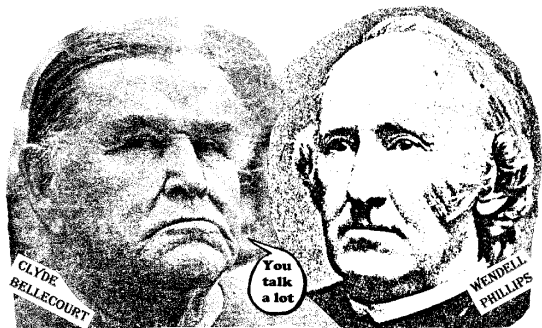


Put It In The Alley & **the**
It's Bound for the Future



See page 7

the Alley NEWSPAPER

NEWS & VIEWS OF PHILLIPS SINCE 1976
MARCH 2013 • VOLUME 38, NUMBER 3

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Solidarity via Action

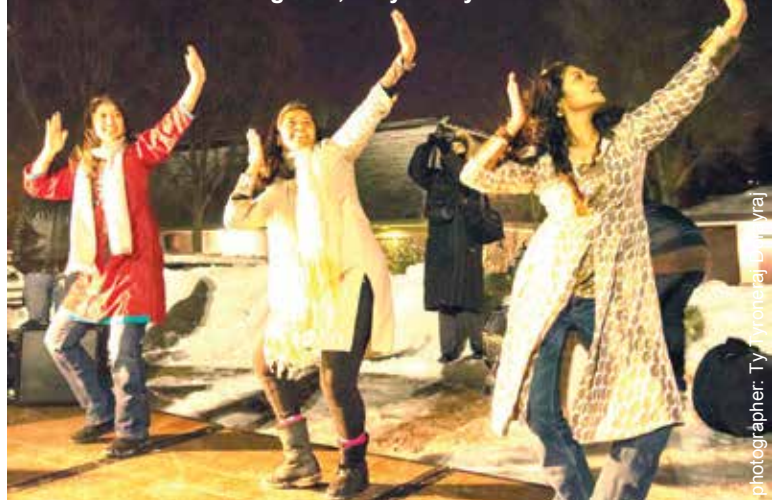
**“One Billion Rising to End Violence”
brought warmth Rallying Near Frozen
Powderhorn Lake**

More pictures on pg 5



Bollywood Dance Scene - Twin Cities

Performer: Rashi Mangalick, Divya Maiya and Jinal Jhavari



BY MILI DUTTA AND ANKITA DEKA

The One Billion Rising to End Violence Against Women: Twin Cities was the catalyst bringing hundreds of people together near the shore of frozen Powderhorn Lake on February 14th, Valentine's Day at Powderhorn Park, Mpls

The event featured speeches from prominent local activists representing a cross section of social identity groups in the twin cities; including Elder Atum Azzahir [below]. Other items in the evening included a Bollywood dancers Rashi Mangalick, Divya Maiya, and Jinal Jhavari [above] from local artists from the

Tapestry folklore dance group, a Fire dance by local performer FyreSnake, and a flash dance “Break the Chain” that has been part of the global movement was also featured. Local artists from Oya's Radio opened the event with their soulful music. Hundreds of people, including young children braved the cold to participate in the events. There was infectious enthusiasm in the air as the crowds cheered, danced, sang and marched. The event ended with a march around Powderhorn Park. Hot food and beverages were provided to the crowds by Sisters Camelot.



**HOBt MayDay
Parade &
Pageant
February Ideas
& Support
Request**

*Help Received & Need
Continues*



FROM SANDY SPIELER - ARTISTIC DIRECTOR, IN THE HEART OF THE BEAST PUPPET & MASK THEATRE

Many thanks to The Alley and its constituents for sharing my February letter about MayDay with so many people! It was picked up by the Twin Cities Daily Planet, Southside Pride Newspaper, City Pages blog, and MPR's State of the Arts blog. And many thanks to all of you who have responded by making donations and suggestions!!

My heart is very full from all of you asking: “What can I do?”

Here is a beginning answer of opportunities for financial and volunteer support to assure the sustaining of MayDay:

Financial Support:

- Give online through our GiveMN/Razoo site (www.givemn.razoo.com/story/Heart-Of-The-Beast-Theatre-Incorporated) or the donation link on In the Heart of the Beast Puppet & Mask Theatre's (HOBt) website (www.HOBt.org/index.php?contentID=1475)
- Give through the mail when you receive the annual MayDay funding appeal. (Call 612-721-2535 to get on In the Heart of the Beast's mail and e-mail lists.)
- Attend “Sustainable MayDay”—a fundraising event on the eve of the public workshops' opening on Friday, April 5th, 7 PM at the Avalon Theater (tickets \$100 online at www.HOBt.org)
- Give during the public workshops in April, as we build the MayDay Parade.
- Give on the day of the MayDay Festival itself—Sunday May 5th!

Volunteer Support:

- Help with the public workshops: Tuesdays, Thursdays, or

HOBt/MayDay
see page 8

**Phillips West Winter Social
Honored Muriel Simmons**



Cheryl Morgan Spencer from C&M

Phillips West Winter Social February Festivities included remarks by City Council Member Robert Lilligren and new Minneapolis Police Chief Janee' Harteau who recalled her very memorable years as a patrol officer with her partner in Phillips and specifically on Franklin Avenue during very trying times that became life changing for her and the neighborhood in very positive ways through involvement with many neighborhood people and specifically with Muriel Simmons who also initiated the Phillips West Winter Social now in its 16th year.

BY ROBERT LILLIGREN

The Phillips West 16th Annual Winter Social was celebrated Thursday evening February 7th. The Winter Social was started by legendary Phillips West activist Muriel Simmons and her family in 1997. The first Winter Socials were held in her home on the corner of 27th Street & Park Avenue. Muriel's intent for starting the Winter Social was to give neighbors an opportunity to “come together and enjoy each other's company away from the daily fight” of reclaiming and improving our neighborhood. The Social grew from a few dozen people in the Simmons' home to several hundred today. It has changed venues several times before landing at the Lutheran Social Service Center for Changing Lives, 2400 Park Avenue four years ago.

Sadly, we missed Muriel this year because she died on January 15th this year; but the Winter Social lives on in her honor.

Neighbors young and old, of all colors, shapes, sizes and abilities enjoyed an array of different cultures' foods from Qboda Mexican Grill, Children's Hospital & the Midtown Sheraton Hotel.

Speakers during the festivity included:

- Our new Minneapolis Chief of Police Janee' Harteau, who shared

tales of her early days as a patrol officer on Franklin Avenue around Park and Chicago Avenues.

- The new 3rd Precinct Inspector Mike Sullivan, who is also very familiar with the neighborhood from his days as the Phillips Sector Lieutenant.
- I was honored to address the crowd and tell a bit of the Phillips West Winter Social history, having attended every once since the beginning.
- Our very creative neighbor Dallas Johnson shared a multi-media tribute to Muriel Simmons and her work which added much to the evening.

21 different neighborhood organizations had tables offering a wide range of resources and support to our Community.

A Special Thanks to all the 2013 Phillips West Winter Social Sponsors including: Abbot Northwestern Hospital, Accountability MN, Allina Corporate Headquarters, Augsburg Fairview Academy for Health Careers, Bridging Minneapolis, Center Point Energy, Children's Hospitals & Clinics, Community Action of Mpls., Ebenezer, Kaleidoscope Kids Place, Legal Aide of MN, Local Food Resource

Phillips West
see page 4



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www.alleynews.org

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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 (1885-1885)
Wendell Phillips (1811-1884)

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Bollywood Dancers, Carrie Butcher, Anika Deka, Mili Dutta, EPIC, Frank Erickson, Sue Hunter Weir, Susan Gust, In the Heart of the Beast Theatre, Linnea Hadaway, Hennepin County Franklin Library, Jinal Jhavari, Robert Lilligran, Divya Maiya, Rashi Mangalick, Tim McCall, Howard McQuitter II, Jonathan Miller, Peter Molenaar, Dave Moore, Loren Niemi, Connie Norman, Out in the Backyard, Brad Pass, PWNO, Running Wolf Fitness Center, Sandy Spieler, Rodney A. Schwartz, Crystal Trautnau Winschitl, Leo Bogee, City of Lakes Youth Hockey, Timothy DenHerder-Thomas, Ty Tyrone Raji Dorayraj, OurPower/Transition Town Cheryl Morgan Spencer

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Door to Door Delivery: Youth groups from Calvary Church, Donna Neste, Andrew, Beverly, Brad, Brad, Carol, Christine, Patrick, Leon, Cathy, Dave, East Phillips Improvement Coalition, Jacy, Jana, Heidi, Howard, Joyce, Lynne, Marjorie, Midtown Farmer's Market, Nathan Matter, Midtown Phillips, Muriel, Paul, Phillips West, Raymond, Stephanie, Tara, Vi. Will you deliver a block or two or your apartment?

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

**April Alley
 Deadline:
 March 15**

March Programs at the Franklin Library

BY ERIN THOMASSON

Maud Hart Lovelace Book Award

Mar 1–Mar 22. Grades 3-8; vote for favorite book bwtn 1st & 22nd. Read at least 3 nominated titles to vote!

Children & Family Programs

ECFE: Reading Fun

Fri March 1 & 15, 10:30

a.m.–12:30 p.m. Parents, infants & preschoolers! Come & enjoy Early Childhood Family Ed; fun, interactive activities to do at home with child to build literacy skills.

Paint It Green: Frame Ups

Sat Mar 2, 2–3 p.m. Register

Online or 612-543-6925.

K-grade 6. Make a picture frame; old mat board, seashells & beads: provided.

Hands-on Hoopla

Sat Mar 16, 2–3:30 p.m. Games & activities for kids & families; different every month!

Homework Hub

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

Family Storytime

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

Share books, stories, rhymes, music, and movement with your children.

Teen Programs

Movies for Teens

Fri Mar 1–May 31, 4–6 p.m.

Movie titles by teens. Big-screen cinema feeling from our projector.

4-H Mentoring Club

Tues 5–7 p.m. Urban ecology, health & nutrition, sustainable ag. & careers in food science. Keep a community garden & visit local food shops.

MVStudio: Music and Video Production

Wed Mar 13 & 27, 4–6 p.m.

Hands-on exp. mixing your music & creating orig. videos with Tech Squad to express yourself; latest music & video tech.

Young Achievers

Thur thru May 30, 4:30–6 p.m.

Want involvement in community? Concerned about health & lifestyle? Bring friends for poetry, arts, & games.

Teen Anime Club

Thur. Mar. 7 & 21, 6–7:15 p.m.

Watch anime, discuss manga, share artwork, work on cosplay & more; always different- chosen by the club.



**Franklin
 Community Library
 1314 E. Franklin Avenue
 New: 612-543-6925
 www.mplib.org
 Tues & Thurs: 12 - 8 pm
 Wed, Fri & Sat:
 10 am – 6 pm
 Complete program
 calendar, visit, call, or
 www.hclib.org and news
 at www.hclib.org/pub/
 info/newsroom/**

ArtVentures

Thur, Mar 14 & 28, 6–7:15 p.m.

Explore your creativity, learn the vibrant arts scene; including projects from Franklin Teen Center with visits from local artists & trips to see artists working.

Adult Programs

Seniors Play-Reading Group

Fri Mar. 8, 10:30 a.m.–12:30

p.m. Stimulating morning reading & discussing great plays.

Reading Nonfiction for Elder Learners

Fri Mar. 8, 1–3 p.m. We read & discuss the works of significant nonfiction writers. Info 612-543-6925.

Memoir Writing Group

Thursday, Mar. 21, 1–3 p.m.

Want to write a personal history? your personal history? Bring what you have for helpful comments.

Phillips Technology Center

www.hclib.org or 612.543.6925

PowerPoint: Basics

Thur Mar 14, noon–1:30 p.m.

Learn to create presentations & use the ribbon to create a basic slide show.

Excel: Basics

Fri Mar. 15, 10-11:30 a.m. Learn the Excel basics spreadsheet: navigation, entering data & using formulas.

Computer Skills Workshop

Fri Mar. 15, 12:00–1:30 p.m.

Work on projects & practice skills; mouse & keyboarding to email & Office.

Excel Charts & Graphs

Sat, Mar. 16, 10:30 a.m.–noon.

Learn to create and integrate graphs & charts into your Excel spreadsheets.

CloudComputing Office Web Apps & Google Docs

Sat, Mar 16, noon–1:30 p.m.

Learn Google Docs & Microsoft Office Web Apps, free Web-based applications creating documents, spreadsheets Internet familiarity & email use req.

**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.

East Phillips Park Cultural Community Center activities

Baseball and Softball

Registration Registration is open for Spring Baseball & Softball Teams

Ages: 5-18

Parent and Tot Open Gym:

Tuesdays & Thursdays 10:30 AM -12:30 PM

This is a great opportunity to socialize and play with other preschoolers. We will open up the gym for adults and little ones to run around and burn some energy. Balls and other sports equipment will be provided by the park. You're welcome to bring some of your own favorite things, too. This is an open gym program. Parents or an adult guardian are required to be with their children.

Indoor Youth Soccer:

Every Saturday Starting February 23rd to May 25th

Time: 11:00AM to 4:00PM

Ages: 5 to 14

Come enjoy playing soccer indoors at East Phillips Park this winter. Players will be divided up by age group. Ages: 5-6, 7-8, 9-10, 11-12, 13-14. Both boys and girls are encouraged to play. Coaches will teach participants all the fundamental skills needed to learn how to play. Coaches will focus on learning and having fun through game play and skill teaching clinics

Girl Power Program:

Wed. 5:00-7:00 PM

Ages: 8-16

It's all about girls and having fun together! Participate in a variety of activities, sports, movies, crafts, music and dance. Meet new friends and learn valuable leadership skills



from positive female adult role models.

Movie Night:

Friday: 5:30-8:30 PM All ages

Each Friday enjoy some popcorn and a movie with friends and family.

Teen Open Gym:

Thursdays: 6:00-9:00 PM

Ages: 12-18

Youth Pottery Class:

Tuesdays: 5:00-6:30PM

Ages: 8-18

Instructor will teach you the skills to make your own creations on our pottery wheels.

Ideawerks Media Production Class:

Tuesdays: 6:00-8:30 PM

IDEAWERKS is the introduction to creating music production using the most current technology. The goal of this unique multimedia art after school program is to provide young participants opportunities to engage in positive artistic and social education activities as well as the encouragement for self-expression, communication and leadership. Students will learn recording techniques, record audio and video information on digital work stations, study music creation basics and various computer software programs to create music tracks, produce and record individual multimedia projects, develop skills in the areas of collaboration, presentation, completion and delivery, and acquire professional capabilities.

Please stop by East Phillips Park to register for programs or online at Minneapolisarks.org

2307 17th Ave. S

Minneapolis, MN 55404

612-370-4888

Minneapolisarks.org

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

Join your neighbors and other Community Partners for updates from the Police Department and City Council Vice President Robert Lilligren. This event will take place at the Center for Changing Lives in the Centrum Room (2400 Park Avenue). Free parking is available in the rear off Oakland Avenue. Free Pizza & Beverages will be provided! If you would like more information or would like to get involved with the neighborhood please contact Crystal at 612-879-5383 or email her at pwno2005@yahoo.com



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

Looking for Affordable Health Care Coverage?

Portico Healthnet Can Help!

Thanks to support from the Allina Backyard Initiative, Portico Healthnet can:

- Help you apply for Medical Assistance or MinnesotaCare
- Enroll you in Portico's Primary and Preventive Health Care Program if eligible



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Heart Health *Tracking Running Wolf*

BY CONNIE NORMAN

Hello from Running Wolf Fitness Center. I have asked one of our partners –Indian Health Board of Minneapolis Inc. staff-person- **Maria Krisch-Heart Disease Prevention Specialist** to share her knowledge and information with you this month. Thanks Maria!

BY MARIA KRISCH

Last month was Heart Health Month, which gives us this wonderful opportunity to talk about heart health in the community. Heart disease is one of the leading causes of death for American Indians and Alaskan Natives and others. Many of the risk factors are things that we can do something about through simple lifestyle changes like eating better and being more physically active. Some of the biggest risk factors include high blood pressure and high cholesterol.

High Blood Pressure: A good way to think about blood pressure is to think about a garden hose. When you turn on the hose, water comes out slowly but surely just like blood pressure brings blood through our arteries. When you put your finger over the end the pressure increases which can be helpful if you need to spray something further away. This same pressure increase is not helpful in our arteries, though, and can cause significant damage to our hearts, brains and kidneys in the form of heart attacks, strokes, and kidney failure. We often times can't feel when our blood pressure is high, which is why it is so important to get it checked out at your clinic and your local fire station as often as you can.

High Cholesterol: Cholesterol is a fat like substance in our blood. Just like blood pressure, we need it to survive, and our body makes all of the cholesterol we will ever need. The problem is when cholesterol gets too high it starts to build up on the walls of our arteries making them narrowed. This limits the amount of blood that can get by leading to heart attacks and strokes. Like our blood pressure, we cannot feel when our cholesterol is too high, which is



why it is important to have it checked out once a year with your doctor.

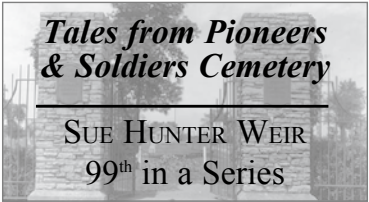
If you need a cholesterol test, call Maria at 612-721-9803 to schedule one today. If you are uninsured or your insurance doesn't cover, we can cover the cost of the test if done at the Indian Health Board though our Heart Health Program for our Native people.

In the Indian Health Board Heart Health program, we meet as a group and share healthy meals while talking more about the risk factors for heart disease, as well as how you can change them through healthy eating and an active lifestyle. We can give you important tools like regular blood pressure and cholesterol checks to help you know what your numbers are and what they mean. We also help you get more physically active through a free membership to Running Wolf Fitness Center and an orientation and membership to NiceRide MN, which has all of the green bikes located throughout Minneapolis and St Paul. In addition to this you will become CPR certified through the Red Cross so that you can bring the lifesaving skill of CPR home to your family and friends.

Call Maria @ (612)721-9803 to find out more information. **This activity is made possible by a grant from the Eliminating Health Disparities Initiative (EHDI) of the Minnesota Department of Health's Office of Minority & Multicultural Health, through an appropriation from the Minnesota State Legislature.**

For information on Running Wolf Fitness Center please call (612)872-2388

"Sample" Evidence of Health Naiveté *Lincoln Inspired Oratory, "Public Health Idiosyncrasies, Wool Clothing*



Side by Side Marble Markers
They are two of the oldest markers in the cemetery—identical marble markers, side by side, right next to the cemetery's only road. They mark the graves of **Henry B. Sample** and his sister, **Lottie Sample**.

Rev. Robert Sample's Lincoln inspired "The Curtained Throne" Homily

Their father, Robert F. Sample, was one of the early pastors at Westminster Presbyterian Church in downtown Minneapolis. Reverend Sample received a call from the Westminster congregation in February 1868. He was already well-known on the East Coast, most notably for a sermon that he gave in Bedford, Pennsylvania on April 23, 1865. The title of the sermon was "The Curtained Throne;" it was so popular that he was asked to repeat it the following Sunday and to give his permission for it to be printed and distributed--the 1860s' equivalent of "going viral."

The subject of this famous sermon was the assassination of President Abraham Lincoln. In it, Sample paid tribute to Lincoln's extraordinary gifts but also acknowledged the President's limitations: "Though by no means infallible, yet such adornment of character, and such adaptation to times and circumstances have rarely been equaled."

Reverend Sample suffered from severe hay fever and asthma and likely hoped that a change in climate would provide him some relief. He and his family moved west and, in 1868, when the Westminster congregation asked, he accepted a call to serve as their pastor.

Sample preached his first sermon at Westminster on March 8, 1868 and was installed as pastor on April 16th. On April 1, 1868, midway between those two events, Henry Sample, Reverend Sample's youngest son, died from typhoid; Henry was five years old. Seven weeks later, Lottie died, also from typhoid; she was one week shy of her first birthday.

"Public Health:" "Children not properly clothed in woolen cloth."

In February of that year, an article titled "Public Health" had appeared in the Minneapolis Tribune. A local reporter declared that "The quantity of sickness reported is astonishing." He was especially concerned about the high mortality rate among children. A local physician had told him that, given the healthy climate, the rate of illness made no sense and could only be attributed to one thing—"the fact that [the children] were not properly clothed in woolen cloth." Other physicians believed that typhoid, dysentery and tuberculosis were caused by sudden changes in the weather, especially sudden drops in temperature, even though all three diseases were as



The markers for Henry Sample (age 5) and his sister Lottie Sample (51 weeks old) still legible after 145 years are in Lot 30, Block C of Pioneer and Soldiers Cemetery.



Rev. Robert F. Sample famous for a sermon called "The Curtained Throne" about President Lincoln served as Westminster Presbyterian Church in Minneapolis for 19 years.

common in the summer as they were in winter. They didn't yet understand that many children were dying from bacterial infections caused by contaminated food and water. The reporters concerns were justified: there were 114 burials in Layman's Cemetery in 1868, 68 of them children, the majority of whom died from diseases that are now kept under control by antibiotics.

Minnesota's climate did not provide Reverend Sample with much, if any, of the relief that he sought. He was on paid leave from May until October 1873 and spent the time in Colorado trying to regain his health. He submitted his resignation to the Westminster trustees



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“One Billion Rising to End Violence” brought warmth Rallying Near Frozen Powderhorn Lake

One of the worldwide gatherings of “One Billion Rising to End Violence” was at Powderhorn Park where participants gathered near frozen Powderhorn Lake and beneath this remarkable tree with bonfires interspersed amongst them as they surrounded the stage to hear talks by organizer Mili Dutta (below left photo) and MC Dr. Ankita Deka, Professor from Augsburg College (pictured below at right with Signer), many performers, and speakers.



Photographer: Clarasophia Gust



Cheryl Morgan Spencer from CAMPLS

Phillips West Winter Social

Hundreds of people gathered and enjoyed the Phillips West Winter Social February 7th like these gentlemen and the scores of people in the background. The event honored its founder Muriel Simmons, acknowledged newly appointed Minneapolis Police Chief Janee’ Harteau, new 3rd Precinct Police Inspector Mike Sullivan, both of whom were introduced by 6th Ward City Council Member Robert Lilligren as he also reminisced about Muriel Simmons and recent concerns of the neighborhood.

Phillips West from page 1

Hub, Lutheran Social Service of MN, Mad Dads Mpls. Chapter, Messiah Lutheran Church, Midtown Safety Center, Midtown Greenway, Midtown Sheraton Hotel, MN Adult & Teen Challenge, New Hope Baptist, Open Eye Figure Theatre, Phillips West, PICA Headstart, Saint Mary’s University, Sixth Ward City Council, The American Swedish Institute, Waite House, Wells Fargo Home Mortgage and Xcel Energy!

Robert Lilligren is City of Minneapolis City Council Member Representing the 6th Ward.

Lake Street Council 2013 Annual Meeting

All Lake Street stakeholders are invited to attend Lake Street Council's Annual Meeting. Join us for a delicious lunch from

Safari (included in ticket price) as we review twelve months of accomplishments and all the programs and events of the Council.

Phillips Walking Club

NEW!

Ages: All Ages

Days: Mondays and Wednesdays (January 7th - March 27th)

Location: Phillips Community Center
2323 11th Ave. So, Mpls. 55404

Time: 9:00 - 11:00am

Fee: FREE !

Register at Phillips Community Center

(612) 370-4946 OR online:
www.minneapolisparcs.org



Every health expert agrees that doing some form of physical activity is crucial to good health. One of the easiest and of course cheapest types of physical activity you can pursue is walking. Walking laps in a gym is a great way to exercise and stay fit. All you need is a good pair of shoes and time. Fortunately for the Phillips neighborhood, PCC's gym has opened its doors for such a program. Join our Phillips walking club as we walk and exercise indoors during those cold winter mornings.



We will have an update from the **Lake Street Council board of directors** along with new board member elections, and our **annual awards** will be given to businesses and individuals that have made a big impact on Lake Street and Minneapolis in the past year.

Panel: Community Development

This year's discussion will feature these local community and capacity building superstars as panelists:

- Melvin Tennant, CEO of Meet Minneapolis
- Ana Luisa Fajer Flores, Head Consul at St. Paul Consulate of Mexico
- Michael Sullivan, 3rd Precinct Inspector
- Anthony Diaz, 5th Precinct Inspector

When: Tuesday, March 12, from 11:00 a.m. to 1:00 p.m.

Where: Safari Restaurant and Banquet Center, 3010 4th Ave S

Advance ticket price: \$20 (Includes a \$5 gift card to Gandhi Mahal, to be picked up at the event.)

Door price: \$25 (No gift card.)

Right on Lake Street

E Lake St

We've put over 12,000 of our 2013 buy-one-get-one-free coupon books out on Lake Street! From day one, shoppers were grabbing them faster than we can keep them stocked, and now we don't have any more in our office.

Of the many places we distributed coupon books, these are some of your best bets for getting your hands on one. (Note: These locations might be out too!)

- Frattallone's Ace Hardware (3915 E Lake Street)
- Gandhi Mahal (3009 27th Ave S)
- Harriet Brewing (3036 Minnehaha Ave)
- Ingebretsen's (1601 E Lake St)

- Jackson's Coffee and Gelato (822 W Lake St)
- The Jungle Theater (2951 Lyndale Ave S)
- Leviticus Tattoo and Piercing (4109 E Lake St)
- Northern Sun (2916 E Lake St)
- Regla De Oro (2743 Lyndale Ave S)
- TruStone Financial (2817 Lyndale Ave S)



Mississippi River Water Walk 2013

Each Step is a Prayer for the Water

The Water Walk is an action being taken by Sharon Day, Ojibwe elder, peace activist and Executive Director of the Indigenous Peoples Task Force.

Starting on March 1st Sharon and her daughter Doreen will be walking the entire length of the Mississippi, from the headwaters in Itasca to the Gulf of Mexico. The walk is a prayer for the health of the water.

Make it POP

February 15 - May 4, 2013

ALL MY RELATIONS GALLERY

Artwork by Frank Buffalo Hyde and Jodi Webster

Make it Pop features the works of eleven Native artists whose work responds to, is influenced by, or incorporates aspects of popular culture in their practice. The artists of Make it Pop utilize their artistic abilities to express modern relationships with popular culture, especially as they relate to the unique circumstances of the Native American experience. The exhibit offers an exciting array of medium and style, from painting and printmaking to ceramics and metalsmithing. Along with a wide range of tribal and geographical representation, Make it Pop pres-

ents a fresh, exciting perspective showcasing the diversity of the contemporary Native art world.

Featured Artists: Heidi Brandow, Frank Buffalo Hyde, Lisa Holt and Harlan Reano, Jason Garcia, Cannupa Hanska Luger, Doug Miles, Pat Pruitt, Rose B. Simpson, Jodi Webster and Micah Wesley

General Information:

Location: 1414 East Franklin Avenue Minneapolis, MN 55404

Hours: Monday – Friday 11am – 3pm, Saturday 11am – 3pm

Admission: All My Relations Gallery is always free and open to the public

Mississippi River Water Walk 2013

FROM THE HEADWATERS TO THE GULF

DEPART FROM LAKE ITASCA MARCH 1, 2013
AND WALK TO THE GULF OF MEXICO

CONTACT SHARON DAY, SMARIEDAY@AOL.COM
OR JOIN THE MISSISSIPPI RIVER WATER WALK 2013 FACEBOOK GROUP FOR MORE INFO.

Each step is a prayer for the water

Artwork by Gerrard Mauthe

Stand Up Guy



Stand Up Guys (2013)

★★★★☆

Al Pacino as Valentine "Val"
Christopher Walken as Doc
Alan Arkin as Richard Hirsch
Julianna Margulies as Nina Hirsch
Mark Margolis as Claphands
Katheryn Winnick as Oxana
Vanessa Ferlito as Sylvia
Addison Timlin as Alex
Lucy Punch as Wendy

A first time for Al Pacino, Christopher Walken, and Alan Arkin appearing in the same movie. At moments these three geezers muster some funny stuff but all-in-all "Stand Up Guys" is amateurish, in turn, lays at the feet of screenwriter Noah Haidle and perhaps at Director Fisher Stevens feet as well. The Viagra jokes are excessive and the repeats at the brothel are tedious.



HOWARD MCQUITTER II
Movie Corner
 Howardsmoviecorner.com

HowardMcQuitterii@yahoo.com

Val (Al Pacino) has just ended 28 year sentence in prison meeting long-time pal Doc (Christopher Walken) outside the prison gate. Val's been imprisoned for refusing to snitch on one of his criminal associates. Val and Doc re-unite

with another old friend Hirsch (Alan Arkin) stealing a car riding wildly on the freeways like teen-age boys.

Their days of glory are gone as they tell their stories of successes, un-successes, and excesses. Val wants to party, after all, he hasn't done that in 28 years. Doc reluctantly upholds Val's wishes and find a nightclub with a clientele barely half their age. (All to easy for Val and Doc to enter a drug-store stealing Viagra and cholesterol medication at will.)

There's little in "Stand Up Men" to be much of a story although Hirsch's granddaughter, Nina Hirsch, played by Julinana Margules, and Wendy, played by Lucy Punch, have nice touches up against three previous Oscar winners having fun

To The Moon!



A Comedy of Tragedy in Three Episodes, Inspired by TVs "The Honeymooners."

Directed and Designed by Michael Sommers

Written by Josef Evans

Starring Maren Ward, Annie Enneking, Kimberly Richardson, and Emily Zimmer.

To The Moon! explores the iconic 1950s television classic, **The Honeymooners**, taking audiences on a journey through a warped and hilariously unsettling re-imagination. The show's unforgettable characters return home after an unspoken tragedy and must navigate a radically altered vision of their world to find the humanity at it's tarnished and troubling heart. We laugh our heads off as we realize sadly how little has changed.

Starring the all-star, all-female cast of Maren Ward, Annie Enneking, Kimberly Richardson, and Emily Zimmer, **To The Moon!** takes **The Honeymooners** to new and unexpected heights, deconstructing, interweaving, and tossing about this icon of American Culture.

Performances

Friday, February 22 at 7:30pm;
 Saturday, February 23 at 7:30pm;
 Sunday, February 24 at 4:00pm;
 Thursday, February 28 at 7:30pm;
 Friday, March 1 at 7:30pm;
 Saturday, March 2 at 7:30pm;
 Sunday, March 3 at 4:00pm;
 Thursday, March 7 at 7:30pm;
 Friday, March 8 at 7:30pm;
 Saturday, March 9 at 7:30pm;
 Sunday, March 10 at 7:30pm
 Closing

Recommended for ages 16 and up. Tickets: General Admission \$18 | Students and Seniors \$15. Tickets available for purchase on Brown Paper Tickets

There are two wheelchair accessible tickets available for every performance. A Pay As Able option is available at the door.

Open Eye Theatre
 (612) 874-6338 (tel)
 506 East 24th Street
 Minneapolis, MN 55404

HOBTPuppetLab - Fairytales for Adults



MARCH 1-10

PuppetLab is a bold program at HOBTP that supports emerging puppet artists in their quest to push outwards at the limits of figure theater.

Under the tutelage of Alison Heimstead, four mentor-mentee director teams have been building original puppet shows since September of 2012. The development process for each piece includes

critique and discussion between the PuppetLab artists, workshops with established puppeteers, and direction and guidance from accomplished Twin Cities artists.

These shows have grown from tiny sketches to full blown post-apocalyptic trashscapes, 15 person cartoon choruses, black light illuminated eight eyed rabbits and Jersey cow painted dinosaurs. It's been a journey, and we hope you will join us in March for the end result - a series of performances guaranteed to delight, amuse, and perhaps unsettle audiences of all (adult) ages.

MARCH 1-3

Lepus Nacht: A Night in the Warren

Benjamin Brockman

A glimpse into a postapocalyptic landscape, in which the Lepus play and investigate with unending curiosity and vitality – and discover, that like us, they must remain reverent and obedient to a mysterious natural order.

Cartoon

Steve Ackerman

A case study of the controversial 1940s animated program "Tummy da Talking Turtle Sucks on Piano Keys" and the causality of a co-dependent relationship between a reptile and a quickly descending anvil.

MARCH 8-10

I have filthy habits

Eben Kowler

Two siblings and an explorer

cross paths in a terrarium. Weather patterns and behavior trends emerge, as three performers follow their habits into unknown and unstable territories.

Five Rules for Walking

Rosie Jablonsky

Hildegard lives in a world made entirely out of trash. Everything she has is the detritus of generations before, and her slippery memories are now the complete history of the world.

In the Heart of the Beast Puppet and Mask Theatre

1500 E. Lake St. Minneapolis MN 55408

Tickets: \$12 - no one turned away for lack of funds.

Box office: 612-721-2535

Saturday Morning Puppet Shows for Kids

All Shows at 10am & noon in HOBTP's Theater lobby.

Read more

FEBRUARY 16

Coyote Stories

Julie Boada and HOBTP

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

March 2

The Wild Gardener

Public Domain Productions

March 9

The Country Bumpkin

George Meyer, Village Theatre

MARCH 26

2nd Community Meeting to Plan Mayday Theme

HOBTP is now planning the 2013 MayDay Festival, which will be held on Sunday, May 5.

Tuesday March 26, 7-9 pm: Hear initial plans for the "Parade Story" devised from the ideas voiced at the first Community Meeting on February 12. Share your feedback and add depth to the proposed theme and artist designs.

The meeting is at HOBTP, 1500 E. Lake St., Mpls

We hope to see you there! ALL ARE WELCOME!

Please Donate!

Can you make a sustaining contribution? A monthly gift of \$10 or more provides regular income to cover ongoing expenses and helps eliminate excess printing and mailing costs. It's a convenient way to support In the Heart of the Beast's ongoing work of building community through puppet, mask and ceremonial art.

Please contact us at 612-721-2535 to set up a sustaining contribution!

THANK YOU!

This activity is made possible in part by a grant provided by the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature from the Minnesota arts and cultural heritage fund with money from the vote of the people of Minnesota on November 4, 2008.

IN THE HEART OF THE BEAST PUPPET AND MASK

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Look Back Forward Beyond



PETER MOLENAAR

Raise Your Voice

Amid the raging turbulence of the early 1970s, the dropped-out guru peddled his book: BE HERE NOW. The ancient mysticism did so readily combine with the chemistry of the period. We were happy to inhale the tear gas. However, this reliance upon sensory inputs proved to be inadequate.

Luckily, as was later discovered, everything exists in motion owing to the interpenetration of opposing forces. To know the essence of a thing, one must reveal by analysis the main contradiction within it. Yes, APPEARANCES CAN BE DECEIVING, especially the appearance of permanence.

One example:

The main contradiction within

the capitalist order is between the highly social mode of production and the private appropriation of the products of labor, i.e., the contradiction between labor and capital.

In his State of the Union Address, President Obama, in essence, proposed to extend the life of capitalism by reforming it. He indicated, for starters, that it would be prudent to save the planet. He appears to be veering onto the path of peace. He would uphold the employment of our people via a program to rebuild the nation's infrastructure. And, oh my goodness, he would close the achievement gap with a national early childhood intervention program!

But, who are “the American people” who, once again they tell us, we dare not tax lest they (once again) refrain from creating jobs for us? These would be the “patriots” who presently hoard gold and guns as an expression of “the true faith”.

So then, did the people of this community act with intelligence and wisdom when they cast their votes for Obama? True enough, no politician can save capitalism indefinitely. But it is also true that we are not in a revolutionary situation, i.e., the present ruling class is not yet in a deep crisis. Smile, please. The struggle continues.

A Frank Reflection

BY FRANK ERICKSON

It is chilling that the powers that be would use children from Sandy Hook Elementary School to promote Americanism. It is pure exploitation to wrap these students in the American flag at the Super Bowl, where they sang “America the Beautiful” with Jennifer Hudson.

What is the connection...between murdering of their classmates and the song "America the Beautiful"—just how is their surviving a mass murder attempt connected to the song "America the Beautiful"? The parents of these children should realize and see that their children are being taken advantage of. As if these children have not been traumatized enough, now the U.S. is going to use them to promote itself.

To lead us to believe the U.S. is about peace and love, and the safety of children. To soften the appearance of the “wars”, of enhanced interrogation techniques”, of world domination, drone killings, and the oppression of Native people. Their post-traumatic stress, their horrible experience should be off limits to anyone who wants to exploit it.

Things always have been disturbing around here. "Super sniper" Chris Kyle, a Navy SEAL, killed over 160 people in Iraq, his marksmanship got him two Silver Stars and five Bronze Stars, and a huge book deal. But when a retired corporal from the Marines, Eddie Ray

Routh, shot and killed Chris Kyle at a Texas shooting range, he only got murder charges.

What the is the difference between Kyle having the freedom to endlessly shoot people in Iraq, but then back in the States no one has the freedom to shoot him? It appears to be the “in war” factor. And why was he keeping count, why keep count of how many people you have killed? “One, two,...123, 124...wait, did I kill that guy, back to 123.”

How does Kyle get all those people he killed “in war” with him with him where I he is free to kill them; as far as I can tell, from nothing more than shooting at them. But Routh does not get the freedom to kill Kyle from only shooting at him—confusing.

What is also confusing is to give Kyle awards for his effective killing within a moral “war”. That the fighting of it can transcend the criminality of it, that you can become a hero at killing in “war” regardless of whether it is right or wrong. That doing “war” good is separate from the wrongness of starting it. This is evidence of people seeing “war” as its own separate entity, existing as only armed conflict, and having nothing to do with what the conflict is about.

Yet “war” cannot exist by itself as only “armed conflict”, as it does in the dictionary, because “war” is the freedom to kill while attacking

someone, or engaging them in armed conflict—and all the armed conflict in the world cannot give you the freedom to kill while doing it.

To give Kyle awards for his killing, and then say the “war” was wrong, as most have, including Obama, must be very, very confusing for people in Iraq who were attacked. “They say, ‘the ‘war’ is wrong’, but then they make heroes out of the soldiers who killed the most of my fellow Iraq citizens, what am I to believe?” The only way the “Iraq War” could last for seven years, is by people seeing “war” as its own entity as armed conflict, above and beyond the reasons for fighting it.

Procession for Peace March 24

*Palm Sunday, Anniversary
for Assassination of
Archbishop Romero, &
Recognition of other
Fighters for Peace and
Justice*

Sunday, March 24 is the 33rd Anniversary of the assassination of Archbishop Oscar Romero in El Salvador. Romero was killed for standing up for the poor and opposing the US-supported war during the 1970's and 1980's, which killed tens of thousands of Salvadorans. His life is remembered around the world on March 24, as a celebration of the continuing struggle for justice and peace. This year, the remembrance coincides with Palm Sunday, and St. Paul's Lutheran Church in Phillips is hosting a Palm Sunday Procession for Peace, that will remember Archbishop Romero and other fighters for peace and justice.

The procession is bilingual, and begins at 12 noon at St. Paul's, 2742 15th Ave S. It will stop at several spots between St. Paul's and El Mercado Central, as people remember and pray for issues that affect our community. For more information, call 612-724-3862 or e-mail stpaulscreate@gmail.com

Procession for Peace
 March 24th
 Palm Sunday
 Anniversary Archbishop
 Romero' Assassination
 Celebrate Fighters for Peace and
 Justice

SPIRIT & PHILLIPS
** 4 DAVE MOORE 2013 **

"Our dealings with the tribes are disgraceful: fraud, oppression, hypocrisy, violence, open robbery, sly cheating, pandering to settlers' hate & fear, avarice and indifference to human life, warring on women & children. We pushed & cheated him of his territory, drove him to a frenzy, then punished resistance with confiscation!"

CLYDE BELLECOURT

You talk a lot

WENDELL PHILLIPS

"America should do Justice to the Indians : It costs too much to wrong them!"
-Wendell Phillips (1870s)



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You're Invited to a Neighborhood Energy Party

BY TIMOTHY DENHERDER-THOMAS, OURPOWER/TRANSITION TOWN

On Saturday March 16th from 4-7PM, the Our Power campaign will be hosting a party for Midtown-area residents involved or looking to get involved in local energy solutions. Over the past few years, neighbors in Phillips and other surrounding neighborhoods have taken the lead on the energy challenge through:

- Home energy education programs among neighbors
- Block groups raising awareness around energy solutions by chalking, house parties, and more
- Groups buying insulation and solar panels in bulk
- Community solar projects
- Involvement in neighborhood, Minneapolis, and state-wide energy planning and policy initiatives
- Local businesses leading the way towards energy solutions

• And more!

At this party, enjoy free food and music, get to know your neighbors, learn from people across Midtown who are helping neighbors cut their energy bills, generate clean energy, create local jobs, and share your own actions and ideas. The party will include hands-on how-to activities and information about support you can get start your own neighborhood energy team.

4-6PM: Updates on neighborhood efforts, information on support and opportunities, activities, and ways to get involved.

6-7PM: Dinner and conversation

Location: Midtown Global Market, 920 E Lake Street, basement Community Meeting Room

RSVP at: <http://bit.ly/11JrJZw>
Contact mnourpower@gmail.com or (612) 548-1333 for details. Please invite your friends!

Spaghetti Dinner for Youth Hockey

BY LEO BOGEE, CITY OF LAKES YOUTH HOCKEY

City of the Lakes Youth Hockey Association will hold its annual spaghetti dinner fundraiser Saturday, March 2nd, 5-8:00 p.m. at Gustavus Adolphus Lutheran Church in NE Minneapolis, 1509 27th Ave. NE (27th and Johnson). Tickets cost \$5 per person, \$20 per fam-

ily, and will be available at the door the day of the event. City of Lakes Youth Hockey provide hockey in a positive learning atmosphere at an affordable cost to the residents of Minneapolis. For further information, visit www.cityoflakeshockey.com, or call 612-789-2697.

Trinity First School's CommUNITY Health Fair

1115 East 19th Street – One Block North of Franklin Avenue • March 9th 10 am to 2 pm

BY CARRIE BUTCHER, TRINITY FIRST LUTHERAN SCHOOL

Looking for a way to stay healthy and start out the New Year right? Get a head start on making healthy decisions and getting to know the resources available in your community by attending Trinity First's CommUNITY Health Fair on Saturday, March 9th from 10am-2pm! Everyone is welcome to participate; there will be booths, food, and activities for community members of all ages including lots of new information and giveaways! Some of our vendors include; Community University Health Care Center, American Heart Association with free blood pressure/heart rate

checks, Hennepin County Health Department and the YWCA Minneapolis campus! We will also be having a beautician's booth with hair care tips and styles and a family photo booth to remember the day. But that's not all! There will be two raffle drawings throughout the day - which you can register for when you arrive. These raffles include two health themed gift baskets both valued at \$75 and include goodies for all ages. We will also be offering healthy snacks during the health fair and will be giving away healthy and wholesome recipes to share. Please join us for a day of family fun centered around living and pursuing a healthy lifestyle!



CommUNITY Health Fair

You and your family are invited to a free CommUNITY Health Fair Saturday, March 9th from 10-2pm at Trinity First Lutheran School located at 1115 E. 19th St.

Many organizations including; American Heart Association will be available to help participants learn more about resources available in their community and to improve their overall health. We will have free health screenings, information and snacks as well as two raffle drawings throughout the day!

A Backyard Initiative Project Out in the Backyard

BY MILI DUTTA, OUT IN THE BACKYARD CHAT

We have following FREE classes for the community:

1. FREE Zumba party every Monday at 6:30pm at Powderhorn Park Building

2. FREE Bollywood class every Wednesday at 6:30pm 1507 E Lake street, 2nd floor, entrance both in North and South side (Opposite to Heart of the Beast and above Las Mojarras restaurant).


3. FREE yoga class every Saturday at 10am at Powderhorn Park Building.

For more details please see us at <https://www.facebook.com/mili.dutta.7#!/outinthebackyard?fref=ts>

These courses are offered by Out in the Backyard, which is a non-profit organization focused on improving health in the LGBTQ community. These classes are open and free to all.



COMMUNITIES OF LIGHT SOLAR LANTERN WORKSHOP



New store and showroom located in the Midtown Global Market on the Lake street side. Open Regular MGM business hours!

MAKE A SOLAR LANTERN, LEARN ABOUT SOLAR ENERGY, LEARN ABOUT SOLAR JOBS, LEARN ABOUT THE POWER OF COMMUNITY RESIDENTS WORKING TOGETHER TO CREATE JOBS, LEARN ABOUT COMMUNITY RESIDENTS WORKING TOGETHER TO CREATE A HEALTHY COMMUNITY

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8:00 - 5:00 Sat.

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photo by Amy Wurdock



photo by Liz Welch

HOBt/MayDay
from page 1

Saturdays in April. Help mix paste, papier-mâché, cut cardboard, sew, translate for neighbors, etc. Contact Lynette at the Theatre: llarue@hobt.org (612-721-2535)

• Help on MayDay (Sunday, May 5th). Help set up the park! Help move puppets! Help with parade and festival tasks! Help clean up at the end of the day! Sign up for one or more of the fun tasks by contacting Margery: motto@hobt.org (612-721-2535)

- Be a Host for one of the Blocks along the Bloomington Ave. Parade Route on MayDay. Contact Bailey at the Theatre (612-721-2535).
- Help collect donations on MayDay itself. Contact Loren Niemi: lniemi@hobt.org (612-721-2535)

Making a Pledge of Support, such as:

- Seward Coop's SEED program is "rounding up" in April to support MayDay (shop there and participate!)
- A team of young givers who have grown up with MayDay will generate \$10,000 from peer donations.
- The State District 61 Green Party is asking their members to contribute and sustain MayDay.
- There will be "Giving Arches" donation sites in Powderhorn Park on MayDay.
- What ideas do you have??

Thank you neighbors! From your continued generosity, MayDay WILL be sustained for many years to come. Many thanks from all of us at In the Heart of the Beast Puppet & Mask Theatre!

Sandy Spieler, Artistic Director. In the Heart of the Beast Puppet & Mask Theatre • www.HOBt.org. (612) 721- 2535 • sandra-spieler@gmail.com