Fall into fitness with these healthy partners

As summer outdoor pool activities draw to a close, fall brings new healthy activities. From youth sports teams to fitness classes, Rosedale has great options to start this last part of 2019 off right. Wyandotte County Parks and Recreation along with Southwest Boulevard Family Fitness are offering several affordable options for families seeking to begin or continue a healthy lifestyle.

Southwest Boulevard Family Fitness is the wellness division of Southwest Boulevard Family Health Care, located at the intersection of Southwest Blvd. and 7th St. in Kansas City, KS. With a mission to provide a fitness facility to all, Southwest Boulevard Family Fitness has affordable prices of $10 per month for individuals and $20 per month for families. The facility includes a gym with weights and cardio machines. Families also have the option to attend 30 different fitness classes each week, ranging from kickboxing to zumba. To stay fit, the fitness center staff encourage neighbors to drop in for a $5 trial class, a balanced diet, and workout at least three times per week for at least 30 minutes per workout. “Fitness,” they say, “is a journey that takes time and dedication.”

For several years, Wyandotte County Parks and Recreation has given families not only in Rosedale but throughout the community an opportunity to participate in coed youth sports. This season, they are offering the following sports:
- Coed youth soccer for Grades K-8
- Coed youth volleyball for Grades 2-7
- Coed flag football for Grades K-5

Registration for each sport is $15. Each six-to-eight week season is full of fun and opportunities to build lasting relationships.

To register for a team, visit a local Wyandotte County Parks and Recreation community center.

Midtown Signs invites neighbors to open house

Midtown Signs will host an open house on Friday, September 27, from 9 a.m.-7 p.m. in honor of National Manufacturing Day. A Rosedale business that serves its community, they design and manufacture just about any kind of sign for any kind of business. Midtown Signs is located at 2416 S. 8th St.

When asked what it is like to work in the Rosedale community, Midtown Signs employee Tiffanni Sanstra says, “It’s awesome! We really enjoy it here.” For 16 years, Midtown Signs has been in Rosedale helping local businesses attract attention from Kansas consumers. Tiffanni explained that Midtown Signs believes in 25 different values for doing business. “The first value is to lift up our people, so we can lift up our community,” says Tiffanni. “Number two is to leave a business better than how it was when we got there. Our goal is to help.”

To this end, Midtown Signs will host company tours open to the public and free of charge. Their main goal is to attract students and other community members to consider the manufacturing industry as a career. “Meet everyone and kids see what we do” is what most excites Tiffanni about the open house. Individuals, families, and student classes are all invited to see the inside work of Midtown signs.

To RSVP, visit eventbrite.com and search “Midtown Signs”.

Youthful volunteers makeover 45th & Rainbow Garden

Volunteers from Sun Creek Methodist Church of Texas and the University of Kansas Medical Center’s first year students helped revamp the community garden located on the corner of 45th and Rainbow Blvd. Together, the volunteers were able to completely transform the once overgrown and weed-infested plot of land into a manageable space for gardens. The area was previously growing out of control, with weeds and other unruly plants beginning to overtake some of the community members’ garden plots. Before the help of the volunteers, grasses and underbrush were also beginning to overtake the white picket fences to the south and east sides of the garden. Now, both fences have already taking advantage of the previous unused plots that were beginning to spill into paths have also been cleared out, allowing for more space for people to plant crops. Community members have been thrilled to see the charming aesthetic of the garden restored and look forward to preparing for the fall harvest.

To volunteer or nominate a Good Neighbor, contact Kimberley Hunter at kimberley@rosedale.org.
This month, the Rosedale Mural Project continues through the creative collaboration of community partners. The mural, which sits at the corner of 2nd St. and Mission Rd., has involved neighbors of many ages and skill levels through paint-by-number community paint days. Each wall was designed by artists including Varia Soto, Billy Peters, Sam Hernandez, and Abigail Townsend. Artists and elders have worked together to transform local history into life-size, modern art through mural projects that highlight Rosedale’s multicultural heritage, including stories from Kansa, Wyandot, and African American communities.

Fellow Rosedalian Lydia Knopp is a community member working on the mural project, Lydia says, “Last year, we were overwhelmed by the love and support shown to us. Over 200 hands helped us create in community, and that process was magic.” Such community support has created lasting effects, including a significant decrease in litter and graffiti. In recent years, the mural has even become a safe meeting ground for youth programs like the Walking School Bus.

RDA partners with Harmon High to pilot a semester-long internship program by Kimberly Hunter

This summer, senior Jada Escobar joined the RDA team from Kansas City’s J.C. Harmon High School. She and other Harmon scholars are piloting the internship component of USD 500’s Diploma+ program, a district-wide initiative that helps students become college and career ready. Jada’s supervisor is Harmon High’s College and Career Academy Facilitator, Tara Lindahl. Lindahl says of the pilot program, “Internships give students an opportunity to take the knowledge and skills they’ve learned and apply them in a real-world experience. Thankfully RDA was willing to host Jada as a Business Marketing Intern. She is learning valuable skills and is applying those in this neighborhood.”

As a child, Jada grew up eating at classic Rosedale restaurants like Dagwoods and Rosedale Barbecue. Now with RDA, she is reaching out to some of those same Rosedale businesses to write newsletter profiles and gauge their needs and interests in hiring local students. Jada hopes to launch a neighborhood-based job board — one of RDA’s 2019 annual goals.

Welcome to the Board, Brooke! by Erin Stryk

Brooke Rodriguez is a Physical Scientist with the USDAGFSIS, Brooke first got involved in Rosedale through Rainbow Summer Program, where she joined a parent committee to help plan the Healthy Kids Carnival, and her kids are regular participants in Rosedale programs. She is a frequent organizer and presenter with Hispanic Heritage Month and Women’s History Month events and volunteers with outreach programs for the USDAGFSIS. RDA is delighted to welcome Brooke to the Board!

To learn more about Board membership, write Erin Stryk at erin@rosedale.org.

Community Calendar

ONE TIME EVENTS:
- September 27
  - Midwest Sign Ops Open House
  - 9 a.m.-7 p.m., 2416 S. 8th St., KCK
- Wednesday, October 2
  - Hispanic Heritage of KCK Schools Lecture
  - 5 p.m., South Branch Library, KCK
- Saturday, October 26
  - Healthy Halloween
  - 11 a.m.-2 p.m., Haworth Park
- October 30
  - Halloween Community Night
  - 6:30 p.m., Rainbow Head Start
- Saturday, November 2
  - Annual Pancake Breakfast
  - 7 a.m., KCK Community Center
- Friday, November 8
  - Good Neighbor Training
  - 7:30-9 a.m., 1401 Southwest Blvd., KCK
- Friday, November 15
  - Youth Leadership Council Meeting
  - 5:30 p.m., 4020 Rainbow Blvd., KCK
- Saturday, November 16
  - Rainbow Head Start Open House
  - 10-11 a.m., Rainbow Head Start
- Friday, November 22
  - Fort Zumwalt’s First Friday
  - 6-11 p.m., Fort Zumwalt High School

RECURRING EVENTS:
- Mobile Libraries
  - Every other Monday
  - 3:30-4:30 p.m., Rainbow Towers
  - 2314 W 39th Ave., KCK
- Every other Thursday
  - 3:30-4:30 p.m., South Branch Library
  - 2624 W 39th St., KCK
- Tuesday, November 5
  - Good Neighbor Training
  - 10 a.m.-1 p.m., 2416 S. 8th St., KCK
- Tuesday, November 12
  - Youth Leadership Council Meeting
  - 5:30 p.m., 1401 Southwest Blvd., KCK
- Tuesday, November 19
  - Healthy Halloween
  - 5:30 p.m., Blackwell Elementary
  - 3260 N 27th St., KCK

Image shows Multicultural Community Mural Project, courtesy of the local African American History panel depicts Crispus Attucks School, Deborah Allen, Mount Carmel Baptist Church, and the Springfield St. color line.