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May Day Parade, May 6

In the Heart of the Beast Puppet and Mask Theatre's annual May Day Parade, Ceremony, and Festival has been a vibrant example of art as community building in the Twin Cities area for 43 years.

For many in Minnesota, the May Day Parade is a time to celebrate the coming warmth with hand-built puppets and



masks (some over 10 feet tall), music, and performance in the street.

But the essence of the parade is rooted in the local community and contemporary issues, concerns, and visions for a better world.

When the community workshops begin in April, the theater's main performance space is converted to a giant studio space.

Throughout the month, everyone is invited to the 16 public workshops, and all who enter participate in the building of this communal story through the creation of puppets and masks.

By the time the parade unfolds on the first Sunday of May, more than 50,000 people from near and far fill the streets both as participants and spectators for this day of celebration and community.

More at hobt.org

EARLY CHILDHOOD FAMILY EDUCATION CLASS

...a place to share ideas and strategies to support your parenting and the development of your child's school skills.

Who:

Children ages birth to 5-year-olds and their parents

What:

- > school readiness education for young children
- > parent ideas, strategies and resources
- > classes taught by MPS licensed teachers

Where:

People Center
425 20th Avenue South
Minneapolis 55454

Class translation for:

- > Oromo
- > Amharic
- > Somali

ECFE Contact:

Amal Mohamud
612-668-2118



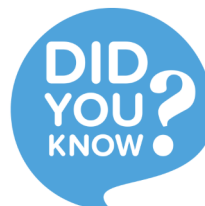
Free Cooking Classes

Brian Coyle Center, 420 South 15th Avenue, offers free, culturally relevant cooking classes designed to help Cedar-Riverside residents learn more about preparing fresh, nutritious foods. A focus is placed on using ingredients available in the Brian Coyle Center food shelf. To sign up for a class, or learn more about the program, contact Sara Denzer at 612.876.9366.



IMPORTANT REMINDER:

Residents may NOT park their cars in the Visitor Parking Spaces. **Visitor Parking is for visitors only.** Thank you for your consideration.



Sharing and Caring Hands

525 N 7th St, Minneapolis,
612-338-4640

Sharing and Caring Hands provides a host of services that include food, clothing, shelter, transportation assistance, medical and dental help and much more to the over 20,000 people who come through their facility each month. Over \$400,000 is spent each month on the needs of the poor.

Food

Bags of food are given to families with children and individuals: Monday through Thursday 10AM to 11:30AM and 1:30PM to 3:00PM.

Dental

Dental services are available on a first-come, first-serve basis whenever a dentist is available. They provide extractions and fillings only. Call the main number 612-338-4640 to check for dates and times to come. Dental clinic is located downstairs at our Day Services center. All services are free of charge and services are provided for those who have little to no dental coverage.

Other Services at the Drop-in Center

The following services are offered but depend upon availability and individual determination. If you need to request these services, you must wait to see Mary Jo Monday through Thursday 10:30AM to 11:30AM or 1:30PM to 2:30PM.

- Eye glass voucher for exams and/or glasses for uninsured or under-insured
- Shoes
- Vouchers to get State Identification/ Birth Certificate
- Bus Token
- Bus Card for those with proof of recent hire in permanent position
- Many other services that are provided based on an individual's situation and available funds.

More at www.sharingandcaringhands.org

Sheriff's Office adds additional options for medication disposal

The Sheriff's Office is rolling out another option for proper medication disposal in Hennepin County. Sheriff Stanek, in collaboration with the Hennepin County Environment and Energy Department, started the medication collection program in February 2012 when the first collection boxes were made available at Sheriff's Office locations. Since the program began, we have collected and destroyed more than 100,000 pounds of household medication.

Residents now will have a second option available to them at these locations:

- 1) Minneapolis Public Safety Facility
401 4th Avenue S.
- 2) Minneapolis Police Department, 1st Precinct
19 N. 4th St.

The new disposal bags offer a convenient method for disposal at home.

4 easy steps:

1. Take as many medication disposal pouches as you need - each pouch deactivates up to 45 pills.
2. Place unwanted and/or unused medication into disposal pouch.
3. Fill disposal pouch halfway with warm water and wait 30 seconds.

Seal and gently shake disposal pouch, and place in a trash receptacle.

70% of prescription drug abusers say that they obtained their supply of prescription medications from friends and family. Properly disposing of prescription medication, such as opioids, can significantly decrease the likelihood of individuals having access to these highly addictive drugs.

More at www.hennepinsherif.org



Introducing Events Coordinator Ayan Isaq

West Bank CDC recently hired Ayan Isaq to do outreach to neighborhood residents and organize community events this summer.

Ayan is a resident of Cedar East who helped organize the neighborhood Iftar and Eid celebrations during Ramadan in 2017. She is interested in talking to residents to find out about problems you may have living in the community and also ideas for making life better in the community.

Please take the time to share your concerns and suggestions with Ayan if she comes to your door or strikes up a conversation in the neighborhood. Your ideas can help make this neighborhood a great place to live.

U of M Jazz Combos Present: Swing into Spring Ferguson Hall, 2106 S. 4th Street April 30, 7pm



Jazz classics and originals will be featured on this final concert of the year for the U of M Combos. Phil Hey, conductor

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. More at www.events.umn.edu

Afro Deli founder backs West Bank restaurant



Abdirahman Kahin, the founder of Afro Deli and one of most successful East African restaurateurs in the Twin Cities, is back in business on the West Bank. Kahin, 40, a Somali immigrant 20-plus years ago, has joined with a Turkish-American partner as minority owner of Campus Café at Riverside and Cedar avenues.

"The West Bank customers of Afro Deli for years helped me grow on the West Bank," Kahin said last week. "I always appreciated the support. And I'm glad to be back. This is a great place for good coffee and [mostly] Mediterranean food." Kahin, who started a small restaurant and catering service in southeast Minneapolis in 1996, was lured to the African Development Center (ADC) near Cedar-Riverside in 2010 by the late Hussein Samatar, the businessman and community leader who died in 2013.

Kahin's partner is Mustafa Faruk Cingilli, a Turkish immigrant who arrived in the Twin Cities with his wife, Mesude, in 1996. Cingilli became friends with the owner of Mapps Coffee, Erdogan Akguc, another Turkish-American businessman. Mapps vacated the Cedar-Riverside store last year to focus on expansion at the Mapps coffee shop at the Midtown Global Market.

Kahin, who is a one-third owner of Campus Café, and Cingilli invested more than \$300,000 in a stylish overhaul of the ground-floor space that is licensed to seat up to 60 customers. It's a modest-priced restaurant where customers walk to the counter and can see their meals being prepared. Campus Café employs a Turkish chef and a Somali chef. No booze, but good coffee, tea and smoothies. Just like Mapps. The offerings range from lamb shish kebab to lentil soup to a Turkish-style pizza, spiced meats, an assortment of vegetable concoctions, as well as American selections.

More at www.startribune.com

Homecoming: Hoops Star Khalid El-Amin Returns To North High As Assistant Coach

Former North High star Khalid El-Amin is returning to the gym that made him a legend, as he has been announced as an assistant coach of the Polars' boys varsity basketball team – a team that has won back-to-back state championships.

McKenzie said adding former star point guard to the staff was a no-brainer. "He (Khalid) had been hurt a couple of years ago and during that time he would come to the school and spend a lot of time with the kids and workout with them



and things like that. When he decided he was going to retire from playing, I asked him about coaching and asked if he'd

consider joining the staff," said McKenzie. "I've always wanted to connect the people from the past to this current program."

El-Amin was a part of the program from 1994-1997, leading the team to three straight state titles and capturing Mr. Basketball honors in Minnesota in 1997. He went on to the University of Connecticut where he led the team to its first ever national championship in 1999. Highly skilled, but undersized, El-Amin was drafted by the Chicago Bulls in 2000 and played 50 games in the NBA before heading overseas for an illustrious career, retiring in 2016. Just recently El-Amin was named the best boys basketball player in the 100-year history of Minnesota high school sports.

For El-Amin, the homecoming is serendipity. "I'm excited to come home. Each time I step into this gym I get goosebumps," said El-Amin. "There's a winning tradition here at North and you have a sense of pride about North Basketball."

More at www.insightnews.com



Nice Ride chooses dockless bike-share provider

Nice Ride Minnesota has chosen a vendor to start and operate a dockless bike-sharing system in the Twin Cities.

The nonprofit announced in January that Brooklyn-based Motivate will lead the transition to a dockless system. Motivate will add dockless bikes beginning this summer while continuing to operate Nice Ride's station-based system through 2021.

Nice Ride operates a system with over 1,850 bikes and 200 docking stations spread across Minneapolis and St. Paul, thanks to a combination of private and public funding. The nonprofit began operating the system in summer 2010.

This past summer, Nice Ride decided to start transitioning to a dockless bike-sharing model, spurred by trends in the industry. It envisioned a board of directors with representatives from the Twin Cities' right-of-way owners, including Minneapolis, St. Paul, the University of Minnesota and the Park Board.

Nice Ride says it expects to double the number of shared bikes in Minneapolis in 2018 and that it envisions a five-fold expansion by 2020.

Motivate operates bike-sharing systems in eight cities, including New York, Chicago and the San Francisco Bay Area. Julie Wood, the company's vice president of communications and external affairs, said this would be Motivate's first dockless system.

The dockless bike-share bikes will be similar to Nice Ride's green bikes, Wood said, but will have ring locks on the back of them. Wood added that Motivate is also looking at piloting eBikes in Minneapolis, something it's introducing to its San Francisco system in April.

More at www.journalmpls.com

A year in, Cedar Riverside Opportunity Center exceeds expectations for job placement

Cedar Riverside Opportunity Center is a product of a public-private partnership that seeks to increase employment participation for residents of Cedar Riverside neighborhood. "Our goal for the first year was to have 150 people find jobs," said Mohamed Ali, a program director at the center. "But we exceeded that number. We had a really successful year."



During its first 10 months of service, the center managed to assist nearly 500 people to find jobs. The employers that have the most consistent presence at the Opportunity Center include Medtronic, Fairview Hospital, Andersen Windows, Target Field and Minneapolis-St. Paul International Airport. They've held on-site job interviews or host regular employment fairs that drew scores of jobseekers, most of them Ethiopian or Somali immigrants.

Saeed Bihi, manager of the Opportunity Center, is optimistic that more people will utilize a new short-term health care training program, which the center plans to start soon in collaboration with the city of Minneapolis, Fairview and MCTC.

Since the Opportunity Center opened, Ali and Bihi have watched as Cedar Riverside has become a go-to place for major Twin Cities companies seeking to access ready workers. One reason for that, the two leaders say, is because the neighborhood has many unemployed and underemployed residents, who are eager to take on new employment opportunities. The other reason, they added, is that most of the jobseekers from the area have clean criminal records.

"In some other neighborhoods, you may have people who are looking for jobs but companies are declining them because they have criminal records," Bihi said. In Cedar Riverside neighborhood, on the other hand, "about 98 percent of the people" have a clean criminal background, Bihi said, based on the records of those who came to the center for services.

Another aspect that Ali and his team learned about their clients is that a high number of people who found employment through the Opportunity Center have remained at the same workplace for many months. The center has tracked its clients' retention rates throughout the time the site has been in service. Ali and his team have followed up with the individuals three months after they helped them find jobs. They found that 80 percent of the clients were still working at the same workplace.

More at www.minnpost.com



New Wellness Hub Offers Activities for Community

A new Wellness Hub opened at the People's Center in January offering activities that promote healthy living. The 2nd floor gym in the building at 425 20th Ave. S. underwent a total renovation and now offers:

- Open gym time for personal fitness
- Group fitness classes, such as yoga, aerobics and Zumba
- Health coaching and screening
- Nutrition classes and healthy cooking demonstrations
- Integrative health sessions such as massage, acupuncture, reiki (by appointment)
- Physical Therapy (by appointment)
- Group visits or health education classes
- Time reserved each week exclusively for women and girls.

The Wellness Hub is designed to promote active living, healthy eating and integrative health practices. It is Pay-What-You-Can facility. No membership is required and no one is turned away for inability to pay. Suggested fees are \$1 for Open Gym and \$5 for Groups. The hub is located on the 2nd floor of Cedar-Riverside clinic building.

If it is your first visit to The Wellness Hub, please check-in at the clinic lobby on the first floor of the building.

Check out this website for a schedule of classes/activities and for more information about the Wellness Hub. More info at www.peoples-center.org.



FESTIVAL OF NATIONS MAY 4, 5 & 6

St. Paul River Centre
175 W. Kellogg Blvd., St. Paul
\$11 in advance
\$13.50 at the door

For almost 85 years, Festival of Nations has inspired people to discover more about our wonderful world and embrace its rich cultural diversity through immigrants from around the globe as well as strengthen bonds that extend beyond international borders. Through world-class music and dance performances, exhibits, demonstrations, activities, and food, this family-friendly festival provides a look into the traditions, history and journey of nearly 100 ethnic groups, and sheds light on how each one contributes to the American cultural landscape. The theme for 2018, which will be seen throughout the Festival, is *Then and Now: Exploring Historical and Contemporary Cultural Traditions*.

More at www.festivalofnations.com



Many uses for old newspapers...

Cleaning windows

Using an old newspaper to clean windows works better than a cloth for preventing streaks. For even better results, use a vinegar-and-water solution instead of a chemical cleaner.

Shelf lining

Reuse old papers to line your cabinet, dresser, pantry or bathroom shelves. They're cheaper than shop-bought shelf liners, and they're easy to put in and replace.

Cat litter box liners

Place sheets of paper in the bottom of your cat's box, under the litter. You'll save on litter, and any odors and wetness will be absorbed.

Packing material

Newspaper is a great substitute for bubble wrap. To pack a box with fragile contents, first wrap the items individually. Place them in the box, separated by crumpled paper. Then fill any remaining space with crumpled paper. If you have a lot of old paper, use a paper shredder to make piles of great packaging material. Whoever receives your gift can avoid adding to the world's waste and put your papery packaging straight in their home recycling bin.

Fruit and vegetable drawer liner

Place sheets of newspaper at the bottom of the fruit and vegetable drawer in your fridge. They will absorb any mess from rotten produce and will also keep the drawer free from odors.

Ripen tomatoes

Wrap green tomatoes in sheets of old newsprint, layer them in a box and put a lid on top – they will eventually ripen up to a lovely red color.

Car floor covers

Lay folded newspaper on the floor of your vehicle – it will absorb water and help keep dirt off the carpet.

Table padding

Lay newspaper underneath a table cloth on your kitchen or dining room table. It's an excellent replacement for expensive padding and will help protect your table from spills and other damage.

Shoe and boot mat

Place a folded-up newspaper beside the door and keep wet and muddy footwear on it to prevent staining the carpet.

Shoe deodorizer

Crumple up balls of newspaper and stuff them into smelly shoes. Leave overnight and discard – and any odors will have disappeared.

Book covers

Newspaper works just as well as shop-bought covers for scrapbook or exercise books. To tell the books apart once they're covered, use a section of the paper that mirrors the subject of the book.

Cheap rags

Replace rags with old newspaper when cleaning paint brushes, removing oil stains and mopping up petrol spills.

Storing fruit

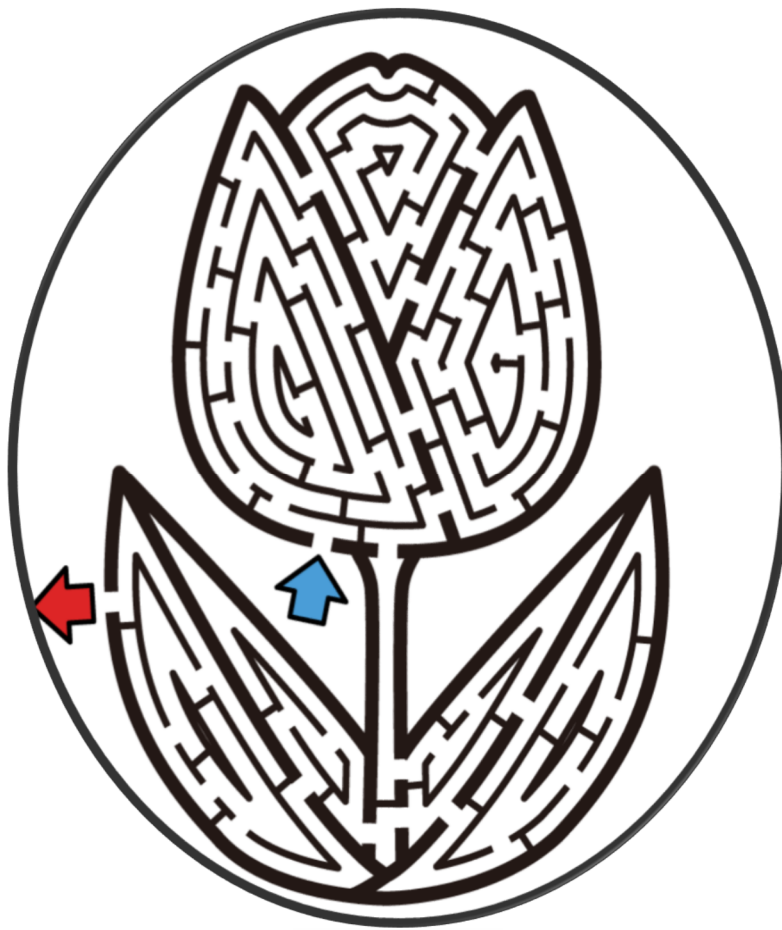
Wrapping apples in old newspaper somewhere dry will keep them from rotting.

Clearing up broken glass

First, pick up and dispose of the larger pieces wrapped in old newspaper. Then carefully blot the surrounding area with a few sheets of wet newspaper – the shards of glass will stick to the damp wad of paper.



More at www.friendsoftheearth.uk



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