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**Ebony Adedayo of ReCast Minneapolis is helping plan the city's Division of Race and Equity.**

## Commemorating 400 years of Black oppression, resistance and resilience

By EBONY ADEDAYO, RECAST MINNEAPOLIS PROGRAM MANAGER

Aug. 20, 2019 marks the 400th Year Commemoration of Africans being brought to Jamestown, Va. and enslaved by the British. To honor this event, the city of Minneapolis' Division of Race and Equity is bringing together city staff and community partners to collectively remember who Africans were prior to the history of enslavement, recover the truth about our oppression and resistance, and reimagine a future

that is not predicated on the harm of Black bodies or other people of color.

To commemorate this, it is important to first understand that the enslavement of Africans predates 1619, as the Portuguese, Spanish, and the Dutch had driven the slave trade since the late 1400s. The oldest slave castle in the world – Elmina off of the coast of Ghana – was built in 1482 by the Portuguese and started being used for slavery shortly after 1492. Enslaved Africans were sent to Europe, the Caribbean, and the Americas for

over 300 years.

Coming to a better understanding of what slavery was and how it operated is important in commemorating this year. This year is also about coming to a deeper understanding of who we are so that we can move forward.

The need to look back not only applies to people of African descent but for people of European descent and other peoples of color because this country's institutions and structures were grounded in anti-Blackness, or the perpetual capitalizing off of people of African descent.

### Why remember?

At the city, we started the work of the 400 years by remembering who Africans were prior to the period of enslavement. Before the Europeans, there were ancient civilizations with rich systems of commerce, agriculture, governance, and spiritual practices that were designed and maintained by Africans.

The oldest civilization was Kemet, or ancient Egypt. It is com-

**400 YEARS** Continued on page 7

## 3 GENERATIONS RUN PRINTING BUSINESS

*Carlson Printing at Franklin and Chicago rolls with the times, focusing on personalized customer service*

By TESHA M. CHRISTENSEN

The southeast corner of Franklin and Chicago has been home to a third generation family business since the 1970s.



PHOTO SUBMITTED

**Stan Carlson started Carlson Printing in 1974 with his two sons, and his granddaughter is now working there.**

"Although it has its unique challenges, it works well for us," remarked Christy Crawford, granddaughter of the man who started Carlson Printing Company. "It's convenient being close to downtown and the freeways, and also exciting to be surrounded by diversity and so many great non-profits working to improve people's lives."

Carlson Printing Company strives to be a good friend and neighbor.

"We are proud to be a third generation family business," remarked Christy. "We feel lucky to have wonderful longtime employees, as well as fantastic customers."

### FROM THE GROUND UP

Christy's grandfather, Stan, started the business with her dad Chris and uncle Todd in 1974. They ran the business together for several years before Chris bought it, and then her mom Susie got involved.

"I had no plans of getting into the printing business," recalled Susie. "I was a stay-at-home mom, and when my kids headed off to school I starting helping at the

business, packing boxes, stuffing envelopes and delivering. I learned the industry from the ground up."

Now she's the company president. "I never would have never dreamed today I would be running the business," said Susie. "Learning so many different jobs has helped me have a better perspective and understanding."

### FIRST JOB: STUFFING ENVELOPES

Christy's first job was stuffing envelopes when she was about seven. "I remember Take Your Daughter to Work Day and tagging along with my dad to visit his customers," she added.

After college, she began working at Carlson in the sales department. "My grandfather would still come into the office everyday at that time. He passed away in 2012 so I really savor those last few years I got to spend working with him," said Christy.

Over the years, she has worked other places, but what always drawn her back is the connection to her family.

"I enjoy seeing my family everyday and the whole business really feels like a team effort," explained Christy. "We work really hard, but also have a lot of fun and laughs."

She added, "We are always trying to help each other learn and never compete. We move at a fast pace and there really never is a dull day."

Today Christy is officially in business development, but like others in small businesses she wears many hats.

**GENERATIONS** Continued on page 5

## ♪ SOUNDS OF SOUL ♪



TESHA M. CHRISTENSEN

**Drummer and base player Alfred Johnson (left) of Phillips stands with his wife Elizabeth and some of his grandchildren, including Olivia Browner (age 3), Albrina Johnson (age 1.5) and Sabrina Browner (six month). Johnson has played gigs all over from local clubs to dirt floors in Texas.**

## Phillips musician recalls Black music scene of his youth

By TESHA M. CHRISTENSEN

Sitting on the front porch one summer day, painting in the sweltering heat, Alfred Johnson reminisced about his early days in music and the burgeoning Twin Cities Black music scene of the 1970s and 80s.

He's even found his way into a book capturing the scenes from that time, "Sights, Sounds, Soul: The Twin Cities Through the Lens of Charles Chamblis" (published by the Minnesota Historical Society in 2017), although he's misidentified in the book on page 33 as Raymond Parker.

Paging though the book brings Johnson, now age 66, back to those days when the city's 50,000 African Americans, who were denied access to downtown club stages and radio

airwaves, were playing at clubs like Cozy Bar and Lounge up north on Plymouth Ave. and Riverview Supper Club in south Minneapolis (now Broadway Pizza). About Chamblis, "We used to call him 'Picture Man,'" recalled Al.

### BLACK MUSIC AT CHURCH AND THE CLUB

A 1972 South High School graduate, Al has lived both on the Southside and Northside of Minneapolis since moving here with his family as a kid in the early 1960s. His kinfolk hail from Springfield, Ill. At the time, in North, "there weren't hardly any Blacks who lived there. You could count them on your finger," Al said. "Most Blacks lived in

Central neighborhood or Phillips."

He loves the Southside for its different cultures – Blacks, whites, Hispanics – and has lived here now for 30 years.

But most of his musical career was on the Northside.

He took up drums at age 10. "My mother was an evangelist and we traveled all over the country," Al recalled. His father played base guitar (and performed with the likes of Duke Ellington and Wes Montgomery), and the six kids each had their own instrument. "We played at Bishop Watley's Church in Chicago. They would treat us like stars. We were on the road with them, and in and out of school."

**PHILLIPS** Continued on page 3





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don’t say much, see what the little  
independent ones say.”  
– Wendell Phillips (1811-1884)*

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*“Let me make the newspaper and I care not who makes the religion and the laws.” – Wendell Phillips*

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**Next Deadline  
Aug. 15, 2019**

## Transit Rolling in the heat

By JOHN CHARLES WILSON

In the wintertime, I have written about how Metro Transit could better accommodate its customers in the icy cold and snowy weather. Today, I shall write about the perils of riding public transit in the heat and humidity of summer. While some people may think 95 degrees Fahrenheit and sunny in the summertime is “nice” weather, those of us who are heat intolerant say nay.

One thing Metro could do is install vending machines that sell cold pop and/or water at every Park and Ride, Transit Center, and Light Rail Station. I lived in Tucson, Ariz. in 2001, and this

was one pleasant amenity Sun Tran, the transit system there, provided its users. They only charged 50 cents for a 20-ounce bottle, at a time when “normal” vending machines were charging a dollar. Clearly, the purpose wasn’t to make a profit, but to ensure that people had access to cold liquids on hot days. It probably more than paid for itself by preventing people from having medical emergencies caused by overheating while waiting for the bus. Nowadays, the “normal” price would be \$1.50, so I would guess they would have to charge 75 cents to break even. Fair enough, make it an even dollar and put the small profit to shelter maintenance or something.



The other way Metro Transit could make life better is to instruct bus drivers to let people board during layovers when the temperature is over 90 degrees Fahrenheit. Most bus drivers are pretty good about this in the cold or rain, but many seem to think the heat is harmless. Bus passengers aren’t

pot roasts!

If money was no object, I’d suggest air conditioning or at least exhaust fans in bus shelters, but I can guess the cost would be prohibitive, even if the Twin Cities weren’t already full of vandals who think destroying the heating elements in some shelters in the wintertime is “fun”. (Really, the penalty for that kind of behavior should be to be forced to stand outside for hours on end in inclement weather of some kind, whether it be heat, cold, snow, rain, or a storm. I really have no sympathy for people like that, since they obviously have no sympathy for anyone else.)

I don’t have to travel today, so I am able to write this from my air-conditioned bedroom!

### What’s Up at the Franklin Community Library

1314 E. Franklin Avenue | 612- 543-6925 | www.hclib.org  
M, F, Sa: 9AM–5PM • T, W, Th: 9AM –8PM • Su: 12-5PM

By ERIN THOMASSON

**All Ages**  
**15-Minute Guitar and Voice Lessons**  
Thursday, Aug. 1, 4:30-6:30 p.m. Registration Required. For kids & teens. Come participate in a 15-minute one-on-one voice or guitar lesson with local musicians, Dallas & Siam! Learn to sing or play guitar for the first time, or learn tips to improve your gifts in a welcoming environment. Use our guitar or bring your own.

**Read Together**  
Tuesdays, Aug. 6, 13 & 20, 1-2 p.m.  
Practice reading and enjoying books one-on-one or in a small group.

**Franklin on the Green**  
Tuesdays, 3-4:30 p.m.  
Play games outside this summer! We will have badminton, soccer, frisbee and other games set up to play, weather permitting.

**Learn Together: Connect and Play**  
Tuesdays, 6-6:30 p.m.  
Connect with your child during this drop-in program exploring early literacy activities. Join your neighbors each week for a different theme including music, art, STEM (Science, Technology, Engineering, Math), reading and creative play.

**Science Wednesdays**  
Wednesdays, 3-4:30 p.m.  
Join us for a STEAM (science, technology, engineering, art, mathematics) activity each week!

**Puzzlemania!**  
Thursdays, 3-5 p.m.  
Enjoy a variety of educational and fun puzzles and games!

**Game On!**  
Thursdays, 5-7 p.m.  
Join us for all types of gaming! Enjoy card games, board games, Xbox, VR and more. Play an old favorite or learn a new one.

**Family Storytime**  
Fridays, 10:30-11 a.m.  
For children of all ages and their caregivers. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

**Teen programs**  
Urban 4-H Club  
Tuesdays, 5–7 p.m.  
We do everything from urban gardening to digital photo/video to theater. Partner: University of Minnesota.

**Teen Tech Workshop**  
Wednesdays, 5-6:30 p.m.  
Get creative and make music, videos, animation and other projects using both high- and low-tech tools, everything from iPads and 3D printers to synthesizers and sewing machines. Led by the library’s Teen Tech Squad.

**Cards and Board Games**  
Saturday, Aug. 3, 2:30-4:30 p.m.  
Chess, Scrabble®, backgammon, cribbage, Mahjong and more! Come play a variety of games with new or old friends. Games are provided or bring a favorite

from home.

**Electronic Music Workshop**  
Wednesday, August 21, 6:30-7:30 pm  
Entering grades 3-12. Make beats and experiment with electronic music production in a space that empowers girls, non-binary and trans youth. All are welcome! Collaborator: Beats by Girlz.

**Adults**  
**Open Crafting**  
Monday, Aug. 5, 1-3 p.m.  
Looking for a space to sew, knit or work on other crafts? Bring your current project and materials and join us! Sewing machines, knitting needles and other equipment will be available for your use.

**Work of Art: Marketing for Adults**  
Monday, Aug. 12, 10 a.m.-12:30 p.m. Registration Required. Define your product, discover your target audience, make decisions about how to sell your work, and identify a budget and strategy for your artistic business. Collaborator: Springboard for the Arts. Funded by Minnesota’s Arts and Cultural Heritage Fund.

**Franklin Technology Hour**  
Thursdays, 12-1 p.m.  
Do you want to explore new technology, practice using a computer program, or learn more about the library’s electronic resources? Then come to Franklin Technology Hour! Bring your questions or come and explore a spotlighted resource.

**The Ethics of Efficient Legal Research: “How Do You Feel About Good Enough?” CLE Class**  
Friday, Aug.16, 12:15-1:15 p.m.  
This program takes place at Hennepin County Government Center (300 S 6th St). This CLE (Continuing Legal Education)

series provides continuing education credits to attorneys, but the CLEs are open to anyone. The classes are free of charge, and no registration is required. For more information, contact Becky Breyen at 612-348-7960 or becky.breyen@hennepin.us. The Ethics of Efficient Legal Research: “How Do You Feel About Good Enough?” by Karen Westwood, Director, Hennepin County Law Library and Charlie Wilson, Manager, Knowledge Sharing and Training Services, Ballard Spahr, LLC.

**Master Gardener: Backyard Compost Basics**  
Saturday, Aug.17, 3-4:15 p.m. Registration Required. Learn about the right equipment and space for composting, maintaining and troubleshooting your compost, composting in winter, and how to use your finished compost. Collaborator: Hennepin County Master Gardeners, University of Minnesota Extension.

**Power in Participation: Voter Education Workshop**  
Tuesday, Aug. 27, 10-11 a.m.  
Learn about elections, the voting process, and civic engagement. Great for first time voters! Non-partisan and open to all. Explore a new topic each month. Aug. 27: How You Can Vote. Collaborator: Black Votes Matter MN

**Franklin Learning Center: 612-543-6934**  
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. We are always looking for community volunteers! No experience necessary; we provide training and materials. Contact us at 952-847-2934 or flc@hclib.org.

and local businesses to temporarily close parts of Franklin Ave. to car traffic, opening it up for people walking, biking, rolling, and playing.

More than a street festival, Open Streets Minneapolis brings together local businesses, families, and neighbors to bike, walk, socialize, play, enjoy art and live performances, and shop in their communities in a car-free environment.

**Human trafficking**

The U.S. Department of Transportation’s Federal Motor Carrier Safety Administration (FMCSA) today announced a final rule that permanently bans drivers convicted of human trafficking from operating a commercial motor vehicle (CMV) for which a commercial driver’s license or a commercial learner’s permit is

required.

“This is an important step in the Department-wide campaign to keep America’s roadways, railways, airways, and waterways from being used for human trafficking,” said U.S. Transportation Secretary Elaine L. Chao.

**Email your event submission to copydesk@alleynews.org.**



# SOUNDS OF SOUL



PHOTOS COURTESY OF THE MINNESOTA HISTORICAL SOCIETY  
Phillips man Al Johnson (back row, left) has found his way into “Sights, Sounds, Soul: The Twin Cities Through the Lens of Charles Chamblis” (at right) that was published by the Minnesota Historical Society in 2017, although he’s misidentified in the book on page 33 as Raymond Parker.



TESHA M. CHRISTENSEN

ABOVE - A song from this record hit the Top 100 in the world in 1988, catapulting these local musicians to the same list as Elton John and Michael Johnson. Left to right on the cover are Josie Davis, Debbie Williams (keyboards) and Al Johnson (drums). Johnson also helped produce this and four other albums with Davis.

Continued from front page

Everybody started off gospel in those days, recalled Al, many of them helped along the way by Reverend Leroy Battles, who was well known by local Black musicians. Al appeared on his half hour Church of the Air show televised from the KTSP studio off University Ave.

Black music wasn’t being played on the radio, so few people in Minnesota had heard of the Supremes or Marvin Gaye, Al pointed out. “We had to make our own music up,” he said.

So he joined groups around town in the 1970s and 80s. The various members all felt like ‘the

sky’s the limit,’ recalled Al. “That’s what it was. Some people used to follow us around, like Prince. We inspired a lot of people.”

Al remembered that Prince was known for being hard to get along with. “He didn’t want anybody smoking or doing drugs,” recalled Al. “He’d kick you out of the group.”

Prince didn’t want to play other people’s songs, but wanted to focus on his own music.

Al honed his craft at the Minnesota Conservatory of Music and the University of Minnesota.

**THEY SOUNDED GOOD**

“I had a long life of night club-

bing and playing different clubs,” he said, including working in the house band at The Joint where they played five nights a week. Band members had other jobs, and did gigs from 9 p.m. to 1 a.m, playing three sets and 30 songs a night. They also used to do supper clubs out on Lake Minnetonka.

He was on the road with The Mystics when Rockie Robbins was the lead singer. He played drums for Charlie Clark and the Paramounts (Charlie was a teacher at North High).

“I played base guitar, too, but my main instrument is drums,” said Al.

He remembers playing with

Creedence Clearwater Revival at some little rodeo down south. “They sounded good. So did we,” observed Al. “We were the only Black group up there.”

Those in the audience asked, “Who are they?” right up until they started playing. Then it didn’t matter.

Al recalls playing in the middle of farmfields, and jamming in Texas on dirt floors with dust heavy in the air.

**TOP 100 HIT**

The most popular record he recorded was “Obeying the Call” with Josie Davis and Praise in 1988. Their song “Try Smiling” hit in

the Top 100 in the world and earned him royalties for 20 years until it became part of the public domain. He’s shown on the front cover of the album with Josie (lead singer) and Debbie Williams (keyboard), and was one of the producers. It was one of five albums he put out with Davis.

Over the years, Al has fit his music around work at a number of places and a stint in the service. He’s been a Hennepin County drug counselor, at the Southside Family Nurturing Center, bus driver, and a neighborhood handyman.

But, of course, he’s still doing music. It’s in his blood.

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# Her family tells Ann Gardiner's story via her own web site

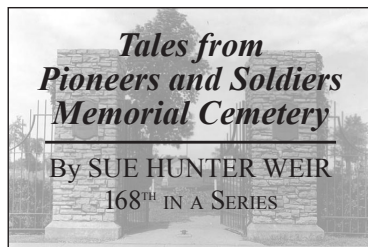
Ann Gall Gardiner has her own web page. Not all that unusual in these times, perhaps, but she is not from these times: She was born more than 200 years ago, on Jan. 20, 1817, in Kincardine, Scotland and died from tuberculosis in Minneapolis on May 31, 1886 when she was 67 years old.

The epitaph "Gone, But Not Forgotten" is one that is commonly seen in cemeteries but it requires some effort to keep someone's memory alive. Ann's descendants have done just that by creating a webpage where they have told her story (or as much of it as they know at this point in time) and more importantly, they have shared a remarkable photo of her.

Ann Gall married James Gardiner, a tinsmith, in Aberdeen, Scotland on Feb. 2, 1838. Between 1838 and 1863, they had 12 children, at least two of whom died before the family came to America.

On March 8, 1863, Ann was confirmed in the Church of the Latter Day Saints. She and her husband left Scotland for the United States sometime between 1870 and 1877.

One place she wanted to see turned out to be a huge disappointment. After seeing Salt Lake City she said, "We came here expecting to see the gilded towers of Zion, but found only mud dykes." Disillusioned, Ann and James left the United States and moved to St. Catherine's, Canada, where James



died on Sept. 19, 1878.

It is not clear when Ann moved to Minneapolis but she was living here when the 1885 Territorial Census was taken. She lived in what is now the Seward neighborhood, a few doors down from her daughter and about six or seven blocks from the cemetery.

There is a unsigned, undated, handwritten note on the back of the photo that claimed that it was taken in Minneapolis not long before she died. Whoever wrote it said: "Grandfather told us that she went blind with cataracts and an operation could not be performed." One of the things that makes that so interesting is that in the photo she is holding a book, presumably one that she could no longer read. The author of the note went on to say that he thought the photo showed her "strength of character" and it certainly does that.

There are about 50 or so other immigrants from Scotland buried in the cemetery. James Atchison is one of them. His family shared his photo on their family tree at ancestry.com. There is less information currently available about his family than about Ann's but undoubtedly

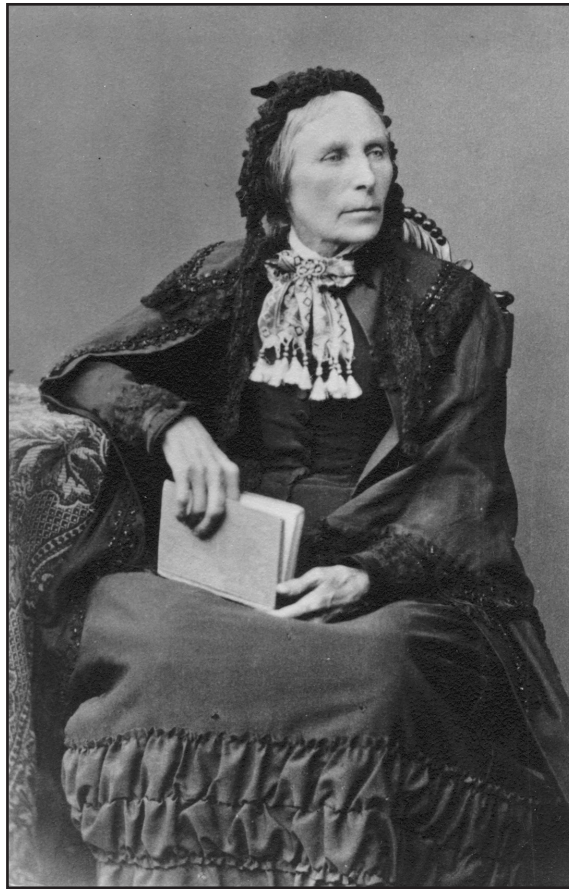


PHOTO COURTESY OF GARDINER FAMILY

Ann Gall Gardiner

more will be added.

What we do know is that he was born in Scotland on June 8, 1868. He emigrated when he was five years old. He married Mary Johnson in 1891, and he worked as a cutter in a shoe factory. He and Mary had eight children, one of whom, Henry, died in 1892 at the age of two months.

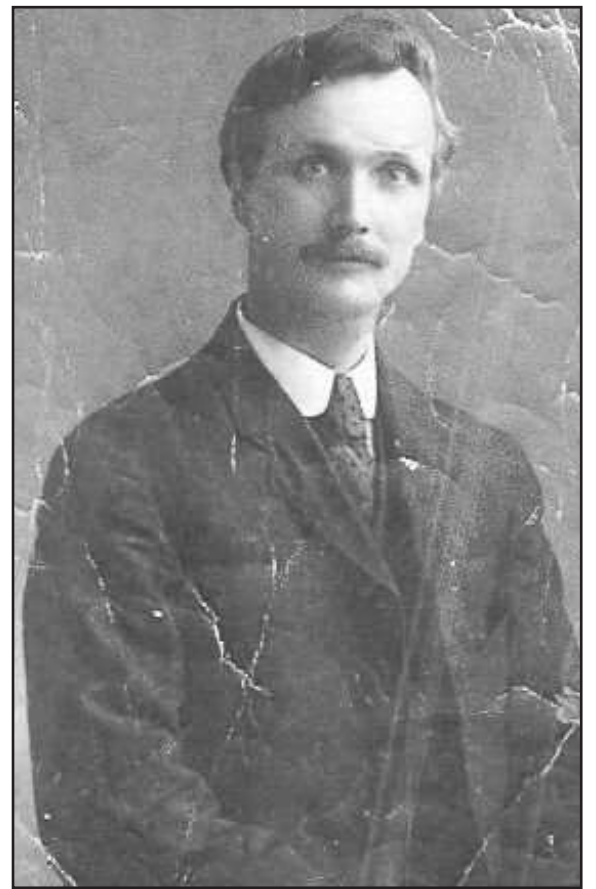


PHOTO COURTESY OF ATCHISON FAMILY

James Courtland Atchison

The Atchison children were baptized at Bethany Lutheran Church. James died from chronic heart disease on Dec. 11, 1912. He was only 44 years old.

Part of the satisfaction of doing cemetery research is finding new bits of information that help make sure that those who are gone are not forgotten. A few small facts

came to light in the process of writing this story. It turns out that two children who are buried in the cemetery have a connection to Ann Gall Gardiner through her son-in-law.

The Atchison family must not have known the location of Henry's grave, but they can add it to their tree now. We have the answer to that question – he's here.



## The Epic Report – August, 2019

[www.eastphillips-epic.com](http://www.eastphillips-epic.com)

### Council Members Turn Their Backs on East Phillips

#### Another vote for MORE POLLUTION, MORE CONGESTION & NOTHING for the Underserved People of East Phillips

July ended with two more Unanimous Council votes against the East Phillips Indoor Urban Farm project and any possibility of positive change for the families and children of East Phillips.

Once again, Phillips' already encumbered population is forced to bear far more than its share of polluting industries and suffer the loss of its five-year dream of Green jobs, year-round Organic Food, World Café & Farm Store and a Bike Repair shop, all on the Greenway. The City gains everything, the community loses everything, despite all our efforts at compromise.

The Community has NEVER BEEN ALLOWED to present its case for the East Phillips Indoor Urban Farm. This is a clear violation of chapter 422.170 of the Minneapolis Code of Ordinances updated on January 7, 2019.

As a result, most council members and even Mayor Frey are badly misinformed as to what could be an incredible example of community-led planning, homegrown development and community ownership of this innovative, creative, courageous, flexible and adaptive Green Zone initiative which requires only 18% of Public Works' land and the S.E. Acre of the building.

Instead, East Phillips is stuck with more trucks, pollution, congestion & the highest number of hospitalizations for asthma.

**You Can Help!** Call, Email and Text Every Council Member and the Mayor & ask them to support the East Phillips Indoor Urban Farm Project with the three acres specified.

**Thank you! We will soon know our fate – Farm or Fight!**



### For Your Calendar: \*

**The EPIC Board of Directors** meet on the FIRST Saturday of the month – Next Meetings; Saturday, 8/3/2019 and 9/7/2019 at 10:00 AM. at the EPIC Office at 2433 Bloomington Ave. S.

**The EPIC General Membership** meets on the SECOND Thursday of the month – Next Meetings; Thursday, 8/8/19 and 9/12/2019 and 10/10/2019 at 6:30 PM at East Phillips Park – 2307 17<sup>th</sup> Ave. S.

**The East Phillips Community 17<sup>th</sup> Ave. Gardeners** meet on the second Saturday of Each Month during the gardening season, from March through September. Next meetings are: Saturday, 8/10/19 & 9/14/19 at 9:00 AM in the Garden at 2428 17<sup>th</sup> Ave. S. The First meeting of the 2020 Gardening Season will be March 14<sup>th</sup> 2020 at East Phillips Park at 9:00 AM.

\* **East Phillips Residents wanting a 2020 Garden Plot, contact Brad Pass at 612-916-8478**

\* **To get involved in EPIC & help to continue moving the East Phillips Neighborhood in a positive direction, join us at any EPIC General Membership meeting (see dates above). All are welcome.**

Save Saturday, October 12<sup>th</sup> 2019 for the 21<sup>st</sup> Annual Phillips Community Clean Sweep

Save Saturday, October 19<sup>th</sup> 2019 for the Annual EPIC Garden Fall Harvest Party – 5:30 PM Until the fire goes out.



# 3 GENERATIONS RUN PRINTING BUSINESS

Continued from front page

## A LITTLE BIT OF EVERYTHING

Carlson Printing does a little bit of everything for clients that range from small to large. They also pride themselves on knowledgeable customer service staff who work with clients from start to finish.

“We do digital and offset printing, as well as full service mailings,” noted Christy. “Our clients vary from Fortune 500 companies to local non profits from the neighborhood. We thoroughly enjoy working with everyone.”

The offset commercial process is fully digital and the work-flow is based on working with files in PDF format, a change from their early days prior to the arrival of laser printers and desktop publishing. Carlson can do announcements, banners, booklets, brochures, business cards, envelopes, folders, forms of any type, invitations, labels (roll fed sheet), letterheads, logo design, manuals, newsletters, notepads, postcards, reports, sell sheets, spiral and perfect bound books, and stationary.



COURTESY OF CARLSON FAMILY

Two generations of Carlsons are currently working together at Carlson Printing, at the corner of Chicago and Franklin. Left to right: Christy Crawford with her parents, Chris and Susie Carlson. Christy says she stays at the company because she enjoys working with her family.

Carlson Printing offers a full range of variable data printing services, including: mail merge documents, mail merge labels, form letters and more. Mailing services include processing mailing lists, inkjet addressing, postal presorting, and drop off at the Post Office with the postage option that best fits the business needs.

“Since I have been here we have

really grown our digital business,” observed Christy. “Personalized mailings have become a sweet spot for us.”

## TODAY’S CHALLENGES

“The biggest challenge we face is the misconception that online printing is cheaper and faster. That is not the case,” said Chris, who is vice president at Carlson. “We

offer very competitive pricing at lightening speed, as well as top notch quality. You will get much more of a personalized experience choosing us.”

Christy concurred that their biggest challenge is competition from online printers. “We are lucky to have a lot of loyal customers we have worked with for years,” she stated. “We try and give our cus-

tomers the best experience possible to keep them coming back.”

More at [www.carlsonprinting.com](http://www.carlsonprinting.com).

“We are optimistic about the future!” said Crawford. “Although the industry is changing there will always be a need for printing. We look forward to evolving and being here when our customers need us.”



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## BOARD MEETING

Held every second Tuesday

**Tuesday, August 13, 6:30-8pm**  
@ Stewart Park (Arts & Crafts Room)  
2700 12<sup>th</sup> Ave. S., Minneapolis

Board Training on Contract & Fiscal Management  
and Reading Financial Reports  
with Robert Thompson

## COMMUNITY MEETING

Held every fourth Tuesday

**Tuesday, August 27, 6:30-8pm**  
@ Somali American Radio (KALY)  
207 East Lake Street #108, Minneapolis

## ◆ IMMIGRANT RESOURCES ◆

Learn more about the role of the city's Office of Immigrant and Refugee Affairs and how it can be a resource with Michelle C. Rivero, Director of the Office of Immigrant and Refugee Affairs (OIRA) at the City of Minneapolis

## ◆ TOUR KALY RADIO ◆

Tour the station of 101.7 KALY, the first Somali American radio station

Anyone who lives, works, or owns property in the Midtown Phillips Neighborhood is welcomed to attend!



# OPEN STREETS

## Lake + Minnehaha

Photos by Tesha M. Christensen



Alley representatives Cathy Strobel (board chair), Editorial Coordinator Tesha M. Christensen and board member Francis Mendenhall.



Musicians entertained crowds. Kids played soccer. Non-profits and businesses ran games and shared information on their organizations. There were raffles and street food for sale. The Alley gathered input from readers. And, of course, everyone walked, biked and rolled along the streets that were free of vehicles on Sunday, July 21, 2019. This was the third year with the same route down Lake and Minnehaha.



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Primer piso



# Toward collective healing and cultural wellness

## From race to culture

By MINKARA TEZET  
Cultural Wellness Center

“Many who find themselves experiencing a sense of dis-equilibrium, alienation, disconnectedness and disease, now have a place where each person is able to relearn the basics of healing and being in relationship with self and others.

“The founders and the faculty of the Cultural Wellness Center believe that at the core of well-being are relationship, kinship circles, self-knowledge, and the capacity to produce knowledge that is informed by cultural ways of knowing. From the linkages between these, a beautiful web of activity is formed to create community naturally,” said Atum Azzahir, founder of the Cultural Wellness Center.



*Khepra*  
The symbol of  
transformation, being,  
and becoming.

Our work at the Cultural Wellness Center is to move from race to culture. In this work, we are moving toward the recognition of our hearts and our souls as a human collective, as human beings, as representatives of what humanity is to the harmonious functioning of

the planet.

Cultural Wellness is an approach to study culture as a resource. The resources embedded in culture for each of us, help us to understand the ways in which we view the world as racialized beings or cultural beings. Cultural Self-study unearths for us the ways of our people and the ways we express the seen and the unseen, the visible and the invisible parts of our people’s knowledge systems.

Thinking is how a people create and imagine life for themselves. Thinking is how we imagine life for other people. It is a people’s thinking where we imagine how to create well-being on the planet.

Thinking leads to remembering. We begin to remember what has happened in our past. We also begin to see what is happening in our present lives. Remembering and thinking allow a people to begin to share with one another what they have experienced. These experiences are individually and collectively experienced.

In moments of remembering together, we create opportunities to recall who we are, what we have been through and how we have remained grounded, what some people call resilience. As we begin to gather together to study culture and our people’s ways of being, we will begin to see culture can add value to our human existence.

The study of Cultural Wellness leads to the practice of community ritual and ceremonies.

In practicing rituals, we will

remember how it feels to express empathy. We value empathy because it allows us to experience feeling a sense of love from ourselves. As we study the rituals and the practices of these rituals, we will create community ceremonies across the continuum of life and death.

Community ceremonies help us to remember the ancient ways of our people. Ceremonies teach us to see how life and death are connected to one another and only separated by the objectification of time. Ceremonies teach us the importance of remembering all of our humanities are tied together. And as we study ourselves, we will remember the importance of sharing the expressions of life that have been transformed by that which is not visible with our physical eyes.

### FIRST STEP: TELLING MYSELF THE TRUTH

As I study at the Cultural Wellness Center, I have learned telling myself the truth is the first step in recovery as a sense of personal humanity. We are learning to see beyond the pain in order to see the gift in learning how to be a better human being.

Being better is what Cultural Wellness is about for me.

Each of us is learning at our own pace what it means to live or have a better life. I have come to realize we do not have to be at war with the reflection of ourselves we see as we move through the world. However, as we examine the dif-

ficult places, we have been we have to also be willing to discover our journey towards healing together. It is vital to the healing of humanity that we study ourselves in ways that allow us to transform the pain of our experiences into knowledge. The knowledge we produce together is what will guide our collective futures.

The first step of Cultural Wellness for me was to consider the capacity to heal (to be or become better) – as an individual and as a community. Telling the truth to myself was the next step towards family and community healing. As we consider the capacity to be better, to become better, we are learning to face the pain in our collective lives.

### RELEARN WAYS OF OUR PEOPLE

We all must remember the practices, rituals, and ceremonies of our people. As we relearn the ways of our people, we will begin to see the benefit of culture as a resource.

Cultural Wellness gives us the ability to see what might be considered limits of being human. And at the same time, can allow you to see where there are no limits in our hearts, minds, and spirits.

What we hold in our hearts is the medicine that will allow humanity to heal. This healing can only happen through the practice of studying and producing knowledge from the experiences as we gather.

Gathering as a community will teach us to create a sense of bal-



Cultural Wellness Center

ance, rightness, and justice for ourselves.

### TWO QUESTIONS FOR HEALING

What we know about ourselves will be the true test of our healing. Healing in this way is an internal process. It forces each of us to study our hearts and minds.

As I consider the move from race to culture and journey toward a collective thinking, I am left with two questions. Can we be better human beings? Can we change the ways we relate to each other and the planet?

*This article is printed courtesy of the Cultural Wellness Center. © Cultural Wellness Center July 19, 2019.*

*Editor’s note: History is not just something that has occurred in the past. It is part of the formation of our present. The Alley asked Minkara Tezet of the Cultural Wellness Center to provide some thoughts to help guide us all in our thinking and healing as we move toward our collective future.*

# Commemorating 400 years

monly understood that Kemet is not only the oldest African civilization but the oldest civilization in the world, as the oldest human remains have been found in Africa. Kemet had a dynamic system of philosophy and development, and what we know today as Ethiopia, Mali, Ghana, and Nigeria were important concerning trade, education, and the arts.

In fact, Timbuktu in Mali was such an intellectual powerhouse that Europeans came to study here.

So Africans had history before Europe.

It is that history, that know-how, as well as the natural resources that prompted trade between Africa and Europe. Opening the door to non-human trade with Europe, however, gave way to human trade and slavery. Some African chiefs were complicit in slavery; many more resisted and fought against the Europeans at every turn.

Declaring 2019 the Year of Return, Ghanaian president Nana Akufo-Addo has encouraged people of African descent to come to the continent to remember this history. No amount of reading about slavery prepares one for the experience of visiting the Assin Manso Slave River where enslaved Africans took their last bath before being traded, or standing in the Slave Castles where our ancestors were routinely tortured.

It is an important ritual for peo-

ple of African descent to understand what happened to us along the way.

## Telling the truth

The Emancipation Proclamation officially abolished slavery in the United States in 1863. Because of emancipation, some believe that slavery has little relevance in today’s society. However, the oppression of people of African ascent continued through the convict leasing system, Jim Crow, redlining, lynching, mass incarceration, massive unemployment, and officer-involved shootings.

The state of Minnesota and the city of Minneapolis is not exempt from this history, as this region kept slaves and has driven these disparities. Whereas Minneapolis and St. Paul top national charts for being one of the best states for White people to live, it is one of the worst places for Black people to live.

Still, the level of community-based activism has been vigilant, forcing those who otherwise would not to center racial equity and justice in their policy-making and practices.

## Reimagining our future

For the Division of Race and Equity, it is clear that we cannot move forward as a city and as a community by continuing to displace, disinvest, and cause harm to Black people.

Neither can we move forward by allowing American Indians, Asian Pacific Islanders, LatinXs, or anyone else to be harmed because of the color of their skin, their sexual orientation, their religious practices, their gender, or their class status.

For too long, racism and other forms of oppression – sexism, homophobia, xenophobia – has been the means that those in power have used to exploit others.

This strategy of dominance drives fear and hate, and puts us all at risk. We all have a vested interest in figuring out how to live the next 10, 50, 100, and 400 years without subjugating each other.

And we have a collective responsibility to repair the harm that has already occurred by strategic economic investments, educational opportunities, and connections to resources that deepen health and wellness in our communities, particularly for Black people.

## A final word

As we remember, recover, and reimagine, the Division of Race and Equity has implemented a multi-pronged strategy that enables us to

Continued from front page

dig deeper into each of these areas:

- Sacred Conversations is an initiative that gives staff an opportunity to unpack what the 400 Year Commemoration means for them and their work.

- Our summer lecture series and online toolkit gives space for staff and residents to deepen their awareness of the history of oppression, resistance, and resilience.

- We have also invited community organizations to host events throughout the months of August and September. We wanted to hold these two months as critical moments of engagement, and the Week of Resilience Aug. 19 - 23 as particularly sacred, because of the Jamestown, Va. date of Aug. 20. We are having a community-wide event on Thursday, Aug. 22 that will give city staff and community residents an opportunity to reflect and celebrate on our history together.

Visit our website at [www.ci.minneapolis.mn.us/coordinator/Equity/recastminneapolis/WCMSP-218799](http://www.ci.minneapolis.mn.us/coordinator/Equity/recastminneapolis/WCMSP-218799) for more information.

We believe that this work will not only change how we talk about the history of enslavement through increased awareness and education, but it will be a catalyst in changing the narrative about Blackness in America, strengthening our collective ability to push for policy change that makes people’s lives better.



Still Here: 400  
Years of Resistance  
and Black Joy

Join the city of Minneapolis’  
Division of Race and Equity  
on Aug. 22 to honor the  
400 Year Commemoration  
of Oppression, Resistance  
and Liberation of African  
Americans at Sabathani  
Community Center, 5-8 p.m.

We will reflect on the legacy  
of African Americans in  
this country, including how  
we have resisted and come  
through, and celebrate our  
persistent resilience and joy  
as we move forward. The  
event includes a lineup of  
speakers, performers, and  
you! It is open to the public,  
kid-friendly, and free.

Register at <https://app.smart-sheet.com/b/form/e90cb-ca9e1314cb0bede14bd65d-331bb>



## Movie corner

# 'Toy Story 4' shining light

By HOWARD MCQUITTER II  
[oldschoolmovies.wordpress.com](http://oldschoolmovies.wordpress.com)  
[howardmcquitter68@gmail.com](mailto:howardmcquitter68@gmail.com)

"Toy Story 4" (2019)  
 \* \* \* \* 1 / 2  
 Disney/Pixar Animation/Adventure/Comedy



What's makes the "Toy Story" installments so wonderful is the characters are in many ways we can relate to.

In the fourth franchise – "Toy Story 4" – is more intriguing than

almost any other movie franchise, e.g. "Godfather," lucky to have a good sequel, but more than likely to plummet with the third installment let lone a fourth installment.

Even with the debut direction of Josh Cooley taking from the previous directors of "Toy Story 1,2,3 – John Lasseter (1,2), Ash Brannon (2) and Lee Unkrich, respectively, the project is Pixar's shining light.

One might wonder why there's a "Toy Story 4" to begin with, after all, didn't the others provide what's needed?

One reason is to add a new character(s) such as Forky (Tony Hale), a new toy, owned by a new



character Bonnie, a toddler, as well as her making. Bonnie is going through anxiety (as to be expected) because she's been told by her parents – equally anxious that she's going to kindergarden for the first time. Meanwhile, Woody (Tom Hanks) who use to be Andy's toy as Andy has grown out of toys, therefore, Woody is acquired by Bonnie

who favors Forky. Forky, made out of cutley, pipe cleaners and goggly eyes, is always ready to jump into the dustbin thinking he's trash.

A welcome surprise to reenter "Toy Story 4" is Bo Peep (Annie Potts) who last appears in "Toy Story 2." She has her lovely sheep – Billy, Goat and "Gruff" – Woody says, "They have names?" She laughs saying, "You never asked." On a camping trip the toys are hauled into the backseat and Woody and Forky in an accident are thrust out of the van bring walking trying to find the others. They see Granny's antique store, entering it running into some louche characters.

What's here as in all the "Toy Story" series is what should be a lesson to all of us – cherish close friendships, have concern for lost ones, and aggressive attempts to

reclaim the missing or those in danger. A catharsis is here in "Toy Story 4," as in the others, for all of us.

Cast: Tom Hanks (Woody), Tim Allen (Buzz Lightyear), Annie Potts (Bo Peep), Madeleine McGraw (Bonnie), Michael Key (Ducky), Jordan Peele (Bunny), Ally Maki (Giggle McDimples), Jay Herndricks (Bonnie's Dad), Lori Alan (Bonnie's Mom), Joan Cusack (Jessie), Bonnie Hunt (Dolly), Kristen Schaal (Trixie), Wallace Shawn (Rex), John Ratzenberger (Hamm), Blake Clark (Slinky Dog), Don Rickles (Mr. Potato Head), Jeff Garlin (Buttercup), Estelle Harris (Mrs. Potato Head), Jodie Benson (Barbie). (G) Director: Josh Cooley.

Running time: 90 minutes.

Written by Andrew Stanton, Stephany Folsom.

## Peace House community

# Nobody wants to feel like they're nobody

By MIKE HAZARD

David A. De Lampert Jr. has peace on his mind.

"I do a lot to make sure in my soul I don't let nobody steal my peace."

"We are so hard on each other. Nitpicking, always looking for what's wrong and put someone down. People don't know how to forgive."

"When they come here, I come here (to the Peace House), I want to see that smile, for just one moment. The roughest cat in the world sitting down there, to see him smile, or her, I want to see that peace on them. Because I know when we go back out there, we go into a jungle, into a world, something where none of us really knows what's up the road."

Maybe you've seen David out and about? He's been living on the streets of Minneapolis for over 30 years. A veteran, he survives on disability checks and through gratuities people offer him. He spends his days inviting people to sign his coat with a permanent marker. When they sign, they will often give him a dollar or two "to help me keep going."

"Personally, I feel this is the richest thing you got going for yourself, is your name," David says. "And as we fight in this world to obtain something for ourselves and to be somebody, nobody wants to feel like they're nobody no matter who it is, I encourage people to believe in my travels that we are somebody."

"Everybody is somebody. Irregardless of whether you are an addict, alcoholic, or whatever, whatever your vice is in life. I happen to believe personally you can be at peace with yourself."

David is one of the people profiled in John Nolter's profound project, A Peace of My Mind. These statements of David's are transcribed from John's podcast.

Like many, Julie Knopp has been moved by David, who is also known as Pops. "I consider Pops one of my greatest spiritual mentors," she writes. "Calling himself 'a bearer of good news,' Pops has been homeless for over 30 years and earns astounding wages collecting gratuities from pass-



BY MIKE HAZARD

David A. De Lampert Jr. is working to bring peace to other each day.

ersby on the street as he invites them to sign his clothing. Over the past decade, he has filled up almost 500 coats, shirts, hats, and umbrellas with signatures.

"While it started out as a way to survive, Pops now calls this his ministry. Through this practice, he makes each passerby feel truly special. Without judgment, Pops listens to their stories in a way that makes them feel worthy of being heard. His ministry has taught me to never doubt the worth of any human being or their story."

"One thing I love about coming here (to Peace House) is I

like to say I have met my family universally all over the world," says David.

*This picture story is by Mike Hazard. It is part of a project called Peace House People. The project is funded by an Artist Initiative grant from the Minnesota State Arts Board. This activity is made possible by the voters of Minnesota through a grant from the Minnesota State Arts Board, thanks to a legislative appropriation by the Minnesota State Legislature; and by a grant from the National Endowment for the Arts.*

## Hobbes in the House

# Decent job on 'Roaches'

By DWIGHT HOBBS

What is a more repulsive household nuisance than the cockroach? On top of which, these nasty insects infest everywhere, into everything and are hell to get rid of.

Samuel J. Kapelac's suspense "Roaches" (Xlibris Corporation) takes things a fresh-crawling step further.

Imagine this scuttling, hard-to-kill pest as something much more serious than an annoyance. As a threat to human life. A creature whose venomous bite kills. Within a few hours. Wielded by a deranged misanthrope with an imagined axe to grind, hell-bent on homicide.

The author relates, "Once in the confines of the basement he unlatched a cage that contained the deadly 'spracata cucaracha'. With a pair of long forceps he picked up from a nearby counter, he placed two of the cockroaches into the small case and snapped it shut. He muttered some nonsense under his breath and proceeded upstairs. To most people John Harper appeared to be a stable man. He was an educated, neat, congenial, well-dressed man. A pillar of stability. On the inside he was a mad man." Indeed, a 24-karat candidate for the funny farm.

Admirably ambitious, Roaches marks a viable if ultimately serviceable debut by this Minneapolis businessman trying his hand at writing.

Kapelac, vital to the craft, strikes the reader's interest at the outset and sustains it an even clip, unfolding the story at a measured pace, sustaining a gradual build. He draws distinct characters, has a good touch with imagery.

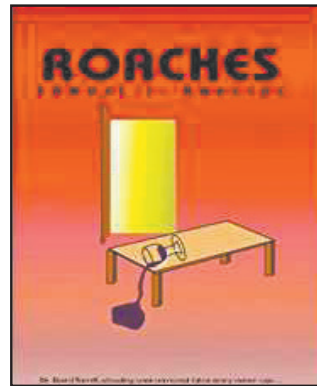
Jill, wholesome enough to have

stepped out of Norman Rockwell painting, is smart with a pleasant disposition, perceptive and, true to her scientific calling, curious as a cat. She also frustrated, holding a freshly minted Masters in Entomology with nowhere professional to hang it on the wall. So, she settles for a job as a secretary at a bank. Ironically, it gets her much closer to bug research than she ever bargained for when she winds up working for Harper. Before long, her oddball boss turns out to be of more consequence than just some eccentric.

Following up on a few hunches, before she knows it Jill following up, is before she knows it, up to her neck-deep in danger she was too busy looking for to see coming.

The proof of any story is whether you care about the characters and are invested in the central conflict. Accordingly, Roaches passes muster. And, in fact, would work well as, say, a SyFy television movie. Especially with the obligatory love interest and the formulaic arrival of a private eye to help get the goods on this madman. However, it would've strongly benefited from some basic editing. First to economize the wordiness. And to correctly format the characters' conversations – when one speaks, the rule is to indent for a new paragraph. So that congested word flow doesn't clutter the page. Dialogue Writing 101. The tone is stiff, pedestrian, the romantic goings on sophomoric to the point of being clumsy.

Samuel J. Kapelac does a decent job his first time out. Imaginably, a bit of experience under his belt, he'll do better a second time around.



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# VENTURA VILLAGE NEIGHBORHOOD

AUGUST '19 NEWS

August is a busy month with a variety of different activities. Here are some of the events happening:

Visit our booth at **Franklin-Open Streets** on August 25th from 11 AM-5 PM. The event will take place along E. Franklin Ave. and will span the distance from Portland Ave. to 27th Ave. S. Ventura Village's booth will be at 13th and E. Franklin.

Open Streets Minneapolis is a free event series that opens city streets to folks biking, walking, and rolling. These events are hosted by Our Streets Minneapolis, a local nonprofit organization, in partnership with the City of Minneapolis. Open Streets began in 2011 on Lyndale Ave. S. In 2018, 93,000 people came to seven Open Streets Minneapolis events spanning 16.6 miles of streets in Minneapolis

Open Streets Minneapolis aims to fill the street primarily with businesses and organizations local to the event. Ventura Village is happy to be participating for another year.

\*The information for this article was taken from the Open Streets Minneapolis website.



Waite House will be hosting the **Phillips Neighborhood Health Fair**, Wednesday, August 14, from 10 AM to 2 PM. The event is a unique opportunity to connect community members and a variety of organizations with the intent of improving the health and wellbeing of residents in our neighborhood. The health fair will be on the 13th Ave side of the Phillips Community Center and will include a free picnic, free health screenings, and a variety of other activities. KRSM will broadcast outside.

Pillsbury United Communities Waite House has an innovative work readiness program called **Youth Pathways**. The main focus of Youth Pathways is to support young people with their career aspirations. The program takes a very holistic approach to youth employment and training. We work with young adults between the ages of 18 through 24; offering free college and career counseling, job application help, and even paid internships at Waite House. For more information contact Autumn McDowell at 612-455-0385 or email at AutumnM@pillsburyunited.org.



**VENTURA VILLAGE IS SEEKING TO CONTRACT VARIOUS ADMIN** services for approximately 26 hours monthly from somebody who referably lives and/or works in our neighborhood. Familiarity with Ventura Village and how our neighborhood organization operates is a strong qualification and preference. Experience handling administrative duties is a must, with skills in taking minutes of meetings and preparing mailings, agendas, fliers and handling public address equipment are desired. Training will be provided as needed to fill in any skills that are not fully available.

If you are interested in applying for this position, you may submit your letter of interest and a resume to Ventura Village, 2323 11th Avenue South, Minneapolis, MN 55404. Any questions can be directed to Thormary@hotmail.com.

**National Night Out** will be on Tuesday, August 6. The website minneapolismn.gov will have a listing of all the locations the week before.

Our neighborhood's only farmer's market, **The Four Sisters Market**, meets every Thursday from 11 AM to 3 PM at the Pow Wow Grounds Coffee Shop, 15th and E Franklin.

**FOUR SISTERS FARMERS MARKET**

**2019 MARKET DATES**

June 6th-Sept. 26th  
Thursdays 11am-3pm

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Contact Elizabeth Day if you have any questions: eday@nacdi.org

**NACDI**  
Native American Community Development Institute

**UPCOMING VENTURA VILLAGE MEETINGS:** Please note there is no general membership meeting in august

- Wednesday, September 11th: Board of Directors Meeting: 6 pm
- Wednesday, September 11th: General Membership Meeting: 7 pm
- Tuesday, August 27th: Community Engagement Committee: 6 pm
- Tuesday, August 27th: Wellness, Gardening & Greening Committee: 7 pm
- Thursday, August 29th: Housing & Land Committee: 5:30 pm
- Thursday, August 29th: Crime & Safety Committee : 6:30 pm

ALL RESIDENTS ARE WELCOME TO PARTICIPATE: VISITORS WELCOME TO ATTEND!

Ventura Village is located upstairs in the Phillips Community Center at 2323-11th Avenue South • Minneapolis • 612-874-9070

*Prepared for and paid by Ventura Village*





PHOTOS SUBMITTED

Mark your calendar for Monday, Aug. 19. St. Paul's Church (19th and Portland) is hosting a parking lot event for the community from 10 a.m. until 10 p.m., featuring: lunch and dinner meals, live music featuring The Rotators, kids activities and games, face painting, and prayer station. There will be free shoes from Good in the 'Hood shoe bus. Join in on the community clean-up to pick up trash in a three-block area. For more information, call the church office at 612-874-0133.

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Child and Teen  
Checkups



The Hennepin County Child and Teen Checkups (C&TC) program is free for children, teens, and young adults 20 and younger who are on Medical Assistance, including young parents.

## Old is new again

Visible Mending with Maddy Bartsch will be offered on Saturday, Aug. 3, 9 a.m. - 12 p.m. at the American Swedish Institute. Old is new in this class, where you will learn how your stitches can add design elements to (or extend the life of) well-loved garments. Bring a piece of clothing and learn the techniques of visible mending from Maddy Bartsch of Three Rivers Fibershed. Open to students age 13+. \$45 ASI members / \$55 non-members, plus an additional \$10 materials fee.

## Diabetic group

Your Turn is a free diabetic support group meeting every Thursday Morning at 10 a.m. at Waite House in the Phillips Community Center building, 24th St. S. and 12th Ave.

All people living with diabetes are welcome to join to discuss and share the challenges encountered managing diabetes.

## Low cost swim lessons offered

Low-cost swimming lessons are part of the Water and Ice Safety Education (WISE) program launched by the Hennepin County Sheriff's Office (HCSO) and take place throughout the summer at a variety of MPRB lakes and pools and year-round at the Phillips Aquatics Center.

For Minneapolis youth who qualify, a series of eight lessons with a scholarship is just \$5, versus the typical \$50 cost; scholarships are available on a first-come, first-served basis.

In addition to standard swimming lessons, WISE scholarships are available to individuals interested in women's-only swimming lessons and lifeguard training classes.

For more information on MPRB swim lessons and scholarships, email [aquatics@minneapolis.org](mailto:aquatics@minneapolis.org) or call 612-230-6495.

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Night Out**

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neighbors while  
having fun!"**

**Tuesday Aug. 6 2019  
5-8 PM @**

American Swedish Institute Park-  
ing Lot 2600 Park Ave. & 27th St.  
from Park to Oakland Avenues!

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• **Popcorn, 100%  
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MN Adult & Teen Challenge  
Choir, Rene Studio Salsa  
Dancers, Mi Tierra Mariachi  
Band, DJ, 2 Clowns, Bal-  
loon Animals and a Rap and  
Dance Contest hosted by  
Minneapolis Mad Dads, top  
3 win Gift Cards up to \$100  
(No Cussing Allowed)!

**Lots of fun Information tables with Community  
Resources and Free Giveaways!**

For more information or to get involved, contact  
Crystal Windschitl at 612-879-5383 or email her at [pwno2005@yahoo.com](mailto:pwno2005@yahoo.com)

To stay current on neighborhood issues and events please Like the Phillips West Neighborhood Organization fan  
page on Facebook or Check out our Website at [www.phillipswest.info](http://www.phillipswest.info)



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## OPINION & COMMENTARY

### Raise Your Voice

## Shane is his name

By PETER MOLENAAR

Once a month, 15 copies of the Alley are delivered to Little Earth Neighborhood Early Learning Center at 2438 18th Ave. S. While delivering the July issue, I witnessed Native children joyfully play with children of all races under multi-ethnic supervision. Thoughtful people, our community nurtures a beautiful example to the world.

However, an opioid crisis among the destitute penetrates. It is a crisis which began long ago.

In the period of 1842-44, Fred Engels, first son of an industrial capitalist, wrote the book entitled: "The Condition of the Working-Class of England." This was the book which convinced a man named Karl Marx that the working-class would be the agent of history's final revolution.

This 'proletariat' was derived from displaced peasants, a people who had worked parcels of the Lord's land for centuries, forced off to satisfy the new industrial demand for wool. Sheep replaced people. In the modern world, for empathy's sake, imagine the Palestinians' horror as Israeli bulldozers smashed the ancestral groves of olive and orange trees.

The historically traumatized people who formed the proletariat shed from their ranks a 'lumpen proletariat.' The "lumpen" are a declassified strata which became widespread with the advent of capitalism. Hey, 20 years ago, I was running "crack-heads" out of the 17th Ave. Community Garden. Now, I am deeply involved with the Community Peace Garden at the junction of Hwy. 94 and Cedar



Ave. In recent weeks, this five-acre paradise (founded by Korean immigrants) has seen the accumulation of syringes on our side of the fence.

Who profits from the mass production of needles? For that matter, who profits from the mass production of the automatic guns wielded by terrorists?

Community Peace Garden...

Just outside the north fence, a mixed-race group of guys was "shooting up." I decided to call the police. Surprisingly, on their arrival, they entered the gate to engage me. "We only conduct welfare checks," I was told. Words were exchanged regarding all the bad press the police have suffered. "I get 80 of these calls a day," one officer declared. Then, the two of them did nothing, but walk away. Serve the people, please!

Next scene, Shane enters:

A five-foot high chain link fence is not adequate. Similar fences surround separate plots, hopefully to fend off rabbits (and support tomatoes). Gate open, I was pulling weeds, when a young man stepped in. "Ho Wah!" Quickly sizing the situation: he was scrawny with crooked teeth and stoned. Abruptly, he snatched some chives and commenced munching. In return, I offered, "Tastes sort of like onions."

"What's your name?" "Shane is my name." "You are a Native man, what's your tribal affiliation?" "Ojibwe." "What 'res' do you identify with?" "Grand Portage." At which point he begged me to teach him how to grow things.

After the fall of capitalism, the alienation of such outcasts will cease to exist. Before parting, Shane and I bumped fists.

### Frank reflection

## What is war?

By FRANK ERICKSON

Just to clear up any confusion, I always put quotation marks around "war" when writing about it.

Quotation marks were not used on the "Iraq War" reference in my May issue Commentary in The Alley Newspaper May. That was a accidental editing omission. Nonetheless, I want to emphasize that I see "war" as not being accessible to humans since humans have claimed to be civilized.

Apparently people think they can float back and forth between the animal and civilized worlds. This is not possible. You either have laws to govern civilized society or you don't. You can't conveniently step outside your laws and "war."

The "Iraq War" was the same as the Holocaust. This is not an anti-"war" approach. I am not an anti-"war" activist because it is

counterproductive. This is a scientific approach based on physical science.

It was physically impossible for Nazi aggressors to get "in war" with Jews and be free to kill them whether Jews took up arms or not. The same is true for 2003 and the "Iraq War." It was physically impossible for a "war" aggressor like the U.S. to attack people that were not attacking the U.S. and get them into "war" with the U.S. The "Iraq War" and the Holocaust were similar in that definition.

It is also important to point out that the quote from "Black Alliance for Peace" in the May issue as a sidebar to my Commentary was not my idea, but added by the Editor. Thus, I cannot take credit for it. It makes me look too smart. I had not seen it before. I like it and it went well with my point on Venezuela.



### Letter to the community

## Don't go down the path of ugliness

I am a former 13-year resident of Phillips, during which time I was an activist and sometime-contributor to the Alley. When I saw "The Rand Report" I thought: Another interesting column. On reading further, I was saddened. The piece is a classic rant, full of angry statements backed up by unsubstantiated or non-existent evidence. (Sound familiar these days?)

For example: "The Irish, as indentured servants, were worked to death with greater frequency than [African] slaves." Since at

the time, Africans were counted as 4/5 of a person, it would be hard to calculate this even if there were any figures.

I have all good feeling for Irish people and Irish culture, and know they were badly mistreated by people who had immigrated to America before them, but were there any Irish chattel slaves (meaning that they and their offspring were property of the master)?

Any Irish-aimed Jim Crow laws? Any laws written to discriminate against the Irish in banking, housing, etc. even in the North

and right up to the present? Today, I and Mr. Retteroth are recipients of white privilege, whether we are conscious of it or not.

Having been out of Phillips for 11 years, I neither know nor care about his apparent feud with Alondra Cano. I do know a hate-spewing rant when I see one. I hope this is a one-shot piece and not a regular feature of this newspaper. It would take us down a path where ugliness lurks in plain sight.

Jane Thomson

### The Rand Report

## Join neighborhood board

By RAND RETTERATH

I invite all of you to participate in your neighborhood organizations. For me it is Midtown Phillips Neighborhood Association Inc. Others in the area include East Phillips Improvement Coalition (EPIC), Phillips West Neighborhood Organization (PWNO), Ventura Village, and Central Area Neighborhood Development Organization (CANDO).

MPNAI is a volunteer-based community organization advocating for a vibrant, safe, and healthy neighborhood.

MPNAI partners with 7 local neighborhood non-profits to implement a variety of projects

We also partner with CANDO, EPIC and PWNO.



Our annual events include Phillips Clean Sweep, National Night Out, Midtown Festival at Open Streets, and an Annual Community Meeting and Dinner.

MPNAI has financially supported KRSM Radio, MadDads, New American Youth Soccer Club, Somali TV, St Paul Arts, Phillips Aquatics Center and others.

Currently, we are working on a traffic flow analysis.

MPNAI has partnered with the Center for Energy and Environment Lending to help finance home improvement projects.

Volunteers have partnered with authorities to maintain outreach efforts aimed at homelessness and sex workers.

We have advocated against the Powderhorn Park Neighborhood Association incursion into Midtown Phillips, Phillips West and East Phillips.

We have advocated for continu-

ation of the community funding of neighborhood organizations with others all over the city. We have challenged inconsistencies in accountability.

We have worked to protect our most fundamental right, the right of free speech.

We have advocated for better metrics in the 911 calls.

We form community through social and community efforts.

We need community members who have experience to guide us through the hostile politics. We need people to develop the knowledge and resources to know who to contact, when and how. We need an aggregation of experience to address evolving issues.

We need notification and the ability to provide feedback to decision makers.

We need dialogue. We need champions to advocate on our behalf. We need to emergency preparedness, and finally we need to defend neighborhoods and people against the false narratives lodged against so many in Midtown.





# BACKYARD COMMUNITY HEALTH HUB

Midtown Global Market, 920 E. Lake St., Minneapolis MN 55407

BackyardHealthHub@culturalwellnesscenter.org  
612-353-6211 | www.culturalwellnesscenter.org

Call Monday to Friday, 10 a.m. to 6 p.m. for more info and to find out how to get involved!



Like us on Facebook

To initiate the summer season, the Backyard Community Health Hub, co-hosted a

# Bike Safety Event

as part of Neighborhood Night at the Midtown Global Market. The Minneapolis Police Department gave away 2 bikes, presented by the MPD Bike Cops, who also provided bike safety tips. The Minnesota Brain Injury Alliance gave away bike helmets. Anthony Taylor kicked off the summer with the first Slow Roll of the season





## It's August – the BIG CHALLENGE

**Continues!!!**

Community organizations and residents – Bring your co-workers and friends and join together to make healthy life choices, build morale and meet the CHALLENGE! WIN individual or organizational prizes and recognition for:

- BIGGEST LOSER !!! • MOST STEPS!!! • MOST FITNESS HOURS ....and more!



### GUIDE TO CALENDAR:

1. **WALK ANYTIME MGM & GREENWAY** – 10am to 6 pm. CHECK IN with staff of the Backyard Community Health Hub to help us keep track of your participation.
2. **MONDAY activity** – held in the Midtown Global Market's Conference Room on the lower level
3. 1st and the 3rd **THURSDAY** activities – located in the center area of the Midtown Global Market.
4. **WEDNESDAY and SATURDAY** activities – located inside of the Allina Conference Room.
5. Craniosacral on Wednesdays by appointment only-612-353-6211.

Backyard Community Health Hub AUGUST 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Engage, Connect and Participate... our work unleashes the power of citizens to heal themselves and build community -----Join us at the Midtown Global Market			Dinner Dialogue 1 Cardiovascular Health (2DC) 5:30-7:30 - Walk & Step - Massage & Craniosacral	2 *Walk anytime!	3 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm
5 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8	6 *Walk anytime! * Stepping into Wellness - with J Most 5:30-7:30	7 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Craniosacral by appointment	8 *Walk anytime!	9 *Walk anytime!	10 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm
12 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8	13 *Walk anytime!	14 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Craniosacral by appointment	Dinner Dialogue 15 Cardiovascular Health (2DC) 5:30-7:30 - Walk & Step - Massage & Craniosacral	16 *Walk anytime!	17 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm
19 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8	20 *Walk anytime! * Stepping into Wellness - with J Most 5:30-7:30	21 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Craniosacral by appointment	22 *Walk anytime!	23 *Walk anytime!	24 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm
26 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Zumba 7-8	27 *Walk anytime!	28 *Walk anytime! *Breathe 5-6pm *Yoga 6-7 * Craniosacral by appointment	29 *Walk anytime!	30 *Walk anytime!	31 *Yoga 2-3 * Zumba 3-4 *Breathe & Sound Therapy 4-6pm