

the Alley NEWSPAPER

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www.alleynews.org



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The Alley "Turns 40"
Gathering Dec 4 pg 2

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check pg 6

NEWS & VIEWS OF PHILLIPS SINCE 1976
NOVEMBER 2015 • VOLUME 40, NUMBER 11

STORIES

"History is not the past. It is the stories we tell about the past. How we tell these stories - triumphantly or self-critically, dialectally, or metaphysically; has a lot to do with whether we cut short or advance our evolution as human beings."

Grace Lee Boggs, June 27, 1915–October 5, 2015 American author, social activist, philosopher and feminist.

"History, despite its wrenching pain, cannot be unlived, but if faced with courage, need not be lived again."

Maya Angelou, April 4, 1928 – May 28, 2014 American author, poet, and civil rights activist

"Great dancers are not great because of their technique; they are great because of their passion."

Martha Graham, May 11, 1894 – April 1, 1991, American modern dancer and choreographer compared with Picasso on visual arts, Stravinsky on music, & Frank Lloyd Wright on architecture. [See: "Spirit of Phillips" 'Passion of Great Souls!' Cartoon by Dave Moore pg. 7]

"Stories matter. Many stories matter. Stories have been used to dispossess and to malign, but stories can also be used to empower and to humanize. Stories can break the dignity of a people, but stories can also repair that broken dignity. When we reject the single story, when we realize that there is never a single story about any place, we regain a kind of paradise."

Chimamanda Ngozi Adichie



Grace Lee Boggs



Maya Angelou



Martha Graham



Chimamanda Ngozi Adichie

"We urgently need to bring to our communities the limitless capacity to love, serve, and create for and with each other. We urgently need to bring the neighbor back into our hoods, not only in our inner cities but also in our suburbs, our gated communities, on Main Street and Wall Street, and on Ivy League campuses."

Grace Lee Boggs

It's a mistake
They make
Beneath a shell
Lies Treasure
For history's sake
BURMA-SHAVE

Pg 7

BIG MISTAKE



"I've always felt that it is impossible to engage properly with a place or a person without engaging with all of the stories of that place and that person.

The consequence of the single story is this: It robs people of dignity. It makes our recognition of our equal humanity difficult. It emphasizes how we are different rather than how we are similar."

Chimamanda Ngozi Adichie, September 15, 1977,) Nigerian novelist, nonfiction writer & short story writer. [See www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story]



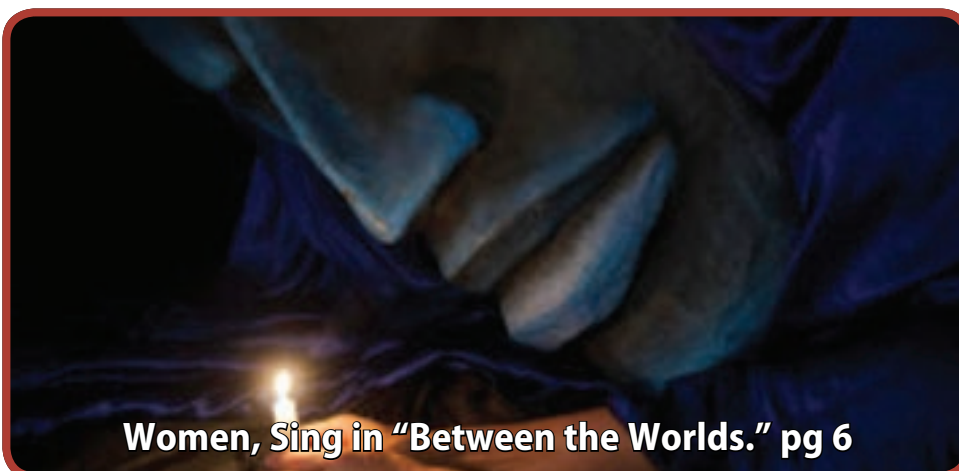
Phoenix of Phillips
Magazine II, pg 6



28 LEAD Awareness bus bench signs around Mpls.
Some give statistics for that Community



Donation to Open Eye
Theatre = FREE (\$210)
Furnace Tune-Up



Women, Sing in "Between the Worlds." pg 6

Updates on
Aquatic
Center, pg 3
Clean Sweep
pg 4 & 7



The Alley
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Alley Communications, a 501C-3, Not-for-Profit Corp. publishes The Alley Newspaper and other media.

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

Donations are needed, welcome, and Tax Deductible.

Volunteers who had a part in making this issue: Robert Albee, Allina Health, BackYard Initiative CHATS, Circle of Healing—BYI CHAT, City of Mpls Waste and Recycling, East Phillips Improvement Coalition, Patrick Cabello Hansel, Susan Haas, Frank Erickson, Linnea Hadaway, Hennepin County Franklin Library and Staff, Michele Howard, Sue Hunter Weir, Jana Metge, Midtown Greenway Coalition, Midtown Phillips Neighborhood Association, Tim McCall, Mpls. Park and Recreation Board, Peter Molenaar, Dave Moore, Dana Murdoch, Open Eye Figure Theatre, Out in the BackYard, Brad Pass, Carol Pass, Studio Five Architects, Phillips West Neighborhood Organization, Debra Ramage, Sue Riesgraf, Studio Five Architects, Claudia Slovacek, Crystal Trautnau Windschitl.

Delivery: To every Phillips Community residence, every Powderhorn Park Neighborhood, 160 businesses, places of worship, institutions in Phillips and adjacent neighborhoods by Sara Nelson Delivery. Many Phillips homes delivered by volunteers, Tara, and Andrew.

Board of Directors: Cathy Strobel-Ayres, President; Sue Hunter Weir; Joan Hautman, Monthly Alley Communication Board Meetings: 6:30 PM 3rd Wed. Call for Location.

Letters and e-mails to Alley Communications and/or its Editor become the property of Alley Communications dba The Alley Newspaper and may be chosen for publication.

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December Issue Submission Deadline November 15

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

BY ERIN THOMASSON

Children & Family Programs

Family Storytime

Fri-s 10:30 am. All ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

Franklin Teen Center Programs Urban 4-H Club

Tue-s, 5-7 pm. Urban gardening to digital photo/video to theater.

Teen Tech Workshop

Wed-s, Nov. 4, 18 & 25, 4:30-6 pm. Get creative and make

music, videos, animation and other projects using both high- and low-tech tools, everything from iPads and 3D printers to synthesizers and sewing machines. Led by the library's Teen Tech Squad.

Young Achievers

Thur-s, Nov. 5, 12 & 19, 4:30-6 pm. Want community

involvement? Then bring your friends and come for poetry, arts, games and more!

Adult Programs

Geneology Research: Finding Your Native American

Ancestors

Sat., Nov. 7, 2-3 pm. Learn how to research your Native American roots and tell your family's unique story from experienced genealogical and historical researcher Jeanne Boutang Croud.

Education Alternatives

Mon., Nov. 9, 1:00 pm.

Join a monthly discussion of persistent problems in education and possible solutions,

Phillips West Neighborhood Upcoming Events

www.phillipswest.info

November 5th (Thursday) 6:00 to 7:30 p.m. – Phillips West Community Meeting!

Join your neighbors and other Community Partners for updates from Local City Government, Business Partners & Police. This meeting will take place at the Center for Changing Lives in the Centrum Room (2400 Park

Programs at the Franklin Library



1314 E. Franklin Avenue
Complete program list or info

612- 543-6925
www.hclib.org
Mon, Fri & Sat: 9am-5pm
Tue, Wed & Thurs: 9am-8pm
Sun: 12-5pm

based on the writings in Knowles Dougherty's blog: educationspersistentproblems@wordpress.com.

Memoir Writing Group

Thur., Nov. 19, 1:00 pm. Would you like to create a record of your personal history? Bring what you have written and are willing to read to the group for helpful comments and suggestions.

Franklin Learning Center:
612-534-6934

Free, one-to-one tutoring for adults who are learning English and math, preparing for the GED and citizenship exams, and gaining life skills. We are always looking for community volunteers! No experience necessary; we provide training and materials



Avenue). Free parking is available in the rear of building off Oakland Avenue. Free Delivery Pizza & Beverages will be provided! If you would like more information or would like to get involved with the neighborhood please contact Crystal at 612-879-5383 or email her at pwno2005@yahoo.com



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

Lake Street and 10th Ave S | Minneapolis

MIDTOWNGLOBALMARKET.ORG



Awesome The Alley Newspaper Turns 40!

News comes and goes, so do newspapers, but The Alley Newspaper has ridden the waves of change for 40 years!

Gather and launch an enjoyable year of celebration!

Help us answer the question:

"What role does The Alley Newspaper serve in our Community?"

in collaboration with

American Swedish Institute's
Holiday Open House for Neighbors

~ FREE ~

Wednesday, Dec. 16, 2015
5:00 to 8:00

Holiday Refreshments

American Swedish Institute &
Nelson Cultural Center
2600 Park Ave.

editor@alleynews.org,
P.O. Box 7006 Mpls., MN 55407
or 612-990-4022

Like The Alley Newspaper? Want to help keep it around?

It's easy to take part in sustaining this "FREE" (printing and paper cost real money) newspaper to keep producing the news, announcements, and stories submitted by you and your neighbors. See the page 6 for more information on how you can support The Alley.



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

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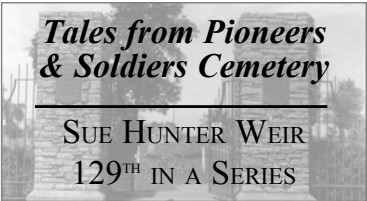
Until 2015 graves were unmarked for 140 years along with 2,280 others in “Potter’s Field”

Great niece and husband honor relatives, who died in childhood, with words, flowers, and stone markers

October 15th was one of those perfect days in the Cemetery. The weather was glorious and the trees were at their most colorful. It was perfect in another way, as well. Linda Leraas Ray and her husband, Steve Ray, had markers placed on the graves of two children who died in the 1870s.

It took some effort to find those children since the Cemetery’s records were not accurate. The little girl’s last name was spelled Luirass instead of Leraas, and the little boy effectively had no last name at all—his last name appeared as Andreas which was his middle name. Linda and Steve were certain that the children were buried in Minneapolis Pioneers and Soldiers Cemetery and after a little sorting and re-sorting of our spreadsheet, we found them.

The children, Annie Mathilda Leraas and her brother Lars Andreas were the children of Linda’s great-grandparents, Ole Johnneson and Martha Larsdatter. Ole and Martha didn’t live in Minneapolis long—only from 1874 to 1878 but during those four years they lost two of their



children. Lars died on July 23, 1874, from dysentery; Annie died the following year, on November 17, 1875, from diphtheria. Lars was eleven months old when he died; Annie was four.

Annie and Lars were buried in the Cemetery’s Potters Field along with approximately 2,300 other people. There are 92 people in that section of the Cemetery who were buried in 1874, the year that Lars died. Of those, sixty-one were infants and children under the age of ten. In 1875, the year that Annie died, there were 114 burials, 78 of them infants and children under the age of ten.

On her facebook page, Linda wrote: “I am humbled by the sacrifices my ancestors made and the many hardships they endured.” And her family’s hardships did not end with the loss of Annie and Lars. Over the years, Ole and Martha had 13 children, only

six of whom lived to adulthood. The other children who died are buried with their parents in Grant County, Minnesota.

Of the 2,300 burials, only 20 graves had markers. That changed on October 16, 2015. Now there are 22.

In addition to the markers, Linda and Steve placed flowers on the children’s graves. Linda wrote:

“Anna and Lars, I don’t know if flowers were ever placed on your little graves before. These are only a few humble flowers from my garden, but placed with all my love.” Linda Leraas Ray, your great niece

Special thanks to Linda and Steve for sharing their story with us and for remembering two children who might otherwise have been forgotten.

Cemetery CLOSED for Winter
The cemetery closed for the season on October 15th and will reopen on April 15, 2016. It will, however, be open on November 11th in honor of Veterans Day.



Linda Leraas Ray, Sue Hunter Weir, Mike Barth (Cemetery Caretaker), and Steve Ray. Linda and her husband, Steve, had markers placed on the graves of two children who died in the 1870s.



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In addition to the markers, Linda and Steve placed flowers on the children’s graves. Linda wrote:
“Anna and Lars, I don’t know if flowers were ever placed on your little graves before. These are only a few humble flowers from my garden, but placed with all my love, Linda Leraas Ray, your great niece.”



Schematic design of Phillips Community Center pool renovation approved by MPRB

Numerous public and private partners contribute toward \$5.4 million upgrade

On October 21, 2015, the Minneapolis Park and Recreation Board (MPRB) of Commissioners approved the schematic design of renovations planned for the Phillips Community Center Aquatics Facility.

The state of Minnesota, Hennepin County Youth Sports Program, MPRB, Minneapolis Public Schools (MPS) and local non-profit Minneapolis Swims all contributed funding to reimagine and rebuild this crucial community asset.

“It was inspiring to see so many people step up and share their ideas, opinions and passion supporting the pool’s revival,” said MPRB Superintendent Jayne Miller.

“The Phillips pool will be the only public indoor pool in Minneapolis offering year-round swimming instruction when it

reopens,” added MPRB District 3 Commissioner Scott Vreeland. “Everyone should learn to swim, and this will be a great place for children, families and elders to play, exercise and learn about water activities.

The existing six-lane indoor pool, which opened in 1973 and closed in 2008, will be renovated and the second-floor spectator seating refurbished. New elements slated for the aquatics facility include a four-lane teaching pool, two locker/changing rooms, lobby, reception, staff office, life-guard room, public restrooms and realigned entryway.

An extensive community engagement process guided the development of both the concept design (approved in April) and schematic design. In the event supplementary funding becomes available, a non-appointed Community Advisory Committee

prioritized nine additional desired improvements at Phillips Community Center.

The project is on schedule to publicly bid for construction February 2016. Construction is anticipated to start May 2016 and take one year to finish.

MPRB is working with the community and MPS to define how the pool is programmed and operated when it reopens.

Capital Funding Sources
2012 State Bonding: \$1,750,000
Minneapolis Public Schools: \$1,750,000
MPRB: \$706,000
Hennepin County Youth Sports Program: \$325,000
Minneapolis Swims: \$935,000
Minneapolis Swims donors include numerous local businesses, institutions and community organizations.



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Looking for Affordable Health Care Coverage?

Portico Healthnet Can Help!

Thanks to support from the Allina Backyard Initiative, Portico Healthnet can:

- Help you apply for Medical Assistance or MinnesotaCare
- Enroll you in Portico’s Primary and Preventive Health Care Program if eligible

Call us at 651-489-CARE for more information



The 2015 Phillips Clean Sweep

Was the Biggest & Best YET!

Close to a thousand neighborhood folks walked all four Phillips' neighborhoods and collected a record 36,840 pounds of trash, 2,500 pounds of metal, 32 TVs, 14 appliances and 70 tires on the second Saturday of Oct. These totals are almost twice as much as the previous best year!

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

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

Phillips Clean Sweep is an annual all volunteer effort of all four Phillips Neighborhoods and Little Earth. The budget is close to \$10,000 and is raised by small & large contributions from donors like you, all of whom are recognized on the back of the 400 Clean Sweep T-shirts given away each year.

*

Save October 8th, 2016 for next year's Phillips Clean Sweep
Watch for the upcoming youth T-shirt Design Competition



The East Phillips Community 17th Ave. Garden Fall Harvest Party

The Annual Pumpkin Carving Competition was a big hit. Once again the two teams tied. Neighbors and Gardeners enjoyed the Pot-luck & Barbeque and visited by the fire. We learned from a 13 year old why toasted marshmallows, chocolate and Graham Crackers are called "S'mores" – We all want Somemore!

For your Calendar: *

The EPIC Board of Directors meet on the FIRST Saturday of the month – Next Meetings; Saturday, 11/7/2015 and 12/5/2015 at 10:00 AM.

The EPIC General Membership meets on the SECOND Thursday – Next Meetings; Thursday, 11/12/15 and 11/10/2015 at 6:30 PM
Agenda includes Neighborhood Industrial Pollution, Crime Initiatives, and EPIC project updates.

The East Phillips Park Programming Partnership meets on the LAST Tuesday – Next meetings; 11/24/15 and 1/26/16 at 11:30 AM. Lunch is served. There is no December meeting. Updates on Partner Programming, Park Events & News.

Meeting Location: All the above meetings and events are held at the East Phillips Park Cultural & Community Center located at 2307 17th Ave. S. The Center is wheelchair accessible and all are welcome.

The East Phillips Community 17th Ave. Gardeners meet on the second Saturday of Each Month during the gardening season, normally from April through September. Next meetings are Next Year Saturday, 4/9/2016 & 5/14/2016 at 9:00 AM in the Community Center at 2307 17th Ave. S. Subsequent meetings will be held in the Garden.

* **East Phillips Residents wanting a 2016 Garden Plot, contact Brad Pass at 612-916-8478**

* **Watch this space for additional or changed meeting information**

Designed and Paid for by East Phillips Improvement Coalition



MIDTOWN PHILLIPS
NEIGHBORHOOD ASSOCIATION INC.

www.midtownphillips.org | 612.232.0018 | midtownphillips@gmail.com

BOARD MEETING AGENDA

TUESDAY NOVEMBER 10, 6:30-8PM.

Stewart Park (Arts & Crafts Room), 2700 12th Ave S, Minneapolis

- I. Approve October Board Meeting Minutes (6:30pm)
- II. Financial Report (6:35pm)
 - MOTION: Accept and receive August and September Financial Reports
- III. Contract review & budget discussion (6:45pm)
 - Review of NRP plan and the CPP 2014-2016 grant
 - Discussion of staff funding and hours
 - Discussion of 2016 proposed budget
- IV. Discussion of next Annual Meeting and Community Dinner (7:35pm)
- V. Staff Report (7:50pm)
- VI. On-going Business and Public Comments (7:55pm)

NEXT BOARD MEETING:

Tuesday December 8, 6:30-8pm. Stewart Park (Arts & Crafts Room)

COMMUNITY MEETING AGENDA

TUESDAY NOVEMBER 24, 6:30-8PM.

Stewart Park (Community Room), 2700 12th Ave S, Minneapolis

- I. Approve October Community Meeting Minutes (6:30pm)
- II. Signage on E 26th St to warn drivers of school and park crossing – presentation of survey results (6:35pm)
- III. Discussion of strategies for Hennepin County owned vacant properties (7pm)
- IV. MPNAI/KALY partnership update on community outreach efforts (7:40pm)

NEXT COMMUNITY MEETING:

Public attendance encouraged for community discussion/awareness of local issues.

Tuesday November 24, 6:30-8pm. Stewart Park (Community Room)

No December community meeting

GET INVOLVED!

Do you live, work
or own property
in Midtown Phillips?

Join the
Neighborhood Association!

There are two open
board member positions:

- At Large Rep
- District 4 Rep (26th to 28th Streets and 12th to Bloomington Avenues)

Or be a part of a committee on a topic
of interest to you and your community:

- Housing
- Safety and Livability
- Midtown Festival
- Clean Sweep
- Community Outreach
- and more



Meet Doña Rosa, Ventura Village's Very Special Farming Assistant!

Doña Rosa came to Minneapolis five years ago from the Cañares Province in Equador, close to the city of Cuenca. She met Christina Elias, saying she was sad and embarrassed for missing her country and came to the *Good Juju Garden* with a neighbor she first met when she arrived. Doña felt most comfortable in the garden because from the age of 5, she would walk behind the animals that would plow, being with her grandmother. Her entire education comes from farming and the land. She went to school when she was 12 and spent only one year, feeling that she'd left her mother with too much responsibility to manage the farm and other children. So she went back to farming. We met five years and she helped me as a volunteer at the *Good Juju*. Because I'd been hired at *Mashkiikii Gitigan Farm*, I was unable to do both, so I helped Doña Rosa plant the

Good Juju at the top of the season and she kept the whole thing alive. Her reward was that she was able to bring home all that good food and a place to spend her time. In the first year of *Mashkiikii*, we brought in 47 tons of soil to create the farm and the second year, we wrote curriculum for the formalized education. At the end of the second year, I proposed that we bring in the *Good Juju* garden which tripled our growing space! With the support of Ventura Village through a business plan we wrote, we were able to layer in the Karma Markets, the Four Sisters Market [East Franklin & Bloomington Avenue], and we were able to hire Doña Rosa. She had to compete for that position and with the help of Waite House staff support and successfully interviewed for the job. (Two others had competed for the staff position). She was amazing! Doña Rosa got that position based on

of experience and her presentation of herself! She had proven herself with all of that free labor, but it was how she inter-acted with the Waite House and its people that really demonstrates the best this community has to offer in terms of support. I wanted somebody from the Ventura Village community who could constantly check on the gardens and the hens, which she is able to do. She also sees how much food is "walked out" each week! She did not need any "training" and had the flexibility to work when needed. She could tell me what she thinks needs done, so I have learned as much from her as she has learned from me. People have no idea how fortunate we are to have an indigenous woman as our farmer in this part of the country because we didn't cross the borders,—the borders crossed us!

— Christina Elias, as told to Robert Albee

Note: The Good Juju Garden is at 14th Avenue & 22nd Street; the Mashkiikii Garden Farm is at 13th Avenue & 24th Street in Downtown Ventura Village.



"People have no idea how fortunate we are to have an indigenous woman as our farmer in this part of the country because we didn't cross the borders — the borders crossed us!"

Mashkiikii Gitigan's Harvest Party Brought Neighbors Together to Work and Feast!



Wells Fargo Honors Bill Kingsbury with its Volunteer Service Award



Mashkiikii Gitigan Farm Thanks Ventura Village for its Support



Farmer Christina Elias, Bill Kingsbury and Rep. Karen Clark each took turns thanking Ventura Village neighborhood for its ongoing support for the 24th Street Mashkiikii Gitigan Farm and the bounty in both food and in community-building that this project has been able to bring to the Phillips Community.

Swept Away!



Thanks to all of the great volunteers who have turned out this year and in previous years to make Clean Sweep a very special part of our community calendar. Thanks to those who gather each summer and begin the planning and execution of the event. Special thanks to Welna Hardware, Lutheran Social Services and the Minneapolis Park & Recreational Board for hosting our kick-offs and social gatherings afterwards. Thanks to the City of Minneapolis for providing the trucks for our Clean Sweep debris!

Ventura Village Board Member Bill Kingsbury recently received a *Volunteer Service Award* from Wells Fargo's Chairman and CEO John Stumpf in September, recognizing his service to the Ventura Village neighborhood. Bill was one of about 15 people locally who received the award this year. After receiving the award from Mr. Stumpf, Kingsbury handed him a bottle of honey from Ventura Village bee hive, located on a third story porch at his house. Mr. Stumpf, who grew up on a farm in Piers, Minnesota, later noted that his parents had kept bees. Ventura Village Chair Thor Adam also attended the Community Support Breakfast with Bill, where the award was presented. The award also carries a \$1,000 prize that will come to Ventura Village.

VENTURA VILLAGE MONTHLY MEETINGS WILL BE HELD IN OCTOBER AS FOLLOWS:

2nd Wednesdays: BOARD OF DIRECTORS MEETING: 6:00 PM	2nd Wednesdays: GENERAL MEMBERSHIP MEETING: 7:00 PM
1st Wednesdays: COMMUNITY ENGAGEMENT COMMITTEE: 6:00 PM	Last Thursdays: CRIME & SAFETY COMMITTEE: 6:30 PM
1st Tuesdays: WELLNESS, GARDENING & GREENING: 6:30 PM	PARKS COMMITTEE: Call 612-871-7973 for next meeting time
Last Thursdays: HOUSING & LAND COMMITTEE: 5:30 PM	EXECUTIVE COMMITTEE: Call 612-599-1066 for next meeting time

WRITERS! ¡ESCRITORES!

Here's your chance to see your work in print! ¡Sean parte del movimiento creativo de nuestro barrio!



The Semilla Arts Program of

St. Paul's Lutheran announces the 2nd edition of "The Phoenix of Phillips" literary magazine. All writers—of any level—who live or work in Phillips are encouraged to submit their poetry, short stories (up to 1500 words) and essays for possible publication. The theme is "My Beautiful Community", but work may be submitted on any subject.

"Semilla", el Programa de Arte de la Iglesia Luterana San Pablo

va a publicar la segunda edición del "Fenix de Phillips". Todos los escritores—que sean aficionados o profesionales—que viven o trabajan en Phillips pueden presentar su poesía, cuentos (hasta a 1.500 palabras) y ensayos para su posible publicación. El tema es "Mi Comunidad Bonita", pero puede presentar su escritura sobre cualquier tema.

Work may be submitted in languages other than Spanish

or English, if accompanied by English translation.

Special categories for children 12 & under and teens!

¡Habrà una sección para niños y adolescentes!

Send your work by November 30: to

Manda tus obras antes del 30 de noviembre a:

Iglesia Luterana San Pablo—
St. Paul's Lutheran Church
2742 15th Avenue S.

Minneapolis, MN 55407

stpaulscreate@gmail.com

This activity is made possible by the voters of Minnesota through a grant from the Metropolitan Regional Arts Council, thanks to a legislative appropriation from the arts and cultural heritage fund.

Special thanks to Midtown Phillips Neighborhood Assn. Inc. www.midtownphillips.org

Women invited to sing in HOBt's whimsical, wistful "Between the Worlds"

BY ESTHER OURAY

This is a heartwarming experience and we would love to have more people from the neighborhood join us. We are happy to announce that In the Heart of the Beast Puppet & Mask Theater will present "Between the Worlds" in

December 2015.

This joyous, whimsical, wistful, and powerful ode to the Longest Night is performed by a choir of 40 women and some puppeteer/movers. Might one of them be you? Performances are December 11-21. We rehearse three times

a week throughout November to start learning music. As this beautiful autumn takes hold, it's nice to know that we will be together to sing in the beauty of the darkness ahead. Join us! If interested or for more info or for actual schedule call 612-721-2535.

Saturday Shows for Kids

HOBt's Avalon Theatre lobby
1500 East Lake Street
\$5 suggested donation or pay what you can

Show times: 10 AM & Noon

Some shows are in Spanish, others in English. Children love puppets regardless of language!

No reservations; but seating is limited.

November 7 IN SPANISH!
Catrina Canta: Catrina Sings
Gustavo and Julie Boada
El ayudante de mesero "Panchito" nos presentará al personaje más representativo de las celebraciones del "Día de los Muertos": "La Calaca Catrina", creada por José Guadalupe Posada. La historia es contada con una marioneta grande, títeres de sombra y marionetas. A través de la risa, las canciones y situaciones ridículas

usted aprenderá acerca de la historia, la música y las creencias de la cultura mexicana y latina.

The busboy "Panchito" introduces us to the most representative character of the Day of the Dead celebrations: "La Calaca Catrina" created by Jose Guadalupe Posada. The story is told with a body-size puppet, shadow puppets and marionettes. Through laughter, songs and silliness you'll learn about the history, music and beliefs of the Mexican and Latino culture.

November 14

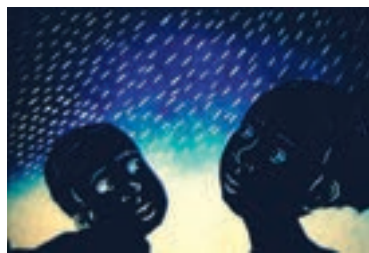
King of the Babies
Daniel Polnau

That lovable trickster "Baby Little One" is back by popular demand!

November 21 NEW SHOW!

Little Lu: A World Within

LizSchachterleandAdrianaRimpel
Little Lu: A World Within is a



Little Lu: A World Within
Liz Schachterle and Adriana Rimpel, November 21

shadow puppet show told through narration and music.

Catrina Canta: Catrina Sings
Gustavo and Julie Boada
November 7

King of the Babies
Daniel Polnau
November 14

Little Lu: A World Within
LizSchachterleandAdrianaRimpel
November 21

New Community Partnership to Raise Funds for Open Eye!

BY SUSAN HAAS, PRODUCING ARTISTIC DIRECTOR/FOUNDER, OPEN EYE THEATRE

Open Eye Figure Theatre is happy to partner with Uptown Plumbing, Heating, and cooling to keep you warm this winter while you support our 16th season!

Make a \$69 (or larger) donation to Open Eye and get your furnace tuned up. (\$210 value).

Hats off to Uptown Plumbing,

Heating & Cooling for giving back to the community! And a big thank you from all of us at Open Eye. 506 E. 24th St. Mpls, MN 55404 612-874-6338 openeyetheatre.org

See Mpls. StarTribune Sept 21st, 2015 Sec.D Pg.1 by Neal St Anthony; "Josh and Sheree Savage go uptown with plmg./htg. business"



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- **Give to the Max Day, November 12th, www.GiveMN.org**
- **Give directly to Alley Communications and avoid admin. fees P.O. Box 7007, Mpls., MN 55407**
- **Community Shares MN workplace giving program www.CommunitySharesMN.org**



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The Great Transition

403 - 221 BC...

The newly developed cupola type furnace emerged like so many mushrooms upon the land. Masses were rallied to the stacks...all available iron was to be sacrificed between layers of glowing coke (i.e., coal). Such was the Warring States Period in Chinese history.

June 1979...

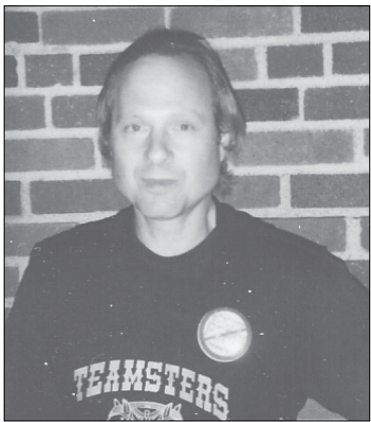
I would survive Smith Foundry's last "cupola campaign." After which, under an environmental mandate, the beast was put to sleep. A new electric furnace was to draw its power from a coal-fired plant some distance away. Actually, Mother Earth was seen rolling her eyes and shaking her head.

2015...

“When the Clean Power Plan is fully in place in 2030, carbon pollution from the power sector will be 32% below 2005 levels,” so says the EPA. (32%?!). Meanwhile, Xcel Energy has announced plans to cut carbon emissions, by 60%, mainly by switching from coal to natural gas.

Earth responds:

Hydraulic fracturing is the process of drilling, and high pressure fluid injection, to fracture shale rock and release the natural gas inside. Each fracturing takes 1-8 million gallons of water mixed with sand and approximately 40,000 gallons of chemicals (a “proprietary” mix of carcinogens



PETER MOLENAAR
Raise Your Voice

and toxins). Moreover, the production and distribution of fractured gas releases “vast” amounts of CH₄—an even more potent greenhouse gas than CO₂. **SOUND THE ALARM:** Natural gas is not the solution.

Clearly, we must think beyond fossil fuels. A vast infrastructure for wind, solar, hydrogen, and yes, second generation nuclear must be created. This will, of course, require a huge energy investment. It follows that Earth must grant us more of her coal,

and we must quickly learn to sequester the resulting CO₂.

As for us industrial workers,
we stand ready for THE GREAT
TRANSITION.

Analysis **Corcoran Neighborhood about to lose a “Pearl”**

BY HARVEY WINJE, CONCEPTS BY STEVE
SANDBERG

A cosmetic “shell” hides a “pearl” at 2019 E.Lake St. across from Pioneers and Soldiers Cemetery. It was the factory for Burma-Shave product and signage until it moved to Bryn-Mar Neighborhood.

The Mpls. School Dist. bought the property to build a Community Education building replacing one at E. Lake St. and Hiawatha sold to Hennepin County .

Corcoran Neighborhood and Lake St. businesses would do well to consider its reuse on a site rather than as landfill.

Perhaps this post and beam Burma-Shave building could invoke re-use sensibilities and be incorporated into a shelter structure for the new Midtown Farmer's Market two blocks



away or, as Phillip's resident Steve Sandberg also recommends, moving it to the empty lot at East Lake Street and 17th Ave.

See www.startribune.com
October 26, 2015, **"It may be
razed/Instead of saved/Say so
long to/Burma Shave"** by Steve
Brandt.

Waste of resources is no surprise: the School District demolished Phillips Jr. High School

because it “wasn’t needed”; but bought and renovated Mt. Sinai Hospital three blocks away, four years later! Neighbors had protested in favor of reuse as a community center and/or housing. Neighbors were victorious in saving the 1972 Pool and Gym addition. Sanford Middle School---still being used and currently completing a large addition at 3524 42nd Avenue is exactly like the Phillips School .

Analysis **Councilmember Cano Convenes Discussion between Residents, Business Owners, Law & Order**

BY HARVEY WINJE

"In the criminal justice system, the people are represented by two separate yet equally important groups - the police who investigate crime and the district attorney who prosecutes..." - Law and Order

Monday night Oct. 26, a State Representative, Mayor's Staffperson, City Council member and Staff, Crime Prevention

Specialists, HN Cty. Chief Public Defender, Hn Cty. Prosecutor, City Attorney, Police leadership, and others met with residents and business owners at Circulo De Amigos Child Care 2830 Cedar Ave. for fears and frustrations to be told and acted upon.

9th Ward Council member, Alondra Cano, assembled appropriate city, county and state officials to answer specific com-

plaints such as:

- Calling 911 doesn't work.
- Local impact of global affairs
- Rampant drug & sex trafficking.
- Local impact of Federal legislation and executive orders
- Long-time neighbors moving away.
- Lack of security for all ages.
- Threats of violence.
- Impact of vandalism and theft.

Complaints were explained, thanks for improvements given, and substantial explanations given about:

- City budget limitations,
- Police frustrations when expected to solve problems beyond their purview,
- specialty courts to address causal reasons of crime,
- Fed. legislative and executive actions impact locally,
- unified action with short and long term goals working best.

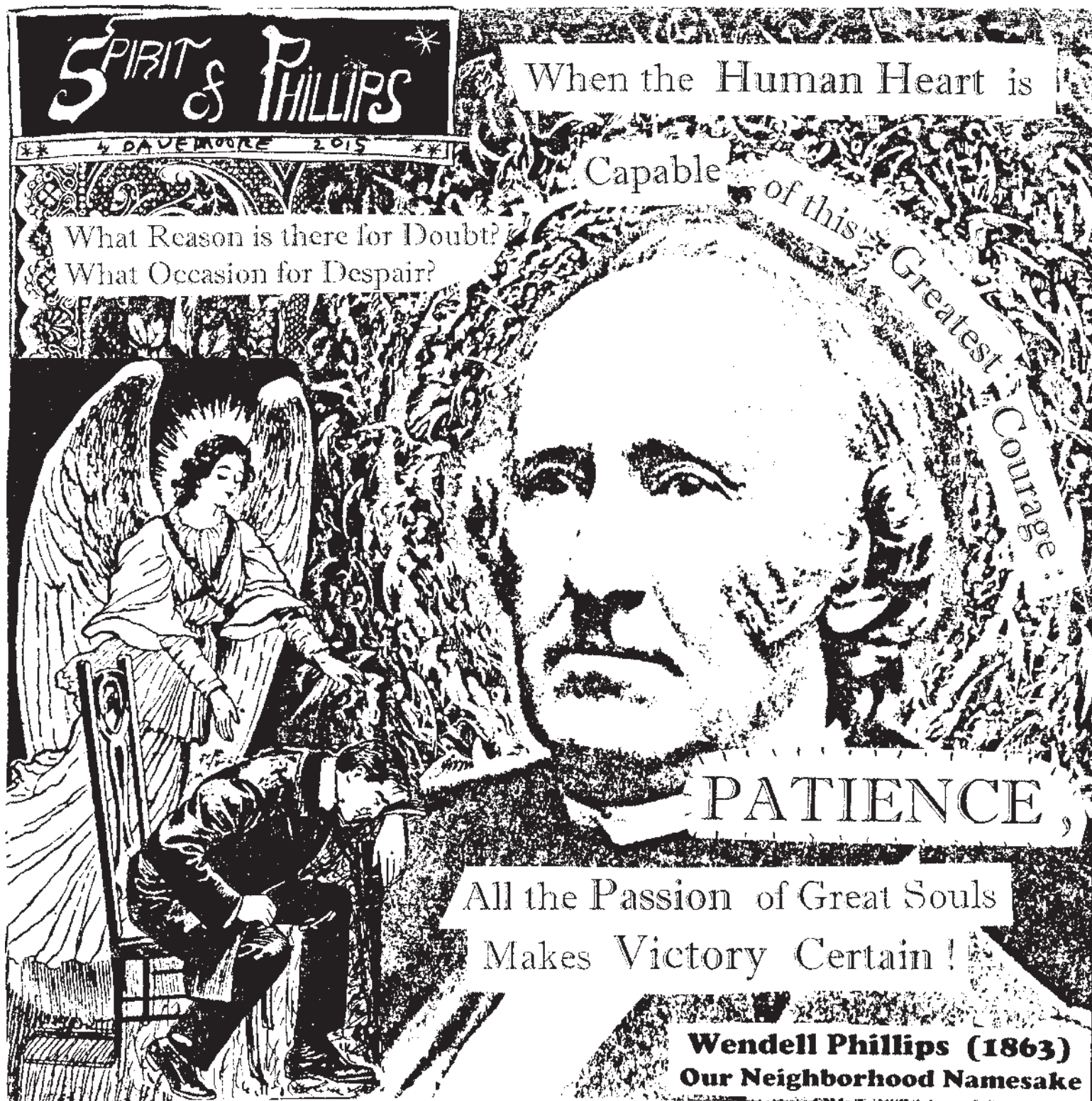
The meeting ended with acknowledgement that there is no immediate gratification, concerns noted, and a general sense of “we’re in this together” prevailing.

CM Cano ended the meeting by leading a unison shout from those gathered, “Community!” She will reconvene another meeting in 3 months to review progress.

Trash is "tip of ice berg"
Phillips' Clean Sweep: Huge Success!

BY HARVEY WINJE, ASSISTANCE BY JANA
METGE & MICHELE HOWARD

Trash collected (pg 4) is this event's "tip of the iceberg." Volunteer hours, community-building, and general, public good by hundreds of people and dozens of organizations and businesses working cohesively is the much larger part "below water."





BACKYARD INITIATIVE BACK PAGE



BYI AREA



Who is the 'Circle of Healing'?

The Circle of Healing Practitioners Community Cultural Health Action Team (CHAT) is a collaborative of Backyard Initiative practitioners including but not limited to complementary healers and elders who are representative of different cultural traditions, conventional health professionals and community care

a CHAT of the Backyard Initiative

givers. Members of this CHAT come together as practitioners interested in creating a more formalized network of people (Circle of Healing) around Backyard residents to provide better information and support for healing and reflection about the message 'dis-ease'. This network serves both the community receiving care and the healing practitioner community in the area of the Backyard Initiative.

The Vision

The vision behind the Circle of Healing Practitioners CHAT is grounded in cultural health practices and ways of knowing that

honor the reciprocal and holistic nature of healing. In order to meet the health needs of the people living in the Backyard area, this CHAT aims to empower health practitioners and community members and to connect the community care giving system to the conventional health care system in a more formal and integrative way. The CHAT aims to bring awareness to Circle of Healing, Map to Wellness Sessions, and the community care giving system that currently operate and are available in the area of the Backyard Initiative.

What is Cultural Self-Study?

Cultural self-study is the process of studying one's thoughts attitudes and behaviors through the purview of culture. Self-study is about learning from inside about self-knowledge, self-thoughts, self-concept, self-worth and self-value. ~ Elder Atum Azzahir

"My self-study journey has helped to revive the 'pure' me and reclaim purpose, through self-examination, I stirred up the dormant potential and abilities on the inside of me, ignited and was tapped into a reserved power and strength that I thought I no longer

possessed, because of the victim mentality that had rooted itself in my mind, heart, and spirit due to daunting life circumstances. I constantly felt sick and defeated, my hope was non-existent. The 'spark' was truly ignited, I am enjoying the best health I have experienced in a long time, I have so much impending success, hidden talents, uncapped capabilities yet to be realized, and unencumbered sight, hindsight, insight, and foresight. I am not a victim but a victor. I don't wait for things to happen, I make things happen." ~ Cultural Wellness Center Member



Photo Credit: Susan Gust

Harvesting the Balance of the Autumn Equinox

As we reach this season, we have to take time to see what has come into maturity. As we look at ourselves in the mirror we can be honest about the lessons we are harvesting from the growing seasons of spring and summer. Autumn is a time for us to begin to find our balance again. As the planet begins its tilt away from the sun we must begin to ask ourselves; what are we titling towards or

away from in our daily lives. As we study the balance of this season we study the balance within ourselves.

The days and nights are coming into balance with each other. As you look into the evening sky during this season notice how the moon and the sun are sharing space together. This is a powerful message for each of us as we prepare ourselves for the dark time associated with the birth of winter's coming sun. As we take in the lessons from this time of year remember what you planted in the spring and remember what it took to nurture it through the summer. Consider the

gift of being balanced and ask yourself; what is this season of my life preparing me for?

Answer the previous question with an honest heart. When you see the response you have offered to yourself give yourself permission to harvest the lesson for the time ahead of you. Remember the reward of having days balanced by light and dark. Learn with your heart to explore the known and unknown as you harvest the lessons from this season. This is



a time of year when we must be attentive in understanding how we are impacted by activity and inactivity.

Wellness Self-Study Question: **What areas of balance do you need to appreciate and be thankful that they are evident in your life?**



Photos by Tim McCall

Rose Gbdamassi, Circle of Healing CHAT member hosts the BYI October All CHAT Meeting featuring Aiko Steans and Dr. Breslows who presented on Korean Ginseng

5,000 Year Old 'King of Herbs'-KOREAN GINSENG

Korean Ginseng has been in use for over 5,000 years and is called the 'King Of Herbs' due to its energizing and revitalizing effects on the human body. Traditionally, Korean Ginseng had been used as a restorative tonic to increase stamina, restore energy, and relax the body after a long day's work. Today Korean Ginseng is widely used all over the world to improve overall energy and vitality, particularly during times of fatigue and stress. Korean Ginseng is one of the best adaptogen in improving the body's overall ability to adapt to and cope

with the negative effects of physical and environmental stress.

Korean Ginseng is usually grown for 5 to 6 years before being harvested. The roots are usually cooked, preserved with honey, or steamed and extracted into a liquid form. Most Korean Ginseng in the west are consumed either in liquid or capsule form.

Clinical studies have shown that, ginsenosides (comes from the roots, leaves/stems, fruits, and/or flower heads of ginseng), saponins (occur in many plant foods and get their name from their soap-

like qualities, due to the cleansing abilities) found in Korean Ginseng roots can help enhance endurance, reduce fatigue, and improve coordination and reaction time. There is also evidence that Korean Ginseng can boost immune function, helping the body fight off infection during times of stress. In laboratory studies, Ginseng has shown potential in protecting liver and heart health, regulating the function of reproductive hormones, normalizing cholesterol and blood sugar levels, and improving memory and learning.

BYI Resource Center Midtown Global Market

(South edge of the Market)
BYI Resource Center: 612-353-6211



Self-Study on Learning to Listen

Facilitated by Brother Minkara Tezet

Wed., November 4 from 5:30-7:30 pm

Wed., November 11, from 1-3 pm

Wed., November 18, from 5:30-7:30 pm

For more info about self-study contact:

minkara.tezet@ppcwc.org

Back Yard Initiative Back Page

The BYI Back Page is produced each month as a collaborative venture between the BYI Communications CHAT & Alley Communications, Inc., publisher of The Alley Newspaper. The Communications CHAT works with BYI CHAT (Community Health Action Teams) each month as a "resource CHAT" - helping to get the news and activities of the BYI out to the broader community.

The Backyard Initiative (BYI) is a partnership between the Community, the Cultural Wellness Center and Allina Health. The goal of this partnership is to improve the health of the 40,000-plus residents living in the "backyard" comprised by the neighborhoods of Powderhorn Park, East Phillips, Midtown Phillips, West Phillips, Ventura Village, Central, and Corcoran. (see map in upper right hand corner for area boundaries). There are 10 Community Health Action Teams (CHATs) focused on improving the health through a variety of cultural and community-connecting activities. **For more information, call or visit the Backyard Initiative Information Center at the south entrance of the Midtown Global Market, 920 East Lake Street, 612.353.6211.**