Meet your local merchants

>>>>>>

Must try restaurants and bars

>>>>>>

LONGFELLOW BUSINESS DIRECTORY 2024

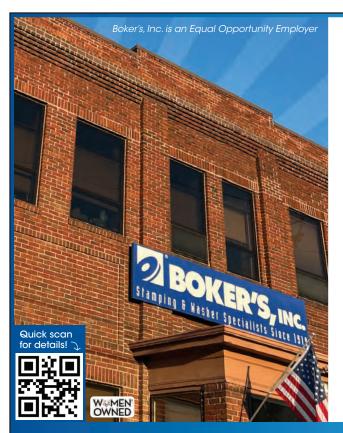
How to spend a date night

Longfellow Longfellow

Celebrating the people, places and local businesses that make our community special!







WORK PLAY LIVE.. **IN LONGFELLOW**

Boker's has been a rock-solid resident of the Longfellow community for over 80 years. A manufacturer of precision stampings & washers, Boker's provides parts to nearly every industry around the world. Come join our team.

VISIT WORKATBOKERS.COM | CALL 612.729.9365 | EMAIL CAREERS@BOKERS.COM 3104 SNELLING AVENUE — MINNEAPOLIS, MINNESOTA 55406 BOKER'S, INC.

league of Longfellor

Art Crawl

3rd Weekend in September

Fine Art Exhibition Late February

CONNECT • CREATE • GROW

Get involved with Longfellow's artist organization—artists and art appreciators welcome! Help us promote and celebrate what makes our neighborhood a great place to live and work.

LoLaArt.org - Facebook.com/LoLaArtistsMN - LongfellowArtists@gmail.com

BEST OF LONGFELLOW

To have a great date night in Longfellow, you might start at Arbeiter for a beer and later walk down to Cloudland for a show! Don't forget to stop at Habanero for dinner in between. Another favorite combo of mine is renting a movie from East Lake Library and grabbing take-out from Himalayan! Lauren Callis



Event at Arbeiter Brewing

66

Date night for my wife and I would likely be a meal at the Howe. My wife eats vegan. The Howe menu offers several options, and the staff actually know what that means.

Dan Swenson





Movie at the Trylon, beer at Arbeiter!

Anna Tsantir







Urban Forage is owned by Jeff and Gita (shown) Zeitler /// Dripping Root owner Catiesha Pierson /// Belai and Rahel Mergia of Selam Restaurant

RECOMMENDATIONS FROM LBA BOARD MEMBERS

OUR NEIGHBORHOOD



POST OFFICE

Minnehaha Station 3033 27th Ave S, 55406 612-729-9327 8:30-5:00 M-F, 9-1 Sat

EAST LAKE LIBRARY

2727 E Lake St. 612-543-8434 www.hclib.org

MINNEAPOLIS PUBLIC SCHOOLS

mpls.k12.mn.us

Anne Sullivan Comm. Center 3100 E 28th St 612-668-5000 mpls.k12.mn.us

Dowling Urban Environmental 3900 W River Road 612-668-4410 dowling.mpls.k12.mn.us

Hiawatha Collegiate High School 3500 E 36th Ave 612-547-9056 hchs.hiawathaacademies.org

Hiawatha Community School 4201 42nd Ave S 612-668-4610 hiawatha.mpls.k12.mn.us

Howe School 3733 43rd Ave S 612-668-4610 hiawatha.mpls.k12.mn.us

Longfellow High School 3017 E 31st S 612-668-4700 longfellow.mpls.k12.mn.us



Roosevelt High School 4029 28th Ave 612-627-2658 roosevelt.mpls.k12.mn.us

Sanford Middle School 3524 42nd Ave 612-668-4900 sanford.mpls.k12.mn.us South High School 3131 19th Ave 612-627-2508 south.mpls.k12.mn.us

School Board: D. 3, Faheema Feerayarre 612-814-7761 D. 5, Lori Norvell 612-919-8135

OTHER SCHOOLS

Minnehaha Academy (9-12) 3100 W River Pkwy 612-729-8321 minnehahaacademy.net

Minnehaha Academy (K-8) 4300 W River Pkwy 612-721-8321 minnehahaacademy.net

Minnesota Transitions Charter Schools 2872 26th Ave S 612-722-9013 mtcs.org

St Helena Catholic School 3200 E 44th St 612-729-9301 sainthelenaschool.us

Universal Academy Charter School 2919 28th Ave S 651-340-5994 uacsmn.org

OUR NEIGHBORHOOD

GENERAL INFORMATION

Use this handy telephone directory as a resource to answer your questions

Animal Control	612-673-6222
Better Business Bureau	651-699-1111
Minnehaha Creek Watershed District	952-471-0590
Emergency	911
Fire Department	612-673-2890
Minnesota Small	
Business Assistance	651-556-8425
Explore Minnesota Tourism	651-215-9041
Minneapolis Public Schools	612-668-0000
League of Minnesota Women Voters	612-333-6319

Metro Transit

www.metrotransit.org

Metro Transit Information Center 612-373-3333 Metro Mobility 651-602-1111

Blue Lightrail Rail stations at US Bank Stadium (connect to Green Line), Cedar/Riverside, Franklin, Lake, 38th, 46th, 50th/Minnehaha Park, VA Medical Center, Fort Snelling, Airport terminals 1 and 2, Mall of America

Bus Rapid Transit (BRT)

A line - 46th to Snelling in St. Paul B line - East Lake/Marshall Orange Line - 35W



Ground broke in 2022 for the Bus Rapid Transit B Line. It will link Uptown in Minneapolis via Lake Street to downtown St. Paul via Marshall and Selbv.

PUBLIC SAFETY

Minneapolis Fire Department - Station #21 3209 E 38th St 612-729-1421

Third Precinct Police 612-673-5703

GOVERNMENT OFFICES

CITY / COUNTY / PARKS

Minneapolis: www.minneapolismn.gov non-emergency information 311 Minneapolis311@minneapolismn.gov

Mayor	612-673-2100
Ward 2	612-673-2202
Ward 6	612-673-2206
Ward 9	612-673-2209
Ward 12	612-673-2212

Hennepin County: www.hennepin.us

County Attorney	612-348-5550
County Recorder	612-348-5139
Sheriff, Dawanna Witt	612-348-3744
Three Rivers Parks	763-559-9000
Hennepin County Commis	ssioner District 4
Angela Conlev	612-348-7884

Minneapolis Parks and Recreation: www.minneapolisparks.org

2117 West River Road, Minneapolis, MN 55411
D. 3, Becky Alper 612-230-6443,
Ext. 3

Ext. 5

612-230-6443,

651-296-4200

800-U-ASK-SBA

STATE OFFICIALS

D. 5, Steffanie Musich

Governor	651-201-3400
Lieutenant Governor	651-201-3400
mn.gov/governor	
Secretary of State	651-296-2803
State Auditor	651-296-2551
Attorney General	651-296-3353
Supreme Court	651-296-2581
State Patrol, information only	651-297-3935
State Senators - Senate Information	651-296-0504
www.senate.mn	
District 63, Zaynab Mohamed	651-296-4274
State Representatives -	651-296-2146
House Information	
www.house.leg.state.mn.us/	
63A, Samantha Sencer-Mura	651-296-0173

FEDERAL OFFICIALS

President Joe Biden

White House Washington, DC 20500 202-456-1111 whitehouse.gov

UNITED STATE SENATORS

Amy Klobuchar

1200 Washington Avenue S. Suite 250 Minneapolis, MN 55415 612-727-5220 202-224-3244 klobuchar.senate.gov

Tina Smith

60 East Plato Suite 220 St Paul, MN 55107 651-221-1016 202-224-5641 smith.senate.gov

UNITED STATE REPRESENTATIVES

District 3 - Dean Phillips

1800 West Old Shakopee Rd Bloomington Civic Plaza Bloomington, MN 55431 952-405-8510 202-225-2871 phillips.house.gov

District 5 - Ilhan Omar

404 3rd Avenue North, Suite 203 Minneapolis, MN 55401 612-522-1212 202-225-4755 omar.house.gov

MURAI

63B, Emma Greenman

Small Business Administration

The new Greenway bridge mural, "River Memory," was conceptualized and produced by the Hiawatha Collegiate High School (HCHS) students.



OUR NEIGHBORHOOD

The Greater Longfellow neighborhood is the largest neighborhood in Minneapolis, made up of the Cooper, Hiawatha, Howe and Longfellow neighborhoods. This amenity-rich community is bordered on the East by the Mississippi River, the South by Minnehaha Falls, the West by Highway 55 (Hiawatha Avenue) and the Hiawatha Light Rail Line (LRT), and the North by the Midtown Greenway, a former railroad corridor turned into biking and walking trails.

Greater Longfellow is a destination neighborhood for many in the Twin Cities due to its close proximity to the Mississippi River, its many biking and walking trails, its diverse and delicious array of locally owned restaurants, and the historic and magnificent Minnehaha Falls.

The Greater Longfellow Neighborhood also proudly declares itself a Traditional Bungalow Neighborhood on signs

throughout the community and has had its historic homes featured in magazines and books. Built to be affordable, manageable and, most of all, beautiful, Longfellow provides the perfect setting for these cozy Craftsman cottages.

Lake Street stretches through Longfellow to the Mississippi River, providing a vast array of shops and businesses. From curry to burgers, from flower shops to thrift stores, and from car mechanics to cappuccinos, you can be sure to find it here.

Community festivals are often held along the stretch of Minnehaha Ave. from the Hook and Ladder Theater to Moon Palace Books to Arbeiter Brewing, including the annual Soul of the Southside Juneteenth event.

Longfellow remains an affordable, friendly, diverse and walkable neighborhood, with scenery and livability second to none

LoLa Art Crawl lolaart.org

The Biggest Little Neighborhood Art Crawl In Minneapolis is put on by The League of Longfellow Artists (LoLa) Art Crawl and showcases the diverse work of artists and crafters. The annual League of Longfellow Artists' Art Crawl each September aims to connect new and experienced Crawlers with local artists at their studios, in their homes, and at local businesses to discover unique art from over a hundred creators.



Vine Arts Center www.vineartscenter.org

A non-profit, member-run organization, the Vine Arts Center supports emerging and established artists, partners with the community, and provides space and support for visiting shows and events. 2637 27th Ave South, 612-728-5745





PARKS AND RECREATION

The Mississippi River Gorge

Hike, walk and roll along the only true gorge along the Mississippi River's 2,350-mile length. It is actively protected and restored by a group of Longfellow volunteers. The previously unnamed overlook near the intersection of West River Parkway and East 44th Street is now the "Horace W. S. Cleveland Overlook," honoring the landscape architect hired in April 1883 to advise the newly created

Minneapolis Park Board on the development of a park system. The annual Longfellow River Gorge Festival in September includes canoe rides, live music and naturalist tours.

Minnehaha Regional Park & Falls

The jewel of this 193-acre park is the 53-foot waterfall that draws 850,000 visitors annually. VIsitors also come to walk through limestone bluffs that follow Minnehaha Creek to the Mississippi River. Sea Salt Eatery draws people in the summer months, as do the regular free concerts. Find disc golf, a wading pool and playground at the Wabun area along the river. Other attractions include the Longfellow gardens built on top of the Hiawatha Ave. bridge, John H. Stevens House, the Princess Depot and the Minnehaha Falls Off-leash Dog Park. The new Friends of Minnehaha Falls is working to care for the park. The Longfellow House, which sits on the northwest end of Minnehaha Regional Park, introduces



the Grand Rounds National Scenic Byway, a 50-mile outdoor recreation loop in the Minneapolis area.

Lock & Dam #1

Observe a working lock and dam as well as amazing views of the Mississippi River from the visitor center (5000 W River Parkway). It is open daily.

Dowling Community Garden

Two blocks west of the

Mississippi river, the Dowling Community Garden is located on the grounds of the Dowling school, at 46th Avenue and 39th Street South. The garden is one of the last two remaining Victory Gardens in use today and hosts more than 250 gardeners on over 190 plots. It celebrated its 80th anniversary in 2023.

Midtown Greenway midtowngreenway.org

The Greenway trails 5.5 miles of trails are plowed in the winter, lit at night, and open 24/7. Situated along a former railroad corridor in south Minneapolis, this "bicycle highway" is grade-separated from the street grid, either in a gorge passing under bridges carrying streets overhead, or on a levy with traffic passing underneath it. The Midtown Greenway Coalition is advocating for an expansion across the river into St. Paul.

Community Hops garden

This garden at Cheatham and 38th, the first of its kind, is devoted to cultivating hops for local use. It showcases a variety of hops grown for beer, and follows the traditional community/co-op garden model. A Homebrew Tasting event is held annually in late October.



Adam Triangle/Orchard Minnehaha Ave & E 41st St

Brackett Field Park & Rec Center

2728 S 39th Ave. 612-370-4924 Signature 35-foot Rocket sculpture (Former) Cooper school park

3239 44th Avenue South

Hiawatha School Park & Rec Center

4305 E 42nd St (612) 370-4952

Longfellow Park & Rec Center

3435 36th Ave S (612) 370-4957 The recreation center is airconditioned **Matthews Park & Rec Center**

2318 29th Ave S 612-370-4950

Merwyn Triangle Park E Franklin and 26th Ave

A LONGFELLOW PARTNERSHIP



Messenger Longfellow · Nokomis

The Longfellow Business Directory has been an important part of the Longfellow community going back to the 1990s. It was started to help foster better communication within the business community, and partially paid with Minneapolis Neighborhood Revitalization Program funds. When the grant money dried up, the Longfellow Business Association (LBA) wanted to continue publishing this important directory to link residents with local businesses. The LBA approached the *Longfellow Nokomis Messenger* about taking on the project despite the absence of an outside funding source.

While prior Directories had contained some advertising, the question posed to the *Messenger* was whether there would be enough support in the Longfellow business community through advertising to cover the costs of the printing and distribution of the Directory to the Longfellow community. The answer was "yes." The business community agreed this directory provided an important link to local residents as it was delivered to each home in the community and was also available directly at local businesses. It's a way for businesses to connect with customers and a way for residents to identify the myriad of businesses within walking distance. It's something residents can hold in their hands, flip through, and keep in a drawer for easy reference.

The question, "Where did I see that?" becomes a lot easier to answer. You saw it in the Longfellow Business Directory.

The first Longfellow Business and Community Directory published in cooperation with the *Longfellow Nokomis Messenger* was produced in 2004. Do you remember the vibrant mosaic of the Lake Street Bridge in full autumn bloom on the front cover? The text on the cover described it as "Your guide for everything you need to work and live in the Longfellow area of Minneapolis." Since then the Longfellow Business Directory has been published every two years, and is released with the December issue of the *Messenger*.

The 2024 Longfellow Business Directory is the 11th book that the two organizations have partnered on. LBA staff gather the information on Longfellow businesses, and *Messenger* staff sell the ads, produce the layout, and handle the printing and delivery. Starting with the 2018 Directory, a portion of the proceeds from the Directory has been earmarked as a contribution to the LBA annual budget to further support an integral neighborhood resource at the intersection of community and business.

Be sure to tell us how you're using this book – and how it's helping you shop local and support the businesses right down the street.

Ken McCraley & Anna Tsantir

Longfellow Business Association Board

Denis Woulfe & Tesha M. Christensen

Longfellow Nokomis Messenger

Messenger

5139 34th Ave. S. #17097 Minneapolis, MN 55417 612-345-9998

longfellownokomismessenger.com

Facebook: https://www.facebook.com/ LongfellowNokomisMessenger/ Instagram: LongfellowNokomisMessenger

News for you!

The Longfellow Business Directory is published by TMC Publications Co., in partnership with the Longfellow Business Association. The Longfellow Nokomis Messenger is a monthly community publication in the Longfellow and Nokomis areas of Minneapolis, owned and operated by TMC Publications, CO. Visit our website for our calendar and publication dates. Sister newspapers are the Southwest Connector and Midway Como Frogtown Monitor.

Owner & Editor:

Tesha M. Christensen, 612-345-9998 tesha@longfellownokomismessenger.com

Advertising & Marketing:

Denis Woulfe, 651-917-4183 denis@longfellownokomismessenger.com Sandra Mikulsky, 612-260-7967 sandra.tmcpub@gmail.com

Design & Layout: Tesha M. Christensen **Printing:** Forum Communications Printing

All rights reserved. The contents of the Directory cannot be reproduced without express written permission of the publisher.
Copyright © 2023.



We consider ourselves a

zebra company, one that



is both black and white.

As a media company, we work to highlight issues, solve real, meaningful problems, and repair existing social systems. We are working with our readers and advertisers to create a more just and responsible society that hears, helps and heals the customers and communities we serve.

A BUSINESS COMMUNITY





Gabriela Ortiz-Riera **Business Outreach Specialist** gabriela@redesigninc.org (612) 800-3617

LBA BOARD MEMBERS: Front, L-R, Cathy Heying of The Lift Garage (treasurer), Ken McCraley of KMS Airduct Cleaning/KMC Construction (president), and Anna Tsantir of Two Betty's Cleaning (vice president). Back, L-R, Dan Kennedy of Kennedy and Cain, Lauren Callis of Creativity Studio, Denis Woulfe of Longfellow Nokomis Messenger/TMC Publications, Michael Cain of Kennedy and Cain, Henry Slocum of The Hub, and Dan Swenson of Alexander's Import Auto Repair. Not pictured: James Freid of **Minnehaha Scoop and Carley** Kammerer of Wildflyer Coffee.

NETWORK WITH THE LBA

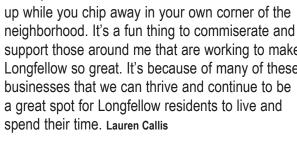
What are the benefits of your membership and involvement?



The LBA offers opportunities to improve my business, and stay up-to-date on local business news. **Dan Swenson**



I appreciate the way that LBA organizes mixers for other business owners to meet one another. In the busy-ness of running an org/shop/restaurant/ venue, there is a lot of isolation that can come neighborhood. It's a fun thing to commiserate and support those around me that are working to make Longfellow so great. It's because of many of these businesses that we can thrive and continue to be





Anna Tsantir

The benefits for Two Bettys and myself have been huge. Both professionally and know your neighbors and working and collaborating with a diverse group of people with different opinions community members!



How does the LBA build community?



personally. I have met people I might not have otherwise, and grown through

which is kind of rare in the larger world right now! Anna Tsantir

LIST OF BUSINESS CATEGORIES

ARTS & ENTERTAINMENT	FINANCIAL SERVICES		PEST CONTROLRENTAL EQUIPMENT	
ART CLASSES/SUPPLIES12		18	SOLAR	
ARTISTS & GALLERIES1			WELDING	
DANCE STUDIOS1			WOODWORKING	
MUSIC1			WOODWONKING	20
NEWS1	•	19		
			PETS & VETS	
MULTI-MEDIA1			PET SUPPLIES & GROOMING	200
THEATER & CABARET12	BAKERY	10	VETERINARIANS	
ALITO O CVCI E	BREWERY/DISTILLERY		VETERINARIANS	∠1
AUTO & CYCLE	COFFEE SHOPS & JUICE BARS		PROFESSIONAL SERVICE	EC
AUTO BODY1	3			
AUTO CLEANING1	FAST FOOD		ATTORNEYS	
BICYCLE SALES & SERVICE1	GROCERY STORES		AUDIO/VIDEO PRODUCTION	
GAS STATIONS1	, ICE CREAM		COMPUTER/TECH SUPPORT	
MOTORCYCLE SALES & SERVICE1	LIQUOR STORES		CONSULTINGFUNERAL SERVICES	
RENTAL1	PIZZA		GRAPHIC DESIGN/ PRINTING	
REPAIR & MAINTENANCE	RESTATIRANTS & BARS	21	LAUNDRY	
SALES			MAILING & SUPPLIES	
SMALL ENGINE REPAIR14			MOVERS	
TIRES1			SEWING & ALTERATIONS	
	BARBERS	21	SIGNAGE	
TOWING14	⁴ HAIR & SKIN	21	T-SHIRT & SCREEN PRINTING	
	NAILS	22	TRANSLATIONTRANSPORTATION	
COMMERCIAL/ INDUSTRIAL	TATTOOS	22	TRAVEL AGENT	
BUILDING SUPPLIES1	HEALTH & WELLNESS		REAL ESTATE	
GRAIN ELEVATORS14	CHIDODDACTODC	22	HOUSING	20
MANUFACTURING & MACHINING14	4 DENTICTO		REALTORS/PROPERTY MANAGERS	
METAL RECYCLING1	EXERCISE & FITNESS		TEMETON TO EACH MANAGENESS.	20
TOOL GRINDING1	D HEALING BODY WORK		RETAIL	
WHOLESALE1	5 HEALTH CARE			
	LIONE LIENTILI OADE		ANTIQUED & VIIVIAGE	
COMMUNITY RESOURCES	HOME HEALTH CARE		BASEBALL GLOVE REPAIR	
ADVOCACY1	MEDICAL EQUIPMENT		BIG BOX	
CHILD CARE/ EDUCATION1	WILINIAL HEALTH		BOOKSTORE	
	01 110/12 0 112/11/11/0	24	CLOTHINGFLORAL & GREENERY	
CHURCHES			FURNITURE	
COMMUNITY ORGANIZATIONS1	IMPROVEMENT		GAMES	
CO-WORKING1	-		GIFTS & SPECIALTY	
EMPLOYMENT & TRAINING1	ANTONINEOTO & BEOIGIVERO		PHARMACY	
HOUSING1	DOILDING GOLL FILO		TOBACCO	
HUMAN RESOURCES18	O/ (DII 12 10)/ ((C 1 1 1 1 1 1 1 1 1	24	TODACCO	JU
LABOR ORGANIZATIONS1	OLL/ WINTO		STODACE 72	
	CONTRACTORS	25	STORAGE 32	
	GARDEN/LANDSCAPE/TREE	25		
	HARDWARE	26	INDEX OF BUSINESSES:	32

Thanks to these



LBA GOLD LEVEL MEMBERS

Learn more about membership @ longfellowbusinessassociation.org









at the intersection of community & business

info@longfellowbusinessassociation.org 612-298-4699 2740 Minnehaha Ave S #130 Minneapolis, MN 55406





Commercial Real Estate

They advertised and made this directory possible.

Thank these business with your patronage, and remember to always



BUY LOCAL!

Alexander's Import Auto Repair	13
American Family Insurance	18
Anderson Realty	36
Arbeiter Brewing	19
Archon Glassworks	12
Boker's Inc.	2
Boker's Inc	
	27
BRIX Real Estate	27 25

East Lake Liquor	18
El Norteno Market and Deli	19
Gardening Angel Garden Design	27
Hayes Window Restoration	26
HD Coin Laundry	29
Ingebretsens	29
Kennedy Cain Law Office	28
KMS Air Duct Cleaning	14
Lake Street Council	25
LOLA	0

Longfellow Community Council36)
Longfellow Nokomis Messenger31	
Longfellow/Seward Healthy Seniors15)
Minnehaha Falls Family Dental22	,
Mother Earth Gardens25)
Nelson Electric Inc35)
Redesign24	ŀ
S J Tervola/Longfellow Family Dentistry23)
Seward Co-op20)
Two Bettys Green Cleaning26)

ARTS & ENTERTAINMENT

art classes/supplies

Archon Glassworks

4020 Minnehaha Ave Suite 1090 archonglass.com

Curiosity Studio

3605 E Lake St 612-314-5064 curiositystudioclass.com

Meg Erke Artist & Educator

612-708-1977 meg-erke.com

Northwest Graphic Supply

4200 E Lake St 612-729-7361 nwgraphic.com

artists/galleries

Amaranth Art Studio/Anita White

612-422-4360 anitalola77@gmail.com

Black Table Arts

3737 Minnehaha Ave S 612-208-0135 blacktablearts.com

Hendrickson Fine Art Photography

612-617-8170 irelandinblackandwhite.com

Laughing Waters Studio

3718 Minnehaha Pkwy E 612-333-1881 laughingwatersstudio.com

League of Longfellow Artists (LoLa)

Longfellow Art Crawl P.O. Box 17474 616-340-4199 lolaartcrawl.com / LoLaArt.org

MEGAN MOORE

Paintings & Murals 612-770-9238 meganmoore.com

RICARDO LEVINS MORALES ART STUDIO

3260 Minnehaha Ave S 612-455-2242 rlmartstudio.com

SQUIRREL HAUS ARTS

3450 Snelling Ave S 612-669-8712 squirrelhausarts.com

The Pink Slip

3004 40th Ave S 612-616-6948 pinkslipmpls.com

Twisted Groove

Tie Dyes & Batiks 612-232-1391 twistedgroove.com

Vine Arts Center

2637 27th Ave S. 612-728-5745 www.vineartscenter.org

dance studios

Ballare Teatro Performing Arts Center

4259 Minnehaha Ave S 612-721-8619 ballareteatro.com

Jawaahir Dance Company & The Cassandra School

3010 Minnehaha Ave S 612-872-6050 jawaahir.org

Mactir Academy of Irish Dance 3709 Minnehaha Ave S

651-261-8575 mactiririshdance.com

TAPESTRY FOLKDANCE CENTER

3748 Minnehaha Ave S 612-722-2914 tapestryfolkdance.org

ZORONGO FLAMENCO DANCE THEATRE

3715 Minnehaha Ave S Ste C 612-234-1653 zorongo.org

music

Cloudland Theater

3533 E Lake Street Insta: cloudlandtheater

GWF Hunt Organ Co.

3351 Snelling Ave 612-722-1347

Mill City Music

3820 E Lake St 612-722-6649 millcitymusic.com

Minnehaha Recording Company

4501 Minnehaha Ave S 612-564-8088 minnehaharecording.com

Reverb Piano

3460 Minnehaha Ave S 612-501-3937 reverbpiano.com

THE HOOK & LADDER THEATER & LOUNGE

3010 Minnehaha Ave S 612-345-7166 thehookmpls.com

The Legacy Building

4024 E. 46th St 651-497-5927

www.TheLegacyBuilding.org

multi-media

Rare Productions

3010 E Lake St 612-440-7273 rareproductionsmpls.com

Spye Experience

2740 31st Ave S 612-318-6388 www.spye.co

news

LONGFELLOW NOKOMIS MESSENGER/ TMC PUBLICATIONS

5139 34th Ave. S. #17097 612-345-9998 longfellownokomismessenger.com

St Michael Broadcasting Channel 16

3355 Hiawatha Ave S 612-724-2265 cvbi.net

theater & caharet

Firehouse Performing Arts

3010 Minnehaha Ave S 612-724-6273 thehookmpls.com/firehouse-pac/

RIVERVIEW THEATER

3800 42nd Ave S 612-729-7369 riverviewtheater.com

4020 Minnehaha Ave Suite 1090 Minneapolis MN 55406 TCDOD 1855WORKS

Stained glass, fused glass, and mosaic:

- -Supplies
- -Custom designs
- -Classes
- -Gifts
- -Repairs
- -Studio

http://archonglass.com

E-mail: info@archonglass.com

SUPPORT LOCAL JOURNALISM



The newspaper ties a region together, helps make sense of itself, fosters a sense of community, serves as a village square whose boundaries transcend Facebook's filter bubble.

Margaret Sullivan, "Ghosting The News"



TRYLON CINEMA/AVS

2820 E 33rd St 612-861-4686 trylon.org

AUTO & CYCLE

auto body

Mike's Frame Service 3858 Cheatham Ave S 612-724-3240 mikesframeservice.com

auto cleaning

Wash Me Car Wash 4155 Hiawatha Ave S 612-729-4557 washme.net

bicycle sales & service

Bicycle Fit Guru Cycling Analysis & Bike Fit 612-462-3526 bicyclefitguru.com

One on One Bicycle Studio

4461 Minnehaha Ave S 612-371-9565 oneononebike.com

gas stations

Holiday Station Store 4601 Hiawatha Ave S 612-729-4224 holidaystationstores.com

Moto Mart 3301 Hiawatha Ave S 612-722-9665

Speedway 4320 E Lake St 612-721-7306

motorcycle sales & service

Roy's Repair 3232 Snelling Ave S 612-721-8868 roysrepair.com

rental

Avis/Budget Car & Truck Rental 3355 Hiawatha Ave S 612-721-1838 avis.com/budget.com

repair/maintenance

ALEXANDERS IMPORT AUTO REPAIR

2904 E 35th St 612-729-2516 alexandersimportautorepair.com

Apple Auto Repair LLC 3601 Minnehaha Ave S 651-334-3029

Auto Mart 4201 E Lake St 612-722-0374 automartmpls.com

Auto Zone 2610 E Lake St 612-729-0123 autozone.com AutoMex Collision Repair 3703 Cheatham Ave S 612-724-8930

Baraka Auto Center - II 3028 E Lake St 612-354-3842 barakaauto.us

Car X 3021 E Lake St 612-721-9419 carx.com

Collision Bonilla 3701 Minnehaha Ave S 612-724-1908

Diara Auto Repair 612-331-4000

Electra Tune Tire and Auto 4522 E Lake St 612-721-3121 electratune.com

Iggy's Auto Repair Inc 3662 Minnehaha Ave S 612-722-3443

Put Car Care on Autopilot





With over 20 years of experience servicing and maintaining Asian and European vehicles exclusively, Alexander's Import Auto Repair is your neighborhood specialist.

OUR SHOP OFFERS:

- Full-service mechanical repair and new vehicle maintenance
- Tire mounting, balancing and alignment capabilities
- ASE certified technicians
- 12-month/12,000 mile parts and labor warranty on repairs
- Free loaner vehicle available by appointment
- Shuttle service and easy access to 38th Street lightrail

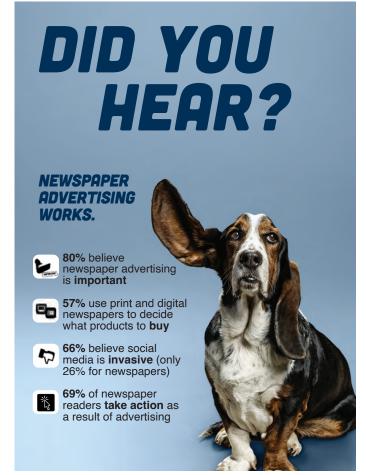
Online appointments

2904 E. 35th Street **612-729-2516**



8am to 5:30pm Monday to Friday

www.alexandersimportautorepair.com



KENNEDY TRANSMISSION

3423 E Lake St 612-721-3189 twincitiestransmission.com

Napa Auto Parts

3333 E Lake St 612-721-5054 napaonline.com

Precision Tune Auto Care

3232 E Lake St 612-721-3303 precisiontune.com

R & R Automotive

4056 42nd Ave S 612-721-1357 randrautomotiveonline.com

Ron's Auto

3700 E 38th St 612-729-1638

Sandberg's Import Repair

3511 Minnehaha Ave S 612-729-4119

SCI Performance/South Central Imports

3107 E 37th St 612-722-8897 sciperformance.com

STARR AUTOMOTIVE

4001 E Lake St 612-721-3749 starrautomotive.com

THE LIFT GARAGE

2401 E Lake St 612-866-5840 theliftgarage.org

sales

A Auto Mall Inc

3000 E Lake St 612-724-3813

D & Z Auto Sales

3722 E Lake St 612-729-0075

Honda Town

4215 E Lake St 612-722-1110 hondatown.net Time Motor Sales 3800 E Lake St

612-724-3631 timemotors.net

small engine repair

R&R Small Engine Service 4224 E 41st St

612-721-6133 randrsmallengines.com

towing

Cedar Towing & Auction Inc.

3527 Cheatham Ave S 612-721-6645 cedartowing.com

COMMERCIAL/INDUSTRIAL

building supplies

ABC Supply Co. 2727 26th Ave S 612-729-7353

Minneapolis Concrete Products

2802 E 33rd St 612-709-4722 minneapolisconcreteproducts.com

grain elevators

ADM Milling Co. 3501 Hiawatha Ave S 612-729-7388

General Mills Grain Elevators

3716 Cheatham Ave S 612-721-6811

manufacturing/ machining

7-SIGMA

2843 26th Ave S 612-722-5358 7-sigma.com

Acme Foundry Company

3161 Hiawatha Ave S 612-721-6666 acmefoundry.com

Headquartered in Longfellow







612-627-9038
KMSclean. com
Residential - Commercial
Furnace/Air Ducts
Dryer Vents

612-378-1100 KMSconstruction. com Commercial





If you don't know when your ducts were cleaned, it's probably time!

Before

After

Community Resources / Churches

BOKER'S INC.

3104 Snelling Ave S 612-729-9365 bokers.com

Chemstar Products. 612-722-0079

Fire Brick Engineers Company 3219 Snelling Ave 612-721-3910

H&W Venture 612-721-5335

I A C International 4001 Hiawatha Ave 612-724-7244

Industrial Plastics Inc. 3328 Snelling Ave S 612-721-6444

Jentor Manufacturing Co 3205 Snelling Ave 612-387-5626 jentormfg.com

McIntosh Embossing 2701 E 33rd St 612-339-0901 mcintoshemboss.com

Tandem Products Inc 3444 Cheatham Ave S 612-721-2911

tandemproducts.com

Wood From the Hood 2616 Minnehaha Ave 612-581-0252 woodfromthehood.com

metal recycling

Leder Bros. Metal Co. 3240 Snelling Ave S 612-721-6244 lederbros.com

tool grinding

Form & Cutting Tool Inc. 3233 Snelling Ave 612-721-2591

wholesale

Calco of Minneapolis Inc. 612-724-0276

Capitol Distributors 612-605-1627

Saint's Food Service 3243 Snelling Ave S 612-870-9661 saintsfood.com/contact/

COMMUNITY **RESOURCES**

advocacy

Bicycle Alliance of Minnesota 3745 Minnehaha Ave 507-218-0872 bikemn.org

Building Dignity & Respect Standards Council 2730 E 31st St 612-314-7197 buildingdignityandrespect.org

COPAL 3702 E Lake St 612-427-2011 copalmn.org

Du Nord Foundation 2610 E 32nd St 612-799-9166 dunordfoundation.org

Minnesota Interfaith Power & Light 4407 E Lake St 651-301-8195 mnipl.org

MN350 4407 E Lake St 612-440-5350 mn350.org

childcare/education

Adventures in Cardboard Summer Camps & More! 612-248-8911 adventuresincardboard.com

Bethlehem Child Care Center 3141 43rd Ave S 612-721-2290 bethlehemkids.org

Bright Prospects Co-Op Preschool 2730 E 31st St 612-270-2727 brightprospectspreschool.org

Diversity Childcare Center 3408 E Lake St 952-297-5333

Dragon's Wynd

Environmental entomology www.etsy.com/shop/ **DragonsWyndInsects** jessica@dragonswynd.com

Jardin Spanish Immersion Academy Longfellow 3836 Minnehaha Ave S 612-360-3196 iardinmn.com

Jardin Spanish Immersion Academy East Longfellow 3207 E Lake St 612-886-2320 iardinmn.com

Liban Child Care Center 3504 Snelling Ave S 612-224-9646

Rise "N" Shine Child Care 4749 Hiawatha Ave S 612-886-3528

The Toolbox Collective 3400 42nd Ave S 612-799-1482 www.thetoolboxcollective.com

Tierra Encantada 4012 Minnehaha Ave S 612-722-0509 tierraencantada.com

churches

Akina Community Church 3249 30th Ave S 612-729-0189 akinachurch.com

Apostolic Faith Church 2900 29th Ave S 612-722-6030 apostolicfaith.org

Bethlehem Covenant Church 3141 43rd Ave S 612-721-5768 bethlehemcov.org

Bread of Life Deaf Lutheran Church 2901 38th Ave S 612-260-6293 breadoflifedeaf.org

Christ Church Lutheran 3244 34th Ave S 612-721-6611 christchurchluth.org

Healthy, Independent & Socially Connected



- Nurse visits and foot care
- Food assistance and delivery
- Help with grocery shopping
- Friendly visitors & check-ins
- Outreach to Somali elders
- Information & advocacy
- Art & exercise classes
- Rides to medical appointments
- Senior Social & Health Talks
- Technology assistance





VOLUNTEER! Help seniors live independently.

Longfellow/Seward Healthy Seniors

612-729-5799 · 3131 Minnehaha Ave. Web: LShealthyseniors.org



@ @LShealthyseniors

66

I love to check out Longfellow Community Council for what's happening in Longfellow over the weekend. Their newsletter is full of ideas - especially for the family! You might catch the river clean-up days or free canoeing! I start most Saturdays with pastries from Laune Bread. Everyone is so lovely that you're sure to run into someone you know! Brackett Park's playground is a perfect place to enjoy them! Lauren Callis

66

Arbeiter Brewery - I have yet to have a beer there I did not enjoy.

Dan Swenson



Get gussied up and head over to the Bungalow Club. If you time it right, I love to catch Pasta and Trap on Sundays. Pasta is my favorite way to celebrate!

Lauren Callis



Bungalow patio, or margaritas at Norteno's or Sonora Grill!

Anna Tsantir



Lunch at the Howe!
Ken McCraley

BEST OF LONGFELLOW



Check out what is happening at Curiosity Studios, hit up Moon Palace books, and coffee and a treat at Wildflyer! Anna Tsantir

Farmer's Market!
Ken McCraley

Spend time at Minnehaha park. Or, watch a movie at the Riverview or Trylon.

Dan Swenson



THOUGHTS FROM LBA BOARD MEMBERS

Ebenezer Seventh-Day Adventist Fellowship

3418 E Lake St 612-722-1890 ebenezerfellowship22. adventistchurchconnect.org

Epworth United Methodist Church

3207 37th Ave S 612-722-0232 epworthmpls.org

Ethiopian Orthodox Tewahedo Medhanialem Church

4401 Minnehaha Ave S 612-721-1222 debreselam.net

Greater Hope COGIC

3207 37th Ave S 612-328-4636 ghcogicmn.org

Hiawatha Church

4155 41st Ave S 612-721-2201 hiawathachurch.com

Holy Trinity Lutheran Church

2730 E 31st St 612-729-8358 htlcmpls.org

Iglesia Evangelica Apostles y Profetas

3737 38th Ave S 612-325-9947

Iglesia Procesos en Cristo

2901 39th Ave S 651-447-1435 FB: Procesos en Cristo Minnesota

MINNEHAHA COMMUNION LUTHERAN CHURCH

4101 37th Ave S 612-722-9527 minnehahacommunion.com

ST ALBERT THE GREAT CHURCH

2836 33rd Ave S 612-724-3643 saintalbertthegreat.org

St. Helena Catholic Church 3201 E 43rd St

612-729-7344 sthelenampls.com

St. James AME Church

3600 Snelling Ave S 612-721-4566 stjamesameminneapolis.org

St. Peder's Evangelical Lutheran

4600 E 42nd St 612-722-8000 stpeders.org

THE NORTHWEST CONFERENCE

3106 47th Ave S 612-721-4893 northwestconference.org

Thee House uv Beth-el

4016 E 32nd St 612-729-8332

Trinity Apostolic Faith

2900 29th Ave S 612-722-6030 apostolicfaith.org

community organizations

Humanitarian African Relief Organization

3355 Hiawatha Ave S #205 612-315-5691 harousa.org

Islamic Association of North America

3355 Hiawatha Ave S #202 612-874-0665 ianaonline.org

Lake Street Council

2925 Chicago Ave #190 612-822-0232 lakestreetcouncil.org

LONGFELLOW BUSINESS ASSOCIATION

3101 Minnehaha Ave S 612-298-4699 longfellowbusinessassociation.org

LONGFELLOW COMMUNITY COUNCIL

3101 Minnehaha Ave S 612-722-4529 longfellow.org

Longfellow Rising

3400 E Lake St #200 612-728-8080 FB: Longfellow Rising

REDESIGN

2619 E. Franklin Ave. 612-338-8729 www.redesigninc.org



LOCAL, LIKE YOU

And like you, we remain on the front lines.

Your newspaper is reporting the local stories of COVID-19 and providing vital information to our community.

Despite the many disruptions, we're in this for the long term.

We invite you to partner with us so trusted local journalism can prosper.

In return, you won't find anyone who cares more about your success than us.

Let's work together on solutions. We've got the engaged audience to share your advertising messages. Our ad staff stand ready to help.

Give us a chance. We will impress.

We're Local. Like You!



NEWSPAPER POWER.

Print, Digital & Social Solutions for our advertisers.



5139 34th Ave. S. #17097| Minneapolis, MN 55417

Owner: Tesha@LongfellowNokomisMessenger.com, 612-345-9998

Denis@LongfellowNokomisMessenger.com, 651-917-4183

Sandra - sandra.tmcpub@gmail.com, 612-260-7967

Seward Civic & Commerce Association

2619 E Franklin Avenue 612-435-0277 sewardbusiness.org

SEWARD LONGFELLOW RESTORATIVE JUSTICE

2637 27th Ave S, Suite 218 612-202-0027 www.slrj.org

Transition Longfellow

Building Resilient Communities transitionlongfellow.org

Twin Cities Recovery Project

3400 E Lake St #100 612-886-2045 twincitiesrecoveryproject.org

co-working community

The Coven East Lake

4009 East Lake Street /www.thecoven.com/east-lake

employment/ training

Better Futures Minnesota

2620 Minnehaha Ave S 612-351-8657 betterfuturesminnesota.com

METRO WORK CENTER INC.

2730 E 31st St 612-729-7381 metroworkcenter.org

MN LaborForce Resources

4020 Minnehaha Ave S #1020 612-746-4050 laborforcemn.com

housing

Touchstone Mental Health

2312 Snelling Ave 612-874-6409 touchstonemnh.org

human resources

CAPI

3702 E Lake St 612-721-0122 capiusa.org

DANISH AMERICAN CENTER

3030 W River Pkwy 612-729-3800 dac.mn

Family Partnership/PRIDE Program

4123 E Lake St 612-729-0340 everyfamilymatters.org

LONGFELLOW/SEWARD HEALTHY SENIORS

3131 Minnehaha Ave Ste A 612-729-5799 LShealthyseniors.org

Minnehaha Commons: Alliance Housing & Touchstone Mental Health

3001 E Lake St 612-874-6409 touchstonemh.org

Southside Services

3702 E Lake St #201 612-721-1696 southsideservices.org

Volunteers of America

2825 E Lake St 612-721-6327 voamn.org

labor organizations

Communications Workers of America Local 7200

3521 E Lake St 612-722-7200 cwa7200.org

IUE-CWA Local 1140

3529 E Lake St 612-721-5397

FINANCIAL SERVICES

banks

Huntington Bank Lake St Cub 2850 26th Ave S

612-724-0194

Huntington Bank National Bank

3118 E Lake St 612-460-4181 huntington.com

U.S. Bank

3600 E Lake St 612-728-8400 usbank.com

Wells Fargo

2919 27th Ave S 763-329-7841 wellsfargo.com

financial planning

AARON JONES - GATHERING WATERS FINANCIAL GROUP

3207 37th Ave S 612-702-9631 thrivent.com

KRISTI ADAMS - WADDELL & REED

3601 Minnesota Drive #550 952-884-1503 tauringassociates.wradvsiors.com

insurance

DAWN BARTELL AGENCY AMERICAN FAMILY INSURANCE

4020 Minnehaha Ave S #1010 612-333-5554 agent.amfam.com

John Lee Insurance and Financial Services

3957 42nd Ave S #3961 612-728-1000 agentjohnlee.com

Selina Martire State Farm

4020 Minnehaha Ave S 651-776-8328 selinamartire.com

taxes, accounting & payroll

Ken Struwe Ltd. CPA

3865 Minnehaha Ave S 612-722-3236 taxandaccountinghelp.com

Minnehaha Business Services LLC

3464 Minnehaha Ave S 612-724-4630 mbsctaxes@yahoo.com

Premium Tax Service

4020 Minnehaha Ave S #1060 612-998-4118

EAST LAKE LIQUOR STORE

Matthew Lerner

3916 East Lake St. Minneapolis, MN 55406

(612) 724-5467



Dawn Bartell, Agent 4020 Minnehaha Ave Ste 1010 Certified Agency in Customer Excellence Bus: (612) 333-5554



American Family Mutual Insurance Company, S.I. & Its Operating Companies, 6000 American Parkway, Madison, WI 53783 006222 – Rev. 4/15 ©2015 – 11061440

FOOD & LIQUOR

bakery

Blue Ox Bakery 2928 34th Ave S 612-987-6321 blueoxbakery.com

Hawlo Kismayo Bakery 2927 E Lake St 612-353-4005

halwokismayoandgrill.com

LAUNE BREAD 3605 F Lake St

3605 E Lake St launebread.com

Savory Bake House 3008 36th Ave S 612-729-1310 savorybakehouse.com

brewery/distillery

ARBEITER BREWING

3036 Minnehaha Ave 612-438-2437 arbeiterbrewing.com **Du Nord Craft Spirits** 2610 E 32nd St

dunordcraftspirits.com

Urban Forage Winery & Cider House 3016 E Lake St 612-584-4398 urbanforagewinery.com

coffee shops & juice bars

1st Cup Cafe 2740 Minnehaha Ave S #180 612-208-0819

Dogwood Coffee Company 4021 E Lake St 612-886-1585 dogwoodcoffee.com

The Dripping Root 4002 Minnehaha Ave S thedrippingroot.com

FireRoast Coffee & Wine Bar 3800 37th Ave S 612-724-9895 fireroastcafe.com

LOONS COFFEE

4648 E Lake St 612-999-5490 www.loonscoffee.com

Milkweed Coffee Shop 3822 E Lake St 612-353-4752

FB @milkweedmpls
Wildflyer Coffee

3262 Minnehaha Ave S 612-236-4978 wildflyercoffee.com

fast food

Burger King 4605 Hiawatha Ave S 612-729-9559

McDonald's 3110 E Lake St 612-729-9005 mcdonalds.com

McDonald's 4121 Hiawatha Ave S 612-729-4417 macdonalds.com Raising Cain's Chicken Fingers 3000 Snelling Ave S

886-552-2637 raisingcanes.com

Subway 4741 Hiawatha Ave S 612-721-7534 subway.com

Wendy's 2931 26th Ave S 612-450-7728

grocery stores

Aldi

2929 27th Ave S aldi.us

Cub Foods 4601 Snelling Ave 612-345-7157

Cub Foods 2850 26th Ave S 612-721-2787

Longfellow Family Foods 3469 Minnehaha Ave S 612-721-8899













Perks of ownership include:

- Quarterly 10% discount
- Free and discounted classes
- Free product coupons in Sprout!
- Patronage refunds

One time payment of \$75 for a lifetime membership. Needs-based discount and installment payments available.

Seward COMMUNITY CO-OP



2823 E. Franklin Ave., MPLS & 317 E. 38th St., MPLS www.seward.coop

Food & Liquor / Hair & Beauty

Longfellow Market

3815 E Lake St 612-353-5078 longfellowmarket.com

Midtown Farmers Market

612-724-7457 midtownfarmersmarket.org

Reidy's Market 3904 42nd Ave S 612-729-6111

Seward Co-op Grocery & Deli 2825 E Franklin Ave

612-338-2465 seward.coop

Super USA

3801 Minnehaha Ave S 612-481-9470

ice cream

BIG BELL ICE CREAM

3218 Snelling Ave S 612-729-5205 bigbellicecream.com

Dairy Queen

4740 Minnehaha Ave S 612-721-5400 dairyqueen.com

Lake Street Dairy Queen

4400 E Lake St 612-721-2007 dairyqueen.com

MINNEHAHA SCOOP

3352 Minnehaha Ave S 612-729-5205 FB @Minnehaha Scoop

liauor stores

EAST LAKE LIQUOR STORE

3916 E Lake St 612-724-5467

Elevated Beer Wine & Spirits

4135 Hiawatha Ave S 612-208-0973 elevatedbws.com

Falls Liquor

4604 Minnehaha Ave S 612-729-5958 fallsliquor.com

pizza

Domino's Pizza

4737 Hiawatha Ave S 612-729-8388 dominos.com

Parkway Pizza

4359 Minnehaha Ave S 612-729-9090 parkwaypizzamn.com

restaurants/bars

All Square 4047 Minnehaha Ave S 612-787-7164 allsquarempls.com

American Legion V.L. Giantvalley

3751 Minnehaha Ave S 612-729-6824

Blue Door Pub

3448 42nd Ave S 612-315-2470 thebdp.com

The Bungalow Club

4300 E Lake St 612-866-3334 thebungalowclubmpls.com

El Norteno

4000 E Lake St 612-722-6888 elnortenominneapolis.com

Galapagos Bar & Grill

3508 E Lake St 612-259-8380 galapagosmn.com

Habaneros Taco Grill

3223 E Lake St 612-501-6929 habanerotacosgrill.com

Hi-Lo Diner

4020 E Lake St 612-353-6568 hilodiner.com

Himalayan Restaurant

2910 E Lake St 612-332-0880 himalayanmomo.com

HOWE DAILY KITCHEN & BAR

3675 Minnehaha Ave S 612-729-3663 howempls.com

Katar River Restaurant & Bakery

2751 Minnehaha Ave S 612-245-4556 katarrestaurant.com

Lonafellow Grill

2990 W River Pkwy S 612-721-2711 longfellowgrill.com

Merlins Rest Pub & Restaurant

3601 E Lake St 612-216-2419 merlinsrest.com

Meseret's Ethiopian Restaurant

3867 Minnehaha Ave S 612-354-4419 meseretrestaurant.com

Mesob Ethiopian Restaurant 3915 Hiawatha Ave S

612-839-5868 mesobmn.com

Mi Mexico Querido

4004 Minnehaha Ave. 612-315-5348

Midori's Floating World Cafe

3425 E Lake St 763-464-7829 floatingworldcafe.com

Okome House

4457 42nd Ave S 612-354-2423 okome.house

Peppers & Fries

3900 E Lake St 612-353-6730 peppersandfries.com

Quruxley Restaurant

2913 27th Ave S 612-597-7329

Schooner Tavern

2901 27th Ave S 612-724-8137 schoonertavern.com

Sea Salt at Minnehaha Falls

4825 Minnehaha Ave S 612-721-8990 seasalteatery.com

Selam Restaurant

3860 Minnehaha Ave S 612-722-2768 selamrestaurantmn.com

Sonora Grill

3300 E Lake St 612-871-1900 sonora-grill.com

Tacos El Primo

3909 Minnehaha Ave S 612-205-6963 tacoselprimo.com

Thai Crystal Garden

4711 Hiawatha Ave S 612-722-9358 crystal-garden-mn.com **Turtle Bread**

4205 E 34th St 612-545-5757 turtlebread.com

HAIR & BEAUTY

barbers

MINNESOTA SCHOOL OF **BARBERING**

3615 E Lake St 612-722-1996 minnesotaschoolofbarbering.org

Oromia Barbershop

2933 E Lake St 763-447-5557

hair & skin

All Hair Cuts & Styling 3465 Minnehaha Ave S 612-721-0750

Becketwood Beauty Salon

4300 W River Pkwy 612-721-3400

Glam Glow Spa

3617 E Lake St SteA 720-499-5030 glamglowspa.com

Hiawatha Hair

4200 42nd Ave S 612-315-3617 FB @hiawatha hair

Lige's Beauty Salon

3609 F Lake St 612-721-0001 ligesbeautysalonandbarbershop. square.site

Permanent Solutions Salon

3740 Minnehaha Ave S 612-729-7530 permanentsolutionssalon.com

Riverstone Salon Spa & Chiropractic

3764 Minnehaha Ave S 612-721-1518 riverstonesalonandwellness.com

Sally Beauty Supply & Equipment

2740 Minnehaha Ave S #120 612-722-2071

Sprout Spa

4161 Minnehaha Ave S #6 612-242-4280 sproutspa.com

Starrs Hair Design

3465 Minnehaha Ave 612-872-7272 starrshairdesign.com

The Nature of Beauty

4151 Minnehaha Ave S 612-666-9801 natureofbeauty.com

Universal Hair Salon LLC

3004 36th Ave S 612-721-2251

nails

Daisy Nails

3015 E Lake St 612-721-9990 FB @daisy-nails

K-Nails & Spa

2740 Minnehaha Ave S #140 612-545-5747 k-nails-spa.com

Ke Nails

3735 Minnehaha Ave S 612-729-5904

tattoos

555 Studios

3965 Minnehaha Ave S 612-722-5053 555studiosmpls.com

Leviticus Tattoo

4109 E Lake St 612-729-1475 leviticustattoo.com

Lowbrow Saints Tattoo Collective

3500 Minnehaha Ave S 612-590-7646 lowbrowsaints.com

HEALTH & WELLNESS

chiropractors & more

Aligned Chiropractic P.A. 3408 E Lake St #120 612-315-2161

Dickey Chiropractic 4143 Minnehaha Ave S

4143 Minnehaha Ave 612-588-6376

Dr. Kim Swinehart Chiropractor 3704 E 34th St

612-722-1070

Emanata Chiropractic Inc

3821 42nd Ave S 612-354-3133 emanatachiropractic.com

Minneapolis & St Paul Chiropractic

4401 E Lake St 612-724-4647 drnorlin.com

Murray Decio Acupuncture

3011 36th Ave #4 612-991-3289 murraydecio.com

Radiant Life Chiropractic

3357 36th Ave S 612-240-7133 radiantlifemn.com

Universal Chiropractic Health Clinic

3463 Minnehaha Ave S 612-990-5314

dentists

Honeycomb Dentistry

4201 Minnehaha Ave S 612-721-2833 honeycombdentistry.com

Longfellow Family Dentistry

3624 E Lake St 612-729-2361 longfellowfamilydentistry.com

MINNEHAHA FALLS FAMILY DENTAL

4554 Minnehaha Ave S 612-721-3012 minnehahafallsfamilydental.com

People's Center Dental Center

3152 Minnehaha Ave S 612-332-4973 peoples-center.org/dental-care

FALL IN LOVE WITH YOUR SMILE



- Cosmetic Dentistry
 - Whitening

• General Dentistry

- Invisalign Orthodontics
- Crown & Bridge Work

We cater to your comfort Ample parking

New Patients Welcome!

- Joan Jakubas, D.D.S.
- Jenna Swenson, D.D.S.
- Alexa Klunder, D.D.S.



MINNEHAHA FALLS
FAMILY DENTAL

Serving you since 1988 4554 Minnehaha Ave. Minneapolis, MN 55406

612-721-3012 • www.minnehahafallsfamilydental.com

Health & Wellness

WEST RIVER DENTAL CARE

4103 E Lake St 612-721-2424 westriverdentalcare.com

exercise & fitness

Anytime Fitness 4725 Hiawatha Ave S 612-444-7464 anytimefitness.com

Donkey Label Apparel & Training 3018 E 28th St 612-416-1518 donkeylabel.com

East Lake Aikido 3359 36th Ave S 612-437-5536 eastlakeaikido.com

Flourish Pilates+Yoga+Bodywork 3347 42nd Ave S 612-387-6787 flourish-pilates.com

Happy Human Fitness 3122 30th Ave S 612-810-0373 happyhumanfitness.com Planet Fitness 2852 26th Ave S 612-236-4176 planetfitness.com

YWCA Midtown 2121 E Lake St 612-215-4333 ywcampls.org

healing body work

Align your Energy 3357 36th Ave S 612-423-7948

Bodywise Acupuncture & Traditional Medicinals 3357 36th Ave S 612-532-1684

Body Repair Shiatsu & Massage Therapy 4147 Minnehaha Ave S

4147 Minnehaha Ave 8 612-722-5182 ineedbodyrepair.com

Equipose Bodywork 3700 E 34th St 612-709-3571 equiposebodywork.com Karen Townsend 3011 36th Ave S # 2 612-644-2468 callkaren.org

Minneapolis Community Acupuncture

3706 E 42nd St 612-708-8917 mplsacu.com

REBECCA SMITH MASSAGE THERAPY

612-418-2411

Red Cricket Healing Center 3747 Minnehaha Ave S 612-824-0037 redcricket.com

Seva Living 3747 Minnehaha Ave S #207 415-690-0614 sevaliving.com

Shiatsu with Carol Atkinson 3011 36th Ave S #8 612-327-6057 carlshiatsu.com Stone Pointe Shiatsu & Yoga LLC 4161 Minnehaha Ave S 612-207-0337 stonepointeshiaatsu.com

TONY SCHWARTZ BODYWORK 4161 Minnehaha Ave S

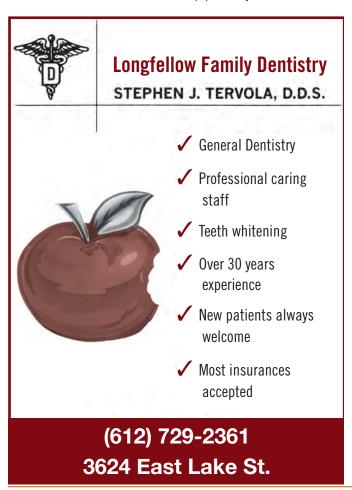
4161 Minnehaha Ave S 612-202-2531 tonyschwartzbodywork.com

Willow Haven Wellness 3011 36th Ave S #3 612-250-7466 willowhavenwellness.com

health care

Allina Health East Lake Clinic 3024 Snelling Ave S 612-775-4900 allinahealth.org

Bluecrescent Urgent Care Bluecrescent Urgent Care 3809 42nd Ave S #100 612-405-3554 bluecrescentclinic.com



mector **REACH 50,000 PEOPLE IN SOUTHWEST MINNEAPOLIS** Enjoy discounted ad packages when you run in the Messenger and Connector and reach 100,000 people! CONTACT US TODAY! Denis@LongfellowNokomisMessenger.com 651-917-4183 Tesha@SWConnector.com | 612-345-9998 FULTON sandra.tmcpub@gmail.com | 612-260-7967 Ads@SWConnector.com l 612-255-1180

Health & Wellness / Home Improvement

High-Gate Urgent Care for Children 2911 26th Ave S 612-886-3626 www.highqateclinic.com

Katharine Morgan Plosser, PA-C 3809 42nd Ave S 855-324-7843

Twin Cities Midwifery 4201 44th Ave S 612-234-5881 twincitiesmidwifery.com

Universal Health Care Action Network MN UHCAN-MN

3500 35th Av. S 612-384-0973 uhcan-mn.org/coopcare.org

home health care

Day Star Home Health 3446 Snelling Ave S 651-447-1886

Diamonds Home Health Care 2740 Minnehaha Ave S #146 612-724-4254 diamonds-pca.com

Life Song Home Care 3456 Minnehaha Ave S 651-447-7903 lifesonghomecare.com

Metro Home Health Care Services Inc. 3438 Snelling Ave S 612-871-6773 metrohomehealthcareservices.com

Precision Home Health Care 3355 Hiawatha Ave S #110 612-259-8252 precisionhhc.com

Professional PCA Services 2610 E 32nd St 612-238-4623 Qoraxey Home Health Care 3617 E Lake St Ste B 612-216-2116 qoraxeyhhc.com

Rahma Home Health 3355 Hiawatha Ave S #215 612-872-8659 rahmahomehealth.com

Summit Healthcare Inc 3018 E Lake St 612-721-7776

medical equipment & supply

APA Medical Equipment 3115 E 38th St 612-722-9000 apa-medical.com

Neuro Devices Inc. 3400 E Lake St 612-728-8080

Zimmer Davis 2700 Minnehaha Ave S 952-920-7221 www.zimmerbiomet.com/en

mental health

Creative Kuponya 3747 Minnehaha Ave S #203 612-208-7311 creativekuponya.com

Crosstown Counseling 3940 Minnehaha Ave S #100 612-866-6100 crosstowncounseling.com

Heartland Psychotherapy 3011 36th Ave S #6 612-643-0868 heartlandpsychotherapy.com

Minnesota Care Counseling 3809 42nd Ave. S 612-223-8930 mncarecounseling.com

Poplar Grove Counseling 3011 36th Ave S #9 651-335-3799 poplargrovecounseling.com

Rogers Counseling 3747 Minnehaha Ave S #204 651-500-6827 rogers-counseling.com

Rosemary Frazel Counseling 3011 36th Ave S #7 612-351-4846 rosemaryfrazel.com

Smiling Wellness Journey
Coaching For a Happy Life Health
& Mind
612-554-9163
SmillingWellness.com

Youth & Family Center 4405 E Lake St 612-722-9612

neurologist

Gennadiy V. Shevchenko, MD 3810 42nd Ave S 855-324-7843

optical/hearing

River Lake Clinic LLC 4323 E Lake St 612-722-1003 riverlakeclinic.com

HOME IMPROVEMENT

architects & design

Fresh Space Design 3657 39th Ave S 612-310-7069 freshspacedesignllc.com

Guerrero Design & Remodeling 3310 39th Ave S 612-499-1351 FB @Rachel Guerrero Interior Design

Hanson Remodeling 4210 East 34th St 612-655-4961 hansonremodeling.com

K Nelson Architechts 3747 Minnehaha Ave S #210 763-913-9912 knelsonarchitects.com

Nguyen Architects, Inc. 3747 Minnehaha Ave (612) 644-4369 www.nguyenarchitects.com

building supplies

ReStore Habitat for Humanity 2700 Minnehaha Ave S 612-588-3820 restore.tchabitat.org

ReUse Warehouse 2620 Minnehaha Ave S 612-455-6133





Redesign, Inc. Community Developers

Supporting a vibrant local economy in Longfellow

redesigninc.org

612-338-8729 | info@redesigninc.org

Home Improvement

cabinet maker

Siewert Cabinet

2640 Minnehaha Ave S 612-721-4456 www.siewertcabinet.com

Twin Cities Closet

2701 E 33rd St 612-623-0987 tccloset.com

cleaning

KMS AIRDUCT CLEANING

3648 Snelling Ave S 612-627-9083 kmsclean.com

TWO BETTYS GREEN CLEANING

3258 Minnehaha 612-720-8768 twobettysclean.com

TWO BETTYS REFILL STATION

4010 E Lake St 612-720-0354

contractors

Barr Web Plumbing Inc

3038 E 35th St 612-872-0202 prestobath.com

Bristol Built, LLC

3747 Minnehaha Ave, Suite 203 (612) 644-4369 www.bristolbuilt.com

Castle Building & Remodeling

2710 E 33rd St 612-877-8373 castlebri.com

Cichy's Water & Sewer

3346 Snelling Ave S 612-722-2770 cichyswaterandsewer.com

Erik Nelson Plumbing

2617 37th Ave S (612) 242-6483 eriknelsonplumbing.com

Great River Radon

612-521-3580 GreatRiverRadon.com

HAYES WINDOW RESTORATION

4439 Hiawatha Ave S 612-259-7855 hayeswindows.com

Minnehaha Home Care & Repair 4112 Morrill Lane

4112 Morrill Lai

NELSON ELECTRIC

7801 Xylon Ave N #300 763-444-1523 nelsonelectricinc.com

R & T Cement

2802 E 33rd St 612-721-5291 randtcement.com

Raven Construction

612-209-2045 ravenconstructioninc.com

Rowland Paint

3556 Snelling Ave S 952-567-3900 www.rowlandpaint.com

Smith Cole Stucco & Stone

4443 Hiawatha Ave S 612-709-4980 smithcole.com

T. Schaub Painting

3312 35th Ave S 651-270-1742

WONDERWOMAN CONSTRUCTION

3715 Minnehaha Ave S 612-210-9220 wonderwomanconstruction.com

garden/landscape/tree

3 Bears Landscaping

3916 Cheatham Ave S 612-806-3012 3bearslandscaping.com

Gardening Angels Garden Design 612-206-7089

gardeningangel612@gmail.com

Grass & Grounds

3648 44th Ave S 612-729-6933 grassandgrounds.net

KITCHEN AND BATH EXPERTS BOOK YOUR APPOINTMENT TODAY



Small footprint. Surprising selection. spring everything summer natives

fall pumpkins

year round gifting



2 Minneapolis locations 3738 42nd Ave S 2318 Lowry Ave NE motherearthgarden.com

Home Improvement

Hiawatha Supply 3233 E 40th St 612-991–5563 hiawathasupply.com

Minnehaha Falls Landscaping & Remodeling 612-724-5454

minnehahafallslandscape.com

Moon Dog Landscaping 3637 39th Ave S 612-444-7444 moondoglandscaping.com

MOTHER EARTH GARDENS

3738 42nd Ave S 612-724-2296 motherearthgarden.com

WORRY FREE LAWN CARE & SNOW PLOWING

2912 E 27th St 612-729-6610 worryfreelawnmn.com

hardware

Frattallone's Ace Hardware 3915 E Lake St 612-238-1100 frattallones.com

pest control

Beast Wildlife Solutions Wildlife Removal 651-888-9617 beastwildlife.com

rental equipment

Hiawatha Reddy Rents 4411 Hiawatha Ave S 612-722-9516 reddyrents.com

solar

Greenway Solar 2740 31st Ave S 612-318-6388 greenwaysolar.org

welding

N.C. Shegstad Ornamental Ironworks
3604 Minnehaha Ave S

3604 Minnehaha Ave \$ 612-721-4167 shegstad.com

woodworking

J. Holtz Furniture 3307 Snelling Ave. S 612.432.2765 www.jholtz.com

Prairie Woodworking 3537 E Lake St 612-724-6805 prairie-woodworking.com

SA Woodwork 3224 Snelling Ave S 612-991-3701 sawoodwork.com

U. S. Bench Corporation 3300 Snelling Ave 612-721-2525 www.usbench.com

PETS & VETS

pet supplies/ grooming

Fun City Dogs
Daycare & Boarding
612-722-3647
funcitydogs.com

Northland Natural Pet 3830 Cheatham Ave S 612-729-7748 northlandnaturalpet.com

Pet Supplies Plus 4751 Hiawatha Ave S 612-729-1121 petsuppliesplus.com

Raws for Paws 2700 26th Ave S 612-721-4411 rawsforpaws.com

The Groom Crew 4715 Hiawatha Ave S 612-345-4639 thegroomcrew.com





veterinarians

East Lake Animal Clinic 4104 E Lake St 612-729-2374 eastlakeanimalclinic.com

PROFESSIONAL SERVICES

attorneys

Dan Cooke Attorney at Law 3700 E 34th St 612-721-0230 dancookelaw.com

Gilchrist Law LLC 3700 E 34th St #101 612-327-3464 gilchristlawmn.com

Kennedy & Cain PLLC 3400 E Lake St #200 612-728-8080 lakestreetlaw.com Law Offices of Eric S. Day 3357 36th Ave S 612-284-4529 ericdaylaw.com

Minnehaha Professional Building 3960 Minnehaha Ave S

Puerta Grande Law Firm 4403 E Lake St 612-808-9288 puertagrandelaw.com

Wilson Law Group 3019 Minnehaha Ave S #200 612-436-7100 wilsonlg.com

audio/video production

AVS 2820 E 33rd St 612-61-4686 avs-inc.com

Lucky Productions
Film Video & Web Production
612-722-2400
luckyproductions.com

computer/tech support

PC Doodle 3600 Minnehaha Ave S 612-377-5997 pcdoodle.com

Que Computer Services 4103 E Lake St 612-455-1510 quecomputersmn.com

consulting

i3 Works 3747 Minnehaha Ave S #205 i3.works

Mill City Consulting 2741 39th Ave S 612-718-3495 millcityconsulting.info

funeral services

Bradshaw Funeral & Cremation Services

3131 Minnehaha Ave S 612-724-3621 bradshawfuneral.com

graphic design/ printing

ANN WEMPNER DESIGN

3236 43rd ave S 612-267-3448 wempnerdesign.com

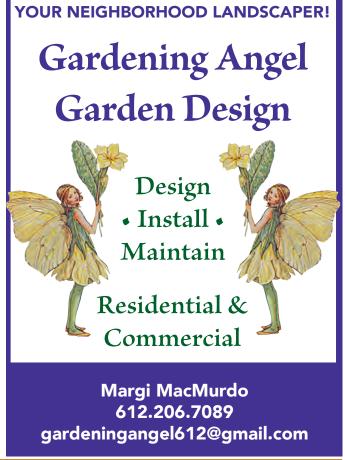
Infinite Graphics Inc 4611 E Lake St 612-728-1300 igi.com

Studio Mpls 4009 E Lake St 612-315-5270 studiompls.com

Visual Expressions Graphic Design & Printing Inc 4009 Minnehaha Ave S 612-729-1649 printatve.com

Wojack Hendrickson Design LLC 3721 39th Ave S 612-204-8990 www.wojackdesign.com





laundry

AMERICAN RUG LAUNDRY INC.

4222 E Lake St 612-721-3331 americanruglaundry.com

Don's Leather Cleaning & Rug Laundry

3713 E Lake St 612-721-4881 leathercleaning.com

Elite Cleaners & Launderers 3101 Minnehaha Ave S

612-721-3141 elitecleanersmn.com

HD Coin Laundry

3225 East Lake Street 612 229 6165 Hdlaundry.com

Longfellow Laundromat

4213 E 41st St 763-754-6150

Twin City Laundry 2856 26th Ave S 612-722-0055

U. S. Cleaners

4729 Hiawatha Ave S 612-729-9206

Viking Village Cleaners & Laundromat

3627 E Lake St 612-724-6485

mailing/supplies

Post Plus

2740 Minnehaha Ave S #130 612-724-4482

moving

Commercial Container

3516 E Lake St 612-721-2650 commercialcontainerIlc.com

sewing/alterations

Hiawatha Alterations & Bridal 4735 Hiawatha Ave S 612-721-2841

signage

Kaufman Sign Company 2714 E 33rd St 612-788-6828

Sharp Sign Co. 3605 E Lake St sharpsignco.com

t-shirt & screen printing

Overproof Prints

3200 Snelling Ave S 612-333-3221 overprints.com

Track Club Co

T-Shirt Printing 612-222-1181 trackclubco.com

translation

Abra Palabra 3700 34th St

612-327-0115 abrapalabra.co

Global Language Connections

3618 E Lake St 612-249-6102 globallanguageconnections.com

West Central Interpreting Services 4020 Minnehaha Ave S. Suite #200 612-2548545 wcinterpreters.com

transportation

Forward Transportation Services

3355 Hiawatha Ave S #220 612-722-0048 forwardts.com

travel agent

Medina Travel

3355 Hiawatha Ave S #100 612-886-2485

Mina Hajj & Umrah Travel Inc.

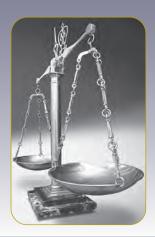
3355 Hiawatha Ave S #201 612-990-8200

ATTORNEYS LOCATED AT 3400 EAST LAKE STREET

KENNEDY& CAIN PLLC

29 YEARS IN LONGFELLOW

lakestreetlaw.com





Michael T. Cain (612) 294-6544

- Civil Litigation
- Criminal Defense
- Business & Corporate
- Personal Injury

Daniel L. M. Kennedy (612) 728-8080

- Wills, Trusts & Probate
- Real Estate
- Zoning and Land Use
- Landlord/Tenant

REAL ESTATE

housing

34th Street Properties LLC 3700 34th Street E 612-722-1202

BECKETWOOD COOPERATIVE

4300 W River Pkwy 612-722-4077 becketwood.com

Bessemer at Seward

2200 Snelling Ave S 612-429-6600 thebessemermpls.com

Cityline Apartments

3801 Hiawatha Ave citylinempls.com

Everlake Apartments

2615 East 29th St 612-688-2477 www.everlakempls.com

Hiawatha Commons

2740 Minnehaha Ave S #150 612-721-6256

The Hillock

4440 Snelling Avenue 612-299-2033 www.ecumen.org/thehillock/

Hiawatha Flats Apartments

3625 E 43rd St 612-722-9500 hiawathaflats.com

Longfellow Station

3815 Hiawatha Ave S 612-315-8502 longfellowstationapts.com

Lowa46 Apartments

4621 Snelling Ave S 612-455-0442 lowa46.com

Millworks Lofts

4041 Hiawatha Ave S 763-452-3167 MillworksLofts.com

Minnehaha Senior Living

3733 23rd Ave S 612-238-0010 minnehahaseniorliving.com

Oaks Hiawatha Station Apartments

4540 Snelling Ave S 612-722-4600

Shale Apartments

4757 Hiawatha Ave 612-441-4290 theshalempls.com

Simmons Manor Apartments

3800 Minnehaha Ave S 651-699-4919

Trinity High Rise Apartments 2800 E 31st St 612-721-2252

Trinity on Lake 2805 E Lake St 612-721-2252 trinityonlake.trellismn.org

Wellington Management

1625 Energy Park Dr., St. Paul 651-999-5534 wellingtonmgt.com

West River Commons

4610 E Lake St 612-721-7711 westrivercommons.com

realtors/ property managers

All Area Management

3328 E Lake St 612-824-0056 allareamanagement.com

Anderson Realty

4023 E Lake St 651-324-6211 andersonrealtymn.com

BILL OLIVER REALTOR

BRIX Real Estate 612-708-0020 oliverrealtysolutions.com







RETAIL & REPAIR

antiques/vintage

E's Emporium 3911 Minnehaha Ave S 612-702-5355 es-emporium.com

Hymie's Vintage Records 3820 E Lake St 612-729-8890 hymiesrecords.com

Nostalgia Zone 3535 E Lake St 612-822-2806 nostalgiazone.com

Paris Antiques 3721 Minnehaha Ave S 612-729-3110 parisantiquesandgifts.com

Time Bomb Vintage 3543 E Lake St 612-724-2662 timebombvintage.com

Turquoise Vintage 3869 Minnehaha Ave S 612-720-7272 turquoisevintage.com

Wizard of Wax 3006 36th Ave S 612-567-7327

baseball glove repair

D & J Glove Repair 3742 Minnehaha Ave S 651-399-5155 djgloverepair.com

big box

Dollar Tree 2858 26th Ave S 612-724-0014

Target 2500 E Lake St 612-721-5701 target.com

bookstore

MOON PALACE BOOKS 3032 Minnehaha Ave S

612-454-0455 moonpalacebooks.com

UNCLE HUGO'S SCIENCE FICTION BOOKSTORE

2716 E 31st St 612-824-6347 unclehugo.com

clothing

Apron Anywear LLC 612-724-5082 www.etsy.com/shop/ ApronAnyWear

Northern Sun Merchandising 2916 E Lake St 612-729-2001 northernsun.com

Repair Lair 4153 Minnehaha Ave 612-729-9095 repairlair.com

florists & greenery

Fractal Cactus 3750 Minnehaha Ave S 763-228-7697 fractal-cactus-llc.business.site

Northerly Flora Minneapolis Farmer & Florist northerlyflora.com

Soderberg's Floral & Gift 3305 E Lake St 612-724-3606 soderbergsflorist.com

furniture

North City Studios 3709 Minnehaha Ave 612-222-4268 northcitystudios.com

games

Dreamers Vault Games 4701 Hiawatha Ave S 612-724-4543 dreamersgames.com

Dumpster Cat Games 4357 Minnehaha Avenue S 612-666-4334 dumpstercatgames.com

Heroic Goods & Games 3458 Minnehaha Ave S 612-200-9354 heroicgoodsandgames.com

gifts & specialty

Awakenings: Gifts & Guidance for the Soul 4165 Minnehaha Ave S 612-276-0198 awakeningsmn.com

CORAZON 4646 E Lake St 612-276-0198

612-276-0198 corazononline.com

INGEBRETSEN'S

1601 E Lake St 612-729-9333 ingebretsens.com

Lake Street Gifts & Oils 2933 E Lake St 612-728-7865

Patina (corporate) 2639 Minnehaha Ave 612-823-9700

pharmacy

Seward Pharmacy 2209 East Lake St 612-444-3530 sewardpharmacy.com

Shifa Pharmacy 1516 E. Lake St, Unit 103 612-208-1456

Walgreens

4547 Hiawatha Ave S 612-722-4249 walgreens.com

Walgreens 3121 E Lake St 612-721-4868 walgreens.com

tobacco

GM Tobacco 2740 Minnehaha Ave S #100 612-728-8085 gmtobacco.com

USA Smoke Shop Cigar & Vape 4739 Hiawatha Ave S 612-353-6943

STORAGE

Harvest States Storage 3333 E 41st St 952-356-3191 harveststates.net

iStorage 4325 Hiawatha Ave S 612-721-7777 istorage.com

iStorage 3601 Hiawatha Ave S 612-722-1111 istorage.com

MPLS Storage 3138 Snelling Ave S 612-490-4945 mplsstorage.com

Public Storage 3245 Hiawatha Ave S 612-253-2237 publicstorage.com

* DENOTES LBA MEMBER



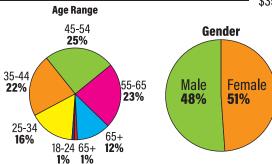




Your customers are looking here, too.

Get results.

frequently purchase items and services they see in the Messenger



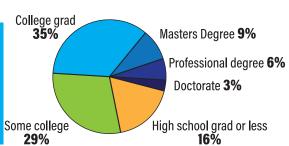
MEET OUR READERS

Education

CIRCULATION
VERIFICATION
C O U N C I L



"As a local business owner, I value the option to contribute to the Messenger, Connector, and Monitor through our advertising. I am happy to support a local paper that puts out quality journalism month after month and that represents the diversity of our community. It's a breath of fresh air at a time when so much news feels distant and out of touch with our day-to-day lives." ~ Joe Hayes, Hayes Window Restoration



Monitor



- 49-year-old monthly neighborhood newspaper
- Reach of over 50,000 residents in St. Paul's Midway, Como, Merriam Park, Frogtown and Rondo neighborhoods
- Circulation of 23,500
- Delivered to 21,000 homes and businesses PLUS 1,500 high-traffic drop-off points

CONTACT US TODAY!

Denis@LongfellowNokomisMessenger.com 651-917-4183

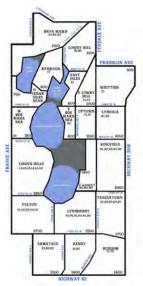
Tesha@SWConnector.com | 612-345-9998 sandra.tmcpub@gmail.com| 612-260-7967 Ads@SWConnector.com | 612-255-1180

Messenger Longfellow - Nokomis



- 41-year-old monthly newspaper
- Reach of over 44,000 residents in the Longfellow and Nokomis areas of South Minneapolis (plus Standish-Ericsson)
- Circulation of 22,000
- Delivered to 20,000 homes PLUS 2,000 high-traffic drop-off points

Connector



- 2-year-old 2x monthly newspaper
- Reach of over 50,000 residents in 20 Southwest Minneapolis neighborhoods
- Circulation of 25,000 and growing (Will eventually be 27,900)
- Delivered to 23,500 homes PLUS 1,500 high-traffic drop-off points

Competition is fierce, but our dedicated efforts keep you top of mind.

INDEX OF BUSINESSES

1st Cup Cafe	
3 Bears Landscaping	
34th Properties	
555 Studios	
7-SIGMA	14
A	
Abra Palabra	28
A Auto Mall Inc	14
A Few Good Movers	29
Aaron Jones- Gathering Waters	18
Acme Foundry Company	14
ADM Milling Co	14
Adventures in Cardboard	15
Akina Community Church	15
Aldi	19
Alexanders Import Auto Repair	
Align your Energy	
Aligned Chiropractic P.A	
All Area Management	29
All Hair Cuts & Styling	21
All Square	
Allina Health East Lake Clinic	23
Amaranth Art Studio/Anita White	12
American Legion V.L. Giantvalley Post	t21
American Rug Laundry Inc	28
Amsoil Synthetic Lubricants	13
Anderson Realty	
Ann Wempner Design	27
Anne Sullivan School	

Anytime Fitness23	
APA Medical Equipment Co Inc24	
Apple Auto Repair LLC13	
Apostolic Faith Church15	
Apron Anywhere30	
Arbeiter Brewing19	
Archon Glassworks12	
Auto Mart13	
Auto Zone13	
AutoMex Collision Repair13	
Avis/Budget Car & Truck Rental 13	
AVS27	
Awakenings: Gifts & Guidance 30	
Azimuth Computing Consultants30	
В	
Ballare Teatro Performing Arts Center. 12	

В
Ballare Teatro Performing Arts Center. 12
Baraka Auto Center - II13
Barr Web Plumbing Inc24
Beast Wildlife Solutions26
Becketwood Beauty Salon21
Becketwood Cooperative29
Bethlehem Child Care Center15
Bethlehem Covenant Church15
Better Futures Minnesota18
Bicycle Alliance of Minnesota15
Bicycle Fit Guru12
Big Bell Ice Cream21
Bill Oliver Realtor29
Black Table Arts12

Blue Door Pub	
Blue Ox Bakery	
Body Repair Shiatsu/Massage Therapy	.23
Bodywise Accupunture Boker's Inc.	
Brackett Park	
Bradshaw Funeral & Cremation	27
Bread of Life Deaf Lutheran Church	. 15
Bright Prospects Co-Op Preschool Bristol Built	
Building Dignity & Respect Standards	
Council	. 15
Burger King	. 19
C	
CAPI	. 17
Calco	.15
Capitol Distributors	15

CAPI	. 17
Calco	. 15
Capitol Distributors	. 15
Care Pro Home Health Care	. 24
Castle Building & Remodeling	. 25
Cedar Towing & Auction	. 14
Chem Star Products	. 15
Christ Church Lutheran	. 15
Cichy's Water & Sewer	. 25
Cityline Apartments	. 29
Cloudland Theater	.12
Collision Bonilla	.13
Commercial Container	. 28
Communications Workers of Ameria	

Local /20018
COPAL15
Corazon30
Creative Kuponya24
Crosstown Counseling24
Cub Foods - Snelling19
Cub Foods - 26th Ave 19
Curiosity Studio12
D
D & J Glove Repair30
D & Z Auto Sales14
Dairy Queen21
Daisy Nails22
Dan Cooke Attorney at Law27
Danish American Center17
Dawn Bartell Agency American Family
Insurance18
Day Star Home Health24
Diamonds Home Health Care24
Diarra Auto Repair13
Dickey Chiropractic23
Diversity Childcare Center15
Dogwood Coffee Company19
Dollar Tree30
Domino's Pizza21
Don's Leather Cleaning & Rugs 28

Donkey Label......

Dowling Urban Environmental......

Dr. Kim Swinehart Chiropractor......

PRINT CAN TRULY CAPTIVATE



The tangibility that print offers makes readers pay more attention to as compared to digital content. Readers actively engage with printed content - they pick it up, hold it and read it.

What does print offer that digital certainly doesn't?

An uninterrupted reading experience.



to the **advertisers**who **support** this **directory**and tell them **you saw it** here!

INDEX OF BUSINESSES

Dragon's Wynd	15	Hiawatha Alterations & Bridal	28	Leviticus Tattoo	22	Moon Palace Books	30
Dreamer's Vault	30	Hiawatha Church	16	Liban Child Care Center	15	Mother Earth Gardens	
Du Nord Crafts and Spirits	19	Hiawatha Collegiate High School	18	Life Song Home Care	24	Moto Mart	13
Du Nord Foundation		Hiawatha Commons		Lige's Beauty Salon		MPLS Storage	
Dumpster Cat Games		Hiawatha Community School		Longfellow Business Association		Murray Decio Acupunture	
E	00	Hiawatha Flats Apartments		Longfellow Community Council		N	
L		Hiawatha Hair		Longfellow Family Dentistry		N	
E's Emporium	30	Hiawatha Reddy Rents		Longfellow Family Foods		N.C. Shegstad Ornamental Ironworks	s 26
East Lake Aikido	23	Hiawatha School Park		Longfellow Grill		Napa Auto Parts	13
East Lake Animal Clinic	27			•		Nelson Electric	25
East Lake Liquor Store		Hiawatha Supply		Longfellow High School		Neuro Devices Inc	24
East Lake Public Library		Himalayan Restaurant		Longfellow Laundromat		Nguyen Architects	
Ebenezer Seventh-Day Adventist		Holiday Station Store		Longfellow Market		North City Studios	
El Norteno		Holy Trinity Lutheran Church		Longfellow Nokomis Messenger		Northerly Flora	
Electra Tune Tire and Auto		Honda Town		Longfellow Park		Northern Sun Merchandising	
Elevated Beer Wine & Spirits		Honeycomb Dentistry		Longfellow Rising		Northland Natural Pet	
Elite Cleaners & Launderers		Howe Daily Kitchen & Bar		Longfellow Station		Northwest Graphic Supply	
		Howe Elementary School	4	Longfellow/Seward Healthy Seniors.	17		
Emanata Chiropractic Inc		Humanitarian African Relief Org	16	Loons Coffee	18	Nostalgia Zone	30
Epworth United Methodist Church		Huntington Bank Lake St Cub	18	Lowa46 Apartments	29	0	
Equipose Bodywork		Huntington Bank	18	Lowbrow Saints Tattoo Collective	22	Oaks Hiawatha Station Apartments	29
Erik Nelson Plumbing		Hymie's Vintage Records	30	Lucky Productions	27	One on One Bicycle Studio	
Ethiopian Orthodox Church		, ,		M		Okome House	
Everlake Apartment	29	ı		П		Open Arms Day Care	
F		i3 Works	27	Mactir Academy of Irish Dance		Oromia Barbershop	
Falls Liquor	21	IAC International	15	Medina Travel	28	Overproof Prints	
		Iggy's Auto Repair Inc	13	McDonald's - E. Lake	19	Overproof Films	20
Family Partnership		Iglesia Evangelica Apostles y Profet	as 16	McDonald's - Hiawatha	19	Р	
Firehouse Performing Arts Center		Inglesia Procesos en Cristo	16	McIntosh Embossing	15	Patina Corporate	30
Fire Brick Engine Co		Infinite Graphics Inc	27	Meg Erke	12	Paris Antiques	
FireRoast Coffee & Wine Bar		Ingebretsen's		Megan Moore		Parkway Pizza	
Flourish Pilates+Yoga+Bodywork		Islamic Association of North America		Merlins Rest Pub & Restaurant		PC Doodle	
Form and Cutting Tool		iStorage - 4325 Hiawatha	30	Meseret's Ethiopian Restaurant	21	People's Center Dental Center	
Forward Transportation Services	28	iStorage - 3601 Hiawatha		Mesob Ethiopian Restaurant		Peppers & Fries	
Fractal Cactus	30	IUE-CWA Local 1140		Metro Home Health Care Services		Permanent Solutions Salon	
Frattallone's Ace Hardware		1		Metro Work Center Inc.			
Fresh Space Design	24	J		Mi Mexico Qurida		Pet Supplies Plus	
Fun City Dogs	26	Jardin Spanish Immersion Academy	/ 15	Midori's Floating World Cafe		Planet Fitness	
G		Jardin Spanish - East Longfellow	15	Midtown Farmers Market		Poplar Grove Counseling	
		Jawaahir Dance Company & The				Post Plus	
Galapagos Bar & Grill		Cassandra School	12	Mina Hajj Umrah Traavel		Prairie Woodworking	
Gardening Angel Garden Design		J Holtz Furniture	25	Mike's Frame Service		Precision Home Health Care	
General Mills Grain Elevators		Jentor Manufacturing		Milkweed Coffee Shop		Precision Tune Auto Care	
Gennadiy V Shevchen, MD	24	John Lee Insurance/Financial Services		Mill City Consulting		Premium Tax Service	
Gilchrist Law LLC		Jymme Golden Therapeutic Massag		Millworks Lofts		Professional PCA Services	24
Glam Glow Spa	21	v	, , ,	Minneapolis & St Paul Chiropractic		Public Storage	30
Global Language Connections	28	K		Minneapolis Community Acupunctur		Puerta Grande Law Firm	27
GM Tobacco	30	K Nelson Architechts	24	Minneapolis Concrete Products		0	
Grass & Grounds	25	K-Nails & Spa	22	Minneapolis Fire Dept Station #21	5		0.4
Great River Radon	25	Karen Townsend	23	Minnehaha Academy (K-8)		Qoraxey Home Health Care	
Greater Hope COGIC	16	Katar River Restaurant & Bakery	21	Minnehaha Academy (9-12)	4	Que Computer Services	
Greenway Solar		Katherine Morgan Plosser, PA-C		Minnehaha Business Services	18	Quruxley Restaurant	21
Guerrero Design & Remodeling		Kaufman Sign Company		Minnehaha Commons: Alliance Hous	sing &	R	
GW Hunt Organ		Ke Nails		Touchstone Mental Health	18	R & R Automotive	13
ш		Ken Struwe Ltd. CPA		Minnehaha Communion Lutheran Churc	h.16	R & T Cement	
Ш		Kennedy & Cain PLLC		Minnehaha Falls Family Dental	22	R&R Small Engine Service	
H & W Venture	15	Kennedy Transmission		Minnehaha Falls Landscaping	26		
Habaneros Taco Grill	21	KMS Airduct Cleaning		Minnehaha Home Care& Repair		Radiant Life Chiropractic	
Hanson Remodeling		Kristi Adams - Waddell & Reed		Minnehaha Professional Building		Rahma Home Health	
Happy Human Fitness	23	MISURAGINS - WAGGEN & NEED	10	Minnehaha Recording Company		Raising Cain's Chicken Fingers	
Harvest States Storage		[Minnehaha Scoop		Rare Productions	
Hawlo Kismayo Bakery		Lake Street Council	16	Minnehaha Senior Living		Raven Construction	
Hayes Window Restoration		Lake Street Dairy Queen		Minnesota Care Counseling		Raws for Paws	
HD Coin Laundry		Lake Street Gifts & Oils		Minnesota Interfaith Power & Light		Rebecca Smith Massage Therapy	
Heartland Psychotherapy		Laughing Waters Studio		Minnesota School of Barbering		Red Cricket Healing Center	
Hendrickson Fine Art Photography		Laune Bread		•		Redesign	
Heroic Goods & Games		Law Offices of Eric S. Day		Minnesota Transitions Charter Schools MN LaborForce Resources		Reidy's Market	21
High Gate Urgent Care for Children		League of Longfellow Artists (LoLa)				Repair Lair	30
Hi-Lo Diner		Leder Bros. Metal Co		MN350		ReStore Habitat for Humanity	
I II-LU DIIIGI	∠ 1	Louer Dros. Ivietal Co	13	Moon Dog Landscaping	26		

INDEX OF BUSINESSES

ReUse Warehouse	24
Reverb Piano	12
Ricardo Levins Morales Art Studio	12
Rise "N" Shine Child Care	15
River Lake Clinic	24
Riverstone Salon Spa & Chiropractic	21
Riverview Theater	12
Rogers Counseling	24
Ron's Auto	13
Roosevelt High School	. 4
Rosemary Frazel Counseling	24
Rowland Paint	25
Roy's Motorcycle Repair	13
\$	

Roy's Motorcycle Repair1	13
2	
SA Woodwork	. 27
Saints Food Service	. 15
Sally Beauty Supply & Equipment	. 22
Sandberg's Import Repair	. 13
Sanford Middle School	. 18
Savory Bake House	. 19
Schooner Tavern	. 21
SCI Performance/South Central Imports	13
Sea Salt at Minnehaha Falls	. 21
Selam Restaurant	. 21
Selina Martire State Farm	. 18
Seva Living	. 23
Seward Civic & Commerce Asso	. 18
Seward Co-op Grocery & Deli	. 21
Seward Longfellow Restorative Justice	. 18
Seward Pharmacy	30
Shale Apartments	. 28
Sharp Sign Co	. 29
Shiatsu with Carol Atkinson	. 23
Shifa Pharmacy	. 30
Siewert Cabinet	. 25
Simmons Manor Apartments	. 29
Smiling Wellness Journey Coaching	. 24
Smith Cole Stucco & Stone	. 25

Soderberg's Floral & Gift	30
Sonora Grill	21
South High School	4
Southside Services	
Sprout Spa	
Speedway	
Spye Experience	12
Squirrel Haus Arts	12
St Albert the Great Church	
St Helena Catholic School	16
St. Helena Catholic Church	
St. James AME Church	16
St. Michael Broadcasting Channel 16	12
St. Peder's Evangelical Lutheran	16
Starr Automotive	
Starrs Hair Design	23
Stone Pointe Shiatsu & Yoga LLC	24
Studio Mpls	27
Subway	19
Summit Healthcare Inc	24
Super USA	
Ī	

•	
Г. Schaub Painting25	
Facos El Primo21	
Tapestry Folkdance Center12	
Target31	
Fhai Crystal Garden21	
The Bessemer at Seward28	
The Bungalow Club21	
The Coven18	
The Dripping Root19	
The Fix Studio and Cafe24	
The Glass Woodsman Studio12	
The Greenery Minneapolis Plant Shop. 31	
Гhe Groom Crew26	
Гhe Hillock29	
The Hook & Ladder Theater & Lounge. 12	
The Legacy Building12	

The Lift Garage	
The Nature of Beauty	
The Northwest Conference	16
The Pink Slip	
The Shale Apartments	
The Toolbox Collective	
Thee House uv Beth-el	16
Third Precinct Police	5
Tierra Encantada	
Time Bomb Vintage	
Time Motor Sales	
Tony Schwartz Bodywork	
Touchstone Two Rivers Reside	
Treatment	
Track Club Co	
Transition Longfellow	
Trinity Apostolic Faith	
Trinity High Rise Apartments	29
Trinity on Lake	
Trylon Cinema	
Turquoise Vintage	
Turtle Bread	
Twin Cities Closet	
Twin Cities Midwifery	
Twin Cities Recovery Project	
Twin City Laundry	
Two Bettys Green Cleaning	
Two Bettys Refill Station	
Twisted Groove	12
IJ	
U.S. Bank	18
U.S. Bench Corp	
U.S. Cleaners	
Uncle Hugo's Science Fiction	
bookstore	30
United Child Daycare	
United States Postal Service - I	
Station	4

Universal Academy Charter School 4
Universal Chiropractic Health Clinic 2
Universal Hair Salon22
Universal Health Care Action Network 24
Urban Forage Winery & Cider House 19
USA Smoke Shop Cigar & Vape 30
V
Viking Village Cleaners & Laundromat . 29

THE ALS CELLE!	12
isual Expressions Graphic Design	&
Printing Inc	27
/olunteers of America	18
N	
Valgreens - Hiawatha	30
Valgreens - E. Lake	30
Vash Me Car Wash	13
Vallington Management	20

valgioono L. Lako	. 00
Vash Me Car Wash	. 13
Vellington Management	. 28
Vells Fargo	. 18
Vendy's	. 19
Vest River Commons	
Vest River Dental Care	. 23
Vildflyer Coffee	. 19
Villow Haven Wellness	. 23
Vilson Law Group	. 27
Vizard of Wax	. 31
Vojack Hendrickson Design	. 27
Vonderwoman Construction	. 25
Vood In The Hood	. 15
Vorry Free Lawn Care/Snow Plowing	26

YWCA Midtown	
Z	
7	40

Vouth & Family Center





74% of Americans believe it is important to have a local newspaper.

Newspapers define the culture of a community.



On the America's November and 2007 Level November 2007

Source: America's Newspapers 2023 Local Newspaper Study conducted by Coda Ventures.

NELSON ELECTRIC INC.

A Full Service Electrical Contractor Specializing in Commercial, Industrial, Retail and Residential Projects

We are leading the way with Alternative Energy Solutions for your home or business.

At work in Longfellow and The Greater Metropolitan Area Since 1963.

612-724-9500 or 763-444-1523





DO THE MATH!

It costs 47¢ /piece to mail a promotional flyer to local residents letting them know about your business, organization or upcoming event. That does not include design, production, and printing charges.

For only 14¢/piece you can have a 4-color flyer
PRINTED AND DELIVERED with the Messenger!



Contact Denis Woulfe for details denis@longfellownokomismessenger.com (651) 917-4183



VisitLakeStreet.com

#WeLoveLakeStreet
@VisitLakeStreet

Every dollar you spend locally on **Lake Street** helps keep our storefronts open, employs community members, supports families, and fosters creativity and entrepreneurship.





You can make a big difference by choosing **Lake Street** as the place where you get your essentials, and services, dine, and shop.

Longfellow Community Council



Be part of shaping the future of your neighborhood!

Events & gatherings
Volunteer opportunities
Small grant programs
Community clean ups

LCC is dedicated to fostering a strong sense of community and creating a vibrant and inclusive environment for all residents

Learn more at longfellow.org or follow us

O a @longfellowcommunitycouncil

We'd love to help you with your next move!



WE'RE YOUR NEIGHBORHOOD REAL ESTATE BROKERAGE
WITH A 60-YEAR TRADITION THAT'S SIMPLE:
WORK HARD AND PUT PEOPLE FIRST.



Mike Smith, Broker | 651.324.6211 mikesmithrealty@gmail.com andersonrealtymn.com