Tread, Breathe, Laugh

“Tread softly, Breathe peacefully, Laugh hysterically.” – Nelson Mandela*

Sears/Roof Depot Warehouse Site Up-Date

**The East Phillips Community Making Waves for Water Works**

BY CAROL PASS, GAC MEMBER AND EPIC BOARD PRESIDENT

Ready or not: Here comes the City Water Yard, its numerous huge diesel trucks, its 100+ employees’ additional cars to one of the most polluted and dangerously traffic-congested areas of the City.

**The Promise:**
The City’s Core Principles of Community Engagement PROMISE our “Right to be involved”, namely that “…those who are affected have a right to be involved in the decision-making process.”

(Adopted by the Mpls. City Council, Dec. 2007)

**The Reality:**
Despite the promise, the City of Minneapolis, unbeknown to the “affected” East Phillips community, had been working on acquiring the Roof Depot site for the purpose of transferring the water yard there for at least ten years without informing us. This only came to light after the East Phillips Community began a major campaign to de-industrialize the very heavy industry area around Cedar Ave. and 28th St. City officials may have realized the outrage it would create in the middle of our campaign to de-industrialize were they to just begin this process without giving the community even an ounce of information before beginning. It was obvious that we would encounter this plan with its secrecy for moving this heavily polluted area in the

To Barricade or Not to Barricade, That is the Question!

BY BRAD PASS

A BARRICADE MEETING:

On Tuesday evening, July 18th, 2017 the neighborhood gathered at Open Arms to discuss the Barricades which have blocked vehicular traffic on E 25th St. between Bloomington Ave. and 16th Ave. S. for many years. The issue, as pointed out by Third Precinct Lt. Catherine Johnson, is that in the last two years crime statistics in the area have risen precipitously. Everyone at the meeting agreed that the police statistics more of less accurately reflect what is happening on the ground. There was disagreement as to the cause of, and the solution to, the problem.

**The CAUSE?**

1. Some thought that the Barricades had become institutionalized and were seen as a place free of traffic and interference that could be used by prostitutes, users, dealers, and the homeless to conduct their business.
2. Some wondered if the elimination or lack of enforcement of “Livability Crimes” such as the “No Loitering” law and others is related to the increase of crime and asked to see the relationship of the increase of police crime statistics to the date of elimination.

Some wondered if the difficulty of enforcing the “No Trespassing” ordinance was related to the increase. In addition to having the authorized sign posted, the property owner must file a “Trespassing Authorization” form with the local police precinct. When a Trespassing incident occurs, the owner must confront the trespasser and get each to Print their name and sign the “Trespass Notice Form” which says, “YOU ARE HEREBY REQUESTED TO DEPART FROM THIS LAND AND NOT TO RETURN FOR ONE YEAR”. The owner must include his/her name on the form, give a copy to the trespassers and save the original. All this while not knowing if the trespasser is dangerous and has a weapon or not, thus forcing police work on property owners.

4. Some saw the barricades as an essential safety feature of the neighborhood unrelated to the increase in crime.
5. Native Americans at the meeting perceived the barricades as an implicit statement cordoning off and thereby devaluing their community with respect to the rest of the neighborhood.

**The SOLUTION?**

Some wanted the Barricades removed permanently.

Some wanted them to remain indefinitely but to be improved in appearance.

Some wanted them removed on a trial basis.

Some wanted them removed with another traffic calming amenity such as a Traffic Circle installed at 17th Ave. S and E 25th St. similar to ones at 32, 34, & 36 Streets and 17th

Barricades see page 8
BY ERIN THOMASSON  
Youth and All Ages  
Franklin on the Green  

Tues. Aug 1, 8 & 15, 2-4 pm.  
Play games outside this summer: badminton, soccer, Frisbee, etc. weather permitting.  

Science of Magic  
Wed. Aug 2, 2-3 pm. Entering grades 4-6, registration required.  
Is it magic? No... it’s science! Learn the science behind some great magic tricks. Can you escape Houdini’s chains? Watch a rabbit, handkerchief, water & other items disappear! Investigate how psychology, chemistry & physics combine to create amazing magic effects. Learn some magic tricks & astound your friends! Sponsor: Friends of the Hennepin County Library. Collaborator: Mad Science MN.  

Puzzlemania!  
Thurs. Aug 3, 10 & 17, 2-3 pm.  
Enjoy a variety of educational & fun puzzles and games!  

Family Storytime  
Fri. Aug 4, 11 & 18, 10:30-11 am.  
All ages & their parent or caregiver. Talk, sing, read, write & play.  

Franklin Teen Center Programs  
Urban 4-H Club  
Tues. 5-7 pm.  
Urban gardening, digital photos/video & theater: Partner: University of Minnesota.  

Teen Tech Workshop  
Wed. 4:30-6 pm. Make music, videos, animation & other projects using both high & low-tech tools: iPads & 3D printers to synthesize & sewing machines. Led by the library’s Teen Tech Squad.  

Adult programs  
Memoir Writing Group  
Thurs. Aug 17, 12-2 pm. Would you like to create a record of your personal history? Bring what you have written and are willing to read to the group for helpful comments and suggestions. Collaborator: Other Lifelong Learning Institute.  

Franklin Learning Center:  
612-543-6934  
Free, one-to-one tutoring for adults who are learning English & math, prep for GED & citizenship exams, & gaining life skills. Community volunteers necessary; we provide training & materials. flc@hcib.org.  

BY JOHN CHARLES WILSON  
Transit  
Public transit availability and public versus private ownership  
Transit news in Phillips and in the Twin Cities is pretty slow this month, so I thought I’d congratulate our neighborhoods to the south in Rochester on finally having Sunday bus service for the first time in 50 years.  
Those of us who are transit dependent in big cities often take for granted that service will be there 20 hours a day, every day. Smaller cities aren’t like that. I lived in Rochester twice, 1988-9 and 2005-6. Needing transit there is like having a 10 PM curfew on weekdays, 6 PM on Saturday, and being grounded every Sunday and holiday, even if you’re a legal adult who did nothing wrong.  
Until five years ago, Rochester was the last city in Minnesota, and one of the last in the United States, to have a privately owned bus system. Most public transit in this country has been run by local governments since the 1970s. Rochester’s extremely conservative past is probably part of the reason. When I lived there, it was so right-wing that groups like the Posse Comitatus were almost mainstream and George H. W. Bush was considered a flaming liberal. Fortunately, Rochester is no longer so far to the right. There is even a thriving DFL and an open gay community in what is now nicknamed “Med City”.  
Recently, I met George Holter, who served as President of the African National Congress from 1994 to 1999. He was the country’s first black head of state and the first elected in the 10 years of apartheid. Mr. Holter was a hero to the South African anti-apartheid revolutionaries, and he passed away. Nelson Mandela was the first black leader of the state and the first elected in a fully representative democratic election. His government focused on dismantling the legacy of apartheid by tackling institutionalized racism and fostering racial reconciliation. Ideologically an African nationalist and socialist, he served as President of the African National Congress party from 1991 to 1997.
It pays to revisit stories that you thought you knew and take another look to see what you’ve missed or to see what information you have found that you didn’t have at the time that you wrote it. This is one of those stories that keeps growing. The story of James Nettle Glover first appeared in The Alley Newspaper in January 2004.

In 2004, James Nettle Glover was thought to be one of three War of 1812 veterans buried in the cemetery. As it turns out, he is one of at least four. Another veteran was discovered after that story was written and, even though it is now wrong, the story is on the Internet and likely to linger there until the Internet is replaced by something else.

That old Alley story about James Nettle Glover traveled 3,738 miles, all of the way to Aberdeen, Scotland. There, a researcher is trying to connect “our” James Nettle Glover’s branch of the Glover family to a man named Thomas Blake Glover, who because of his involvement in Japanese politics, was called “our” James Nettle Glover’s “Scottish Samurai.” He was one of the first Westerners to be awarded the “Scottish Samurai.” He was a remarkable man. In 1931, his granddaughter, Mattie Jodon Fox, corresponded with Dr. Peter Holl, secretary of the Minneapolis Cemetery Protective Association. She appears to have written in response to a letter that Dr. Holl had written requesting information about her grandmother. She wrote: “Grandfather was a man of deep religious faith, a member of the Baptist Church and a fine Christian gentleman greatly opposed to slavery.”

She wrote about the family’s move from Maryland to Missouri after the War of 1812. It was there that James Nettle Glover met and married Elizabeth Dozier. They married in 1822. They had a daughter, Sophia, 14 years old. Sophia, Jame Nettele Glover’s daughter, married George Jodon (pictured here) and they traveled back and forth between Minneapolis and San Francisco. According to Debby Dane, George Jodon’s granddaughter, he was a civil engineer and designed the dome in the luxurious Palace Hotel in San Francisco. The hotel opened to great fanfare in 1875 and burned during the San Francisco earthquake in 1906. (Credit: Courtesy of Debby Dane) Glover is a challenge. In many families sons were often named after grandfathers, fathers, or uncles. There are three Richards (so far) in the Glover family tree and some of their descendants have labeled them Richard I, Richard II, and Richard III. It is ironic that a family who appears to have left England in order to avoid religious persecution looks, at least on paper, like kings.

Vincent Price Extravaganza of Film at the Pioneers & Soldiers Cemetery

Sophia, James Nettle’s daughter, married George Jodon (pictured here) and they traveled back and forth between Minneapolis and San Francisco. According to Debby Dane, George Jodon’s granddaughter, he was a civil engineer and designed the dome on the luxurious Palace Hotel in San Francisco. The hotel opened to great fanfare in 1875 and burned during the San Francisco earthquake in 1906. (Photo credit: Courtesy of Debby Dane) Glover is a challenge. In many families sons were often named after grandfathers, fathers, or uncles. There are three Richards (so far) in the Glover family tree and some of their descendants have labeled them Richard I, Richard II, and Richard III. It is ironic that a family who appears to have left England in order to avoid religious persecution looks, at least on paper, like kings. Will we be able to find a common ancestor that links Scotland, America, and Japan? We don’t know yet, but when we do, we’ll rewrite the story one more time.

Vincent Price Extravaganza of Film at the Pioneers & Soldiers Cemetery

Life is hectic

Keep a healthy family at the top of your list. We can help with the details.

www.hennepin.us/checkups
612-348-5131

The Hennepin County Child and Teen Checkups (CCTC) program does not charge fees for children, teens, and young adults 21 and younger who receive Medical Assistance, including Medicaid.

August 26, 2017—The Last Man on Earth

September 9, 2017 The Conqueror Worm

September 23, 2017 The Abominable Dr. Phibes
Bylaw Revision Vote, August 10th

The EPIC Board and others have been working off and on for two years to amend the EPIC Bylaws, removing inconsistencies, conforming them to new Policies and Procedures etc. We need these in place to continue our work, to move into the next phase of EPIC’s CPP contract with the city and other new business arrangements. We’re now ready. Come prepared to vote.

National Night Out:
Tuesday, August 1st

National Night Out is an annual nationwide event that encourages us to get out in the community, have a block party, and get to know our neighbors. It’s also a great way to create community, encourage crime prevention, promote community-police partnerships and enjoy a Minnesota summer evening surrounded by friends and family. So dust off your grill, get some hotdogs and lemonade, and invite your neighbors.

East Phillips Garden Fall Harvest Party - Saturday, October 21st

This gala event marks the end of the 2017 Gardening season for the East Phillips 17th Ave. Community Garden. It starts at 4:30 PM with a pot luck garden dinner and is followed with the annual pumpkin carving contest, s’mores by the fire and often local talent provides entertainment. The Fall Harvest Party ends when the fire goes out.

Phillips Community Clean Sweep:
Saturday, October 14th

This will be our 15th annual Clean Sweep. The day begins at 9:00 AM with Breakfast at two sites, Welna Hardware on Bloomington & Lutheran Social Services on Park. Hundreds of neighbors pick up their free Clean Sweep T-Shirts, cleaning supplies, meet their neighbors & Clean the ‘Hood. Last year neighbors removed over 41 thousand lbs, of junk and many appliances, tires, electronics & metal. Phillips Community Clean sweep ends with a free lunch and entertainment at Stewart Park.

This GREAT event could not occur but for our generous Sponsors who provide both cash and In-Kind Contributions – AND – all of you, our Neighborhood Volunteers!

For Your Calendar:

EPIC Board of Directors meets on Saturday, 8/5/2017 and 9/2/2017 at 10:00 AM.
EPIC Community Meetings are on Thursday 8/10/17 and 9/14/2017 at 6:30 PM.
Meeting Location: @ Stewart Park (Arts & Crafts Room), 2700 12th Ave. S., Minneapolis

The East Phillips Park Programming Partnership meets on the LAST Tuesday – Next Meetings; Tuesday 8/28/17 and 9/26/17 at 11:30 AM. Lunch is served.
Meeting Location: All the above meetings and events are held at the fully accessible East Phillips Park Cultural & Community Center located at 2307 17th Ave. S.

The East Phillips Community 17th Ave. Gardeners meet on the SECOND Saturday – Next Mtn: Saturday, 8/12/2017 and 9/9/2017 at 9:00 AM in the GARDEN located at 2428 17th Ave. S.
* East Phillips Residents wanting a 2018 Garden Plot, contact Brad Page at 612-916-8478

Midtown Phillips Neighborhood is doing Asset Mapping this summer!

What is Asset Mapping?
Midtown Phillips Neighborhood Association is doing Asset Mapping in the Midtown Phillips neighborhood during July and August. Asset Mapping is an approach for learning about a community and is essentially an inventory of the gifts, talents, and resources within a neighborhood and provides information about the strengths and opportunities of an area, and can help residents to utilize these assets. Once community strengths and resources are identified and inventoried, one can also more easily think about how to improve community needs and health.

What will we do with this information?
We will never share your information without your permission!
• A Neighborhood Resource Directory, listing neighborhood businesses, resources and contracts, including:
  • Community Involvement Listings that showcase the activities of formal and informal groups and ways to get involved in community efforts
  • A Database, internally kept by MPNAI, of the gifts, talents, interests, and resources of individuals/organizations in the neighborhood

Midtown Phillips Asset Mapping Survey
To complete the form online, go to: https://surveyhero.com/c/d48defb
Thank you for taking our survey!
We will never share your information with anyone without your permission!

Encuesta de Mapeo de Recursos de Midtown Phillips
Para llenar este encuesta en linea, vaya a: https://surveyhero.com/c/21eb01d
¡Gracias por participar en nuestra encuesta!
¡Nunca compartiremos su información con nadie sin su autorización!

For more information: midtownphilips@gmail.com
Project for Pride in Living, Inc. (PPL), a nonprofit provider of affordable housing and social service programs based in Ventura Village, has acquired the 8,000 SF Franklin Theater building adjacent their main administrative headquarters at 11th and East Franklin. PPL plans to rehab the building for additional program and administrative uses. The space created will serve as the new home of PPL’s Employment Training Programs, which currently operate in a building at the intersection of Franklin and Chicago Avenues. PPL’s Employment Training programs have grown significantly over the last 10 years. The renovated theater building will contain four large classrooms, as well as offices and work stations for the continued growth of PPL’s Employment Training programs and Financial Counseling services.

The Franklin Theater building was constructed in 1916 as a movie theater but has fallen into a state of deterioration that leaves the space unusable in its current condition. Although the building is not designated as a historic building, it does still contain some features from its past use as a theater, including hand made plaster medallions and artifacts, an arched entrance with aluminum marquee and other features which will be retained and refurbished. PPL has already completed masonry work and tuck pointing on the front of the building. The full rehab will see the arch restored and lighting beneath it added, along with new windows and entry doors. The area between the theater building and PPL’s existing headquarters, which is approximately 8-feet wide, will be roofed over to make an atrium space between the two buildings.

PPL plans to begin construction in September of 2017 and the work is expected to be complete in 12 to 15 months.

— Matt Soucek, Senior Project Manager, Project for Pride in Living (PPL), 1035 East Franklin Avenue, Minneapolis, MN 55404  www.ppl-inc.org

TO STEVE DREYER & PATTI PETERSON, OUR TWO NEWLY-ELECTED BOARD MEMBERS! WELCOME & CONGRATULATIONS! AND A DEEPLY HEARTFELT THANK-YOU TO AYDRUS ODAY, WHO HAS RESIGNED FROM OUR BOARD AND MOVED TO ANOTHER NEIGHBORHOOD.
Cedar Field: History, Requests, and Changes

LOCATION AND HISTORY
Cedar Avenue Field sits on a portion of a block between Cedar and 18th Avenue East, Phillips neighborhood. Immediately to the north is the Little Earth Residents Association (LERA) building and the Little Earth of United Tribes Community is located across Cedar Avenue to the east. Cedar Avenue serves as the southern edge of the park for the Little Earth Community.

In the summer of 1916 MPRB received a number of applications to develop the southern portion of an existing park. MPRB reached out to David Stewart of St. Albans, Maine, who had previously donated land and funds to create Stewart Park farther west. In October of 1916 Stewart donated 1.18 acres of land (about one-half block) across 25th Street from the original South High School.

In response to requests for improvements to the land in 1919, the park board authorized spending up to $1,000 to improve the empty ground for a small combination baseball and football field. The action came in response to several requests, including one from the coach at South High School for his team to be able to use the field. This was part of an overall plan for the park, featured in the 1919 annual report, which included a playground for children, a small shelter and wading pool. The estimated cost of the plan was $30,000, which was not immediately assessed against property owners in the area. The park is named for the street that runs alongside it.

Without assessment, the park board could only implement the ballfield, so in 1920 the field was graded and a backdrop and benches were installed, as well as a sandbox for children. Playground equipment was installed in 1921. In 1926 the Little Earth community, a dense development Little Earth was east of Cedar Avenue and the land occupied by the original South High School. Little Earth is the only American Indian preference project-section 8 agency assistance community in the United States.

Cedar Avenue Field was upgraded in 1969 with the installation of playground equipment and creation of a hard-surfaced play area. The park was renovated again in 2003 with new playground equipment, a basketball court, and landscaping improvements. The hard courts were resurfaced in 2011.

LEVELING CONDITIONS AND CHARACTER
Cedar Field currently contains a play area, a basketball court with two backboards and hoops, and an informal open field that is used for baseball practice and other lawn activities. Pathways wander through the park, with benches and picnic tables scattered throughout. The park is protected from busy Cedar Avenue by a low wall and fence. Additional fencing along the southern edge of the park separates it from housing and an alley. Yet another fence defines the northern boundary of the park and creates a separation between the Little Earth buildings and the park.

Near the center of the park, a pedestrian bridge with switchback ramps allows pedestrians to cross over Cedar Avenue to other areas of Little Earth.

During the community engagement process for Cedar Avenue Field, safety concerns were frequently expressed. Specifically stated was the fact that the park may be serving as a “safe haven” for drug-dealing activity. As described repeatedly by community members, the Little Earth Community, being primarily, can patrol for and evict trespassers anywhere—until they enter the public land of the park. An ongoing discussion about making the park more safe, potentially through involvement by Little Earth, is warranted.

Overall, the park is a steady gathering place for the urban community. It is only a few blocks from East Phillips Park but has a different feel to it, which is a much different feel. Cedar Avenue Field seems more relaxed and passive than East Phillips—more casual and cool. The amenities within the park are in moderate condition, though several safety concerns were raised related to specific park assets. The community notes regular sale of illegal drugs from cars parked for extensive periods of time along Cedar Avenue. Those drugs are often used immediately in the park, on the benches and tables along 18th Avenue, and paraphernalia is often disposed of in the playground sand.

Children and parents regularly find needles and other materials in the playground, and currently MPRB’s maintenance staff sift the sand regularly to remove them. The benches and tables are in very poor condition and the playground surfacing should be reconsidered.

THE PROPOSED DESIGN
The design for Cedar Avenue Field is meant to improve safety in the park while also bringing new and unique amenities for a larger age range of youth in the neighborhood. The playground is retained in its same general location—though refurbished at the end of its useful life. The playground area has a full resilient rubber surface (or equivalent), which will prevent the disposal of drug paraphernalia.

As this is a critical concern for the community, it would be possible and recommended to replace the surfacing in the short term, even if the playground equipment itself is not immediately replaced. Another change meant to improve safety is removal of all seating on the 18th Avenue side of the park. A new picnic area, with tables, grills, and a small open-air shelter, is located in the northeast corner of the park. This area—though closer to Cedar Avenue—will allow for the desired use of the park for picnicking, but create less of a convenient grounds for drug purchase and use. In addition, MPRB should work with the city and community to advocate for restricted parking along 18th Avenue, to prevent long-term staging of drug sale vehicles.

Overall the park features a curving path with more active uses on one side and open green space on the other. The green space accommodates a practice baseball field with backstop but can also be used for pick-up soccer, kite-flying, lawn games, gatherings, and other uses. The active side includes the playground, a new full-court basketball court (which could include multiple basketball nets at varying heights along the sidewalks for multi-age play) and a paved volleyball court. A “skate trail” snakes along the eastern edge of the park, between the courts and the Cedar Avenue fence. This linear skate facility will attract a variety of age groups to the park and improve safety through increased activity. The trail should be hard surfaced and include a variety of banked curves, jumps, rails, and other exciting features.

At the northern end of the park, adjacent to the Little Earth buildings, the design breaks down the barrier between park and Little Earth, in order to facilitate more deliberate use of the park by youth and adults in the community. A new plaza stretches from the southern building entrance into the park. The plaza could feature large tables for games and home-work, permanent ping-pong tables, large-scale chess and checkers, and other fun ideas for play. This space is meant to be very flexible, to be used for outdoor classes, kids hanging out, families having lunch together, formal ceremonies, and whatever else the community can think of. To the side of this is a small water-jet play area. This feature will help activate the plaza provide a lovely backdrop for the park as a whole, and also offer a small scale place to play. The jets can be turned off and the area converted to a small stage for performances, gatherings, and ceremonies. The programming of the plaza and water play spaces should be considered an open discussion with the Little Earth Community and larger neighborhood. Regular involvement in use of the park by the immediately adjacent community will increase safety in the park and make it more fun for all users. MPRB should continue discussions with the community about management and programming of the space, for the mutual benefit of community youth and MPRB maintenance and public safety staff.

Throughout the discussions of the design concepts, the community had many suggestions and ideas related to lighting and fencing. These discussions should be continued during detailed design. Lighting along 18th Avenue is not recommended, except where necessary for the baseball diamond. Fencing along Cedar Avenue and the southern property line is retained, but the northern fencing between the park and Little Earth is removed to allow improved connectivity.

KNOWN LAND USE AND COORDINATION ISSUES
Coordination with Little Earth of United Tribes will be necessary during implementation of the northern plaza space, as it will cross the MPRB property line. Little Earth was involved in the master planning process and community members endorse this concept.

Coordination with the City of Minneapolis and advocacy from the East Phillips Neighborhood Coalition (EPIC) and Little Earth will be necessary to implement parking restrictions along 18th Avenue.
Open Streets Minneapolis in year 6 brings together community groups and local businesses to temporarily close major thoroughfares to car traffic, and open them up for people walking, biking, skating, and playing. Open Streets gives residents an opportunity to explore their neighborhood and local businesses in a safe, fun, and family-friendly way. It encourages the use of active transportation and healthy living, and has a goal of giving residents an opportunity to rethink our streets as public space.

Open Streets events take place in all quadrants of the City and Downtown and is an initiative of Our Streets Mpls. (formerly the Mpls. Bicycle Coalition), presented by the Center for Prevention at Blue Cross and Blue Shield of MN & co-sponsored by the City of Mpls.

OPEN STREETS happened on East Lake Street July 23, 11 AM to 5PM from Elliot Avenue to Minnehaha Avenue and down Minnehaha. If you were among the hundreds walking, biking, or skateboarding, you may have seen some of these views pictured below amongst thousands of other scenes without vehicular traffic on Lake Street—The Great Street—same as State Highway #7.

Photo Credit Key: TH-Talia Hansel, MM-Maggie Moran, PCH-Patrick Cabello Hansel, SG-Susan Gust, TW-Tim Will, StP-K-ST. Paul Kubb Society

“Live life as though nobody is watching, and express yourself as though everyone is listening.”

All lanes are bike lanes at Open Street MM

What have you been eating at Open Street MM

Brass Messengers on the run TH

Hopping through the hoops TH

Focusing on the little things TW

Dancing on the Street TH
¡Agua es Vida! Water is Life!

BY TALIA HANSEL

The Young Leaders Program of St. Paul’s Church and the Semilla Center for Healing and the Arts have been helping protect the Mississippi Watershed this summer in various ways:

- Planting native plants on boulevards, to capture storm water
- Mulching gardens to keep moisture in vegetable beds
- Educating children and adults about how to care for the watershed

We have started a campaign called “Fake the Pledge”. The pledge has three simple commitments:

- I will drink water from the tap instead of buying bottled water. (Bottled water is pretty much the same as tap water. Some tap water sold is taken from deep in the earth, and has lowered the level of important aquifers. Plus Minneapolis tap water is clean and safe)
- I will clean up my street with my neighbors once a month. (Remember, everything that washes into storm sewers from our streets goes untreated into the river)
- I will learn more about how I can care for our Mississippi Watershed at https://mwmo.org/learn

There are many other ways to conserve water, such as not mowing your lawn short, and capturing rainwater off your house or garage. If you are interested in learning more or becoming active in helping our watershed, call 612-724-3862 or e-mail semilla-center@gmail. Com. And follow us on Twitter and Instagram: @semillacenter

I can care for our Mississippi Watershed at https://mwmo.org/learn. There are many other ways to conserve water, such as not mowing your lawn short, and capturing rainwater off your house or garage. If you are interested in learning more or becoming active in helping our watershed, call 612-724-3862 or e-mail semilla-center@gmail.com. And follow us on Twitter and Instagram: @semillacenter

Why walk?

PHILIPS Round the World Challenge

BY THE PHILLIPS WELLNESS 50+ TEAM

Walking in one of the easiest ways to increase physical activity and improve your health. Almost anyone can walk, it can be done anywhere and it doesn’t cost a cent.

Walking provides all sorts of benefits, including:
- Lowering blood pressure
- Reducing weight
- Preventing onset of diabetes
- Improving memory

Here are tips to help you stay safe on your walks:
- Cross streets at crosswalks.
- Better yet, cross at corners with traffic signals.
- Wear bright color clothing to be sure that you can be seen.
- Always use a driver’s eyes when crossing the street. Try to make eye contact with drivers as they approach.
- Walk on sidewalks whenever possible. Keep an eye out for uneven surfaces that can be hazards for falling.
- Wear good quality shoes. Look for shoes that have a thick sole, a wide base, closed back and good arch support.
- Carry your ID and emergency contact information.

Phillips Wellness 50+ invites you to join us for a weekly group walk. Meet us in the lobbies of Ebenezer Park Apartments and Ebenezer Tower every Tuesday night at 6:00 PM.

Phillips Wellness 50+ is an initiative to increase health and well-being by and for people in the Phillips neighborhood. Contact Donna Nordin at 612-741-5180 or dohrm2@comcast.net for information.

“A street blocked? Why would anyone want that? 16th Ave. Block Club complaints and kids asking for safety years ago resulted in a Barricade made an incredible difference. Many times, over the years, the neighbors tried to get more permanent, better looking barricades only to be told that they needed to be able to be fully and easily removed for various reasons. As time passed and especially in the last two years, Police records and citizens observations show a radical increase in illegal activity in the neighborhood and the Barricades seem to have become a gathering place for the homeless and those using and dealing drugs.

Join us on August 8th, 2017 at 6:30 PM and give the residents your ideas. The Location of the meeting is not yet confirmed.

Partial list of Meeting Attendees: Karen Clark, Li, Catherine Johnson Alondra Cano, Carol Pass, Brad Pass, Mark Welna, Linda Leonard, Mary Gossler, Cassie Holmes, Joanie Essenburg, Tim Essenburg, Apologies to the many attendees not included.

After all is said and done, more is said than done.”

Aesop**

*Aesop* is a Greek fabulist and story teller credited with a number of fables now collectively known as *Aesop’s Fables*. Although his existence remains unclear and no writings by him survive, numerous tales credited to him were gathered across the centuries and in many languages in a storytelling tradition that continues to this day.
There can be no keener revelation of a society’s soul than the way in which it treats its children.”

**Hospital land grab angers Phillips residents**

*BY JULIE MILLER,* *THE ALLEY NEWSPAPER MAY 25, 2006*

If it would wreck your whole day to come home from work and discover your house was gone, then you need to read this story, because it could happen to you! This is real. It is not a test. It is not science fiction and you have not just entered the Twilight Zone. You have entered the Lifesciences Corridor, another dimension where homes are dispensable, parking ramps are the future, and hospitals can go from “good neighbor” to “perpetrator” in the blink of an eye.

Don’t take my word for it folks, take a walk or drive around the 2500 block of Chicago Ave. and you will see what the future has in store for you. The once stately and solid Victorian houses are gone—now—notthing but a memory and a flat place in the dirt. This is the awful truth. It is not a cruel hoax, a bad joke or a dream from which you can awaken to find a world that still makes sense. This ain’t no disco, fellow citizens, and we’re definitely not in Kansas anymore. Who needs the excitement of reali- ty TV when we all live in an endan- gered environment? “Survivor: Phillips Neighborhood” is filming at a block near you.

This is a story about how a corporation can turn a neighbor- hood into a parking lot in less time than it takes KFC to rustle up a bucket of extra crispy. A story of how a city block in Phillips West came to be destroyed by Children’s Hospital without the consent of the neighbors or the neighborhood organization. How Children’s Hospital broke a for- mal, solemn and binding covenant with the residents of our block and community, and placed 13 more blocks at risk. How the neighbors didn’t learn of Children’s impending encroachment until the hospi- tal already had control of most of the homes through their interme- diary, developer Jim Dowds (aka Prima Land Inc.). It’s the story of how we left for work one day surrounded by lovely, century-old houses, and came home that eve- ning to find one of those homes and its trees gone; and over the following days and weeks another, and another, until eight houses were obliterated, along with all the trees. How all this was done in blatant violation of a Multi-Block Land Use Covenant signed by Children’s Hospital—a 14-block agreement which extended to protect every single home on my block, “Block 5,” and the other 13 blocks surrounding the hospitals. (See Julie Miller’s entire article at alleynews.org)

*Editor’s Note*

The Phillips Neighborhood Clinic is a FREE walk-in clinic operated by University of Minnesota health professional students.

**The Phillips Neighborhood Clinic**

- All students are supervised by licensed doctors.
- No appointments or insurance necessary.
- Spanish interpreters are available.

Open Mondays & Thursdays from 6-9 p.m. (Closed on Holidays)

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**Water Works**

from page 1

The curved east wall of the building built as the Sears Warehouse adja- cent to railroad track for efficient unloading from railroad cars in the path now the Midtown Greenway with the Martin Sabo Bridge rise of the Greenway over Hiawatha Avenue/Highway #55.

**Water Works**

from page 1

The site by “Eminent Domain” to compel the Roof Depot owners to sell to them. The purchase has been made, placing the city in the drivers seat and we are now try- ing to determine our response.

Most of you are aware that East Phillips had created a viable and strong plan to build the East Phillips Neighborhood Clinic at this site to provide good jobs and a pollution free business producing good food for the neighborhood. Whether this happens is now in the hands and in the hands of the City. This is where this great proj- ect stands.

So, What’s New?

Community members and orga- nizations have met in many ven- tures, PhillieEye Institute, a neighborhood friendly use for a sizeable portion of the 7.63 acre Roof Depot site. We have made our demands clear at several City Council meetings and have elic- ited a commitment at the June 23rd 2015 City Council Meeting “…Directing Property Services to work with East Phillips resi- dents and community members to identify potential redevelopment or leasing scenarios for the prop- erty of the property not required for municipal operations …” (see reprinted Block 5 article below).

The GAC is formed to: To accommodate this direc- tive, the Guidelines & Demol- ishment Committee (GAC) was created by Mpls. Property Services. It consists of individuals from East Phillips & others.

The GAC was initially sched- uled to meet 3 or 4 times for two hours each.

It was tasked to provide the City with “… up to three pro- posed site development concepts and property scenarios” which is now called the “Hiawatha Campus Expansion Site.”

The GAC’s Response: The GAC chose to focus on one concept (not 3) that will meet the community’s needs.

Phillips the Hiawatha Campus Expansion Site must help to de- industrialize the area, offsetting
The Great Makers Exchange Highlights Nordic Craft and Artisans: Mini-Workshops, Demonstrations and an Artist Market

Hands-on Nordic Craft celebrating and learning for all ages with workshops, demonstrations, an artist market, live music and a talk by Tia Salmela Keobounpheng. Noon – 5 pm Sunday, Aug 6th; Mini-Workshops at 10 a.m. and 2 p.m. Entrance included in ASI Museum Admission: $10 Adults, $7 ages 62+, $5 Students with ID and youth ages 5-12. Free for ASI members. Workshop Reg. is $25.

Beginners, professionals and the curious can all find something to experience. Watch how it’s done and take home a finished work that you’ve crafted during a workshop or purchased from an artist. Master craftspeople and ASI resident instructors—woodworkers, painters, weavers, textile artists, ceramicists and jewelers, lead the workshops for youth and adults. Partner organizations: FOCI Minnesota Center for Glass Arts, North House Folk School, Silverwood Park and Women’s Woodshop.

The Great Makers Exchange
Turnblad Mansion
Makers Market in the ASI Courtyard
Makers Market Artists and Workshop Instructors: Carin Ekstrand-Anderson (STITCHESbycarin), Liz Bucheit (Crown Trout Jewelers), Sue Flanders (Kilns of Flanders), Liz White (Birch Bark Weaving), Tia Salmela Keobounpheng (Silvercoon - jewelry), Natalie Norman (Folkdress Fantasy), Chiaki O’Brien (SAORI Studio), Nora Schaper (woodcarver), Sarah Schaper (Bodilysh - body care), Cecilia Schiller (Scultor/woodcarver), Julie Steller (Stiller Handcrafted Goods), Kelsey Ousid (Kenzuki, illustrator/author) and Veyeang (woodcarvers).

10 a.m. – Noon
- Birch Bark Card Holder Weaving
- Youth Only - Intro. to Embroidery (ages 7-17, adults can register with youth participants)
- Pocket Dala Horse
- Intro. to SAORI Weaving
- 2 – 4 p.m.
- Semi-Inspired Bracelets
- Youth Only - Fabric Stenciling (ages 7-17)

Mechanical Marvels – automata moving figures
Hooked! – carved wall hooks

ASI: museum, cultural center, and gathering place to share experiences around culture, migration, the environment and the arts, informed by ties to Sweden. 2600 Park Ave. MPLS. Info www.ASIMn.org or 612-871-4907.

HOURS: Tues., Thurs., Fri., Sat. 10 a.m. - 5 p.m.; Wed. 10 a.m. - 6 p.m.; Sun. Noon - 5 p.m.; closed Mon. Admission: $10 adults, $7 ages 62 +, $5 ages 6-18 & full-time students with ID. Free for ASI members and kids ages 3 and under.

Howard M. McQuitter II
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Mini-Workshops, Demonstrations and an Artist Market

The Alley Newspaper • August 2017

“Baby Driver” & “The Big Sick”

Baby Driver(2017)★★★
Action/Comedy/Drama/Music
Rated R

Director Edgar Wright’s (I met him back when he directed “Shaun of the Dead”) “Baby Driver” is worth the ticket while lounging in a comfortable chair in a theater (or on a summer day). The beauty of “Baby Driver” is in the movie feels fresh, electrifying and humorous. For lack of a better word, the cast is cool.

Baby is the title character played by Ansel Elgort, a twenty-something, white guy who walks around with earphones listening to pop music, such as from “Queen”. Back-ground music from old school R&B tunes Martha Reeves & The Vandellas “Nowhere to Hide” and Brenda Holloway’s “Every Little Bit Hurts”. All the action and humorous. For lack of a better word, the cast is cool.

“Baby Driver” is in a romantic comedy. The risk for so many romantic comedies is a cross over to schmaltz or risqué or flat out frivolousness. “The Big Sick” is just one of those a true story; Zoe looks similar to the real Emily) Cast: Kumail Nanjiani (Kumail), Zoe Kazan (Emily), Holly Hunter (Beth), Ray Romano (Terry), Zenobia Shroff (Sharmeen), Anupam Kher (Azmatt), Adeel Akhtar (Naved). Running time: 119 minutes. Director: Michael Showalter.

“The Big Sick” is based on a true story; Zoe looks similar to the real Emily) Cast: Kumail Nanjiani (Kumail), Zoe Kazan (Emily), Holly Hunter (Beth), Ray Romano (Terry), Zenobia Shroff (Sharmeen), Anupam Kher (Azmatt), Adeel Akhtar (Naved). Running time: 119 minutes. Director: Michael Showalter.

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Comedy/Romance/Drama
Rated R

Director: Edgar Wright.
Running time: 113 minutes.

Jamie Foxx (Bats), Lily James (Debora). All the action in Wright’s high-octane film. Quentin Tarantino’s playbook? Wright takes a page out of the girl. Does “Baby Driver’s” Edgar Wright do the job and risk being killed for the young man: go ahead and scheme. Yes, there is a dilemma about his job description. After the man with the earphones rethinks his approval of the stolen money and him. All this is thrilling to Baby he doesn’t trust him and always finds a way to criticize something, white guy who walks around with earphones listening to pop music, such as from “Queen”. Back-ground music from old school R&B tunes Martha Reeves & The Vandellas “Nowhere to Hide” and Brenda Holloway’s “Every Little Bit Hurts”. All the action and humorous. For lack of a better word, the cast is cool.

All the action and humorous. For lack of a better word, the cast is cool.

From the first time Bats meets Emily, it is not where you start but how high you aim that matters for success. It is not where you start but how high you aim that matters for success.
Cultivating Heavy Soil

Transforming the USA along socialist lines is like propagating a garden in heavy soil. Dense soils tend to impede germination and root development. Yet, when properly conditioned, a “clay soil” is the most fertile and will produce glorious results.

Marxism teaches that external factors are the conditions of change, while internal contradictions are the basis. If things are not right, the seed will not deliver us the flower. Might hard work and perseverance render our desire?

As it happened…

An elder Korean woman from the community garden kindly gifted me several seed packets from her homeland. The English label read “Blue Bell Root.” In addition to its lovely flowers, this plant produces roots which will cure most diseases and extend our life spans. So, the work was cut out for me.

Available to me were several raised beds which, since an early harvest of kimchi radishes, had been fallow beneath grass clip-pings and a top layer of compos-ted cow manure. So then, turn with spade, consolidate and chop with rake, deep hand trowel to expose and obliterate remaining clods, thoroughly mix ingredients until volume has doubled, reform bed with rake, shore up bed sides with foot, plant seeds, add water.

Such is the nature of the con-scious factor within the revolu-tionary process. But one’s own consciousness means only so much, while mass consciousness will someday move mountains.

BLUEBERRIES IN CRAWLEY WOOD, ASHIREDE FOREST, UK

Frank Reflections

A Good Deed: Deed Hiawatha Golf Course back to Hiawatha’s descendants!

BY FRANK ERICKSON

In regards to what should be done with the land known as Hiawatha Golf Course at 4553 Longfellow Ave, Minneapolis, MN 55407: give it back to Hiawatha!

When an opportunity like this presents itself, it needs to be embraced and the right thing done.

Giving the land back to its rightful owners is the right thing to do. Giving the land to the local Native American Community would not hurt the City of Minneapolis or any of its residents in any way. The White Man has unjustly taken, controlled, and profited from owning all of this North American land for long enough—Time to give a little back!

EPIC Receives $319,000 from the State.

With help from State Representative Karen Clark, EPIC was awarded a State Grant.

The grant will fund an ethnically inclusive neighborhood collaborative to plan and help with startup costs associated with meeting the community needs above.

The grant is “… to create the East Phillips Neighborhood Institute (EPNI) to expand culturally tailored resources that address small business growth and create sustainable and meaningful green jobs …” preferably in the form of the East Phillips Indoor Urban Farm on a portion of the Roof Depot Site. Only in this way can East Phillips continue to march toward a less “heavy industry” future for this area so close and damaging to our children and their families.

www.alleynews.org
@alleynews

Blueberries in Crawley Wood, Ashridge Forest, UK
JOIN a Diabetes or Diabetes Prevention Core Group in Mid-August!!!

In collaboration with the City of Minneapolis, residents within the Backyard will be able to join a Diabetes/Diabetes Prevention (DDP) Family, Friends and Neighbors (FFN) group aimed at lifestyle changes for dealing with or preventing diabetes.

There will be 4 Diabetes Prevention Family, Friends, and Neighbors (DDP-FFN) core groups, with each one covering:

- 16 weeks of core classes
- 8 monthly post core follow-up group classes

Each core group will be hosted by a BYI Resident Recruiter/Host: Mr. Ray Thompson and Mr. Willie Younger of the Anchor Family.* CHAT, Ms. Candis McKelvy of Growing the Backyard CHAT, and Miski Abdulle and Amged Yussef of the Project SELF.

Mr. Ray Taylor, Owner of Zamaya’s Delicious Catering will be preparing the Honey Mustard Fruit Slaw (recipe shown) along with some other great diabetic-friendly food. SEE YOU THERE!!!!

What makes this a recipe tailored for diabetic?

1. For the syrupy-sweet dressing:

- 1/2 cup honey
- 1 tablespoon Dijon mustard
- 1/2 teaspoon apple cider vinegar

2. For the cabbage slaw:

- 1/2 large head of cabbage, thinly sliced
- 3 carrots, shredded
- 1/4 red pepper, thinly sliced
- 1/4 cup slivered almonds

3. Combine the dressing ingredients in a small screw-top jar and shake well. Set aside.

4. In a medium/large bowl, toss together the cabbage, carrots, red pepper, and almonds. Sprinkle with peanuts or cashews (chopped) and serve.

Some of the Topics Covered in the First Six Months

- Be a Fat and Calorie Detective • Three Ways to Eat Less Fat and Fewer Calories • Move Those Muscles
- Take Charge of What’s Around You • Talk Back to Negative Thoughts • The Slippery Slope of Lifestyle Change • You Can Manage Stress and more … and new topics in the Second 6 Month Program.

Panola Lake/Hiawatha Area

Robert Taylor, owner and chef of Zamaya’s Delicious Catering, is a regular at a recent Dinner and Diabetes Dialogue (Triple D) event. These events occur on the first Thursday of every month at the MGM from 5 to 7 pm. This catering company was incubated at the Cultural Wellness Center and prepares food for almost all Backyard Initiative events.

While community members enjoy food, discussing challenges and successes and sharing recipes, there is also time for people to hear speakers and learn something new.

Robert Taylor, Owner of Zamaya’s Delicious Catering will be preparing the Honey Mustard Fruit Slaw (recipe shown) along with some other great diabetic-friendly food. SEE YOU THERE!!!

What is your diabetes like now?

R.T. “I used to see the doctor every 2 weeks now, I see him every 4 to 6 months. I still take medication and I check my blood sugar level about 3 times a week. I pay attention to my body and watch my diet. Everybody needs to spurge once in awhile so I will have a donut or a burger and then really watch my carbs the next few days. I don’t eat white bread, sweets, potato chips, bad carbs and if I do, I can tell and then I lay completely off of them for a few days. I know I need to exercise more.”

Did your work with the Backyard Initiative (BYI) have an influence in your approach to your health?

R.T. “I patrolled my neighborhood, usually in my truck before I got involved in the BYI. It is a way of protecting and helping to keep my neighborhood secure. I grew up seeing my Mom work very, very hard to get what she wanted and still work very hard and are gone control over my diabetes.”

What do you think makes this a Diabetes Dialogue?

R.T. “I like this doctor.”

Mr. Ray Thompson, Anchor Families CHAT leader and Callahan Clark, Phillips Neighborhood Clinic, connecting after a BYI Dinner and Diabetes Dialogue (Triple D) event in April. (see following interview with Mr. Ray Thompson)

Join us at the next Dinner and Diabetes Dialogue on Thursday, August 3, center stage area of the Midtown Global Market, 5 to 7 pm. Robert Taylor, Owner of Zamaya’s Delicious Catering will be preparing the Honey Mustard Fruit Slaw (recipe shown) along with some other great diabetic-friendly food. SEE YOU THERE!!!