



"So valuable to have friends talk about articles and gain more awareness of the paper." "Keep up the good news and the good work." "We don't want to see The Alley not being here anymore." "Have kids do a report on things they like."

Transparent transition of The Alley Newspaper, as you have known it ...

UPDATE

The Alley Transition

1 The Transition Team is meeting every 2 weeks

It is comprised of: Alley Board

Members, Sue Hunter Weir and

Chair, Cathy Strobel-Ayers;

Thor Adam, Ventura Village resident;

Sunny Sevigny, Midtown Phillips resident; John Charles Wilson,

Alley writer; Peter Molenaar, Alley writer; Lee Leichentritt, Alley reader;

Kelly Trius, East Phillips resident; Frances Mendenhatt, Midtown Phillips

resident; Susan Gust and Harvey Winje, volunteer staff.

2 The essential work of the Transition Team is to:

- Research and explore possible courses of action to keep *The Alley* as the Phillips Community publication including online publishing, an upgraded interactive website, other social media platforms, as well as the current print publication
- Generate a plan with timelines, needs, etc. to continue the preferred course forward

- Create a draft outline of the financial needs required
- Identify and outline a community engagement plan
- Explore the business model(s) concepts that can help Alley Communications to sustain *The Alley* as a publication

3 Transition Team ideas for taking ACTION:

- Promote *The Alley* at Phillips summer festivals and gatherings
- Survey and talk with people about their views of *The Alley* at these festivals
- Strategize how to increase income in the short term through small grants, ads, and donations
- Explore ways to grow the leadership opportunities of Alley Communications, especially with cultural communities

4 RESULTS TO DATE:

- Participated in the East Phillips Celebration June 23 and in 2 places at the Open Streets on East Lake Street, July 22; SCHEDULED for West Phillips Celebration at ASI for National Night Out, August 7; Open Streets-Franklin August 26
- Over 63 surveys filled out so far with 79% percent of people reading *The Alley*
- Grant submitted for \$2,250 to the City of Minneapolis's Resilience 365 project
- Meetings to occur with organizations about page sponsorships
- Great celebration being planned in October to celebrate all who have made *The Alley* a great community newspaper. More transition plans will be announced. WATCH FOR THE DATE!

5 What YOU can do:

- Volunteer to help meet and greet folks at either of the August events. We need HELP! Contact Susan: susananngust@gmail.com
- Ideas? Opinions? Email Cathy: cstrobel11@gmail.com

6 The Alley Newspaper you are reading costs 55 cents to give to you!

Make a donation TODAY! Every dollar helps. PO Box 7006, Mpls, MN 55407. If you have donated, THANK YOU!



TIMOTHY MCCALL

The Alley Newspaper "Did You Know" History Exhibit and survey table while left to right Dave Logsdon of Veterans for Peace talks with Harvey Winje and Lee Leichentritt conducting surveys and inquiring passersby about familiarity with *The Alley*. Folks who completed a survey were entered into a drawing for a \$10. Gift Certificate at Welna Hardware.

"Keep up the good work, staff!" "Check out other newspapers." "I live down by McKee Park and The Alley is my favorite of community newspapers." "Love your newspaper." "Keep printing." "Thanks for all you do." "Local papers are important for the community."



COURTESY OF BANCROFT FAMILY

Dick Bancroft, Storyteller, July 21, 1927–July 16, 2018

Get Dick Bancroft!

BY LAURA WATERMAN WITTSTOCK

Dick was born in St Paul, MN on July 21, 1927 to parents who were both industrious and creative, and they wanted their son Dick to be the same. He shoveled walks and did many other chores for nickels, following his father's admonition of saving half of what he earned. Along the way he learned

to care for farm animals and milk cows. But these were chores. Dick had ideas and wanted to express them in images.

As a child, Dick earned a small plastic Kodak camera. He began to take his own pictures. They were no more than two inches square, but they were so cherished, that he had them in his collection at life's

Get Dick Bancroft! Continued on page 8

House set ablaze by fireworks

Two families displaced, and entire house damaged by fire and water

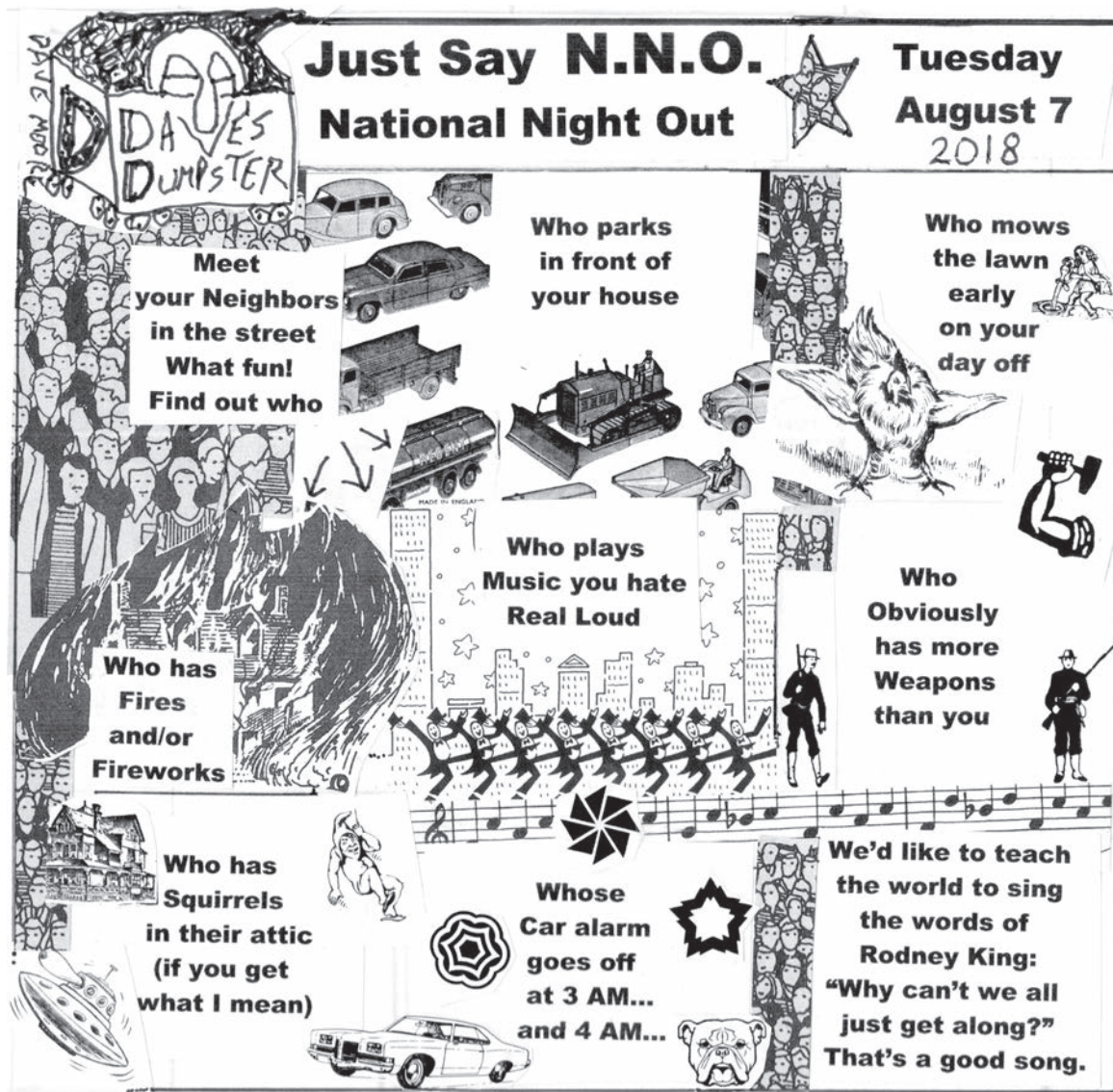
BY TESSA CHRISTENSEN

On Thursday, July 5, 2018, an individual shooting off fireworks in Cedar Field Park set fire to a duplex at 2502 S. 18th Ave. This was the second of two house fires in South Minneapolis that day. Firefighters also believe fireworks are to blame for damaging a home on the 3100



COURTESY OF GABRIEL AND AMY PASS

Fire Continued on page 2



Phillips West Neighborhood 22nd Annual National Night Out

Tuesday, August 7th, 2018 5:00 – 8:00 p.m.

American Swedish Institute Parking Lot 2600 Park Avenue (food tent on corner of 27th Street & Park Ave.)

“Get to know your neighbors while having fun!”

Event & food is FREE for all who attend!

A variety of picnic food including popcorn, hot dogs, watermelon, candy and ice cream!

Lots to see and do! McGruff the Crime Dog, Minions Character, Cardinal Mascot, bounce house, a giant inflated slide, children's games and prizes, face tattoos, Twinkle the Mascot, and a fish pond! A variety of entertainment including MN Adult & Teen Challenge Choir, Rene Studio Salsa Dancers, MiTierra Mariachi Band, DJ, 4 clowns, balloon animals and a rap and dance contest hosted by Mad Dads, top 3 win gift cards up to \$100 (no cussing allowed)!

Lots of information tables with community resources and free giveaways!

For more information or to get involved, contact Crystal Windschitl at 612-879-5383 or pwno2005@yahoo.com



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"When the great newspapers don't say much, see what the little independent ones say."
– Wendell Phillips (1811-1884)

Donations: needed, welcome, and Tax Deductible.

Volunteers of this issue but not limited to: Robert Albee, All Nations American Indian Program—South High School, Anishinabe Academy, BackYard Initiative, Tesha Christensen, EPIC, Susan Gust, Linnea Hadaway, Hope Community, HC Franklin Library & Staff, Sue Hunter Weir, Soren Jensen, Howard McQuitter, MPNIA, Midtown Greenway, Minneapolis Parks and Recreation, Peter Molenaar, Dave Moore, Maggie Moran, Leon Oman, Out in the Backyard, Amy Pass, Brad Pass, Carol Pass, Gabe Pass, Phillips Wellness 50+, Palani Pozzani, PWNO, Sunny Sevigny, Erin Thomasson, Timothy Will, John Charles Wilson, Laura Waterman Wittstock, Crystal Windshitl

Delivery: To every Phillips house by Nelson Delivery; to 170 businesses, places of worship, institutions in Phillips and adjacent neighborhoods by Peter Molenaar

Board of Directors:
Cathy Strobel-Ayres, Pres.;
Sue Hunter Weir;
Leon Oman, Treas.
Monthly Board: 6:30 PM 3rd Wed.
Call for Location.

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Brad Pass, EPIC News pg 4;
Sunny Sevigny, MPNIA News pg 4;
Susan Ann Gust, BYI pg 8

ads@alleynews.org
612-990-4022

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

**September Deadline
August 15th**



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

**ORGANIC &
FAIR TRADE COFFEE**

FREE Wireless Internet

What's Up at the Franklin Community Library

1314 E. Franklin Avenue | 612-543-6925 | www.hclib.org
M, F, Sa: 9AM–5PM • T, W, Th: 9AM–8PM • Su: 12-5PM

BY ERIN THOMASSON

ALL AGES

Live Show: Marvels of Motion Phantastic Physics

Wed. 8/15, 3:30-4:15 PM

Create lightning indoors! See electricity at work as we float pie tins & make a pickle light bulb! Discover the power of a Tesla coil as it ignites a cannon. Then, we send 200,000 volts of electricity through one lucky volunteer for a truly hair-raising experience! Sponsors: Friends of the Hennepin County Library, MELSA. Collaborator: Mad Science MN.

Read Aloud Book Club

Mon. 8/20, 2-3 PM

Registration required. Entering grades 3-6. Join other kids to talk about a great book! No pre-reading required. This month's book: True Meaning of Smekday by Adam Rex.

Franklin on the Green

Tuesdays, 2-4 PM

Badminton, soccer, Frisbee, & games outside; weather permitting.

Science Wednesdays

Wednesdays, 2-4 PM

Join us for a STEAM (Science, Technology, Engineering, Art, Mathematics) activity each week!

Puzzlemania!

Thursdays, 2-4 PM

Educational, fun puzzles & games!

Game On!

Thursdays, 5-7 PM

Card games, board games, xBox, & VR – play or learn a new one.

Family Storytime

Fridays, 10:30-11 AM

All ages & caregivers. Talk, sing, read, write & play.

TEEN PROGRAMS

Spark Youth: Exploring Light with DIY Spectrometers

Thurs. 8/2, 4-5 PM

Cedar Riverside Opportunity Center (505 15th Ave S)

Registration required. Entering grades 6-9. Build science equipment out of household junk! A spectrometer splits light into different colors to be measured. See how light scatters into a rainbow and how the colors change when they shine through different materials. Find out what light can tell us about the materials. Materials provided. Sponsor: Friends of the Hennepin County Library. Collaborator: Spark-Y Youth Action Labs.

Jewelry Making

Tues. 8/14, 4-5:30 PM

Cedar Riverside Opportunity Center (505 15th Ave S)

Registration required. Learn the history of jewelry making and traditional beads in Indigenous Mexican Culture. Make bracelets, necklaces and earrings using traditional materials, metal wire, crimps

and rods. Materials provided. Collaborator: Electric Machete Studios. Funded by Minnesota's Arts and Cultural Heritage Fund.

Urban 4-H Club

Tuesdays, 5-7 PM

Urban gardening to digital photo/video to theater. Partner: University of Minnesota.

Teen Tech Workshop

Wednesdays, 4:30-6 PM

Make music, videos, animation & more using hi- & lo-tech tools. Led by Library's Teen Tech Squad.

Teen Anime Club

Fridays, 3-4:30 PM

Discuss manga and share artwork. Something different every time!

Franklin Learning Center

612-543-6934 or flc@hclib.org

Free, one-to-one tutoring for adults learning English & math, preparing for the GED & citizenship exams, & gaining life skills. Community volunteers welcome! We provide training & materials.



Fire From page 1

Banned fireworks result: SEVERE FIRE!

block of Portland Ave. and displacing a family of seven early Thursday morning.

Two families, who have lived in the home along S. 18th Ave. for over five years now, were displaced by the fire. The residents of the upstairs apartment reported hearing two Roman candles hit the second-story porch at the front of the house at about 4:10 PM. When the mother looked outside, the front of the building was on fire, according to house owner, Gabriel Pass, who has lived along S. 18th Ave. for over 40 years. The mother rushed out of the house with her 6-month-old baby and 9-year-old daughter, and they alerted the teenagers home inside the main floor apartment. The families made it out with their two dogs, but two pet birds perished in the flames.

Homeowners Gabriel and Amy Pass arrived a few minutes later, and firefighters shortly thereafter. "When

I saw the fire it was hard to believe that it was really happening," stated Gabriel. Twenty-year neighborhood resident Amy recalls worrying about the safety of their tenants, and also about the house next door because the fire was coming out the windows towards the nearby home.

"We are so thankful for the firefighters. The report says they got there in four minutes from the time they got the call. They worked so hard," stated Amy. "It's dangerous, hot, dirty work, and they were still so kind to everyone and calm. She added, "They were so thorough and it's because of them that we will be able to save the structure of the house. It would be so sad to lose this house entirely. We already saved it from being condemned once 19 years ago."

The entire house was damaged by the fire and water, and will need to be renovated. Two families were dis-



COURTESY OF GABRIEL AND AMY PASS

Fire Continued on page 3



Metro Transit You're voting for an agenda

By JOHN CHARLES WILSON

This is another slow month for transit news in the Phillips Community. I was originally going to write about the Gold Line, a Bus Rapid Transit line being planned to operate on the East Side of Saint Paul, when I was inspired to change the topic to something more geographically universal.

The primary elections are coming up on the 14th of August. How does that relate to transit? Since 1970, the State of Minnesota, the Metropolitan Council, and various other local government entities have run the transit system in the Twin Cities. The Federal government provides funding for specific transit projects, like Light Rail and Bus Rapid Transit. In this context, elections are important.

Take, for example, Hennepin County Commissioner Peter McLaughlin. He has probably done more than any local politi-

cian since before the Reagan era to promote public transit in our metro area. He has been a huge booster of Light Rail (both the Blue and Green Lines, and the future extensions to Eden Prairie and Brooklyn Park), Commuter Rail (Northstar to Big Lake and hopefully someday to Saint Cloud), and Bus Rapid Transit (the Red Line and the A Line, with new lines planned to pop up in the next decade or so). Unfortunately, the DFL denied him this year's endorsement.

Without good transit, no major city can prosper. This isn't just a "liberal" or "Democratic" issue. At least two Republican State Representatives, Kelly Fenton of Woodbury and Jim Nash of Waconia, are supporters of transit. Ms. Fenton helped conceptualize the Gold Line Bus Rapid Transit that I mentioned at the beginning of this column, and Mr. Nash's support is all the more remarkable in that his district is on the rural fringe of the metro area and doesn't have transit (though Victoria and Waconia have both experimented with it in the past).

It is probably less surprising that the DFL is often associated with support for transit. Karen Clark, Scott Dibble, and Frank Hornstein have all made the grade, so to speak.

There is no way I can cover every local politician and their stance on transit in this one column, so I urge you, the voters, to do your own research prior to voting. Please vote for the candidate of your choice, though I hope that, like me, you will consider transit as at least one of the issues worthy of influencing your vote. Thank you.

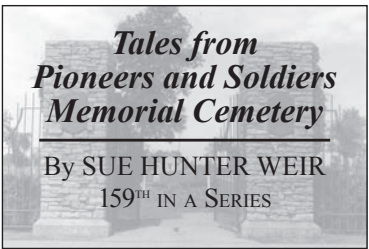


"It is so easy to break down and destroy. The heroes are those who make peace and build."

– Nelson Mandela
July 18, 1918 – Dec. 5, 2013

"News is only the first rough draft of history." The originator of this phrase and others very similar is difficult to name with assured accuracy. Admittedly, it is flattering of journalists and perhaps disputed by most historians who desire to base their work on primary sources not the findings, presentation, and analyses of journalists that write 365 days of the year under pressures of deadlines. Nonetheless, we know newspapers archives are used by historians. We know that 42 years of The Alley pages have been and are used by researchers and historians. We know that Sue Hunter Weir, author of Tales of Pioneers and Soldiers Memorial Cemetery uses newspaper archives extensively. As with newspaper news, newspaper columns, or history it is always imperative to note the sources for the reader to use in tempering their own conclusions and opinions.

News as first DRAFT
Clairvoyant Day lived and left mysteries



Today’s major local newspapers are not as interesting to read as those of 100 years ago. That is partly a good thing; privacy laws and policies keep some of the more sensational stories out of the public eye. The bad part is that we lose a lot of human-interest stories—stories of loss and love, births and deaths, and of achievements both big and small. We now rely on smaller, community-based newspapers to tell us that about which our neighbors are concerned and proud. We depend on them to celebrate the lives of those who have died as well as those who are still here. We rely on them to tell us stories.

Lester Day’s story is one that received six days of coverage in the *Minneapolis Tribune* but would most likely not appear in a newspaper today. He died on November 25, 1907, from illuminating gas poisoning. Cemetery records don’t specify whether his death was accidental or intentional but according to the *Tribune* there was never any question that he committed suicide. They speculated about his motives: an unhappy love affair, financial embarrassment, and, if neither of those applied, a fit of temporary insanity.

In the hours before he died, Day was reportedly in “the best of spirits,” but a little after one a.m. on November 25th he locked himself in his hotel room and turned on three gas jets. He wasn’t discovered until about twelve hours later when the smell of

gas leaked out into the hallway and other residents raised the alarm.

Day was something of a mystery. He was a clairvoyant who traveled a great deal, mostly throughout the Midwest. The police believed that at the time of his death he lived in Indianapolis but he had also lived in Denver, Chicago, Toronto, and Peoria. He did business under several different names, among them Leslie R. Davis and Dr. Lee Davis and although there is some question about it, Dr. Kinsley. In cemetery and death records his name was recorded as Leslie Day.

The *Tribune* consistently referred to Day as “Dr.” although he may have adopted that title to appear more credible to his customers. Even though clairvoyants’ work was associated with spiritualism, it was not uncommon for them to claim that their business was rooted in science.

The year that Day died there were 17 clairvoyants listed in the Minneapolis City Directory, but classified ads in the *Minneapolis Tribune* suggest that “clairvoyant” was a catchall for a number of different services. One man promised to remove “evil influences,” cure “witchery,” drunkenness, and tobacco habits. Others claimed to have healing powers, but the most sought-after service appears to have been predicting the future, especially in matters of love and money. A few claimed the ability to “reunite the separated,” presumably the living and the dead. Clairvoyants read tarot cards and palms, went into trances, or practiced magnetic healing. Madame Boswell claimed to be the only person in the United States to hold a diploma from the Ancient Egyptian Academy of Palmistry. Rates ranged from 25 to

50 cents a session.

Day had a colorful work history. In England he had been educated for the priesthood. From England he went to Australia where his career as a prizefighter landed him in jail. Upon his release he sold patent medicines and became a medium. In Indianapolis he was a spiritualist and as the *Tribune* described him, a “master interpreter of all life’s mystery, etc.”

Day must have been successful as a clairvoyant. He had half-a-dozen customers on the afternoon before he died, and when he was found, he had about \$1,000 worth of jewelry, \$105 in cash, and a certificate of deposit worth another \$1,000. This might explain why three women, two of whom said they were his wife, claimed his body. The third woman accused the other two of being imposters and said that Day had never married. The two supposed wives were reported to be on their way to Minneapolis to claim the body and the *Tribune* predicted, “a lively scene is expected.”

Only one Mrs. Day actually came (the other had her lawyer send a telegram from Beloit offering two different marriage certificates as proof that she had married Day not once but three times. The first time was in Canada but that marriage proved to be illegal because whatever crime Day committed in Australia put him “under the ban of British law.” The couple went to Spokane and were married there but that marriage was not valid because “the bishop who married them...had his credentials canceled two hours after the ceremony.” They found someone else to perform a ceremony and the third

The Reluctant Graveyard
Movies, Bands, and Graves

Star Tribune writer, Rachel Hutton, captured the essence of the Friends of the Cemetery mission as communicated by Sue Hunter Weir, embellished by photographer Timothy McCall, and other friends of Pioneers and Soldiers Memorial Cemetery in a featured story in the newspaper’s July 24th Variety Section, front and back page. Enjoyment of cemetery ambiance and green space is not new in the history of America, this cemetery, or at Lakewood Cemetery in Mpls. Instead, it is the revival of a wonderful custom. Pioneers and Soldiers Cemetery, at Cedar Av. And E. Lake Street, regularly shows old motion pictures as you have read and seen in these *Alley* pages. Such complimentary uses, as reminded in this *Star Tribune* article, have the added benefit of raising modest funds for Cemetery work.

time seems to have succeeded.

The Mrs. Day from Indianapolis appears to have convinced authorities that she was the “real” wife. No mention was made of what happened to his money but after several days of reporting and trying to sort out the facts, the *Tribune* announced that “Dr. L. Davis, man of mystery, deposed offspring of British peerage, clairvoyant and seer, reader of the stars and intest* suicide in Minneapolis rests in the quiet of Layman’s Cemetery.” One of the cemetery’s most colorful characters, Mr. Day is buried in Lot 27, Block W, in the 21st grave from the south.

*[intest: probably an abbreviation of intestate meaning he didn’t leave a will]



TIMOTHY MCCALL
Members of the Living History Society at Pioneers and Soldiers Memorial Cemetery Lake Street gate demonstrate toys as they used to be—when "Legos" (and pretty much all other toys) were made of wood.

Don't fall behind this fall
Schedule a health check for your child before school starts.

Child and Teen Checkups
612-348-5131
www.hennepin.us/checkups

Child and Teen Checkups
The Hennepin County Child and Teen Checkups (C&TC) program is free for children, teens, and young adults 20 and younger who are on Medical Assistance, including young parents.

MARIE SANDVIK CENTER
Bringing the Gospel and God's love to Minneapolis since 1940

At 11th and Franklin, Marie Sandvik Center, a Christ-centered mission, exists to meet spiritual and physical needs of anyone.

FOR ADULTS:
After a chapel service, guests may receive a hot meal, clothing, hygiene products and a blanket. (See schedule on right.)

SATURDAY KIDS' MINISTRY! Begins on Saturday September 15, 2018!

1112 East Franklin Avenue, Minneapolis, MN 55404
612-870-9617 **www.MarieSandvikCenter.org**

ALL ARE WELCOME!

Sunday nights
4pm Bible study
*6pm Chapel
7pm Meal, men's clothes

Tuesday nights
5pm Set Free (12 Step)
*7pm Chapel
8pm Meal, women's clothes

Friday nights
3pm Christian movies
5pm Bible study
*7pm Chapel
8pm Meal, men's clothes

Thursday afternoons
12pm Quilt & layette sign-ups
Christian movie
Child care for those in attendance
*1pm Ladies' Day Chapel
2pm Meal, women's, infants' & Children's clothing
(* Guests must arrive by time noted)

Big Dinner is the 4th Tuesday of every month from 6pm - 7:30p.

Free food, clothing, blankets and more!

Fire From page 2

Unintended but disastrous FIRE!

placed by the blaze. The tenants on the top level lost everything (family of four) while the tenants on the main level (two parents and their four children ranging in age from 12-22) lost most of their possessions. Neither family had renter’s insurance. Two separate GoFundMe campaigns have been set up. Upstairs: <https://www.gofundme.com/upstairs-family-displaced-by-fire>. Downstairs: <https://www.gofundme.com/87efde-family-displaced-by-fire>

Legal fireworks. Illegal fireworks and launch locations

Police are investigating the incident, and the insurance company has filed a suit against the perpetrator who was identified by multiple witnesses.

Roman candles are illegal in Minnesota, as are all other fireworks that fly or explode, including missiles, bottle rockets and mortars and shells. Fireworks that are legal include: sparklers, cones and tubes that emit sparks, and novelty items like snakes and party poppers.

In Minneapolis, it is illegal to use any fireworks on public property including roads, alleys, schools, and parks.

To report illegal fireworks, call 911. Callers should provide the exact address and a description of the person or people setting off the fireworks.

“I couldn’t believe that fireworks were that dangerous, but come to think of it, it’s so obvious and now I can’t believe I wasn’t more worried before. Of course they’re dangerous,” stated Gabriel.

Second renovation in 19 years

As newlyweds 19 years ago, Gabriel and Amy Pass purchased the dilapidated duplex built in the 1890s, and invested their time and energy into it. The couple refinished the floors, painted, installed new lighting, and renovated the kitchens and bathrooms. They were thrilled to discover that the original porch pillars were hidden behind square posts built later.

Skilled craftsmen created the

detailed woodwork on the small, second-story porch in the front of the house, and also contributed to woodwork features within the house. Later, the couple constructed the home’s distinctive wrap-around porch on both levels.

Their 16-year-old daughter was born in the house, and the family resided there until 10 years ago when they moved to an apartment down the block with more space as their children got older.

“We lived a lot of life in that house,” remarked Amy. The house was insured by the Pass family, but a rehab project takes lots of time and energy, and there are always additional expenses that come up. “It’s important for us to bring the house back again as a way to keep our community vibrant and beautiful, and we want to do that,” she said. “Such a lovely old house needs to be kept and restored. But it is going to take time and resources to make it happen. And we weren’t expecting to be doing that right now.”

Now is the TIME!

Now is the time to contact each City Council member & explain why you think The East Phillips Indoor Urban Farm

should Co-exist with the City Water & Sewer Maintenance Yard. Sustainable Co-existence requires At Least the 3 Acres shown below.

Only 18% of the 16 ½ Acres already owned by the City at this East Phillips residential site.



YELLOW = East Phillips Indoor Urban Farm 3 Acres

RED = Public Works' 13.5 + Acres

The 3 Acres outlined in Yellow above, including the portion of the existing building, is the minimum needed for a Sustainable Indoor Urban Farm Project.

The East Phillips Indoor Urban Farm Project:

In 2014 the community formed a plan focused on bringing green jobs and environmental, economic and food justice to East Phillips. The plan includes saving and re-purposing a portion of the iconic Sears Warehouse to create an indoor organic urban farm utilizing low-tech & hi-tech aquaponics to provide quality green jobs, second chance opportunities, year-round organic food, affordable Family housing with a coffee shop/café to feed workers and neighbors, and a bike repair facility on the Midtown Greenway on this Transit Oriented Development site. The project will also provide a buffer from the pollution producing industries for the people of East Phillips.



Our job is to convince the City Council to allocate the 3 Acres described, to this community project and through cooperation with Public Works allow both needs to co-exist on this East Phillips site.

Please contact your City Council friends and Mayor Frey and help make this happen.

For Your Calendar:

To get involved in EPIC and East Phillips, Join us on the 2nd Thursday of the month.

EPIC Board of Directors meets Saturday, 8/4/2018 and 9/1/2018 at 10:00 AM. @ 2433 Bloomington Ave.

EPIC Community Meetings are on Thursday 8/9/18 and 9/13/2018 at 6:30 PM

The East Phillips Park Programming Partnership meets on the LAST Tuesday – Next Meetings; Tuesday 8/28/18 and 9/25/18 at 11:30 AM. Lunch is served.

Meeting Location: Unless noted, 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 Mtng: Saturday, 8/11/2018 and 9/8/2018 at 9:00 AM in the GARDEN located at 2428 17th Ave. S.

*** East Phillips Residents wanting a 2019 Garden Plot, contact Brad Pass at 612-916-8478**

Designed and Paid for by East Phillips Improvement Coalition



PHILLIPS CLEAN SWEEP SATURDAY, OCTOBER 13, 2018

9am-10am

Enjoy a Free Breakfast and Pick-Up Free Supplies
Plus, get a FREE 2018 Clean Sweep T-Shirt

CHECK IN AT EITHER OF THESE LOCATIONS:

- Welna Ace Hardware Parking Lot – 2438 Bloomington Ave S
- Lutheran Social Services – 2400 Park Ave S (enter on 24th St)

9am-12pm

Phillips Clean Sweep!

Meet your neighbors, help pick up litter, and clean up your neighborhood! Organize your neighbors!

12pm-2pm

Free Lunch and Entertainment

Plus Neighborhood Information & Fun at Stewart Park (2700 12th Ave S)

Bring out your trash!

The Phillips neighborhoods have raised funds to provide free pick up for residents during Clean Sweep. They will pick up extra household trash, old furniture, carpet, household construction and tires.

Materials should be out the night before and no later than 9am October 13th.

(No hazardous wastes are picked up and any appliance or recyclables are picked up on the next city recycling pick up day.)

FFI: call 952-996-6490

OLOLAH NADAFADDA EE PHILLIPS CLEAN SWEEP SABTIDA 13-KA OCTOBER, 2018

Sidoo kale hel

Funaadad BILAASH ah oo ay ku qorantahay 2018 CLEAN SWEEP

9am-10am

QURAAQ IYO ALAAB BILAASH AH AYAA DIYAAR KUU AH LABADAN GOOBOOD MID UUN ISKA SOO XAADIRI:

- Welna Ace Hardware Parking Lot – 2438 Bloomington Ave S
- Lutheran Social Services – 2400 Park Ave S (enter on 24th St)

9am-12pm

Ololaha nadaafadda ee Phillips Clean Sweep!

La kulan dariskaaga oo qashinka isla gura bay'adiinana isla nadiifiya! Soo abaabul dariskaaga. Iska diwaangali goobaha la isugu yimaado xaafadiina iyo kooxaha dhalinyarada. Ugu danbeyntiina, nagu soo biir oo naga caawi sidii aan u nadiifin lahayn Phillips.

12pm-2pm

Qado Bilaash ah iyo Madadaalo

Waxaa intaa sii dheer, waqti fiican ood ku wada qaadanaysaan dariska Stewart Park (2700 12th Ave S) iyo xog dheeraad ah.

Qashinkaaga soo bixi!

Phillips waxay aruurisay lacago dariska si bilaash ah qashinka looga qaado maalinka Ololaha Nadaafadda ee Clean Sweep. Waxaa lagaa qaadi qashinka dheeraadka ah sida alaabta duugoowday, roogagga, qalabka guryaha lagu dhiso, iyo taayirrada.

Alaabta/qashinka waa iney banaanka taal habeenka ka horeeya maalinkan, aysanna dib ka marin 9am, 13-ka October.

(Qashin uu ku jiro walxaha khatarta ah lama qaadayo, haddii ay ku jiraan qalabka guriga wax looga sameysto ama kuwo dib-loo-warshadeyo waxaa la qaadi maalinka danbe oo magaalada qashinka laga gurayo)

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LIMPIEZA DE PHILLIPS EL SÁBADO 13-OCTUBRE, 2018

9am-10am

Buen provecho el desayuno gratuito y recoge suministros gratuitos SE REGISTRA EN CUALQUIERA DE ESTOS LUGARES:

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- Servicios Sociales Luterano – 2400 Park Ave S (entrada en calle 24ta)

9am-12pm

¡Limpieza de Phillips!

Conozca a sus vecinos, ayudar a recoger la basura y limpiar su vecindario! Organice sus vecinos! Aliste su club de cuadra o un grupo juvenil de la iglesia! Más de todo, acaba de llegar a ti mismo y ayudar a mantener limpieza de Phillips!

12pm-2pm

Almuerzo y Entretenimiento Gratis

+ Información del Barrio & Diversión en Parque de Stewart (2700 12th Ave S)

¡Tira la basura!

Los barrios de Phillips han recaudado fondos para proporcionar servicio de recogida para los residentes durante Limpieza de Phillips. Ellos recogerán la basura extra de la casa, los muebles antiguos, alfombras, materiales de la construcción de la casa y los neumáticos/lantas viejas.

Los materiales deben estar fuera la noche antes y no más tarde de 9am, 13 de octubre. (¡No hay desechos peligrosos son recogidos!) Cualquier aparato o los materiales reciclables son recogidos en la próxima ciudad de reciclado recoger a día.)

FFI: call 952-996-6490



VENTURA VILLAGE NEIGHBORHOOD NEWS

AUGUST 2018

OPEN STREETS • FRANKLIN AVENUE

Sun. Aug. 26th/11am-5pm

East Franklin Avenue
@ Peavey Park's North End



OPEN STREETS MPLS

Peavey Park Phase 2 construction begins July 30

Phillips community leaders and supporters joined with officials from the Minneapolis Park and Recreation Board (MPRB) and the City of Minneapolis on July 9 to mark a milestone in Peavey Park's transformation. A ribbon-cutting event officially opened the park's new basketball complex, followed by a ceremonial groundbreaking for another series of improvements.

On July 30, MPRB officially begins construction on that second phase of the project. Crews will work through fall to build a new multi-use field, new playground and central path through the park, plus grading and additional stormwater-management enhancements.

Public Impacts

- Open during construction: Peavey Recreation Center, wading pool and basketball courts.
- Closed during construction: Playground and athletic field; in addition, most of the park will be fenced off.
- Nearby playgrounds and athletic fields are located at Stewart and East Phillips parks.



UPCOMING VENTURA VILLAGE AUGUST MEETINGS

WEDNESDAY, AUG 8th BOARD OF DIRECTORS MEETING: 6:00 PM

WEDNESDAY, AUG 8th: GENERAL MEMBERSHIP MEETING: 7:00 PM

TUESDAY, AUG 28th: WELLNESS, GARDENING & GREENING: 6:30 PM

TUESDAY, AUG 28th: COMMUNITY ENGAGEMENT: 6:00 PM

THURSDAY, AUG 30th HOUSING & LAND COMMITTEE: 5:30 PM

Ventura Village Meetings are upstairs in the Phillips Community Center at 2323 - 11th Avenue South • Minneapolis • 612-874-9070

Wellness, Gardening, and Greening News with Steve Dreyer

August continues to be a busy month for neighborhood gardeners. Here are some community resources to help you.

- Wednesday "**Grow Your Own**" classes continue through the month at the 24 .St. Mashkiikii .Gitigan (1316 E. 24 St.). Classes meet at 5:30 and cover a variety of topics about gardening and healthy living and eating.
- Our neighborhood's only local farmers market, the "**Four Sister's Market**" is open every Thursday 11 AM to 2 PM at the Pow Wow Grounds Coffee Shop parking lot at 1414 E. Franklin. You can shop for fresh local produce and other items every week.
- Ventura Village has a variety of tools to help you with your own yard and garden projects. We also have free wood mulch and access to a Minnesota Master Gardener if you have a problem or need an idea.
- Contact Mary at 612-871-7973.



OPEN STREETS MPLS 2018 on E. Lake Street Sunday July 22nd extended from Elliot Avenue West of the Midtown Global Market (the tower in the distance) seven blocks east to the Avalon Theatre—home of In the Heart of the Beast Theatre—where, outside its doors, was a performance bandstand, HOBT info pre-senters (inside art, too), information tables by Midtown Phillips Improvement Association information, East Phillips Improvement Association and Amalgamated Transit Union Local 1005. *The Alley Newspaper* was adjacent with its “Did You Know” History Exhibit and sought completion of Reader Surveys to inform *The Alley’s* Transition Team.



These Roosters from In the Heart of the Beast Puppet and Mask Theatre wandered East Lake Street safely while motorized traffic was prohibited
PHOTOS BY TIMOTHY MCCALL

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Drone launched to survey the bridge!

Short line bridge study is underway

BY SOREN JENSEN

We are pleased to report that our hired DRONE was launched yesterday, to begin our new engineering study of the Short Line Bridge over the Mississippi River.

The drone will create a 3D map of the bridge, which will then be used by the engineers from Kimley-Horn to complete the study, which will estimate what it would take to shore up the bridge and make it safe for biking and walking.

We expect to have the study done later this summer, and we'll sched-



SOREN JENSEN

ule a community meeting in Saint Paul to share the results this fall.

Thanks to everyone who is supporting our efforts to Extend the Greenway over the river and through Saint Paul!

Soren Jensen is Midtown Greenway Executive Director



Movie Corner

By HOWARD MCQUITTER II
oldschoolmovies.wordpress.com
howardmcquitter68@gmail.com

A few summer movies for 2018 worthwhile and inspirational

"I Can Only Imagine"
(2018) Roadhouse Pictures
★★★★★

I read about "I Can Only Imagine" back in March, I believe in USA TODAY, one of a handful of films with inspirational-religious theme films such as "God's Not Dead: A Light in Darkness," "Paul, Apostle of Christ," and "Samson." I have known for a long time that religious (Christian in particular) films have audiences out there across America although Hollywood for years has pretended the audiences hardly existed, if at all. Mel Gibson's "The Passion of the Christ" (2004) more than proved the naysayers, the cynical secularists, wrong.

When I viewed "I Can Only Imagine" (encouraged by my friend, Marvin Windom) I can say the film is one of the most inspirational films of the year. It doesn't hit one over the head with Christian thunderbolts, as one might think. In the midst of summer blockbusters showcasing superheroes, dinosaurs, killers, and those being killed, raunchy comedies, and loads of characters using scurrilous language; a film like "I Can Only Imagine" comes through it all as a mature, inspirational story based on a true story.

J. Michael Finley made his Broadway debut in Les Miserables in 2014, and making his screen-acting debut in "I Can Only Imagine." He plays Bart Millard living in

Greenville, Texas, growing up in a turbulent household where his abusive father, Arthur (played by a stunning performance by Dennis Quaid), causing Bart's mother to leave her abusive husband. Bart's father is mainly interested in his son playing football, however, when Bart has an injury in a game, a greater talent emerges: singing and starting a band, a Christian band, named Mercy Me. When Bart reluctantly joins his high school choir, his father makes light of it.

Bart has one fan, a classmate named Shannon (Madeline Carroll), a girlfriend at times, off and on, whatever Bart's mood. But it is Bart's dad with whom he has the inner war. How can he find peace with his abusive, alcoholic dad? Yes, even Bart's manager Brickell (Trace Adkins) sees great talent in Bart and his band, but he knows (and says) Bart is holding back; holding back on firing because the unresolved issues with his dad.

"I Can Only Imagine" is the title song, the song Bart will write and the song hit the top of the Christian as a single of their album "Almost There", in 2001.

Yet in spite of all the trouble Bart has in his past, with the film's main theme—reconciliation—Bart becomes the conciliator. Now he knows a burden has been lifted.

Cast: J. Michael Finley (Bart Millard), Dennis Quaid (Arthur Millard), Madeline Carroll (Shannon), Cloris Leachman (Memaw), Tace Adkins (Brickell), Brody Rose (Young Bart), Taegen Burns (Young Shannon). Directors: Jon and Andrew Erwin. (PG) Running time: 110 minutes.

Another Summer Movie: Maybe Inspirational, Certainly A Work of Art

"Bye Bye Germany"
(2018) Film Movement
★★★★★

It's Frankfurt, Germany, 1946, World War II is over, the post war is trying to pick up the pieces from the Nazis and the Holocaust. Six Jewish men, all friends, all Holocaust survivors, are in a camp for Jewish refugees. The opening scene is very significant to the film with a three-legged dog hobbling

"It is amazing to me how many people think that voting to have the government give poor people money is compassion. Helping poor and suffering people yourself is compassion. Voting for our government to use guns, to give money to help poor and suffering people is immoral, self-righteous, bullying laziness."

– Penn Jillette, American magician, juggler, comedian, musician, inventor, actor, filmmaker, television personality and best-selling author known for his work with fellow magician Teller

"Not voting is not a protest. It is a surrender."

– Keith Ellison has been the U.S. Representative for Minnesota's 5th congressional district since 2007 and Deputy Chair of the Democratic National Committee since 2017

into the camp looking for a home. As the dog mingles among the Jewish refugees in the camp he gets adopted in the process.

David Bermann (Moritz Bleibtreu, "Run Lola Run" [199], "The Badder Meinhof Complex" [2008], "Young Goethe in Love" [2011]) and his Jewish friends entertain the idea of going to America. One problem they all face is getting the money in a depressed post-war Germany. They all collaborate to become slick businessmen selling fine bed linens to needy German housewives. The men are so good at their sales pitches few households turn them down.

Money isn't David's only problem he has to explain under interrogation by hard-hitting U.S. Special Agent, Sara Simon (Antje Traue), asking questions about why he has two passports, why he spent time in Hitler's mountain retreat, and was he a collaborator?

Director Sam Garbarski's "Bye Bye Germany" is an elaborate piece of work deserving a great deal of credit for taking something as abominable as the Holocaust and its aftermath yet weaving in humor appropriately adding some balance to the atrocious details. Too few films deal as extensively with what happened immediately after the Nazi regime.

Cast: Moritz Bleibtreu (David), Mark Ivanir (Holzmann), Anatole Taubman (Frankel), Tim Seyfi (Fajnbrot), Joel Baseman (Lubliner), Jeffrey Miltelman (Sergeant Harry Ledermann), Antje Traue (Special Agent Sara Simon), Tania Garbarski (Frau Sonja), Vaclav Jakoubek (Krautberg).

Director: Sam Garbarski. Running time; 102 minutes. English subtitles for German dialog. Not Rated.

"The difference between a democracy and a dictatorship is that in a democracy you vote first and take orders later; in a dictatorship you don't have to waste your time voting."

– Charles Bukowski, German-born American writer influenced by the social, cultural, and economic ambience of his home city of Los Angeles

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Raise Your Voice Upholding native languages

BY PETER MOLENAAR

I have again had the opportunity to meet with Anita Gates at the Pow Wow Grounds Coffee Shop on Franklin Ave. Anita has an advanced degree in the field of education and is certified to teach the Dakota language. The local American Indian Parents Committee actively shares her concerns regarding the status of Native education. They are all willfully determined, even if feigning submissiveness is occasionally deployed for navigational purposes. The preservation and promotion of Native languages is a priority.

Should the rest of us care?

About a hundred years ago, Lenin addressed the chauvinism imbued to Russian workers. He stated, in essence: If you intend to build a new world from the ashes of the old, abrogate your own nationalism while making concessions to the nationalism of oppressed peoples. Actually, this is a fundamental principle.

What good are the Ojibwa and Dakota languages in today’s world?

When the Indian was taken from the man (stolen from the stolen children), the man was diminished, not “saved”. Consider that one’s self-image is socially determined and that self-esteem has much to do with the desire and capacity to learn. It follows that a commitment to the restoration of Native



languages would elevate our nation as a whole.

Can we afford to do this?

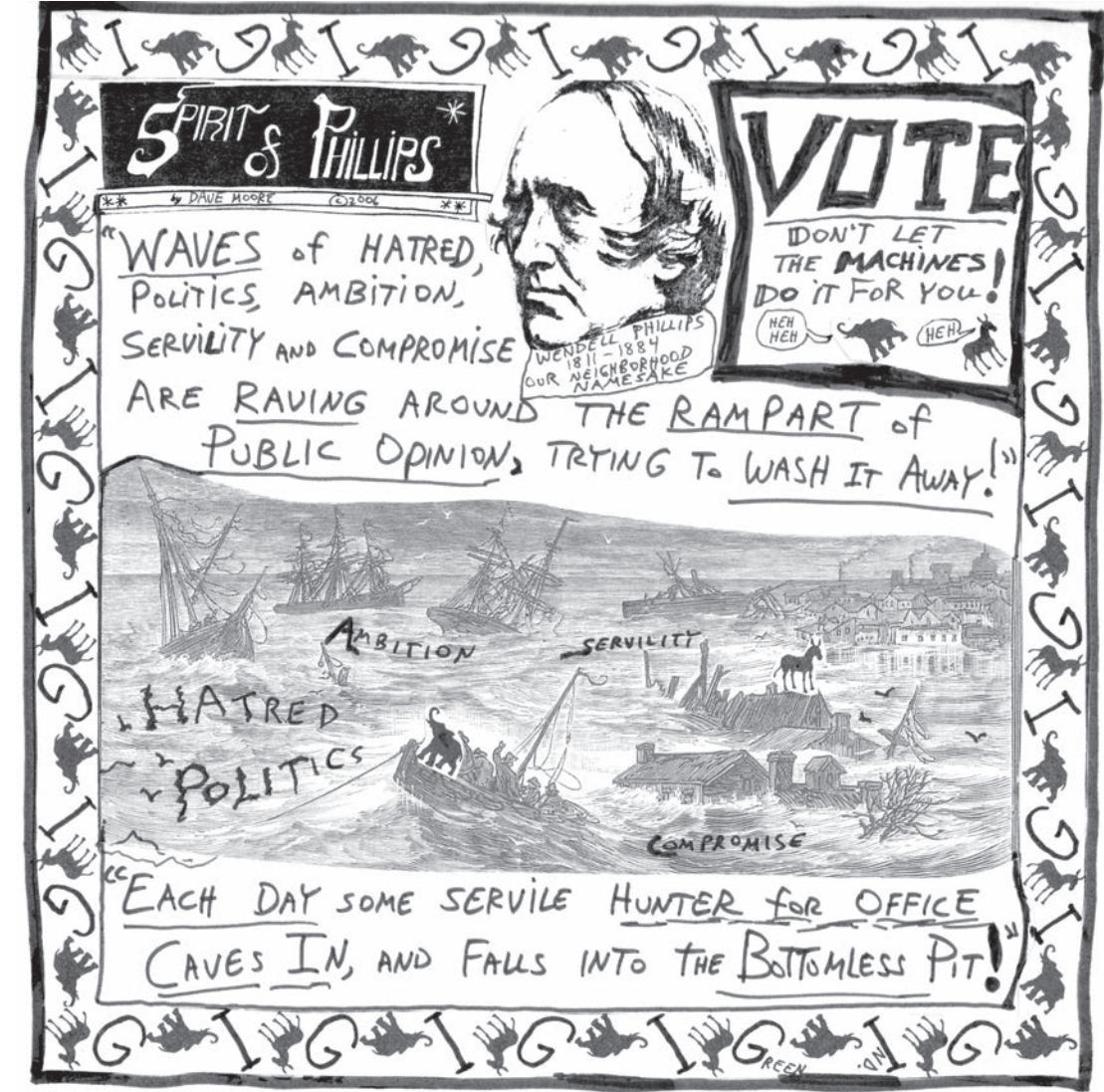
My numbers regarding the Republican Party’s tax reform are a bit soft. Let’s go with: Trump saved \$7 billion for himself and \$1.5 trillion for his capitalist friends.

Moving forward...

A proposed merger of programs between the Anishinaabe Academy and South High might begin to improve matters locally. Further involvement by the teachers’ unions would be good. Regarding the Bureau of Indian Affairs, politicizing of the annual American Indian Education Conference might serve to shed some light across the land.

Meanwhile...

Those white workers who suckle from the breast of Donald Trump should stop feeling so inferior. Be happy that some folks speak more than one language. YOU HAVE NOTHING TO LOSE BUT YOUR CHAINS!



Anishinabe Academy

Vision: Educating and empowering through cultural revitalization.
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All Nations American Indian at South High School

The All Nations Program (circa 1989) is a unique academic program specifically designed for American Indian students. The All Nations Team holds high and clear expectations for its students and provides innovative classroom scheduling and strategies to ensure that their students meet those expectations. High expectations combined with supportive, nurturing staff and resources from the American Indian Community inspires our students to graduate in four years with the academic skills necessary for being successful in the post-secondary and business sectors of our community. The All Nations students know that they have a shared trust responsibility to give back to the American Indian community. The All Nations Team teachers provide students with opportunities to cultivate and share gifts in classes such as:

- Ojibwe Language 1, 2 and 3
- Algebra and Geometry
- Physical Science and Chemistry
- Language Arts, Honors English and Native American Literature
- World Studies and Geography
- Native Arts
- Young Women’s Group
- Olson Brand Academy
- Fall Welcome Back Ceremony

Any student may apply. Preference is given to Native American students. Acceptance is based on random selection. This program is offered to students citywide.

The South High All Nations SLC Program is designated as a Best Practices School for American Indian students in the Minneapolis Public Schools for 2006-2010. The American Indian community entered into a mutual and historic agreement with the Minneapolis Public Schools called the Memorandum of Agreement (MOA) that clearly outlines and defines the need to address the academic failures of American Indian students enrolled in the MPS district.

There are Seven Guiding Themes embedded within the MOA. This is reflective of the guiding philosophy of the All Nations SLC Program.

- Cultural Identity
- Wisdom
- Sense of Place
- Sense of Discovery
- Sense of Self
- Perspective and Cultural Lens
- Sense of Connection



“Voting is our right, but it is also our responsibility because if we don’t take the next step and elect leaders who are committed to building a better future for our kids, other rights - our rights to clean air, clean water, health, and prosperity - are placed directly in harm’s way.”

– Thomas Fahr Steyer, American billionaire hedge fund manager, philanthropist, environmentalist, liberal activist, and fundraiser

“Voting is how we participate in a civic society—be it for president, be it for a municipal election. It’s the way we teach our children – in school elections – how to be citizens, and the importance of their voice.”

– Loretta Lynch, American lawyer who served as the 83rd Attorney General of the United States, appointed by President Barack Obama in 2015 to succeed Eric Holder

“Democracy must be something more than two wolves and a sheep voting on what to have for dinner.”

– James Bovard, American libertarian author, journalist, and lecturer whose political commentary targets examples of waste, failures, corruption, cronyism and abuses of power in government

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Get Dick Bancroft! From page 1

Dick Bancroft: storyteller extraordinaire 1927-2018

end. There were pictures of the family, the dog, and the car. But Dick wanted more than that. Above all, he wanted a real camera.

At that time his family subscribed to the magazine “LIFE,” with its brilliant pictures of famous people and the news. Dick spent hours each time the magazine was delivered. The magazine was his doorway to the beauty and atrocities then going on in the world. After WWII, Dick and Debbie married. She had given him a 35mm camera, his first real camera.

Dick got interested in leaving St. Paul, perhaps to do Peace Corps work in Africa. Instead he went to Nairobi, Kenya for the Presbyterian

Church of East Africa. His supervisor was John Gottu. There he learned the limitations of what can be done to help people.

He traded his Argus for a Pentax and discovered the beauty of portraits. Some of those are displayed prominently in the Bancroft home.

What he learned in Africa came back as he and Debbie went to New York and Washington, D.C. to watch the peace movement unfold. He took several photos that were published by the *St. Paul Dispatch/Pioneer Press*.

Then, while considering a request from the St. Paul American Indian Movement, he met Pat Bellanger and was introduced to

the Indian community. It seemed that events were both at a tinder point and relief for much needed support. The Naval Air Station was taken over briefly near the metropolitan airport and federal funds arrived for long needed social and educational programs.

For over forty years Dick traveled with the American Indian Movement to sit-ins, occupations, schools, conferences and tribunals. “Get Dick Bancroft,” was the common cry when a new development in the movement’s efforts arose. Some of Dick’s most iconic pictures are taken from great heights about which he himself said, “ I had to get up high...I had to get

altitude. {When} I am on my knees to get the feel of my subject...that isn’t very interesting to me and it doesn’t really reveal that much. “

Whichever he did, long shots or portraits, Dick Bancroft was a storyteller like no other, and his photographs tell that story.

He died on July 16th. Dick is preceded in death by his parents, Rich and Polly; his son, Bill; and his sister Polly Hebbie. He is survived by his wife, Debbie; son, Hunter (Helga Lange); and daughters, Ann, Carrie (Roberto Gutierrez) and Sarah (Andrew Bancroft-Howard). Dick’s cherished grandchildren are Alma, Maya and Saman Gutierrez and Morgan, Frank and Charlie Bancroft-Howard. Dick’s family plans to hold a celebration to honor his life among his extensive friends

and family to be announced in the near future. Memorials can be made to Neighborhood House, the AIM Interpretative Center or an organization of your choice.

*Author’s note: Dick and I met in the mid 1970s at Red School House in St. Paul in the middle of a campaign to walk from the State Capitol to a point in Minneapolis and back again, raising funds for the school along the way. Excitement grew when the actor Will Sampson (Dances with Wolves) joined the effort. Decades went by. Dick served on my board for ten years (MIGIZI Communications), and it seemed our friendship has just mellowed into a sort always there, always trustful comfort. Then Dick proposed a picture-based history of AIM for the 70s to 80s decade. My writer’s side balked a bit and argued we would leave readers a little short without a longer story. **We Are Still Here**, 2013 Minnesota Historical Society Press, is the result.*



A Photographic History of the American Indian Movement. Photography by Dick Bancroft, Text by Laura Waterman Wittstock,

Introduction by Rigoberto Menchu Tum

The American Indian Movement, founded in 1968 in Minneapolis, burst into that turbulent time with passion, anger, and radical acts of resistance. Spurred by the Civil Rights movement, Native people began to protest the decades—centuries—of corruption, racism, and abuse they had endured. They argued for political, social, and cultural change, and they got attention.

The photographs of activist Dick Bancroft, a key documentarian of AIM, provide a stunningly intimate view of this major piece of American history from 1970 to 1981. Veteran journalist Laura Waterman Wittstock, who participated in events in Washington, DC, has interviewed

a host of surviving participants to tell the stories behind the images.

The words of Russell Means, Dennis Banks, Clyde Bellecourt, Eddie Benton Banai, Pat Bellanger, Elaine Salinas, Winona LaDuke, Bill Means, Ken Tilsen, Larry Leventhal, Jose Barreiro, and others tell the stories: the takeovers of federal buildings and the Winter Dam in Wisconsin, the founding of survival schools in the Twin Cities, the Wounded Knee trials, international conferences for indigenous rights, the Trail of Broken Treaties Caravan and the Longest Walk for Survival, powwows and camps and United Nations actions. This is the inside record of a movement that began to change a nation.



DICK BANCROFT

The Fourth Russell Tribunal Nov. 1980 in Rotterdam, Holland. The Russell Tribunal, also known as the International War Crimes Tribunal or Russell-Sartre Tribunal was a private body organized by British philosopher and Nobel Prize winner Bertrand Russell and hosted by French philosopher and writer Jean-Paul Sartre under the direction of the Russell Foundation.

Phillips elders walk around the world

BY THE PHILLIPS WELLNESS 50+ TEAM

It was a bold goal. Phillips elders set out to walk around the world.

Led by Phillips Wellness 50+, a grassroots group of community members working to improve their own health and supporting others in doing the same, about 40 people started the journey.

We were armed with pedometers and bright green shirts, and people joined us along the way. We did a group walk each Tuesday evening and, in between, each person tracked his or her steps and reported their progress.

The motto for the “Phillips Round the World Challenge” is: None of us can walk around the world by ourselves but together we can do anything. And now we have done something big! We achieved our goal of walking around the world. That’s 35,200,000+ steps. That’s 17,600 miles (at the 45th parallel)!

On July 31 we gathered at the

Center for Changing Lives, 2400 Park Avenue to celebrate our success, do some fun movement and enjoy a meal together.

The Round the World Challenge is just part of Phillips Wellness 50+’s work.

After the weekly walk, the group gathers for conversation, learning and supporting each other. One week in June, Rachel Von Rudenand Colleen Fritsch from Metropolitan Area Agency on Aging led a Dementia Friends session. Lee Cunningham, attorney and retired pastor of Messiah Lutheran Church, helps community members complete advance

care plans, address legal issues and make the most of their money. With the help of nutritionists at The Food Group, we’ve learned about easy-prep cooking, how to use spices to spark our taste buds and more.

The group is excited about a new partnership with the American Swedish Institute that started in July. Mia Bremer leads “Move with Mia” at the Institute each Friday at 10:00 AM. This session, like all Phillips Wellness 50+ activities, is open to everyone.

You’re always invited to walk with us every Tuesday evening, meeting in the lobby of Ebenezer Tower at 5:00 PM.

In short, Phillips Wellness 50+ is building community. As a result we are all getting more connected and healthier.

Want more information? Contact Donna Nordin at 612-741-5180 or dnordin2@comcast.net.

Phillips Wellness 50+ receives organizing and administrative support from the nonprofit Vital Aging Network (vital-aging-network.org), and the initiative has received funding from Allina Health, HealthPartners and the Bush Foundation Community Innovation Program.



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Out in the Backyard helps lesbian, gay, bisexual, transgender and queer people (LGBTQ) to counter isolation by connecting to each other and community resources. **Join us for FREE wellness/fitness classes!**

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*CANDO
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*East Phillips
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Out in the Backyard						
AUGUST 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
• class/event schedule subject to change - check our Facebook page for updates •			1 Zumba - 6:30pm Powderhorn	2	3 Hip Hop - 6:30pm CANDO	4 Yoga - 9:30am Powderhorn
5 Yoga - 10am CANDO	6 Zumba - 6:30pm Powderhorn	7 Circuit Training 6:30pm East Phillips	8 Zumba - 6:30pm Powderhorn	9	10 Hip Hop - 6:30pm CANDO	11 Yoga - 9:30am Powderhorn
12 Yoga - 10am CANDO	13 Zumba - 6:30pm Powderhorn	14 Circuit Training 6:30pm East Phillips	15 Zumba - 6:30pm Powderhorn	16	17 Hip Hop - 6:30pm CANDO	18 Yoga - 9:30am Powderhorn
19 Yoga - 10am CANDO	20 Zumba - 6:30pm Powderhorn	21 Circuit Training 6:30pm East Phillips	22 Zumba - 6:30pm Powderhorn	23	24 Hip Hop - 6:30pm CANDO	25 Yoga - 9:30am Powderhorn
26 Yoga - 10am CANDO	27 Zumba - 6:30pm Powderhorn	28 Circuit Training 6:30pm East Phillips Bollywood Dance 7pm CANDO	29 Zumba - 6:30pm Powderhorn	30	31 Hip Hop - 6:30pm CANDO	Hello September
TUESDAY, 8/14 Community Potluck Dinner (all welcome!) • 7pm @ 3844 21st Ave. S., MPLS						

“Our DNA is as a consumer company - for that individual customer who's voting thumbs up or thumbs down. That's who we think about. And we think that our job is to take responsibility for the complete user experience. And if it's not up to par, it's our fault, plain and simply.”

– Steve Jobs, American entrepreneur and business magnate; chairman, chief executive officer, and a co-founder of Apple, Inc.

“You're not just voting for an individual, in my judgment, you're voting for an agenda. You're voting for a platform. You're voting for a political philosophy.”

– Colin Powell, American statesman and a retired four-star general in the United States Army born in Harlem, New York as the son of Jamaican immigrants