

Don't lose hope.

from page 6

There's a beauty and a peacefulness in a state park, a grounding that happens every time your foot hits the path. **And, it's been proven that walking in a park lowers one's blood pressure.** LINDA RADIMECKY, MN DNR



Left: Pine Island, East Smelling State Park / Photo by MN DNR. Right: Jay Cooke State Park / Photo by Explore Minnesota

out Minnesota on its website, or at Explore Minnesota.

COST? HOW ABOUT NO COST?

It should be noted that the DNR charges various fees for state park usage, such as yearly vehicle permits (\$35) or one-day passes (\$7), carstopic fees, etc. But if you're on a tight budget, no worries. There are free ways to get into state parks and recreation areas.

First, on four days each year, all state parks and state recreation areas offer free admission to everyone, that is, no vehicle permits are needed. Two of those freebie days have already occurred for 2025, but two dates remain: Saturday, June 14, and Friday, November 28.

Second, the DNR works with public libraries across the state to provide free seven-day state park passes for checkout for library cardholders. *The Minnesota Star Tribune* recently reported that, currently, there are 175 passes distributed among about 100 libraries, and the DNR is planning to expand that amount to 500 passes. You can check the DNR's website for a list of participating libraries.

Finally, Radimecky offered one other notable piece of advice. When planning to get out into nature, don't settle for a rushed, 15-minute walk with ear buds blasting loud music or tuned to a podcast. Take out the ear buds. And leave all

of those "screens" behind, too computer, TV. Visit a state park. Enjoy.

Angelo Gentile is a Minneapolis freelance journalist and former newspaper and magazine editor. He has also worked in public relations and corporate communications.

Learn more

Minnesota DNR
www.dnr.state.mn.us/state_parks/index.html

Explore Minnesota
www.exploreminnesota.com/how-to-visit-minnesota-state-parks

Libraries participating in seven-day state park passes for checkout
www.dnr.state.mn.us/state_parks/minnesota-state-park-library-program.html



right away. Flight to get

got another man. "She really good. I Just recently DM from her daughter running a

UNSTABILITY person, that's get to stay remembers some years of fun er years, he costing him

to this really to be death titution, be Whenever I get paranoid ing for me,

path of re- ing a celeb- in meetings on's hair and e addiction what he had, ling. So, I

depth services that help people reshape their lives. His social media videos are drawing plenty of admirers and supporters. He regularly puts out a call to his stylist friends to join him for monthly events he stages, where tents are set up and people line up off the street for haircuts. He always looking for that guy or gal who ready to give up the pain of addiction.

When they're not quite ready, says Schneidman, "Then I'll circle back. When I start seeing them looking shaggy, their hair grows out, I'm like, 'dude, you ready for a haircut?' And he like, 'hell yeah. And then I start opening up the spiel again, like, 'dude, you're not done yet?'" Schneidman keeps looking for that opening where his kindness can me down the resistance.

At night, he goes home to his wife and three kids. He lives in a nice house. He doesn't take any of this for granted. He remembers that once he too had crazy thoughts and a misguided life when crack ran his brain.

Then he'll find himself driving alone and he'll see another guy whose hair cut awhile back.

"I'll look at him and I'm, like, 'oh my God, he's gnarly. And I say, 'hey, you want a haircut?' And he's open to it. That's where the shift happens. A lot of the times they have a different name. And then halfway through the haircut, they tell me their real name. And then we start talking..."

The Phoenix Spirit

A Bit About Us

We are a recovery / addiction + mental health focused publication that's been around the Twin Cities for over 45 years. **Our goal is to spread hope.**

<p>1980 ESTABLISHED</p>	<p>2018 NEW OWNERSHIP</p>
<p>400+ DROP LOCATIONS IN THE METRO AREA</p>	<p>14k PAGEVIEWS / MONTH</p>
<p>955 EMAIL + PRINT SUBSCRIBERS</p>	<p>Free COST PER ISSUE / SUPPORTED BY PARTNERS</p>



INTERVIEW WITH MATT MOBERG

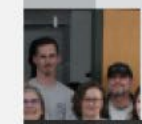
From Pain to Love Paint and Canvas

by Mary Berg

Matt Moberg's kinetic energy. His teeth show up in the jaws of the horse. He reveals intensity, his wife's niece, his wife's anxiety. In yet another light with love. and layers of . How did Matt it who renders and canvas? s-focused fami- sports. Instead, playing music er getting man the TV show. A springboard- work as a sing- ensing. Playing people, leading was his identity.

Growing up, Matt only drank ca ally. Not being great at sports, he fou his social circle among the creatives w tended to participate in drugs and dri ing. As a performer, Matt looked for firmation and applause. The moment stepped off the stage, outside of the p lic eye, anxiety got the best of him. couldn't stop working, doing performa es, nor could he stop his messed-up thi ing afterwards. When the anxiety picl up, his drinking became nightly. He kn it was a problem, but he also saw dri ing as a tool, a way to cope. Alcohol, thought, was a performance enhanc drug, the thing that allowed him to be person he thought he needed to be. Matt became convinced that sobri was a threat to everything he provid a threat to who he was, to his God-g en gifts. He recalls, "It's a weird, twis

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Meeting a Need, Transforming

What Readers Say

Many of *The Phoenix Spirit* readers are in treatment or in active recovery.

I love your paper. **It's inspiring for me personally and I use it also for topic ideas** as I am a volunteer facilitator of a women's group.

I am extremely thankful for *TPS*. I have been reading it for almost 15 years. **My relationships with myself and family and friends are better because of the *Spirit***

Just writing to let you know **that I and the clients at our treatment center really enjoyed the few newspapers** you mailed over.

I just finished the latest issue and that Recovery Housing **article was the clearest communication on the subject** that I've heard from DHS!



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HEALING FROM EATING DISORDERS

MN DHS: FOOD AS MEDICINE

ESSAYS / COMMENTARIES

Chat With a Helper
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INTERVIEW WITH ANDREW ZIMMERN

Exploring Food, Culture, and Recovery

by Mary Berg / Photo by Madeleine Hill

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CRYSTAL HILL OF RECOVERY WELLNESS GYM

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INTERVIEW WITH CRYSTAL HILL

From Prison Boot Camp to Recovery Wellness Center Founder

Future Plans

A few things we'd like to get done

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Thank You

APPRECIATE YOUR TIME.



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