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Minnesota Pollution Control Agency and Smith Foundry: No Update

By H. LYNN ADELSMAN

On January 11, 2024 the Climate Justice Committee and EPNI held a community meeting to address Smith Foundry's hazardous emissions with no Minnesota Pollution Control Agency (MPCA) staff in attendance. (See chair above: sign courtesy of: Stacey Gurian-Sherman)

In late December the MPCA repeatedly wrote and spoke of their concern for the Phillips community saying they "continue to work with neighborhood, groups and local state and feder-

al partners to address your concerns to protect the health and well-being of East Philip residents." But there are no statements or actions other than the MPCA noting it has installed air quality monitors in the neighborhood and is awaiting a mid April 2024 Emissions Monitoring Plan from Smith.

Ongoing delays, after decades of no interest, response or complying with the Clark Bergin Cumulative impact law from 2008, result in business as usual.

Community Journalism is a Tool for Justice and Community-Building

By CIRIEN SAADEH, Journalism of Color Training Center

Over the next few months *the alley newspaper* will be working alongside the *Journalism of Color Training Center* and *Phillips West Neighborhood Organization* to offer a series of free community journalism training workshops (see announcement on page 9). These workshops are an opportunity for every one of us to explore the power and purpose of community journalism.

The journalism produced by the *Star Tribune* or *Minnesota Public Radio* is not the same as community journalism, yet most of us do not have the opportunity to learn how *the alley* (or any other local community-specific news organization) differs from those big news sources we tend to hear most about. Community newspapers like *the alley*, *North News*, or the *Minnesota Women's Press*, for example, serve a spe-

cific community that shares common interests or shared experiences.

Community journalism also functions differently than traditional legacy or mainstream news sources. While mainstream news organizations are staffed by professional journalists, community news organizations are often made up of folks with

Continued on page 8...



Jayanthi Kyle celebrates Dr. Martin Luther King, Jr. Day South Minneapolis Style with a godchild at Powderhorn Park Recreation Center on January 15th. The celebration is an annual Southside tradition sponsored by the Minneapolis Parks and Recreation Board and the Powderhorn Park Neighborhood Organization.



On January 7th, Patrick Johnson, regional business agent for the National Letter Carriers Association, addressed a downtown rally in front of the main post office. Sadly, our carriers have been targeted by those seeking to steal the key to your mailbox. NALC is calling for neighborhood awareness and respect under the law.

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SAVE THE DATE:
Smith Foundry community meeting February 7

The Minnesota Pollution Control Agency will host a community meeting on Wednesday, February 7, 2024, at the East Phillips Community Center (2399 17th Av S) to engage in conversation and answer questions about the Smith Foundry (1855 E 28th St) facility and their actions to monitor and prevent pollution in East Phillips.

The agency will provide updates on the December 2023 stack tests, ongoing air monitoring in the neighborhood, and the upcoming permitting process for the Smith Foundry facility.

Sign up for free home delivery by scanning this QR code or visit the webpage below:

<https://alleynews.org/delivery-and-communication/>

EDITOR'S NOTE:

In January 2024 *the alley* published a review of *Unconquered Nations*, a book of writings reflecting on the experiences of women protecting Little Earth during the civil unrest following the Murder of George Floyd in 2020. For those interested in reading the book, *the alley* has inquired with Hennepin County Library about adding it to their collection since it is not available commercially. We will keep readers up to date on its availability.

thealley

Alley Communications is a Not-For-Profit organization.

The Mission of Alley Communications is

- promoting art and culture,
- advocating for issues,
- building healthy 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: Steve Dreyer, Susan Gust, Rico Morales, Cirien Saadeh

Operated by Editorial Leadership Committee: Laura Hulscher, Mary Ellen Kaluza, and Harvey Winje

Business Facilitated by: Erick Boustead

Production Facilitated by: Graphic Designer + Coordinator, Mattie Wong

Page Coordinators: Steve Dreyer and Daniel Dorff, VV News; EPIC News; MPNA News; Roberta Barnes and Jessica Merriam, Back Page. Social Media: Jessie Merriam, Susan Gust, Cirien Saadeh

February contributors to the alley:

A24, H. Lynn Adelsman, All My Relations Arts, American Swedish Institute, Ari Baum-Hommes, Shelia Bland, Cow Tipping Press, Steve Dreyer, Becca Gross, Linnea Hadaway, Hennepin County Libraries, Hinterhands Puppet Company, Dwight Hobbes, Laura Hulscher, Sue Hunter Weir, Journalism of Color, Mary Ellen Kaluza, Bobby King, Mary LeGarde, Marti Maltby, Tim McCall, Howard McQuitter II, Midtown Global Market, Midtown Phillips Neighborhood Assoc., Minneapolis Park and Recreation Board, Peter Molenaar, Dave Moore, National Alliance on Mental Illness Minnesota, Noelle Naranjo, Phillips West Neighborhood Organization, David Pierini, Kali Pliego, Powderhorn Neighborhood Organization, J Randolph, Marcie Rendon, Cirien Saadeh, Jackie Seow, Simon & Schuster, Solar United Neighbors Minnesota, University of Minnesota, Ventura Village Neighborhood Organization, Stephen Voss, Whitney Wildman.

DONATIONS

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the alley is delivered to every house in Phillips and to 140 apartments, businesses, places of worship, institutions in Phillips and in nine adjacent neighborhoods.

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

Correspondence becomes the property of the alley and may be published.

Opinions in *the alley* newspaper and its social media are those of the authors and artists and do not necessarily reflect the official policy or position of Alley Communications, its Board, Editorial Leadership Committee, or other neighbors or writers.

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Submissions due the 12th day of the previous month



Library News

By ARI BAUM-HOMMES

All information listed here is accurate as of January 12, 2024. 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

PROGRAMS FOR YOUTH AND FAMILIES:

HOMEWORK HELP

Find homework resources for K-12 students online and at all our libraries: history, language arts, math, science and more.

Franklin Library
Tuesdays & Thursdays,
3:30-7:30 PM
Saturdays, 1-5 PM

STEAM WORKSHOPS FOR YOUTH

Drop in for fun and creative STEAM (science, technology, engineering, art, math) experiments and projects! Materials provided. Led by Franklin Library's Teen Tech Squad.

Wednesdays, 5-6 PM

WAY TO GROW

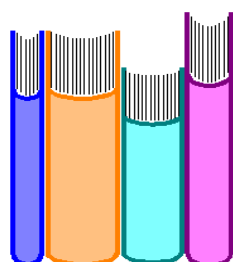
Way to Grow connects parents of kids 0-8 to a culture-to-culture family educator to help with resources and provide support and education.

Franklin Library
Tuesday, February 6,
3:30-5 PM

YOUNG ACHIEVERS

Open to all teens who want to learn about various arts and media (including video projects, skits, and poems)! Young Achievers supports members to be a positive voice for their generation and community.

Franklin Library
Thursdays, 4-6 PM



PROGRAMS FOR ADULTS:

COFFEE & CONVERSATION

Join Franklin Library staff for free coffee & conversations with neighbors.

Franklin Library
Second Wednesday of the month, 12:30-2 PM

INTRODUCTION TO TEN-ANGO EMBROIDERY

Learn traditional Mexican embroidery, also known as Tenango, to create your own embroidered napkin. Materials provided. Collaborator: Textile Center. This program is funded with money from Minnesota's Arts and Cultural Heritage Fund.

Franklin Library
Friday, February 16,
3-4:30 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
Third Tuesday of the month, 12-2 PM

TECHNOLOGY HOUR

One-on-one help with computers, smartphones, tablets, and e-readers. Library staff are available to assist you on your own devices and library computers.

Franklin Library
Sundays and Tuesdays,
1-2 PM
Mondays at 1-3 PM

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) to reach library staff by phone.

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 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.

Ari is a librarian at the Franklin Library.

We Really, Really, Really Thank You, Carz Nelson!

This February 2024 issue is the first in several years that Carz Nelson's byline has not appeared in *the alley* pages. Carz let us know she has to step back from volunteering with *the alley*.

Carz served on the Editorial Leadership Committee (ELC) since its beginning in 2019. On top of ELC duties - which are significant - Carz faithfully produced the Library News feature in *the alley*. (Not to worry - Ari Baum-Hommes from our beloved Franklin Library has graciously volunteered to take over *Library News*).

Additionally, Carz found time to produce notable features for the paper, including a pandemic lockdown piece on "learning pods" for school aged children in September 2020; a moving tribute to Bob Albee and his contributions to our Phillips Community after his death in 2020; the Bridge Fest, celebrat-

ing the long awaited opening of the new 24th Street bridge over I-35W in October 2021; the *Never Homeless Before 1492* art installation on the Wall of Forgotten Natives in November 2021; the fate of Uncle Hugo's Science Fiction and Uncle Edgar's Mystery bookstores, from their building being destroyed in the George Floyd uprising in May 2020, to the opening a new location in the Fall of 2022.

We all - ELC, board, staff, and readers - benefited immensely from her passion for and knowledge of history, her library background, and her forthright honest opinions.

Carz expressed that she is grateful for her time with *the alley*, adding "I really, really, really believe in the paper and its mission." Carz, you will be missed and we wish you well with your future endeavors!



'I really, really, really believe in the paper and its mission.' - Carz Nelson

How to write a LETTER TO THE EDITOR

Letters to the Editor are always welcomed and will be published. Three important criteria: no foul language, do no harm to an individual, must be "signed" by the author. Letters may be edited for length.

email your letter to copydesk@alleynews.org no later than the 12th of the month, by 5pm SHARP.

Letter to the Editor

Resistance is a Human Right

News outlets have been referring to Israel's attacks on innocent Palestinians as "self-defense" in response to the Hamas attack of October 7th. On October 7th, 1,200 Israeli settlers were killed. In response, Israel has killed 25,000 people and counting, two-thirds of which are women and children.

How can Israel claim "self-defense" when the numbers of Palestinians murdered appears to be rising exponentially, and when the vast majority of those killed by Israel are innocent families? In so-called self-defense, Israel is bombing schools and hospitals, and blockading humanitarian aid to civilians who have no food, water, or electricity coming into Gaza.

After Israel's 75 year long land grab occupation and apartheid regime, it is hard to see Israel displacing Palestinians from their land and massacring them as self-defense. If anything, it makes sense that after 75 years of home theft, land theft, blockades on food and water, controlled movement, check points, degradation, and so many other human rights violations, Palestinians rose up and fought back in self-defense.

Anything Israel has done since October 7th has been an escalation of a colonial project they already had underway.

-Whitney Wildman
Minneapolis, MN



Tales from Pioneers and Soldiers Memorial Cemetery

By SUE HUNTER WEIR
219TH IN A SERIES

A Forgotten Scandal

Sometimes stories take a disturbing turn. This one started out as a biographical sketch of Sumner Cutter who was described in his obituary, published in the *Minneapolis Tribune* on April 14, 1902, as “one of the most prominent members of the older generation of [Minneapolis] contractors.” His friends described him as a “man of quiet, steady disposition and never addicted to displays of violent temper.” He was credited with having built several of the city’s early flour mills and having helped dam the falls in the river. But, according to several newspaper stories published in 1864, there’s a darker side to his story.*

On February 24, 1864, Cutter shot and killed George Littlefield, the man who he believed was having an affair with his wife. The story was a major scandal. There was no mystery, no question that Cutter shot Littlefield.

A few months earlier, Cutter had been out-of-town working in the pineries (pine forests) when he received a letter from a friend informing him that his wife was “undoubtedly guilty of improper intimacy” with Littlefield, who was boarding in the Cutters’ home. Cutter walked home, a distance of 150 miles. When he arrived, he and Littlefield exchanged “hard words,” and Cutter threw his wife out of the house. He gave her \$75 to return to her family back East. Instead, she moved into a hotel in St. Paul, leaving the couple’s three young children with her husband.

Around seven in the morning on February 24, 1864, Cutter and a friend were walking down the street when they encountered Littlefield. Cutter called out, “There comes the black-hearted villain.” He pulled a gun out of his coat. Littlefield begged him not to shoot but Cutter fired a single shot. Littlefield ran about 40 paces before he collapsed and died.

Cutter went looking for a constable in order to turn himself in but couldn’t find one. He went

The marker for Sumner Cutter who was involved in what was perhaps Minneapolis’ greatest scandal in 1864. He was 32 years old at the time but was considered one of the city’s most prominent builders. He died in 1902, aged 70.



TIM MCCALL



TIM MCCALL

Sumner Cutter, his wife Pamela, their 11-year-old daughter Ida, and two of their adult children are buried in the family plot. Pamela’s parents Stephen M. and Elizabeth Allen are also buried there.

to a friend’s house where he was arrested about two hours later. According to police and several witnesses, Cutter was “stupefied,” so weak that they thought he might have taken poison. He was, they said, suffering from “nervous prostration and extreme mental excitement.”

Following a coroner’s inquest, a grand jury indicted Cutter on a charge of first-degree murder. His trial began in May. The stakes were high since if he had been found guilty, he would have faced the death penalty.

The press was relatively sympathetic, characterizing his motive as “some fancied code of honor.” They were much less sympathetic to his wife who they described as “not particularly attractive,” and a woman whose eyes had a “cold glitter in repose [that] is cruel and animal.”

The jury found Cutter not guilty by reason of insanity. He was ordered to remain in custody of the sheriff “until the question of his present insanity was determined.” And that is more or less where that chapter of his life ended. His marriage and career survived the scandal. The following year he and his wife had a fourth child, and in 1869,

a fifth. His career as a contractor flourished, and in 1885-86, he was elected to the Minneapolis City Council. The story that scandalized Minneapolis in 1864 was all but forgotten.

Cutter died on April 13, 1902, at the age of 70, from peritonitis following an operation. His wife, Pamela, died June 17, 1913, at the age of 82. She was buried next to her husband, their eleven-year-old daughter Ida who died in 1867, and two of their adult children. Their graves are located in Lot 31, Block B.

**If you’d like to read the original press coverage, you can do so for free. Go to the Minnesota Historical Society’s website (mnhs.org) and look under research to find their selection of on-line newspapers. Search on Cutter (actually “Littlefield” will give you fewer hits) in February-March and May 1864.*

Sue Hunter Weir is chair of Friends of the Cemetery, an organization dedicated to preserving and maintaining Minneapolis Pioneers and Soldiers Cemetery. She has lived in Phillips for almost 50 years and loves living in such a historic community.

Something I Said Enough

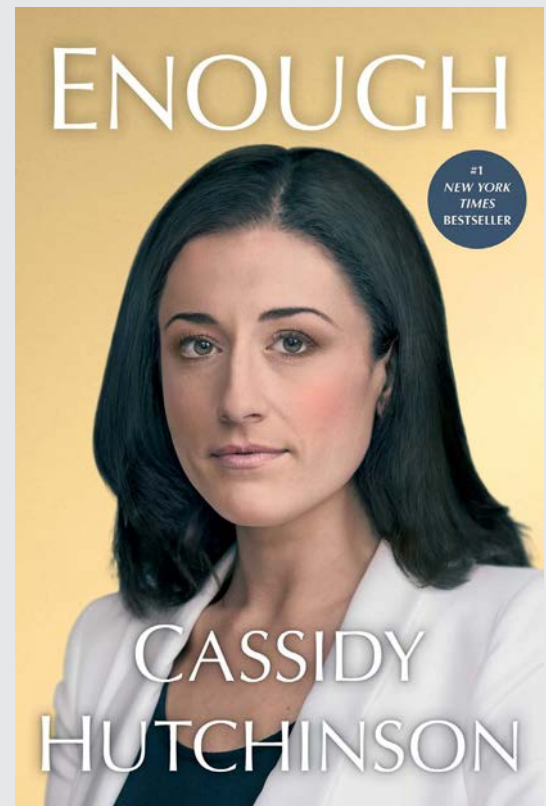
Reviewed by DWIGHT HOBBS



Dwight Hobbes

Cassidy Hutchinson flipped everyone out, breaking ranks with Donald Trump at the House Committee hearing over January 6th’s insurrection debacle. Here, she had been White House chief of staff Mark Meadows’ assistant, knew all the dirt and came clean. Trump claimed he didn’t even know her. Former White House deputy press secretary Sarah Matthews tweeted, “Anyone downplaying Cassidy Hutchinson’s role or her access in the West Wing either doesn’t understand how the Trump [White House] worked or is attempting to discredit her because they’re scared of how damning this testimony is.” *Enough* (Simon & Schuster) puts the lie to Trump’s dismissing Hutchinson and traces, from her perspective, just what went on before, during and after the attempted insurrection. At length, Hutchinson’s testimony detailed Meadows’s, Trump’s, and other White House officials’ knowledge of the danger the January 6, 2021 rally participants posed, their activities as the Capitol riot happened, and what they did in

behavior and state of mind behind the January 6 scenes constitute a smoking gun. “I can hear the president roaring, “Take the fucking mags down.” He swings an arm toward the TV monitors. “Look at all those people in the trees”. He points into the park. “They want to come in. Let them.” She relates, “Images of the Capitol flash through my mind. The rioters, like feral animals, ransacking and vandalizing the beautiful halls of our Capitol. Members of Congress...sheltering under furniture, in closets, wherever they could find refuge.” And recalls thinking, “They’re calling for the vice president to be hanged. The president is okay with it. ...He doesn’t think they’re doing anything wrong. ... This is crazy.”



Jacket design: Jackie Seow
Jacket photograph by Stephen Voss for Simon & Schuster

the days after it.

The book should’ve cut to the chase and been shorter. She takes up three chapters on how she grew up in New Jersey. Who cares? *Enough’s* significance isn’t her autobiography. It’s her impact on the most scandalous event since Richard Nixon failed to burn the Watergate tape incriminating him in 1972’s Democratic Party headquarters burglary. Recounting Trump’s erratic

To the last, she showed integrity, loyal to perhaps a fault. Her mother tearfully begged her not to follow the fiasco’s aftermath to Florida, but Hutchinson replied, “I have to go. I’ve already committed. The boss needs good people around him. The only reason today happened is because we let bad people, crazy people, around him. I need to try to fix [it].”

Continued on page 6...



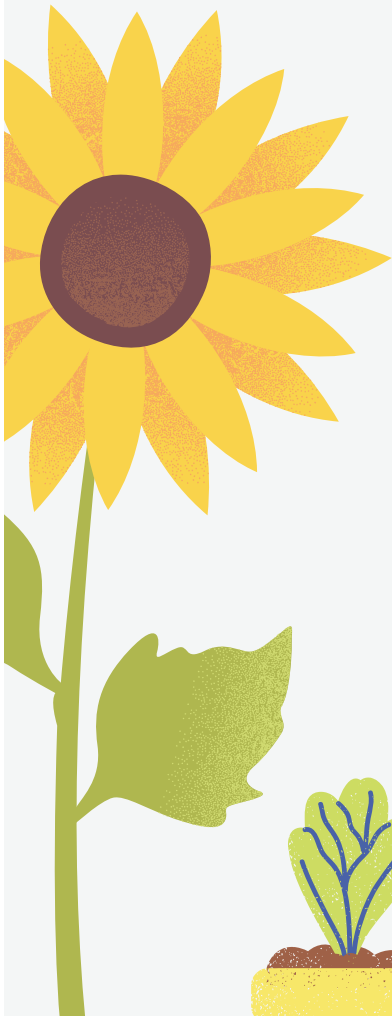
Contribute!

Hey, you read ‘the alley’!

Want it to grow, improve, and remain a free, widely available newspaper each month?

Scan the QR Code to donate at GiveMN or send a check to Alley Communications, PO Box 7006, Minneapolis, MN 55407

JOIN THE EAST PHILLIPS COMMUNITY GARDEN GARDEN COMMITTEE



The East Phillips Community Garden is looking for new members to join the garden committee.

Garden members enjoy their own plots, tend the garden, and steward the space for the community and earth.

Email garden@eastphillips.org to get involved and sign up!

El Jardín Comunitario en East Phillips está buscando algunos miembros para unirse al comité de jardinería.

Los miembros del jardín disfrutan de sus propias parcelas y trabajan juntos para cuidar el jardín y administrar el espacio en beneficio de la comunidad y cuidar la tierra. Envíe un correo electrónico a garden@eastphillips.org para inscribirse como voluntario o para recibir invitaciones a clases de jardinería comunitaria, talleres y más.



MIDTOWN PHILLIPS NEIGHBORHOOD ASSOCIATION INC.

BOARD OF DIRECTORS ELECTION

March 9th at 10 AM | 9 de Marzo a las 10 AM

Phillips Community Center, 2323 11th Ave S, Minneapolis, MN 55404

At this meeting we will give an update on our 2023 accomplishments, receive input on potential EPIC & MPNAI merger, and host our board election.

Please email: info@eastphillips.org if you are interested in becoming a board member!

En esta reunión daremos una actualización de nuestros logros de 2023, recibiremos información sobre la posible fusión de EPIC y MPNAI, y organizaremos nuestras elecciones al consejo.

Por favor, envíe un correo electrónico a: info@eastphillips.org si está interesado en convertirse en miembro del consejo de administración!



www.midtownphillips.org

MIDTOWN PHILLIPS
NEIGHBORHOOD ASSOCIATION INC.



Peace House Community - A Place to Belong

We Need Each Other

By MARTI MALTBY



Marti Maltby

Among my other duties, I help coordinate the adult education series at the church that I attend. This fall and winter we have had various congregation members speak about the intersection of their vocation and their faith. In other words, how does their faith affect their work, and how does their work help them see God.

When the idea for the series came up, I imagined people speaking about the satisfaction they get from their jobs. While that's happened, we've heard more about enduring difficult times than celebrating joys. Teachers have spoken about schools that are so cash strapped that they don't buy curriculum for the students, instead telling the teachers to use whatever they can find online. A 22 year old camp counselor told about overhearing a 15 year old begging her friends to break her leg so that she would not have to complete a four day canoe trip. The counselor explained how hard it was to get a 15 year old to understand that getting

evacuated by helicopter from the Boundary Waters at night with a broken leg wouldn't make anything better.

This past Sunday, a former firefighter named Hank spoke about helplessly watching people die, being engulfed in explosions, finding charred corpses in burned out apartments, and accompanying the SWAT team on interventions. He broke down several times, and talked about seeking treatment for PTSD after his wife told him she couldn't trust him to drive their children anywhere because of how erratic he had become. He ended his talk by thanking the church for giving him a place where he could talk about the demons he was facing, and suggested that we create more opportunities for people to open up about what he called "the crappy parts of life".

I left feeling overwhelmed. I was glad that our speakers felt comfortable sharing the challenges they faced and how God guided them through, but it wasn't what I had intended when the series started. I could see the need for honestly talking about problems, but I was worried about crossing the line between being therapeutic and trying to actually provide therapy. When Hank made his comment, I thought, "We aren't equipped for this. We aren't therapists."

And then I remembered that Sigmund Freud published his first writing less than 150 years

ago. Everything that I think of as "therapy" has come along since then. For tens of thousands of years before that, people dealt with death, war, plagues, and natural disasters without medication, hypnosis, electroshock therapy, or medical insurance. Instead of relying on experts to deal with their challenges, they relied on exactly what they wanted to rely on: their friends and neighbors, their faith, their families, and the assurance that they were not alone in their suffering.

I feel unprepared to deal with Hank's problems, or with most people's problems if I am honest. I wish we could all live in a safe world where the biggest problem was that I forgot to get apple sauce when I went to the store. But that isn't the world we live in. We have to face the nastiness of life, a life which Thomas Hobbes described as solitary, poor, nasty, brutish, and short. I see why he put solitary first in his list. If we try to get through life on our own, it really will be poor, nasty, brutish, and short. But as Hank pointed out, if we have others around us, life will still be hard, but it will at least be bearable.

May we all find the community we need to get through this life.

Marti Maltby is an avid cyclist, Director at Peace House Community, and an obnoxiously

News You Can Use



Musicians in our Midst: Applications to perform in the 2024 Minneapolis Music in the Parks Series are Now Open!

It's not too early to start planning for a summer gig in the park! These concerts take place at six venues in the Minneapolis park system between Memorial Day and Labor Day. If you're interested, don't delay, the application process closes February 14! Apply online at minneapolisparcs.org/news/2024/01/03/apply-to-perform-in-the-2024-minneapolis-music-in-the-parks-series.

Questions? Contact Minneapolis Music in the Parks at 612-230-6484 or concerts@minneapolisparcs.org

Books by Neurodiverse Authors

Wish the work of neurodiverse authors was more visible and available? Cow Tipping Press is a local organization that supports and publishes writing by people with intellectual and developmental disabilities, giving audiences new ways to think about this rich form of human diversity in practice and in print. *the alley* learned about Cow Tipping Press at an author reading and book signing held at Midtown Global Market on December 5th. Interested in exploring work by their authors or participating in classes? Check them out on their facebook page, or at cowntippingpress.org.



Jonah Abraham signaled his readiness to read.



Teaching apprentice Maggie Teitelbaum answered questions after reading some of her poems published in *Beating at Terra Firma*.

A Short, Silent Encounter With Racism

By HOWARD MCQUITTER II

On Thursday, November 30, 2023, a friend and member of my church (St. Constantine's Ukrainian Catholic Church) went to a screening of the film *Holodomor: Voices of Survivors- Ukrainian Famine/Genocide* (2015), a horrific tale of Stalin moving in on the Ukrainians refusing to give up their farms for collective farming in 1932-1933. There were interviews with some survivors (from the diabolical forced famine) and from those stories told by descendants of their forefathers and foremothers. Much of the dialogue had a Minneapolis connection (namely through St. Constantine and the Ukrainian Orthodox Church), although many in the audience probably were not from either church.

It was \$20 and I made a last minute decision to go. My friend gave me a ride to St. Anthony Main Theater. I was the only Black person there (I've been in that situation numerous times in Minnesota). I took notes during the film like I always do when I review any movie. The pastor for St. Constantine was there along with two other sponsors. After the Q&A the crowd spilled into rooms beyond the concession stand. I spoke briefly with my pastor and to a young man (also a parishioner) and a hello to the man (also a parishioner) serving food. Beyond that, the crowd acted like my friend and I were invisible. They showed their racism without batting an eye. I'm well aware that white immigrants in particular, but not by any means exclusive-

ly, have an aversion to Black people – many from Africa and Asia also share a virulent Negrophobia. If it wasn't for the grounds laid through excruciating work by foundation Blacks, it would be much harder for these immigrants to come here. To conclude: The actions (or lack thereof) I experienced is a disgrace to this city that only has a window-dressing of tolerance.

Howard McQuitter II is a longtime movie critic. He has been reviewing movies for the alley since 2002. You can see his column, 'Movie Corner' on page 10 of this issue.

COMMENTARY

Addressing Children's Grief and Mental Health: Free Conference for Parents and Caregivers

The past few years have brought unprecedented challenges for children and youth, leaving many grappling with significant loss and the subsequent impact on their mental health. Parents and caregivers, in turn, find themselves uncertain about how to assist their children and may experience a sense of isolation. However, parents and caregivers should not be navigating this path alone.

NAMI Minnesota (the National Alliance on Mental Illness) announces its free upcoming Super Saturday Educational Conference for Parents and Caregivers, which will take place in person and online on **February 10**. This transformative event, aimed at addressing the significant impact of grief on children's mental health, promises a day of insightful discussions, expert-led sessions, and valuable community connections.

The agenda will feature expert speakers, breakout sessions, and engaging activities to explore creative ways to process sorrow and loss. Topics include understanding children's grief, recognizing and responding to first episode psychosis, supporting students with special education needs, community approaches to suicide prevention, and crisis planning and trauma. There will be opportunities to network with peers through the NAMI Minnesota Parent Support Program, and access valuable resources from community partners.

Register today at namimn.org/addressing-childrens-grief-and-mental-health to attend the conference. For those who attend in person, the conference is at BlackHawk Middle School, 1540 Deerwood Drive, Eagan, MN 55122, on Saturday, February 10, 2024, from 8:30 to 3:00 PM. A continental breakfast and a lunch buffet will be provided.

NAMI Minnesota is a non-profit organization working to improve the lives of children and adults with mental illnesses and their families through its education, support, and advocacy programs.

Call for copyediting volunteers!

make an impact in local, community-based journalism

Time commitment: 3-5 hours a month.

Email: copydesk@alleynews.org

Have more news to use?
Drop us a line at:
copydesk@alleynews.org

FEBRUARY EVENTS



Dreaming Our Futures: Ojibwe and Očhéthi Šakówiŋ Artists and Knowledge Keepers Through March 16
Katherine E. Nash Gallery
405 21st Avenue S
Free

Dreaming Our Futures marks the launch of the University of Minnesota's George Morrison Center for Indigenous Arts, and features work in a wide variety of painting media and esthetic approaches by 29 artists. An opening program will be held on February 3rd from 4-8pm. For more information and gallery hours, go to cla.umn.edu/art/galleries-public-programs/katherine-e-nash-gallery.

Okizi (To Heal) Through April 13
All My Relations Arts
1414 E Franklin Avenue
Free

Okizi (To Heal), is a partner exhibition with the American Swedish Institute in response to the traveling exhibition, *Arctic Highways: Unbound Indigenous People*. *Okizi* highlights the revitalization efforts that reconnect this generation and future generations of Native peoples to our language, land, and culture as a means of healing. The exhibition includes works by Sami artist Tomas Colbengtsson and Stina Folkebrandt's *Mygration* collaborative alongside work by American Indian artists Keith Braveheart, Karen Goulet, Courtney Leonard, and others. For gallery hours and additional programming, go to allmyrelationsarts.org/exhibitions-events/exhibitions/okizi-to-heal.

Community Connect: Lunar New Year Friday, February 2 6:30 - 8 PM
East Phillips Park
2307 17th Avenue S
Free

Join your neighbors at East Phillips Community Center as we celebrate the year of the dragon. Crafts, activities, refreshments, and time to enjoy this season with friends. We will end the evening with our own dragon dance!

Wish Work Puppet Series Saturdays February 3, 10, and 17 10:30 - 11:30 AM
Hinterhands Puppet Company
2742 15th Avenue S
\$5 - \$10

Join Hinterhands Puppet Company for three special puppet performances created especially for young audiences! *Penguin in My Pocket* (February 3rd) tells the story of collaboration between an artistic monkey and a penguin scientist who has crash-landed in the jungle. *Wish! Wonder! Wow!* (February 10th), will present a series of wish-ful, wow-ful, wonder-ful puppet shorts created by community members, and *Lupita Doesn't Want to Sleep* (February 17th), performed in Spanish and English, is the tale of a feisty little girl who always finds a way to keep playing when it is time to go to sleep. \$5-\$10 is a suggested donation. No one will be turned away for lack of funds! More information at hinterhands.com.

Arctic Highways: Unbounded Indigenous People February 3 - May 26
American Swedish Institute
2600 Park Avenue
\$6 - \$13

Free: Thursdays 3 - 8 PM

This February, the American Swedish Institute will host a special traveling exhibition featuring the artwork and duodji handcrafts of 12 Indigenous artists from Sápmi and North America. *Arctic Highways* shares stories of Indigenous People who live on different continents yet regard themselves as kindred spirits. Each artist tells their own stories, through their own forms of expression, inviting opportunities to explore what it means to be unbounded—not just for Indigenous People, but for all of us. For hours, information, and related events, go to asimn.org.

Historjá – Stygn för Sápmi Tuesday, February 6 6 - 8 PM
American Swedish Institute
2600 Park Avenue
\$10

Artist Britta Marakatt-Labba has for decades depicted the Sámi people's mythology, relation to nature and political struggle in her art. Now she is facing one last fight: the battle for the survival of her indigenous culture against the threats of climate change. Join ASI for a special screening of this documentary film to mark Sámi National Day and to celebrate the opening of the exhibit *Arctic Highways: Unbounded Indigenous People*.



ABOVE: Hinterhands Puppet Theatre presents *Penguin in My Pocket* on February 3rd as part of the Wish Work Puppet Series.

TOP LEFT: Keith Braveheart, Buffalo Nation: *Creating Community*, from the exhibit *Okizi (To Heal)*, on view at All My Relations Art through April 13th.

Lunar New Year: The Year of the Dragon! Saturday, February 10 12 - 3 PM
Midtown Global Market
920 E Lake Street
Free

Join the Midtown Global Market and CAAM Chinese Dance Theater on February 10th to celebrate the first day of the Year of the Dragon! People born in dragon years are thought to be charismatic, intelligent, confident, and natural-born leaders. This event will feature performances, music, kids' crafts and more!

Youth Community Connect: Valentine's Day Tuesday, Feb 13 4 - 6 PM
East Phillips Park
2307 17th Ave South
Free

Youth ages 6-17, come celebrate Valentine's Day at East Phillips! We will be snowshoeing a big heart in the park, making heart art, and playing pizza tag. Come share your love with the community!

Drop-In Snowshoeing Monday, February 19 6 - 7:15 PM
Stewart Park
2700 12th Avenue S
Free

Snowshoeing is a great way to get outside and enjoy the winter! A naturalist will be available to show you the basics and then you are free to explore the park on your own. Bring yourself, your neighbors, your friends, and even your kids!

Youth Movie Night: Black History Month Tuesday, February 20 6 - 8 PM
Phillips Park Community Center
2323 11th Avenue S
Free

Youth ages 12-17, this movie night is for you! Attendees will pick a film to watch, discuss, and reflect on for Black History Month. Just show up, no registration necessary!

Continued from page 3...
Enough, cont.

The baddest, craziest one, of course, was running the show. In charge of it, anyway, because no one had control.

Naysayers charged out of the woodwork to discredit her once Hutchinson was done testifying. Rep. Jim Banks, for instance, railed, "The sham Committee's star witness is already discredited less than

24 hours after her testimony. It was all hearsay. This is the Russia hoax playbook. Democrats' media allies are simply repeating their outrageous and evidence-free accusations." Right: she was suddenly a Russian stooge.

In a sane world, common sense would dictate that by the time she got done with her two-hour testimony Donald Trump's goose would've been

cooked. Politics and legal machinations do not, of course, allow for something trivial as the simple truth.

Minnesota comes up at an interesting juncture with Trump trying to hide catching the contagion he swore didn't exist. "We were returning to Washington from... the campaign trail... that had started with a fundraiser in Minneapolis and ended

with a big rally in Duluth. I noticed how exhausted POTUS looked." Not long after, Trump gave in to advice that if he didn't admit getting sick, word would leak and he'd better get in front of it as much as he could.

Bottom line, she was loyal to Donald Trump and to America, but when push came to shove, Cassidy Hutchinson's conscience sided with her country.

Dwight Hobbes is a longtime Twin Cities journalist and essayist.



VENTURA VILLAGE



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

Peavey Park Raised Beds Available

By: **Becca Gross, Community Garden Program Coordinator**

Peavey Park is home to a community garden under Minneapolis Park and Recreation's Community Garden Program. 17 raised beds are available. Interested gardeners can apply until February 15th to use a raised bed in the park for growing their own food. Participation is free. Minneapolis residents who don't have access to land outside the parks and who plan to grow food will be prioritized. The application for a plot can be found here:

<https://form.jotform.com/90916575115157> and more information about the program can be found here: www.minneapolisparcs.org/communitygardens



Using The Minneapolis Crime Dashboard

By: **Kali Pliego, Crime Prevention Specialist**

<https://www.minneapolismn.gov/government/government-data/datasource/crime-dashboard/>

The above link provides a way for community members to look up crime data from the City of Minneapolis. There are two tables available to view, each containing multiple menus to narrow or broaden the scope of data. This is an under-utilized resource that our city offers!

You can go to the Ventura Village website for more details about how to use the dashboard. I am always available to answer questions at kali.pliego@minneapolismn.gov.

Minneapolis American Indian Center Update

By: **Mary LaGarde, Executive Director**

The renovation and expansion of the Minneapolis American Indian Center (MAIC) is expected to be completed for the grand re-opening on May 1st, 2024. This day is also the kick-off for American Indian month in the Minneapolis – St. Paul, Minnesota, area. It will be a day of celebration, and all are welcome to attend.

When we embarked upon this journey, we could not have anticipated many of the bumps in the road, including a pandemic, civil unrest, and global supply chain and inflation challenges. But *we have persisted in maintaining our vision* to create a destination worthy of Minnesota's diverse Indigenous community. In addition to the construction progress, we have continued towards our *goal of \$32.5M – raising \$29.25M to date*.

The renovation and expansion will allow the MAIC to continue to be a central gathering place. Additions to the MAIC will bring new opportunities for our young people to explore the field of technology. The MAIC is committed to providing resources to support a healthy Indigenous community, and will continue to provide social services, workforce development, fitness and nutrition, and Indigenous culture, arts and language learning opportunities.

I look forward to achieving our Campaign and construction goals this year and sharing our new home with the community. For updated information on the May 1st, 2024, grand re-opening, visit the Minneapolis American Indian Center's Facebook page. Miigwech.



Our February Membership Meeting will be Wednesday, February 14th at 7 PM. We'll meet in person at the ICCM Life Center, 1812 Park Avenue and also via Zoom.

View the newsletter on our website for a list of many more events and resources available.

**Make a difference!
Become a member
Join our Board
Go to venturavillage.org
for more information.**

Does your organization have an important event or new program the Community needs to know about?

**Contact
businessmanager@
alleynews.org
to find out what
it might cost to
provide you space in
the alley.**

We would be proud to help you promote your good work!



Flashback to our April 2022 issue where youth artist Noelle Naranjo shared some artwork with us. ▲



A collaborative of Minnesota artists.

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

NEW LOCATION ON THE FOOD COURT!

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

Twin Cities Area Solar Co-op Makes Rooftop Solar More Affordable

By BOBBY KING, MN SUN State Director

Nonprofit Solar United Neighbors (SUN) helps Twin City Area homeowners of all incomes go solar with the Twin Cities Area Solar Co-op. The solar co-op will help homeowners:

- Understand the benefits of rooftop solar and the incentives available
- Allow them to use group buying power for a great price and service from a solar installer
- Help low-income homeowners tap into incentives that can cover a majority of the cost

How SUN's Solar Co-ops Work.

The solar co-op is free to join. SUN has an open-and-competitive bidding process with local solar installers for the group's business. A committee of co-op members and SUN staff reviews bids and selects a single solar company for the group's business. All members then get a proposal for solar at their property from the selected installer at the solar co-op price. There is no obligation to go solar.

Online Solar 101's are scheduled for Thur., Jan 18 at 6:30 p.m. and Tue., Feb. 13 at 6:30 p.m.

These will cover the basics of solar technology, the economics of solar, and how members save money on a vetted solar installer.

Incentives to go solar available.

The Federal Solar Tax Credit allows homeowners to take 30% of the cost of going solar as a credit against federal income taxes owed. Minneapolis homeowners will be able to take advantage of the city's Green Cost Share program. This innovative city program requires 20% of homeowners in the group-buy to be low-income or live in one of the city's Green Zones. SUN ensures this goal is met. This incentive pays on average between \$800 to \$3,000 towards the cost of



Jessica and Royce in front of their Powderhorn Park solar home. In 2021 they went solar through a Solar United Neighbors Solar Co-op.

solar. [Editor's note: The entire Phillips Community falls within the Southside Green Zone.]

Newly expanded incentives can make rooftop solar possible for low-income homeowners.

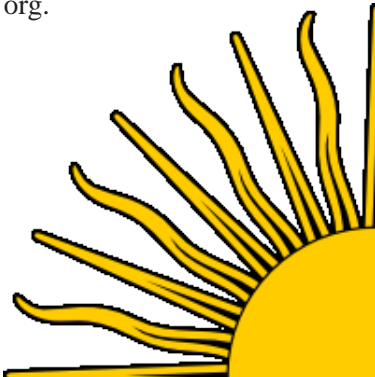
Last December the Minnesota Department of Commerce enacted dramatic improvements to the Income Qualified Solar Rewards program. This incentive program helps low-income homeowners in Xcel territory go solar. Improvements include making it easier to prove income eligibility and increasing the incentive payment. In addition, the solar co-op negotiates with solar installers to allow low-income homeowners to pay a small refundable down payment.

SUN has been helping neighbors join together and go solar since 2013. Around the

country, SUN has completed 412 solar co-ops, helping more than 8,500 people go solar, including 190 low-income homeowners. In Minnesota, SUN has helped 248 people go solar.

Learn more and sign up for a webinar or the Twin Cities Solar Co-op at www.solarunitedneighbors.org/twincities.

Click on the "Events" tab under the picture of a solar homeowner to sign up for the webinar. You can also contact Bobby King, MN SUN State Director at 612-293-7267 or bking@solarunitedneighbors.org.



Continued from page 1...

Comm. Journalism, cont.

both professional experience and those with grassroots "do it yourself" (DIY)-style experience. In short, organizations like Alley Communications, nonprofit publisher of the alley, bring together people with professional experience (in journalism or otherwise) with folks like you who want to tell stories about your community, and to counter some of the unjust (and inaccurate) stories that present a picture of the community that doesn't feel or look right to those within it.

These community journalism workshops are an opportunity to bring more members of the Phillips Community into *the alley's* community, as reporters and writers and storytellers. Each training, no matter the theme, will give folks the opportunity to connect with each other, to learn more about how community journalism operates, and how they can participate in local community journalism through *the alley* and other orga-

nizations. Each training is experiential, discussion focused, and that means everyone will have the opportunity to get hands-on practice.

Following the training series, we'll bring ten participants from the workshops into a publishing project as we put together a special edition of the alley entirely written by community journalists-in-training, with support from project partners. More on this later!

Dr. Cirien Saadeh (she/they) is an Arab-American journalist and educator who works at the intersections of journalism, social movement development, experiential education, and sustainability. The Journalism of Color Training Center is a journalism support organization, community journalism school, and - launching soon - a newsroom that supports the efforts of communities building anti-racist newsrooms, anti-racist freelance journalists, and existing newsrooms seeking to build towards anti-racist practices and processes.

How to submit to *the alley*

1. Find and write about a topic relevant to the Phillips Community.



2. Stick to these general rules: 500 words for an opinion piece and up to 700 for a feature piece, and no profanity or harm!

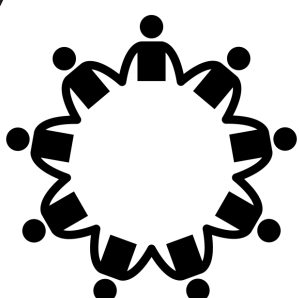
accepted submissions: poetry, non-fiction, flash fiction, serialized fiction, photos, artwork, cartoons, interviews

3. Ask a friend to copyedit!

4. Send in your article, any images, permissions, and captions, *in their final and best form* to copydesk@alleynews.org by 5pm SHARP on the 12th of the month!

5. Copydesk may follow up with clarifications, any image issues, etc.

6. The Editorial Leadership Committee decides what should go into *the alley*, and when. News and stories that focus on Phillips and are time sensitive are prioritized.



Join the Board of Alley Communications

and help other volunteers grow the organization to more fully fulfill its mission- "to inform and engage the Phillips Community".

Email susanangust@gmail.com to discuss and learn more!



SAVE THE DATE!

pwno
WINTER SOCIAL

REUNIÓN SOCIAL DE INVIERNO ☀️ ISU IMAATINKA JIILAALKA

2024

Join us at the American Swedish Institute's free community night from 5pm to 8pm! Explore the only castle in Minneapolis, right here in our backyard, and learn about what PWNOC has planned for the year to come!

February 8, 2024

5-8 PM

**American Swedish Institute
2600 Park Ave**

PHILLIPS WEST
NEIGHBORHOOD ORGANIZATION

ASI

Alley Communications, Phillips West Neighborhood Organization, and Journalism of Color present...

Community Journalism Trainings

BY THE COMMUNITY, FOR THE COMMUNITY!

REGISTER TODAY!
info@journalismofcolor.com



Saturday, February 17th

Community Journalism: From A-to-Z
(Pitch to Promotion)
10:30am - 12:30pm

Stewart Park Recreation Center
2700 12th Ave. S., Mpls, MN 55407

Friday, March 8th

Doing Journalism
Justly
4pm - 5:30pm

Center for Changing Lives
2400 Park Ave. S., Mpls, MN 55404

Saturday, March 16th

The Art of Reporting on Community
Organizing
12:00pm - 2:00pm

Virtual
Register by email for access.

all trainings are free, but make sure to register!

sponsored by:



Movie Corner

Dream Scenario



A24 2023
Comedy/ Horror

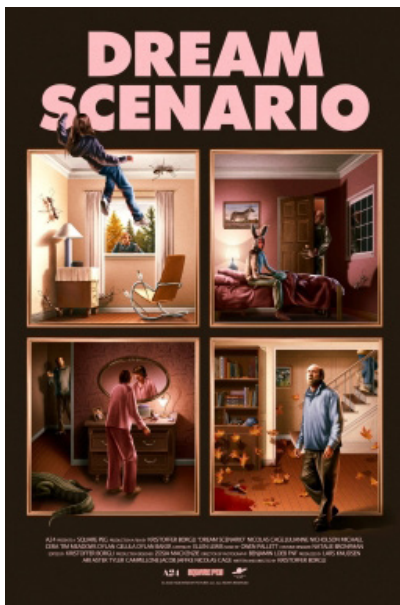
By HOWARD MCQUITTER II



Howard McQuitter II

In researching what film I was going to see at the theater on Thursday, December 5, I accidentally came across Norwegian director Kristoffer Borgli's *Dream Scenario*, starring Nicholas Cage. It was a good choice.

Paul Matthews (Nicolas Cage) is a nondescript professor of evolutionary science at a small fictional college. His students seem to be as incurious as he is tedious. Paul's life begins to change drastically when his youngest daughter, Sophie (Lily Bird), starts to see him in her dreams. Paul appears to have the power of levitation in Sophie's dreams, although it is not explained neither how or why he has this power. Everything seems innocent enough until his ex-wife, Claire (Marnie McPhail), runs into Paul with his current wife, Janet (Julianne Nicholson), at an event. Claire tells them both she sees Paul in her dreams, much



A24

to the couple's chagrin. Claire insists that she see him alone to explain the phantasmagoria and Janet grudgingly agrees. And at this point, it may not be all that weird. After all, she was once married to him.

Then the dream syndrome takes a bizarre and dangerous turn when his students begin to have dreams where Paul appears. However, the peculiar dreams do not stop with the students but pass over to the townspeople who do not know him. To add more malevolence to the situation, Paul often appears as a murky figure like a stalker or worse. Paul becomes a persona non grata in the town, something he never dreamed would happen. Now his life is in danger from marauders and other loose cannons. The ugliness spreads over to his family: Janet is fired from her job; his daughters Sophie and Hannah (Jessica Clement) are teased at school by other students who call their dad "Freddie Krueger" (the main character in *A Nightmare on Elm Street*). *Dream Scenario* delves into dreams on superficial levels, to be sure, but dreams (or nightmares, as in the film) are often buried deep in our subconscious minds, in the vast unknown, that can be frightening when tapped into.

Cast: Nicolas Cage (Paul Matthews), Lily Bird (Sophie Matthews), Julianne Nicholson (Janet Matthews), Jessica Clement (Hannah Matthews), Tim Meadows (Brett), Paula Boudreau (Sheila), Marnie McPhail (Claire), Maev Beaty (Naomi), Noah Lamanna (Jessie).

Director: Kristoffer Borgli.

Screenwriter: Kristoffer Borgli.

Cinematographer: Benjamin Loeb. Art Direction: Anoma Modi, John O'Regan.

Rated: R.

Running time: 102 minutes.

Howard McQuitter II is a long-time movie critic. He has been reviewing movies for the alley since 2002.

Something Shifts

By SHELIA BLAND

Anonymous, wherever she is.
Titles and roles fit only haphazardly.
Sliding out of place,
Occasionally slipping off altogether.

Sites within contain shifting landscapes.
Fear, loneliness, occasional joy.

Spaces behind the face often contain bafflement. Wonder.
A maze of amazement.
Spaces behind the navel, host anxiety, turbulence,
Sometimes electrical jolts.
Spaces behind the left breast ache. Long.
Sometimes pound.

She has been searching – for she knows not what.

Change. Something different. She needs to be released.

Perhaps even transformed.

No space seems to fit – No place feels like home.

She touches people lightly
While they slam into her

Movement.

She needs constantly to move.

Years of moving –once exhilarating,
leaves her longing for a resting place.

She rides buses.

They are flexible.

Available without reservation.

The countryside flashes by in non-stop Kodak moments.

Nights are nice because they bring silence.

She sits in the night silence with a silent mind.

Something opens up inside her in these silences.

Vision transforms.

Embedded in the Kodak moments, other images appear.

Images that are not often perceived.

These images follow the bus now,
Though the bus continues to move
and the Kodak-moment images
are continually left behind.

These images following her
taking a keen interest in her.

Yet she remains still.

Apparently not engaging with
or reacting to
what she sees.

She has seen these images before.

Just now,
some of them are quite compelling.
Engaging touch and sound, as well as sight.

The hum of the bus motor fades.
The sounds from this new dimension get louder.

Falling inside the drum beat
A new orientation

Something shifts
Inside

In the internal space

She is suddenly jolted up from her seat.
She moves to the front of the bus.
She signals she wants to get off.

The bus will not stop.

The drums beat louder.

She paces the aisle.

The bus warns her she will be kicked off.

The drums beat louder still.

She paces even faster.

The bus stops.

She gets off.

The bus pulls off.

The drums still.

She glides along in the silence,
The music of the spheres plays at her ears.
Her eyes watch multiple realities.
She dances the rotation of the earth.

Images all around her

Shimmering, glowing, glittering, black holes
Faces without features
With penetrating stares
Blacker than black
Brighter than bright
Figures, shapes
Animated, vibrating....
Moving with her movement
Energizing,
Dancing her dance

The earth

Moon

Stars

Universe

Are in sync...

She falls onto the ground,

Images dance around her, levitating in excitement.
Encircling her.

She rises above the ground,
floats with the images,
reclining in midair.

She is held up by moon beams,

Felled by breath

A floating.

Occupying two spaces at once.

The moon shines lovely in the sky above her.
The winds cradle her, rocking her gently back and forth.

She can hear the earth singing to her.

She smiles and the images smile with her.

The bus reports the incident.

Though she was never found,

She was never missed.

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

POETRY

CALL FOR SUBMISSIONS

Is there something going on in Phillips that should be noted in *the alley*?

Let us know all about it by sending your sentences and/or photographs to:

copydesk@alleynews.org

Raise Your Voice

Move It On Out!

By PETER MOLENAAR



Peter Molenaar

12/9/23: wind, sleet, and Smith Foundry...

Neighborhood activists again demonstrated their determination to SHUT IT DOWN. This time, placed forward on the speakers' list, I took the opportunity to tweak the main slogan with the words: MOVE IT ON OUT. After all, foundries are a key link in the industrial chain, without which our entire economy would collapse. Indeed, Smith Foundry is home to hundreds of patterns from which molds are made... molds made of sand to accommodate molten iron. Actually, these patterns are owned by numerous industrial concerns which, in turn, machine the casting to form parts of machines which automate the production of consumer goods. It follows: a state-of-the-art facility (i.e., a less polluting facility) must be built in the countryside (and surrounded with pine trees!).

Historical note: in preparation for Hitler's invasion, the Soviet Union transported much of its industrial capacity from the west to the faraway Urals.

Who will pay for the move?

Spread the word: a group of Canadian capitalists has acquired Smith Foundry, and evidently, their intention is to attain a degree of monopoly by owning different types of foundries, here and in Canada. Certainly, they have lots of money. However, when compelled to move, we should expect them to demand a subsidy from a government which claims to be broke.

It follows that we must project a program of radical reform:

1. Tax the rich
2. Stop the wars
3. Cut the military budget

No, we are not presently in a 'revolutionary situation', but let's say it out loud: we would all be better off if industries like Smith Foundry were publicly owned. PEOPLE AND PLANET BEFORE PROFIT!

Peter Molenaar advocates a broad united-front, even as he describes socialism as the future solution.



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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!



Norway House
913 E Franklin Ave
Minneapolis, MN 55404

Cafe | Gallery | Gifts
Event + Meeting Space

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Wed - Sat 10am - 4pm
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Event rental inquiries:
JGrodahl@NorwayHouse.org

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Dave Moore & Linnea Hadaway have lived here since the Reagan 80s and became life partners while originating the cartoon series "Spirit of Phillips."

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Thank you

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**2438 Bloomington Av.
612-729-3526**



BOREDOM
-- AFTER ALL --
IS A FORM OF CRITICISM.

-- Wendell Phillips
Our Neighborhood Namesake



Take a class! Get in touch!

Learn what the Cultural Wellness Center has to offer

Everyone has a culture – that culture is a powerful resource for health and healing.

The CWC is here to help you take control of your own health and build lasting relationships with the people and institutions in your life.

Fill out this wellness wheel, take a picture and email us!
Roberta@culturalwellnesscenter.org
 Or make a copy and pass it on!

Learn about wellness through exercise, food, mindfulness, and cultural connection. Connect with CWC leaders to find the best support for your personal and community journey.

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 Wednesdays at 5:00 p.m. CT

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 Mondays at 7:00 p.m. CT
 Wednesdays at 7:00 p.m. CT

ONLINE
YOGA
CLASSES

with Mikky
 sponsored by the Cultural Wellness Center

Join US



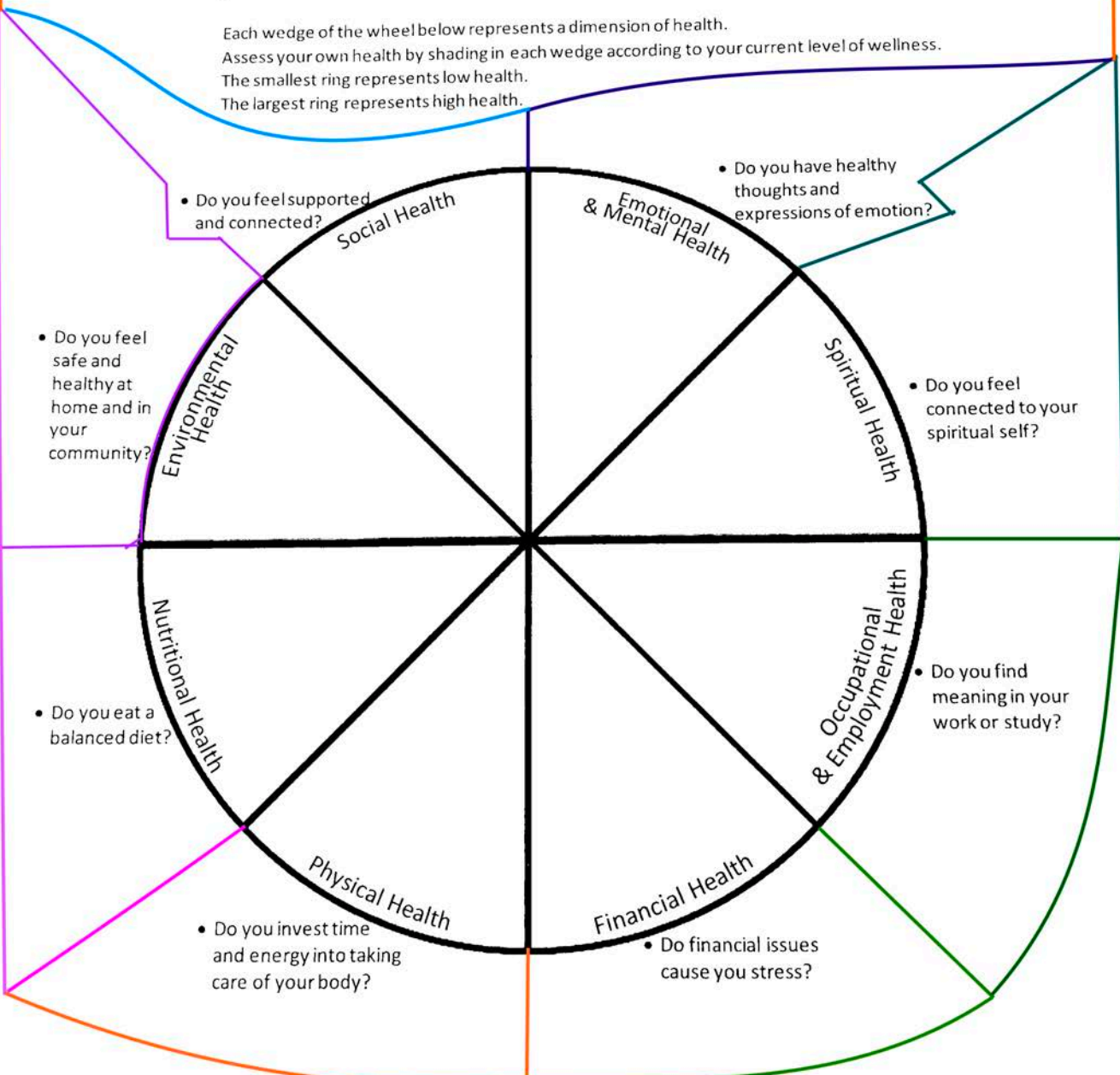
Saturdays at 2:00 p.m. CT
 Mondays at 6:00 p.m. CT
 Wednesdays at 6:00 p.m. CT

BACKYARD
COMMUNITY HEALTH HUB

Name: _____
 Best contact information: _____
 Date: _____

Wellness Self-Assessment

Each wedge of the wheel below represents a dimension of health. Assess your own health by shading in each wedge according to your current level of wellness. The smallest ring represents low health. The largest ring represents high health.



- Social Health:** Do you feel supported and connected?
- Emotional & Mental Health:** Do you have healthy thoughts and expressions of emotion?
- Spiritual Health:** Do you feel connected to your spiritual self?
- Occupational & Employment Health:** Do you find meaning in your work or study?
- Financial Health:** Do financial issues cause you stress?
- Physical Health:** Do you invest time and energy into taking care of your body?
- Nutritional Health:** Do you eat a balanced diet?
- Environmental Health:** Do you feel safe and healthy at home and in your community?

Learn more about our offerings and events, and register for classes on the Cultural Wellness Center facebook page!