

3 on 13

3 things from EP
to make life
better.

NOVEMBER 13 · 2020

Emanuelson-Podas produces the **3on13 Newsletter** on the 13th of every month in the hopes of putting in your hands three things that will help make your life better. Entries may include quotes, reminders, jokes, random recipes, book recommendations, advice, or anything else that might make you think, make you smile, or make you a better, happier human being. **Got something worth sharing? Send it to 3on13@epinc.com**

1 | Rocking Leadership

This month, *Rolling Stone* named Dayna Frank — CEO, owner and creative force behind Minneapolis' own First Avenue — one of the magazine's **Future 25**. The list celebrates the music industry's brightest and boldest entrepreneurs. And in Frank's case, it highlights a Minnesota native taking a leadership role on a national level.

When COVID hit, Frank (also named one of *Pollstar's Impact 50*) quickly whipped up the National Independent Venue Association (**NIVA**) to help indie venues across the country stay afloat during COVID-19. But her impact on our community and the local music scene goes far behind just what she's done in the past few months.

Leadership means action. It means passion. It means making it personal.



2 | One Thing for Your Body (OK, Two Things...)

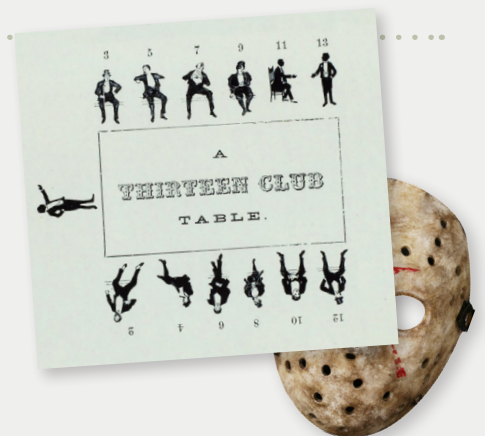
EP Performance Coach Matt Groves is worried. And feisty. "There's just way too much sitting," he says. "The 'home office' is notoriously bad for posture. And the winter darkness seems to foster inactivity in general." Here are two simple movements Groves recommends:

Seated 90/90 Stretch: Start by placing both feet flat on the floor. Cross one foot over the opposite knee. With your chest out, lean slightly forward as you pull up on the knee. You should get a glute stretch.

Half-Kneeling Hip Flexor Stretch: Place one knee on the floor, keeping your knee, hip, and shoulder on the same plane. With your lead leg at a 90-degree angle, drive your belt buckle up to your chin and squeeze your butt. You should feel a stretch in the front of the hip of the down leg.

3 | The 13th of Friday. No, Wait...

- Why is Friday the 13th considered unlucky? The origins are long and storied, having connections with the [Ancient Romans](#), [14th-Century France](#) and even the [Vikings](#) (no, not the Minnesota Vikings, although they've certainly had their share of bad luck).
- Fun with words: [triskaidekaphobia](#), [paraskavedekatriaphobia](#) and [friggatriskaidekaphobia](#). Go ahead, sound them out. Say them out loud. It's fun. You'll feel like a first grader again.
- Consider the [Thirteen Club](#), an 1880s-era New York organization smilingly dedicated to fighting the fear of the number 13. The fun-loving, goofy club took on all superstitions.
- Whereas the first Friday the 13th of 2020 featured a full moon, this iteration will be a [waning crescent with only 4% illumination](#).
- And Jason Voorhees thinks you should [buy this... now](#).



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