

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

OFFICE
1808 Riverside Avenue, Suite 209
Minneapolis, MN 55454
Phone: 612-333-9164 | Fax: 612-333-8185
www.mutualmgmtcompany.com
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

Executive Director
Sam St. Pierre
sam@mutualmgmtcompany.com

Director of Property Management
Kris Janning
kris@mutualmgmtcompany.com

Property Manager
Tara Myers
tara@mutualmgmtcompany.com

Leasing & Marketing Specialists
Nicole Sabo
leasing@mutualmgmtcompany.com
Fadumo Aden
fadumo@mutualmgmtcompany.com

Office Manager
Sue Everroad
sue@mutualmgmtcompany.com

Office Assistant
Jo Klein
frontdesk@mutualmgmtcompany.com

Accounting
Genna Averbakh
accounting@mutualmgmtcompany.com

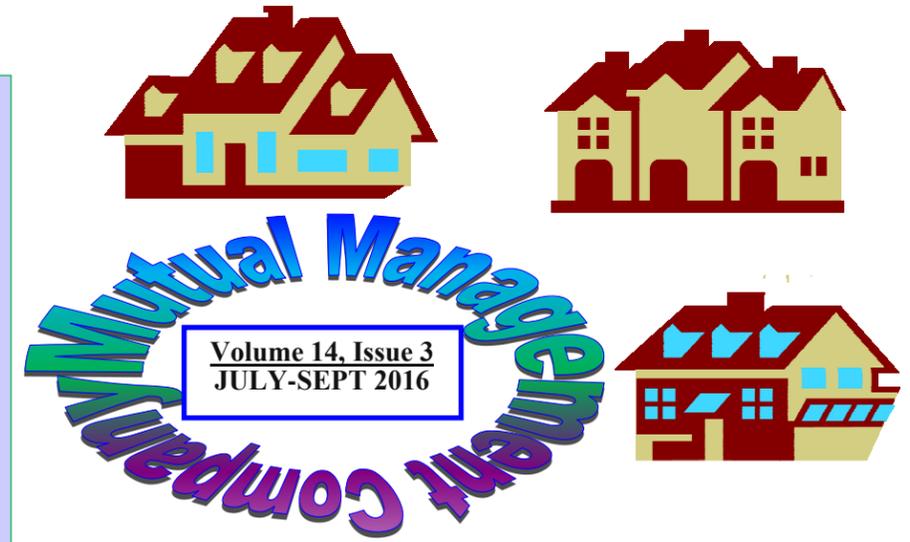
Community Service Coordinator
Abdul Yusuf
geeljir@yahoo.com

Maintenance Supervisor
Jerry Werner

Maintenance Office Assistant
Julie Werner

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

Maintenance Emergency Number
612-221-8750



PUPPET SHOW

The annual puppet show performed by Open Eye Figure Theatre was presented June 15th in the grassy area on 6th Street and 19th Avenue. This year's show was *Molly and the Magic Boot*. This was a great opportunity to enjoy a summer evening with friends and neighbors. Snacks were provided



ed by West Bank CDC and Mutual Management Co. after the show. Thanks to neighbors Vicki K. and Karen G. for organizing the event!



MUTUAL MANAGEMENT PET POLICY

All dog and cat ownership **must be reported** to our office. If an unreported dog or cat lives in your unit, it **is a violation of your lease**, and action will be taken accordingly. Also, “visiting” pets are strictly forbidden. Thank you for your cooperation!



Quick Facts About...Bed bugs

PLEASE REPORT BED BUGS IMMEDIATELY! EVEN IF YOU ARE NOT SURE, PLEASE CALL TO REPORT! EARLY DETECTION IS VERY IMPORTANT TO PREVENT SPREADING.

What are bed bugs? Bed bugs are red-brown, oval-shaped, flattened insects that are about 1/4 inch long. Bed bugs often feed on the blood of humans during the night and then hide in nearby cracks and folds of furniture and walls during the day.



How can I prevent bed bug infestations? Insect repellents do not work against bed bugs. **The best ways to prevent bed bugs is to use extra caution when getting used furniture, like mattresses and couches. DO NOT take items that have been left on a curb.**

How are bed bugs spread? Some of the most common way bed bugs are spread are by bringing home used furniture that contains bugs. Also, bed bugs they are brought in on items used during travel such as suitcases, outerwear and other belongings. Bugs can then spread through a building by crawling or being carried on humans.

How are bed bugs identified? Bed bugs can be found by seeing actual bugs, their light-brown skins (shed during molting), dark spots of waste, or blood spots or stains on bedding or walls.

How are bed bugs controlled? Control of bed bugs is hard and must be done with the help of a pest control professional that knows how and when to use approved insecticides. **Trying to treat bed bugs yourself will interfere with the effectiveness of our exterminator's treatments. Please report suspected bed bugs right away!**

Reminder about... Mutual Management Company Trash and Recycling Procedures

Your address is written under the lid of your cart. Please make sure you are using the correct cart.

All trash must be in a tied bag. 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.

Large items should be marked for trash pick-up and set on 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 (appliances, items more than 50% metal, hide-a-beds) are collected on the next business day after recycling pickup.



Garbage is collected weekly, Recycling is collected every other week.

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 cannot locate it, you will be responsible for the cost of a replacement.

If Mutual Management has to move your cart back from the street, you will be charged.

Food Shelf at Brian Coyle Center

In 2012, the Minneapolis Health Department (MHD) formed the Minneapolis Healthy Food Shelf Network, a collective of more than a dozen food shelves, food banks, and other hunger relief organizations committed to increasing the amount of healthy food options available for individuals and families in need. Specifically, Network partners are working together on the following key issues:



- Healthy food procurement: establishing systems to increase healthy food purchases and donations (especially of fresh produce) from local farmers, gardeners, and retail stores.
 - Donor communications: developing messages and materials to encourage donors to give healthy items.
 - Client education: increasing awareness of, and demand for, healthy foods by providing nutrition education to food shelf clients and encouraging healthy choices.
- Healthy foods policies: assisting food shelves in creating and implementing organizational policies and practices that support healthy food purchases, donations, and distribution.

Brian Coyle Center Food Shelf:

Address: 420 15th Ave S, Minneapolis, MN 55454

Phone: (612) 338-5282

Mondays, 12-6pm

Tuesdays, 12-3pm

Wednesdays, 12-3pm

Fridays, 12-4pm

More info at www.minneapolismn.gov/health/living/foodshelf



Cedar East Commons Signs Installed

The entry-point monuments for Cedar East Commons have all been installed. The goal of this project, which came out of block meetings with residents held in 2014, is to let people know that Cedar East Commons is a private area and not open for public use.

The next phase of the project is to install signs indicating which unit each parking space is reserved for. We heard from residents that unauthorized use of their parking spot is a big problem. Better control of the parking will hopefully eliminate that issue and also make it harder for non-residents to use the area. More at www.wbcd.org

Community Iftar Celebration

Cedar East neighborhood residents organized their first Community Iftar Celebration, the evening meal to break the daily fast of Ramadan on June 23. All Cedar East residents were invited to join in the celebration. They shared a meal together and people were invited to share their ideas and thoughts about the neighborhood.



Did you know...?

The Somali Museum (1516 East Lake Street, Minneapolis) is the home of traditional Somali arts in Minnesota. Displaying a collection of over 700 pieces, and offering educational programs about Somali traditional culture that are not offered anywhere else, the Somali Museum offers an unrivaled opportunity for Minnesotans of all backgrounds to encounter and learn about Somali traditional culture.



The Somali Museum's mission is to use this collection as a tool for education: making it possible for young Somalis who have grown up in the United States to connect with their culture, as well as Minnesotans of other ethnic heritage to encounter Somali art and traditional culture for the first time. The Museum's programs explore the changing role of traditional arts and culture as the Somali people move across borders and time. By promoting the highest forms of Somali creativity, the Somali Museum believes that it can also help to diminish harmful prejudice and misunderstanding.

For a century, there was a cultural history museum in Mogadishu, the capital of Somalia. In the last 23 years, amidst war and upheaval, that museum has been destroyed and its artifacts have been scattered across East Africa and the world. The largest Somali diaspora community in the United States lives in Minnesota. Elders and parents in Minnesota's Somali community increasingly worry that children born in the United States lack connection to their Somali heritage. In response, a diverse coalition of community members called for an initiative to catch hold of their traditional culture before it disappears.

In 2009 Osman Ali began collecting artifacts of his native Somalia's traditional nomadic culture. Mr. Ali traveled between Somalia and Minnesota, and offered presentations of his collection at schools and community centers. Now, the Somali Museum operates a small gallery on Lake Street in Minneapolis.

The collection on display in the museum now includes examples of everyday craftworks as well as paintings and sculptures created by artists in Somalia and the diaspora. Most of these pieces have been collected and are owned by the museum's founder, Osman Ali, and the collection also includes pieces that have been donated to the museum by families and artists in Somalia and abroad.

With a vision to establish an all-embracing Somali Museum of Minnesota, Osman Ali and other organizers are bringing together cultural historians, contemporary Somali artists, and keepers of community history to tell the Somali story in Minnesota.

More at www.somalimuseum.org

Lifting incomes and spirits



For more than 20 years, Twin Cities Rise has helped people rise out of poverty by providing job training, help with finding full-time work and developing the emotional skills needed to overcome serious challenges, such as chronic poverty, addiction and incarceration.

The programs offered include basic work skills training, personal empowerment training, employment placement services, special programs for recently incarcerated people and internship programs, among other things.

The personal-empowerment curriculum addresses underlying issues such as poverty and trauma while helping participants identify back to their core values. Participants talk with their classmates about past negative experiences and learn how to think before reacting.

The curriculum has gained national recognition with multiple colleges and nonprofits using it as part of their own leadership-development training. Twin Cities Rise leaders credit it with contributing toward the organization's success at keeping its participants in jobs.

More than 80 percent of Twin Cities Rise graduates retain their jobs after one year, which is more than double the national average for similar programs. About 77 percent are on the job after two years.

The organization has also added a service-industry training program and a mechanic-technician training program in coordination with Metro Transit and Hennepin Technical College.

More info at:

Twin Cities Rise

Contact: 612-338-0295

Website: twincitiesrise.org

All about... Greater Twin Cities United Way

United Way is a nonprofit agency that brings people together to help the community reach its full potential. They partner with local nonprofits, businesses, government and social service agencies to address the community's most pressing needs.

Their mission is uniting caring people to build pathways out of poverty, thereby improving individuals and the community.

Their work helps provide the building blocks for a good life through efforts in two areas: Safety Net (providing basic needs) and Education/Jobs Training. Their goals address poverty's root causes on multiple fronts, and they measure impact and success each year in their annual Community Results report.

Greater Twin Cities United Way serves people living at or on the edge of poverty in Anoka, Carver, Chisago, Dakota, Hennepin, Isanti, Ramsey, Scott and western Washington counties.

United Way 2-1-1 can connect you to over 40,000 community resources—from job training programs and childcare to counseling services and financial assistance. Staffed by trained professionals, this free, confidential help line is available 24/7. Just dial 2-1-1 from any land line. Cell phone users can call 651-291-0211. The service is also available online at www.211unitedway.org.



**Greater Twin Cities
United Way**

What is Labor Day, Exactly?

For a lot of people, Labor Day means two things: a day off and the end of summer. But why is it called Labor Day? Labor Day is a day set aside to pay tribute to working men and women. It has been celebrated as a national holiday in the United States and Canada since 1894.

Labor unions themselves celebrated the first labor days in the United States, although there's some speculation as to exactly who came up with the idea. Most historians credit Peter McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, with the original idea of a day for workers to show their solidarity. Others credit Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J.

The first Labor Day parade occurred Sept. 5, 1882, in New York City. The workers' unions chose the first Monday in September because it was halfway between Independence Day and Thanksgiving. The idea spread across the country, and some states designated Labor Day as a holiday before the federal holiday was created.

President Grover Cleveland signed a law designating the first Monday in September as Labor Day nationwide. This is interesting because Cleveland was not a labor union supporter. In fact, he was trying to repair some political damage that he suffered earlier that year when he sent federal troops to put down a strike by the American Railway Union at the Pullman Co. in Chicago, IL.

In European countries, China and other parts of the world, May Day, the first day in May, is a holiday to celebrate workers and labor unions. Before it became an international workers holiday, May Day was a celebration of spring and the promise of summer.

Membership in labor unions in the United States reached an all-time high in the 1950s when about 40 percent of the work force belonged to unions. Today, union membership is about 14 percent of the working population. Labor Day now carries less significance as a celebration of working people and more as the end of summer. Schools, government offices and businesses are closed on Labor Day so people can get in one last trip to the beach or have one last cookout before the weather starts to turn colder.

More at www.howthingswork.com.

SWEET POTATO WEDGES WITH HONEY MUSTARD SAUCE



30-minute roasted sweet potato wedges with creamy honey mustard dipping sauce! Savory, sweet and so healthy and delicious.

SWEET POTATOES

3 large sweet potatoes, sliced into thick wedges (skin on)
2 Tbsp oil (any neutral oil with a high smoke point)
1/2 tsp sea salt + pinch black pepper

HONEY MUSTARD SAUCE

2 Tbsp creamy peanut butter
1 Tbsp spicy mustard
2 Tbsp honey
pinch each salt and pepper
1-2 Tbsp milk

Preheat oven to 400 degrees and grease a baking sheet. Toss sweet potatoes in oil until all sides are well coated. Season with salt and pepper and toss once more, then arrange in a single layer on the baking sheet (if crowded, use two baking sheets). Bake for a total of 25 minutes, or until golden brown and tender, flipping once at the halfway point to ensure even cooking. While baking, prepare dipping sauce by whisking together peanut butter, mustard, honey, salt and pepper. Thin with milk (or water) until pourable. Serve sweet potato wedges with honey mustard dipping sauce. Best when fresh, though leftovers keep in the fridge, covered, for up to a few days. Reheat in the oven.