

ANOKA TIME:
AN EASTERTIDE MINNESOTA PALMER
RAID

In St. Paul and Anoka, Minnesota USA

By Dr. Patrick A. O'Dougherty

2 Judges 16-18 Even when the LORD raised up judges to deliver them from the power of their despoilers, they did not listen to their judges, but abandoned themselves to the worship of other gods. They were quick to stray from the way their fathers had taken, and did not follow their example of obedience to the commandments of the LORD. Whenever the LORD raised up judges for them he would be with the judge and save them from the power of their enemies as long as the judge lived; it was thus the LORD took pity on their distressful cries of affliction under their oppressors.

Anoka Time: A case of judges against the book of judges and judges against the judged.

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Anoka Time: An Eastertide Minnesota Palmer Raid.

Subtitle: An Irish historian in the tradition of Bartolome de Las Casas.

This work is dedicated to Governor Al Smith who made Palmer Raids illegal.

Judge Paulette Flynn, Presiding
April 23, 2009, for dismissal
Kathleen Pruitt, public defender

Dr. Patrick A. O'Dougherty, defendant, A leading New Abolitionist Historian and University of Minnesota Carlson Heritage Wall Scholar, Obama Fellow
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PREFACE:

Anoka Time

What time is it?

It is time for a spiritual city on the river.

"It is Anoka time."

Now is the time for a spiritual commonwealth

City, a convergence point in time and space.

It must contain a unity of races.

It must be based on freedom and responsibility,

On flesh and mortar

Containing all living species.

It must have a universal condition.

It must combine our need for freedom,

Revolution, solidarity and timeless

Metamorphosis.

It must contain a gathering of clergy and doves.

Come together, turn by an eddy! Converge in Anoka Time.

By Dr. Patrick Aquinas O'Dougherty

ARTIST'S PROFILE: Dr. Patrick A. O'Dougherty, Saint Paul, Minnesota, USA

Born in St. Cloud, Minnesota, he went to St. John's University in 1964 and then to the University of Minnesota where he graduated in 1968. O'Dougherty studied under David Noble, Progressive historian and Allen Tate, the poet. He earned his Ph.D. in 1993. O'Dougherty was a fellowship winner to Cuba in 1998 with Pastors for Peace to Cuba. In 2000 O'Dougherty became the McNamara Alumni Center Carlson Heritage Wall Author at the University of Minnesota. His high standards have produced many distinguished writers, scholars and teachers at the University of Minnesota. This is one of his first attempts at poetry. Imagination makes poetry. Poetry makes communities. O'Dougherty's imaginative community is the Summit and Western corner in St. Paul, MN—the F. Scott Fitzgerald community. He is deeply appreciative of receiving the International Library of Poetry's Editor's Choice Award for his poem, "Anoka Time."

Like St. Thomas Aquinas I'm a realist. I dream the universe, God's dream.

Dr. Patrick A. O'Dougherty reflects on his case.

Anoka Time: An Eastertide Minnesota Palmer Raid

The Psyche patient as prisoner of conscience

Subtitle: An Irish historian in the tradition of Bartolome de Las Casas.

Chapter 1

This work develops multiple narratives of race, class, gender, sexuality and modernity.

8/15/2006

A Glass Half full, A Theodyssey that starts in St. Paul and ends with the election of Barack Obama by Dr. Patrick A. O'Dougherty, Obama Fellow

Socrates died. He died at the hands of a democracy for corrupting the morals of youth.

"Love not in word and tongue, but deed and truth." 1 John, 3:18

William Shakespeare, "If you want a revolution, kill off the lawyers."

Revisionism in history—history or her story is a very matricidal patricidal field. Often the historians of one generation kill off the research and interpretations of the historians of the previous generation. Look at the instance in history at the story of Moses and his adoptive father, Pharaoh, for an excellent example of revisionism.

St. Paul Witness/Argentine Witness

The motivation in my witness case is to tell you about an ongoing human rights trial in which I am involved. My case is on behalf of myself and the four victims who died in police protective custody in Hennepin County in 2005. Three were pepper sprayed to death at the hands of the police. Nothing was done to the government officials involved. Promotions go fast during wartimes. The country was in the hands of the George Bush junta at the time. This case parallels the case of the thirty victims of trade union and political activism who died at the hands of the Argentine junta in Fatima some thirty miles from Buenos Aires, Argentina on August 20, 1976. My personal story is an invitation for you to turn your personal narrative into an alternative history and to then take your alternative history and make it a subtext in a larger movement like the Argentine junta case or an artability movement, for example, the Whittier Writer's group founded by my attorney father, James O'Dougherty or the Icarus project which is an alternative support group by and for people struggling with depression, bipolar disorder or other problems labeled as "mental illness." The Icarus Project tries to

create a communication line of radical diversity and to reshape the mental illness dialogue into a beautiful and visionary project. Their website is www.theicarusproject.net

My personal story. Flashback. I, a history student, was walking along the old Washington Avenue Bridge at the University of Minnesota in the fall of 1965 in search of Daedalus, the first intellectual. It was homecoming time at the University of Minnesota and I thought about asking a thin blond student in one of my economics classes to homecoming. I was reading the Minnesota Daily and I came across a small ad for a new student group on campus, the Student's for a Democratic Society. Instead of going to homecoming, I attended this meeting. Present were Lee Warren Smith, editor of the Daily, Vance Oppermann, Brian Coyle, Howie Kaibel and myself and Jim Miller. My student for a Democratic Society membership card was signed by Carl Olgesby. Tom Hayden had written the Port Huron Statement which we discussed at the meeting which was a blueprint for radical social change within America. All the people in attendance at the meeting went on to become national founders of Students for a Democratic Society and national founders of the antiwar movement. All of us were Hy Berman history students. One of the events we studied in Hy Berman's class on labor and radical history were the Palmer Raids against radicals after WWI. Little did I realize I would experience one of these raids in 2006 under the Patriot Act. I am a fellowship winner with Pastors for Peace to Cuba. The judge involved is Judge Robert Baser and the lawyer/liar involved is Mary McMahon. The raid happened on the octave of Easter in 2006 at my apartment on 750 N. Milton Street. I gave them a zip grade for poor performance in a case I won and got no settlement. Disparaging remarks and a zip grade are not terrorist threats.

I am sixty years old and I have no track record of violence. I was placed in the legal hold at Anoka. I am a fellowship winner to Cuba and a longtime founder of the Resource Center for the Americas. My personality tests show I am normal. My case was for initiative, referendum and recall. This did not go over. I am a son of the American Revolution. Often writers don't write material to be taken literally. I have never been found guilty. My father was the undercover at the base for radicals. He was also a radical. I am a founder of Minnesotans for United Ireland and the antiwar committee. Do I have a mental illness? Yes, I have postcolonial stress disorder. I don't think Anoka should be used for warehousing dissident intellectuals. I became the editor of The Voice at Anoka where I wrote the following song:

Song Title: Deep Green

I want to sing a song for you and dance and cry and love you too.
I am thinking about Green Irish Afro music, the craziest you've ever seen.

A very Deep Green Irish Afro music, if you know what I mean.
This song is my Green Afro song for you mixed with a Southern singer or two.
What do you expect, a Green Blues song? You know me better than that.
This song is like color line lovers for you. And I hope you like it.
(Sing the song title) Deep Green
Yeah-Yeah-Yeah
(Sing the Song title, Deep Green)

I used a Beatle's song lyric, "Nowhere Man" to describe judge Blasser's legal opinion. I asked where is he coming from is he coming from nowhere? Is he nowhere man? For this I was indicted. This is a Minneapolis rock and roll Watergate.

The Story of Us

Jon Weiner, Gimme Some Truth: The John Lennon FBI Files, highlights Daniel Patrick Monihan who reveals in his book, Secrecy, the federal government began spying on Americans long before the fifties cold war. This spying had its origin in the WWI Espionage Act passed by President Woodrow Wilson. The Princeton history professor in the 1915 State of the Union Message said recent immigrants have poured the poison of disloyalty into the veins of our national life. He maintained such creatures of passion and disloyalty must be crushed. The first FBI files on people suspected of disloyalty date prior to WWI. The FBI bureau was opened in 1908. It had a file on Ezra Pound by 1911. It opened a file on Max Eastman, the editor of the Masses, a socialist magazine in 1912. The FBI had a file on Walter Lipmann in 1912 because this Harvard Graduate was an understudy to the socialist mayor of Schenectady. Dorothy Day, a teacher of mine, has an extensive FBI file. Herbert Mitgang, Dangerous Dossiers: Exposing the Secret War Against America's Greatest Authors, has shown the FBI kept files on 150 leading authors including Minnesota's own Sinclair Lewis. William Faulkner, James Baldwin and Carl Sandburg also have extensive files. Thornton Wilder, Robert Frost and Georgia O'Keefe all were suspected like me without cause of being public enemies of the state.

FEDERAL CRIME

The original Freedom of Information Act of 1966 lacked a provision for judicial review of material relating to "national security." The Act exempted material required by Executive Order to be kept secret in the interest of foreign policy or national defense. The FOIA act provided no means to question a decision to stamp a document as secret. The John Lennon FBI files are extensively redacted or blacked out to protect government informer agents from facing prosecution. The project to neutralize a professor, song writer, activist, like myself, is not a joke or a back burner case. IT IS A FEDERAL CRIME. The lawyers, judges, court psychologists, psychiatrists are involved in creating a 1984

federal felony crime. The difference in my case is my files are not redacted or blacked out. This St. Paul watch case comes out of the court system which produced Warren Burger of William Mitchell College-- "Mister Pack of Lies." The word lawyer sounds like the word liar. Consider the sources in this "liars" case. They have indicted themselves. I am going to publish my record as a cornerstone in New Abolitionist history. The all for one, one for all court people have made a terrible indictment of themselves just to cover for their own. There are more lies in my case than in the Warren Commission. John Lennon was an active member of the Irish resistance. Listen to Paul McCartney's song, "Give Ireland Back to the Irish." Who won this "young Turk" case? I give the victory to the editor plaintiff involved Shelly Fling and to Tara Glasrud of the University of Minnesota McNamara Alumni Center.

The Urgency of the Present

"Fascism will be introduced to America only it will be American as apple pie." Huey Long

The Vatican condemned the American legal system in 1988 for corruption and moral bankruptcy. The American public gives the Congress only single digit approval ratings. Is a war of indefinite duration just and legal? My case is to counter a semi-subversive Fascist movement right here in Minnesota. My case is a counter to 1984 in Minnesota. A police state in Minnesota is a negative utopia. The central problem of an Irish Catholic in Scandinavian/German America is to counter the creation of a police state in Minnesota. The Minnesota legal system is going through a death by 1000 cuts at the hands of its own. This is why I am here? Can you join me? Can we find common ground? Will the judge in my case, Salvador Rosas, conduct and audit of the heart in my Palmer raid case? I tried therapy at Pathways on upper Hennepin in Minneapolis. The oriental emphasis in therapy was on the present moment. This is also true for justice. Find it in the present moment as MLK suggested.

A Call to Action

After leaving River Oaks in August of 2007, I joined the Obama campaign as an organizer. Later, I received an email from Caroline Kennedy inviting me to be an Obama Fellow. I applied and received the Fellow. I started and headed the Obama office in Sheboygan, WI. My motivation to see Obama win led to my direct action as an Obama fellow. My training took place in a Labor Union Hall in Milwaukee, WI at 633 Hawley Street. It was extensive three day training. We learned work that is vocal and consequently leads to healing. I would like to see the Wellstone/Durkin Bill passed in the psyche field. This is part of my political action story. Motivation leads to action. I hope it leads to the passage of this bill.

A search for an authentic historical and spiritual identity is a motivation of

mine behind the Obama Fellow. I have shared interests in the Obama campaign and I shared my own resources in building his headquarters. We have a shared purpose. I made his course practice of community organizing a lived experience. My website www.irishcatholicpublishing.com reflects this experience and practice.

Obama is a mantra. Think of the name as spelled with dots between the letters. Each letter is a poem. Then, connect each letter to dots in my name and then your name spelled with dots between the letters. Then you will have a nucleus story.

The organizing field work which I did in Sheboygan WI built the purpose of the training the election of Obama as a president of the United States into a shared practice of commitment by the Fellows. I have a website on the Obama website through which I have shared my resources. The Obama hope filled the top of the mountain approach to field organizing and it counters the death by 1000 cuts of the American system of jurisprudence under George Bush. My relationship with my deceased attorney father, James O'Dougherty, using the personal tools supplied by the Obama campaign of "story, strategy, structure, respect, empower and include" changed my interior life. "The kingdom of God is within." Obama, the man and the candidate are within. The Obama fellow led to an interior victory in my life that counters the 1984 experiences I have had in the Minnesota legal system. Community of service, community data is king, profiling, loyalty, measurable outcomes and house parties changed my alienated way of looking at people into meaningful action. This is therapy at its best. Obama training internalizes Parting the Water a Civil Rights Book by Taylor Branch required in the training. My personal story has become my public story. Can we find common ground?

Moral purpose

Aristotle thought "negroes made good slaves." I do not agree with this. Aristotle had academic systematic proofs for the existence of God. I am a founder of Catholic personalism. God is found in awe and wonder, in movements for radical social justice, in a spring morning or a fall summer day in the breaking of the bread. God is found in the ordinary tasks like cleaning dishes and making beds in rapture or in mathematical intuitionism. God is found in the "audacity of hope" that a Black man can be the president of the United States. Obama has captured the spark of the divine in race. He has stolen fire from the sun. He is a Black Daedalus. Obama is Barack the Blessed making the Greening of America a blessed event a moral purpose in nature. My theodyssey came to fruition in Sheboygan WI with the election of a Black man, Barack Obama, as president.

The Crown of Thorns

I got a letter from my mother on Dean Zimmerman's political corruption

case. In the problem was over zealous FBI work. I am, like Dean Zimmerman, also a Green Party founder. Various DFL rivals did not appreciate losing out to Dean Zimmerman. My case as I see it is a prisoner of conscience case. The main problem in Minnesota politics is the changing of the guard. McCarthy and Wellstone died about the same time. I stand in their tradition only I am a radical.

Writing Exercise: Birds and Water

This writing topic is about bird calls and water. It makes me think of my childhood growing up in SW Minneapolis where there were many open fields and ponds and many types of birds. Now these fields have been filled in with apartment complexes. I tried to learn duck calling in grade school and I had some luck. Also, I tried Loon calling and they have four basic calls. I grew up near Minnehaha falls and Minnehaha creek. You could see the geese near the falls and the crayfish in the creek. What I learned from watching the geese, birds and crayfish in the water is you can't lose good memories. Good memories can't be taken from you. This is a good therapy tool—tap your good memories.

8/24/2006

I have had several shaky days psychologically. Today, however, I feel much more optimistic. I had a talk with the barber who works here about my situation. My life needs a clearing house exercise. Is warehousing a leading anti-war intellectual at Anoka the way to do it?

There was inclement weather today with hail as big as golf balls. The hail reminded me of internal storms which can go on for days. I made a beautiful collage today with the unifying theme of a writer's retreat. I also collected a number of positive ads to help me restructure my life. I have come to the conclusion that it is not wrong to ask for help. So, I have done this. Help me!

Writing Exercise: An Unsent Letter

Dear Dean Zimmerman:

I liked working on your political campaigns. I appreciated your fatherly Green Party stature. I wondered if your sting case wasn't crafted by yourself as well. Are you another undercover mole in the government center? Are you in collusion with the police as part of a plea bargain? My father was a tax attorney and was investigated by the IRS to hold his clients in line. Is this also true in your corruption case? Your trial seems to be quite negative and regressive on your side? It is an ill wind that doesn't bear some good. How will this be true in your life and true for the Green Party in Minnesota?

9/5/2006

Today was a day for optimism. We discussed mental health issues in the mental health group relating to the fall season. At the team meeting I was given hope that I would be evaluated by the psychologist this week. This should prepare the way for my court hearing. My father was born in the fall in September. He was a strong positive force in many lives. September morn is a Neil Diamond song. It is one of my favorites.

I have a defensive personality. I learn more from my mistakes than from my successes. My flaws bring out my strengths. I dwell in the areas of my brokenness. Wilde said "experience is the name we call our mistakes." You want to be a "dunce but once."

9/7/2006

I had my competency evaluation done yesterday. This evaluation has preoccupied my thoughts today. I think I passed the evaluation. The evaluator was, however, very formal with me. The exam was five pages of questions. I wondered if the exam abrogated my right to be confronted with my accusers. I am definitely not a terrorist. I asked to have the charges dropped. I pled not guilty and no contest.

My mother has been reading a book written about her home town of La Moure, ND. The title of the book is Pearls of the Prairie by Robert Cunningham. Is my prisoner of conscience case a Minnesota pearl of the prairie?

If you are given lemons, turn them into lemonade. It is an ill wind that doesn't bear some good. In my life I always liked prisoners of conscience. They "love in deed and truth."

9/12/2006

I have been thinking about writing about my case as a freedom of information act case. Watergate happened. Daniel Ellsberg released the Pentagon Papers. Abby Hoffman happened. Most professors are not terrorists. Many of the leading authors of the 1930s and 1940s and 1950s had dangerous files for opposing wars. Carl Sandburg was an alternative historian like me. He was also blacklisted.

9/14/2006

I am still awaiting my court hearing. The sun was beautiful outside today. I spoke out in the commons area for Keith Ellison's candidacy. I just took a

shower. The simple daily acts of life affirm my identity as a child of God.

This is a clearing house time in my life. I am still not settled down. I have a lot of anxiety. I would like to develop a new value system. Legacy. Life should be reordered. I should settle down. I am enjoyed life in spite of my desperate circumstances. The legal hold at Anoka has caused me to lose many dreams.

9/19/2006

Nat Turner Meditation

Today I have been thinking about Nat Turner's rebellion. My psyche legal hold at Anoka has been an extended meditation on his movement and rebellion. Intellectually, I have been trying to recapitulate Southern history in Minnesota which lacks a Nat Turner's rebellion. Minnesota had few slaves. Nat Turner's rebellion was also a revolt against sexual exploitation. A master could not rape a slave. Christ said call no "man master, all men are brothers." I have been thinking about taking a trip to the South in search of Nat Turner's heirs.

September 21, 2006,

Dr. Sharon Mahowald told me my rule twenty evaluations got filed on the 20th. She reminds me of the nurse in "One flew over the cuckoo's nest." Her rule twenty evaluation ended up being a government pack of lies. Dr. Sharon Mahowald is a dark eyed Northern grey streak and she proved to be an indictment of David Noble, my advisor and Allan Tate, poet and founder of the New South.

I have been trying to pay my auto insurance and I wrote an article on insurance coverage for the mentally ill. My mother got an article published on campaign financing in the Minneapolis Star and Tribune. Both are desperately needed.

September 28, 2006

I have been quite desolate today. My rule twenty got denied because the doctor didn't think I was ready for trial. I have had an ongoing hate/bias crime case that has met with intense contention in the courts. I am a brilliant type and not permitted to testify on my behalf. I am not permitted to indict the lawyer and cops who used the bench and bar for revenge.

Our America—Beach Scene

I am journaling from the perspective of the man carrying the bag of equipment to the beach in the class distributed picture. The beach reminds me of an invitation to move to Fort Lauderdale with a friend. The man in the picture looks content and is smiling. He looks like he is into hedonism. I have always

had a certain amount of respect for the hedonist type of life. There is a distinct lack of hedonism at AMRTC. I am not an hedonic. The beach scene reminds me of the kiss in "from here to Eternity." It also reminds me of the Algerian sand in Camus', The Stranger.

October 3, 2006,
Indian summer

I have been thinking about the anniversary of my father's death which is Thursday. He was a large man with a Gallic nose and an infectious sense of humor. My mother outlived him by over twenty years. I have also been thinking about my commitment which was supposed to be over on November 1. This is in my psychiatrists notes.

My sixtieth birthday is December 11, 2006. I hope the teeth are taken out of my commitment by that date. My medications have been working out well. Has the journaling been an effective tool of therapy? It has been a cathartic release for me. The elements of Aristotelian drama have been present in my life—terror and pity.

October 5, 2006,
Renew

I am eager to renew my life. I want to try to knock the dust off my sandals and take a trip to Arkansas, Memphis and Nashville. I would like to try living in the South for a while and living with their historians. I also plan on joining a writer's and artist's support group. My family matters. I have a strong character and I hope to mend the estranged rifts in my own family. I hope to get a different job.

A Dream Journal—through images—a dream mother

My mother recently sent me some articles about the opening of the Great Gatsby at the Guthrie. She recollected she met my father while her relatives were living on Grand Avenue in the old F. Scott Fitzgerald neighborhood of St. Paul.

The image I had of her in a recent dream was a flashback of a photo taken of her at St. Benedict's College at the time she met my father. It was a black and white photo where she was wearing a beautiful bonnet. She reminded me of the song, "I dream of Jeanie with the light brown hair."

The staff at Anoka told me my mother resembled me. Are we like dream sequences formed out of old Great Gatsby narratives? This photo turned my childhood and my dream into a meditative reflection on growing up in the Fitzgerald rondo community of St. Paul. My mother's photo and my dream

helped me re-image the feminine.

10/7/2006

Today. Today began with current events. I was quite concerned about the nuclear test in North Korea. Then we had a film on obsessive-compulsive disorders. I have had some problems with this and found the film to be quite helpful.

Ref. Zinn, Howard, SNCC, The New Abolitionists, South End Press, Cambridge, Massachusetts, 2002.

In twenty years I will be 79 years old. I hope to have learned from my mistakes in my court case. I hope to have learned to love and to be a good anchor in my family. I also hope to avoid despair later on in my life and I wish my future to be filled with optimism and wisdom. I have been a part of the historical foundation group at Basilica of St. Mary. I also hope to return as a goodwill ambassador to Cuba.

10/12/2006

I met with the AMRTC Board today. I tried to introduce various deeds I had done since I came to Anoka. For example, I helped produce an anthology. The woman attorney asked me why I was introducing this. I told her I have the contributions approach to psychology. Sue told me books and external reading are not going to help me get out of here. She said many patients intellectualize. Sue told me what I should do is to ask the staff how I am doing on a daily basis. She noted that I have a problem with focusing. I told her I would take this into consideration. I am a socially outgoing bachelor. Does this offend anyone here? How can I better play up to people and massage their egos better. What have I done wrong today? What have I done right today? Should I start charting my own behavior? I am a social person and want to be with people. This is a good sign. It doesn't make sense that they didn't find me competent to stand trial. I haven't been able to stop talking about this. I don't want to get down on myself about not being competent to stand trial.

10/17/2006

Dietrich Bonhoeffer

I read about the life of Dietrich Bonhoeffer in Guideposts. He was the Lutheran minister who led the opposition to Hitler during the postwar years and was a founding member of the Confessing Church. He also spent some time at Union Theological Seminary in Harlem where he became involved with the Abyssinian Baptist Church at 135th street in Harlem. Bonhoeffer took the last ship back to Germany and died in a concentration camp at age 37. The death of his

brother during WWI changed his life and made him found the antiwar movement. Like St. Augustine, he lost a boyhood friend to death and became a great theologian. Bonhoeffer's life parallels my involvement in the Civil Rights movement and antiwar movements. Bonhoeffer wrote prison letters. He betrayed a childhood Jewish friend in employment. The guilt of this betrayal led him to give his life for others.

10/24/06

I am trying to figure out how my illness affects my thinking and my judgments. I am classified as a bipolar schizophrenic. I think my illness fragments my thinking and my judgments. Also, I got no feedback on my Rule 20 exam. How can I get some feedback? My doctors say I lack insight. I have not taken a course in schizophrenia.

Roy is leaving. He was an excellent social worker but did a little swearing which was unacceptable to other staff workers. He is Hispanic. He worked very hard at setting up meetings. I gave him a copy of my poems. My six months commitment is up on November 1st. I want to file a complaint on my rule 20 process. My alleged threat is only further legal action. This is America not Nazi Germany.

Unsent letter

I wrote an unsent letter to my high school girlfriend who dropped out of class reunions after graduation. I don't know why. Did she graduate from college? Are her parents still alive? Should this be a letter written from the edge? Is she still alive?

10/26/06

Today I was awaiting the mail hoping to hear from my lawyer, Kathy Peterson. I have not received the results of my Rule 20 test from her. I was arrested during Easter time. I have a real tough case for publication in the Ramsey County Court system—a Freedom of Information Act case by a national founder of the anti-war movement. Is my case a Solomon Amendment Rights Case?

Good Fall Memories—

I used to caddy in the Fall at the Minnekadha Club and Interlachen Club. Both clubs had great Scotch foursomes in tournament play. Also, our family used to go for rides out Hwy169 to a Chaska retreat house run by the Franciscans. I had a part in a class play at Benilde High School—Our Town—and Babes in Arms. We used to burn leaves and go to haunted houses in our

neighborhood. My school St. Thomas, the Apostle had fall festivals with Bratwurst and Sauerkraut.

10/31/06

I have been thinking about discharge. I had my team evaluation today. Today is the last day of my commitment. I worked in the haunted house on Larpenteur and Lexington five years ago. I was the lead corpse in the show. I made about \$500 dollars for the weekend. I coughed quite a bit in the show—the pun would be is that you coffin. Halloween is a Celtic event where the souls of the living meet the dead. It is called Samhain. I also acted at the state haunted house. We didn't get a break at the Minnesota State Fair haunted house. Anoka is another haunted house.

10/8/06

Quandry--Today I have been thinking about how I am locked in a Quandary in my court case. I don't see why I can't present my case to the judge. My tests show I have a normal personality profile. I am over age 55 and by definition a single vulnerable adult. Why can't I have a trial by jury? I have a limited vision of the courts and obsess a lot. My apartment has a publishing company, a sound studio, an art and photo gallery and a film production company. I am quite a positive force in our community.

11/14/06

Cuba Caravan

Today I have been thinking about networking to build new relationships. I especially liked my Cuba caravan relationships. I became part of the class of 1998 of Cuba. I liked my friends in Bernie Dwyer and Carol Cross and Gary Shepherd. My parents are quite old and I want to build new relationships especially among younger people. I may renew my Cuba caravan fellowship this year. The Cuba group has great parties and very stimulating buses and seminars to work on.

I have to resolve the issues I have in my conflict estranged family this year. If I can't, I plan to move on. I got a call from a friend that I wish to talk to Dr. Lesk about.

Silence

I have a high score on my Jungian test in the intellectual warrior category. I think I should pick my battles more carefully. One of them might be my Rule 20 test where I answered all the questions carefully but did not intellectualize and

emotionally unload. I was deemed not ready to go to court. I went into my cases to pass out advice and defend the Bill of Rights but it came out as terrorist threats. I will go on a Yoga style retreat. I took out 30minutes of silence to look at my inner essence.

11/16/06

Carol Brown from Albuquerque, New Mexico was my writing teacher at Black Bear Café. We used the book, Writing Down the Bones, by Natalie Goldberg. Brown had a timed speed writing approach to generating new writing material. This approach lets your unconscious flow into your writing. The material is then edited into different art f orms.

At the Board meeting today it was thought I need a plan or strategy. One plan is to gauge my behavior on a day to day basis by looking at my charting notes. I have been trying to evaluate my charting notes positively.

Inner Beauty: I had an aunt who was a nun and had an inner light and an inner beauty. Her life was built around good deeds and liturgy and this showed in her face and hands. Grace internalized is inner beauty. Justice internalized is inner beauty. Peace within is inner beauty. Virtue internalized is inner beauty.

11/28/06

Left-handed: I am left handed. This helps explain my unusual artistic temperament. I do not have a thought disorder. I am the creative type. I part my hair on the left side with my left hand. My little finger on my left hand was broken twice.

My diagnosis is a thought disorder. This is a misdiagnosis. I have a narcissistic personality. My MMPI does not indicate a thought disorder. My psychologist's evaluation was the correct one. The doctor's are wrong. They are confused by a different left-brain organization.

11/30/06

I had a meeting with Dr. Marr on my Rule 20 evaluation. I have fears about self-incrimination and the almost assault dimension of a prosecuting attorney. I was quite focused during the meeting.

11/5/06

My father: My father was the funniest person I have known. He had a spontaneous infectious sense of humor. One day while we were young he tore up a white T-shirt to make us laugh in the hot sun. He made his law clients feel at ease with his humor.

"As Good As It Gets" is a Jack Nicholson movie about obsessive compulsive disorder. I have been thinking about what happened to Shirley Burger. She was sent to St. Peter for driving a police squad car into the ditch. She is a relative of Judge Warren Burger. The government is very sensitive about road side injuries to its employees. It looked like she attacked the squad car.

Family matters. Shirley Burger quit her job because the child support payments for daycare equaled her salary. Her family donated \$2000 one Christmas to African education. She is quite a compliment to the legal system.

I would like not to be so critical.

I would like not to be so judgmental.

I would like a corporate job.

I would like my 59 year old body to work.

I wish for more traveling without being too hard on myself.

11/12/06

Today is the Feast of our Lady of Guadalupe. It is a great Mexican feast that falls near the time of my birthday. I remember my visits to Our Lady of Guadalupe Church last year at this time. This feast counters the terrible violence in the news today regarding Princess Diana's death and her monitoring by CIA America. Is this democracy in action? Juan Diego was canonized by Pope John Paul II.

12/21/06

Today I had a meeting with Dr. Marr in my case. I feel Dr. Marr and the team has been unresponsive in my case. I have been locked up for nine months for asking for help as a single senior. It is snowing hard today. We had a lot of acrostics to work on in occupational therapy. Father Mike O'Connell told me to surround myself with suffering people. He told me this in the Confessional

12/26/06

Father Terry Beesom's sermon was on his own alcoholism. He resolved it by becoming a priest. It was a powerful lived sermon.

12/28/06

Today I have been thinking about the advice that the Board Attorney Sue Gallagher gave me about a plan to get through the Rule 20. She thinks I should focus on tracking and keeping my thoughts in focus and not talking so fast. Most people don't talk fast. I think speeded up.

Today I have also been thinking about Gerald Ford's pardon of Richard Nixon who was caught red-handed in Watergate. Nixon committed a criminal act against the political system. He should have come up with a confession of wrongdoing in order to get a pardon. Nixon got a political cover-up. It was a political deal between Ford and Nixon.

An Aztec Trip to Middle America

I have dreamed for a long time of taking a trip to Middle America with Witness for Peace. I would like to take the trip during a season that is not the hurricane season. I would be a goodwill ambassador to Nicaragua in the area of education and labor issues. The tropics are so different from the Minnesota climate type.

Patrick's Book Tour Trivia

Rules in meeting the author for a book signing include

- A. autographs
- B. photos, yes
- C. hugging
- D. all of the above

Patrick never travels without one of his

- A. books

While filming the opening of Open Book Patrick got to meet

- A. Pat Hemp
- b. One of the Cowles
- C. Sharon Sayles Belton
- D. All of the above

Patrick has had autograph parties at

- A. Harvard
- B. The University of Chicago
- C. The University of Minnesota
- D. All of the above

Off book tour Patrick gives special attention to

- A. the Dorothy Day Center
- B. Apollo drop-in Center
- C. The Resource Center of the Americas
- D. Arise bookstore
- E. All of the above

Fans have had Patrick

- A. arrested
- B. participated with him to Cuba
- C. gone to the Carlson Heritage Wall with him
- D. All of the above

Patrick met David Noble

- A. in a lecture class
- B. in a seminar
- C. at Newman Center
- D. for coffee
- E. all of the above

Patrick considers the highlights of his career

- A. getting published in grade school
- B. a founder of Students for a Democratic Society
- C. the release of his first book
- D. Carlson Heritage Wall author
- E. All of the above

Who has opened with Patrick?

- A. Winona LaDuke
- B. Tom Hayden
- C. The Palabristas
- D. All of the above

Who helps Patrick with his computer programming and websites

- A. Mike Franey, physicist
- B. Tim Nolan, artist
- C. Jack Harris, psychologist

A. Mike Franey

Patrick has not yet toured

- A. Canada
- B. Ireland
- C. Cuba
- D. France
- E. Tibet

Patrick's biggest reception was

- A. at his Minneapolis High School
- B. the Cuba airport
- C. his first book
- D. Arise bookstore

B. The Cuba airport

1/2/07

Feeling Blue

I have been having the blues about being locked up for so long. I pled not guilty and this is the tenth month of confinement. I have won three recent court cases. My tests show that I am normal. What is the hold up? I did, however, have a nice New Year.

Learn from the mistakes of others. You can't live long enough to make them all yourself. I have been doing a lot of spiritual reading and spiritual goats like, St. Paul, are keenly aware of their own faults and limitations. My confessions have made me clearly aware of my own faults. Moreover, it is time to move on.

1/4/2007

Rogerian Style Interview

I went to a group on discussion styles which talked about Rogerian therapy which uses open ended statements and other provocative interview styles. I have been keeping a regular schedule in the gym. I liked the Chow Mein we had for lunch.

Humor: What makes me laugh? I like clean humor like Bill Cosby humor. I also like some of the political humor that the talk show host presents. For example, there was the joke about President Ford's golfing. He was hitting fewer of his voters with his golf balls.

Irony: It is an irony that I am not in Hawaii on a writer's retreat. I was planning

on being in Hawaii in 2002. Aloha!

1/9/2007

Fair Play versus Defamation

I announced in the morning meeting I was not getting fair play here. Justice delayed is justice denied. I never thought I would be faced with a defamation case. However, this can be a problem for Catholics and especially Jews. It stems from my leadership in the antiwar movement. What can be done about government violent types? I have repeatedly asked for lie detector tests. On the Minnesota scene Boston Scientific is going to close out 500-600 jobs.

1/16/2007

Dr. Marr. I had a therapy session with Dr. Marr. It went well. It was on my writing. The session had a single topic and good focus. I plan on working on meditation for my therapy and then writing in response to the meditation.

A History Memory Library.

I would like to interview my advisor, David Noble, about creating a history memory library. This would be a library about Minnesota history people who are alive today. David Noble would be a member of the library. A possible dialogue would be about relating Progressive thought to Green Party ecology. I am a founder of the Green Party of Minnesota and have researched the area of biodegradable plastics.

1/18/2007

The Pyramid.

My treatment to competency class went well. I have been to court proceedings in the past where the pyramid was there—police officers covering for other police officers. This can also be true for court personnel. It is true in my case. Mary McMahon, the plaintiff's attorney, jumped the gun. The blue line goes unchallenged by its own in my case.

1/23/2007

Meaningful Dialogue

Today I sent in an application for membership in St. Peter Claver Church. I circled the men's group and the ministry areas. I also formalized sending in a gift to Ave Maria University in Florida. I worked for Dominos Pizza in the 1990s and Tom Monaghan the former head of Dominos is building a University in Naples, Florida, Nicaragua, and Michigan. I will become a founding member through my gift.

First Job. My first job was working for the Star and Tribune when I was eleven

years old. I got published in the Star and Tribune at this age. I brought my paper sacks to school to show my classmates I was a working man. I had a short route on Upton Avenue by Lake Harriet. Mr. Duncan was the station manager at the newspaper at this time.

Oneness. I have been reading a book about indigenous wisdom. The major idea is the idea of oneness and harmony with the universe. The book made me think of my connectedness with the Anoka community. My material for The Voice, the Anoka newspaper is ready. I would like my charges dropped.

1/30/2007

Therapy. I have been thinking about issues I brought up in therapy today, for example, tracking, kiss—keep it short and sweet—and intellectualizing. All these issues will help me pass my rule 20.

Somewhere Over the Rainbow

Today I was thinking of Judy Garland who was from Northern Minnesota. She was Shirley Temple in the Wizard of Oz which takes place in Kansas. Walt Disney came out of Kansas. He had quite a set of dreams. Anoka is "somewhere over the rainbow."

2/2/2007

Mary McMahon, the woman plaintiff in my case, jumped the gun. I just used a song lyric, "Nowhere Man," to describe a legal proceeding and was charged with making terrorist threats. Who could possibly go for this?

2/6/2007

Transformation and Conversion

I have been thinking of the Gospel reading where Christ makes the apostles "fishers of men." I hope my stay at Anoka leads to a transformation of attitude and a new conversion of habits. My friend Tim Nolan is writing a paper about a "Sharing Garden." The poem is about balance.

Who inspires you? David Noble is my mentor at the University of Minnesota. He inspires me to be a great historian like himself. He is a main founder of Progressive history and a convert to the Episcopalian religion from the Unitarian religion. In high school I went to a play called Danton's Death at the Firehouse Theater. It was a play about the French Revolution. After the play I told my father I decided to go into the field of intellectual history. I also admired Andre Malraux who wrote Man's Fate. When I transferred from St. John's University to the University of Minnesota, I took David Noble's courses in

intellectual history. David Noble thinks my Anoka case is a good case. It is a personal French Revolution.

2/8/2007

Losing My Apartment

My social security has been shut off so I will be losing my apartment. I have a lawyer working on this. I also owe back social security pay even though I have paid Anoka and Wilder Square rent. My mother's birthday is Saturday so I bought her Edna O'Brien's novel In the Light of the Evening for a gift. My glasses are broken.

Patience and Teaching

Teaching requires a great deal of patience. It takes patience to be a delight to students. Learning requires a great deal of patience. 1-800-Flowers. I gave my mother a valentine rose for Valentine's Day.

2/15/2007

Boundary Value Issues

Today we had a topic on the issues of boundaries with people. I maintained strict boundaries when I was in business and in the single's club I was in. I had a good workout in the gym. I had a talk with Stephanie about social security issues. The flowers were great my mother said.

Big Brother.

I was a big brother for a year for a retarded young man. This was quite rewarding work. His name was Ken Mielke and he had a large front silver tooth and was always happy and fun to work with. I became a big brother through the government center in Minneapolis. I was given a reward for this at the Edgewater Inn in Minneapolis.

2/20/2007

Team Meeting Today.

I talked about Social Security issues, losing my apartment, the rule 20 exam and discharge issues. There appeared to be motion made. Cheryl and Theresa are looking into these issues for me. Today is Mardi Gras. I watched New Orleans celebrate Mardi Gras. Zulu went by on the screen. I saw Zulu when I lived in NOLA. We went outside today.

Gifts—relationships. I resolved the differences with my mother. She had a condo in Edina and I used to go out and use her computer to prep my research. I studied at the Edina library. Relationships are one of the harder things in life.

Reading—St. John's 150th.

Today I spent my day reading. I have been reading the Irish Gazette and I got my auto insurance policy for renewal. I got an invitation to St. John's 150th. In the mail. I am going to write Bro. Dietrick Reinhart a thank you note for this. The reunion is at the Minneapolis Hilton where John Berryman used to hangout and write poetry. John Berryman is Pat Hampl's mentor. I would like to write a book in honor of the 150th.

Dispute and Compromise

I had a legal difference of opinion with a police officer and I just moved on. The individual was quite paranoid. You don't come out on that type. We were not able to compromise.

2/27/2007

Dr. Marr's Birthday Irony

Today is Dr. Marr's birthday. She is an Aquarius. However, both Dr. Marr and Dr. Lewis failed to show up for my team meeting today. This was a clutch team meeting for me. I don't feel they are particularly trustworthy in my case. They are both members of the generation after the boomers that has few major accomplishment and low expectations.

I put in my apartment lease termination for today. Sue Logeais, a manager, told me it went through. Clutch is an issue in my case.

Travel issues.

I went hitchhiking around the country when I was a junior in college. I went out to Haight Asbury. I was surprised by the kindness of the people I met. A Bahai minister brought me home for the weekend. A Black woman from San Jose picked me up and gave me a ride through the valley. She had great music for the ride. A Joan Baez type mom and some hippies gave me a ride through Grand Sur.

3/6/2007

Writer's Group.

My mother told me in a phone call today that after her AAUW meeting she was thinking of starting a writer's group with the seniors where she lives. I have a friend who wants to produce a work book.

I have been thinking about my last Rule 20 exam which was very negative, critical and derogatory and ran me down. I think this does a person little good. One of life's witticisms is to avoid negative people.

I got a letter from Father Fessio in Ave Maria Florida University that was

very encouraging. I may try to get a job in journalism in Florida after my case. Florida is an option to "knock the dust off my sandals."

Pop Rocks. We had pop rocks for a treat. It reminds me of rock candy which I had as a youth growing up. I love rock candy.

3/8/2007

Mike's Birthday

Today is my brother Mike's birthday. He remarried and joined the Greek Community in Cape Coral, Fl. He is an engineer with his own high pressure pump business. Cape Coral is by Fort Myers which is on the Gulf side. Today is also woman's international day.

I have been thinking about spending some time working and learning and writing in Ave Maria Florida which is by Naples. It is an Irish new town in Florida created by Thomas Monaghan.

My Case: Recrimination against an Intellectual

Today I have been talking with a friend of mine about my case. I have been an exemplary patient here at Anoka, the editor of The Voice. How does this look for the plaintiffs in my case. Not Good. We had a course on drugs in mental health and the words used were quite big and difficult. The lesson was to avoid addiction at all costs.

"Those who cannot remember the past are condemned to repeat it." George Santayana.

3/15/2007

Hope.

Today I have been quite hopeful about my relationships and prospects. I have been reading a book about the Jewish religion. It starts "And God created the world and saw that it was good." This is quite a hopeful statement. We had a group on sleep. It was quite helpful.

An Unsent Letter—Salvador Rosas.

Judge, I plead for deliverance and fair play in my case. I feel I am a victim of circumstances more than a victim of mental illness. Put a good word in for me to the staff at AMRTC. Be a Godfather for me.

3/20/2007

Washington D.C.

Today is the day of my move out of my apartment. My van is going to be

brought out to my cousin's farm. I just got a call from my sister Maureen. She is going to Washington, D.C. for an anthropology conference. I told her not to miss the holocaust museum. I also recommended seeing the Library of Congress, the Smithsonian Museum and the Catholic University of America. There is also the American Indian museum. She works for one of her jobs with the Center for Victims of Torture. I am planning on going to Washington, D.C. with an antiwar tour. My sister Mary Ann moved me.

My space or white lies. My space is a computer website that is open to the public especially to young people. I want to critique the me generation on myspace. I already have both an angelfire and a geocities website. They are free websites and have quite large disk space. I want to do a U Tube video on eagle mountain in the boundary waters area of Minnesota. My space is filled with white lies.

3/22/2007

Today is the day of the move out of my apartment. I have been reading my St. John's Alumni Magazine. It is quite ambitious. The monks have built a new guest house at the University. The St. John's Alumni Magazine featured famous St. John's Alumni musicians.

1974

Journal about a funny event that happened in your life.

Looking back on what happened to when I ran out of money in Atlanta in 1974 was really quite funny. I was working for Peak Load Temporaries and they didn't come through with their checks. I had no money to eat for the weekend so I tried a dash and dine supper at an excellent restaurant in Atlanta. I ate Oyster's Rockefeller and I didn't have enough money to pay for the entree. I was brought to court and pled guilty. I served my time in Bellwood receiving hospital where I became comrades with various Southern Whites and Blacks. Looking back it was very warm and funny experience with Southerners. I heard Southerners pray—"Praise the Lord and Pass the Ammunition."

3/27/2007

Today I woke up and had bran rolls for breakfast. I read a sports article in the community room. I read an article on schizophrenia in the Mental Health group. We had a dice roll on topics in Wellness to discuss. I got my mail from Mike Franey, a friend, at 2:45pm. My tests show I have only a moderate schizophrenic score.

"Everything has its beauty, but not everyone sees it." Confucius
As a child I had a gyroscope that was important to me. I made it spin on my bedroom floor. I made it point in directions like a compass. It was metallic poetry in motion.

3/29/2007

Hennepin County Government Center.

My father was a leading small town trial attorney in Hennepin County Government Center. I went down to Hennepin County to give a protest in my case and to make the case for my moving on. I did this in my father's stead.

Cuba

What is the vacation of your dreams? Havana, Cuba. I would like to be the winner of a prize trip to Cuba because I would like to make a documentary film on Mother's Day in Cuba and then contrast this film with Mother's Day in America. I am qualified for this trip because I know Spanish and I have contacts with a Cultural Minister in Cuba. I am also a fellowship winner with Pastors for Peace to Cuba. Thomas Merton went to Cuba on Mother's Day and it became his reason for his vocation. He wrote about this in his work, The Secular Journal. There are many powerful issues in Cuba especially in the field of history.

4/3/2007

Tax Preparation

I am getting ready for tax preparation day here at Anoka. This is the day our new doctor starts. It is an overcast day. I feel optimistic about my outcomes here. I put a picture of the counter convention in Manhattan on my door.

Spring—Lent

I hope spring is a time for renewal in my life. I remember getting new clothes for spring as a child and I hope to get new clothes this spring. With spring come the Resurrection and the glorious mysteries in the Catholic Church. I hope to have a personal resurrection and a renewal of my business, my job and my journal writing. I would like to take a course at Split Rock Lighthouse this year to further my artistic endeavors. I also wish to get some film clips on UTube. I want to clear out my personal garage.

3/5/2007

Tax preparation

I did my taxes for 2005 and 2006 at AMRTC today. I am getting a pretty good some of money back—nearly \$1000. I heard on the news today that Barack Obama raised nearly 25 million for a campaign war chest. Much of this war chest came off internet in small donations. I favor his campaign. He opposes the war and has two books on the best seller list. He is also a civil rights attorney.

Volunteering—Haiti

I have a friend, Brother De. Paul. He does the missions to Haiti. He

brings noodles to Haiti and also builds schools there. You can build a school in Haiti with him for \$5000 with your name on it. I have thought of doing this and volunteering to teach in the school.

4/10/2007

Adult Façade Issues

I was thinking about adult façade issues today. I have a new counselor, Theresa Kirkpatrick, who is strong in this area. I got involved in 2002 in a study at the Masonic Heart Clinic. This was the year I was scheduled to go to Maui for a writer's conference. It turned out there was an outbreak of infectious disease on the island for which there was no cure. I talked about this with a number of people involved in going into the medical field. The University would definitely approve research in this area. None of the clinicians should interest in this area. This made me question the higher levels of their person. "All our dreams can come true, if we have the courage to pursue them. In an imaginative sense this is true, however, in reality people are quite limited. What if someone has a terrible disease? But a more potent force than gravity or relativity is our imagination. We can pursue many things, including our dreams in our imagination.

4/17/2007

Rule 20 Test.

I had my Rule 20 test today. I hope I passed the test. I think I got 100% of the questions correct. There was little extraneous material in the test. I focused mainly on the legal issues in the case. I took the test in the glorious season. I hope I get fair play out of all of the parties involved.

4/19/2007

Dred Scott and Provisional Discharge

A provisional discharge worker from the county called me. I told him Dred Scott entered the Supreme Court Case a free man and left a slave. I hope to enter Ramsey County Court system a prisoner and leave a free man.

Hobbies: Investing

I opened a Savings Account in Coast Federal Savings when I was a teenager. The interest rate was 5 1/4% which is much higher than I get now. I also opened a brokerage account when I was young and started investing in Polaris Fund. I used the monies in both accounts for school.

4/24/2007

Commitment Petition.

Another commitment petition was sent me. I had one afternoon to act on it. The decision could be quite expensive for me. My rule 20 Test is in the

courts. I will hear on Friday if the results are good. I hope few wires are crossed. Otherwise, I will ask an opinion from an outside evaluator.

Memory Bank

I was taught to fear communists when I was a child. I went to Catholic schools when I was a child. This school, St. Thomas, the Apostle, had a large influx of Slavic peoples. One of the students in my class was Martha Niemesi, a Hungarian, who had fled communism. I was raised on Red Scares and Black-listed authors.

4/26/2007

Today I am thinking about how to cut red tape around here for my hearing and for my case. Both of my doctors are gone for the week. I have had seven doctors.

Journal about a time you went out of your way to do something that made someone else feel great. When I was working in New Orleans, Louisiana, I worked as a tax preparer. I worked in Dillard Mall. Near where I worked was a Waterford Crystal and Noble Crystal shop. My history advisor is David Noble. I bought him Noble crystal which I had monogrammed at the start of the founding of the David Noble lecture series.

May 1, 2007

Happy May Day.

May is the month of Mary, madness and Marxism. May is one of my favorite months along with October which brings Indian summer. I have read about the May Pole. I like the change of seasons found in Minnesota. May makes me think about renewal in my life. Today I signed on for another six months at Anoka.

May 3, 2007

Our Father

Today is a beautiful May Day. It is the anniversary of the founding of Jamestown, Virginia. The early settlement did not survive but was revived. I worked on business today and am writing my version of the Our Father and the Pledge Allegiance. I got some legal papers today which I am sharing with Teresa Kirkpatrick, the new social worker.

Scenes Outside

My skin feels soothed. My hearing hears the air conditioning and the noise from the road. My eyes see a beautiful but empty courtyard. Is everything in nature reflected in the unconsciousness and conscious as Emerson thought?

I think yes and no.

May 8, 2007

Mother's Day—Political Prisoner

I have been reading over my court papers. I feel they are quite negative and misleading. I am dependable, reliable, and industrious and have a social conscience. I am a political prisoner or prisoner of conscience and not as portrayed in my court papers. Also, the text of the legal papers struck me as character assassination not good medical diagnosis. I have never been confronted with any accusers in my case. My position is on of self-defense rather than self-defiance. I have been told to stay calm, patient and be optimistic and a legal loophole will be found.

May 10, 2007

Today we had a check for lice. I passed. I have been reading about the Saco and Vanzetti Case and I have been reading a book by Billy Graham's son, In the name of Jesus. It is quite coherent but it also appears to be the product of the government—the government party line. One can build a school with his group, the Samaritan Foundation. I have also been reading about the Sacco and Vanzetti case which was the product of an earlier Red Scare.

Lake Harriet Band Concert

I grew up around Lake Harriet in South Minneapolis. I used to go with my family to the concerts in the summer at the Band Shell. Most of the concerts were classical music. I wrote a story called the "Classical Father" about the concerts and a friend of mine who died in Vietnam. Lake Harriet is my Walden Pond. As a writer and activist, I am trying to recapitulate the Thoreau experiment in the modern context without Thoreau's alienation. Anoka helped me do this.

May 15, 2007

Medical Model

Today was team day. I discussed my Rule 20 evaluation and read some of my poetry in team. I also discussed my field of American history and its place in my case. The doctors think this is persecutory thinking. It is relevant to 911 issues. I find the medical model of pathology to be quite limited and presents a tunnel vision of life and the person.

Movie: The Loneliness of the Long Distance Runner

This is a movie about a troubled youth who gets sent to a correctional institution. For rehabilitation he gets involved in long distance running and becomes quite good at it. In the final race against a prep school he pulls ahead at the finish. However, at the last moment he slows down and lets the prep

school people win the race. The truth of the ending is don't trust victories.

May 17, 2007,

Picnic

Today we had a picnic. The food was great. I got some banking business done today and read part of a Pentecostal magazine. I ordered two books on internet on the Sacco and Vanzetti trial.

Bookshelf

The metaphor I have for myself is a bookshelf in the psyche hospital. Today I feel isolated and alone. The phone book on my book shelf is seldom used. I feel a little masochistic today.

May 27, 2007

Year Exam

I had a year long evaluation form to fill out today. I gave my experience an excellent positive evaluation. I am supposed to get my rule 20 examination results from Cheryl Hanson. My mental health group discussed the importance of fiber for diabetes. I have discussed my case with a private attorney.

Journal about who your favorite person to converse with what do you talk about? What makes this person so special? My favorite person to converse with is a friend from St. Thomas the Apostle grade school. We talk about issues in our lives and he helps me with computer programming. He is special because he doesn't betray confidences.

May 29, 2007

Doctored Files

I feel my file has been negatively doctored with the staff charting. It contains a lot of defamation, slander and misinformation. I have been thinking about what to do about this today. I can edit my file. I feel the case is being written for the plaintiff rather than for me the defendant. I have an outstanding record at Anoka. I have been in the first track most of the time.

May 31, 2007

Today it has been one year since I entered Anoka. It has been a good year, but I am wary of the effects of paternalism. I read a good article on Obama in the New Yorker. I would like to work on his campaign. He tries to distill idealism and preens a lot like I do. He taught at the University of Chicago where I was a student in the Graham School of Publishing.

June 5, 2007,

Today I had a yearly physical. The results were excellent. I was told to soak my feet to help with diabetes. I also ordered some new books from Barnes and Noble. The first was The Autobiography of W.E. B. Dubois. The second book was Writer's on the Left.

June 7, 2007

Today I had an EKG test that turned out to be normal. Today a dog sniff tested our rooms.

June 12, 2007

Poetry release—Team Meeting

I had a release of some of my poetry for publication on the anniversary of one year at Anoka. It is muse inspired poetry. I talked about this in team meeting today. Father's Day is coming up so I sent my stepfather a letter. I had two blood tests this morning. I may be transferred to River Oaks a group home soon. My social worker is working on the transfer.

June 14, 2007

River Oaks

I am in the process of applying to move into River Oaks which is an Anoka based group home. The only problem in the application I heard is that I'm diabetic. I hope this situation is resolved soon. My social worker, Teresa Kirkpatrick, is helping me in the application process. I had an interview with Brent Erickson on intake yesterday.

June 19, 2007.

Discharge: Social security.

I worked on my discharge with Teresa Kirkpatrick today. All of the proper papers were signed. I want my case manager to do the footwork in setting up my social security payments again. I have a case pending with a private attorney and I want the professionals to handle the social security issues.

Billy Graham

Journal about a time that the words or actions of someone else made you feel great. I went to a Billy Graham crusade in the mid 1990s. The theme of the crusade was the story of the prodigal son. The sermon was keyed to video pictures of people dealing with tough issues in their lives. Then Billy Graham invited the audience to turn to Jesus as a way of dealing with issues highlighted in the sermon. Ironically, his wife Ruth died recently and was buried in a coffin made by a prisoner who killed someone in his youth.

Chapter 2

ANOKA: DITHERINGS (Writings)

Culture Counter

"I have measured out my life with coffee spoons." T.S. Eliot

My first major introduction to the culture of mental illness was at Woodside Receiving Hospital in Youngstown, Ohio, in 1976. Culture is defined as learned behavior. Thus the culture of mental illness is the learned manners, dress, and norms of behavior, the rituals and systems of belief of the mentally ill. I had a very brief examination by an Oriental doctor who placed me on an observation ward in the receiving hospital. The culture of this ward was chaotic. I had only one pair of clothes. My bed was next to a Catholic man whose wife had died in childbirth rather than not abort her child. He was left with six children to raise and was devastated by this. Another man in the hospital tried to urinate on the other clients while they were sleeping. A third man was a German who wore union clothes. He had been laid off from a steel mill in Youngstown. This was very difficult for him and his family. The culture of personal relationships in the hospital was estranged. There were a few Mennonites in the hospital that had been rounded up by the local police for culture evaluation. My reaction to this situation was to be quite personally conservative. I tried not to do anything that would invite a fight. The group therapy I got involved in was for males only. The medications made me sleep a lot. The atmosphere of the day room was manic. The social structure of the unit was Marxist two class—the patients and then the staff. The problem was there was no class struggle. I kept wondering "Why am I here?" I received no outside mail. I felt my charting notes were my underground radical notes.

How did I learn to cope with the culture of mental illness? One of the books I read in my advisor, David Noble's, intellectual history course was, The Making of a Counter Culture, by Theodore Rozak. I started an underground journal. This became my counter culture. Life is underground in a mental hospital. My underground notes became my personal underground. My unconscious life became part of my conscious life. The shattering experience of the psyche ward moved me from psycho-sexual Marxism to Catholic personalism which looks to the rights and integrity of the person in all dimensions, spiritual, intellectual, social, sexual and economic. The receiving hospital was a cave to me like Socrates' cave, or St. Benedict's cave or Christ's cave. I slept a lot and tried to pray. In short, I left the given and created large writing projects. My thought patterns went through a paradigm shift from / to we. The way I left the *given* was to create a large counter culture in writing and culture, my own publishing company---www.irishcatholicpublishing.com. It now contains twelve titles. Ten of the titles are mine. My search for self and healing was found in

creating an intellectual counter culture. I have measured out my life in psyche ward coffee spoons.

Dr. Natalie Rule 20/20

by Dr. Patrick A. O'Dougherty

Dr. Natalie Rule 20
Teacher extraordinaire
Dispenses her advice
With chocolate kisses
Verve and care
Judge, Jury, Defendant
Court reporter all
Defined and Bingo gamed
Out in a flurry
Stress, competency, wellness
And rational understanding
All come together with a flair
But a verdict of guilty comes in
Guilty of what?

ICE RAID PSALM

By Patrick A. O'Dougherty, Ph.D.

O God help the judge to judge fairly the Guatemalans living in our midst. As you would allow him to give justice to the victims of the immigration and custom enforcement raids, the ICE Raids, in Postville, Iowa. Be kind to the strangers in our midst. Defend the poor and crush their oppressors. May the immigrants in our midst love and revere you. Stop the raids.

Vertigo

By Dr. Patrick A. O'Dougherty

I can't believe I was afraid of heights. I have vertigo at high heights. What is the cure for vertigo? I moved to a lower level in an apartment building. This caused my vertigo to go away. I lived on the 34th floor of the Mary Tyler Moore building at Riverside Plaza in Minneapolis. I thought my fears of falling were due completely to psychological problems. My vertigo in the Mary Tyler Moore building was like being in a space needle. I saw the room spinning around while I was sitting still. Vertigo.

SALVATION ARMY: EASTSIDE ST. PAUL, BLOOD, FIRE, HEART AND SOUL 120 YEARS OF SERVICE

By Patrick A. O'Dougherty, Ph.D.

"Would you be free from your burden of sin? There's power in the blood, power in the blood."

Background

The Salvation Army is an international charitable organization and religious group. It was started in 1865 in London by William Booth an English Methodist preacher. In 1878 it was organized along quasi-military lines and changed its name from the Christian Mission to the Salvation Army. Booth was given the title of general and the other offices were provided military ranks and titles. The international dimension of the Salvation Army began in 1880 when an American branch was started in New York City. The movement is now in all parts of the world. The Salvation Army is very active in military fronts, for example, WWI and WWII where they provided the Allied soldiers with many services. By 1999 the Salvation Army worked in 94 countries with 173 languages. Its world membership is about 2 million people with 17,000 officers.

Education

The Salvation Army has 600 kindergartens, 950 elementary and secondary schools 25 teacher training schools, a Bible college and a university in different parts of the world. The Salvation Army leaders hold thousands of street meetings with the doctrines of the group based on the Bible and is fundamentally Christian. Its social services are given without discrimination to race or creed. Its main publications are All the World and The War Cry. Its U.S. headquarters are located in Alexandria, VA.

Armed Forces and Captives

The Salvation Army, the National Catholic Community Service, the Jewish Community Centers Association and the Women's Christian Association built in 1941 the United Service Organization, Inc. to meet the needs of United States armed forces members and their families. An interesting chapter in the history of the Salvation Army is Devil's Island. The Salvation Army took care of the liberated prisoners including political prisoners who decided not to return to France after Devil's Island was liberated by the French government.

My personal Salvation Army Story—Freeing the Captive

Flashback. I, a history student, was walking along the old Washington Avenue Bridge at the University of Minnesota in the fall of 1965 in search of Daedalus, the first Greek intellectual. It was homecoming time at the University of Minnesota and I thought about asking a thin blond in one of my economics classes to homecoming. I was reading the Minnesota Daily and I came across a

small ad for a new student group on campus, the Student's for a Democratic Society. Instead of going to homecoming, I attended this meeting. Present were Lee Warren Smith, editor of the Daily, Brian Coyle, Howie Kaibel, and myself. Tom Hayden had written the Port Huron Statement which we discussed at the meeting which was a blueprint for radical social change within America. All the people in attendance at the meeting went on to become national founders of Student's for a Democratic Society and national founders of the antiwar movement. All of us were Hy Berman history students. One of the events we studied in Hy Berman's class on labor and radical history were the Palmer Raids against radicals after WWI. Little did I then realize I would experience one of these raids in 2006 under the Patriot Act.

Palmer Raid

I had been a fellowship winner with Pastors for Peace to Cuba. The raid happened on the octave of Easter in 2006 at my publishing company, www.irishcatholicpublishing.com, apartment on 750 N. Milton St. in St. Paul. I pled not guilty and no contest and was placed on the Legal hold at Anoka where I became editor of the Voice. I don't think Anoka should be used for warehousing dissident intellectuals. Bob Woodward has a book called, The War Within, 2006-2008 which looks at high level aspects of this war. There are more than 30,000 Immigration and Customs Enforcement and other raids a year in this country, for example, Postville in Iowa which is being addressed by the Macalaster College historian, Peter Rachleff. My charges are being dropped like those against the political prisoners at Devil's Island. Upon release I joined the Salvation Army in Eastside St. Paul in earnest. This is just one of their thousands of stories in their 120 year history on the Eastside.

The Story of Us--120 Years of Service at the Payne Avenue Salvation Army

Cleveland was president in 1888 the year the Salvation Army opened a branch on Payne Avenue in St. Paul. Its outreach program began giving out spiritual mentoring, food, clothing and shelter for 120 years. The Payne Ave. neighborhood has changed many times since then. It has changed from a Swedish neighborhood to an Italian, then Hispanic and today it is Hmong and Liberian. The Payne Avenue Salvation Army is the glue for the spine of the book of the neighborhood. It hasn't moved from this troubled neighborhood. John and Crystal Joyner captain the Salvation Army on the Eastside today.

The Urgency of the Present

Thousands of people on the Eastside turn to the Salvation Army. Each month more than 23,000 pounds of food are given out to more than 1,350 people. Diapers are given out in bundles to single mothers. Free gas and bus vouchers are provided to people who can't get to jobs or medical appointments. In one month more than 1,500 referral calls are answered by social workers.

Many children are the recipients of the Salvation Army aid. So, in 2008 were the victims of the Hugo, MN tornado. Art, like 911 arts, has a present urgency.

Moral Purpose

What does the example of the Salvation Army suggest to an author? Looking at the internal war being waged against Americans, immigrants, authors, children, and political prisoners in this country, it suggests art should have a direction. Instead of a government creating writer's as enemies as Herbert Mitgang's, Dangerous Dossiers: Exposing the Secret War Against America's Greatest Authors, argues. Art should lead to a justice harvest for the people of the country particularly the communities of the Eastside of St. Paul. There you will find Moses, Daedalus and Christ. "No justice, No Peace!"

References. Encarta Encyclopedia 2005, "The Salvation Army"

The Salvation Army, "Scope," 2008, p. 10, et passim.

Barack Obama, Fellows Training Packet

A Dock work Green

By Patrick A. O'Dougherty, Ph.D.

You wanted to be a builder when you were young. You wanted to be a master builder. You went to Many Point Scout Camp to learn how to build—to build a fire, to build a campsite. You built the fire. You built the campsite. Are you running with me? You tried to build a dock. You got the materials for the dock and set it up on the shore. The dock was unstable and collapsed in the wind and sand. You felt the master builder within collapse when you were young. Are you running with me? You lost a dock work green. Mechanics and irrationality. You when you were young

Radical Kindness: A Recipe

By Dr. Patrick A. O'Dougherty

Aim: To introduce radicals to loving, caring, and kindness values

Ingredients: a bonfire grid, an eggplant, spinach salad, vegan sandwiches, chocolate cake, Charles Shaw wine—two buck chuck wine—a CD player with meditation music

Method: place the bonfire grid in a proper area for a bonfire, then gather the participants in a circle around the bonfire grid and start the bonfire, start the CD player playing the meditation music, then start the meeting, after the meeting

read the notes of the meeting against the meditation music, following this start the dinner by sharing the eggplant, spinach salad, vegan sandwiches, chocolate cake and Charles Shaw wine.

Cooking: Creative Visualization—have the participants focus on the bonfire and place their personal burdens symbolically on the fire. Let the fire consume their problems

A gathering: bring the collective of persons into a circle and have them walk slowly around the bonfire meditating on the music and the notes of the meeting then have the group face each other, shake hands, and give each other a hug.

Suggestions: Invent questions about your life and the meeting and then have your partner or the participants try to answer the questions. For example, how can we make the world a better place to live in?

Ending: Practice deep breathing techniques against the meditation music until the participants are totally relaxed

Read: The Kindness Curriculum by Judith Anne Rice. It is a book on a curriculum of values such as dignity, respect, gentleness, kindness and conflict resolution. It was the inspiration for this radical recipe.

Legal Blues: A Tribute to Langston Hughes

By Patrick A. O'Dougherty

I had a tough lawsuit with the lawyers.
Now I know why they call them liars.
The judge said son you've won the case
But you have to pay \$10,000 for the government losers
can't afford to pay da blues.

POEM OUT OF RECOVERY

By Patrick A. O'Dougherty, St. Paul, Minnesota

Deceived by Knowledge

I've been deceived by knowledge, haven't you?
Its illusions, its transitoriness, its limits.
Where does it all end?
With God playing guitar strings over a black hole?

Ex Nihilo

St. Augustine conceived the idea
The universe was created out of nothing, ex nihilo.

If I write a poem about nothing
Then I have a universe to write about.

A Hole in a Flute

God is like a hole in a flute,
Let me breathe in a melody of Love,
God's breath, God's song, God's talk,
Breathing in and breathing out,
Song of Songs, God's spirit coming out of my flute hole.

Seasons of the Mind

My mind has four seasons, doesn't yours?
Fall, winter, spring and summer.
Fall is a time for a clearinghouse experience.
Winter brings purity and sadness.
Spring makes love blossom.
And summer is patient like nature.
Mindfulness

A Boat against the Current: The Literature of American History Seminar and Cognitive Dissonance

By Patrick O'Dougherty

"I see the ruin of all things, shattered glass and falling masonry, and time consumed in one livid flame." James Joyce, *Ulysses*

I dreamed last night of the first seminar I took in graduate school, the Literature of American history. The Literature of American history was the opening course I took in graduate school with the history department at the University of Minnesota. It was the most rewarding and difficult course I took at the university. I remember walking into the seminar with its terribly formidable set of professors in Blegen Hall at the University. I sat down in the circle of students and professors including, David Noble who wrote, The Free and the

Unfree, John Howe, George Green, Paul Murphy, Allan Spear who wrote, The Making of Black Chicago, Alfred Jones and Hy Berman. In my dream I invoked the presence of Elizabeth Gurley Flynn, Dorothy Day, Ammon Hennacy and Joe Hill. I had Dorothy Day for a teacher at St. John's University. I was experiencing cognitive dissonance at the time of the seminar and at the time of the dream. Cognitive dissonance is a state of irony or anxiety resulting from a person's simultaneously held attitudes and beliefs. The term was coined and defined by Leon Festinger, the social psychologist. I was Irish, radical and Catholic in a seminar of Protestants and Jews. How would I resolve this cognitive dissonance?

The seven professors in the American wing each presented their specialties, for example, David Noble presented intellectual history and Hy Berman presented labor history. Then the eight graduate students including the Finnish students Mike and Lynn Passy in the American wing selected topics from the presentations and wrote and defended position papers to the seminar. One topic discussed which I later pursued was Rev. Colman Barrie's dissertation, An Irish Catholic in German America.

A topic I chose out of the seminar was the conservative triumph within the liberal Minnesota tradition. For example, my thesis was the Humphrey years were really a conservative triumph. Why? Humphrey, a personal friend and mentor, was the architect of the great society meaning big government. Big government means big military and big police. The pie is already cut in the constitution in favor of the military and the police. I appealed to Humphrey to appoint a Jew to a foreign policy position. He voted in favor of the appointment of Henry Kissinger his nemesis. Later on in life, after experiencing a Palmer Raid at Eastertide following 911, the opening Joyce prophecy actualized, I wrote the work, The Stockholm Syndrome Project: Images of Dred Scott in a New Book of Daniel to point out the hypocrisy in the Minnesota liberal tradition. For example, presently, Minnesota, Humphrey's State, has the worst graduation rate in America for Afro-Americans. Part of this problem is due to the making of Black Chicago within the Minnesota Black Community. This is the Black Dellinger phenomena where Dellinger robbed and where he slept. My work compliments the work done by Michael Quinn, Walking with the Devil, on the Minneapolis police code of silence, and Colleen Rowley's FBI whistle blowing.

I founded in 1998 on the 8th Pastors for Peace Caravan to Cuba with Rev. Lucius Walker, New Abolitionist History. Psycho-history and the Death of the Master Narrative in American history are also intellectual history innovations of mine and a few others. The idea of New Abolitionist history is to not be a slave to passion or to government. Minnesota is the capitol of big government. The main prayer here is often the "gimme" prayer. Psyche narratives especially those dovetailing out of the antiwar movements form a critical part of the American

historical narrative here. Humphrey's death created a death of the master narrative for me. His wake formed a Finnegans Wake of alternative American histories.

In Minnesota the person of irony and radicalism is often the Irish Catholic in the Scandinavian German American traditions, for example, the McDonald nuns at St. Catherine's University.. The Palmer Raid I received resolved my cognitive dissonance. A Sartreian "no exit" experience at Anoka where I started and became a first editor of The Voice resolved my anxiety in favor of radicalism and direct action as a way of life. Dream shattering and personal reconstruction resolved my cognitive dissonance and historical irony.

"So we beat on, boats against the current, borne back ceaselessly into the past."

F. Scott Fitzgerald.

GOING NATURAL

By Patrick A. O'Dougherty, Ph.D.

There is a book entitled, the Bruzinski Principle, which looks at the corruption in the pharmaceutical industry. The idea behind the book is there is a cure for cancer but the FDA won't approve it because of corruption. This is also a major problem in the psyche field. I went to a psychiatry conference at Mount Olivet Lutheran Church in Minneapolis led by an Irish doctor from the Naperville, Chicago area who had vitamin cures for the major psyche problems but the FDA wouldn't approve them because the welfare mothers would then get free vitamins.

I am presently looking into Bible oils, like sandalwood, cassia, cedarwood, cypress, frankincense, galbanum, hyssop, myrrh, myrtle, onycha, rose of Sharon, and spikenard, for medicinal and psyche healing with Nancy McClellan, a St. Thomas, the Apostle, grade school classmate. I think every psyche consumer should have the option of alternative medicines that are not poison based. Natural products do not always have the side effects of the synthetic drugs. Going natural is a solution to most psyche problems. Hennepin County Medical Center in Minneapolis has an alternative clinic.

2734 Bryant, Minneapolis: A Young Man of Property

By Patrick A. O'Dougherty, Ph.D.

A Photo in Gray

The young man in this photo is me when I was a young historian. The photo is superimposed on a map of Minnesota with me as a political prisoner. At the time this photo was taken I was living at 2734 Bryant Ave. in Minneapolis in 1969. This property was a fourplex which I converted to a triplex with the help of my father. I purchased the property with a loan from the University of Minnesota's credit union. The loan value was \$1000. Robert Pirsig who wrote Zen and the Art of Motorcycle Maintenance lived in this neighborhood at the time. The photo reminds me of leftover note cards from history writing projects I was doing at the time. I was in my first year of graduate school. I was rereading Edmund Wilson's, To the Finland Station. He had married Mary McCarthy who had grown up in a neighborhood house on Blaisdell Ave and had written Memories of a Catholic Girlhood out of this experience. I was reading and writing about Daniel Abel's, Writer's on the Left. My leftover history note cards and this photo were the debris of my life during this time period.

I was intellectually climbing a ladder at the time—a ladder of left wing politics, race and anti-colonialism. Moreover, I climbed a ladder to repair the chimney on the triplex. The personal identity I was chasing at the time was to be a great artist. The means I chose to pursue this dream was the bourgeoisie illusion of a man of property. This was my Minneapolis at the time. The property helped put me through graduate school. I later traded the property for two apartment buildings located at 2600 Portland and 2501 5th Avenue.

On a June evening while having a party with a friend of mine, Mike Smith, we were robbed at gunpoint by two Black men one whose name was Ken. My personal identity and bourgeoisie ambitions were shattered after this robbery and my subsequent post-traumatic stress syndrome. I lost my properties. This experience was my personal Portrait of Dorian Gray. My photo is reflective of this portrait. I still have flashbacks to this robbery. My quest for anti-colonialism led to a post-colonial stress syndrome. My quest in on the left politics led me to becoming a street person. My experience with race and politics had deconstructed

WE WILL NOT BE ASHAMED TO SAY WE ARE MANIC DEPRESSIVE

By Patrick A. O'Dougherty, Ph.D.

This is a brief depiction of the 1968 Prague uprising see through the eyes of Tom Hayden, a fellow founder of Students for a Democratic Society. It reveals the proud hopefulness of those days. While Soviet tanks came to Prague in August of 1968, in the U.S. troops arrived in Chicago making Chicago a little Prague. Czech resistance held the Soviet occupiers at a distance for a time. Five Czechs died during the 1968-1969 protests. During January 1968,

Jan Palach immolated himself to force democratic reforms. In a silent protest nearly 100,000 people attended the funerals in a protest characterized by silence. During April of 1969 Gustav Husak, a pro-Soviet leader replaced Alexander Dubcek, the communist reformer. The next twenty years in Prague were a forefront of communism. Twenty years were wasted in Prague by a regime, like the George W. Bush regime, characterized by cynicism, repression and out emigration.

I met Madeline in the winter of 1967 when in our young eyes all seemed possible. I met her at a political fundraising party for Vance Opperman, a student for a Democratic Society friend of mine, who was running for political office on the West Bank of the University of Minnesota. She was a very beautiful Norwegian girl from Fergus Falls Minnesota taking care of a love child she had had by a music student at the University of Minnesota. She led me through the maze of the Minnesota bureaucracy into a formidable counter culture of political dissidents, artists, students and religious new age types. Our relationship was set against the events in Prague and Chicago 1968. She lived in the Roselle apartments at 910 Portland Avenue in Minneapolis.

In 1968 when the streets of Chicago and Prague filled with students creating a revolution that would bring power to the sixties counter culture, I sent her the following recreated letter. It is dated January 6.

Dear Madeline, Our relationship has gotten off to a great and hopeful start. The events in Prague, Paris and Mexico are a great tribute to our generation and to their children, especially your daughter Andrea. During the fifties there was no inkling of the vast changes that our generation was going to make during the 1960s. The 1950s were a period of silence with cold war memories and Daddy war bucks as the president. In contrast, the 1960s were a period of rapid change characterized by demonstrations, protests, petition signings and personal anniversaries like college graduations. President Kennedy had courage and the death of his brother Robert sealed our relationship in June of 1968. We learned to stop being afraid of the police by writing slogans and leading candle light parades. Students for a Democratic Society led a huge march in Minneapolis about the time the Federal Building in downtown Minneapolis was bombed. Do you remember making jewelry out of the debris of this bombing? I have told my friends how enthusiastic you were in our relationship and how I helped you get a music job in Sandusky, Michigan. I will be always happy to hear from you in the future and to see you again as when "I'm sixty-four." Our personal revolution was loving, emerald, and mutually manic depressive. Do you remember the bipolar personality swings we had during the Chicago and Prague demonstrations of 1968? Do you remember the advice of my therapist, Dr.

Shirley Corrigan, "Take responsibility for your actions?" The personal and political revolutions of 1968 in Prague and Chicago cured our problems with manic-depression. Never be ashamed to say you are "manic-depressive."

Love always,

Padraig

WRITING MEMOIR: AN IRISH CATHOLIC RED DIAPER BABY

By Patrick A. O'Dougherty, Ph.D.

Patrick. My name is Patrick. I grew up in St. Cloud, MN after the Great War in a little yellow house just down from the main court house. Earlier my family had lived in Pantown a working class neighborhood where the automobile factory was. I went to Cathedral Grade School to kindergarten. We didn't have class desks in the kindergarten but blankets. We had lessons on how to control ourselves. Control ourselves. The kindergarten teacher had a depression nervous breakdown. So class was dismissed and we didn't have kindergarten.

My father, James, or as his friends called him from Maple Lake, Aquinas, was a lawyer in Sauk Rapids. He was hired by a divorced man as an Irish Catholic to quell the outrage in the community against the lawyer's divorce. I was named Patrick Aquinas after both of my parents. My mother lost her first child. So my father, Aquinas, named after the great realist saint Thomas Aquinas, named me after her. My middle name is Aquinas like my father's first name.

My father was in the Reserves. He was an officer. He used to lead soldier parades around St. Cloud which at the time was mainly a German Community with the soldiers cheering thank God we beat the Jerry's. I thought this as a four year old to be terribly odd. Alienation. As a child, I was already thinking resistance. I was early on forming a nonracist concrete conception of history. Bach, Beethoven and Wagner were vilified. German culture and art were condemned in a mainly German town.

My father liked the great revolutionaries like Malraux, Rousseau, Meridel LeSeuer, James Connolly and the Red shirts. He made a remark in a class at St. John's that was recorded. It was something like "to the Russian Revolution." When he came up for promotion to an officer, this remark was in his records. Somebody had been spying on him at St. John's. Was this part of the FBI's attack on the left in Minnesota in the 1950s?

Irony and dialectics. I had a very ironic growing up. I was an Irish Catholic red diaper baby in a largely German town in Minnesota. Race, class and identity politics were my early toilet training. I never left those red diapers. I never left the yellow house on Fourth Street. Patrick

Activism

By Patrick O'Dougherty

"Never doubt that a small group of thoughtful and committed individuals can change the world. Indeed it is the only thing that ever has." Margaret Mead

My personal story. When did I first become an activist? I, a history student, was walking along the old Washington Avenue Bridge at the University of Minnesota in search of Daedalus, the first Greek intellectual. It was homecoming time at the University of Minnesota and I thought about asking a thin blond student in one of my economics classes to homecoming. I was reading the Minnesota Daily and I came across a small ad for a new student group on campus, the Student's for a Democratic Society. In stead of going to homecoming, I attended this meeting. Present were Lee Warren Smith, editor of the Daily, myself, Vance Opperman, Brian Coyle and Howie Kaibel. Tom Hayden had written the Port Huron Statement which we discussed at the meeting which was a blueprint for radical change within America. It was a call for participatory democracy meaning the movements as opposed to representative democracy. All of the people in attendance at the meeting went on to become national founders of Student's for a Democratic Society and national founders of the antiwar movement. This is when I first became an activist.

Focus: Labeling Genetically Modified Drugs

What is the upshot of activism for the psyche field? Manufacturers should label genetically modified drugs. Psyche consumers should have the right to know if their drugs contain genetically modified ingredients. Manufacturers should inform consumers of the side affects of the genetically modified drugs. For example, Gary Corum of Apollo is participating in a Zyprexa lawsuit which deals with misleading and false labeling

A FALL INTO WINTER CONVERSION STORY: MINNESOTA A GHOSTED LAND

By Patrick A. O'Dougherty, Salvation Army, St. Paul, Eastside

"Thus you shall salute him: 'Peace is to you and peace be to your house, and peace be to all that you have.'" 1Samuel 25:6

Minnesota, a Ghosted Land

I hail from Minnesota, the North Star State, a storied land, where they say you can hear the voices of the souls of the Indian dead crying out at Fort Snelling

for restorative justice. I hail from Minnesota, the German prisoner of war state, where they say you can see the ghosts from the WWII German prisoners appearing still at the camps on the way to Duluth on the fabled Highway 61/35W. I've seen the invisible, the ghosted. I was mulling over storied thoughts such as these on my way to a Salvation Army Single's retreat at their camp near Finlayson, Minnesota which is on the way to Duluth. Christ's admonition is the pray for the dead to pray without ceasing. I began my journey into God's depth by disciplining my self to pray on the fall van ride north along Highway 61/35W. I began to pray for Minnesota's dead. Perhaps Bob Dylan's conversion story to Christianity happened along this highway. His conversion record is "A Slow Train Coming. The Salvation Army van moved like a slow train coming towards the Finlayson retreat camp, a nonghosted camp.

Not Owner's of Our Time

A theme of the retreat at the camp at Finlayson is we are not the owner's of our time. Christ is coming again and he will break the hands of all clocks into infinity. The soul's of the Indians at Fort Snelling and the souls of the German prisoners of war are not the owner's of their time either. There numbered hours will melt and flow like Salvador Dali's clocks at the second coming. The hours of the retreat were like a "Clockwork Orange" meaning mechanics and irrationality. I heard the inaudible.

Borrowed Clothes

The irrationality of the North Woods and the mechanics of time led me with the Salvation Army retreat master Sherri Trucker into an accounting of my talents. I have spiritual talents like writing and musicianship which I used in song in the prayer house in the woods. I have natural talents like income and inheritance which I have never been able to let go of easily until now. The dead I prayed for let me realize my possessions and talents are not my own. They are like borrowed clothes. I heard Christ call out "get out of yourself" and heard the Angels singing Holy, Holy, and Holy. Smash your mirror ego and get beyond your mirror of self and glorify God. Abolish the slavery to time and the river of self doubt. The purpose of the life is to glorify God. The Salvation Army retreat was a life changing conversion of the heart for me.

God's Depths

On the way back to St. Paul and once again thrown into God's depths I began praying again for Minnesota's dead. Are you one of them? "Awake O Comforter!" Our hearts are restless until they rest in Christ. I began living a life of confession. This is my fall into winter Salvation Army Northlands conversion story. Peace.

Ref. Calvin Miller, Into the Depths of God. Bethany House, Minneapolis, 2000

Benediction

By Dr. Patrick A. O'Dougherty

Chorus from the Irish National Anthem

Chorus

"Sons of the Gael! Men of the Pale!
The long watched day is breaking;
The serried ranks of Innisfail
Shall set the tyrant quaking."

Sons of the Gael! Men of the Pale!

"Love not in word and tongue, but deed and truth." 1John 3:18

May the ear of the heart of St. Benedict listen to the peace found within the kingdom of God.

Now in this dog eat dog world let the interface of the
Other spiritual universe break through and let the blood of the lamb found in this
seeping

Bring blessings upon the people. Blessings of the majesty of the wise God our
Savior

Whose glory and dominion will triumph now and for ever,

Chorus

"Sons of the Gael! Men of the Pale!
The long watched day is breaking;
The serried ranks of Innisfail
Shall set the tyrant quaking."

Amen.

Responsive Reading: 1Samuel 3:3-10, 21

Tune In

By Dr. Patrick A. O'Dougherty

Leader: And the Lord cried out to Samuel, "Can you hear me?"
And Samuel the youth replied, "Yes I can Lord."

Response: In this humdrum world it is difficult to hear the Lord. Take out a few

moments of silence while you are driving to work to tune in the lord.

Leader: And the Lord cried out a second time to Samuel, "Can you hear me?"
And Samuel the judge said, "Yes I can Lord."

Response: In a moment of weakness stay tuned to the Lord. Tune out
distracting thoughts and desires and bring in God's wavelength.

Leader: And the Lord cried out a third to Samuel, "Can you hear me?"

Response: Samuel heard the Lord's call and became a prophet. Is the Lord
calling you to prophecy also? Tune out distracting thoughts and you will find out
what he wants for you. Perhaps it is prophecy

John Paul II—The Imagination Tribute

"Be Not Afraid," John Paul. As you lay dying I headed your struggle to lead me
to God, to confront materialism, violence and idolatry with deeds of justice, peace
and truth. Christ given life is a joy. You were the first Pope to visit a synagogue.
You apologized for Catholic roles in Shoah. You visited Auschwitz and the
Western Wall in Jerusalem. You visited a Mosque and opened the doors of St.
Paul outside the Wall at the start of the Jubilee Year 2000. Your forgiveness of
Mehmet Ali Agca your almost assassin is a mountain top. Your pleading for the
life of Darrell Mease a man scheduled for the death penalty in Missouri is also a
pleading for my exoneration as a prisoner of conscience case. John Paul II, your
assembling of World Leaders in Assisi to pray for peace lifted my fears. Your
role as a clergy diplomat hastened the downfall of communism in Eastern
Europe. You stood with Archbishop Romero against the war machines. You
highlighted the role of women found in the Gospel of John and John's Christ
centricity. Imagine moving from these images of your deeds of justice and truth
into ascension into the truth of the eternal Christ. These acts against fear are my
case for your canonization. Imagine uniting yourself with the colors maroon and
gold, the colors of the University at Poet's Corner, Selby and Western in St. Paul.
John Paul, "Be Not Afraid," unite your good deeds of beauty, justice and truth
with my good deeds into the imaginative universe. Roll away the stone of the
tomb with Mary Magdalene. The universe is imagination. You further defined
this with your life. My life is the psychology miracle, "Be Not Afraid." Imagine.

Handel's: The Queen of Sheba

A Programmatic Reflection on the Nature and uses of Music, Dance and Therapy

The Queen of Sheba is my Siamese cat.
The food He eats signals the arrival of a new
Dark night of our bodies. We begin playing
And dancing together between the bars of this
Cat's cradle processional. The contrary motions
Between us form deceptive cadences.
I anger over Queen's comings and curtseys.
Queen is a royalist like Handel's mentors.
The music is masculine and feminine. My bipolar mind
Turns and turns and turns the Queen of Sheba into a
Deceptive cat's cradle in birthing contractions. How can we
Tell the music, the dancers, the genders, the birthing from the dance?

On the Strand in Duluth

Here I am on the strand on Lake Superior by the wharf in Duluth. I am
comparing the grains in the strand to the grains in my medications: strand sand,
Tegretol grain, Ridperdal grain, strand grain. Colored sand, colored capsules
reach into my mind like grains in a photo map. My mind is in marathon country.
Strand amplify my mind in traces of colors and textures. Play the prophet grains
of sand and grains of medications. Name me. Color me. Find me. Will my walk
along the strand and my medications reflections enable me to solve the chemical
mapping of the brain problems?

Earth Allegiance

I pledge allegiance and reconciliation to the earth,
And to the communities to which it belongs.
One earth, under God and Gaia
With liberty, justice and responsibility for all.

Prayer: The Lord's

Eternal Father, universe creator, suffering
Source of life, pray for us!

Source of the now and the future,
Father and Mother, together
Pray for us!

Hallowed by your many names,
Singing through the universe,
In solidarity with the people.

Mercy and Justice,
May Your Will be done,
By all your creatures.

Hope peace and freedom
Maintain your commonwealth.
Give us your daily bread,
Forgive us our hurts,
And those who hurt us.

Strengthen us in times of weakness and testing,
Spare us impossible trials
Free us from the hold of evil.
Father, in majesty reign in power, glory, and
Now and Forever, Amen.

Anthemn: A Celtic Word Warrior

Raise high the roof beams of my heart word crafters
So everybody fireflies within with confidence
As they circle around the rhyming sun, moon, and howl
Not gazing down, but gazing out, looking
For the sun and moon, they dance
Shine the sun of the different shapes of the moon

The wolf lets out a howl, a poet's howl.
But my Celtic howl is louder than his.
The wolf cannot be heard!

The room is filled with howl noises
Which hang in the air like a word necklace.
Vision a Celtic warrior male, howling
Wearing a word necklace with a choker
Crafting words in Wolf Tones for a republican revolution.
Howl against injustice. Howl

Patrick A. O'Dougherty, Ph.D. **Chapter 3**
1645 Marion Street, #208
St. Paul, MN 55117

MINNESOTA STATE BOARD ON
JUDICIAL STANDARDS
SUITE 180
2025 CENTRE POINTE BLVD.
MENDOTA HEIGHTS, MN 55120

October 5, 2009

Minnesota State Board on Judicial Standards:

RE: A COMPLAINT FILED AGAINST JUDGE ROBERT BLASSER,
MINNESOTA FOURTH JUDICIAL DISTRICT, HENNEPIN COUNTY

This letter and the accompanying complaint letter form a strong case for the dismissal of Judge Robert Blasser from his position as a judge in the Minnesota Fourth Judicial District.

Sincerely,

Patrick A. O'Dougherty, Ph.D., a historian in the tradition of Bartolome De Las Casas.

STRUGGLE

If there is no struggle there is no progress...This struggle may be a moral one, or it may be a physical one, and it may be both moral and physical, but it must be a struggle. Power concedes nothing without a demand. It never did and it never will. Find out just what any people will quietly submit to and you have found out the exact measure of injustice and wrong which will be imposed upon them, and there they will continue till they are resisted with either words, or blows, or with both. **Frederick Douglass**

JUDGE ROBERT BLASSER: USURPER. MINNESOTA'S FOURTH JUDICIAL DISTRICT, HENNEPIN COUNTY MINNESOTA

RE: Gross Judicial Misconduct: Judge Robert Blasser engaged in rude, abusive, and otherwise improper treatment of defendant, Patrick A. O'Dougherty, witnesses, and others. His legal expungement decision showed a clear expression of bias against merit based on race, gender, class, ethnicity and

modernity. He used his position as a judge to get even and for revenge. He communicated improperly with only one side to a legal proceeding. His behavior was criminal not judicial.

THE BOOK OF JUDGES: What is the truth of the Book of Judges in the Bible? The great judges in the Book of Judges are called not just to render judgment but to be great leaders in the community. The problem area in the Book of Judges is different corrupt judges usurp power and thus violate the public trust given them. Judge Robert Blasser's legal decisions in the case of Patrick Aquinas O'Dougherty, an historian in the tradition of Bartolome De Las Casas, reek of usurpation and corruption. He used his position as a judge in my case to get even and for revenge. He relied for his legal advice on one of the most idiotic lawyers in the history of the State of Minnesota, attorney, Mary McMahon. In March of 2006 I came before him in an expungement case and he sided with two lawyers who did not even show up in the courtroom. They didn't even show up for work. Also, the campus police officer, Eric Steneman, who had felony charges filed against him for civil rights violations, a federal offense, and for trying to neutralize dissent during wartime which is also a federal offense, was backed up by Judge Robert Blasser who just covered for his own background immature types. I read his letter of judgment in my case. It was very vague and sent to me on a Friday. I called the professional liar involved in the case for legal clarification. Mary McMahon screamed "fire in the theater." The State of Minnesota has lost 100,000 white collar jobs due to decisions made by Judge Robert Blasser. The Hispanic community has lost over 30,000 lives due to decisions made by a usurping judge like Robert Blasser.

STUDS TERKL, ATTORNEY

I made a Studs Terkl CD that is in the Library of Congress in my cases. Studs Terkl is a German genius and a lawyer as well. Both of us attended the University of Chicago. The University of Mexico is 100 years older than Harvard University. If Judge Robert Blasser applied for admittance there I think they would decline his application for lack of ability. He is simply a coattails appointment. My father, James O'Dougherty, was a John Pillsbury attorney. Do you think his own would try a lightweight like Judge Robert Blasser?

RECALL JUDGE ROBERT BLASSER What Judge Robert Blasser did in my case was to hold the line for Attorney John Ashcroft? What an indictment of Robert F. Kennedy? Recall Judge Robert Blasser. He is a control agent for society, NOT A JUDGE. I had a bastard with a badge experience with his team. **CONSIDER THE SOURCE.** I was classified as "some kind of two peckered owl" by Sheriff's deputy 706 of the Ramsey County during Easter time due to the legal "probable cause" arrest he gave me. Didn't the Irish uprising for freedom occur during Easter time? I won the case. I am the religious intellectual warrior type.

He can't relate to this type probably because he hasn't found favor with God **Judge Robert Blasser doesn't have the guts or the talent to convict John Ashcroft of Dick Cheney for clearing violating the material witness legal clause.** What if a public defender in the State of Minnesota did something like this? Get this establishment lackey off the bench. Give us our state back! **I was an abused material witness.** I grew up in Atlanta, Georgia, where I had the privilege of having a civil rights labor arrest. Judge Robert Blasser lacks vision and insight. You don't send a boy to do a man's job in Georgia. He should deal with this issue. Case rests for the defendant.

"Nowhere Man Please Listen" Beatle's Song Lyric
ATTORNEY MARY MCMAHON IS A CHRONIC AND PATHOLOGICAL LIAR, A CONGENITAL LIAR I was arrested in a Palmer Raid on the Octave of Easter, 2006, at my Milton Street Senior Hi-Rise apartment under a warrant issued by Judge Robert Blasser, a probable cause warrant, issued at the bequest of attorney Mary McMahon. I had earlier tried to hire her to represent me in an expungement case and she declined. She did show up at the expungement hearing where I was forced to walk the gang plank with no legal representation in a criminal expungement which had earlier been dismissed. . I understand from Lawyers Referral an attorney has a right to decline to represent a client. Following the hearing with Judge Blasser, I offered some disparaging remarks to attorney Mary McMahon. She claimed I said she "let the Irish Catholics of the world down." After I received the results of the expungement from Judge Blasser, the expungement was denied on psychological grounds, I contacted by phone attorney Mary McMahon for legal clarification of the judge's letter. I did not know where the judge was coming from was he coming from nowhere. I echoed the Beatle's song lyric, "NOWHERE MAN" IS JUDGE BLASSER "NOWHERE MAN?"

Mary McMahon **jumped the gun** and called the police and judge and claimed I said Judge Blasser is a "dead man." Every statement in her report to the court was a lie or falsification or fabrication. She claimed I had a personal interest in her. This was a projection. She claimed she had to force me from her office. I was at her office getting a business required signature. She can't even afford a receptionist. There was a client witness in the office while I was there.

I am a former head of the La Raza group on campus and a fellowship winner to Cuba. **There are over 30,000 dead Hispanic Americans at the hands of lying lawyers, like Mary McMahon and usurping judges like Judge Robert Blasser.** Mary McMahon is an indictment of Our Lady of Guadalupe in this Palmer Raid Easter Case. **I requested a lie detector test.** I never got one. I requested a restorative conference meeting with Mary McMahon. I never got one. The Protestants just covered for their own plaintiffs...

A LITTLE PROBLEM OF GENOCIDE

The Protestants have a little problem of genocide to account for. "Mr. Bush you can't hide. We charge you with genocide." During the Bush administration 2.7 million Hispanics entered this country. Are Mary McMahon and Judge Robert Blasser inviting them to take them out? 30,000 dead Hispanics get a voice from the defendant.

BACKGROUND: A BIAS CRIME ON CAMPUS:

I was on the receiving end of a bias crime on campus. The campus editor involved, Shelly Fling, got locked into a situation of bias/hatred of an Irish Catholic. It did not look good for her. There is a federal civil rights bill on the books prohibiting bias. She could have lost her job for civil rights violations, a felony. I initially had Judge Lucy Wieland, however, she thought the case was too controversial for her. I was then assigned Judge Hopper who was the judge for the Reroute. I came to the conclusion he was just going to get one of his own out of serious charges rather than help her grow up. I requested a different judge and suggested he try the "Puerto Rican" private prison in Appleton, MN. He should try a taste of what he passes out. Rather than getting assigned a new judge, Hopper used his position as a judge to get even and for revenge. I was charged with making felony terrorist threats. The reason we have judges is so the bench is not used to get even and for revenge. Hopper did this. His treatment of me was rude, abusive and improper. His legal decision was an expression of bias based against religion, merit and gender. The case was a wages of whiteness case. Nothing was done to the editor involved. All the judges did is cover for her. I was a head of the University of Minnesota's antiwar committee and the Minnesota Cuba Committee. It is a federal crime to suppress dissent during wartime. My position is for fraternal legal correction is a court system where there is a legal disconnect between faith and public life.

BARTOLOME DE LA CASAS, LEGAL REVISIONISM AND COLUMBUS

There is no more blatant distortion in American history learned by generations of Americans—in schools, textbooks and popular culture than the story of Christopher Columbus. He is portrayed as a brave adventurer, a skill mariner and a heroic figure. He met the peaceful Taino Arawak Indians who he saw as subhuman even though in his written memories he found them to be gentle and generous. Columbus tortured them to help him find gold for himself. He was promised ten percent of the profits and a governorship over any new found lands. He kidnapped and enslaved hundreds of Indians. He forced them to work the mines under impossible conditions in his personal quest for gold. He began the annihilation of the Indians on the island which is now the Dominican Republic and Haiti. Columbus initiated the first European conquest of the Western Hemisphere. In recent history this highly idealized and romanticized

picture of Columbus has been revised and the evidence for this historical revisionism comes largely from Bartolome de Las Casas, who witnessed the scenes on the island of Hispaniola. Bartolome de Las Casas was a contemporary of Columbus and a first hand observer. Columbus while presenting himself as a Christian maimed and killed the native peoples of Hispaniola in search of gold.

DR PATRICK A. O'DOUGHERTY, A HISTORIAN IN THE TRADITION OF BARTHOLOME DE LA CASAS

The second most blatant distortion in American history learned by generations of American students is the story of the genial judge dispensing knowledge with an even hand and with evenly balanced scales of justice. Consider this truth. In Minnesota the judges, lawyers and politicians have lost 100,000 white collar jobs in the ten years of the 2000 millennium. This occurred even before the recession of 2008 where even more white collar jobs were lost. Furthermore, under the Patriot Act over 1000 Minnesotans were rounded up and charged with making terrorist threats for protesting the illegal and genocidal wars in Iraq and Afghanistan. I was one of them charged with felony terrorist threats by Judge Richard Hopper of Hennepin County District Court for asking for a different judge and for requesting initiative, referendum and recall. The charge was completely bogus and his staff, for example, Dr. Kristen Kienlen, perjured herself on the witness stand. Caroline Johnson, another staff member of Richard Hopper's, who I had never personally met or even had identified herself on the phone when I talked to Judge Hopper's office, indicted me. The second judge in the case, Pat Belois, found I didn't pass the Rule 20 test and dismissed the case. I got 100% on the Rule 20 test. Later in the expungement hearing, Judge Robert Blasser copped a plea.

REMEMBER THE DEAD

I am a historian in the tradition of Bartolowme Del Las Casas for the psyche activist and writing communities. Four young people, **ANTONIO WILLIAMS, WALTER BURKS, RAYMOND SIEGLER AND LORENZO DOBY**, were pepper spayed to death in protective custody in the government center in 2005-2006. Nothing was done to the perpetrators.

JUSTIFYING STRANDED GOVERNMENT BUDGETS

Promotions go slow during peacetime in America. Judge Robert Blasser is lacing Minnesotans finest people's records with violence so he can justify stranded government budgets. Recall Judge Robert Blasser. He is a Columbus figure without the heroic image. I admit to being irreverent and inappropriate but never made any threats. He has left 1000s of his own people, the German people of Minnesota, destitute. I have seen Germans crying on the city buses after they have lost their white collar jobs.

INDICT ASHCROFT AND CHENEY

The Founding Fathers of this country made the American Revolution not just a right but a duty. You have a duty to oppose despotic institutions in this country. If you do not, you are not really an American. John Ashcroft and Dick Cheney got the justice department to hold the lawyers in line on the Patriot Act. It was considered unfortunate what happened to the defendants, but the judges might face retaliation in their communities if they did not hold the line against America's finest citizens. John Ashcroft and Dick Cheney violated the material witness clause of our constitution. Why aren't they being prosecuted?

REVISIONISM

Struggle in my case yielded progress. I won my cases with mission and a purposeful heart. My position as a historian is for a revisionist interpretation of the cases I had with Judge Robert Blasser and attorney Mary McMahon.

Ref.: Howard Zinn, voices of a people's history of the UNITED STATES
Palmer Raid, Cover

This work is a theodyssey of a political prisoner in the alleged liberal state of Minnesota. This theodyssey led to a psyche cell in Anoka Metro Regional Treatment Center in Anoka, MN for a distinguished sixty year old Irish Catholic who would become an Obama fellow out of the experience. This Benedictine Oblate reflects on why he ended up in a psyche cell and reflects on the journey conscience can lead one.

From his psyche diary and other later writings, the political prisoner speaks out in a mixture of pain and beauty, prayer and thought that provides insight into people of conscience and points out constitutional policies that lead to gross human rights abuses. O'Dougherty lays bare the stark nature of the American psyche system.

Patrick O'Dougherty was born in St. Cloud, MN. He was raised in a politically radical South Minneapolis family. As a youth he was a boy scout. He became a Benedictine Oblate at St. John's University in Collegeville, MN two decades before his cases. He was a student founder of Student's for a Democratic Society. His cases are cases in civil disobedience and direct action. In the 1970s he joined the civil rights movement in the South in Atlanta, Georgia.

O'Dougherty is a founder of the Resource Center for the Americas, a fellowship winner with Pastors for Peace to Cuba and an Obama fellow in Sheboygan, WI. He lives near the F. Scott Fitzgerald neighborhood of St. Paul, MN where he is a long standing Apollo Artability artist. O'Dougherty is a Carlson Heritage Wall author at the University of Minnesota.

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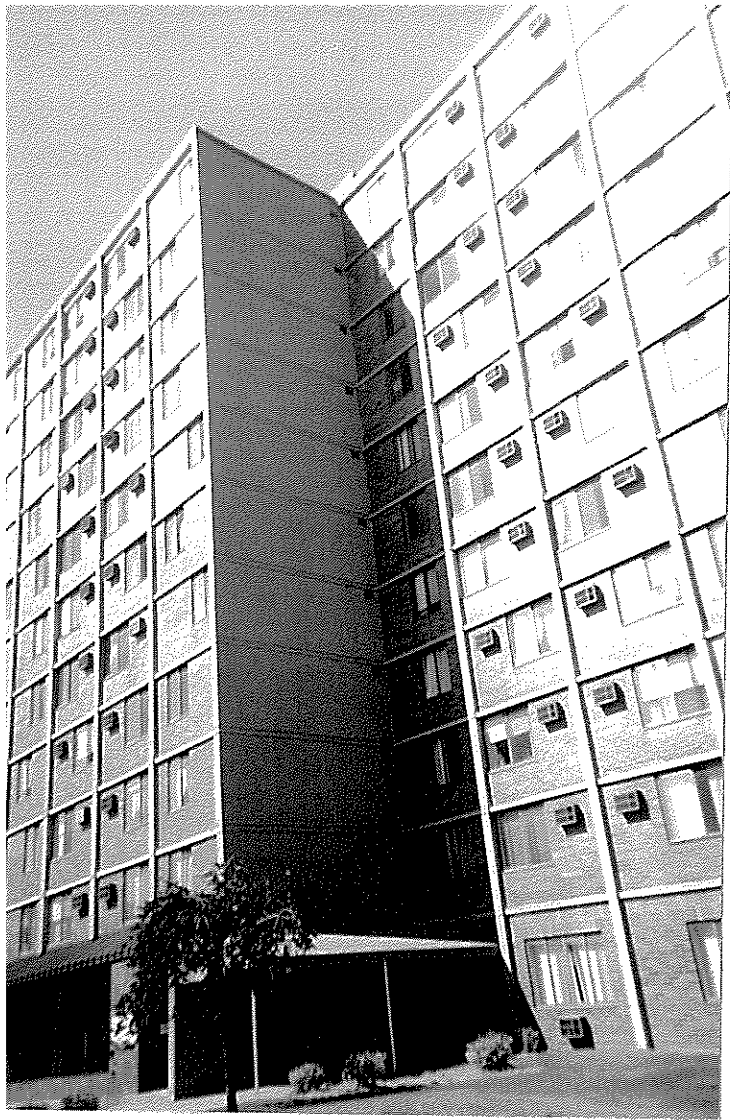
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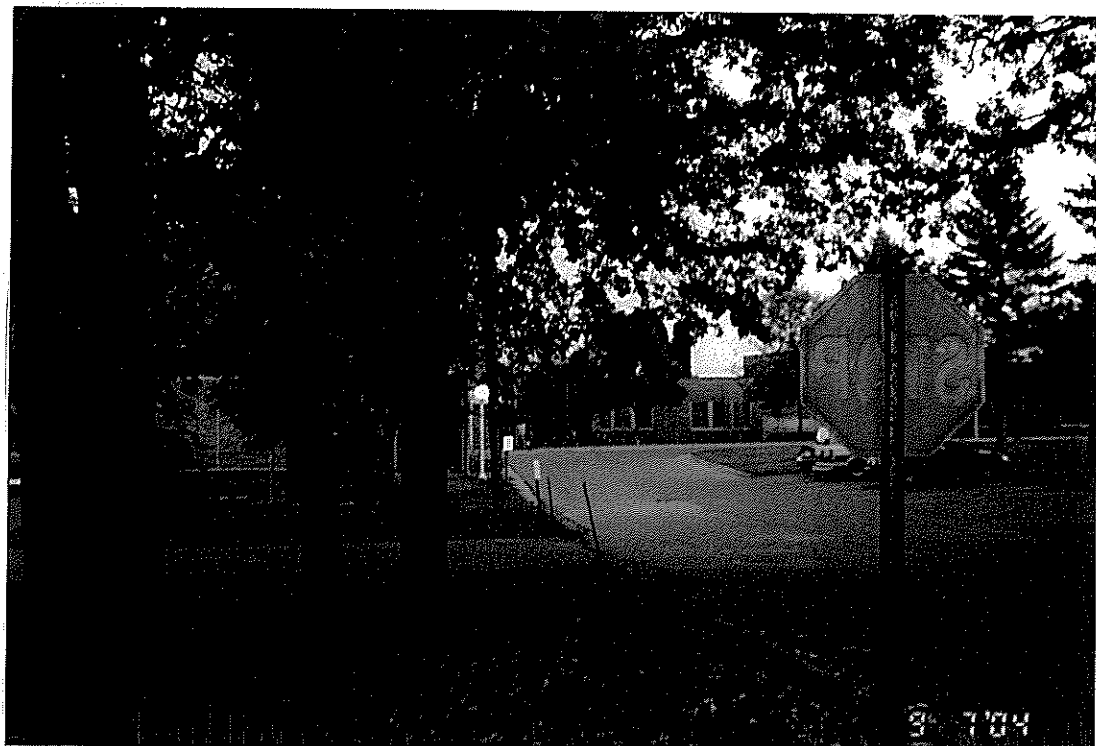
Minnesota Palmer Raid: Acknowledgments

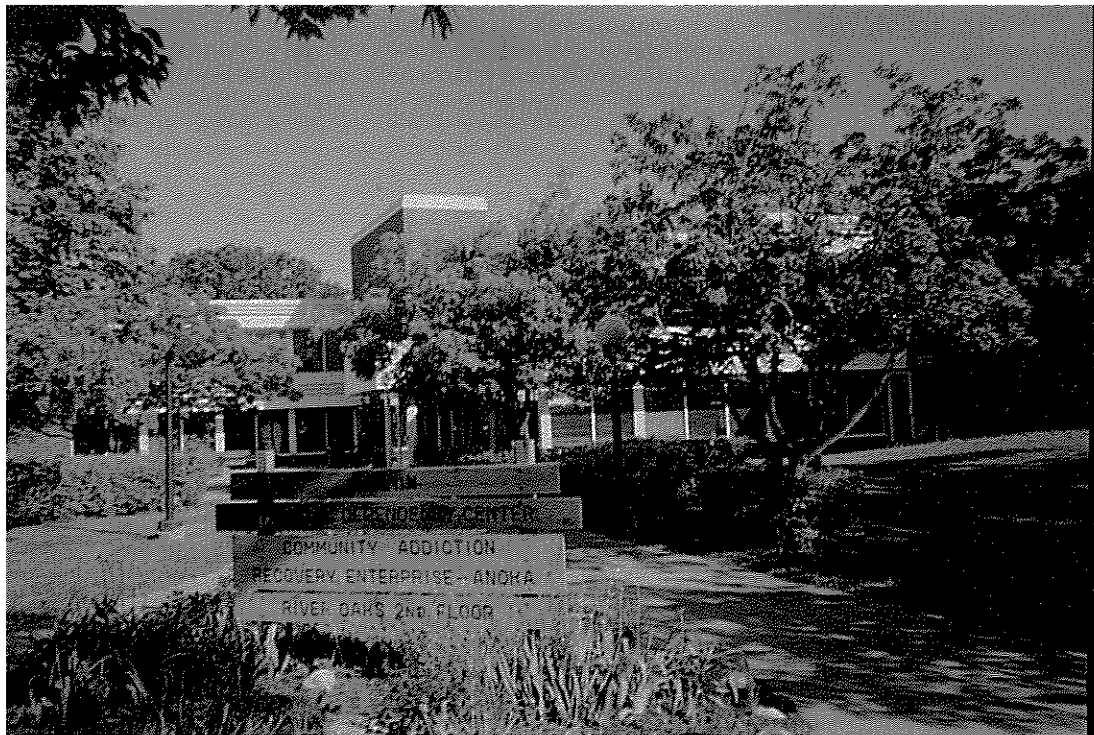
I wish to acknowledge my patron saints in this struggle; St. Patrick and St. Thomas Aquinas. The bondage I experienced in this struggle was a human bondage. Read Spinoza's *Of Human Bondage*. The mistakes in the cases I faced I claim. The victories I owe to God. I further wish to acknowledge the people who visited me while I was at Anoka: Patricia Kast, my mother, my sisters Mary Ann and Maureen O'Dougherty, Mike Franey, Mary Boggie, and friends, John and Dick Harris, Bob Davis, and Don Simon. All of these people are a life long source of strength to me. I further acknowledge I am sixty years old with no track record of violence. I pled not guilty, no contest and judicial incompetence was the reason for the charges. I won the three cases I had. All of the cases were dismissed in my favor without prejudice. I take special credit for being the founding and award winning editor of the Anoka, *The Voice*, a copy of this newspaper is included in this book.



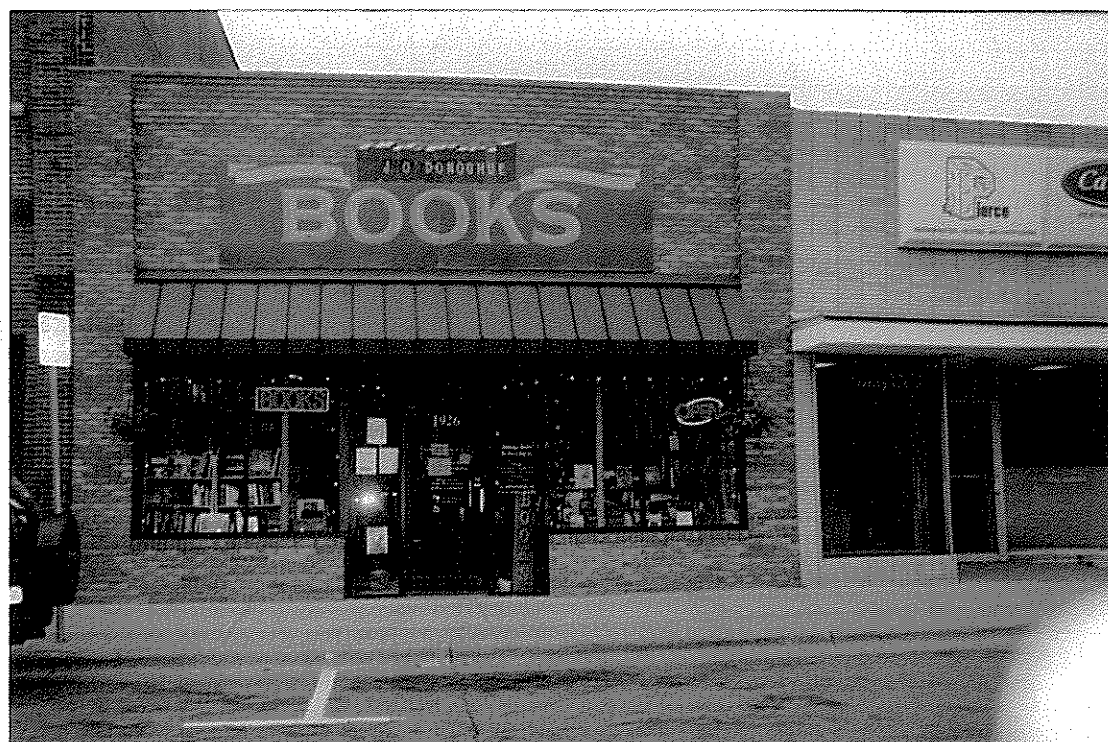
**Scene of the Eastertide
Palmer Raid
750 North Milton Street
#912
St. Paul, MN**

**The Miller Building
At Anoka Metro
Regional Treatment
Center, the Legal
Hold**





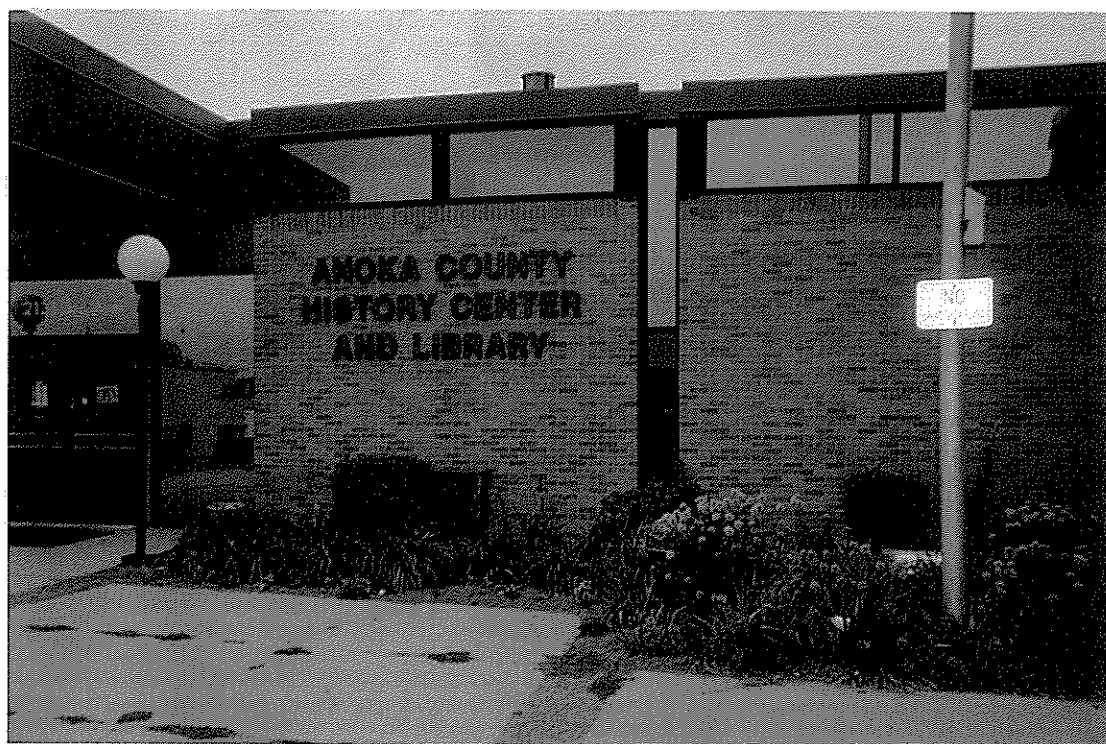
**River Oaks
Anoka Metro
Regional Treatment
Center, the Legal Hold**

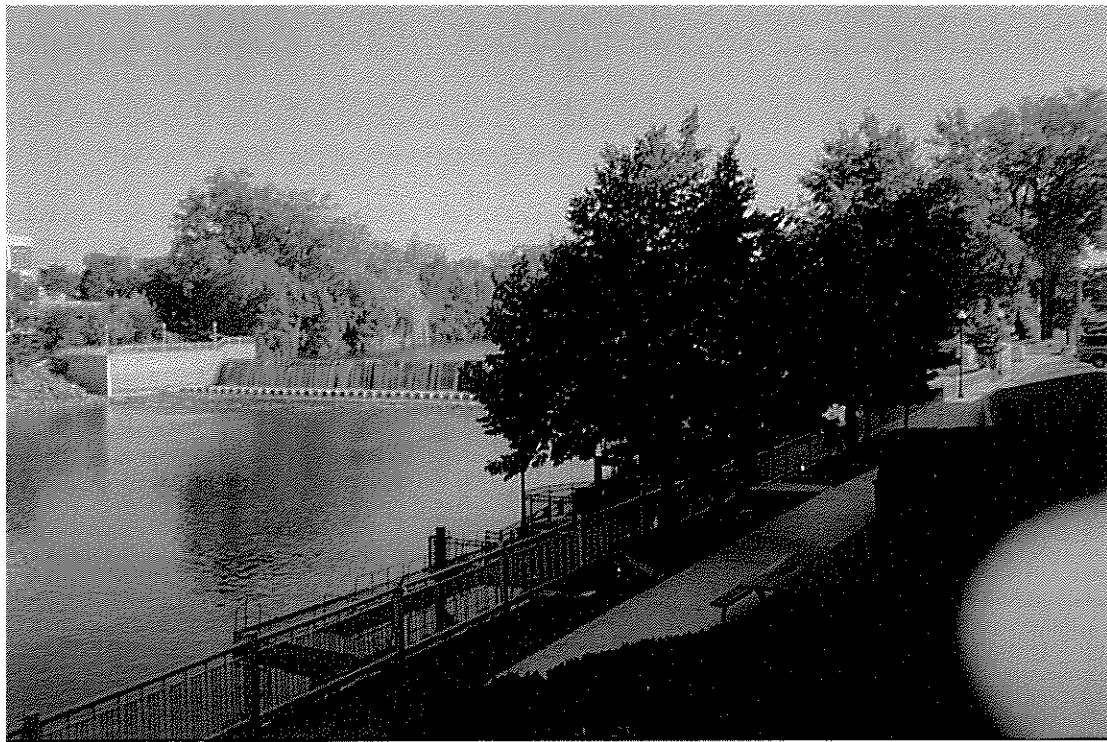


**J O'Donoghue Books
Anoka, MN**



Comrades
Kneeling: Patrick O'Dougherty
From Left to Right
Robert Davis, Jack Harris, Dick Harris and Don Simon

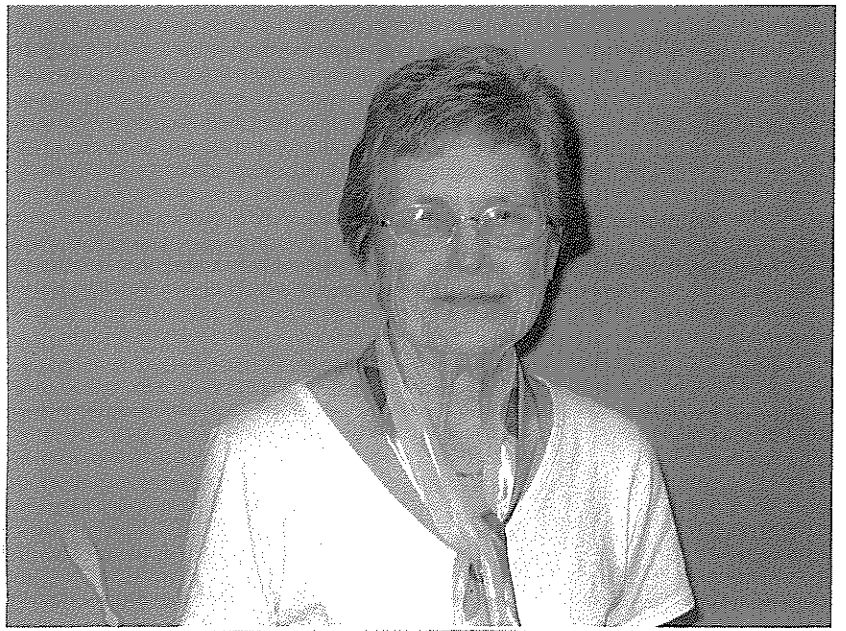




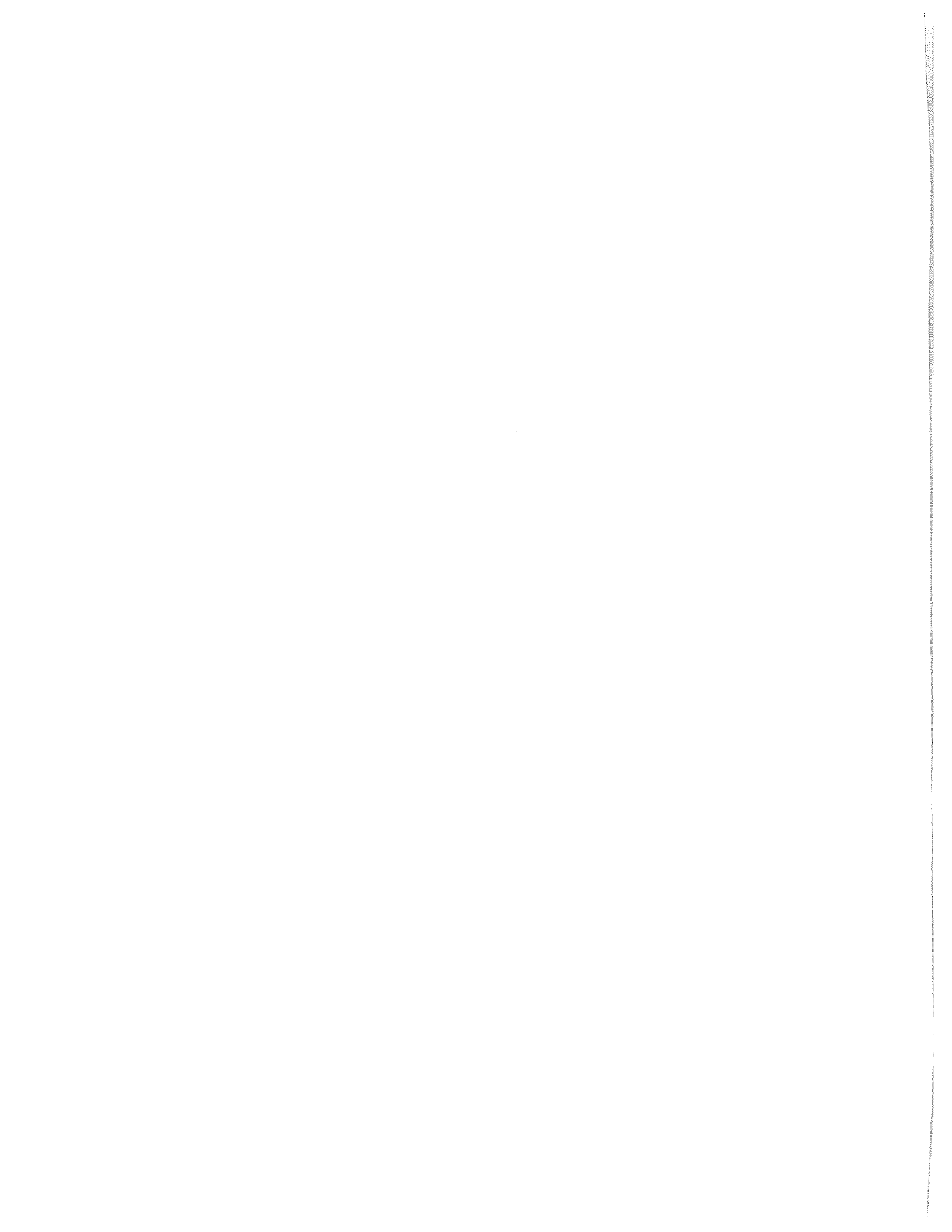
The Mississippi River at Anoka

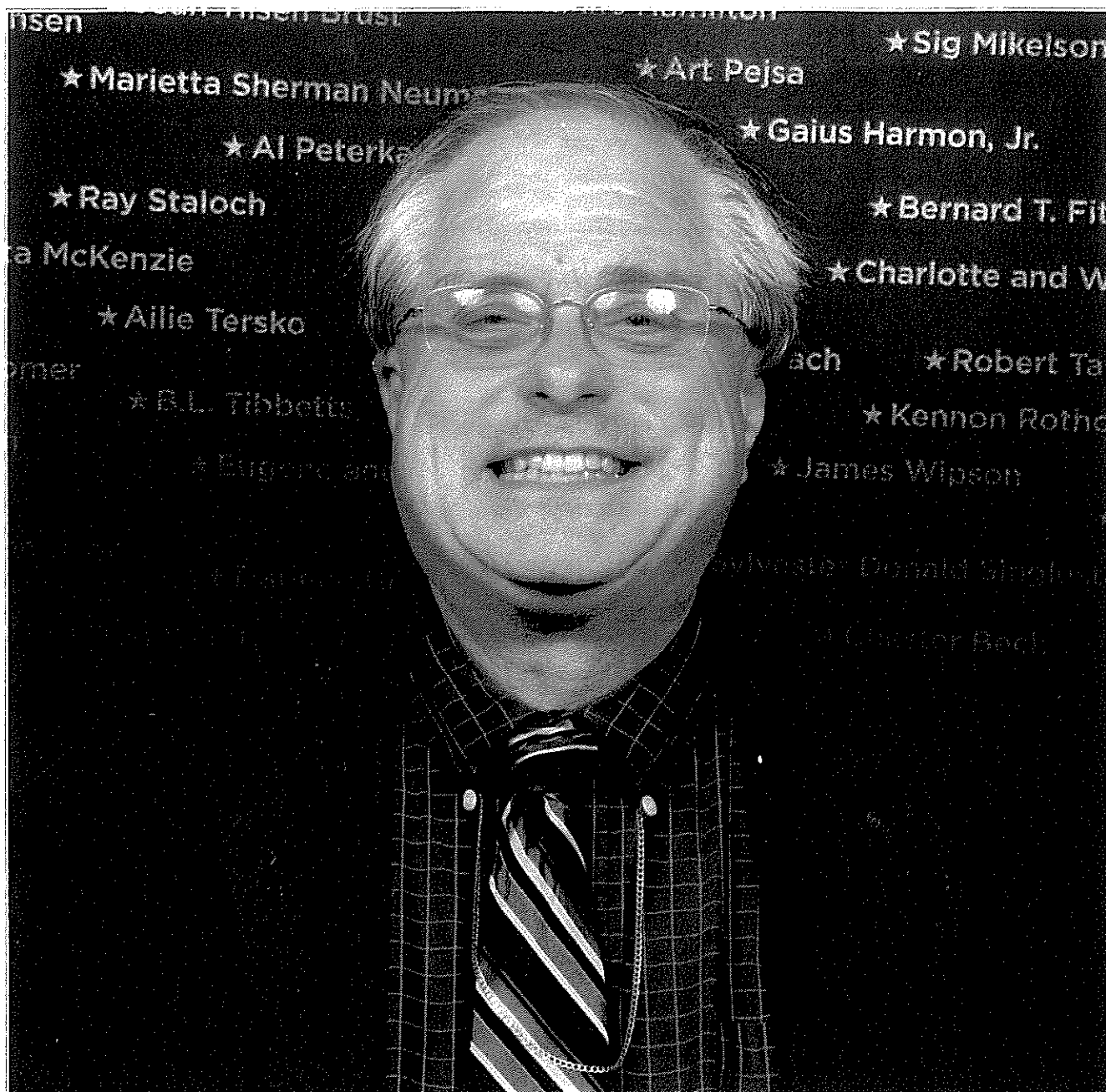
**Mary Ann, Patrick and Maureen O'Dougherty
In happier times**





Patricia Kast, mother





*Patrick
Thank you for saying
I've been
Happy New Year*

With appreciation from the Minnesota Historical Society

**Dr. Patrick A. O'Dougherty,
Minnesota History Center**

August 2006

Issue 1

The Voice

Of the Center

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Remembering 9/11

Submitted by Jeremy- MS

As we approach the five year anniversary of Sept. 11, 2001 movie director Oliver Stone, said something about his movie "World Trade Center," that I think relates to some of us patients here at Anoka Regional Treatment Center.

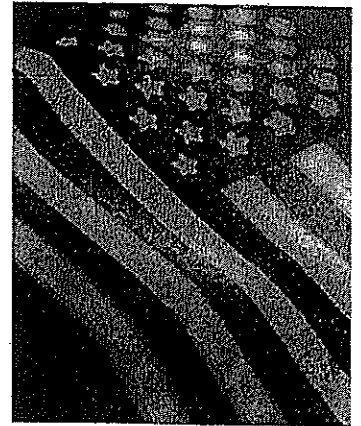
Stone said, "For some people, this is going to be like taking the entire country back to the psychiatrists couch to talk about what happened. It will be difficult for many, as it effected all of us in very different ways." Each of our stories about mental illness and how we came to the Center is our own personal 911. Not everyone had to call 911 before coming here,

but most of us have had an emergency needing help and had to be hospitalized here.

I want the readers to know the importance placed on some of the things Oliver Stone considered when filming World Trade Center, he stressed that he had an "obligation to the fireman and policeman (who were involved) to get it right," by filming the facts.

The current contributors to this issue of "The Voice" encourage you to contribute your stories, poems, drawings, etc. for future publications.

Who better than us, to get



our stories right.

Remember, you are not alone!

The Mind and Earthen Vessel?

Written by Patrick- MS

What happens to the contents of my mind when I die?

Are they just spilt upon the sand like the contents of a broken earthen wine vessel?

Can another time traveler piece together and map out the contents of my mind?

Or they just left to the ravens?

Or the god?

The Life of a Mushroom written by Lori- MS

I am a mushroom... I started by a fence, someone thought I was real cool, but... we're not all edible. I got someone on restrictions... WE CAN BE FATAL!

I reproduced the other week too! I came back

again today in a small cluster and singularly.

Some people call us toadstools, we are quite large at times, rain and heat make us grow. We're there for fertilizer too!

We're fungi ("FUN GUY") so please enjoy us in our day of woe and kick us with you toes... they're going to make me go...bye bye again too!

Mental Health Survey Shocks but Comforts!

May 3, 2006 Star Tribune

Submitted by Jeremy- MS

Anoka county surveyed approximately 1,100 people living in the county "to learn about their beliefs, knowledge and attitudes on mental health. Highlights of this survey are as follows:

81% feel sorry for people with mental illness

29% would trust someone with mental illness to take care of loved ones, such as children and parents

29% feel people with mental illness

should be excluded from positions of public leadership, such as elected officials

96% feel mental illness can happen to anyone

92% thought that mental illness can be effectively treated

98% feel mental health is as important to someone's well being as physical health

15% try to avoid people with mental illness

14% feel unsafe around people with a mental illness

9% feel people with a mental illness are a burden on society.

The general public needs to be more informed and educated that people with mental illness are their neighbors, friends, bosses and relatives.

National Alliance for the Mentally Ill (NAMI) is the nation's largest organization dedicated to improving the lives of person's with serious mental illness and their families; providing public education and advocacy. If you would like more info or want to be a volunteer you can access their web page www.info@nami.org

A Native American Story— submitted by Layne- MS

A native American grandfather was talking to his grandson about how he felt.

He said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry violent one. The other wolf is the loving, com-

passionate one."

The grandson asked him "Which wolf will win the fight in your heart?"

The grandfather answered:

"The one I feed"

"Hope" sees the invisible...

Feels the tangible...

and

Achieves the impossible...

You stand in your own light...

LET IT SHINE!!!

Lori- MS



When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has opened for us.

Helen Keller



Kara's Kitchen...

Today's Recipe... "Bars Behind Bars"

Caramel Cheesecake Bars

These caramel-drizzled bars are incredibly easy to make, and because they're hand-held, they're even easier to share!

Prep: 15 min. | Total: 5 hours (incl. refrigerating)

- 1 1/2 cups crushed Nilla Wafers (about 50 wafers)
- 1 cup chopped Planters Pecans, divided
- 1/4 cup (1/2 stick) butter, melted
- 4 pkg. (8 oz. each) Philadelphia Cream Cheese, softened
- 1 cup sugar
- 1 cup Breckstones or Knudsen Sour Cream
- 3 Tbsp. flour
- 1 Tbsp. vanilla
- 4 eggs
- 1/4 cup Kraft Caramel Topping

PREHEAT oven to 325°F. Line 13x9-inch baking pan with foil, leaving 3 inches of foil extending over short sides of pan. Create handles by crunching up extended foil; grease foil lining. Mix wafer crumbs, 1/2 cup of the pecans and butter. Press firmly onto bottom of prepared pan. Refrigerate until needed.

BEAT cream cheese and sugar in large bowl with electric mixer on medium speed until well blended. Add sour cream, flour and vanilla; mix well. Add eggs, 1 at a time, mixing on low speed after each addition just until blended. Pour over crust.

BAKE 45 min. or until center is almost set. Refrigerate 4 hours or overnight. Lift out of pan onto cutting board, using foil handles. Drizzle with topping and remaining 1/2 cup pecans. Cut into 32 bars. Store leftover bars in refrigerator.

Makes 32 servings, 1 bar each.

Today's Tip... Leather Like New

Q How can I remove mildew spots from my leather jackets?

A Take the jackets outside and brush off any surface mildew. For smooth, natural-color leather (not suede or dyed), mix equal parts denatured alcohol and water. Dip a clean cotton cloth into the alcohol solution. Wring cloth out well and dab over the mildew spots. Let the jackets air-dry. If mildew is still there, try a germicidal soap. Spray leather with a mildew inhibitor (found at shoe-repair stores) and be sure jackets are dry before storing.

Q What's the best way to remove chewing gum from a sweatshirt?

A Put the sweatshirt right into the freezer to harden the gum (don't cover with plastic). Once the gum is firm, carefully pick off as much of it as possible, then scrape off what's left with the edge of a credit card or a dull knife. If there's any residue or stain, sponge the area with dry cleaning fluid or treat it with a prewash spray. Launder as you normally would, but don't put the sweatshirt into the dryer until you're sure all the gum is gone.

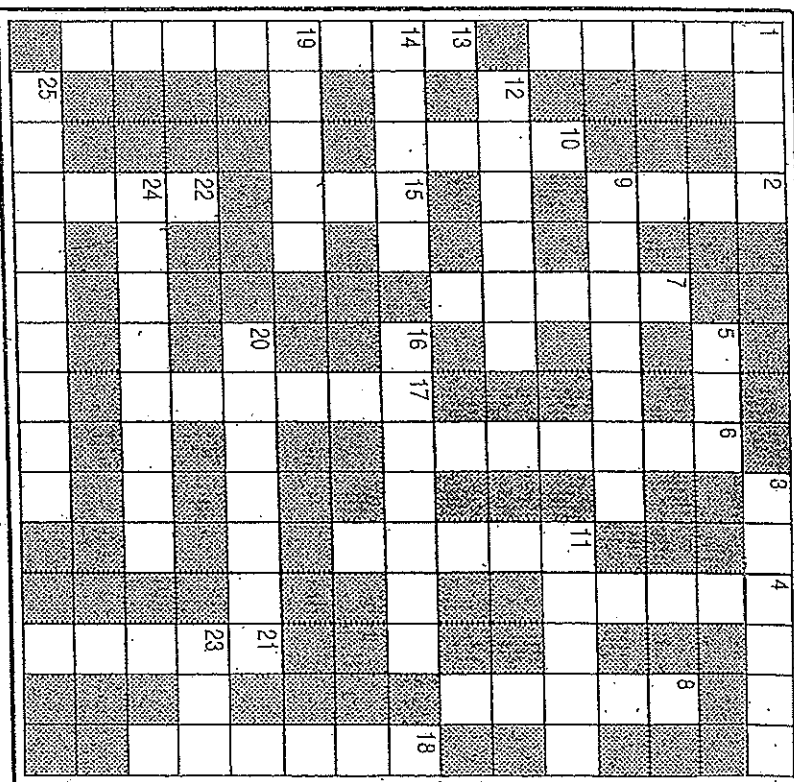
August Crossword Puzzle

ACROSS:

- The part of the body that is at the top of the neck is called the _____.
- When you tell someone something that you want kept just between the two of you, it is called a _____.
- A shortened name for puppy is _____.
- If you don't live in a town or city, you live in the _____.
- A famous lady of the old west was _____ Oakley.
- Our 50th state is _____.
- August 29th is "According to _____ Day".
- A fish with no scales and long whisker like barbels that resemble whiskers on a cat is called a _____.
- If someone tells a joke and you think it is funny, you usually _____.
- "I Love Lucy" starred _____ Ball and Desi Arnez.
- If you don't tell the truth, you tell a _____.
- Anything having to do with the art or science of flying airplanes is called _____.
- When you eat corn on the cob you are said to be eating _____.

DOWN:

- If you are riding in the Kentucky Derby, you are riding on a _____.
- Another name for a phonograph record is a _____.
- The person that put on colorful clothes, paint his or her face, and is usually seen in a circus is a _____.
- The birthstone for the month of August is _____.
- If you are playing an instrument or singing a song you are making _____.
- When the corners of your mouth go up you are said to have a _____ on your face.
- August 17th is the birthdate of _____ Crockett.
- A movie which was about Annie Oakley was called "_____ Get Your Gun".
- The little people that you see on a playground at school are called _____.
- One part of your body that you use for walking in called a _____.
- _____ is the eighth month of the year.
- One lady that could outshoot most men was Annie _____.
- Presley was called the "King of Rock n' Roll".
- Baseball great "_____ Ruth died on August 16th 1948.



1. THE
 2. WHEN
 3. A
 4. IF
 5. A
 6. OUR
 7. AUGUST
 8. A
 9. IF
 10. ANYTHING
 11. WHEN
 12. ANOTHER
 13. THE
 14. THE
 15. IF
 16. THE
 17. A
 18. ONE
 19. PRESLEY
 20. BASEBALL
 21. GREAT
 22. RUTH
 23. DIED
 24. AUGUST
 25. 16TH

The Community "Live Wire"

2006 ARTABILITY ARTSHOW COMING IN OCTOBER

artability
at
apollo

art at the corner of
life and mental illness:
an exhibit

Q. What is Artability at APOLLO?

A. Artability at APOLLO is a 3-day art show held at the APOLLO Resource Center every October.

Artability features artwork of people who use art in their recovery from mental illness. It is our biggest public event. Artability at APOLLO 2006 will be held on October 5, 6, and 7th. The opening night will feature food, guest appearances, and awards. The show is open to the public.

Q. Who can submit their art for the show?

A. Any person with a mental illness and lives in Minnesota can enter artwork in the show. You don't have to be a member of APOLLO to exhibit your work.

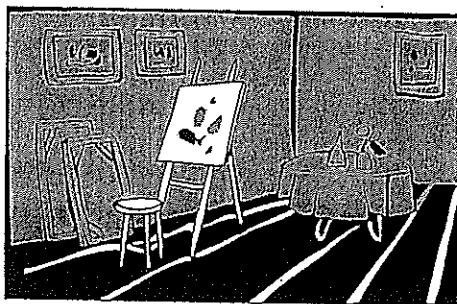
Q. What if I'm just a beginner? Isn't the art show just for really good artists?

A. All types of artists exhibit their work. Beginners, emerging artists, and experienced artists. The point of the show is to celebrate creativity! You can have a lot of fun being part of the exhibit, so don't be shy! *If*

might just be the start of a whole new career.

Q. What kind of artwork can I submit? What about writing?

A. You can submit paintings, drawings, photographs, sculptures, or mixed medias. You just have to be sure it's your own original work. Artability also celebrates the creativity of writers. We produce a writing anthology and feature it at the show. The due date for submitting writing is the same date as for artwork. If you can, submit a computer disk.



Q. How do I submit my work?

A. You need to have your artwork matted and framed, with a secure wire hanger attached on the back (unless it is sculpture or some other type of 3-D work). You can submit your artwork on the following dates:

Wed., Sept. 6th	9 am — 5 pm
Thurs., Sept. 7th	9 am — 5 pm
Fri., Sept. 8th	9 am — 5 pm
Sat., Sept. 9th	9 am - Noon

FINAL DEADLINE!

The submission guideline-form for the 2006 exhibition is available for all art and writing entries. If you need one, please let Mike Conroy know or stop by APOLLO and pick one up.

Q. Do people sell their work at the show?

A. Yes! Artists keep 90% of their sales. The remaining 10% goes back to the costs of the Artability show. If you need help with pricing contact Mike. You do not have to sell your work if you don't want to.

Q. When Are Workshops?

Workshops are coming to an end, except for one more pastel class on Sept. 5th at 3pm. Check for our Artability Newsletter to learn more.

If you are interested in coming to a writing workshop, please leave a message with Mike that includes your name and number, so that he may return your call as those dates are scheduled.



Contact Info: Mike
Conroy,
Artability Coordinator
651-227-6321 x 11.

Note from: AMRTC Auxiliary Volunteers

By Ruby, Auxiliary Member

We were happy to host a summer picnic. The turn out was great.

Ten certificates \$5.00 each were given for drawing/or prizes. Hope you all enjoyed the Hot dogs, Chips, Cookies and drink.

We have expanded our hours in the General Store. We open at 9:00 am on Wednesday Depending upon availability of volunteers. We are also open on Tuesday and Friday from 3:45 to 5:00pm.

We have been able to fill the request for puzzles on the units. Trust you are challenged to get them put together.

The collapsible clothes hamper have been a popular item lately. We are having a sale on decks of playing cards for \$1.39.

Karen has been working hard to get socks for every patient. Should have received them by now.

Come and visit us soon. Remember the Snack Bar and the General Store are run by friendly, helpful volunteers and the profits go to benefit the patients at AMRTC. The Auxiliary is in place for the benefit for the patients.

Few items available at the General Store:

Shampoo, Conditioner, Tooth paste, Tooth brushes, Combs, Deodorant, Soap, Tablets, Pencils, Potato chips, Beef Jerky, Romanian Noodles, Candies of many different kinds, and other snacks. Jewelry, Make up, Hand lotion, Phone cards, CD's, CD players, Batteries, Portable Radios and many items. Make a request if you want something we don't have and we will see if we can make it available.

We are sorry to say some things have been banned so have had to remove them from the store.



*August contributions by Miller
South and North clients*

*Please submit Sept. contributions
by 9/20/2006 to the Rehab staff
on your unit or in the "NEWS"
box in the library*

**Next Issue to be
out the week of
Sept. 25, 2006**

