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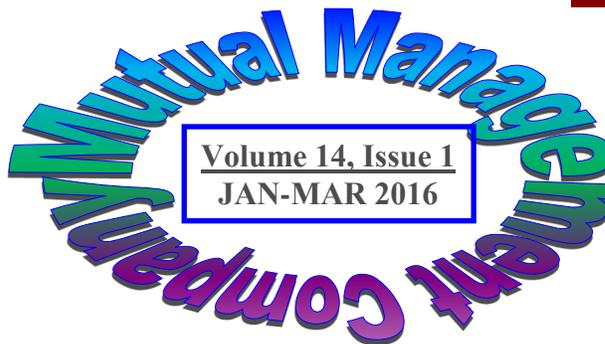
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MMC Leasing Agents Nicole and Fadumo had a fun time getting henna tattoos at the Somali Mall on Pillsbury Avenue and Lake Street!



**Reminder to Residents
Receiving Section 8
Rent Assistance:**

Please report the following household changes to the Mutual Management Company office in writing **within ten days!**

- ~If your household income increases
- ~If your household income decreases
- ~If someone leaves your household
- ~If you have a new child in your family
- ~If you add a new adult to your household
- ~If your full-time student status changes



Easy Beef Pepper Steak

A beefy red, yellow, and green pepper steak recipe, full of flavor, served over rice.

Yield: 4-6 servings

Ingredients:

1 to 1.5 pounds sirloin steak (or other steak), cut into thin 2-inch strips
1-2 Tablespoons oil
2 onions, sliced into 2-to-3-inch slices
1 large clove garlic, minced
2 tomatoes, diced
1 green bell pepper,
sliced into thin, 2-inch slices
1 red bell pepper,
sliced into thin, 2-inch slices
1 yellow bell pepper,
sliced into thin, 2-inch slices
1 cup beef broth
1/2 teaspoon salt
1/2 teaspoon cumin
1/2 cup cold water
2 Tablespoons cornstarch
3-4 cups of hot cooked rice

Instructions:

1. In large skillet or stock pot, fry steak, onions, and garlic in oil over medium heat.
2. When onions are starting to turn translucent and steak is partially cooked (still some pink), add tomato, beef broth, salt and cumin. Cover and simmer for about 10 minutes, until meat is tender.
3. Add bell peppers and stir to mix them in. Cook for about 5 minutes, until peppers are crisp-tender, or almost as cooked as you prefer.
4. In small bowl, whisk together cornstarch and water. Add to pepper steak pan, stirring to avoid lumps and cook until mixture thickens. (Boil/simmer for about 3 minutes.) Serve over hot rice.

All about...KFAI Fresh Air Radio

KFAI is a non-commercial, volunteer-based community FM radio station that exists to broadcast information, arts and entertainment programming for an audience of diverse racial, social and economic backgrounds. By providing a voice for people ignored or misrepresented by mainstream media, KFAI *increases understanding between peoples and communities, while fostering the values of democracy and social justice.*

KFAI is governed by a volunteer community board of directors, managed by a small paid full time and part time staff, and operated by a volunteer staff of over 450. KFAI is listener-supported, with over 2,700 members contributing nearly twenty-five percent of its income. Additional support has come from the Corporation for Public Broadcasting, the National Endowment for the Arts, the State of Minnesota, the McKnight Foundation, the Bush Foundation, the Otto Bremer Foundation, area corporations and program underwriters.

KFAI went on the air at 90.3FM on May 1, 1978. The station's first studios were in the belfry of Walker Community Church and the antenna sent out a mighty 10 watts from the roof of the Seward Co-op.

In 1984, KFAI increased its power to 125 watts and moved its transmitter to the Foshay Tower in downtown Minneapolis, greatly expanding the coverage area. The station later added a Saint Paul translator at 106.7FM in 1994.

KFAI moved out of the Walker Community Church in 1986 to new studios above Butler Drug at the intersection of Lake and Bloomington in Minneapolis. In 1991, KFAI moved its studios to its current home in the historic Bailey Building on the West Bank. 2001 saw the dedication of KFAI's renovated studios. The renovation increased studio space from two working studios to six. Today, KFAI broadcasts from high atop the IDS building and broadcasts in HD.

Since 1978, KFAI has been the voice of the community. The station has been and continues to be the Twin Cities' source for adventurous and innovative music, news, arts, and community programs. The history of KFAI lives within the thousands of volunteers that have given their time and the listeners who have tuned in. More at www.kfai.org.

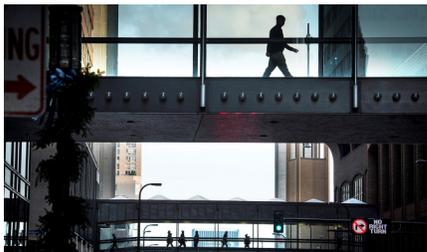


Minneapolis skyway system is biggest in the world – and about to get bigger

This year, Minneapolis, home to the world's most extensive skyway system — in the world, baby! — will bolster that status when the 8 miles of existing walkways are extended another mile to U.S. Bank Stadium sometime this summer. Seems like a good time to examine the invention that made possible our second-story city.

Minneapolis may be known for its skyways, but they weren't designed for visitors, but for 9-to-5 office workers. In the mid-1950s, downtown was on the ropes. The city was losing its mojo. Leslie Park, a visionary real estate developer, long had touted elevated walkways, and as downtown vacancies grew, people began listening. With architect Ed Baker, Park oversaw the first skyway installed over Marquette Avenue in 1962, connecting Northstar Center and what was then Northwestern National Bank. Called a skyway from the first, it was an immediate success, being a tourist attraction and a boon to workers — and undeniably new.

According to various accounts, moving folks into the skyways didn't harm street-level retail business, and it boosted second-story traffic. Then again, there was only one skyway.



As with honeybees, office tenants just know where they're going. They rarely glance at the directional signs. They know to turn right at the Orange Julius, cross the next skyway, then hang a right at Au Bon Pain and boom, there you are.

Anyone who's tried to give directions to a newbie finds that it's almost impossible to guide them by buildings or even streets because there's often not a clear correlation. The magic words? "Here, let me just show you." Large conventions, however, merit extra signage, said Brent Foerster, senior vice president of destination sales for Meet Minneapolis. Especially if attendance requires lodging at some distance from the Minneapolis Convention Center. Still, it's the skyways that probably lured the conventions here.

Don't get the idea that everyone loves skyways. Ha! Some urban planners and architects revile them, and not without cause, such as the skyway that pierces the carved rose-toned Egyptian facade near the Rand Tower. Skyways often are damned as sucking vitality from the streets.

Time out for irony: Now that food trucks are popular, some second-story restaurants have cried foul, saying the trucks suck vitality from the skyways and don't have to bear the tax burden of brick-and-mortar restaurants. So, it seems that skyway and on-street businesses get a turn at winning and losing. How Minnesotan. How nice.

The Minneapolis Downtown Council's 2025 Plan expects downtown's population to double to 70,000 residents within this decade, with more people using skyways the way other people walk around the lakes.

"We're heading for a generally more active downtown," said the council's president, Steve Cramer. When the skyways to the Wells Fargo buildings and the stadium open this year, the system will approach 9 miles in length, he said. "What I hear from developers in the core of downtown is that if you have an opportunity to connect to the skyways, you do," he said. "It's hardly even a question anymore."

More at startribune.com

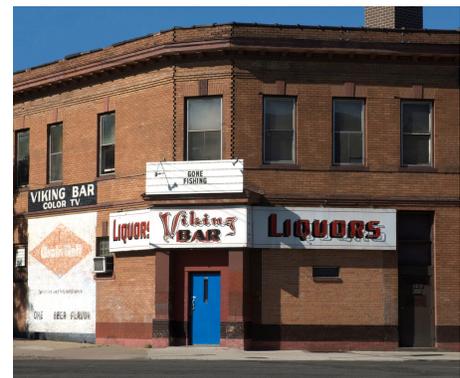
Signs of Life at The Viking Bar

Since 2006, The Viking Bar at Cedar-Riverside has been shuttered, a (practically iconic) "Gone Fishing" notice stuck on its marquee. A story last October in the Minneapolis-St. Paul Business Journal revealed that an entity called August Ventures LLC bought the 109-year-old building for \$285,000, and now the bar is heading toward a revival.

"We were knocked out by the history of the place," says Aaron Britt. Britt is a recent California ex-pat and an owner of the revived Viking Bar along with his wife Amy Britt and partner Patrick Johnston, with consultation from James Brown of Brownsmith Restoration. "In our case, there is a legacy that comes attached to a lot of memories ...some of which aren't good at all, but a lot of them are great," Britt says. "The weight that comes with opening a new place is different here."

Britt cited the bar's status as a counterculture hub and music venue as part of its significance, and says that restoring the venue's status as a stage for musical acts is a major part of his team's vision. "Ideally, we're going to keep it as on its original message as we can," Britt says. "It was a gathering place...it was a good place to get a clean drink, and [it was] a great joint. It was a blue collar joint, and it's going to be a blue collar joint. They had music there. We're going to have music there."

Britt is keeping specifics about The Viking Bar's food menu close to the vest for now, and the timeline for opening is loose. The beginning of 2016 is the current target.





Mixed Blood Theater (1501 S. 4th St.) Offers “Radical Hospitality”

What is Radical Hospitality?

Radical Hospitality provides no-cost access to all mainstage productions for any audience member. An expansion of Mixed Blood’s egalitarian mission, Radical Hospitality erases economic barriers in pursuit of building a truly inclusive, global audience. Whether a patron is a long-time Mixed Blood attendee, a new immigrant living in Mixed Blood’s Cedar-Riverside neighborhood, a person with low income or disabilities, a college student, or someone who has never been to theater, he or she will be welcomed, free of charge—with radical hospitality. For Mixed Blood, radical hospitality has not only social but also political and economic implications; Radical Hospitality exercises their commitment to justice.

How does it work?

There are two ways to see a performance:
1) First come, first served, no-cost admission: Mixed Blood holds a significant number of seats for no-cost admission on a first come, first served basis for each performance. To access these seats, provide your contact information in the lobby (lobby opens two hours prior to the show). Seating begins 30 minutes before show time and is open (no assigned seats).

2) Guaranteed admission: Audience members who want to guarantee entry can do so for a \$20 fee paid in advance online or by calling the box office at (612) 338-6131. Seating begins 30 minutes before show time and is open (no assigned seats).

More at www.mixedblood.com.

FREE GOVERNMENT CELL PHONE

Budget Mobile LifeLine offers government assisted wireless services to low income families and individuals in Minnesota. Qualified customers will receive a free cell phone plus 350 free minutes and 350 free texts every month. LifeLine discounts are offered to qualified MN customers who meet certain eligibility requirements such as government assistance or a household income that is at or below 135% of the federal poverty level. Budget Mobile LifeLine is limited to one per household.

All Minnesota Budget Mobile LifeLine Eligible Customers Receive:

- FREE cell phone
 - 500 FREE minutes for the first 3 months
 - 500 FREE texts for the first 3 months
- (350 free minutes and 350 free texts thereafter every month automatically.)*

Minnesota Budget Mobile LifeLine Plan Benefits:

- NO Contracts, No Cost
- Nationwide Coverage
- Caller ID
- Call Waiting
- Voicemail



More info at www.budgetmobile.com.

*No winter lasts forever;
no spring skips its turn.
~Hal Borland*



Seward Co-Op, 2823 E. Franklin Avenue, Introduces “Nourish”, a Needs-Based Program



Eating healthfully and affordably can be challenging. Whether you have budget constraints or are just looking for ways to save on your grocery bill, Nourish offers something for everyone.

Discounts

Shoppers who have financial need can become owners with an initial investment of \$15 through the needs-based ownership option. (The remaining \$60 of co-op stock is accrued through patronage refund earnings.) Needs-based ownerships are available to those enrolled in Minnesota Food Assistance/Support, WIC, MinnesotaCare and Minnesota Medical Assistance, or Social Security Disability. All co-op owners who have financial need may also apply for our everyday needs-based discount of 10%.

Recipes & Sampling

Nourish recipes are an affordable way to feed four people — often for \$10 or less — using ingredients available at Seward Co-op. Find these fun and easy recipes at the Customer Service desk.

Classes

Attend a free Nourish 101 class. Learn basic scratch-cooking techniques, how to prepare recipes that feed a family of four for under \$10, and how to shop the co-op. View the classes calendar or pick up a list of classes at Customer Service.

Staples

“Staples” signs on the shelves highlight great everyday deals and some of the co-op’s most affordable foods and Wellness products.

For further info, go to www.seward.coop

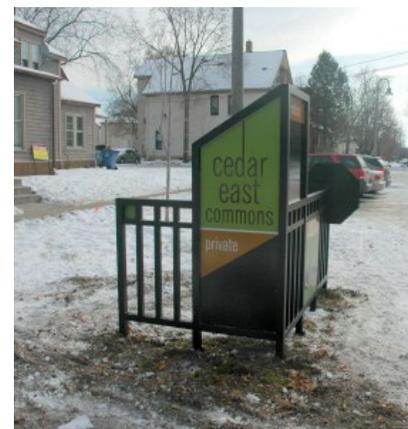
Signage, Fencing Project will be Complete in 2016

The project to install signage and fencing in Cedar East is now scheduled for completion in 2016. Plans for the project came out of block meetings where residents raised issues of unauthorized use of shared green space and parking. It was originally scheduled for completion by the Fall of 2015 but an unanticipated delay in getting permits for the signs brought construction to a halt. The permit process is now moving ahead and everything is on track for completion by mid-year 2016.

Signs will be placed at each parking stall to identify which housing unit it belongs to. Visitor parking will also be identified. Once the parking signs are installed, residents will be able to call and have unauthorized cars towed from their parking stall.

Monuments will be installed at the major entrances to Cedar East to let people know that it is private space intended for the use of residents and their accompanied guests only. The goal is to increase residents' sense of safety in the neighborhood and encourage community activity in the shared green spaces. The fencing part of the project was finished in 2015. Fences were put up near the freeway exit at 7th Street and Cedar Avenue as well as on 20th Avenue, where non-residents routinely walked through. A dog park was also created in a section of Timber Park. It allows dog-owners to let their pets run off-leash within the area while preserving the park for recreation use by children and families.

The project was approved at the WBCDC annual meeting November 2014. Contact Debbie at West Bank CDC at 612-673-0477 or dworking@wbcdc.org with questions.



FARE FOR ALL AT OPEN ARMS 2500 BLOOMINGTON AVENUE

This year Open Arms will be a site for community members to purchase food through Fare for All, a service that aims to make healthy food more accessible and affordable to all by offering monthly packages of discounted produce and proteins. They buy fresh fruits, vegetables, and frozen meat in bulk and pre-package them to save you up to 40% off grocery store prices. The more people who participate in Fare For All, the more purchasing power the program has, so the service is open to everyone! All are welcome to save money by buying groceries through Fare For All.

How it works

Fare For All buys fresh produce and frozen meat in bulk from wholesalers and manufactures to find the best deals available. Volunteers at their warehouse pre-pack the produce and meat into food packages that range in price from \$10–\$25. To purchase, simply come to Open Arms between 1–3 p.m. during one of the following Fridays: March 11, April 15, May 13, June 10, July 15, and August 12. No need to register in advance! Fare For All accepts cash, credit, debit and EBT cards. More at www.openarmsmn.org



FARE FOR ALL

TRASH AND RECYCLING REMINDERS

~ Garbage is collected weekly. Recycling is collected every other week. The 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. Thank you for your cooperation!

~ If you find that your recycling can is missing, Mutual Management Company will not look for the missing can. We will assume that the city has picked it up because the can has been used for garbage. (This has to be a re-occurring problem for the city to take the can.) You will need to come to the MMC office and pay a \$15.00 fee for what the city charges and a \$10.00 administrative fee before we can order a new can for you.



Thank you for your cooperation!



Surprising Baking Soda Uses

Find out why baking soda—a powerhouse of a product—is one of the most versatile and effective tools in your household arsenal.

Find out why baking soda—a powerhouse of a product—is one of the most versatile and effective tools in your household arsenal.

Baking soda can do a lot more than just sit in the back of the fridge. Try these easy tips and put baking soda to work in every room of your house!

--Skip produce washes—just put some baking soda on a damp sponge, scrub and rinse.

--Soak hair brushes and combs in a mixture of 1 teaspoon baking soda and a small amount of warm water. Rinse and dry.

--Freshen rugs by sprinkling baking soda on carpet, wait at least 15 minutes (preferably let sit overnight), then vacuum up.

--Add 1 cup of baking soda to your next load of laundry (along with your regular liquid detergent) to get clothes cleaner and brighter.

--Remove baked-on residue by shaking a generous amount of baking soda on pots and pans. Then add hot water and dish detergent, let sit for 15 minutes and wash as usual.

--Deodorize a funky-smelling hamper. Sprinkle baking soda in the bottom of the hamper (or over dirty clothes) to keep items fresher until laundry day.

--To brighten a dull floor finish, dissolve ½ cup baking soda in a bucket of warm water. Mop and rinse for a shiny floor.

--Make your own bathroom scrub by mixing ¼ cup baking soda with 1 tablespoon liquid detergent. Add vinegar to give it a thick, creamy texture.

--Clean the dishwasher and coffeemaker by running an empty cycle with baking soda.

--Add ½ cup baking soda to your bath for an at-home spa treatment.

--Sprinkle baking soda in the kitty box, then add litter on top to keep smells to a minimum.

--Use baking soda to brush your pets' teeth.

--For instant relief from bug bites, mix baking soda with a little water and apply it directly to the sore.

--Fight dandruff by tabling the shampoo for a few weeks and massaging your wet scalp with a handful of baking soda instead.

--Gargle with baking soda, or use it as mouthwash.

--Soak toothbrushes in a mixture of ¼ cup baking soda and ¼ cup water; let brushes stand overnight for a thorough cleaning.

--Make a fluffier omelet by adding ½ teaspoon baking soda for every three eggs.

--Use a pinch in a gallon of freshly-brewed iced tea, to take out the bitterness and prevent cloudiness.

--Surround your dog's food bowls with baking soda to keep pests away.

--Mix a little baking soda into your conditioner and lather on your hair to keep it healthy and resistant to split ends.



Senior Citizen Education Program

The Senior Citizen Education Program (SCEP) is part of a Minnesota state statute and applies to Minnesota State Colleges and Universities (MNSCU). The University of Minnesota has chosen to participate in order to provide senior citizens with higher education opportunities.

Program fees

If you meet the residency and age requirements of the SCEP, **you may audit courses free of charge or take courses for credit at \$10 per credit.** Whether you audit or earn credits for the course, you must pay any required laboratory or materials fees.

Eligibility

To receive SCEP-reduced tuition benefits, you must be a Minnesota resident and 62 or older before the start of the term for which you are registering.

Registration

You may register on or after the registration date for non-degree students for the term, and you can register through the first two weeks of the term without penalty.

To register, download the registration form at www.onestop.umn.edu and submit to One Stop Student Services Center, 333 Robert H. Bruininks Hall, 222 Pleasant St. S.E., Minneapolis. You can also fax your completed form to 612-625-3002.

Be sure to include a copy of documentation that proves your Minnesota residency and age (e.g., driver's license or state-issued ID) to receive the discounted tuition rate.

Open or closed classes

The online Section Status Reports can tell you if a course is open or closed. For more information, call One Stop Student Services at 612-624-1111.

Priority is given to currently enrolled students for open class seats. If the class is open, you will be able to sign up without any instructor or department permission during the first week of the term.

If the class is closed (i.e., full) you will need a permission number from the instructor or department offering the class. Some classes have restrictions on who is allowed to take the class.



Help the Monkey find his brother



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