdays: WELLNESS, GREENING & GARDENING COMMITTEE MEETINGS: 6:30 PM

3rd Thursdays: BI-MONTHLY BUSINESS COMMITTEE MEETINGS: 6:00 PM

Last Thursdays: HOUSING & LAND USE COMMITTEE MEETINGS: 5:30 PM

Last Thursdays: CRIME & SAFETY COMMITTEE MEETINGS: 6:30 PM



PARKS COMMITTEE MEETINGS: Call for next meeting time.

EXECUTIVE COMMITTEE MEETINGS: Call for next meeting time.

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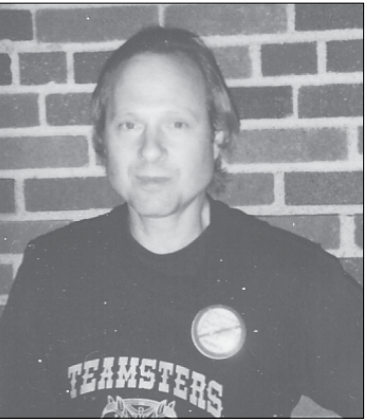
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Time Will Tell



PETER MOLENAAR
Raise Your Voice

It is now past a month since the good surgeon replaced my worn bone-on-bone left hip with a joint of cobalt and plastic. It was a three-day hospital stay, during which a royal treatment was rendered by people from all over the world. However, it is about time to re-enter...movements, meetings and protests, and yes, the job at Smith Foundry.

Of course, the recent down-time did induce some self-examination, which in turn led to some re-ordering of living space. Hence, an old scrap-book revealed the photo of a proud Boy Scout saluting. Patriotism was a simple thing back then.

But... Then came the clouds of napalm and agent orange, tear gas and uncertainty. Indeed, our ruling class has stashed enough

wealth in foreign accounts to pay off our nation's debt, if only they would.

What is meant by the word "revolution?" A revolution constitutes the ascendancy to power of a social class and its allies over and against the power of the old ruling class...in order to clean house and transform property relations.

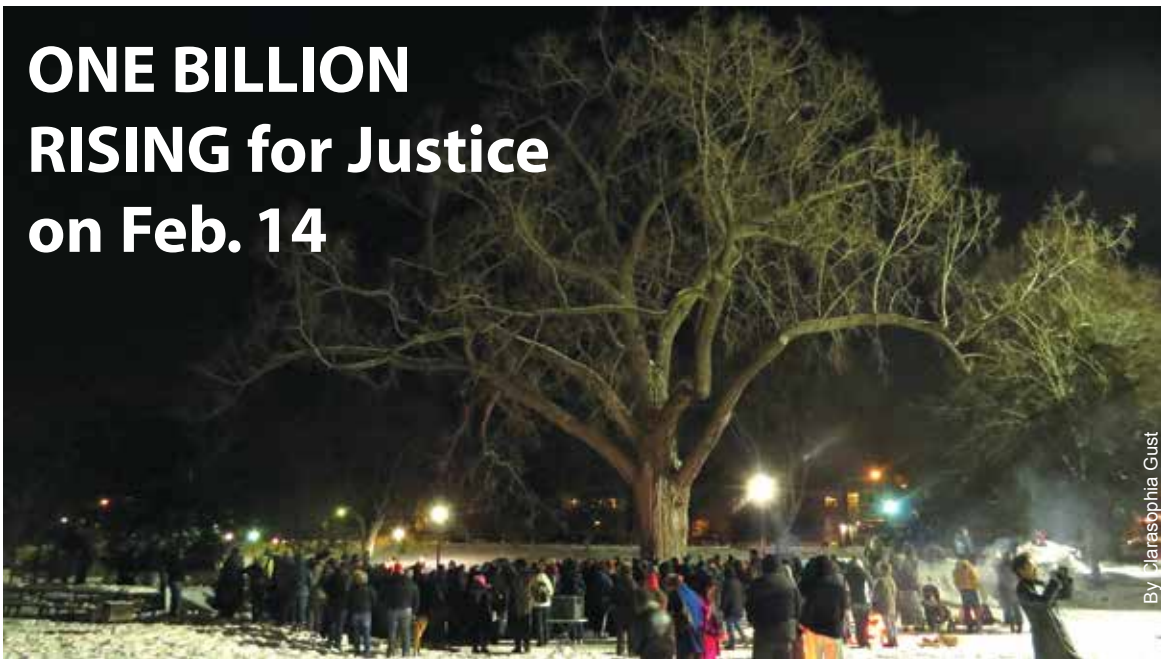
Nevertheless, I am pleased with the last election to our city's government. Alondra Cano is, I think, quite excellent. Moreover, Mayor Hodges' emphasis on early childhood intervention is an important key to social advance. We are, after all, in the period of "preparation of forces."

Note: "Social Democracy" is that political outlook which seeks to reform society within the framework of the capitalist system. Presently, we engage a "united front" with social-democratic forces in opposition to right-wing extremism.

Will I live to see the revolution? Well, I intend to live another thirty years but, for all concerned, time is running out.

Once a year or once a month—contribute to Alley Communications.

ONE BILLION RISING for Justice on Feb. 14



By Jiaraphia Gust

We are inviting women and those who love them to WALK OUT, DANCE, RISE UP, and DEMAND an end to violence against women and girls.

On Valentine's Day, ONE BILLION RISING will move the earth, activating women and men in countries around the world. Take a stand and show the world our collective strength, our numbers, our solidarity across borders.

Please join us in Powderhorn Park for our second annual event! from 6pm to 8pmn Feb. 14th, 2014 Music, dance, speakers, hot drinks & food!



Out in the Backyard CLASSES - Free and open to everyone!

- Monday 6:30-7:30 p.m. Zumba at Powderhorn Park Building (3400 15th Ave. South, Minneapolis)
- Tuesday 6:30-7:30 p.m. Yoga at East Phillips Cultural and Community Center (2307 17th Ave. S., Minneapolis)
- Wednesday 6:30-7:30 p.m. Zumba at Powderhorn Park Building (3400 15th Ave. South, Minneapolis)
- Friday 6:30-7:30 p.m. Hip Hop or Brazilian Dance (alternating weeks) at Powderhorn Park Building (3400 15th Ave. South, Minneapolis)
- Saturday 10-11 a.m. Yoga at Powderhorn Park Building (3400 15th Ave. South, Minneapolis)
- Saturday 1:30-2:30 p.m. Yoga at Central Neighborhood Organization (3736 Chicago Ave. S., Minneapolis)

*** Frost * Comet Ison * Nelson Mandela * Margaret Thatcher * Hugo Chavez * Esther Williams * Clancy * Whitman * Lou Reed * Rosemary Reed Moore * Patti Page * Dear Abby * Joyce Brothers * Stapleton * Presley * Colin Wilson * Richard Matheson * Doris Lessing * Karen Black * Stan Musial * Leonard ***

SPIRIT & PHILLIPS
** DAVE MOORE © 2014 **

NO LIFE CLOSSES WITHOUT SADNESS.

DEATH — AFTER ALL —

NO MATTER WHAT HOPE OR **WHAT MEMORIES**

Wendell Phillips
1811 - 1884

SURROUND IT -

IS TERRIBLE

AND A MYSTERY.

(5/28/1879)
Eulogy for **Wm. Lloyd Garrison**

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BACKYARD INITIATIVE BACK PAGE



...Connecting in the Backyard...Connecting in the Backyard...Connecting in the Backyard...

BYI Community Commission on Health



photos by Dee Henry Williams

"For me the greatest benefit has been being a part of a group of people who are so determined to do something good together."

* Quotes from Commissioners are random.

"Being a part of people who are really doing things to help strengthen and heal the community... has been a blessing."

"I've made a lot of connections here. We come together, share information, and try to do even better tomorrow than we did today."

"I feel I've connected to a lot of cultural values here. The togetherness here is what has really given me

energy. I've learned a lot that I couldn't learn from a university or anywhere else."

The BACKYARD INITIATIVE: What It Is and Why It Exists

The Backyard Initiative (BYI) is a dynamic partnership between Allina Health and its neighbors to improve health and health care in the seven communities immediately surrounding Allina Commons, Abbott Northwestern Hospital and Phillips Eye Institute. The BYI was designed and managed by the Cultural Wellness Center (CWC). The BYI supports efforts to strengthen community health by empowering residents to draw upon their own knowledge, skills, and cultural values to care for themselves, their families and their neighbors.

The Backyard Initiative Partnership

A Coming Together to Achieve the Common Goal

Allina Health:
The Department of Community Benefits and Department of Applied Research
Researches new care models to transform health and health care by collaborating with partners to foster innovative approaches to providing care.

The Backyard Area
45,000 Residents
475 blocks, and 15,248 Households
within the neighborhoods of Ventura Village, Phillips West, East Phillips, Midtown Phillips, Central, Powderhorn Park, Corcoran, The boundaries are Interstate 94, Hiawatha Ave., Interstate 35W, and E. 38th Street

The Cultural Wellness Center
Has a proven history and is dedicated to developing cultural approaches for positively impacting health and health care, economic development, and community building.

Definition of Health

framing our work

Health is a state of physical, mental, social and spiritual well-being.

It is not only the absence of infirmity and disease.

Health is the state of balance, harmony, and connectedness within and between many

systems—the body, the family, the community, the environment, and culture.

It cannot be seen only in an individual context.

Health is an active state of being; people must be active participants to be healthy. It cannot be achieved by being passive.



A partnering of the expertise and resources of health care institutions with the wisdom, competence, and experiences of residents, the BYI added a new dimension to a health system that focuses on promoting health in addition to treating sickness. From the beginning of 2008 to now, the CWC facilitated, organized and coached Allina's partnership with the community in successfully engaging community residents to improve health through self-study, surfacing and producing knowledge, cross-cultural knowledge exchange, and relationship building.

In 2009, early in the process of developing the BYI, residents were engaged to develop a Definition of Health. This definition became the foundation for the BYI and continues to guide its work today.

In 2010, a BYI Assessment Team was convened to create a picture of the state of health and well-being of the 45,000 BYI residents. Walk-around surveys and listening circles dialogue sessions completed involving 650 people. Community Health Action Teams (CHATs) formed as health practice teams. Team members made contact with approximately 300 people through outreach and working sessions. Thirty-five people were identified/named as Community Commissioner's on Health.

The CWC organized and coached residents and Allina staff in building an infrastructure that would maintain community engagement and grow the capacity of the residents to sustain the initiative over time.

The infrastructure of the BYI



(NOTE: The Community Commission Health is a 35 member body made up primarily of residents within the BYI target area. It serves as the leadership body for the Backyard. The Commission is responsible to realize the community's vision on health and for keeping an ear to the pulse of the community.

Members of Allina Health's

Dept. of Community Benefits and Applied Research are also members of the Community Commission on Health, Assessment Team and other parts of the BYI.)

To learn more about the exciting ACHIEVEMENTS of each BYI Community Health Action Team or CHAT, see the Special Insert in the December 2013 issue of The Alley Newspaper!

Opening On February 20! BYI Resource Center at The Midtown Global Market

The BYI TEENS Project is excited to inform the community there will be a new BYI Resource Center opening soon at the Midtown Global Market. The TEENS Project, will organize and staff the BYI Resource Center, a place that anybody can go to and learn about the Backyard Initiative's resources and programs that may be available to them. The BYI TEENS Project goal is to develop the BYI Resource Center to be a self-sustaining business that will use the TEENS to advertise and promote BYI resources. The TEENS are in the process of developing a business that will be housed out of the BYI Resource Center location. We estimate the business will be fully

The GRAND OPENING OF THE BYI RESOURCE CENTER will be at the BYI ALL CHATS MEETING, Thursday, February 20, from 5 to 7 pm
For more info on the BYI or the BYI Resource Center, call the Cultural Wellness Center, 612-721-5745

functional by the end of February.

In other news regarding the TEENS Project, we feel proud to announce that we have developed and documented an official structure by which the TEENS will grow and expand into the community. TEENS will promote

and display overall healthy living in a evermore organized and structured way thanks to the work of the SQUAD (Scholars Qualified Undivided and Determined). The SQUAD are the leaders and organizers of the TEENS Project and form their Board of Directors.

