



LISTENING



"Pete the Greek from Crete" at Peace House Community | MIKE HAZARD | p9

The Alley Newspaper

IS..... Connecting Neighbors,
Giving Truth and Democracy a Jog Forward,
Promoting Art and Culture, Advocating on Issues,
Building Healthy Community, Facilitating
Deliberation, Lifting Every Voice,
Documenting History, Agitating for Change



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Father of Waters overseeing Phillips Urban Farm Lobbying at City Hall Lobby | BRAD PASS



20/20 Vision | DAVE MOORE, LINNEA HADAWAY | p11



Healthy food served by Dreamland Heritage Culinary | ROBERTA BARNES | p12

Phillips Community is focus of syringe disposal pilot program

BY LINDSEY FENNER

The City of Minneapolis is piloting a project for syringe litter clean up and disposal, centered around the Phillips Community. The project is in response to the concerning amount of syringe litter Phillips residents encounter on a daily basis. The City began doing syringe litter sweeps in July and August along Bloomington Avenue, the Greenway, and adjacent alleys. Most recently, in November, the City installed ten Syringe Drop Boxes in and near Phillips to continue to address the issue. The boxes will be emptied weekly and can be easily reinstalled if the location needs to be adjusted. According to a city spokesperson, 800 syringes have been collected from the Drop Boxes between November 6 and November 27, with the majority collected at 25th and Bloomington. In addition, there will be a pilot of 30 syringe disposal buckets for use by businesses and non-profits. The project is currently fund-



LINDSEY FENNER

Syringe disposal pilot Continued on page 4

Two lives well lived together

BY LAURA WATERMAN WITTSTOCK

It is often said of two people who have been together for many years that they give great gifts to one another beyond the gifts of love and caring. That and much more was true of David and Linda Back McKay, married for thirty-five years before her untimely death. Linda was a young and published poet when she went to KFAI in the Phillips Neighborhood, drawn to its volunteer strength and driven by her own desire to learn prose writing in the hot atmosphere of news deadlines rather than in a cool, dry academic classroom. There she met David McKay in about 1983. David taught her how to meet deadlines by selecting and re-writing the latest news items that would be of interest to KFAI listeners.

In the early 80s the radio station was a primary news source, tuned into by thousands of listeners in the pre-internet and pre-cellphone days. News was available that could not be heard over what was considered mainstream and it was a joy for David

and Linda to provide it for KFAI listeners. News was expected to include a progressive perspective and cover issues not heard over commercial radio. There was little indication that something really big was on the horizon that would threaten radio, and what was then known as television and print, picking them up like fragile toys and breaking them in the fall. The internet and media have grown way beyond early expectations, but community radio and print are still standing and David is still volunteering there.



COURTESY OF THE MCKAY FAMILY

David McKay and Linda Back KcKay
(April 21, 1947 - September 17, 2019)

Tribute Continued on page 5



Alley Communications IS

IS facilitating culture and creativity in the Phillips area of Minneapolis through publications, research, public forums, classes, workshops, artistic presentations, the internet, and other means.

“When the great newspapers don’t say much, see what the little independent ones say.”
– Wendell Phillips 1811-1884

IS also doing business as

The Alley Newspaper and alleynews.org
Connecting Neighbors, Giving Truth and Democracy a Jog Forward, Promoting Art and Culture, Advocating on Issues, Building Healthy Community, Facilitating Deliberation, Lifting Every Voice, Documenting History, Agitating for Change by education publishing, gatherings, and representing the residents and businesses of the Phillips area of Minneapolis, Minnesota aided by its 501C-3, Not-for-Profit status.

IS Owned by Phillips Residents

IS Governed by Board of Directors:

Cathy Strobel-Ayres, Chair; Leon Oman, Treas; Thorbjorn Adam, Steve Dreyer, Lee Leichentritt, Frances Mendenhall, Gabriel Pass, Steve Sandberg

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AD@alleynews.org 612-990-4022

“Let me make the newspaper and I care not who makes the religion and the laws.”
– Wendell Phillips 1811-1884

**Next Deadline IS
January 15, 2020**



What’s Up at Your Community Libraries

BY LINDSEY FENNER

FRANKLIN LIBRARY EVENTS

Franklin Library building is closed for renovation, but there are still library events going on in and around Phillips!

LitKnit (for all ages)

Mondays beginning January 6, 3:30-4:30 PM

Waite House, 2323 11th Ave S, Minneapolis, MN 55404

LitKnit circles are inter-generational spaces where neighbors spend time together learning a craft and sharing stories. Improve your craft skills, get to know your neighbors and find connection within your community. Funded by Minnesota’s Arts and Cultural Heritage Fund.

Coffee & Conversations (for adults)

Tuesday, January 7, 10AM-12PM

Minneapolis American Indian Center, 1530 E Franklin Ave, Minneapolis, MN 55404

Join Franklin staff for free coffee and doughnuts. Learn about upcoming library events and enjoy visits by special guests and hands-on activities. Jan. 7th join Deanna Beaulieu who will be leading an interactive Beading Class.



EAST LAKE LIBRARY

2727 E. Lake Street

W, F, Sa: 9AM-5PM

M, T, Th: 9AM-8PM Su: 12-5PM

YOUTH AND FAMILIES

Homework Help

M, T, Th: 4-7PM

Free in-person tutoring for K-12 students. No advance sign-up needed. Tutors available September 16 to May 21, except on holidays and school breaks.

Stories Together: Noon Year’s Eve

Tuesday, December 31,

11:30AM-12:30PM

For kids of all ages and their caregivers. Count down to noon and celebrate the new year with stories, music, movement and activities!

Family Storytime

Fridays, starting January 3, 10:15-10:45AM

For children of all ages and their caregivers. Talk, sing, read, write, and play together. Share books, stories, rhymes, music, and movement.

Baby Storytime

Fridays starting January 3, 11:15-11:45AM

For children from birth to 24 months and their caregivers. Talk, sing, read, write and play together in a format especially designed for babies. Share books, stories, rhymes, music and movement.

ADULTS

Mobile Law Library

Monday, December 16, 2-5PM

Monday, January 6, 2-5PM

Connect with librarians from Hennepin County Law Library about legal resources and support.

City of Minneapolis Small

Business Support

Tuesday, December 17, 3-5PM

Tuesday, January 21, 3-5PM

City of Minneapolis Small Business Team will be available to support individuals hoping to start or who are currently running a small business in Minneapolis. No appointment necessary. Collaborator: City of Minneapolis Small Business Team.

Sealing Your Criminal Record

Thurs, Dec 19, 12:30-2:30PM

Thurs, Jan 16, 9:30-11:30AM

Learn the process of how to seal your criminal record, also called “expungement.” Find out which criminal records can be sealed, the information needed to file, where expungement clinics are held, and how to be prepared to get the most out of your time with either a private attorney or at an expungement clinic. Please arrive on time and plan to stay for the entire session. Collaborators: Volunteer Lawyers Network, Hennepin County Law Library.



HOSMER LIBRARY

347 E. 36th Street

M, T, W: 9AM-8PM

Th, F, S: 9AM-5PM Su: 12-5PM

YOUTH AND FAMILIES

Family Storytime

Thursdays, Jan 9 – Feb 27, 10AM

For children of all ages and their caregivers. Talk, sing, read, write, and play together. Share books, stories, rhymes, music, and movement.

¡La Música y la Familia!/Music and Family!

Sat, January 25, 10-10:45AM

For children ages 1-5. Hands-on musical play activities led by early childhood music specialists will let your family experience music’s impact on learning and reading readiness. Together you will sing, rhyme, read, move and create! Program will be conducted half in Spanish, half in English. Collaborator: MacPhail Center for Music. Funded by Minnesota’s Arts and Cultural Heritage Fund. Note: Please register each child attending. A maximum of two caregivers per registered child may also attend.

Ve el impacto de la música en la preparación de lectura. Actividades y juegos enseñadas por especialistas de música para niños. ¡Juntos vamos a cantar, rimar, leer, mover

y crear! El programa será mitad en español y mitad en inglés.

Nota: Por favor registre a cada niño que va a asistir. Un máximo de dos cuidadores por niño registrado podrá asistir.

Teen Tech Workshops

Tuesdays, 4:30-6PM

Get creative and make music, crafts, animation and other projects using high- and low-tech tools, everything from iPads and 3D printers to perler beads and sewing machines. Led by the library’s Teen Tech Squad. Sponsor: Friends of the Hennepin County Library. Suitable for preteens and teens.

Homework Help

M, T: 3:30-7:30PM Sa: 1-4PM

Free in-person tutoring for K-12 students. No advance sign-up needed. Tutors available September 16 to May 21, except on holidays and school breaks.

ADULTS

Conversation Circles

Saturdays, 10:30AM-12:30PM

Non-native English speakers: practice your English and make new friends in an informal, volunteer-led setting, and learn about the library, too.

Seed Sorting Party

Sunday, December 22, 3-4:30PM

Help sort and label donated seeds for the Community Seed Library! A seed library is a collection of community-donated seeds that can be borrowed from the library and planted at home. Volunteer while learning more about seed saving and gardening. Collaborator: Plant-Grow-Share, a project of CANDO (Central Area Neighborhood Development Organization)

Researching the History of Your Home

Saturday, January 4, 10-11:30AM

Learn about the historical resources at the library and across the county that will help you piece together a history of your Hennepin County house, neighborhood or property. Staff from Hennepin County Library’s Special Collections will explain print and online resources – including permit records, maps, photos and more – and will set you on the path to jump-start your research. Register online.

Coffee and Conversations

Monday, January 13, 10-11AM

Join library staff for coffee and conversation. Share stories about the library and thoughts about the renovated space.

Senior Surf Day

Thursday, January 30, 1-3PM

Learn computer basics, how to navigate and search the internet and how to access websites of interest to seniors. Get hands-on computer experience with help from representatives of the Senior LinkAge Line®. Collaborator: Minnesota Board on Aging and Metropolitan Area Agency on Aging. Register online.



Phillips West Neighborhood
Events: www.phillipswest.info

BY CRYSTAL WINDSCHITL

No December Board Meeting No January or February Community Meetings

Phillips West Neighborhood Organization will have no December Board Meeting and no January or February Community Meetings.

Thursday, February 13th, 5-8PM

Annual Winter Social

PWNO Will have the Annual Winter Social on Thursday, February 13th, 5 to 8 p.m. at the Center for Changing Lives Centrum Room 2400 Park Avenue.

Crystal Windschitl,
Executive Director
Phillips West Neighborhood
Organization
2400 Park Avenue South,
Suite 337
Minneapolis, Minnesota 55404
Phone: (612) 879-5383
Fax: (612) 879-5217
PWNO2005

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Milton Worth Ramsey

Author with eyes on the sky found beauty on earth and, on Fort Road renamed Hiawatha Avenue



If you could choose just one word to have inscribed on your grave marker, what word would you choose? Milton Worth Ramsey didn't get to choose his own word; he didn't even have a marker until almost 80 years after he died. He died in 1906 and his descendants placed a new marker on his grave some time in the 1980s. The word that they chose to sum up his life was "author."

*"Our life on earth is but a span,
Our days, they are but few,
O, may we be on God's
right hand,
When all things are made new."*

And he most certainly was. According to his obituary, he was "for many years...identified with the literary life of the city..." He self-published four novels, and he is still recognized as having been an early science-fiction/speculative fiction writer. His first work, "Six Thousand Years Hence," was published in 1891; followed by "The Austral Globe" (1892); "Future Dark Ages: a Story of a Trip Through a Dark Continent" (1900); and "Two Billions of Miles: or, The Story of a Trip Through the Solar System" (also 1900). Although one relative claimed that Jules Verne had plagiarized Ramsey's work, that's unlikely since Verne's most famous works were published in the 1860s.

Nonetheless there is no doubt that the two authors had much in common. Copies of Ramsey's fiction are impossible to find. According to one of his followers, the Library of Congress admitted

to having destroyed their copies of Ramsey's books. But a reviewer for the Minneapolis Tribune wrote a summary of Ramsey's "Six Thousand Years Hence."

"It describes a cosmopolitan city on the sun made up of representatives from all the planets, who had been carried thither, by an erratic meteor which had drawn them by its gravitation. After 6,000 years the party returns to Minneapoul [sic], to find it a city of magnificent distances and within daily reach of Mexico by train."

The reviewer appears to have been less interested in the content of Ramsey's book than his notion that Ramsey had "[trampled] on the present method of capitalization and spells all of his planets as common nouns."

"He claimed to have had a significant role in getting the Lake Street Bridge and Longfellow School built. He said that he not only helped get the name of Fort Road changed to Hiawatha Avenue but that the idea for naming it Hiawatha was his idea."

Ramsey's fascination with the planets and the stars began much earlier than his fiction alone would suggest. In 1883, he wrote, illustrated, and published "Elements in Astronomy." His book was as much about his personal philosophy and religious views as it was about science. He explained everything from how Saturn got its rings to the four ways in which mountains were created. It included a glossary of astronomical terms and was clearly written for the general public. He hoped to "avoid long and tedious theories; to leave out all unnecessary verbosity; to make the work as attractive as possible." He wanted "to impress upon the mind that you can hardly ever look out upon the beautiful world with-

"...place roses in your path through the world to make it more comfortable for you, and make life sweeter than it would otherwise be."

out seeing something, in nature, to attract your attention, and thus, place roses in your path through the world to make it more comfortable for you, and make life sweeter than it would otherwise be."

Ramsey's eyes were not always turned towards the heavens. He was also a politician, although he was not very successful in getting elected. He sought the Republican Party's nomination for a seat in the State Legislature but could not win over the more popular Manley Fosseene, a powerhouse in Republican and labor circles. But if the list of accomplishments that he submitted to bolster his campaign is accurate, he was a formidable neighborhood activist. He claimed to have had a significant role in getting the Lake Street Bridge and Longfellow School built. He said that he not only helped get the name of Fort Road changed to Hiawatha Avenue but that the idea for naming it Hiawatha was his idea. There were likely many others involved in those actions but Ramsey's commitment to his community was undoubtedly very real.

Milton Ramsey died from stomach cancer on October 28, 1906. He was 58 years old. Some lines from his poem, "What We Are," which he included in "Elements of Astronomy," reveal his thoughts on life and death and serve as a fitting epitaph for him:

*"Our life on earth is but a span,
Our days, they are but few,
O, may we be on God's right hand,
When all things are made new."*

Milton Ramsey is buried in Lot 39, Block N.77

Winter at Pioneers & Soldiers Cemetery



TIMOTHY MCCALL



American Swedish Institute FREE Neighborhood Open House

Wednesday, January 8,
5:00PM to 8:00PM
2600 Park Avenue,
Minneapolis, MN 55407
612-871-4907 | ASI.mn.org

Be our guest at ASI's annual Neighborhood Open House. From 5-8 PM, we're offering free museum admission to thank our supporters, celebrate the holidays and introduce the Mansion to new

friends. Whether you live nearby and wonder what happens here, in the suburbs and have been intending to visit, or are a long-time ASI member, please join us for this evening of hands-on holiday crafts, performances, bonfires and more. No registration needed!



Time Tested. Tradition Approved.
Currently through January 12

Step back in time over 90 years and explore the stories and decorations of holiday traditions from Sweden, Norway, Denmark, Iceland, Finland and our Celtic Junction community guests. With

an ambiance drawing on holiday décor, music, sound and lighting as well as furniture, art, design, toys and food commonly associated with each era and country, each room offers informative and immersive experiences. Marking ASI's 90th anniversary, visitors can discover bits of the past and visions of the future in the richly decorated rooms.

The journey begins with Sweden showcasing objects from the ASI collection appropriate to 1920s/30s, including the Turnblads' dining set. In 1929, founder Swan Turnblad donated the Mansion and many of the family's personal belongings to what was then the American Institute for Swedish Art, Literature and Science.

Norway's room offers a view of traditions from the 1940s/50s, based on their unique post-WWII perspective.

Denmark, with its local and international impact on art and

design, steps into the 1960s/70s with mid-century Danish furniture, lighting and art.

Celtic Junction explores the 1980s/90s, with its shift of place, people and cultural expression.

Iceland revisits the unfolding

economic events in the 2000s/10s that transformed the country into the popular destination it is today.

Finland, with its strengths in contemporary visual art and design, takes on the future, unfolding a view of holidays to come.

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Transit Schedule changes and a new idea for park and ride lots

BY JOHN CHARLES WILSON
New schedule changes effective 7 December 2019 are in effect at Metro Transit, including some routes which serve the Phillips Community. Most of the changes are pretty minor, but you may want to pick up a new schedule, especially if you ride during rush hour.

- Changes include:**
- Minor schedule adjustments will be made to the Blue Line and Routes 5, 21, 22, and 53. The changes to Routes 21, 22, and 53 include reinstating trips which had been abolished during the bus driver shortage last year.
 - Buses which normally run on 8th Street in downtown Minneapolis which were temporarily detoured to 6th Street are now back on 8th. Heading toward Phillips, these include Routes 5, 9, 19, 22, and 39.

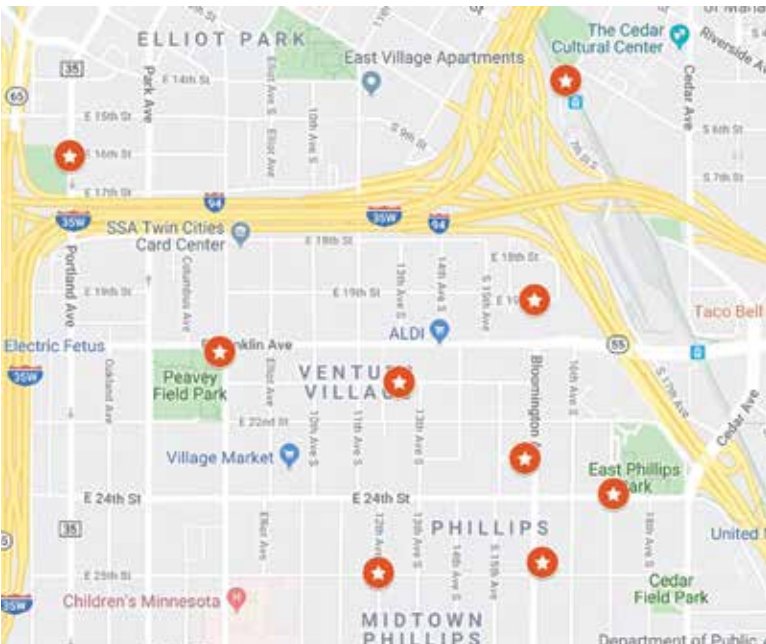
With the winter season upon us, including the specter of fines and towing charges for parking in the wrong place during snow emergencies, I’d like to make an open suggestion to Metro Transit. You see, their current rules don’t allow overnight parking at most Park and Ride lots. I am thinking the Metropolitan Council could earn some public goodwill by relaxing that policy during snow emergencies. The idea would be for people who only have street parking at their homes to be able to park at a Park and Ride the night they have to be off their home street. They could take the bus home and then back to the Park and Ride to get their car the next day. This would alleviate the parking shortage that occurs on those streets where parking is allowed during the snow emergency. The car owner gets a safe, legal parking spot for the night. Metro Transit gets two fares, and maybe some appreciation, and the Park and Ride facility gets a little extra utilization, making the expense of building it incrementally more worthwhile.

Syringe disposal pilot From page 1

Syringe pilot program begins

ed by a grant from the National Association of County and City Health Officials, with a recommendation by Minneapolis Mayor Jacob Frey to include funding in the 2020 Minneapolis budget. The syringe disposal pilot was presented at a community meeting on November 2 at the Sabathani Community Center. Mayor Jacob Frey, District 4 Hennepin County Commissioner Angela Conley, and a variety of city and county staff spoke about the opioid epidemic and related public health concerns over improper syringe disposal in our community. Ward 9 Council member Alondra Cano, who represents East Phillips and Midtown Phillips, other staff did not appear to be present. Ward 6 Council member Abdi Warsame, who represents Phillips West and Ventura Village; and Hennepin County Board Chair Marion Greene both sent staff representatives. At the meeting, Tim Huber from Industrial Hygiene, the company contracted by Minneapolis to pick up and dispose of syringe litter, went over how to safely pick up and dispose of syringes. He reit-

erated that syringes should not go in the trash! Call 311 if you need help disposing of syringes safely. The City is also planning community drop off events to collect syringes that community members have gathered on their own. Very few Phillips community members attended the meeting and they questioned why the meeting was held outside of the neighborhood most impacted by this project. In response to those concerns, the City is working on having another meeting scheduled in Phillips. Community members also raised concerns that data gathered from drop boxes and buckets would not accurately account for syringes gathered and disposed of privately by neighbors. Attendees also asked for better community outreach about both the syringe clean-up pilot and syringe safety in general, including information in multiple languages. If you have questions or feedback on the pilot or other questions about the City of Minneapolis’ opioid response, contact City staff member Suzanne Young at 612-358-4167 or via email at Suzanne.Young@minne-



Syringe box locations

apolismn.gov. Safe syringe disposal is just one example of how the ongoing opioid epidemic has impacted everyone in the Phillips Community. As of November 18, Minneapolis had 1,360 reported overdoses, up from 954 for the entirety of 2018. According to the Minnesota Department of Health, Minnesota is also experiencing a Hepatitis A outbreak, with the most high-risk individuals including those who use injection drugs or experience homelessness. Any long-lasting

solutions to this difficult and wide-ranging issue will require us to come together as a community.

What is your story? How has the opioid epidemic impacted you? What solutions do you have? How can Phillips neighbors connect and support each other through this crisis? Please address comments or questions to Alley Communications, copydesk@alleynews.org or P.O. Box 7006 Mpls., MN 55407.



Peace House Community Journal Where is your living room?

BY MARTI MALTBY
When Sister Rose founded Peace House Community, it quickly became known as “the living room on Franklin Avenue”. Sister Rose wanted anyone who walked through the door to feel like they were going to a friend’s house where there was acceptance without invasive questions. People could share what they wanted or not share as they wanted. While PHC has maintained Rose’ focus on hospitality and making everyone feel welcome, a recent comment by one of our community members reminded me that what counts as “welcoming” varies greatly. The comment came during a discussion about the three things you would want with you if you were stranded alone on an island (assuming the island had enough food and water to sustain you). The community member put up his hand, and with a big smile on his face, he said, “Nothing. I wouldn’t need nothing. You just described Heaven for me. Having what I need and not having to listen to people

complain about their problems, not having to worry about how they’re going to try to get over on me... that’s all I need.” From past conversations with the community member I know that he’s a loner who doesn’t trust anyone and only speaks when he needs to. In many ways his view of life is the complete opposite of Sister Rose’s. To her, welcoming others meant creating community that intertwined the lives of its members. It meant bringing a new person into an existing network, changing them from an outsider to a member. To him, by contrast, welcoming someone meant being willing to ignore them. It meant allowing them to enter your space without conditions or expectations, allowing them to set the agenda whether or not that agenda matched yours, and to leave them alone when they needed it. His comment reminded me of how diverse people’s needs are. While there’s a limited number of basic needs, there’s a rich diversity of ways to meet those needs. Sometimes hospitality means making a fuss over your

guests, but sometimes it means letting them in and then leaving them alone to work through whatever they brought with them. Sometimes it means staying up late talking and laughing, and sometimes it means letting them sleep. All of this raises the question of how many people are truly aware of where their “living room” is. Many of us manage to ignore or suppress stress, fooling ourselves into thinking life is fine while our blood pressure skyrockets and our muscles tire themselves out through constant

tension. Even when we recognize our situation, we often can’t or won’t take the time to slow down and find the space (physical or otherwise) to relax. Each of us is different, so there’s no simple equation beyond:

**Awareness + Relaxation
= My Living Room**

On behalf of Peace House Community, I wish each of you success in finding your own living room.

Christmas Eve

at Marie Sandvik Center

Tuesday, 12/24/2019
3:00pm - 4:00pm
(Door open at 2:30pm)

Everyone is welcome!

Inspirational Gospel service.
Each person who attends will hear the Gospel story, and receive cookies, coffee or cocoa, a shoebox filled with gifts, and a quilt (while supplies last).



Tue., New Year’s Eve service 5:30-6:30 only.
We’re closed on December 25 and January 1.
Marie Sandvik Center, 1112 East Franklin Ave.
MSC@USFAMILY.NET 612-870-9617



This is the picture that Pete asked to have added to the We Remember wall where Peace House people who have passed away are remembered.

“I’ve been up and I’ve been down. I’ve been all around.”

BY MIKE HAZARD

Peter appeared at Peace House, a face out of the past. He jumped in my face and smiled. “I remember you and you don’t remember me, Mike.” I remember your face, but not your name. “Peter. Pete the Greek from Crete. I was the guy who voted against you making a movie about Peace House back in 2007. I was wrong. It came out OK. Now I love you.”

“I stop by Peace House every month or two. I have been coming here for over 30 years. I’ve been through it all. I have been up and I’ve been down. I’ve been all around.”

“I knew Sister Rose (who founded Peace House). I drove her home daily. She was wholesome, hearty, and spirited. She could settle the biggest guy down. She was so wholesome, she was innocent. She was one of the most giving persons I have ever known.”

“Her brother Larry gave AA talks. When I was in St. Cloud, I

was so happy to see him at an AA meeting.”

We clicked pictures in the main room at Peace House. He liked the one “without the smile. No teeth. No toothy grin.”

He was busy working, selling vehicles. “I run a company called We Sell Old Cabs. I want to leave a legacy to my children.” Peter was making it, driving a big, old car he uses to drive people around. Peter had a key to a good life.

Then, a shock. Peter Nikiforakis was found dead in his van at Franklin and Bloomington on Monday, November 11, 2019. He knew his days were numbered. He had chronic obstructive pulmonary disease (COPD). “I spend 6-9 days a month in the hospital. It is only a matter of time. I am ready to go. I’m OK with that.” It’s not clear if he died from exposure or from COPD or both.

The last time I saw him he was praising Mary Cassioppi, one of the coordinators at Peace House. “Her agenda is to help people.” Mary responded, “I’m always learning.” Mary said Pete always said that he had one foot in the grave and one foot on a banana peel.

“Pete was always aware of the tenuousness of his condition, yet always had a smile on his face, though we could tell that breathing was getting harder and harder for him with each visit lately,”

said Peace House volunteer Mary Robinson. “I think he came to say goodbye in his own way without actually saying it for sure. His pride, his vulnerability, his love of the Peace House community, his humility and his ‘acceptance’ of his journey as well as just his growing appreciation for LIFE, and his compassion for all who walked his walk stand out. He will be greatly missed and his presence will remain with me always.”

Another volunteer, Meg Mannix, added, “About a month ago, Pete made a point to introduce himself to me—knowing I was new—and engaged me in a great conversation about Peace House and community and friendship. He told me he was dying, and I wasn’t sure how to respond. He said it in such a ‘matter of fact’ manner, more as an aside, that it caught me off guard. I mumbled something being sorry...he brushed that off and went on singing the praises of the various volunteers at PH, and the love he experienced there. I was looking forward to more conversations with him... my loss, for sure. My loss, indeed. May the angels lead you into paradise, Pete the Greek from Crete. What a kind man you were.”

Tressa Sularz, a regular PH visitor, described him succinctly, “He was a quiet man who left quietly.”

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The last time he was at Peace House, Peter fixed the dishwasher. Nobody knew he could do that.

His agenda was to help people. Rest in peace, Pete the Greek from Crete, rest.

This poetical picture story is by Mike Hazard. It is part of a project called Peace House People. A selection of 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.

Tribute From page 1

Linda Back McKay (1947-2019) and David McKay

However, the skills of her prose ability led Linda to a career in copywriting. She teamed up with a design specialist and the two went on to complete many successful projects for clients in the Twin Cities, but never forgetting Phillips and the work she did together with David at KFAI.

About a year later, David left KFAI and his radio production work at Migizi Communications to become part of a team that would launch a radio production nonprofit business and help the Lac Courte Oreilles tribe in Wisconsin open

their new radio outlet. Then he worked with a team of other public radio experts to teach tribal members the skills needed to operate the station.

Meanwhile David and Linda were raising the five children of their blended family and what would later come to include six grandchildren and one great grandchild.

David returned to Migizi Communications in 2001 as education director, working with high school students on the skills he had taught adults. He was well liked by the students and he successfully encouraged them to focus on their media projects.

He has been in a board leadership position with VOQAL, a media and technology nonprofit, dedicated to social, racial, and economic equity.

He and Linda took to the roads on his beloved big Harley Davidson, going to points at several locations, in many states, including the internationally famous Sturgis, South Dakota ten-day Rally.

In the early part of the 2000’s, Linda and David became friends with a young American couple who owned a five-room hotel in a small fishing and tourist village on the Yucatan Peninsula, Puerto Morelos, named for Jose Maria Morelos, credited with being part of a war of independence. They lived close by but were starting a family and didn’t want to be tied to the property all the time and asked if David and Linda could help them. For lodging, the McKay’s checked guests in, answered questions and performed room cleaning one day

a week. It was a fine arrangement that continued for several years.

At her day job, Linda worked in advertising for many years before starting her own creative copywriting business. She was a poet, artist in residence at the Loft Literary Center, and a creative writing teacher and nonfiction author. In addition to many books of poetry, she wrote *Shadow Mothers: Stories of Adoption and Reunion*, which was adapted into the play *Watermelon Hill* and had two extended runs at the Minnesota History Theater. A motion poem based on her work *Carousel* was displayed on the front of St. Paul’s Union Depot. Linda’s nonfiction work includes a soon to be published book on women motorcyclists of the 1930s and 40s.

In 2016 some symptoms sent

Linda to a specialist and the diagnosis was brain cancer with a devastating prognosis of four to eight months left to live. Linda lived on for 34 months following her diagnosis. Her steel will, stubbornness, and relentless sense of humor kept her going.

They took their camper to Florida for the winter or they went to Arizona, enjoying the warmer weather and good friends in the South, except that 2018/2019 was a tough year for Linda. She fell a few times and her unsteadiness was a concern. Even then, her humor shown through, and she joked that she had “one foot in the grave and the other on a banana peel.”

A celebration of Linda’s life was held November 9 at Beckettwood Cooperative in Minneapolis.

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)



Roberta Barnes and Susan Gust

FIRST PERSON PRODUCTIONS-AARON THOMSON



Attendees at Alley Gathering Nov 8th

FIRST PERSON PRODUCTIONS-AARON THOMSON

Could Not Attend The Event?

There is still time to make a donation to keep *The Alley Newspaper* strong and serving the community.

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

Alley Communication's 2019 annual gathering celebrated 45 years!

When a nonprofit organization has been around for 45 years, it can be a task to find a way to host an Annual Meeting that can both convey some of the important activities of the recent past and to instill the momentum going for the year ahead. With the skills and talents of many *Alley Newspaper* and community friends and volunteers, we were able to do both! Here is a sampling of what attendees experienced on November 8th:

- We were moved by the words of Phillips Community spoken word artist, Amjed Yusef and our spirits nurtured by the music of Siamia Matuzungidi and Dallas Johnson with Tim O'Keefe, Siamia's Congo Music.
- Tom O'Connell, historian, organizer, professor, and author (including "It's Up to Us") inspired us with a dynamic talk about community leadership.
- Media Mike Hazard shared a few words about his poetry & photos project at Peace House

Community which is also a new feature in *The Alley* as of 2019.



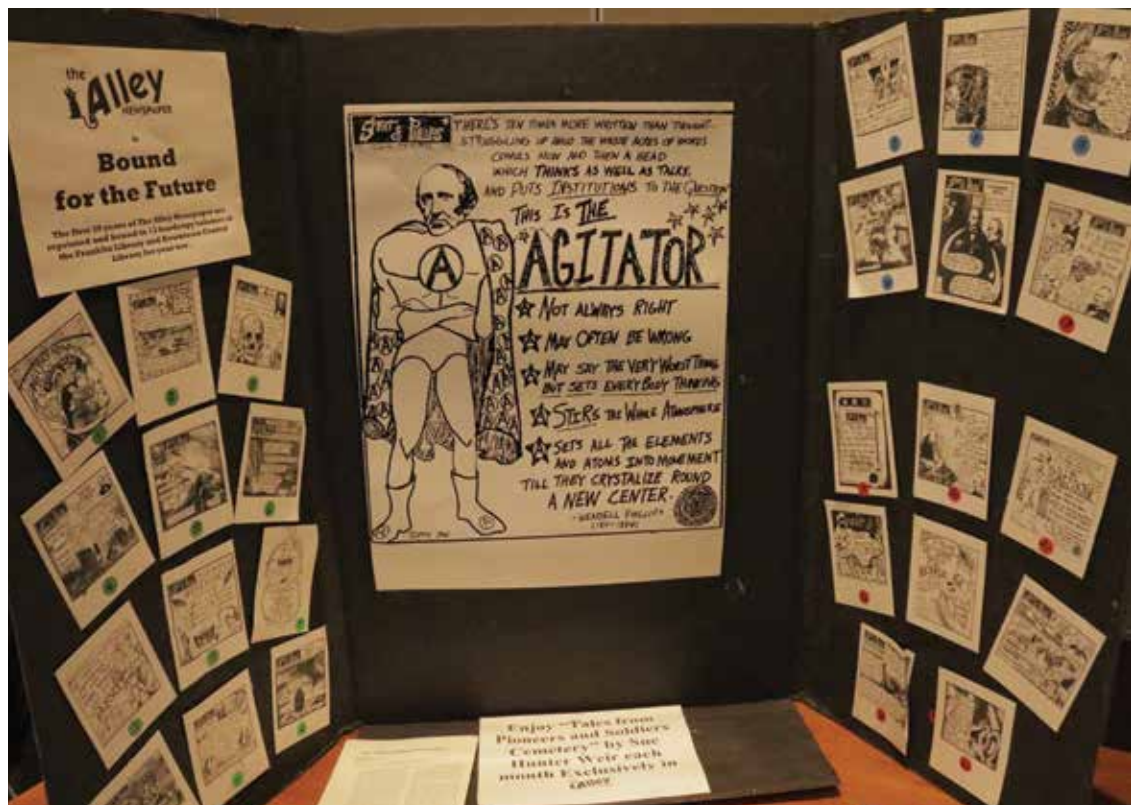
- Phillips resident and *Alley* cartoonist, Dave Moore read the lyrics from one of his "Spirit of Phillips" poems.
- Josie Adkins, who recently received her undergraduate degree in graphic design, presented her "Phillips Finder" senior project and wayfinding display.
- Roberta Barnes, from the Cultural Wellness Center's Backyard Health Hub help us to experience the connection to community in a matter of a few short minutes!

- Three students from HECUA—Higher Education Consortium for Urban Affairs kicked off their project to produce a short documentary about *The Alley Newspaper*. Stay tuned!
- Many folks won a great prize through a wonderful raffle made possible by local businesses and Alley Board members
- Several of *The Alley Newspapers* educational and promotional displays constructed through the years were portrayed. These included enlarged cardboard Spirit of Phillips cartoons, cartoon greeting cards, boards showing the front pages of past years and much more!
- Gift of the book "Wendell Phillips: Social Justice and the Power of the Past" presented to two teachers from Trinity First School. The last chapter of this book, "Phillips Community of Minneapolis: Historical Memory and the Quest for Social Justice" is co-authored by Dave Moore, Susan Gust, and Harvey Winje.



Tim O'Keefe, Siamia Matuzungidi, and Dallas Johnson, Siamia's Congo Music at Alley Gathering Nov 8th

FIRST PERSON PRODUCTIONS-AARON THOMSON



Spirit of Phillips cartoons by Dave Moore

FIRST PERSON PRODUCTIONS-AARON THOMSON

Thank You!

THANK YOU to the wonderful following businesses and organizations!
**Your contributions toward the food or great items for the raffle helped to make
The Alley's celebration a terrific event.**

WITH DEEP GRATITUDE TO:



LOWRY HILL MEATS



*A very special thank you to Crystal Windschitl, Phillips West Neighborhood Organization,
and her invaluable assistance to help us host and make this event happen!*

This event was guided into place and hosted by Alley Communications' Board Members: Cathy Strobel-Ayres, Board Chair, Thor Adam, Steve Dreyer, Lee Leichentritt, Frances Mendenhall, Gabriel Pass, Steve Sandberg

A special tribute for dedicated service

Beautiful, framed posters created by Ricardo Levins Morales and purchased through his studio allowed us to pay special tribute to the following folks for their 20+ years of dedication to Alley Communications:

Leon and Elaine Oman for about 2 decades of Leon's participation on The Alley's Board and doing the bookkeeping for the organization and Elaine for her support in helping Leon to make this contribution of time and energy.

Jonathan and Amy Miller, in recognition of Jonathan's being an Alley intern from Carleton College about 20 years ago, a part-time Editor for *The Alley* and then its graphic and layout designer. Amy made it possible for him to serve in this capacity especially as they began to grow a family.

Cathy Strobel-Ayres for two decades of her leadership on Alley Communications Board of Directors, currently serving as its Chair. This consistent dedication has been essential to helping *The Alley* persevere through its transition of the last couple of years.

The Alley has so appreciated the invaluable volunteer time, energy and contributions of each of the following 13 regular writers of *The Alley Newspaper* for over one year: **Bob Albee, Roberta Barnes, Steve Dreyer, Sue Hunter Weir, Howard McQuitter, Peter Molenaar, Dave Moore and Linnea Hadaway, Brad Pass, Julia Robinson, Sunny Sevigny, Erin Thomasson, and Crystal Windschitl.**

Each person received a small framed card of the same print from Ricardo Levins Morales, a Welna Hardware reusable bag, and a voucher for free entry to the American Swedish Institute.



HELP WANTED

Alley Program and Engagement Coordinator

Alley Communications is seeking to contract with a person to fulfill the Engagement and Program Coordinator position. They will work with the Editorial Leadership Committee (ELC) to deepen, broaden and culturally diversify engagement with community members and organizations. This person will identify, prioritize, and produce news and information in *The Alley Newspaper* and Alley social media. Responsibilities include the layout and publication of the newspaper each month in coordination with the ELC, regular *Alley* writers, guest contributors, and advertisers. Knowledge and experience with Adobe InDesign or compatible software is a must. Email the Board Chair, Cathy Strobel-Ayres, cstrobel11@gmail.com to receive more information about this position.



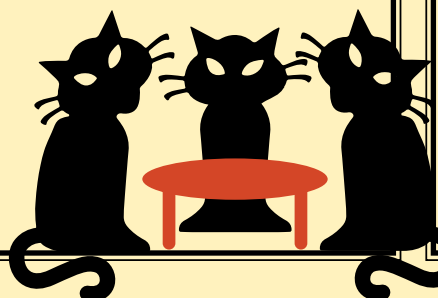
Editorial Leadership Committee

Do you like newspapers? Better yet, do you read *The Alley Newspaper* and want to it to improve, grow or change? VOLUNTEER for the Editorial Leadership Team of Alley Communications and work with the Alley's Coordinator to lift the many voices of the Phillips Community and how to get them represented within the pages of *The Alley Newspaper*! Email Editor@alleynews.org or call Harvey at 612-990-4022 for more info and next steps.



Board Member Position(s)

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



Part-time Bookkeeping/Accounting

Alley Communications is seeking to contract for part-time bookkeeping/accounting services. This person will work with the Alley Board of Directors to manage the Alley's accounting and bookkeeping needs to ensure we meet our financial and tax reporting requirements and are tracking income and expenses. Email the Board Chair, Cathy Strobel-Ayres, cstrobel11@gmail.com to receive more information about this position.





EPIC Wishes you a Wonderful Holiday and a Happy New Year

A few photo memories of 2019



The 2019 EPIC Annual Meeting was a celebration of the twentieth Year of the existence of the East Phillips Improvement Coalition



The breakfast crew at the 20th Annual Meeting. L to R; Karen Clark, Board member Rosie Cruz, Former Board member Sherzad Kordian & Robert Wright in back



Dancer at Little Earth's Annual Mother's Day Pow-wow



The Brass Messengers at SummerFeast - 2019



City Hall Demonstration for the East Phillips Indoor Urban Farm

For Your Calendar: * Have a Great Holiday!

The EPIC Board of Directors meet on the FIRST Saturday of the month – Next Meetings; Saturday, 1/4/2020 and 2/1/2020 at 10:00 AM. at 2433 Bloomington Ave. S

The EPIC General Membership meets on the SECOND Thursday – Next Meetings; Thursday, 12/12/19 and 1/9/2020 and 2/13/2020 at 6:30 PM
Agenda includes Neighborhood Industrial Pollution, Crime Initiatives, and EPIC project updates.

Meeting Location: Most EPIC meetings and events (unless noted) are held at the East Phillips Park Cultural & Community Center located at 2307 17th Ave. S. The Center is wheelchair accessible and all are welcome.

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

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

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

Designed and Paid for by East Phillips Improvement Coalition



MIDTOWN PHILLIPS
NEIGHBORHOOD ASSOCIATION INC.
www.midtownphillips.org

The meetings listed below are held at
Stewart Park, 2700 12th Avenue South, Minneapolis

DECEMBER BOARD MEETING Tuesday, December 10, 6:30-8pm

Closed session for discussion
on Outreach Partners for 2020

* NO COMMUNITY MEETING IN DECEMBER
Best wishes for happy holiday season!

JANUARY BOARD MEETING Tuesday, January 14, 6:30-8pm

- Update on utility box project
- Plan Annual Meeting agenda
- Discussion on Staff Support

JANUARY COMMUNITY MEETING Tuesday, January 28, 6:30-8pm

Stewart Park Improvements

Hear from Stewart Park Director,
Minneapolis Park & Recreation Board,
and Park Police

ANNUAL MEETING & COMMUNITY DINNER

Thursday, February 27, 5:30-8pm

@ Stewart Park (Gymnasium), 2700 12th Ave. S., Minneapolis

Enjoy a FREE community dinner and entertainment

Hear community speakers

- Allina/Abbott Campus Improvements
- Minnesota 2020 Census–We Count!

Resource/info fair

- New American Youth Soccer Club enrollment
- Want Mad Dads to do a street party on your block?
- \$20/hr jobs available with Minneapolis Census
- Learn how to Compost & Recycle
- Find out about our two community radio stations
- Meet Minneapolis & Park Police
- Ask questions about the Minnesota 2020 Census–We Count!
- Register to vote!

Join the Midtown Phillips Neighborhood
Association board!

(District Rep candidates must live or work within
the neighborhood boundaries as listed below)

OPEN POSITIONS:

- Midtown Phillips Board President
- District 1: 24th-26th & Chicago to 12th Avenue
- District 2: 24th-26th & Bloomington to 12th Avenue
- District 4: 26th-28th & 12th Avenue to Bloomington
- District 5: 28th-Lake & Chicago to 12th Avenue
- District 6: 28th-Lake & Bloomington to 12th Avenue
- At Large Representative

For more information about being a board member,
contact 763-310-4760

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VENTURA VILLAGE NEIGHBORHOOD

DECEMBER '19 NEWS



WORK WITH US!: VENTURA VILLAGE IS SEEKING TO CONTRACT AN ADMINISTRATIVE ASSISTANT

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.

INDOOR SOCCER FLOURISHING AT THE PCC.

Every Saturday evening the Urban Youth Leadership Connection sponsors soccer practices for 10-13 year-old boys at the Phillips Community Center gym. On a recent November evening they had a lively one hour scrimmage with a team from St. Paul - Highland Park that featured excellent goal tending. Coach Adam Ugas provides leadership and mentoring for the players and their families. The season started in November and goes through March. The Ventura Village Neighborhood Association helps fund the program with help from the Mpls. Park Board



THE ANNUAL WAITE HOUSE HARVEST DINNER WAS HELD ON NOVEMBER 21.



Waite House head chef, Jose Llangari, (above) and members from the dance group, Chinelos San Pablo Apóstol (below). Photo Credit: David Pierini

SEASONAL INCREASE IN AUTOMOBILE THEFTS : UPDATE FROM CRIME PREVENTION ANALYST, LUTHER KRUGER

During the colder months, car thieves take advantage of residents who leave their cars running unattended. All precincts see a spike in auto thefts when temperatures plunge and the snow flies. The temptation to start the car and let it warm up while you stay warm inside or leaving it running while doing a short errand could be a costly mistake; even if you lock the car, it only takes seconds to break a window or jimmy a door lock. It is against City ordinance to leave your key in the ignition while you are not in your car: Minneapolis City ordinance 478.160, Open Ignition – failure to lock ignition and remove key from passenger vehicle is a towable offense. Officers may issue tickets to any cars that are running with no driver present. In fact, if your car is reported stolen and your keys are in it, you may also get a ticket. It is legal to use a remote starter but keep in mind that an unoccupied running vehicle will provide some temptation to a thief. If the car is running and locked, they may still attempt to break into the vehicle.

- What you can do:
- Call 911 when you witness any suspicious activity and/or people around your property or block
 - Do not leave your vehicle running and unattended
 - Be aware of unauthorized tow trucks in the neighborhood or other suspicious vehicles in the alley or on your block
 - Meet your neighbors and watch out for each other – organize your block and share information – consider being a block leader to help facilitate information sharing. For more information on block clubs and crime prevention tips, contact your Crime Prevention Specialist. Ventura Village's CPS is Kali Pliego, kali.pliego@minneapolismn.gov.

MEET URIKA PRATT, MINNEAPOLIS PARK AND RECREATION BOARD YOUTHLINE SPECIALIST

Urika Pratt, the Minneapolis Park and Recreation Board (MPRB) Youthline Specialist at Phillips Community Center and Peavey Recreation Center, has been working with youth for ten years; since August, she has been working at Phillips and Peavey parks. Pratt holds a Bachelor of Science in Community Psychology and Mass Communications from St. Cloud State University. During her time working in the Phillips and Peavey neighborhoods, she has led a variety of youth programs, including Youthline Adventure Group field trips, teen art programs, basketball tournaments, and classes teaching cooking skills to youth. Something I'm really proud of is the success of my Pool Fun Fridays program," Urika says. Through her work in the community, Urika's program has brought more than 40 youth from the neighborhood to the new pool. Youth are learning swimming skills and fundamentals of aquatics and water safety. Urika looks forward to continuing to partner with local organizations to bring more opportunities to the youth in the neighborhood. For more information, stop by Peavey or Phillips Community Center.



UPCOMING VENTURA VILLAGE MEETINGS:

- Thursday, December 26th: Housing & Land Committee: 5:30 pm
 - Tuesday, December 31st: Community Engagement Committee: 6 pm
 - Wednesday, January 8th: Board of Directors Meeting: 6 pm
- Thursday December 26th: Crime & Safety Committee : 6:30 pm
 - Tuesday, December 31st: Wellness, Gardening & Greening Committee: 7 pm
 - Wednesday, January 8th: General Membership Meeting: 7 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

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Movie Corner

BY HOWARD MCQUITTER

oldschoolmovies.wordpress.com
howardmcquitter68@gmail.com**"Motherless Brooklyn" (2019)**
Warner Bros. Rated R
★★★★☆

"Motherless Brooklyn" is a novel by Jonathan Lethem, the adaptation a movie by Edward Norton, though the setting is originally in the 1990s, Norton skillfully rolls back to the 1950s. Mind you, Norton worked on the script, of course, with changes, for 20 years. I'm glad he decides to capture New York City—Brooklyn in particular—at a time when the mob and the mayor are often inseparable. All in all, "Motherless Brooklyn" is a detective movie, a good one, in which Lionel Essrog (Edward Norton) is like a precursor to Peter Falk's "Columbo." Lionel's boss, Frank Minna (Bruce Willis) and Lionel were raised together as boys in a Catholic orphanage. Frank started his own detective business. Both men search for corruption such as insurance scams and other illegal doings.

When trouble smacks Frank in the face taking on what maybe linked to the city, Moses Randolph (Alec Baldwin), a big-time "friend" of the mob, things get nasty. Frank has Lionel and Gilbert (Ethan Suplee) wait outside a building while he goes inside to find out things from some shady men. But by the time shots are fired by the bad men, Frank is badly wounded.

Lionel is the one most interested in who killed his boss. And before we know it Lionel is faced with the underbelly of New York's skullduggery. Lionel's journey leads him to the black woman, Laura Rose (Guga Mbatha-Raw), who works for fair housing for African Americans. The two people find more corruption around white developers with an insidious plan to uproot African Americans

from tenant houses. (To this day, adequate and good housing is a big issue for poor and people of color.)

One of the pluses of "Motherless Brooklyn" is men dressed in fedoras and women in their best outfits sitting around sometimes in cramped clubs to bebop jazz. It is likely in those days most of the jazz clubs in Brooklyn were black owned. Lionel's problem is not so much he's in a black establishment but because he has Tourette's syndrome which may be misinterpreted by someone in the club. Laura takes Lionel to Harlem jazz club owned by her father (Robert Wisdom) featuring a Miles Davis-type trumpet player (Michael Kenneth Williams) and Paul (Willem Dafoe), the eccentric one who, like a prophet without the robe, issues warnings to Lionel and anyone else.

And most cities today haven't learned from the greed and bigotry that's aptly depicted in Norton's movie. Baldwin's character seems to be fine with building in an area where there are no buses, that is, a way to keep out blacks and poor people in general. Lionel finds himself in danger from goons trying to preclude him from finding any evidence of city corruption. He never shied away from trying to find the killers of his boss and boyhood friend. There are little hints of Roman Polanski's "Chinatown" (1974) in Norton's "Motherless Brooklyn." I enjoyed Norton's work here. A film; worthwhile.

Cast: Edward Norton (Lionel Essrog), Guga Mbatha-Raw (Laura Rose), Alec Baldwin (Moses Randolph), Bruce Willis (Frank Minna), Willem Dafoe (Paul), Bobby Cannavale (Tony Vermonte), Ethan Suplee (Gilbert Coney), Robert Wisdom (Billy Rose), Peter Gray Lewis (Mayor), Michael Kenneth Williams (Trumpet Player). Director: Edward Norton. Writer: Edward Norton. Novel by Jonathan Lethem. Running time: 144 minutes. (R)

"Ford v Ferrari" (2019)
20th Century Fox Pg-13
Drama/Action/Biography
★★★★★

My interest in car racing of any kind is mediocre at best, however, director James Mangold ("Walk the Line" [2005], "3:10 to Yuma" [2007], "Identity" [2003], "Girl Interrupted" [1999]) has created such an atmosphere in "Ford v Ferrari" as to hang on every scene like glue. It's not simply the action with the racing which is exciting, but the drama of a real life British car racer Ken Miles, played immaculately by Christian Bale, sets the tone (along with) legendary American race driver, retired from the sport because of health issues, named Carroll Shelby, played by Matt Damon. The setting of the period piece is the 1960s when Henry Ford II, played aptly by Tracy Letts ("Lady Bird" [2017]), bluntly tells his subordinates at a meeting that we must improve sales or fail. For such a huge automobile company like Ford that spells a disaster for the American customers if Ford goes in the tank. Mr. Ford gets the idea to buy the Italian automob-

ile company Ferrari. Ferrari turns Ford down only to be nabbed by FIAT, well, the latter acquired 50 percent of Ferrari in 1969.

Now that Ferrari snubbed Ford, Lee Iacocca, played by Jon Iacocca ("Lady Bird" [2007]) and Leo Bebe, played by Josh Lucas, to hire Shelby, a former winner of the Le Mans to design a race car to be the fastest one in the world. In recent years, Ferrari, owned by Enzo Ferrari, played by Remo Girone, has won the Le Mans and Ford is set out to win the race back. In a sense, the Le Mans (and perhaps, to a lesser extent, the Daytona), at the time, at least, America verses Europe.

One of the problems to the top men at Ford, including Ford himself, rejects Shelby's choice for big times car racing British top car racer, Ken Miles, played by Christian Bale, as one top executive calls Miles a "beatnik". After a while Ford agrees to include the stubborn Miles, Roy Lunn (J.J. Field), Charles Agapiou (Jack McMullen) and Phil Remington (Ray McKinnon) to do battle with the confident Italians and other Europeans.

But it must be said the movie just doesn't begin and end with car racing, Mangold richly shows Miles' nice family, his wife Mollie Miles, played by Caitriona Balfe, and his young son, Peter Miles, played by Noah Jupe. Both his wife and son are completely behind Ken's efforts. By radio or by the rabbit ears of a television they are rooting for him like a baseball player hitting a home run in the World Series.

In 1963, Ford's ambitions for tackling Ferrari at Le Mans would be realized at the Le Mans in 1965 and 1966. The Le Mans race is 24 hours, a brutal affair where serious accidents are always possible—and even death.

Back in the 1960s, the Le Mans race is about as important as the Super Bowl today (maybe I'm exaggerating somewhat).

It's the richness of the performances by Bale, Damon, Letts, Balfe and Jupe, and others that make "Ford v Ferrari" not just another racing movie.

As such, the movie "Ford v Ferrari", not unlike Quentin Tarantino's "Once Upon a Time in Hollywood" (earlier in the year)—I seem to have been at least partially nostalgic because I went from boyhood-to-adolescence-manhood all in that turbulent and often amazing decade.

Cast: Matt Damon (Carroll Shelby), Christian Bale (Ken Miles), Jon Bernthal (Lee Iacocca), Caitriona Balfe (Mollie Miles), Tracy Letts (Henry Ford II), Josh Lucas (Leo Bebe), Noah Jupe (Peter Miles), Remo Girone (Enzo Ferrari), Ray McKinnon (Phil Remington), J.J. Field (Roy Lunn), Wallace Langham (Dr. Graninger), Ian Harding (Jimmy), Jonathan La Paglia (Eddie),

Marisa Petraro (Mrs. Henry Ford). Director: James Mangold. Running time: 152 minutes. Writers: Jez Butterworth and John Henry Butterworth.

Cinematography by Phedon Papamichael. Music by Marco Beltrami and Buck Sanders. (PG-13)





20/20 VISION



EVERYONE DESERVES A HOME SWEET HOME



Raise Your Voice
**Glow lights
against
hypocrisy**

BY PETER MOLENAAR

In the small town Christmas season of my boyish years, atop the towering silos of the malting plant, the lights were strewn to form a teepee. At home, my Christian mother decorated a real tree. The living room reverberated all the inspired carols. However, it was the Nutcracker Suite which moved me to lead the siblings in a circle of running leaps.

More recently, a thousand lights swayed to the music of the New Power Generation. Actually, 10,000 had gathered to uplift Ilhan Omar and her guest, Bernie Sanders. Visions of socialism danced in our heads.

Who are the jihadis of love, compassion, and forgiveness? Millions of Muslim people and Ilhan are. They do not harken the ancient crusades... the wholesale slaughter of a people who truly revered Jesus as a prophet. Ilhan Omar has written: "We must apply our universal values to all nations... only then will we achieve peace."

Why did it take 100 years for the United States Congress to condemn the Armenian genocide? For that matter, why do 1,000 points of darkness remain? Ilhan wonders the same.

Yet, the little-boy-man passed through, in part to augment the death threats leveled against our elected one. Will he even have the decency to repay our city for having protected his presence?

Meanwhile, Trump's corporate gangsters have sponsored a military coup in Bolivia. The indigenous majority will resist this intent to steal the lithium deposits.

Who or what then constitutes the most vile blemish on the face of the Earth? Actually, it is "America's Nuclear Tomb". From the sky it appears as a monstrous canker sore, festering with all our Cold War waste. It is eroding now, in the wake of the climate crisis and rising sea levels.

When I was a child, my country nuked the Marshall Islands 67 times. For many years after, the island women described their deformed birthings as marlins, devils, jellyfish children, and grape babies.


Good people, we are fortunate to have Ilhan Omar as our Representative.

Brave Light, it is written.

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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.

To "Raise Every Voice"
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BACKYARD COMMUNITY HEALTH HUB

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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!





Robert Taylor, Dreamland Culinary Heritage

TIPS ON STAYING HEALTHY AND WELL DURING THE HOLIDAY SEASON!

There are lots of gatherings throughout the holiday season. Many of those gatherings come with expectations. Robert Taylor shared some of his own personal tips of how to maintain one's health and manage those expectations:

- One can “indulge” in the feelings or the experience of the gathering while not necessarily over-indulging in the food.
- Share that special dessert or treat with someone else.
- Use the “tasting method” by only putting a tiny morsel of each item on your plate so that you can enjoy all of the different tastes.
- Drink plenty of water.
- Be conscious of the expectations around the event and accept what you can't change and change what you can.
- Remember that people most want you to be present and enjoy the experience.

FOOD AS A PATH TO HEALTH AND WELLNESS

Robert Taylor, owner and chef for Dreamland Culinary Heritage, (formerly named Zamaya Delicious), prepares delicious food for the Backyard Community Health Hub's 1st and 3rd Thursday evening events—Dinner Dialogue on Diabetes and Dinner Dialogue on Cardiovascular Health. The food and its presentation are central to what is experienced by the participants who attend these events.

From a young age, Robert Taylor learned to be in the kitchen and to prepare food even though his mother prepared good food for him and his brothers. Since she was a single, working mother, he had to learn to cook some of the basics at an early age. He also learned that the kitchen is where people gathered and food was central to bringing people together.

While pursuing a Masters Degree in Education, he was running a catering business on the side to afford his schooling. He catered an event that was attended by his academic advisor at the time that said to him, “This is the work you should be doing and are meant to do.” It was shortly after that Robert did decide to pursue a career in preparing and presenting food. He worked with some other very good cooks in other parts of the country like Baltimore, where he also learned some of the cultural connections to food. Now as a for-profit business incubated at the Cultural Wellness Center, the connection between culture and wellness is inherent in the preparation and presentation of food.

Robert learned that he had a natural gift for combining ingredients and flavors in ways that were both flavorful and included the relationship or familiarity with cultural experiences. For example, in one of his signature soups he uses black-eyed peas, fire roasted tomatoes, and kale. At a recent Dinner Dialogue on Diabetes, one of the participants could not believe she was actually eating okra because she strongly disliked it because it was always overcooked and slimy. She had to be convinced that by simply roasting okra and thoughtfully applying seasoning it would totally change



Servers for Backyard Community Health Hub event

the taste and texture. This way of preparing okra and many vegetables is simply delicious. It also opens up the possibility of new flavors and more food choices for people.

Providing choices to people is one of the essential “ingredients” or values of Dreamland Culinary Heritage. Too often, people talk about food “restrictions”, leading to food being associated with a negative experience. Instead, Dreamland Culinary Heritage thinks about the variety of food choices such as vegan, gluten free, vegetarian, substituting poultry for red meats, fresh fruits and vegetables, etc., in addition to introducing using only foods in season, paying attention to the color, seasonings and preparation of the food. This becomes an expansion of choices for participants.

Dreamland Culinary Heritage gives just as careful attention to the presentation of the food as to its preparation. There are always flowers, linen tablecloths, and uniformed staff members to serve the food. This sends a message that “something special is happening” and helps those partaking in the meal to feel special, too. When preparing food for the Backyard Community Health Hub's events, Robert does a lot of research so that Dreamland Culinary Heritage is sure to be carefully considering type 2 diabetes and cardiovascular health. Connecting to culture, wellness and community through delicious and healthy food is the work of Dreamland Culinary Heritage and the Backyard Community Health Hub.



Thoughtful presentation helps those partaking in the meal to feel special



COME AND PARTICIPATE!

Thursday, January 2, Dinner Dialogue and Diabetes
Thursday, January 16, Dinner Dialogue on Cardiovascular Health





Food as a path to wellness at a Backyard Community Health Hub event



RECIPE: ROASTED BRUSSELS SPROUTS

- You will need:**
- Brussels Sprouts (about 6 ounces per person)
 - Extra virgin olive oil
 - Spike gourmet seasoning
 - Sweet and sour sauce OR Dijon mustard OR maple syrup

- Steps:**
1. Preheat oven to 400 degrees
 2. Trim the base of the Brussels sprouts (any size works). Cut in half and toss with olive oil in a bowl.
 3. Dust with Spike seasoning.
 4. Place in a single layer on a parchment paper covered baking sheet (spray parchment paper with cooking spray).
 5. Roast for 15-20 minutes.
 6. Toss in Dijon mustard OR sweet and sour sauce OR maple syrup... mix it up, be creative!

Prepared for and paid by Cultural Wellness Center

