

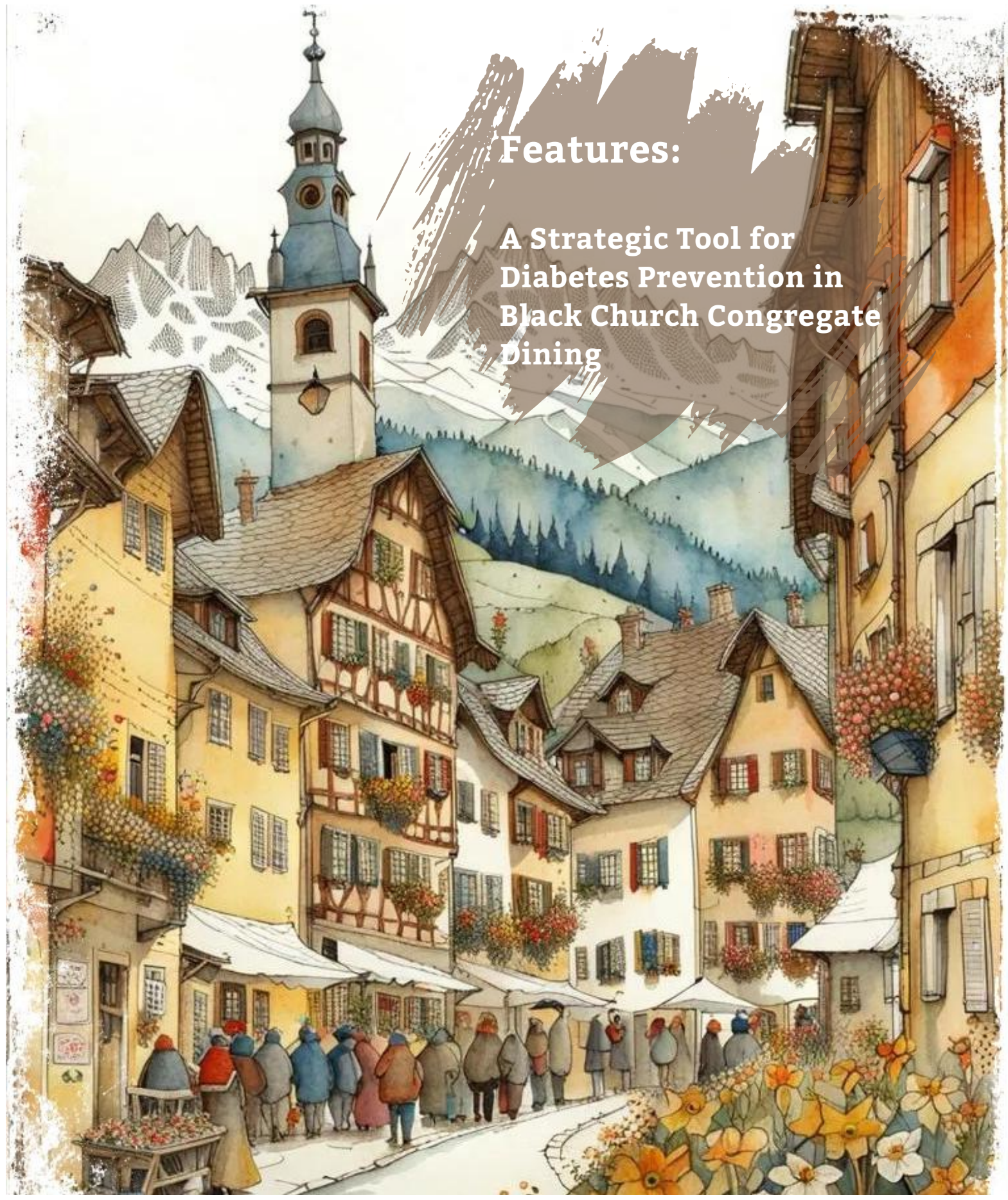


BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

FEBRUARY, 2026 | VOLUME 3 | ISSUE 1

Features:

A Strategic Tool for
Diabetes Prevention in
Black Church Congregate
Dining



Project SUPPORT

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INTRODUCTION



Project SUPPORT (Supporting Under-served through Produce Prescription, and Opportunities to Recreation-activity & Technical-assistance), is led by Asian Media Access (AMA), collaborated with Multi Cultural Community Alliance (MCCA), Project SUPPORT is a cross-cultural, cross-generational, and cross-sectoral initiative, aims to improve health, prevent chronic disease, and reduce health disparities among all members, with a special focus on Black, Indigenous, and People of Color (BIPOCs) who face the highest risk, and bear the highest burden of chronic disease, named: African American/Black, Asian American and will put a special focus on young people from the two poorest but most diverse neighborhoods in MN – North Minneapolis, and Midway St. Paul.

Supported by CDC's REACH funding, AMA will leverage our extensive network of trusted community partners who provide subject matter expertise and have a history of successful engagement with the respective cultural and geographic communities. All partners have been involved in co-designing this Initiative – Project SUPPORT through below 2 culturally tailored strategies to promote Bicultural Healthy Living, especially for immigrant and refugee communities:

- **Nutrition:** Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at area Asian Temples and Black Churches, and establishing Produce Rx at area clinics/hospitals.
- **Physical Activity:** Increase policies, plans and community designs through North Minneapolis Blue Line and St. Paul Sears Redevelopment to better connect residents with activity friendly routes to everyday destination to live/learn/work/play, and provide safe, culturally based places for increasing physical activities.

Please check the Project SUPPORT updates through our Bicultural Active Living Lifestyle (BALL) website, weblog, Facebook, and e-Magazine:

- BALL Facebook at – <https://www.facebook.com/ballequity/>
- BALL Monthly eMagazines: <https://ballequity.amamedia.org/project-support/>
- BALL Website: <https://ballequity.amamedia.org/>
- BALL Web Blog: <https://www.behavioralhealthequityproject.org/>

For More Information: 612-376-7715 or amamedia@amamedia.org



NUTRITION



STRATEGY INTRO: Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at least one Asian Temple, establishing Produce Rx at three clinics/hospitals.

CDC FOOD SERVICE GUIDELINES: A STRATEGIC TOOL FOR DIABETES PREVENTION IN BLACK CHURCH CONGREGATE DINING

North Minneapolis's Black community faces a diabetes crisis demanding immediate intervention. African Americans experience diabetes at rates 77% higher than white Americans, and Hennepin County SHAPE data reveals concentrated diabetes prevalence in North Minneapolis neighborhoods. In response, Asian Media Access and Rochester Clinic have partnered to utilize CDC Food Service Guidelines as a proven framework for transforming Black church congregante dining programs into powerful diabetes prevention resources.



THE DIABETES CRISIS BY THE NUMBERS

Hennepin County SHAPE data reveals troubling patterns. North Minneapolis zip codes – 55411, 55412 show elevated diabetes prevalence across multiple survey cycles. Minnesota Community Measurement data shows only 26-49% of patients achieve optimal care goals, with the lowest success rates in North Minneapolis—creating urgent need for community-based intervention.

WHY BLACK CHURCHES MATTER

Black churches serve as cornerstone institutions in North Minneapolis, operating congregate dining programs that serve seniors, community members, and families—populations at highest risk for diabetes. Unlike clinical settings, Black churches represent trusted, familiar spaces where meals reach people consistently. For many attendees, congregate meals represent a significant portion of weekly food intake, making nutritional quality critically important.

CDC FOOD SERVICE GUIDELINES: AN EVIDENCE-BASED FRAMEWORK

CDC Food Service Guidelines provide comprehensive nutrition standards to prevent type 2 diabetes:

- Sodium Reduction: Meals ≤ 800 mg sodium; entrees ≤ 600 mg; sides ≤ 230 mg. Reduces hypertension risk affecting 60% of diabetics.
- Complex Carbohydrates: Emphasize whole grains, limit added sugars for stable blood sugar.
- Healthy Fats: Eliminate trans fats, limit deep-fried options to prevent insulin resistance.
- Portion Control: Standardized servings prevent overconsumption.
- Nutrient Density: Prioritize vegetables, fruits, whole grains, lean proteins; minimize empty calories.



PRACTICAL APPLICATION: ASSESSMENT AND IMPROVEMENT

Asian Media Access and Rochester Clinic will apply CDC Food Service Guidelines to assess Black church congregate dining experiences and evaluate current menus against evidence-based nutrition standards. Rochester Clinic will then develop tailored menu recommendations based on assessment findings, focusing on achievable improvements: replacing high-sodium side dishes with lower-sodium alternatives, introducing whole grain options, and increasing vegetable servings. These incremental changes accumulate into substantial nutritional gains. Beyond menu modifications, Rochester Clinic will design complementary policy recommendations to support systemic changes within church kitchens, reinforce healthy eating behaviors among congregants, and ensure fresh fruits and vegetables remain consistently accessible.

COMMUNITY EMPOWERMENT THROUGH NUTRITION STANDARDS

Implementing CDC Food Service Guidelines in Black church congregate dining represents community empowerment. By adopting evidence-based standards, churches demonstrate commitment to members' health while maintaining cultural food traditions. Kitchen volunteers become health educators, meal preparation becomes preventive medicine, and Sunday lunch becomes diabetes intervention sessions. For North Minneapolis's Black community facing disproportionate diabetes burden, CDC Food Service Guidelines provide the roadmap for transforming congregate dining into strategic health equity work.



Preface: Last January, the Northside Prescription Advisory Committee resumed biweekly meetings, focusing on two critical food access initiatives for North Minneapolis. The Committee is planning a potential Produce Prescription project while simultaneously designing train-the-trainer sessions on food resources. These coordinated efforts specifically target improved access to fresh fruits and vegetables for the Northside's immigrant and refugee communities. Both initiatives fall under the SankofaPOWER framework, an approach centered on decentralized food access and community empowerment, restoring power to community members to shape their own food security solutions.



NORTHSIDE PRODUCE PRESCRIPTION ADVISORY COMMITTEE COMMITS TO SANKOFAPOWER FRAMEWORK

SankofaPOWER is a community-driven training and digital platform rooted in North Minneapolis (zip codes 55411 and 55412) that restores broken food systems by centering access to fresh fruits and vegetables as a foundation for health, culture, and community resilience. Guided by the principle of “Sankofa”—to look back and carry forward what is valuable—SankofaPOWER builds on neighborhood wisdom, cultural food traditions, and youth leadership to strengthen local food access while creating economic and environmental pathways for long-term stability. Rather than relying solely on institutions or clinical systems, SankofaPOWER positions neighbors as educators, connectors, and system builders.

Led by Asian Media Access, Northside Prescription Advisory Committee has discussed the potential “train-the-trainer - fresh produce access model” at Jan. 20th,

2026 meeting. This model adapts clinical food resource trainings into a community-based approach that prepares North Minneapolis residents to become trusted trainers who help immigrant and refugee families understand the importance of fresh produce and confidently access local food resources. Many families face barriers such as language differences, unfamiliar food systems, transportation challenges, stigma, or fear about eligibility for public programs. SankofaPOWER addresses these barriers by shifting knowledge and leadership into the hands of community members who already hold trust and cultural connection.



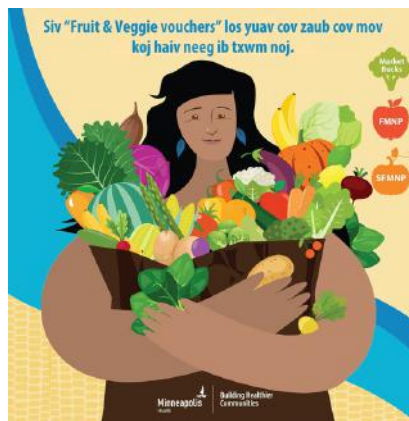
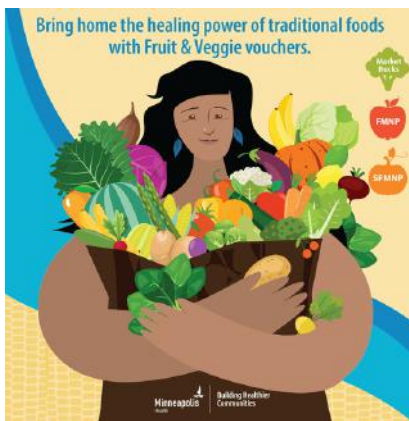
Through this training, community trainers gain practical skills to explain how fresh fruits and vegetables support physical health, mental wellbeing, and chronic disease prevention; identify where fresh produce is available locally, including urban farms, community gardens, farmers markets, food shelves, and culturally specific markets; and support enrollment and use of food access programs such as SNAP, WIC, produce prescription initiatives, and the City of Minneapolis' "Fresh Fruits and Vegetables Vouchers," and "Market Bucks Program." Trainers also learn to address myths and assumptions about food assistance using trauma-informed, culturally grounded approaches that validate real needs without judgment or surveillance,, in order to better support their neighbors experiencing food insecurity. Participants will be able to connect with clinic staff from around the Hennepin County, local health department staff, and local food access organizations

All SankofaPOWER training is grounded in the 3 R's of Community Resilience: Food Regeneration, Water Reuse and Restoration, and Soil Remediation. Fresh produce access is understood not only as a nutrition issue, but as part of a broader regenerative system that rebuilds local food economies, protects natural resources, heals contaminated land, and strengthens community self-reliance. By connecting food access to land, water, and environmental health, the training reinforces long-term resilience rather than short-term fixes.

Additionally, the Advisory Committee has discussed the SankofaPOWER digital

platform that can support this work through community-controlled tools that map where fresh produce is available and needed, connect neighbors and food resources, enable local trading and exchange, and preserve cultural food knowledge through storytelling and oral history. These digital tools are paired with offline resilience hubs and community gardens that support produce aggregation, distribution, and training, ensuring access for residents with limited digital connectivity.

Through our train-the-trainer model, SankofaPOWER transforms fresh produce access from a service into a shared community responsibility and source of power. Participants leave not just with information, but as community trainers and connectors who strengthen food security, cultural dignity, and local economic resilience across North Minneapolis. SankofaPOWER demonstrates that restoring food systems begins with fresh produce—and succeeds when communities lead the way.





Food Service Guidelines



EASY ACCESS TO HEALTHY FOODS

PEOPLE OFTEN LACK ACCESS TO HEALTHIER FOODS IN SETTINGS WHERE THEY LIVE, WORK, LEARN, HEAL, AND PLAY.

Did you know...?

70%

Each year, chronic diseases account for 70% of all deaths in the United States. Poor diets lead to chronic illnesses, such as heart disease, type 2 diabetes, and obesity.

Over 7 million adults eat or drink at a cafeteria on a given day, and over 9 million do so from a vending machine.



Foods that people get at work are generally high in empty calories, sodium, solid fat, added sugars, and refined grains.



WHAT ARE FOOD SERVICE GUIDELINES?

Food service guidelines are standards for healthier food and beverages and food service operations in worksite and community settings.



FOOD SERVICE GUIDELINES FOR FEDERAL FACILITIES

- The *Food Service Guidelines for Federal Facilities (FSG)* encourages healthier food service at federal worksites and is a model set of guidelines that can be used or adapted in other settings.
- More than 60 scientists and operators from nine federal departments and agencies developed the FSG.
- The FSG provides specific standards for food and nutrition (aligned with the *Dietary Guidelines for Americans*), energy and waste reduction, sourcing of local foods, food safety, and behavioral design (strategies to encourage selection of healthier foods).

WHERE CAN FOOD SERVICE GUIDELINES BE USED?



In settings where foods are sold or served such as:

Federal, state and local government facilities
Hospitals and healthcare facilities
Colleges and universities
Private worksites
Parks and recreation centers
Stadiums



In venues such as:

Cafeterias and cafés
Snack bars and grills
Concession stands
Micro markets
Sundry shops
Vending machines

Food service guidelines, such as the *Food Service Guidelines for Federal Facilities*, can be adapted for use in other settings, such as correctional institutions, eldercare facilities, faith-based organizations, and food pantries.

WHAT ARE THE POTENTIAL BENEFITS OF FOOD SERVICE GUIDELINES?

Food service guidelines can . . .

- Make healthier foods more available
- Help people choose healthier foods
- Reduce energy use and food waste
- Lower risk of foodborne illness
- Support local economies



HOW DOES CDC HELP ENSURE HEALTHY FOOD OFFERINGS?



CDC . . .

- Funds states and communities to use food service guidelines in various settings
- Invests in trainings and action institutes to support food service guidelines efforts
- Develops tools and resources
- Monitors progress of food service guidelines implementation in states and communities
- Connects stakeholders with research activities

HOW ARE STATES AND COMMUNITIES IMPROVING AVAILABILITY OF HEALTHIER FOODS IN FOOD SERVICE?

Washington reported increases in healthier food and beverage offerings in various venues after the governor signed an executive order that required all state facilities to adopt healthy food guidelines.



July 2020

Los Angeles County requires nutrition standards in food contracts across county departments. This policy is estimated to impact 37 million meals per year.



37M/YR

Missouri applied nutritional guidelines to food service in their state and local parks and saw increased profits.



Kentucky saw a substantial growth in sales after adding healthier options and labeling in state-operated cafeterias.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

FOR MORE INFORMATION, VISIT:
Division of Nutrition, Physical Activity, and Obesity
<https://www.cdc.gov/obesity/strategies/food-serv-guide.html>

317729-A

PHYSICAL ACTIVITY



STRATEGY INTRO: Increase policies, plans and community design changes through China Garden, Minneapolis Open Streets and St. Paul Sears Redevelopment to better connect residents to everyday destination to live/work/play, and provide safe, culturally based places for increasing physical activities.

Preface: The Metropolitan Council recently recommended the release of updated Regional Bicycle Barriers and Regional Bicycle Transportation Network (RBTN) maps for public comment as part of the 2026 Regional Solicitation. These updates will also inform a future administrative modification to the 2050 Transportation Policy Plan.

Significantly, Asian Media Access has shared the Regional Bicycle Transportation Network (RBTN) with communities, since both REACH initiative sites—the former St. Paul Sears parking lot redevelopment and the Blue Line Extension corridor—have been acknowledged and integrated into the new regional bicycle network plan. The following two articles highlight how proposed bicycle route connections will serve both sites, enhancing multimodal accessibility and supporting equitable transit-oriented development across the Twin Cities region.

WEAVING THE FORMER SEARS SITE INTO DOWNTOWN ST. PAUL'S BICYCLE NETWORK

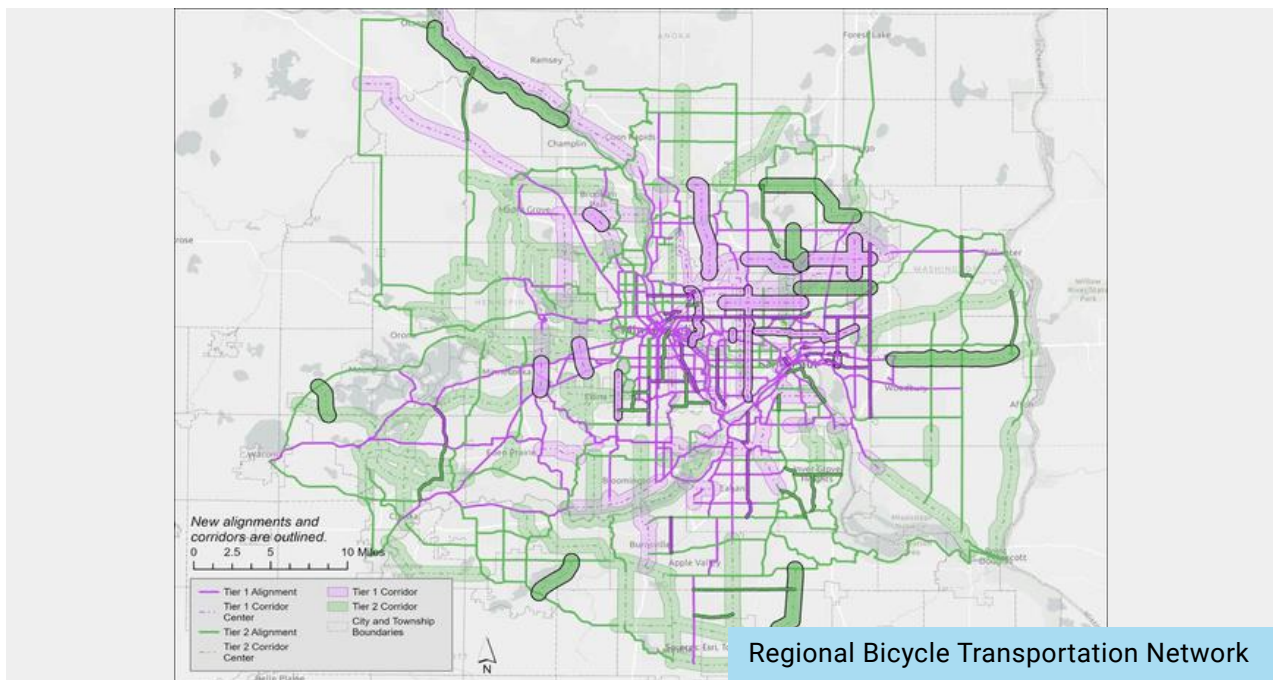
As the 17-acre former Sears property on Rice Street undergoes transformation into a community hub, the Metropolitan Council's 2026 Regional Bicycle Transportation Network (RBTN) updates create critical connections that will link this major redevelopment site to downtown St. Paul's growing bicycle infrastructure. The strategic positioning of new and enhanced bicycle corridors promises to make the Sears site - currently envisioned to house residential, commercial, cultural, and

educational uses - a fully integrated node in the regional active transportation system.

RICE STREET AS THE PRIMARY CORRIDOR

Located at 425 Rice Street near the Minnesota State Capitol, the former Sears site sits along a corridor slated for significant multimodal improvements. Ramsey County's planned reconstruction of Rice Street will eventually incorporate the Metro Transit G Line bus rapid transit, running from Little Canada to West St. Paul through St. Paul's North End, downtown, and West Side—passing directly by the Sears property. This transit spine will be complemented by enhanced bicycle facilities connecting the site to the heart of downtown.

The RBTN updates recognize Rice Street's importance as a north-south connector between developing areas and the urban core. While the street itself serves as a major arterial, the network's focus on parallel and perpendicular routes ensures cyclists have safe, comfortable alternatives for accessing both the Sears site and downtown destinations.



EASTERN GATEWAY CONNECTIONS

Several newly approved RBTN routes create vital east-west links between the Sears property and downtown St. Paul. The Maryland/Jessamine corridor addition between Como Avenue East and Johnson Parkway scored an impressive 94% in the evaluation process, earning Tier 1 status as a cross-city connector. This route provides a direct pathway from neighborhoods east of the Sears site toward the downtown core, intersecting with multiple existing bicycle routes.

ID	Agency	Proposed change location	Directness*	Spacing	Connectivity	Equity benefits	Proximity	Composite score	% of total points	Tier	Rationale
6	Minneapolis Park Board	Add Grand Rounds Missing Link bet. Stinson/St. Anthony Pkwy to Franklin at 27th Ave SE	NA	2	1.5	2	2	7.5	94%	1	Long urban corridor connecting multiple Tier 1 routes across 2 cities.
23	City of St Paul	Add Maryland/Jessamine corridor bet. Como Ave E and Johnson Parkway	NA	2	1.5	2	2	7.5	94%	1	East-west, cross-city connector bet. Tier 1 routes.

The Lexington Avenue addition between Larpenteur and Montreal Avenues further strengthens north-south connectivity in the area. Scoring 75% of available points, this Tier 1 corridor provides access to regional transit while creating a parallel alternative to Rice Street for cyclists traveling between the northern suburbs and downtown. The route's extension southward through Roseville—approved with an exception to spacing guidelines due to its continuation of existing infrastructure—ensures seamless connections for riders coming from communities north of the Sears development.

2	City of St Paul	Add Lexington Ave bet. Larpenteur and Montreal Avenues	NA	2	1	2	1	6	75%	1	Access to regional transit; high eval. score and cross-city corridor.
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CAPITOL AREA INTEGRATION

The former Sears site's proximity to the Minnesota State Capitol creates unique opportunities for bicycle network integration. Multiple approved RBTN alignments weave through the Capitol complex area, connecting government offices, cultural institutions, and the developing Sears community hub.

The Capital City Bikeway shift along Saint Peter Street to Wabasha Street represents a minor but strategic alignment adjustment that improves connectivity in the downtown governmental district. Combined with the Robert Pira Trail designation from Harriett Island Park to South St. Paul, these routes create a comprehensive network serving both the riverfront and the elevated Capitol area where the Sears site sits.

ADDRESSING REGIONAL BARRIERS

One of the most significant challenges for bicycle connectivity in this area involves crossing Interstate 35E and 94, which create substantial barriers between the Sears site and downtown destinations. The RBTN updates strategically position crossing improvement areas to facilitate safe passage across these freeway barriers.

The approved routes demonstrate intentional planning around barrier crossings. Several high-scoring corridors explicitly received points for providing freeway barrier

crossings, ensuring that the bicycle network doesn't stop at the edge of major infrastructure obstacles but rather provides designated, safer crossing locations that connect communities divided by highways.

SOUTHERN DOWNTOWN CONNECTIONS

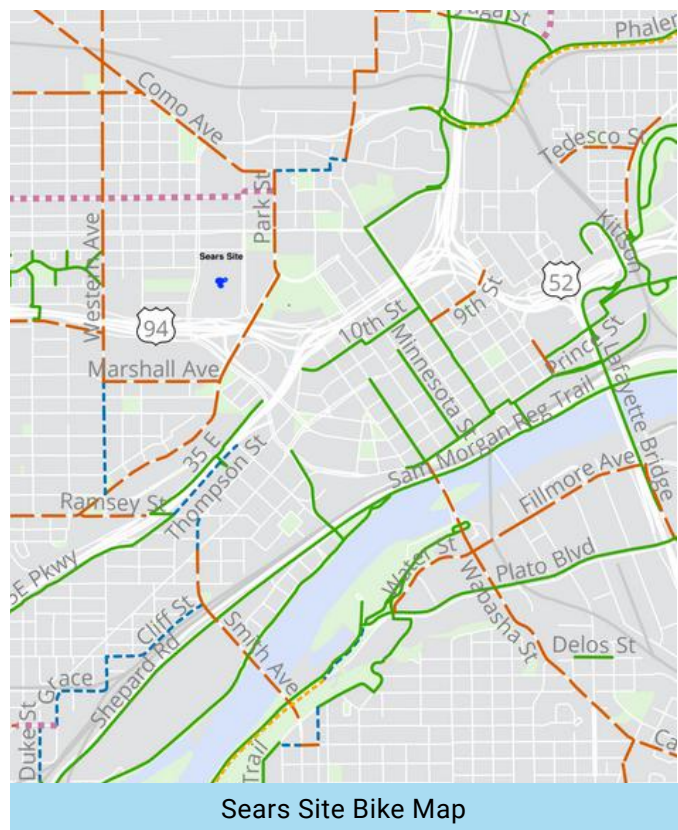
The Snelling Avenue addition between Como Avenue and Pierce Butler Route scored 81% and establishes crucial connectivity between the Sears area and the Midway district, serving as a bridge to downtown's western approaches. This Tier 1 alignment connects multiple existing routes and provides an alternative to congested University Avenue for cyclists heading toward the central business district.

Further south, approved alignments along the Mississippi River corridor create recreational and commuting connections between the Sears development area and downtown's riverfront district, leveraging existing trail infrastructure while filling critical gaps.

FUTURE TRANSIT-ORIENTED DEVELOPMENT

The redevelopment vision for the Sears site includes 600-800 housing units, retail, commercial, and community spaces - creating significant bicycle trip generation. The RBTN updates anticipate this development, positioning the site within a mesh of Tier 1 and Tier 2 bicycle corridors that support car-free living and working.

With the property designated as an opportunity zone and qualified census tract, the bicycle infrastructure improvements complement economic development incentives, creating a truly multimodal, transit-oriented community hub just blocks from the State Capitol and connected seamlessly to downtown St. Paul's expanding bicycle network.



SUPPORTING THE REGIONAL BICYCLE ROUTES CONNECTING TO THE BLUE LINE EXTENSION IN NORTH MINNEAPOLIS

As the Metropolitan Council advances its Regional Bicycle Transportation Network (RBTN) updates for the 2026 Regional Solicitation, several strategic bicycle corridors are being positioned to connect seamlessly with the planned METRO Blue Line Extension (BLE) through North Minneapolis, creating a multimodal transportation vision for the region's most diverse communities.

STRATEGIC BIKE-TRANSIT INTEGRATION

The Blue Line Extension will extend 13.4 miles northwest from Target Field Station through North Minneapolis, Robbinsdale, Crystal, and Brooklyn Park, with stations planned along West Broadway Avenue at Lowry Avenue and Penn Avenue, and along 21st Avenue North with connections near James Avenue and Lyndale Avenue. A new Plymouth Avenue Station will serve the heart of North Minneapolis near Avivo Village. These transit nodes are becoming focal points for regional bicycle network expansion.



Among the newly recommended RBTN routes, several will directly enhance bicycle access to Blue Line stations. The CSAH 153 (Lowry Avenue/Kenzie Terrace) addition between 2nd Street North and St. Anthony Boulevard in Minneapolis scored highly in the evaluation process, earning 75% of available points. This corridor will intersect with multiple existing routes and provide a crucial crossing of the Mississippi River barrier, connecting directly to the planned BLE Lowry Avenue station on West Broadway.

ID	Agency	Proposed change location	Directness*	Spacing	Connectivity	Equity benefits	Proximity	Composite score	% of total points	Tier	Rationale
47	Hennepin County	Add CSAH 153 (Lowry Ave/Kenzie Terrace) bet. 2nd St N to St Anthony Blvd in Mpls	NA	2	1	2	1	6	75%	1	Intersects with multiple Tier 1 routes and provides river barrier crossing.

FILLING CRITICAL NETWORK GAPS

The Ridgeway Parkway addition between Stinson Avenue and St. Anthony Boulevard represents another significant connection, linking existing bicycle infrastructure to the broader North Minneapolis transit corridor. This route will provide essential east-west connectivity in the neighborhoods surrounding the Blue Line alignment.

Perhaps most notably, the Spring/Summer Street addition between 5th/Washington Street Northeast and the I-35W bike bridge will create a vital link connecting several routes while crossing a regional freeway barrier. This 69%-scoring proposal demonstrates how the bicycle network can overcome physical obstacles to reach transit stations, particularly serving the Washington Avenue corridor where the Blue Line will travel through the North Loop before heading north.

66	City of Minneapolis	Spring/Summer Street addition between 5th/Washington St NE & I-35W bike bridge	NA	1	0.5	2	2	5.5	69%	1	Connects several routes & crosses reg. freeway barrier.
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EQUITY-CENTERED PLANNING

The updated RBTN prioritizes connectivity in communities where transit dependence is highest. As much as 50% of the Blue Line Extension's projected 11,500 to 13,000 new daily riders are expected to come from households without cars. The bicycle network enhancements recognize this reality, with equity benefits serving as a key evaluation criterion in the route selection process.

Several approved routes scored maximum points for equity benefits, including the Grand Rounds Missing Link and multiple North Minneapolis corridors. This reflects the Transportation Policy Plan's commitment to developing an integrated, seamless network of bikeways that serves daily transportation needs rather than just recreation.





Photo Courtesy: City of Minneapolis

REGIONAL BARRIERS ADDRESSED

The Regional Bicycle Barrier updates complement these network additions by identifying critical crossing points. In North Minneapolis, the intersection of expressways, railroad corridors, and the Mississippi River creates significant obstacles for cyclists. The updated barrier crossing improvement areas will help prioritize infrastructure investments at locations where bike routes intersect with Blue Line stations, ensuring that access remains safe and comfortable.

These RBTN and Regional Bicycle Barrier updates are being released for public comment as part of the 2026 Regional Solicitation process. Following public input, they will be incorporated into the 2050 Transportation Policy Plan through an administrative modification. The timing aligns strategically with the Blue Line Extension's advancement through final design phases, with construction anticipated to begin after federal funding approval.



Photo Courtesy: City of Minneapolis

By coordinating regional bicycle planning with light rail investment, the Metropolitan Council is creating a comprehensive mobility system that serves the 30,000-plus daily riders projected for the extended Blue Line while providing car-free alternatives for first-and-last-mile connections throughout North Minneapolis and beyond.

PROJECT SUPPORT EVENTS

January 24 & 25

VIETNAMESE NEW YEAR CELEBRATION

Asian Media Access, in collaboration with the KaRen Football Association, TTL Foundation, and the Vietnamese Community of MN, conducted outreach at the Vietnamese Lunar New Year celebration at Burnsville Mall. More than 5,000 community members attended. This strong partnership was central to the event's success, and many participants completed Project SUPPORT surveys on produce prescription awareness and daily fruit and vegetable intake.



UPCOMING EVENTS



ASIA MALL LUNAR NEW YEAR

DATE/TIME: Sunday, February 15, 2026,
12:00pm-5:00pm

PLACE: Asia Mall, 12160 Technology Dr.,
Eden Prairie, MN

Experience a living festival filled with:

- Traditional music and dance performances 🎵
- Cultural art and heritage displays 🏮
- Authentic Asian cuisine 🍜
- Family activities and interactive experiences 🎮
- Admission: Free and open to the public

CONSTITUTIONAL OBSERVER TRAINING

DATE/TIME: Thursday, February 19, 2026,
6:00pm-8:00pm

PLACE: Online Zoom, [register here](#)

Sign up for a Constitutional Observer Training with MN8 in collaboration with the Immigrant Defense Network (IDN). We want to develop leaders in civil rights and civil initiatives. The training blends elements of "Know Your Rights" and "rapid response" in a practical, hands-on workshop experience. Feel free to bring trusted friends but please share this form so we can share details and expect them.



4TH ANNUAL PRINCESS OF ASIA PAGEANT

DATE/TIME: February 21–22, 2026

For registration, visit:

www.princessofasia.org

Step into a world of elegance, empowerment, and transformation as we celebrate our 4th year, promising to be the biggest and brightest yet!

The Princess Of Asia ® Pageant (www.princessofasia.org) is more than a competition—it's a confidence-building and leadership development program that helps participants shine on stage and beyond. Through every challenge and opportunity, contestants learn to boost confidence, build leadership, and improve communication, embodying true empowerment.

New for 2026, we're introducing a one-on-one interview to our required competitions, plus six exciting optional competitions—Photogenic, Runway, Ethnic Wear, Fun Fitness, Talent, and Spokesmodel. Both girls and boys can compete in these fun, high-energy optionals that celebrate personality, poise, and creativity.



LUNAR NEW YEAR WITH THE MINNESOTA ORCHESTRA

DATE/TIME: Thursday, February 26, 2026, 7:00pm

PLACE: Orchestra Hall, 1111 Nicollet Mall, Minneapolis, MN 55403, [tickets](#) at a special rate of \$25.00 while quantities remain by using the special code HORSE26.

The Minnesota Orchestra and a stunning array of guest artists celebrate the beginning of the Year of the Horse. The concert explores themes of family, tradition and unity through vibrant orchestral music and some extra special guests.

A red poster for the Minnesota Orchestra's Lunar New Year 2026 concert. It features a large yellow horse in the center. To the left are four portraits of guest artists: Chen Huihui, Shao Long, Paul Cho, and Kim Yoon. The text on the poster includes "MINNESOTA ORCHESTRA", "2026", "LUNAR NEW YEAR Year of the Horse", "THU FEB 26 7PM", "ORCHESTRA HALL, MINNEAPOLIS", "TICKETS: \$25 WITH CODE HORSE26 FREE FOR KIDS 6-18 WITH HALL PASS", and a "LEARN MORE" button. At the bottom, it says "MINNESOTAORCHESTRA.ORG | 612-371-5656 | ORCHESTRA HALL".

MINNESOTA ORCHESTRA

2026

LUNAR NEW YEAR
Year of the Horse

THU FEB 26 7PM
ORCHESTRA HALL, MINNEAPOLIS

TICKETS: \$25 WITH CODE HORSE26
FREE FOR KIDS 6-18 WITH HALL PASS

LEARN MORE

MINNESOTAORCHESTRA.ORG | 612-371-5656 | ORCHESTRA HALL

A blue poster for Senior Socials at The Loppet. It features a photo of the building at night, a circular inset showing food, and a circular inset showing a bingo card. The text includes "SENIOR SOCIALS AT THE LOPPET", "Senior Social calendar for next year:", "Friday March 27th 2026", "Friday May 29th 2026", "Friday Sept 4th 2026", "Friday Dec 4th 2026", "10A - 2P", "THE TRAILHEAD", and "1221 THEODORE WIRTH PKWY | MPLS, MN 55422".

SENIOR SOCIALS
AT THE LOPPET

Senior Social calendar for next year:

Friday March 27th 2026
Friday May 29th 2026
Friday Sept 4th 2026
Friday Dec 4th 2026

10A - 2P

THE TRAILHEAD
1221 THEODORE WIRTH PKWY | MPLS, MN 55422

SENIOR SOCIALS AT THE LOPPET

DATE/TIME: Fridays, March 27, May 29, September 4, December 4, 2026, 10:00am-2:00pm

PLACE: The Trailhead, 1221 Theodore Wirth Pkwy, Minneapolis, MN 55442



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Partnering with

