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Mpls. Lead Poisoning program Pg 2

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NEWS & VIEWS OF PHILLIPS SINCE 1976

FEBRUARY 2013 • VOLUME 38, NUMBER 2

# IT'S UP TO US!

## MAKE MAYDAY HAPPEN!



photo by Liz Welch

### Challenges of MayDay

### Need Your Ideas and Your Support

BY SANDY SPIELER

Dear Neighbors,

I'm writing about the MayDay Parade and Festival, specifically the situation for MayDay this year and into the future.

I'm the artistic director of In the Heart of the Beast Puppet and Mask Theatre, one of the founders of MayDay, and one of the midwives of this event's artistic and community development for 39 years. It has been my great joy to work with so many wonderful people for so many years! Thank you!

This year has me worried, though. As we crafted our theatre's finances for 2013, our executive director Loren Niemi suggested we not "do MayDay" this year; our budget would not support it. ...What? Not do MayDay?! After much discussion, our Board and staff agreed instead to do MayDay with a budget 33% less than previous years, while making a commitment to build a broader base of public fiscal support for this very public event.

It is my belief that MayDay *can* be supported by the constituents for whom it means so much, especially if everyone understands "what it takes" to "do MayDay." This is why I write to you—to help you understand the challenges we face, and to ask for your support and ideas.

**It takes both money *and* volunteers!**

**Let's build a broad base of financial and volunteer support to assure the future sustainability of MayDay! In the Heart of the Beast Theatre cannot do it alone.**

**If everyone who comes to MayDay contributed \$5, (less than the cost of a movie), then MayDay would flourish, end of story.**

Sincerely, Sandy Spierer

**HOBt/MayDay Questions and Answers**

see page 4 & 5

## ONE BILLION RISING TO END VIOLENCE AGAINST WOMEN: TWIN CITIES VALENTINE'S DAY AT POWDERHORN PARK

Women and those who love them are invited to WALK OUT, DANCE, RISE UP, and DEMAND an end to this violence. ONE BILLION RISING will move the earth, activating women and men across every country. V-Day wants the world to see our collective strength, our numbers, our solidarity across borders.

Please join us in Powderhorn Park from 6:30-8:30 on Feb. 14th, 2013 for a march, live music, activist speakers, hot drinks & food, and dance in memory of Jyoti Singh Pandey, a student in Delhi, India who was brutally raped, and later died on Dec. 16, 2012. We will also be assembling to express our stand against all forms of violence against women in all communities.

Live Music: Oya's Radio  
Powderhorn Park  
Community Center  
3400 15th Ave S, Minneapolis, MN

55407 Information:  
<https://www.facebook.com/mili.dutta.7#!/events/131952860298408>

If you would like to share your story here, please leave a comment at [www.tcwomenrising.org](http://www.tcwomenrising.org) or send a mail to Mili Dutta ([gogettergirl@gmail.com](mailto:gogettergirl@gmail.com))

### MayDay COMMUNITY MEETING

**February 12 is our community meeting, 7 PM at the Avalon Theater (1500 E. Lake Street), for sharing ideas, images, and themes for this year's MayDay. Please come. You can help In the Heart of the Beast continue this tradition for you and your community.**



## "IT'S TIME TO MOVE UP TO THE NEXT LEVEL."

— Muriel Simmons

June 2, 1939 — January 15, 2013

BY HARVEY WINJE

A Memorial Tribute, Celebration, and Funeral of Muriel Barnes Simmons was Monday, January 21, 2013; the same day as:

- 150th Anniversary of the Emancipation Proclamation,
- 50th Anniversary of the 1963 Civil Rights March on Washington,
- Dr. Martin Luther King, Jr. Day 2013,
- 2nd Inauguration of 44th President Barack Hussein Obama.

It was a remarkable coincidence with similar characteristics of organizing, struggling for freedom, uncommon accomplishments, and all promising hope for increased peace and justice.

In Minneapolis, scores of mourners of Muriel's death and celebrants of Muriel's life, having endured the subzero weather to honor Muriel and support one another, heard Messiah Lutheran Church Pastor Lee Cunningham repeat Muriel's oft-repeated words, "it's time to move up to the next level." Muriel knew when the time was right and had the courage to not only move to the next level but to often take others with her and even more often inspire others to move up on their own.

City Councilmember Robert Lilligren speaking for himself and also representing Mayor R.T. Rybak (who was attending the Presidential Inauguration) spoke passionately about the profound impact Muriel had on his life as his mentor, friend, and inspiration. State Senator Jeff Hayden also spoke with heartfelt recollections about Muriel also saying that all local politicians wanting to promote an idea or legislation would always be sure to get Muriel's blessing first so they could assure people that Muriel had heard and endorsed it.

Many of Muriel's descendants were present and gave their own very intimate reflections of their Mother, Grandmother, and Great Grandmother Muriel who had obviously infused their hearts with the same intensity of purpose, commitment to life, and love of community, always admonishing them "we gotta stay cool and help each other out" and know when "it's time to move up to the next level!"

**See Page 2, 3 & 8 for Muriel's brief biography and for several stories and eulogies of Muriel Simmons**



# the Alley NEWSPAPER

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"We came into this world to give truth a little jog onward and to help

our neighbors rights"  
**Ann Greene Phillips (18\_\_ - 1885)**

**Wendell Phillips (1811-1884)**  
**Board of Directors:** Cathy Strobel, President; Leon Oman, Treasurer; Sue Hunter Weir; Joan Hautman

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Mili Dutta, EPIC, Frank Erickson, Susan Gust, In the Heart of the Beast Theatre, Linnea Hadaway, Hennepin County Franklin Library, Dallas Johnson, Howard McQuitter II, Jana Metge, Jonathan Miller, Peter Molenaar, Dave Moore, Loren Niemi, Connie Norman, Brad Pass, PWNO, Running Wolf Fitness Center, Sandy Spieler, Trudy White, Crystal Windschitl, Rick Bernardo, Dana Cordy, Lee Cunningham, Nick Lethert, Barb Lickness, Loren Niemi, Carstens Smith, Liz Welch, Amy Wurdock, **Printing:** Page 1 Printers

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Call Harvey 612-990-4022

**Bulk Delivery:** Lyle James Delivery

250 Apartments, Businesses, Places of Worship, and Organizations; this issue is having volunteers delivering many blocks of these neighborhoods Ventura Village, Phillips West, Midtown Phillips, East Phillips, Central, Powderhorn Park, and Corcoran; and the usual spots in Longfellow, Cooper, Cedar-Riverside, Elliott Park, Whittier, and Lyndale.

**Circulation: 10,000 hard copies and online.**

**Member Lake Street Council & Member East Phillips Park Cultural Community Center Partners**

**March Alley  
Deadline:  
February 15**

## February Programs at the Franklin Library

BY ERIN THOMASSON

### Children & Family Programs

#### Japanese Chirimen Weaving

Sat Feb. 2, 2-3 p.m. K-6

Chirimen-Japanese Edo weaving. Create miniature animal.

Materials provided. Reg. online or 612-543-6925.

#### Homework Hub

Tues, Wed, Thurs & Sat, 3:30-7:30 p.m. Free tutoring K-12 No sign-up.

#### Family Storytime

Wed 10:30 a.m. Age 2 & up.

Books, stories, rhymes, music, & movement with children.

#### Family Movie Matinee

Sat Feb. 16, 1:30-3:30 p.m.

Movies & activities.

### Teen Programs

#### O.P.E.N. Time

Tues & Thur 4-5 and 7-8 p.m.

Choose computers, magazines, board & video games, brain teasers, & conversation.

#### 4-H Mentoring Club

Tues thru Feb. 26, 5-7 p.m.

Urban ecology, nutrition, sustainable ag. & careers in food science; maintain a garden & visit vendors.

#### MVStudio: Music and Video Production

Wed thru Feb. 27, 4-6 p.m. Mix your music & express by creating orig. videos; latest music and video technology.

#### Young Achievers

Thurs thru Feb. 28, 4:30-

6 p.m. Want community action? Concerned about health & lifestyle? Poetry, arts, games.

#### Teen Anime Club

Thursdays, Feb. 7 & 21,

6-7:15 p.m. Watch anime, discuss manga, share artwork, work on cosplay.

#### O.P.E.N. Time

Thurs thru Feb. 28, 7-8 p.m.

Choose computers, magazines, board games, video games, brain teasers, conversation.

#### Movies for Teens

Fri thru Feb. 22, 4-6 p.m.

### Adult Programs

#### Seniors Play-Reading Group

Fri Feb. 8, 10:30a.m.-

12:30 p.m. Reading & discussion of great plays.

#### Nonfiction Discussions: Elders

Fri Feb. 8, 1-3 p.m. Read &

## "Do you CARE about this neighborhood?"

BY DALLAS JOHNSON

When I bought my house Muriel asked "do you CARE about this neighborhood?". "This neighborhood needs everyone of us to get involved and that means YOU".

When her husband died she moved with five children to 27th and Portland & realized she had moved to one of the most dangerous neighborhoods in Mpls.: gun shots and a drug house nearby. Most would've closed the curtains and hid. Muriel opened her curtains & kept the lights on so dealers saw a family lived inside.

They set up on a corner to chat, hand out snow cones, meet the neighbors-moms, kids, drug dealers and prostitutes, & soon knew them by name. She'd say to dealers "It's tough out here and I see you working hard day and night, in rain and snow. If you'd find a positive



**Franklin  
Community Library**  
1314 E. Franklin Avenue  
New: 612-543-6925  
www.mplib.org  
Tues & Thurs: 12 - 8 pm  
Wed, Fri & Sat:  
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calendar, visit, call, or  
www.hclib.org and news  
at www.hclib.org/pub/  
info/newsroom/

discuss works by great nonfiction writers. Info: 612-543-6925

#### Memoir Writing Group

Thur Feb. 21, 1-3 p.m. Want to write personal history? Bring writings for helpful comments.

### Phillips Technology Center

www.hclib.org or 612.543.6925

#### Computer Skills Workshop

Thurs Feb. 14 & Sat Feb. 16, noon-1:30 p.m. Practice skills; mouse, keyboard, e-mail & MS Office.

#### Microsoft Excel: Basics

Fri Feb. 15, 10-11:30a.m. Excel spreadsheet: navigation, entering data & using formulas.

#### Microsoft Excel: Charts & Graphs

Fri Feb. 15, noon-1:30 p.m.

Create & integrate graphs & charts into Excel.

#### MS Excel: Create & Manage Lists

Sat Feb. 16, 10a.m.-11:30 p.m.

Create lists, sort data & print Excel. Prereq. MS Excel Basics or familiarity with spreadsheets.

**Franklin Learning Center**  
612-543-6934

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.

## Phillips West Neighborhood Upcoming Events

Check out the Phillips West Website @ [www.phillipswest.info](http://www.phillipswest.info)



**February 7<sup>th</sup> (Thursday) 5:00 to 8:00 p.m.** - *Phillips West 16<sup>th</sup> Annual Winter Social!* Please join Phillips West Neighborhood Organization, Community Partners and hundreds of your Neighbors for a FREE dinner of catered cultural foods from Qdoba Mexican Grill at the Lutheran Social Service Center

for Changing Lives (2400 Park Avenue)! Special Guest Speakers include the new Minneapolis Chief of Police Janee Hartau, new 3<sup>rd</sup> Precinct Police Commander Michael Sullivan & City Council Vice President Robert Lilligren! Neighborhood Recourses and networking opportunities will be available! Free parking is available in rear! All who live, work, or support the mission of the Phillips West Neighborhood are welcome to attend! If you have questions, would like to have an information booth at event, volunteer please call Crystal at 612-879-5383 or email her at [pwno2005@yahoo.com](mailto:pwno2005@yahoo.com)



### EPIC Report - February, 2013

#### EPIC Board of Directors

meets:

Saturday, February 2<sup>nd</sup> At 10:00 AM

#### EPIC General Membership

Meets Thursday, February 14<sup>th</sup>, At 6:30 PM

Both meetings are at the East Phillips Park Cultural & Community Center\*

2307 17<sup>th</sup> Ave. S.

\*ADA compliant

Agenda items will include neighborhood crime initiatives, Annual Meeting planning, and updates on continuing neighborhood projects.

East Phillips is bordered by:

Lake St. on the South, Bloomington Ave. on the West, East 24<sup>th</sup> St. on the North (with a northerly jog to include East Phillips Park) and Hiawatha Ave (Hwy. 55) on the East.

All residents, business owners, property owners and employees of neighborhood businesses in East Phillips are welcome and encouraged to participate in the activities and decision-making in the neighborhood by attending EPIC meetings.

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*A child in Mill City has died from lead poisoning and health inspector John Lash believes it was not an accident. Discarding protocol, he uses the resources at hand to track down the killer, only to find that he is the one now marked for death. A John Lash mystery thriller.*



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651-647-0440



# MAKE 2013 A New Year for Healthy Eating

## Tracking Running Wolf

BY CONNIE NORMAN

Running Wolf Fitness Center is very lucky to have Dana Cordy-Registered Dietitian offer free nutritional counseling at Running Wolf on Mondays from 5 to 7pm. I asked her to write an article this month-Thanks, Dana!

2013 – A New Year for Healthy Eating from Dana Cordy-Registered Dietitian from Native American Community Clinic – located on Franklin Avenue and 12th.

Having just entered into the exciting and challenging time of New Year’s resolutions, many people are asking me what changes they can make to their diet to be healthier in 2013. There are many, simple and easy ways to do this. I generally recommend to my clients that they start small with a reasonable, measurable goal. For example, I have many patients who are trying to cut back on sugar sweetened drinks like pop or sweet tea. Studies show that replacing just one of these drinks with a glass of water each day can result in significant weight loss over time. Try drinking 1 glass of water first thing in the morning for the month of January. With this small change, you can help create a healthy habit that you can stick to for the entire year. Praise yourself for this accomplishment. Now you are ready to add a new goal to your healthy eating plan!

Here a few other ways you can incorporate healthier behaviors into your daily routine:

- Want to eat more whole grains? Try eating 1 cup of cooked oatmeal with ½ sliced banana and 1



tablespoon of heart healthy nuts like walnuts for breakfast.

- Looking for a new way to add vegetables to your meal but don’t know how to prepare them? Try coarsely chopping broccoli, carrots and cauliflower; mix with 1 tablespoon olive or canola oil and a dash of salt, pepper or any other herbs and spices. Spread onto baking sheet. Bake for 15 minutes at 425° stirring half way through. Enjoy!
- Running out of quick dinner ideas? Keep reduced sodium canned beans in your cupboard and packaged, whole wheat or corn tortillas in your freezer. Cover tortilla with half a cup of beans and heat in the microwave or on the stove top. Cover with salsa, lettuce, tomato and some low-fat sour cream for a healthy, filling meal! For FREE personalized meal planning and nutrition advice schedule an individual appointment at Running Wolf Fitness Center with Dana Cordy, Registered Dietitian, by calling 612-872-2388.

If you are a patient at the Native American Community Clinic, or would like to be, you can meet with Dana for free! Call the clinic today at 612-872-8086.

# Hey Gardeners!

BY BRAD PASS

It’s NOT too early to start thinking about Garden fresh tomatoes, herbs and squash. It only seems so if you look outside. So - crank up your imagination and conjure mental pictures of spading warm loam, planting and tending the food and flowers for 2013.

Gardening News:

- The East Phillips Community 17<sup>th</sup> Ave. Garden (2428 17<sup>th</sup> Ave. S.) usually 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 Community Garden Spring Resource Fair is just around the corner! Join Gardening Matters and gardeners from across the Twin Cities Saturday March 9, 2013 from 12-5pm at Metro State University in St. Paul. A special keynote presentation by LaDonna Redmond of the Institute for Agriculture and Trade Policy on

“Reconstructing Our Relationship with Land” will kick off the day, with a local panel to follow. Be a part of the Good Food Movement conversation and get connected to the resources that will make this year’s growing season a success at the 9th Annual Community Garden Spring Resource Fair! \$10 suggested donation at the door or pre-register to avoid the lines at [www.gardeningmatters.org](http://www.gardeningmatters.org)

- The Local Food Resource Hubs Network provides support to residents who wish to grow their own fresh produce, helping to ensure greater food security and healthy food access. Hub membership provides seeds, plants, classes, tools and networking. To join a hub in one of four Minneapolis neighborhoods or the Midway neighborhood of St.Paul, sign up online now! Or, download the printable sign-up form with program information at [www.gardeningmatters.org](http://www.gardeningmatters.org).

Community Supported Agriculture (CSA) is a way for



you to avoid the work and still reap the harvest of organic local gardens by paying in advance for the best produce available on a weekly basis as it is harvested. There are many farms and gardens from which to purchase shares. See MinnesotaGrown.com for a list. I am familiar with Amador Hill Farm at the Women’s Environmental Institute in North Branch. Go to <http://www.w-e-i.org/> and click on “Purchase Your 2013 CSA Shares Now” for information.

*Tales from Pioneers & Soldiers Cemetery*  
SUE HUNTER WEIR  
*Will be back next month!*

# Muriel Barnes Simmons

Born June 2, 1939 ~ Borne to God January 15, 2013

Muriel grew up on the East Coast the only child of Rev. Robert Willington & Mamie Barnes, baptized at her father’s church, Mt. Sinai Baptist at an early age. At age 9, tumors began to develop in her nose, chest, arms, and abdomen. Some were cancerous and some benign. She was diagnosed with “Thalassemia Disease>” As she grew older she inherited a blood disorder that originated in the Caribbean, similar to Sickle Cell Anemia; for which there was no cure. She also had Lupus, Epilepsy, and Parkinson’s Disease. This left her believing that she

could die at any time. Throughout her 63 year battle she has had over 26 surgeries, however this did not stop her from living to the fullest and providing the same for her family.

She graduated from Dunbar High School and Morgan State College in Maryland. Muriel has spent time traveling from one end of the country to the other in support of her husband’s U.S. Navy career. In the process of her travels she has been involved in every community organization in which she resided. She has been acknowledged by First Lady Betty

Ford, as a Navy wife and community organizer.

In 1993 she made her transition to become a resident of Minnesota. Over the past 20 years she has moved her family to Minnesota and has been vital in the growth of her children, grandchildren, and great grandchildren. Yet again, with her last efforts she gave her time and energy to the Phillips Community and especially to the Phillips West Neighborhood in order to create a better environment for not just her family but every family within the community to enjoy.

# Walkin’ the Talk

BY DALLAS JOHNSON

“My love goes out to Muriel’s family, friends and neighbors while together we hold this sacred moment. I’m remembering my dear friend and mentor’s grace, her boundless, loving heart, her tenacity and courage in standing up to the toughest of the tough, her audacity when she persisted in the halls of power until they took note and the tide began to turn, the twinkle in her eye, her sassy wit, her sage advice, her honesty in telling her life story, the truth that cut out of her lovely mouth, the way she respected and honored everyone she met, her glowing, soft skin, her strong hands, her shoulders that carried the weight of the world and made it look like pure joy, the open doors of her welcoming home on the corner which anchored our whole neighborhood, her readiness and enthusiasm to do whatever the moment called for, her sweet affection, her encouragement, her vision, her walkin’ the talk as she lived “community”...There’s a massive emptiness where her tender-thundering heartbeat has been. Thankfully her heart will carry on beating in us, once we’ve lingered a while within this blessed still-

# The Snow Cone Cart Story:

“Stay Cool and Help...” see photo pg. 8

BY DALLAS JOHNSON

For the 2011 Bridging Festival, I wrote a neighborhood skit called “The Snow Cone Cart” to honor Muriel’s community activism. Earlier in the day, Bart Buch from In the Heart of the Beast Theatre had neighbors write messages on white cloth with images of snow cones. Then we gathered in an empty lot on 5th Ave and, with Bart as director, the skit began with Muriel’s grand kids playing with a big red ball. They heard groaning and looked over to see a bunch of adults trapped under a thick, black tarp. The kids ran over and heard adults grumbling, “I’m scared! This is horrible! It’s so dangerous! Why doesn’t somebody DO something?”. The kids tried to help, to no avail, then ran over to Muriel. They gathered around

ness of remembering. Her words and deeds will resonate and furthermore illuminate even the darkest of places. Simmons family, thank you for sharing her with us and for all of the many ways you continue to shower Love on our community. We are so very blessed.”

her rocking chair and said, “The adults are stuck! What do we do?”. Muriel answered, “We gotta stay cool and help each other out”. The kids shared her message loudly, **“WE GOTTA STAY COOLAND HELP EACH OTHER OUT!!”** Together, they pushed Muriel’s snow cone cart into view. She dipped her hand in and pulled out one of the neighbors’ snow cone banners, “Stay cool neighbor”. One by one, the kids handed out banners until we each held one of the precious messages. “Hola”. “I love your laugh”. “Have Courage”. “Stop. Breathe”. The band played while the kids freed the adults from their complacency and pushed the tarp to the side. Then, they began a spiral dance and invited the audience to join in. Soon the lot was filled with laughter and music as we all held hands and danced, celebrating the work and vision of Muriel Simmons. Afterwards, we had a party at Center For Changing Lives where her grand kids served hundreds of delicious snow cones to happy neighbors dancing to African music, telling stories and playing games.

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**A FALL PREVENTION PROGRAM FOR ELDERS**

Friday, February 1st - 1:30 - 3:00 PM

**Running Wolf Fitness Center**

2323 11th Avenue South • Suite 101

**Phillips Community Center - Minneapolis**

Coaches Connie Norman & Robert Albee

Session 1: Feb 1	Session 5: Mar 1
Session 2: Feb 8	Session 6: Mar 8
Session 3: Feb 15	Session 7: Mar 15
Session 4: Feb 25	Session 8 Mar 25

**NO COST TO PARTICIPATE!**

To Register, Contact Connie Norman 612.872.2388 or email: [cnorman@nacc-healthcare.org](mailto:cnorman@nacc-healthcare.org)

Minnesota Board of Aging

Minnesota Falls Prevention



# 'IT'S UP TO U

## • The Economics of MayDay:

MayDay has miraculously thrived in somewhat of a “gift economy”—a mixture of monetary donations from individuals, combined with labor and vision donations from many, many volunteers, along with a cadre of artists and organizers hired for MayDay who blend countless hours of volunteer labor within their honorariums fees.



## Some questions you might have:

### • Who Produces MayDay?

In the Heart of the Beast Puppet and Mask Theatre is responsible for the production of Mayday. It is a year-round process for our staff—fundraising, organizing, training artists, securing permits, with addressing logistical and creative questions that take all of our skills to support the community in producing the final event.



### • Does the City of Minneapolis sponsor MayDay?

No. The city lauds MayDay as a glorious example of a community art event. However, we get no financial support from the City. We pay for all the police services (\$3,100), street permits, and expenses.

this represents about 80 people)

Powderhorn Park Fee: \$4,500

Printing, promotion, and fundraising mailings: \$6,700

Supplies for puppets: \$2,500\*

Equipment rental (porta-potties, sound systems, trucks): \$8,100



### • Does the Minneapolis Park System support MayDay?

Powderhorn Park is very helpful for MayDay, but we receive no funds from the Park. Rather, we pay \$4,500 to the park, and an additional \$2,000 fee for security. We also lend puppets for a Halloween Event at the park, in exchange for staging the MayDay Festival in Powderhorn Park.



### • How is the MayDay budget structured and why the reduction this year?

#### EXPENSES:

People and people services: (fulltime and part-time artists, organizers, security, traffic control, recycling, etc.): \$91,290\* (note:

Space rental: \$9,500

Miscellany (volunteer food, tee shirts, permits, etc.): \$6,545

**T O T A L  
E X P E N S E S :  
\$129,135**

#### INCOME: ^

Earned fees (vendors, information booths, join-in fees): \$21,500

Concessions (tee-shirts, posters): \$6,000

Ad sales for the program: \$10,000

Solicited contributions before Mayday: \$32,000

Contributions collected on MayDay: \$12,250

Grant from COMPAS/United Arts: \$6,750

Sponsorships: \$30,000 (note: not certain of this yet)

In the Heart of the Beast General Operating support: \$9,650 (note: not certain of this yet)

**TOTAL INCOME: \$129,150**

\*With expenses, supplies for puppets are only \$2,500, with a priority on people costs: \$91,290. We are proud of that.

^All our income is uncertain and mostly raised from many donations of small amounts.



### • It takes both money and volunteers!

Over the years, as the MayDay Parade and Festival grew, there have many added organizational expenses for permits, fees, staff, and more. Many people do not realize that MayDay costs a lot of money—that it is a year-long project to assure its wonderfulness each year. In the Heart of the Beast Theatre subsidizes the expenses

from its general operating support, and began an increased focus both on donations for the day of MayDay itself and on community group sponsorships. The recent years have been difficult for two main reasons:

- 1) With the general economic downturn, HOBT has had less to offer from its general operating support.
- 2) Two years in a row of unfortunate weather really hurt our donations the day of MayDay itself (2 years ago we had frigid weather of 35 degrees all day, and this past year MayDay was delayed one week due to rain).

Our budget cutback this year is hopefully realistic, but not optimistic about the weather: it's a 33% reduction. The cuts were all taken in people hired—other expenses remain fixed. For instance, I have hired only 7 artists, instead of the 14 of last year. There are 6 Festival Coordinators instead of 9. MayDay staff reductions have me particularly concerned for the smooth and safe running of the public parade-building workshops, with hundreds of attendees, as well as for running MayDay itself smoothly and safely. To do the work, we will need additional volunteers.

Each year we rely on about 200 volunteers to produce Mayday, not counting who is in the parade or ceremony. The more years someone volunteers, the more skilled they are. That helps us greatly. Volunteering can be as little as a one-time deal on MayDay itself, or as long as the 4 weeks of consistent support we need for the public workshops beforehand. This is especially crucial in 2013 as we hire fewer artists.

Could you be a workshop volunteer this year? We will need help finding Block Hosts. Would you be one? Could you be a volunteer on the day of MayDay to help set up or tear down the Festival?



### • Can Mayday be sustained by many people, or by several big corporations (as some recommended)?

I believe MayDay can be sustained by the strength of the neighborhood, built by donations from people who want it to continue as a community art-making, vision-stretching, life-affirming event. **If everyone who comes to MayDay contributed \$5, (less than the cost of a movie), then Mayday would flourish, end of story.** 30,000 people each giving 5 dollars: that is \$150,000!

We need your help to keep MayDay with its freedom of expression rising honestly from the community. Would you really wish to see a corporation brand MayDay with their logo? Coca Cola, for instance—do you remember the 2007 Mayday theme of water (“Somos Agua”) with its plea to end the proliferation of plastic bottled water and the selling of water for a profit? Coca Cola is a major producer of bottled water (Dasani). Would they have allowed the community to speak negatively about privatized water?



With a little HELP  
from our FRIENDS...

We meet every Monday evening starting at 7:00 PM and support each other's journey toward increased Wellness! Our other group meets on the First & Third Thursdays of each month starting at 9:30 AM, with a Diabetes Breakfast Group on the Last Thursday of each month starting at 8:30 AM. All of these events are held at the Phillips Community Center, 2323 Eleventh Avenue South and are fully accessible!

Call Robert Allee of A-POD at 612.812.2429 for further information. A-POD is a Community Health Action Team (CHAT) member of The Backyard Initiative of Allina Health.

**A-POD**



**A Partnership Of Diabetes**

## MayDay COMMUNITY MEETING

**February 12 is our community meeting, 7 PM at the Avalon Theater (1500 E. Lake Street), for sharing ideas, images, and themes for this year's MayDay. Please come. You can help In the Heart of the Beast continue this tradition for you and your community.**



# JS!" MAY DAY



photo by Amy Wurdock

• Lets then build a broad base of financial and volunteer support to assure the future sustainability of MayDay! In the Heart of the Beast Theatre cannot do it alone.

• How do we build a broad base of financial support? (of 30,000!)

Are there those among you who would step forward to inspire a group of your friends to support MayDay financially? Say, 10 or 20 friends? One idea is to set goals for various teams of people, then have those teams come to a dinner in the "parade-build" workshop

the night before it all begins (April 5th). Another idea is to host fundraising breakfasts and brunches on the day of the event. Teams can be made up of children, teens, beautiful young adults, families, old timers, you name it. You probably have better ideas than I do! Who is it that loves MayDay?

Are there organizations or clubs that could be a sponsor of MayDay, such as your co-op, or church? What other ideas do you have?

We now ask for donations on the day of MayDay itself (such as when people purchase tickets to events). How could we do this in a fun, successful way?

If the MayDay Parade and Festival is to have a long life, inspiring and delighting generations yet to come, it must have the community's financial and volunteer support. That is the simple fact of it. Now is the time to help continue this tradition.

Looking forward to MayDay Meetings and MayDay, Sandy

## Visit Lake Street USA Coupon Book: BuyOneGetOne



Right on Lake Street

BY CARSTENS SMITH

Chocolate is a wonderful Valentine's gift, but the Lake Street Council is giving visitors to the street a host of other great options. The *Visit Lake Street USA Coupon Book* contains more than 80 coupons for dining, shopping, and entertainment along the six-mile-corridor.

Most of these coupons are "Buy One, Get One Free" (BOGO) You can catch up with a friend over coffee (your treat) at Blue Moon or Peace Coffee or, on a more romantic note, have a glass of house wine at Gandhi Mahal and your date need not know that his or her glass was free. The Nuevo Rodeo Restaurante lets you bring a date for free to their dance club but if it's tranquility you are seeking, Moksha Yoga will give you a pass for five free classes when you purchase a five-class pass. Of course, you do have the option of keeping the pass for yourself, too. But think of the good karma

you can accrue by sharing it.

A chance to learn something new is always a gift. Learn to make stained glass with the one you love at Glass Endeavors. Or make kransekake (crown cake) together at Ingebretsen's with their coupon for "Purchase a Class, Bring a Friend for Free!" Ingebretsen's offers cooking, needlework, woodworking, and Nordic culture classes. In keeping with the Scandinavian ethos of caring for the environment, they have added classes on sustainable living by Karen Olson-Johnson and a workshop on building birdhouses with recycled materials by Harvey Winje.

You can pick up your FREE coupon book at one of the many participating businesses (check the Lake Street Council's Facebook page for a listing) and enjoy a happy and affordable Valentine's Day. (The coupons are good until June 30, 2013, so you can be romantic on the cheap for months.)



MIDTOWN

**Purchase a class, bring a friend for free!**  
Scandinavian cooking, crafts, knitting, needle work, and culture. Certain classes not included—see website for details.  
Valid at Ingebretsen's  
1601 E Lake St  
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www.ingebretsens.com  
Expires 06/30/13

## One special idea! "THE OLD ONES GUILD"



photo by Liz Welch

One special idea: Be part of a support "Guild" for the MayDay Ceremony ritual puppets. There are certain puppets used every year for the MayDay Ceremony in Powderhorn Park: the Tree-of-Life, the Sun Flotilla, the Woods, the Prairie, The Sky, and the River. There are already "guilds" of people that care for the Tree-of-Life and the Sun Flotilla. These teams not only tend to the repair and assembly of these puppets, but also the enactment of these puppets in the Ceremony. I am looking for teams of people who would do the same

for the "Old Ones"—the 4 big puppets of The Sky, The Woods, The Prairie, and The River.

Many of you may know Jim Koplin and the immense volunteer support he gave our theatre. Many of you may also know he died unexpectedly in December, leaving an immense hole in our hearts. One of the many things Jim did was take care of "The Old Ones." I am looking for people to pick up Jim's torch in his honor. If you are interested, please talk with me.

Thank you, Sandy

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## Top 10 Movies for 2012



HOWARD MCQUITTER II  
**Movie Corner**  
Howardsmoviecorner.com

HowardMcQuitterii@yahoo.com

1) Drama/Biography/"Lincoln"/  
Steven Spielberg(PG-13)



2) Spaghetti Western/  
Blaxplitation/"Django  
Unchained"/Quentin Tarantino  
(R)



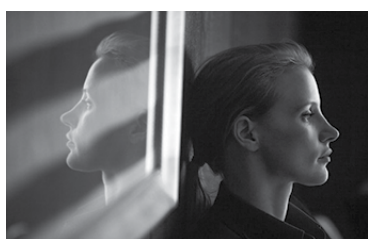
3) Drama/"Argo"/Ben Affleck(R)



4) Drama/"The Master"/Paul  
Thomas Anderson(R)



5)Comedy/Drama/"Silver Linings  
Playbook"/John O. Russell (R)



6) Drama/Detective/"Zero Dark  
Thirty"/Kathryn Bigelow(R)



7) Drama/"Beasts of the Southern  
Wild"/Benh Zeitlin(PG-13)



8) Comedy/Drama/"Bernie"/  
Richard Linklater(PG-13)



9) Drama/Social Drama/"Flight"/  
Robert Zemeckis(R)



10) Comedy/Drama/"Moonrise  
Kingdom"/Wes Anderson and  
Drama/Comedy/"The Best Exotic  
Marigold Hotel"/John  
Madden,both PG-13  
February 2013 will be 12 years  
since I've been with The Alley  
Cat.

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JANUARY 25 - FEBRUARY 10

## Kid Enkidu

Co-produced by Bart Buch and  
HOBt - Directed by Bart Buch

A puppet-poem-mashup inspired by The Little Prince, The Epic of Gilgamesh and the anime films of Miyazake, kid enkidu follows the journey of a mysterious kid hunting for a lost companion. Enkidu searches between veils of the worlds, deciphering love poem patterns of nature to unlock the imagination, unfold the heart, free the spirit, and find the beloved.

This re-creation myth explores the spirit-bridge connecting human imagination and the natural world

using puppets, animated poetry, projections and live acoustic-electronica music, composed by Tom Woodling and Martin Dosh. Each evening's show will be followed by interactive art tutorials, live music, or an amazing dance party.

DATES AND TIMES: Thurs Jan 24-Sat Jan 26, 8 pm; Sun, Jan 27, 2 pm; Thurs Jan 31-Sat Feb 2, 8 pm (School matinees: Thursday & Friday, 1 pm); Sun Feb 3, 2 pm; Thurs Feb 7-Sat, Feb 9, 8 pm; Sun Feb 10, 2 pm

TICKETS \$15, \$12 students and seniors (No one turned away for lack of funds.)

In the Heart of the Beast  
Puppet and Mask Theatre - 1500  
East Lake St 612-721-2535

## Saturday Morning Puppet Shows for Kids!

SHOWTIMES 10 AM &  
NOON IN HOBt'S AVALON  
THEATER LOBBY 1500 EAST  
LAKE STREET

"Make-n-Take" family workshop based on day's theme at 11:00 AM between shows each Sat. \$5/person.

\$2 suggested donation for youth who live or go to school in the Central, Corcoran, Phillips or Powderhorn neighborhoods, and their families. Live elsewhere?, a \$4 donation is requested.

February 2  
Marvelous Minnesota  
MaryJo Nikolai  
February 9  
Chandra's Story  
Balung Getih

This imaginary voyage of a

young shaman is accompanied by shadow puppetry of dream-like scenery and contemporary gamelan, sitar, cello and percussion music.

February 16

Coyote Stories

Julie Boada and HOBt

Meet Coyote, sacred trickster to many American Indian tribes, who is learning new lessons about life, nurturing our spirit and reminding us to celebrate life.

February 23

Feathers and Strings

The Kurt Hunter Marionettes

Can an ostrich fly? Can a bluebird juggle? You'll learn the answers in this delightful marionette show.



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## No Need to Whisper



PETER MOLENAAR

### Raise Your Voice

When the brown-eyed children were exclusively praised in class, the blue-eyed children

receded. Thus, many years ago, the connection between self-esteem and learning capacity was demonstrated. Moreover one's self-image is a reflection of an historically determined social context. So, when we talk about the racial achievement gap in math and reading, there is no need for hushed whispers.

Research shows that children facing hardships in their first five years of life are prone to developmental delays and long-term deficits. Hardships might include: poor access to healthcare and proper nutrition, lack of stable nurturing relationships, and little or no exposure to age-appropriate learning activities. The ongoing economic crisis exacerbates all the negative factors.

Does anyone doubt that child development is a foundation for a prosperous and sustainable society? Prioritizing in-need children should then be high on Minnesota's to-do list.

Here are some proven strategies for closing the gap:

**All-day kindergarten**

**Smaller class size**

**High-quality childcare and early education programs**

**Extra opportunities (art, dance, sports)**

**Retention of quality teachers**

Regarding quality teachers, there is a real need to develop and retain teachers from the oppressed nationalities. To this end, it is suggested that promising high school students be mobilized as teacher assistants and placed on track to become full-fledged teachers. In one example, the advanced student plays a supervisory role in the computerized learning lab. As the incentive, the student looks forward to a tuition-free university as per a commitment to the teaching profession.

Allow me to offer one reform proposition which wouldn't cost a penny. Why not set aside some regular time for students to muster "constructive criticism" of their teachers?

Certainly such a "cultural revolution" would dissipate accumulated negativity and sustain a higher level of unity.

### A Frank Reflection

## "Trespassing" at Crystal Court and Dakota Land

BY FRANK ERICKSON

The definition of trespassing is – "an unlawful act causing injury to the person, property, or rights of another, committed with force or violence, actual or implied...a wrongful entry upon the lands of another...an encroachment or intrusion."

Now this more amply defines what whites did to the Dakota, than what Native Elder Clyde Bellecourt did to whites at the Crystal Court in the IDS Center on Christmas Eve. For whites to even have trespassing laws to

Unfortunately, capitalism engenders powerful political forces which oppose us. But we do have our own strong voices.

Marian Wright Edelman says, "The cradle-to-prison pipeline must be shut down and replaced with an expressway to college and work."

From North Minneapolis, Sondra Samuels said, "From womb to work, cradle to career, we must reweave the fabric of family and community."

To which I will add: The struggle to reform our system of education is part and parcel to our vision of fundamental social transformation.

lock up Clyde Bellecourt, they had to first have an encroachment, an intrusion, a wrongful entry upon Dakota lands, land that the Crystal Court now sits upon. Who's Crystal Court is it, who really has the right to be there?

It was said that "none of the Christmas Eve shoppers were inconvenienced or prevented from doing anything they wanted to do", by the Native protestors—and if they were inconvenienced, what creates a Crystal Court world where the rights of the shoppers, the predominantly white shoppers comes first? That their movement freedom is of utmost importance, above the rights of the Native protestors?

There are deeper truths and justices going on here besides the white man's trespassing laws, but most of us refuse to look at them since they are not backed up with powerful weaponry. We are still primitive barbaric creatures, that will only listen to violence. We accept a society that is not based on truth and justice, but that is set up based on who is best at "war". The "winners of wars" get to decide who owns what and who is trespassing. Based on how things are set up around here, we are still primates.

Bellecourt challenges this primitive pecking order when he tells the police officers, "I'm not colonized yet and don't do your work for you", when the police told him he was the "chief" and to shut down the protest. Bellecourt will answer to the truth, not to who is best at violence and intimidation.

Those that control Minnesota land know that there is still a fight going on, 150 years ago is yesterday, the fight over the prairie, known as Minnesota, has always been on. But now it is not a fight with classic "war" violence, it is a fight for the truth, which violence can never find. The white man knows he has nothing beyond the threat of violence and intimidation to hold onto his wealth. He understands it is still necessary to try and render Natives powerless, this explains his foot soldiers in the Crystal Court harassing Bellecourt. And employees at the City jail mocking him and calling him "homesick", since he hadn't been there for a while. Instead of using a gun upon Bellecourt to render him powerless, as the white man did 150 years ago, today he uses verbal degradation.

The USGS is mapping out mineral wealth in Afghanistan for some reason, the white man can go anywhere and he is not trespassing. Once U.S. multinational corporations set up shop on Afghan soil to get rich from the mineral wealth, Afghans will go into these U.S. run buildings to protest, and like Clyde Bellecourt, they will be arrested for "trespassing". Exact same process!

## Who said this?

- Vast expansion of the public school system (including for the black population)
  - Promotion of canals and railways
  - A more humane system for the insane
  - Expanding economy built on free labor
  - Widespread public education and technological progress
- "Our race is ordained to reach... a higher standard of social perfection than it has ever attained; and that will proceed the spirit which shall renovate the world..."

Looking to broaden the appeal of his party, he advocated measures to attract the immigrants who formed the backbone of the Democratic Party. He called on his fellow Americans to welcome them with "all the sympathy which their misfortunes at home, their devotion to liberty, ought to excite." He argued that America owed all the benefits of citizenship to the immigrants.

See Answer on Page 8





# "WE GOTTA STAY COOL AND HELP EACH OTHER OUT!!" ...Muriel Simmons

## "Grand Dame" of Phillips Community



Read an excellent article about Muriel and her Family by Jacquelyn Blake in Southside Pride in 2004 at <http://www.southsidepride.com/2004/06/articles/snowcones.html>

## "Grandma was on the syllabus!"

BY DALLAS JOHNSON

When I started my block club and asked Open Eye Theatre to present a puppet show, Muriel immediately agreed to host us in her yard. When I called to say Madeline Douglas and I wanted to interview her on video, she didn't hesitate. When I asked her to be in the Snow Cone Cart skit, she said, "YES!". Every time I called Muriel, this is how the conversation would go. I'd say, "Is this an ok time to talk? You sound under the weather". She'd respond, "My body's not cooperating with me lately, but I can't bother with that now. I know you've got something going on, so tell me what you need me to do and let's get it done!"

When I shared frustration that I wasn't drawing a lot of people to my meetings and events, she said, "That's not how it works! You'll start with one or two people and it'll grow, one by one by one". She said she started the walking club by enlisting folks one at a time from Ebenezer and the Park Ave

apartments

Once when I told her I was experiencing self-doubt, she said, "There's nothing wrong with self-doubt, because it gives you an opportunity to look things over and to turn 'em around, to flip them out on the table and say, 'is this really gonna work?' or, 'is this job too much for me? Well, it's never too much because there's always another avenue... You're gonna feel frustrated a lot of times and at the last moment, you're gonna be wondering, 'Is anybody gonna show? Are they really gonna do what they said they're gonna do?'" As long as you have these feelings, you're on the right track. When you stop having feelings, you've distanced yourself from the people and the problem."

She told me that one of her grand kids took a community activism class in college and was thrilled to discover that her own grandma was on the syllabus to be studied as part of the class.

**Preparations for the Phillips West and Partners Winter Social include a video tribute of Muriel Simmons for the crowd of 300 to 400 that has grown remarkably since Muriel started it in her family's living room 15 years ago.**

Phillips West Neighborhood Organization and Community Partners invite you and your family to the 16<sup>th</sup> Annual *Winter Social!*

**The Lutheran Social Service Center for Changing Lives**  
2400 Park Avenue  
(center at west side of building)  
(Parking lot on Oakland Avenue)

**Thursday, February 7<sup>th</sup>, 2013**  
5:00 to 8:00 p.m.

Join hundreds of your friends and neighbors for a free dinner of cultural cuisine foods from Qdoba Mexican Grill and a free-filled evening! Neighborhood resources and networking opportunities will be available. Special Guest Speakers include the new Minneapolis Police Chief James Hartman, new Minneapolis Police 3<sup>rd</sup> Precinct Commander Michael Sullivan, & Ward 6<sup>th</sup> City Council Vice President Robert Lillgren!

If you have questions, would like to volunteer or have an information booth please call the Phillips West office to reserve @ 879-5383 or email [janne2005@yahoo.com](mailto:janne2005@yahoo.com)

*This event is ADA Compliant.*

BY BARB LICKNESS, COLLEAGUE AND GOOD FRIEND

Starting out I can only say Muriel Simmons was the Grand Dame of all of the Phillips Community. I met Muriel in 1998 when I was assigned the Phillips neighborhood for NRP prior to the establishment of the 4 new Phillips neighborhoods in the early 2000's. She was the head of the ad hoc community committee to continue implementation of the sacred NRP program. Amidst the chaotic atmosphere that existed at the time she was the voice of reason and the force of calm.

Once Phillips made the decision to become 4 new neighborhoods Muriel emerged as the leader and force to be reckoned with in the newly formed Phillips West. She wasted no time in getting to work. No, was not an answer Muriel accepted. If you showed her a door she would find the window and walk right through it. She brought neighbors together to form the new Phillips West Neighborhood Organization and brought in help to establish a new 501c3 Corporation developing a mission statement and by-laws.

Muriel established relationships with the heads of all the major institutions in the neighborhood to build partnerships that would prove to enhance the lives of both the infrastructure and peoples lives in the neighborhood as



witnessed by the many projects varying non-profit and for profit corporations implemented.

Muriel's goal was to have the 27th street block club host the largest National Night Out party in the city and she accomplished that goal. She contributed her efforts with her snow cone and candy cotton machine. She encouraged large and small institutions within the neighborhood to partner in this effort and they came forward to make the event a success every year.

In the late 1990's Muriel started what she called the "Winter Social" in her living room with only a handful of people. The winter social has grown to become a community partnership and last winter was held in the Lutheran Social Services Changing Lives Center with an attendance of over 300 people. It is the social event

of the Phillips West neighborhood.

Muriel's advocacy also extended to individuals in the neighborhood. She worked tirelessly to help many individuals get off the streets, into treatment and get a fighting chance to turn their lives around. She had a very special relationship with V.J. Smith, the formidable man in charge of MADDADS.

Muriel was a gracious and entertaining woman. Many of us had the opportunity to visit her in the grand Victorian house she made home. I remember many a front porch session talking and laughing about our kids, the neighborhood and the world.

Muriel will be missed. She has big shoes to fill. I can only hope that her memory will encourage others to remain involved, get involved and keep her legacy going.

## Servant of the People, Gentle Giant, Drum Major, Foot Soldier, Peaceful Warrior, The Epitome of Service

BY TRUDY WHITE, BEST FRIEND AND NEIGHBOR

The epitome of service.

A gentle giant, a peaceful warrior.

After moving into her beautiful old Victorian home on Portland Avenue, Muriel decided to focus her attention on the culture of the neighborhood. Not pleased with what she found she decided to focus her attention into the Community.

The streets and housing of West Phillips had deteriorated and become sick and wounded due to irresponsible building tenants, selfish landlords along with drug trafficking that caused crime to breed in the neighborhoods like the plaque. Unlike most of the area residents that were intimidated and fearful most of the time, Muriel Simmons decided to use

her concerns and people skills to release the burden of fear in the Community and take back the streets of Phillips West!

The task of making the Phillips Community better was an uphill battle but Muriel Simmons forged ahead with door knocking, phone calls, passing out flyers, thinking, praying, recruiting volunteers, tracking to meeting after meeting and talking to anyone who would listen along the way. Muriel had the faith that would transform the Phillips Neighborhood back into a vital place to live, work, play and raise children.

As a result of Muriel's continu-

ous service of connecting people to people, organizing and confronting problems head on, building on relationships the Phillips Neighborhood slowly began to transition back to the vital Community it is today! Ms. Muriel was a real foot soldier, Drum major and servant of the people!

**This tribute to Muriel was read at Muriel's Funeral by Crystal Windschitl, Executive Director of Phillips West Neighborhood Organization who also spoke highly of Muriel as a leader, mentor, and constant inspiration to her as staff to this neighborhood group of which Muriel was a co-founder.**

## The Answer to Question: Who Said This?

William Henry Seward, 1801-1872; said this in 1839 as Governor of New York State. Became U.S. Senator in 1849 and was a candidate for the Republican nomination for President in 1860, but lost to Abraham Lincoln from Illinois who went on to win the Presidency and then appointed Seward Secretary of state. Seward purchased a piece of land far to the north for \$7.2 Million dollars from Russia; it is now Alaska.

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