



# COMMUNITY CALENDAR

## Feb 19 - Feb 25, 2010

The Bloomington area will be celebrating the 26th anniversary of ArtsWeek February 18 - 28. ArtsWeek is the annual winter festival showcasing the unique richness of artistic expression in our area.

ArtsWeek began as a weekend in 1984 and has grown into a significant annual showcase for the extraordinary wealth of creative work going on at Indiana University and in Bloomington. ArtsWeek is a collaboration between town and gown, with participation and sponsorship from various IU departments, the City of Bloomington, the Bloomington Area Arts Council, the Convention and Visitors Bureau, the IU Auditorium and many more. Over its 26-year history, artistic expression has extended in startling new directions, from graffiti to 3-D computer modeling, ballet to computer-enhanced dance performance, ice carvings to sound gardens, poetry to a pie-laden sculpture in the middle of the street.

The theme for 2010 is the Arts and the Environment. This theme is intended to be interpreted very broadly from the global climate to physical surroundings to architecture, interior design and environments of sound.

You will find many ArtsWeek activities included in this week's calendar. However, to get a complete listing of all of the activities, pick up a free copy of the ArtsWeek brochure in the lobby or at the Patient Resource Center. Additionally, the brochure will be posted on the bulletin board as you exit the clinic.

Our speaker at the **Meet & Greet session this week will be Leia Fanelli, MPRI Medical Physicist.** I hope you will join us for some interesting conversation about Leia's role in your treatment plan.

### **Activities at the Patient Resource Center:**

**Playgroup - Tuesdays at 12:30** - Playgroup is a designated time for families with young children to come together to socialize and play. We have air hockey, Wii, WiiFit, games, puzzles, books, crafts, and much more to keep you entertained. This is a great way for caregivers to get a bit of respite time while the children are at play.

**Meet & Greet - Tuesdays, 4:00 - 5:15 pm**, all patients and their families are invited to attend. This is an opportunity for sharing, socializing and supporting one another. Special guest speakers attend each week to give you further information about your treatment, staffing, equipment, etc. The guest speaker this week will be **Leia Fanelli, MPRI Medical Physicist.** Leia will share with you her role in developing your treatment plan.

**Massages - Wednesdays, 11:00 - 1:00 pm**, by appointment. **Karen Marshall, Massage Therapist**, comes to the Patient Resource Center and offers massages from 15 minutes to an hour long. Reduced rates from \$10 - \$40. To schedule an appointment for Wednesday, February 24 call Nancy at 349-2153.

**Nutrition Group - 1st Wednesday each month, 1:00 - 2:00 pm** - Join Registered Dietician, Melissa Mercer, and other MPRI patients and family members for discussion and ideas for maintaining your nutrition during treatment and tips for dealing with the side effects that you may be experiencing. If you have questions or need some suggestions, Melissa is available Tuesdays and Thursdays at 353-5663.

*Nancy Slough, Patient Concierge - 812-349-2153 or [nslough@mpri.org](mailto:nslough@mpri.org)*

## **FRIDAY, February 19, 2010**

**BINGO** – Moose Lodge, 1580 W. Bloomfield Road, 12:30 pm, open to the public.

**Comedian, Graham Elwood** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$12.

**Robert Stright/Ron Kadish Duo** - Malibu Grill, 106 N. Walnut, 6:00 pm. This duo plays and sings jazz standards, stop by for a drink and some cool sounds.

**Scenic View with Jeff Foster** - Scenic View Restaurant, five miles south of East Third Street on Ind. 446, 6:00 - 9:00 pm. Enjoy a scenic view of Lake Monroe, acoustic music by guitarist, Jeff Foster and some good food.

**Euchre** - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 10:30 - 3:00 pm, free, drop-in.

**Movie, “Twilight Saga: New Moon”** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. This is an ensemble comedy in which the romance takes place between the young people of the ‘60s and pop music. It’s about a band of rogue DJs that captivated Britain, playing the music that defined a generation and standing up to a government that, incomprehensibly, preferred jazz.

**“Lucia di Lammermoor”** - Presented by the IU Opera Theater, Musical Arts Center, 3rd & Jordan, February 5 & 6 and 12 & 13, 8:00 pm, tickets at 812-855-7433 or [www.music.indiana.edu/opera](http://www.music.indiana.edu/opera).

**The Art of Nature** - Venue Fine Art & Gifts, 114 S. Grant, 6:00 pm, free. This is the opening reception for Melanie Fain’s The Art of Nature collection. Her passion for nature is clearly reflected in her works of art. She has brought the beauty of nature to us, offering a view of the natural world. She translates her sensitive perceptions into elegant hand-colored etchings. All are of birds indigenous to Indiana.

**ArtsWeek: Standing Up for the Mountains** - IU Neal-Marshall Black Culture Center, 275 N. Jordan Avenue, 7:00 pm, free and open to the public. This will be an evening of music, readings, slides and discussion is devoted to the environmental, economic and cultural impact of mountaintop removal of coal. Four Kentuckians - what are at the forefront of the struggle to save the mountains of southern Appalachia - will give presentations.

**ArtsWeek: Margaret Mead Traveling Film and Video Festival: *Umbrella (San)*** - Glen Black Auditorium, 423 N. Fess, 7:00 pm, free and open to the public. The American Museum of Natural History’s Margaret Mead Traveling Film and Video Festival, the longest-running showcase for independent cultural documentaries in the US, presents *Umbrella (San)*. Tracking the life of an umbrella from factory to market, this film shows how the lives of farmers in rural China have changed since 1978.

**ArtsWeek: “The Drawer Boy”** - Waldron Arts Center, 112 S. Walnut, 7:30 pm, tickets \$18. In this play, a young actor abandons the big city and heads back to the land to find some authenticity. He meets a finicky tractor, a soulful cow and two dairy farmers bound together by war, forgetfulness, forgiveness and abiding friendship. This is an uplifting comedy that puts a new spin on the old country/city divide.

## **SATURDAY, February 20, 2010**

**“Lucia di Lammermoor”** - Presented by the IU Opera Theater, Musical Arts Center, 3rd & Jordan, February 5 & 6 and 12 & 13, 8:00 pm, tickets at 812-855-7433 or [www.music.indiana.edu/opera](http://www.music.indiana.edu/opera).

**Comedian, Graham Elwood** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$12.

**Lunar public skating** - Frank Southern Ice Arena, 1964 S. Henderson, 7:00 - 9:00 pm, \$5 admission, \$2.50 skate rental.

**University Singers** - IU Auer Hall in the Simon Building at Third and Jordan, 8:00 pm, free and open to the public.

**ArtsWeek: “The Welcome Table”** - Buskirk-Chumley Theater, 114 E. Kirkwood, 8:00 pm, tickets \$18 - \$25. Extraordinary Bloomington performers take to the stage for an hour-long, fast-paced extravaganza of music, song, dance and theater. At its conclusion “The Welcome Table” will spill out into the street and process in a raucous parade across the square and along the lantern-lit B-Line Trail. When they reach the far west corner of the Farmer’s Market, people will gather around a big fire near the newly installed colossal table sculpture called *The Bloomington Banquet* and partake of homemade pie and warm libations.

**Sheryl Rouse Crawford** - Players’ Pub, 424 S. Walnut, 8:00 pm, \$5 cover. Sheryl is a blues and R & B singer from Louisville and is making her Bloomington debut.

**Elmo’s Birthday Storytime** - Borders Bookstore, 2634 E. Third Street, 11:00 am, free. Children will get to make birthday cards for Elmo, sing songs and play games.

**Bloomington Winter Farmer’s Market** - Harmony School Gym, 909 E. Second Street, 9:00 am - Noon. Local farmers will offer early crops including lettuce, spinach, broccoli, cauliflower, squash, turnips, and other types of greens. Also available will be local meats, tofu, eggs, cheeses and locally roasted coffee. Musical entertainment at 9:00 and 11:00 am.

**“Peter Rabbit”** - Monroe County Public Library, 303 E. Kirkwood, 11:00 and 1:00 pm, free, please reserve a space at 349-3100. Puck Players Puppet Theater presents this classic tale.

**Movie, “Twilight Saga: New Moon”** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. This is an ensemble comedy in which the romance takes place between the young people of the ‘60s and pop music. It’s about a band of rogue DJs that captivated Britain, playing the music that defined a generation and standing up to a government that, incomprehensibly, preferred jazz.

**ArtsWeek: Margaret Mead Traveling Film & Video Festival: *Bomb Harvest*** - Glen Black Auditorium, 423 N. Fess, 7:00 pm, free and open to the public. From 1964 - 1973, the US dropped a planeload of cluster bombs onto Laos every eight minutes, day and night - the equivalent of more than half a ton of bombs for every man, woman and child. Many of these bombs still litter the Laotian landscape and remain live, rendering the area vulnerable to explosions 25 years later. This film follows Australian Explosive Ordinance Disposal (EOD) technician as he trains young Laotians to become certified bomb technicians.

**ArtsWeek: "The Drawer Boy"** - Waldron Arts Center, 112 S. Walnut, 2:00 and 7:30 pm, tickets \$18. In this top ten play, a young actor abandons the big city and heads back to the land to find some authenticity. He meets a finicky tractor, a soulful cow and two dairy farmers bound together by war, forgetfulness, forgiveness and abiding friendship. This is an uplifting comedy that puts a new spin on the old country/city divide.

**Chateau Thomas Wine Bar Open House** - located in Coachlight Square in Nashville (about a half hour drive east on Highway 46), 4:00 - 8:00 pm. The winery has had a presence in Nashville for 16 years and has recently remodeled the tasting room.

**ArtsWeek: Our Home** - Old VFW Building, 209 S. College, 2:00 pm, \$10 adult, children 16 and under free. This is an audio theater collaboration and will include an afternoon workshop on creating musical instruments from recycled goods.

## **SUNDAY, February 21, 2010**

**IU Cyclotron Tour - Sunday, February 21, 10:00 - noon** - This is a walking tour that is not handicap accessible. Participants must be at least 13 years of age, may not be pregnant and may not require the use of a pacemaker. There are limited spots available for this tour. If you are interested in attending, RSVP to Nancy at 349-2153 by Noon on Friday, February 19.

**Contemporary Voice Ensemble** - IU Auer Hall in the Simon Building at Third and Jordan, 8:00 pm, free and open to the public.

**BINGO** – American Legion, 1800 W. 3rd, 1:00 pm, open to the public.

**Comedian, Graham Elwood** - Funny Bone Comedy Club, 4th and Walnut, 8:00 and 10:30 pm, \$12.

**16th Annual Soup Bowl Benefit for Hoosier Hills Food Bank** - Bloomington Convention Center, 300 S. College, 5:00 pm, tickets \$25 for admission and a handmade bowl; children's tickets for paper bowls are \$6. Tickets have sold out for the last several years. For more information, go to [www.soupbowl.org](http://www.soupbowl.org). This annual event attracts more than 600 participants and is the largest fundraiser of the year for the food bank. Your \$25 contribution allows you to choose from a wide selection of handmade pottery bowls donated by local artisans. After selecting a bowl, guests then get to enjoy a choice of soup from two dozen local restaurants, while the IU African American Choral Ensemble entertains.

**Native American Finger Weaving Workshop** - Mathers Museum, 416 N. Indiana, 11:30 - 2:30 pm, free, please register by calling 812-391-3457. Participants at this free workshop will learn two finger weaving patterns common to several Native nations in eastern North America. All materials will be provided, but if you would like to bring your own yarn colors, please bring wool or wool blend worsted weight yarn with a high wool percentage, in four colors.

**ArtsWeek: Margaret Mead Traveling Film & Video Festival: *Don't Let It all Unravel, Peace with Seals and Stone Pastures*** - Glen Black Auditorium, 423 N. Fess, 2:00 pm, free and open to the public. The first film shows monk seal specialists on the hunt for any trace of a real, live Mediterranean monk seal.

The second film, *Stone Pastures*, shows the Himalayas as a backdrop to follow a family of goat and yak herders as they spend a year preparing pashmina wool for market. Their livelihood depends on the income from the wool, and every member of the family helps with the painstaking process of nurturing the baby goats through the harsh winter, sheering their bellies, separating the wool one strand at a time and finally weaving blankets.

**Musical Fun at the Mathers Museum** - Mathers Museum, 416 N. Indiana, 3:30 - 4:30 pm, free. This free family friendly event focuses on young children (infants through five years old). The children will be able to participate at their own level, singing in English and Spanish, moving, listening, watching, or exploring musical instruments.

**IU Women's Basketball vs. Minnesota** - IU Assembly Hall, 1001 E. 17th Street, Noon, **free admission tickets available, call Nancy at 349-2153.**

**ArtsWeek: "The Drawer Boy"** - Waldron Arts Center, 112 S. Walnut, 2:00, tickets \$18. In this play, a young actor abandons the big city and heads back to the land to find some authenticity. He meets a finicky tractor, a soulful cow and two dairy farmers bound together by war, forgetfulness, forgiveness and abiding friendship. This is an uplifting comedy that puts a new spin on the old country/city divide.

**ArtsWeek: Nature Songs and All That Jazz** - Monroe County Public Library, 303 E. Kirkwood, 2:00 pm, free and open to the public. Using short poetry about nature created by children from grades 2 - 6, this poetry was put to music and will be presented by local standout artists Janiece Jaffe and Monika Herzig.

**Camerata Orchestra Series: "Espirit"** - Bloomington High School South, 1965 S. Walnut, \$12 adults, \$4 children.

## **MONDAY, February 22, 2010**

**BINGO** - Moose Lodge, 1580 W. Bloomfield Road, 6:30 pm, open to the public.

**BINGO** - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 1:00 pm, free.

**Euchre** - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 10:30 - 3:00 pm, free, drop-in.

**Film - "Touch of Evil"** - Monroe County Public Library, 303 E. Kirkwood, 6:30 pm, free, no registration necessary. This is part of the Film Noir Film Series referring to a unique time period in American Cinema between the early 1940's and the late 1950's.

**Crafty Trash, The Art of Reduce, Reuse and Recycle Event** - Monroe County Public Library, 303 E. Kirkwood, 7:00 pm, for children in kindergarten through grade 6. Please register in advance at 349-3100. This program helps participants understand the importance of reusing items and involves crafts, stories and music.

## **TUESDAY, February 23, 2010**

**Play Group at the MPRI Patient Resource Center** - Join us for organized play at 12:30 each Tuesday. This is an opportunity for parents to catch up on their relaxing and kids to catch up on their playing! All ages welcome! Lots of toys including train set, Wii, air hockey, games, crafts and more. Wii Fit is now available, too. Come on over and check it out.

**Meet & Greet for all patients and their families** - MPRI Patient Resource Center, 4:00 - 5:00 pm. This is an opportunity to get to know others who are receiving treatment, ask questions, and share experiences. Guest speaker this week will be **Leia Fanelli, Medical Physicist.**

**BINGO** – American Legion, 1800 W. 3rd, 7:00 pm, open to the public, food available for purchase.

**University Chorale** - IU Recital Hall, 1201 E. 3rd, 8:30 pm, free and open to the public.

**Jazz Combo Concert** - IU Ford-Crawford Hall in the Simon Building at Third & Jordan, 8:30 pm, free and open to the public.

**Al's Coffee Art** - Venue Fine Art & Gifts, 114 S. Grant, 5:30 pm, free. Born in Lebanon, Alaa Abi-Haidar has studied informatics at IU and traveled the world. Al believes that art must be inspired, and when inspired the technique will follow quite naturally, hence, Coffee painting. Al will demonstrate how he creates beautiful paintings, using only Coffee as a medium.

**Fabulous Fashionable Fiber Opening Reception** - Monroe Bank Art Gallery, 210 E. Kirkwood, 5:30 - 7:00 pm, free and open to the public, RSVP at 812-335-5983 as this is a catered reception. Fibers used in the artworks include wool, mohair, angora and alpaca. The process of turning raw fiber into yarn will also be demonstrated at the reception. Artists will be available for questions.

**ArtsWeek: "Dreaming of Forests"** - Bloomington Playwrights Project, 107 W. Ninth Street, 8:00 pm, tickets at the door \$18. This new full-length play features a powerful Senator who wants to "re-purpose" a section of the national forest as a building site for a new coal power plant and environmental activists want to stop him.

## **WEDNESDAY, February 24, 2010**

**Massage therapist, Karen Marshall** - Patient Resource Center, 11:00 - 1:00 pm, call Nancy at 349-2153 to schedule an appointment. Karen offers massages from 15 minutes to an hour, rates \$10 - \$40. Pamper your patient or caregiver with a Valentine's massage.

**Celebration Meal** - Sherwood Oaks Christian Church, 2700 E. Rogers Road, 5:15 pm, adults \$5, \$4 seniors, \$3 children. Please RSVP at 334-0206. All MPRI patients and their families are invited to attend.

**Guest Recital, Saxophone** - IU Ford-Crawford Hall in the Simon Building at Third and Jordan, 7:00 pm, free and open to the public.

**Chamber Orchestra** - IU Auer Hall in the Simon Building at Third and Jordan, 8:00 pm, free and open to the public.

**BINGO** - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 1:30 pm, free.

**Euchre** - Twin Lakes Recreation Center, 1700 W. Bloomfield Road, 10:30 - 3:00 pm, free, drop-in.

**ArtsWeek: Candian Brass, "Swing That Music", A Tribute to Louis Armstrong** - Buskirk-Chumley Theater, 114 E. Kirkwood, \$45 - 50, tickets available at 812-323-3020 or [www.buskirkchumley.org](http://www.buskirkchumley.org).

**Stardusters Jazz Orchestra** - Players Pub, 424 S. Walnut, 7:30 pm, \$7 cover.

**Storyhour Extraganza Silly Stories Event** - Monroe County Public Library, 303 E. Kirkwood, 9:30 am. This monthly event is geared for the 2 - 6 age group and their families. Please register a family at 812-349-3100.

**Mardi Gras Celebration** - Bloomington High School North, 3901 N. Kinser Pike, 5:00 pm, \$12 adult, \$7 students, children under 5, free. The Bloomington North jazz bands will host their annual Mardi Gras

Celebration, with live music, a catered New Orleans dinner and face painting, mask making and pinatas for children. This is a fun-filled evening of music, food and merriment for the whole family.

**“Imágenes del Caribe”** - Monroe County Public Library, 303 E. Kirkwood, 6:00 - 9:00 pm, free and open to the public. The two films, “Eyes of the Rainbow” and “The Jazz in Us” are presented by CUBAmistad, a grassroots, sister-city project linking Bloomington and Santa Clara, Cuba, in an effort to promote peace through mutual respect and understanding.

**ArtsWeek: “Dreaming of Forests”** - Bloomington Playwrights Project, 107 W. Ninth Street, 8:00 pm, tickets at the door \$18. This new full-length play features a powerful Senator who wants to “re-purpose” a section of the national forest as a building site for a new coal power plant while environmental activists want to stop him.

## **THURSDAY, February 25 , 2010**

**BINGO** – Eagles Lodge, 3100 S. Walnut Street, doors open at 5:30 pm. Open to the public, food will be available for purchase.

**IU Men’s Basketball vs. Wisconsin** - IU Assembly Hall, 1001 E. 17th, 9:00 pm, tickets available at 812-855-IUSPORTS or [www.iuhoosiers.com](http://www.iuhoosiers.com).

**Movie, “Twilight Saga: New Moon”** - IU Whittenberger Auditorium in the IU Memorial Union, 900 E. Seventh Street, 8:00 and 11:00 pm, \$2 each. This is an ensemble comedy in which the romance takes place between the young people of the ‘60s and pop music. It’s about a band of rogue DJs that captivated Britain, playing the music that defined a generation and standing up to a government that, incomprehensibly, preferred jazz.

**Shellfish Bounty** - Bloomington Cooking School, 115 N. College, 6:00 - 8:00 pm, \$45. We may be landlocked, but that doesn’t mean we can’t enjoy the best of the sea. The Chef will show you how to work with crab, shrimp, and scallops, creating delicious and simple flavor combinations. You’ll leave inspired to create your own shellfish bounty meals.

**ArtsWeek: “The Drawer Boy”** - Waldron Arts Center, 112 S. Walnut, 7:30 pm, tickets \$18. In this top ten play, a young actor abandons the big city and heads back to the land to find some authenticity. He meets a finicky tractor, a soulful cow and two dairy farmers bound together by war, forgetfulness, forgiveness and abiding friendship. This is an uplifting comedy that puts a new spin on the old country/city divide.

## **COMING SOON**

**Autobiographical talk with bestselling author, Michael Pollan** - IU Auditorium, 1200 E. 7th Street, February 26, 7:30 pm, free tickets available beginning February 1 at the IU Auditorium Box Office, 812-855-1103, limit of four tickets per person. Michael’s talk is a signature event of IU’s 26th annual ArtsWeek which is themed “Arts and the Environment.” Entitled “Out of the Garden and onto the Plate: One Writer’s Path,” he tells the story of the path his writing has taken since he first planted a vegetable garden under the influence of Henry David Thoreau and Ralph Waldo Emerson.

**“Beauty and the Beast”** - IU Auditorium, 1201 E. Seventh Street, March 2 - 4, 7:30 pm, tickets available at 812-855-1103 or [www.iuauditorium.com](http://www.iuauditorium.com).

## **RESOURCES**

**Olcott Center for Cancer Education** - 619 W. First Street, open 8:00 - 5:00 pm, Monday - Friday, 353-5669. The Olcott Center has a large lending library of materials available on all types of cancer, diet and nutrition, medical terminology, inspirational testimonials, as well as literature for children with cancer or for dealing with a parent's diagnosis. Don't forget -- the Olcott Center offers **two free massages to anyone undergoing treatment**. To schedule, call 353-5669.

**American Cancer Society** - 1-800-227-2345 or [www.cancer.org](http://www.cancer.org) - Call this toll-free number to get your free Personal Health Manager. In addition to helping you to organize your health care information, this kit is customized for your diagnosis. The kit is free for anyone who has been diagnosed with cancer.

## **NUTRITION NOTES**

Cancer treatment can cause changes in your senses of taste and smell. These changes can affect your appetite. If you have a bitter or metallic taste while eating:

- Try using plastic flatware and glass cups and plates.
- Try sugar-free lemon drops, gum or mints
- Try fresh or frozen fruits and vegetables instead of canned
- Try using different spices
- Rinse your mouth with baking soda mouthwash before eating to help foods taste better. (Mix 1 teaspoon salt and 1 teaspoon baking soda in 1 quart water. Shake well before swishing and spitting.)
- Serve foods cold or at room temperature. This can decrease the foods' tastes and smells, making them easier to tolerate.
- Blend fresh fruits into shakes, ice cream or yogurt.

I have a great handout for those of you who may be having trouble maintaining your nutrition or dealing with weight loss. Included in the handout are recipes that are high in calorie and protein and ideas for smoothies, shakes and other drinks that will help you get the protein you need while also helping with your weight. If you would like a copy of this handout, please call Nancy at 349-2153 or stop by the Patient Resource Center.

If you have specific questions about nutrition and would like to contact our Dietician, Melissa for help or suggestions, you can reach her at her at 353-5663. She is in the office on Tuesdays and Thursdays. Please leave a message and she will return your call as soon as possible.

**Cell phone numbers will go public and be released to telemarketing organizations this month.**

**To register your cell number on the "don't call list", call 888-382-1222 from the phone you want to register.**