All are working to keep the playing
Some activists are new. Nonetheless,
from the beginning are still involved.
A few activists
article from April 1984 on Page 5
involved in the Pool through its 40-
observer and some in between. The
actors' levels of passion and avail-
welcomed to be a part of this chap-
continues. The next chapter is being

Chinua Achebe was born on November 16, 1930 and died on March 21, 2013.

“I am social!”

The headline above, from The
Alley Newspaper, April 1984, is still relevant in April 2013 because the 40-year saga of the Phillips Pool continues. The next chapter is being written as you read this. You are welcomed to be a part of this chap-

The Pool is empty again!
The story intensifies as the charac-
ters’ levels of passion and avail-
able time move between those who
are deeply involved to the casual
observer and some in between. The
dreadfuls of activists who have been
involved in the Pool through its 40-
year history are amazing. Read the
article from April 1984 on Page 5
for just one example. A few activists
from the beginning are still involved.
Some activists are new. Nonetheless,
all are working to keep the playing
field level as they pursue their vari-
ous plans to fill the pool.
The various plan details and their
possible impacts are obvious and
important; more pool possibilities
vs. less greenery and parking; less
pools vs. more variety of ages and
ethic involvement; more pools
more money vs. more public use
possibility of less neighborhood use;
and, many more.
May we hope and thrive for
understanding each other’s concerns
all the while understanding that the
lessons we leave in the story of our
progeny are as important as the les-
sions of water enjoyment, safety, and
survival.
My connection to the Phillips
Pool began sixty-one years ago.
Probably everyone was some-
what scared when they walked into
a new school that was larger than
their grade school. I was.
Well, it wasn’t a “new” school, it
was 26-years-old, but it was new
to me. There was a man from “the
olden days” on a large oil paint-
ing. I was distracted by twice as
many students as attended Greely
Elementary School, two blocks
south.
But, by 1962, its student body
size had slid to 350 below its capac-
ity. I had graduated from that “new”
school, Wendell Phillips Junior
High School, seven years before.
A decade later, in 1972, I saw
this title on a used bookstore shelf,
“Prophet of Liberty: Wendell
Phillips.” Wow! That was the guy in
the oil painting! Who would know? They hadn’t told us!
One dollar and fifty cents bought
that treasure of mid-19th Century
American history with scores of quo-
tations on equal rights for all people
regardless of gender, ethnicity, or
social class. It was there I read what
I later heard Paul Wellstone say was
his favorite quote of all time, “Peace if possible, justice at any rate.”
That same year, we saw the end
of a long effort to build a Pool and
Gym addition to Wendell Phillips
Junior High School with federal Model
Cities’ money. The great excite-
ment of that huge amenity was only
exceeded a decade later when the
Phillips Community lost its plea and
hopes and some money to reopen
include procuring a boiler, raising
money to reopen the Pool and sustain it with volunteer
help. It was a huge task and the
need for other ideas and more resources
came evident.
The Mpls. Park Board (MPRB)
assumed ownership of the Pool and
Gym in 1987. Unfortunately, the
heat for the Pool and Gym addition
had been enriched by her extensive
videos, and personal quota-
tions woven into 100 narratives
. Each of the 100 Tales has its
own engaging stories so it is
remarkable that she can end each
“Tale”; the secret of anticipation
that keeps readers awaiting the
next Tale. Readers need not fear
the end of the Series because
about 28,000 people (7,000 were
moved, but their stories remain
have been buried at this place
formerly Layman’s Cemetery at
Lake Street and Cedar Avenue.
These stories live on in fam-
ily photo albums and scrapbooks,
websites and oral storytelling tra-
ditions. Alley Communications is
honored and pleased to have been
able to be the exclusive first pub-
lisher of these “Tales”.
Sue Hunter Weir’s vivid,
respectful sharing of these stories
helps us to appreciate the past,
gain insight into the context of
those times, draw connections to
our present and underscore the
words of Chinua Achebe, “the
story is our escort; without it we
are blind.” Thank you, Sue, for
“escorting us” through those cem-
etry gates. Read the 100th “Tale
Page 4 — “The longer you lived, the longer you were likely
to live.”

Thank You Sue Hunter Weir
Alley Communications, on
behalf of hundreds of families and
thousands of individuals express
our tremendous appreciation to
Sue Hunter Weir, local resi-
dent, historian and writer of 100
“Tales from Pioneers and Soldiers
Cemetery.”
The lives of many people have
been enriched by her extensive
research, honoring of personal
stories and legacies, anecdotes,
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School was closed
and demolished. There would be
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South Minneapolis Housing Fair at New Location

BY MARGO ASHMORE

Homeowners can get their home improvement questions answered and find ways to bring creative visions to reality at the South Minneapolis Housing Fair. Saturday, April 13, 10 a.m.-3 p.m. Note this year’s new location: 2121 Lake Street Minneapolis Sports Center behind the Midtown YWCA. Near the Hiawatha Light Rail stop on Lake Street, it’s convenient by bus, walking, bike and car with parking in two lots. The 19th is free to the public & provides useful local contractor connections and neighborhood-consumer resources for homeowners and prospective homeowners. Attendees chat with experts among the numerous carefully vetted exhibitors covering many aspects of home improvement.

10 a.m.-2 p.m. portion of the 5 hour Fair will be a Hennepin Fix-It Clinic. It’s an opportunity for consumers to bring non-functioning small household appliances to see if and how they can be brought back to life. Other fun features: Bird feeder building for kids of all ages, power tool door prizes, Ask an Expert and the Natedogs food truck. Four special 30-minute presentations:

- 11:00 a.m. Remodeling Your Home Through Social Media
- Noon: Financing Home Improvements
- 1:00 p.m. Front Door Feng Shui: Welcoming Opportunities
- 2 p.m. Growing Monarch Habitat.

The South Minneapolis Housing Fair is produced to benefit all Minneapolis residents, by representatives of several neighborhood organizations, South High Community Education, and a dozen other corporate and institutional sponsors.

Info: www.housingfair.org
Pick-up a program at neighborhood offices and South Minneapolis libraries. To volunteer during the fair or exhibit next year, contact Event Coordinator Margo Ashmore at MANAGER@HOUSINGFAIR.ORG or call 612-867-4874.

EXCHANGE Wanted:
Housing for Household Help Wanted: One elderly gentleman in need of help around the place. Older St. Mary’s student seeks mutual living arrangement. In exchange for help at home, a room is needed while attending classes. Student is a good cook and cleaner. Has a valid driver’s license. Will run errands and perform misc. household chores. References available. Send Email: whitebuffalo1111@yahoo.com

WANT ADS
Residents of the Back Yard Initiative area may place one free ad max. 2 square inches per month. See contact info on page 6.

Connecting the Dots

Wednesday, April 24th 8:30 to 8:30 PM
Phillips Community Center @ 2323 Eleventh Avenue S.

GET STARTED
Prepare for a new career

Healthcare Careers Education Fair

Interested in preparing for a healthcare career? Stop by the Midtown Global Market to learn about St. Kate’s certificates and associate degrees in growing health professions:

- Community Health Worker - Medical Coding - Healthcare Sales
- Eyecare Technician - Health Information Technician - Nursing - Radiography
- Occupational Therapy Assistant - Physical Therapist Assistant - Sonography

Wednesday, April 17 or Thursday, April 18
At the Midtown Global Market - Stop by anytime between 10 a.m. and 2 p.m.
On Lake Street near Chicago Avenue, Minneapolis. For information: (651) 690-7800; stkate.edu/minneapolis

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Hello, This month we are very lucky to have an article written by Dr. Sara Jean Barrett, a Naturopathic Physician in Bloomington, also doing health sessions here at Running Wolf. www.altsolutionsforhealth.com – Connie Norman

“...eat food as close to nature as you can find and reap the health benefits!”

Apple cider vinegar- has been used for centuries as a way to preserve food and as a healing tonic. Some properties include weight loss, lowering blood pressure, lowering cholesterol and reducing blood sugar in diabetics. A study in 2007 showed that taking 2 TBS of apple cider vinegar before bed reduced morning glucose levels 20%-30%. Apple cider vinegar also contains chromium, which can help lower blood sugar. If you make dietary changes that could lower your blood sugar be sure to talk with your doctor and carefully watch your blood sugar levels.

Spices- a whole article could be written on different spices and their individual health benefits. To name a few- turmeric, popular in curry, is anti-inflammatory and helps ward off Alzheimer’s Disease. Cinnamon can help regulate blood sugar as well as fight gas and bloating. Thyme is strong- anti-microbial and has a mucolytic action to help break up mucus if you have a cough.

Water- this list would not be complete without water. Mild dehydration has been linked to a number of diseases. A rule of thumb for myself is anytime I feel slightly ill whether it be a headache, cold symptoms or even a minor injury I start treatment with a glass of water. We require water to flush out toxins, maintain normal bowel function, protect and moisturizes our joints, aid in nutrient absorption…. need I say more?

In conclusion, when making choices try to eat food as close to nature as you can find and reap the health benefits!

Running Wolf Fitness Center (612-877-2388) Join for better health! Open to everyone, cost is $30/mo. & $30/mo. Family. We have great fitness and nutrition classes.

Phillips West Neighborhood Upcoming Events: Check out the Phillips West Website @ www.phillipswest.info

April 4th (Thursday) 6:00 to 7:30 p.m. – Phillips West Community Meeting!

Join your neighbors and other Community Partners for updates from Local City Government, Business Partners, Residents, and Minneapolis Police. This meeting will take place at the Center for Changing Lives in the Center Room (2400 Park Avenue). Free parking is available in the rear of building off Oakland Avenue. Free Pizza & Drinks will be provided! If you would like more information or would like to get involved with the neighborhood please contact Connie at 612-879-5383 or email her at pwcn0205@yahoo.com

By erin ThoMasson

April Programs at the Franklin Library

Children programs
ECFE: Reading Fun
Fri 5 & 6, 10:30a.m.–1:30 p.m. Early Childhood Family Ed. (ECFE) sessions to learn fun, interactive activities to build literacy skills.

Hands-on Hoopla
Sat Apr 13, 2–3:30 p.m. Games & activities for children and families

Homework Hub
Tues-Wed-Thurs-Thurs 3:30 – 7:30 p.m. Free, drop-in, informal tutoring for K-12 students. No advance sign-up needed.

Family Storytime Wed 10:30 a.m. to 11:30 a.m.

Teen Program
4-11 Mentoring Club
Tues 5 – 7 p.m.

Urban ecology, health and sustainability in local health careers in food. Maintain a community garden and visit local food enterprises.

Movies for Teens
Thurs 4:30 – 6 p.m.

Want community involvement? Come to a healthy lifestyle! Bring friends & come for poetry, arts, games

Teen Anime Club
Thursdays, April 4 & 18, 6-7:15 p.m. For teens. Watch anime, discuss manga, share artwork, work on cosplay and more. Sometimes games too!

April at the Franklin Community Library

New: 612-543-6925

www.hclib.org and news at www.hclib.org/pub/ info/newsroom

Franklin Community Library
1314 E. Franklin Avenue
New: 612-543-6925

www.mplib.org

Tues & Thurs 7-8 pm Wed, Fri & Sat 10 am – 6 pm

Complete program calendar, visit, call, or www.hclib.org and news at www.hclib.org/pub/ info/newsroom

suggestions

Phillips Technology Center
www.hclib.org or 612-543-6925

Email: Intermediate

Thurs Apr 11, 10-11:30 a.m. Learn Google Docs & Microsoft Office Web Apps, free Web-based applications for creating documents, spreadsheets, & more. (Familiarity with Internet and email use required.)

Computer Skills Workshop
Fri Apr 12, noon–1:30 p.m. Work on projects & practice skills from the using mouse & keyboarding to using email and Microsoft Office with our software instructors and volunteer assistants.

Microsoft Excel: Basics
Sat Apr 13, 10:30 a.m.–noon

Learn the basics of working with an Excel spreadsheet: navigating, entering data and using formulas.

Franklin Learning Center
612-643-6934

Free tutoring for adults learning English and math, preparing for the GED & citizenship exams, & gaining life skills. Volunteers? No exp. necessary; we provide training & materials.

Tracking Running Wolf

“Let Food Be Thy Medicine and Medicine Be Thy Food”

Hippocrates, a man commonly known as the father of modern medicine, is responsible for this insightful quote. In 431 B.C. he was really on to something. Our cells are made from and operate on what we consume. Throughout history many cultures have recog- nized the power of eating certain foods for all sorts of ailments. In this day & age, can we rely any more on our medicine, it can also be our poison. We live in an age where we are surrounded by dairy, sugar, producing refined sugar, trans fatty acids, and high fructose corn syrup just to name a few. Additives, fillers and synthetic compounds are rampant in our foods and we must be diligent to avoid them. Even over 2000 years later we still have nature’s perfect foods that pro- mote health. In this article I am going to highlight some “super foods” that can have medicinal properties.

Wild blueberries- these tiny fruits pack a giant anti-oxidant punch! Wild blueberries (as opposed to cultivated) may even have more antioxidant power. Studies have shown that blue- berries help to lower cholesterol, improve vision and urinary health, and slow the aging process. No wonder they are full of antioxidants and a com- pound called EGCG. Green tea is full of antioxidants and a com- pound called EGCG. Green tea may help reduce the incidence of breast, stomach, esophageal, and prostate cancer, and bowel cancer. For the anti-cancer effects you will need to drink between 5-10 cups per day. Green tea does possess caffeine so if you are sensitive to drinking several cups per day. Green tea is nice coffee replacement in the morning and can also be drunk cold in the summer. Mix it up by adding sliced cucumber, fresh mint leaves and even fruit.

Wild caught Alaskan salmon- salmon provides a rich source of omega 3 fatty acids which help to reduce inflammation in the body. Studies have shown salmon to have preventative effects on car- diovascular disease, Alzheimer’s, and diabetes. Avoid eating farmed salmon which can be high in envi- ronmental pollutants particularly PCB’s.

Dark green leafy vegetables- including kale, collards, and swiss chard are particularly dense with phytonutrients and minerals. Dark green leafy vegetables might just be the most nutrient dense food per calorie available for us. While they are full of iron, calcium, magnesium, potassium, vitamin A, vitamin C, beta carotene, and lutein perhaps vitamin K deserves the spotlight. Vitamin K helps prevent osteoporosis, regulates blood clotting, reduces calcium in circulation helping to prevent ath- erosclerosis and may help prevent diabetes.

 Cruciferous vegetables- broccoli, cauliflower, Brussels sprouts, cabbage and bok choy all contain a compound called indole-3 carbi- none which activates liver detoxification of car- cinoogens before they can damage cells. To maximize their benefit lightly steam, sauté or lightly bake with a glass of water. We require water to flush out toxins, maintain normal bowel function, protect and moisturizes our joints, aid in nutrient absorption…. need I say more?

In conclusion, when making choices try to eat food as close to nature as you can find and reap the health benefits!

Running Wolf Fitness Center (612-877-2388) Join for better health! Open to everyone, cost is $30/mo. & Family. We have great fitness and nutrition classes.

Apple cider vinegar- has been used for centuries as a way to pre- serve food and as a healing tonic. Some properties include weight loss, lowering blood pressure, lowering cholesterol and reducing blood sugar in diabetics. A study in 2007 showed that taking 2 TBS of apple cider vinegar before bed reduced morning glucose levels 20%-30%. Apple cider vinegar also contains chromium, which can help lower blood sugar. If you make dietary changes that could lower your blood sugar be sure to talk with your doctor and carefully watch your blood sugar levels.

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Abraham Fletcher, born the longest ago – 1776.

People often ask who is the oldest burial in the cemetery. They don’t mean whose name was the first on the burial or who lived the longest. What they’re asking is who was born the longest ago.

That honor appears to belong to Abraham Fletcher who was born on October 13, 1766, in Mendon, Massachusetts. He and his wife, Margaret Crocker Fletcher moved to Territorial Minnesota with several of their adult children sometime in the early 1850s. At the time that they moved, Abraham was well into his eighties.

Life Expectancy Records of life expectancy for people born in the 1760s were not kept. But demographers later calculated that someone like Abraham Fletcher who was 83 in 1850 was likely to life another 5.9 years or approximately 38 years. Children who were between the ages of ten and twenty in 1850 had a life expectancy of 48 years, ten years longer. The same pattern persists up until 1920. While it seems nonsensical to say that the longer you lived, the longer you were likely to live, that was, within reason, the case.

Infancy and very young childhood were perilous times and children who made it past their tenth birthdays had survived or sidestepped some of the leading causes of premature death.

By CarsTens sMiTH

Karen Olson Johnson, the co-host of AM950’s “Food Freedom” is the author of Common Sense Education and Teacher-Trainer. She is $5.

8 from 6 to 8 pm. Each evening Patrice will provide a light dinner, with several of their adult children sometime in the early 1850s. At the time that they moved, Abraham was well into his eighties.

Sustainable Kitchen and New Nordic Cooking Classes at Ingebretsen’s

Tales from Pioneers & Soldiers Cemetery

SUE HUNTER WEEK 100th in a Series

Hey Gardeners

By BRAD PASS

It’s not hard to imagine your imagination and conjure mental pictures of spading warm soil, planting and tending the flowers for 2013.

Gardening News:

• The East Phillips Community (1701 Ave. Garden 2428 17th Ave. S.) has a few openings for garden plots every spring. If you are an East Phillips resident and are interested, Contact Brad Pass at bpass@usinternet.com to get on the Wait List. For immediate attention, add “GARDEN” in caps to the subject line.

The First Garden General Membership meeting of the 2013 Gardening season; WHEN? Saturday, April. 13th Time? 10:00 AM Where? The East Phillips Park Community Center (2307 17th Ave. S.) Garden Plots will be assigned, and Plot fees will be collected, and

“Peanuts, Popcorn and Preemies”

Hennepin History Museum Fireside Series Hunter Weir. April 28th 2 PM

Wonderland Park in South Minneapolis opened its gates May 1877, and it was a hub for ethnically diverse, family oriented entertainment events of the year. Visitors had a chance to ride on one of the world’s first submarines, “fly” in an airship, Shoot the Chutes and see any number of amazing, death-defying acts (Dare Devil, DASH doing his Dip of Death was a favorite).
In the City of Lakes and Land of 10,000 Lakes! We are living in an historic time in Minneapolis: we are on the verge of having our first indoor public aquatics facility and it's located right in the heart of the Phillips Community. When completed, this fabulous new aquatics center will provide swimming lessons for everyone (including adults), a state-of-the-art competition swimming and diving venue, exercise and aerobics classes, and community swimming.

In recent months the Minneapolis Park and Recreation Board joined us in our belief that Minneapolis should have an aquatics facility. At the MPRB Board meeting on March 6th, President John Erwin stated that the city has a “moral responsibility” to ensure that children in the city learn to swim and, in particular, those many children with no real access to lakes and swimming lessons. This is why it’s vitally important that all children in Minneapolis learn the valuable life-saving and outdoor-access skill of swimming.

Go look into the other part of the pool. You will see an elder who’s gone through lots of life since being one of those kids and now is finding his or her way slowly back into the water. Sitting first in a hot tub or whirlpool to warm up the joints and muscles, an elder gradually navigates into the shallow end, carefully down the ladder, with a cane dropped aside the ladder along with a pair of flip-flops. Ahh, the joy of being able to move again! Perhaps not exactly like somebod connected with the Bolshoi Ballet, but still, smoothly and without fear of falling down, gaining balance as if years were simply shaved away! If you have Parkinsons, or a partial paralysis, this is like heaven! Just look around!

This project began some years ago when, jolted by the loss of the Boys and Girls Club, members of the four quadrant neighborhoods of Phillips formed the Phillips Community Parks Initiative to focus on our park facili-
We managed to create enough public pressure to bring that to a halt. Ventura Village began a “Connecting the Dots” series of neighborhood meetings to try to determine how to retain the building for the people of Phillips. To this day, thanks to all this work of the neighborhoods, the Phillips Community Center still stands and the pool remains, awaiting new loving attention and water.

Lieder, Clark, and Community garner support from the State...

The next chapter was led by Hannah Lieder who was inspired by the transformation she saw in Phillips kids whom she had taught to swim. Assisted by Rep. Karen Clark, Hannah began what turned out to be a two-year campaign at the State Legislature to seek the funding for her vision of the pool becoming the main piece of a reconstructed and expanded aquatic facility. Challenged by the Minneapolis Park & Recreation Board to develop a sustainable aquatic facility, Hannah, with her organization Minneapolis Swims, recruited the top aquatics experts in the country to put together a project that best meets the needs of the community and can be sustained into future years. The team consists of Tom Schaffer of USA Aquatics, Stu Issac and Duane Proell of Issac Sport Group, Dean Dovolis and Mick Stoddard of DJR Architecture. Funding for these conceptual design and business plans came from the East Phillips Improvement Coalition, Ventura Village, Minnesota Swimming and Minneapolis Swims.

Now, let’s consider the project.

Three options are being advanced: BASE OPTION, OPTION 1, and OPTION 2

**BASE OPTION:**

Beginning with a base project that essentially re-opens the current 6-lane pool for competition and lap swimming while creating a small shallow, warm-water teaching and exercise pool for children, elders and family activities. At a cost estimate of $2,250,000 this plan opens up the south side of the building where the new “teaching pool” addition will replace some current parking, and include a nice patio area and a completely new “drop-off” pool entrance. However, it would use the old showers and would not function well for swim meets or gender-based swimming. Most of the capital funds for this option are already in hand, turning the focus primarily toward operations and long-term maintenance.

**OPTION 1:**

This option includes expansion of the competition pool to, much needed, 8 lanes, necessary for hosting competitive meets, adds spectator seating for up to 275 people, builds new showers and offers a larger warm water pool. With the additional lanes the pool could handle many more people and Phillips could develop our own competitive teams as they once did in the not so distant past. Take a trip down memory lane with Phillips families whose kids were involved in the Swordfish Swim Team. This plan would make changes to the outside of the building in terms of a two-direction outward expansion south and east toward 13th Avenue. Total cost estimate is $5.1 million.
OPTION 2:

Moving up the development scale or—shall we say—to the grandest plan of all, we picture a $7.5 million pool project that further expands the Phillips Aquatic Center, again both southward toward 24th Street and eastward toward 13th Avenue. This expansion will include all the features of OPTION 2, namely the additional swim lanes, new showers, but adds additional spectator seating for 100 more people, a separate diving well, a larger warm-water pool, upstairs classrooms and a roof deck. This plan would allow us to elegantly serve single-gender swimming in the teaching pool during normal business hours, while having the rest of the facility open for community swimming. The plan will also allow us to host swimming meets while keeping the teaching pool open for community swimming. This plan would require a westward extension of the parking lot to accommodate additional vehicles. This will change the building’s footprint to a greater extent, but not necessarily to the neighborhood’s detriment as long as a larger-scale planning effort precedes this development.

Mpls. Park and Recreation Board “On-Board” with partial operations support; signals a major paradigm change.

While an effort by Minneapolis Swims and ISG Consulting has been made to offer a strong revenue-generating facility, which has considerable feasibility, at the March 6th MPRB meeting, the Park Board came forward with the willingness to provide some operational support. This is a major game-changer. Though the business plan includes scholarships and sponsorships so the highest-poverty, lowest-income residents will have access, the Park Board’s openness to helping with costs makes our commitment to continued access for our own population a greater guarantee.

Minneapolis Swim’s Hannah Lieder points out that “this facility could provide a very real opportunity to develop Olympic level swimmers and divers. The U of M has one of the top diving coaches in the world? One of his divers won a Silver Medal at the Olympics last year and four of his divers are at the national championships right now. Remarkably, Phillips youth could be in a feeder program for Olympic swimming and diving.”

Venture Village General Meeting—April 10th—features a public presentation without Voting.

In order to provide a deeper look into this project, Venture Village will be featuring the Phillips Pool at its regularly-scheduled monthly General Membership Meeting on Wednesday, April 10th. The public is invited to this event, beginning at 7:00 PM, which is located in the same building as the proposed pool project. Minneapolis Swims has been invited to present and bring members of the development team to assist in making this project clearer to attendees and navigate the various options to be considered. No vote will be taken on the various options as it is only informational in its appearance on the agenda. Funds are already pledged to the project.

“Connecting-The-Dot’s” Open House and Pool Conference

A “Connecting-The-Dot’s” Open House and Pool Conference is also scheduled for Wednesday, April 24th from 6:30 to 8:30 PM at the Phillips Community Center, located at 2323 Eleventh Avenue South. Snacks and beverages will be provided as this program offers an even greater opportunity for residents and stakeholders in Phillips to come forth and dig deeper for answers and a greater understanding of available options. It is expected that Ventura Village will revisit the project in May and then provide support for one of these options. East Phillips Improvement Coalition has already gone on record supporting an option and the other two Phillips Community neighborhoods can be expected to do so as well.

On-going access to information.

For further information, Alley Communications has posted a slide show of all 29 color slides of the Phillips Pool and various options on its alleynews.org website. The business plan will also be posted for perusal so readers can attend the Open House and engage the development team in meaningful dialog regarding this project.

Come and watch our Phillips Community grow before our very eyes! At present most of our youth cannot swim...but someday soon Phillips may be providing trained lifeguards for the City of Lakes. Someday there may be an Olympic champion.
swimmer or diver from Phillips and we could be celebrating his or her victories. We might have a whole generation of parents who learned to swim here years ago watching their own kids revel in the water at the Phillips Community Center as they once did. It is hard to imagine a project that will better serve the needs of all the diverse people of this community and the city as a whole, bringing youth and all the rest of us together for recreation, competition, health and just plain fun. Regardless of whether we get the base or deluxe package, in the end, all of us should support this effort in every way we can!

By Robert R. Albee

With Contributions from Brad and Carol Pass, Hannah Lieder, and Shirley Heyer

Robert R. Albee is a Ventura Village resident and President of VV Neighborhood Association

Brad Pass is an East Phillips resident and Chair of the East Phillips Park Cultural Community Center Partnership.

Carol Pass is an East Phillips resident and President of EPIC.

Shirley Heyer is a Midtown Phillips resident and representative from Midtown Phillips Neighborhood Improvement Association

Hannah Lieder is a resident of East Phillips and E.D. of Minneapolis Swims.

All technical data and pricing contributed by Operating and Design Team

BASE OPTION: $2,250,000

Existing Swimming Pool
• 6 lane x 25 yard lap pool
• 45 ft. x 75 ft. 1 in. - 3.5 ft. to 5 ft. to 12 ft. deep
• Pool meets minimum requirements for short course competitive swimming
• Pool meets requirements for one meter diving

Proposed Teaching Pool
• Zero depth entry pool with divider wall
• 30 ft. x 40 ft. - Zero depth to 4 ft. 6 in. deep
• Warm water pool
• Pool programming for multi-use

OPTION 1: $5,100,000

Expansion of Existing Swimming Pool
• 6 lane plus 2 lane X 25 yard lap pool
• 60 ft. x 75 ft. 1 in. - 3.5 ft. to 5 ft. to 12 ft. deep
• Pool meets preferred requirements for short course competitive swimming
• Pool meets requirements for one meter diving

Proposed Teaching Pool
• Ramp and stair entry with 4 lane pool
• 34.5 ft. x 75 ft. 1 in. - 3.5 ft. x 4.5 ft. deep
• Underwater bench
• Pool programming for teaching & learn to swim

OPTION 2: $7,506,000

Expansion of Existing Swimming Pool
• 6 lane plus 2 lane x 25 yard lap pool
• 60 ft. x 75 ft. 1 in. - 3.5 ft. to 5 ft. to 12 ft. deep
• Short course competitive swimming
• No diving

Proposed Deep Water Pool
• Deep water pool
• 45 ft. x 60 ft. - 12 ft. to 9 ft. deep

Proposed Teaching Pool
• Ramp and stair entry with 4 lane pool
• 34.5 ft. x 75 ft. 1 in. - 3.5 ft. x 4.5 ft. deep
• Underwater bench
• Pool programming for multi-use, teaching & learn to swim
Jack the Giant Slayer

By 2012, Waite House had moved from its old site on 13th Avenue, Runnig Wolf Fitness Center occupied a space for their program owned by two neighborhood clinics, and Ventura Village Neighborhood Organization rented office space along with A Partnership of Diabetics (APOD) and Somali America.

The building was closed in April Fool’s Day that the pool was going to be filled with dirt and capped with concrete to eliminate excessive maintenance and insurance costs. The chatter included the idea that to turn the pool into a place for deck shuffleboard or other less expensive recreation.

It seemed like this particular place was destined to be at least figuratively a game of deck shuffleboard as people pass their “biscuit-puck” to mark their score only to be knocked from it by the next opponent postponing for their score. But, there was no April Fooling of Phillips’ residents. The swiftness of social media and citizen activism’s response stopped the implementation of a hidden agenda. The Park Board placed a moratorium on the plan to fill in the pool.

A flurry of meetings and amateur negotiating embodied a more positive new building tenants would program the facility and support the costs of the building.

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For technology successes and disappointments, ebbing and flowing.

My hope is this next chapter about the Phillips Pool will be a ripple spreading to encompass more and more people but leave no wake that will “rock the boat.” May there be room made for many to “get in the boat” and participate.

Hopefully, we will read reviews of this story some years hence that says, “Yes, they did it all, and more than they ever imagined, and they did it all in a way that their progeny, too, could keep from pondering.”

The king sends out a group of men-Jack being one- to5.7

Archival Reprint From The Alley Newspaper April 1984

Phillips Pool from page 1

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The building was closed in November 2009 when inspections and assessments determined the heating, cooling, electrical systems and swimming pool in the building were unusable or non-functional.

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PHILLIPS POOL & GYM NEEDS YOUR HELP

Over the past six months, the Pool & Gym Committee of Phillips Neighborhood Improvement Association has [1] signed a two-year lease with the Minneapolis School Board to operate the pool and gym, [2] received contributions from the Park Board to provide 1/4 Gallon, and [3] collected over $2,700 in cash and another $2,100 in pledges.

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Special thanks to Signe Anderson, a committee member, for designing the pool and gym to receive $1,100 from the Glenwood Women’s, one of the “Eleven Who Care” award recipients. Special thanks also to the Company of southeast Minneapolis for their generous donation.

The committee is preparing funding proposals to foundations and corporations to cover costs of necessary building improvements. An operating budget is also being developed to present to the United Way.

This work has been time-consuming and man involved getting estimates for a new heating plant, installation, utility hookups, a new gym office, and additional parking. Similar facilities have been visited to compare operating and equipment costs. Area institutions, businesses, and individuals have been contacted to develop scheduling, staff needs, and programming for the pool and gym.

A new boiler arrived March 6th. Donations are now needed to buy the remaining $20,000 bill. The boiler will provide space heating and hot water and allow the pool and gym to operate efficiently from the old school building.

An open house has been scheduled for April 11th to introduce the facilities. The open house is primarily open to the benefits of city taxes, social service agencies and other similar groups. Information from these groups will be used to develop specialized programming.

For more information, please contact the PNA office at 721-5991.

The open house will begin at 1:30 pm. We will meet in the outdoor basketball court off of East 24th Street. Everyone also who is interested is also welcome to attend.

Work is becoming overwhelming for current committee members and volunteers are needed. Help is especially needed with the following:

1. Coordinating membership sales and other committee work.
2. Volunteers to sell memberships on their block.
3. People to help with minor repairs and fix-up.
4. People to help supervise, clean pool, and maintain pool and gym.

We need your help. Please contact the PHN office at 721-5991.

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Chicago and Back

In early mid March, the big ice off Chicago extended not quite indefinitely to the east. While there, I was to learn that an elder comrade from the Steel Workers Union had passed away. So, the handshake received at the last Party convention had been a warm farewell. Will the sparkle of eroding snowpack be gone by April 1st?

The CPUSA Labor Commission has for many years convened in the “Windy City.” This time around we took a fresh look at our industrial concentration policy—the very policy which led to my employment at Smith Foundry and my connection to this community. But, in this modern world, my employment at Smith Foundry—the very policy which led to our industrial concentration policy—has for many years convened in the “Windy City”. This time around, I was to learn that an elder comrade from the Steel Workers Union had passed away. So, the handshake received at the last Party convention had been a warm farewell. Will the sparkle of eroding snowpack be gone by April 1st?

By FRANK ERICKSON

“Your intention is not to kill civilians?”

“Yes, that is correct.”

“But you do feel that your freedom to kill civilians has your troops fighting in a way that will endanger and kill civilians?”

“No.”

“So ‘war’ gives you the freedom to kill civilians and this is not intentional, it is part of the process of ‘war’, it is not you killing them?”

“That is right, ‘war’ will have civilians casualties.”

“Members of your family?”

“No, no, no, none of my family members will be civilian casualties of the ‘war’ in Afghanistan.”

“Why not, why not move your family to the ‘war zone’ while you ‘fighting in Afghanistan’?”

“Why would I do that, why not move out of the ‘war zone’ which you ‘fighting in Afghanistan’?”

“Because if ‘war’ produces civilian casualties, why not lockout. It has been almost two years since the bosses told 1,300 workers to get lost. The lives of how many families have been smashed, the fabric of how many communities torn? Will there be flooding this year in the Red River Valley?”

A Frank Reflection

provide a few possible civilian casualties, kind of a ‘war’ contribution, instead of buying ‘war’ bonds, you could provide civilian workers in ‘war’.

“I find that very disrespectful to me and my family.”

“Sorry about that, Commander…you call the entire country of Afghanistan a ‘war zone’, but this is an area where millions of people call home and live, isn’t calling their homeland a ‘war zone’ intentionally putting them in your cross hairs?”

“Well, our intention is not to kill civilians.”

“But you believe you have the right to ‘war’ where they live, which in turn endangers them and gets them killed.”

“Again, I will say, our intention is not to kill civilians.”

“Yet you appear to show no respect for their lives, their very existence, putting them in danger and getting them killed.”

“Commander, wait, your hat!”

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Sumner T. McKnight Mansion Proposal to Phillips

By Robert Larson

The 2200 Park Ave. McKnight mansion needs a new use. My proposal for this former Native American property:

The idea is to convert it into a Neighborhood Garage in memory of Muriel Simmons. It would be for the benefit of families in need of affordable personal transportation repair and maintenance. I am well aware of the financial burden when a vehicle breaks down and you have to afford expensive repairs. What does a family do when they are on a fixed income?

Do they resort to public transportation, family, friends, and neighbors to get around? How about a tax? Is there a law that can be repaired when your car is being repaired?

Getting your family to an appointment, family, friends, and neighbors when they are on a fixed income?

Do they resort to public transportation, family, friends, and neighbors to get around? How about a tax? Is there a law that can be repaired when your car is being repaired?

They can pass down their experience to the next generation of automotive repair technicians. An ASE certification program will validate these younger mechanics and provide them with professional credentials. What do you think? Please send your feedback to whitnebhalo1111@yahoo.com or Alley Communications P.O. Box 7006, Mpls., MN 55407

Plant the Seeds!

Benefit To Grow a Sustainable Mayday Friday, April 5

6:30 pm

Featuring: Previews of the parade. A selection of treats from local restaurants—wine as you dine. A chance to mingle with MayDay Parade & Ceremony artists. Puppets, live music, drama, historic highlights from MayDays past. Special guests from far and wide. All kinds of fun!

Be part of the movement that will safeguard the spirit of MayDay for generations.

Buy your ticket for this special evening’s preview, tour, and celebration by March 22 to be entered in prize drawings!

TICKETS $100 - Available online or at 612-721-2525

Saturday, April 6

6, 13, 20, 27

Saturdays

13 pm. April 6, 13, 20, 27

Tuesday, April 9

7:30 pm. April 9, 16, 23, 30

Thursday, April 11, 18, 25, May 2

April 6 - May 2

Community MayDay Workshops

East Phillips Park Cultural And Community Center

2307 12th Ave S Minneapolis

612-370-2088 minneapolispark.org

Spring Break Trips & Activities

Spring Break Trips & Activities

Hot Shot Basketball Shootout Competition!

Come show off your skills and who’s crowned the best!

Age: 9-11, 12-14, 15-18

Time: 4:00-8:30

Barak ORS 3:301

Riverview Movie Theater

Time: 12-4:00

All activities: Outdoor Field Ball 3:12 (All ages), Lights On! (Over 12) 5:30-7:30

Please fill out registration form on back and return to East Phillips Park

East Phillips Park

Spring Sports Registration

Baseball

Sofball

Track & Field

Baseball

12 & Under

Birthdays: 9/1/94 Through 9/1/09

Postseason tournament: June 18-24

12 & Under

Birthdays: 9/1/09 Through 9/1/14

Postseason tournament: July 12-18

14 & Under

Birthdays: 9/1/11 Through 9/1/13

Postseason tournament: July 12-18

15 & Under

Birthdays: 9/1/14 Through 9/1/15

Postseason tournament: July 12-18

Please fill out registration form on back and return to East Phillips Park

Softball

Boys and Girls Ages 9-18

Birthdays: 9/1/94 Through 9/1/09

Track & Field

Boys and Girls Ages 9-18

Birthdays: 9/1/94 Through 9/1/09
The Backyard Initiative

The Backyard Initiative is a dynamic partnership between Allina Health and the people of the seven neighborhoods the initiative surrounds. This initiative goes beyond medical care to improve health and wellness through active engagement, addressing the root causes of illness and building connections.

There are currently 11 active Citizen Health Action Teams (CHATs) that implement prevention and wellness pilot projects to improve community health.

BYI Definition of Health:

- Health is a state of physical, mental, social, and spiritual well-being.
- It is not only the absence of illness and disease.
- The environment, and culture.
- Health is an active state of being; people must be active participants to be healthy. It cannot be achieved by being passive.

Activist self-care

BY KUSHAUSA Seka

Attention all community activists.

When you think about how you started doing community work, what was the spark that started the flame? Maybe you don’t have a specific memory. You just always wanted to do the “underdog”. However, if you asked, “Have you ever been close to burn out”, you can probably tell me exactly what extinguished the flame.

So many of the youth we engage in this work are on the right path but burn out before they meet their destination. As I sit down with one young leader and discuss her future, this question comes to mind.

How do we encourage her to continue the work her community is calling her to do without her giving up her youth or “separating her from the crowd”. Being 15, beautiful, and popular, you think someone of this description would not have others on their mind. But, Daisy Buenrostro is not only beautiful and popular, she is smart, courageous and can’t remember a time she wasn’t considering the feelings of others. Her name might sound familiar to you because she was just on the TV news for her bravery in helping to report a vehicle that was described in an Amber Alert. Because of her quick response, a kidnapped eight-month old baby was reunited to his family at their home. As we sat together and talked about the fate-filled day, I asked why she wanted to help.

“[D.B.] “I am glad my 15 minutes of fame cooled down. My dad should be recognized as much as me. However, I do feel rejuvenated. I had lost interest in being a part of some of the leadership development I was doing, this happened. It was a reminder that I am not only beautiful and popular, but I have been afforded a lot. We can change the world for better or for worse. We can spread the good and it will come back.”

[K.S.] How can other youth be engaged?

“As I sat with Daisy I shared with her the leadership work I did at her age. I talked about how to keep balance, stay a kid, and find a cause worth representing. Our young leaders mentored by others in the BYI organization who is pursuing funds or for worse. For more information about what has kept me engaged for over 20 years, self-care comes to mind. I thank the Buenrostro family for the work they do as a Backyard Initiative Anchor Family and the support they give each other in their every day life.

Anchor Family CHAT includes Daisy and her family.

Through the Backyard Initiative Assessment process, it became apparent that the BYI area are experiencing isolation and lack of resources to sustain health and well-being. There is a clear need to rebuild the web of relationships that will mend the fragmentation that families are experiencing. It is also needed to restore the family bond with our youth to increase their sense of belonging and interconnectedness. Connecting them to elders and mentors in the community will provide guidance and direction.

An Anchor Family acts as catalyst for increased interconnectedness, building community through community rituals, gatherings and relationship-building activities surrounding cultural customs, individual achievements and personal or family grief and loss. For more information about the Anchor Family CHAT, please call Khusaba at 612-721-3745.

We invite you to participate in the Backyard Initiative Community Health Survey!

The goal of the Backyard Initiative is to improve the health of the residents of the Backyard district. An online anonymous survey will collect information about how well our programs impact your health.

The survey includes the neighborhoods of Central Park/Robeson Park, Victoria East, 8th Ward Phillips, Midtown Phillips, and Longfellow.

The survey will take about 2 hours and dinner will be provided. To participate, you will receive your dinner and a certificate of appreciation for your community participation.

For more information or to participate, please contact: Byikusa@byi.org, 612-721-3745.