

L&H Housing Developments are Moving Forward

Dillon Friedr | CNO Board member and Corcoran Neighbor

After breaking ground in December 2017 the first phase of housing at the L&H Station Development site is on schedule to welcome its first residents beginning December 1st 2018. Representatives from Hennepin County and from L&H Station Development came to the November 1st CNO Land Use and Housing Committee meeting to provide updates on the opening of the new residential building and on planning underway for subsequent phases of housing.

The parcel of land under development is at the southwest corner of the Lake Street and Hiawatha Avenue intersection. It was purchased by Hennepin County from Minneapolis Public Schools in 2015. The first new construction on the site was the county's South Minneapolis Regional Service Center which opened in 2017. The remainder of the land is being developed as housing except for a public plaza that will be immediately adjacent to the Lake Street Blue Line Station. A partnership of private firms called L&H Station Development is purchasing portions land from the county as they develop new buildings on the site.

The first of those buildings is named Southsider Apartments. According to representatives from L&H Station Development they anticipate the building will be approximately 10% occupied when they open in December. They expect to be 100% occupied within a year with the greatest uptick of leasing in the spring. There are 123 units in Southsider Apartments, a mix of alcoves, 1-bedroom, and 2-bedroom apartments.

Also in December of 2018 Minneapolis Public Schools (MPS) will be vacating their Adult Education Building that still exists on the development side. Those programs move into the new MPS building just two blocks west on Lake Street. Demolition of the old building is anticipated to occur in Spring of 2019.

The second housing development on the site is expected to break ground in summer of 2019. It will be oriented almost exactly where the existing MPS building is located. The current plan for the building has two levels of below grade parking and six levels of apartments totaling 142 units. Rents will be at market rate but it will be primarily "micro" units with reduced square footage to keep the rents affordable. Construction of the public plaza is also expected to begin in summer of 2019 according to Michael Noonan, the Administrative Manager of Real Estate for Hennepin County.

There are two additional housing developments planned for the south end of the site. The construction timeline for those is less clear though L&H Station Development representatives expect to begin work on them one at a time following completion of the second building. Next would be a six story building of 110 affordable senior housing unit. Last is a mixed income six story building of 185 units where 80% of them are rented at market rate with the remaining 20% rented as affordable housing.

Desarrollos de vivienda L&H están avanzando

Dillon Friedr | Miembro de la Junta de CNO y Vecino de Corcoran

Después de comenzar la construcción en diciembre de 2017, la primera fase de viviendas en el sitio de Desarrollo de la Estación L&H está programada para dar la bienvenida a sus primeros residentes a partir del 1 de diciembre de 2018. Representantes del Condado de Hennepin y de Desarrollo de la Estación de L&H llegaron al 1 de noviembre, reunión para proporcionar actualizaciones sobre la apertura del nuevo edificio residencial y sobre la planificación en curso para las fases subsiguientes de la vivienda.

La parcela de tierra en desarrollo se encuentra en la esquina suroeste de la intersección de Lake Street y Hiawatha Avenue. Fue comprado por el Condado de Hennepin a las Escuelas Públicas de Minneapolis en 2015. La primera nueva construcción en el sitio fue el Centro de Servicio Regional del Sur de Minneapolis del condado que abrió en 2017. El resto del terreno se está desarrollando como vivienda, excepto en una plaza pública que está inmediatamente adyacente a la estación de la línea azul de Lake Street. Una asociación de firmas privadas llamada L&H Station Development está comprando porciones del terreno del condado a medida que desarrollan nuevos edificios en el sitio.

El primero de esos edificios se llama Southsider Apartments. Según los representantes de L&H Station Development, anticipan que el edificio estará ocupado aproximadamente en un 10% cuando abran en diciembre. Esperan estar ocupados al 100% dentro de un año con el mayor repunte del arrendamiento en la primavera. Hay 123 unidades en Southsider Apartments, una mezcla de alcobas, apartamentos de 1 dormitorio y 2 dormitorios.

También en diciembre de 2018, las Escuelas Públicas de Minneapolis (MPS) abandonarán su Edificio de Educación para Adultos que todavía existe en el lado del desarrollo. Esos programas se mudan al nuevo edificio de MPS a solo dos cuadras al oeste en Lake Street. Se anticipa que la demolición del edificio antiguo ocurrirá en la primavera de 2019.

Se espera que el segundo desarrollo de viviendas en el sitio comience a construirse en el verano de 2019. Se orientará casi exactamente donde se ubica el edificio existente de MPS. El plan actual para el edificio tiene dos niveles de estacionamiento bajo nivel y seis niveles de apartamentos con un total de 142 unidades. Los alquileres estarán a la tasa del mercado, pero serán principalmente unidades "micro" con una cantidad de pies cuadrados reducida para mantener los alquileres a precios razonables. También se espera que la construcción de la plaza pública comience en el verano de 2019, según Michael Noonan, el Gerente Administrativo de Bienes Raíces para el Condado de Hennepin.

Hay dos desarrollos de vivienda adicionales planeados para el extremo sur del sitio. El cronograma de construcción de estos es menos claro, aunque los representantes de L&H Station Development esperan comenzar a trabajar en ellos uno por uno después de completar el segundo edificio. El siguiente sería un edificio de seis pisos de 110 unidades de vivienda para adultos mayores asequibles. El último es un edificio de seis pisos de ingresos mixtos de 185 unidades, donde el 80% de ellas se alquilan a precio de mercado y el 20% restante se alquila como vivienda asequible.



Diciembre y Enero - Calendario Comunitario | December & January - Community Calendar

Meetings

**Thursday, December 4th
& Thursday, January 3rd**
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

Monday, January 7th
Newspaper Committee
6 – 7pm
Monthly meeting with the paper committee and interested parties to plan the next online issue of the Corcoran News.
> Questions?
news@corcoranneighborhood.org
Location: CNO office, 3451 Cedar Ave S

**Tuesday, December 18th
& Tuesday, January 15th**
Economic Development Committee Meeting
6:30 – 8pm
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

TBA
Midtown Farmers Market Advisory Committee Meeting
6 – 7:30pm
The Midtown Farmers Market Advisory Committee is seeking new members. Please contact Jenna the market manager for more information. There will a retreat scheduled in early January, but no date set as of printing.
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 Jenna Yeakle
manager@midtownfarmersmarket.org - 612-724-7457
Location: CNO office, 3451 Cedar Ave S

Community

Saturday, December 1st
Communications Workers of America
11 – 12:30pm
Please join Representative Jim Davnie, Senator Torres Ray, Representative Wagenius, special guests School board Director-elect Kimberly Caprini, Hennepin County Commissioner-elect Angela Conley, and myself for a town hall election debrief and look forward to the new year.
>Local 7200 Hall, 3521 East Lake street.

Every Other Wednesday All Month
December 5th, 19th
January 2nd, 16th and 30th
Strings & Things TC
6:30– 9:30pm
Come join us with your knitting, embroidery, or other portable project! Bring something you've been working on or start something new.
Hope to see you Wednesday!
> Location: Venn Brewing Company
3550 E 46th St Suite 140, Mpls., MN 55406
Check out Venn's website for location and parking information.

Thursday, December 6th
Friday, December 7th
South High Musical:
Clue: On Stage (High School Edition)
7pm
Adults: \$10; Students \$8

Thursday, December 13th
Friday, December 14th
Folwell Musical
6pm

Monday, December 24th
Christmas Eve Candlelight Service
8pm
Lebanon Lutheran Church
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)

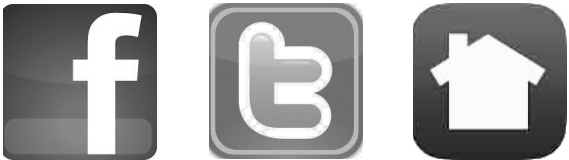
Events

Tuesday, December 11th
Books & Bars MPLS:
Kitchen Confidential
7 – 8pm
Join us for a discussion of Anthony Bourdain's Kitchen Confidential.
The updated edition of the wickedly funny and insightful bestseller filled with "25 years of sex, drugs, bad behavior, and haute cuisine," now includes three new chapters about the author's adventures since the book was originally published.
Free and open to the public.
> Location: Moon Palace Books
3032 Minnehaha Ave.Mpls, MN 55406

Tuesday, December 11th
Books & Bars MPLS:
Kitchen Confidential
7 – 8pm
Join us for a discussion of Anthony Bourdain's Kitchen Confidential.
The updated edition of the wickedly funny and insightful bestseller filled with "25 years of sex, drugs, bad behavior, and haute cuisine," now includes three new chapters about the author's adventures since the book was originally published.
Free and open to the public.
> Location: Moon Palace Books
3032 Minnehaha Ave.Mpls, MN 55406

Important Dates & Reminders:
Saturday, February 16th
Corcoran Used Book & Bake Sale
Please watch facebook and the Corcoran website for more information. Donations can be left the the CNO building at 3451 Cedar Ave South, Minneapolis, MN 55407.

Like CNO on Facebook, follow us on Twitter, and join Nextdoor to stay in touch with your neighbors.



Corcoran News

Editor
DeAnna Miller
Other volunteers
Mary Bue
Timothy Cameron
Shawn Kinzel-Auer
Kelly Savage
Russ Grigsby
JoAnn Knowlton
Dillon Clements
Layout
Lorien Kinzel-Auer

Publisher
CNO Board (listed right)
Advertising
info@corcoranneighborhood.org
Circulation
1,800 mailed
Printing
Cannon Valley Printing
Next edition
Deadline: November 16th
Article Word Count
Suggested Limit: 300 words
Viewpoints are those of the writer and may not reflect the views of CNO or its funders.

Published by the Corcoran Neighborhood Organization
3451 Cedar Ave S, Minneapolis
CNO Board of Directors
Flannery Clark, Chair & Co-chair Land Use & Housing
Ellie Watkins, Secretary
Matt Kazinka, Treasurer
Mike Novak, Midtown Farmers Market Co-chair
Kelly Savage, Economic Development Chair
Adam Tomczik, Co-chair Land Use & Housing
Lorien Kinzel-Auer, Corcoran News Co-Chair
Dillon Fried, At Large
Aubrie Gould, At Large
Upcoming board meetings
Thursday, December 13th at 7 pm
Thursday, January 10th at 7pm
Location: 3451 Cedar Ave S

Submissions or for more information:
news@corcoranneighborhood.org, ph# 612-724-7457
CNO Staff
Executive Director
Alicia D. Smith
alicia@corcoranneighborhood.org
Farmers Market Manager
Jenna Yeakle
manager@midtownfarmersmarket.org
kate@midtownfarmersmarket.org
Farmers Market Assistant Manager
Kate Sheldon
kate@midtownfarmersmarket.org

Lake Street Outreach

Russ Grigsby | Corcoran Resident



Tuesdays are a special day for our church. We have the privilege of interacting with some of the most beautiful people in our city...those who are hungry for a loaf of fresh bread, or a cup of hot coffee...those who gladly receive a new pair of mittens, or a jacket.

It's not easy to receive a free gift. Matters of pride instantly rise up. I know this all too well in my own life. Yet somehow the folks we meet at the Midtown Station have no such barriers.

We may be 'reaching out,' but they are reaching into

our hearts, and leaving us better than when we arrived.

In this holiday season, may we be reminded that receiving a gift can be as much of a blessing to the giver, as the gift is to the receiver. May we be reminded that the greatest gift of all, the gift of a baby in a manger, remains free to all who will receive.

If you would like to join us, we meet each Tuesday at 11am at Lebanon Lutheran Church, and then travel to Lake Street at Noon, where we enjoy the fruit of this mission until 2pm.



Looking to get Fit & Strong?

Alicia D. Smith | CNO Executive Director

If you are senior we have class just for you...

Coming to the Corcoran Neighborhood Organization January 2018 we'll be offering a Fit & Strong course for free in partnership with Volunteers of America. Fit & Strong is an exercise/ behavior change program for older adults with lower extremity osteoarthritis to help prevent falls or fight off stiffness and joint pain. It includes a 60 minute exercise course and a 30 minute health education group discussion. There will be 24 sessions in total and it's absolutely free, look for more information to come or call the office to find out more details.



It's THAT Time of Year...

Sara Stamschror | MA, LMFT from Creative Kuponya



(S.A.D.), or as I like to call it, “the winter blues”. In the United States each year 500,000 people are diagnosed with S.A.D. and it is guestimated that nearly 10 million people suffer from it without being diagnosed. It is by no surprise that it is most prevalent in Nordic areas as we experience freezing cold weather that keeps us inside and it is dark for most of our days. Experts believe that S.A.D. is directly related to a lack of exposure to light.

So, how do you know if you are being impacted by S.A.D.? Are you feeling low, fatigued, heaviness in your limbs, poor memory or concentration, lack of pleasure in things, and other depression like symptoms all in the recent months for an unexplained reason? Then you may be impacted by this not so nice Minnesota struggle. The good news is that it is temporary and there are things you can do for a natural remedy versus turning to psychotropic medications. The most well known and proven remedy is to obtain a therapy light. If a doctor has diagnosed you with S.A.D., you can have this covered by insurance policy or you can find them easily on Amazon.com for \$100 or less. It may be the best money spent for our brutal winters! It is also important to be purposeful about spending time with others, eat healthy and make sure to get some exercise in the sun, avoid caffeine and alcohol, drink tea with rosemary and clove, take vitamin D, B12, and fish oil, fill the house with summer scents, and try switching up your routine to avoid the doldrums of winter.

Lastly, we all know someone, if it isn't ourselves, that struggles with S.A.D. each year and it is so important to reach out to them. We are all in these tumultuous winters together, so reach out and connect with friends, family and your Corcoran neighbors. After all, human connection is the number one combatant for all mental health struggles.

* Creative Kuponya by 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 traditonal 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 helath to social justice. An appointment can be made with our therapists by contacting Sara at sara.stamschror@gmail.com. We look forward to hearing from you!

MN Cold Weather Rules

Shawn Kinzel-Auer | Corcoran Neighbor and Block Leader

Cold Weather Rules (CWR) take effect October 15 through April 15. These rules are meant to help people keep the utilities on during the harshest times of our year. The Minnesota Public Utilities Commission (MNPUC) has the following information regarding cold weather.

FAQs:

- Can my heat be shut off in the Winter? YES.
- CWR cannot prevent evictions.
- CWR protection is for residential customers only.
- All electric and natural gas companies must offer CWR protection. Different types of payment plans are available, depending on your household income and which electric or natural gas company you have. You must make this plan with your utilities.
- Payment plans can be established at any time during the CWR season.
- If the payment plan is broken the natural gas or electric company is not required to offer additional arrangements.
- If you are unable to agree on a payment amount, you request an appeal from your natural gas or electric company.
- If you and the utility cannot agree on a payment plan, you can request and appeal from your natural gas or electric company. You have ten days to submit your appeal to the Commission who will help set up a payment plan.
- Your service will stay on during the appeal process.
- Delivered fuels such as fuel oil, propane and wood are not covered by the CWR.
- If you need electricity to keep your heat on, you may apply for CWR protection with your electric company.

Meals-on-Wheels Opportunities

JoAnn Knowlton | Meals-on-Wheels Coordinator for Lebanon Lutheran



Our church has been delivering hot meals to homebound residents in South Minneapolis for 38 years. I am the current coordinator, and wanted to share a little bit of my experience.

Upon picking up the meals at Nokomis Square Cooperative, I bring them to the church where other volunteers (drivers and runners) meet up to help deliver four routes.

Since most of the clients we serve are either elderly or disabled, our visit has an added bonus of serving as a welfare check. One time when I went up to a house it was in really bad shape. I began praying that this person would receive help to fix up his house, and sure enough, it got fixed up. With others, it's simply a matter of asking how they are doing. Sometimes, just a smile can really go a long way. The people are always very thankful, and it doesn't seem to make a difference if we are running late, which happens a lot in the winter. It seems like every time I wonder if it's going to work out, yet God must be up there somewhere because it always does.

You should volunteer because it makes you feel good, it is something positive, and helps other people out. We all are probably going to be in a circumstance like this at some point, so it is nice to give back while we can.

For more information or to volunteer, contact South Minneapolis Meals-on-Wheels at 612-623-3363, or you can go online to meals-on-wheels.com



Friday drivers from Left to Right: Ron Bredeson, Robert Strauman, JoAnn Knowlton, Lyall Schwarzkopf, Ron Peterson

- Before disconnecting service under CWR, the natural gas and electric companies must provide you with: notice of disconnection, payment plan options to stop a disconnection, appeal rights if a plan cannot be agreed upon, list of local energy assistance and weatherization providers, list of no-cost and low-cost methods to conserve energy, and a Third Party Notice form.

Beware of Scammers!

- A common scam that has been around are people imitating the utility companies and requiring a large payment to prevent their utilities from being shut off. Xcel Energy has a short checklist to help identify scammers:
- “Even when a caller sounds legitimate, here are some quick warning signs for customers:
- Customers should be very suspicious if a caller requires a single form of payment, such as requiring the use of a prepaid debit card. Xcel Energy offers many options for payment and will never ask or require a customer with a past due account to purchase a prepaid debit card to avoid disconnection.
- Xcel Energy customers will initially be contacted by U.S. mail about past due bills, not over the phone. You will also be sent a disconnection notice in writing before your power is actually turned off.
- Customers should never wire money, provide bank card numbers, and social security numbers to an unverified source.”

Business Spotlight: Little Brothers - Friends of the Elderly

Kelly Savage | Corcoran Neighbor & Volunteer

1845 East Lake Street
612.721.1400

www.littlebrothersmn.org

Have you ever driven by this mid-century brick building on the corner of Lake Street and Longfellow Avenue and wondered just what Little Brothers - Friends of the Elderly is? I was pretty sure they were non-profit, but unsure if it was a church or some sort of teen mentoring thing. At a recent Corcoran Neighborhood business mixer, I had the pleasure of meeting LuAnne Speeter, Director of Communications and Marketing at Little Brothers - Friends of the Elderly.

LuAnne says the best way to understand the organization is to focus on the “Friends of the Elderly” portion of their name, as their primary goal is to provide companionship to elders who may not have friends or family to visit them. The idea is to help relieve feelings of loneliness and isolation and to build lasting friendships for all those involved. Volunteers receive training and are paired with an elder in their community, who then become Visiting Companions to each other. The volunteer commits to two, two-hour visits per month for at least a six month period. The two Visiting Companions get to decide just what type of visit they want, and what they want to do during that time. Some may just chat, others may play cards, while some may opt to go get coffee. It’s entirely up to the duo and their interests, health and needs.

In addition to these visits, LBFE also coordinates other programs, such as “Friendship and Flowers,” where volunteers bring a monthly gift bag filled with cookies and fresh flowers to

older adults who are homebound or in nursing homes. This is a shorter 15-minute visit on the third Saturday of each month and is a perfect option for families or those with less time.

Another service is LBFE’s Let’s Do Lunch unique monthly luncheon. The relaxed café-like environment is designed for the older LGBTQ crowd and their allies in order to reduce isolation, promote self-advocacy and build community.

If you’d like to know more about volunteering with LBFE, visit their website above. You’re also invited to participate in one of their three major fundraisers: the Friends for Life Lunch on March 7, Wingo (Wine-tasting and Bingo) on June 6 and the Not Alone 4K on September 29.



Our Neighborhood Yoga Studio is Closing ... with Love

Mary Bue | Corcoran Business Owner of Imbue Yoga Studio

Mary Bue - e-RYT 500
Imbue Yoga Studio
imbueyoga.com

Dear Corcoran friends and students,

It is with a heavy yet hopeful heart that I write you today, in the last issue in the paper-version of the Corcoran News, to announce that Imbue Yoga is closing. It has been a pleasure to serve this neighborhood. I am so glad to have practiced with you!

in February of 2016 I signed the lease and began the remodel in April. It was on a whim to move from Duluth to try running my first brick and mortar business. I had initially only wanted to teach once a month as I’m a musician and had gigs in the metro. The studio fell into my lap, though, and it truly changed - and I even think saved - my life. Between March and when we opened in June, I broke my shoulder, went to Nashville to record an album, remodeled the space, bought a house, got a (unexpected!) divorce, and opened Imbue Yoga. Having the studio to focus on and a community to build truly kept me from falling into overwhelm and despair. While a few bad habits did rear their heads, ultimately the teaching of yoga and the organically growing group of students and wonderful instructors kept me strong and focused on the light.

My choice to close the business also came upon me suddenly. Financially, it’s been a struggle to sustain. There is yoga everywhere - free, in gyms, in large fancy studios with showers and juice bars. Ours was a little gem. I am so proud of what we did. Raised hundreds of dollars for charities and compassion-based organizations with our potlucks. Offered community yoga with the Midtown Farmers Market. Employed wonderful teachers, many of which are artists and musicians as well.

In the Yoga Sutras, the first limb of yoga includes a tenant

called *Satya* or Truth. My personal truth, which has been there all along, is that I am in my heart of hearts a musician and not a yoga studio owner. I am in the middle of recording my 8th album and desire to pursue that passion is stronger than hanging on to it, and competing with other studios. It was a hard decision to make, but I know that our teachers will (and already are) teaching at other places, and this neighborhood will enjoy what the studio is becoming - The Future is expanding! Literally, the shop next door The Future, is expanding into a larger store!

I learned so much here on 35th Street, with you, and I thank you for the honor of being part of this neighborhood. I wish you energy, well being, and compassion, for all the days of your long lives. Namaste, I bow with gratitude!



Hoops at Corcoran

By: Russ Grigsby | Corcoran Resident

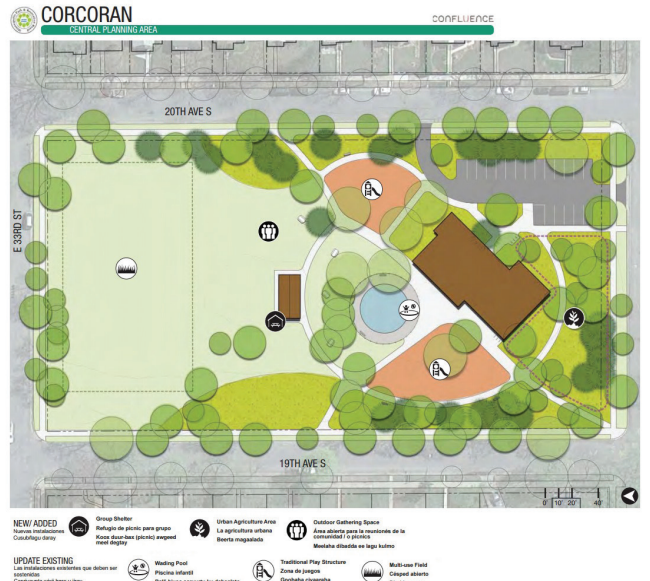


Kellen and Bella enjoying a fall evening at the court.

Kellen Jacobson grew up playing neighborhood basketball. The sport (from exercise to camaraderie to coaching) impacted his life in such a positive way that he hopes to make it an accessible reality for the next generation of Corcoran youth. This past August, thanks to generous sponsor support, Kellen hosted an event called “Hoops Up,” wherein nearly 100 attendees had the opportunity to test out two portable hoops that were set up in the abandoned tennis court on the west side of the park.

The rectangular asphalt enclosure has not seen much use in the past few years, other than for bike polo, but even that has now gone elsewhere. Years ago, basketball hoops were removed after neighbors complained about misuse.

In the Fall of 2015, CNO hosted a neighborhood meeting to gather input on the future of the park. Kellen regrets not being in attendance, but is hoping the current 2021 plan can be reconsidered, as it calls for the demolition of the current court to make way for one of two community gardens. Kellen initiated a poll on the social media site Nextdoor, asking residents what they would prefer: option one, a basketball court and a garden, or option #2, two gardens and no basketball court. Out of 150 responses, 70% voted for option one.



The Planned 2021 Corcoran Park Update

TKellen realizes it is an uphill battle, but is resolved to continue engaging neighbors and park board members about the good that could result from a permanent court. “I get goose bumps seeing kids out here playing ... getting to know them by name. This is good for our community.”



Kellen playing 2-on-2 with his son Braylon and two other neighbors.

Bill Oliver
REALTOR®, GRI, ePro
612.708.0020
BillOliverSells@gmail.com

Real Estate Marketing, Sales and Acquisitions.



2018

BY THE NUMBERS



40,686

total customers



9

NEW VENDORS

Accepted into Try It! who sold at the market



3

Blood Drives

13

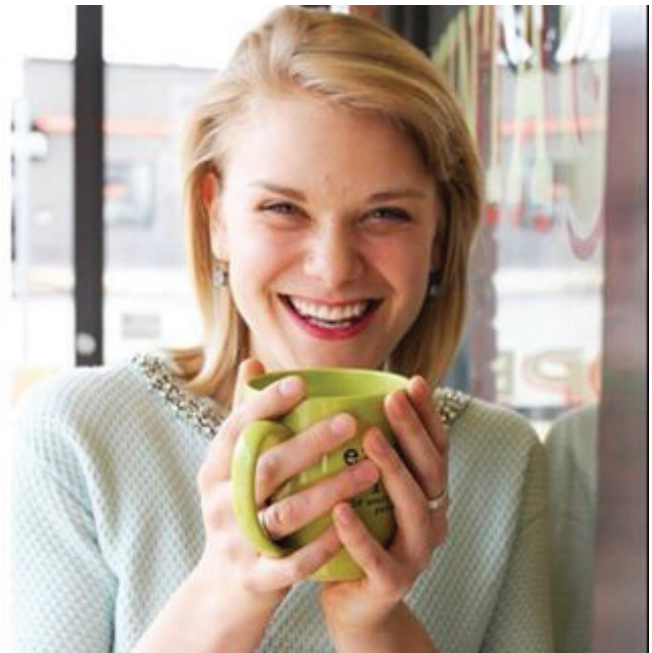
VOLUNTEER musical performances



85 VENDORS THIS SEASON

The CNO Welcomes a new Market Manager

Jenna Yeakle | Midtown Farmers Market Manager



Hello, neighbors! My name is Jenna Yeakle, and I am delighted to be your new Midtown Farmers Market Manager at the Corcoran Neighborhood Organization. The Midtown Farmers Market was the first open-air market I visited when I moved to Minneapolis in 2012. Hanging out at the market on Saturday mornings was a weekend ritual I shared with my former college roommate. At that time, I was using SNAP EBT to buy potatoes and kale. I felt that my contributions to the market, even as EBT tokens, were a way to invest in the kind of community-based food I wanted. I am thrilled to be giving back in this capacity.

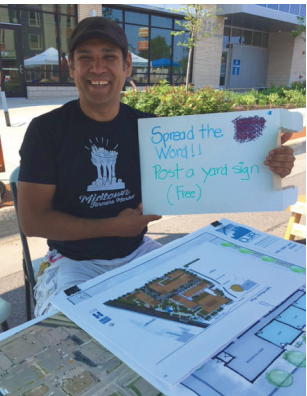
A little more about me - I am a graduate student in the School of Public Health at the University of Minnesota studying Community Health Promotion. I'll be finished in May; just in time for the market season! Keeping with the food justice theme, my masters project is developing the beginning stages for an edible landscape program in Scott County. I look forward to bringing my expertise and networks in the innovative agriculture scene to Corcoran.

For the past 8+ years I have held various community engagement positions in the nonprofit world. I could also whip up a mean cappuccino if you asked nicely. A chief inspiration of mine is the role of the neighborhood - how built environment shapes safety, helps or hinders access to food, facilitates outdoors activities, etc. I serve on my own neighborhood organization's board (the Lyndale Neighborhood Association) and chair a community engagement committee with my home congregation at ELCA Zion Lutheran Church. Through these two organizations, I coordinated a weekly neighborhood dinner for almost three years.

When I'm not at the office, market or in class, you can often find me cozied up at a coffee shop with a good book. My book club meets at former-midtown-vedor Moon Palace Books! I am also an avid runner and cyclist, and you can easily spot my mint green bike on the South Minneapolis roads.

My vision for the Midtown Farmers Market is simple: I hope to create a space that welcomes and facilitates the kind of weekend ritual I shared with my college roommate 5 years ago. A space where family can get to know their farmers and farmers build community among themselves. A space for healthy relationships, for curiosity and learning, for cultural exchange celebration, and a space for rethinking the way we do business around food.

My doors are always open, and I invite questions, suggestions, and big ideas! Please visit me at the Corcoran Neighborhood Organization or suggest grabbing a cup of coffee. I'm excited to work together.





THE WHITE PAGE

ARTIST MARKET

SATURDAY DECEMBER 15
SUNDAY DECEMBER 16

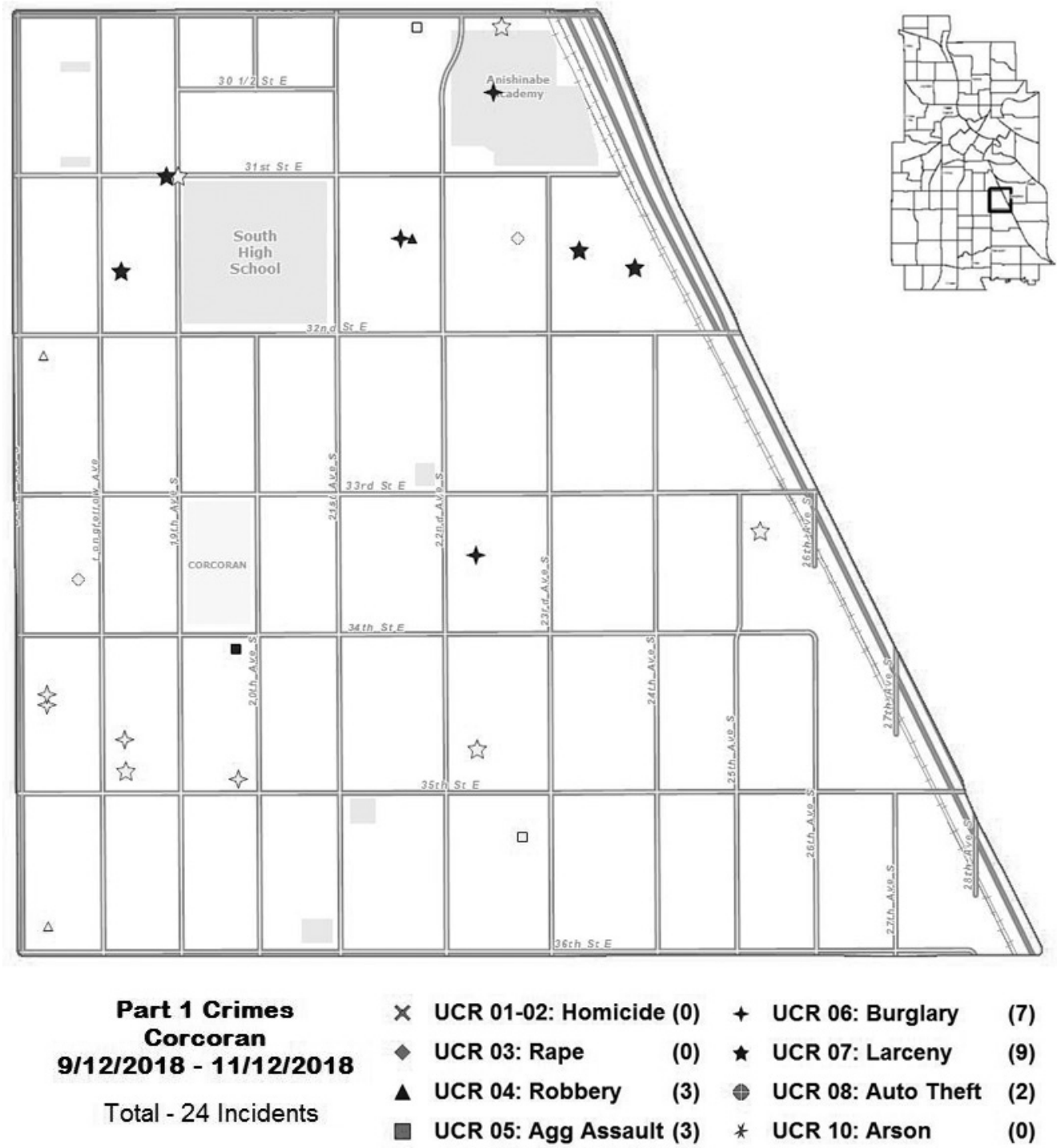
11AM - 5PM

The White Page is Located at 3400 Cedar Ave Minneapolis, MN 55407.

Corcoran Watch Update

Shawn Kinzel-Auer | Corcoran Neighbor and Block Leader

Corcoran Neighborhood Crime Map Mid-September 2018 | Mid-November 2018
Mapa de Delinencias en Corcoran desde medio-septiembre 2018 a medio-noviembre 2018.



source: MPD, Karen Notsch, karen.notsch@minneapolismn.gov, 612/673-2856

YOU can make the difference!

Corcoran Neighborhood Organization relies on people like you, members of our community, and your generosity. Please consider making an end of year donation to the CNO. No donation is too small. Your donation could help provide advocacy to a renter, support for our Farmer’s market or help lift a local entrepreneur’s business to the next level.

Donations accepted online at <https://corcoran.nation-builder.com/donate> or at our local headquarters at 3451 Cedar Avenue South.



**Corcoran Neighborhood Organization**

Corcoran News

Corcoran Park Highlights

Dillon Clements | Corcoran Park Director



- Corcoran Park Highlights for December and January
- Rec+ (after school child care) openings:
After school programming for kids ages 5 – 12. Programing runs from 1:30 – 6PM Monday – Friday. Costs vary depending on arrival time.
 - 6U & 8U Basketball:
The Corcoran Scorpions basketball team will practice Friday nights from 5 – 6pm at Folwell Elementary School and play games on Saturday mornings at either Powderhorn or Pearl parks. Season runs from January 11th – March 10th. Cost is \$35.
 - Breakfast Food Cooking Class:
Tuesdays from January 22nd to February 12th Ms. Cierah will teach kids ages 7 – 13 how to cook a variety of breakfast foods at the park. Cost: \$25.

Neighborhoods 2020 Update

Press Release | Neighborhood and Community Relations



There are two upcoming opportunities to weigh in on the Neighborhoods 2020 Work Group recommendations.

During the first week of December there will be five community meetings. These meetings are open to anyone interested. Work Group members are invited to listen to questions, comments, and concerns from residents. Attend one or all. Please spread the word.

- Saturday, December 1, 2018
9:00 – 11:00 AM
Waite House
2323 11th Ave S, MPLS MN 55404
- Monday, December 3, 2018
6:00 – 8:00 PM
Opportunity Center
CROC Room
740 E 17TH ST MPLS 55404
- Wednesday, December 5, 2018
1:00 – 3:00 PM
North Market
4414 Humboldt Ave N MPLS 55412
- Thursday, December 6, 2018
1:00 – 2:30 PM
Little Earth Residents Association - LERA Conference Room
2495 18th Ave South MPLS MN 55404
- Friday, December 7, 2018
11:30 – 1:30 PM
Harrison Education Center
Multipurpose Room
501 Irving Ave N MPLS 55405

Individual Work Groups will reconvene one last time to finalize their recommendations the week of December 12th.

The next opportunity to weigh in will be during the 45-day public comment period once the final recommendations are released. The final recommendations will be released in January 2019.

Spread the word

Help us spread the word about the upcoming community meetings by downloading and sharing the flier.

Neighborhoods 2020 Community Meetings Flier (pdf)

Questions?

If you wish to discuss Neighborhoods 2020 please feel free to email Steve Gallagher at steven.gallagher@minneapolismn.gov or 612.673.2905.

Neighborhoods 2020 is a community process to identify the next generation of neighborhood programming, funding and governance structure to support the City’s 70 neighborhood organizations starting in 2020 and beyond. Three Work Groups have been established to cover the major function areas of this work: Programming and funding; Governance; and Citywide Engagement Policy. The Work Groups consist of representatives from neighborhood organizations, cultural groups, those with equity/undoing racism experience; as well as, City Council and Mayor representation. The goal is to have policy recommendations to the City Council by March 2019.



We are your Pet-Friendly Neighborhood Hardware Store where there's something for everyone!

True Value.

FAMILY OWNED-OPERATED www.Hudson-Hardware.com

TrainUpAChild Family Childcare
"Quality Care for the Children you care about"
Hours of Operation: 6am-6pm

3428 19th Avenue South
Minneapolis, MN 55407

Jalilia A. Brown
Director

Phone: 612-721-0250
Fax: 612-721-0250
jalilia1@yahoo.com
www.trainupachild.vpweb.com



CNO Board Of Directors Meeting

Thursday, August 9th, 2018, 7 – 9 pm at CNO, 3451 Cedar Ave. S.

Board Member Attendees: Flannery, Adam, Kelly, Matt, Dillon, Aubrey, Lori, Lisa, Alicia (Staff)

Call to Order and Introductions

GOVERNANCE:

- Matt Kazinka was nominated to serve as Treasurer for the appropriate term. A motion to approve the nomination was made by Lisa, seconded by _____, and unanimously approved.
- Kelly Savage was nominated to serve as Chair of the Economic Development Committee to replace Matt Kazinka. A motion to approve the nomination was made by Matt, seconded by _____, and unanimously approved.
- Lisa’s submitted a resignation from her role as Vice Chair due to a conflict of interest with her new position at the Met Council. A motion to approve her resignation was moved by Adam, seconded by Flannery, and unanimously approved.
- Flannery noted that the Vice Chair role is open and will need to be filled. She will follow up with an email to collect nominations for the role and will follow up with a vote at a future meeting.
- Lisa was nominated to serve as an At-Large member until December. A motion to approve the nomination was made by Matt, seconded by _____, and unanimously approved.
- Adam was nominated to serve as Lisa’s replacement as the Chair of the Plaza Development committee. A motion to approve the nomination was made by Lisa, seconded by Lori, and unanimously approved.
- **Two board positions are still at large.**

A.EXECUTIVE UPDATE:

1. Plaza Meeting – Good attendance. New information on the number of stalls leaves restrooms as the main community concern at this point. Some open discussion occurred on possible locations for the next 2 years.
2. Internal Meeting about plaza – hopes that Alondra Cano will attend. Hope to keep options open, such as building bathrooms that could be accessible to public to allow CNO to negotiate use if County refuses to build them.
3. Job posting for Market on 2 sites and soon to be on CNO site.
4. Market – Tuesday business is really picking up. Fundraiser at Moon Palace 9/23 breakfast provided.
5. Block Party – September 16. It will be a fun day, with a brunch and bike

6. South High – meet and greet for first day is Monday, August 27
7. Strategic Planning retreat went well. Mario and Jenny should be providing notes soon.
8. Steve Frenz Properties – all tenants were told that their lease would not be renewed. Alicia providing moral support to displaced renters. Frenz says properties will be fixed and sold.

B. FINANACIAL UPDATES:

Alicia introduced Robert Thompson, who has been hired as a consultant to go through the CNO financials. He went over some of the discrepancies and issues with the financials in the financials currently. He will bring updated financials to the next meeting, although they may still not be completely cleaned up by that time.

C.COMMITTEE UPDATES:

- Lori – COPA – Art crawl had same attendance as the first year. They had hoped for more, but weather was definitely a factor. Chris is stepping down as President but will stay on as Vice President of COPA. Due to the weather issues, they are considering a 2 day art crawl next year.
- Flannery – Farmer’s Market – Fundraiser brunch is coming! Each Board member expected to sell 5 tickets – including one to themselves. Will be recruiting Silent Auction items. Retention of vendors has been tough and market desperately needs volunteers – especially Aug 25 and Sept 15 when Kate will be absent.
- Kelly – Econ Development – Block party is on track to occur Sunday September 16. Application submitted, bands, bike and brunch to occur. Farmer’s Market Try It! Is a big success this year and looking for funding for next year. Committee is reviewing old 2-year plan and developing new goals to move forward.
- Adam – Land Use and Housing – Last meeting discussed the Frenz housing and how to calm traffic on Cedar. Cedar was last resurfaced approximately 5-6 years ago. The next round should help, but are their other options? They also discussed Phase II housing and want to work to get this property at market cost. With Clare Housing, Lake Street Station, Blue Line Flats and Phase I all below market rate, there is some incentive to make sure that area has a mix.
- Lori – Newspaper – Request to investigate moving to online since Canon is increasing costs by 25% this year. After next two issues, and due to lack of participation, will need to go online if the paper is to continue. She will formally bring some costs and a requested budget to next Board Meeting.

Meeting Adjourned.

Corcoran Newspaper Update

Lorien Kinzel-Auer | Newspaper Co-Chair

So if you somehow missed the front page article in our last issue, this will be the last printed issue of the Corcoran News. Our next issue will be online exclusively. If everything goes to plan the first online issue will be available the first of February, the same date the next printed issue would have gone out. The newspaper will be available at the CorcoranNews.org, and as always you can email us at news@corcoranneighborhood.org. We will be posting links on facebook and the main Corcoran website as we move forward as well.

We would love to hear from our readers to hear what they’d like to see in our new paper. Or if you’d be interested in contributing. And of course one last Thank you, to all of our current and past volunteers on the Newspaper committee and all of time you have donated to making this happen.

2018 Election Recap

Shawn Kinzel-Auer | Corcoran Neighbor

More detailed breakdown of local results can be found here: <http://vote.minneapolismn.gov/results/WCMSP-213325>

The midterm elections are finally over. Minnesota overall lead the nation in voter turnout with 64% of eligible voters voting, the largest since 2002. Minneapolis overall had a 76% voter turnout. Ward 9-P6, our district was above the city average with 77% (1,958) voter turnout! Here is a summary of the election results:

City Question 1 - Remove Area and Spacing Requirements for Liquor Licenses - Yes (72%)

School Board - Member at Large - Kimberly Caprini, Josh Pauly

School Board - District 3 - Siad Ali

School District Question 1 - Approval of School District Referendum Revenue Authorization - Yes (77%), this was for general per student funding increase

School District Question 2 - Approval of School District Capital Project Levy Authorization - Yes (72%), technology upgrade

Federal Race Winners

U.S. Representative District 5 - Ilhan Omar

U.S. Senator - Amy Klobuchar

U.S. Senator, Special Election - Tina Smith

State Race Winners

Governor/Lt. Governor - Tim Walz/Peggy Flanagan

Secretary of State - Steve Simon

State Auditor - Julie Blaha

Attorney General - Keith Ellison

District 63 Senate - not in election cycle

District 63A Representative - Jim Davnie

Hennepin County Sheriff - Dave Hutch

Hennepin County Commissioner District 3 - Angela Conley

Hennepin County Attorney - Michael Freeman

CNO Board Of Directors Meeting

Thursday, October 11th, 2018, 7 – 9 pm at CNO, 3451 Cedar Ave. S.

Attendance: Flannery, Matt, Lori, Aubrie, Dillion, Mike, Adam, Dillion. Ellie

Visitors: From Hennepin County- David Frank, Representative from the Southsider: Andrew K

Call to Order and Introductions

A.Presentation to Board by Andrew

Facility open in December, 2018, with leasing beginning in September, 2018. This 123 unit Urban Transit Oriented Housing fits under plans for Affordable Long Term Workforce Housing. This several stage plan includes rental units under several levels of different costs.

The Entire slide presentation is available for viewing at the CNO office This includes maps, development and completion dates.

After the presentation, there was quite a bit of discussion to clarify understandings and procedures by Southsiders, Hennepin County and the Board. This seemed to help everyone to put issues into perspective and determine future efforts to move ahead.

After the visitors left the board continued discussion

Flannery and Aubrie agreed to draft a letter of request to Southsider stating our needs and needs.

Alicia will contact Alano, city council and David Frank, Hennepin County

Aubrie will invite David Frank to Land Use and Housing Committee

B.Executive Director Updates

- Market Place 2018. Target is asking questions. What can and cannot be on the grass. 48 tents/for vendors. Shade. No shade structures. Trees will be in planter boxes. We will have 75 spaces.
- Jenna Yeakle Has been hired as the MFM Director.
- Flannery said the complaint re vendor went unaddressed. MFM committee decided it was best to

just let them stay since it was so close to the end of the season with the understanding that they will not be back in 2019.

- Moon Palace is willing to be a backup place to Target. Alisha will pursue more information about possibilities with Moon Palace. They did help to make the fundraiser a success.

--Need 5 new Board members

--Rebranding of Board members

--New structuring of organization

--Perhaps block member “club”

--Greater diversity

--Website needs to be updated NOW (Lori will begin working on it—updates for board to review by November board meeting

C.Strategic Plan.

Board members urged to submit reactions to Mario or Alicia by Oct. 15.

D.Financials

Matt submitted a report that begins to address the questions of balancing/justifying the current end of the year budget. After meeting with Robert (accountant) the financial committee will present copies of updated budget for the November, 2018 board meeting.

E. MFM

Mike presented fundraising goals for event and 2018 actuals. The fundraiser was a good success and drew in new people.

Meeting Adjourned.

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 September, October and November 2018:

- | | |
|--------------------------------|---------------------------------------|
| • Kate Duffy* | • Andrea Cecconi* |
| • Fierce Ferments* | • Melanie Mozingo* |
| • Erika Garcia* | • Stacy Burns and Jason McGrath* |
| • Russ and Jenna Grigsby* | • Dillon Fried* |
| • Susan Hensel* | • Erin Zimmerman* |
| • George Hoagland* | • Aneka Swanson |
| • Matt Kazinka* | • Judy Broad |
| • Sarah Lawrence-Lupton* | • Thienbao Phi |
| • Gwen McMahon* | • Jermey Marckel |
| • Minneapolis Business Photos* | • Janet Gonder |
| • Genevieve Olive* | • Julia Toth |
| • Kelly Savage* | • Benjamin Kressel |
| • Tanya Snyder* | <i>* denotes CNO / MFM Sustainers</i> |
| • Adam and Devin Tomczik* | |

Folk Schools: Or A Justication For Hand-Made Spoons

Lorien Kinzel-Auer | Corcorcoan Neighbor

I can't be the only person who's noticed the recent increase in the Maker culture in the Twin Cities. It's hard to miss, specially with all of the Hand-made markets that will be popping up all over the place in the build up of the holiday season. But how many of you have noticed the movement beyond the these markets?

There is a whole growing education system out there centered around teaching traditional methods of doing things. I may be the last person the discover this, but Folk schools are gaining appeal, and quickly. And I for one, think it's amazing.

For example, you could go to our local Target, drop 10 dollars on a wooden spoon and story over.

Or you could find a wood worker at a farmers market who's made some by hand and maybe spend 20 to 50 on a lovely hand-made spoon, a wonderful unique item in our home that has a little story around it.

Or you could drive all of the way up to the North House Folk School, in Grand Marais Mn and sign up for a 165 dollar class titled Carving Köksredskap: Breadboards, Butter Knives & Spoons. And then you could make your own spoons, and your family some spoons, and your neighbors. You could trade your one of a kind spoons for eggs from that neighbor that has chickens. And then suddenly you have so many spoons you have to start selling them at the MFM! I'm kidding a little bit here, but seriously. Why wouldn't you want to know how to make your own spoons?

Because maybe buying that spoon from the store is just as far as you want to go. And I get it, but there are a growing number of people, who'd rather make that spoon. And a spoon is just an example here that really could stand in for a lot of things.

I want to make my own spoons and my own yarn, boat, rugs, furniture, organic and/or seasonal meals, cheese, leather bag, soap, socks, winter clothing, baskets, jewelry and even your own casket (I kid you not, there is a class for this).

For me personally, as a spinner, learning to make my own yarn has been a little bit about finding a creative outlet. But even more than that it's been about feeling like I've re-gained knowledge that at some point felt lost to my generation. It never went away really, but there was always this social pressure, culture and commercial messaging that said "Store bought is better". Or why would you spend all of that time making yarn when you could just make a stop at your local craft store and buy already made yarn. Or even better/easier, just go get a hat at Target, you know while you are getting your 10 dollar spoon. (I'm sorry Target, I don't mean to pick on you.)

It's because spinning and then knitting my own hat, reconnects me to the process. To the idea of where my stuff is coming from.

So that hopefully that stuff means something, to me and maybe even my kid/grandkids years from now. I'm going to avoid the rabbit hole of fast-fashion for now, but it's a definite factor too.

Last but not least, learning to make my own yarn/spoons helps give me a sense of independence. Independence from a Throw-away culture, from the purchasing of badly, cheaply or unethically made items. From needing someone else to provide me with day to day things, like spoons. Because darn it my dog just ate the wooden spoon... again. So maybe I'll just make the a new one. Maybe it'll mean more and we'll make an extra effort to keep it safe from naughty dogs.

One more note, while there seem to be more and more folk schools like Marine Mills opening, which I mentioned because it is located much closer than other schools to the Twin cities. The St. Croix river area is still very out of reach for a lot of people. But, there are hundreds of other places to learn traditional crafts, Youtube (where I learned to spin from) and your local library being great places to start. You can also go to your local parks and look for low cost community classes, or community skill shares. And if a wooden spoon really something you want to make, the Women's Woodshop located at 2237 E. 38th Street, in Standish Neighborhood, offers a Spoon carving class.

Are you a teacher of crafts and other skills in the Minneapolis area? Great! Contact us at news@corcoranneighborhood.org and share your information!

*Top: Spoons from the Women's Woodshop
Bottom: Spoons from North House Folk School*



Traditional Arts and Crafts Education Center Now Open in Marine on St. Croix

News Release | Marine Mills Folk School

The Marine Mills Folk School, a new nonprofit, hands-on learning center, is now open and offering traditional arts and crafts classes at Wilder Forest near Marine on St. Croix. While most of the classes are designed for adults, the center also features 'inter-generational' classes where adults and children can learn together in a supportive, adventurous environment.

"The folk school movement has been gaining strength over the past few years," noted Robin Brooksbank, Board Chair of the nonprofit social venture. "We're located less than an hour from St. Paul and Minneapolis in the St. Croix River Valley, an area that many from the Twin Cities have visited with their families for years, due to its natural beauty and recreational opportunities. People love taking arts and craft classes at the folk school in Grand Marais, North House, but we've heard that often those interested aren't able to devote a weekend, or perhaps longer, to take a class. The St. Croix Valley has a rich heritage of creative artists and teachers, we're working to bring those interested in exploring new skills together with local and regional artists, in a beautiful location."

The folk school tradition of hands-on learning is increasingly of interested to semi-retired or retired individuals who are looking to keep active and challenged. Marine Mills Folk School offers opportunities to learn new skills in a community of other life-long learners. The Folk School's mission also includes supporting local artists, who can both share their expertise in classes as they guide students in collaborative learning, and expose new audiences to their own creative artwork.

The Marine Mills Folk School currently is offering classes in areas such as felting, weaving, wirework and other traditional arts and crafts. In addition, new classes are being continually added. Please visit <https://marinemillsfolkschool.org/> for more information or to see a complete listing of classes.

Contact: Robin Brooksbank
robin@marinemillsfolkschool.org
651.983.5244
Marine Mills Folk School
<https://marinemillsfolkschool.org/>



The Incomplete Skeptic: Intuition is the Key to Success in Relationships

Timothy Cameron | Corcoran Neighbor



Never make an important decision that can affect you or someone else's life while you are hungry, angry, lonely, or tired. The brain needs energy to operate well and needs to be fed. Anger is one of the most toxic emotions which undermines any potential for human expansion of compassion. The human spirit is never angry,

but the human ego is constantly subject to the argument of anything good in our lives. Buddha said that the person who holds the hot coal is the one who gets burned. Being angry or resentful at another human being is like and onto the person who drinks poison and expects the other person to get sick. Science knows that this toxic emotion creates cortisone in the human body which is very toxic physically and anger is also probably the first thing that brings a person to the front line of the battlefield. It causes wars. So it's also toxic to the human body in that way. This article wasn't about just anger but rather about making decisions that benefit you and others equally and how to make this happen. Loneliness is also a barrier to wellness. I suspect loneliness for compassion is one of the reasons people commit suicide. Show me your friends and I'll show you your future. A true friend is someone who takes the time to learn your song and sings it back to you when you forget it. We are lonely when we don't have someone to sing our song back to us to remind us of how beautiful we really are. Lastly, if we are tired, that is not the time to make an important decision because you're probably not going to be attentive to all the aspects of the matter at hand.

However we are all human beings and subject to being hungry, angry, lonely and tired. So what do we do when we experience the necessity of moving forward in a moment and not having the luxury of making the decision when we are called cool and collected? This is where breathing exercises can help you immensely. Not just breathing exercises for the body, but breathing exercises for the spirit within us. We need to take a break from a stressful moment, doing some short breathing exercises can help you regroup quickly and make a better decision. Taking a breathing break will help us avoid saying something we don't mean to. Say

what you mean, mean what you say, but don't say it mean.

Once we have stabilized ourselves, we can go to work on a solution and all solutions our relationship to base. Faith-based people say they have a relationship with God for example. Loving others as we love ourselves is probably the highest means to connecting and having relationship with other human beings.

Any relationship predicated solely on reason or logic is doomed for failure. Probably the lifeblood of any relationship is intuition, which can be readily found between reason and emotion. It seems most people in our culture are prone to living in an age of reason, but unfortunately, they are also throwing out the baby with the bathwater by so doing. If we quiet ourselves we could intuitively access the answer to any problem because the problems are generally self-made which means a solution is within us, not outside of us. By employing intuition, we take our power back from those persons, places or things that we used to think hold us back. Problems are really an illusion. Truly there is nothing wrong in life! It is our perception and reaction to life that makes a thing right or wrong. If we look for a message in any difficult circumstance, we will find a way toward the light and the problem dissipates.

Spinoza said "intuition is a superior way of knowing ultimate truth without the prior use of knowledge or reason."

Einstein said "Intuition is everything" and "Imagination is more powerful the knowledge".

Harvard and Stanford universities are using intuition as a practical tool for decision-making. Beside recognizing and accepting how intuitive ability can be used to accept organizational productivity it is important to eliminate interference which interrupts this flow, such as excessive desire, fear and other distractions. You must have a relaxed positive attitude about letting it happen. To unblock our intuitive ability, we might employee hypnosis, meditation, or guided imagery to help us.

Einstein again comes to the rescue of intuition, because he also thought books that excluded intuition from logic would cheat the world out of any discoveries. $E = mc^2$ came to him in an intuitive moment. He believed that the supreme task of the physicist is to arrive at the elementary laws upon which the cosmos cannot be built by pure deduction. There is no 'logical' path to this conscious realization and inner truth. Only sympathetic under-

standing and experience can connect us.

One of the great philosophers of antiquity, Aristotle said intuition is a source of science. Makes me wonder if Einstein was a reincarnation of Aristotle. LOL!

It is by logic we seek to prove a thing, but it is by intuition that we discover. Most of the great discoveries were arrived at intuitively. To 'know' seems good, but to 'create' is better.

Being guided by emotions alone does not necessarily align with intuition. Intuition can be tested in many practical ways. Look for parking space some time and then follow your inner urge about where to drive. Put it to the test. Good parking karma is waiting for you. Misplaced personal articles or even people can be located to intuition. Where is your friend who you lost in a crowd? Align with your intuition, then go in the direction that it tells you go. Police use intuition, but they call it a hunch. Have you ever for no apparent reason slowed down in traffic only to see we averted an accident because of it? I have.

Need more quotes on the value of intuition? When asked the source of its inventive powers, Edison said he "listens from within".

Tesla said instinct is a thing which transcends knowledge. "But instinct is something which transcends knowledge. We have, undoubtedly, certain finer fibers that enable us to perceive truths when logical deduction, or any other willful effort of the brain, is futile."

Raising our consciousness is what ultimately happens to intuition. "Looking for consciousness in the brain is like looking inside a radio for the announcer." Nassim Haramein

Faith is derived from inward perception. Holding communion with invisibility is common in terms of faith in that God is considered them possible to see. The pure intuition of God is alive in each and every one of us. The spiritual life of humanity rests in intuition. The sanctuary of universal peace is to quiet oneself and come from the heart.

If you are at peace enough to read this entire article, notwithstanding its meandering twists and turns, then perhaps intuition was guiding you along so as to receive a life lesson. I've been on Earth school for 61 years, have cancer, and only have time for things that matter. Love, only love, matters. Listen to your heart, it will guide you well. Namaste.