“History is not the past. It is the stories we tell about the past. How we tell these stories - triumphantly or self-critically, dialectically, or metaphysically; has a lot to do with whether we cut short or advance our evolution as human beings.”
Grace Lee Boggs, June 27, 1915–October 5, 2015 American author, social activist, philosopher and feminist.

“History, despite its wrenching pain, cannot be un-lived, but if faced with courage, need not be lived again.”
Maya Angelou, April 4, 1928 – May 28, 2014 American author, poet, and civil rights activist.

“Great dancers are not great because of their technique; they are great because of their passion.”
Martha Graham, May 11, 1894 – April 1, 1991, American modern dancer and choreographer compared with Picasso on visual arts, Stravinsky on music, & Frank Lloyd Wright on architecture. [See: “Spirit of Phillips” “Passion of Great Souls” Cartoon by Dave Moore pg. 7]

“Stories matter. Many stories matter. Stories have been used to dispossession and to malign, but stories can also be used to empower and to humanize. Stories can break the dignity of a people, but stories can also repair that broken dignity. When we reject the single story, when we realize that there is never a single story about any place, we regain a kind of paradise.”
Chimamanda Ngozi Adichie

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Grace Lee Boggs

“We urgently need to bring to our communities the limitless capacity to love, serve, and create for and with each other. We urgently need to bring the neighbor back into our hoods, not only in our inner cities but also in our suburbs, our gated communities, on Main Street and Wall Street, and on Ivy League campuses.”
Grace Lee Boggs

“I've always felt that it is impossible to engage properly with a place or a person without engaging with all of the stories of that place and that person. The consequence of the single story is this: It robs people of dignity. It makes our recognition of our equal humanity difficult. It emphasizes how we are different rather than how we are similar.”
Chimamanda Ngozi Adichie, September 15, 1977,) Nigerian novelist, nonfiction writer & short story writer. [See www.ted.com/talks/chimamanda_adichie_the_danger_of_a_single_story]

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In the Phillips Community, 749 children have been lead poisoned. Don’t let your child be number 750. We can help, CALL 311.

28 LEAD Awareness bus bench signs around Mpls. Some give statistics for that Community

Donation to Open Eye Theatre = FREE ($210)
Furnace Tune-Up

Women, Sing in “Between the Worlds.” pg 6

Phoenix of Phillips Magazine II, pg 6

Updates on Aquatic Center, pg 3
Clean Sweep pg 4 & 7
“To make a revolution, people must not only struggle against existing institutions. They must make a philosophical/spiritual leap and become more ‘human’ human beings. In order to change/transform the world, they must change/transform themselves.” – Grace Lee Boggs 1915-2015

The Alley Newspaper • November 2015

The Alley
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Alley Communications, a 501C-3, Not-for-Profit Corp. publishes The Alley Newspaper and other media.

“When the great newspapers don’t say much, see what the little independent can do.” – Wendell Phillips

Donations are needed, welcome, and Tax Deductible.

Volunteers who had a part in making this issue: Robert Albene, Allina Health, BackYard Initiative CHATS, Circle of Healing—BYI CHAT, City of Mpls Waste and Recycling, East Phillips Improvement Coalition, Patrick Cabello Hansel, Susan Haas, Frank Erickson, Lanna Hadaway, Hennepin County Franklin Library and Staff, Michele Howard, Sue Hunter Weir, Jana Metge, Midtown Greenway Coalition, Midtown Phillips Neighborhood Association, TimMcCcall, Mpls. Parks and Recreation Board, Peter Molenaar, Dave Moore, Dana Murdoch, Open Eye Figure Theatre, Out in the Backyard, BradPax, CarolPass, Studio Five Architects, Phillips West Neighborhood Organization, Debra Ramage, Sue Riesgraf, Studio Five Architects, Claudia Strobel-Ayres, President; Sue Hunter Weir; Joan Hautman, Andrew Gust, BYI Section.

Board of Directors: Cathy Strobel-Ayres, President; Sue Hunter Weir; Joan Hautman, Monthly Alley Communication Board Meetings: 6:30 PM 3rd Wed. Call for Location. Letters and e-mails to Alley Communications and/or its Editor become the property of Alley Communications dba The Alley Newspaper and may be chosen for publication.

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December Issue Submission Deadline
November 15

“Let me make the newspaper and I care not who makes the religion and the laws.” – Wendell Phillips

BY ERIN THOMASSON
Children & Family Programs
Family Storytime
Fri 10:30 am. All ages and their parent or caregiver. Talk, sing, read, write and play together in a format appropriate for young children. Share books, stories, rhymes, music and movement.

Franklin Teen Center Programs
Urban 4-H Club
Tue–Fri, 5–7 pm. Urban gardening to digital photo/video to theater. Teen Tech Workshop Weds–Fri, Nov. 4, 18 & 25, 4:30-6 pm. Get creative and make music, videos, animation and other projects using both high- and low-tech tools, everything from iPads and 3D printers to synthesizers and sewing machines. Led by the library’s Teen Tech Squad.

Young Achievers Thurs–Sat, Nov. 5, 12 & 19, 4:30-6 pm. Want community involvement? Then bring your friends for poetry, arts, games and more!

Adult Programs Genealogy Research: Finding Your Native American Ancestors Sat, Nov. 7, 2-3 pm. Learn how to research your Native American roots and tell your family’s unique story from experienced genealogical and historical researcher Jeanne Boutang Cropd.

Education Alternatives Mon–Fri, Nov. 9, 1:00 pm.
Join a monthly discussion of persistent problems in education and possible solutions.

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50th Anniversary

The Alley Newspaper Turns 40!

News comes and goes, so do newspapers, but The Alley Newspaper has ridden the waves of change for 40 years! Gather and launch an enjoyable year of celebration!

Help us answer the question:

“What role does The Alley Newspaper serve in our Community?”

in collaboration with

American Swedish Institute’s Holiday Open House for Neighbors

~ FREE ~

Wednesday, Dec. 16, 2015
5:00 to 8:00

Holiday Refreshments

American Swedish Institute & Nelson Cultural Center
2600 Park Ave.
editor@alleynews.org,
P.O. Box 7006, Mpls., MN 55407 or 612-990-4022

Like The Alley Newspaper?
Want to help keep it around?
It’s easy to take part in sustaining this “FREE” (printing and paper cost real money) newspaper to keep producing the news, announcements, and stories submitted by you and your neighbors. See the page 6 for more information on how you can support The Alley.

3440 BLOOMINGTON AVE.
POWDERHORN PARK
MINNEAPOLIS
M-F 6-30pm
SAT 7-5 • SUN 7-30-5
729-5627

ORGANIC & FAIR TRADE COFFEE
FREE Wireless Internet
Until 2015 graves were unmarked for 140 years along with 2,280 others in “Potter’s Field”

Great niece and husband honor relatives, who died in childhood, with words, flowers, and stone markers

October 15th was one of those perfect days in the Cemetery. The weather was glorious and the trees were at their most colorful. It was perfect in another way, as well. Linda Leraas Ray and her husband, Steve Ray, had markers placed on the graves of two children who died in the 1870s.

It took some effort to find those children since the Cemetery’s records were not accurate. The little girl’s last name was spelled Luirass instead of Leraas, and the little boy effectively had no last name at all—his last name appeared as Andreas which was his middle name. Linda and Steve were certain that the children were buried in Minneapolis Pioneers and Soldiers Cemetery and after a little sorting and re-sorting of our spreadsheet, we found them.

The children, Annie Mathilda Leraas and her brother Lars Andreas were the children of Linda’s great-grandparents, Ole Johannesen and Martha Larsdatter. Ole and Martha didn’t live in Minneapolis long—only from 1874 to 1878 but during those four years they lost two of their children. Lars died on July 23, 1874, from dysentery; Annie died the following year, on November 17, 1875, from diphtheria. Lars was eleven months old when he died; Annie was four.

Annie and Lars were buried in the Cemetery’s Potters Field along with approximately 2,300 other people. There are 92 people in that section of the Cemetery who were buried in 1874, the year that Lars died. Of those, sixty-one were infants and children under the age of ten. In 1875, the year that Annie died, there were 114 burials, 78 of them infants and children under the age of ten.

On her facebook page, Linda wrote: “I am humbled by the sacrifices my ancestors made and the many hardships they endured.” And her family’s hardships did not end with the loss of Annie and Lars. Over the years, Ola and Martha had 13 children, only six of whom lived to adulthood. The other children who died are buried with their parents in Grant County, Minnesota.

Of the 2,300 burials, only 29 graves had markers. That changed on October 15, 2015. Now there are 22.

In addition to the markers, Linda and Steve placed flowers on the children’s graves. Linda wrote: “Anna and Lars, I don’t know if flowers were ever placed on your little graves before. These are only a few humble flowers from my garden, but placed with all my love.” Linda Leraas Ray, your great niece

Special thanks to Linda and Steve for sharing their story with us and for remembering two children who might otherwise have been forgotten.

Schematic design of Phillips Community Center pool renovation approved by MPRB

Numerous public and private partners contribute toward $5.4 million upgrade

On October 21, 2015, the Minneapolis Park and Recreation Board (MPRB) of Commissioners approved the schematic design of renovations planned for the Phillips Community Center Aquatics Facility.

The state of Minnesota, Hennepin County Youth Sports Program, MPRB, Minneapolis Public Schools (MPS) and local non-profit Minneapolis Swims all contributed funding to reignite and support this crucial community asset.

“It was inspiring to see so many people step up and share their ideas, opinions and passion supporting the pool’s revival,” added MPRB District 3 Commissioner Scott Vreeland. “Everyone should learn to swim, and this will be a great place for children, families and elders to play, exercise and learn about water activities. The existing six-lane indoor pool, which opened in 1973 and closed in 2008, will be renovated and the second-floor spectator seating refurbished. New elements slated for the aquatics facility include a four-lane teaching pool, two locker/changing rooms, lobby, reception, staff office, life-guard room, public restrooms and realigned entryway.

An extensive community engagement process guided the development of both the concept design (approved in April) and schematic design. In the event supplementary funding becomes available, a non-appointed Community Advisory Committee prioritized nine additional desired improvements at Phillips Community Center.

The project is on schedule to publicly bid for construction February 2016. Construction is anticipated to start May 2016 and take one year to finish. MPRB is working with the community and MPS to define how the pool is programmed and operated when it reopens.

Capital Funding Sources

State Bonding: $1,750,000
Minneapolis Public Schools: $1,750,000
MPRB: $706,000
Hennepin County Youth Sports Program: $325,000
Minneapolis Swims: $935,000
Minneapolis Swims donors include numerous local businesses, institutions and community organizations.

Linda Leraas Ray, Sue Hunter Weir, Mike Barth (Cemetery Caretaker), and Steve Ray. Linda and her husband, Steve, had markers placed on the graves of two children who died in the 1870s.

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The 2015
Phillips Clean Sweep
Was the Biggest & Best YET!

Close to a thousand neighborhood folks walked all four Phillips’ neighborhoods and collected a record 36,840 pounds of trash, 2,500 pounds of metal, 32 TVs, 14 appliances and 70 tires on the second Saturday of Oct. These totals are almost twice as much as the previous best year!

So, a BIG THANKS to All!
The reward for this herculean effort is a free breakfast, free cleaning stuff, a free T-Shirt, free lunch & entertainment, neighborhood information tables AND walking the ‘hood with friends and neighbors while making a better place for us all.

Phillips Clean Sweep is an annual all volunteer effort of all four Phillips Neighborhoods and Little Earth. The budget is close to $10,000 and is raised by small & large contributions from donors like you, all of whom are recognized on the back of the 400 Clean Sweep T-shirts given away each year.

Save October 8th, 2016 for next year’s Phillips Clean Sweep Watch for the upcoming youth T-shirt Design Competition

The East Phillips Community 17th Ave. Garden Fall Harvest Party

The Annual Pumpkin Carving Competition was a big hit. Once again the two teams tied. Neighbors and Gardeners enjoyed the Pot-luck & Barbeque and visited by the fire. We learned from a 13 year old why toasted marshmallows, chocolate and Graham Crackers are called “Smores” – We all want Somemore!

For your Calendar: *
The EPIC Board of Directors meet on the FIRST Saturday of the month – Next Meetings;
Saturday, 11/7/2015 and 12/5/2015 at 10:00 AM.
The EPIC General Membership meets on the SECOND Thursday – Next Meetings;
Thursday, 11/12/15 and 11/19/2015 at 6:30 PM
Agenda includes Neighborhood Industrial Pollution, Crime Initiatives, and EPIC project updates.
The East Phillips Park Programming Partnership meets on the LAST Tuesday – Next Meetings;
11/24/15 and 1/26/16 at 11:30 AM. Lunch is served. There is no December meeting.
Updates on Partner Programming, Park Events & News.
Meeting Location: All the above meetings and events are held at the East Phillips Park Cultural & Community Center located at 2307 17th Ave. S. The Center is wheelchair accessible and all are welcome.
The East Phillips Community 17th Ave. Gardener meet on the second Saturday of Each Month during the gardening season, normally from April through September. Next meetings are Next Year Saturday, 4/9/2016 & 5/14/2016 at 9:00 AM in the Community Center at 2307 17th Ave. S. Subsequent meetings will be held in the Garden.
* East Phillips Residents wanting a 2016 Garden Plot, contact Brad Pass at 612-916-8478
* Watch this space for additional or changed meeting information
Meet Doña Rosa, Ventura Village’s Very Special Farming Assistant!

Doña Rosa came to Minneapolis five years ago from the Cañar Province in Ecuador, close to the city of Cuenca. She met Christina Elias, saying she was sad and embarrassed for missing her country and came to the Good Juju Garden with a neighbor she first met when she arrived. Doña felt most comfortable in the garden because from the age of 5, she would walk behind the animals that would plow, being with her grandmother. Her entire education comes from farming and the land. She went to school when she was 12 and spent only one year, feeling that she’d left her mother with too much responsibility to manage the farm and other children. So she went back to farming.

We met five years and she helped me as a volunteer at the Good Juju. Because I’d been hired at Mashkiikii Gitigan Farm, I was unable to do both, so I helped Doña Rosa plant the Good Juju at the top of the season and she kept the whole thing alive. Her reward was that she was able to bring home all that good food and a place to spend her time.

In the first year of Mashkiikii, we brought in 47 tons of soil to create the farm and the second year, we wrote curriculum for the formalized education. At the end of the second year, I proposed that we bring in the Good Juju garden which tripled our growing space!

With the support of Ventura Village through a business plan we wrote, we were able to layer in the Karma Markets, the Four Sisters Market [East Franklin & Bloomingston Avenue], and we were able to hire Doña Rosa.

She had to compete for that position and with the help of Waite House staff support and successfully interviewed for the job. (Two others had competed for the staff position). She was amazing! Doña Rosa got that position based on her experience and her presentation of herself! She had proven herself with all of that free labor, but it was how she interacted with the Waite House and its people that really demonstrates the best this community has to offer in terms of support. I wanted somebody from the Ventura Village community who could constantly check on the gardens and the hens, which she is able to do. She also sees how much food is “walked out” each week! She did not need any “training” and had the flexibility to work when needed. She could tell me what she thinks needs done, so I have learned as much from her as she has learned from me.

People have no idea how fortunate we are to have an indigenous woman as our farmer in this part of the country because we didn’t cross the borders — the borders crossed us!

—— Christina Elias, as told to Robert Albee

Note: The Good Juju Garden is at 14th Avenue & 22nd Street; the Mashkiikii Garden Farm is at 13th Avenue & 24th Street in Downtown Ventura Village.

Mashkiikii Gitigan’s Harvest Party Brought Neighbors Together to Work and Feast!

Swept Away!

Ventura Village Board Member Bill Kingsbury recently received a Volunteer Service Award from Wells Fargo’s Chairman and CEO John Stumpf in September, recognizing his service to the Ventura Village neighborhood. Bill was one of about 15 people locally who received the award this year. After receiving the award from Mr. Stumpf, Kingsbury handed him a bottle of honey from Ventura Village bee hive, located on a third story porch at his house. Mr. Stumpf, who grew up on a farm in Piers, Minnesota, later noted that his parents had kept bees. Ventura Village Chair Thor Adam also attended the Community Support Breakfast with Bill, where the award was presented. The award also carries a $1,000 prize that will come to Ventura Village.
Women invited to sing in HOBT’s whimsical, wistful “Between the Worlds”

BY ESTHER OURAY

This is a heartwarming experience and we would love to have you join us from the neighborhood join us. We are happy to announce that In the Heart of the Beast Puppet & Mask Theater will present “Between the Worlds” in December 2015. This joyous, whimsical, wistful and powerful ode to the Longest Night is performed by a choir of 40 women and some puppeteer/movers. Might one of them be you? Performances are December 11-21. We rehearse three times a week throughout November to start learning music. As this beautiful autumn takes hold, it’s nice to know that we will be together to sing in the beauty of the darkness ahead. Join us! If interested or for more info or for actual schedule call 612-721-2535.

Like The Alley Newspaper? Want to help keep it around?

It’s easy to take part in sustaining this “FREE” (printing and paper cost real money) newspaper. Come to the Alley this Saturday, Nov 21, 2015, 2PM-4PM for an Open House and Alley Newspaper Fund Drive. The Alley Newspaper is a vital community-owned and operated media source.

Localy grown and raised foods and natural wellness products since 1972.

Apartments for Rent
21st & 16th Ave. 2 BR $755 + Util.
33rd St. & 1st Ave. Laundry and Family Rm. 2 BR 2 Bath $950. Util. Paid
612-825-6283

WELNA HARDWARE

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Minneapolis, MN 55407
stpaulcreate@gmail.com

The Alley Newspaper • November 2015

WRITERS! ESCRITORES!
Here’s your chance to see your work in print! ¡Sean parte del movimiento creativo de nuestro barrio!

BY SUSAN HAAS, PRODUCING ARTISTIC DIRECTOR/FOUNDER, OPEN EYE THEATRE

“Ilustrar la vida, ilustrar el día” — José Guadalupe Posada, Mexican mural artist and printmaker known for his lazer-like etchings of the Mexico of the 1920s and 1930s.

ON November 12, 2015, the Alley Newspaper—Mpls’ only local, independent, and sustainably operated media source—announced a contest to create a printmaking style woodcut iilustrating the theme “My Comunidad Bonita,” written by Esther Ouray, the Alley’s Communications and Operations Director. The theme is linked to the remembrance of the Day of the Dead and the Mexican and Latino culture. The contest was a success: 27 artists submitted work for consideration. Now, we need you to vote on your favorite woodcuts, which are available online.

Vote online and let us know which one your favorite is. Or, if you visit the Alley the week of December 14-21, you can cast your vote in the office or on the alley newspaper website. You can also submit your own printmaking or woodcut work in any style. The winning works will be printed in the Alley’s 16th edition of the Alley Newspaper. Deadline is December 17, 2015. Go to www.alleynow.org to learn more.

New Community Partnership to Raise Funds for Open Eye!

BY SUSAN HAAS, PRODUCING ARTISTIC DIRECTOR/FOUNDER, OPEN EYE THEATRE

Open Eye’s Arts Education Program is happy to partner with Uptown Plumbing, Heating, and Cooling to keep you warm this winter while you support our 16th season! Make a $50 (or larger) donation to Open Eye and get your furnace tuned up. ($210 value).

Hats off to Uptown Plumbing, Heating & Cooling for giving back to the community! And a big thank you from all of us at Open Eye. 506 E. 24th St. Mpls, MN 55404 612-874-6338 openeyetheatre.org

See Mpls. StarTribune Sept 21st, 2015 Sec.D Pg.1 by Neal St Anthony; “Josh and Sheree Savage go uptown with plmg./htg. St Anthony; “Josh and Sheree Savage go uptown with plmg./htg. to Open Eye and get your furnace tuned up. ($210 value).

St. Paul’s Lutheran Church

“Between the Worlds” in Beast Puppet & Mask Theater will announce that In the Heart of the Hood join us. We are happy to please and we would love to have limited.

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The Great Transition

403 - 221 BC...

The newly developed cupola type furnace emerged like so many mushrooms upon the land. Masses were rallied to the stacks…all available iron was to be sacrificed between layers of glowing coke (i.e., coal). Such was the Warring States Period in Chinese history. June 1979...

I would survive Smith Foundry’s law “cupola campaign.” After which, under an environmental mandate, the beast was put to sleep. A new electric furnance was to draw its power from a coal-fired plant some distance away. Actually, Mother Earth was seen rolling her eyes and shaking her head.

2015...

“When the Clean Power Plan is fully in place in 2030, carbon pollution from the power sector will be 32% below 2005 levels,” so says the EPA. (32%?) Meanwhile, Xcel Energy has announced plans to cut carbon emissions, by 60%, mainly by switching from coal to natural gas.

Earth responds: Hydraulic fracturing is the process of drilling, and high pressure fluid injection, to fracture shale rock and release the natural gas inside. Each fracturing takes 1-8 million gallons of water mixed with sand and approximately 40,000 gallons of chemicals (a “proprietary” mix of carcinogens and toxins). Moreover, the production and distribution of fracked gas releases “vast” amounts of CH4—an even more potent greenhouse gas than CO2. SOUND THE ALARM. Natural gas is not the solution.

Clearly, we must think beyond fossil fuels. A vast infrastructure for wind, solar, hydrogen, and yes, fossil fuels. A vast infrastructure to cut carbon emissions, by 60%, mainly by switching from coal to natural gas.

Analysis

Corcoran Neighborhood about to lose a “Pearl”

BY HARVEY WINJE, CONCEPTS BY STEVE SANDBERG

A cosmetic “shell” hides a “pearl” at 2019 E.Lake St. across from Pioneers and Soldiers Cemetery. It was the factory for Burma-Shave product and sign-age until it moved to Bryn-Mar Neighborhood. The Mpls. School Dist. bought the property to build a Community Education building replacing one at E. Lake St. and Hiawatha sold to Hennepin County.

Corcoran Neighborhood and Lake St. businesses would do well to consider its reuse on a site rather than as landfill.

Perhaps this post and beam Burma-Shave building could invoke re-use sensibilities and be incorporated into a shelter structure for the new Midtown Farmer’s Market two blocks away on 21st Avenue.

Resource of resources is no surprise: the School District demolished Phillips Jr. High School in 2015, “It may be razed/Instead of saved/Say so long to/Burma Shave” by Steve Brandt.

Waste of resources is no surprise: the School District demolished Phillips Jr. High School because it “wasn’t needed”: but bought and renovated Mt. Sinai Hospital three blocks away, four years later! Neighbors had protested in favor of reuse as a community center and/or housing. Neighbors were victorious in saving the 1972 Pool and Gym addition, Sanford Middle School---still being used and currently completing a large addition at 3524 42nd Avenue is exactly like the Phillips School...

Analysis

Councilmember Cano Convenes Discussion between Residents, Business Owners, Law & Order

BY HARVEY WINJE

“In the criminal justice system, the people are represented by two separate yet equally important groups – the police who investigate crime and the district attorney who prosecute...” – Law and Order

Monday night Oct. 26, a State Representative, Mayor’s Staffperson, City Council member and Staff, Crime Prevention Specialists, HN Cty. Chief Public Defender, Hn Cty. Prosecutor, City Attorney, Police leadership and others met with residents and others to discuss community and/or housing.

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“Real poverty is the belief that the purpose of life is acquiring wealth and owning things. Real wealth is not the possession of property but the recognition that our deepest need, as human beings, is to keep developing our natural and acquired powers to relate to other human beings.”

– Grace Lee Boggs
a CHAT of the Backyard Initiative

As we reach this season, we have to take time to see what has come into maturity. As we look at ourselves in the mirror we can be honest about our strengths and weaknesses. What are we setting towards or away from in our daily lives. This is the time of year we study the balance of this season we study the balance within ourselves. The days and nights are coming into balance with each other. As you look into the evening sky during this season notice how the moon and the sun are sharing space together. This is a powerful message for each of us as we prepare ourselves for the dark time associated with the birth of winter’s cold. This is the time from this time of year remember what you planted in the spring and remember what it took to nurture it through the summer. Consider the gift of being balanced and ask yourself: what is my life preparing me for? Answer the previous question with an honest heart. When you see the response you have offered to yourself give yourself permission to harvest the lessons for the time ahead of you. Remember the reward of having days balanced by light and dark. Learn with your heart to explore the known and unknown as you harvest the lessons from this season. This is a time of year when we must be attentive in understanding how we are impacted by activity and inactivity.

Korean Ginseng has been in use for over 5,000 years and is called the ‘King Of Herbs’ due to its energizing and revitalizing effects on the human body. Traditionally, Korean Ginseng had been used as a restorative tonic to increase stamina, restore energy, and relax the body after a long day’s work. Today Korean Ginseng is solely sold all over the world to improve overall energy and vitality, particularly during times of stress and stress. Korean Ginseng contains one of the best adaptogen in improving the body’s overall ability to adapt and cope with the negative effects of physical and environmental stress.

Korean Ginseng is usually grown for 5 to 6 years before being harvested. The roots are usually cooked, preserved with honey, or steamed and extracted into a liquid form. Most Korean Ginseng in the west are consumed either in liquid or capsule form. Clinical studies have shown that, ginsenosides (comes from the from roots, leaves/stems, fruits, and/or flower heads of ginseng), possesses qualities due to the cleansing like qualities, due to the cleansing abilities) found in Korean Ginseng roots can help enhance endurance, reduce fatigue, and improve coordination and reaction time. There is also evidence that Korean Ginseng can boost immune function, helping the body fight off infection during times of stress. In laboratory studies, Ginseng has shown potential in protecting liver and heart health, regulating the function of reproductive hormones, normalizing cholesterol and blood sugar levels, and improving memory and learning.

As we continue to move in our daily lives wondering what is the best path to walk, I make things happen. ~ Victor. I don’t wait for things to happen, I make things happen. I have a reserved power and potential and abilities on examination, I stirred up the dormant potential and abilities on the inside of me, ignited and was tapped into a reserved power and potential and abilities on me. ~ Elder Atum Azzahir

“My self-study journey has helped to revive the ‘true’ me and reclaim purpose, through self-examination, I stirred up the dormant potential and abilities on the inside of me, ignited and was tapped into a reserved power and potential and abilities on me. ~ Elder Atum Azzahir

5,000 Year Old ‘King of Herbs’-KOREAN GINSENG

BYI Resource Center Midtown Global Market
(South edge of the Market)
BYI Resource Center: 612-353-6211

Self-Study on Learning to Listen
Facilitated by Brother Minkara Tezet
Wed., November 4 from 5:30-7:30 pm
Wed., November 11, from 1-3 pm
Wed., November 18, from 5:30-7:30 pm
For more info about self-study contact: minkara.tezet@ppwc.org

The Backyard Initiative (BYI) is a partnership between the Community, the Cultural Wellness Center and Allina Health. The goal of the partnership is to improve the health of the 40,000 plus residents being in the ‘backyard’ comprised by the neighborhoods of Powderhorn Park, East Phillips, Midtown Phillips, West Phillips, Ventura Village, Central, and Corcoran. (see map in upper right corner for area boundaries). There are 10 Community Health Action Teams (CHATs) focused on improving the health through a variety of cultural and community-connecting activities. For more information, call or visit the Backyard Initiative Information Center at the south entrance of the Midtown Global Market, 920 East Lake Street, 612.353.6211.