



## MILL CITY MUSINGS

### Songs and a Summer Sunset

**Rooftop Concert featuring Nichola Miller. September 9, 7:00-9:00 pm. Stone Arch Lofts Rooftop, 600 South 2nd St.**

Cynthia Froid Group, a Mill City Marketplace vendor, hosts this special concert for MCC. Enjoy the jazz stylings of Nichola Miller as the sun sets on the city! MCC will provide wine and beer. Bring a blanket or chair and an hors d'oeuvre to share. The concert is the September membership marketing event, so bring a friend! [Click here](#) for more information and to RSVP.

### PC problems?

**Sign up for a one-to-one meeting with tech guru Andy Trawick at the technology helpdesk TONIGHT, September 7, from 7:00-9:00! Call the office at 612-455-3329 and we will assign you a time!**

### All MCC all the time!

**Social Bridge. September 15, 3:00-5:30 pm. Stone Arch Lofts Community Room, 600 South 2nd St.**

An accredited American Contract Bridge teacher will begin the evening with a 10-15 minute lesson and discussion on a particular aspect of the game. When formal play begins she will give instructions and be available to answer questions throughout the evening. Even if you have played social bridge before, you are sure to learn something new. You are expected to come with a partner. If you need help finding one, contact [Leah](#) for assistance. Plan to arrive early as play will begin promptly at 3:00 pm. Cost is \$6.00/ person.

### Stay Fit This Fall!

**Have you signed up yet? We want to know you're coming! [Sign up with us](#)**, then pay our fitness partners directly. Call the MCC office at 612.455.3329 with questions.



**SBS (Strength, Balance, Stretch) Class at 501 Fit**, 501 Washington Ave. This class will meet on Mondays, 7:30-8:40 am, starting September 13. Purchase four classes for \$80 or pay \$25 for a single class. The class will focus on keeping your muscles and body strong and is exclusively for MCC members. The class has a regular minimum of four people, who must sign up by the Friday prior to each class.

**Hatha Yoga.** We continue our partnership with Yoga Center of Minneapolis in an ongoing hatha yoga class. You can purchase a 12-class pass for \$132 directly from YCM to use as your schedule allows. Classes are Wednesdays and Fridays, 8:00-9:15 am, beginning September 8.

### Attention, Marketplace Vendors!

#### Do you want your name in lights?

Our Vendor Spotlight highlights the vendor partners who have sent us their brief business descriptions. Send yours to [Leah](#), and we will feature you!

### Take a look and share your books!

September is International Literacy Month. Help us celebrate by donating your books and magazines to People Serving People. Drop them off at the MCC office or North Star Lofts, through September 30.



**Congratulations to MCC member Mariann Montagne, who won the blue ribbon at the Minnesota State Fair for her mother's sweet pickles!**



### Mill City Marketplace Vendor Spotlight

Dr. Chris Bierbrauer graduated Magna Cum Laude from Palmer College of Chiropractic in 1995. He recently moved to Minneapolis in 2007 after ten years at a successful Chiropractic practice in southwestern Wisconsin. He opened Bierbrauer Chiropractic in the Mill City District of downtown Minneapolis in 2008. Along with traditional chiropractic care he specializes in the treatment, management and prevention of soft tissue injuries. The majority of musculoskeletal conditions have a soft tissue component, however most chiropractors focus only on the joint dysfunction. By addressing both the joint and the soft tissue component, patients respond more quickly and the results are more lasting. For more information on MCC vendors and discounts, please log in to your account at [millcitycommons.org](http://millcitycommons.org).

### Neighborhood Happenings

*Meet the Farmer Dinner - Peterson Limousin Farms. September 9, 7:00pm. Red Stag Supper Club, 509 1st Ave NE.*

In the last of the summer's Meet the Farmer Dinners, Red Stag Supper Club features Peterson Limousin Farms, a family operation specializing in producing premium-quality beef with naturally superior Limousin cattle. Red Stag will feature a special menu that evening; cost is \$38/person. Call 612.767.7766 for reservations.

*Talk of the Stacks: Heather McElhatton. September 9, 7:00pm. Minneapolis Central Library, 300 Nicollet Mall, Pohlad Hall.*

Heather McElhatton's wildly successful do-over novel, *Pretty Little Mistakes*, has been translated into multiple languages and optioned by NBC to be made into a television series. Now back with another "Choose Your Own Adventure" book, *Million Little Mistakes*, McElhatton asks the question: If you won \$22 million in the lottery, what would you do with the money? McElhatton is a writer and independent producer for Public Radio International. Her commentaries and stories have been heard nationally on *This American Life*, *Marketplace*, *Weekend America*, *Sound Money*, and *The Savvy Traveler*. She has also appeared on Ira Glass's very first episode of the television version of *This American Life*. In celebration of the launch of this highly-anticipated sequel, famed humorist and storyteller Kevin Kling will introduce the program and music will accompany the reading. The event is free. Call 952.847.8107 to learn more.

*MacPhail Free Family Music Event. September 11, 11:00am-12:00pm. MacPhail Center for Music, 501 south Second St.*

MacPhail Center for Music is introducing a new family event series for music-loving families – as well for those who might want to explore music for the first time! The centerpiece of this series is a live concert. Before and after each concert, the musicians will give free sample lessons to kids and adults on the instruments featured in the concert. MacPhail Early Childhood Music staff will also be on site to engage families in a music-themed art project. Light refreshments will follow the concert. For more information call: 612.321.0100.

*Evening with Per Petterson. September 20, 7:30 pm. Guthrie Theater, 818 2nd Ave S.* Graywolf Press and the Private Client Reserve at U.S. Bank are thrilled to present Per Petterson, author of the international bestseller *Out Stealing Horses*. Petterson will discuss his new novel, *I Curse the River of Time*, with Graywolf publisher Fiona McCrae, and featured passages will be read by Petterson and actor Terry Hempleman. A book signing will follow the event. **Ticket information for the reading is available [here](#).** Graywolf Press has offered MCC [six free slots for the VIP reception](#) following the reading. **RSVP to [Leah](#) for the reception.**