



Winter 2019 Newsletter
 Comments, questions, ideas?
 Call Kenny Neighborhood
 Association at 612-392-4477.

Inside

Letter from the Chair p 3
Fire on Ice Skating Party p 5
Immunity Boosters p 7
Thanks to the Donors p 8
Kenny Annual Meeting p 8
Save the Dates p 8
Earth Day p 9
Garage Sale p 9
Kenny Egg Hunt p 9
Neighborhood Markets p 9
Proposed Kenny Park Plan p 10
Who's in the 'Hood p 11
Word on the Street p 12
KNA: What Is It? p 13
Kenny Park News p 14

Crosstown Community Band

BY STEVE PAQUIN

If you've been lured to Kenny Park on a hot summer night by the promise of free ice cream, you are certainly familiar with another local treat our neighborhood has to offer: the Crosstown Community Band. Comprised of 30 musicians from Kenny and adjacent neighborhoods, the band – known also by the hipper and simpler moniker XTB – has been playing concerts ranging from neighborhood festivals to Orchestra Hall since 2011. Considering the fact that Minnesota has one of the highest levels of community band membership of any state, perhaps it's no surprise that we have our own homegrown neighborhood group. And while XTB founder Bruce Wright knows there are about 75 other metro area concert bands that Kenny musicians could join, he's also certain that his tight-knit band of local players is having so much fun that they'll continue to flourish.

The origins of the Crosstown Community Band are charmingly simple. In the summer of 2009, Bruce's son and several friends were middle school students who had played in the band at Kenny Elementary. Bruce feared that without encouragement to continue playing during the summer before they started at Anthony Middle School the

boys would put down their instruments and lose a lot of their proficiency. "I decided to start up a backyard band to keep them playing; I guess sort of like Harold Hill's 'band for boys' from the Music Man," Bruce laughs. "So I found music they could all play together, like *Pirates of the Caribbean*, and they really enjoyed it."

"We had I think six members and it was so much fun we continued for a second summer. We even had a summer concert at Kenny Park next to the swimming pool. Then one boy's mother, who played clarinet like I did, said 'Hey we should start one of these up for adults in the neighborhood.' We did some research on what it would take to form a community band, decided it was a viable idea, and posted notices in the *Southwest Journal* and Kenny Newsletter to hold a kickoff meeting at the Kenny Park building. And that's where I met the other founding members of the XTB."

The initial XTB planning meeting yielded six members, not nearly enough to sustain a viable concert presence. However, the band continued to rehearse and gather momentum, drawing members from Kenny and surrounding neighborhoods. "The early years were very intergenerational," remembers Bruce Wright. "We had several parents playing with their middle and high school children, and sometimes we had school-aged musicians join us looking for more variety and challenge."

Bruce credits much of XTB's success to early advice he received from veterans of other community bands. "My son's Band Director at Washburn was Tim Martin, who had formed the Northeast Community Band in Minneapolis about a decade earlier. He provided great direction on organizing, networking, fundraising, and creating a legal structure for the band." Bruce immediately realized that one key to success was critical right

Cover Story continues on page 4



KENNY NEIGHBORHOOD ASSOCIATION

Office: 5516 Lyndale Ave. S.
 Minneapolis, MN 55419
 Message Line: 612-392-4477
 email: info@kennyneighborhood.org
 www.kennyneighborhood.org

KNA BOARD 2018-2019

Chairperson

Nancy Hoyt Taff

Vice Chairperson

Rick Oknick

Treasurer

Jason Cronister

Secretary

Carol Martinson

Craig Anderson

Kevin Eisen

Jenel Farrell

Emma Moreau

Stu Nostdahl

Chuck Ott

Anil Reddy

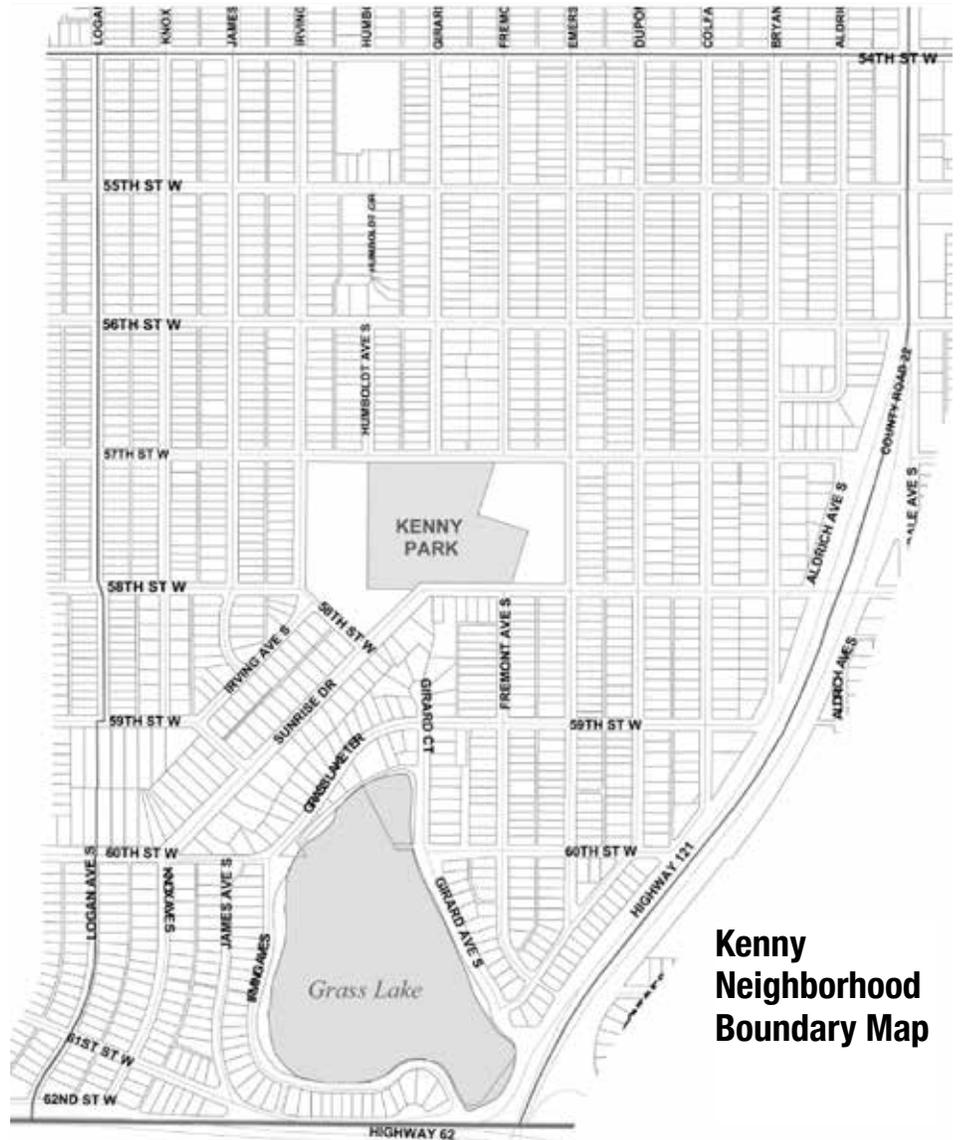
KNA Coordinator

Ruth Olson

All KNA meetings and events are accessible. Requests for accommodations are welcome. Please make requests at least 10 days in advance by calling 612-392-4477 or writing to info@kennyneighborhood.org. Meetings are held at 7 p.m. on the third Tuesday each month at the Kenny Park Building, 1328 W. 58th St.

Contact us:

- For interpreters, listening devices, and/or readers
- To place an item on the agenda
- For further information



Kenny Neighborhood Boundary Map

NEWSLETTER TEAM

Coordination and Layout Mary Arneson
 Copyediting.... Laurie Eckblad Anderson
 PhotographyJenel Farrell, Pat Hagan,
 Ruth Olson

Kenny Neighborhood Newsletter is published four times each year. The Newsletter is sponsored by the Kenny Neighborhood Association, donations from neighbors, and support from our advertisers.

To place an ad, please call Ruth Olson at 612-392-4477.



Letter from the Chair

BY NANCY HOYT TAFF
KNA Chairperson

Hello Kenny!

On February 2, a few Kenny Board members and I attended the Minneapolis Community Connections Conference. Hosted by the City of Minneapolis Neighborhood and Community Relations Department, the conference is a gathering of local neighborhood organizations and community-based or cultural organizations. There were a variety of workshops aimed at supporting organizations with information and tools to maximize their effectiveness.

The hot topic of the day for the neighborhood organizations was the session on the Neighborhoods 2020 recommendations. Neighborhoods 2020 is the Neighborhood and Community Relations Department's (NCR) recommendation on how to design a governing and funding structure for the neighborhood organizations in Minneapolis. NCR has oversight and provides funding for neighborhood organizations, which are independent nonprofit entities. Since the current funding stream for neighborhood organizations is ending, NCR is using this opportunity to design a new approach to funding that extends beyond December 2020. The current draft of recommendations is open for comment

until March 31. To view the draft recommendations visit minneapolismn.gov/ncr/2020.

While this presentation was the big draw for the neighborhood organizations, we had much more fun at the session titled: Awesome Neighborhoods in 120 Seconds or Less. Neighborhoods were asked to present their neighborhood in 120 seconds using 8 slides. That's 15 seconds a slide, which I can assure you goes quickly when you are in front of a group. For the Kenny presentation, I used pictures from our Kenny 365 blog to showcase the beauty of Kenny throughout the seasons, and showcase our events like Fire on Ice and Kickin' Back at Kenny. Other neighborhoods focused on a single initiative, such as the Powderhorn Shark Tank where they hosted a competition for funding local entrepreneurs.

Watching the presentations and hearing the work of the other neighborhood organizations was inspiring. Neighborhood organizations were working on fighting bad landlords by empowering renters, developing local businesses, securing funding to get lights for their

parks, and partnering with the U of M to highlight art in their community. The depth and breadth of the activities is as varied as the communities the organizations serve. See Ruth's article on page 13: Kenny Neighborhood Association: What Is It and What Do We Do? for a broader description of our work.

Kenny Neighborhood Organization is a small organization in comparison to many who have multiple full-time staff, but we came back with lots of new ideas on how we can continue to serve Kenny in new ways. We'll be announcing our new funding ideas and seeking your input at our Annual Meeting on April 16 at 7:00 p.m. at Anthony Middle School. We'll also be doing board member nominations and elections. Please join us in the conversation as it's your voice that we want and need to hear! If you are unable to make it, don't hesitate to contact us with any questions or ideas through our website kennyneighborhood.org.

Nancy Hoyt Taff
nancy.hoyt.taff@gmail.com

Metro Work Center
We have your landscape needs covered

- Mowing
- Edging
- Weeding Planted Areas
- Planting
- Hedge Trimming
- Leaf Clean-up
- Plants and Flowers

Give **Julie Washington** (Job Developer and Job Coach) a call at: **612-729-7381** phone, **651-402-3953** cell

DAVERN MCLEOD & NOSTDAHL, LLP

STUART R. NOSTDAHL
ATTORNEY AT LAW

REPRESENTING INDIVIDUALS AND FAMILIES IN
ESTATE PLANNING AND PROBATE

T: 612.206.3757 www.davernlaw.com

out of the gate: the Crosstown Community Band needed a Director.

“First and foremost, we’ve been blessed with top quality Directors since our founding,” Bruce declares. “Our current Director is our fourth, and the first three were not even in a paid position. Leading a community band is a major time commitment, so finding volunteers for that role was a blessing.” The first two Directors, Dr. Jeff Specht then Kristine Dizon, were graduate students studying music at the University of Minnesota. They shepherded the early band through 2012 before leaving to pursue music careers outside of Minnesota.

The third XTB Director was Richard Burt, a retired music teacher. “Richard was with us through 2015,” recalls Bruce, “but he was also directing the Richfield Symphonic Band, and the workload of both was too high. The Richfield position was a paid one, which was part of his decision to choose to stay with them. That’s when we realized we needed to step up and make our Director a paid position.”

The search for a new Band Director was long – well over a year – but fortunately one of its members, Lesley Earles, was also a high school Band Director who generously agreed to fill the XTB position on an interim basis. Not only did Lesley keep the band progressing as the Board interviewed and auditioned four candidates, she also provided important guidance on how to select the right person for the position. Finally, in 2016 the band hired its current Director, Preston Weber, a graduate of the University of Minnesota School of Music.

Kenny resident Chris Hahn was one of the XTB founding members, a trombone player, and the father of a trombone-playing son who was also in Bruce’s original Band of Boys. “I was there from the very first rehearsal,” Chris recalls, “and I’ve seen the growth of the band firsthand. One of our greatest strengths is Preston’s ability to challenge us as musicians and maintain high expectations for us, which brings out the best we have to offer. He also selects a great variety of music that keeps learning and rehearsing fresh for us.”

That sentiment is echoed by trumpet player David Yussen, a founding

“First and foremost, we’ve been blessed with top quality Directors since our founding.”

member of XTB who has also played with multiple other community bands. “For Preston’s young age he’s incredibly talented as a teacher. He’s the Band and Orchestra Director at Hill-Murray School, so I think he probably loves working with adult musicians in the Crosstown band because we follow direction and aren’t goofing off,” he laughs. “But at the end of a rehearsal or concert he will often say, very genuinely, ‘I’ve really enjoyed making music with you’ and that positive attitude he brings every time we get together sets the tone for the band.”

Age is not really a relevant consideration for membership in the Crosstown Community Band, which is comprised primarily of musicians in their forties and fifties but has included players from teenagers through retirees. Many of the members are former high school and college musicians who had put their instruments away for years but are looking to rekindle the joy of creating music and the fellowship of belonging to a band. Regardless of how long they’ve been away, as long as an instrumentalist is willing to commit to individual practice and group rehearsal they’ll be welcomed into the band community. “There’s not a lot of pressure placed on anyone by the other members,” notes David Yussen. “If you miss a note, everyone understands that you’ll hit it the next time. There are varying levels of ability but in the end we’re all amateurs who want to play well and improve together, so the atmosphere is supportive. I used to play in multiple community bands but I’m only in the Crosstown band now, and I chose to stay with this one in large part because it’s just fun.” In addition to collaborating in rehearsals and concerts, XTB members get together to socialize outside of their music at occasional happy hours and an annual end-of-summer party.

The band rehearses for two hours every Monday night at Richfield Lutheran Church, which donates the rehearsal space for the band in return for its musical accompaniment several times a year at church concert and theater events. “I honestly never thought it would last

Cover Story *continues on page 6*

CITYCHURCH
 SUNDAYS AT 9:30 | 10:50AM
 WEST 54TH STREET AT HUMBOLDT AVENUE
 CITYCHURCHMPLS.ORG 612 338 6500

Icons for YouTube, Facebook, Instagram, and Twitter.

LOVE GOD LOVE OTHERS

Kenny Newsletter AD RATES

	One Issue	Full Year (4x)
Business Card (3.5" w, 2" h)	\$50	\$175

To place an ad, please call Ruth Olson at 612-392-4477.



Neighborhood Update

BY RUTH OLSON
KNA Coordinator

Kenny Neighborhood Raingarden Program Coming this Spring

In 2019, KNA will be sponsoring a raingarden installation program. KNA will be working with Metro Blooms to design and install up to 10 raingardens at residences in the neighborhood. Raingardens are slightly lowered gardens that are planted with native trees, shrubs, and perennials that are designed and placed in a location to intercept and absorb runoff flowing from roofs, sidewalks, patios, and driveways. Raingardens protect creeks and lakes by cleaning and infiltrating runoff before it gets into local waterways. KNA is subsidizing the cost of the program in order to reduce the cost to homeowners. The expected cost to participants is between \$300 and \$450; this includes purchase of the plants, a portion of the design fee, and fees for disposal of soil removed from the property. KNA will pay the overall project management cost, a portion of the design, and the professional fees for Metro Blooms. The installation crew is funded through grants applied for by Metro Blooms. KNA's portion for each property will be approximately \$750.

The homeowner is expected to be an active participant on planting day, and will assume responsibility for weeding and routine garden maintenance (e.g., watering during drought, etc.); so plan on getting your hands dirty and learning about the new plants that will be in your garden!

We anticipate significant interest in this program. To be fair to all our neighbors, we are running this first year pilot program by lottery. If you are interested,

please email info@kennyneighborhood.org with the subject line, Rain garden. Please include your address and preferred contact information in the body of the email. The deadline for entries is Friday, April 12, at midnight. We will draw 10 names and contact folks to coordinate schedules, and begin the design and planning process.



3rd Annual Fire on Ice Skating Party at Kenny Park

Kenny neighborhood suffered through the Polar Vortex of 2019 in late January with many people not leaving their homes for several days due to the dangerously cold air temps and even colder windchills. Luckily, it warmed up to the mid-teens just in time for the Kenny Fire on Ice Skating Party on February 1. At least 100 people joined us for some

winter fun and the chance to get outside again to play and visit.

There was lots of skating by experienced and newbie skaters alike. And that's the fun of it: everyone participating at their own level, falling down and helping each other back up. We noticed a lack of adult-sized skates to borrow at the park and KNA will look into buying some so the park can accommodate more skaters throughout the entire season. We also had a DJ playing the classics; we thought "Another One Bites the Dust" was pretty amusing! When skaters got tired or cold, they took a break inside with fresh popcorn and hot chocolate. When they were warmed up a little, they gathered around a firepit outside for marshmallows, s'mores, and good times with their friends and neighbors.

It was an enjoyable evening and we are already looking forward to the 4th annual event in 2020.



this long for me,” reveals pianist Nancy Sprecher, who has been with XTB from its inception. “I was new to the neighborhood and thought this would be a great way to meet new musically-minded people. Piano is not typically an instrument you’ll find in a concert band so I wasn’t sure it would work out. But I’ve been really happy playing with the group and the variety of musical experiences it’s provided. If you’re going to spend a couple hours a week working to make music together, it’s really important to like each other!”

It’s also important to like the music, which is selected by Director Weber in consultation with the band’s Board, led by Bruce Wright. Full-band music scores can be quite expensive, so in the early days the band was happy to receive donated secondhand scores from local schools. While playing at summer ice cream socials or holiday events, the band will break out concert band standards or adaptations of pop hits, but in the last couple years XTB has also been learning compositions with an international focus.

“The Board and Preston have recently been booking the band into cultural festivals and events, so we’ve worked up music by Welsh, Finnish, and Norwegian composers,” trombonist Hahn explains. “It’s been a fun change of pace musically. My personal favorite compositions were Welsh, and we were also able to perform in the beautiful Mindekirken Norwegian church and at Orchestra Hall for FinnFest. That adds great variety beyond neighborhood festivals, which are fun and casual, where you might find us playing movie music

from *The Incredibles* and *Despicable Me* while wearing polo shirts.”

David Yussen thinks the smaller size of the Crosstown Community Band works to its advantage. “I think we can play concerts where larger bands simply couldn’t fit,” he considers. “One of my favorite events is playing every fall at Bachman’s in the garden center, and we visit senior homes as well. One summer we played at Gibbs Farm, which was a really rustic setting, and the Minnesota Landscape Arboretum is beautiful and a favorite of a lot of band members. I love the wide variety, and every year we try a couple new things.”



Meet Your Musical Neighbors

The 35 members of the Crosstown Community Band include many current and former Kenny Residents. In addition to those interviewed for this article and introduced below, the following Kenny musicians currently perform with XTB:

- Robin Hugo – Trumpet
- Luann Mischler (Kenny Community School teacher) – Trombone
- JoAnn Polanski – Clarinet
- Shari Wiggins (founding member) – Trumpet

Bruce Wright – Clarinet, Crosstown Community Band Board President

Bruce was raised in Detroit, where school children start instrumental training at age six. He chose the clarinet over the French horn, and in fact still owns (and regularly plays) the clarinet on which he first took lessons.

XTB typically plays 12-14 events per year, and is already filling out its 2019 calendar. Next up is a reprise of their Finnish repertoire on March 15 at the Finnish American Cultural Association, followed by an April 1 concert at Redeemer Health and Rehab Center. A complete list of their upcoming concerts can be found on the band’s website www.crosstowncommunityband.org. While all the band members praise the tight-knit feel of a small community band, they emphasize their desire to continue to bring new musicians into the fold. If you’re interested in joining the fun, contact Bruce Wright at XTB@crosstowncommunityband.org.

Bruce continued to play clarinet through his first year at the University of Minnesota, when he put it away to focus on his training as an architect. He didn’t play his clarinet again for more than 40 years, when he organized the Band for Boys, founded the XTB, and rekindled his love of playing music in a band.

A father of two, Bruce has enjoyed a career as a writer and editor of architectural publications, and is currently teaching construction and architecture at Dunwoody College of Technology.

Nancy Sprecher – Piano, Founding Member

Nancy didn’t think piano was a logical fit for a concert band, but almost eight

Cover Story continues on page 15

Settergren & Diamond Lake ACE Hardware

Screen & Window Repair • Lamp Repair
Key Cutting • Lock Rekeying
Computer Color Matching
Knife & Tool Sharpening • Tool Rental

Open 8-8 M-Th, 8-7 Friday, 8-6 Saturday

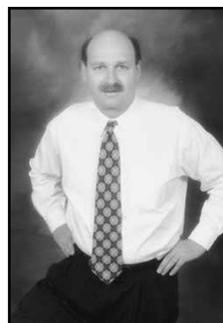
5405 Penn

10-5 Sunday

5425 Nicollet

612-922-6055

612-824-8813



Jeff Machacek, CRS

Selling homes in the Kenny
Neighborhood for over 18 years

Call 612-925-8277

Over 800 Homes Sold



Immunity Boosters

BY RADHIKA LAL SNYDER

Viral illnesses seem to surround me this winter (occupational hazard, I suppose), so I decided to do some research into immunity-boosting supplements. First of all, one of the best ways to support your immune system is to get enough sleep! Most adults require around 8 hours of sleep a night. In addition, a recent NIH-funded study showed that people who practiced mindfulness meditation had shorter and less severe acute respiratory infections, and missed fewer days of work because of these infections, than a group who did not practice mindfulness meditation.

What's the deal with vitamin C and viral illnesses such as colds?

Research has shown that supplementation with large doses of vitamin C (1-8 grams for adults) when the first symptoms of a cold appear can shorten the duration of illness and reduce the severity of illness. Practitioners have applied this data to other viral illnesses as well, and found beneficial results. Be warned that too much vitamin C can cause loose stools, nausea, and stomach cramps.

So, will daily vitamin C prevent viral illnesses?

Unfortunately, no. The studies that have been done have found no benefit to prophylactic vitamin C.

What about zinc?

The evidence is mixed. Some studies showed a decrease in duration of symptoms for people suffering from colds, but others showed no benefit when compared to placebo. Zinc lozenges may be helpful for adults, if the lozenges contain zinc gluconate or zinc acetate but not citric acid, mannitol, sorbitol, or tartrate. Zinc lozenges do not seem



to benefit children or adolescents when they have colds.

Zinc, however, is very beneficial during diarrheal illness. Furthermore, anyone with zinc deficiency should receive supplementation for optimal immune function.

Does vitamin D play a role in immune function?

Vitamin D influences cell growth and differentiation, which enhances immune function. Make sure you are getting your recommended dietary allowance (600 IU for anyone aged 1-70; 800 IU for anyone 71 and over).

What is coenzyme Q10 (CoQ10)?

This enzyme is a natural antioxidant necessary for basic cell function, and is needed for energy storage in the body. Human and animal studies so far indicate that it may increase resistance against infections and enhance immune function. It is not considered an essen-

tial nutrient and so there are no specific recommended daily doses.

Which botanicals might be useful?

A brief word about quality and safety first. Reputable manufacturers of botanical products will go through independent inspection and third-party testing of their products. United States Pharmacopeia (USP), National Sanitation Foundation (NSF International), and Natural Products Association (NPA) quality seals on products can help guide you.

Echinacea is known to activate the immune system when dealing with an acute infection, but there is a theoretical risk of activating an underlying immune process. If used, use only for 2-3 weeks.

Astragalus root (commonly used in traditional Chinese medicine) is considered an immune system tonic and is used to prevent chronic infections. If you have seasonal allergies, be more cautious with this.

American ginseng may shorten the duration of colds, but does not reduce the number of colds. Use with caution as it is known to interact with the anticoagulant warfarin.

Elderberry extract in syrup or in lozenge form might reduce influenza symptoms and duration when given within 48 hours of symptom onset.

Do you really recommend honey for a cough?

You bet I do! I know this doesn't really come under the category of immune booster, but since I'm talking about viral

Immunity Boosters *continued from page 15*

Thanks

2019 Kenny Donors

Thanks to the following Kenny neighbors who have generously contributed to our 2019 winter fund drive! Your donations will help fund important neighborhood activities, including the Kenny Summer Festival and this quarterly newsletter.

Betty Munnings
Nancy Hoyt Taff
Carolyn Roby
Doug Thompson
Karen & Don Nikkola
Michael Nicklay
Jane Hancock
Laura & Bill Baxley
Carol Skala
Paul & Kathrynne Baumtrog
Jim & Ann Horn
Roger Gillette
Helen Peterson
Rocky Olson
Dennis Percival
James & Kathleen McGuire
Kenneth & Camille Edwards
Harvey Lundin
Michael & Elaine Palbicki
Bill & Kelly-Ann Diehl
Bruce & Linda Anderson
Russell & Jaklyn Woodstrom
Pat Hagan & Brenda Smeby

Joan Young
Carol & Sean McNamara
Kerrie Drogue & Gary Anderson
Thomas & Zaiga Schleisman
Thomas & Virginia Kern
Barbara Huibregtse
Darlene Evenson
Rick & Mary Arneson
Vicki Dooley
Mary Meador
Virginia & Charles Huber
Phyllis & David Werness
Ken & Elaine Kelash
Colleen Sauber
Mary Kramer
Donna Kuehn
Stu & Amy Nostdahl
Shawn & Lynn Barnhardt
Rose Gram
Jan Krook
Swenson & Sigmund Family
Laurie & Craig Anderson
Bob & Phyllis Engstrom



2019 KNA Annual Meeting

Tuesday, April 16
6:30 to 7 p.m. Social Time
7 to 8:30 p.m. Annual Meeting
Anthony Middle School
Cafeteria (enter on lower level off
the parking lot)

Please join us for the annual celebration and business meeting of Kenny Neighborhood Association. We'll hear about KNA's accomplishments, get reports from our elected representatives, and continue identifying priorities for KNA's action plans. We'll also hold Board elections. If you are interested in running for a board seat, please contact us at info@kennyneighborhood.org. All are welcome to run for an open seat; renters strongly encouraged!

Save the Dates



Open Streets: June 2
**Kenny Summer Solstice
Ice Cream Social:** June 21
**Kickin' Back at Kenny Summer
Festival:** July 25

Earth Day Events at Kenny Park

Saturday, April 20, from 9:30 to noon



It's easy to get involved in Earth Day Cleanup 2019.

No preregistration is required! Arrive at Kenny Park between 9:30 a.m. and noon, then check in at the registration table. A site coordinator will provide gloves (if you do not bring any) and bags, and will instruct you on where to go to pick up trash and where to leave it after your collection.

The Kenny Park Earth Day Cleanup site is sponsored by Minneapolis Parks and Recreation, Minneapolis Community Education Southwest Team, and Kenny Neighborhood Association. For further information, please call Cyndi Fraedrich at 612-668-3256.

2019 Kenny/Armatage

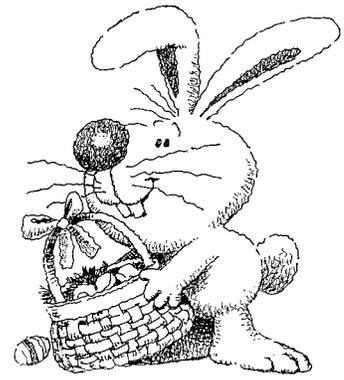


Saturday June 1, 8 a.m. to 4 p.m.

Please mark your calendars for Saturday, June 1, for the 2019 Kenny/Armatage Garage Sales.

There will be registration information on the website by April as well as in the next issue of the Kenny Neighborhood News.

New in 2019: we will be offering an option to register to hold your sale for two days (Friday/Saturday) and this can be noted on the maps and online listings.



Kenny/Armatage Park Egg Hunt

April 13, 10:30 to noon

Celebrate the arrival of spring with our annual egg hunt at Armatage Park! Bring the whole family for this fun event. Enjoy an egg hunt, caricature painting, arts and crafts and a continental breakfast. The Egg Hunt will begin at 10:30 a.m. sharp.

Fee is \$5 per child.

Please register in advance.

Neighborhood Roots Winter Farmers Markets

Do you love the Fulton, Kingfield, or Nokomis Farmers Markets? Do you miss the friendly faces of your farmers? Are you committed to supporting local food in the New Year? You don't have to wait for summer to roll around. Join Neighborhood Roots for their indoor winter markets on Saturdays, February 23 and March 23, 9 a.m. to 1:30 p.m. at Bachman's on Lyndale.

Neighborhood Roots is a small nonprofit that brings you the Fulton, Nokomis, and Kingfield Farmers Markets. Stock up on stored vegetables, pickles, jams, meat, eggs, cheese, wool, crafts, and more while enjoying live music and perhaps a mimosa or two. Watch for the outdoor markets to open again in May.

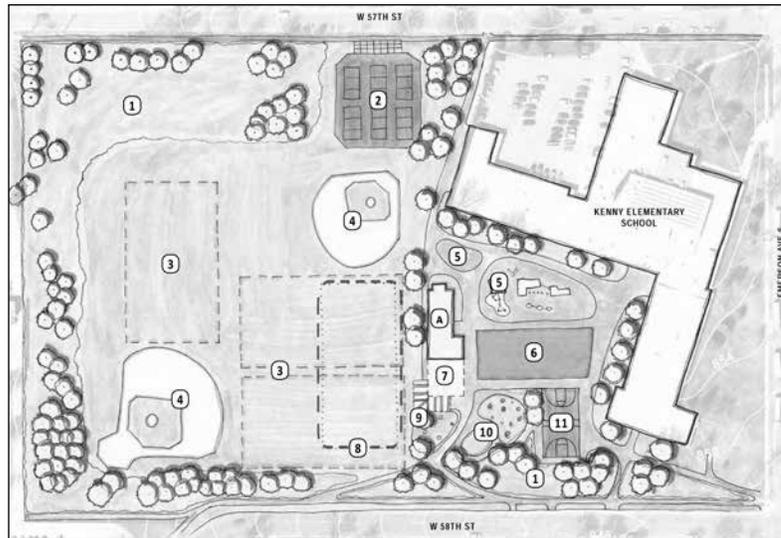
Input Being Sought on Proposed Long-Term Plans for Kenny Park

The Minneapolis Park and Recreation Board (MPRB), along with a Citizen Advisory Council, have been working on Master Plans for all of the parks in southwest Minneapolis. The initial concepts outlining long-term plans for more than 40 neighborhood parks, as well as the Minnehaha Regional Trail, were debuted at a workshop on January 31. MPRB is now asking for your review and comments on both projects.

Check out the neighborhood park concepts here (click on “Park Concepts”; they are sorted by groups alphabetically): <http://kna.link/r>

Check out the Minnehaha Creek initial concepts here: <http://kna.link/s>

It is important to note that funding for these plans is not in place; they are visions for what could be in the future if and when funding becomes available.



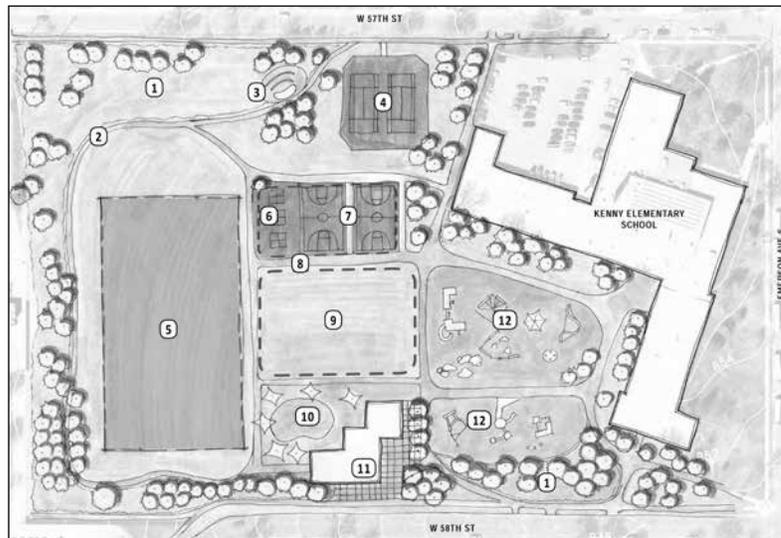
Concept A

Proposed Design Features

1. Native Plantings
2. Pickleball Courts (6)
3. Multi-Use Fields (3)
4. Multi-Use Diamonds (2)
5. Play Areas
6. Open Play Areas (Artificial Turf)
7. Building Expansion
8. Winter Ice Rink
9. Open Air Shelter and Seating Area
10. Splash Pad
11. Full Court Basketball

Existing Features

- A. Recreation Center



Concept B

Proposed Design Features

1. Native Plantings
2. Walking Loop
3. Amphitheater/
Outdoor Classroom
4. Tennis Courts (2)
5. Premier Field (Artificial Turf)
6. Four Square Courts (3)
(Winter Ice Rink)
7. Full Court Basketball (2)
(Winter Ice Rink)
8. Winter Ice Rinks
9. Multi-Use Field
10. Wading Pool with
Shade Structures
11. Relocated and
Expanded Recreation
Center and Entry Plaza
12. Play Areas

Buying or Selling?
Contact the Matt Engen Group.

matt engen
group
RE/MAX Results

612.817.2805
MattEngenGroup.com

real estate redefined.

RE/MAX
Results

PIRANHAS
Est. 1969
SWIM CLUB

Try a promo session at the home pool only 5 minutes from Kenny Neighborhood.

We welcome new and experienced swimmers ages 6 and up. New swimmers enjoy developing basic skills. Experienced swimmers benefit from advanced training and competition.

Contact: Head Coach Lucas Baarlaer at lucas.baarlaer@piranhaswimclub.org
www.piranhaswimclub.org

Who's in the 'Hood

BY JENEL FARRELL

Meet local dog walker, Carol Martin! Carol moved to Kenny in 2003. Initially, Carol rented a house on Dupont, but in 2007, she was able to buy a house on Bryant from some of her clients.

In 2003, Carol started her own pet sitting and dog walking business called Tails of 2 Cities. She has many clients right here in Kenny. She mainly takes care of cats and dogs, but she's also taken care of rabbits, chickens, tropical fish, a few birds, lots of pocket pets (hamsters, guinea pigs, etc.), a bearded dragon, and even a hedgehog!

Carol has a special interest in elderly and ill pets. As a retired pediatrician, Carol likes to help with pets' medical needs, such as administering insulin or subcutaneous fluids and other medications, and helping with postoperative care. She's even done G-tube (gastro-

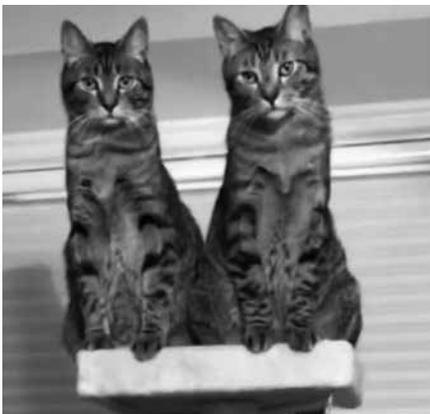


Carol and a previous dog, Tucker.

(Photo courtesy of Sarah Beth Photography)



Paul Bunyan (Moose) and Babe the Blue Ox (Mickey).



tomy tube) feedings for a cat. (Not too many pets have G-tubes. It turns out this cat's owner was an ER vet). Carol's experience as a pediatrician also helps her recognize medical problems in pets, which prompts her to suggest the family take their pet to the vet. Carol believes her background in human medicine helps her feel more comfortable helping with sick pets, but she in no way suggests that she is a vet. Carol did always want to have her own medical practice, and make house calls, so caring for pets in their homes is absolutely the next best thing!

When Carol is not out and about caring for other pets, she's home caring for her own. Carol has an 8-month-old chocolate lab named Moose (a mere 60 lbs so

"The twins" (they are littermates - and best buddies) - Boots and Dickens.

far...). Moose goes to lots of training and dog sports classes. Carol has other pets (two cats and a rescue dog), too, and they're all fun and get along well!

Carol's favorite thing about Kenny is the friendly people! Carol says, "This is the first place I've lived where I know everyone on my block, which is great! And when I'm walking dogs - my clients' or my own - people often stop and talk to me and introduce themselves. I've gotten to know lots of people that way too. Kenny's participation in many neighborhood activities is wonderful too: Kenny festival and other activities, National Night Out block parties, and an active neighborhood council. Plus, getting to learn about people in the neighborhood through the newsletter. All great ways to feel like a part of a community!"

If you're looking for some pet care, you can reach Carol by calling or texting 612-822-PETZ (7389).

Know someone interesting in the 'Hood? Tell Jenel about them at jenelmail@gmail.com

Word on the Street



Our couple on the street, Brenda Smeby and Pat Hagan, asked Kenny neighbors:

“What do you like to do during the winter in Minnesota?”



Back **Max**
Front **Allie, Laura, Charlie, and Olivia**

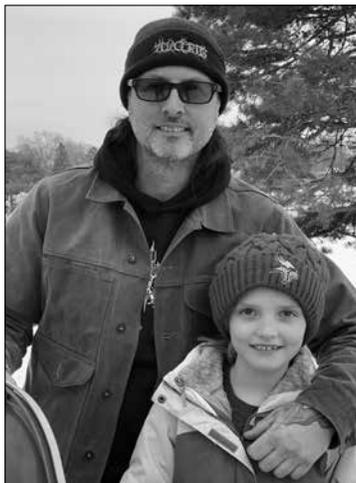
In the winter we ice-skate, build snowmen, ski, and sled.

When it got cold we went to the gym, played with Legos, and went to the Edinborough Park.

Chad and Olivia

We like to skate and sled in Kenny park area during the winter.

When it was cold we watched movies together. Olivia played Beanie Boos with her sister.



Front **Clair and Nick** Back **Kate and Mark**

During the winter we get out and enjoy the sledding hills.

With the colder weather we stayed inside and played games.



Mike, Lydia and Curtis

We enjoy snowball fights, sledding in the park, and ice-skating.

During the cold weather we did puzzles, played board games, went to Grand Slam, and bathing cages.

Kenny Park News

BY NIKKI FRIEDERICH

612-370-4785

Recreation Supervisor

Kenny Park Recreation Center

1328 W. 58th St.

612-370-4901

Kenny Park School Year Hours

August 27—June 11

Monday-Thursday 3 to 9 p.m.

Friday 3 to 6 p.m.

To view programs and field trips or to register online, please log on to www.minneapolisparcs.org and click on ActiveNet

Upcoming Spring Programs at Kenny Park with classes offered at various times, days, and prices for all ages. Registration is currently open for winter/spring programs. Check out the variety of programs being offered for all ages at www.minneapolisparcs.org or call the park for more details.

Preschool KIDS focuses on the importance of social skills and interactions for preschool-age children – with emphasis on sharing, working together, taking turns, problem-solving, listening, and following multistep directions. We will also include academic curriculum into our day, such as working on letters, numbers, colors, and shapes – and incorporating a weekly concept such as “I can do it,” “Marvelous Me,” opposites, sorting, and seasons. Join our qualified, wonderful instructors – Ann Horn and Jan Peterson – in making new friends and fun memories. Classes are offered Monday through Friday from 9 a.m. to noon. You can sign up for as many days of the week as you desire.

Kenny Kids Lunch Bunch is a program that allows preschoolers a chance to spend time eating and playing with friends in the park while giving moms a short break during the day. Lunch first, followed by playtime. Program hours are 12:00 to 1:30 p.m. Again, you can sign up for as many days of the week as you desire; offered Monday through Friday. Bring a bag lunch each day.

Music & Movement is a program to enhance your child’s development and love of music through song and movement. You and your child will sing, boogie to the beat, play instruments, and giggle together in this creative class. Puppets, parachutes, scarves, and stuffed animals are also used to stimulate children’s imaginations. This is a perfect class for parents/grandparents/caregivers to get hands-on interaction with their child while learning fun music and songs to use at home. This is a parent/child class for children ages 1-3 and is \$40 per

class. Tuesdays at **Kenny Park**, 4:30 to 5:15 p.m.; Thursdays or Saturdays at **Armatage Park**, 9:30 to 10:15 a.m.

Creative Dance (Mary Poppins) is the perfect place for your littlest dancers to learn creative dance and pre-ballet in an imaginative and childlike setting. We will make simple costumes (materials fee included). For ages 3-5 and \$70 per class. Tuesdays at **Kenny Park**, 5:30 to 6:25 p.m.; Thursdays or Saturdays at **Armatage Park**, 10:30 to 11:25 a.m.

Family Yoga is a great way to find the energy to propel you and your little ones over the hump each night with Yoga for Fun! Utilize the soothing yet energy-boosting effects of yoga to connect with your children, while bracing your body for the good work that’s to come. Experience productively practicing with your kids during balancing poses, seated poses, standing, and so much more! Great for any skill level! Mikaela Kurpierz is your instructor. Thursdays, April 11 to May 30 at **Kenny Park** or Wednesdays, April 10 to May 29 at **Armatage Park**; 6:15 to 7:15 p.m.; \$60 per family.

NEW: Kenny Pickleball for Beginners is a great opportunity for someone interested in learning to play pickleball in the neighborhood. Pickleball lines were added to the outdoor tennis courts in 2018 and this is the perfect chance to

learn the popular game. Please register only one person per team. Singles looking for a partner can email kenny@minneapolisparcs.org to be paired up or request a particular partner. Tuesdays, May 21 to June 25, at Kenny Park; 6:00 to 8:30 p.m.; \$50 per pair/team. #94033*

NEW: Kenny Adult Pickleball League is a fun, semi-competitive league for teams of two players. This league is for players at a skill level between 2 and 4. The overall scale for pickleball is based on 1 to 5, with 1 having a minimal knowledge/skill level, and a 5 having a high skill level and knowledge of game play. Please register only one person per team. Singles looking for a partner can email kenny@minneapolisparcs.org to be paired up or request a particular partner. Wednesdays, May 22 to June 26, at **Kenny Park**; 6:00 to 8:30 p.m.; \$50 per pair/team. #94034*

IntenSati is transformational workout that will motivate you to live a life you love in a body you love now. Train your body, mind, and spirit with this powerfully invigorating practice. IntenSati combines empowering affirmations with interval training, martial arts, dance, and yoga. Tuesdays, April 9 to May 14 at **Armatage Park**; 6:30 to 7:30 p.m.; \$48.

Armatage/Kenny Egg Hunt is a great way to celebrate the arrival of spring. Bring the whole family down for this fun event. Enjoy an Egg Hunt, caricature artist, arts and crafts, live bunnies, and a light continental breakfast. The Egg Hunt will begin at 11:00 a.m. sharp. Please register in advance as we will not take registration at the door! Saturday, April 13, 10:00 to 11:30 a.m., \$5 at **Armatage Park**. #88325*

Summer Program & Sports Registration for Armatage and Kenny Parks will open February 27, 2019.

Register for park programs online at www.minneapolisparcs.org and www.kennyarmatagesports.com for all youth sport teams. If you have any

Kenny Park News

questions or trouble registering contact Armatage Park at 612.370.4912 for more information. Summer sports include baseball and softball for boys and girls kindergarten through grade 10.

In addition, we offer track and field for ages 9 to 18.

*Use 5-digit code to create a file and register at: kna.link/t

Cover Story *continued from page 6*

years in to her tenure with XTB everyone agrees her contributions are unique and invaluable. Nancy often performs or mimics parts of the score that are designated for instruments not represented in XTB, or absent from a rehearsal. “Sometimes I get to make believe I’m tuba, bassoon, or timpani – and frequently get to play from three or four parts in a single piece!” she explains, though the band has also played compositions that feature her piano skills.

Nancy is a lifelong musician who was trained as a classical pianist, focused and skilled enough to win state-level high school awards and competitions. Prior to joining the Crosstown Community Band she performed as a pianist, organist, and accompanist – and has previously played in community big bands and jazz groups.

Nancy is an independent consultant in the food/agriculture industry who used to travel almost constantly, but she has now settled into a more grounded routine working primarily from home.

David Yussen – Trumpet, Founding Member

David is a lifelong trumpet player who brings years of community band experience to XTB. With the exception of a couple years with extreme corporate travel demands, David has been playing in bands throughout his adulthood. David met his wife, a trombonist, while playing in a concert band and they have two young daughters who receive what he describes as “not-so-discreet encouragement” to enjoy a variety of musical activities of their own.

Thanks to his years of participation in metro-area concert bands, David’s knowledge and networking are valuable to the XTB board as they select music and book concerts. He uses his musical pursuits as a relaxing outlet from his day

job, where he is a Marketing Director for a large locally-based corporation.

Chris Hahn – Trombone, Founding Member

Chris’ arc as a musician is similar to that of many other XTB members, with declining band participation once school was behind him. A Minneapolis native, he played trombone at Anthony Junior High, Washburn High School, and Augsburg College, after which his instrument went back in the case for many years.

In his 40s he was recruited to play in ensembles at church, and was helping his son learn trombone when the Band of Boys and the Crosstown Community Band started up.

In addition to his work with XTB, Chris plays several times a year with a brass group at church and finds that continual playing has significantly increased his musicianship and sight-reading skills.

Chris is a sixth-grade language arts teacher in the Bloomington school district. His own kids attended Kenny, Anthony, and South High and when asked whether he considered enrolling them in his Bloomington school instead of Anthony, Chris laughs and says “Not a chance. None of us would have survived that.”

Immunity Boosters *continues on page 7*

illnesses, I’m going to take the opportunity to talk about it.

First of all, I should clarify that honey should not be given to a child under 1 year of age due to the risk of botulism. A Canadian study concluded that honey is more effective than dextromethorphan (as in Robitussin®) at suppressing a cough. One of the studies gave 10 g (1.5 tsp) of honey to children 30 minutes before bedtime and found that reported nighttime cough symptoms were improved when compared to the prior night.

Where can I get more information about Integrative Medicine?

The National Center for Complementary and Integrative Health is a great resource: <https://nccih.nih.gov/>.

As always, please consult your own physician for information pertinent to your medical conditions.

I hope you found this article useful and welcome topics for future columns. You can reach me at: snyde599@umn.edu.

Information in this column was obtained from The Arizona Center for Integrative Medicine and the National Center for Complementary and Integrative Health.

Radhika Lal Snyder is a family physician in training at Hennepin Healthcare who completed her medical degree at the University of Minnesota. She is writing this preventive health column as part of her Community Health Project.

“Sometimes I get to make believe I’m tuba, bassoon, or timpani – and frequently get to play from three or four parts in a single piece!”

KENNY

NEIGHBORHOOD

Kenny Neighborhood Association

Phone: 612-392-4477

Fax: 612-827-0255

Email: info@kennyneighborhood.org

Office: 5516 Lyndale Ave. S.
Minneapolis, MN 55419

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Twin Cities, MN
Permit No. 3158

Resident

Postmaster: Please deliver by February 25, 2019

Kenny Garden Club

Contact Bridget Rau at bridgetnrandy@comcast.net or Ann Davenport at afdavenport@gmail.com to get involved.

Kenny Board Members Needed

Make a difference in your neighborhood's future by joining the Kenny Board. It's a great way to meet your neighbors and be part of the community. For further information, please call KNA at 612-392-4477 or send an email to info@kennyneighborhood.org.

Home Mortgages

Purchase • Refinance • No Cost Loans



John Drysdale

NMLS #148014

A Kenny resident for 24 years

john@drysdalemortgages.com

Office: 763-390-7240 • Cell: 612-387-5139

 Summit Mortgage Corporation

The Drysdale Team Advantage



Auto Repair & Tire Center

American & Import

All Work Guaranteed • Certified Mechanics

5556 Lyndale



612-824-5620

