This walking tour promotes the 5-4-3-2-1 Go! message developed by the Consortium to Lower Obesity in Chicago Children (CLOCC) at Children's Memorial Hospital. The message is focused on five healthy lifestyle behaviors to help children and their families be more healthy. This walking or biking tour is a great way to provide over one hour of physical activity.

**The 5-4-3-2-1 Go! recommendations:**
- 5 servings of fruits and vegetables a day
- 4 servings of water a day
- 3 servings of low-fat dairy a day
- 2 hours or less of screen time a day
- 1 hour or more of physical activity a day

Mural descriptions located on inside flaps.

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Humboldt Park Mural Tour Map

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Humboldt Park Mural Tour is a component of the archi-treasures’ Humboldt Park Teaching Toolkit, which uses the murals of Humboldt Park as a learning resource for teachers and families. The complete HP Teaching Toolkit is available for free download at www.architreasures.org. To view a map of over 60 murals in Humboldt Park, go to www.humboldtparkportal.org/MAP.
Each flag weighs 45 tons, measures 56’ high, and the flag in public; the only flag permitted to be flown on the island was the United States flag.

- These flags act as the gateway to Paseo Boricua, the portion of Division Street between these flags.

- This mural depicts the recently designed Paseo Boricua flag that recognizes Humboldt Park as the heart of the City’s Puerto Rican community.
- The symbolism in the Coat of Arms connects Puerto Rico and its culture to the City of Chicago.
- Paseo Boricua is the first location outside the Common wealth of Puerto Rico to be granted the right to fly an official Municipal Flag of Puerto Rico.
- The reason this mural is titled “79th” is that there are 78 municipalities in Puerto Rico and Paseo Boricua has the honor of being named the 79th.

- The mural depicts a cultural/music event called Fiesta Boricua (De Banderas a Banderas). The Festival attracts over 250,000 people every year and is held in September. Visitors can hear salsa, reggaeton, bomba, plena, and merengue music pulsing in the streets.
- The mural depicts some famous people including National Puerto Rican icon Lolita Lebrón, Pedro Pietri, and Don Pedro Albizu Campos, the leader of the Puerto Rican Independence Movement who is depicted as a bronze statue on the left of the image.
- The abundance of Puerto Rican flags is an intentional comment by the artists. From 1898 to 1952, when Puerto Rico became annexed by the United States, it was considered a felony to display the Puerto Rican flag in public; the only flag permitted to be flown on the island was the United States flag.

- This is one of the few murals in the area created by a female artist.
- Symbols on the mural refer to Taíno petroglyphs and pictographs found in the Caribbean as well as Aztec symbols from Mexico. The symbols are Pre-Columbian and speak to the cultural identity of the Puerto Rican and Mexican children of Viva Child + Family, the child development center that owns the building where the mural is located.

- This graffiti style mural reflects the vitality of life on Division Street.
- The mural confirms that graffiti can be an art form and not just vandalism.
- The graffiti mural was legally sanctioned by an auto-mechanic shop that gave the organization permission to paint.
- The image in the center is from a photograph taken on April 17, 1936. Albizu Campos is rallying a crowd to become a force for independence.

The mural is a complicated narrative about the Puerto Rican community in Chicago. It contains images about education, culture, sports, gang violence, and Puerto Rican historical figures.
- The mural reflects community, social, and political concerns as well as neighborhood history and achievements with specific reference to the 1996 Division Street Riots and the Three Kings Festival.
- After the Riots, the community became more politically active and vibrant.
- Puerto Rican’s national flower, the maga, or Hibiscus flower is depicted.

The mural honors the Puerto Rican heritage of many people in Humboldt Park.
- The flag flying across the sea from Old San Juan, Puerto Rico to Chicago and back represents the ongoing exchange of culture, resources, people, and ideas between the communities. The mural illustrates transnational and multicultural messages.
- The artist interviewed community members about their stories and used their ideas to develop the theme for the mural.
- Borinquen is the original Taino Indian name for the Island of Puerto Rico.

The mural is about community struggles. There are hands breaking the chains of poverty, racism, and war and holding up children carrying roses in a bright light that symbolizes a bright future for the next generation.
- The woman crying from the burning window is a reference to the arsons that plagued the community in the early 1970’s when landlords began burning buildings to collect the insurance on them.