

ReUse Center Closed after 15 years



See story this page & Pg. 6

the

Alley

NEWSPAPER

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“It’s 2011 And Be Glad To Be Alive Pay More Attention to the Journey Than When or If You Arrive...”*

* see pg. 7 for the rest of the quote



Two Thousand Ten was a great journey for The Alley as we began in January with the Bound for the Future issue and published month after month of special neighborhood news on page one always being backed up on the inside by our exclusive, exceptional regular writers page after page. We invite readers to take a quick review of those front pages and a couple of capsule reviews of last year before turning your attention to our 2011 journey with our fine writers who are all “glad to be alive.”

Historical Commentary

ReUse Center Closed after 15 years

BY HARVEY WINJE

The Reuse Center in Phillips closed on Dec. 11th, held a one week on-line auction, gave away the remains, and was ended by Dec 31st.

The Mpls. Reuse Center, which began as the first retail sales store selling reusable building materials in an urban shopping center in the United States, opened at the Hi-Lake Shopping Center on October 15, 1995. An Elder from Little Earth, Gladys Cain, opened the program with a traditional American Indian smudging and blessing followed with remarks by Senator Paul Wellstone, David Morris, city, county and state political representatives, environmental activists and community residents. This event topped off the culmination of 2 years of writing a business plan, fundraising, and conducting a pilot project in local warehouses in Phillips.

The ReUse Center did not originate from an idea of a few nor did it come from an entirely environmental perspective. Instead, it arose out of a controversy between Hennepin

County and the City of Minneapolis versus the Phillips Community about clearing land of 27 homes and 5 businesses where a state of the art, garbage transfer station was to be built costing 10 million dollars. A diverse community of homeowners and renters, seasoned activists and passionate mothers decried that their children were worth more than what a garbage station represented and that together, they would fight to prevent this from occurring. The garbage transfer station was not built in Phillips. In fact, it was not built anywhere. Instead, the community did the research to discover that they could save Hennepin County these many millions of dollars with a relatively simple remodeling to the downtown incinerator to accept the existing garbage trucks to operate efficiently. This organizing effort became the catalyst for The Green Institute.

Meanwhile, some of the activists combat-

ReUse Center

Continued pg. 5

See the Green Institutes perspective of the story on pg. 6

The Alley’s Annual Fundraising event persevered through record snowfall!

The record-setting snowfall the evening of The Alley Newspaper’s Annual Meeting and Fundraising Auction understandably limited attendance and income for this important event.

Bravo and thanks to the three dozen who were able to navigate the streets and snowdrifts.

Thank you also to the individuals and businesses whose donations were auctioned.

The Alley does need additional financial contributions donations to accomplish our work this New Year.

In spite of enormous snow drifts and narrowed streets, the US mail is still getting delivered remarkably well. Please consider using the mail

and making a tax deductible contribution to Alley Communications, the community-owned nonprofit that produces The Alley Newspaper. Assist The Alley in 2011 to continue to ENGAGE and INFORM about life in the neighborhoods of Phillips Community and also reaching into the Backyards of Central, Powderhorn Park, and Corcoran Neighborhoods.

Every increment of \$5 is appreciated. Give whatever amount you can afford.

Address to: Alley Communications
P.O. Box 7006, Mpls., MN 55407

Or you can donate online. Click the “donate now” button at www.alleynews.org



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"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)

"The bigger the information media, the less courage and freedom they allow. Bigness means weakness."

Eric Severeid, "The Press and the People," television program, 1959

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Bulk Delivery: Lyle James 250 Apartments, Businesses, Places of Worship, and Organizations
Circulation: 10,500

February Alley Deadline: January 15

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The Alley Newspaper is Bound for The Future!

Bound for the Future had two meanings for The Alley Newspaper in 2010 and now into 2011.

First, it means that the first 30 years of The Alley Newspaper's issues are now reprinted on good quality book paper instead of lower quality newsprint paper, and the over 4,000 pages are bound into two sets of 13, hardcover volumes. One set is available to the public at the Downtown Central Library on Hennepin Avenue and the other is available at the Franklin Library on Franklin Avenue. This making of The Alley's into hardcover volumes was initiated and paid for by the Hennepin County Library after an Alley volunteer spent hundreds of hours assembling a complete set of those many issues.

The next tasks are:

1. Minnesota Historical Society to the complete 35 years of issues onto microfilm.
2. Digitizing of the 35 years of issue.
3. Produce an index for use with all of the reproductions.

Secondly, "Bound for the Future" means that The Alley has survived for 35 years and is setting a course to continue publishing in 2011 this community-owned and governed newspaper. We hope it is also "bound for the future" while many small and large newspaper are ceasing production. This community-governed media vehicle continues to follow its mission to allow neighbors to talk to each other, "inform and engage" local

residents and workers, advocate for causes of peace and justice, and invite everyone to tell a story.

We're excited and cautious about this continuation. While there is great encouragement to continue publishing and to find the means to provide the financial support of this endeavor, it is a daunting task. We're strengthened to do the job knowing it is a valuable resource and that so many people read the paper and depend on it to be available to fulfill specific, respective purposes.

We invite others to help continue in this task by doing jobs attractive and appropriate to them as we expand our coverage of stories important to our current readers and, indeed, bring along other readers by including additional topics of interest. Please help The Alley to continue holding a vision of the future for the Phillips Community and beyond and to implement that vision. We are still looking for Board Members to help to guide our work, donations of money and articles, advertisers, and constructive critique. We appreciate hearing from our readers no matter what your views are because all views help us to serve our purpose. You can reach us at alleynews.org or 612-990-4022 or PO Box 7006, Mpls, MN 55407. All of us at Alley Communications wish you ample times of hope and joy in 2011.

What are the goals for content in each Alley Newspaper?

The Alley Newspaper is not classic journalism that strives for absolute objectivity. The Alley is subjective because it is written by people who live and work in the community and their experiences in doing so.

Ever wonder how The Alley arrived at its name? It acquired the name 35 years ago to represent the honest, person-to-person conversations that happen over the backyard fences of the community whether they are figurative or actual fences. The Alley name represents the common, everyday things that occur in backyards and alleys. The front yards do not necessarily portray the day-to-day activities of the folks who live there.

The printed pages of an issue are finite and especially when we are limited to publishing only 8 to 12 pages. So we have to make choices on what goes into each issue. We have a list of topics from which we strive to have something about every month.

Like a family's income and expenses, The Alley's ability to include more of these priorities each month is dependent on income. Though The Alley is a nonprofit organization, very little of our income comes from gifts or grants. Instead, we are depen-

dent on having a steady stream of advertisers. Nonetheless, you can expect to see these topics from which we select each month:

- Advocacy of Community Interests
- Aesthetics and Architecture
- Arsenic
- Arts
- Good Food
- Healthcare
- History
- Literature
- Neighborhood News
- Opinion
- Resources
- Sports
- Stories of people's Lives and Events
- Walking and Biking

If you would like to influence the paper's content, if you would like to contribute an article or a photo from time to time, or if you are willing to deliver the paper around your block, please do not hesitate to contact Harvey Winje at editor@alleynews.org or call 612-990-4022. There are abundant ways to help The Alley to continue to appear each month. Or, if you or someone you know would like to advertise in The Alley, please contact Harvey. The Alley wants YOU!

Phillips What? Where? Contest!

Peter Kirschmann, Eve MacLeish, Brenda Morrow, Jean Morrow, and Pamela Rivera knew that the December Phillips What Where photo (bottom 3 right photos) was at the corner of 26th Street and Hiawatha Avenue.

No one told us what it is exactly nor who did it nor that we featured the beginning of this sculpture on the front page of The Alley, July 2010.

But Eve came the closest with the following narrative so she wins this month's gift certificate to Welna Hardware. "The image of the plow-truck sculpture is part of the decorative wall metal sculptures along Hiawatha Avenue at 26th St, between 26th and 28th the Mpls. Public Works Maintenance Facility. See some of the other vehicles to the right (bottom two pictures).

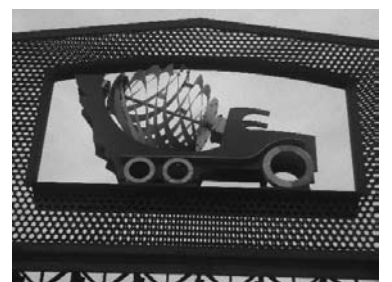
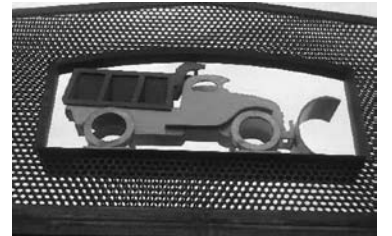
The first part of the decoration, the metal mesh, aged nicely into rust before the vehicle sculptures went up. I enjoy this every morning on my way to work!"

So....FYI & I For Your Information and Inspiration

Brad Kaspari, Owner, Kaspari Design Services

Brad Kaspari was born in rural North Dakota and grew up on Northern Minnesota's Iron Range. He has completed numerous public art commissions across the country, both as a solo artist and as a part of collaborative teams. His work ranges from temporary interactive sculptural installations to permanent scattered site sculptural object making to fully architecturally integrated projects such as terrazzo and decorative stone flooring treatments. He has received grants and awards from the McKnight and Jerome Foundations and the National Terrazzo and Mosaic Association. He recently served on the public art planning and station design task force for Minneapolis' Hiawatha Light Rail design team.

Brad currently lives in Seward Neighborhood Minneapolis, Minnesota where he directs his own design and fabrication firm, Kaspari



Design Services. For over twelve years Kaspari Design has been producing original public art commission work, as well as, providing design, project management, and fabrication services for nationally recognized artists and corporate clients.

Guess What AND Where the top right photo is and get a chance to be in a drawing for \$10. Gift Certificate to Welna Hardware.

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January Programs at the Franklin Library

BY ERIN THOMASSON

Children's Programs

Family Storytime
Wed. Feb. 23, 10:30 –11 a.m.
Age 2 & up. Share books, stories, rhymes, music, and movement with your children.

Waxbarasho iyo Ciyaar
Caruureed Af-Soomaali ah/ Somali Play and Learn
Fri., thru Jan. 7 & 14, 10:30a.m.–12:30 p.m. Preschool-grade 2. Dhammaan caruurta ka yar da’ dugsi. Ka soo qaybgal sheekooyin caruur, heeso iyo hawlo waxbarasho. *Soo bandhigidda barnaamijkan waxaa lala kaashaday* Join us for stories, songs and activities. *_

Sheeko Caruur Af-Soomaali ah/ World Language Storytime: Somali **Tues. thru Feb. 22, 6–7 p.m.** La wadaag bugagga, sheekoyinka, jaan-gooyada maansada iyo muusikada Soomaalida. *Mashruucaan waxaa lagu maalgaliyey lacag ka timid tage Fund.* Age 2 and up. Experience the world in other languages. **_

Celebrate Winter
Fri. Jan. 21, 4–5 p.m. Grade 2 and up. Join us for winter-themed stories and crafts!

Kids Book Club
Fri., Jan. 28, 4–5 p.m. Grades 4-6. Join other kids to talk about a great book! No pre-reading required. We will read a book and discuss.

Teen Programs

Hobbies **Tue., Jan. 4, 5–7 p.m.** Grade 6 and up. What do you like to do in your free time? Draw? DJ? Write? Share your favorite pastimes or learn and explore what adults in the community like to do in their free time -- knit, spoken word, cook, read... the possibilities are endless! ***

Game On! Gaming Tuesdays
Tues. thru Feb. 22, 4–5 p.m. Grade 6 and up. Play PS2 or Wii games at the library! Grab a friend, bring your favorite board or card game, or play ours! ***

Game On! Gaming Wednesdays
Wed. thru Feb. 23, 4–4:30 p.m. Grade 6 and up. Play PS2 or Wii games at the library! Grab a friend, bring your favorite board or card game, or play ours! ***

Music Listening Club
Wed. thru Feb. 16, 4:45–5:45 p.m. Grade 6 and up. Listen to the sounds of Kanye West, Mos Def, NAS and local artists such as Desdemona, Brother Ali and more! Focus will be on the lyrics, reading them as poems and listening to the way they’re recited through the songs.***

Game On! Gaming Thursdays
Thur. thru Feb. 24, 4–5 p.m. Grade 6 and up. Play PS2 or Wii games at the library! Grab a friend, bring your favorite board or card game, or play ours! ***

Media Club **Thurs. thru Feb. 24, 5–7 p.m.** Grade 6 and up. How do the different forms of media affect our lives? Talk about and examine journalism, mass media, the Internet, pop culture and much more! ***

Down Time **Sat., Jan. 8, 15 & 29, 3– 6 p.m.** Grade 6 and up. Looking for a quiet and comfortable space? Take advantage of

“down time” at Franklin Teen Center! Work on the topic of the week or use our computers, board games and other self-directed activities. ***

Tronix Team Pop Can Buzzer
Tues., Jan. 11–Feb. 8, 5–7 p.m. Register online or call 952.847.2925. Grade 6 and up. Similar to the Lunch Box Boom Box, this unique project will allow further exploration in creating circuit boards. You also will learn some cool, new stuff about sound frequency! ***

Intermedia Arts: Understanding Media
Thurs., Jan. 13, 5–8 p.m. Grade 7 and up. Registration required - Register online or call 952.847.2925. Television, YouTube, movies, commercials, websites; youth today are surrounded by multimedia messages. Improve your media literacy skills. Learn how to look at media critically to decode how it works. **/****

Adult Programs

Seniors Play Reading Group
Fri., Jan. 14, 10:30 a.m.–12:30 p.m. Join us for a stimulating morning of reading and discussion of some of the great plays of our heritage. *****

Nonfiction Book Discussions for Elder Learners **Fri., Jan. 14, 1–3 p.m.** Join us for a stimulating discussion of nonfiction books. For additional information, call the library, 952-847-2925. *****

Phillips Technology Center: Register online for these classes and more at www.hclib.org or call 952-847-2925

Computer Basics Workshop
Thurs., Jan. 6 & 27, noon–2 p.m. and Fri., Jan. 7 & 28, 1–3 p.m. Learn and bring questions about basic mouse and keyboarding skills, creating an e-mail account, using the Internet and scanning (where available).

Microsoft Word: Basics
Thurs. Jan. 6, 6–8 p.m. Learn how to use the ribbon, enter and delete text, basic formatting, cut, copy and paste; and when to use “save” and “save as.”

Microsoft Word: Formatting Tips for Résumé Writers
Fri., Jan. 7, 10a.m.–noon Learn how to set tab stops, use bulleted lists, bold and italic formats to make your résumé shine. Prerequisite: Microsoft Word: Basics or familiarity with word processing is highly recommended.

Microsoft Publisher: Basics
Thurs. Jan. 27, 6–8 p.m. Registration required - register online or call 952.847.2925. Learn to use the menus and toolbars to create and publish your own fliers, brochures and greeting cards.

Franklin Learning Center: 952-847-2934
The Franklin Learning Center offers free, one-to-one tutoring for adults who are learning English and math, preparing for the GED and citizenship exams, and gaining life skills. Community volunteers needed! No experience necessary; we provide training and materials. Contact us at 952-847-2934.



Franklin Community Library
1314 E. Franklin Avenue
New #: 952-847-2925
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Tues & Thurs: 12 - 8 pm
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Complete program calendar, visit, call, or www.hclib.org and news at www.hclib.org/pub/info/newsroom/

*** This project is funded with money from Minnesota’s Arts and Cultural Heritage Fund.*

**** Made possible by the Library Foundation of Hennepin County through a grant from The McKnight Foundation*

***** Presented in collaboration with the Intermedia Arts.*

****** Presented in collaboration with the Osher Lifelong Learning Institute.*



January 6th (Thursday) 6:00 to 7:30 p.m. – Phillips West Community Meeting! Agenda Items include; an update from the Midtown Global Market, Minneapolis Police Update and Discussion on Neighborhood Gang Characteristics presented by the Police Department, 2011 Street Resurfacing in Phillips West presented by Public Works, and a Children’s Hospital Continued Construction Update Presented by Jim Leste from Children’s. Meeting will be held at Lutheran Social Service in the Centrum Room (2400 Park Avenue). Free parking available in rear off Oakland Avenue.

January 20th (Thursday) 5:00 to 8:00 p.m. – Phillips West 14th Annual Winter Social! Join Phillips West Neighborhood Organization, CommunityPartners and Hundreds of your Neighbors & Colleagues for a FREE Catered dinner of cultural foods, door prizes & entertainment at the Lutheran Social Service Center for Changing Lives (2400 Park Avenue, enter at west side of building free parking in lot off of Oakland Avenue)! Neighborhood Recourses and networking opportunities will be available! If you would like to get involved have questions or need a free shuttle ride to the event, please call Crystal Trutnau at the Phillips West Office @ 612/879-5383 or email her at pwno2005@yahoo.com

Phillips Community Center at 2323 11th Ave building Update

BY ROBERT ALBEE

The Phillips Community Parks Initiative members met on Tuesday, December 14th with MPRB President John Erwin, Commissioner Scott Vreeland, Jayne Miller, the new MPRB Superintendent and with Al Bangoura, the CSA #6 Director that serves the Phillips Community. This meeting gave the PCPI members an opportunity to determine what the MPRB Commissioners were considering and review any concerns that were raised during earlier individual visits with each MPRB commissioner.. Feedback from the meeting was very positive, indicating that there would be some parameters established by the Park Board that once addressed could lead to a signing of leases for space within the Phillips Community Center.

The next day, on Wednesday, December 15th, the MPRB Planning Committee sponsored a presentation by PCPI members to formally outline and present

the overall plan and request for space in the Phillips Community Center facility. This presentation was designed to provide the basic information to any interested media producer/writer and an opportunity to present the plan via cable television on Channel 79. PCPI’s presentation was met with unanimous praise and encouragement. The next and final formal step in the process will be to appear before the entire Minneapolis Park & Recreation Board on Wednesday, January 5, 2011. At this time the board will choose to ratify the recommendation of the Planning Committee to go forward with the proposed leasing and space utilization proposal.

PCPI proponents are requesting that the building become available by March 1, 2011. The MPRB is currently removing all carpeting and ceiling tiles and will be repainting the common areas prior to any lease ups of the facility.

EPIC E-News

BY CAROL PASS

The following letter went out from the Chair of the NRP Policy Board to the Director of the new NCEC Council. This is in response to the fact that the Mayor and some Council Members froze 50% of the funds for Phase II NRP. This would provide very minimal tax relief in 2012, NOT 2011, as folks were led to believe and it will provide much greater tax relief to the wealthy parts of town at the expense of the poorest. It can only be viewed as a transfer of wealth from the poorer to the more affluent.

This letter is also in response to the fact that the City pulled out of the NRP Policy Board of which they had always been a part. The reasons for all of this are puzzling, because the amount of tax relief provided is very minimal.... for example East Phillips will gain about \$24,000 in total tax relief, but will lose \$250,000 in funds for our neighborhood to provide foreclosure relief, emergency fix-up funds and programs for youth and adults. Our average savings is about \$25 to \$35. a home. For this we lose \$250,000. Where does this go??? To the more affluent neighborhoods. Is this fair?? What do you think? Here is the letter:

Mr. Rubedor, Thank you for your message of concern about the impact that the actions taken by the City Council during the recent process for adopting the 2011 Budget will have on the relationship that we had been cooperatively building between NRP

and NCR. I believe that you have grossly underestimated the impact of that process and action when you have suggested that the relationship is in “serious jeopardy”.

I would have expected that the potential impacts of the decision making process, and the subsequent actions, on our relationship would have been key considerations in both how the process was conducted and the actions that occurred as a result. The fact that those impacts appear to have been completely dismissed or assessed as acceptable “collateral damage” provides a clear indication of the value that the City places on having a smooth and cooperative consolidation of NRP and NCR. It also speaks loudly of how little the City’s adopted Principles of Community Engagement really mean to our present Minneapolis elected officials.

A relationship requires two parties who want to work together, are willing to work together and who have respect for one another. Unfortunately, that no longer appears to be the case in our situation. When the Mayor and City Council use the excuse of the 2011 budget process to initiate an action that is perpetrated at the 11th hour with no notice or discussion with the parties that are most affected by that action or any real information on the potential impacts of that action, there is no basis for continuing a one sided commitment. The action also undermined your credibility to negotiate for the NCR on behalf of the City.

This is not about the disagreements that we may have on the future governance of the NRP and its funds and you should recognize that trivializing them as you do in your email implies that we

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Bartered Health Care Fails in court

A word of warning—don't write your last will and testament on wallpaper and expect it to stand up in court. That's especially true if you don't want your relatives to inherit your money. George Strebel may (or may not) have done just that, and it led to what the Minneapolis Tribune called "one of the most unusual inheritance cases ever brought into the Hennepin County Courts."

George Strebel died from heart disease on October 21, 1916. For the next eight months, his body was held in the cemetery's vault while county officials attempted to locate his relatives. After eight months of fruitless searching, he was finally buried in Layman's Cemetery. Shortly afterward, two women, who claimed to be Strebel's sisters, came forward. His body was exhumed and the two sisters identified Strebel's remains by a malformation of one of his hands. Neither of the women had seen their brother in over 30 years. Ironically, he had severed all ties with his family over what he believed to be an unfair division of his family's property.

For the last six years of his life, Strebel had lived at the Pacific Hotel, which was located at 226 Washington Avenue North. He

was in poor health much of that time and was cared for by the hotel's staff who he regarded as being his real family. He developed his own unique method of getting the health care that he needed—he promised those who cared for him that they would be his heirs. Unfortunately, he did it in a series of wills, naming first one person, then another. A handful of those wills survived and became evidence in probate court. If there was one thing that those who worked in the hotel agreed on, however, it was that Strebel didn't want his family to inherit his \$6,000.

Randi Thorshaug, a domestic at the hotel, had a will indicating that Strebel had left his money to her because she cared for him during one of his illnesses; her will was declared invalid because only one witness had signed it. Nora Wilson, known as "Dolly," claimed that there had been a will naming her as Strebel's heir but that one of the hotel's other staff had accidentally destroyed it. A third will, written on wallpaper, also named Dolly as Strebel's beneficiary. The family claimed that the wallpaper will, called the "Dolly Will" by the press, was a forgery.

Tales from Pioneers & Soldiers Cemetery

SUE HUNTER WEIR
76th in a Series

The case went to the probate court to be resolved. F. E. Utecht, a teller at Strebel's bank, was called as a handwriting expert. Nora "Dolly" Wilson was required to write out a copy of the will in court and Utecht compared her handwriting with Strebel's signature on various bank documents. He testified that the handwriting on the will found at the hotel and the copy produced by Dolly were virtually identical. Strebel's signature on the will that Dolly produced was written in a steady hand, similar to a six-year-old signature in Strebel's Bible that was in Dolly's possession. In later years, Strebel's signature had become shaky, and none of that shakiness was evident on Dolly's copy of the will. Dolly's attorney challenged the idea that "shakiness" should be the deciding factor in the case. What was clear is that there wasn't any will that named Strebel's family as heirs. The judge stopped short of declaring the wallpaper will a forgery but decided to treat the



photo by Tim McCall

George Strebel died from heart disease on October 21, 1916. His body was held in the cemetery's vault for eight months, then buried, only to be exhumed shortly after for identification by sisters from whom he had severed all ties decades earlier. He is buried to the left of the small obelisk (see arrow).

case as though Strebel had died intestate. Strebel's small fortune was to be divided among 18 blood relatives. Dolly and her attorneys appealed the case to the District Court, but they upheld the Probate Court's decision.

George Strebel is buried in Lot 44, Block B at Layman's Cemetery. Despite the fact that he left behind a substantial amount of money, his grave was never marked.

Fence Update: If you've driven down Lake Street in the past few weeks, you'll see that the Lake Street gates and four sections of fence have been reinstalled. It's

not hard to spot them—they're green, not rust colored. The Cedar Avenue gates will be reinstalled shortly (they may already be back by the time that you read this). Thanks to all of you who have made this restoration possible. There are still plenty of pickets that need to be adopted. The cost of a picket is \$30.00 (tax deductible). Donations may be sent to Friends of the Cemetery, P. O. Box 7345, Minneapolis, MN 55407 or made via Paypal at www.friendsofthecemetery.org. Again, thanks to all of you who have helped make this happen.

Searching – A Serial Novelle Chapter 22: "For whatever might come"



"By the time they reached Ingebretsen's there was a line out the store, down the block in front of the poster collective and La Que Buena, all the way around the corner on 17th. Angel's Mom and Dad decided to go to the Mercado Central rather than wait in line, but Angel and Luz were curious to see what this great fuss was about."
[from Searching, Chapter 22 "For Whatever Might Come."]
Photos Courtesy Ingebretsen's

BY PATRICK CABELLO HANSEL

By the time they reached Ingebretsen's there was a line out the store, down the block in front of the poster collective and La Que Buena, all the way around the corner on 17th. Angel's Mom and Dad decided to go to the Mercado Central rather than wait in line, but Angel and Luz were curious to see what this great fuss was about.

When they got to the end of the line, they stood behind an elderly couple, holding hands and smiling. The woman nodded at them and said something that sounded to Angel like "Lotten barn in". There was that word again: lotten.

He had heard it from the strange man in the park; the waitress at Maria's had told him it meant "Let". Let the barn in? Angel thought. What is that supposed to mean?

The woman noticed the perplexed look on Angel's face and said, "Don't worry; it's an old Santa Lucia day blessing. You two do know it's Santa Lucia Day, don't you?"

"Yes!" Luz said, "That's why we're here! But what are all these people doing in line?" she asked.

"Buying lutefisk, my dear", the older gentleman said.

"Lutefisk?" Angel said. "What is lutefisk?" He was beginning to

tire from so many foreign words.

And then the eyes of all in line turned upon our happy couple, and as with one voice, shouted. "Lutefisk!" Luz thought it sounded like a shout to greet a king, Angel believed it to be a spell to cast out ancient diseases. And then the voices separated, but kept shouting:

"Lutefisk! The food of the gods!"

"Lutefisk! The curse of the Swedes!"

"Lutefisk! The mother of all fishes!"

"Lutefisk! My father's dying wish!"

A man standing ahead of the elderly couple said, "You know, my uncle Sven kept his lutefisk in the trunk, in case he got stuck in the snow."

His friend, a man tall enough to be a giant said, "You mean, to eat it and stay alive?"

"No!" the first man shouted. "To put under his tires and slide away!"

Another man chimed in. "You know Ole kept his lutefisk in the outhouse."

"Yeah," said another, "until Lena complained about the smell!"

And up and down the line it went. Ole this, Lena that, Sven

too. One joke after another. Till it seemed that the whole world had been populated, not by Adam and Eve, but by Ole and Lena, shoving cod fish into barrels of lye in the mother country*.

After about a half hour, a burly man in a white apron came out and shouted, "This is the line for lutefisk only. If you're not buying lutefisk, you can follow me."

So Angel and Luz left the cold cod line and entered the warmth of Scandinavia. They saw little Santas and elves and angels, with the words "God Jul" everywhere. Here we go again, Angel thought. I know what God is, but Jul? Jewel, like a diamond or emerald?

It seemed like the lady in a Norwegian sweater read his thoughts. "'Jul' means 'Yule' in English" she said, and when she saw that that didn't make sense to the two young Mexicanos, she said "Jule is another word for Christmas, so God Jul is our way of saying Merry Christmas."

Whew! thought Angel. For once, something that just means what it says!

"We want to celebrate Santa Lucia", Luz said. "But we're not really sure what to buy, and we don't have a lot of money. What would you suggest?"

"How about some nice Swedish

cookies", she said, and taking Luz by the arm, steered them around the crowd to the cookie display.

Angel looked at all the Swedish looking cookies: ginger thins and orange thins, till his eye landed upon the box at the top, which said "Galletas de avena con coco y chocolate". Can't get any more Swedish than that, he thought, laughing.

They bought the cookies and walked down the block to the Mercado Central. Luz ordered a mango shake from La Reyna de los Jugos, and Angel a champurrado from La Loma. They sat in silence for awhile, each praying for the other. Luz put her hand on Angel's.

"You know we're going to have to search for whoever is after us, don't you?"

"After us? You mean..."

"Yes, Angel, I'm with you no matter what. Are you afraid of what's coming?"

"No. Yes. I mean with you I'm less afraid. And you?"

"The same", she said. "After all, I have my Angel with me." She smiled, reached out and grabbed Angel's nose and playfully twisted it."

"And I have my Luz. My Santa Lucia, my light", Angel said, reaching out to play with Luz' nose as well.

And if the busy Christmas shoppers watched at all, they would have seen two young lovers, who had never made love, had barely kissed, but now held each other dearly by the nose. For better or for worse. For whatever might come.

* For a more complete rendering of Ole and Lena jokes, see "Uncle Wayne" @ St. Paul's. Viewer discretion is advised.

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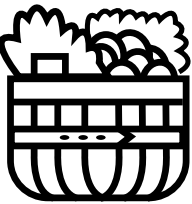
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FOOD OBSESSION:

FOOD AND CLASS



BY JANE THOMSON
Recently I read an article in the November 29 Newsweek that claimed

that eating habits and tastes are the new dividers of social class in America. Well-off people can choose pure, organic, out-of-season and hard-to-find-foods, as they have access to high-end stores that carry these things and the money to buy them when they are there. These foods are usually nutritious, delicious and satisfying. One woman cited in the article felt she was doing her part to make the world a better place by demanding such foods for herself and her family. Meanwhile, the poor go to a convenience store or a huge supermarket and get the cheapest foods sold in quantity and featured in coupons and price deals, foods that give quick satisfaction, little real nutrition and a load of calories.

It doesn't have to be this way. At Cedar Food and Grill, the grocery store at East 26th Street and Cedar Avenue, "Mo" is making sure that there are fresh fruits and vegetables and other wholesome foods available for his mostly low-income customers. Wholesome foods, some even organic, can be found at some huge supermarkets. Your backyard or community garden will yield organic and locally grown foods. Canning and freezing will make them last, with none wasted. (Since an experience canning a pint of tomatoes in junior high school home ec class, I haven't canned any foods. I should read up on it and try it again.) Eating less meat, cooking at home oftener also make for tasty, nutritious dinners – and you know what went into your finished product.

Epic News
from page 3

can work together even though the disagreements directly contradict the principles that formed the basis for developing our plan of collaboration, cooperation and consolidation. It is very clear that our differences go much deeper than even these significant disagreements and in fact are based on very different philosophical and ethical considerations about the degree to which taxpayers, residents, and neighborhoods should be involved in their government.

Monday night the NRP Policy Board passed, before almost 20 taxpayers interested in the response that NRP would make

Off the soapbox and to the stove....

Just one recipe included, as I took up space with the piece of my mind. This recipe is nutritious, inexpensive and low-calorie. I think it is a Weight-Watchers recipe, but it is a yummy comfort food anyway, and open to much variation.

TOO GOOD TO BE TRUE STEW (Yes, it is too good to be true because it calls for way to much liquid. I will give the original recipe, and indicate how I changed it.)

1 lb. of ground beef or turkey (Note the small amount of meat in proportion to the rest of the ingredients. Keep this proportion.)

1 bag of coleslaw mix
1-46 oz. can of (spicy) V-8 juice (No!! Use less – you might have that much on hand, but put juice in little by little. You can drink the rest later.)

1-28 oz. can of stewed tomatoes
4-10 oz. cans of tomatoes with green chilies (Are we cooking for an army here? 2 cans is plenty.)

3-15 oz. cans of beans (1 each of black, red, kidney) (Choose 2 of these kinds. 2 cans are enough.)

1 cup of chopped onion
1 clove of garlic, minced
1 package of dry Italian dressing mix. Rice? I added about a cup of rice half an hour before the stew was done.

I also added half of a "banana", or medium-hot pepper – use a whole one if you want a very spicy stew.

Saute onion and garlic until tender (Do it with the ground meat, or use a very small amount of oil or butter). Brown the meat (or use leftover chicken or turkey, cooking it with the other ingredients and then carefully removing the bones). Cook all ingredients in a large stock pot for an hour. This stew freezes well.

to this City Council and Mayor's ambush, a resolution sponsored by the neighborhood representatives on the Policy Board to address the Staff Direction of the Council. The resolution speaks for itself and is attached.

Let us be clear. NRP and its staff have been working with NCR staff for almost a year to produce a reasonable, cost effective and responsible plan for a consolidation. It is the Mayor and the Minneapolis City Council that have made that plan a sham and required this unfortunate but necessary response.

Senator Ken Kelash,
Chair NRP Policy Board

continued from pg 1 • Additional coverage pg. 6
ReUse Center Closed after 15 years

ing that development of a garbage transfer station over a decade knew that there was "gold in that garbage". After the garbage transfer station was defeated, they researched and developed a business plan with grant money from Hennepin County and the State of Minnesota's Office of Environmental Assistance. They proved that over 30% of the urban waste stream is construction material of which a large part is reusable. This original group of dedicated staff, volunteers, consultants and advocates launched the Reuse Center which met or exceeded all of its financial and educational goals within the first four years.

Phillips Community had spawned a previous business of selling building materials removed from houses before they were demolished as local institutions such as Abbott Northwestern or Children's Hospital expanded. That business closed, but some of its inventory and the inventory of a local contractor who saved materials collected over two decades became a major portion of the first inventory of the ReUse Center.

The ReUse Center's founder often called it the "Ruse Center" because its reuse function was only a small part of its larger vision and qualification as a not-for-profit. Its initial work was also to create entry level jobs in the construction industry for the unemployed or underemployed in the local community, offer environmental education opportunities for children and adults, and a place for the cultures of construction and the arts to meet and learn together. For example, Turner Construction, at the time was the nation's largest construction employer. They were intrigued with the idea that ReUse Center staff members might learn the language of construction within a safe and conducive environment allowing people of color to learn essential job skills to be gainfully employed in higher paying jobs within the construction industry. Wilder School would also bring bus loads of children for a day at the ReUse Center to learn valuable skills while building bat houses. Local colleges offered internships and classes in environmental and economic justice to their students using the ReUse Center as the backdrop to the teaching. The ReUse Center also was a designated VISTA site in those early years of its operation.

It was those other ancillary functions that complemented each other and its recycling of materials for a total store and educational experience. Conducting the store as a retail shopping experience allowed it to be accessible to many different types of customers. The educational component conducted with



The Green Institute's Phillips Eco-Enterprise Center Building at 2801 21st Avenue was sold to Wellington Management, also owner of Hi-Lake Shopping Center which Wellington purchased from the family of Erling Rice. Rice owned the shopping center at the time the original ReUse Center rented the large, former "J.C. Pennys" storefront at the east end of 1950's first "strip-mall" on Lake Street. At the signing of the ReUse Center lease in 1995, Erling Rice was still hoping that a grocery store could be there. Rice is credited with being the mastermind of developing the Red Owl store on this site (currently Savers) as the first, warehouse size grocery store. When the whole shopping center was in financial trouble, he bought it with a former U of M classmate, Curt Carlson, founder of Gold Bond Stamps and Radisson Corporation. "Grocer" Erling's, hopes have come true with the Aldi's now on site.

the Community Education Dept. of the Minneapolis Public Schools allowed the mission of the ReUse Center to be fulfilled by not only selling reusable building materials but also to teach how it is possible for anyone to become good stewards, whether they were rich or poor, homeowner or renter, urban or suburban in their perspective.

The original vision of the ReUse Center was for it to be a subsidiary of The Green Institute which would have allowed it to succeed or fail on its own. But, like a lot of parents, it is difficult to allow or accept your "first child" to just go off on its own and leave you. The decision to allow the ReUse Center to become a subsidiary of The Green Institute was squashed by a board of directors who did not know of the origins of The Green Institute or the ReUse Center and who also did not reside within the community that had conceived of these dynamic initiatives. The ReUse Center became an essential financial component of The Green Institute and, in the end, seemed to shed the parts of itself that would have allowed it to continue to grow and thrive (and in good faith to seek grant funding) and be more than just one more architectural salvage yard.

Perhaps the greatest travesty is

that this community initiative that arose out of a great deal of struggle and plain old hard work by a diverse group of people and perspectives did not continue to find a way to be anchored and supported in the community which had helped to nurture its early years. Maybe the same decisions would have been reached but it would have at least subsided with a great deal more deserved appreciation and ceremony.

The idea is still a great one, right? Let's hear YOUR IDEAS ABOUT WHAT HAPPENED TO THE MINNEAPOLIS REUSE CENTER!!!! Email editor@alleynews.org or send comments to PO Box 7006, Mpls., MN 55407.

Editors Note: In an effort to be fully transparent, the Editor of The Alley was one of many volunteers in the early years and is married to the ReUse Center founder, Susan Gust who was the Director of the ReUse Center until May 1997. Information for this piece was obtained from her and from the original business plan, meeting notes and anecdotal experiences of the ReUse Center staff. The business plan and other documentation of the beginning years of the ReUse Center are available by contacting The Alley Newspaper.

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Harry Potter and the Deathly Hallows, 127 Hours & Tangled



Harry Potter and the Deathly Hallows

★★★★★

Warner Brothers
Fantasy/Drama/Thriller
Lagoon

Running Time: 146 minutes

Rated: PG-13

Director: David Yates

The trio: Daniel Radcliffe, Emma Watson and Rupert Grint are grown up now. We've watched these lovely children grow up through seven (2 parts) Harry Potter films and four directors. In the seventh Harry Potter film, the principal cast (and lesser cast too) are away from the Hogwarts School of Witchcraft and Wizardry. They're on the run, with Harry Potter being sought after as the principal enemy. Harry Potter (Daniel Radcliffe), Hermione Granger (Emma Watson) and Ron Weasley (Rupert Grint) are entrusted with a most dangerous quest: seek and destroy Lord Voldemort's secret to immortality – the Horcruxes.

The sense of playfulness with Harry, Hermione, and Ron in previous movies is all but gone in "Deadly Hallows". Their lives are in danger, fearing their nemesis Lord Voldemort (Ralph Fiennes) will appear at any time. An awkward if not fairly predictable love triangle surfaces in very subtle ways. The trickles of love, however present, do not in any way overshadow the plot. The magic continues as Harry, Hermione, and Ron fight off ambushes and confrontations.

In the beginning of "Deadly Hallows" Hagrid (Robbie Coltrane) rescues Harry from a well-organized Death Eaters assault. That scene is the most action packed in "Deadly Hallows". For the most



HOWARD MCQUITTER II Movie Corner

Howardsmoviecorner.com
HowardMcQuitterii@yahoo.com

part the film seeks much calmer moments.

Helena Bonham Carter is the perfect villain as Bellatrix LeStrange. We do not see enough of her in "Deadly Hallows". Quiet as it is kept, "Deadly Hallows" has a number of flickers of humor. Even in the midst of dread (including the front page on the newspaper prints about the death of Albus Dumbledore (Michael Gambon), David Yates manages to provide a lighter moment or two. I am happy to say kudos to Part 1 of 7 - "Deadly Hallows".

127 Hours

★★★★★

Fox Searchlight

Lagoon

Director: Danny Boyle

Rated: R

Running Time: 94 minutes

James Franco, in "127 Hours" can be compared to Kevin MacDonald's "Touching the Void" (2003), Robert Zemenkis' "Cast Away" (2000), Sean Penn's "Into the Wild" (2007), all survivalist films, each man either overcomes or succumbs to the odds.

The film is based on a true story in Aron Ralston's book *Between a Rock and a Hard Place*, which tells of Ralston's solo mountain climbing outing when he slips in a canyon wall causing a boulder to land on his right forearm. Foolishly he doesn't tell anybody where he's going. James Franco plays Aron Ralston, in a marvelous one man performance that deserves an Oscar nomination. He is left in no-man's land, stranded in a crevice, facing dehydration and then death. Before his near fatal mishap, Franco comes across two female hikers, Megan and Sonja, played by Amber Tamblyn and Lizzy Caplan, respectively. He points them to a hidden lake and in turn the women invite him to a party later that night and Franco walks on.

Trapped in a crevice, his survivalist instincts begin. Tools include

his multi-purpose knife, his water bottle, and his video camera with which he records his dilemma. He rewinds his camera for previous memorable events. As the hours pass no rescuer is in sight – only a raven flies by the same time each day. He begins to hallucinate about past events – growing up as a boy, a teenager, his "first" girlfriend, his parents, etc. All the good years seem to pass before his eyes.

I am now putting the movie on hold: no spoiler in sight. I will say James Franco has been a versatile character actor, such diverse roles as from "Spider Man" to "Howl," from "Milk" to "Pineapple Express," from "In the Valley of Elah," to "Annapolis," and from "Deuces Wild" to "The Company" to "Flyboys". Hats off to director Danny Boyle "Slumdog Millionaire" in 2008, "28 Days Later" in 2002, "Trainspotting" in 1996. He sticks to his subject without wavering even though we are stuck being claustrophobic for nearly all of Boyle's 94 minutes.

Tangled

★★★★☆

Disney Presents

Animation/Musical/Adventure
Block E AMC Theatres

Directors: Nathan Greno and Byron Howard

Rated: PG

Running Time: 100 minutes

The story of Rapunzel is an old one I remember as a boy over 50 years ago. Nathan Greno and Byron Howard's animation/musical works by Disney (not Pixar) productions, is clearly a family-friendly affair that is quite cleverly done. Add the talents of composer Alan Menken who wrote "The Little Mermaid", "Aladdin", "A Whole New World", "Under the Sea", as a co-writer of the tunes in "Tangled." Take your children, it is worth it.

"Tangled" is in 3-D but I saw it in 2-D and that's fine with me. The 3-D craze is overkill and often unnecessary, especially with animation. When directors get off that bandwagon we'll be better off for the most part.

Mother Gothel (Donna Murphy) steals Rapunzel (Mandy Moore) as a baby from her parents, the king and queen. Gothel and Rapunzel hide away in a secluded tower with the latter being completely imprisoned. Rapunzel and 70 feet of magical golden hair drop from the tower to the ground to let Gothel down to pick up food in the forests. Rapunzel believes Gothel is her real mother.

Along comes handsome Flynn Rider (Zachary Levi) fleeing from the king's men and stumbles upon the tower. He's the key to exposing Rapunzel to the wider world. Gothel has conditioned her that the outside world is frightening, forbidding and dangerous. At first, Rapunzel treats Flynn as an intruder, but later finds the young man's encouragement convincing.

"Tangled" undoubtedly will be included for a slot in the best animation category in the Golden Globe and Academy Awards, along with other excellent animated pictures: "Despicable Me", "How to Train Your Dragon", "The Illusionist" and "Toy Story 3".

Minneapolis ReUse Center Closes

BY AGATHA VAALER, GREEN INSTITUTE

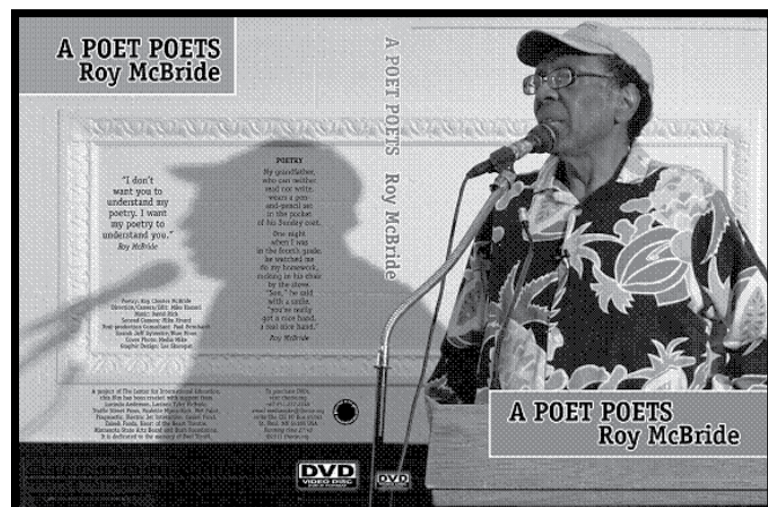
On December 11, The Green Institute closed its Minneapolis ReUse Center store. The ReUse Center has struggled in recent years to meet its costs. The Maplewood ReUse Center store (1727 E Hwy 36 E, Maplewood, MN 55109) will remain open.

The Green Institute recognizes the symbolic value of the Minneapolis ReUse Center to many long-time Minneapolis residents, especially those who remember the grassroots struggle leading to its founding and impact on Phillips community revitalization and environmental advocacy in the 1990s. The Green Institute Board has taken a long term view, however, that includes an eventual re-establishment of ReUse Center operations in a more retail-friendly Minneapolis location.

The Green Institute Board President Lisa McDonald said "despite the closure of the Minneapolis store, the Green Institute is currently revamping its Reuse/Decon[struction] model to make it profitable, to continue its mission focus and to have a presence in Minneapolis. The current board has been very involved on a day-to-day basis...I'm really proud to serve with such a great group of folks dedicated to continuing to operate and grow our business model."

The business model of relying on in-person sales to local customers did not produce adequate revenue to weather the downturn in the economy nor to offset the high costs of real estate and running the program's deconstruction services component. The Green Institute has spent the last seven months evaluating the current model for ReUse and Deconstruction in order to make strategic decisions that bring the program back into a leading position nationally and to make it increasingly effective at creating jobs, reducing landfill waste and selling reclaimed building material to today's Twin Cities' customers. Included in these efforts is seeking a non-profit partner a to run a deconstruction jobs training program and evaluating innovative retail strategies, including e-commerce capabilities and a revised model for conducting on-site sales.

If you have enjoyed the products, services or mission of the Green Institute, we would appreciate your support in any of the following ways: Make a monetary gift (Contribute via www.greeninstitute.org); Shop at the Maplewood ReUse Center, 1727 E Hwy 36, Maplewood, MN; Become a fan on Facebook (search "ReUse Center"); Join our email mailing list www.thereusecenter.com/membership.html.



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A Poet Poets

Roy McBride Documentary by Mike Hazard

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What Democracy Looks Like

From the November/December issue of "Teamster" magazine:

Did you know that more than 750 Teamster women recently marched through downtown Minneapolis, coloring the city in a sea of pink and black rally signs? The chant "We're Teamsters! We fight! We fight for workers' rights!" was amplified by skyscraper acoustics. The refrain "Workers 'Yes', Wall Street 'No'" echoed...

The photo-journalist who covered the 2010 Teamsters Women's Conference depicted the event with a multi-racial/multi-national collage. One beaming face was adorned by the Muslim hijab. Message: no order of prejudicial exclusion is to be tolerated by our union movement.

Did you know that some 600 Teamsters National Black Caucus members recently walked gallantly through the streets of Washington, D.C.? "Civil rights and workers' rights go hand-in hand" was the theme. The 47th anniversary of Martin Luther King's "I Have A Dream" speech was commemorated.

Truthfully, every page of the "Teamster" depicts the face of democracy.

In his lead article "Corporations Vs. Working Americans", General President James P. Hoffa states:

"The central political battle today is between the corporations on one side and the little guy on the other... The fight is about



PETER MOLENAAR
Raise Your Voice

whether the government should protect corporate power to enrich a few billionaires, or restrict corporate power to protect the liberty and property of the average American. I'll tell you who is winning: It isn't the little guy."

"Corporate power explains why the U.S. hasn't made the transformation to renewable energy. It's why we can't trust our food,

drugs or toys to be safe... It's why workers' wages have stagnated or fallen over the past decade and why so many families are losing their homes. It's why so many jobs moved offshore so quickly..."

"Corporations have been wily about disguising their plans to further concentrate their wealth and influence. They're adept at creating phony populist groups that claim to support individual freedom... I have a message for you. Concentration of wealth in too few hands will lead to extraordinary abuses of power and the destruction of your property and liberty. It's the many of us vs. the few of them."

Some strong and meaningful words have been issued. To which I will add: 1.) the class struggle and the struggle for democracy are intertwined 2.) democracy can never be fully secured under capitalism 3.) socialism is the answer.

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has a website?
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COMMENTARY

Food and Lack of Nutrition

BY RANDALL GRAY

For over the last 20 years I have noticed the foods I eat are getting to taste less and less as it should. I've quit eating anything from a can, fast food restaurants (a.k.a. McDonald's, Burger King or any one of the sort), any food that is microwaveable or pre-made.

While growing up, over 90 percent of the foods we ate were not pre-made, frozen or stuffed with so many ingredients that when you try to pronounce them, it seems like you're just trying to say some glorified word for a particle that you would rather use to adhere wallpaper to the wall. What ever happened to the ingredients on the package stating "fruit or vegetable, salt or sugar, vinegar or water? Have we wanted to preserve so much of our bodies that we have to add these chemicals to our foods? With all these different preservatives in our foods and the rise of all the different health issues we have now, isn't there a connection between the two? Years ago kids were not on medication for ADHD; it didn't exist! What are these chemicals doing to us, our bodies and our society?

Let's look at what has changed from 1940 to now. You very rarely heard of anyone getting E-coli poisoning. Restaurants actually slapped the burger patties together and threw them on the grill. French fries were made from potatoes that

came out of the ground—peeled, sliced, and deep fried. Salads were made from a fresh head of lettuce with dressings that were made from everything that was not loaded with processed anything.

Now to what we have today... over 98 percent of all fast food restaurants have their food brought into the restaurant that has been pre-made in some factory, with additives, preservative and fillers that help enhance the food's taste. Yes, that's right! Additives to help enhance the food's taste!

When was the last time you went into McDonald's, Burger King or Taco Bell and actually watched the so-called "cooks," cook your food? For me, the last time I went into Burger King I watched the "cook" take a frozen, pre-made and cooked hamburger patty out of the freezer, place it on a frozen bun with a slice of orange; wrap it up in a wrapper, pop that burger in the nuker and Waaa Laaa! A freshly Nuked Cheese Burger.

In such a fast paced society as we are, we really don't pay that much attention to what just happened. After all, the microwave is not a new appliance any more. Almost every household has one, it's an everyday appliance just as your refrigerator and dishwasher. After realizing that my food was actually frozen and then microwaved right in front of me, the person had the audacity to claim that it was "Fresh." Yeah right, fresh - blah!

So without knowing all the ingredients that are put into our food today, how much of our food is actually healthy? Remember hearing about the lady that tried to sue McDonald's because she was fat? Do you think the flavor enhancers that are in the food ever had anything to do with that?

Not only with this whole aspect of our food being genetically "enhanced." There has been a huge growth within the medical field as well. The pharmaceutical companies are also on the rise to help the doctors push all sorts of pills on you to compensate for all the extra additives that are put into our food.

In some aspects I feel this is one of the reasons why I am in the profession I am in. Don't get me wrong, I love to cook. And I mean I love to cook food, real food. There is so much that corporate america has failed to notice. At what price do we stop cutting out the meat and replace it with some by-product? How much stock do you have invested in your customers? If your customers have stock invested in you - how much do you have invested in them?

I am an artist and I love to paint. There is nothing that I find more gratifying than to see a blank canvas that cries out for talent and color. I invest a great deal of myself and time into every thing and everything I paint. Being the person I am, I have realized that all these corporate fast food chains

Food & Lack of Nutrition
see page 8



<div><div>VENTURAVILLAGE</div><div>Contact: Ray Peterson, Chair rpeter@tcinternet.net, Jan Graham, Vice-chair, jangraham04@yahoo.com, Bob Albee, Secretary - ralbee4045@ aol.com Treasurer - Mary Watson, Administrative Secretary - mary@ venturavillage.org Ventura Village Monthly General Membership Meetings are held on the second Wednesday of each Month: Held at the Trinity First Lutheran Church, 1115 East 19th Street at 7:00 PM; the Ventura Village Board Meeting begins at 6:45 PM.</div></div>	<div><div>Welcome to PHILLIPS WEST</div><div>Staff: Crystal Trutnau 2400 Park Avenue, Suite 152 Minneapolis, MN 55404 Phone: 612-879-5383 Fax: 612-879-5217 Email: pwno2005@yahoo.com www.phillipswestmn.org</div></div>	<div><div>Midtown Phillips Neighborhood Organization, Inc (MPNAI)</div><div>Regular Monthly Members Meeting- 2639 - 13th Av. S Minneapolis MN 55407 (612) 724-9386 www.midtownphillips.wikispaces.com/ Midtown Phillips: Tamara Rasmuson and Todd Rasmuson</div></div>	<div><div>East Phillips Improvement Coalition</div><div>Welcome: residents, home/business/ property owners, and employees of businesses in East Phillips; all encour- aged to participate in the activities and decision-making in the neighborhood. EPIC General Membership Meeting: Second Monday at 6:30 PM at Holy Rosary Church Office Bldg. 2424 18th Ave. Contact: EPIC, 2536 18th Ave S Minneapolis MN 55404, (612) 721- 4509, cpass@runbox.com.</div></div>	<div><div>Central Area Neighborhood Development Organization</div><div>310 East 38th Street, #304 Minneapolis MN 55409 (612) 824-1333 mplscando@gmail.com</div></div>	<div><div>Powderhorn Park Neighborhood Association</div><div>Powderhorn Park 821-E. 35th St. Minneapolis MN 55407- 2818 (612) 722-4817 www.ppna.org kari@ppna.org,</div></div>	<div><div>Corcoran Neighborhood Organization</div><div>Find meeting times and e-mail newsletter at: www.corcoranneighborhood.org Find free copies of the monthly Corcoran News paper at our office: 3451 Cedar Avenue South Minneapolis, MN 55407 612-724-7457 amy@corcoranneighborhood.org,</div></div>
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Update on the Backyard Initiative

Health providers and community development organizations invited to work with Back Yard community

BY JANICE BARBEE, CULTURAL WELLNESS CENTER

Looking back over the activities and accomplishments of 2010, the partners of the Backyard Initiative have a lot to celebrate. The residents of the Backyard (Phillips, Powderhorn Park, Central, and Corcoran) and Allina Hospitals and Clinics are creating a new kind of partnership to improve the health of the community.

On December 10, the Cultural Wellness Center and Allina hosted a breakfast for CHAT members and other guests to learn about the Backyard Initiative and meet Dr. David Kindig, Emeritus Professor of Population Health Sciences at the University of Wisconsin-Madison, School of Medicine. Dr. Kendig shared Hennepin County’s scores from the County Health Rankings which ranks the overall health of every county in the U.S. (available on www.countyhealthrankings.org). The report, released by the University of Wisconsin’s Population Health Institute and the Robert Wood Johnson Foundation, is the first of its kind to measure the state of health of a county based on health measures and other key factors that affect health, such as smoking, obesity, binge drinking, access to primary care providers, rates of high school graduation, rates of violent crime, air pollution levels, liquor store density, unemployment rates and number of children living in poverty. A list of such measures, chosen by community residents, could be a tool to help the Backyard residents assess the health of the Backyard community.

Marcus Thygeson, MD, president of the Center for Healthcare Innovation at Allina Hospitals &

Clinics (the Backyard Initiative is an initiative of this Center) spoke about the need for a “new frontier” of corporate and community partnership. This partnership is not the traditional “we will help you” model, but listens to the community’s voice, ideas, and self-interests. It’s not about Allina being the experts or knowing best – it’s about honoring all the experts in the room. He said that the BYI is about building capacity to improve the community’s health, and that capacity building needs to be both within the community and within Allina.

Thygeson stated, “We want to build a model where patients are autonomous, co-creators of their own health and that of the systems they are part of, which includes family, community and culture. In order to see true improvements in health, we must find a way to address the social and environmental determinants of health. As health care providers, we can’t do this by ourselves – we must partner with our patients and our community to figure this out together. The Backyard Initiative is part of Allina’s strategy to change the way that we operate. Through the BYI we are gaining new capabilities and tools to support our patients.”

Thygeson and Atum Azzahir, Executive Director of the Cultural Wellness Center, extended an invitation to guests from other health and community development organizations to help change the way health care and corporations relate to and work with community residents, and to the community residents in the room to help change the way community relates to corporations and health care.

Citizen Health Action Teams Working on Health Improvement

Residents of the community have met all year in CHATs (Citizen Health Action Teams) at the Cultural Wellness Center to develop their ideas and strategies for projects that will have an impact on personal health and the health of the community. Allina contributed the funds for these projects, with additional support from Twin Cities LISC (Local Initiatives Support Corporation).

By the end of 2010, ten CHAT projects have been approved by the Commission on Health, a group of primarily community residents who are also members of a CHAT.

1. Growing Up in the Backyard CHAT: To organize and sup-



port gardeners and urban farmers in the Backyard area to create and sustain a healthy, local food system.

2. Dakota Language House CHAT: The house will be licensed as a group family child care home where up to 14 children will be immersed in the Dakota language.

3. Out in the Backyard CHAT: To connect gay, lesbian, transgender, and bisexual (GLBT) folks to resources related to health and wellness and supportive of members of the GLBT community through a virtual community center.

4. Communications/Tell Me A Story CHAT: To lessen or eliminate the divide between people who have information and those who don’t. This CHAT held a workshop in November for CHAT participants to learn how to write and submit content to The Alley and other media sources.

5. A Partnership of Diabetics (A-POD) CHAT: To provide sustainable, community-based support, strategies, planning and tools to assist members of the community in diabetes self-management.

6. “Did You Know” CHAT: To share health information and support through the system of block clubs in the Backyard, and through the community-building CleanSweep event.

7. Anchor Families CHAT: This team is establishing an Anchor Family on three BYI blocks who will actively take responsibility for creating and maintaining a natural network of activities to ensure a sense of belonging for each household. The Anchor Family will organize people in the block, convene gatherings, facilitate communications and create a space for personal sharing of experiences and resources between community members of all ages.

8. Latino/a Environmental Health Begins At Home: This CHAT’s vision is to create a healthier indoor environment for Latino families, build community between Latino families, and build momentum in the community to be a part of the bigger environmental justice movement. The first stage of this effort is to teach Latinas how to make healthy products to clean the home, organize ways to implement what they

have learned, and support each other to maintain a healthy environment.

9. SELF Immigrants Health CHAT: Project SELF (Save, Educate, Liberate, Free) is an Immigrant Health CHAT group that will establish a program called “Nomadic Expressions” which aims to assist youth, elders and families in healthy living and artistic expressions through poetry, open microphone performances, information workshops and community dialogue. These activities will help to bridge the gap between the older and younger community members to encourage healthy relationships through various artistic mediums.

10. Assessment and Evaluation

Food & Lack of Nutrition from page 7

don’t give a damn about me. All I am is a dollar sign and they want every last dime I own by offering me a dollar menu. Well thank you corporate food chains for offering the bottom of your barrel to me - and here is my last dollar.

Corporate chains taste just as bad as they sound. For quite some time now I have decided my health is too important to me. Eating right and eating the right foods are really essential to your body. Stop and think about all the canned soups you buy in the store, frozen meals, pre-made meals, processed foods and the food by-products that we as people consume daily. How much of that food actually has chemicals and fillers in it that make you think that because of the taste, what you are eating is suppose to be good for you and your body. Who would eat fibers of plastic for the taste or nutritional value? Most people do because corporate America wants you to believe it’s good. Yeah, it tastes good with all the other additives you add to it. But what nutritional value is your body gaining from it?

It’s about time we start educating ourselves on the foods we are eating. Along with everything else I have been researching, I have found other reasons why I should be changing the way I and everyone else eats. For those of you who don’t know, my son and his girlfriend had a baby girl just after the first of the month in

CHAT: This team continues to carry out the assessment, evaluation, and research needs of the Commission. They have two primary roles: 1) To ensure that the CHAT projects and other activities of the BYI are consistent with the vision and mission of the BYI, and 2) to oversee the research process of the Backyard Initiative. This process includes assessment, evaluation and any work that is done to create new knowledge.

All community residents are welcome to attend Backyard CHAT meetings and events. Call the Cultural Wellness Center at 621-721-5745 for more information

October. This baby was doomed from the very beginning. She was born with a cancerous brain tumor which took up most of her head mass, her heart was horizontal with fluid around it. While this baby was still a fetus, doctors had performed a few tests. With one of these tests, the DNA strand showed two missing rungs and there was also an added rung on the strand at the bottom of DNA strand.

With my research I have found in an article from Dr. Julian Whitaker - The Lowdown On Asparame/NutraSweet, states “FDA rescinded its initial approval because of studies showing that it caused seizures and brain tumors...” With all the foods we as individuals like to digest, artificial sweeteners have been known to be very hazardous to our health. On top of that, “in 1981 gave aspartame the stamp of approval. In doing so, this bureaucracy overrode the 3-0 decision of a Public Board of Inquiry.” So with that in mind... it doesn’t matter what the FDA says, the Public Board of Inquiry can over rule what is healthy for us - and it doesn’t matter how quickly it will kill us.

With all the chemicals that are put into foods we digest, if there was a warning label on these products, such as they do with cigarettes, wouldn’t society as a whole then have a clearer mind to make the clear choice whether they would like to indulge in the food item they are about to digest?

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