



# NOVEMBER 2011 MONTH AT A GLANCE

birthstone : Topaz

zodiac : Scorpio (10/23-11/22)

Sagittarius (11/23-12/22)

Lung Cancer Awareness  
Alzheimer's Awareness  
Adoption Awareness



[www.laurelvillage.com](http://www.laurelvillage.com)

## IMPORTANT DATES + Celebrations

11/6 Daylight Savings  
11/11 Veterans Day  
11/24 Thanksgiving  
Laurel Village Offices CLOSED

### village happenings

#### 03 GET FIT | Yoga

7pm | Event Center Wilson Park Tower

#### 15 FILM | "Green Lantern"

7pm | Theater Room Wilson Park Tower

#### 22 GET FIT | Personal Training

7pm | Fitness Studio Hennepin Crossing

#### 29 FILM | "Water for Elephants"

7 pm | Theater Room Wilson Park Tower

*NOTE: Event Center or Fitness Studio will be closed during any event held in that room.*



### Annual Holiday Party

... A HOLIDAY MEAL  
WITH COOL YULE TUNES & PRIZES  
TO GET YOU IN THE SPIRIT

WEDNESDAY, DECEMBER 7<sup>TH</sup>  
5:30PM TO 8:30PM

WILSON PARK TOWER EVENT CENTER  
LAUREL VILLAGE



## minimizing holiday stress

The great thing about holiday stress is that it's predictable. Here are some tips you can try to help reduce holiday stress before it begins so that it remains at a positive level, rather than an overwhelming one:

#### Set Your Priorities

Before you get overwhelmed by too many activities, it's important to decide what traditions offer the most positive impact and eliminate superfluous activities.

#### Cut Corners

If you can't fathom the idea of skipping out on sending cards, baking, seeing people, and doing *all* of the stuff that usually runs you ragged, you may do better including all of these activities in your schedule, but on a smaller scale.

#### Change Your Expectations For Togetherness

With family and friends, it's important to be aware of your limitations. Think back to previous years and try to pinpoint how much togetherness you and your family can take before feeling negative stress. Can you limit the number of parties you attend or throw, or the time you spend at each? Also, when dealing with difficult relatives, it's okay to set limits on what you are and are not willing to do, including forgoing your visits or limiting them to every other year. For those who experience loneliness during the holidays, consider inviting a group of friends to your home. If virtually everyone you know is with family during the holidays, you might consider volunteering to help those less fortunate than you.

#### Breathe!

This sounds like a no-brainer, but sometimes we forget to take deep breaths and really give our bodies the oxygen we need. It's great if you can take ten minutes by yourself to do a breathing meditation, but merely stopping to take a few deep, cleansing breaths can reduce your level of negative stress in a matter of minutes, too. If you visualize that you are breathing in serenity and breathing out stress, you will find the positive effects of this exercise to be even more pronounced.

*With a little planning and a few minor but significant changes, this holiday season can bring the love and joy it was meant to bring, and leave you feeling fulfilled rather than drained.*

## building + management + maintenance

#### SNOW EMERGENCY INFORMATION

Anytime snowfall is in the forecast, and especially when it starts to snow, there are a number of ways to find out if snow-related parking rules are in effect.

ON THE WEB | <http://www.ci.minneapolis.mn.us/snow>  
SNOW EMERGENCY HOTLINE | 612.348.SNOW

#### PARKING STICKERS

Are you changing cars or moving out? Please return your parking sticker to the Management Office. There is a \$100.00 fee for non-returned parking stickers.

#### PACKAGE DELIVERY

Don't forget packages can be delivered to your apartment while you are away via our package delivery system, which is a free of charge service provided by the Resident Services Office. Our staff will deliver packages throughout the day, but you are always free to pick your packages up before they have been delivered if you choose. Please contact the Management Office to be included in package delivery.

#### SIGN UP FOR eVILLAGE

Haven't gone paperless? Do it today. Email your name, building name, apartment number, and best email address to [evillage@laurelvillage.com](mailto:evillage@laurelvillage.com) to receive your memos in your inbox.

eVillage is your online destination for all things Laurel Village. Here you can post an ad in the online marketplace, our version of Craig's List, or simply read through the latest memos and upcoming events. eVillage also archives all property memos and newsletters. And don't forget, you can visit [laurelvillage.com](http://laurelvillage.com) to enter work orders or access PayLease, your link to pay your rent online.

# the **HOT** list

things to do this month

# NEWS+ HAPPENINGS



TARGET CENTER



### Guthrie Theater

Much Ado About Nothing  
Now-November 5  
The Edge of our Bodies  
Now-November 20  
A Christmas Carol  
November 19-December 30  
The Burial at Thebes  
Now-November 6

### Orpheum Theatre

Tyler Perry's "The Haves & Have Nots" | November 8-9  
Northrup Dance: Canada's Royal Winnipeg Ballet | November 12-13  
Cake Boss | November 15  
Jerry Seinfeld | November 18-19

### Pantages Theater

The Priests | November 13  
Al Jarreau | November 16  
The Charlie Awards | November 20

### State Theatre

Original 7ven | November 5  
The Civil Wars | November 9  
David Sedaris | November 13  
Puscifer with Carina Round  
November 14  
All Star Comedy Jam | November 19

### Target Center

Guns 'n Roses | November 13  
Lingerie Football | November 19  
Zac Brown | November 20

### Xcel Energy Center

Blue Collar Comedy | November 18

### Shout House

Dueling Pianos  
www.theshouthouse.com

### Wild

Vancouver | November 3  
St. Louis | November 5  
Colorado | November 17  
St. Louis | November 19  
Nashville | November 23  
Edmonton | November 25  
Calgary | November 27  
Tampa Bay | November 28

### Vikings

Oakland | November 20

### A Christmas Carol

For more than 35 years audiences have treasured the Guthrie's *A Christmas Carol*, making it a tradition not to be missed. Last season the Guthrie debuted a fresh take on Dickens' ghost story. A miserly and miserable man, Ebenezer Scrooge greets each Christmas with a "bah humbug," until he is visited one Christmas Eve by the Ghosts of Christmas Past, Christmas Present and Christmas Future. Through a restless night, the spirits show him happy memories from his past, cruel realities from the present and the grim future should he continue his cantankerous ways.

## up close from the kitchen



### Easy Savory Dips for the Game and Beyond

from Food Newtownrk

#### BAKED RICOTTA

Mix 1 cup ricotta, 1 teaspoon each chopped sage and lemon zest, and salt and pepper. Bake in an oiled ramekin at 300 degrees, 20 minutes.

#### CLAM DIP

Puree 2 cans clams with 8 ounces cream cheese, a handful of parsley, 1/2 cup each cottage cheese and mayonnaise, 1/2 chopped onion, 2 tablespoons clam juice and 1/2 teaspoon celery salt. Add the zest and juice of 1 lemon, and salt and pepper.

#### BLUE CHEESE DIP

Puree 1 1/2 cups sour cream, 3/4 cup mayonnaise and 1/2 pound blue cheese. Add chopped chives, a dash of Worcestershire sauce, and celery salt and pepper to taste.

#### GUACAMOLE

Mash 3 avocados with 1/2 cup minced red onion and 1 to 2 minced jalapeños. Stir in 1 diced tomato, 1 bunch chopped cilantro and a splash of lime juice.

#### ASIAN GUACAMOLE

Make Guacamole with 1 bunch chopped scallions instead of red onion. Add 1 teaspoon grated ginger, 1 cup diced peeled cucumber and a splash each of sesame oil and soy sauce.

# AT HOME

## Thanksgiving Entertaining

This holiday, expand your entertaining space and move part of the party out of the dining room.

- Rethink your surfaces. Clear a side table or desktop in another room to create a cocktail bar or dessert station.
- Vary the height and size of your serving pieces. Incorporate footed compotes, trifle bowls, cake stands, and stacks of dessert plates to add dimension and visual interest to your entertaining surface.
- Corral your ice bucket, glassware, and libations on a tray that can be easily removed when coffee and tea are served.
- Mix and match your favorite china and glassware collections at the dessert station. Don't worry about continuing the theme you create on your main table.

### Be Thankful to All

Raise a glass and toast your friends and loved ones this Thanksgiving. For dozens of quotes and poems appropriate for the occasion, visit [bartleby.com](http://bartleby.com). And count your blessings by sharing a copy of *The Thanksgiving Ceremony*, which includes a short story about America's early settlers that was written to be read aloud by your guests at the dinner table.

Resident Services in the Management Office | 612.375.0212  
Hours of Service | Monday through Friday 7:00 am to 6:00 pm

*A Reason to Come Home*™

### management

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MARKETING MANAGEMENT ASSISTANT	LES FERRIS
RECEPTION & ADMINISTRATION ASSISTANT	LINDSEY JONASEN

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