

Kingfield News

Summer 2012

www.kingfield.org

a quarterly publication



Get Local. Get Art. Get Art Locally!

The Kingfield Community Art Show is Saturday October 6th

Hosted by Frame Ups/Capstone this year, artists will get the opportunity to have their work hung in a real gallery space... how cool is that?

The theme this year is "local", and if you are reading this, you are — so visit our website at kingfield.org to get the details on how to submit your piece for the show! You will also see our barebones "local" show logo (page 4) this summer at various events. Our goal is for everyone to demonstrate the local inner-artist within them, and we will show these pieces at the art opening, too. More details can be found on our website soon, regarding how you can submit your own Kingfield Local Logo to the show.

Many thanks to Kingfield neighbor Lynn Larson for developing our "local" art branding logos, as well as to the rest of our 2012 Art Show Planning Team, including Sandy Parnell, Tammy Ortegon, Anne Birch, and Cara Callahan of Capstone Gallery. To be part of the creative team behind the show this year, just give us a shout by contacting Sarah Linnes-Robinson at KFNA at sarah@kingfield.org or 612.823.5980.

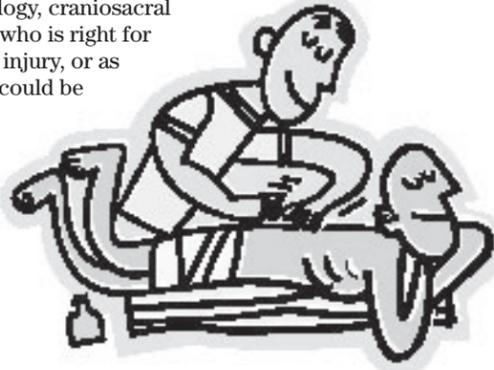
Celebrate 38 and a Call for Bodyworkers

All hands on deck— healing hands, that is, for our neighborhood's Celebrate 38 festivities on Saturday September 29! Woven among the many activities offered last year were a couple of opportunities to loosen up and stretch: Two Certified Massage Therapists, Denise Gagner, owner of Taking Root, and Julie Mueller, owner of Mueller Therapeutic Massage and Pilates, offered brief tune-up sessions for anyone willing to wait in line! This year during Celebrate 38th, we plan to include more CMT's along the 38th street corridor, which means even more opportunities to sample the hands of our neighborhood healers.

Touch therapies are an ancient tradition and have been an integral part of the healing process since our mummies rubbed our tummies to aid digestion, or perhaps our daddies patted and rubbed our backs to aid in the release of gas after a feeding. The creative art of healing has grown now to include a wide variety of modalities including injury rehabilitation, prenatal, Swedish, reflexology, craniosacral therapy, and sports massage. Finding a nationally certified therapist who is right for you can be a challenge when you are in the painful stage of an acute injury, or as you are trying to manage the pain of a chronic, constant ache. What could be better than gathering some resources, and working out a prevention plan with a professional healer you met at the Celebrate 38th festivities?

We are so fortunate here in Kingfield to have so many skilled body workers readily available to support your wellness journey. Massage therapists: If you are interested in participating, please contact KFNA at info@kingfield.org.

— Julie Mueller



Traveling Block Parties This Summer in Kingfield

Once again this summer, the Kingfield Crime Prevention and Safety (CPaS) Committee will hold outdoor block gatherings in various parts of the neighborhood. These events are a great opportunity for neighbors to get to know each other, meet members of law enforcement and first responders, and stay informed on safety issues in our community. Families are welcome, and specific activities will be planned for children at each event. KFNA will provide refreshments. All Kingfield neighbors are invited to attend the gatherings, which will meet the 3rd Thursday of each month. Here is the calendar of events for 2012:

- June 19th, 6:30 pm, 3700 Pleasant, Theme: Home Security
- July 17th, 6:30 pm, 4500 Stevens, Theme: Personal Safety
- August 21st, 6:30 pm, 3900 Stevens, Theme: Fire Safety
- September 18th, 6:30 pm, 4400 Pleasant, Theme: Environmental Safety (Poison Control/Recycling)

And remember, October is the annual KFNA All Block Leader Bonfire at MLK Park. More details to come in the next edition of Kingfield News!

CREATING "PLACE" AT REV. DR. MARTIN LUTHER KING JR. PARK

The Rev. Dr. Martin Luther King Jr. Park Legacy Council is the proud recipient of a \$15,000 grant from the Metropolitan Regional Arts Council (MRAC), money that will allow the Legacy Council, through a community based process, to create interpretive markers that artistically complement the Freedom Form II sculpture at the park.

The sculpture was donated to the park in 1970 by world renowned artist Daniel LaRue Johnson, was moved to a position of prominence in the park in 2011, and is currently being restored. The Legacy Council envisions three markers that will be metal fabrication surrounding granite benches along the walk that leads to the sculpture.

Key partners in this project are the Kingfield Neighborhood Association, a charter member of the Legacy Council, which will help organize neighbor participation; Chicago Avenue Fire Arts Center, a community-based nonprofit arts organization that will design and build the metal

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Minneapolis #1 in the Nation for National Night Out 2011...

and I'll wager Kingfield might be the #1 neighborhood!

It's a big City, but Kingfield Neighborhood is definitely doing its share to help Minneapolis get this #1 ranking! Of the almost 1200 events citywide, more than 50 of them occurred right here in our neighborhood, and these involved more than 60 of our 100 blocks. National Night Out is an annual nationwide event that encourages residents to get out in the community, hold a block party, and get to know their neighbors. The goal is to strengthen communities as a way to prevent crime, but it's also a great way to enjoy a Minnesota summer evening surrounded by friends and family.

It isn't too early to get ready for NNO 2012. The 29th Annual Minneapolis National Night Out will be Tuesday, August 7. Whether it's your first time planning an event, or you're continuing a years-long tradition on your block, keep this link bookmarked so when you are ready, you can register your event online at www.minneapolismn.gov/nno/nno_register or via phone at 311.

As in years past, Sebastian Joe's is KFNA's Annual NNO Supporter, and KFNA Board members will visit each registered party and scoop a specially designed Kingfield flavor of the year. Remember Nicolleth Pothole? That was Kingfield's 2009 flavor, which made it so big that Sebastian Joe's had to purchase special equipment to keep making it all year long!

If you want to block your street from traffic, you can do so at no cost through July 24. Blocking your street does require you to seek permission from your neighbors, but it's a great opportunity to start spreading the news of your Block Party early, and to prompt neighbors to "Save the Date!" Many groups do not take this added step and simply hold their party in a series of combined front lawns. Whether or not you choose to block your street, please be sure to register your party with the City, or we won't know to deliver ice cream to your block!

— Sarah Linnes-Robinson, KFNA Executive Director

Kingfield's 4th Annual Garden Tour

Come join us for an evening of gardening inspiration! The Kingfield Neighborhood Association's Community Garden Group will sponsor the 4th Annual Kingfield Garden Tour on Thursday, July 12, from 6:00 to 8:00 PM. This is a fundraiser to sustain and grow our gardening efforts and the network of gardens and gardeners within the neighborhood.

Attendance on the annual tour keeps growing. This year, we will introduce a new format to accommodate larger crowds: Garden hosts will remain at their gardens during the evening to introduce their gardens and answer questions, while those touring may view the gardens at their own pace and in whatever order they wish. We will also set up a time for the gardeners to view each other's gardens. As in the past, we'll end with a celebration of community and gardening at Kingfield's Pleasant Community Garden, 38th and Pleasant Ave. S., next to the Center for Performing Arts. The garden party will feature music as well as delicious snacks and beverages provided by local businesses. Beginning in mid-June, advance tickets will be available for \$10.00 at the Kingfield Farmers' Market information table on Sunday mornings. Tickets may also be purchased the evening of the tour.

The tour route is still being planned. Please contact Sarah Linnes-Robinson at KFNA at info@kingfield.org / www.kingfield.org / 612.823.5980 if you would like to nominate your own garden or a neighbor's garden to be included on the tour this year. When the route is finalized, more information will be available regarding the location of tickets sales and map distribution. Hope to see you on Thursday, July 12th, rain or shine!

All proceeds will be donated in direct support for Kingfield Community Gardens. For additional information or questions contact KFNA at info@kingfield.org / www.kingfield.org / 612.823.5980.

— Marnie Peichel



Tina Falkner and Ashley Mueller planted garlic in the Pleasant Community Garden last fall.

From the KFNA President



Dear Kingfield Neighbors,
I enjoyed seeing many of you at the KFNA Annual Meeting in April. We had a great time. Kingfield neighbor Benjamin Pena started the evening playing beautiful music while neighbors shared a meal. After dinner Anne Birch and Michael Vanderford were awarded Kingfield's 1st Annual Unsung Hero Award for their volunteer work with the Crime Prevention and Safety committee. We elected six new enthusiastic board members, including Ben Rasmussen, Nate Blumenshine, Jess Alexander, Scott Mueller, Hetal Dalal, and Henry Jimenez who ended the night with a spontaneous cheer (See page 3 to meet a few of these new members).

Today my thoughts drift to summer. I LOVE SUMMER. Whether it's the weather, watching my children play in the pool at Reverend Dr. Martin Luther King Jr. Park, walking to the Kingfield Farmers Market or scooping ice cream on National Night Out, I love summer in Kingfield.

There's lots to do in Kingfield this summer. King Park Kids' Summer Soccer runs Saturdays June 16-August 4. You can still sign up through the park. I'll be coaching soccer, and we

could use your help too. You could also join the Kingfield Running Club, newly formed by Adam Majewski (See story page 3). I plan to run with this club sometimes, as I attempt to run or walk every block of Kingfield this summer. I hope if you spot me on your block, you'll walk or run along for a bit and tell me what you think of KFNA. The first week of July I'll be handing out entries to the KFNA trivia contest that you can turn in at the King Park Ice Cream Social on Thursday, July 19, for a chance to win a KFNA T-shirt.

I am excited that the new Ramsey Middle School will open August 27, completing a strong pathway from elementary to high school for our neighborhood. Thank you to the parents and students who continue to meet and plan during the summer to make the opening of this school beyond our hopes and dreams. Best wishes to Principal Paul Marietta, all the teachers (including Kingfield resident and former KFNA Board Member Randy Niemiec), the parents, and most importantly the first class of students.

As I run the streets of Kingfield this summer, I hope to hear many of you laughing with neighbors in the backyard, lingering in the dusk as children run barefoot. I hope to admire your flowers, enjoy your friendly wave, and learn what is important to you, my Kingfield neighbors.

— Scott Bordon, KFNA President

6TH DISTRICT OFF LEASH DOG PARK UPDATE AND CELEBRATION

The Minneapolis Park & Recreation Board approved the creation of this facility last August. Here is the latest news from Jennifer Ringold, Park Board Staff Member:

The MPRB approved the concept design that the CAC had recommended at its Dec 7, 2011 meeting. So, we are working on construction documents. We are anticipating that the construction documents will be complete by June 1. We will then go out to bid to determine the contractor and secure any necessary permits. We are aiming for construction to begin in July with an early fall completion. The exact timing for opening the park will be dependent on how quickly the contractor can advance the project and is typically dependent on weather conditions.

In celebration of the anticipated 6th District Off-Leash area, King's is holding a Doggie Brunch and Pooch Parade on August 25th! Brunch from 9 AM to 2 PM; parade at 2 PM. The Pooch Parade will set out from King's, and then march to Rosefest at Lyndale Farmstead and to the site of the new dog park. Whether or not the off-leash park is open for action on this date, we want to introduce all our pooches to their new playground and celebrate the establishment of this great local amenity, long fought for by Kingfield neighbors and our locally organized Dog Park Task Force.

— Brook Lemm-Tabor

Creating "Place" at Rev. Dr. Martin Luther King Jr. Park

CONTINUED FROM PAGE 1



fabrication to surround the granite benches and provide the framework for mounting the interpretive markers; and Minneapolis Park and Recreation Board, which will contribute \$10,300 for paving the walkway, obtaining the granite benches, and creating the interpretive markers. The Park Board also is collaborating with the Legacy Council to insure that this project meets all of its safety and construction standards. This project completes the permanent changes to the hill top site of the Freedom Form II sculpture. It is an important milestone for the Legacy Council.

"We are honored to receive this grant from MRAC," said Charles Mays, co-chair of the Legacy Council. "This

demonstrates that a public entity recognizes the power of a citizens' group to organize a project and bring it to reality. We are also excited about the potential to have a visible symbol of Dr. King's legacy right here at the park."

Remaining true to Dr. King's philosophy, the Legacy Council is beginning to plan how to engage members of the community to become involved in the creation and design of the interpretive markers. Stay tuned for more information on dates and times for events and meetings related to the interpretive markers and the design of the project.

— Art Serotoff, Dr. Martin Luther King Legacy Council Member



About the Kingfield Neighborhood Association (KFNA)

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

KFNA Office Location:

The Center for Performing Arts • Room 101
3754 Pleasant Ave S • Minneapolis, MN 55409

Phone 612.823.5980
E-mail info@kingfield.org
Website www.kingfield.org

The KFNA Board meets the 2nd Wed. of the month at 7 pm at Martin Luther King Park, 4055 Nicollet Ave S

2012-13 KFNA BOARD OF DIRECTORS:

Scott Bordon, *President* scott@kingfield.org
Bryan Thornton, *Vice President* bryan@kingfield.org
JobyLynn Sasily James, *Treasurer* jobylynn@kingfield.org
Hetal Dalal, *Secretary* hetal@kingfield.org
Arthur Knowles a.knowles@comcast.net
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Jess Alexander jessa@kingfield.org
Henry Jimenez henry@kingfield.org

KFNA STAFF:

Sarah Linnes-Robinson, *Executive Director*
Sarah Gleason, *Project Organizer*

KINGFIELD NEWS

If you are interested in writing, editing, designing, or taking photographs for the *Kingfield News*, call or email KFNA.

Garden to Table Dinner

A special KFNA Community Garden Fundraising Event to help start new gardening projects in Kingfield!

Enjoy a 4-course meal at the KFNA Pleasant Garden, made with ingredients right from our local gardens! Prepared and served by Suzie Lillyblad, KFNA's Pleasant Garden Coordinator, and other Community Garden Volunteers.

COST: \$55 per person (limit 6 guests per evening)

TIME: 6 PM to 8 PM • DATES: Saturdays July 21st, Aug 18th, and Sept 15th

In case of rain, the dinner will be relocated to a sheltered location and proceed as planned! To reserve a space at the Garden Dinner, please email info@kingfield.org and tell us your name, contact info, the dinner date you desire, and how many seats you need. We will confirm with you and arrange for payment. \$40 of the cost may be deducted as the law allows as a tax deductible donation to KFNA.



Crime Prevention and Safety in the Neighborhood

As summer approaches and Kingfield residents become more active, we need to remember that with increased activity in the neighborhood comes increased opportunity for crime. Historically most of the criminal activity in Kingfield has been property related, and the good news is that with some simple steps, much crime in Kingfield is preventable. So, when you're out this summer enjoying all of the amenities Kingfield has to offer, make sure to take the following steps to secure your things—it will help to make this summer a fun and safe one for you and yours.

Steal these 5 Tips from Our 5th Precinct Crime Prevention Specialists:

1. Lock the doors and ground floor windows of your garages and houses at night.
2. Do not leave valuables in your car, and keep your car locked.
3. Do not leave unlocked bicycles or other valuable items in your yard.
4. Look out for and report suspicious persons/activities and call 911 if anything ever feels "off."
5. Keep in close contact with your neighbors, and discuss safety issues/news with them.

Plus, act on KFNA's Safety and Connection Tips:

- A. Collect the email addresses of all of your neighbors, and stay in touch when there is a crime or safety concern. Be sure to note which homes do not have email access, so you can speak to these neighbors directly.
- B. Designate one neighbor to serve as the Block Contact with KFNA. This person will be contacted by KFNA if there is a block- or area-specific concern. Have this person contact info@kingfield.org and give us their personal contact info so we can add them to this internal list.
- C. Ask all your neighbors to sign up to receive KFNA's general weekly eNews (sign up at our website at www.kingfield.org) to stay up to date on events and activities and general safety cautions.

— Bryan Thornton

Changes on Nicollet Avenue (and we're not talking road construction!)

Nicollet Avenue in Kingfield has been working on a facelift for years, and the road construction coming next summer is just the icing on the cake! The rumblings of reinvestment were there when Theresa Lien had a vision and created Anodyne, at 4301 Nicollet in 1996. This anchor coffee shop not only brought walkers east across Nicollet Avenue, something this node had not seen in many years, but it became such a comfortable hang-out spot that it encouraged people to sit and stay awhile. Today Anodyne serves as Kingfield's de facto third place (that place where you spend the most time outside of home and work) for many neighbors...and for many of us who work from home, it has actually become our second place.

An even earlier pioneer on the streets of Nicollet was Julene Lind, who spearheaded the redesign and expansion of Nicollet ACE Hardware, a business she has owned since 1986. Becoming the property owner of that site just a handful of years later, she became 100% invested in the future of 38th and Nicollet (as well as the entire neighborhood, for Nicollet Hardware is a premier sponsor of the Kingfield Farmers' Market.) Faced with the necessary road construction this year, she and her husband Steve have thrown all their eggs into the basket and even sold their house and moved above the store in an attempt to weather the road construction and hopefully come out next year onto a brighter (and smoother!) Nicollet Avenue, where they can continue serving neighbors with their hardware and sundry needs.

Inspired by these who came before them, you can see investment happening all along the Avenue.



MEET SOME OF THE NEW KFNA BOARD MEMBERS

Who are the people who volunteer their time and creative energy to making sure that KFNA stays a strong, vibrant, and relevant neighborhood association? We asked board members to tell us why they want to serve on the board, what they love doing most in Kingfield, and to reveal some deep, dark, hidden or surprising secret. Here is what some of the new KFNA Board Members told us:



HENRY JIMÉNEZ

3700 block of 1st Avenue

I want to serve on the KFNA Board because I want to make sure everyone enjoys living in the Kingfield neighborhood as much as I do. I really like riding my bike on any of the bike lanes with my dog Georgia. What surprises people about me? I have a Women's Studies degree!

cafes, playing with our kids in the park, or just hanging out on the sidewalk. Besides all that, I sometimes dream of an awesome science-fiction alternative reality where I could clone myself so I could devote my life to saving tigers from extinction (and I would have a suit of giant robot armor).



HETAL DALAL

3600 block of Pleasant Avenue

I first loved KFNA for the utility box design projects — my kids and I love these as trail markers for the walk home from school. I'm a long-time Minneapolis resident, transplanted from California, and a newcomer to

Kingfield. My favorite place in Kingfield is my neighbor Ted Goessling's yard, when he puts up his slack line (tightrope). On those afternoons you'll find a scrum of kids and some adults from the block, a fleet of bikes and other wheeled vehicles, occasional water guns, and kids and adults alike looking foolish and scared and trying to find their balance. On a good day, I can stand still on the slack line for about 7 seconds before falling.



JESS ALEXANDER

4000 block of Pillsbury Avenue

I am all about neighbors connecting with each other at the grassroots level, so that we have strong progressive communities where everyone is given opportunity, support, justice, and a warm welcome. In other words, I love hooking up with the people around me to make better things happen. My favorite times in Kingfield are when I'm out with my neighbors: at the

KING'S BIRTHDAY BASH

In conjunction with the
46th & Grand Block Party

Aug. 12th, Noon-6:30 PM

Burgers and hot dogs grilled on the patio along with root beer floats and locally brewed fusion beers. Music from Bunny Clogs, Megonia, Brianna Lane, and more!
Jumping houses, face painting, games and more to raise money for KFNA projects at King's Wine Bar.

Our 2012 Business Sponsors:

- Anodyne Coffeehouse • Blackbird Café
- Butter Bakery Café • Colorwheel Gallery & Salon
- Common Bond • Contempl8 T-Shirts
- Curran's Family Restaurant • Dreamhost
- Frame Ups and Capstone Gallery • Gee Teez
- Grand Café • Johnson Design + etc • King's Wine Bar
- Lander Group • Leonardo's Basement • Litin Eco
- The Lowbrow • Patisserie 46 • Pat's Tap Sebastian
- Joe's • Sun Street Breads • Twin Town Guitars
- Victor's 1959 Café • Whole Builders Cooperative

Health & Wellness Abounds at Solomon's Porch

Yoga Sanctuary @ Solomon's Porch opens in June, offering a Christian based approach to wellness through flexibility training. The class meets at 9:30 AM and is ideal for those of us who are inclined to a movement based devotional practice. Christian Yoga has become increasingly popular as the tradition of Hatha Yoga is integrated with western practices.

Thousands of years old, yoga has long been used as a method for integrating body and spirit. It is a practice which honors the belief that the body is a temple worth maintaining in its healthiest, most balanced state of manifestation. The typical wellness enthusiast is diligent with strength training and cardio work. However, flexibility training is neglected in too many cases, leading to shortened muscles, the compression of joints, and limited range of motion. Also, as we age, the risk of injury due to falls increases significantly. Yoga practices are ideal for building flexibility as well as strong legs and balance.

Solomon's Porch Christian faith community has a wide variety of wellness practitioners sharing their space. The name references the public area inside the Temple in Jerusalem, which was a place of ministry for the early church. Located on 46th Street just 1 block west of Nicollet, it is easily accessible by bike, bus or foot. Wellness providers include mediator/coach Alan Bachman, personal trainer Amanda Cole, Shiatsu practitioner Frieda Wilson, acupuncturist/herbalist Christian Fetsch, family therapist Rachel Kremer, and psychotherapist Brian Stawarz. You may contact Janelle Vick, administrator of the wellness services via email: janelle@solomonsporch.com.

— Julie Mueller

KINGFIELD'S NEW RUNNING TEAM

Starting this summer, a new neighborhood running team hopes to bring together Kingfield residents to support a healthy life style and strengthen community through running.

Start Date: June 3rd, 2012 • Time: 8:30 AM • Meeting Place and Route: We will be starting at Rev. Dr. Martin Luther King Jr. Park, going around Lake Harriet, and finishing at the Kingfield Farmers Market.

Each and every Sunday the group will follow this same

schedule, meeting at 8:30 AM at MLK Park, although running destinations may vary week to week.

Questions? Please contact Adam Majewski by phone at 612-516-4943 or by e-mail at ajmajewski24@yahoo.com. Keep in mind that group runs are noncompetitive, so don't worry about what type of runner you may be. It's all about having fun running with neighbors and getting to know other runners in Kingfield.

— Adam Majewski

NICOLLET AVENUE BUSINESS UPDATES

From Michael Lander of Lander Group:

The 3743 Nicollet LLC, led by Lander Group, has purchased the mixed use building at the NE corner of 38th & Nicollet, long home to the Shorty & Wags wings joint. We intend to make exterior improvements — already underway, adding new awnings, signage, new storefronts, bike racks, and landscaping. The three existing commercial tenants, Lupita's Salon, Finer Meats, and Nataly's Boutique, will all remain. The building currently houses six apartments. The southern section is being remodeled from two apartments back into four one-bedroom apartments as originally built. The building is supported by a 22-car parking lot. We hope to achieve maximum benefit and use of the lot through co-op agreements with surrounding users.

We are looking for 1-3 business to fill the three storefronts vacated by Shorty & Wags. The vacant space is approx. 3,200 sq. ft. in total. We have been talking to a range of restaurant/food folks as well as other neighborhood type businesses.

We think this corner has a great history and even more promising future. Blackbird Cafe and BANGbang Salon, the new businesses at 3800 Nicollet, demonstrate the positive change at this corner. Getting involved across the street allows us to continue to work to build a more beautiful and vibrant node. We look forward to working with the existing tenants and other neighborhood leaders to continue the revitalization.

From Ashley Haley, BANGbang Salon & Creative Space:

BANGbang salon & creative space celebrates our one year anniversary June 7th. This time last year was very frantic around here! We were rushing around putting away retail products, keeping on the contractors to complete our equipment and waiting not so patiently for the city to confirm our licensing!?! Now, at BANGbang there is still a steady buzz, but now it comes from our clients, our creative team, and the wonderful music that keeps us going every day!

Two and a half years ago when I bought my home in Kingfield I knew this space had potential and I already believed in it, but, now my whole world is here nestled into this great neighborhood. Most days I walk to work, but not without stopping in Blackbird for at least one meal a day! We are so looking forward to see what may join us here on this corner.

Nicollet Square Commercial Taking Shape:

Nicollet Square on the 3700 block of Nicollet Avenue now has commitments on all three of their commercial spaces! Two of these are filled by the program offices of RISE, Inc. (3708), an employment specialist for people who are unemployed or underemployed and have serious and multiple barriers to self-sufficiency. (For more info: www.rise.org) And the corner retail space, as many neighbors already know, will be occupied by Butter Bakery Café. Kingfield neighbor Dan Swenson-Klatt will be moving his established bakery to this more visible and larger space where he will also serve as the employment partner for youth living at Nicollet Square. Dan anticipates opening this fall, and we will all keep our fingers crossed that he will be baking on the corner of Nicollet on September 20th for Eating for Art!

From Drs. Kari and Kevin Wilhelmi, LifeForce Chiropractic:

LifeForce Chiropractic expects to open for business at 3706 Nicollet the first week of June. Our practice has been located at 4100 Grand Avenue for 9 years. We are excited for the opportunity to work in a new space while continuing to serve the residents of Kingfield. We offer a wide variety of services including gentle, hands-on chiropractic care, acupuncture, craniosacral therapy, massage therapy, spinal decompression, and nutritional therapies. For more info see www.LFChiro.com.

And There's More:

Some of the other changes along the Avenue take a bit more sleuthing to see. Rami Wadi, longtime owner of **Best Foods**, is installing new flooring and a full deli counter where he will serve ready-made Middle Eastern salads and made to order paninis, grass-fed deli meat, cheeses, and olives. Rami's family is steeped in the food network of Minneapolis and he has ties to both the Holy Land and Saffron restaurants. Rami hopes to complete these changes by fall 2012.

Last, but not least, a change on the Avenue we have been singing loud and clear: **Quality Coaches**, at the corner of 38th and Nicollet, has gone solar. Mark Brandow, another pioneer of Nicollet Avenue back in the days when it was wild and woolly, has recently completed a 35kw solar installation you need to climb up on his roof to see, as well as installed a battery backup for solar energy storage inside his shop. KFNA was proud to partner with Mark in the research and installation of this system through our Solarize Kingfield program, as well as to assist in organizing the recent "Let the Sun Shine" Solar Tour that took place on June 2.



NICE RIDE IS COMING! NICE RIDE IS COMING!

KFNA is forming a task force to help bring Nice Ride to our neighborhood. Are you interested in bicycling and staying fit? Do you want people to access your business easily without adding to pollution? Are you aware of those "green bicycles" around town? The whole idea of Nice Ride is to give you better access to all the things that make life in the Twin Cities so great. (OK, it's also to make the city greener, save gas, get you out and breathing, having fun and looking good.)

The task force will recommend where to place kiosks for these bicycles, and how many to place in Kingfield. Tentatively, Kingfield is on the calendar for inclusion into this program in 2013, but we need some groundwork prepared before they will move forward. Are you interested in helping us? Please contact KFNA at info@kingfield.org or 612.823.5980. Cooperation of our business community is vital to the outcome of this project. Be the first on your block to know about Nice Ride in Kingfield. Let's get out and ride!

— Brook Lemm-Tabor

Save September 20TH to Go Eating for Art!

These restaurants are Hungry for a Better-Looking Neighborhood and have already committed to participating in Eating for Art this September. These restaurants will be donating a percentage of their sales and raising funds for public art along Nicollet Avenue from Lake to 40th Street. We appreciate their excitement and vision for the reconstructed Nicollet Avenue to be a welcoming environment that reflects the spirit and soul of our neighborhoods, along the entire length of the corridor.



Now in its 6th year, Eating for Art brings local restaurants together to raise money for arts programming and public art projects in the Kingfield and Lyndale neighborhoods. When community members eat and drink at participating local establishments, the restaurants in return will commit a percentage of their day's sales to KFNA and LNA for community-based arts programming in each neighborhood.

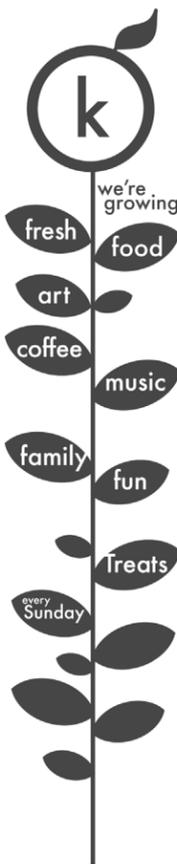
If you are also willing to have your restaurant be part of Eating for Art on September 20, 2012, just contact KFNA Executive Director, Sarah Linnes-Robinson at sarah@kingfield.org or 612.823.5980!

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Minneapolis, Minnesota 55409
612-823-5980 • info@kingfield.org
www.kingfield.org



Kingfield's 7th Annual Community Art Show: LOCAL
Neighbors will be making this barones logo a symbol of their own local pride...
visit www.kingfield.org to find out how, where, when, and why!



KFNA Welcomes Back the Kingfield Farmers' Market

EVERY SUNDAY
8:30 AM - 1 PM
4310 Nicollet

We are excited for another season of fresh and local produce, and connecting with neighbors on a regular basis!

Be sure to drop by the KFNA table each week to ask what is new and greet your friendly neighbors, volunteering their time to spread the word on various projects and programs in the neighborhood!

If you are interested in using the KFNA table* for a community purpose, please contact sarah@kingfield.org or call 612.823.5980.

For more information on being a regular vendor or participating in the market as a business enterprise, please contact EJ Gurley at manager@kingfieldfarmers-market.org.

*KFNA, the founding sponsor of the Kingfield Farmers' Market and manager for the first eight years, no longer manages the market, vendors or events.

Sundays	8:30 AM	Kingfield's Running Team
Saturdays		Kids' Summer Soccer
Jun 16-Aug 4		MLK Park
Tues. June 19	6:30 PM	Crime Prevention and Safety (CPAS) Committee Outdoor Block Gathering
Tues. July 12	6:30 PM	4th Annual Kingfield Garden Tour (See page 1.)
Tues. July 17	6:30 PM	Crime Prevention and Safety (CPAS) Committee Outdoor Block Gathering
Thurs. July 19	6-8 PM	Ice Cream Social
Thurs. July 21	6 PM	Garden to Table Fundraiser for Kingfield Community Garden
Tues. Aug. 7	6 PM	Pleasant Garden, 38th & Pleasant Ave. (See page 2.)
Tues. Aug. 7		National Night Out (See page 1.)
Sun. Aug. 12		46th & Grand Block Party
Sat. Aug. 18	6 PM	Garden to Table Fundraiser for Kingfield Community Garden
Tues. Aug. 21	6:30 PM	Crime Prevention and Safety (CPAS) Committee Outdoor Block Gathering
Sat. Aug. 25		Doggie Brunch, 9 AM-2 PM, King's Wine Bar, 46th & Grand Ave.
Sat. Sept. 15	6 PM	Garden to Table Fundraiser for Kingfield Community Garden
Tues. Sept. 18		Pleasant Garden, 38th & Pleasant Ave.
Thurs. Sept. 20		6th Annual Eating for Art (See page 4.)
Sat. Sept. 29		Celebrate 38!
Sat. Oct. 6		Kingfield Annual Art Show (See page 1.)

Meet each week at MLK Park; destinations and routes will vary. (See page 3.)

