

Don’t Stay in the Dark... Lyndale Avenue Lighting Petition Needs You

The petition process has begun for the widely supported *Lyndale Lighting Improvement Project*. This project would introduce alternating high and low level lights to Lyndale Avenue from 31st to Minnehaha Creek as part of the road reconstruction that will begin in June of 2007. The lighting plan will illuminate the sidewalks uniformly through a combination of high-level roadway lights and low-level ornamental lighting. Lighting levels on the sidewalks would be similar to those found in other neighborhoods with pedestrian level lighting such as the Lowry and Wedge neighborhoods.

The roadway reconstruction project will reduce traffic to one lane in each direction, install center planted medians from 31st to 38th Streets and create parking lanes along the entire project zone. The street configuration was approved by the City Council on November 4th, 2005.

Even though construction of the

roadway is scheduled to begin next year, this new lighting system will not be included in the project unless a petition from property owners representing 65% or more of the property in the project area is presented to City Council. **In other words, we need the support of property owners on Lyndale to make it possible for low-level ornamental lighting to be part of the already approved road reconstruction project!**

With Hennepin County committing to contribute 50% of the capital costs, the estimated capital assessment for the *Lyndale Lighting Improvement Project* to a property owner spread over a 20-year period of time would be \$25 per 100 square feet of property per year, plus interest on the unpaid balance. The City of Minneapolis will cover the operation and maintenance of the lights for almost all property owners.

Volunteers have begun door-knocking along Lyndale Avenue to collect signatures from property owners in support of the *Lyndale Avenue Lighting Improvement Project*. The majority of property owners we have contacted so far are very supportive of the project. The biggest hurdle facing volunteers is finding people at home!

You can support the *Lyndale Avenue Lighting Improvement Project* by sending in a signed petition to:
The Lyndale Streetscape Committee
711 West Lake Street #303
Minneapolis, MN 55408

Petitions can be downloaded from the KFNA website at www.kingfield.org. Please submit your petition by Monday, Oct. 2, 2006. With your help, we can provide a better, safer environment for all those who work, live, or work, or drive along Lyndale Avenue.

-Matt Perry

Kids Soccer Takes Next Step

For the first time in over a decade there will be a neighborhood soccer team playing in the Minneapolis Park Board league this fall. The MLK "under-10" team made up of 11 kids includes many from distant neighborhoods and even Richfield, but makes it possible for several Kingfield kids to have a home field team with which to play. This is a great next step for the fundamentals program for 4-through 12-year-olds, which had its 5th summer session this past June and July.

For those kids still interested in playing in the "fundamentals" program this fall:

FOR: Kids 4 through 12
WHAT: Fundamentals Soccer Program (fun, low key, trained high school age coaches)
WHEN: Every Saturday, Sept. 16th through Nov. 18th: 10 to 11:15 AM
WHERE: King Park, along 42nd Street, between 35W and Nicollet Ave.
REGISTER: at the beginning of any of the Saturday sessions
COST: \$15 (waiver upon request) & \$7 for a gold, program T-shirt

Call Michael Vanderford (612-827-3914) with questions.

Join a Kingfield Citizen Patrol Walking Group

Tuesday Evenings- 7:00 p.m. - 9:00 p.m.
*meet at MLK Park, 4055 Nicollet Ave. S.

Wednesday Evenings- 7:00 p.m. - 9:00 p.m.
*meet at Caffe Tempo, 4161 Grand Ave. S.

Thursday Evenings- 7:00 p.m. - 9:00 p.m.
*meet at Butter, 3544 Grand Ave. S.

Neighbors and families are invited to walk together. Join an existing group or call KFNA if you are interested in organizing another walking group. 612-823-5980 x3

Patrol members (vested) Monica Hofe, Nan Marie Zosel, June Webb-Notermann and Beth Larson stop to greet neighbors as they walk along 1st Avenue, near MLK Park



Better Ballot Campaign brings Instant Runoff Voting to Mpls Voters

This November 7, Minneapolis voters will have a special opportunity to improve democracy. An amendment to adopt Instant Runoff Voting (IRV) for municipal elections will be up for approval. KFNA endorses instant runoff voting in the City of Minneapolis.

Using IRV, voters rank the candidates instead of picking only one. All first choices are tallied; if no candidate receives the required number of votes (50% + 1 in single seat races) after that first round, the last place finisher is dropped and their votes moved to the second choices on those ballots. The process continues until a candidate emerges with the mandatory number of votes. The process also works for multi-seat races, like Library Board, to ensure better representation of all voters.

Instant Runoff Voting contributes to better democracy in a number of ways:
•**You can vote with your heart:** Voting for your first choice won't help

your worst choice - no wasted votes!
•**The most voters choose from among the most candidates:** IRV eliminates the need for low-turnout primaries.
•**It expands political access for underrepresented communities:** IRV helps non-traditional candidates appealing to underrepresented voters who would otherwise be eliminated in primaries. They, instead, face more voters in the general election
•**It fosters positive, issues-based campaigns:** Other cities have noticed when candidates want to be your second choice (if they can't be your first) they are more likely to focus on issues.
•**It's easy to use:** Just rank your choices, 1-2-3...!

More information about IRV and how to become involved in the Better Ballot Campaign can be found at www.betterballotcampaign.org. Please support instant runoff voting for Minneapolis by **voting YES** on November 7.

Crime and Safety Task Force
Now meets on the
Third Tuesday of the Month
Tuesday, September 19th
7 p.m. - 8 p.m.
MLK Park 4055 Nicollet Ave. S.

The Crime and Safety Task force meets monthly to give residents a forum to speak with Crime Prevention Specialist, Tom Thompson, KFNA, and each other about crime concerns in Kingfield. The task force is a tool to help residents come together to vocalize concerns, strategize solutions, and be proactive in keeping our neighborhood safe.

About the Kingfield Neighborhood Association

The Kingfield neighborhood runs from 36th to 46th Streets, between Lyndale Avenue and 35W.

The Kingfield Neighborhood Association (KFNA) office is located in The Center for Performing Arts building, room 101:

KFNA Office
3754 Pleasant Avenue South
Minneapolis, MN 55409
Phone 612-823-5980
E-mail kfna@email.com
www.kingfield.org

The KFNA board meets the second Wednesday of the month at 7 p.m. at ML King Park, 4055 Nicollet Avenue So. The following residents are serving on the KFNA Board of Directors for the 2006-2007 term:

Thor Anderson821.1046
Darrell Gerber824.7366
Shawna Gibson229.5112
Peter Hallstrom821.9405
Mark Hinds870.9272
Martha Ingram825.4984
Arthur Knowles823.0808
Ben Kristensen822.2312
Erik Lindseth827.3890
David Saddoris396.3472
Diana Schleisman . . .822.4690
Niki Valens824-2286
JobyLyn Sassily.382.4268

KFNA Staff

Executive Director:
Sarah Linnes-Robinson .823.5980
NRP Project Organizer:
Joanna Hallstrom.....823.5980x3

Kingfield News

If you are interested in writing, editing, designing, or taking photographs for the Kingfield News, call the KFNA office at 823-5980.



Nicollet-East Harriet Business Association Gathers Momentum

In 2004, business owners within the Kingfield and East Harriet Farmstead Neighborhoods approached their respective neighborhood associations (KFNA and EHFNA) asking for assistance in starting up business associations. After a series of individual meetings, business leaders and the neighborhood associations agreed in February of 2006 to form a single business association for the two neighborhoods given the large number of small, separated business nodes that characterized the area. Thus the Nicollet-East Harriet Business Association (NEH-BA) was born.

The Association's mission is to support local business owners and their business development by building a sense of business identity, strengthening relationships between businesses and the local community, creating a forum for business owners to address business and community issues and providing a format to obtain information on public and/or non-profit program services that can assist in business development.

Over the course of its first year, the Nicollet-East Harriet Business Association has incorporated as a non-profit, elected officers and a Board of Directors and grown its membership to over two dozen. Board members include President, Matt Perry (Twin

Cities PC MD); Vice-President, Tim Harwig (Frame Ups); Treasurer, Bruce Thomson (Triangle Printing); Secretary, Diane Harayda (Metro Dental); and At-Large Board Member, Mark Brandow (Quality Coaches). The Association's membership goal for 2006 is fifty new members.

It has also recently received \$6,000 in grant money from the City of Minneapolis Community Planning and Economic Development (CPED) department which will be used to meet the mission of the Association including the creation and distribution of materials such as area maps with the locations of member businesses, a web site profiling member businesses, email network and branding material for member businesses to display in their stores.

During its monthly meetings, the Business Association has brought in speakers ranging from City Council Members, the City's Tax Assessment Department, City Crime Prevention Specialists and the City's Principal City Planner for our area. Future speakers will focus on issues important to members such as business and marketing development and the property tax assessment and appeal process.

The Nicollet-East Harriet Business

Association meets the third Wednesday of each month at Café Tempo at 7am. Membership in the Association is free and only requires the business owner to attend one of the Associations monthly meetings. All store front and home-based businesses are welcome!

-Matt Perry
NEH-BA President

Note From the President

KFNA's President, Erik Lindseth, and his wife, Kristin Benson, had their second baby, Ava Belle, on the summer solstice, and then Erik started a new job as Associate General Counsel at Life Time Fitness in early August. While he made it out to scoop ice cream-by-bicycle for National Night Out, most of his nights are Wakeful Nights In. His regular column will resume in the December issue of the Kingfield News when life quiets down a little. Congratulations, Erik, on your new challenges and opportunities!



Erik Lindseth

Kingfield Stormwater... about to get cleaner!

Nineteen Kingfield property owners applied to participate in the Kingfield Stormwater Project, a program designed to exhibit a number of stormwater best management practices (BMP's) in the neighborhood. By partnering with professional Landscape Architects and Engineers, KFNA will revamp selected properties to retain more water on site, resulting in less water and cleaner water going into the stormwater system (the stormwater for most of Kingfield drains directly to the Mississippi River without being treated). The demonstration sites will serve as a showcase for these environmental techniques, and will also be used as examples to the City to show the costs and pay-offs for residents attempting

to obtain credits on the new stormwater fee.

This project is supported by a grant from the Mississippi Watershed Management Organization (MWMO), KFNA's Phase I NRP funding, and property owner matches. KFNA and the consultants are currently in the process of selecting 2-3 commercial and 4-6 residential sites for implementation. Finished sites will be on tour next summer so that everyone can see the results and learn about stormwater

runoff mitigation.

If you have any questions concerning this project please contact Sarah Linnes-Robinson, KFNA Executive Director, at kfna@email.com or 612-823-5980.

-Dave Saddoris

Southwest Senior Center

located at 3612 Bryant Ave. S., offers a dining program, adult day program, social work services and numerous educational, physical fitness, social and volunteer opportunities. For a full calendar of events, call 822-3194. Here are two examples of the kinds of programs offered:

Get Fit: Workout for Adults 55 and better
Martin Luther King Park
Mondays at 10:15 am
September 11 to December 18
Recommended donation: \$15
This exercise class will help you work your whole body through stretching, strength training, walking and light aerobic exercise. The class is funded through grants from the Kingfield Neighborhood Association and the East Harriet Farmstead Neighborhood Association. For more information and to register, please call Volunteers of America of MN's Southwest Senior Center at 612-822-3194.

Strengthening and Stretching Class
Tuesdays, 9:45 am and 10:45 am
Use weights and bands to strengthen and stretch your muscles. Participants will work to increase the number of repetitions and amount of weight they use. See instructor for information about the nominal suggested donation. The class is funded through grants from the Kingfield Neighborhood Association and the East Harriet Farmstead Neighborhood Association.

Kingfield Cleans House

In June, nearly 160 neighbors joined residents from Lyndale, CARAG, EHFNA and ECCO in disposing of their household hazardous waste. Almost 100 of those neighbors were from Kingfield, by far the largest percentage of the crowd that showed up on a rainy Saturday at the Lyndale Park Facility. The event, co-sponsored by KFNA, allowed residents to bring a number of household chemicals, paints, batteries, and fluorescent lights for disposal by Hennepin County.

As a bonus to waste-disposers this year, KFNA partnered with XCel Energy to provide a free compact fluorescent light bulb to every household dropping off waste. The light bulbs are an economical way to save energy through more efficient production of light. Each 13W bulb is capable of providing the same light as a 60W incandescent bulb. The bulbs also last much longer providing considerable cost, energy, and pollution savings.

KFNA gave away 200 bulbs during the Hazardous Waste Drop-off Day and

the subsequent KFNA Summer Festival. During their cumulative lifetime, these bulbs alone will help protect the environment by avoiding the consumption of over 75MW-hrs of electricity and the dissemination of the following levels of pollution:

Pollutant	Amount Avoided
Carbon Dioxide	144,000 pounds
Sulfur Dioxide (SOx)	340 pounds
Nitrogen Oxides (NOx)	313 pounds
Particulate Matter	25 pounds
Mercury	0.01 Tbsp (enough to contaminate over 950,000 gallons of drinking water)

Hazardous Waste Collection Statistics for 2006:

159 Participants	
275 gallons of latex paint	
110 gallons of oil based paint	
600 pounds of pesticides	
260 fluorescent lamps	
100 pounds of household batteries	

-Darrell Gerber

Bicycling in the Rain

On Tuesday, August 1st, I had the pleasure of riding my bicycle through the wet streets of Kingfield dishing out Sebastian Joe's ice cream to block parties participating in National Night Out. To be honest, when we departed I was expecting sparse turnout based on the active drizzle and forecast for continuous rain. To my surprise, most of the parties were being held and were well attended.

Some parties were held on porches, some in garages, some under tarps, and some even out in the open rain. I postured that such a great number of people braving the downpour was due to a final break from the July heat wave. The cold rain offered natural relief from the modern summer cycle of muggy outdoors to confined, air-conditioned buildings and back to the

heat on the way to the air-conditioned automobile. Why else would so many people stand out in the rain this evening? The more I pondered, the more I concluded that the answer may be as much due to the draw of National Night Out, the annual occasion when residents are called to the streets to meet new neighbors and share an evening with old friends. And share their favorite dishes, wine and beer, and stories. And discuss happenings in Kingfield and the greater world. National Night Out is about people building community, and a little (or a lot!) of rain could not drown the enthusiasm.

Over the course of the evening my bicycle team covered approximately twelve parties spread around Blaisdell, Van Nest, Wentworth, Pillsbury, and

Pleasant avenues. I came home soaked by both water and a sense of place. Thank you for making my time in the rain enjoyable, by demonstrating once again the great spirit of Kingfield!

-Dave Saddoris

Editors note: “Dave Saddoris is a member of the KFNA Board, and was biking free ice cream to parties as part of an outreach effort by the KFNA Board. His bike team was one-of-four out meeting neighbors at the 45 Kingfield parties that night!”

Ice Cream
Contest
Winner!



“Rhubarb Crisp” was dreamt up by neighbor Marilyn Haight from the 4100 block of Harriet. Marilyn said this flavor was “inspired partly because of the popularity of the Rhubarbarians at the Farmer's Market, and partly cause Boyd's in Ames Iowa had a rhubarb sherbet that I still miss after 31 years of not living there!!”

This flavor was introduced at the July Second Sunday Farmers' Market, and is now being scooped exclusively at Anodyne while the limited supply lasts! The profits from each Rhubarb Crisp Cone you buy will be given to KFNA! Thanks, Anodyne!

And thanks to Marilyn too, for the great (tasting!) idea!

photo: Thor Anderson

Art to Dī for... created by Kingfield Youth

Calling all Kingfield kid and teen artists (ages 5-17)! Create a piece of art inspired by the theme “Art to Dī for” (Dī referring to any meaning of the word you choose!) and have your work displayed locally at Anodyne and sold by auction, with profits split 50/50 between you, the artist, and KFNA. This second annual Kingfield community youth-only art show will be

hung at Anodyne from October 29 to November 5. The artist reception and final art auction is held Sunday, November 5 from 3-4 PM.

To register, send in the attached form on, or before, Sunday October 22. All artwork must be dropped off on October 22 between 3-4 PM at Anodyne, 4301 Nicollet Avenue South.

You may bring your registration form with you when you drop-off your work. Also, all artwork must be brought ready to hang! Please include your name, the title of your work, medium, and your age on the back of your piece and be sure to sign your artwork on the front. If you have any questions concerning “Art to Dī for” contact Sarah Linnes-Robinson at the Kingfield office, kfna@email.com or 612.823.5980.

NOTE: “Art to Dī for” is brought to you by a volunteer task force of the Kingfield Neighborhood Association, the same group that last year brought you Art is the Key. Be sure to mark your 2007 calendar for the adult (non-youth) show of “Art to Dī for” reception and silent auction to be held on Saturday, March 24, 2007. Registration forms for this show will be on-line at www.kingfield.org in December or can be mailed to you by calling KFNA at 823.5980.

Art to Dī for... Youth Art Show Registration Form

Name: _____
Address: _____
Phone Number: _____
e-mail: _____

Title of Artwork: _____
Medium: _____
Opening Bid (must be \$10 or less!): _____

Things to love about the Kingfield Farmers' Market

Maura Bosch, Market Coordinator

1. You can walk there. Driving defeats at least part of the purpose of buying local. If your intention is to buy local, then the best way to do it is to go on foot.
2. Going on foot means you see and experience so much more: more of your neighborhood, more of your neighbors, more trees, more sky, more kids playing, more birds, more sunshine, and sometimes, more rain, as in the case of last week - but we enjoy that, too.
3. “Small is beautiful.”
4. Wide variety. Our size still accommodates a wide variety of plants, flowers, vegetables, herbs, honey, jellies, jams, meats and now dairy. Soon there will also be apples, pumpkins, and squash, an assortment of hand-crafted items, and enough ready-to-eat items to make decisions difficult (hmm, this week, am I going to have a cinnamon roll or an egg roll?).
5. Every week something new gets added. Recent additions include vintage bottle-cap necklaces, hand-crafted birdhouses, pottery, and yes, a chessboard. There is now a large chessboard set up under the tree for the purpose of encouraging group play.
6. Kid friendly. Once, when my kids were toddlers, I tried to take them to the big farmers market downtown. What a mistake.
7. Support your neighbors. Did you know that all of the hand-crafted items sold at the market are made by people who live right here in Kingfield? We are a talented bunch.
8. Eight is my lucky number so I will end with it. This isn't just a farmers market. It is a block party. A celebration of where you live and the people you live among. And, even better, it happens every week. Please join us. The market runs through the third Sunday in October.



Kingfield Business News

taraNa Yoga Studio

If you have not yet peeked through the window of the new taraNa yoga studio at the corner of 38th and Grand Ave. you are in for a visual treat. The space, formerly a dental clinic, has been thoroughly transformed into a transcendent space. Just inside the studio entrance is a large antique doorway, which has been imported from Kerala, India. At the far end of the long, austere studio are several large, rough-hewn boat oars, which hang from the ceiling. Also from the Kerala region, the oars are there to inspire yoga practitioners to take their practice “to the further shore”.

Jeffrey Bores is the director of taraNa. In addition to his work as a yoga instructor, Bores practices law with Chestnut & Cambronne in Minneapolis. He began studying yoga in 1998 and completed teacher training in the Twin Cities with master yoga instructor Monique Maxwell. Since that time he has continued to study with other prominent teachers.

Students of all levels are welcome at taraNa. While Bores sessions are challenging, they are imbued with an element of playfulness. Bores maintains that the practice of yoga has potential benefits beyond the physical aspects of increased flexibility, strength and balance. It can also calm the mind and allows the opportunity for fresh insights.

Bores is one of three yoga instructors currently conducting classes at the taraNa studio. To learn more about these instructors and to survey the complete range of classes currently offered visit www.taraNayoga.com. At

the very least do yourself a favor and take a peek at the newly renovated space. If only for a moment you will feel your blood pressure drop and your posture improve.

-Thor Anderson

The Great Metropolitan Backrub



owner, Annette Rondano

Those passing though the intersection of 38th and Grand Ave will notice that the former site of Saigon restaurant has been fully remodeled and transformed into the spacious new environs of The Great Metropolitan Backrub, brainchild of Annette Rondano who recently moved to this location after over 10 years in the Uptown area.

While business in Uptown was brisk, the pressures of redevelopment and the increasingly high cost of retail space forced Rondano to find a new site. The Kingfield location has allowed her to increase her space dramatically, while maintaining a surprisingly high percentage of her customer base.

Massages are available on a walk-in basis and are billed by the minute, allowing customers to get just the amount of massage they want - when they want it. The most popular length for a massage is 30 minutes, but even 15-minute massages are common.

As Rondano explains it, the flexibility of taking shorter massages allows many clients to spread the massage experience out over many short sessions, as opposed to spending the same amount of money for one long session.

Indeed Rondano refers to her service as a “walk-in pain clinic”. The typical profile of a customer is somebody who comes in looking for specific relief of pain in a specific region of the body. Not surprisingly, the massage therapists who work in the store tend to excel at getting right to the problem area and addressing the client's discomfort in an efficient manner.

One of the other distinguishing features of The Great Metropolitan Backrub is that all massages are performed with clients fully clothed. It is no coincidence that the majority of massage therapists that work as independent contractors at the studio are trained in the art of shiatsu. That is because shiatsu can be applied very effectively though clothing. The fact that customers do not remove their clothes helps eliminate the potential for discomfort that some people may

Thank You Kingfield 2006 Business Sponsors!

- o Anodyne Coffee @ 43rd
- o Caffè Tempo
- o Coldwell Banker Burnet
- o Colonial Cleaners
- o Corner Table
- o Fun Sister's Boutique
- o GeeTeez
- o Hawkins Automotive
- o Lander Group Inc.
- o Life Force Chiropractic
- o Mulroy's Body Shop
- o Rau+Barber
- o Ungerman Construction
- o Victor's 1959 Cafe

You too can make a tax-free donation to your neighborhood association to support fantastic events and provide outreach to all residents! Make checks payable to: Kingfield Neighborhood Association 3754 Pleasant Ave. S. #101 MPLS, MN 55409

experience in a traditional massage studio.

Rondano says she works with about 19 massage therapists between the Kingfield location and a second store, which is located in St. Paul. She invites neighbors to visit her store’s website to learn more about the range of massage services available. The web address is:

www.greatbackrubs.com

-Thor Anderson

Calendar of Events

- September 10 9 am - 1:30 pm Kingfield Farmers' Market- All About Apples! 43rd and Nicollet Ave. S. Locally grown apples, Kingfield music by the Rich Nair Trio, ethnic vendors, gardening tips and a special vendor: The Mpls Grand Cafe cooking up apple treats!
- September 11 10:15 am Get Fit: Workout for Adults 55 and better MLK Park, 4055 Nicollet Ave. S. To register call 612-822-3194
- September 16 10 - 11:15 am Kids Soccer: 4 - 12 years old MLK Park, 4055 Nicollet Ave. S. Saturdays through Nov. 18. Call 612-827-3914
- September 20 1 pm Healthy Changes Club Southwest Senior Center, 3612 Bryant Ave. S. Why meetings on Tuesdays 10:30 am - 11:30 am
- October 8 9 am - 1:30 pm Kingfield Farmers' Market- Pumpkin Party! 43rd and Nicollet Ave. S. Locally grown pumpkins and the Rhubarbarians!
- October 22 "Art to Di For" youth community art show Registration Deadline kha@email.com or 612-823-5980
- October 29 "Art to Di For" youth community art show Showing through November 5 Anodyne Coffee at 43rd and Nicollet Ave. S.
- November 5 3 pm - 4 pm "Art to Di For" youth community art show Artist Reception and Art Auction Anodyne Coffee at 43rd and Nicollet Ave. S.

Mike Yang Farm is just one of the produce vendors at the Kingfield Farmer's Market. Learn more on page 3...



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