

# 5<sup>th</sup> Ward News

HARRISON, JORDAN, NEAR NORTH, SUMNER-GLENWOD, NORTH LOOP, WILLARD-HAY

From Council Member Don Samuels

DECEMBER 2007



## 5<sup>TH</sup> WARD NEIGHBORHOOD ORGANIZATIONS

### Harrison Neighborhood Association (HNA)

503 Irving Avenue North  
Suite 100  
Minneapolis, MN 55405  
612.374.4849

### Jordan Area Community Council (JACC)

2009 James Ave North  
Minneapolis, MN 55411  
612.886-3202

### North Loop Neighborhood Association

P.O. Box 582178  
Minneapolis, MN 55458-2178  
612.339.3904

### Northside Residents Redevelopment Council (NRRC)

1313 Plymouth Ave. North  
Minneapolis, MN 55411  
612.335.5924

### Old Highland Organization

www.oldhighland.org  
info@oldhighland.org

### Willard-Homewood Organization

www.willard-homewood.org  
info@willard-homewood.org

The Office of Council Member Don Samuels publishes an electronic newsletter to keep you up to date on what is happening in the 5<sup>th</sup> Ward.

If you would like to receive this newsletter please send an email to [don.samuels@ci.minneapolis.mn.us](mailto:don.samuels@ci.minneapolis.mn.us) and put the words **NEWSLETTER** in the subject line.

## 2008 STEP-UP Summer Jobs Program Accepting Applications

January 11, 2008 deadline for youth (14-21) employment

Even though there's a chill in the air, now's the time for young people to think about making the most of their 2008 summer. The deadline to apply for a summer job through the STEP-UP program is Jan. 11.

In 2007, the City of Minneapolis placed more than 2,050 Minneapolis youth in summer work experiences as part of Mayor R. T. Rybak's and the City Council's summer jobs campaign. Of these youthful workers, more than 1,200 were placed through the STEP-UP Summer Jobs Program.

Approximately 630 young people ages 16 to 21 gained professional skills working for 131 local employers including U.S. Bank, Star Tribune, Best Buy and Target. Another 603 teens ages 14 and 15 benefited from a first-time summer work experience at 38 community-based organizations and seven school programs including Northside Child Development, Minneapolis Public Housing Authority and MIGIZI Communications.

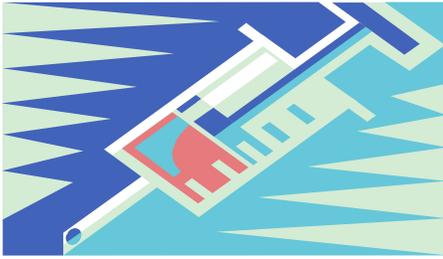
This summer's experience was valuable to both employers and employees. Ninety-three percent of supervisors

felt their intern made a valuable contribution to their workplace, and 95 percent of the young people said their summer job was a valuable learning experience.

Young people can pick up STEP-UP applications in the career and college centers in Minneapolis public high schools as well as at Minnesota WorkForce Centers and libraries. Applications are also available online at [www.achievinneapolis.org/programs/stepUp\\_students.html](http://www.achievinneapolis.org/programs/stepUp_students.html).

Employers interested in offering jobs to 16 to 21 year-olds should contact Anne Krocak at (612) 455-1562 or [akrocak@achievinneapolis.org](mailto:akrocak@achievinneapolis.org). For information about the program for 14 and 15 year olds, contact Anne Fischer at [anne.fischer@ci.minneapolis.mn.us](mailto:anne.fischer@ci.minneapolis.mn.us) or (612) 673-6221.





## Get Immunized before Flu Season Peak

The influenza season is upon us, so the best time for you to get a flu shot is winding down.

The vaccine makes your body build immunity against the most widespread flu virus of the season, but it takes a couple weeks for that protection to kick in. That's why it's important to get the shot before we reach the flu season.

The Minnesota Department of Health says we usually see a peak in flu cases sometime in February. However, cases are already popping up in the state. Getting immunized now not only helps keep you healthy, it also prevents you from spreading the flu to others.

Every year, the flu kills about 36,000 people across the country. Older people and young children are at a higher risk for serious flu complications, as are people with asthma, diabetes, heart disease and other health conditions. But even if you are not at a higher risk, it's still a good idea to get a flu shot.

To find out where to get a flu shot, go to the Minnesota Department of Health's Web site, [www.health.state.mn.us](http://www.health.state.mn.us), and click on "influenza."

## 100 Days to Fitness: January 16 – April 24

Get Fit Twin Cities is a fun, team based, fitness challenge designed to jump start healthy habits and help people of all ages feel better, look better and live longer, healthier lives.

Fewer than half of adults get the recommended 30 minutes of physical activity a day and most don't eat enough fruits and vegetables (Source: SHAPE 2002).

These behaviors have serious health complications. Obesity and related diseases such as diabetes are on the rise. These health problems negatively impact individuals, communities and employers.

Luckily, these health problems can be reversed. Last year, Get Fit Twin Cities got thousands of people motivated and moving.

### How it Works

Participants form teams of 2-10 people to motivate one another. A team captain registers the team and shares Get Fit information with their members. Families are encouraged to include their children.

Get Fit is great for single teams and worksites, churches and community groups that want to register multiple teams. A free Get Fit Kit provides all the materials needed to run a successful challenge.

Team members track their minutes of physical activity and report their progress online or through the mail. An improved and

simplified web site makes reporting easier than ever. Any activity counts – walking, dancing, shoveling snow – as long as participants are moving. Weekly tallies allow teams to compare their progress to others.

Get Fit participants receive:

- ✦ A Captain's Handbook and weekly e-mails with tips for healthy living.
- ✦ The chance to win prizes throughout the challenge.
- ✦ Free and reduced rates to fitness centers in Minneapolis and Saint Paul.
- ✦ Invitations to community-based Get Fit Events. The first 10,000 participants who live or work in Minneapolis and St. Paul are free! The cost for others is \$5 per participant.

Online registration begins January 1, 2008, at [www.getfittwincities.org](http://www.getfittwincities.org). Mail in registration forms will also be available at schools, park centers and libraries in Minneapolis and Saint Paul. For More Information send an e-mail to [info@getfittwincities.org](mailto:info@getfittwincities.org) or call 612-673-3485



Happy Holidays from  
Don, Jose & Monique

# THE COMMUNITY ROOM



## It's That Time of the Year Again . . .

### ***A Request from the Dupont Avenue North Block Club***

This Holiday season the 4th Precinct Advisory Council (4PAC) 'adopted' the Police Athletic League (PAL). The Minneapolis Police Activities League (PAL) is a non-profit organization sponsored by the Minneapolis Police Department. Its goals are to encourage the healthy and safe development of young people through after-school athletic, recreational and educational activities with Minneapolis police officers serving as coaches, role models and mentors. PAL is also a neighborhood based juvenile crime prevention program.

The 4th Precinct PAL division is housed in the Hamilton School located at 41st and Dupont. Currently PAL offers activities to more than 600 kids between the ages of 5 and 17 in North Minneapolis.

The 4PAC is asking for donations to support the PAL Program. The program needs the following items:

- Basketballs, Baseballs, Kickballs, Jump Ropes, Hula Hoops
- Mittens, Hats, Scarves, Coats, Socks, Slippers
- Educational toys, Children's Books
- Notebooks, Pencils, Crayons, Coloring Books
- Snack Bars, Juice boxes, Sodas, Bottled Waters
- Gift Cards from the following retail stores - Subway, Dominoes Pizza, Rainbow Foods, Cub Foods, Sam's Club, Littin Paper, Paper Warehouse
- Hockey Gear

Donations can be dropped-off in the lobby of the 4<sup>th</sup> Precinct, 1925 Plymouth Ave North or contact Joel Breeggemann, Special Events Chair of 4PAC, at 612.481.5635 for pick-up. Deadline for donations is Tuesday December 18, 2007.



***"A Copasetic Christmas Carol"***  
***Featuring Charmin Michelle, Doug Haining and the Twin Cities Seven at the Capri Theater***  
***7 p.m. Saturday, Dec. 15,***

***&***

***3 p.m. Sunday, Dec. 16***  
***Go online to [Uptown Tix](http://UptownTix.com), or call 651-209-6799.***

Charmin Michelle, Doug Haining & the Twin Cities Seven will bring up the holiday lights at the Capri Theater on West Broadway with two performances of their jazzy Christmas concert ... ***A Copasetic Christmas Carol*** ... Tickets are \$25 (\$20 apiece for groups of 10 or more) and can be ordered through Uptown Tix by calling 651-209-6799, or online at [thecapritheater.org](http://thecapritheater.org).

This cool jazz take on Charles Dickens's *A Christmas Carol* features all original music written by Haining and lyrics by Michelle. It was originally created for a 2003 Christmas party at the Dakota Jazz Club, and this year's performances will be the first on a theater stage. ***A Copasetic Christmas Carol*** is the second in a series of "Legends" concerts presented by the Plymouth Christian Youth Center at the Capri Theater under the direction of Artistic Associate Dennis Spears and Karl Reichert, director of Capri Theater development.

Come to the Capri Theater which will be decked out to start a new holiday tradition in the Twin Cities.

The Capri is located at 2027 West Broadway near the intersection of Penn Avenue.



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## The Search is on for Minneapolis' Best Block Clubs



Does your block club do a great job of making your neighborhood a safe place to call home? Then tell us all about it. Nominations are now being accepted for the annual Building Blocks Awards. The Minneapolis Police Department gives these awards to the city's most active and effective block clubs. All block clubs that did not win this award in 2006 are eligible to apply.

To nominate a block club (your own or a neighbor's), answer these questions:

- How has life on the block improved through the block club's efforts?
- How does the block club build connections between people?
- In what ways does the block club work with the Minneapolis Police Department?
- Describe the events, activities and meetings of the block club.

- When did the block club start?
- What are the boundaries of the block club?

Be sure to include the name, address, phone number, and e-mail address of each block club leader for the club you are nominating, as well as your own (the nominator's) name, address, phone number, and email address.

Nominations must be received by Tuesday, Jan. 15, 2008 one of the following ways:

- **e-mail** them to [ccpsafe@ci.minneapolis.mn.us](mailto:ccpsafe@ci.minneapolis.mn.us),
- **fax** them to (612) 673-2512,
- **mail** them to: Community Crime Prevention/SAFE c/o Building Blocks Awards 4119 Dupont Ave. N. Minneapolis, MN 55412

Each honored block club will receive recognition at a public ceremony, Building Blocks Award signs to post on the block, a \$100 gift card, and an award of appreciation for the block club.

## STAY ALERTED TO SNOW EMERGENCIES

Any time snowfall is in the forecast, and especially when it starts to snow, there are a number of ways to find out if snow-related parking rules are in effect.

### **Call the Snow Hotline**

English - 612-348-SNOW (7669)  
Hmong - 612-673-2933  
Spanish - 612-673-3819  
Somali - 612-673-2141  
TTY - 612-673-2116

### **Call 311**

The City's 311 agents will have the latest Snow Emergency information.

### **Check Your E-Mail**

You can subscribe to the City's [E-Mail Snow Alert](#) service to receive notification or sign up to receive a short text message on your mobile devices (such as cell phones or PDAs)

### **Receive a Snow Emergency Alert Phone Call**

The City may attempt to alert you using a voice messaging service. For more information, and to add a telephone number to the system, visit the [Snow Phone Alert](#) page.

### **City Cable Channels 14, 79 or KBEM-FM (88.5 MHz)**

Avoid a ticket and a tow. Know when Snow Emergencies are called and park your vehicle accordingly.