

EXPERIENCE

Southwest



SOUTHWEST
Connector

**BUSINESS
DIRECTORY
2024-2025**



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Experts**

**Business
Listings**

**Parks &
Schools**

**Neighborhood
Information**



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Southwest Minneapolis is the place you'll come to "expect the unexpected" when shopping, dining, or exploring the area. Here you will experience the charm, authenticity and allure of an urban lifestyle with your local "everything" just around the corner.

Home to the Chain of Lakes, 13 unique neighborhoods, miles of new bike lanes and numerous neighborhood and regional parks, area residents and visitors find a quality of life, a strong sense of community and a variety of businesses and services unique in the Twin Cities.

This Experience Southwest Directory was designed around the idea that our local small businesses provide everything you need and that there's always something new right around the corner. Try a different route to the grocery store or look out for the location of a new restaurant and see what else you might find without having to go too far. You might just discover your next favorite store, coffee shop, or wellness experience.

And this Directory can be used anywhere – at work or at home – and has been organized by category to make finding your favorite shop, restaurant, or service easier than ever. We couldn't have accomplished it without the support of our members – all of whom are small businesses located in Southwest Minneapolis. We've highlighted them in green throughout the Directory and listed them separately at the back so you can easily identify those businesses who are directly investing in building a thriving community for residents and business owners alike.

This is also true our of our association partner and your local monthly newspaper, The Southwest Connector. Through

their support, we've not only been able to produce and distribute this Directory, we've also been able to promote our members and the business community as a whole through a quarterly column, speaking engagements, and special advertising opportunities for our members.

With that in mind, we'd like to also thank all of the small businesses who advertised in this Directory. They've not only invested in the Southwest Business Association and the Southwest Connector, they've taken a chance on a new, hyper-local Business Directory designed for all of you!

We hope you enjoy it and utilize it throughout the coming year as it will also be available in PDF form on swconnector.com. To access the Southwest Business Association's digital directory including future updates on new businesses and happenings in our community, please visit ExperienceSouthwest.com.

And if you own a small business and would like to join the association to access all of our benefits, please email info@experiencesouthwest.com.



Matt Perry

President, Southwest Business Association & local small business owner



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Southwest Business Association (SWBA)

PO Box 8932, Minneapolis MN, 55408
www.experiencesouthwest.com 612-823-3472
hello@experiencesouthwest.com

Southwest Connector

5139 34th Ave S. #17097, Minneapolis, MN 55417
www.swConnector.com 612-345-9998
ads@swConnector.com, news@swConnector.com

POST OFFICES

Diamond Lake Station
5500 Nicollet Ave, 55419
800-275-8777
8:30-5:00 M-F, 9-1 Sat

Lake Street Station
110 E 31st St, 55408
800-275-8777
8:30-5:00 M-F, 9-1 Sat

LIBRARIES

Linden Hill Library
2900 W 43rd St, 55410
612-543-6825
www.hclib.org

Washburn Library
5244 Lyndale Ave. S, 55419
612-5438375
www.hclib.org

PUBLIC SAFETY

Minneapolis Fire Department -
Station #27
3209 E 38th St
612-824-4703

Minneapolis Fire Department -
Station #28
2810 W 50th St, 55410
612-922-0019

5th Precinct Police
3101 Nicollet Ave, 55408
612-673-5705

MUSEUMS

Museum of Russian Art
5500 Stevens Ave
612-821-9045, tmora.org

Minnesota Streetcar Museum
Car Barn
4291 Queen Ave. S
952-925-3545, trolleyride.org

The Bakken Museum
3537 Zenith Ave S.
612-926-3878, thebakken.org

METRO TRANSIT

www.metrotransit.org
Metro Transit Information Center
612-373-3333
Metro Mobility
651-602-1111

Bus Rapid Transit (BRT)

B line - Lake St./Marshall
E line - Hennepin & France
Orange Line - 35W

Our Community



The Heffelfinger Fountain in the Lyndale Park Rose Garden

MINNEAPOLIS PARKS AND RECREATION

www.minneapolisparcs.org, 612-230-6400

2117 West River Road, Minneapolis, MN 55411
D. 4, Elizabeth Shaffer, 612-230-6443, Ext. 4
At Large, Meg Forney, 612-230-6443, Ext. 5

Armatage Park & Recreation Center, 2500 W 57th St

Bde Maka Ska Park, 3000 Bde Maka Ska Pkwy

Bde Maka Ska 32nd Street Beach, 3200 E Bde Maka Ska Pkwy

Bde Maka Ska North Beach, 2707 Lake Street W

Bde Maka Ska Thomas Beach, 3700 Thomas Ave. S

Beard's Plaisance, 4525 Upton Ave S

Bryant Square Park & Recreation Center, 3101 Bryant Ave S

Dell Park, 4401 Thomas Ave S

Fuller Park & Recreation Center, 4802 Grand Ave S

Kenny Park & Recreation Center, 1328 W 58th St

Lake Harriet North Beach, 4180 East Lake Harriet Parkway

Lake Harriet Park, 4135 W Lake Harriet Pkwy

Lake Harriet South Beach, 4612 E Lake Harriet Pkwy

Lake Harriet Southeast Beach, 4740 Lake Harriet Pkwy E

Linden Hills Park & Recreation Center, 3100 W 43rd St

Lyndale Farmstead Off-Leash Dog Park, 3845 Dupont Ave S

Lyndale Farmstead Park & Recreation Center, 3900 Bryant Ave S

Lyndale Park Rose & Peace Gardens, 4124 Roseway Rd

Lyndale School Wading Pool, 200 34 St. W

Lynnhurst Park & Recreation Center, 1345 W Minnehaha Pkwy

Minnehaha Creek West Park, 51st Street West & W Minnehaha Pkwy

Minnehaha Parkway Regional Trail, 4620 Lake Harriet Pkwy

Painter Park & Recreation Center, 620 W 34th St

Pershing Field Park & Recreation Center, 3523 W 48th St

Rev. Dr. Martin Luther King, Jr. Park & Rec Center, 4055 Nicollet Ave

Rustic Lodge Triangle, 4830 Wentworth Ave

Theodore Wirth Home & Administration Building, 3954 Bryant Ave S

Thomas Sadler Roberts Bird Sanctuary, 4124 Roseway Rd

Washburn Tot Lot, 5825 Washburn Ave S

Washburn Water Tower, 401 Prospect Ave

Waveland Triangle, 4321 Chowen Ave S

William Berry Park, 3810 Richfield Rd

Windom South Park & Recreation Center, 5821 Wentworth Ave

PUBLIC SCHOOLS

mpls.k12.mn.us, 612-668-0000

Anthony Middle School (6-8)
5757 Irving Avenue South 55419
612-668-3240

Armatage Elementary (K-5)
2501 West 56th Street 55410
612-668-3180

Barton Community School (K-5)
4237 Colfax Ave. South 55409
612-668-3580

Burroughs Elementary (K-5)
1601 West 50th Street 55419
612-668-3280

Justice Page Middle School (6-8)
1 West 49th Street 55419
612-668-4040

Kenny Elementary School (K-5)
5720 Emerson Ave. South 55419
612-668-3340

Lake Harriet Community Lower (K-2)
4030 Chowen Ave. South 55410
612-668-3210

Lake Harriet Community Upper (3-5)
4912 Vincent Ave. South 55410
612-668-3310

Lyndale Elementary (PK-5)
312 West 34th Street 55408
612-668-4000

Southwest High (9-12)
3414 West 47th Street 55410
612-668-3030

Washburn High (9-12)
201 West 49th Street 55419
612-668-3400

Windom Elementary (K-5)
5821 Wentworth Ave. South 55419
612-668-3370

School Board:
D. 6, Ira Jourdain (to 01/25)
612-757-6469

OTHER SCHOOLS

Annunciation Catholic (Pre-8)
525 W 54th St.
612-823-4394

Carondelet Catholic School
2900 W 44th St, 3210 W 51st St
612-927-8673

Girasol Montessori School
4800 Ewing Ave S
952-222-7605

Lake Country School
3755 Pleasant Ave
612-827-3707

Venture Academy
3800 Pleasant Ave
612-345-9040

Stonebridge World School
4530 Lyndale Ave. S
612-877-7400

CITY/COUNTY

Minneapolis:
www.minneapolismn.gov
311 Minneapolis311@minneapolismn.gov

Mayor, 612-673-2100
Ward 7, Katie Cashman
612-673-2207
Ward 8, Andrea Jenkins
612-673-2208
Ward 10, Aisha Chughtai
612-673-2210
Ward 11, Emily Koski
612-673-2211
Ward 13, Linea Palmisano
612-673-2213

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 Commissioner
D. 3, Marion Green
612-348-7883
D. 5, Debbie Goettel
612-348-7885

STATE OFFICIALS

Governor, 651-201-3400
Lt Governor, 651-201-3400
mn.gov/governor

State Senators, www.senate.mn
D. 61, Scott Dibble
651-296-4191

State Representatives -
www.house.leg.state.mn.us/
61A, Frank Hornstein (to 01/25)
651-297-5003

NEIGHBORHOOD ASSOCIATIONS

Armatage Neighborhood Association

612-466-0296, armatage.org

East Harriet Neighborhood Association (EHNA)

612-430-9161, eastharriet.org

East Bde Maka Ska Neighborhood Association

612-584-9260, eastbdemakaska.org

Fulton Neighborhood Association (FNA)

612-922-3106, fultonneighborhood.org

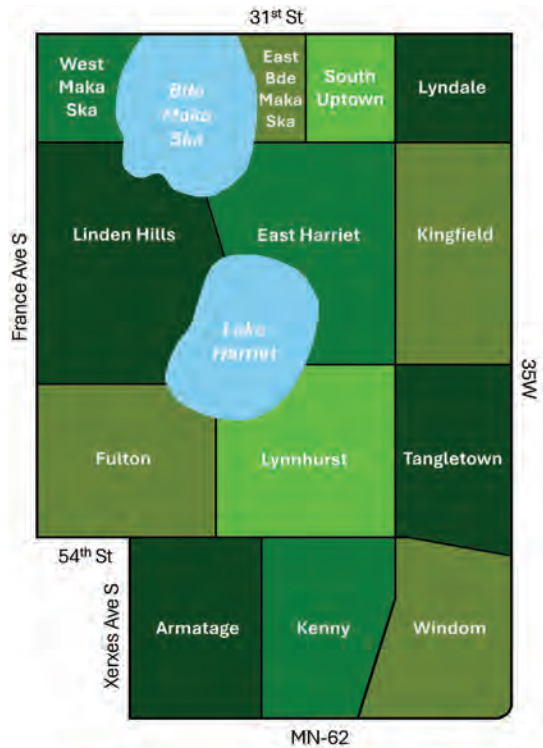
Kenny Neighborhood Association (KNA)

612-392-4477, kennyneighborhood.org

Kingfield Neighborhood Association (KGNA)

612-823-5980, kingfield.org

Our Community



BUSINESS ASSOCIATION

The Southwest Business Association (SWBA) has a long history of serving the small business community and the community at large. They started with two neighborhoods in 2006 and now represent businesses in all 13 neighborhoods from 31st St to Hwy 62 and France Ave S until 54th St to 35W, then Xerxes Ave S to 35W (see map above).



So, what is the SWBA?

It's a non-profit working to support small businesses and advocate for their needs.



They cover operating costs through member dues and are governed by a volunteer Board of Directors, who are also members. Their work is carried out by a part-time Manager of Business Development & Marketing, Karen Binkowski, as well as volunteers from the board and committees.

This work includes:

- Building relationships with city officials, neighborhood associations, local publications, and other partners with an interest or influence in decision-making for small businesses
- Taking an active role in proposing changes to regulations, licensing, zoning, and other issues that are outdated or pose unnecessarily high fees for conducting business
- Cultivating more than a decade's worth of experience facilitating access to city of Minneapolis and Hennepin County funding opportunities such as business assistance, area marketing and façade grants, low-interest loans, and no-cost business-centric education opportunities

"There is so much more we're working on to support our small business community and membership matters," said Binkowski. "Stay up-to-date by subscribing to our monthly e-newsletter." Email info@experiencesouthwest.com to be added to the list.

Linden Hills Neighborhood Council (LHINC)

612-926-2906, lindenhills.org

Lyndale Neighborhood Association

612-824-9402, lyndale.org

Lynnhurst Neighborhood Association (LYNAS)

lynnhurst.org

South Uptown Neighborhood Association

612-823-2520, southuptown.org

Tangletown Neighborhood Association

612-564-3445, tangletown.org

West Maka Ska Neighborhood Council

612-584-9166, westmakaska.org

Windom Community Council (WCC)

856-494-6366, windommpls.org

SOUTHWEST Connector

The Southwest Business Association Directory is an annual publication printed and distributed by TMC Publications CO in partnership with the Southwest Business Association.

Owner & Publisher:

Tesha M. Christensen, 612-345-9998,
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Circulation:
25,000

Printing: Forum Communications

Delivery: 612-235-7197, Delivery@TMCpub.com

Advertising & Marketing:

Suzie Marty, 612-255-1180,
ads@swconnector.com

Denis Woulfe, 651-917-4183,

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Design & Layout: Tesha M. Christensen

Billing: billing@swconnector.com

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SWconnector.com

www.facebook.com/swconnector/
Instagram: southwest_connector





Jenn Bellefleur

NEW GILD JEWELERS

Before buying a diamond, what do I need to know?

We're glad you asked! Let's tackle color first. "White" diamonds are graded for color upside down! They range from colorless to showing significant body color, on a letter scale beginning with D and ranging all the way to Z. DEF at the top is the designation for "colorless," with GHIJ being "near colorless." Most lovely engagement ring choices fall into near colorless, with G and H being beautiful and popular.

Clarity is an evaluation of the diamond's inclusions and surface blemishes. Graders make clarity calls at 10x magnification, using "loupes" that allow them to see the diamond more closely. Clarity is a complex subject, but can be reduced down to basics. At the highest end of clarity, we have flawless. At the other end of the spectrum, we have "I3," the "I" standing for "included," and the "3" indicating that the inclusions are pronounced and interfere significantly with the movement of light throughout the stone as well as its durability. For our purposes, we will avoid these two extremes.

In between, we have VVS (very, very slightly included), VS (very slightly included), SI (slightly included), and I (included). "Shorthand" for the inclusions visible at 10X within these grades would be these: VVS: "Minute;" VS: "Minor;" SI: "Noticeable;" and I: "Obvious."

You don't need to learn to identify these grades and all their nuances, only to understand that they exist, and to know where you want to be. Our personal sweet spot is an SI1 diamond, meaning one with inclusions that can be seen with the loupe, but not with the naked eye, and not interfering with the diamond's brilliance. Rules were made to be broken and we've fallen in love with other stones, but SI is a good place to be.

What about cut? Cut is about so much more than shape! The word, "cut" can be used loosely to refer to the diamond's shape, meaning round or oval, etc. But when it comes to diamond BEAUTY, we're talking about cut from a mathematical perspective.

This is a good time to mention something called REFRACTIVE INDEX, which is a way to measure how light moves through a substance. Diamonds have a very high refractive index relative to other materials, which is what



makes them so darn sparkly. The refractive index of diamonds is higher than that of white sapphire or glass, which is why a little piece of diamond cut well can make us so happy.

So what do cut and refractive index mean to you, the shopper? In order to maximize the "sparkle potential" of a diamond's high refractive index, it needs to be cut according to some good math. Little details like the percentage of the total diameter of the diamond made up by the table (the table is that flat area on the stone's top surface), or the depth of the pavillion relative to the total depth of the stone make a huge difference in sparkle. If you have no idea what I'm talking about, that's okay. Cut is complicated.

What you should know is this: overall cut is graded from "poor," all the way up to "ideal." We avoid poor or fair cuts, and try to remain at "very good" or better, because we know that CUT is going to be a diamond's make-or-break beauty secret. You want brilliance and fire, and cut is essential to that goal.

What is orthodontic treatment?

Orthodontic treatment gently aligns teeth and jaws using braces, aligners, and specialized dental appliances, enhancing your smile and improving dental function, oral hygiene, and even joint pain!



Dr. Geoff Sudit

**MINT
ORTHODONTICS**

What age should my child see an orthodontist?

Age 7 is the perfect time for a free early assessment to evaluate your child's future orthodontic needs. Early intervention can save money, prevent tooth extractions, correct asymmetric growth, or even avoid future treatment altogether.

How long does orthodontic treatment take? The length of your treatment is tailored to your unique needs and typically lasts between 10 and 24 months. The exact timeline depends on the complexity of your case and the type of treatment selected.

What type of braces is best? I prefer LightForce braces. These clear, 3D-printed brackets are custom-made for each tooth, offering enhanced comfort, shorter treatment times, and fewer in-office visits compared to traditional metal braces.

Aligners are another great option for those looking for something more discrete and comfortable with even fewer office visits.

How much does treatment cost?

The cost of orthodontic treatment varies based on the complexity and type of treatment. Typical fees can range from \$2,500-\$8,500+. Flexible payment plans, insurance, and FSA all help to minimize out-of-pocket expenses. Schedule a free in-office or virtual consultation to explore options!

Can I use online aligner services like Smile Direct Club? If you are considering an online clear aligner service, please consult an orthodontist (even if it's not me!) before proceeding with treatment. Orthodontists are seeing more patients who have tried do-it-yourself aligners and had damaging results. It's better to be safe than sorry with your teeth and bite!

Will orthodontic treatment hurt? You might experience mild discomfort after adjustments or starting with a new aligner, but it's generally temporary. Over-the-counter pain relievers can help manage any discomfort. There are no shots, needles, or acute pain involved!

How often will I need to visit the orthodontist?

Traditionally, patients in metal braces have appointments every 4-6 weeks. However, our technology and virtual appointments allow me to track my patient's progress and schedule their appointments closer to every 14-16 weeks or longer!

Can adults get braces? Absolutely! In fact, I just

opened my new adult wing which offers a more upscale environment away from the younger patients. Whether you're considering a minor adjustment or a full smile makeover, I'll help you choose the best treatment option.

Will I have to wear a retainer? Wearing a retainer is crucial. Even after orthodontic treatment, teeth can shift over time. My patients love using RETAIN, a convenient subscription service that delivers your retainer wherever and whenever you need it, ensuring your smile stays perfectly aligned forever.

What foods should I avoid during orthodontic treatment?

Braces: It's important to avoid sticky, hard, or chewy foods that could damage the brackets or wires. Foods to stay away from include nuts, hard candy, and chewy treats like caramels.

Aligners: You can enjoy all your favorite foods since you remove them before eating. While wearing your aligners, stick to clear, non-sugary liquids to keep them clean and protect your smile.

Can I still play sports or musical instruments with braces? Absolutely! To protect your teeth and braces during sports, wear a mouthguard. As for musical instruments, there might be a short adjustment period, but you'll be back to playing your favorite tunes in no time.





Brian Pate

KLIERS NURSERY & MAGNUSON SOD

What are your secrets for laying healthy, vibrant sod?

Before selecting your sod, you should test your soil to determine if it's loam or clay. The easiest way to do this is to grab a handful of soil, add a little water to it while it's in your hand, and squeeze. If the soil breaks up, then it's loam and you're good to go. If it runs out of your fingers in ribbons, it needs to be amended. You can do this by adding sand and compost, which you can buy at Magnuson Sod.

Once you've laid your sod, the watering begins. I always suggest just 1 inch of water a day which you can measure with soup cans. Take a couple empty soup cans, mark an inch from the bottom, and place them across the area you're watering. Once the cans fill to 1 inch, it's time to move your sprinkler.

A common misconception about watering your sod is to do it at night or 2 to 3 times per day. But this can cause the grass to become too wet, which can lead to diseases like rot and rust. The best time to water your sod is once a day in the early morning – if it's particularly hot, you can do it once more in the afternoon.

If you mow your sod it needs to be dry, so the best time is late afternoon. Mow it high and bag the clippings as these can also cause rot if they're left on your lawn during the daily waterings. How often you mow is up to you, but if the grass gets too long while it's taking root, it can turn yellow.

After 30 years managing Klier's Nursery and Magnuson sod, I've learned a lot of tips and tricks for laying sod. Firstly scrape off any existing grass and rake up the top 2 to 3 inches of soil. Many people go as deep as 6 to 8 inches but save yourself the work as the roots only need 2 to 3 inches.



After 2 weeks, give it a gentle tug. If it doesn't lift up, your sod has taken root. If it does, you may need to go a bit longer with the watering. However, you can always pop back in the store for advice.

To maintain your new grass, you need to fertilize it as the daily watering leeches the nutrients. If you lay your sod in the fall, fertilize it the following spring. If you lay it in spring, fertilize it in summer and fall. We also sell the fertilizer so you can get everything you need at one local stop, Magnuson Sod.

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STEVEN MOSBORG has been observing and photographing the natural world via his global travels and adventures for over fifty years. His avid hobby has evolved into a passionate and growing business, Mosborg Exposures LLC, that now includes guided tours, exhibits, seminars, architectural and design photo-shoots, and an expanding line of framed and matted prints, calendars, cards and puzzles. www.mosborgexposures.com



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

Thanks

BUY LOCAL!

Comma, a bookshop.....	22	Keljik's Oriental Rug Cleaning.....	18	Owl Optical.....	22
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Daycares & Preschools

Casa de Corazón

3928 Nicollet Ave
612-824-7831
casaearlylearning.com

Creative Early Learning Center

8 W 60th St
612-861-4303
celcmn.org

Grace Neighborhood Nursery School

3400 Dupont Ave S
612-872-8131
gracenns.com

Grandma's House Childcare Center

625 W 31st St
612-455-4113
redeemerhealthcarecenter.org/childrens-day-care

Hooyo Childcare Center

3600 Nicollet Ave
612-545-5779
hooyochildcare.com

Jardin Spanish Immersion Academy

4632 Nicollet Ave
952-999-7053
jardinmn.com

Kinderstube

106 E Diamond Lake Rd
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gaimn.org/kinderstube

Linden Hills Child Care Center

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lindenhillsschildcare.com

Mount Olivet Nursery School

5025 Knox Ave S
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mtolivet.org/preschool

Southwest KinderCare

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kindercare.com

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Sunrise Child Center

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forestschoolmn.org

Tierra Encantada - Windom

5750 Pillsbury Ave
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612-353-6552
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Bogart's Doughnut Co.

904 W 36th St
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Butter Bakery Café

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woodenshipbrewing.com

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



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W

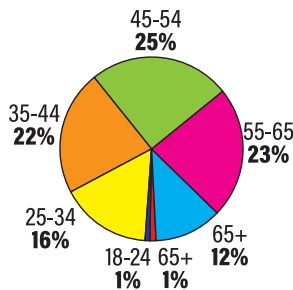
Watercourse Counseling Center
Ashley Trepp
Weinstein Hammons Gallery
Martin Weinstein
Woody's Pet Food Deli
Enrique Palma

* Thank you to our Community Sponsor and Community Partner level members, noted in green. Your additional financial support greatly helps the association continue our work.

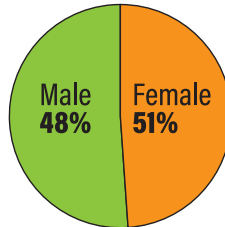
Your customers are looking here, too. Get results.

6 IN 10
frequently purchase items and services they see in the Connector

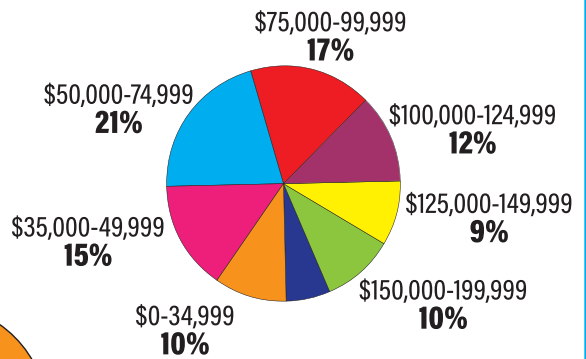
Age Range



Gender



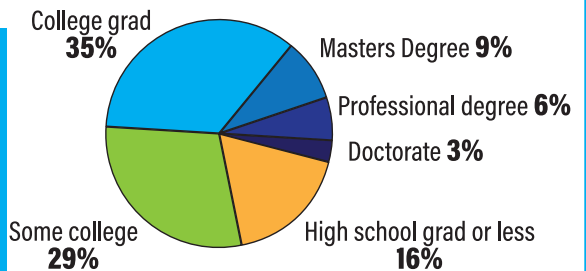
Household Income



MEET OUR READERS



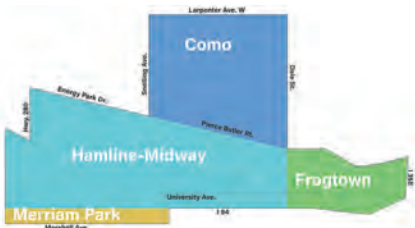
Education



“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

Midway • Como • Frogtown



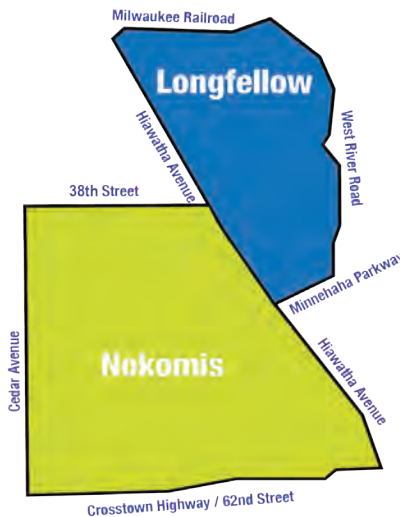
- 49-year-old monthly neighborhood newspaper
- Reach of over 50,000 residents in St. Paul's Midway, Como, Merriam Park, Frogtown and Rondo neighborhoods
- Circulation of 23,500
- Delivered to 21,000 homes and businesses PLUS 1,500 high-traffic drop-off points

CONTACT US TODAY!

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Tasha@SWConnector.com | 612-345-9998
Ads@SWConnector.com | 612-255-1180

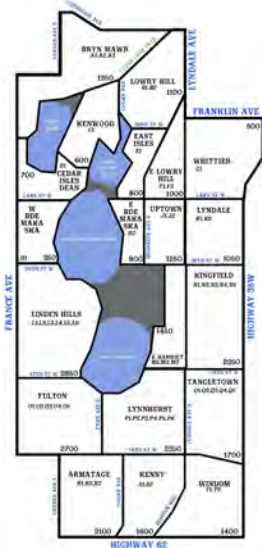
Messenger

Longfellow • Nokomis



- 41-year-old monthly newspaper
- Reach of over 42,000 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

SOUTHWEST Connector

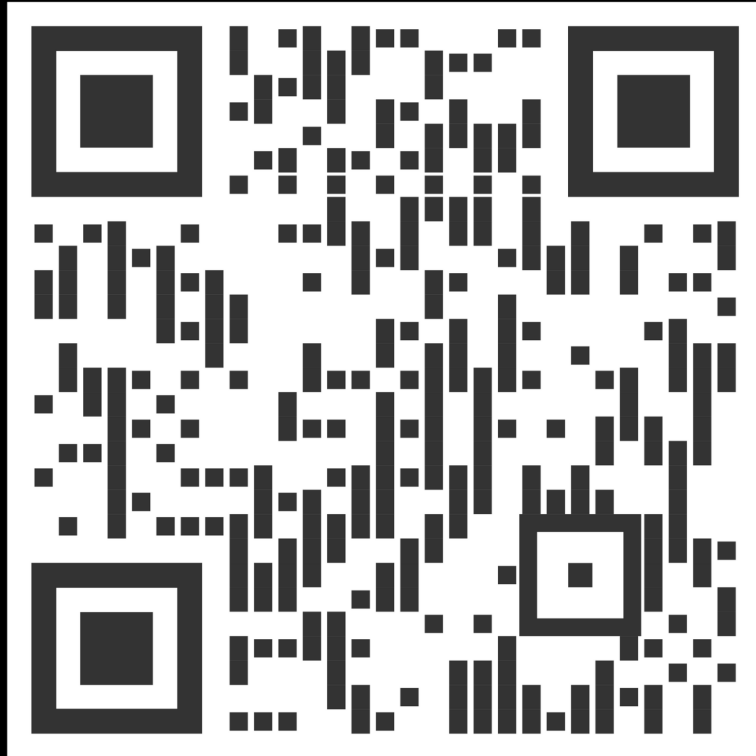


- 3-year-old monthly newspaper
- Reach of over 50,000 residents in 20 Southwest Minneapolis neighborhoods
- Circulation of 25,500 - and growing
- Delivered to 23,500 homes PLUS 1,500 high-traffic drop-off points

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

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