

# COMMUNITY INSIDER

## EDITOR'S WELCOME

Welcome to this issue!

I hope you find it interesting and informative, and as enjoyable to read as it was to put together.

Don't forget our email and regular mail addresses:  
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Mail can be sent to Insider c/o Presidents Council  
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Cheers!

*Melissa Pappas*, Editor

*"Name, rank, and reason for being here."  
"The Doctor. Doctor. Fun." - Adelaide Brooke and  
The Doctor, "The waters of Mars", Doctor Who*



From "Art in Bloom" at the MIA.



## HI-RISE SPOTLIGHT

This month: Valley  
by Ruby Steward

Hey, Hey, Hey!

To a beautiful almost summer day, and a look at a lovely and different type of architecture.

Yes, Valley hi-rise is the second oldest hi-rise building. Constructed in 1963 and renovated in 1990.

Valley hi-rise has some rare advantages that many are looking for today when seeking housing.

The new Green Line train is just a few blocks away. There is a regular bus route within less than a block, and it is across the street from the north side of Regions hospital.

Valley is an eleven story building with an odd view of the Minnesota capital building. It is a great place to take a walk, view downtown, go shopping, to the bank, or even to church. Valley is also the only one of the hi-rises to have bathtubs in the units.

# IT ALL STARTS WITH ONE PERSON

by Jimmy Mach



Awww gosh! I felt privileged to receive an invite to be a Proud Hamline Walker. Although I didn't quite accept it, it was an honor to sit at the table with them in the community room at Hamline Hi-Rise to interview the group for an article in the Community Insider.

One does not have to dig deep into history on when the Proud Hamline Walkers evolved. They started with one person about a year ago and has grown to 14 members. It's officially organized with elected officers and everyone wears purple caps and t-shirts proudly showing they are a member.

So what does it take to be a member? Well first of all, let it be clear that one does not need to be a diehard to be involved. There are no expectations of "no pain, no gain" and you can walk comfortably at your own pace. The daily walks start around 8 am and can either be done outside or indoors. It can even be done on a treadmill. All that really matters is possessing an enthusiastic spirit and cheerful smile. Always remember it takes more muscles to frown than it does to smile.

Keeping healthy was the primary reason this group was formed. One can also benefit from the moral support they would receive from other members as well as the companionship. But the Proud Hamline Walkers have a vision they wish to share. Not only

If there is a day you want to get away, walk or drive by the cool side of 261 E. University, and take a look.

*Information provided by the front office of the PHA*

## EXPRESS YOURSELF

Who am I?

By Tonya Simms

I am from Chicago Il from carmella to the kitchen.

I am from the sky and the moon ran away with the spoon.

I am from under the bed whose head was once upon a star.

I am from Mars and Jupiterbeyond.

I am from France and romance

I am from hall of fame and ask me once and I will tell you again

and from down under from beyond

I am from a loveable place needing my space.

I am from my mother's womb

and the seed of my father

from way way ago

from God to Jesus' hands

and from this is who I am.

I am from those moment love, passion, understanding, knowledge, I am human.

do they hope to see growth among the their own group, but they would like to see walking groups formed throughout all the hi-rises of the Saint Paul PHA. It all starts with one person.

## THE LIGHTER SIDE

From *Consumer Reports'* back page.

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### Editorial Policy

All submissions are welcome. Items may be edited for length or clarity.

Publication is subject to approval of the committee and Residents

Council Coordinator. We have a policy of non-discrimination and non-censorship.

Questions and comments can be sent to

[editor@stphapresidentscouncil.org](mailto:editor@stphapresidentscouncil.org)

## COMMISSIONER'S CORNER

By *Mary Puenta*

Let's talk about how I became a commissioner.

When Harold Purtell decided to step down from the board of commissioners, the search was on to replace him. My name was submitted as a possible replacement along with others. I was approached by Eileen Tittle and asked if I would be interested in representing the hi-rise residents and join the board. I was surprised and honored to even be considered.

I then had a interview with upper management. I met with Jon Gutzmann, Mike Winston, and Mai Moua. I also received the nomination from the presidents council. A recommendation for my appointment was sent to Mayor Chris Coleman

*“Angry people want you to see how powerful they are. Loving people want you to see how powerful you are.”- Chief Red Eagle*

## **PHA WORKING**

*By Ruby Steward*

**There is a parcel of land behind Valley high rise that is for sale. It looked at first as if there might be a deal between Regions Hospital and PHA, but that did not work .**

**The land is still available and a strategy of what PHA is looking for as well as what they would require from a purchaser is still on the table.**

**Proposals are being accepted by PHA for the land. There will be a lot of work if they do receive some viable proposals.**

**Know you will not be excluded. A public hearing would be held for you to give your opinion too.**

**Heads up...keep awake.**

**There are things you might want to know about and what it might mean for you.**



and the city council.

Their approval was given and I was sworn in by Louise Seeba, PHA General Counsel and Assistant City Attorney on January 22, 2014. I joined the other six commissioners and the meeting began. This has been a big learning experience and I learn something new each month. I still can't get used to being called Commissioner Puente. In future articles you will be introduced to the other commissioners and the monthly preparation each of us goes through for the next meeting.

If you have any questions about the board of commissioners just ask. I hope to receive lots of inquiries about the board. You can contact me at [front727@gmail.com](mailto:front727@gmail.com) . I'll do my best to get the information for you. Until next time... Maryp

*“Always carry a flagon of whiskey in case of snakebite, and furthermore, always carry a small snake.”- W.C. Fields*



*See you on the train.*



