

CONNECTING



Beat@MIAC | EM | P7



P9



Porch | MH | P11



Dwali|MGM | P13



Depot | BP | P5



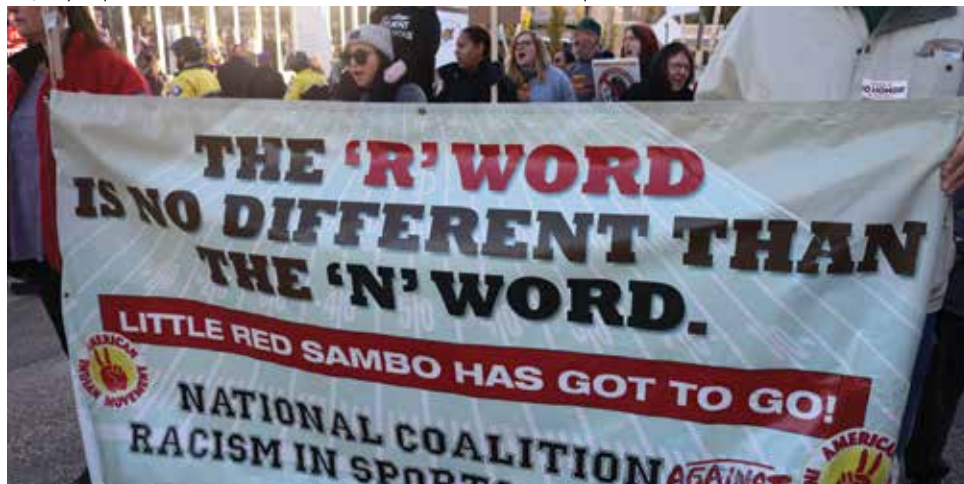
Diahann | P14



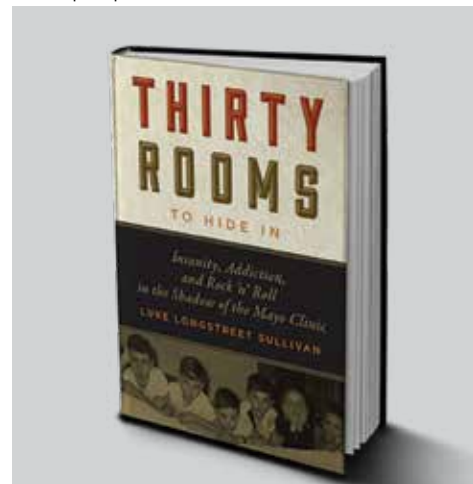
I-Food | EM | P7



Tales | TM | P3



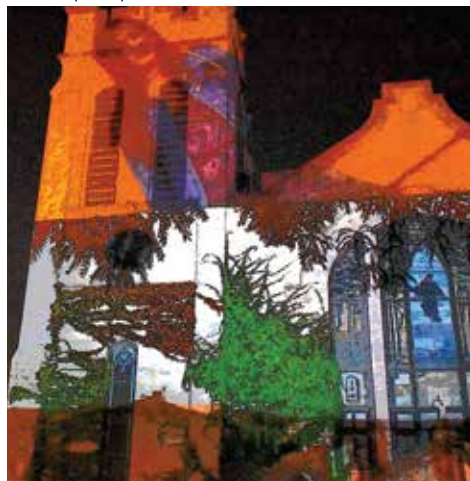
R Word | FPP | P4



Luke Longstreet Sullivan | P4



Scalp! | FPP | P5



Peace | CH-B | P12



Joker | P14



Wellness | P16



Transit | P2



Clean Sweep | P10



The Alley
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Mpls., MN 55407
612-990-4022
copydesk@alleynews.org
www.alleynews.org
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Alley Communications,
a 501C-3, Not-for-Profit Corp.
publishes The Alley Newspaper
and other media.

*"When the great newspapers
don't say much, see what the
little independent ones say."*
– Wendell Phillips (1811-1884)

**Donations: needed, welcome,
and Tax Deductible.**

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Alley Editorial Leadership
Committee, Default Engagement
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Luke Longstreet Sullivan,
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Crystal Windshitt

Delivery: To every Phillips house
by Jeff Matson Delivery;
to 170 businesses, places of
worship, institutions in Phillips
and adjacent neighborhoods by
Peter Molenaar

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Thorbjorn Adam, Steve Dreyer,
Lee Leichentritt,
Frances Mendenhall,
Gabriel Pass, Steve Sandberg

Monthly Board: 6:30 PM
**1st Thursday at Ventura Village
Meeting Room.**

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ELC and Harvey Winje

ads@alleynews.org
612-990-4022

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

Dec/Jan Deadline
December 1st



Phillips West Neighborhood
Events: www.phillipswest.info

BY CRYSTAL WINDSCHITL
Thursday, November 7th, 6-7 PM
**Phillips West Monthly
Community Meeting!**

Join your neighbors and other
Community Partners for updates
from Local City Government
and Minneapolis Police! Meeting
will take place at the Center for
Changing Lives Building in the
Centrum Room (2400 Park
Avenue). Free parking is avail-
able in the rear of building off of
Oakland Avenue. Free Jakeeno's
Pizza Dinner will be provided! If
you would like more information
or would like to get involved in
the neighborhood please contact
Crystal at 612-879-5383 or email
her at pwno2005@yahoo.com

THE ALLEY NEWSPAPER IS A MEMBER OF



CHARITY IS GOOD, CHANGE IS BETTER



Transit
**'Tis the
Season –
For New
Projects!**

BY JOHN CHARLES WILSON

If you go to the Mall of
America by bus or light rail, you
either know or soon will know
that the new Mall of America
Transit Center is now open. A
Grand Opening celebration will
be held in November 2019. Check
<https://www.metrotransit.org> for
more details.

In other news, Metro Transit is
holding public forums to discuss
plans for connecting bus service

to the new Orange Line which will
run on I-35W starting in 2021.

These forums will be held:

Wednesday, November 6
4:00-6:00 PM

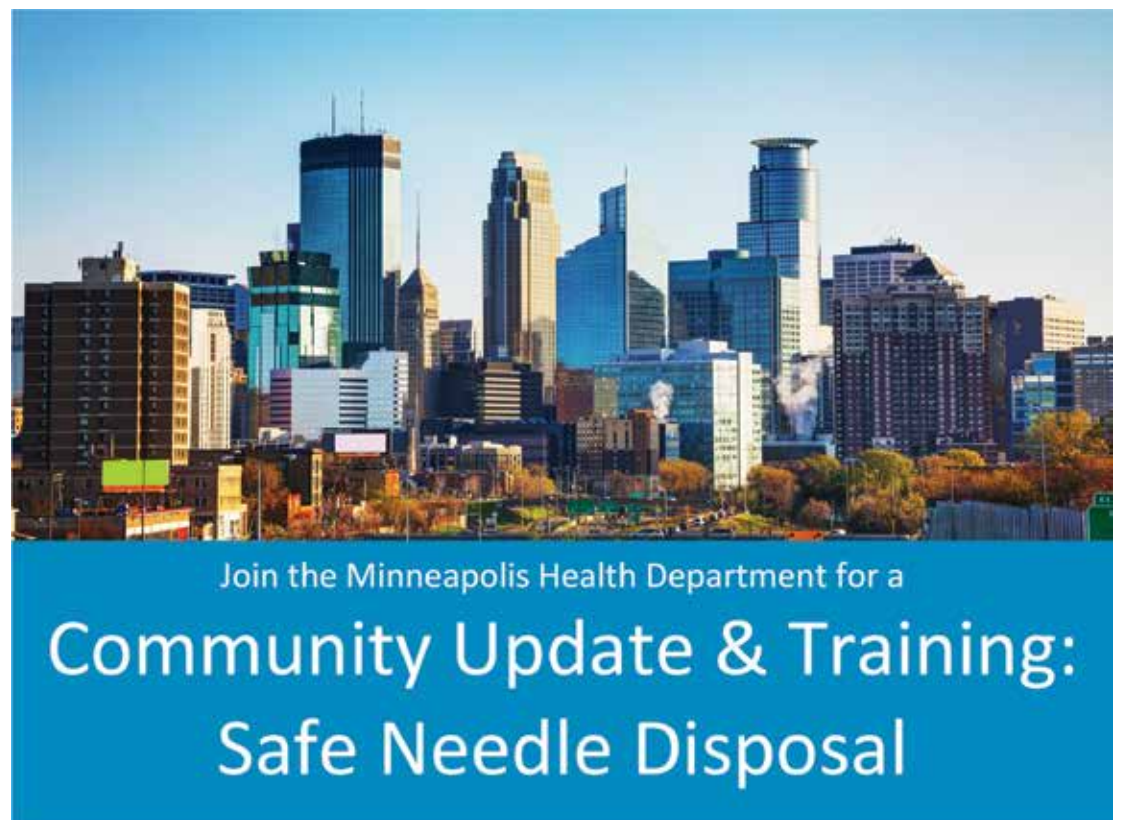
Woodlake Nature Center
6710 Lake Shore Dr. S.,
Richfield, near bus lines 4,
515, and 558.

Thursday, November 7
4:00-6:00 PM
**Martin Luther King Recreation
Center**
4055 Nicollet Ave., Minneapolis,
on bus line 18.

Thursday, November 14
4:30-6:30 PM
**Volunteers Enlisted to Assist
People (VEAP)**
9600 Aldrich Ave. S.,
Bloomington, near bus lines
18 and 535.

Please consider coming to one of
these forums if you have the time
and interest.

A friend of mine recently
asked if Metro Transit has regu-
lar public meetings. The answer
is complex. Metro Transit itself
is a service provided by the
Metropolitan Council; it is not
in and of itself a political entity.
(Historically, it was, when it was
called the Metropolitan Transit
Commission, but it was absorbed



Join the Minneapolis Health Department for a

**Community Update & Training:
Safe Needle Disposal**

Saturday, November 2nd

10:00 a.m. – 12:00 p.m.

Sabathani Community Center Gym – 310 E 38th St.

Attend this community event to learn what the City of Minneapolis is doing in
response to the opioid epidemic, specifically addressing the syringe litter. This event
will include updates from the Minneapolis Health Department and a training
provided by Industrial Hygiene Services Corporation (IHSC) on safe needle disposal.

10:00 a.m.	Welcome from elected officials
10:30 a.m.	Overview from the Health Department
10:50 a.m.	Training on Safe Needle Collection from IHSC
11:30 a.m.	Closing and Next Steps from the Health Department



For reasonable accommodations or alternative formats please contact (add your information here including: department, contact person, phone and email).
People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users can call 612-673-2157 or 612-673-2626.
Para asistencia 612-673-2700, Yogi xav tau kev pab, hu 612-673-2800, Hadlii aad Caawimaad u baahantahay 612-673-3500.

by the Metropolitan Council in the
mid-1990s.) The Metro Council
itself has two full meetings
per month, on the 2nd and 4th
Wednesdays at 4:00 PM. The
Transportation Committee, which
is the most direct overseer of

Metro Transit, also meets twice
per month, on the 2nd and 4th
Mondays, also at 4PM. These
meetings are open to the pub-
lic though not advertised and
very few people go. Maybe you
should!

IMPORTANT COMMUNITY MEETING!!!

Tuesday, November 19th
Stewart Park, 6:30-8pm

Presentation on a development proposal
for 2833-2837 14th Avenue South

An investor, Clinton Rooney, Paramount Residential Mortgage
Group, is proposing to develop 3 lots which have been held for by
the neighborhood for affordable housing.

COME AND SHARE YOUR VOICE ABOUT THIS PROPOSAL!!!



MIDTOWN PHILLIPS
NEIGHBORHOOD ASSOCIATION INC
www.midtownphillips.org | 763.310.4760 | [midtownphillipsminneapolis](https://www.facebook.com/midtownphillipsminneapolis)



Unregulated, ill-equipped, unfunded “Baby Farms” filled a void for poor women



Mary Briggs, dies after 21 days of life

Mary Briggs was only 21 days old when she died from diphtheria on February 13, 1916. As tiny as she was, her death had long-lasting consequences for the City of Minneapolis, especially for babies born to mothers living in poverty.

Mary died at 3614 Grand Avenue in what was known as a “baby farm,” a privately owned boardinghouse for unmarried women and their babies. In addition to providing homes for “erring mothers” and “incorrigible girls” who were waiting to give birth, some baby farms served as adoption agencies. One woman advertised her business as a “private home for ladies before and through confinement.” She also advertised babies who were available for adoption—“Two pretty baby girls and a boy.” A few farms cared for children whose parents (usually mothers) had no one to care for their child while they worked.

The city had a number of ordinances that were intended to ensure the quality of care that the babies received but provided little in the way of resources, so inspections were rare and enforcement of existing laws was virtually nonexistent.

75+ Baby Farm babies buried at Lake & Cedar Cemetery

Mary was one of more than 75 babies buried in the cemetery who died at addresses that were known to be baby farms. The first that we can identify from cemetery records was May

Coffin who died on February 26, 1895, more than 20 years before Mary Briggs. And May was only one of 31 children who died at the baby farm located at 1432 5th Street Northeast. The owner was Hannah Lund who was well known to police and social services in Minneapolis but who nevertheless managed to stay in business. No matter how appalling the care provided by the baby farms, the need for the services that they provided was great, especially by young women with little money and nowhere else to go.

Mary’s death is catalyst for modest reform

Two days after Mary’s death, the Humane Society (the city’s department of social services) announced that Miss Caroline Forster, one of their staff, was being assigned to the City Health Department to monitor the conditions in what the city estimated to be 20 baby farms. Each newly admitted or recently born child would need to be registered and given a physical. Adoptions and transfers had to be recorded. Although inspections were rare, owners sometimes got word that an inspector was on his way and this comprehensive system of record keeping was intended to prevent the owners of baby farms from shifting babies around “whenever trouble [seemed] to be in the air.”

“The need would not go away!”

Miss Forster absolved everyone involved in Mary’s care with any responsibility for her death. The Health Department, City Hospital officials, and Miss Kaufmann, the proprietor of the baby farm, were not to be blamed. Miss Forster said: “As baby farms go, Miss Kaufmann’s place is as good as the rest.” She admitted, however, that Kaufmann’s

business should not have been granted a license because “... it is not adequately equipped to cope with such an emergency as the one now existing.” Forster added that it was unlikely that any of the baby farms in the city were adequately prepared to take care of seriously ill children but that if the city pulled all of their licenses, “wildcat farms,” operating under even worse conditions, would open for business. The need would not go away.

Change did not occur immediately following Mary’s death but before the year was out 300 babies were being cared for in 13 licensed facilities. There were seven private maternity hospitals, where women could receive pre- and postnatal care, that were subject to the same regulations as other hospitals. The Humane Society opened a new department, the Children’s Protection Society, which focused specifically on the needs of the city’s children. In the month of November 1916 the department’s staff made 30 inspections.

Although Miss Kaufmann was initially absolved of any responsibility for Mary’s death, it wasn’t long before Miss Kaufmann’s name was in the news again. On May 10th, Kaufmann was denied a license to operate a second baby farm at 3108 17th Avenue South, an address where seven infants had died earlier. The reason given for denying Kaufmann’s license was her careless handling of a number of diphtheria cases at 3614 Grand. One of those cases was baby Mary Briggs.

At [alleynews.org Archives/November 2006](#) you may also read: “Dr” Oftedahl Abandoned Infants at Cody Hospital Baby Farm.



TIM MCCALL



3440 BLOOMINGTON AVE.
POWDERHORN PARK
MINNEAPOLIS
M-F 6:30-6
SAT 7-5 • SUN 7:30-5
729-5627

ORGANIC &
FAIR TRADE COFFEE

FREE Wireless Internet

Advertise in The Alley Newspaper and Reach people in the FOUR neighborhoods of the Phillips Community and simultaneously support community journalism.



28 NOVEMBER

Marie Sandvik Center
Thursday, November 23, 2017
FREE! Wonderful food, great music. Come as you are.

11~1 AM PM

At 11th and Franklin, Marie Sandvik Center, a Christ-centered mission, exists to meet spiritual and physical needs of anyone.

ALL ARE WELCOME!

FOR CHILDREN: Kids' Ministry
Saturdays - 10a-12p - Kids in K-8th grades are welcome to attend. Hot meal, Christian discipship, fun activities, new friends and rideprovided. (Call for more info)

FOR ADULTS: After a chapel service, guests may receive a hot meal, clothing, hygiene products and a blanket. (See schedule on right.)

Sunday nights
4:30pm Bible study
6pm Chapel
7pm Meal, men's clothes

Tuesday nights
5:30pm Set Free (12 Step)
7pm Chapel
8pm Meal, women's clothes

Friday nights
3:30pm Christian movies
5:30pm Bible study
7pm Chapel
8pm Meal, men's clothes

Thursday afternoons
12pm Quilt & layette sign-ups
Christian movie
Child care for those in attendance

*1pm Ladies' Day Chapel
2pm Meal, women's, infants' & Children's clothing
(*Guests must arrive by time noted)

1112 East Franklin Avenue, Minneapolis, MN 55404
612-870-9617 [www.MarieSandvikCenter.org](#)

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ACE**

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2201 East Franklin
2438 Bloomington

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612-729-3526

Thank you

44
Years of
advertising!

Book Review

Thirty Rooms to Hide In: Insanity, Addiction and Rock ‘n’ Roll in the Shadow of the Mayo Clinic

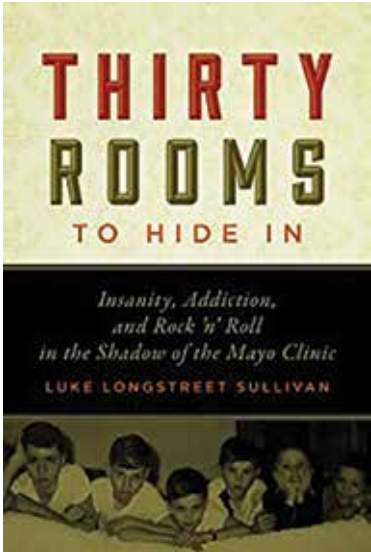
BY DWIGHT HOBBS

Luke Longstreet Sullivan’s memoir, *Thirty Rooms to Hide In: Insanity, Addiction and Rock ‘n’ Roll in the Shadow of the Mayo Clinic* (University of Minnesota Press), brilliantly written, does not make for particularly pleasant reading. In fact, it’s the kind of the experience, especially being a true story, that, beyond depressing, can make you get up on a grey, drizzling morning, look out the window think about slitting your throat. Sullivan, in this wholly engaging, wryly irreverent, cynically bittersweet account of tragic trials and tribulations, recounts how helplessly he, his five brothers and their mom suffered through years of being ruthlessly abused by dad and husband, a raging drunk whose binges eventually, one might say thankfully, saw him out of their lives and into his grave.

Proof positive that money can’t buy happiness, the family transcends a threadbare existence to live in the luxury of a thirty-room mansion, patriarch Dr. Charles Roger Sullivan ascending to the prestigious, well-paying position of Mayo Clinic surgeon. It’s the late 50s into 60s, before AMA diagnosed alcoholism as a disease, predating AA-inclusive rehab in Hazelton and such institutions, before women even thought of standing up to domestic abuse. Accordingly, all Luke, his broth-

ers and anguished, miserably beset mother and wife Mya could do was take it. And take it. Day after day into night after night. An inexorable erosion of anything near normal lives, as they go from wondering whether something’s wrong, to realizing there’s a problem to their beloved head of the family transforming, degenerating into a monster who scares them half to death.

The opening strikes one as oddly matter of fact for the depiction of a funeral. “We six surviving sons of the doctor have been seated in the pew. ...The people sitting the row behind us can see our shoulders heaving in sobs. ... They hear our sniffing, yes, but at least one...has figured out that our runny noses and shaking shoulders are actually the result of an attack of wild but stifled laughter. ... [Our mother] sits. She is gazing up through her black mantilla at the sunrays pouring through the high stained glass windows. Her lips are moving. Perhaps they think she is praying, but she is not.” By the time you get to the end of the book, you understand the boys’ behavior, fathom their mindset. And wonder what Mya was thinking and feeling. It hits hard, at the end of that chapter, when Sullivan solemnly shares, “As the coffin rolls past, each one of us realizes as if for the first time, ‘My father is in that box. He’s dead. He’s never coming back.’ And our tears of laughter are



replaced with the other kind.”

Thirty Rooms details a hideous family portrait and sordid saga of going through increasingly unspeakable, sheer hell. Sullivan does it with bittersweet wit that at length becomes gallows humor as we understand the stoic character of these kids and this woman that sees them through subjugation by a vicious tyrant. It’s a fascinating read. Richly fascinating. And painfully sad.

Also written by Luke Longstreet Sullivan

Hey Whipple, Squeeze This!

This classic (and very irreverent) bestselling guide to creating great advertising, *Hey Whipple, Squeeze This*, has inspired a generation of ad students, copywriters, and young creatives to make their mark in the industry. Students today need new guidance to ply their craft in the digital world and this updated fifth edition explains how to bring

EDITOR’S NOTE: An Introduction to Luke Longstreet Sullivan and “Thirty Rooms to Hide In”

For about a year, Luke Longstreet Sullivan was the second Editor of *The Alley* beginning in 1977, after graduating from St. Olaf College. He parlayed the passion for advertising that he discovered at the “small neighborhood newspaper”, *The Alley Newspaper*, into jobs with small and large advertising agencies and eventually to his current position as Chair of the Advertising Department at Savannah College of Art and Design in Georgia.

In Luke’s words from his book: “I majored in psychology. But after college I couldn’t find any businesses on Lake Street in Minneapolis that were hiring skinny chain-smokers who could explain the relative virtue of scheduled versus random reinforcement in behaviorist theory. I joined a construction crew.”

“When the opportunity to be an editor/typesetter/ad salesperson for a small neighborhood newspaper came along, I took it at a salary of \$80 every two weeks. (Thinking back, I believe I deserved \$85.) But the idea of sitting at a desk and using words as a career was intoxicating. Of all my duties at the little newspaper, I found that selling ads and putting them together were the most interesting.”*

Luke Longstreet Sullivan is one of hundreds of people who have collected, told, assembled, and passed on stories and information in the pages of *The Alley Newspaper*. They all had unique abilities to hear, to sense, to repeat stories and information.

His book, “Hey Whipple, Squeeze This: The Classic Guide to Creating Ads,” is about much more than advertising as it describes and advises the creative process in any endeavor. It gives ample evidence of the merits of being able to know what any audience wants to hear and how they will be most receptive to hearing any message. Older readers will recall the source of the book’s title as the fictional supermarket manager featured in TV, radio and print ads for Charmin toilet paper in U.S. and Canada for 21 years with various scenarios but typically Whipple would scold customers, “please, don’t squeeze the Charmin!” while hypocritically entertaining such actions himself when he thinks no one will notice.

*“*Hey Whipple, Squeeze This: The Classic Guide to Creating Great Ads*,” Luke Sullivan and Edward Boches, 5th Edition, John Wiley and Sons, 2016, page 11.



brand stories online, in addition to traditional media like television, radio, print, and outdoor. Now in seven languages and used in colleges worldwide, Whipple will help sharpen your writing chops, unleash your creativity, and raise the level of your work whether you’re new to the business or a practicing professional.

“Living it again” needn’t happen; but it is “lived again”

“Living it again” is forced on Indigenous peoples by constant “reminders” of the tragedies of the colonization of the Americas. Protests of this continued inhumanity are also repeated and the occasion pictured here was at U.S. Bank Stadium October 24, 2019 as the Minnesota “Vikings” football team played the Washington D.C. football team.



FIRST PERSON PRODUCTIONS COURTESY OF MIGIZI

“History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again.”
–Maya Angelou

NOT A MASCOT
#notyourmascot

“Cases of genocide carried out as policy may be found in historical documents as well as in the oral histories of Indigenous communities.”

– Roxanne Dunbar-Ortiz, “Indigenous Peoples’ History of the United States”



FIRST PERSON PRODUCTIONS COURTESY OF MIGIZI



The EPIC Report – November 2019

www.eastphillips-epic.com

Phillips Community Clean Sweep a **Litter be GONE** event

Another HUGE Success!!!
Cold and Snow was no match for the Warm Dedication of Phillips Residents

An estimated six hundred neighborhood folks walked all four Phillips' neighborhoods and collected 38,980 pounds of trash and metal, 98 appliances & TVs and 125 tires on the second Saturday of Oct. **An Amazing Achievement! Especially considering the weather.**

So, a Big **THANKS** to All!

The reward for this herculean effort was a free breakfast, free cleaning stuff, a free T-Shirt, free lunch & neighborhood information tables at Stewart Park, AND walking the 'hood with friends and neighbors while making a better and cleaner place for us all.

Phillips Clean Sweep is an annual all-volunteer effort of all four Phillips Neighborhoods and Little Earth. The budget is close to \$10,000 and is raised by small & large contributions from donors like you, all of whom are recognized on the back of the 450 Clean Sweep T-shirts given away each year.



Special Thanks to Solid Waste & Recycling staff & drivers

Save October 10th, 2020 for next year's Phillips Clean Sweep



For your Calendar: *

To get involved in EPIC and East Phillips, Join us at any or all of the meetings below.

EPIC Board of Directors - FIRST Saturday of the month – 11/2/19 & 12/7/19 at 10:00 AM
Board Meetings are at 2433 Bloomington Ave. S.

EPIC General Membership - SECOND Thursday - 11/14/19 & 12/12/19 at 6:30 PM
Meetings are at the East Phillips Park Cultural & Community Center at 2307 17th Ave. S.
Agenda includes Neighborhood Industrial Pollution, Crime Initiatives, and EPIC project updates.

East Phillips Community 17th Ave. Gardeners - SECOND Saturday during the gardening season, normally from April through September. Next meetings are Next Year Saturday, 4/11/2020 & 5/9/2020 at 9:00 AM in the Community Center at 2307 17th Ave. S. Subsequent meetings will be held in the Garden located at 2428 17th Ave. S.

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

The East Phillips Indoor Urban Farm project needs your support!

The project will produce Green jobs and second chance opportunities for community members, affordable family housing, home grown organic food, a coffee shop - world café & gallery for local artisan's work and a bike repair facility on the Greenway – Hope for the 'hood.

This project meets all the goals of the Green Zone and those of the Community. DON'T let the City of Minneapolis Destroy it!

SEND SUPPORT letters to all Council Members & the Mayor. COPY to cpass@runbox.com

Designed and Paid for by East Phillips Improvement Coalition



FIRST PERSON PRODUCTIONS COURTESY OF MIGIZI



FIRST PERSON PRODUCTIONS COURTESY OF MIGIZI



FIRST PERSON PRODUCTIONS COURTESY OF MIGIZI

Mass killings of Indigenous inhabitants of the Continent totaled thousands in every Territory. One, of many reasons, was that Territories wanting statehood had to reduce the number of amounts of Indigenous people to meet the required ratio of Europeans and Indigenous people. Of course, there needed to be proof of death and scalps did that.



FIRST PERSON PRODUCTIONS COURTESY OF MIGIZI



VENTURA VILLAGE NEIGHBORHOOD

NOVEMBER '19 NEWS




work
with
us!



Ventura Village is looking to contract various administrative services for approximately 26 hours monthly from somebody who preferably lives and/or works in the 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 submitted to Thormary@hotmail.com.

November Update from Crime Prevention Specialist Kali Pliego:	Indigenous Peoples' Day Celebration:
<p>I cursed the weather as I dropped my toddler off at daycare this morning. It's early October and there are already snowflakes flying around; temperatures will peak today below 40 degrees. I may not like cold temperatures and snow, but those elements will not be a threat to my physical health or survival. What's striking to me in this season, is that Winter is merely an inconvenience for me but is an actual life-or-death crisis for the unsheltered residents in my (our) community.</p> <p>In the 5 months that I've been a Crime Prevention Specialist serving the Phillips neighborhoods, the topic of homelessness has dominated both my attention and energy. In South Minneapolis, especially East Phillips and Midtown Phillips, residents have impressed me with the ability to hold the tension between concerns for community health and safety, and a compassionate response to neighbors experiencing homelessness. As the Summer suddenly morphs into Winter (what happened to Fall?), we are faced with the urgent concern for community members who are unsheltered.</p> <p>How will they survive the winter?</p> <p>Through research, I've learned that Hennepin County will <i>guarantee shelter</i> for families with minors, and <i>single adult shelter capacity will expand</i> by 50 beds to 967 shelter beds available every night. St. Stephen's Outreach Team, Minneapolis Police Department's Homeless and Vulnerable Population Unit, and other non-profit partners will continue to connect people with shelter, warming centers, and services, as well as distribute cold weather gear (clothing, blankets, etc). Long range, Hennepin County is also committed to continue the expansion of supportive housing programs.</p> <p>How to be a helper-</p> <ul style="list-style-type: none">• Volunteer with St. Stephen's Human Services, Simpson Housing, Catholic Charities, or another local non-profit or church that offers programs to support our neighbors in need.• https://gis.hennepin.us/waypoint/ This website is an interactive map that helps users navigate systems and find where specific services are offered. Use it as a resource for yourself if needed, or for another who has a need and isn't sure where to go.• Know this address: 2215 E Lake St, Minneapolis. Monday through Friday, 8am-4:30pm, people can walk in and apply for emergency services here. <p>Work together</p> <p>I always preach that a strong foundation for crime prevention is having a robust network of neighbor relationships. Now is a prime time to come together as neighbors to help those out who are needing shelter and protection from the cold.</p>	<p>On October 14th, Dream of Wild Health and the Indigenous Food Network celebrated Indigenous People's Day with the Indigenous Food Tasting at the Minneapolis American Indian Center. The event highlighted six indigenous chefs and entertainment from several local artists. Governor Tim Walz and Lt. Governor Peggy Flanagan were present and proclaimed October 14, 2019 as Indigenous People's Day in Minnesota. Over 700 people were served at the event.</p> <p>The Indigenous Food Network (IFN) is a groundswell movement to reclaim indigenous foods and lifeways and promote food sovereignty within the urban Native American community. They are comprised of partner organizations in the Phillips neighborhood of Minneapolis working together to eliminate health disparities and advance racial equity by creating a culturally based network to provide access to healthy, indigenous foods, especially for their youth.</p> <p>The mission of Dream of Wild Health is to restore health and well-being in the Native community by recovering knowledge of and access to healthy indigenous foods, medicines and lifeways. Last year they grew over 15,000 pounds of produce that was distributed into the Twin Cities Native American community through youth programs, Indigenous Food shares (CSA model), and farmers markets. Dream of Wild Health also stewards indigenous seeds from a variety of tribal nations, a few of which were featured at this event.</p> <div></div>
	<p>Youthline programs in your community:</p> <p>Every week activities are offered at Phillips Community Center and Peavey Park for youth ages 12-17 through the Youthline program. There are opportunities for youth to play in 5 on 5 Basketball tournaments, receive homework help, learn to cook, swim at Phillips Pool, try stem activities, go on field trips, and more! The activities and programs are weekly and open to drop-in and registered participants.</p> <p>Weekly programs for October-December (The teen lounge is open daily from 3-5:00 pm for Homework help and games)</p> <ul style="list-style-type: none">• Monday: 5:00 Hoop Group - 5 on 5 Basketball Tournaments at Phillips• Tuesday: 5:00 Teen Art and Creative Cooking at Peavey• Wednesday: 5:00 Teen Lounge activity of the day and Fitness Fun at Phillips• Thursday: 4:30-8:00 Youthline Adventures Group at Peavey• Friday: 4:30-6:00 Pool Fun Friday's at Phillips Pool

ANNUAL HARVEST DINNER 11/21: YOU'RE INVITED!:

Join Waite House Community Center for their annual Harvest Dinner on Thursday, November 21st from 5-7 pm. As always, this is a time to connect with your neighbors and celebrate this diverse, resilient, and vibrant South Minneapolis community. Enjoy a free meal, cultural performances, kids activities, a photo booth, and more. Waite House is located at 2323 11th Ave. South Minneapolis. Contact us if you have questions: 612-455-0388/meghanm@pillsburyunited.org. Hope to see you there!

UPCOMING VENTURA VILLAGE MEETINGS:

- Wednesday, November 6th: Board of Directors Meeting: 6 pm
 - Tuesday, November 26th: Community Engagement Committee: 6 pm
 - Thursday, November 28th: Housing & Land Committee: 5:30 pm
- Wednesday, November 6th: General Membership Meeting: 7 pm
 - Tuesday, November 26th: Wellness, Gardening & Greening Committee: 7 pm
 - Thursday November 28th: 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

MN Governor Walz and Lt. Gov. Flanagan proclaim
Indigenous People's Day October 14, 2019

An Indigenous Food Tasting event presented by the Indigenous Food Network and hosted by Dream of Wild Health celebrated Indigenous People's Day at the Minneapolis American Indian Center, 1530 East Franklin Av. The event highlighted six Indigenous chefs and entertainment from several local artists. Governor Tim Walz and Lt. Governor Peggy Flanagan were present and proclaimed October 14, 2019 as **Indigenous People's Day in Minnesota**. Lt. Governor Peggy Flanagan read the Proclamation to the cheering crowd. Over 700 people were served at the event.

See the program of the event on this page for a detailed overview of the day.

Event photographs (on this page) are by Emily Matson courtesy of Dream of Wild Health and First Person Productions of Migizi Communications.

Read more about the event and Dream for Wild Health on **Ventura Village News** on Page 6.



FIRST PERSON PRODUCTIONS



EMILY MATSON



EMILY MATSON COURTESY OF DREAM OF WILD HEALTH



EMILY MATSON COURTESY OF DREAM OF WILD HEALTH



FAMILY MATSON COURTESY OF DREAM OF WILD HEALTH

Dream of Wild Health's Mission is to restore health and well-being in the Native community by recovering knowledge of and access to healthy Indigenous foods, medicines and lifeways.

Core Values

The work at Dream of Wild Health is guided by these values:

- We value the personal character traits of honesty, integrity, generosity, humility, courage and fortitude.
- We value and respect individual and group spiritual beliefs that our families, stakeholders and constituents may hold.
- We value the belief and practice of kinship and reciprocity in our relationships with all people and with the natural world.
- We value the practice of respect in all our dealings and relationships with one another.



MIGIZI

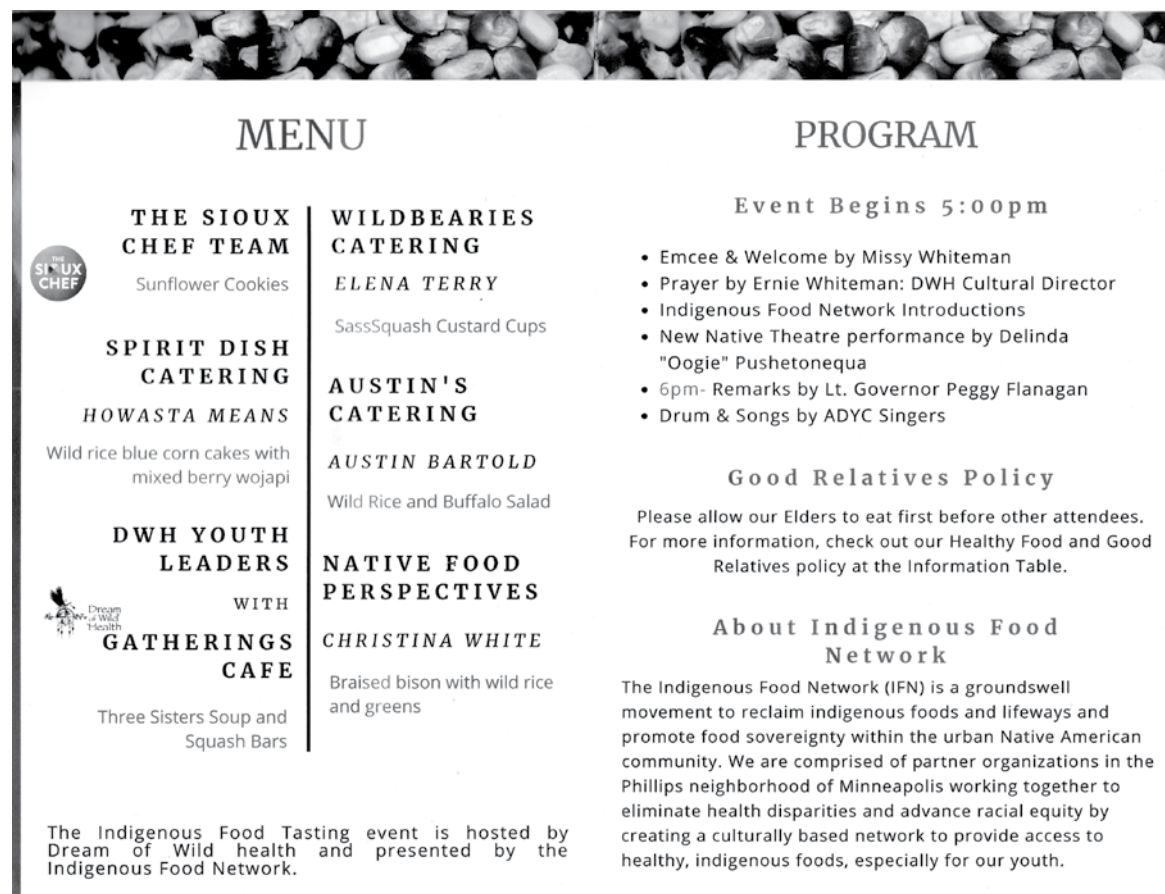
MIGIZI acts as a circle of support that nurtures the development of Native American youth in order to unleash their creativity and dreams – to benefit themselves, their families and community. MIGIZI puts youth first, supporting youth-driven activities that fully engage youth in a self-directed path to holistic wellness and to success in education and employment.



MIGIZI means "bald eagle" in the Ojibwe language.

MIGIZI was founded in 1977 as Migizi Communications, Inc., with a goal of countering the misrepresentations and inaccuracies about Native people in the media. MIGIZI's first weekly radio production, The Native American Program, set the stage for First Person Radio and its nationally distributed programming. Today, First Person Productions is a multimedia training effort for Native youth aimed at providing state-of-the-art storytelling skills, enhancing self-esteem and improving academic performance. Additional MIGIZI efforts address youth needs in jobs, culture, leadership and more.

MIGIZI envisions Native American communities as self-sustainable culturally, socially and economically; and Native youth honored as full contributors who provide new ideas, energy and passion that are essential to continuous community improvement and well-being.



Menu from Indigenous Food Tasting Event

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



Locally grown and raised foods and natural wellness products since 1972.

2823 E. Franklin Ave. | www.seward.coop



This November copy of The Alley Newspaper is one month away from the end of its 44th year of hard copy existence. There was a time, before the first issue, January 1976, that the “seed” was planted and the “germination” of an idea began its growth toward fruition. It became more obvious in December 1975 when the following notice was delivered to each Phillips Community house and business. Following is what was written by Gary Cox, *The Alley’s* first “editor” in the first flyer.

What’s your story?

A Phillips Neighborhood Newspaper

Coming Soon

1975 Alley

[The words from that very first flyer!]

“The Alley is about us and our neighborhood. It will look very much like this and it will come to your door once a month. The articles will be written by the people who live here—not by professional newspaper people. You will see over and over again, articles written by your neighbors and yourselves. And if you don’t like to write, just call us up. We’ll get together for awhile and write it later. The kind of story is up to you. They are all important because we know that it is the opinions of private citizens that really count. What we should do is to try to get to know each other better. Start with the past: What was the neighborhood like a long time ago? What was life like for your parents and grandparents? Or the present: What’s it like working in a factory, living on the reservation or teaching school in the community? What are your opinions on what’s going on in the neighborhood? Or the future: How can things be improved? Who can do it? What do you imagine this area will look like in ten years? Do you plan to be here then? A newspaper made of stories like this is not just a nice idea. The quality of life in the next few years depends on our ability to get to know each other and, together, find ways to get along. We are not used to being asked what should be done to improve our neighborhood. Most often we’re told about it after the plan is finished and the work has started. That’s a funny thing because we’re as smart as anybody else. Heck of a lot smarter than the downtowners who come up with all these high-flying ideas. It’s funny because we know that it doesn’t make any difference how much of an expert a person is, if he or she doesn’t live in the neighborhood, he doesn’t know what we need. Nobody needs to tell us we have some problems in Phillips Neighborhood. We know because we live in the middle of them. It’s because we live here that we are real experts on what our neighborhood needs. It’s because we see things first hand. We learn from what we see. We need to let our neighbors and the people downtown know what we have learned. We need to hash out our problems amongst ourselves and come up with solutions we all live with. When we think about making our neighborhood a better place to live, we must realize that we have an incredible advantage over other neighborhoods who want to do the same things. The advantage is the great number of different kinds of people in Phillips Neighborhood. There are old, middle aged, and young people. There are Indian, White, and Black people...people of Native, European, African, Asian, and South American ancestry. Put all that together and there is little we do not know. We don’t need to be told that different kinds of people together cause conflicts. Yet we should keep in mind that these differences offer the possibility of a better place to live and work. The conflicts, as damaging as they are to our state-of-mind and our physical property, create the energy we need to make Phillips Neighborhood a safer and friendlier community. White Americans have a tradition of “getting my 2 cents in”. We must continue on that tradition and expand on it. The ideas and opinions of every person in this neighborhood are valuable. We need to hear as many of these opinions as possible on every subject. With these opinions we can see each other’s needs and then initiate actions that will be good for all of us. And with knowledge of everyone’s opinions, we can keep a sharper eye on the outsiders and their plans. Our neighborhood cannot be a good place for every one of us to live if any of us keep silent.”

At the “Emerging Mind of Community Journalism” conference in Anniston, Ala., in 2006, participants created a list characterizing **community journalism: community journalism is intimate, caring, and personal; it reflects the community and tells its stories; and it embraces a leadership role.** *The Alley Newspaper* continues to grow more fully into this important work of community journalism.



The Alley’s Mission

“The Mission of Alley Communications will be to facilitate culture, and creativity in the Phillips Community through publications, research, public forums, classes, workshops, artistic presentations, the Internet, and other means.” (revised 1999)

The Alley Is...
 Advocating on Issues
 Agitating for Change
 Building Healthy Community
 Documenting History
 Facilitating Deliberation
 Lifting Every Voice
 Promoting Art & Culture
 Connecting Neighbors



Can’t Attend the Celebration Event?

Make a donation of \$5 or more to help provide the time and space for us to imagine our future!

Send checks to:
 Alley Communications,
 PO Box 7006,
 Minneapolis, MN 55407

* Alley Communications is a 501C3 organization

Celebrate 45 Years of The Alley Newspaper

Friday, November 8th 2019

6-8:30 pm

Center for Changing Lives, 2400 Park Avenue South, Minneapolis



An evening of fun and fundraising to support The Alley Newspaper!!

RAFFLE! • REFRESHMENTS! • AND MORE!

Pay what you can (or not), \$10 would go a long way!



MUSIC

Bringing feel-good congo sounds from the Heart of Africa, Phillips neighbors husband and wife team, Siana Matuzungidi and Dallas Johnson, share happy music with the young and young-at-heart.

BE INSPIRED
Guest Speaker
Tom O'Connell,
a retired Professor from Metro State, has spent over 40 years learning and teaching about issues ranging from worker's rights to affordable housing, global social movements to racial and social equity. He is the author of *It's Up To Us: A Brief Guide To Community Leadership* and is currently working on a documentary film on Minnesota's Farmer-Labor Party.



PHOTOS TELL A STORY

Enjoy select photographs featuring folks who are part of the Peace House Community and learn more about the partnership with The Alley Newspaper.



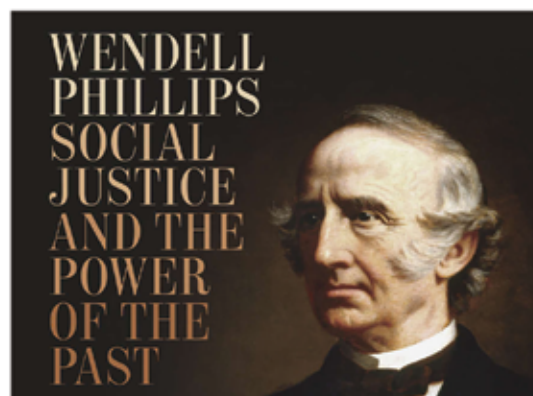
EXPERIENCE THE POWER OF CONNECTION

with the Cultural Wellness Center's Backyard Community Health Hub

The Phillips Finder

EXPLORE PHILLIPS

on the Phillips Finder (www.phillipsfinder.com)
Meet its creator, Josie Adkins



CRITIQUE

the chapter about the Phillips Community in a new textbook!

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Gift cards to favorite community spots, custom greeting cards, music CD by Siana and Dallas, Lowry Meat Market gift certificates, books, bird suet cage and MORE!

CASH AND CHECKS ONLY!!!!!!

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\$1

\$1

17th Annual Phillips Clean Sweep another success!

BY JANA METGE

Even the cold, rain, and snow did not stop our Annual Phillips Clean Sweep from going on! Saturday, October 12th Phillips residents came out to clean up their neighborhood. Bethlehem Baptist brought over a tent to protect the free T-Shirts for each participant. Beth Hart and her grandson, Joe Golish and John Richard volunteered to serve breakfast donated by Allina. A little snow and cold didn't stop them!

Residents and other volunteers cleaned up areas where trash was dumped and cleaned out basements and garages of broken or unneeded household construction items, tires, metal, appli-

ances, furniture, and mattresses. This one time a year event allows residents to put out everything at no charge! The four **Phillips Community** neighborhoods: **Ventura Village** across the top from 35W to Hiawatha & north of 24th St. to E-94), **Phillips West** (35-W to Chicago Av. 24th St. to Lake Street), **Midtown Phillips** (Chicago Av. to Bloomington Av. 24th St. to Lake St.), and **East Phillips** (Bloomington Av. to Hiawatha & 24th St. to Lake St.) raise funds to hire city garbage trucks and provide this service for free. A Clean Sweep Planning Team meets for 9 weeks prior to the event organizing all of the details, raising money and

donations! A huge thanks to the Planning Team and all who volunteered and participated with the 2019 Phillips Clean Sweep!

Lunch followed the litter pickup at noon in Stewart Park provided by Bethlehem Baptist, Minneapolis Mad Dads, and Banyan Community.

U of M Medical students set up a Free Health Fair as a part of this year's event. They provided blood pressure testing, diabetes screening and information. A neighborhood Resource Fair also filled the Park Building. Neighborhood partners and organizations, including employment opportunities at Panera Bread located at Abbott hospital were set up, staffed, and

on display. We learned from our Census Table that \$20/hr jobs are now being offered to assist with the Census count! Many thanks to all of the participants.

Many thanks to Michelle Howard, Minneapolis Clean City Coordinator, staff at Minneapolis Solid Waste & Recycling and Alliance for Sustainability/Litter Be Gone. Other funds in addition to the 4 Phillips Neighborhoods were: DJR Architects, Wellington, Thrivent Financial, Watson Forsberg, Wells Fargo, Litter Be Gone, and LHB Architects. Somali TV produced a video on this Clean Sweep available on their Facebook Page.



COURTESY OF CLEAN SWEEP COMMUNITY

Snow refreshes the morning Bloomington Av/Welna staging and breakfast launch



COURTESY OF CLEAN SWEEP COMMUNITY

School Board member Siad Ali on Clean Sweep duty



COURTESY OF CLEAN SWEEP COMMUNITY

V.J. Smith parked the MAD DAD Truck long enough to grill and serve at the Grill at Stewart Park



COURTESY OF CLEAN SWEEP COMMUNITY

Crew of 13 ready to roll



COURTESY OF CLEAN SWEEP COMMUNITY

Crew of four with bags to fill



COURTESY OF CLEAN SWEEP COMMUNITY

Men in tandem Clean Sweep



COURTESY OF CLEAN SWEEP COMMUNITY

A City Crew ready with compactor trucks



COURTESY OF CLEAN SWEEP COMMUNITY

Neighbors connecting at Clean Sweep 2019



COURTESY OF CLEAN SWEEP COMMUNITY

Lunch servers at Stewart Park welcome volunteers

CLEAN SWEEP RESULTS

TRASH COLLECTED

Phillips Ventura: 7,840 lbs
Phillips West: 5,780 lbs
Phillips Midtown: 10,800 lbs
Phillips East: 9,960 lbs

PHILLIPS WEST TO EAST

Truck 1

200 lbs metal, 15 tires, 6 appliances, 10 TVs

Truck 2

1,500 lbs metal, 20 tires, 10 appliances, 6 mattresses, 20 TVs

PHILLIPS EAST TO WEST

Truck 1

100 lbs metal, 30 tires, 6 appliances, 20 mattresses, 15 TVs

Truck 2

300 lbs metal, 60 tires, 6 appliances, 3 mattresses, 30 TVs

PHILLIPS VENTURA

2500 lbs metal, 13 tires, 2 appliances, 9 TVs



V.J. SMITH

Jana Metge—Phillips’ Good Neighbor and Advocate

Extraordinary day for an extraordinary quilt, for an extraordinary neighbor

BY CLEAN SWEEP COMMITTEE MEMBERS

Jana Metge, the Clean Sweep Event and Community Organizer Extraordinaire, was honored with a very symbolic gift of a quilt at the Stewart Park Clean Sweep Luncheon (held inside this year due to the early wintery chill). It couldn’t have been more appropriate to the weather and acknowledgement of Jana’s colorfulness, her connection with so many organizations, and the warmth she brings to every event, generally, and greeting of people individually.

Beth Hart is another good neighbor

great at making connections. She “connected” a recent experience of having a family quilt made to the idea of it being a way to acknowledge the incredible work Jana has done for decades for not only the Clean Sweep event but in constant advocacy with and for the Phillips Community.

Besides providing warmth for the day and offering important symbolism with the 16 T-shirts naming many Phillips organizations with whom Jana keeps connected, Project Repat, the business who assembled the T-shirts,

Beth Hart collected through the years, is on a mission befitting Clean Sweep Day itself. Project Repat states: “The average American trashes 65 pounds of clothing per year. We’re keeping T-shirts out of landfills and upcycling them into something new!”

Repat’s motto is “Social & Environmental Impact: How much good can a T-shirt quilt do?” Well, if we reflect on Jana and her quilt as an example, a pretty high bar for the rest of us!

Peace House Community Journal

The Need for Sleep

BY MARTI MALTBY

When asked to name a person’s most basic needs, most people will reliably name food, shelter and clothing. A quick Google search adds air, safety, warmth, health and sex. Sometimes one or two other ideas like companionship get tossed out, and Wikipedia adds sanitation, education, healthcare and internet to the list. (I suppose if you’re Wikipedia, you have to say the internet is a necessity.)

Amazingly, sleep seems to escape everyone’s notice as a basic need.

However, almost everyone recognizes the necessity of sleep. Numerous clinical studies have shown the negative effects from lack of sleep on health, cognition, student test scores and any number of other measures. Even if a person hasn’t heard about the studies, they know what insomnia or pulling an all-nighter in college is like. From my own experience working graveyard shifts, inadequate sleep impairs judgment, reduces the pleasure of normally enjoyable experiences, and promotes unhealthy habits—like eating junk food and more.

Sadly, the effects of chronic sleep deprivation go far beyond late-night ice cream binge eating. For the homeless, those in abusive relationships, those who experience chronic stress because of financial instability and others, sleeplessness can cause or exacerbate mental illness as well as physical problems. In extreme cases, psychosis (including hallucinations) can develop. With no safe place to sleep, often fearing the theft or destruction of personal belongings, and knowing that tomorrow will not be any better than today, these individuals are far more susceptible to chronic sleep deprivation than the general population.

After 20 years of working with those experiencing homelessness, I’ve learned a little of what sleeplessness will do to someone. Otherwise functional individuals can be reduced to paranoia, aggression, and self-destructive decisions simply because their brains are forced to operate without one of the most basic resources it needs. In situations like this, many of the stereotypes of a homeless person as mentally ill, drinking alcohol, and unable to function in normal soci-

ety are true, but ironically, it is the homelessness and accompanying sleeplessness that cause the problems, not the other way around.

Amazingly, lack of sleep is often overlooked by mental health workers and medical professionals when screening and providing services to patients. This is not always the case, but it happens often enough to raise questions. Speaking for myself, I understand how this can happen. Even working for agencies that serve the homeless, I can’t manufacture housing for everyone. I know that despite my best efforts people will still have to sleep outside in the cold and will be tired when they wake. I’d rather focus on the problems that I can solve than face the ones I can’t. In the same way, doctors and others can’t just pull out a cot in their office and let a patient crash for hours at a time. They have to focus their efforts on a diagnosable and treatable problem.

I wish I could wrap this article with some wise insight that would solve the problem of sleeplessness for at least one person, but I can’t. I am just not insightful enough. All I can ask is that, the next any of us run into someone who is facing a tough time and is rundown because of it, we will understand and cut them some slack as we recognize what they are dealing with.



MIKE HAZARD

BACK PORCH

Life surprises on the back porch at Peace House.

Ellie listened to music while Shayna braided her waist-length hair. Shayna said, “Mama used to always say, ‘Suffer for beauty.’”

“When I look at this picture, I see a scene I have seen a hundred times in the neighborhood,” said the spoken word poet Fatima Camara. “I feel like I know these people even though we have never met.”

“When I look at this picture, I see a blended family,” said the artist Bill Jeter.

A blended family is a perfect metaphor for the Peace House Community.

Life is good on the back porch.

I STILL LIKE TOMORROW

Stories are shared at Peace House, the living room of Franklin Avenue.

People speak and we, the people listen.

Near the end of a meditation, Soynavong Sivo Ravong witnessed murders, violence, and the hell that has been happening and will.

Then he ended, “I still like tomorrow.”

Born in Laos, he fought the Vietnam War. It’s the war we must remember is also known as the American War.

“I stole a canoe to get out of Thailand. I came to the United States in 1980. I work with fiberglass in Lakeville. I still like tomorrow.”

This poetical picture story is by Mike Hazard. It is part of a project called Peace House People. The work will be exhibited at Franklin Library in February, 2020. The project is funded by an Artist Initiative grant from the Minnesota State Arts Board.



MIKE HAZARD

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NEIGHBORHOOD ASSOCIATION INC

www.midtownphillips.org | 763.310.4760 | [midtownphillipsminneapolis](https://www.facebook.com/midtownphillipsminneapolis)

COMMUNITY MEETING

Tuesday, November 19, 6:30-8pm

@ Stewart Park (Community Room)

2700 12th Ave. S., Minneapolis

—New Developments at Stewart Park

—Development Proposal for Housing at 2833-2837 14th Avenue South

Midtown Phillips public comments DUE November 28th so come and have your voice heard!



1 SITE PLAN C
SCALE: 1/16" = 1'-0"

BOARD MEETING

Held every second Tuesday

Tuesday, November 12

6:30-8pm

@ Stewart Park (Arts & Crafts Room)

2700 12th Ave. S., Minneapolis

Larry Matsumoto of the City of Minneapolis' Public Works Dept will give an overview of the upcoming 2020 resurfacing project affecting 10th Ave to 18th Ave from Lake St to 26th St.

South Phillips Area (Part 1)

Resurfacing | 2020



Project Location

Remainder of session will be closed for discussion and decisions on Outreach Partners for 2020

See our website www.midtownphillips.org for more information

This Monthly Alley Newspaper Half Page was paid for by Midtown Phillips Neighborhood Association, Inc.

Have an idea for a story that you would like to write and want to share your idea, learn about recommended number of words, the process, etc?

Email copydesk@alleynews.org





Peace Day Procession evening "Projections of Light and Color" on St. Paul's Lutheran Church at 15th Av So. At 28th Street September 21st.

BART BUCH AND PATRICK CABELLO HANSEL



COURTESY OF MIDTOWN GLOBAL MARKET

Diwali Festival of Lights Event at Midtown Global Market

BY J. MARIE FIEGER

The **Midtown Global Market** partnered with Amol Dixit and his team at **Hot Indian** to host a multi-layered, family-friendly event in celebration of the Hindu holiday, Diwali, Saturday, October 12th.

Diwali, also known as the Hindu Festival of Lights, is the largest and most widely celebrated Hindu festival. Originating in India, this holiday is an expression of happiness and the victory of light over darkness and good over evil.

The Diwali – Celebration of Lights event included a free kids’ paper lantern creation craft, and a very popular selfie station. Traditional flowers and tea lights added warmth throughout the central Market area, along with modern and traditional music. The large crowd enjoyed heart-touching performances by two Twin Cities area dance troupes: Mudra, a non-profit, community kids dance group that celebrates cultural diversity through dance, performing arts, and related Indian cultural traditions, and the well-known dance troupe, Ragamala, who shared a series of traditional Indian dances.

The Story of Diwali was read aloud, followed by a fun game of Diwali Bingo. The highlight of the evening was when more than 300 kids and adults activated colored light sticks in the darkened central area. A henna tattoo artist created one-of-a-kind henna art on dozens of attendees, and free kid-friendly temporary bindi and henna tattoo station completed the fun.

Other MGM Events

The team at the Midtown Global Market produces dozens of free celebrations annually. On Saturday, October 26, the Market host the annual fall Chili Cook-Off, where a requested \$5 donation to Doing Good Together will provide guests with tastes of more than eight original chilis created by a variety of the Market’s chefs.

Every Thursday night is Neighborhood Night, and the Heart of the Beast is on-stage for several upcoming shows and craft sessions. Check out opportunities to learn to salsa dance, perform yoga, attend wellness seminars, and enjoy live, local music,

Wee Wednesday celebrations over the lunch hours provide educational and fun activities for preschoolers and their parents/caregivers. Santa will be at the Market this holiday season, and Rituals will help create a meaningful celebration of Kwanzaa on Saturday, December 28. Don’t miss the Do It Green! Gift Fair on Saturday, November 23 and No Coast Craft-A-Rama on December 6 and 7, 2019.



Experience a world tour of tastes, arts and crafts at our public market.

Lake Street and 10th Ave S | Minneapolis

MIDTOWNGLOBALMARKET.ORG

See the full schedule of activities held at the
Midtown Global Market
midtownglobalmarket.org



Movie Corner

BY HOWARD MCQUITTER
oldschoolmovies.wordpress.com
howardmcquitter68@gmail.com

"Joker" (2019)
Warner Bros.
 ★★★★★

It's Gotham City, circa 1981, but it's mood is somber, melancholy, with visual decay from loads of trash and super rats running in and out of fifth, while crime is nearly everywhere. Then, thugs steal purses and wallets; to start the film rolling, Arthur Fleck, an amateur clown by day, is beaten and robbed by roaming bands of thugs. Gotham City really is the future. Actually, what is at play here is a series of snapshots of today's American cities' disparities balled into one, like in Gotham City, and rancidity rising near boiling point between the wealthy and the poor.

Arthur Fleck (Joaquin Phoenix), a.k.a. "Joker", lives with Penny Fleck (Frances Conroy) in what is one of those apartments with drab hallways and worn-out interiors (that with a little ambition can be made presentable). Arthur suffers from mental illness spending much time in an asylum. One of his most chilling antics is laughing hysterically at almost anything. Arthur aspires to be a stand-up comedian and with his elderly mother (who tried to burn him alive as a child) religiously watch Murray Franklin (Robert De Niro), a Johnny Carson-esque nightly TV talk show.

Arthur's uncontrollable laugh is because of a brain injury that prevents him from getting a decent job. Make no mistake, Arthur is not some harmless nutcase he's a psychopath. When he's fired for carrying a loaded gun while entertaining children in a children's hospital, he starts to really spiral downhill. He becomes a vigilante, joining the restless, dangerous underground while he's killed three businessmen, murdered a boss, and goes after wealthy Thomas Wayne (Brett Cullen), running for mayor including promising to "clean up" the city. Writer-director Todd Phillips' "Joker" is a case study. I suggest sociologists and people in the mental

care fields go and see this film. It is beautifully acted by Joaquin Phoenix (he should be nominated for best actor) and his cinematic mother Penny, played by Frances Conroy who does a fine performance herself.

Todd Phillips is known for comedies such as "The Hangover" trilogy (2009, 2011, 2013, respectively), "Starsky & Hutch" (2004), "Old School" (2003) and "School for Scoundrels" (2006) has switched to a suspenseful, adventure, drama, mystery "Joker," by far his most controversial film. As for my conclusion on "Joker", the film has beautiful cinematography by Lawrence Sher and somber music by Hildur Guðnadóttir. However, the film is highly disturbing, highly energetic, highly complex and I have heard stories (I cannot confirm them) that some people have walked out of "Joker."

Mr. Phillips certainly has a brush of Martin Scorsese' Taxi Driver" (1976) and "The King of Comedy" (1982) in this brittle version of the "Joker," the principal nemesis to "Batman." If there is ever a comparison to "Joker," it can be found in Stanley Kubrick's 1971 "A Clockwork Orange," a crime thriller laced in deeply disturbing scenes. Arthur Fleck's dance scenes are graceful and in their weird undertones, convey some sort of relief, perhaps even vengeance or vile satisfaction. (Bette Davis' in "What Ever Happened To Baby Jane" [1962] falls into delusional episodes by dancing before and after she physically and mentally abuses her invalid sister.)



Cast: Joaquin Phoenix (Arthur Fleck/Joker), Zazie Beetz (Sophie Dumond), Robert De Niro (Murray Franklin), Frances Conroy (Penny Fleck), Brett Cullen (Thomas Wayne), Glenn Fleshler (Randall), Leigh Gill (Gary), Douglas Hodge (Alfred Pennyworth), Sharon Washington (Social Worker), Dante Pereira-Olson (Bruce Wayne). Director: Todd Phillip. Writers: Todd Phillips, Scott Sliver. Cinematography: Lawrence Sher. Music by Hildur Guonadotter. Running time: 122 minutes. (R)



Diahann Carroll: reflections on a groundbreaking career

BY DWIGHT HOBBS
 Reprinted with permission from
 Minnesota Spokesman-Recorder
 October 14, 2019

The late Diahann Carroll broke interesting, transitional ground starring as "Julia" (NBC, 1968-71). Her portrayal of a gracefully dutiful, wholesomely assimilated single mom was the image and embodiment of a white woman with brown skin: Caucasian features, straight hair, and grammatically correct at all times. The character was a widowed, well-paid nurse working for a white doctor, living in white suburbia.

Not everyone considered this a significant breakthrough. "Many people," Carroll acknowledged, "were incensed about that. They felt that [African Americans] didn't have that many opportunities on television or in film to present our plight as the underdog ... they felt the [real-world] suffering was much too acute to be so trivial as to present a middle-class woman who is dealing with the business of being a nurse."

"But we were of the opinion that what we were doing was important, and we never left that point of view ... even though some of that criticism, of course, was valid. We were of a mind that this was a different show. We were allowed to have this show." It won her a Golden Globe.

Ultimately, "Julia" was an improvement on playing domestic, which outside of "The Amos 'N' Andy Show" (1951-53) is how black women got work on television in those days. Though Hattie McDaniel frankly stated after her "Gone with the Wind" Oscar win, "I'd rather play a maid than be one."

Carroll had started out young in the Bronx, New York where she went to music and art High School with fellow student Billy Dee Williams. Her parents enrolled her in dance, singing and modeling workshops, leading to the 15-year-old appearing in Ebony and Jet magazines and on television's popular "Arthur Godfrey Talent Scouts."

Then, in 1954, Carroll made an auspicious film bow at 19 in "Carmen Jones," directed by Otto Preminger and starring Dorothy Dandridge, Harry Belafonte and Pearl Bailey. That year, she also hit Broadway, and was nominated for a Tony for "House of Flowers." In 1959, she again worked with Preminger for "Porgy and Bess" alongside Dandridge, Sidney Poitier and Sammy Davis, Jr.

She guested on several hit television dramas through the 1960s ("Peter Gunn," "Naked City," "The Eleventh Hour") and co-starred with Paul Newman and Joanne Woodward opposite Poitier in "Paris Blues." Later projects included "Claudine" with James Earl Jones, "I Know Why the Caged Bird Sings" and "Roots: The Next Generation."

She continued her resurrected career with "A Different World," Robert Townsend's "The Five Heartbeats" and with a standout supporting turn in Kasi Lemmons' hugely successful directing-screenwriting debut "Eve's Bayou," starring Samuel L. Jackson.

Carroll played Ezora, a flinty dispositioned voodoo sorceress scaring the wits out of then-child actor Jurnee Smollett. Her final outings, in 2000, were television films "Livin' For Love: The Natalie Cole Story" and "Sally Hemings: An American Scandal."



Carroll came out of retirement in 1984 to make the biggest splash of her career since "Julia," flying in the face of politically correct casting on the hit "Dallas." Stepping outside the box of being sweet-tempered and cordially palatable, she played a villain and squared off against Joan Collins' diabolically evil-hearted Alexis Carrington Colby.

Carroll's Dominique Deveraux was an equally arrogant and ruthless witch on wheels. She proudly described her role as "The first Black b*tch on television." She also played Dominique Deveraux in the spinoff hit "The Colbys."

Carroll penned the memoirs "Diahann" (1986) and "The Legs Are the Last to Go: Aging, Acting, Marrying, Mothering and Other Things I Learned Along the Way" (2008).

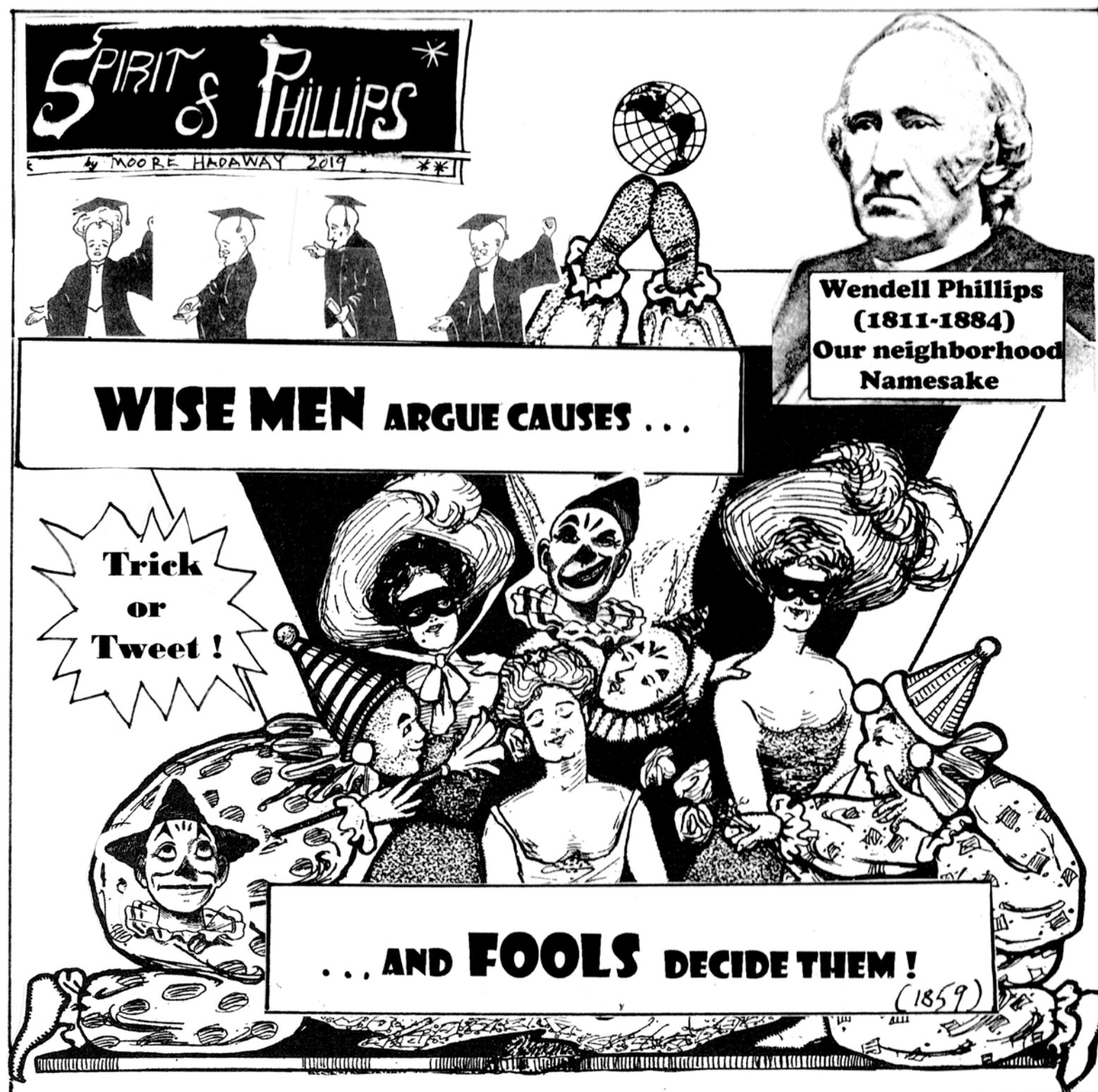
She was a founding member of the Celebrity Action Council, a volunteer group that served the women's outreach of the Los Angeles Mission, which helped rehabilitate chemical dependency and prostitution. She also helped to form the group along with Linda Gray, Donna Mills and Joan Van Ark.

Carroll died in her home in Los Angeles after a long bout with breast cancer. She was 84.

CARE ABOUT HEALTH IN PHILLIPS?

We're looking for people to join our Community Advisory Board, and share your thoughts about Phillips' strengths and needs.

Want to learn more? Contact Marvin So
 Email pnccabassociate@gmail.com
 Call/Text 612-615-8106



Frank Reflections Are rent increases based on costs, demand, or greed?

BY FRANK ERICKSON

It was fun to watch the powers that be quickly scramble to mount an attack against rent control after Senator Bernie Sanders said he would implement a 3% national cap on all rent increases if he is elected.

Within days of saying it, the *Star Tribune* and the *Pioneer Press* ran anti-rent control editorials.

The “experts” that are quoted in those editorials have only one thing in their “tool boxes” to justify capitalism as a way to provide housing—“Hang in there renters, as we build more housing, rents will stabilize.” This is nonsense. New York is proof; where rents have been high and continue to get higher in New York City and this has been going on for fifty years there. Is not 50 years enough time to build enough housing to stabilize rents?

The only way capitalism works for providing housing is to purposely not build enough housing and then charge more and more for housing which then stimulates construction. Capitalism purposely never catches up with enough housing. How can China, a country of 1.25 billion people provide enough housing and the U.S. with only 330 million citizens cannot?

Now that the new tenant screening ordinance has passed, Minneapolis landlords are threatening to raise rents even more, to cover the costs of taking on “risky” tenants. But how can that be trusted, since over the past five years they have been raising rents on tenants who were not risky?

Stop playing games landlords. Everyone knows that rents do not go up based on landlord expenses. If rents went up with landlord expenses, then you would have to conclude that landlords in Uptown, every single one of them, have the highest operating costs of all landlords in the City.



BY PETER MOLENAAR

From Howard Zinn's *A People's History of the United States*:

“Columbus tried again for gold, but this time he and his men didn't go looking for it. They ordered all Taíno* people 14 and older to deliver a certain amount of gold dust every three months. If they didn't, their hands would be cut off.... In 1500, Columbus wrote: there are many dealers who go about looking for girls; those from 9 to 10 are now in demand.”

Recorded scenes of slaughter will not be rewritten here. Suffice it to say, “a nexus of slavery, overwork and famine” produced diseases which took millions of lives. Thank goodness, Minnesotans will never again honor Columbus.

Dialectics?

In October's “Raise Your Voice”, in reflecting on the local indigenous arts scene, the expression ‘dialectical tension’ was deployed.

Raise Your Voice

Indigenous Day Dialectics (Negation of the Negation)

This created a number of “teaching moments” for the one who does *The Alley* bulk distribution (me).

For example, to a young man behind the counter in the Matthews Park building, I remarked: “Dialectical means that all things are self-contradictory (i.e., all material formations embody a unity of opposing forces) and therefore exist in motion and are subject to change.” A blank stare then ensued, to which I responded: “Hey, if this is not true, everything would forever remain the same.” He got it!

Later on, over a plate of biscuits and vegan gravy at the Seward Café, the matter was discussed with a female friend. I stated: “When analyzing a contradiction, it is normal to observe that one aspect is dominant over the other. However, as contextual conditions might determine, the relationship of dominance can reverse.” Invoking the classic example: “When adding more and more heat to water, the forces of adhesion are overcome by...” “The forces of expansion!” she exclaimed.

So evidently, most of us are capable of outthinking the “wise men” who perceive only the “facts” which suit their interests. Real estate moguls might take D. Trump's proposal to purchase Greenland as a visionary hedge for their grandchildren. However, the rest of us also exist.

Consider the following extrapolation from the locally produced *Land Stewardship Letter's* splendid review of *The Uninhabitable Earth, Life after Warming*:

“Reading *The Uninhabitable Earth* is like staring at a beautiful painting of an execution. You are both compelled by artistry to look, yet repulsed by what you see.”

Eternal expansion is systematically essential to capitalism... just ask the ruling class. However, our planet is finite, and the contradiction between labor and capital remains. (External factors are the conditions of change, internal contradictions on the basis of change.) What conclusions should we draw?

We are told that the Amazon jungle stands between humanity and an uninhabitable planet. It now burns, for the sake of surplus soybeans, even as oxygen remains the choice for life's breath. Indigenous peoples of the forest resist, while the revolution festers deep within Labor of every hue. We are tasked with saving our Mother Earth, and with rendering Columbus' day its long last due.

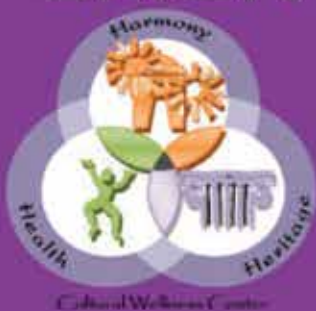
*The Taíno were an Arawak people who were the indigenous people of the Caribbean and Florida. At the time of European contact in the late 15th century, they were the principal inhabitants of most of Cuba, Jamaica, Hispaniola (the Dominican Republic and Haiti), and Puerto Rico.



Can't attend The Alley Newspaper event on Friday, November 8th but want to still help do your part to support the newspaper and community journalism?

Contribute to Alley Communications online at GiveMN or send a check to P.O. Box 7006, Mpls., MN 55407

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!



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Farm Fresh to the Table

FARM FRESH TO THE TABLE

"I am enjoying the self-empowerment and skill development through my learning how to grow vegetables organically. I get to create something that is healthy. It's a benefit to others and me. Farming has turned out to be therapy for me. I plant, weed, water, watch it grow—which is creation. While I am doing all of that, I laugh, sing, meditate, and pray. This has done well for my isolation and depression because I have met some wonderful people. I also feel good about what I am doing because not only am I gaining from the Health Hub, I am giving back through my work by assisting in growing organic vegetables for my community. The goal of the Health's Hub **Farm Fresh to the Table** project is that we, the growers, gain the needed knowledge and skill while increasing access to low-cost vegetables through the Farmer's Market hosted by the Health Hub." – Donna F.

MAP TO WELLNESS

"The **Map to Wellness** gives me the opportunity to decide what I need to achieve health and wellness. It is a tool that I wish doctors would use. The Health Hub's approach is student and teacher. They don't claim to know it all, and though they are some incredibly smart women with big hearts who truly care about the people, they say they are igniting the spark within me. They say I have everything within me to heal myself. I am starting to believe it, too.

I first decided that I would take it slow, but I found myself so excited about the progress I am making that now I am walking, Stepping into Wellness, doing Zumba, and I wouldn't consider missing one of the Community Gatherings. They remind me of family, and as I prepare myself to attend, what plays in my mind every time is that song about family reunions. I look forward to seeing all the regulars, laughing and talking with them about what we are doing on this journey.

With everything they do, what I think puts the icing on the cake is knowing I have two champions supporting me on my map to wellness every step of the way. They call, we get excited about my progress, and even when I fall short, they don't beat me down.

They give me that hand up with information and encouragement, all wrapped in tons of love and compassion. This is a touch that many so called 'helping' organizations could learn from, that personal touch, building relationships with the people they serve." – Shirley F.

CARDIOVASCULAR HEALTH

"I was feeling angry, lost, alone when I stopped in the office of the Backyard Community Health Hub. What I felt wasn't anything like I had experienced for a long time—warmth and peace. I talked to the two women there and they invited me to their **Dinner Dialogue on Cardiovascular Health**. I attended and this doctor was there with the most comforting voice. I had my blood pressure checked and I couldn't believe how high it was. I knew I was experiencing the symptoms she described. I had felt all those things and ignored them, thinking the headache, ringing in my ear, frequent blurred vision, and numbness in my left arm was a result of my anger and frustration over my life circumstances.

I am on now taking my prescribed medication. The relationship I developed with the women of the Health Hub, the community, and I am having fun (which was a foreign concept) has helped me to work toward getting healthy and regain control of my life. I am letting go of the anger, the bitterness, and resentment over a failed marriage.

I am not alone. The Health Hub connects with me weekly. Based on my map to wellness, I need that social support. I also have the folks that I am connecting with that befriended me at the Cardiovascular Health Gathering. They are just a phone call away. I also meet up with them weekly to walk or attend **Breathe, A Sacred Journey Within**, or the monthly Community Gathering." – Faith M.



All ages stepping together for heart health



Above: Knowledge is the power to make behavioral changes
Left: Listening to Dr. Laura LaFave, volunteer, Hennepin Healthcare

DIABETES

"I used to eat whenever I felt myself slumping into a state of depression, mostly foods that are high in carbohydrates, fat, and sodium. I would spend most of my SNAP allowance on ice cream, potato chips, cookies, pop, processed foods that were fast and quick to cook. I would eat and eat and sleep to not face the feelings of failure. I had so many dreams but none of them came true for me.

This changed when I got a flyer to attend the **Dinner Dialogue on Diabetes**. I've made a lot of changes, but they didn't happen all overnight. The truth is, there are still times that I struggle, but I am not in the struggle alone. I have a community who is in the fight for health and wellness with me. I am seeing it as a dream delayed, not denied.

I am reading and journaling every day. I am writing the vision and making it plain. I am consuming more vegetables, less processed foods and following the guide when I shop- "Healthy Eating on a Budget". I am shopping with another one of the ladies from Dinner and Dialogue on Diabetes. I like that the women from the Health Hub call me and help me to keep honestly working toward reaching my goals." – Annie T.