

2020 Longfellow Business Directory



at the intersection of community & business



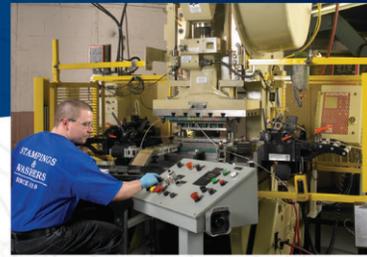
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Business
Association

Messenger
Longfellow • Nokomis

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LOLA

the League of Longfellow artists

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.

www.lolaartcrawl.com

Lola

art crawl

3rd weekend in September



Late February

A LONGFELLOW PARTNERSHIP

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 Association
at the intersection of community & business

Messenger

Longfellow • Nokomis

Longfellow Business Directory has been published every two years, and is released with the December issue of the Messenger.

The 2020 Longfellow Business Directory is the 9th 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.

Kim Jakus & Kathryn Nelson

Longfellow Business Association

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](https://www.instagram.com/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.

Owner & Editor:
Tesha M. Christensen, 612-345-9998
tesha@longfellownokomismessenger.com

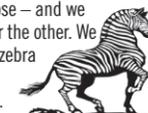


Advertising & Marketing:

Denis Woulfe, 651-917-4183
denis@longfellownokomismessenger.com

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

TMC Publications and The Messenger are for profit and for a purpose—and we don't sacrifice one for the other. 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.

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at the intersection of community & business
 info@longfellowbusinessassociation.org
 612-298-4699
 P.O. Box 6318
 Minneapolis, MN 55406

Thanks to these
LBA GOLD LEVEL MEMBERS.

Learn more about membership at longfellowbusinessassociation.org



MINNEHAHA FALLS
FAMILY DENTAL
 fall in love with your smile



They advertised and made this directory possible.
 Thank these business with your patronage, and remember to always

Thanks BUY LOCAL!

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LONGFELLOW

A destination neighborhood to many, but home to us.
Our Community, our neighborhoods, our businesses

EAST LAKE STREET

A vibrant corridor with over 130 businesses. From curry to burgers, flower shops to thrift stores, and from car mechanics to cappuccinos.
YOU'LL FIND IT HERE!

MINNEHAHA AVENUE

hosts ARTS AND ENTERTAINMENT with theater, live music, book readings and 5 dance companies. There is also a brewery, a distillery and a delicious array of locally owned restaurants and coffee shops.

AT THE INTERSECTION OF BUSINESS & COMMUNITY

Home to 22,000 residents, over 500 businesses, 4 schools, 2 business corridors, and several nodes.

BUY LOCAL - BUY LONGFELLOW

Between HIAWATHA AND SNELLING AVENUES,

an industrial zone stretches, providing jobs, warehouse space and manufacturing opportunities.

THE LONGFELLOW BUSINESS ASSOCIATION

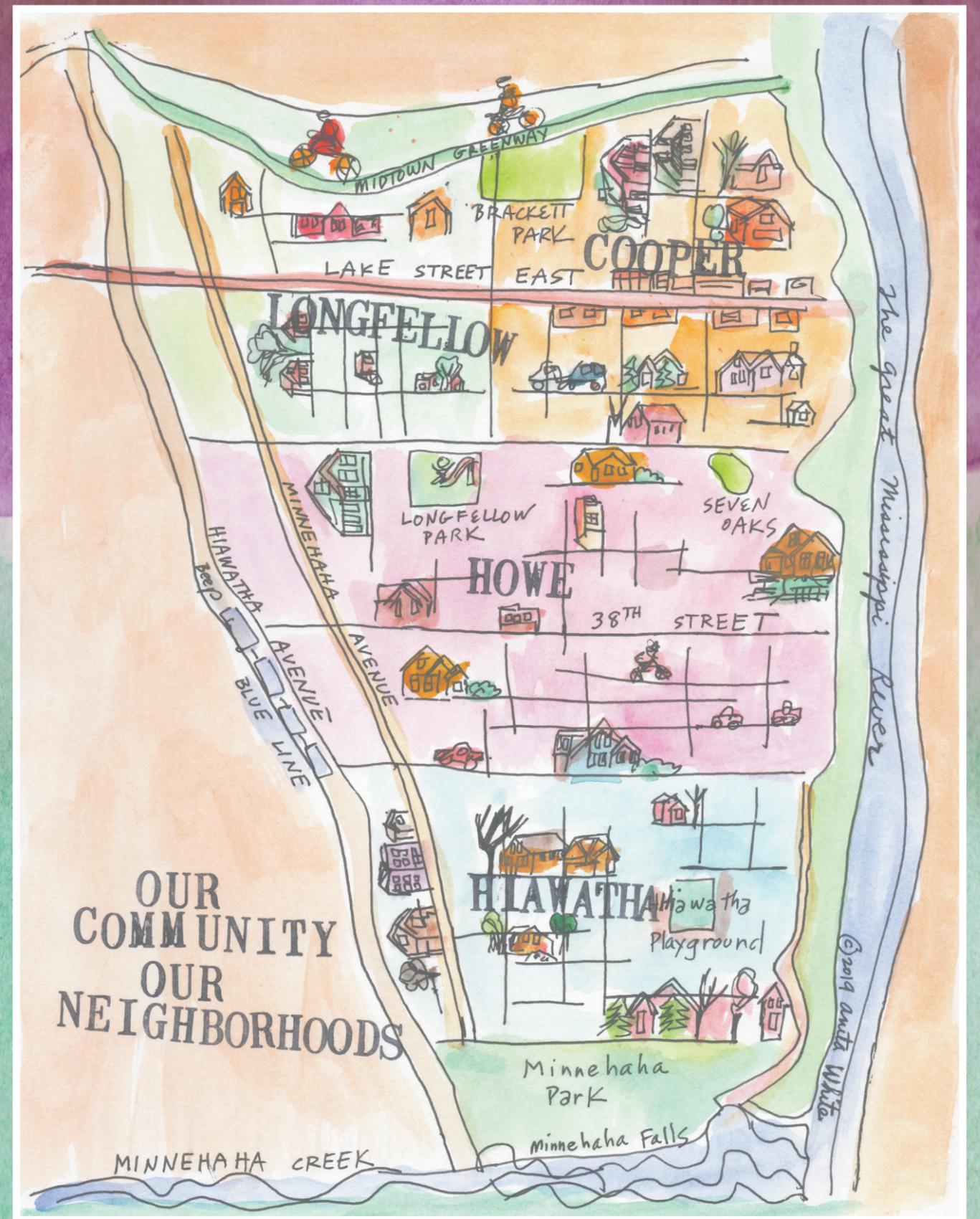
has been serving businesses small and large in the neighborhood for OVER 25 YEARS.

The LBA:

- monitors issues that impact businesses
- facilitates communication and networking
- provides business development resources
- supports the Greater Longfellow Community

LEARN MORE at

LongfellowBusinessAssociation.org



ARTWORK CREDIT: Anita White is an Longfellow artist, documentary drawer, teacher, and caregiver. She is a Co-Founder of the Longfellow League of Artists (LoLa) Art Crawl and is a tireless community builder who is never without her pen and sketchbook. Anita draws all the time, wherever she is, whomever she's with, however she's feeling: pen and ink sketches into which she often incorporates words and watercolor. Drawing is how she navigates everyday life and bears witness to beauty and challenges. Anita has a gift for spontaneous drawings that capture a moment and place in time. We are proud to feature Anita's artwork in the 2020 Directory.

ARTS & ENTERTAINMENT

art classes/supplies

Dock 6 Pottery
4206 E 34th St
327-0429
dock6pottery.com

GLASS ENDEAVORS
2716 E 31st St
721-9553
glassendeavors.com

Meg Erke
Artist & Educator
708-1977
meg-erke.com

Minneapolis Frame Shop
4145 Minnehaha Ave S
208-0808
mplsframeshop.com

NORTHWEST GRAPHIC SUPPLY
4200 E Lake St
729-7361
nwgraphic.com

Nova Art Space
4106 42nd Ave S
929-444-0358
novaartspace.com

artists/galleries

Jane's Prints
Art Photos Cards Calendars
722-2271
janesprints.com

Laughing Waters Studio
3718 Minnehaha Pkwy E
333-1881
laughingwatersstudio.com

LEAGUE OF LONGFELLOW ARTISTS (LOLA)
Longfellow Art Crawl
lolaartcrawl.com

MAIN FLOOR DESIGNS
Doodlebug Rugs
210-4231
doodlebugrugs.com

MEGAN MOORE
Paintings & Illustrations
770-9238
meganmoore.com

Richard Morales Studio & Store
3260 Minnehaha Ave S
455-2242
rilmarts.com

See Rick 4 Art
3700 E 34th St
245-1579

Squirrel Haus Arts
3450 Snelling Ave S
669-8712
squirrelhausarts.com

The Glass Woodsman Studio
3615 Snelling Ave S
612-214-6834
35 years experience

dance studios

BALLARE TEATRO PERFORMING ARTS CENTER
4259 Minnehaha Avenue
721-8619
ballareteatro.com

JAWAAHIR DANCE COMPANY & THE CASSANDRA SCHOOL
3010 Minnehaha Ave S
872-6050
cassandraschool.com

Jawaahir
DANCE COMPANY & THE CASSANDRA SCHOOL
Classes in Minneapolis & Bloomington
jawaahir.org cassandraschool.com 612-872-6050

Mactir Academy of Irish Dance
3709 Minnehaha Ave
651-261-8575
mactiririshdance.com

TAPESTRY FOLKDANCE CENTER
3748 Minnehaha Ave S
722-2914
tapestrydance.org

ZORONGO FLAMENCO DANCE THEATRE
3715 Minnehaha Avenue S
612-234-1653
zorongo.org

music

El Nuevo Rodeo
2709 E Lake St
728-0101
elnuevorodeo.com

Minnehaha Recording Company
4501 Minnehaha Ave S
564-8088
minnehaharecording.com

Reverb Piano
3460 Minnehaha Ave S
501-3937
reverbpiano.com

SOLSTA RECORDS
4022 E 46th St
916-0990
solstarecords.com

THE HOOK & LADDER
3010 Minnehaha Ave S
345-7166
thehookmpls.com

news/media

La Raza 1400AM & 1470AM
3003 27th Ave S #400
354-3282
laraza1400.com

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letters to the editor
and story tips to news@
LongfellowNokomisMessenger.com
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longfellownokomisessenger.com

Telemundo MN
3003 27th Ave S
728-0101
telemundomn.com

theater & cabaret

27 Event Center
2709 E Lake St
728-0101
27eventcenter.com

FIREHOUSE PERFORMING ARTS CENTER
3010 Minnehaha Ave S
724-6273
thehookmpls.com/firehouse-pac/

Lock N Key Escape Rooms
4020 Minnehaha Ave S
643-0539
lockandkeyescape.com

RIVERVIEW THEATER
3800 42nd Ave S
729-7369
riverviewtheater.com

Trylon Cinema
2820 E 33rd St
861-4686
trylon.org

AUTO & CYCLE

auto body

Best Body Shop
3712 Snelling Ave S
721-4533

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

auto cleaning

All in 1 Auto Detailing
3662 Minnehaha Ave
442-6150
allin1autodetail.com

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

bicycle sales & service

Bicycle Fit Guru
Cycling Analysis & Bike Fit
bicyclegitguru.com

One on One Bicycle Studio
4461 Minnehaha Ave S
371-9565
oneononebike.com

THE HUB BIKE CO-OP
3016 Minnehaha Ave S
729-0437
thehubbikecoop.org

gas stations

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

Moto Mart
3301 Hiawatha Ave S
722-9665

SuperAmerica
4320 E Lake St
721-7306

motorcycle sales & service

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

rental

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

repair/maintenance

ALEXANDER'S IMPORT AUTO REPAIR
2904 E 35th St
729-2516
alexandersimportautorepair.com

Amsoil Synthetic Lubricants
4220 40th Ave S
724-6045

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

Ballare Teatro
performing arts center

FALL CLASSES
ENROLL BALLARETEATRO.COM
4259 Minnehaha Ave. S., Mpls | 612-721-8619 | info@ballare.com

The Hook and Ladder
THEATER & LOUNGE
OPERATED BY THE FIREHOUSE PERFORMING ARTS CENTER

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

Auto Zone
2610 E Lake St
729-0123
autozone.com

AutoMex Collision Repair
3703 Dight Ave S
724-8930

Car X
3021 E Lake St
721-9419

Collision Bonilla
3701 Minnehaha Ave S
724-1908

Electra-Tune
4522 E Lake St
721-1312
elec-tratune.com

Geller Auto Repair Inc.
4601 Minnehaha Ave S
724-2109

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

KENNEDY TRANSMISSION
3423 E Lake St
721-3189
twincitiestransmission.com

Lake Auto Repair
2940 30th Ave S
729-9767

Meanica en General
3711 Dight Ave S
581-1305

Napa Auto Parts
3333 E Lake St
721-5054
napaonline.com

O'Reilly Auto Parts
2905 E Lake St
721-6533
oreillyauto.com

Precision Tune Auto Care
3232 E Lake St
721-3303
precisiontune.com

R & R Automotive
4056 42nd Ave S
721-1357
randrautomotiveonline.com

Ron's Auto
3700 E 38th St
729-1638

Saigon Garage
3028 E Lake St
721-7087

Sandberg's Import Repair
3511 Minnehaha Ave S
729-4119

South Central Imports
3107 E 37th St
722-8897
sciperformance.com

STARR AUTOMOTIVE
4001 E Lake St
721-3749
starrautomotive.com

The Lift Garage
2401 E Lake St
866-5840
theliftgarage.org

Top Stitch Auto Upholstery
3101 E 37th St
716-7204
f: Top Stitch Auto Upholstery LLC

sales

A Auto Mall Inc
3000 E Lake St
724-3813

D & Z Auto Sales
3722 E Lake St
729-0075

Honda Town
4215 E Lake St
722-1110
hondatown.net

L & L Motors
3612 E Lake St
559-9298

Time Motor Sales
3800 E Lake St
724-3631
timemotors.net

small engine repair

R&R Small Engine Service
4224 E 41st St
721-6133
randrsmallengines.com

tires

Tires Plus
3421 E Lake St
721-2300
tiresplusminn.com

towing

Cedar Towing & Auction Inc.
3527 Dight Ave S
721-6645
cedartowing.com

COMMERCIAL/ INDUSTRIAL

building supplies

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

Big River Timberworks
3445 Hiawatha Ave S
202-8548
bigrivertimberworks.com

Minneapolis Concrete Products
2802 E 33rd St
709-4722
minneapolisconcreteproducts.com

contractors

A & M Disaster Services
3010 E Lake St
722-0137

BLUE CONSTRUCTION INC.
PO Box 6630
396-0933
blueconstructioninc.com

Railroad Specialties of Minneapolis
2727 26th Ave S
724-7403

grain elevators

ADM Milling Co.
3501 Hiawatha Ave S
729-7388

General Mills Grain Elevators
3716 Dight Ave S
721-6811

manufacturing/ machining

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

BOKER'S INC.
3104 Snelling Ave S
729-9365
bokers.com

Industrial Plastics Inc.
3328 Snelling Ave S
721-6444

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

metal recycling

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

wholesale distributors

BIG BELL ICE CREAM
3218 Snelling Ave
612-729-5205
bigbellicecream.com

COMMUNITY RESOURCES

childcare/ education

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

Belle's Tool Box
3401 42nd Ave S
799-1482
belles-toolbox.org

BETHLEHEM CHILD CARE CENTER
3141 43rd Ave S
721-5768
bethlehemkids.org

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

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

Excellent Childcare Center
2740 Minnehaha Ave S #155
721-1133

Hanano Daycare Center Inc
3424 E Lake St
223-8183

Jardin Spanish Immersion Academy
3836 Minnehaha Ave S
360-3196
jardinmn.com

Jardin Spanish Immersion Academy
3207 East Lake St
612-886-2320
jardinmn.com

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

Open Arms Day Care
3355 Hiawatha Ave S #150
501-1926

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

Tierra Encantada
Spanish Immersion Daycare & Preschool
tierraencantada.com

United Child Daycare
4145 Hiawatha Ave S
315-4359

churches

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

BETHLEHEM COVENANT CHURCH
3141 43rd Ave S
721-5768
bethlehemcov.org

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

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

Ebenezer Seventh-Day Adventist Fellowship
3418 E Lake St
722-1890

Epworth United Methodist Church
3207 37th Ave S
722-0232
ansafoneofmn.com

Ethiopian Orthodox Church
4401 Minnehaha Ave S
721-1222
debreselam.net

Greater Hope COGIC
3207 37th Ave.S.
328-4636
ghcogicmn.org

Hiawatha Church
4155 41st Ave S
721-2201
hiawathachurch.com

HOLY TRINITY LUTHERAN CHURCH
2730 E 31st St
729-8358
htlcmpls.org

Iglesia Evangelica Apostles y Profetas
3737 38th Ave S
325-9947

Living Table United Church of Christ
3805 40th St E
729-7556
livingtable.org

MINNEHAHA COMMUNION LUTHERAN CHURCH
4101 37th Ave S
722-9527
minnehahacommunion.com

Procesos en Cristo
2901 39th Ave S
961-6875

Spirit Garage Worship
3010 Minnehaha Ave
827-1074
spiritgarage.org

St Albert the Great Church
2836 33rd Ave S
724-3643
saintalbertthegreat.org

St. Helena Catholic Church
3201 E 43rd St
729-7344
sthelenampls.com

Commercial Project Management
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Commercial food business construction specialists. Projects include; Peace Coffee, World Street Kitchen, Milkjam, The Icehouse, Urban Growler Brewing Co, Northern Waters Coffee, 12welve Eyes Brewing Co, Holy Land, Dual Citizen Brewing Co, The Country Bar

Aaron Day.....(612) 396-0933
Noah Day.....(612) 875-0918
www.blueconstructioninc.com

Churches/Community Organizations

Area code (612) unless specified "f:" Denotes Facebook Denotes LBA member

St. James AME Church
3600 Snelling Ave S
721-4566
stjamesameinneapolis.org

Victory Christian Center Church
3500 E Lake St
721-4355

St. Peder's Evangelical Lutheran
4600 E 42nd St
722-8000
speders.org

advocacy

Bicycle Alliance of Minnesota
3745 Minnehaha Ave
bikemn.org

THE NORTHWEST CONFERENCE
3106 47th Ave S
721-4893
northwestconference.org

COPAL
A Latinx Grassroots Movement
3702 E Lake St
copalmn.org

Thee House uv Beth-el
4016 E 32nd St
729-8332

Minnesota Interfaith Power & Light
4407 E Lake St
810-1577
mnipl.org

Trinity Apostolic Faith
2900 29th Ave S
722-6030

MN350
4407 E Lake St
440-5350
mn350.org

community organizations

East African American Community Center
3355 Hiawatha Ave S #207
275-4749

Humanitarian African Relief Organization
3355 Hiawatha Ave S #205
harousa.org

Islamic Association of North America Inc.
3355 Hiawatha Ave S #202
ianaonline.org

LAKE STREET COUNCIL
919 E Lake St
824-7420
lakestreetcouncil.org

LONGFELLOW BUSINESS ASSOCIATION
P.O. Box 6318
298-4699
longfellowbusinessassociation.org

Longfellow Community Council
2727 26th Ave S
722-4529
longfellow.org

New Americans Youth Soccer Club
2931 E Lake St #204
442-0315
naysoccerclub.com

SEWARD CIVIC & COMMERCE ASSOCIATION
2619 E. Franklin Avenue
612-435-0277
sewardbusiness.org

SEWARD LONGFELLOW RESTORATIVE JUSTICE
2700 E Lake St. #2300
338-6205
sng.org/restorativejustice

Transition Longfellow
Building Resilient Communities
transitionlongfellow.org

Twin Cities Recovery Social Club
Recovery Support Services
824-4680
twincitiesrecoveryproject.org

Community Organizations

labor organizations

Communications Workers of America Local 7200
3521 E Lake St
722-7200
cwa7200.org

IUE-CWA Local 1140
3529 E Lake St
721-5397

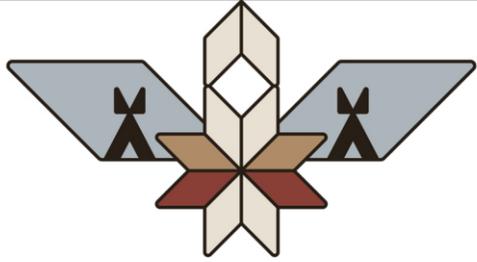
libraries

East Lake Public Library
2727 E Lake St
543-8434
hclib.org

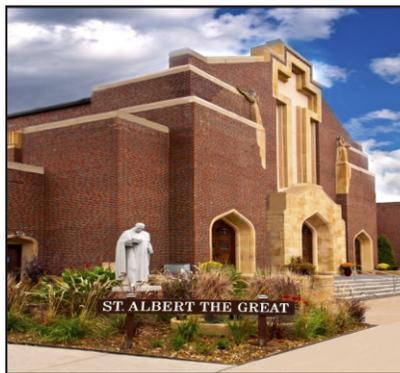
parks

Brackett Park
2728 39th Ave S
370-4924
minneapolisparcs.org

Minnehaha Communion Church: A Place to Belong
4101 37th Ave. S • (612) 722-9527 • minnehahacommunion.org
The 3 "R's": Radical Hospitality • Real Relationships • Responsive Worship
WORKSHIP WITH US AT 9:45AM EACH SUNDAY TO SEE THESE THREE CORE "R" VALUES IN ACTION AND TO DISCOVER "A PLACE TO BELONG."



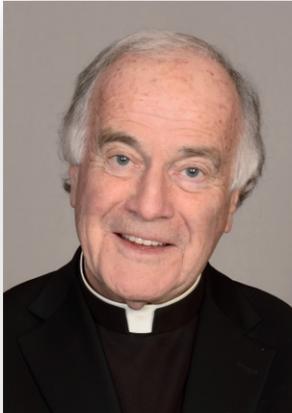
MIGIZI
3017 27TH AVE S WWW.MIGIZI.ORG (612) 721-6631



Church of St. Albert the Great
on E. 29th St. at 32nd Ave. S., in Minneapolis
www.SaintAlbertTheGreat.org 612-724-3643
Join us to celebrate our 85 years on Sunday, May 17, 2020!
Rich tradition. Warm hearts. Open minds.



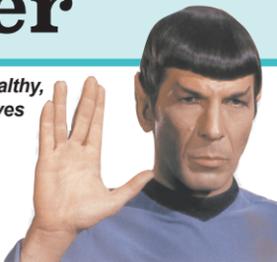
And great food!
Come for our six award-winning
Lenten Friday FISH DINNERS
Feb. 28 through April 3, 2020



Plus Fall Festival, summer concerts, July Bingo-Rama, monthly donut sales and many more welcoming events.
Join us for special Advent, Christmas, Lent, Holy Week and Easter celebrations, sacramental preparation and Rite of Christian Initiation for Adults
Pastor Fr. Joe Gillespie, O.P.
"You'll find a welcoming and hospitable home for your faith wherever you are on your spiritual journey."

Celebrate with us...
Sunday Mass at 9:30 am
Refreshments and conversation in the Social Hall follow.
Excellent Faith Formation for children, youth, adults.
Weekday Masses M, T, Th & F at 8:15 am, preceded by praying the Rosary at 8 am
Saturday Mass at 5:00 pm

LIVE LONG and Prosper



Enabling community seniors to live healthy, independent & socially connected lives

- Health promotion activities – monthly socials & health/wellness talks, Tai Chi exercise, diabetes support group, art classes and technology clinics
- "Nurse Is In"/blood pressure clinics at various locations
- Nurse visits, foot care, low-vision consultations & products
- Volunteer "Friendly Visitors" to keep socially connected
- Caregiver support and respite
- And much more – contact us!



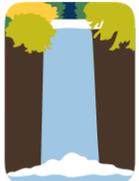
Meaningful volunteer opportunities – help older adults live well
A local nonprofit serving 600+ older adults annually

LONGFELLOW/SEWARD HEALTHY SENIORS
612-729-5799 • 2800 E. Lake St.
Web: LShealthyseniors.org
Email: info@LShealthyseniors.org

LONGFELLOW COMMUNITY COUNCIL

Longfellow Community Council is the neighborhood organization for Cooper, Hiawatha, Howe, & Longfellow.

Contact us about...



Neighborhood Activities & Events, Business Support Grants, Emergency Grants, Community Meetings, Volunteer Opportunities, and New Project Ideas





For more information, neighborhood resources & updates, or to sign up for our weekly newsletter, call 612-722-4529 or visit www.longfellow.org



Community organizations / Food & Liquor

Area code (612) unless specified "f:" Denotes Facebook Denotes LBA member

Hiawatha School Park
4305 E 43rd St
370-4952
minneapolisparcs.org

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

Longfellow Park/Community Center
3435 36th Ave S
370-4957
minneapolisparcs.org

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

post office

United States Postal Service - Minnehaha Station
3033 27th Ave S
729-9327
usps.gov

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

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

public safety

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

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

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

Third Precinct Police Station
3000 Minnehaha Ave S
673-5703

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

schools

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

Sanford Middle School
3524 42nd Ave S
668-4900
sanford.mpls.k12.mn.us

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

South High School
3131 19th Ave S
627-2508
south.mpls.k12.mn.us

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

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

Universal Academy Charter School
2919 28th Ave S
uacsmn.org

taxes, accounting & payroll

Ken Struwe Ltd. CPA
3865 Minnehaha Ave S
722-3236

Minnehaha Business Services LLC
3464 Minnehaha Ave S
724-4630
mbsctaxes.com

Premium Tax Service
4020 Minnehaha Ave S #1060
998-4118

Tax and Accounting
4102 42nd Ave S
729-8361

FINANCIAL SERVICES

banks

Ace Cash Express
2701 E Lake St
729-0265
acecashexpress.com

TCF Lake Street Cub
2850 26th Ave S
724-0194

TCF National Bank
3118 E Lake St
460-4181
tcfbank.com

U.S. BANK
2800 E Lake St
728-8320
usbank.com

FOOD & LIQUOR

bakery/coffee shops

1st Cup Cafe
2740 Minnehaha Ave S #180
735-8801

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

Dunn Bros. Coffee
4648 E Lake St
724-8647
dunnbros.com

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

MILKWEED
3822 E Lake St
353-4752

PEACE COFFEE CAFE
3262 Minnehaha Ave S
870-3440
peacecoffee.com

Riverview Cafe & Wine Bar
3749 42nd Ave S
729-4200
theriverview.com

SAVORY BAKE HOUSE
3008 36th Ave S
729-1310
savorybakehouse.com

Selam Coffee Shop
3860 Minnehaha Ave S
722-2768

financial planning

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

insurance

American Family Insurance
4020 Minnehaha Ave S #1010
333-5554

JOHN LEE INSURANCE AND FINANCIAL SERVICES
3957 42nd Ave S #3961
728-1000
agentjohnlee.com

Patricia B. Lovelette CLU CHFC
Life Annuities Long Term Care Insurance
721-1227
riverlinkfa.com

Selina Martire State Farm
4020 Minnehaha Ave S
651-776-8328
selinamartire.com

Food & Liquor

Cub Foods
2850 26th Ave S
721-2787

Longfellow Family Foods
3469 Minnehaha Ave S
721-8899

Longfellow Market
3815 E Lake St
353-5078
longfellowmarket.com

Midtown Farmers Market
Lake and Hiawatha Ave
724-7457
midtownfarmersmarket.org

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

Seward Co-op Grocery & Deli
2823 E Franklin Ave
338-2465

Sosa Foods
3909 Minnehaha Ave S
728-9644

Super USA
3801 Minnehaha Ave S
481-9470

liquor stores

EAST LAKE LIQUOR STORE
3916 E Lake St
724-5467

ELEVATED BEER WINE & SPIRITS
4135 Hiawatha Ave S
208-0973
elevatedbws.com

FALLS LIQUOR
4604 Minnehaha Ave S
729-5958
fallsliquor.com

MINNEHAHA LAKE WINE & SPIRITS
2613 E Lake St
729-9371
minnehahalakews.com

restaurants/bars

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

American Legion V.L. Giantvalley Post
3751 Minnehaha Ave S
729-6824

Blue Door Longfellow
3448 42nd Ave S
315-2470
thebdp.com

China Wok
2800 27th Ave S
722-3151
chinawokmn.com

Copacabana Lounge
2713 E Lake St
250-7578
copacabanamn.com

Crystal Garden
4711 Hiawatha Ave S
722-9358

DUMPLING
4004 Minnehaha Ave S
724-8795
dumplingmpls.com

brewery/distillery

Arbeiter Brewing
3036 Minnehaha Ave
arbeiterbrewing.com

Du Nord Craft Spirits
2610 E 32nd St
dunordcraftspirits.com

Urban Forage Winery & Cider House
3016 E Lake St
651-235-2726
urbanforagewinery.com

fast food

Arby's Restaurant
3000 Snelling Ave S
722-5588

Burger King
4605 Hiawatha Ave S
729-9559

McDonald's
3110 E Lake St
729-9005

McDonald's
4121 Hiawatha Ave S
729-4417

Subway
4741 Hiawatha Ave S
721-7534

Subway
3425 E Lake St
721-3044

Wendy's
2931 26th Ave S
722-6403

ice cream

Dairy Queen
4740 Minnehaha Ave S
721-5400

Lake Street Dairy Queen
4400 E Lake St
721-2007

MINNEHAHA SCOOP
3352 Minnehaha Ave S
729-5205
bigbellicecream.com

pizza delivery

Domino's Pizza
4737 Hiawatha Ave S
729-8388
dominos.com

Domino's Pizza
2801 26th Ave S
722-8200
dominos.com

Papa Murphy's
4644 E Lake St
729-1500
papamurphys.com

Parkway Pizza
4359 Minnehaha Ave S
729-9090
Parkwaypizzamn.com

grocery stores

Aldi
2929 27th Ave S
aldi.us

Cub Foods
4601 Snelling Ave
345-7157

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(612) 724-5467

Food & Liquor

El Norteno Market & Deli
4000 E Lake St
722-6888

GANDHI MAHAL
3009 27th Ave S
729-5222
gandhimahal.com

GEEK LOVE CAFE
3032 Minnehaha Ave S
642-1267
geeklovecafe.com

Habaneros Taco Grill
3223 E Lake St
501-6929
habanerotacosgrill.com

Hi-Lo Diner
4020 E Lake St
353-6568
hilodiner.com

Himalayan Restaurant
2910 E Lake St
332-0880
himalayanmomo.com

International Cuisine
3508 E Lake St
353-6296
f: International Cuisine Bar & Grill

Katar River Restaurant & Bakery
2751 Minnehaha Ave S
245-4556
katarrestaurant.com

Longfellow Grill
2990 W River Pkwy S
721-2711
longfellowgrill.com

Mama Safia's Kitchen
2700 E Lake St #1300
367-4175

MERLINS REST PUB & RESTAURANT
3601 E Lake St
216-2419
merlinsrest.com

MESERET'S ETHIOPIAN RESTAURANT
3867 Minnehaha Ave S
354-4419
meseretrestaurant.com

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Mesob Ethiopian Restaurant
3915 Hiawatha Ave S
839-5868

Midori's Floating World Cafe
2629 E Lake St
721-3011
floatingworldcafe.com

Peppers & Fries
3900 E Lake St
353-6730
peppersandfries.com

Schooner Tavern
2901 27th Ave S
729-4365
schoonertavern.com

SEA SALT AT MINNEHAHA FALLS
4801 Minnehaha Ave S
721-8990
seasalteatery.com

Sonora Grill
3300 E Lake St
871-1900
sonora-grill.com

Taqueria Mi Guanajuato
3909 Minnehaha Ave S
952-687-1282

THE BUNGALOW CLUB
4300 E Lake St
866-3334
thebungalowclubmpls.com

The Howe
3675 Minnehaha Ave S
729-3663
howempls.com

Town Talk Diner & Gastropub
2707 E Lake St
353-5398
towntalkmpls.com

Turtle Bread
4205 E 34th St
545-5757
turtlebread.com



Franklin Store

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2601 E. Franklin Ave.

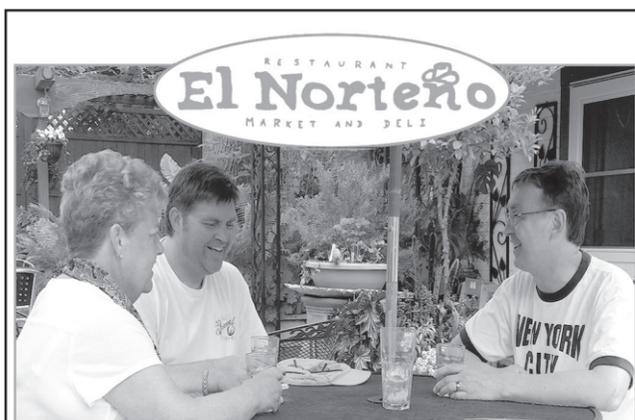
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barbers

INDUSTRIAL ARTS BARBERSHOP

2903 27th Ave S
702-6770

LV'S BARBER SHOP

3006 27th Ave S
721-6551
lvsbarbershop.com

Minnesota School of Barbering

3615 E Lake St
722-1996
theminnosotaschoolofbarbering.org

hair, skin & nails

A & D Nails
4715 Hiawatha Ave S
724-4252
nailtipsalon.com

Alamane Salon
4100 42nd Ave S
722-2656

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

Becketwood Beauty Salon
4300 W River Pkwy
721-3400

Daisy Nails
3015 E Lake St
721-9990

G-SPA
3006 36th Ave S
636-1700
g-spamassage.com

Hiawatha Hair
4200 42nd Ave S
315-3617
hiawathahair.com

K-Nails & Spa
2740 Minnehaha Ave S #140
545-5747
knailspaminneapolis.com

Ke Nails
3735 Minnehaha Ave S
729-5904

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Lige's Beauty Salon
3609 E Lake St
721-0001

Permanent Solutions Salon
3740 Minnehaha Ave S
729-7530
permanentsolutionssalon.com

RIVERSTONE SALON SPA, & WELLNESS CENTER
3764 Minnehaha Ave S
721-1518
riverstonesalonandwellness.com

Sally Beauty Supply & Equipment
2740 Minnehaha Ave S #120
722-2071

Sprout Spa
4161 Minnehaha Ave S #6
242-4280
spro-utspa.com

The Nature of Beauty
4151 Minnehaha Ave S
666-9801
natureofbeauty.com

UNIVERSAL HAIR SALON LLC
3004 36th Ave S
721-2251

tattoos

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

Leviticus Tattoo
4109 E Lake St
729-1475
leviticustattoo.com

Lowbrow Saints Tattoo Collective
3500 Minnehaha Ave S
590-7646
lowbrowsaints.com

South Side Tattoo/Tattoos by Titus
3615 E Lake St
651-402-1155
f: South Side Tattoo/Tattoos by Titus

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3408 E Lake St #120
353-4204

Dickey Chiropractic
4143 Minnehaha Ave S
824-4163

Dr. Kim Swinehart Chiropractor
3704 E 34th St
722-1070

Emanata Chiropractic Inc
3821 42nd Ave S
354-3133
emanatachiropractic.com

Minneapolis & St Paul Chiropractic
4401 E Lake St
724-4647
drnorlin.com

Radiant Life Chiropractic
3357 36th Ave S
240-7133
radiantlifemn.com

Shoff Chiropractic
2621 E Lake St
722-8554
minneapolischiropractor.biz

Universal Chiropractic Health Clinic
3463 Minnehaha Ave S
990-5314

dentists

LONGFELLOW FAMILY DENTISTRY
3624 E Lake St
729-2361
longfellowfamilydentistry.com

MINNEHAHA FALLS FAMILY DENTAL
4554 Minnehaha Ave S
721-3012
minnehahafallsfamilydental.com

People's Center Dental Center
3152 Minnehaha Ave S
332-4973

TERRY D. BONGARD DDS PA
3620 E 41st St
729-3244

THOMAS D. BRUSS DENTAL
4201 Minnehaha Ave S
721-2833
brussdental.com

WEST RIVER DENTAL CARE
4103 E Lake St
721-2424
westriverdentalcare.com

exercise/fitness

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

EAST LAKE AIKIDO
3359 36th Ave. S.
437-5536
eastlakeaikido.com

FLOURISH PILATES+YOGA+BODYWORK
3347 42nd Ave S
387-6787
flourish-pilates.com

Happy Human Fitness
In Home Personal Training
810-0373
happyhumanfitness.com

IronFlow Training
3020 East 28th Street
763-600-2040
ironflowtraining.com

Lumos 7 Pilates
4101 42nd Ave S Unit #1
601-0088
lumos7pilates.com

Planet Fitness
2852 26th Ave S
planetfitness.com

THE FIX STUDIO & CAFE
3725 Minnehaha Ave S
220-0215
thefixstudio.com

YWCA Midtown
2121 E Lake St
215-4333
ywcamps.org



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(612) 721-2424
www.westriverdentalcare.com westriverdental@yahoo.com

Thomas D. Bruss, DDS
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Minneapolis, MN 55406
Office (612) 721-2833
Home (612) 269-4993

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 - Whitening
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healing body work

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3357 36th Ave S
423-7948

Attentive Healing Arts
3224 31st Ave S
729-6154

Body Repair Shiatsu & Massage Therapy
4147 Minnehaha Ave S
722-5182
ineedbodyrepair.com

Equipose Bodywork
3700 E 34th St
equiposebodywork.com

Jymme Golden Therapeutic Massage
2945 44th Avenue S #7
272-3641
jymmegolden.amtmembers.com

Luma Massage Therapy
4161 Minnehaha Ave S #3
249-1670

Minneapolis Community Acupuncture
3706 E 42nd St
708-8917
mplsacu.com

Rebecca Smith Massage Therapy
3347 42nd Ave S
418-2411
rebe-ccasmithcmt.massagetherapy.com

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

Room 3 Massage & Bodywork
4161 Minnehaha Ave S
651-455-8840

Sally Cassellius Massage Therapy
4143 Minnehaha Ave S
296-5192
sallyshands.com

Shiatsu with Carol Atkinson
3011 36th Ave S #8
327-6057
carlshiatsu.com

Spectrum Wellness Center
3011 36th Ave S #10
lovespectrumwellness.com

Stone Pointe Shiatsu & Yoga LLC
4161 Minnehaha Ave S
207-0337
stonepointeshiatsu.com

Susie Carlson Shiatsu & Massage
3011 36th Ave S #8
940-6407
seaofqibodywork.com

The Medicine Tree Acupuncture Clinic
3708 E 34th St
207-3660
medicinetreeclinic.com

Tony Schwartz Bodywork
4161 Minnehaha Ave S
202-2531
tonyschwartzbodywork.com

Willow Haven Wellness
3011 36th Ave S #3
250-7466
willo-whavenwellness.com

health care

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

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

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Fairview Hiawatha Clinic & Pharmacy
3809 42nd Ave S
721-6261

Hennepin Healthcare /East Lake Clinic
2700 E Lake St
873-6963
hcmc.org

Natural Point Acupuncture
4143 Minnehaha Ave S
651-325-7913

South Minneapolis Walk-in Clinic
4727 Hiawatha Ave S
354-7860
mplswalkinclinic.com

The Medicine Tree Herbal Pharmacy
3708 E 34th St
751-5200
medicinetreeclinic.com

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

Universal Health Care Action Network MN
UHCAN-MN
384-0973
uhc-an-mn.org/coopcare.org

University of Minnesota Physicians
Smiley's Family Medicine Clinic
333-0770
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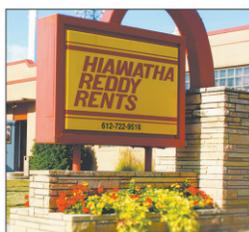
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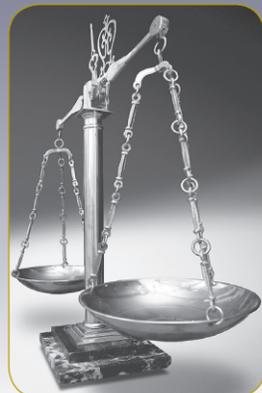


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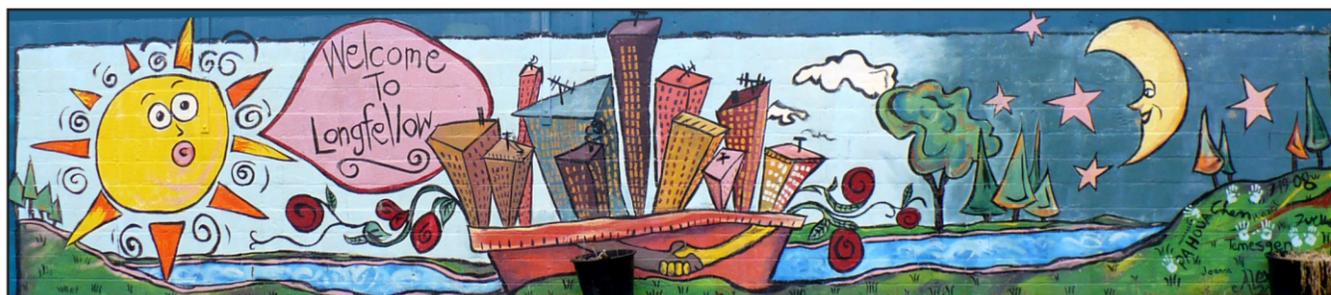
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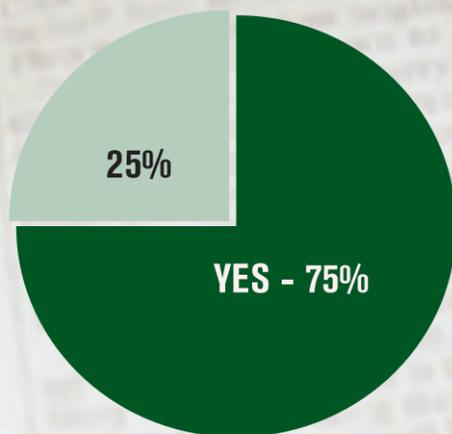
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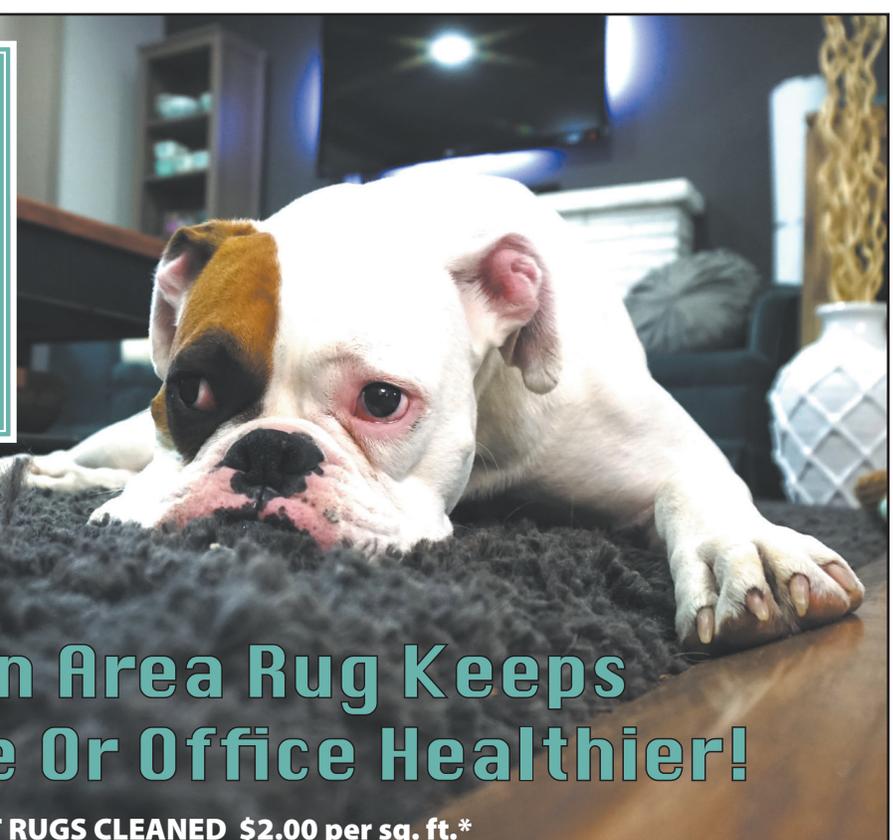
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