

Connect the dots to make a frog!

**Mutual Management Company**  
1808 Riverside Avenue  
Suite 209  
Minneapolis, MN 55454

## OFFICE

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### Hours:

Monday, Tuesday, Thursday: 8am to 5pm  
Wednesday: 10am to 2pm  
Friday: 8am to 4pm

### RIVERBLUFF OFFICE HOURS

Tuesday - 3:00-5:00  
612-333-3826

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### Director of Property Management

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### Maintenance Office Assistant

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### Technicians

Ryan Brennan	Matt Denardo
Rick Denardo	Matt Dickson
Jamphel Sharsur	Viktor Tatur
Jeff Tvedt	

**Maintenance  
Emergency Number  
612-221-8750**



We are pleased to introduce our newest team member at MMC, Property Manager Jack Trittin. Jack graduated with a B.S. degree in Marketing and Business Psychology from St. Cloud State University and pursued a career in Business Strategy and Management. In 1999 he joined TKO Properties specializing in Commercial Land Development and Commercial and Residential Property Management within the 5 state area. Between 2009 and 2013 he was a Branch Manager/Portfolio Manager for Securitas services providing Facility and Security Services for local corporations including Medtronic, Polaris and Cargill. Jack grew up in Apple Valley and has 3 children. We appreciate his experience, enthusiasm, and dedication. Welcome, Jack!



*Remember to set your clocks ahead  
one hour on March 12!*



# Easy White Chicken Chili

## Ingredients

- 1 tablespoon olive oil
- 3 skinless, boneless chicken breast halves
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 1/4 cups chicken broth
- 3 (15 ounce) cans cannellini (white kidney) beans, rinsed and drained
- 2 (4 ounce) cans chopped green chiles
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 2 pinches cayenne pepper, or to taste
- 1/4 cup chopped fresh cilantro, or to taste
- 1/2 cup shredded Monterey Jack cheese
- salt to taste

## Directions

Heat olive oil in a Dutch oven over medium heat. Cook chicken, onion, and garlic in hot oil until the chicken is browned completely, 3 to 5 minutes per side.

Remove the chicken to a cutting board, cut into 1-inch pieces, and return to the Dutch oven. Add chicken broth, cannellini, green chilies, oregano, cumin, and cayenne pepper. Bring the mixture to a simmer and cook until the chicken is cooked through, 30 to 45 minutes.

Divide cilantro among 4 bowls. Ladle chili over cilantro and top with cheese. Season with salt to serve.

# IMPORTANT REMINDER FROM THE MAINTENANCE DEPARTMENT:

## Trash and Recycling Procedures

All trash and recycling carts are labeled with addresses on the underside of the lids.

All trash must be in a tied bag and placed into the trash carts. Bags cannot be left outside of the trash carts!

The trash carts cannot be placed out on the street before Thursday afternoon for a Friday pick-up. The latest that they should be put out to guarantee pick up is 6:00 a.m. on collection day.

The trash carts must be brought back to a location behind the "front door line" of your house on the same day that the garbage is picked-up.

Kitty litter must be double bagged and put into the trash cart.

Large items should be marked for trash pick-up and brought down to the street at the same time that the carts are brought out, no earlier!

A maximum of two large items may be placed at your collection point for pick up free of charge. Attach a note to each item that says "For Solid Waste". Non-burnable items (major appliances, items more than 50% metal, and hide-a-beds) are collected on the next business day after recycling pickup.

Garbage is collected weekly. Recycling is collected every other week. All residents are required to recycle. If you do not have anything to recycle you should still put out your blue recycling cart.

Call the Solid Waste & Recycling office at 612-673-2917 if your cart is damaged, or broken. If your cart is missing, check with the management office first. If we can't locate it, you will be responsible for the cost of a replacement.

**If Mutual Management has to move your cart back from the street, there is a \$25 charge.**



# Groundbreaking For New Cedar Riverside Opportunity Center



Five15 on the Park



Abdi Warsame



Betsy Hodges

Community leaders and residents celebrated a groundbreaking recently for the Cedar Riverside Opportunity Center — a one-stop shop for education and job training resources.

The center, scheduled to open spring 2017, will be located in the first floor of the new Five15 on the Park building, 515 15th Ave. S. It will serve as a pipeline to job opportunities with the public and private sector with a special focus on the neighborhood's East African community.

Anchor partners include nonprofit Emerge Community Development, Minneapolis Community and Technical College (MCTC), Hennepin County Workforce Development, the Hennepin County Library and the city of Minneapolis.

Library programming in the center will include a Teen Tech Squad, which will lead technology-based workshops designed to develop creative problem solving skills, an overview of library resources that can assist with building job skills and employment-focused learning circles with tips on preparing for job interviews.

Employers with a recruiting presence at the center will include Hennepin County, Fairview Health Services, Hennepin County Medical Center, the city of Minneapolis, the University of Minnesota, Augsburg College and St. Catherine University.

Key goals of the center include tackling the neighborhood's high unemployment rate, which is around 17 percent, and increasing access to educational programs.

Hennepin County has contributed \$250,000 for the center and the City of Minneapolis has pledged \$100,000. The Cedar Riverside Partnership has raised additional funding from local charitable foundations.

City Council Member Abdi Warsame said jobs are critical to improving conditions in East African communities. He has spent two-and-a-half years working on the vision for the opportunity center.

"Increased employment will help people in my community lift themselves out of poverty and give new opportunities to the next generation," said Warsame. "Broadening the skill base and building community capacity helps alleviate issues of unemployment, underemployment, lack of homeownership and poverty."

Minneapolis Mayor Betsy Hodges said the center will help the City tackle disparities. "The Opportunity Center will play a critical role in promoting equity in Minneapolis and closing the skills gap. It will be an invaluable asset for our East African community, providing access to a wide array of resources that will help jobseekers forge career paths and develop strong visions for their future," said Hodges.

More at insightnews.com



ONE STOP SHOP FOR  
SMALL BUSINESS OWNERS



MINNEAPOLIS -- Small business owners in Minneapolis no longer need to cut through the red tape to get city approvals or licenses. Recently the city approved a one-stop-shop to make it easier to navigate the various rules and regulations.

Capitol Cafe owner Kayf Ahmed has been a small business owner in Minneapolis since 2014, going into her third year Kayf says starting her business wasn't easy.

"As an entrepreneur, it's already challenging enough to start a business there is so much that gets loaded onto your shoulders and we believe that the city processes shouldn't be one of them," said Kayf.

Navigating the various city rules and regulations and going through multiple agencies for approvals were just some of the complaints from small business owners like Kayf. But starting in January 2017 that all changed.

The Minneapolis City Council and Mayor Betsy Hodges recently agreed to start a one-stop-shop "navigator" office that will help small business owners get through the red tape and simplify the process.

Council member Andrew Johnson, a former small business owner himself, says this will hopefully encourage aspiring entrepreneurs to set up shop in Minneapolis.

"We have a responsibility as well to clear unnecessary burdens and make sure we are helping encourage small business and helping them get up and running and be successful as they move on in the city," said Johnson.

As an immigrant business owner herself, Kayf says this is an exciting step forward.

"We have a lot of friends and people in the community that come to us and say, 'Hey, what did you do? Help me figure it out.' And I'm glad to do that, but I'm also glad to say, 'Hey, there is a business office you can go to and they will be able to help you figure it out for the answers that I don't have,'" said Kayf.

More at [kare11.com](http://kare11.com)

Informational Safety Message From  
the Minneapolis Police Department

The theft of a purse or wallet are among the most common crimes. Many thefts are considered crimes of opportunity. You can reduce the opportunity by not leaving your purse unattended. Don't leave it hanging on the back of a chair or by being distracted. If you are carrying a small clutch/wristlet type purse, DO NOT walk with it dangling by the small strap. Keep it secured in your hand or pocket. Stay aware of your surroundings and who may be near you. Coffee shops, restaurants, bars, grocery stores, or while walking are all places where the opportunity for theft can occur.

Ask yourself these important questions

- What was in your wallet or purse?
- Do you know your credit card numbers?
- Do you know the number to call to cancel your credit cards?
- Is your Social Security Card missing?
- Are you missing a check book or ATM card?
- How can I get a new Driver's License?

A great way to have an answer to all of these questions and more is to have an inventory sheet for your financial belongings. This, obviously, needs to be made before a theft occurs, and should be stored in a safe place other than your wallet! If possible, keep your phone separate and secured with a lock code. If your wallet or purse is

lost or stolen you should take a few simple actions immediately. A thief most likely will attempt to use your cards within the first hour or two after your items are taken.

For questions, contact:  
Renee Allen, Crime Prevention Specialist  
Minneapolis Police Department, First Precinct  
[renee.allen@minneapolismn.gov](mailto:renee.allen@minneapolismn.gov)  
(612) 673-5163

*To Protect With Courage  
To Serve With Compassion*



Waste sort reveals top 10 things found in Minneapolis trash

Hennepin County conducted a waste sort of Minneapolis residential trash this year and found that our best opportunities to increase recycling and reduce our trash are increasing organics recycling, reducing wasted food, recycling more paper and cardboard, and increasing recycling of materials like clothing and plastic bags at drop-off locations.

Top 10 most common materials found in the trash:

Food waste:	19.0%
Very small items:	6.3%
Compostable paper:	5.7%
Diapers and hygiene products:	4.9%
Pet waste:	4.9%
Treated wood, plywood:	4.3%
Yard waste:	4.2%
Non-recyclable plastic film:	3.8%
Non-recyclable paper:	3.0%
Non-recyclable durable plastic:	2.7%

Note: None of the top ten items most commonly found in the trash are standard recyclable materials that go in your blue recycling cart (paper, plastic, glass, or metal). Keep up the good work, Minneapolis!

Minneapolis South High ESL kids receive free bikes from nonprofit



Thirty-one English as a Second Language students at Minneapolis South High School will soon be able to hop on their own bikes for joy rides around the neighborhood.

The students are taking home free bikes from bike nonprofit Free Bikes 4 Kidz. The bike group accepts gently used bikes from the community, shines them up and donates them to kids. South High School bilingual associate educator Heather Hinrichsen applied for the bikes for the students.

Free Bikes 4 Kidz is driven to help "all kids ride into a happier, healthier childhood by providing bikes to those most in need," according to the mission statement on its website.

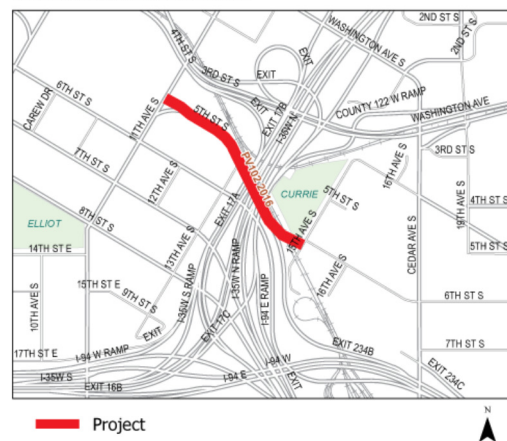
Each year, 25 million bikes are sold nationally and one-third of them have 20-inch wheels or smaller, which kids outgrow, according to the nonprofit's website.

For Information on how to donate bikes or volunteer, go to [bikes4kidsmn.org](http://bikes4kidsmn.org).

More at [startribune.com](http://startribune.com)



5th Street South Reconnection



## Minneapolis Transportation & Public Works Committee Approves Samatar Crossing

A new pedestrian and bike crossing between the Cedar-Riverside neighborhood and downtown Minneapolis is one step closer to reality. The Samatar Crossing project was approved recently by the city's transportation and public works committee.

Former Minneapolis Mayor R.T. Rybak named the project after the late Minneapolis School Board Member Hussein Samatar in 2013. City officials plan to re-purpose the old 5th Street ramp from Interstate 94, which was replaced by a new 7th Street exit when U.S. Bank Stadium opened.

The Samatar Crossing will go over the freeway and run from 11th Avenue to 15th Avenue South. There will be two-way vehicle traffic on one block of 13th Avenue in downtown Minneapolis.

The project is expected to cost around \$2 million. Construction is scheduled to begin this summer and will last three to four months.

More at KSTP.com



## MARCH 1 IS NATIONAL PEANUT BUTTER DAY! Fun Facts About Peanut butter:

- Women and children like creamy peanut butter best.
- Men like chunky peanut butter best.
- The world's largest peanut butter and jelly sandwich, made in Grand Saline, Texas, weighed 1,342 pounds.
- It takes one acre of peanuts to make 30,000 peanut butter sandwiches.
- We spend almost \$800 million a year on peanut butter in the United States.
- The average child will eat 1,500 peanut butter and jelly sandwiches before graduating from high school.
- If you took all the peanut butter that Americans eat in a year, it could coat the floor of the Grand Canyon.
- If you add the amount of straight peanut butter plus peanut butter products consumed in America each year, they'd weigh 1.5 billion pounds.
- Peanuts aren't nuts. They're legumes. So it's technically inaccurate to call it a nut butter, but it's usually referred to one anyway. Peanuts are sometimes called "ground nuts" or "ground peas" because peanuts grow underground.
- Most peanut butters are vegan and gluten-free.
- It might be cancer-fighting. Girls between the age of 9 and 15 who regularly ate peanut butter were 39 percent less likely to develop benign breast disease by 30.
- The south has the best climate for growing peanuts in the United States. Sixty percent them are grown in Georgia, Florida, and Alabama and Half of that 60 percent is used to make peanut butter.
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- By law, any product labeled "peanut butter" in the United States must be at least 90 percent peanuts.
- The Huffington Post (Sept. 2014) asked, "What makes the best peanut butter and jelly sandwich?" Results show, 36% say strawberry jam is favorite (grape is 31%), favorite bread is white bread (54%), favorite type of peanut butter is smooth (56%) and a whopping 80% like their PB & J with the crust left on the sandwich.
- Two peanut farmers have been elected president of the USA: Thomas Jefferson and Jimmy Carter.
- Former President Bill Clinton says one of his favorite sandwiches is peanut butter and banana. Also reported to have been the favorite of Elvis Presley.
- People living on the East Coast prefer creamy peanut butter, while those on the West Coast prefer the crunchy style.
- There's a jar of peanut butter in 75 percent of the homes in America.

## Focus on...EMERGE

Based in North Minneapolis and Cedar Riverside, EMERGE helps people facing significant obstacles redefine themselves. Every year, they help thousands of adults and youth access jobs, financial coaching, and other key services, along pathways to brighter futures. They are committed to creating better jobs, better lives, and better community.

In 2015, they opened the EMERGE Career and Technology Center in what was once the historic North branch library building, expanding training opportunities for those who need them. The same year, they merged with Momentum Enterprises, taking on three new social enterprise businesses. Their four social enterprises now include EmergeWORKS, Second Chance Manufacturing, Second Chance Recycling, and Furnish Office and Home.

Today, EMERGE is a place-based community development agency, open to helping all people ready to redefine themselves, with special expertise in serving ex-offenders, at-risk youth, and homeless fathers and their families. Their staff and AmeriCorps service members serve more than 3,000 low-income people (91% people of color) every year.

More at [emerge-mn.org](http://emerge-mn.org).



*University of Minnesota School of Music Presents*

## Symphonic Band Concert

Ted Mann Concert Hall, 2128 4<sup>th</sup> Street South

March 8, 7:30 PM

- This event is **FREE** and open to the public. Tickets are not necessary, seating is general admission and available on a first-come, first-seated basis. Convenient parking is available at the University's 19th Avenue and 21st Avenue parking ramps. You must pay a fee to park in these ramps.
- For questions about the hall, please contact the Ted Mann Concert Hall House Manager at 612-625-7102 or by emailing [tmchhm@umn.edu](mailto:tmchhm@umn.edu).