Neighborhood food shelf serves a broad community

By Steve Date, Communications Committee
New Creation Baptist Church (NCBC) pastor, Daniel McKizzie, and his wife, Annie, decided in late 2011 that feeding the hungry would be one of the priorities of their ministry. NCBC had offered a children’s summer program earlier that year and they realized that many of the kids they served were from “food-insecure” households. So the congregation leaders decided to have a food event at Thanksgiving to help families in need. It went so well and the need was so great that they bought some refrigerators and freezers and opened a weekly food shelf.

Reverend McKizzie takes his inspiration from Matthew 25:35 “For I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you took me in; I was sick and you visited me.”

Field Regina Northrop Neighborhood Group
1620 East 46th Street, Minneapolis, MN 55407 • 612-721-5424 • frnng.org

YOU are invited! Be there! 6:30-8 p.m.

Annual Meeting
Thursday, April 30

By Sue Filbin, Communications Committee, and David Fronsoe, Vice President
The fact that you are reading this article is wonderful! It may demonstrate that you live in the Field Regina Northrop neighborhood and are interested in and concerned about the kinds of activities that go on here. If this is the case, we invite you to attend our neighborhood association’s annual meeting. Unlike an annual meeting at a publicly held company (which is typically a rote, formal affair), the Field Regina Northrop Neighborhood Group (FRNNG) annual meeting is social and pertinent, and we have refreshments!

Investments
What makes our annual meeting worth attending? For one thing, it really is close to home. The meeting takes place at McRae Park on 47th and Elliot, near the home that represents the largest financial investment you’re likely to make in your life. That home comes with an emotional investment, too. Home is “where the heart is”; it’s where we feel most comfortable; most “at home.” Renters and businesspeople are also invited to attend the meeting. You, too, are invested in the neighborhood by choosing to live here and conduct your business here.

Why attend an annual meeting?
• It’s the best opportunity all year for learning how the neighborhood organization functions. It is also a forum in which people state ideas, concerns, and questions, and express thanks.
• Meet and talk with volunteers who serve on the board of directors and as committee chairs. We will be voting for people to assume those leadership positions. These are the neighbors who develop initiatives and make decisions on behalf of our neighborhood. Their decisions about projects and activities for improvements and financial investment are directly related to the quality-of-life in our area and how a portion of our property taxes are allocated.

Continued on page 8
Attend the neighborhood annual meeting April 30, continued from page 1

• Discover volunteer opportunities. People volunteer for many reasons. One committee chair said they thought it was time they got involved. Another volunteer thought a description of committee activities sounded so appealing, he joined the committee. What may be your reason to volunteer?

• Meet our public officials. Officials who often attend include Council Members from the 8th and 11th Wards, the Parks Commissioner from the 5th District, the Hennepin County Commissioner from District 4, a representative from the Minneapolis Police Department’s 3rd Precinct, and others.

Participating and voting
We know you’re busy with family, work, and other volunteer opportunities, but consider asking yourself, “Where can I fit in my time, talent, and energy to contribute to making stronger connections in my neighborhood?” Currently, we have several vacancies on the board of directors that we need to fill. (See the red text in the next column.) We will also vote in a new president. Chris Schommer, current president and former chair of the communications committee and Field neighborhood representative, is not seeking re-election. Nate Lansing’s three-year term as chair of the Housing Committee is also ending.

If you are interested in these or other positions, please contact frnng@frnng.org by April 13 so we can add your name to the ballot. Write-in candidates are also possible on the evening of the annual meeting.

If you are unable to attend the meeting, please contact us to indicate your interest in any of our volunteer opportunities. We would love to have you get involved. We look forward to seeing you on April 30!

Be inspired by what one individual can do
Here are two sparkling examples of the impact one person’s idea can make. The first is the late Tim Price’s proposal to plant perennials and shrubs along the sound-barrier wall on 2nd Avenue, parallel with 35W. Tim and sequential Greening Committee co-chairs, Lindsey Feiner and Lauren Anderson, wrote a proposal and collaborated with related public entities. They were awarded funds to purchase plants, received donations of additional plants, then recruited an enthusiastic team of vigorous volunteers, planted the gardens, and maintained the landscaping they had envisioned.

A second robust example of an initiative making a huge impact in our neighborhood is the Southside Sprint Bike Race. This popular, action-packed annual competition was co-founded by Northrop neighbor, Jason Lardy. He wanted to create an exciting event in the neighborhood that would connect neighbors and draw people from the greater metro area (and beyond) to experience the variety and vitality of shops and restaurants located at 48th Street and Chicago Avenue. His idea worked. People volunteered to help with the event, participated in the race or were spectators, and some even hosted or attended lawn parties. The race returns for its 10th year on Sunday, July 19, 2020.
President’s Letter

Hello Field Regina Northrop Neighbors,

I want to let you know that I am not planning on running for a second term as FRNNG president. We’ve had some recent changes in our family including some new exciting opportunities, and I’ve decided that it is time to hand off my neighborhood responsibilities to someone else.

This has been a tough choice to make. I have been on the board since 2011 and have enjoyed being involved in our neighborhood and have learned a lot. The best part has been getting to know so many neighbors and especially board members whom I have spent so much time working with and getting to know. I certainly plan on staying around and no doubt will be involved in new ways in the future. I trust the board to continue the work of this organization as we adjust to changing times, including the potential for a large change in the funding we receive from the City of Minneapolis.

Since the last issue’s call for board members, I have heard from a few motivated people and we have already welcomed Pat Borzi to take on the Communications Committee chair responsibilities. Now I need to ask for help filling my position. In the past, FRNNG has been lead by existing board members, but I want everyone who lives here to feel like this is their organization, and they have the potential to lead it. If you are interested in running for election in April, I am happy to talk with you. Email me at president@frnng.org

This is not my last issue of Close to Home (new terms start in June), but I wanted to thank a couple of people right away. I want to thank Stearline Rucker, our program director, who has been a constant presence during my time with FRNNG and has kept everything running. She knows everyone and always keeps her cool with the ups and downs. Always thoughtful, Stearline knows how to look out for people and work things out.

We owe a large debt of gratitude to Sue Filbin who has worked behind the scenes for years to help drive this newsletter and outreach to the neighborhood. Sue is also transitioning out of her role with FRNNG as newsletter layout editor, but she has done so much more than that. Sue has always put the needs of the neighborhood first, identifying needed corrections in the mailing list, contacting people for great stories, writing, editing, taking photos, proofreading and keeping everyone on track. Sue developed and managed the advertising relationships in this newsletter in part to diversify our funding, but also because she believes that keeping our businesses strong and attached to our community is important. Her final gift has been taking on the de facto role of communications chair behind the scenes, and writing up every process and task needed to make this newsletter happen. Pat and the team who is involved in producing this newsletter in the future will have that knowledge to keep this resource going.

I am looking forward to still being neighbors with all of you and these great people, and being part of this neighborhood as it continues to grow and change.

Chris Schommer, President, FRNNG
Greetings, Field Regina Northrop Neighbors!

I’m now halfway through my first term representing Ward 11 on the City Council, and I’m proud of all that we continue to accomplish together. In recent months, I’m excited to have moved Minneapolis forward in its commitments to affordable housing, sustainability, and seniors – three issues of great importance citywide, but especially in our community.

Affordable Housing

After the City Council unanimously passed an Inclusionary Zoning ordinance I co-authored, we now have in place requirements for developers to include an affordability component in new housing projects with 20 or more units. This provision supports my goal of ensuring the community captures as much public benefit as possible from every development project.

Under this ordinance, developers must build affordable units on-site or pay into our Affordable Housing Trust Fund in lieu of producing those units (among a few other options). This is an incredibly complex policy that is designed, fundamentally, to help solve our current housing crisis and prevent strain on our housing market in the future. We need to hold developers accountable to supporting our vision for a more affordable, and equitable, Minneapolis.

Funding for Senior Services

One of the groups squeezed the most by an increased cost of living is seniors. That’s why I fought to secure $140,000 in funding for senior services in our 2020 budget. This represents an $80,000 increase for Minneapolis’ four senior-service centers, including Nokomis Health Seniors, which serves folks in the Field, Regina, and Northrop neighborhoods with indispensable services like transportation to medical appointments, in-home nursing visits, shoveling, raking, home repairs, exercise classes, and more. We know the number of Minneapolis residents ages 50 and up increased by 9% between 2010 and 2015. But state and federal funding did not increase proportionally. I will continue to work to fill that gap with City support, and if you’re a senior or caregiver, I welcome feedback on your most pressing needs.

Climate considerations

In recognition that climate change is a real and pressing threat to our infrastructure, public health, and resilience as a community, the City Council declared a climate emergency. I co-authored this measure which validates the urgency of this situation and empowers the City to consider climate implications in the course of doing business.

We know that historically high levels of precipitation are flooding our streets, seeping into our homes, and straining our infrastructure – and this all comes at a cost. We also know that 70% of Minneapolis homes lack adequate insulation, which increases utility bills and energy consumption. All of this is unacceptable. This resolution is a statement of our commitment to treat the climate crisis seriously and with the urgency it demands. Find resources on how you can take action to reduce energy costs and greenhouse gas emissions at minneapolismn.gov/sustainability/take-action

Lawns to Légumes

Finally, if you’re like me, you’re eager for springtime in the garden. Our community is a high-priority area for a new state program that offers $350 to help folks establish pollinator habitat in their yards. The goal of the Lawns to Legumes program is to integrate more pollinator-friendly plantings that attract bees, butterflies, and moths that support our food and ecological systems.

Many of these species are at serious risk. In addition, this type of vegetation helps to improve water quality, sequester carbon, and promote soil health. The second application period opened this month, and I encourage you to take action soon! Find more information and apply at bluethumb.org/apply-for-lawns-to-legumes-assistance/

Collaborate with me

Looking ahead, I invite all Ward 11 residents and business owners to continue to collaborate with me. I always want to hear about what’s on your mind and what’s most important to you. Reach me anytime at jeremy.schroeder@minneapolisman.gov or 612-673-2211. Follow me on facebook.com/cmjeremyschroeder and twitter.com/mplsward11 for updates and event listings. Stay up to date by subscribing to the Ward 11 Bulletin. My email newsletter:

http://tiny.cc/ward11newsletter

In addition, my next Community Conversation – where we can sit down and chat in person – will be Saturday, March 28, from 9 a.m. to 10 a.m. at Sovereign Grounds (813 E.48th St).

We’re off to a great start in 2020 and I can’t wait to see all that we accomplish together!

Jeremy Schroeder,
City Council Member, Ward 11
New chair of the Communications Committee

Introducing Pat Borzi

By Jason Flaig, Communications Committee

It’s safe to say that Pat Borzi – the new chair of the Communications Committee is an ideal candidate to take over the open position.

Borzi, who has lived on the 4700 block of Oakland Avenue for nearly 18 years, has been a newspaper reporter and writer for three decades. He’s a native New Yorker and has worked at papers in Miami, Portland (Maine) and New Jersey. He’s currently a freelance writer and contributor to The New York Times and MinnPost. He’s covered nine World Series, two Olympic Games and three Super Bowls.

How did a New Yorker who has traveled all over end up living in south Minneapolis? Borzi met his wife, Rachel Blount, a sportswriter for the StarTribune, when they were both in Japan to cover the 1998 Nagano Olympic Games. He first saw her when they were both waiting on a subway platform in Tokyo.

“I asked my buddy, ‘Who’s this girl you were talking to?’” Borzi said. “We kept in touch and one thing led to another and that’s how I ended up living here.”

Borzi traveled extensively earlier in his career but doesn’t go on the road as much now. Since he’s home more often, he wanted to get more involved in his neighborhood. As the communications committee chair, he’ll lead the team that works on the Close to Home newsletter.

“I get the newsletter and saw all of the board openings and thought my skill set would be a good fit for this position,” he said. “You gotta appreciate when something is good, and this newsletter is terrific. It’s very well done and I want to keep that going.”

Borzi and Blount are big fans of their neighborhood. “As a New Yorker, I love having two coffee shops within walking distance. We can get in and out of downtown in about 10 minutes,” he said. “We have the feel of a city neighborhood without the parking hassles of living downtown. This area just has so much to offer. We have friendly neighbors and I felt comfortable here quickly, which doesn’t always happen.”

As far as the Close to Home newsletter goes, Borzi says he doesn’t plan to make any big changes just for the sake of changing things. “There are some small things that I might suggest, but nothing major,” he said. “It’s already a really strong product and we want to keep that going.”

Little Libraries

By Francesco Marraffa, Chair, Business Committee

We would like to thank all the residents who contacted us expressing an interest in having a little library at their home. We received more responses than expected and are working on the plan to provide as many as possible to the community. Thank you to some of you for offering donations of books and funds to aid us with the roll-out of this community project. It’s great to see such support from our community.

Encouraging reading, especially with children, is so critical and important. Finding 20 minutes per day to assist others, or to just find time to read for yourself and escape the business and electronic world we live within, can provide great benefit. Personally, I don’t read enough and should commit to doing so more often. The best part of my day is bedtime stories with my kids! Thanks all for the support with this project. We look forward to confirming the locations and roll-out plan soon.

$1 Campaign

Our 2019 annual $1 campaign fundraiser was a great success. We sent letters requesting donations to 3,200 households. Of those, 1,652 households contributed donations.

Our goal was to raise $2,500. Your generous donations more than doubled that, with a total amount collected of $5,157. We thank you heartily for your generosity!

Inviting Master Gardeners

If you are a master gardener who is willing to donate your expertise to a project in our neighborhood, please contact program director, Stearline Rucker, at 612-721-5424 or frnng@frnng.org. We look forward to hearing from you. Thank you.
By Jason Flaig, Communications Committee
If you've heard of Project Success but aren't familiar with the program, you probably aren't alone.

“We always say that it's one of the best-kept secrets in the non-profit world in Minneapolis,” said Marta Fraboni, Director of External Relations for Project Success. “A lot of people can't believe all of the things that we do.”

The group, which has been a part of Minneapolis Public Schools since 1994, started working at Field Community School this past fall. Students at Field are now able to take part in the many events and opportunities that Project Success offers: Beginning in grade 6 and continuing through grade 12, the group engages students in class through a facilitated curriculum and through local and regional expeditions, arts programming and skills-based certificates.

Students and their families can attend – for free – shows and performances at the Guthrie Theater, the Ordway Center for the Performing Arts and Orchestra Hall, spend the day at the Science Museum and see Twins games at Target Field. And that’s a sampling of the different programs that are offered. This summer, Project Success will be leading trips to The Boundary Waters and the Apostle Islands.

“We're really excited this year to add the Boundary Waters Canoe Area Wilderness and Apostle Islands trips,” Fraboni said. “It gives students who may not otherwise have access to trips like this a chance to go.”

And Field School seems very happy to have Project Success on board. “We've had a great response so far at Field. We had such a warm, welcoming reception at Field during the open house,” Fraboni said. “They seem very happy to have us there.”

Kyle Munshower is the facilitator at Field School. He implements the Project Success curriculum and facilitates program activities with students.

Hiawatha Academy – Northrop Update

By Libby Stegger, Chief Advancement Officer, Hiawatha Academy
Colorful paper cranes and children’s schoolwork greet you when you enter Hiawatha Leadership Academy-Northrop. Scholars browse new books at the Little Free Library outside the school office. Community defines Hiawatha Academy’s Northrop campus.

The co-located elementary and middle schools at 46th Street and 17th Avenue are home to 450 scholars in grades K-6. The schools are designed to be communities of learning where scholars are challenged in classrooms with college-preparatory material in an environment where they are cheered by teachers and classmates alike – who encourage them to be themselves and care for each other.

Middle school scholars are assigned to a Crew, a small group of peers and an adult they meet with each morning. There, scholars talk through academic and social challenges and their responsibility to the school community. The mantra goes: “We are not passengers. We are a Crew.”

Next door in the elementary school, scholars open their day in a classroom circle, sharing praise and gratitude with their classmates for their achievements, responsibility, and collaboration. These practices set a tone for the whole school day, where scholars are confident to take risks and challenge themselves academically.

The community approach extends beyond the school walls. The schools gladly welcome community members. Each week, volunteers with Experience Corps tutor scholars in reading. In January, a fourth-grade student group hosted a community Open Mic fundraiser where brave young scholars performed.

The school invites community members to come see what they are all about! Schedule a visit today by calling 612-455-4004.

Kyle Munshower, right, shown here with a student and her mother, is the Project Success facilitator at Field Community School. He implements the Project Success curriculum and facilitates program activities with students.
Legacy Neighborhood Home – and Neighbor

By Christian Fritzberg, Communications Committee

In the US, the current average time people live in their homes is now ten years. Within our neighborhood, one will find that time span is often significantly longer, and as we’ve discovered, on one block in particular there are several homes where the homes haven’t changed hands (in some cases) in more than seven decades.

For the Johnson family, their residency in the Field neighborhood all began one summer day in 1948. Mary Katherine was just six months old at the time when she and her parents were out for a Sunday drive and came across the story-and-a-half Tudor that was for sale on the elm-lined 4900-block of Park Avenue. The home offered much more living space than their home in the Longfellow neighborhood at that time, so they decided to make a move. The move definitely worked out, as over seven decades later Mary Katherine Johnson is still calling the Tudor home, now with her husband, Jeff Schneider, and their dog, Robbie.

As you can imagine, much has changed over the past seven decades. The beautiful cantilevering elms shading the street have long gone, Park Avenue is significantly wider and busier and I-35W came into existence, as did the suburbs and an increase in traffic.

Some things have gone full circle. The decorative street lighting went away in the 1960s and returned in the 1990s. 48th and Chicago went through a transition from a collection of necessity stores on a streetcar corner, then into decline for several decades, and is now going through a renaissance, with many thriving businesses calling the corner home again.

Regardless of the changes, one thing has remained – the sense of community. Neighbors caring about neighbors; looking after each other through life’s ups and downs, keeping our neighbors and neighborhood safe and well cared for. Because of this great sense of community, one can see why there are so many legacy homes in FRN.

Editor’s note: If you or a neighbor have a legacy story to share, please contact us at communications@frnng.org.
You gave me drink; I was a stranger and you took me in.” McKizzie sees the food shelf as a manifestation of this verse. “We believe that if we help take care of people’s physical needs, then that opens the door to their emotional needs, which in turn opens the door to spiritual needs,” he told me.

The food shelf’s reach is broad. “We serve people from all over. Some walk, some take the bus, and some drive in from far outside the city,” Reverend McKizzie said. They chose Saturdays from 10:00-2:00 as their hours “because most food shelves are only open on weekdays” and the need doesn’t stop on weekends.

The NCBC food shelf partners with several agencies and currently feeds about 1,600 individuals per month, which impacts more than 400 families. This represents about 21,000 pounds of food distributed every month – and the numbers are growing steadily. Reverend McKizzie is proud of the program’s impact on both the givers and receivers. “We even have clients (recipients) who return and volunteer to work at the food shelf,” he said.

The NCBC congregation has formed four teams of volunteers to run the food shelf that is open each Saturday. They receive some funds from grants, but donations of food and money are essential to keeping this program going. If you would like to volunteer or contribute food or cash, contact the New Creation Baptist Church.

Back for its 39th year
Minnesota FoodShare’s March Campaign

By Steve Date, Communications Committee
Minnesota FoodShare’s annual March Campaign dates back to 1982, when a group of food shelves mounted a drive to restock their diminished supplies after the busy winter holiday season. That first March drive was limited to the Twin Cities Metro area, but when the participating organizations realized how high the need was, and how low the food inventory tended to be at that time of year, the idea immediately caught on, the word spread, and the March Campaign became a statewide annual event the very next year.

The program has grown and evolved to include a wider variety of organizations since then. In the Minnesota FoodShare website’s words, “The Minnesota FoodShare March Campaign brings together organizations, businesses, faith communities, and individuals to help keep 300 food shelves statewide stocked throughout the year.”

Last March alone, more than $8,000,000 was raised, over 5,000,000 pounds of food was collected and 284 food shelves throughout Minnesota benefited from the drive. While food donations are heartily welcomed, a cash donation can go even further because of the ability of FoodShare-affiliated organizations to buy in large quantities from food banks and obtain the best-possible prices.

100 percent of the donations received during the March campaign are given to the participating food shelves.

If you would like to be a supporter of the 2020 Campaign, fill out a registration form available on the Minnesota FoodShare website. Here are some ways you can get involved:

• Donate food or funds
• Volunteer your time
• Organize a food or fund drive
• Host a speaker at an event

Summer Anthony, MN FoodShare Program Manager, 612-276-1556
www.mnfoodshare.org/

Neighborhood food shelf serves a broad community, continued from page 1

Andrea L. Newton, DDS  |  Julie E. Clouse, DDS
4454 Chicago Avenue  |  612-823-6262
www.familydentalclinic-mpls.com
Building lifelong relationships one smile at a time
Share Your Crossing Adventure

By Marty Koessel, Chair, Community & Safety Committee

During the past year, our neighborhood has renewed its push for a safer pedestrian crossing of Cedar Avenue near its intersection with 47th Street. Your thoughtful responses to our neighborhood survey last fall were very helpful in indicating strong support for our efforts. However, since our concerns about crossing Cedar focus on pedestrians, at present there is – very fortunately! – little statistical evidence of risk.

This means that your accounts of crossing Cedar between 47th Street and Minnehaha Parkway, where heavy traffic moving fast in both directions is a frequent obstacle, will prove truly helpful in substantiating our case. We don’t want you to invent or exaggerate incidents; we do want honest tales describing the difficulty and danger of crossing that busy stretch of road. Please help by jotting down your crossing experience and sending it to: communityandsafety@frnng.org

Walking Around the Neighborhood

By Steve Date, Communications Committee

Following a back operation in November, my surgeon said the most important exercise for the first few months is to walk every day. That sounded great at the time, because I enjoy walking. Then the snow came and the sidewalks became icy, making his second bit of advice more challenging. “Just make sure you don’t fall,” he said. “That wouldn’t be good.”

So I’ve been careful. I use trekking poles (an excellent Christmas gift from my grandkids). I also walk indoors a lot, either on a treadmill or at the Mall of America, but my neighborhood walks are the best. I’m usually with my wife, Karen, but sometimes I fly solo. I’m trying to take a different route each time.

Since I’m out walking around the neighborhood more than I used to, I had an idea to write about my thoughts and observations for this newsletter – maybe even make it a regular column.

As my walks got longer, I decided to walk around the neighborhood. I set my walking app at 11th Avenue and Minnehaha Parkway and walked the perimeter of the FRN neighborhood. This 4.8-mile route has busy streets on the north and east boundaries and a “build-that-wall”-sized barrier on the western border. But there are still a lot of nice houses, yards, and natural beauty to see.

A few observations from that day:
- All of the 9 people whom I met said “Hello” to me.
- 7 of those 9 people were walking dogs.
- Nearly every sidewalk was cleared of snow, but many still had slippery ice.
- The most difficult areas for walking were mounds of snow at street corners.

Before the next newsletter, I’m going to be walking the streets of FRN, talking to more people, and looking for positives and “areas for improvement.” See you on the sidewalks. I hope to say “Hello” to you soon.
Identify health-related conditions and diseases at an early stage

Know Your Numbers

By Jennifer Myers, Director of Healthy Living, Blaisdell YMCA

Do you know your health stats? Employer healthcare coverage plans often offer a free “know your numbers” check. You can also have a health screening for around $70 at a nearby MinuteClinic. Knowing your numbers helps to identify trends and possible concerns. Here are some stats about your body you should be aware of – and keep an eye on:

**Blood Cholesterol**
A waxy substance produced by the liver. High blood cholesterol (180 or higher) is associated with heart attack, stroke and heart disease. Guidelines with cholesterol have changed in recent months, and not all cholesterol changes can come from dietary changes alone, but it is important to know if high cholesterol runs in your family. Cholesterol numbers are gathered from a blood test.

**Blood Pressure**
The force of your blood against the arteries as your heart beats and rests. Recommended blood pressure is less than 120/80. High blood pressure damages and weakens your arteries, which can lead to a heart attack, stroke, kidney damage and vision loss. You can easily test your own blood pressure at most grocery stores (near the pharmacy) with an arm-cuff machine. Have your blood pressure tested any time you can so you can have a baseline number set for yourself.

**Blood Sugar**
The amount of sugar (glucose) in your blood. High blood sugar is a telltale sign of pre-diabetes or diabetes. If your body cannot control and process sugar from the foods you eat, damage can occur to nerves, blood vessels and organs. Blood sugar is tested in a lab setting, usually after you have abstained from eating for 12 hours.

**Body Fat**
Many people know their weight and have been told their BMI (body-mass index) by their physician. Body weight and BMI are not the only ways to tell if your body is healthy. Body-fat percentage is a more accurate way to gauge your body’s health. Optimal body-fat percentage for men is 10-15% of their total body weight. For women, optimal body-fat percentage is 18-26%. Body-fat measurements can be obtained from many at-home devices, but to get the most accurate body-fat test, go to a clinical setting to be tested with skinfold measurements, hydrostatic weighing or DEXA.

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Springtime Babies and Prenatal Care

By Sheila Kennedy, DNP, APRN, CNM, Southside Community Health Services

Spring is in the air! Soon those buds will burst into bloom. Look outside and baby squirrels and bunnies can be seen while the tiny chirps of baby birds are echoed all around.

Springtime and babies go hand in hand. Animals, of course, do not receive prenatal care during their pregnancies. But for people, this is a critical time to have regular checkups. The best time to see a healthcare provider is actually **before** becoming pregnant. This is an opportunity to review health history, discuss any health issues, and plan lifestyle changes.

Prenatal care is the healthcare a woman receives during her pregnancy. Regular prenatal checkups with a midwife or doctor are important to a mother’s health and the health of her baby. Research shows that the earlier in a pregnancy prenatal care begins, the better the outcomes for both mother and child.

Ideally, a woman should have her first prenatal appointment as soon as she learns she is pregnant, or thinks she may be pregnant. During the first prenatal care appointment, health history is reviewed, concerns are discussed, labs are checked, and an ultrasound may be performed. Depending on risk factors and health history, prenatal checkups will generally occur every 4-6 weeks for the first six months of pregnancy, unless more frequent visits are deemed necessary.

The health of a community starts with the health of its smallest members. South Minneapolis has many clinics where prenatal care may be accessed, including community health centers that offer sliding-fee scales. If you know or suspect you are pregnant, make an appointment with a prenatal care provider as soon as possible. When it comes to prenatal care, the earlier the better.

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St. Mary’s Cemetery
A neighborhood cemetery

**A serene place within the community**

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**Identify health-related conditions and diseases at an early stage**

**Know Your Numbers**

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Springtime and babies go hand in hand. Animals, of course, do not receive prenatal care during their pregnancies. But for people, this is a critical time to have regular checkups. The best time to see a healthcare provider is actually **before** becoming pregnant. This is an opportunity to review health history, discuss any health issues, and plan lifestyle changes.

Prenatal care is the healthcare a woman receives during her pregnancy. Regular prenatal checkups with a midwife or doctor are important to a mother’s health and the health of her baby. Research shows that the earlier in a pregnancy prenatal care begins, the better the outcomes for both mother and child.

Ideally, a woman should have her first prenatal appointment as soon as she learns she is pregnant, or thinks she may be pregnant. During the first prenatal care appointment, health history is reviewed, concerns are discussed, labs are checked, and an ultrasound may be performed. Depending on risk factors and health history, prenatal checkups will generally occur every 4-6 weeks for the first six months of pregnancy, unless more frequent visits are deemed necessary.

The health of a community starts with the health of its smallest members. South Minneapolis has many clinics where prenatal care may be accessed, including community health centers that offer sliding-fee scales. If you know or suspect you are pregnant, make an appointment with a prenatal care provider as soon as possible. When it comes to prenatal care, the earlier the better.
Greetings Field Regina Northrop Neighbors! Planning and construction projects for the Minnehaha Creek Corridor, Hiawatha Golf Course property within Nokomis-Hiawatha Regional Park, and Shoreline Restoration at Lake Nokomis are all underway. Each individual project has a project page at www.minneapolisparks.org/park_care__improvements/park_projects/current_projects/ where you can subscribe to updates and catch up in detail on what’s happened since my last update to you.

Minnehaha Creek Corridor planning has progressed to the third phase of draft design. The third iteration of draft designs have been released and feedback is being gathered from the community. This project is being done in concert with the Minnehaha Creek Watershed District and the City of Minneapolis to ensure that investments made by all agencies are coordinated to provide the greatest benefit to park users and the ecological health of the creek. The new designs include a continuous parkway for motorists in both directions as well as enhancing ecological function of the creek and pedestrian/bike safety and comfort. If you have not already done so, I recommend reviewing the concepts and supporting materials in their entirety and then providing feedback on specific design elements that you find appealing, or not, to the design team and Board of Commissioners using the survey found on the project page.

Hiawatha Golf Course property is being master planned around a reduced pumping scenario with the assistance of a Citizen Advisory Committee – CAC. A refined-draft concept incorporating CAC recommendations is available on the project page. The project page also includes information about how efforts to keep the golf course dry negatively affect the property’s natural environment and its ability to recover from flooding and increased precipitation.

Shoreline Restoration is underway at Lake Nokomis and is funded through State of Minnesota grants to help improve water quality. Please follow posted detours and in areas where trails are shared, yield to pedestrians.

My newsletter, Fifth District Dispatch, that I send out once or twice a month is a great resource for more frequent updates about the parks. You can subscribe at http://eepurl.com/QZ_-9 I’ll see you in the parks!
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