

► ALLEY CAT FRIEND, PART OF OUR SERIES OF GUEST ARTIST CAT DRAWINGS FROM OPEN STREETS VISITORS

Museum Exhibit Presents One Woman's Journey of Discovery Exploring Her Family's Past



Postcards from the early 1900s provided valuable clues about Debra George's ancestors. Some of the postcards are in the collage shown here, one of twelve collages on exhibit now at Hennepin History Museum.

By ROSELLA DePIETRO, Hennepin History Museum

It began by sorting through cardboard boxes that had been sitting in her parents' basement for years. When the time came to clean out their parents' home, local artist Debra George and two brothers divided up the boxes. In one of the boxes Debra opened, she found two small vases she recalled seeing atop her grandmother's writing desk when Debra was a little girl. She began to wonder not only about the origin of these vases, but about the unknown history of her ancestors as well.

What Debra George discovered about her family is the subject of an exhibit, *Family in*

Pieces, on now through Spring of 2023 at the Hennepin History Museum. Created by Ms. George, *Family in Pieces* shares the results of Ms. George's genealogical results which revealed that her earliest ancestors in this region played a significant role in the formation of the City of Minneapolis, information not known to Ms. George and her brothers. But in her research, Ms. George also learned of some disturbing aspects of her family history and *Family in Pieces* shares how she has attempted to come to terms with this history as well.

Family in Pieces is a multi-dimensional exhibit featuring family heirlooms and twelve collages created by Ms. George as

an artful and innovative way to preserve her family stories and make them accessible to future generations. Ms. George noted, "Making art became my way of honoring the discovered stories about my family history. I hope this exhibit and my work will inspire others to explore and capture their own stories in their own ways."

Visiting the Museum:

Hennepin History Museum, 2303 Third Avenue South, Minneapolis on MTC's #11 High Frequency Route. Free parking is available at the Museum and on Third Avenue. Bike racks available. Visiting requires the use of stairs. Open Thursdays and Fridays: 10 am – 3 pm; Saturdays: 10 am – 5 pm. Admission: Free.

CITIZENS UTILITY BOARD

Empowering Minnesota Consumers

Prepare for Higher Heating Costs this Winter

By CITIZENS UTILITY BOARD

Rising energy costs have been big news across the world this year. As Minnesotans enter the heating season, it's a concern here too. We're not fans of sharing bad news, but many of us should expect noticeably higher heating costs this winter. Below are some highlights from the Winter Fuels Outlook provided by the U.S. Energy Information Agency. We've summarized forecasted propane, electricity, heating oil, and natural gas prices mostly specific to the Midwest.

During the 2021/2022 heating season, some fuel prices were the highest in 7 years, so when we talk about increases this year, it is on top of the higher prices many experienced last year.

First, let's start with the not-so-bad news. Propane prices are not expected to change much compared to last year. Approximately 11% of Minnesota households, primarily in rural areas, use propane. Though the price isn't projected to rise this year, propane is significantly more expensive than natural gas.

Approximately 17% of Minnesota homes use electricity to heat their homes. Retail prices of electricity across the Midwest are projected to rise on average by 5% compared to last year. In Minnesota, specifically, substantially larger rate increase requests are under consideration for Xcel Energy (which is requesting a 24% residential base rate increase between 2022-24) and Minnesota Power (requesting an 18% base rate increase in 2023). In addition to base rate increases, customers are likely to see continuing increases in the cost of fuel, which is generally charged directly to customers in a separate line item on bills.

The cost of heating oil across the US is expected to increase by approximately 16%. Historically this has been the most expensive heating fuel in Minnesota. About 1.5% of Minnesota households use heating oil.

Natural gas users, who comprise 66% of Minnesota households, will see the largest increase in their heating prices. The EIA is forecasting a 28% increase in the Midwest. Natural

Continued on page 8...

Call Out to Our Neighborhood Artistic Youth!



Left: Queen Bee by Noelle - April 2022 issue, Center Top: KRSM Zine and alley article by Emmett - Nov 2022 issue, Center Bottom: Sha'Vontie recording - June 2022 issue, Right: Andrew with djembe drum - July 2022 issue

Do you paint, sculpt, dance, sing, write, act, or...? Whatever form your creative juices take, *the alley* would love to highlight your talent and dedication to your art. Besides making your family and friends proud, an article or interview in a local paper is a great addition to a college or job application! We all benefit from the arts. Art and cultural activities uplift our spirits and help build community.

You know how your creative work makes

you feel, that's why you do it. Showcasing your work in *the alley* can inspire others to find their own artistic expression and reap the benefits. And multiply the beauty in our Phillips community. ♥

If you are interested, simply send an email to copydesk@alleynews.org with a few sentences about yourself (or the young artist in your life). We will happily connect with you!

American Indian Flag Library at Franklin Library

By CARZ NELSON

Flags can be an important presence at ceremonies, official procedures and programs, symbolizing identity and status for

governments and other groups. If you are hosting a ceremony or official occasion, such as a graduation or tribal event, you might decide to display flags as a way to signal the event's importance.

But finding flags for tribes and other Native groups to use can be challenging.

Help is here - Franklin Library is now the home of

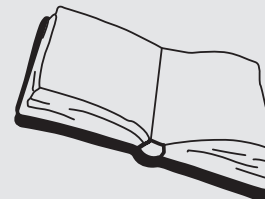
Continued on page 9...

INSIDE THIS ISSUE!

DECEMBER EVENTS! P6



WELCOME NEW FOLKS: P5
COMMUNITY RESOURCE ASSESSMENT: P5



POEM:
BUBBLES OF FRUSTRATION: P8



MAIC UPDATES: P2

thealley

Alley Communications IS connecting neighbors, promoting art and culture, advocating for issues, building health community, facilitating deliberation, lifting every voice, documenting history, agitating for change, giving truth and democracy a jog forward.

Guided and Informed by:
Phillips residents

Governed by Directors: Cathy Strobel-Ayres, Steve Dreyer, Susan Gust, Lee Leichtenrit, John Charles Wilson

Operated by Editorial Leadership Team: Lindsey Fenner, Laura Hulscher, Mary Ellen Kaluza, Carz Nelson, and Harvey Winje

Facilitated by: Graphic and Layout Designer, Mattie Wong, and Business Manager, Sonya Ewert.

Page Coordinators: Steve Dreyer and Daniel Dorff, WV News; EPIC News; Sunny Sevigny, MPNA News; J Randolph, PWNO; Roberta Barnes and Susan Ann Gust, Back Page. Social Media: Lindsey Fenner, Jessie Merriam, Susan Gust

December Contributors to the alley: Roberta Barnes, Shelia Bland, Emmett Bostic, Citizens Utility Board of Minnesota, Cultural Wellness Center and CWC Health Hub, Rosella DePietro, Daniel Dorff, Steve Dreyer, East Phillips Improvement Coalition, Lindsey Fenner, Susan Gust, Linnea Hadaway, Patrick Cabello Hansel, Ben Heath, Hennepin County Libraries, Elle Hechter, Dwight Hobbes, Janelle Hosfield, Sha'Vontie Rose Juneau Jackson Hosfield, Kala Hotakainen, Laura Hulscher, Sue Hunter Weir, Philip Hussong, Mary Ellen Kaluza, Marti Maltby, Tim McCall, Howard McQuitter II, Jessie Merriam, Midtown Global Market, Midtown Phillips Neighborhood Assoc., the Minneapolis American Indian Center, Dave Moore, Andrew Naranjo, Francisco Naranjo, Noelle Naranjo, Carz Nelson, Peter Molenaar, Phillips West Neighborhood Organization, Kali Pliego, J Randolph, Searchlight Pictures, Sunny Sevigny, Louis Stein, Ventura Village Neighborhood Organization

DONATIONS
Thank you to neighbors, readers, advertisers, subscribers, GiveMN, and Community Shares MN donations. Alley Communications is a Not-for Profit 501C-3; donations are tax deductible.

the alley is delivered to every house in Phillips by Jeff Matson and to 170 apartments, businesses, places of worship, institutions in Phillips and in nine adjacent *alley* radius neighborhoods by Peter Molenaar.

Board meetings: 6:30 PM 2nd Tuesday by Zoom. Editorial Leadership Team 2nd Monday 8:30 - 10:00am, 4th Thursday 6:30-8pm by Zoom.

Correspondence becomes the property of the alley and may be published.
Journalists' opinions in *the alley* and social media are not the opinion of Alley Communications, et al.

P.O. Box 7006
Mpls., MN 55407

submissions: copydesk@
alleynews.org

ad inquiries: businessmanager@
alleynews.org
design: design@alleynews.org

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

Submissions due the
15th day of the previous
month



Library News

By CARZ NELSON

All information listed here is accurate as of November 15, 2022. For the most recent information, check out the library website at www.hclib.org.

FRANKLIN LIBRARY HOURS

Monday	9 AM to 5 PM
Tuesday	12 PM to 8 PM
Wednesday	12 PM to 8 PM
Thursday	12 PM to 8 PM
Friday	9 AM to 5 PM
Saturday	9 AM to 5 PM
Sunday	12 PM to 5 PM

URBAN 4-H

A youth leadership club that's driven by curiosity. For adolescents.

Franklin Library
Tuesdays at 4-5:30 PM

WOMEN OF COLOR AFFINITY GROUP

Looking for a space where women of color can come together and share their experiences? Then join the Women of Color Affinity Group.

Hosmer Library.
Tuesdays at 6:30 PM



The Minneapolis American Indian Center (MAIC) building closed on October 28, 2022, to prepare for the renovation and expansion project. Programs and services will continue to operate in temporary community locations:

Little Earth Neighborhood Early Learning Center (NELC), located at 2495 18th Avenue South, Minneapolis, MN 55404, will house The Gatherings Café and the Family Services (ICWA, Bright Beginnings and the Indigenous Women's Life Net Program).

The Gatherings Cafe will continue elder lunches, and will be available for catering orders. Contact Waska McMaster at wcmaster@maicnet.org

COFFEE & CONVERSATION

Join us for Coffee & Conversations.

Franklin Library
Second Friday of the month
10 AM to 12 Noon

WAY TO GROW

Way to Grow connects parents of kids ages 0-8 to a culture-to-culture family educator to help with resources and provide support and education.

Franklin Library
Tuesdays at 3 to 5 PM

STEAM WORKSHOP

The Franklin Library's Teen Tech Squad leads education and entertainment for kids 8-plus on topics in Science, Technology, Engineering, Art and Math.

Franklin Library
Wednesdays at 5-6 PM

EMERGE

A Workforce Coach from EMERGE will be available to work with people aged 16-21.

Franklin Library
Wednesdays at 3 to 5 PM

ANIME CLUB

Anime Club for adolescents.

Franklin Library
Wednesdays at 6:30 - 8 PM

CAREER AND JOB ASSISTANCE

Meet with a CareerForce employment specialist at Franklin Library for job and career help. Stop by for individual assistance with job searching, resume writing, and more!

Franklin Library
December 7 at 1 PM to 3 PM

HOMEWORK HELP

Both Franklin and Hosmer

Libraries offer free one-on-one tutoring for K-12 students.

Franklin: Tuesdays and Thursdays at 3:30-7:30 PM, Saturdays at 1-5 PM
Hosmer: Mondays and Wednesdays at 4-7:30, Saturdays at 1-4 PM

SMALL BUSINESS INFORMATION

The City of Minneapolis Small Business Team is holding public office hours at Franklin Library. This is a great opportunity for people with questions about starting, maintaining, or expanding their businesses. Please feel free to drop in – no appointment needed.

Franklin Library
Second and fourth Tuesdays of the month at 12 to 2 PM

VETERAN RESOURCES

Senior Outreach Coordinator of MACV (Ending Veteran Homelessness), will be available to talk to veterans and connect to resources.

Franklin Library
Thursdays at 12 to 1 PM

RESOURCES AND SUPPORT

The Bridge for Youth visits Franklin Library the fourth Wednesday of each month, 2 to 5 PM. They connect people with resources and provide hygiene items and other supplies. Look for them in their outreach van on the corner of 14th and Franklin Avenues.

FREE FOOD

Franklin and Hosmer Libraries are collaborating with Every Meal to distribute free meal bags. Bags are free for anyone to take, while supplies last.

READING SUGGESTIONS

Looking for a good book to read? You could ask a librarian. At hclib.org, towards the bottom of the page, you'll find the link, Ask us for reading suggestions. This leads to a form you fill out about what sorts of books you like, and what sorts you don't like. Fill in the form and you will get an email with reading recommendations. If you don't want to fill out a form, you can always ask librarians for recommendations in person, over the phone, or via chat.

AT HOME SERVICE

At Home service is provided free of charge to Hennepin County residents who can't get to a library due to illness, disability, or visual impairment. To apply for At Home service, submit an online application or apply by phone at 612-543-8850.

ASK THE LIBRARY

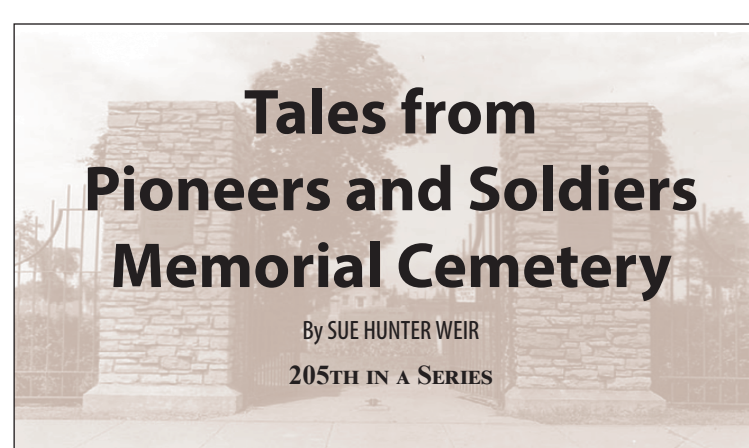
Have a reference or library account question? You can chat, email, text, or call the library. Chat or email at www.hclib.org/ contact, text to 612-400-7722, or call 612-543-KNOW (5669)

Español/Spanish: Llame o envíe un texto al 651-503-8013 para recibir ayuda en español.

Hmoob/Hmong: Hu losis text rau lub tsev nyeem ntawv ntawm 612-385-0886 txais kev pab hais lus Hmoob.

Soomaali/Somali: Caawimaad Soomaali ah, soo wac ama qoraal (text) usoo dir maktabada 612-235-1339.

Carz is a Phillips resident and an enthusiastic patron of Hennepin County Library.



Unknown, Perhaps Unwanted

There are 78 people buried in the cemetery whose last names were recorded simply as "unknown." They might more accurately have been called "unidentified," since it's likely that someone, somewhere must have known them. But no one stepped forward to claim them and most, though not all, were buried at the expense of the county in the cemetery's paupers' section, known as Section H.

Newspaper coverage of their deaths was spotty: some deaths appeared to be newsworthy, others not. In a few cases the papers printed a description of the person who had died. An unknown man who died in April 1876 was described as being "about five feet six inches in height, with a strong frame and dark complexion."

It was general enough that it could have fit any number of men, but the coroner at the time guessed that the man was from Davenport, Iowa, and "...pre-

sumed to be an Irishman and a Catholic." The newspaper story does not make clear why he thought so.

Some of the deaths were accidental, others were due to natural causes, and a handful were suicides. It was the coroner's responsibility to make a determination about which of those might be true. Eight of the deaths were recorded as suicides but there might have been others, as well.

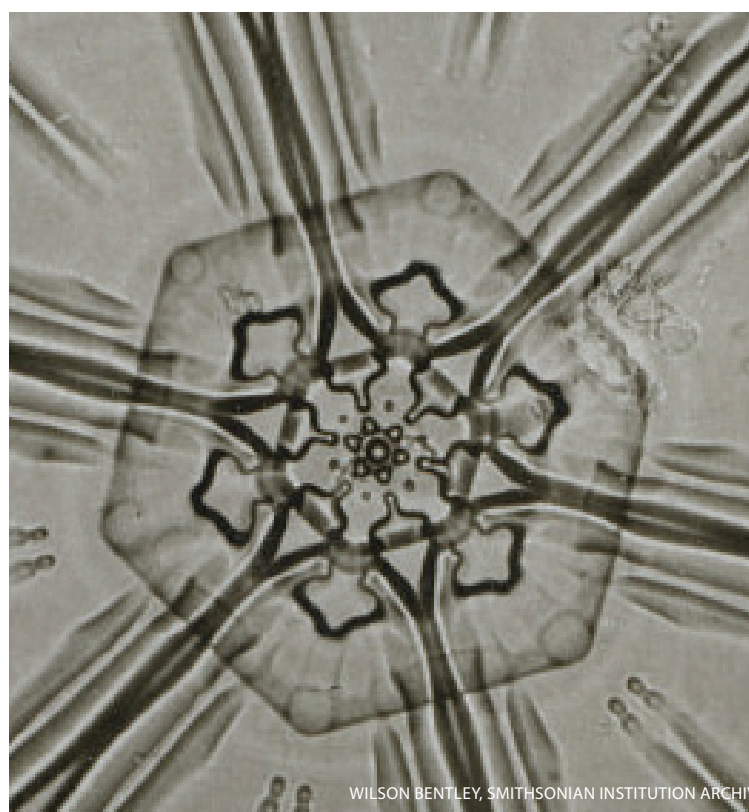
In many cases alcoholism was, if not the primary cause of death, a contributing factor, and that might explain why some of the men were not claimed. They may have been estranged from family and friends. But others likely were missed by someone. When the coroner needed help identifying a body, he opened the morgue to visitors, often hundreds of them, who filed past a coffin hoping to find a loved one.

The stories of the 28 babies or

City Songs For Loving The Earth

Growing Darkness

By LINDSEY FENNER



Photomicrograph of Stellar Snowflake, No. 304, circa 1890.

We are traveling now through the darkest time of the year. This time can be a struggle for me. Winter makes those small dear moments of being outdoors more difficult to find. Everything is colder, slipperier, darker. I'm learning I need to be more intentional in how I inter-

act with nature during these dark months. My plan this winter:

Morning measuring routines: This past spring, I started doing daily precipitation measurements for CoCoRaHS- the Community Collaborative Rain, Hail and Snow Network. Every morning at 7AM, I wander



Twenty of the 78 unknowns are buried beneath a marker provided by the University of Minnesota. The marker was dedicated on September 9, 2012.

Something I Said

Charmed Revisited

By DWIGHT HOBBS

If something isn't broke, don't fix it. So goes the truism. Not always the case. Constance M. Burge's *Charmed* (CBS/1998 – 2006) was state of the art pop. Solid scripts, strong cast about three white women waxing supernatural against the forces of evil. *Charmed* (2018 – 2022) reinvents that wheel, doing a fascinating job of it. Starting with casting Latinas as the leads, something nobody could've seen coming. Added to which, one sister is lesbian. And there's a womanist bent. Talk about pushing the envelope, which isn't all that surprising, considering Canada's track record for quality commercial fare, including the supernatural hit *Lost Girl*.

Continued on page 8...

outside in my pajamas to see how much precipitation fell in the previous 24 hours. During this summer of drought, there was usually no rain to measure. But I found those few minutes gave me the gift of a scheduled moment every morning to notice—the rain yes, but also the early morning birdsong and the way the sun shifts ever so subtly every morning.

I'm learning that measuring snow is MUCH more complicated than measuring rain—but within the time I spend taking averages of depth measurements and snow cores and melting snowfall to find the "snow water equivalent," I'm learning how to understand snow—its beauty and complexity. All while still in my pajamas.

Combining science and art: I don't really consider myself an artist OR a scientist, but I am always intrigued and inspired when art and science are brought together (See Anna Atkins and her botanical cyanotype photographs from the 1840s, Wilson's Bentley's snowflake photography, or Margaret Nazon's contemporary astronomical beadwork.)

I'm starting a winter project that combines climate data with fiber art. You start by creating a color scale for temperature

Continued on page 10...



Dwight Hobbs

gion Santeria and even the soundtrack is a rich blend of styles, not a steady diet of mainstream fare. Notably, where the original steered clear of so much as mentioning that non-hetero folk exist, Mel's love life, matter of factly registers that LGBT's are people, too.

Charmed afforded the greatest exposure for Latina actors since Netflix's *Orange is the New Black*. Importantly, it also employed such behind the scenes talent as executive story writers Emily Lou Diaz (*Station 19*) and Christina Piña (*Power*), writer Natalia Fernandez (*Z Nation*) and director Gina Rodriguez for instance.

The reboot sparked regrettable controversy – and cheap shots – from original cast members. Holly Marie Combs and Alyssa Milano got bent out of shape because it didn't have their blessing (never mind CBS owns the rights). Rose McGowan carpentered, "The reboot sucks." She had not watched one episode. McGowan, Combs and Milano, blinded by spiteful self-importance, overlooked quality – you don't go 4 seasons on TV without something to show for yourself.

Don't look for a lot of this kind of thing. It was a daring display of artistry integrity that paid off. Something that rarely happens takes place on television.



MIDTOWN PHILLIPS NEIGHBORHOOD ASSOCIATION INC

www.midtownphillips.org | info@midtownphillips.org | midtownphillipsminneapolis



SAVE THE DATE! ANNUAL MEETING

Tuesday, February 28, 5:30pm

LOCATION TO BE DETERMINED.

Check our website for details closer to the event date at www.midtownphillips.org

JOIN THE MIDTOWN PHILLIPS ASSOCIATION!

Candidates must live, own property, or represent a business or organization within the neighborhood boundaries (see description at www.midtownphillips.org)

For more information, email info@midtownphillips.org

OPEN BOARD SEATS:

District 1 Representative:
24th-26th St & Chicago to 12th Avenue

District 3 Representative:
26th -28th St & Chicago to 12th Avenue

District 5 Representative:
28th-Lake St & Chicago to 12th Avenue

For agendas and links to join meetings via Zoom, visit www.midtownphillips.org

Like us on facebook @midtownphillipsminneapolis

Community meetings every 4th Tuesday EXCEPT IN JULY AND DECEMBER

Subscribe to our newsletter at www.midtownphillips.org

EPIC DOWN TIME

in the months of December, 2022 and January, 2023, EPIC will reduce its hours to allow the staff and the board to focus on the five core pillars of EPIC's strategic pillars. In the last couple of weeks, EPIC community members gathered for a brainstorming session to work with the new Executive Coordinator regarding a road map for 2023. That conversation, ended up with a clear interest from the community to support the five main areas of EPIC Strategic Pillars.

COMMUNITY MEETINGS

EPIC has rearranged its working office space to allow for EPIC Community meetings to be held at the office when we resume full working hours in 2023. EPIC Board Meetings are the first Saturday of each month from 10am-11am. EPIC Community Meetings are the second Thursday of each month from 6:30pm-7:30pm. The next meeting will start in February of 2023.



EPIC STRATEGIC PILLARS FOR 2023

Reducing Trauma

EPIC plans to develop a response process for the trauma we experience in our communities. In 2023, EPIC will organize community sessions, to understand and begin to undo the trauma we suffer in East Phillip

Quality Food

Quality and Affordable food has always been a corner focus for EPIC members, in 2023, creating a showcase for food, seeds, will be at the heart of our summer programming. We invite every community member to join in the planning process starting in February.

Climate Justice

Climate/Environmental Justice is impacting the lives we want to live in East Phillips. In 2023, we are going to support programming that centers East Phillips youth in advancing their Environmental Justice lens

Affordable Housing

We have all seen the effects of our unhoused relatives in our community. EPIC is inviting every resident to join an EPIC-Housing Justice Committee to develop processes that can be taken to city authorities around supporting our unhoused relatives. Please send an email to hindolo@eastphillips.org if interested.

EPIC OPPORTUNITIES

INTERSHIPS

EPIC internships allows for a mentoring support for students, if interested or know of someone, please send an email to hindolo@eastphillips.org.

EPIC AT THE MINNEAPOLIS CITY COUNCIL BUDGET HEARING

EPIC residents attended the Minneapolis City Council Budget Hearing process on November 12th. The request to increase funding for Neighborhood Organizations was loud and clear, we hope the City Council would listen to the request of the people and shift the funds needed to allow neighborhood organizations to continue to do the work they do.



Introducing two new team members!



Sonya Ewert
BUSINESS MANAGER

Sonya has lived in South Minneapolis for most of the last 15 years, moving into East Phillips last year. She loves being out and about in the neighborhood whether it's eating tacos, going to writing workshops at the library, or bike commuting. She has two degrees from the University of Minnesota, the first in Environmental Science and the second in Business Administration. Her previous work has been in agriculture and she is excited to bring her love of spreadsheets to an organization dedicated to elevating the voices of the Phillips neighborhoods.



Mattie Wong
DESIGN & LAYOUT COORDINATOR

Mattie has lived in South Minneapolis the past five years. She has experience being the editor and layout designer for several community-based publications including *DAY PLANNER*, an arts-based publication, and *Litorum Journal* out of the University of Minnesota's Landscape Architecture department. She is honored to be the graphic support uplifting the voices of Phillips through *the alley*. You can find her riding her bike all over town, playing trumpet at a show, or staring at trees trying to identify them.

Have a question about advertising or promoting your business or organization in *the alley* newspaper? --> email Sonya at businessmanager@alleynews.org.

A Big Thank You! But, not a goodbye!

Ben Heath finished his year's commitment as *the alley* business manager, but is not leaving *the alley* family. He promises to continue contributing to the paper in any capacity he can, including occasional reporting and supplying photographs to enhance the pages of *the alley*. Ben managed communication and transactions with our advertisers, collected readership data, maintained banking duties, and more. Thank you, thank you, Ben!

Jessie Merriam has designed and laid out *the alley* since January 2021, as well as contributing as a writer and artist to the pages. Jessie also coordinated with our printer and delivery folks. She began a graduate program, hoping to be able to continue designing the paper. But, alas, best hopes don't always match reality. Like Ben, Jessie promises to continue contributing to *the alley* and the community. Yay! Thank you, Jessie!

See you both around town!



By CIRIEN SAADEH

Announcing the alley Community Resource Assessment Project

Hello Phillips Community. My name is Cirien Saadeh, and I am a Twin Cities community journalist and organizer. As with all of you, I believe that *the alley* is a crucial community resource. Over the next few months I will be engaging residents and organizations in the Phillips community - as many of you as I can reach - around *the alley* as part of a project to help this Phillips community newspaper and institution find greater resilience.

I would love to speak with any and all of you in this project. I'll be hosting community cafes, to be announced soon, on a regular basis. I would love to grab coffee with as many individuals as I can to talk about the future of community journalism in Phillips neighborhood. I can be reached at ciriens@journalismofcolor.com and I would love to hear from you.

Peace House Community - A Place to Belong

Silence, Please

By MARTI MALTBY

I've recently been reminded of the value of silence, or at least having a break from all the noise that assaults us each day. With so much negativity in the air, it can be difficult not to get infected, not to become judgmental, not to lash out or over-react, not to get overwhelmed, and not to break down. Silence, having the space to think and regroup and nurture oneself, is an antidote to everything that comes at us.



Marti Maltby

I use the word "antidote" because the hostile attitudes that are becoming more common pass from person to person and infect each individual, causing damage that is sometimes irre-

versible. We don't just need a break, we need something that can heal the infection and inoculate us against it in the future.

I rediscovered silence by accident. I was driving home from work and couldn't find anything on the radio I liked, so I turned the noise off. When I arrived home and found I was calmer than I had been for several days,

I wondered what had happened. When I didn't listen to music the next day while riding my bike and found I enjoyed just looking at the passing scenery, I realized I was on to something. Recently, one of the volunteers at Peace House Community led our group discussion time by inviting us to silently listen to meditation music. I was thrown off at first, since speaking is the point of a discussion, but the silence brought something to the group that talking wouldn't have.

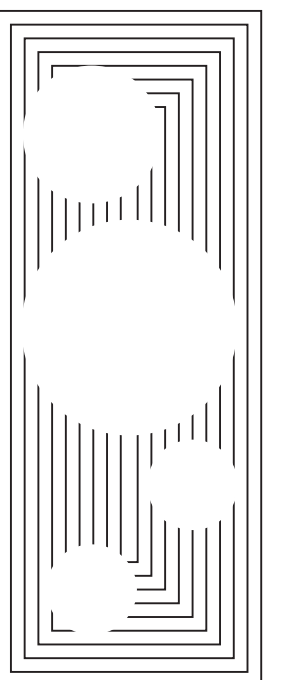
Of course, I'm not the first to discover the power of silence. Religious and spiritual practices have valued it for centuries. School teachers use it every day in their classrooms. But when you are a "grown up" in the "real world", you don't have time for silence, you need to get things done. In our digital age, we need

to stay informed, responding quickly to whatever pops into our email inbox or our social media feeds. Or so we are told, and so I believed.

The truth is that silence still has the power to refresh, to calm, and to center. It has never gone away, and it will always offer a sanctuary to us.

Silence is harder for many of us to attain than others. Living in a crowded house, moving around a metropolitan area, dealing with our electronic age - it all drowns out the silence. Carving out the time and space to experience silence, to take a break from everything that comes at us, isn't easy. For many, it is a luxury they can scarcely afford, which is a tragedy because the cost of constant noise is in itself so high.

I pray that we all may find the silence we need to deal with this world around us.



December Events!

Julmarknad Holiday Market
Friday, December 2 - 4
American Swedish Institute
2600 Park Avenue

\$15 (preview night \$30)
Registration required

One of the region's largest handcraft markets returns this holiday season in time for all your shopping needs! The market kicks off on December 2nd for a preview night featuring live music and food and drink from FIKA Café (6 - 8:30pm), and will be open on December 3rd and 4th from 10am to 4pm. Register at <https://asimn.org/experience/festivals/julmarknad/>.

MIWRC Native Holiday Bazaar
Friday, December 9
10:00 AM - 3:00 PM
Minnesota Indian Women's Resource Center
2300 15th Ave South

Free

Minnesota Indian Women's Resource Center is excited to announce our 2022 Native Holiday Bazaar in the MIWRC Community Room! Come and support local Native artists. You are welcome to bring mittens, hats, and scarves to add to our mitten tree for needy families. For more information contact miwrscsocials@miwrc.org.



MIWRC Native Holiday Bazaar

Edible Boulevards Cooking Class with Derek Nicholas
Saturday, December 3
11 AM - 12 PM
Online

Free

Join us for our next Minneapolis Edible Boulevards cooking class with the Division of Indian Work and Wiising LLC's Derek Nicholas. Derek will show us how to make warm & tasty wild rice porridge for these cold winter days. Pick up the ingredients ahead of time and cook alongside us! To register and get an ingredients list, see the facebook event page: <https://fb.me/e/2tftJYsnMu>.

Holiday No Coast Craft-o-Rama
Saturday, December 3
10 AM - 4 PM
Midtown Global Market
920 East Lake Street

Free

We are so excited for this year's Holiday No Coast Craft-o-Rama, the best day of handmade holiday shopping to be found in the Twin Cities Metro area! As usual, there will be entertainment in the plaza, plenty of good eats, and a great community and holiday feel! For more info, check our facebook event page: <https://www.facebook.com/events/406074018378981>.

Picture Gallery of the Soul Through December 10
University of Minnesota Regis Center for Art (East)
405 21st Avenue South

Free

The Katherine E. Nash Gallery presents *A Picture Gallery of the Soul*, a group exhibition of over 100 Black American artists from the 19th through 21st century, whose practice incorporates the photographic medium, including Phillips' own Walter Griffin. For gallery hours and information on related events, go to <https://cla.umn.edu/art/galleries-public-programs/katherine-e-nash-gallery>.

she who lives on the road to war
Through December 15
All My Relations Arts
1414 East Franklin Avenue

Free

she who lives on the road to war is an immersive installation in response to global loss and the collective need to come together in peace and reconciliation. It is a place for visitors to rest, grieve, condole, and meditate. For gallery hours and performance registration, visit: <https://allmyrelationsarts.com/rosy-simas-danse-she-who-lives-on-the-road-to-war-october-6th-2022>



Solstice glögg

Wish Work Puppet Series: Lupita Doesn't Want to Sleep
Saturday, December 17
1 PM - 2 PM
St. Paul's Lutheran Church
2742 15th Ave S, Minneapolis, MN 55407

Suggested donation: \$5-\$10

Lupita Doesn't Want to Sleep is the story of a feisty little girl who always finds a way to keep playing when it is time to go to sleep. The show highlights the joyful moments of parent-child relationships.

Wish Work, a program of Hinterhands Puppet Company, is puppet theater for young audiences focused on telling stories working toward making the world the way we wish it to be. For more information go to <https://hinterhands.com>.

Winter Solstice Celebration
Wednesday December 21
5PM - 9PM
American Swedish Institute
2600 Park Avenue

\$15

Mark the shortest day and longest night of the year at ASI! FIKA Café will serve a special festival menu with small plates and warm glögg (Swedish mulled wine). The Museum Store and Jul Shop will be open late for all of your last minute gift needs!

Gingerbread Wonderland Through January 8
Norway House
913 East Franklin Avenue

Adults: \$10,
Children: Free

Gingerbread (or in Norwegian, 'pepperkake') is a quintessential feature of the Norwegian holiday season. Towns all over the country come together to build their own miniature cookie cities, bringing

structures by professional bakers and gingerbread enthusiasts of all ages and abilities. For more information, go to <https://www.norwayhouse.org/gbw2022>.

Thursday Evenings at ASI
Thursdays, 3 PM - 8 PM
American Swedish Institute
2600 Park Avenue

Free

Explore the ASI with free



Lupita Doesn't Want to Sleep, St. Paul's, December 17

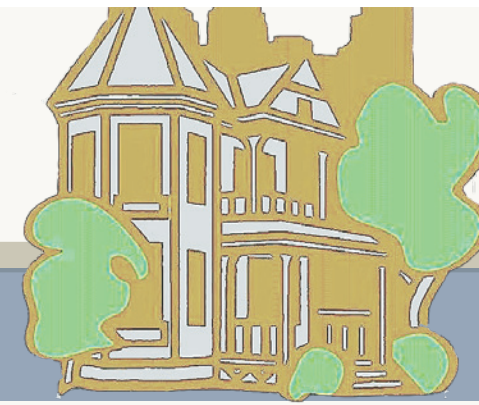
families, schools, businesses, nursing homes, and friends all together during the holiday season. We want Minnesota to get in on the fun, too! You will find a few hundred familiar buildings and landmarks created by our community, including

museum admission from 3-8pm. There will be live music on select Thursdays. <https://asimn.org>.

The Phoenix of Phillips is our neighborhood literary magazine, for and by people who love this community! This issue, whose theme is "Seeding a New Community," was co-edited by a group of wonderful youth artists and produced by the Semilla Center for Healing and the Arts. Look for it in the January 2023 issue of the alley.



BEGIN THE NEW YEAR WITH THE PHOENIX OF PHILLIPS



VENTURA VILLAGE NEIGHBORHOOD



DECEMBER '22 NEWS

venturavillage.org 612-548-1598 villageventura@gmail.com

Mashkiikii Looking Forward to 2023 Season

By: Louis Stein

Garden season is wrapping up at Mashkiikii Gitigan and here at NĀTIFS we are already planning for next year - but not without looking back at some of our successes from this year! This season, we grew and distributed over 475 pounds of fresh produce to our neighbors. The most impressive performing crop this year was our cucumbers, of which we grew over 150 pounds. We had a very wide selection of food for folks to choose from - 29 different herbs, veggies, and wild edible plants.

In the spring, we added 23 new native plant species to the garden, including chokecherry trees, red-osier dogwoods (also known as red willow), and three species of milkweeds. They spent a lot of this year growing their roots and becoming well established, so we hope to see a lot of new growth and higher yields of native medicines next year.

During our weekly produce giveaways, which happened every Thursday from August through October, we got to meet lots of new faces, and averaged 15 visitors a week. We loved getting to meet everyone who came by, and think that our visitors enjoyed it too - all of the produce was free, and everyone could take as much as they wanted.

We are now planning educational programs for next season. One recurring program we are very excited about is a "garden to table" series that will teach students how to grow, harvest, and cook their own vegetables. I (the Garden Manager) will team up with one of the chefs at NĀTIFS's Indigenous Food Lab (based at the Midtown Global Market) and together teach a class that takes students through the whole food system - from garden to table. Along with in-person classes, we hope to make accompanying videos for this program series. Other opportunities include a gardening 101 class, garden tours, and classes from special guests! We are looking forward to seeing you next year at Mashkiikii Gitigan.

Want to get in touch with us about the garden? Contact louis.s@NATIFS.org to stay in touch.

Is there a plant that you'd like us to grow in the garden next year? Fill out this form at: <https://rb.gy/q8wsib>.

Winter Block Club Activity Ideas

By: Kali Pliego, Crime Prevention Specialist

Snow and freezing cold temperatures make us all want to cuddle up inside under a pile of blankets, wearing fuzzy socks and sipping hot cocoa. While that's a lovely fantasy, the reality of Minnesota winter is that we need each other's help, company, and conversation to get through it. Have you considered how you could encourage relationship building and bonding with your block neighbors over the winter months? Here are some fun ideas to get your creativity pumping. Consider taking photos of your block activities and sharing them with The Alley.

- Form a "Snow Angels" crew and help dig out cars stuck in snowbanks
- Build snow forts in front yards and have a Snowball War/Party
- Use Community Garden spaces to create large snow sculptures
- Light up your block with Holiday string lights in trees/bushes
- (safe) Bonfires!
- Take care of elderly neighbors—do they need a grocery delivery?
- Winter book club for your block club

Fall and Winter Neighborhood Naturalist programming in the Phillips neighborhood continues!

By: Elle Hechter, Neighborhood Naturalist

Drop-in Discovery Programs involve meeting with Elle, our park board naturalist, weekly and exploring the wildlife and environment around the park. Each week offers a different option for nature exploring with different opportunities such as meeting live animals, learning about trees, creating nature crafts, and so much more! There is no need to register, and all ages are welcome. Programming is currently 6-7pm on Thursdays at Phillips Community Center and 6-7p on Fridays at East Phillips Park!

Two special naturalist events this fall include two woodworking events with Elpis Enterprises. Elpis Enterprises is a Saint Paul-based 501(c)3 nonprofit organization that provides job training, work experience and employment assistance for young people between ages 16 and 23 years of age who are experiencing homelessness. Come build a free bird suet feeder and take it home with you! All materials are provided (while supplies last), and all ages welcome (kids 5 years old or younger need adult assistance). The first event is 6-7p on December 8th at Phillips Community Center, and the second event is 6-7p on December 16th at East Phillips Park. I hope to see you there!



2022 Chicago Avenue Garden Put to Bed

By: Steve Dreyer

This past summer the Our Saviour's Community Garden on Chicago Avenue added infrastructure. We built 6 new raised beds, benches, and new signage. Our perennial shrubs and trees were fruitful, and much of our produce was given to the Waite House food shelf. We're looking forward to next season and invite you to join us.



Our Saviour's Community Services - A Year in Review

By: Kala Hotakainen

In 2022, we continued efforts to keep our students, residents, and guests safe from COVID-19 while providing services with community and connection in mind. This year, we:

- Maintained 24/7 shelter operations
- Launched and then extended the medical respite program within the shelter
- Added beginner classes at the English Learning Center
- Offered hybrid learning along with online and in-person classes
- Strengthened our organization by increasing administrative capacity and offering new benefits to staff members

Thank you for a great year! Together, we'll continue our mission of increasing skills and improving lives.

Ventura Village Neighborhood News

- Our last membership meeting of 2022 will be Wednesday, December 14th at 7 PM. We'll meet in person at the ICCM Life Center, 1812 Park Avenue and online via Zoom. Business will include introducing new Board members, reports from Kali Pliego, our CPS officer, and Jamal Osman, our 6th Ward councilman. We'll be reviewing 2022 and looking ahead to 2023.
- Almost 200 people enjoyed Waite House's annual Harvest Festival in spite of the snowy conditions on November 17th. The event was cancelled the last 2 years because of the pandemic. Chef Jose Llangari and his kitchen staff (pictured below) prepared barbecued buffalo ribs, lamb, roasted brussels sprouts and cheesecake with mango sauce. Andrea Pierre from KRSM provided background entertainment.



- The Norwegian Lutheran Memorial Church Mindekirken celebrated its 100th anniversary this past year. Other churches in Ventura Village have been here even longer and have celebrated special anniversaries. They are a reminder that Ventura Village has always been a neighborhood of immigrants - of people working together making beginnings, changes, and adding to our city. Our businesses and organizations reflect this also. Ask longtime residents about Kaplan's on Franklin Avenue. This is continuing today and our new immigrants should be supported and encouraged as they enrich our neighborhood. And of course this part of Minnesota was the Land of the Dakota before any immigrants came here and the leadership and investment of our Native people and groups have helped make this neighborhood unique.
- Norway House's Gingerbread Wonderland 2022 began on November 22nd and will continue till January 8th, 2023. This is also a winter celebration throughout Norway. The world's largest annual Gingerbread City is in Bergen, Norway with more than 2000 structures.

Bubbles of Frustration

By SHELIA BLAND

Bubbles of Frustration
Rise up to engulf me
As I struggle to hang on
To my optimism.

Frustration bubbles
Cloud my vision
As I try to maintain
My "Seeing everything
As for the first time" view.

Grasping at my idealism
As to some coveted treasure
I rescue from burial –

I lash out at the bubbles
Popping them
Sending up little squeals
Of delight with each pop.

Goodbye frustration
One bubble at a time
Steady but sure –

Knowing that even those
bubbles
That escape me
Will suffer the certain
Eventual
Pop!

Shelia Bland lives in
Midtown Phillips. She has been
writing most of her life to help
herself understand the experi-
ences and people in her shared
world.

Continued from page 1...

Heating, cont.

gas prices have been increasing for several months, though it will be the most noticeable once home heating starts in earnest.

The outside temperatures this winter will, of course, impact the extent to which consumers feel the anticipated price increases.

There is a lot you can do to manage your energy use while still staying comfortable

this winter. Energy Assistance is now available for any household earning less than 50% of the state median income over the past three months.

See the links to Energy Assistance, additional resources to help with bills, and seasonal tips to help manage energy use. CUB is here to help consumers navigate the changing energy environment, including offering individual energy bill consultations. Reach out with any questions or concerns at 651-300-

4701 ext. 2, or email carmenc@cubminnesota.org.

Energy Assistance: <https://mn.gov/energyassistance>

Originally published by the Citizens Utility Board of Minnesota on October 18, 2022 at www.cubminnesota.org. Reprinted with permission.

Energy bill consultations: <https://cubminnesota.org/our-work/upcoming-events/>

Additional resources to help with bills: <https://cubminnesota.org/shutoff/>

Seasonal tips: <https://cubminnesota.org/library/seasonal-energy-tips/>

USEFUL LINKS:

Winter Fuels Outlook: <https://www.eia.gov/special/heatingfuels/resources/winterfuels2022.pdf>

Continued from page 3...

Unwanted, cont.

Babies, an orphanage for abandoned and homeless children, founded by Annette Relf, who later founded Sheltering Arms.

Seven of the unidentified were recorded as an "unknown child." Three of them drowned. One was thought to be about ten years old, the ages of the other six is not known. One boy was thought to be named Edward, another was described simply as a "German boy."

How did these adults, babies, and children come to be lost? People did not have the types of identification that we carry today. Other than military papers or perhaps immigration documents, they would have been unable to prove who they were. They were simply who they said they were. There was no forensic science to speak of: no DNA, no dental records,

no photographs or other modern means of identifying those who were found. The coroner had little to work with and had to rely on clues such as laundry marks found on clothing or letters that he found in pockets. But he had no way of knowing whether the letters were written to, or written by the person who carried them.

Twenty of the men (and, curiously, there are no unknown women) were subjects of study by University of Minnesota medical students during the academic years of 1914-1916. On September 9, 2012, the University's Bequest Program held a memorial service for those men and for 230 others whose names are known. Their graves are marked by a beautiful, black granite marker which acknowledges the contributions of these men—all unclaimed, some unwanted—to the study and practice of medicine. The graves of all of the other "unknowns" are unmarked.

Giving Back:

A short list of community organizations with volunteer opportunities working in the Phillips neighborhood and beyond.

Centro Guadalupano: Support for immigrant families in South Minneapolis. <https://www.guadcenter.org/>

Meals on Wheels/ Open Arms Minnesota: The Kitchen of Opportunities is where volunteers can help with meal prep. <https://meals-on-wheels.com/blog/new-volunteer-opportunities-kitchen-opportunities/>

Simpson Housing Services: Housing and support for those experiencing homelessness. <https://simpsonhousing.org/>

Sisters Camelot: Focused on food justice and distribution of free organic food. <https://sisterscamelot.org/>

Southside Harm Reduction: Harm reduction for those who use substances. <https://southsideharmreduction.org/>

And of course, you can always reach out to neighborhood associations for volunteer opportunities.

In Phillips these are as follows:

- Midtown Phillips Neighborhood Association
- East Phillips Improvement Coalition
- The Ventura Village Neighborhood Association
- Phillips West Neighborhood Organization

Phillips Area Local Election Results

Compiled by Lindsey Fenner from preliminary election results from the Minnesota Secretary of State

MN State Legislature:

- MN Senate District 62:** Incumbent DFL Senator Omar Fateh defeated Republican challenger Andrew Schmitz with 90.28% of the vote.
- MN House District 62A:** DFL Representative Aisha Gomez ran unopposed
- MN House District 62B:** DFL Representative Hodan Hassan defeated Republican challenger Taylor Hammond with 90.28% of the vote.
- Representatives Gomez and Hassan are incumbents who swapped districts due to redistricting.

Hennepin County:

- County Commissioner District 4:** Incumbent Commissioner Angela Conley ran unopposed
- Hennepin County Sheriff:** Dawanna Witt defeated Joseph Banks with 63.99% of the vote. Incumbent Sheriff David "Hutch" Hutchinson did not run for reelection.
- Hennepin County Attor-**

ney: Mary Moriarty defeated Martha Holton Dimick with 57.59% of the vote. Longtime incumbent County Attorney Mike Freeman did not run for reelection.

Minneapolis School Board:

- School Board Member at Large:** Collin Beachy and Sonya Emerick were elected, defeating KerryJo Felder and Lisa Skjefte.
- School Board District 3:** Fathia Feerayarre ran unopposed.
- Beachy, Emerick, and Feerayarre will all be new members of the School Board.

Some new faces from the election:

Top Left: Sonya Emerick, School Board Member at Large

Top Right: Collin Beachy, School Board Member at Large

Bottom Left: Fathia Feerayarre, School Board District 3

Bottom Right: Dawanna Witt, Hennepin County Sheriff



PROVIDED BY CANDIDATE



PROVIDED BY CANDIDATE



PROVIDED BY CANDIDATE



PROVIDED BY CANDIDATE

Continued from page 1...

Flags, cont.

the new American Indian Flag Lending Library. Flags from eleven sovereign nations in Minnesota are available to borrow, pending tribal approval. For more information on borrowing a flag, go to <https://www.hennepin.us/your-government/get-involved/community-engagement>.

Ceremony held on November 2nd dedicating the new Tribal Flag Lending Library.



PHILIP HUSSONG



PHILIP HUSSONG

MIDTOWN GLOBAL MARKET

GLOBAL SOUP COOK-OFF
Saturday, December 3 | Noon - 2pm
Samples from around the world created by Market chefs. Vote for your favorite.



Proceeds benefit Open Arms 

NO COAST craft-o-rama
Saturday, December 3 | 10am - 4pm
The modern, urban + indie-style, art + craft show returns!

MIDTOWNGLOBALMARKET.ORG
920 E. Lake Street | Mpls

One hour FREE ramp parking (ask any store for parking validation).
Become a member of Friends of Global Market to support FREE Live Music, Cultural Celebrations + Community Events. FriendsOfGlobalMarket.Org

SUPPORT THE ALLEY'S MONTHLY ADVERTISERS THIS HOLIDAY SEASON AND THROUGHOUT 2023!

This monthly advertising helps to keep the alley going! By supporting these businesses, you are supporting Alley Communications!

seward Co-op
EVERYONE WELCOME! GROCERY & DELI EVERYONE WELCOME

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

317 E. 38th St. (Friendship Store)
2823 E. Franklin Ave. | www.seward.coop

Seward COMMUNITY CO-OP

ADVERTISE WITH THE ALLEY!
Support local news! Ask us about ad rates & sizes

SHARE YOUR EVENTS AND SERVICES WITH SOUTH MINNEAPOLIS NEIGHBORS!

EMAIL BUSINESSMANAGER@ALLEYNEWS.ORG

At home in South Minneapolis since 1921

INGEBRETSEN'S
SINCE 1921
NORDIC MARKETPLACE



1601 EAST LAKE ST MINNEAPOLIS, MN
612.729.9333 | ingebretsens.com

WELNA HARDWARE

ACE

- KEYS MADE
- LOCKS RE-KEYED
- 5 GALLON PAINT
- EXCELLENT PRICES
- RUG DOCTOR RENTAL
- TRAILERS FOR RENT: OPEN & ONE ENCLOSED
- EXPERT WINDOW/SCREEN REPAIR

Thank you **47** Years of advertising!

Welna in Phillips 2438 Bloomington Ave. 612-729-3526
Welna in Robbinsdale 4140 West Broadway 763-533-2758

Covid-19 Customer Service
Curbside Pick-Up and Delivery Available.
Call each store for most up to date Open Hours

OPEN AGAIN: 2438 Bloomington Av. 612-729-3526

70+ Minnesota artists

THE ART SHOPPE
at Midtown Global Market

A collaborative of Minnesota artists with an online shop at theartshoppemgm.com

Or visit our shop at Midtown Global Market, 920 E. Lake St., Minneapolis 612-562-5871

Mention this ad for a 10% discount off your purchase. See website for special offers and more info.

Movie Corner

By HOWARD MCQUITTER II

The Banshees of Inisherin



Howard McQuitter II

Searchlight Pictures 2022
Drama/Comedy

The opening scene in *The Banshees of Inisherin* is an aerial view of the (fictional) title Irish island, a beautiful green expanse of ground and a deep cerulean sky. The year is 1923, just shortly after Ireland (except six of the most northern counties of Ireland that remain to this day with the United Kingdom) got its independence from England.



Searchlight Pictures

From the beginning in *The Banshees* it seems that a once strong relationship between Colm (Brendan Gleeson) and Pádraic (Colin Farrell) has been severed by Colm. A hint from Siobhán, Pádraic's sister, showing light on what is to follow through the film replies, "Maybe he just don't like you no more."

Colm's reason for severing the friendship with Pádraic is because he finds him to be dull. Colm sees Pádraic's friendship to be a hindrance to his writing music and playing the violin. The only problem is Pádraic doesn't necessarily take the hint. Pádraic tries to talk to Colm at the local pub, on the country road, and even going to his home.

Colm always makes the conversation short if at all. Another character, Dominic Kearney, played by Barry Keoghan ('71 [2014], *The Killing of a Sacred Deer* [2017]), an offbeat young man with an innocence, pals along with Pádraic at times. Dominic does know both men. But the biggest character next to Colm and Pádraic is Siobhán, played by Kerry Condon.

Siobhán and Pádraic share a farm together, a cow farm to be exact, but they also raise a pet donkey and

a horse. Siobhán has outgrown the island of Inisherin and eventually leaves for a better life. She loves her brother, writing him often telling him to leave the island.

Moreover, Colm begins to take drastic measures by telling Pádraic each time he bothers him he will cut a finger off. Brutal indeed. The local priest warns Colm in the confessional about the serious sin of self-mutilation and "lesser" sin of punching the local cop. It's mentioned once or twice that Colm may be suffering from depression. I think *The Banshees of Inisherin* is the darkest of Martin McDonagh's three films: *In Bruges* (2008), *Seven Psychopaths* (2012) and *Three Billboards Outside Ebbing, Missouri* (2017).

Although Irish politics is kept beyond the horizon, we hear and see cannon fire indicating that there is a civil war between the provisional government and the Irish Republican Army. Maybe the conflict on the mainland and the rift between Colm and Pádraic is the director/writer's desire to depict conflict on a grand scale and in a more personal way.

Cast: Colin Farrell (Pádraic Súilleabháin), Brendan Gleeson (Colm Doherty), Barry Keoghan (Dominic Kearney), Gary Lydon (Peadar Kearney), Pat Shortt (Jonjo Devine), Sheila Flitton (Mrs. McCormick), Bríd Ní Neachtain (Mrs. O'Riordan), Jon Kenny (Gerry), Aaron Monaghan (Declan), David Pearse (Priest), Lasairfhiona Ní Chonaola (Female Singer).
Director and writer: Martin McDonagh.
Music: Carter Burwell.
Cinematography: Ben Davis.
Running time: 114 minutes.

They were in the cemetery, nearing midnight, on a moonless light. They saw that the gates were locked, and were thinking about how to scale the fence, when Angel felt something behind them. He turned his phone's flashlight toward it. He expected to see a human being or an animal, but instead it was a large oak tree, its brown leaves still plentiful in winter.

Why was I drawn to this tree? he thought to himself. What difference could it make?

What he didn't know was that the oak tree had been planted generations before by a young girl named Agnes. Yes, the same name as the elder who was now desperately trying to save their daughter Lupe. Of course, he couldn't have known that. He couldn't have known that as a young girl, Agnes had survived a milder case of polio, one that did not kill her, but left her unable to walk without crutches. Many a child would have resigned themselves to a limited life, but

Continued from page 3... City Songs, cont.

ranges out of yarn. My scale has a different color for every 10 degrees. Every day, you knit, crochet, or weave a row that corresponds to that day's temperature. There are many beautiful patterns online of blankets and scarves, but I'm considering creating a hanging for my porch, something that will live in the weather that shaped its design.

Making a Wintertime To-Be-Read List: I'm always on the lookout for the latest books on nature and science. Some newer books I'm excited to read this winter, with summaries provided by the publishers:

The Accidental Ecosystem: People and Wildlife in American Cities by Peter S. Alagona. "The Accidental Ecosystem tells the story of how cities across the United States went from having little wildlife to filling, dramatically and unexpectedly, with wild creatures."

Watershed: Attending to a Body and Earth in Distress: by Ranae Hanson. "A personal health crisis, stories from environmental refugees, and our climate in danger prompt a meditation on intimate connections between the health of the body and the health of the ecosystem."

Making Love with the Land: Essays by Joshua Whitehead. "Whitehead explores the relationships between body, language, and land through creative essay, memoir, and confession."

Slow Birding: The Art and Science of Enjoying the Birds in Your Own Backyard by Joan E. Strassmann. "A one-of-a-kind guide to birding locally that encourages readers to slow down and notice the spectacular birds all around them."

A Darker Wilderness: Black Nature Writing from Soil to Stars edited by Erin Sharkey. "A vibrant collection of personal and lyric essays in conversation with archival objects of Black history and memory."

How will you stay connected to nature this winter?

"I don't say it's easy, but what else will do

if the love one claims to have for the world be true?"

— Mary Oliver, from "Lines written in the days of growing darkness"

Lindsey is a fledgling Master Naturalist watching and writing about the natural world in East Phillips.



cemetery and "saw" something move.

That was not a tree, he thought. Whether it was a human or an animal I don't know, but I'm glad it ran the other way.

There were no cars on Cedar at that hour, so the three of them held hands and ran across the street...

Agnes was determined to spread joy wherever she could. Many of the large oaks in Phillips—and throughout Minneapolis—were planted by Agnes. She learned how to select the best acorns, how to steward them through winter, and with her trusty crutches and a love for streetcars, she populated the city with these beautiful trees.

Had people paid attention, and had there been a storyteller of the one who immortalized Johnny Appleseed, all of us might have heard about Agnes the Acorn Whisperer. Be that as it may, the oak tree gave Angel an idea: mighty oaks grow from small acorns. They had last seen their precious little Acorn Lupe at the daycare across the street from the cemetery. They would retrace their steps starting there. Perhaps there was a clue they had missed.

Angel helped Luz over the fence, and they somehow passed little Angelito over as well. As Angel reached the top of the fence, he turned back toward the

READ NOT TO CONTRADICT AND CONFUTE, NOR TO BELIEVE AND TAKE FOR GRANTED... BUT TO WEIGH AND CONSIDER" FRANCIS BACON

the alley invites you to CONSIDER writing a note or letter to the paper, for feedback or to publish!

2022 FALL ELECTION AND BALLOT RESULTS

Thank you to everyone who came out to our Fall Festival & Annual Meeting at the American Swedish Institute! We had a phenomenal time with everyone and we can't wait for the next big event with you all!

During the event, we held our annual election which included five open board seats, four candidates, and one proposed bylaw change. The results are as follows:

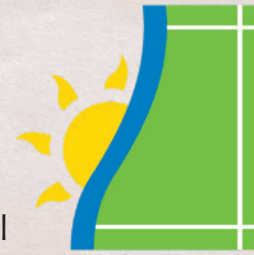
Board Members Elected:

- Brenda Bailey (reelected)
- Cristeta Boarini (reelected)
- Kelly Muellman (reelected)
- Alex Palacios (reelected)
- One seat remains empty

Bylaw Proposal: Approved

Stay tuned to get the latest on all of our upcoming plans and events by subscribing to our newsletter and checking our website!

Until next year! Happy Holidays from PWNO!



PHILLIPS WEST NEIGHBORHOOD ORGANIZATION

website: phillipswest.org
email: info@phillipswest.org
call/text (English): 612-642-1487
call/text (Spanish): 612-208-6250
social media: @PWNOMpls



Raise Your Voice

Vikings Fans Against the Bills

By PETER MOLENAAR



Peter Molenaar

The emotional roller coaster ride might be stimulating, but one wishes our team would just blow them out of the water (so to speak) and be done with it. Evidently though, the magnitude and intensity of our collective prayer does manifest a material force on the field of play. In the end, the 'blue wave' prevailed against all manner of falsehood. Get this: EVERY HOUSE REPUBLICAN VOTED AGAINST ENDING BIG OIL PRICE GOUGING. Who then is responsible for inflation?

Closer to home, General Mills hiked its prices five times since June of 2021, and the company saw its net earnings climb 32% in the first quarter of the current fiscal year. Excuse us for not believing that Governor Walz was responsible! However, while canvassing in Blaine under the banner of Teamsters Local 120, I did encounter a couple

who insisted that Democrats foster pedophilia. Hopefully, repetition of a 'big lie' to the "master race" is not as effective as it once was.

In point of fact, congressional Democrats have introduced several bills that would help curb corporate price gouging. Some examples include the Price Gouging Prevention Act, the Big Oil Windfall Profits Tax Act, the Food and Agribusiness Merger Moratorium and Antitrust Review Act, the Emergency Price Stabilization Act, and my favorite: the Ending Corporate Greed Act (Bernie Sanders).

Yet, for the time being, big corporations will continue to take advantage of working Americans, when in fact, excess profits would be better spent on workers' wages, and/or, holding prices in check. Sadly, it appears that another "crisis of overproduction" (i.e., an economic recession or depression) is on order.

On the other hand, Vikings fans are now familiar with the power of a collectively focused prayer. Going forward, I suggest we focus this new found power upon the People Before Profits

vision of socialism. No doubt, with public ownership of the means of production, we would all be able to pay our Bills.

Author's note: the Viking's "miraculous" week 10 overtime victory over the Buffalo Bills is said to have been "one for the ages."

RETURNING

CHAPTER 26: PROMISES KEPT, PROMISES BROKEN

By PATRICK CABELLO HANSEL



Patrick Cabello Hansel

Rules may be made to be broken, but breaking promises leads to generational devastation. The promises made to the Dakota that were broken by the U.S. and the subsequent environmental and human disaster ring down through the generations. We are part of a bigger web, one based on getting: getting as much land, money, power as is possible. That is what motivates Brian Fleming, his "associates" and the powers that have permitted him to cause such damage. He did not get here on his own. He is the descendent of greed writ large.

to each other each day in their marriage—to sustain, love and protect each other and their children—also did not appear all of a sudden. They are the legacy of promises made and kept by generations of ancestors. Promises to sustain, love and protect—in spite of economic hardship, oppression, family breakup. Their blood lines reach back to the native Nahuatl people who resisted the Spanish invasion. Even those forced to submit kept this promise: No matter what, I will survive, so that my children and my children's children may one day thrive.

Somehow—don't ask me how—our little family's act of howling and dancing like animals transported them back to their present time and place.

Promises kept can have a rippling effect as well. The promises Luz and Angel make

SANTA COMES to EAST PHILLIPS

Previously the Dumpster has suggested the Roof Depot site could become a waterpark or fountain...

We're the Water Department, so we'll name our new parking lot a LAKE!

How about URBAN FARM LAKE !!! (Surely THAT will satisfy the Environmentalists!)

Or... maybe sapA SKA (Lakota for "dishonorable lake")

Apologies to our diverse audience for use of a symbol specific to one religion...

DAVE MOORE + LINNEA HADAWAY

Here's To Healthy Holidays With Ancient Whole Grains!



Featuring Farro----just one of many Ancient Whole Grains!



Good Gluten

Farro Piccolo also known as Einkorn, is the only one of the three farro varieties that is **completely unhybridized** (un-husked) and still in ancient form. Einkorn has digestibility and contains good gluten. The gluten in Einkorn wheat lacks the high molecular weight gluten proteins that many people find hard to digest. In fact, it could be said that **the gluten in einkorn is good gluten because many folks who are gluten intolerant easily digest it!**

Farro originated in the Fertile Crescent (Mesopotamia area of the Middle East). Farro has been the basic nourishment of Assyrians, Egyptians, and of all ancient populations in the Middle East and North Africa. Einkorn, a type of Farro, has been found in the tombs of Egyptian kings.

There are 3 ancient wheat grain farro varieties:

- Farro piccolo, popularly known as einkorn
- Farro medio, popularly known as emmer (Hebrew for mother)
- Farro grande, popularly known as spelt

The Farro one may see at Whole Foods, Fresh Thyme, cooperative stores or ordered on Amazon, such as Bob's Red Mill Farro, a popular brand, know that it is typically the "Emmer variety" and likely imported from Italy, where it is being grown.



Farro is delicious, nutty and is comparable in flavor and texture to brown rice. It can be use in the same way you'd use any grain—soups, grain bowls or stir-fries.

African Grains

African Rice

#ancientwholegrains

One cup of african rice accounts for 8-12% of your daily carbohydrate intake.

Fonio

#ancientwholegrains

Fonio is ideal for celiac's and diabetics

Millet

#ancientwholegrains

Millet is rich in fiber and easily digestible

Sorghum

#ancientwholegrains

Sorghum is commonly used in molasses which and is rich in vitamin B

Teff

#ancientwholegrains

Teff is often made into flour for delicious gluten free breads and croques.

Midtown Global Market



Farro Holiday Salad

Use this list of delicious ingredients and create your own delightful holiday salad!
Suggested ingredients featuring Yarro provided by Chef Robert Taylor, Cultural Wellness Center.

- Farro
- Arugula
- Craisins
- Honeycrisp apples
- Jalapenos
- Walnuts
- Pecorino cheese

- Fresh parsley and thyme
- Apple cider vinegar
- Maple syrup
- Garlic
- Dijon mustard
- Olive oil
- Salt and pepper



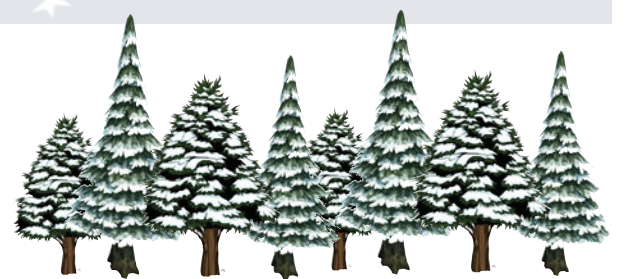
You will find many African Ancient Whole Grains prepared such as Einkorn Farro dishes to tantalize your taste buds at the Cultural Wellness Center's Neighborhood Nutrition and Community Kitchen and aid in the recovery and revival of ancient whole grains that were a part of our Ancestor's diet.

Health Benefits of eating Farro and making it a part of your regular diet:

- Great Source of Dietary Fiber
- Abundant Vitamins and minerals
- High in Antioxidants
- Promotes Digestive Health
- Reduce the risk of Type 2 Diabetes
- Lower Blood Cholesterol
- Lower risk of heart disease
- Alleviate Premenopausal Symptoms
- Improve Circulation

"Ancient Whole Grains (AWG) are the intersection between health and culture. The use of these grains as a foundation in the making of cultural dishes will impact the people and communities' health and wellness. Eating whole grains gives your body extra vitamins, minerals, fiber, and other disease-fighting nutrients. Adding ancient whole grains to your diet can significantly lower your risk of chronic disease and conditions such as heart disease, high blood pressure and diabetes."

---Chef Robert Taylor, Cultural Wellness Center



Cultural Wellness Center
Health · Heritage · Harmony

2025 Portland Avenue South Minneapolis, MN 55404
612-721-5745 | www.culturalwellnesscenter.org



Like Us on FACEBOOK