

## Housing Justice in Corcoran Neighborhood: The Threat of Gentrification

Joe Hesla | Corcoran Resident

Yesterday, I biked down to the 3100 block of 22nd Avenue to attend a rally for housing justice.

On that block in several large apartment buildings, tenants live in apartments that need pest control and have repairs that are not being made.

The owner of these properties is Steve Frenz, a notorious slumlord with many citations related to his sorry treatment of tenants. The concern is that Frenz will sell these buildings on the open market which means selling it to an entity that will develop the apartments for market-rate prices.

This is bad on several levels. It means that hundreds of people would have to try to find another place to live, in a brutal rental housing market. The average rent in Minneapolis is \$1400 a month. These folks would be looking for new places to call home at a time when many of the new apartments now being built are market rate apartments.

An article by Ginger Jentzen reports that Minneapolis has given out over \$1 billion in construction permits in recent years. New luxury developments are consistently among the most expensive projects.

In the last two years, rents have increased at a disturbing rate. This will gentrify our neighborhood. Higher-income people will increasingly move in and displace working class and poor people. It will likely yuppify the business node at Hiawatha and Lake.

Standing with the poor is the right thing to do. But it's more than that. Gentrification is a dire threat to our way of life here in Corcoran. We

will lose some of our precious diversity if these apartments are filled with high income people. In addition, rising property taxes will make this neighborhood unaffordable for many of our homeowner neighbors, who already struggle to pay their taxes.

Blue Line Flats is an affordable apartment complex between 31st and 32nd streets, just off Hiawatha Avenue. Someone who lives there told me that the owner will be able to convert all of those apartments to market rate just a few short years from now. That means more dislocated families and lives. It means more radical gentrification.

The book "How to Kill a City" by Peter Moskowitz reveals the massive forces that are spreading gentrification at an alarming rate in cities across the country. Gentrification is an invasive species. It reinforces and worsens the terrible economic inequity and systemic racism that is crushing people in Minneapolis.

Call Mayor Jacob Frey (612-673-2100) and our city council representative, Alondra Cano (612-673-2209). Tell them to make affordable housing the number one priority. And to keep Blue Line Flats affordable.

Minneapolis should consider rent control. Maybe we need all new housing in the city to be publicly owned. We can put a large new tax on developers that are putting in market rate housing and use it to help the city buy and manage affordable housing.

I know many of us are hopefully awaiting the midterm elections. We hope that the city council and mayor we just elected will solve our problems. I understand the tendency to

*continued on page 3*

## Justicia de la vivienda en el vecindario de Corcoran: La amenaza de la gentrificación

Joe Hesla | Residente de Corcoran

Ayer, viajé en bicicleta hasta la cuadra 3100 de la avenida 22 para asistir a una manifestación por la justicia de la vivienda.

En ese bloque en varios edificios de apartamentos grandes, los inquilinos viven en apartamentos que necesitan control de plagas y tienen reparaciones que no se están realizando.

El propietario de estas propiedades es Steve Frenz, un notorio terrateniente con muchas citas relacionadas con su lamentable trato con los inquilinos. La preocupación es que Frenz venda estos edificios en el mercado abierto, lo que significa venderlo a una entidad que desarrollará los apartamentos a precios de mercado.

Esto es malo en varios niveles. Significa que cientos de personas tendrían que tratar de encontrar otro lugar para vivir, en un brutal mercado de viviendas de alquiler. El alquiler promedio en Minneapolis es de \$ 1400 por mes. Estas personas estarían buscando nuevos lugares para llamar a casa en un momento en que muchos de los nuevos apartamentos que se están construyendo ahora son apartamentos de tasa de mercado.

Un artículo de Ginger Jentzen informa que Minneapolis ha entregado más de \$ 1 mil millones en permisos de construcción en los últimos años. Los nuevos desarrollos de lujo se encuentran consistentemente entre los proyectos más costosos.

En los últimos dos años, los alquileres han aumentado a un ritmo inquietante. Esto aburguesará a nuestro vecindario. Las personas de mayores ingresos se mudarán cada vez

más y desplazarán a la clase trabajadora y la gente pobre. Probablemente yuppify el nodo comercial en Hiawatha y Lake.

Estar de pie con los pobres es lo correcto. Pero es más que eso. La gentrificación es una amenaza grave para nuestra forma de vida aquí en Corcoran. Perderemos parte de nuestra preciosa diversidad si estos apartamentos están llenos de personas de altos ingresos. Además, el aumento de los impuestos a la propiedad hará que este vecindario sea inaccesible para muchos de nuestros vecinos que ya tienen dificultades para pagar sus impuestos.

Blue Line Flats es un complejo de apartamentos asequible entre las calles 31 y 32, justo al lado de Hiawatha Avenue. Una persona que vive allí me dijo que el propietario podrá convertir todos esos apartamentos a la tasa de mercado dentro de unos pocos años. Eso significa familias y vidas más dislocadas. Significa una gentrificación más radical.

El libro "Cómo matar una ciudad" de Peter Moskowitz revela las enormes fuerzas que están propagando la gentrificación a un ritmo alarmante en las ciudades de todo el país. La gentrificación es una especie invasora. Refuerza y empeora la terrible inequidad económica y el racismo sistémico que está aplastando a la gente en Minneapolis.

Llame al Alcalde Jacob Frey (612-673-2100) y a nuestro representante del Concejo Municipal, Alondra Cano (612-673-2209). Dígales que hagan de la vivienda asequible la prioridad número uno. Y para mantener Blue Line Flats asequible.

*continúa en la página 3*

CORCORAN NEIGHBORHOOD ORGANIZATION  
3451 CEDAR AVE S.  
MINNEAPOLIS, MN 55407

NONPROFIT ORG  
US POSTAGEPAID  
TWINCITIES MN  
PERMIT30308



EVERY SATURDAY AND TUESDAY

The Midtown Farmers Market has many volunteer needs, see page 6 for more information, or sign up here:  
[midtownfarmersmarket.org/join-us/](http://midtownfarmersmarket.org/join-us/)

CADA SÁBADO Y MARTES

El Midtown Farmers Market tiene muchas necesidades de voluntariado, consulte la página 6 para obtener más información o regístrese aquí:  
[midtownfarmersmarket.org/join-us/](http://midtownfarmersmarket.org/join-us/)



Septiembre y Agosto - Calendario Comunitario | September & August - Community Calendar

Meetings

**Thursday, August 2<sup>nd</sup>  
& Thursday, September 6<sup>th</sup>**  
**Land Use & Housing Committee Meeting**  
**6:30 – 8:30pm**  
Monthly meeting of residents working together to protect and improve the built environment in Corcoran.  
> Questions?  
info@corcoranneighborhood.org - 612-724-7457  
Location: CNO office, 3451 Cedar Ave S

**Thursday, August 16<sup>th</sup>**  
**2225 E Lake Oversight Meeting**  
**7:30am**  
Location: CNO office, 3451 Cedar Ave S

**Monday, September 3<sup>rd</sup>**  
**Newspaper Committee**  
**6 – 7pm**  
Monthly meeting with the paper comittee and interested parties to plan the next bi-monthly edition of the Corcoran News.  
> Questions?  
news@corcoranneighborhood.org  
Location: CNO office, 3451 Cedar Ave S

**Wednesday, August 22<sup>nd</sup>**  
**Midtown Farmers Market Advisory Committee Meeting**  
**6 – 8pm**  
Monthly meeting of residents working together to support market staff in identified areas of need including fundraising, communications, operations, outreach and partnerships, and on-site support.  
> Questions? Contact Mallory Forseth  
mallory@midtownfarmersmarket.org - 612-724-7457  
Location: CNO office, 3451 Cedar Ave S

**Tuesday, August 21<sup>st</sup>  
& Tuesday, September 18<sup>th</sup>**  
**Economic Development Committee Meeting**  
**6 – 7:30pm**  
Monthly meeting of residents working together to build a retail environment that is fully-occupied, stable, and responsive to residents’ needs through strategic support and collaboration with property and business owners.  
> Questions? Matt Kazinka  
info@corcoranneighborhood.org - 612-724-7457  
Location: CNO office, 3451 Cedar Ave S  
  
corcoranneighborhood.org - 612-724-7457  
Location: CNO office, 3451 Cedar Ave S

Community

**Wednesday, August 1<sup>st</sup>  
& Wednesday, September 5<sup>th</sup>**  
**COPA Meeting**  
**7 – 9pm**  
August meeting: We will be reveiwing the last Artcrawl and start making plans for ways to expand activities for COPA  
> Questions? Contact Chris Sutton,  
rococodada@aol.com or copaartcrawl@gmail.com  
Location: Please contact for each meetings location

**Tuesday, August 7<sup>th</sup>**  
**5pm**  
**Market AC Communications Sub-Committee Meeting**  
@ The Midtown Farmers Market Info Booth

**August 7<sup>th</sup>,**  
**National Night Out**  
**Evening (varies by block)**  
> See article on page 7 for more information.

**August 27<sup>th</sup>**  
**Minneapolis Public Schools**  
**First day of school**

**Saturday, August 29<sup>th</sup>**  
**Neighborhood BBQ (Free)**  
**6 - 7:30pm**  
Vine Church (22nd Ave & 33rd St)

**September 3<sup>rd</sup>**  
**Labor Day**

**September 17<sup>th</sup> - 22<sup>nd</sup>**  
**Litter be gone week!**  
> See page 5 for more info

**Mondays**  
**Zumba w/Bernice at Powderhorn Park Gym**  
Hosted by out in the backyard - oiby  
The heat is on every monday - free zumba at powderhorn park!!! Clase gratis en powderhorn!  
> Go to https://www.facebook.com/pg/outinthebackyard/events/ for more OUT in the Backyard events, including Yoga & Hiphop dance.

**Corcoran Churches Sunday Services:**  

- 9:30 a.m. Lebanon Lutheran (21st Ave & 36th St)
- 10:15 a.m. Vine Church (22nd Ave & 33rd St)
- 11:00 a.m. Spiritual Life (21st Ave & 36th St)
- 11:00 a.m. Casa del Rey (21st Ave & 36th St)
- 4:30 p.m. Lirio de los Valles (21st Ave & 36th St)

Events

**Saturday, August 18**  
**Taco Sale**  
**10am-5pm**  
Lirio de los Valles (21st Ave & 36th St)

**Saturday, September 8<sup>th</sup>**  
**Midtown Farmers Market - East**  
**African Cultural Celebration**

**Saturday, September 15<sup>th</sup>**  
**Midtown Farmers Market -**  
**Festival del Maiz**

**Sunday, September 16<sup>th</sup>**  
**Corcoran Family Octoberfest**  
**Noon – 6pm**  
Local Family Block party event with music, games and food from local Corcoran businesses.  
> Location: 23rd Street & 35th Avenue

**Sunday, Sept 23<sup>rd</sup>**  
**Midtown Farmers Market Fall Fundraiser Brunch**  
**10am-1pm**  
At Moon Palace Books  
Silent Auction, Food & Coffee. Tickets will be available at the CNO office, and online soon!  
> Location: 3032 Minnehaha Ave

**Noteworthy & Upcoming Dates:**  
**August 14<sup>th</sup>**  
**MN Primary Elections**

**August 15<sup>th</sup>**  
Deadline for filing for MN property tax refund

**Saturday, October 6<sup>th</sup>**  
**Midtown Farmers Market - Indigenous People's Day**

**November 6<sup>th</sup>**  
**General Elections**

Corcoran Watch Update

Shawn Kinzel-Auer | Corcoran Neighbor and Block Leader  
  
Due to changes with the Minneapolis Police IT systems, there will be no Corcoran Crime Map or statistics for this issue of the paper. Corcoran Watch will return as soon as the we are able to get the desired information.

Corcoran News

<b>Editor</b> DeAnna Miller	<b>Publisher</b> CNO Board (listed right)
<b>Other volunteers</b> Mary Bue Timothy Cameron Shawn Kinzel-Auer Kelly Savage Russ Grigsby	<b>Advertising</b> info@corcoranneighborhood.org
<b>Layout</b> Lorien Kinzel-Auer	<b>Circulation</b> 1,800 mailed
	<b>Printing</b> Cannon Valley Printing
	<b>Next edition</b> Deadline: July 20th
	<b>Article Word Count</b> Suggested Limit: 300 words <i>Viewpoints are those of the writer and may not reflect the views of CNO or its funders.</i>

Published by the Corcoran Neighborhood Organization  
3451 Cedar Ave S, Minneapolis

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Chris Sutton, COPA Chair  
Dillon Fried, At Large  
Aubrie Gould, At Large

**Upcoming board meetings**  
  
Thursday, August 9 at 7 pm  
  
Thursday, September 13 at 7pm  
  
Location: 3451 Cedar Ave S

Submissions or for more information:  
news@corcoranneighborhood.org, ph# 612-724-7457

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# Squirrels on the Loose

## A short work of fiction

Angel Arcos | Corcoran Resident & Youth Writer

Last October, as I was riding my bike to basketball practice, a giant squirrel whose head was the size of a basketball jumped down from an oak tree and landed right in front of me in the street. He glared at me with his arms crossed. I swerved to avoid him, but he blocked my way. So I turned my bike around and rode the opposite direction. As I turned the corner at the end of the street, another squirrel jumped out from a bush. I swerved around him so quickly that I almost fell off my bike. Outside the gym, another squirrel darted across my path. I jerked to a stop so hard that I flipped over my handlebars. Luckily, I landed on my feet. I was so upset that I chucked a rock at that squirrel as he ran off.

In the locker room, I told my teammates what had happened. Johnny, our team captain, had been riding his BMX at the skate park the day before when a giant squirrel appeared at the top of the ramp, daring him to land on him. At Dairy Queen, a squirrel chewed Kyle’s front tire for not sharing his hot fudge sundae with nuts. Everyone had a story.

The next day that we had practice, I snuck out my back door and down the alley. I heard a rustling noise in the bushes. The giant squirrel ran out from a bush and chased me down the alley. I nearly ran into a car that was backing out of a garage. Squirrels emerged from every bush in the alley. The giant squirrel with a basketball head ordered them to chase me. I turned onto the street, shifted into third gear and sped down the hill.

At the gym, when I told the team, everyone else had another story to tell. Squirrels jumping onto their backpacks to hitch a ride. Squirrels doing acrobatics on handlebars to keep the boys from unlocking their bikes. The stories were worse with each retelling. So we devised a plan to trick those pesky squirrels. Johnny told us his dad, who was a scientist, had invented a syrup that makes animals burp and jump constantly. We gathered acorns after practice and rode to Johnny’s house, where his dad helped us dip the acorns in the burping syrup. Each of us took a pile of acorns home and scattered them in the bushes around our houses.

The next morning, I found a pile of acorns on my front porch. The giant squirrel was holding his belly and laughing at me from a branch in the oak tree on the boulevard. All my teammates had failed to outsmart those pesky squirrels as well. That night, Johnny’s dad helped us implement the next scheme: peanut shells filled with chocolate peanut butter infused with the burping syrup. The smell of chocolate that filled the room was so delicious that we were almost tempted to taste the bait for ourselves. Each teammate took a baggie full of bait home, climbed up into trees with squirrels’ nests and tossed the bait into the nests.

The next morning, we all awoke to hear crows jumping from branch to branch, like jackrabbits stuck in trees, outside our windows. Squirrels stood in the branches, laughing hysterically at us like monkeys and sticking out their tongues. Johnny threw a shoe out his window at one squirrel. Kent flung stones with his slingshot, but the squirrels jumped from branch to branch so quickly he couldn’t get a good shot. I ran outside and sprayed them with the hose, but then they sailed down from the trees, scurried past me and chewed the hose in two.

The next time we met, we brainstormed our final attempt at outsmarting those obnoxious squirrels: banana walnut muffin stink bombs. This time, we recruited Johnny’s mom, who owns a bakery, to help us bake them at her shop early in the morning before our next practice. Each boy carried a dozen muffins in a pouch hanging from the handlebars of his bike. The smell of bananas and walnuts was so strong that squirrels emerged from every bush and followed us the whole way to the park like mice following the Pied Piper.

Johnny counted, “Three...Two...One.....BOMBS AWAY!” We threw muffins at the squirrels in the park and sped away as quickly as possible. From a safe distance, we watched squirrels jump out of trees and wrestle each other for the muffins. As soon as they bit into the muffins, “BOOM!” The muffins exploded in their faces and squirrels fainted all over the park. Downwind, we caught a whiff of a stench like horse manure and rotten bananas.

We rode to practice, laughing all the way to the gym.

From then on, those obnoxious squirrels could be seen chasing skateboarders through the town, but they never dared to mess with another one of us bikers again.

Angel Arcos will be entering 11th grade this fall.

## Front Page Continued

have those hopes.

But this is about us, not our elected officials. We have to solve this terrible housing problem. We have to think together to understand the forces that are driving gentrification. We have to understand that the fate of the renters on 22nd Avenue is our fate. The flood waters are rising. They may not be reaching you now, but eventually they will. We can’t escape by hoping that our economic situation, or our privilege will save us. We have to fight.

We have to fight for our neighbors, our neighborhood and our rich, diverse way of life.

# New Construction in Corcoran

Russ Grigsby | Corcoran Resident



Construction of a side-by-side duplex at 35th St & 20th Ave

Along with the abundance of new commercial construction occurring on the outskirts of our neighborhood, take a gander through Corcoran’s interior to discover exciting new residential development as well. The long-empty lot at 35th and 20th has been purchased and is seeing the construction of a side-by-side bungalow. It was previously a fourplex that had burned down.



Construction of a single dwelling home (3500 block of 20th Ave)

From 35th Street, head south on 20th Avenue to find construction of a single dwelling home mid-block. The lot recently held a 1907 property that was sold and demolished to make room for the new construction. OLL Properties owns this and it is being constructed by Calco Homes.

## Página delantera Continúa

Minneapolis debería considerar el control de alquileres. Tal vez necesitamos que todas las viviendas nuevas en la ciudad sean de propiedad pública. Podemos aplicar un gran impuesto nuevo a los desarrolladores que están colocando viviendas a precio de mercado y las usan para ayudar a la ciudad a comprar y administrar viviendas asequibles.

Sé que muchos de nosotros estamos esperando las elecciones de mitad de período. Esperamos que el ayuntamiento y el alcalde que acabamos de elegir resuelvan nuestros problemas. Entiendo la tendencia a tener esas esperanzas.

Pero esto se trata de nosotros, no de nuestros funcionarios electos. Tenemos que resolver este terrible problema de vivienda. Tenemos que pensar juntos para comprender las fuerzas que están impulsando la gentrificación. Tenemos que entender que el destino de los inquilinos en la avenida 22 es nuestro destino. Las aguas de la inundación están aumentando. Puede que no te estén llegando ahora, pero eventualmente lo harán. No podemos escapar esperando que nuestra situación económica o nuestro privilegio nos salve. Tenemos que pelear.

Tenemos que luchar por nuestros vecinos, nuestro vecindario y nuestra rica y diversa forma de vida.



Princess teaching the story of Zacchaeus the tax collector.

# 5 Day Club in Corcoran

Russ Grigsby | Corcoran Resident

For the seventh summer in a row, Lebanon Lutheran Church hosted a 5 Day Club for the children of our community at Corcoran Park. It was an action packed time of fun, games, and Bible lessons for ages 3-12. Though geared for younger children, even 12 year old Nakayla commented, “I learned a lot about Jesus and how much He loves me.” For more information, contact Lebanon Lutheran at 729-7356.



When it rained, the trees next to the Rec center provided an extra level of cover.



“Don’t get caught!” The Corcoran field doubles as a tag zone.



Even Corcoran’s smallest were able to participate in their own way.



Parachute games are always a highlight of the week.



# Business Spotlight: Bill Oliver – Realtor

Kelly Savage | Corcoran Neighbor & Volunteer

612-708-0200  
BillOliverSells@gmail.com



I recently met Bill at a local business mixer. He wore a big smile on his face and was really easy to talk to, so I wasn't surprised to find out he was in the service industry. Leaving his background in psychology and photo journalism, he started selling houses part-time about six years ago. Realty has now become his full-time job. You immediately feel his passion for the industry, for helping first time buyers, and putting an extra effort into getting a high return on his seller's investment.

Whether you are looking to buy or sell, Bill can deliver. Using his photojournalism background, he is able to take beautiful photographs to make any listing more enticing. He works with professional stagers who assess a house and make suggestions to increase buyer interest and heighten the curb appeal. Bill is also a landlord and house flipper. This means he can refer you to competent tradesmen if you need help either getting your house ready for sale or with updates on a newly purchased home. He has obtained a GRI (Graduate, REALTOR® institute) certification which is nationally recognized. It ensures he has advanced knowledge in the real estate business, as well as professionalism and the highest level of ethics.

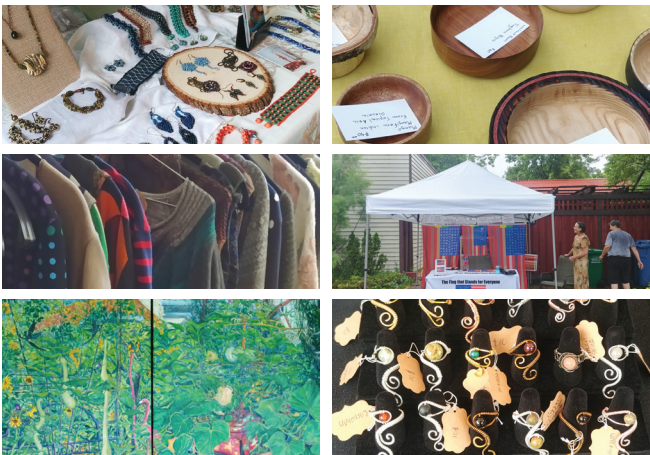
If you are looking to sell any time in the next five years, feel free to call Bill. His free consultation could help get you started so you aren't scrambling to paint, repair and refresh all at the last minute. For Corcoran residents, Bill is unique because not only did he live here while he went to college, but after a few years in Minnetonka, he chose to move back to Corcoran 16 years ago. Just 12 years ago, he was the buyer looking for homes in this neighborhood. He loves Corcoran and has seen it through a lot of changes over the last couple of decades. He can bring that knowledge to your sale or help you find a perfect house for you within the neighborhood – whichever you may need.

You can reach Bill at 612-708-0200 or BillOliverSells@gmail.com.

## COPA's June Bug Artcrawl

Lori Kiznel-Auer | COPA member

Despite some lousy weather, the Junebug Artcrawl went ahead with their plans. Our artist had some amazing items for sale. If you would like to become involved with COPA as we try to expand our activities beyond the crawl contact us at [copaartcrawl@gmail.com](mailto:copaartcrawl@gmail.com).



# Hayford Auto 2.0

Russ Grigsby | Corcoran Resident



In front of a re-vamped Hayford Auto: Ajmal, Pasha (New Owner), Garcia, Sam, and Matthew (not pictured)

After fourteen years, Sam Mulari has transferred ownership of Hayford Automotive to a man named Pasha, who has the same heart for serving the neighborhood, but with a fresh energy and zeal, that Sam says, "Quite frankly I had lost in the midst of all the stress of running the business." Having been released from ownership, Sam is excited to spend more time doing what he does best, interacting with customers. Pasha is good friends with the owners of Winner Gas station across the street, who also have a love for the neighborhood. When they approached him about Hayford, he jumped at the opportunity. His desire is to preserve the goodwill that this automotive shop has fostered since its inception. Hayford's hours continue to be 9-5pm, Monday thru Saturday, but they remain willing to adjust with customers based on need. Pasha is offering Corcoran residents a \$30 regular oil change with filter and free inspection for the month of August.

## Corcoran Community Garden

The Community garden is full of blooms right now!



# Thompson Exteriors

Russ Grigsby | Corcoran Resident



Peter Thompson in front of a recent job at Lebanon Lutheran

It has been an extremely busy year in this "seller's market" for Corcoran resident Peter Thompson, owner of Thompson Exteriors. High demand has made it tempting to expand his business, yet Peter is committed to remaining small. "The bigger you get, the less control you have over your product," he said, "and I want to make sure we are delivering the best product out there."

In 2000, Thompson remodeled a 1912 home in Corcoran where he resides today. He has a storefront showroom on Cedar and 38th Street, which helps keep 90% of his business local. Peter says that gives him a niche in South Minneapolis explaining, "These are difficult houses, old architecture. They don't have proper ventilation ... a lot of ice dams, and we have solutions to correct that."

Because Thompson Exteriors serves such a small radius, Thompson can personally manage the job from start to finish, making sure everything is done right. "Having been in business since 1990, I have established a level of trust with the community," he said, "and I take pride in maintaining that trust."

For a free estimate or to find out more, visit: [thompsonexteriors.com](http://thompsonexteriors.com) or call 612-722-8428.



Assessing damage on an old chimney.

Taking measurements atop the church roof.





# Ice Cream Social

Russ Grigsby | Corcoran Resident

On a beautiful evening in July, the Corcoran community gathered around ice cream, a movie, a bounce house, lawn games, and even a live snake! Bullwinkle the bull snake arrived just in time as Raiders of the Lost Ark, which had been canceled due to inclement weather the previous two years, finally played!



Top: Harrison Ford, delighting the audience.

Below: Bullwinkle may look scary, but Sara shows how his predatory behavior is actually helpful to humans, who are not part of his diet!



# Corcoran Park Happenings

Dillon Clements | Corcoran Park Director



Corcoran Park has a variety of fall programs now available for sign up.

## Music

- Guitar: Mondays 6 p.m. - 6:30 p.m.
- Drums: Tuesdays 6 p.m. - 6:30 p.m.

## Preschool

Tuesdays, Wednesdays, Thursdays 10 am - 3 pm.

## Afterschool

Mondays - Fridays, 2:20 p.m. - 6 p.m.

The kids do a variety of activities, get a snack and get homework help.

## Soccer

Soccer Fundamentals ages 3 - 5: Mondays 6 p.m. - 7 p.m.

- 6U ages 5 - 7 Wednesdays 5:30 p.m. - 6:30 p.m. and Saturdays 9:30 a.m. - 11:30 a.m.

- 8U ages 6 - 9 Wednesdays 6:30 p.m. - 7:30 p.m. and Saturdays 9:30 - 11:30 a.m.

## Flag football

- 10U program: Birthday must fall between 11/16/07 - 11/15/09
- 12U program: Birthday must fall between 11/16/05 - 11/15/07

## Kids baking

Run by a Le Cordon Bleu trained pastry chef. Ages 7 - 14, Tuesdays 5:45 p.m. - 6:45 p.m.

## Kids cooking

Ages 7 - 14, Tuesdays 5:45 to 6:45 that will follow after the baking program ends.

## Archery

Ages 8 - 15, Tuesdays 6 p.m. - 7 p.m.

## Family Zumba

Mondays and Wednesdays, 5:30 p.m. - 7:30 p.m. and Fridays 4:30 p.m. - 6 p.m.

## Adult martial arts

Tuesdays 5:30 p.m. - 7 p.m.

## Bojutsu

Free during the school year; ages 14 and up, Thursdays 7 p.m. - 8 p.m.

Come check out some of the many awesome programs we offer. If you have questions please call at 612-370-4919 or email at [FDCorcoran@minneapolisiparks.org](mailto:FDCorcoran@minneapolisiparks.org)



Leslie in front of the Corcoran Pool

# Keeping Corcoran Park Maintained

Russ Grigsby | Corcoran Resident

Our Corcoran Park is looking well maintained this summer, thanks in part to funding from the 20-Year Neighborhood Park Plan (NPP20) that aims to help address racial and economic equity. Additionally, Corcoran is receiving a little extra TLC, thanks to Leslie Bayerl, a former 911 operator who has taken a special liking to our park. Leslie has committed herself to maintaining Corcoran in a way that goes above and beyond what the park board requires. “She has even personally overseen the landscaping,” says Dillon Clements, Recreation Facility Specialist. If you happen to see Leslie, be sure to tell her thanks!

## Wading Pool hours:

10 am - 9 pm daily

Memorial Day through Labor Day

If the temperature is 85 degrees or warmer at 6 p.m., wading pools will stay open until 10 p.m.

# Litter Be Gone Week

Sean Gosiewski | Corcoran Resident and GROWS Member

Hello Neighbors! Sign up to clean up your blocks during Litter Be Gone Week Sept 17 to 22

Hello Neighbors! Sign up today to help clean up litter from our blocks and high litter areas in our neighborhood during Litter Be Gone Week Sept 17 to 22 online at [www.litterbegone.org/](http://www.litterbegone.org/)

Corcoran GROWS has signed up 30 Corcoran Neighbors to be Adopt A Drain volunteers to clean trash, sticks and leaves out of the storm drains on their block to help reduce pollution run off into the Mississippi and into Lake Hiawatha.

As a follow up to this effort, we invite you to talk with your neighbors at your National Night Block party on Tuesday, August 7, about picking a time during the week of Sept 17 to 22 to work together and clean up litter on your block.

Clean-up team captains who register their clean ups at [www.litterbegone.org/](http://www.litterbegone.org/) will receive a free Chinook Book, and clean-up participants who sign in or report the litter they pick up at [www.litterbegone.org/](http://www.litterbegone.org/) will receive a coupon to receive a free coffee or beer at a local business.

Please call or email me Sean Gosiewski 612 250-0389 or [sean@afors.org](mailto:sean@afors.org) (Corcoran GROWS member and block club volunteer) and/or sign up online at [www.litterbegone.org/](http://www.litterbegone.org/) if you can help to clean up litter on your block, and/or want to help clean up a litter “hotspot” in our neighborhood.

Then mark your calendar for early November to rake off any leaves from your curb that are left after the city street sweepers come by and before the snow flies! Please compost the leaves or put them in your alley in a yard waste bag. We don’t want leaves and trash mushing down on our streets all winter, becoming a toxic sludge. THANKS!





# The Midtown Market Needs You!

Kate Sheldon | Assistant Manager, Midtown Farmers Market

## Join us! Volunteers are still needed for:

- Market Operations and Community Engagement - **3-4** hour shifts every Saturday to assist with things like staffing the info booth, token sales, customer service, set-up and tear-down of the market, photography, customer counts, fundraising, volunteer recruitment, and community engagement. Bring a friend or family member and make a day of it!
- **Special Projects** - we could use some expert help with things like photography, writing stories about our vendors, fundraising, event planning, community organizing, data management, community outreach, carpentry, and other special projects.

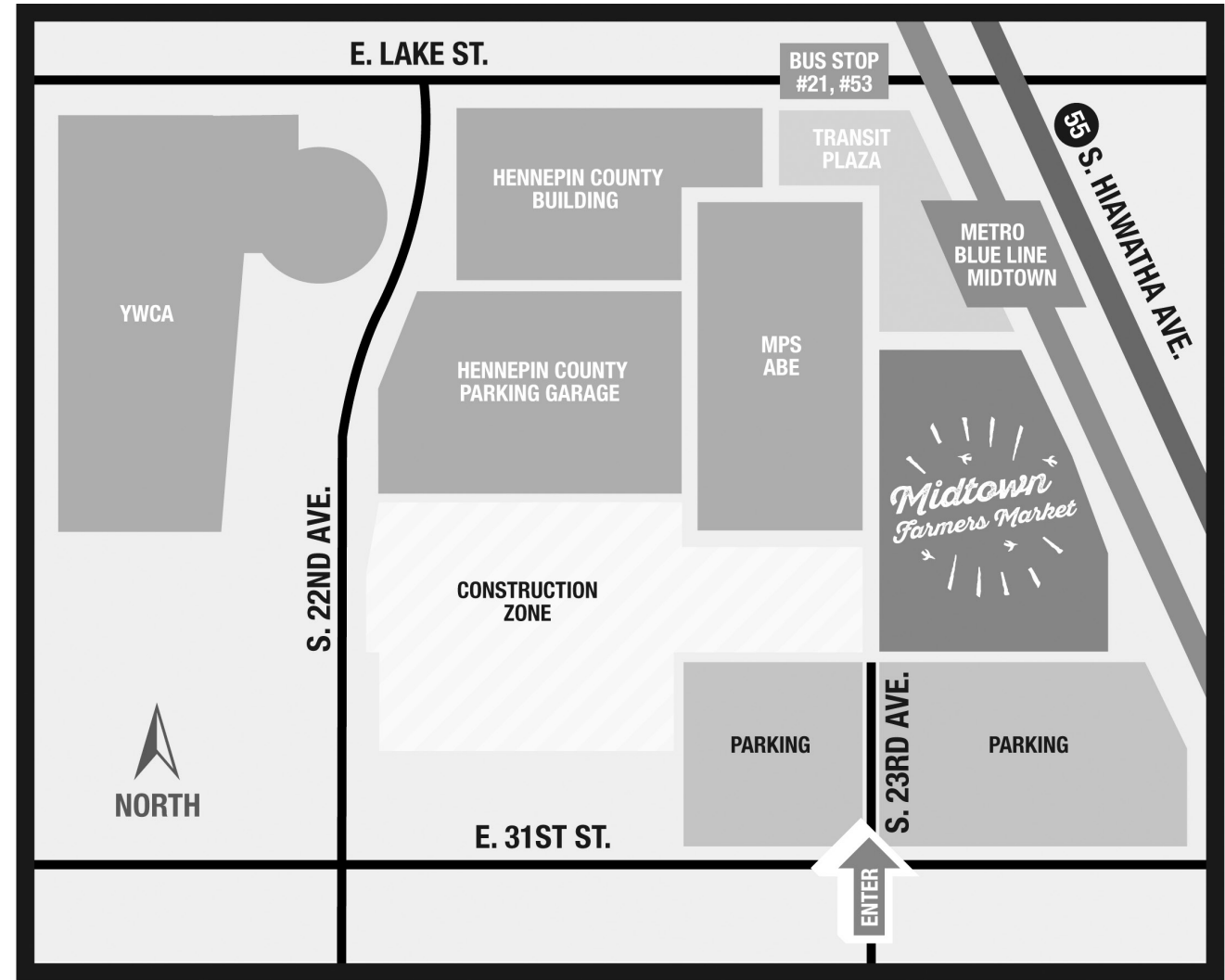
## Here’s how else you can help:

- **Show Up.** Come out to the market. Come often. Bring friends. Support our amazing vendors, shop your values, and invest in our local economy. #FeedtheCarrot a few bucks or share a #MidtownMarketMoment while you’re there -- give what your means allow. Come this season, and come to our second interim location next season. We and our vendors need your support at every step along the path to the plaza.
- **Speak Up.** Tell others about the market. Make your coffee dates and play dates at the market -- that is why we’re here. Help spread the word about the development, and about its opportunities and challenges. Tell others where we’ve been and where we’re headed. Share your thoughts about the plaza design in our community engagement process later this season.
- **Stay Tuned.** Subscribe to our newsletter or sign up to be a Market Ambassador at [midtownfarmersmarket.org](http://midtownfarmersmarket.org) to stay in the loop about news, 2019 location, and ways you can help ensure the Midtown Farmers Market continues to bring fresh local flavor to ALL in our community for many seasons to come.

Visit [midtownfarmersmarket.org/join-us](http://midtownfarmersmarket.org/join-us) for more information or to sign up.

# The Midtown Farmers Market is still running every Saturday 8am to 1pm and Tuesday 3pm to 7pm.

Located at E31st St & 23rd Ave S. Minneapolis, MN 55407



## Farmer’s Market Recipes

Alissa Fountain | Corcoran Resident & MFM Fan

Corcoran resident Alissa Fountain is a huge fan of the Midtown Farmer’s Market. “I am making stuff with farmer’s market fruit and veggies every weekend,” she says. “I made the jam using blueberries and honey from the farmer’s market and it was amazing. You can make a phenomenal grilled cheese with this jam and extra sharp cheddar from the Ellsworth cheese guy! I’ve gotten lavender from the market before, too, but if you’re using a variety that has a very strong lavender flavor, you may way to use just half the amount listed, at least to start.”

### Easy Blueberry Lavender Chia Jam

Yield: Makes about 1 ½ cups

Total time: 30 minutes

Ingredients:

- 1 ½ cups fresh blueberries
- 1 tablespoon dried culinary lavender
- ¼ cup water
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 2 tablespoons chia seeds

#### Directions:

Place the blueberries, lavender, water and honey in a saucepan and heat it over medium-low heat. Cook until it’s simmering and the blueberries break down, about 10 to 12 minutes, stirring occasionally. Remove it from the heat and let it cool slightly. Stir in the vanilla extract.

Stir in the chia seeds and let the mixture sit at room temperature for 20 to 30 minutes. Stir once or twice. At this point, you can stick it in the fridge (it will thicken up even more as it sits) or use it as you please! Store it in a sealed container in the fridge for about a week.

### Easiest Fridge Dill Pickles

You can tweak these in any number of ways. You can add a couple cloves of garlic, lightly crushed but still inside their skin. You can use 1/2 to 1 teaspoon dill seeds instead of the fresh dill or 1 tablespoon of pickling spice, if you prefer that flavor. You could add all or a part of one white onion, sliced paper thin (use one less Kirby to compensate for volume). You can add a bay leaf or two. But, for us at least, the treat is how you can skip all of the above and still make a perfect pickle snack. With four ingredients, they couldn’t be easier.

If you can’t find kirbys, seedless cucumbers or really any will work! But they’ll probably be less crunchy.

Ingredients:

- 8 larger or to 10 smaller firm, fresh Kirby (pickling) cucumbers
- 3 – 5 teaspoons kosher, coarse or pickling salt. *If this is your first time making them, use the smaller amount. A little salt goes a long way!*
- 1 to 2 tablespoons chopped fresh dill  
1/2 cup white vinegar

Slice your cucumbers very thin — I used 1/8-inch slices here but usually go even thinner on a mandoline. Place them in a 1-liter or equivalent lidded jar. Add your 3 teaspoons salt and dill, then pour in white vinegar. Close the jar and give it a few shakes to begin distributing the ingredients.

You’re going to worry that the liquid level in the jar is low as it is well below the pickle pile line, but don’t fret. Within an hour or two, the salt will draw the moisture from the cucumbers and wilt them, while the liquid becomes a perfectly balanced pickle brine.

Place jar in the refrigerator near the front, which should remind you to shake it once or twice more over the new few hours. (Or whenever you’re back at the fridge.) You can them as little as 1 to 2 hours later, but they become ideal at 6 to 8 hours. They’ll keep in the fridge, submerged in their brine, for 3 weeks.





# CNO Board Of Directors Meeting

## Thursday, June 14<sup>th</sup>, 2017, 7 – 8 pm at CNO, 3451 Cedar Ave. S.

**Attending:** Flannery Clark, Ellie Watkins, Adam Tomczik, Matt Kazinka, April Riordan, Mike Novak, Lori Kinzel-Auer, Dillon Fried, Aubrie Gould, Alicia Smith (staff)

**Absent:** Lisa Barajas, Marvin Applewhite, Chris Sutton

**7:05 Call to Order and Introductions (Flannery)**  
\*Indicates supporting materials in Board Packet

**A.Present: Flannery, Adam, Mike, Lori, Matt, Ellie, Aubrie, Dillion**

**B. 7:00 Call to Order and Introductions (Flannery)**

**C. 7:05 Executive Update (Alicia)**

**D.Midtown Farmers Market:**  
Planning a community meeting to discuss temporary and permanent home for the market. Elected officials and city/county staff will be invited, hoping to host at the Hennepin County building in July.

- Please sign up for volunteer shifts at the Farmers Market, need for more volunteers!

**E.-Accountant has been hired and is getting reports in order.**

**7:20 Committee Updates**

**F. Land Use & Housing**

--Resolution regarding 1901 East Lake Street. DJR has presented a redraft of their proposal. There will be a clinic or retail on the ground floor. There will be 57 units studio + 1bedroom. Includes 20-25 parking spaces. Requesting CNO support so they can purchase adjacent city owned lot. Adam moved, Dillion seconded that letter be written supporting the proposed development.

**G. Midtown Farmers Market Advisory Committee:**

-- Planning a booth for July 22nd Open Streets to promote community support for the MFM.

**H. Newspaper deadline – July 20.**

**I. Economic Development**  
12-14 vendors for 2 summer market “TRY IT” appearances

**J. Support new entrepreneurslorie class**  
**Announcements:**

- 1.--Board Retreat – 4-8 pm. July 20.
2. Cancel July Board meeting (7/19) because of BD Retreat on July 20.

## National Night Out

Shawn Kinzel-Auer | Corcoran Resident

National Night Out (NNO) is always the first Tuesday of August. This year it will be on August 7th. NNO is a yearly event that started in 1984 as a platform for community neighborhood watch groups, civic groups, law enforcement and crime prevention associations could come together. It has since grown into a night to meet your neighbors. Meet your block leaders. Come together and share with each other. Corcoran has a strong tradition of national night out. Not all blocks are able to host a block party (for example the city will not allow Cedar Ave to be shutdown). In that case, look around and join the next block’s gathering. Get out and say hi. MPD often stops by these gatherings and gives residents a chance to meet your police. Here is the mission statement from the City of Minneapolis website:

### Mission Statement

National Night Out (NNO) in Minneapolis is an annual event on the first Tuesday of August that involves all segments of the community in building a healthier, safer community. NNO generates support for anti-crime programs and strengthens police/community relations.

### Background

National Night Out is not just one night of the year, but the culmination of year-long crime prevention activity in all Minneapolis neighborhoods: people working together in block and apartment clubs and other networks to prevent and address crime and other neighborhood problems. It is an occasion to celebrate past successes, discuss current challenges or issues, and re-dedicate to collaborative efforts with neighbors, police, businesses and others to improve the quality of life in our city. NNO is the largest event of its kind in Minneapolis and the nation.

### Key Messages

- Cohesive, healthy neighborhoods are keys to preventing crime and violence.
- Active block clubs build community, increase hope and create harmony.
- Positive activities displace negative activity; as people spend more time outside, they take back their streets and neighborhoods.
- NNO is an opportunity for all parts of the community including businesses, corporate sponsors, religious institutions, city agencies, and news media to come together around the shared goal of a safe, healthy community.
- NNO reinforces the partnership of citizens and police to combat crime.
- Goals
- Utilize NNO to expand and strengthen Minneapolis’ network of block clubs.
- Increase the number of block clubs, multi-block events and individuals who participate in NNO.
- Involve the Minneapolis Police Department with citizens by participating in National Night Out events together.
- Promote increased involvement of youth with their neighbors.
- Promote crime prevention strategies and increase ways that citizens can protect themselves, and their property.”

[http://www.ci.minneapolis.mn.us/nno/nno\\_mission](http://www.ci.minneapolis.mn.us/nno/nno_mission)

## Thank You to CNO Donors

Alicia D. Smith | CNO Staff

CNO continues to invest time and energy into working with you to create a stronger neighborhood. We work with renters, help foster new development in the neighborhood, run the Midtown Farmers Market, support businesses in the neighborhood, and enable changes to the intersection at Lake and Hiawatha. This work will not happen without you - whether you give your time or donate to CNO or the MFM, we rely on residents like you. We are continually grateful for the generosity as well as the years of involvement and dedication to create a community that is a great place to live!

Thank you to the following residents who made donations to CNO and/or the Midtown Farmers Market in May and June 2018:

- |                                |                                |
|--------------------------------|--------------------------------|
| • Kate Duffy*                  | • Deanna Olson                 |
| • Fierce Ferments*             | • Ingrid Liepins               |
| • Erika Garcia*                | • Melanie Casiday              |
| • Russ and Jenna Grigsby*      | • Nick Wornson*                |
| • Susan Hensel*                | • Genevieve Olive*             |
| • George Hoagland*             | • Mary Buhr*                   |
| • Matt Kazinka*                | • Melanie Mozingo*             |
| • Sarah Lawrence-Lupton*       | • Stephanie Windfeldt*         |
| • Claire Milldrum*             | • LisaBeth Barajas             |
| • Minneapolis Business Photos* | • Stacey Burns / Jason McGrath |
| • Genevieve Olive*             | • Chase Shutak                 |
| • Kelly Savage*                | • John M Akre                  |
| • Tanya Snyder*                | • Mike Novak                   |
| • Adam and Devin Tomczik*      | • Katia Holanda-Cavalcante     |
| • Andrea Cecconi               | • Transition Lwongfellow       |
| • Christine Woods              | * denotes CNO / MFM Sustainers |
| • Anne Knauff                  |                                |

## Summer Legislative Update

Jim Davnie | State Representative

Dear Neighbors,  
During Minnesota summers many of us are finding ways to take a break from it all, but there are a few brief updates from the Capitol I am sharing with you as summer rolls along. There are also ways to stay in touch during the remainder of this legislative interim.

### Explore Minnesota

As you plan summer travel, consider checking out Explore Minnesota for ideas. They have excellent resources and great travel ideas in a region you may already be planning to visit or ideas for a trip you’ve never even considered.

### Property Tax and Renters Credit

I want to remind everyone to apply for a property tax refund or renters credit before it’s too late. Many Minnesotans qualify for this refund but many forget to file!

The deadline to file for a property tax refund is August 15th. Take a few minutes and apply for your refund online at the Department of Revenue’s Property Tax Refund website.

### New Laws

Several new laws went into effect on July 1st. They included licensing for athletic trainers, changes to the Taconite Economic Development Fund, adjustments to the legislative budget office, and personal claims against the state. You can read more about the new laws here. Many more new laws will take effect on August 1st, dealing with transporting agricultural commodities, child care, community food shelves, the state’s “move over law,” service animals, sex trafficking and the so-called “Safe Seniors Act.” Read about those upcoming changes here.

### Last Update

This is my last update until after the election. Legislators cannot use state resources for mass communications during an election period, and so we must limit mass email contact. While I won’t be able to send out these updates for a while, you can still contact my office any time at Rep.Jim.Davnie@house.mn or 651-296-0173 with questions, concerns or comments.

I am available to meet, help with problems, and discuss issues important to our community. Please give my office a call or email me anytime.

### National Night Out

On Tuesday, August 7 join your neighbors in celebrating and strengthening neighborhoods during National Night Out. You can find information about registering your National Night Out block party here. These events offer the opportunity to get to know one another and break down barriers, build neighborhood involvement, and bring awareness to crime prevention while building important relationships with local law enforcement efforts.

### Thank you

Thank you for the opportunity to serve our community at the State Capitol. Enjoy all the things there are to do in our community during the rest of the summer and fall. I look forward to seeing you out and about and hearing from you about the issues that matter most to you and your family.

Sincerely, Jim Davnie - State Representative

## Vote!

Shawn Kinzel-Auer | Corcoran Resident

The Minnesota 2018 primary is August 14th. You can vote early in person or by mail for the primary June 29 - August 13th. The Minnesota 2018 general election is on November 6th, 2018. Early in person and mail-in voting for the general election starts September 21st and lasts until November 5th. How to vote? If you have questions or concerns you can contact the MN Secretary of State’s voting hotline at 1-877-600-VOTE (8683). Who can vote in MN? From the voting website run by the MN Secretary of State (<https://www.sos.state.mn.us/elections-voting/register-to-vote/>):

### Who can vote in Minnesota

- You must be:
- A U.S. citizen
  - At least 18 years old on Election Day
  - A resident of Minnesota for 20 days
  - Finished with all parts of any felony sentence

You can vote while under guardianship unless a judge specifically has revoked your right to vote.

You cannot vote if a court has ruled that you are legally incompetent.

### Registering to vote for 17-year-olds

To pre-register to vote at 17-years-old in Minnesota, you must be at least 18 years old when the next election occurs (special, township, state primary, or state general).

Because special elections can be called at unexpected times, your application may be returned if an election becomes scheduled in between the date you register and your birthday. If that happens, simply wait until that election passes, and register again.

### Register online

It’s quick and easy! You will need your Minnesota driver’s license or Minnesota identification card number, or the last four numbers of your Social Security number.

### Register on paper

Download and print forms in English and other languages. Use these forms to register yourself or to register others in a voter registration drive.

### Register on Election Day

You can register or update your registration when you vote, whether that is at your polling place on Election Day or at an early voting location. You will need proof of residence to register.

A common misconception is that if you have a criminal record you can no longer vote. This is has changed in Minnesota. Even if convicted of a felony, if you have served your sentence and have no court imposed restrictions, you can vote. If you are 17 but will be 18 by the election, you can vote. Again call 1-877-600-VOTE or consult the Minnesota Secretary of State website with any questions. Voting is a right guaranteed us and should be exercised. This year especially it is important that everyone who can, vote. All of our constitutional offices are up for election as well as all U.S. offices (both House which is elected every 2 years, and the Senate). These offices affect our lives directly and as citizens we need to have our voices heard.



# The Incomplete Skeptic: Nothing is Wasted

Timothy G Cameron | Corcoran Neighbor



In the School of Prayer, invisible doors open and close on the hinges of humility (no demands, expectations, nor comprehension stand as a requisite to cooperation).

Many years ago, I read a book titled, “The Good Old Timers.” It was a historical insight into the personalities behind the Oxford Movement, out of which grew a well-known organization that flourishes today called Alcoholics Anonymous. It was interesting reading about what motivated these individuals to create a movement to help the helpless, denigrated souls who were generally considered hopeless because they were “alcoholic.”

One of the more prominent figures of the time was a proctologist known as, Dr. Bob. For decades, Dr. Bob had a plaque on his desk which in some circles came to be known as the Humility Prayer or Statement. The

original source is attributed to Andrew Murray, a South African minister. It moved me such that I would like to share in this article the contents thereof.

“Perpetual quietness of heart. It is to have no trouble. It is never to be fretted or vexed, irritable or sore; to wonder at nothing that is done to me, to feel nothing done against me. It is to be at rest when nobody praises me, and when I am blamed or despised, it is to have a blessed home in myself where I can go in and shut the door and kneel to my Creator in secret and be at peace, as in a deep sea of calmness, when all around and about is seeming trouble.”

Any time a human being experiences a pure layer of humility, it can be argued that they were walking on water.

The only time I am upset is one God or someone else ain’t doing things my way. In God’s economy, nothing is wasted.

# Is Everything Ok?

Sara Stamschror-Lott - Corcoran Neighbor

In our first article for the paper, we decided to hit hard, where it truly counts. We certainly could have started by talking in more general terms about mental health. Maybe we could have discussed something lighter or easier to discuss. Yet our times do not call for this. The place that our society is in today essentially forces our hand to discuss the ever-present epidemic of suicide.

We have seen the news stories informing us that the rates of suicide are rising across the country. We have heard of numerous famous people, that seemingly have it all, end their lives week after week. In Minnesota, our suicide rate has increased nearly 41% in the past 18 years. This number is staggering and yet, in some parts of the country, it is considerably higher still. Suicide is the tenth leading cause of death in the United States. Among the age group of 15-34, it is the second leading cause. There are numerous theories regarding the reasons that these incredibly sad passings continue to happen. Some experts say that it is related to social media, the stresses of society, the shrinking middle class, an inability to cope, rampant drug use, and the list can go on. The truth is that it is hard to nail down one main reason. But it is happening and we need to work to put an end to the incline.

So, what can we do as a community? The answer sounds relatively simple, but can be a daunting conversation. We simply have to ask. We must check in with one another. Here is why communication is crucial, nearly half of suicide victims had no known mental health diagnosis. This makes it all the more imperative that we connect! That we lean on relationships. Even when things are difficult, be certain that you are checking in with your people.

“How have you been feeling lately?”

“Are things going ok?”

“Wanna get together for coffee?”

“I know you just endured ... and I know it had to have been so hard! Do you want someone to talk to about it? I am here for you!”

Here is another thought: Don’t text! So much non-verbal communication is lost in the electronic messages of our lives. Studies show that effective communication is made up of 93% non-verbal cues! All the more reason to bridge the gap and talk to one another.

Some other hints that someone you love may be feeling low:

- **a change in their routine**
- **constantly sleeping or not sleeping at all**
- **not eating or loss of appetite**
- **a dramatic adjustment in their life**

- **loss of interest in things that they used to enjoy**
- **isolation**
- **other changes in their normal behavior**

Frankly, nothing is more powerful than your intuition. If you just have a gut feeling that something is not quite right, check in!

If you find that someone you care about is having suicidal thoughts, the next steps would be to contact a suicide hotline or your local crisis response. In Hennepin county you can reach out to:

Adult COPE: 612-596-1223

Children’s COPE: 612-348-2233

And as always, you can have local police do a welfare check or call 911 in an emergency.

Relationships are some of the most powerful healing tools people have to change their lives or even save lives. Reach out to someone NOW! TODAY! You will make an impact, even possibly save a life.



Stamschror-Lott, LLC is a private practice located in South Minneapolis that focuses on the healing of mental health, relationships and self esteem. We believe that using traditional evidence-based therapy practices, combined with creativity, art and body movement provides long-lasting healing. The practice also provides consultation for outside organizations as well as speaking engagements on topics ranging from mental health to social justice. An appointment can be made by contacting Sara at sara.stamschror@gmail.com. We look forward to hearing from you!



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# Ask The Yoga Instructor: The Five Bodies

Mary Bue | Corcoran Business Owner of Imbue Yoga Studio

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Yoga to many of us in the west looks like extremely bendy, scantily clad humans contorting themselves into pretzel shapes. While some of these advanced feats of flexibility and strength are to be lauded, there are many more layers, just like there are many layers that make us who we are. Yoga practices -- postures (asana), meditation, breath control (pranayama), self reflection (svadhyaya) -- give us tools to uncover our “pure selves” or the “light within” that is obscured by what traditional texts called the Maya Koshas. Maya means illusion; kosha means body or sheath.

Yoga translates to “union.” Union with the divine, oneness of body, mind, and spirit. This union is always available, an unwavering connection with our source -- whether that is your faith, nature, or the cosmos.

**Covering our oneness are “five bodies.” They are:**

Anna Maya Kosha: Food body -- physical body, bones, organs, muscles, blood, skin.

Prana Maya Kosha: Energy body -- our “force field,” prana, Qi, Chi, aura, breath.

Mano Maya Kosha: Mind/sense body -- everyday thoughts, feelings, memories, likes + dislikes.

Vijnana Maya Kosha: Wisdom body -- intuition, deep knowing.

Ananda Maya Kosha: Bliss body -- joy, peace, stillness, reflection of our true self.

Many of us operate on a survival level and we HAVE to. Fitness and wellness are, unfortunately to many of us, a luxury. However, there are some ever-present things that are always available to us using our senses. Breath and nature are the cheapest tickets to relaxation. To strike into the different layers of our particular maya kosha, to dispel the notion that we are separate from our true selves and our neighbors, we can work with the breath to soften the walls. Staring into the heart of a flower, fluttering leaves of a tree, the bright eyes of our loved

ones to see the reflections of our true nature. We can open our ears to bird song, a rushing creek, a song. Add breath for a double peace whammy and all it takes are a few minutes.

Try it today! Find a flower, a tree, a song, a creek. Invite your body to be still. Gaze into or listen to the beautiful thing. Invite your breath to become slow, especially on the exhale. Feel the merging of your human form with this beautiful thing of your choosing. Stay until you are moved to go. Namaste!

