

Tenant Appreciation Day

In connection with MGEX's celebration of our 130th anniversary, all tenants are invited to a Tenant Appreciation and Celebration Event on Thursday, October 20. Join us in the Main Building Lobby from 11:30 a.m. to 1:00 p.m for apples, birthday cake and other refreshments. Details will come via hand-delivered memos to all tenant offices

Welcome New Tenants

- **AOI Marketing**
Suite 980N
- **Knowledge Visualization Systems**
Suite 714M
- **de Rosier, inc.**
Suite 1153E

Thanks for Renewing

- **Chrastil & Steinberg P.L.L.P.**
Suite 1155E
- **Michael Hager**
Suite 272N
- **Oxman & Carrillo**
Suite 854E

MGEX Celebrates 130 Years of History



The Minneapolis Grain Exchange was originally founded as the Chamber of Commerce of Minneapolis on October 19, 1881. The Exchange quickly established itself as a prominent business with a growing national reputation for insuring fair trade in grain. In 1947, the company changed its name to the Minneapolis Grain Exchange. This was due to being confused with the civic organization that is now the Minneapolis Regional Chamber of Commerce.

The three Grain Exchange buildings in downtown Minneapolis are listed on the National Register of Historic Places. The Grain Exchange Main Building was built in 1902 with additions of the East Building in 1909 and the North Building in 1928 as the popularity of the Exchange demanded additional office space.

If you are interested in learning more, MGEX offers for sale *The Grain Merchants: An Illustrated History of the Minneapolis Grain Exchange*, as well as historical DVDs and photo reprints. Visit <http://www.mgex.com/GrainExchangeMerchandise.html>.

Winter Health Tips

More than 130 viruses can cause the common cold. Tips to avoid getting sick:

- Keep your natural resistance up. Having good nutrition and getting plenty of sleep and exercise can help your body fight incoming viruses.
- Dry winter air causes cracks in mucous membranes that can allow germs into your system. Consider investing in a humidifier.

A cold usually lasts a week or two. If you do get sick, help ease the pain by:

- Give the body rest. Avoid strenuous activity and get plenty of sleep.
- Treat symptoms with a mild pain reliever. Over-the-counter remedies relieve some symptoms, but they will not cure or shorten the sickness.
- Drink plenty of fluids. Warm beverages are comforting and fruit juices provide healthy nutrients.

Source: Minnesota Department of Health

Minnesota Sports Schedules


Cheer on your favorite local sports team this winter! Games below:

Wild



10/8	Blue Jackets	11/23	Predators
10/13	Oilers	11/25	Oilers
10/15	Red Wings	11/27	Flames
10/18	Penguins	11/28	Lightning
10/27	Ducks	12/2	Devils
10/29	Red Wings	12/14	Blackhawks
11/3	Canucks	12/17	Islanders
11/5	Blues	12/26	Avalanche
11/17	Avalanche	12/29	Oilers
11/19	Blues	12/31	Coyotes

Vikings



10/09	Cardinals	11/27	@ Falcons
10/16	@ Bears	12/04	Broncos
10/23	Packers	12/11	@ Lions
10/30	@ Panthers	12/18	Saints
11/14	@ Packers	12/24	@ Redskins
11/20	Raiders	01/01	Bears

Celebrate the Holidays in the Twin Cities

October 29th: Ghouls and Goblins at the Maze

Wear your costumes to the Minnesota Landscapes Arboretum Maze Garden for this family-friendly event. Take the Trick or Treat Trail to the Magical Maze Garden and later enjoy activities and "spook-tacular" music in the Oswald Visitor Center. The event runs from 1 to 5 p.m. There is free gate admission, but pre-registration is suggested. For more information and to register visit <http://www.arboretum.umn.edu/ghoulsandgoblins.aspx>.

October 1st - 31st: The Soap Factory's Haunted Basement

Looking for something a little more frightening? The Soap Factory is now in its 5th year of presenting what is widely considered Minneapolis' scariest haunted house. This 18+, artist-designed event is known to sellout, so buy tickets early. Visit http://www.soapfactory.org/exhibit.php?content_id=136.

November 25 - December 18 (Thursday - Sunday)

Now in its 20th season, the Holidazzle Parade continues to delight with fairytale themed floats. The parade runs on Nicollet Avenue between 12th Street and 4th Street and starts at 6:30 p.m. Bundle up and grab your free spot, or enjoy a heated tent with complimentary hot cocoa and cider in the Hot Seats tent for nine dollars. More information and registration for heated tent space can be found at <http://www.holidazzle.com>.

Award Winning Architects



MacDonald and Mack have completed various projects at the Minneapolis Grain Exchange, including space planning for the Trading Floor

Congratulations to MacDonald & Mack, Grain Exchange Building tenants since 1979, for being awarded the prestigious 2011 Firm Award by the American Institute of Architects (AIA). The biannual award is presented to the firm who has contributed to the advancement of architecture in the areas of technology, service and design.

Stuart MacDonald and Bob Mack have been in business for 35 years and have specialized in preserving landmark structures. They have been instrumental in various preservation projects here at the Grain Exchange. The president of the Minnesota chapter of the AIA says MacDonald & Mack developed the techniques and methodologies which are now standards in the modern preservation movement.

Having done restoration work on more than a dozen National Historic Landmarks and more than 500 structures listed on the National Register of Historic Places including the Grain Exchange Buildings, MacDonald & Mack have made a lasting impression on restoration projects across the country.

The firm will be honored at a December 2, 2011 AIA Minnesota Awards Celebration at International Market Square.