



Your neighborhood for a lifetime.

# MUSINGS

October 5, 2010

[WWW.MILLCITYCOMMONS.ORG](http://WWW.MILLCITYCOMMONS.ORG)

## The Story of St. John's Bible - TOMORROW!

**October 6, 7:00 – 9:00 pm. 700 South 2nd St #61.**

Don't miss this special presentation and viewing of a copy of the *St. John's Bible*, one of the first completely hand-written and illuminated Bibles to have been commissioned since the invention of the printing press. A presenter from the St. John's Bible project will discuss the history and collaborative process that brought it to fruition. Then you will have the opportunity to view and touch a copy. Enjoy this beautiful work of art and refreshments, hosted by Mary and Keith Bednarowski.

Space is limited so RSVP **today!** **MCC members only.**

**Log in to the members-only website to view the calendar event links listed!**

### Just around the corner at MCC...

**You Are What You Eat: Brain Foods.**  
**October 10, 4:00 – 5:30 pm.**  
**Mill City Clinic, 901 S 2nd St.**

In a special collaboration with the Alzheimer's Association, MCC presents this three-part series discussing the effects of nutrition, exercise, and creativity on brain health, memory, and cognition. The first session will discuss brain foods. It will feature cooking tips, demonstration, and food samples by Spoonriver chef Heather Hartman. A portion of the food has been donated by Whole Foods, with a small admission fee to help defray remaining food costs. It promises to be an educational, fun, and tasty experience!

Space is limited, so please sign up [here](#) by **Friday, October 8!** Cost: \$5. **MCC members only.**



#### Menu

Potato-Kale Soup with Tamarind Pumpkin Seeds

Poached Wild Salmon in a Lemon-Herb Broth with a Walnut-Arugula Pesto

Spiced Hot Cocoa with Espresso

**Compleat Scholar: Frank Lloyd Wright and the Prairie School.** **October 12, 6:00 – 8:00 pm.** **Guthrie Theater Livingston Conference Room, 818 S 2nd St.**



MCC's partnership with *Compleat Scholar* brings University of Minnesota experts to our neighborhood to discuss topics based on MCC members' learning interests. Your membership makes this exciting series possible!

Join freelance writer and architectural historian **Richard Kronick** on a journey through the work of Frank Lloyd Wright and his Prairie School contemporaries, including William Gray Purcell and George Grant Elmslie, whose work is scattered throughout Minneapolis. Learn about the guiding principles of Prairie School architecture, key figures in the movement, and how the ideals of the movement were applied to commercial buildings and private residences. You may be surprised by the Arts and Crafts gems right here in our midst!

Register [here!](#) **Cost:** \$20 for members, \$30 for guests. **MCC members and guests.** Guests, [email](#) us to learn more.

### But wait, there's more!

*Mark your calendar for these exciting upcoming events:*

- October 14** Men's Coffee and Conversation - [click here](#) to sign up.
- October 19** Guthrie Play Reading: *The 39 Steps* - this month's membership marketing event! - [click here](#) for more info.
- October 20** Social Bridge - [click here](#) to learn more.
- October 21** Witness to History Forum - [click here](#) to discuss carpoos.

*And check out these great ongoing opportunities:*

- October 7, 14, 21, 28** OLLI Class: Exploring the "Me" in Memoir - [click here.](#)
- October 11, 18, 25** SBS (Strength, Balance, Stretch) Class at 501F1T - [click here.](#)
- October 6, 8, 13, 15, 20, 22, 27, 29** Hatha Yoga at Yoga Center of Minneapolis - [click here.](#)

Please [click here](#) to unsubscribe from Mill City Musings.



### Mill City Marketplace Vendor Spotlight

Mill City Commons' favorite tech guru Andy Trawick runs our monthly complimentary help desk! He can answer all those nagging technology questions and help you make the most of your technology. Andy has 30 years of experience with computers and computer users and has worked for a variety of companies doing software development and helping with customer support. Andy knows MAC, Windows, and Linux and can deal with whatever issues you may have in your digital life whether they be a computer, phone, camera, or other digital device. For more information on MCC vendors and discounts, please log in to your account at [mill-citycommons.org](http://mill-citycommons.org).

### MCC ongoing events keep going and going...

**OLLI Literature Class: Exploring the "Me" in Memoir. October 7, 6:00-7:30 pm. Guthrie Theater Livingston Conference Room, 818 S 2nd St.**

Everyone has a story to tell... or two, or three! In this fourth class of the series, participants read and discuss examples of published memoir together in class, then put these lessons into practice in short writing exercises. The class covers a different aspect of memoir each session, so students are welcome to attend as their schedules permit. The class is led by Heather McPherson, who has worked for a variety of national and regional magazines. Please join us! Cost is \$5 per class or \$20 for the entire eight-week course (cash or check payable to Mill City Commons). **Members and guests.** Members, sign up [here](#). Guests, [email](#) us.

**Strength, Balance, Stretch Class at 501F1T**, 501 Washington Ave, meets Mondays, 7:30-8:40 am, through mid December, with future scheduling to be discussed at that time. This **MCC members only** class requires four people registered by the Friday prior to each class. Learn more and sign up [here](#)!

**Hatha Yoga at Yoga Center of Minneapolis**, 212 3rd Ave N, Suite 205, is an ongoing class **open to guests**. Purchase a 12-class pass for \$132 directly from YCM to use as your schedule allows, or drop in on a class for \$12.50. Classes are Wednesdays and Fridays, 8:00-9:15 am. Contact [Dena](#) at 612.436.4700 for details.

### Additional Neighborhood Happenings

*Library Foundation of Hennepin County Pen Pals Series: Lorna Landvik. Thursday, October 7, 7:30 pm, and Friday, October 8, 11 am. Hopkins Center for the Arts, 1111 Mainstreet, Hopkins, MN 55343.* Writing and theater were Lorna Landvik's twin passions when she was growing up in Minneapolis. She made her debut as a novelist in 1996 with the critically acclaimed *Patty Jane's House of Curl*. She is also the author of *Your Oasis on Flame Lake*, *The Tall Pine Polka*, *Welcome to the Great Mysterious*, *Angry Housewives Eating Bon Bons*, *Oh My Stars*, and her newest novel, *The View From Mount Joy*. Lorna Landvik has continued to nurture her interest in theater, appearing with the nationally-acclaimed improvisational group Dudley Riggs and acting in numerous plays including *Lunatic Cellmates* and *Valley of the Dolls*. To learn more, [click here](#).

*Afghanistan: The Challenge of Human Rights. October 11, 7:30 pm. Guthrie Theater, 818 S 2nd St.* The Minnesota International Center, The Advocates for Human Rights, Americans for UNFPA, and the Human Rights Program at the University of Minnesota cosponsor this event presented by the Guthrie Theater. Guthrie Director Joe Dowling will moderate a panel including Robin Phillips, Dr. Lisa Schirch, Dr. Henia Dakkak, and Dr. Ghafar Lakanwal in a discussion on Afghanistan related to Part 3 of [The Great Game: Afghanistan](#), onstage now at the Guthrie. A question and answer session will follow. Each part of the *Great Game* trilogy is made up of four one-act plays, all by different playwrights, exploring critical periods of modern Afghan history. Cost is \$10, or FREE for ticket holders of any play of the trilogy. Tickets available [here](#).

*VAN Forum: Understanding End of Life Options: Getting to the Heart of the Matter. October 12, 10:30 am - 12:30 pm. Lenox Community Center, 6715 Minnetonka Blvd, St. Louis Park, MN 55426.* The words "end of life" stir a wide variety of thoughts and images. This forum will examine both the medical considerations and the relationship side of end-of-life decisions. Presenters Michele Federly and Barry Baines, MD, will discuss POLST (Physicians Order for Life Sustaining Treatment) and ethical wills, respectively. [Click here](#) to register and read more.