SPOKES and CYCLES for CHANGE Merge

BY SHELDON MAINS, SPOKES’ FOUNDING DIRECTOR

On January 1, we had a big change: SPOKES (the community bike center just east of the LRT on 22nd Street) merged with Cycles for Change, a community bike center headquartered in St. Paul. The two community bike centers have very similar programs. Also, Cycles for Change provided fantastic support to SPOKES when it was starting two and a half years ago. We will keep SPOKES great staff, location, programs, and hours. (details at www.SpokesConnect.org)

• Our Open Shop (where we help you fix your bike) stays on Saturdays afternoons and Wednesday evenings,
• Our Earn-a-Bike course continues,
• Our Learn-to-Ride course will start again this spring
• Our volunteer nights stay the same,
• The Hub Mini Store @SPOKES will actually add hours this spring (adding Sunday to sell recycled used bikes)

SPOKES is actually merging with an old friend. There has been a long history of collaboration between SPOKES and Cycles for Change (as long as that a two and a half year old program can have):

• Most of SPOKES’ programs and policies were designed using Cycles for Change’s programs as a template.
• For its first year, SPOKES contracted with Cycles for Change to provide staff support for the Learn-to-Ride program and Open Shop.
• SPOKES has been a branch of Cycles for Change’s Community Partners Bike Library Program for the last two years. In addition, SPOKES is joining with a couple old friends: Cycles for Change’s current Executive Director (Jason Tanzman) and current board president (Katya Pilling) were the two people responsible for the original idea of starting a community bike center in Seward. Katya also wrote the grant application that funded the start-up of SPOKES.

For Seward Neighborhood Group, this change frees-up capacity to start other new and creative activities. And even though we are no longer a program of SNG, SPOKES will continue to partner with SNG on activities in the neighborhood.

For Cycles for Change and SPOKES, the benefits include:

• SPOKES will be part of a larger organization that has a board and staff who are all about getting more people biking.
• Cycles for Change has some exciting youth programs that will expand to the SPOKES location.
• With locations on both sides of the river, Cycles for Change and SPOKES can work together to become a regional voice in bike advocacy.
• SPOKES has an established record of working with the East African Community. Cycles for Change has an established record of working with the Latino/Latina community.
• SPOKES’ adult Learn-to-Ride program (initially based on curriculum developed by Cycles for Change) will expand to serve more people who have never learned to ride a bike.
• Volunteers from both organizations will have even more choices of ways and when to volunteer.
• Cycles for Change and SPOKES will be able to share each others experience, expertise and enthusiasm.

With this merger, both organizations will be able to be even more effective in our work of building a diverse and empowered community of bicyclists in the Twin Cities.

Del Lundeen, May 19, 1925-February 19, 2015

“Quiet Del” Lundeen listens intently as she and Vi de Mars (who died April 29th, 2014) pictured here last year at a Community event are probably discussing neighborhood concerns that they helped lead for decades.

Woman of Extreme Measures
An “Operator” Par Excellence

BY HARVEY WINE

From the many conversations and stories shared at the Sunday memorial gathering for Del Lundeen, the consistent theme was that Del would always take extreme measures in devotion to family and in service to community.

On the other hand, her strong determination, focus of purpose, and resolute appreciation for her own life led her to request no extreme medical measures when her time came to die.

Pastor Louise Britt from Messiah Church, introduced the first of several speakers, Tom Lundeen, one of Del’s three sons, who began by saying their mother had been planning this event for 30 years and was adamant that “no extreme measures” be taken when her “time had come.”

Using fond anecdotes and stories, Tom portrayed their mother’s extreme zest for life, joy of travel, and commitment she learned from her parents for family, community and politics. Other speakers continued with many fond memories and laments of what they will miss most. These are excerpts from the one hour gathering at the historic Thomson-Daugherty Funeral Home across the street from the 2615 Park Avenue residence where Del lived.

• Bob Bache, brother ten years younger, for whom Del was always a big sister who provided an example of living with purpose even into adulthood.
• Crystal Winschul, Phillips West E.D., told of how Del, as Board Chair, was her boss and provided mentorship in the early years, evolving into a mutually supportive, personal friendship.
• Blaine Boyd, fellow resident at 2615 Park Avenue residence where Del lived.

Quiet Del

Del was such a quiet presence, Quiet and powerful all in one, Like the quiet before the storm. Only the storm doesn’t come, Del was in control.

Del’s quiet and powerful presence, Will truly be missed; By all who loved her, All who knew her, And all who worked along side of her, In this neighborhood of a million stories, Told in a million different languages.

Let us all raise our voices to say, In the million tongues of Phillips, “Rest in Peace Sweet Del, Until we meet again.”
Obituary

Adella “Del” Marie (Bache) Lundeen

Adella Marie (Bache) Lundeen, age 89 of Phillips West Neighborhood Minneapolis. Died February 19, 2015 at the Methodist Hospital, Hospice Ward, of natural causes (precipitated by a broken hip and exacerbated by illness). She remained typically practical and in good humor late into the process of dying.

Del was born May 19, 1925 in Red Lake Falls, MN. She graduated from Lafayette High School in Red Lake Falls and married Clifford Lundeen in 1945 to first responders. She was preceded in death by her parents, Arnold and Nellie Bache, granddaughter, Kaitlyn Lundeen, and brother, Tom Bache.

She was survived by her children: Bette, Don, (Carol), and Tom (K-Kay), grandchildren; Betsy, Jeff, Todd, Kayla, and Kat, brother Bob (Elaine) Bache, and friend, Crystal Wadsworth.

Del was active in the Democratic Party, the Phillips West Neighborhood as its board chair for nine years, and was a past board member at her cooperative residence for seven years. She was awarded an Eleven Who Care award by KARE 11 in 1994 for her 40+ years of service as a Red Cross Volunteer responding to many local and national emergencies. As retirement neared she became a Licensed Practical Nurse and designated in the Fire Reserve. Del will be greatly missed by the Phillips West Neighborhood where she resided for 25 years.

Del was a retired City of Minneapolis employee working first as a fire dispatch operator and then as a 911 operator when police and fire communications were merged in about 1986. Previous to city employment she was employed by Northwestern Bell Telephone as an operator.

A Memorial Service was held at 2:00 PM Sunday, February 22, 2015 at the THOMSON-DUHIGHERTY MANSION 2535 Park Ave. with visitation 1 hour prior to the service. A reception followed in the lobby of her residence, 2615 PARK AVENUE, Minneapolis.

Del will be greatly missed by the Phillips West Neighborhood where she resided for 25 years.

Del Lundeen

said he was always amazed at her unusual, in-depth knowledge of civic issues.

Bob Munson, retired representative of Red Cross, said upon hearing of Del’s series of recent illnesses, was reminded of an old saying, “pneumonia is the old person’s best friend”. He also told her of 40 years of volunteering for disaster relief work locally and once in Guam, teaching CPR, and mentoring new volunteers.

Jake Rock, fellow Phillips West Neighborhood board member, also expressed appreciation for her strong but personal leadership.

Michael Sullivan, Mpls. Police Inspector, credited Del with mentoring him in a new assignment as police community liaison.

Del wrote her recollections of the many details of growing up in rural Minnesota with extreme hardships in the twenties and thirties amidst the Depression. Those conditions were at the extreme opposite of the amenities of life today at 2615 Park Avenue in Minneapolis where Del lived for her last 22 years.

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Co-Editor & Designer: Jonathan Miller jmiller@alleynews.org
Editor Harvey Winje, editor@alleynews.com
Call Harvey 612-990-4022
Call Helene Bache, 612-990-4022
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The Alley P.O. Box 7006
Minneapolis, MN 55440
Call Editor 612-990-4022
Editor@alleynews.com
www.alleynews.org
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Alley Communications, a 501C-3, Not-for-Profit Corp. publishes The Alley Newspaper influenced by words by Minnesotans Phillips and Wendell Phillips: “We came into this world to give truth a little joy onward and to help our neighbors. Make a difference.”

Donations are needed, welcome, and Tax Deductible.

Volunteers who had a part in making the issue: Robert Albee, A-Pod, Maryanne, Wadsworth CHATS, Cycles for Change, Patrick Cabanis, and Phillips Improvement Coalition, English Second Language 24th & Chicago, Friends of the Library, Jeff Cariveau, Susan Gutz, Linnad Hewadaw, Hennepin County Franklin Library and Staff, Hennepin County Library staff, Sue Hunter Weir, In the Heart of the Beast Theatre, Andrew Johnson, Del Lundeen’s family, Sheldon Maines, Jana Metge, Midtown Phillips Neighborhood Association, Jonathan Miller, Mpls. Lantern Fest, Peter Moleraw, Dave Moren, Family, Raymond, Stephanie, Sue, and Organizations by Lyle James Miller jmiller@alleynews.org

March 15

March 5th (Thursday) 6:00 to 7:30 p.m. – Family Storytime

Wednesday, March 11 & 25, 4:30-6pm

March 15

Get creative & make music, videos, animation & other projects using both high- & low-tech tools. “iPads to LEGO®”

Adult Programs

Memoir Writing Group

four 1-hour sessions

March 5th, 12th, 19th, 26th

Three story formats: personal history? Bring what you have written to read to the group for comments & suggestions.

Franklin Learning Center: 612-534-0694

Free, one-to-one adult tutoring of Eng, math, for GED, citizen exams, & life skills. Volunteers needed! No exp necessary; Training & supplies given.

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Oleana Rose

“Del” was born May 19, 1925 in rural Minnesota with extreme hardships in the twenties and thirties amidst the Depression. Those conditions were at the extreme opposite of the amenities of life today at 2615 Park Avenue in Minneapolis where Del lived for her last 22 years. To the contrary, however, it is clear from writings and stories that Del understood life and its hardships as experienced by many today. She was ever-present to do whatever she could even sometimes using extreme measure to lend a helping hand alongside as a worker, mentor, and teacher.

Del had a career of connecting people literally by plugging in wires at Northwestern Bell telephone company by connect-

In the Heart of the Beast Theatre, Andrew Johnson, Del Lundeen’s family, Sheldon Maines, Jana Metge, Midtown Phillips Neighborhood Association, Jonathan Miller, Mpls. Lantern Fest, Peter Moleraw, Dave Moren, Family, Raymond, Stephanie, Sue, and Organizations by Lyle James Miller jmiller@alleynews.org

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Del had a career of connecting people literally by plugging in wires at Northwestern Bell telephone company by connect-
Civil War Veteran Henry and Elizabeth Hagadorn

Two of ten children’s early deaths remembered with “Companion” marker

Herbert and Liddie Hagadorn are buried side by side, their graves spanned by a single marker. Theirs is what is known as a companion marker. In the 21st century, double markers are often used for children who died within a short time. They were two of ten children of Henry and Elizabeth Hagadorn who later moved to Brainerd.

In the 1800’s “Companion” markers were often used for children who died in October 1870 and are buried at Pioneer and Soldiers Cemetery. The “Companion” marker for Herbert J. and Liddie Hagadorn, 10 who died in October 1870 and are buried at Pioneer and Soldiers Cemetery, in the 1800’s “Companion” markers were often used for children who died within a short time. They were two of ten children of Henry and Elizabeth Hagadorn who later moved to Brainerd.

I received a letter from my wife this evening in which I was very glad to hear that they were all well which is of much comfort to me at this time in these lonely hours which I pass alone in my tent with no one to comfort me…

One of those who was doing well was Liddie, who would have been two or three years old at the time. Henry was discharged from the army for disability on January 22, 1864. He and Elizabeth had two children, one each in 1864 and 1865, before Herbert was born in 1867. In October 1870, Herbert and Liddie died. The cause of death for Herbert was given as “brain fever.” No cause of death was given for Liddie but since she died ten days after Herbert, it may well have been from the same cause. It is not clear what doctors meant when they diagnosed “brain fever.” It may have been meningitis, possibly encephalitis, or perhaps typhoid.

Henry and Elizabeth had eight children in addition to Herbert and Liddie. Sometime in the 1880s the family moved to Brainerd but they had marked Herbert and Liddie’s graves with a shared marker and 145 years later we know exactly where they are. Herbert and Liddie Hagadorn are buried in Lot 7, Block K.
Remittances are lifelines between many immigrants and family members’ survival in Somalia and other East African countries

A remittance is an electronic wire transfer of funds from one country to another. For decades, many immigrant residents of the United States kept family members alive through this way of getting money across borders. Fears that terror groups like ISIS or Al-Shabaab would find ways to divert remittances to a terrorist effort prompted the United States to close down all of the channels for funds, not just from here to Somali or Ethiopia, but also to England, Denmark, Sweden and other countries where East Africans’ relatives might be living. Following earlier efforts by Rep. Keith Ellison and other congressional leaders, channels were re-established, but on February 6th, the only remaining US channel, the Merchant Bank of California closed its money services business clients’ accounts.

A rally in late January by Somali/East African leaders, joined by local and statewide officials began exploring additional steps to be taken by Minnesota’s Congressional delegation in order to reopen these channels. Ventura Village’s Ambassadors will go a long way in making some people really feel a part of the community.
BY CAROL PASS, EPIC CHAIRPERSON

*East Phillips Has its Challenges. EPIC is taking them on.*

**First: More Pollution for Phillips:** EPIC leadership just learned that, in spite of their opposition and without being informed, the Minneapolis Department of Public Works is in the process of secretly expediting the purchase of the Roof Depot site (1860 E. 28th St.) for the purpose of moving the equipment and the 68 vehicles, many of them diesels, of the City Water Works into our midst. This will significantly add to our already polluted air. It will vastly increase the traffic load on this residential neighborhood’s already congested roads. The move will bring more of everything we are already choking on and probably doom our dream of seeking a less hazardous and more appropriate future for this major site of dirty, asthma-producing air and diesel truck congestion. The City’s Core Principle of Community Engagement is:

*The Right to be Involved:* Public participation is based on the belief that those who are affected by a decision have a right to be involved in the decision-making process. (Copyright IAP2. All rights reserved. Adopted by Minneapolis City Council, December 2007.)

Do you see any indication that the City is following their own principles in this case? Neither do we! We need City people to stop violating their own principles. EPIC is working to see that happens. This is called “equity.” If you want to be a part of that effort, call EPIC Chair Carol Pass, 612-280-8418 or EPIC Secretary, Linda Leonard, 612-655-1755.

**Second: Taxation without representation:** The residents of these economically challenged Phillips neighborhoods who have the misfortune of owning property on East 26th and East 28th Streets between Hiawatha and 35W are being individually assessed for a substantial percentage of the cost of resurfacing these streets. These streets need more frequent resurfacing as compared to residential streets because of the high percentage of industrial and commuter traffic on them. Many of the people living on this stretch of roads are elderly and own their own homes, but are too poor to own a car. Many can barely pay their taxes without the additional assessments, and yet, they are being assessed as a convenience to those whose only reason for being there is to traverse the neighborhood as quickly as possible. In a very real sense, this is “taxation without representation.” We feel that in this era of professed “equity,” the city should put its money where its mouth is and find a more “equitable” way of funding this project. Again, call us if you wish to be involved or want more information.

Join us at an EPIC meeting to help find and work toward answers to these and other issues. **East Phillips is bordered by:** Lake St. on the South, Bloomington Ave. on the West, East 24th St. on the North (with a northerly jog to include East Phillips Park) and Hiawatha Ave (Hwy. 55) on the East.

70 residents, city, and state officials gathered on Saturday, Feb. 28th at East Phillips Park for this Forum. State Rep. Karen Clark gave an overview history of numerous environmental threats to this area that have been sources of pollution for decades. City of Mpls. staff explained their rationale for proposing to buy the Roof Depot site along 28th Street between Longfellow Ave. and the Greenway Sabe Bridge ramp and expand City facilities by bringing Mpls. Water Works trucks and infrastructure to the site. A proposal was also given to identify this area as a “Green Zone”-center of green job re-employment, urban agricultural initiative, youth-led bike shop, aquaponics operation to raise fish and vegetables, a farm processing center, and a sustainable entrepreneur incubator. Rep. Clark also explained the 2008 State Law that requires an analysis of cumulative pollution impacts in the East Phillips area when businesses move in or expand.

Next Community Meeting Saturday, March 14th. Watch for TIME & PLACE

**EPIC Calendar of Events**

**EPIC Board of Directors:**

meets:

- Saturday, March 7th at 10:00 AM &
- Saturday, April 4th at 10:00 AM

Subsequent meetings are every First Saturday.

**EPIC General Membership Meetings**

- Thursday, March 12th at 6:30 PM

Agenda items will include Neighborhood Crime Initiatives, Industrial Pollution in the Neighborhood and updates on continuing neighborhood projects Thursday, April 9th at 6:30 PM

Subsequent meetings are every Second Thursday.

**EPIC Annual Meeting:**

Saturday April 25th at 9:00 AM

Join us for Breakfast, Door Prizes, Board Elections and an update on EPIC.

**EPIC’s East Phillips Park Programming Partnership Meetings**

- Tuesday, March 31st at 11:30 AM. Lunch is served &
- Tuesday, April 28th at 11:30 AM. Lunch is always served.

Subsequent meetings are the Last Tuesday of each month (except December).

All meetings are at the:

East Phillips Park Cultural & Community Center

Located at 2307 17th Ave. S.

The Center is wheelchair accessible
We Are Your Neighbors: Things You Might Not Understand about New Immigrants

BY PM ENGLISH LEVEL 5/6 CLASS AT THE ENGLISH LEARNING CENTER

There are many things that people in Minnesota don’t understand about new immigrants. There are many things in our culture that are different.

First, our religion is different. Some new immigrants are Christians, some are Muslim, and some may be another religion. One difference for Catholics from Mexico and South America is that they celebrate Virgin Mary on December 12. Muslims pray 5 times a day. Also, every year, Muslims have one month of fasting and two holidays. Many Muslims hope to go to Hajj in Mecca.

Many immigrants wear clothes that are different. Muslim women wear dresses, hijabs, and scarves that cover all of the body except the face and hands. Some women also choose to cover their face. For many new immigrants their home country is hotter than Minnesota. They need new winter clothes in America. It is very cold here; especially in Minnesota. There is no snow in many of the countries immigrants come from, so winter is new and harsh.

People get exercise every day in our home countries because they walk everywhere. In other countries, children play alone outside without adults. Mothers don’t worry about their children because neighbors always help with children. Many immigrants have bigger families than people do here. The Grandparents live with the families, and family members help take care of older people and children. The government doesn’t help families with care. In some of our countries there is no education for people with disabilities.

Business is different too. If you have a farm or want to sell something, you can sell it in the street. You don’t need permits. Drivers in some countries do not have insurance because it is too expensive. It is more dangerous to drive because there sometimes are no traffic lights. In our home countries we ate all fresh food from the market or from the farm. We didn’t eat much junk food.

While there are many different people in America, we all live together.

About Ethiopia

BY AM ENGLISH LEVEL 5/6 STUDENT

I believe people have misconceptions about Ethiopia. People from Ethiopia are hospitable. The country has a nice atmosphere, and 12 months of sunshine! Due to this warm weather, food is natural and grown there, the fresh food is so delicious and cheap. If you want to go somewhere there are many forms of transportation: taxis, rent a car, or take an airplane for state to state travel. There are a lot of banks and people use debit cards. There are a lot of beautiful houses, condos, public houses and villas. Most people from Ethiopia live in Villas. If you want to buy a house or car you pay cash.

There are so many schools like high school, elementary, college, graduate, PHD degree programs, etc. Most of the people there are educated. Ethiopia has everything there, but Ethiopia is a small country. When Ethiopians come to America they don’t expect it to be so big.

I often spend time searching online about Ethiopia and read about Addis Ababa, the capital. I miss Ethiopia’s weather and other things and the real nice atmosphere.

Heart Bombing on Valentine’s Day

BY SUE HUNTER WEIR

Heart Bombing is a state-wide program sponsored by the Preservation Alliance of Minnesota Heart Bombing initiative to share love for historic houses. In this part of the City you and Joseph think all houses have historic merit.

MayDay MayDay! In the Heart of the Beast Call for Volunteer Help!!!!

A call for volunteers! Come help In the Heart of the Beast put on our 41st annual MayDay Celebration! On Sunday, May 3, 2015, tens of thousands of folks will celebrate a day of community and festivity together. All of this takes place because – and only because – hundreds of volunteers pitch in to make it happen. We need helping hands throughout April as our community builds and lots of assistance on the day of the event in May. Please contact Volunteer Coordinator Scottie hall at volunteer@hobt.org for details.

The Second Community Meeting to plan the theme for MayDay is Tuesday March 17 from 7:9-9:00pm , the MayDay staff presents the theme ideas for this year’s MayDay. Meeting participants then give feedback—asking questions, offering ideas, and helping network possibilities for furthering the theme.

ALL ARE WELCOME!

By Kathleen Roche, PM ESL Volunteer Coordinator

The English Learning Center, located at 2600 Chicago Avenue at 24th Street, works with adult immigrants and refugees from over 40 different countries. Their work is educational—empowering immigrants and refugees toward self-determination by teaching English, math, computer skills, and citizenship. Students are a diverse body, the most advanced English class has students from Somalia, Mexico, Ecuador and Ukraine. Recently this class collaborated on writing describing some of their experiences they feel many native Minnesotans might not understand about them. Some of the misunderstandings were shared among the group, and some were unique to individuals or groups. Overall the assignment taught the classmates more about one another, as they worked together in an effort to teach you more about new immigrants.

Please also remember this class is speaking of their experiences, this may not be representative of all immigrants and immigrant groups.
Our Planet Spins

Numerous Ward 9 activists will recall the elongated moment which delivered the DFL endorsement to Alondra Cano on her initial bid for a City Council seat. The democratic spirit had prevailed in recognition of her competence… or so it seemed.

Ty Moore and the Socialist Alternative were then determined to mount a vigorous challenge. Notice the local communists wondered why a “socialist” would oppose the ascendancy of a progressive Mexican-American. Moreover, Ty’s call for a $15/hour minimum wage appeared (at the time) as “easier said than done,” to put it mildly.

But things change. On February 16th of this year, it was Ty who held center stage, with Alondra as his guest. Well over 100 activists had gathered at the United Labor Centre for a “$15 now” rally. In turn, Alondra spoke of her family background and then, speaking directly to the master of ceremonies, she reconced the past and committed her support.

As for the veracity of “$15 now,” the slogan was key to the election of Kshama Sawat to the Seattle City Council. Kshama, a Socialist Alternative economist, will recall the elongated moment over time, in accord with various formulas. Regardless formulas, remember the slogan: WORKERS AND OPPRESSED PEOPLE UNITE! Thoughtful people realize that our inner-city streets are lined with store-fronts which reflect marginalized communities. Knowing that an increase in the minimum wage would increase income and sales tax revenue to the state, a tax reform which favors small business would then be in order. Eritrean revolutionists shouldn’t gloss over this aspect of the question.

Nonetheless, the Socialist Alternative has set the stage. Seattle points the way. And yes, it was nice to see Ty and Alondra get along. Together they might lift our inner-city streets are lined with store-fronts which reflect margin-

Hiawatha/Hi-#55 Stoplight opinions wanted

Over the past few years, the City of Minneapolis and its partners made major investments in a new traffic signal management system and other equipment to slash wait times for vehicles along and crossing Hiawatha Avenue. Drivers who use Hiawatha know firsthand how traffic flow can be disrupted by the Metro Transit’s Blue Line. Nowhere else in the country can you find a fast (45 mph or faster) commuter train running parallel to a highway, forcing frequent stops to side street traffic along the way. Now, the City is reexamining traffic systems to see if additional adjustments could further improve traffic signal operation affected by the Blue Line. This is being done in anticipation of having more drivers using or crossing Hiawatha Avenue during the reconstruction of Hiawatha Avenue, which begins in April and will continue through fall 2016.

While crews will be making new observations and adjustments, they won’t be able to catch every traffic snarl or delay. For that information, they’re asking for help from residents who use Hiawatha Avenue and its cross streets daily. Anyone who sees unusual traffic signal operations or experience unusually large delays as they walk, bike or drive in the corridor should call 311 or email HiawathaSignals@minneapolisms.gov. Reports should note unusual traffic signal operations or experience unusually large delays as they walk, bike or drive in the corridor during the reconstruc
tion of Hiawatha Avenue, which begins in April and will continue through fall 2016.

Frank Reflections

BY FRANK ERICKSON

“Prove to me that racism and ridicule are unjustifiable if they break the crust of prejudice, caused a conscience or shammed a sinner! Our aim is to alter public opinion.” … Wendell Phillips

I wonder how often Wendell Phillips used racism and ridicule to change the behaviors of loved ones or co-workers, and if he did use it, how well it worked.

They have a “fighting season” in Afghanistan that goes from spring to fall. Every year for the past fifteen years both “sides” have taken a break from the fighting for five months during the harsh winter months. For as long as the “war” has been going on, that’s a total of 75 months, just over six years. If a 15 year “war” can have six years of no “war-ring”—is that not evidence that they can stop fighting?

I’m not quite sure what is more disturbing, a man being burned alive in a cage, or millions of people flocking to theaters to be entertained by a “sniper” who is justified in gunning down 140 Iraqis from nothing more than being of “military age.” Chris Kyle creates his enemy by shoot-
ing at his enemy. What more does Clint Eastwood have to work with?

Iraqis must be confused. “They tell us the war was wrong, but then they love to be entertained by movies of Iraqis getting slaughtered. What are we are believe?”

We are told to see “American Sniper,” it shows how “horrible war” is that what that war was “a war,” and not an attack upon a defenseless country, is it “war” that is bad and not those that “start” them? For those who believe Kyle was justified because it was a “war” – do you believe you can get “war” from nothing more than not doing “war crimes?”

Macaroni Kid Summer Camp Expo

Macaroni Kid is hav-
ing a Summer Camp Expo at Minnehaha Academy Middle School Gym (4200 West River Parkway, Minneap-
olis). The expo will take place on Saturday, March 7th from 10am - 4pm. The Expo will feature FREE admission to guests and camps will have some hands-on activ-
ities to keep the kids entertained. Parents will have the chance to speak to camp directors and get the inside scoop on all the sum-
er program offerings for Twin Cities Area. We’ll also have a bounce house for the kids!

From traditional outdoor sum-
camp to specialized day, academic and overnight camps, there are lots to choose from for kids of all ages.

Interested in being a vendor? Please contact nessm@macaronikid.com
The Backyard Initiative (BYI) is a partnership between the Community, Allina Health Systems and the Cultural Wellness Center. The goal of this partnership is to improve the health of the 45,000 residents living in the "backyard" comprised by the neighborhoods of Powderhorn Park, East Phillips, Midtown Phillips, West Phillips, Ventura Village, Central, and Corcoran. There are eleven Community Health Action Teams (CHATs) focused on improving the health through a variety of cultural and community-connecting activities. For info on the BYI, please call the Cultural Wellness Center, 612-721-5745.

### MARCH 2015

#### Out in the Backyard

Out in the Backyard helps lesbian, gay, bisexual, transgender, and queer (LGBTQ) people to counter isolation by connecting to each other and to community resources. Join us for FREE EVENTS AND CLASSES!

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<td>18 Zumba 6:30 PM POWDERHORN*</td>
</tr>
<tr>
<td>19 Yoga 6:30 PM EAST PHILLIPS*</td>
<td>20 Yoga 6:30 PM EAST PHILLIPS*</td>
<td>21 Yoga 6:30 PM EAST PHILLIPS*</td>
<td>22 Yoga 6:30 PM WEST PHILLIPS*</td>
<td>23 Yoga 6:30 PM EAST PHILLIPS*</td>
<td>24 Yoga 6:30 PM EAST PHILLIPS*</td>
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</tr>
<tr>
<td>26 Yoga 6:30 PM EAST PHILLIPS*</td>
<td>27 Yoga 6:30 PM EAST PHILLIPS*</td>
<td>28 Yoga 6:30 PM EAST PHILLIPS*</td>
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<td>30 Yoga 6:30 PM EAST PHILLIPS*</td>
<td>31 Yoga 6:30 PM EAST PHILLIPS*</td>
<td>32 Yoga 6:30 PM WEST PHILLIPS*</td>
</tr>
</tbody>
</table>

#### A-POD

A Partnership Of Diabetics

- **A-POD COOKS** 6:00 PM @ PCC English Language Meet-up @ 7:00 PM PCC Upstairs Office
- **A-POD XRCIZE** @ Phillips Fitness Ctr 6:00 PM English Language Meet-up @ 7:00 PM
- **A-POD SWIMS** @ Phillips Fitness Ctr 6:00 PM English Language Meet-up @ 7:00 PM PCC Upstairs Office
- **A-POD TECH** 6:00 PM @ PCC English Language Meet-up @ 7:00 PM PCC Upstairs Office

#### BYI AREA

The BACKYARD INITIATIVE is a partnership between the Community, Allina Health Systems and the Cultural Wellness Center. The goal of this partnership is to improve the health of the 45,000 residents living in the "backyard" comprised by the neighborhoods of Powderhorn Park, East Phillips, Midtown Phillips, West Phillips, Ventura Village, Central, and Corcoran. There are eleven Community Health Action Teams (CHATs) focused on improving the health through a variety of cultural and community-connecting activities. For info on the BYI, please call the Cultural Wellness Center, 612-721-5745.

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- **A-POD SWIMS** & Aquatics Meet-up @ 8:00 AM DOWNTOWN YWCA 12st & Nicollet Avenue
- **A-POD XRCIZE** @ Phillips Fitness Ctr 6:00 PM English Language Meet-up @ 7:00 PM PCC Upstairs Office
- **A-POD COOKS** 10:00 AM @ PCC English Language Meet-up @ 8:00 AM DOWNTOWN YWCA 12st & Nicollet Avenue

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