Let’s dance

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Minnsota Children’s Museum
Rochester
Five years ago, Rochester resident Sharon Gentling began taking dance lessons. Her life hasn’t been the same since.

The lessons were meant to give Gentling enough skill to compete in the Rochester Arts Council’s inaugural "Dancing for the Arts," a contest that pairs a beginning dancer with a professional one. Gentling had agreed to enter the dance-off as a favor to its organizer, Bari Amadio.

“I mean, I love to dance, but I’ve never known how to dance,” Gentling said.

See more on page 4
As something altogether transformative. Gentling got hooked on social dance.

Somewhere between the salsa and the tango, Gentling got hooked on social dance. Today, Gentling, 64, competes all over the U.S. in ballroom dance competitions, from Columbus, Ohio, and Milwaukee to Las Vegas on social dance.

In 1993, the night club two-step. hat moment on the dance floor, Gentling still marvels at its effects.

'Life-changing'

Gentling says she gets a sense of elevation from dancing that is not altogether different from the rush of euphoria described by distance runners. Yet even today, five years after that baptismal moment on the dance floor, Gentling still marvels at its effects.

"It was life-changing, because I knew that when I went to that studio, I would not have to deal with anything else," Gentling said.

Stuffy, reserved Rochester might not seem like the first place to expect the culture of dance to thrive. Yet in several pockets and places in the area, Rochester tosses its stethoscope aside, rips off its lab coat and begins to shake its hips to the music.

Dance is innate'

Area dance instructors say the drive to dance springs from human nature itself: to meet new friends, to meet people of the opposite sex, to escape the stresses of the day and to achieve self-expression through movement and music.

"Even a little child, when the music is on, you can see them wanting to move and play to the music," said Fred Gommels, a dance instructor and owner of the Blue Moon Ballroom. "Dance is innate to our nature."

Gommels compares dance to a foreign language. The more dances you know, the more languages you speak. And the more languages you speak, the more connections you are capable of forming.

Gommels often encourages his dance students, even when they come as couples, to change partners so they can experience the supple ebb and flow, back and forth of dance.

"By changing partners, you truly are communicating through the language of dance," Gommels said. "It makes it more realistic. You know as a leader that you can lead a move and she clearly follows and vice versa. Instead of both people knowing each others' routine ... instead of reciting poetry, you're having a conversation."

Healing power

Dance, dance instructors say, also has a healing power.

Today, Eric Hoyer is a dance instructor and owner of the Fred Astaire Dance Studio in Rochester. But several years ago, Hoyer was a an out-of sorts military veteran struggling to re-integrate into society after serving a tour in Iraq. Looking for something to get himself out of the house, he spotted an online advertisement for a salsa lesson.

"I'm like, 'I could try that,' and I tried that," Hoyer said. "It was hard. It was hard go walk in the door."

It didn't take long for Hoyer to overcome his hesitancy. He found a dance community that accepted him with open arms. The tentative, disconnected vet found his footing as his dance skills grew, evolving from lesson-taker and student to dance intern, instructor and then owner of his own dance studio.

"It was the fact that I could express myself freely," Hoyer said. "It builds self-confidence on and off the dance floor. When somebody (told me), 'You're doing really well. You should keep doing this.' Well, that's exactly what I wanted to do, is keep doing it."

Hoyer said health studies abound with data linking dance
and health benefits. Studies have shown that dance can improve movement and coordination in the frail elderly. Dance has also been found to improve walking speed and reaction time, as well as cognitive and fine motor performance.

Hoyer said one dance in particular, the tango, has been shown to be a particular effective therapy in offsetting the effects of Parkinson’s Disease.

‘More colors’

Winston Howard, a Blue Moon Ballroom dance instructor, says he has noticed the benefits of dance can extend to a dancer’s personalty. People new to dance begin to slough off some of their inhibitions, and with it, their upright white shirt-and-tie wardrobe. The transformation is often all the more startling in a place like Rochester, which he considers a “very conservative” place.

“With dance, you start to see more colors. You go and start buying shirts. The most popular dance shirt for a guy right now is like a Robert Graham shirt. Sometimes they have some jewels and fun cuffs,” Howard said. “You get to a confidence stage to where you say, ‘I look good in that.’”

April Dahl, co-owner of Dahl Dance Center, says the image of button-down, reserved Rochester is outdated anyway. A sizable contingent of her students come from Mayo Clinic and IBM, and “they are taking their dance out into the community.”

She notes that a tango society she helped found puts on a social dance every first Saturday of the month.

“Argentine tango is really kind of the big thing right now. It’s just taken off,” she said. “Different dances will come and go. Argentine tango allows you to dress up. People kind of enjoy that factor.”

She says the city’s changing demographics, as well as a more arts-oriented downtown and business community, will continue to contribute and strengthen the culture of dance and music in Rochester.

“Just look at the downtown,” Dahl said. “There are a lot of young people that are really interested in getting things started. They are trying new things, providing venues not only for dance but for music. A lot of businesses are looking to involve themselves in the arts.”

### IF YOU GO

Area businesses with adult dance classes and dance activities:

**Allegro School of Dance and Music**
- 2342 Superior Drive NW, Rochester
- 507-288-0125
- allegrodancemusic.com

**Blue Moon Ballroom**
- 2030 U.S. 14 E., Rochester
- 507-288-0556
- www.bluemoonballroom.com

**Bridget’s Dance Conservatory**
- 213 N. Main St., Austin
- 507-279-4793
- www.bridgetdance.com

**Dahl Dance Center**
- 4204 U.S. 52 N, Rochester
- 507-252-1848
- www.dahldance.com

**Fred Astaire Dance Studio**
- 1751 U.S. 52 N, Rochester
- 507-282-9811
- www.fredastaire.com/rochester-mn

**Janet Lang Dance Studio**
- 2625 U.S. 14 W., Rochester
- 507-288-9653
- www.janetlangdance.net

**Minnesota Conservatory of the Arts**
- 1164 W. Howard (10th) St., Winona
- 507-453-5500
- mca.saintmarys.community

**Third Eye Tribal** (formerly Rochester International Dance Studio)
- 18 Third St. SW, Rochester
- 507-884-1375
- www.rochesterinternationaldance.com

A longer list of dance centers, including businesses that offer lessons for children, can be found at: www.bladestoballet.com/dance-studios.html.

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**How well do you know the lingo?**

**THE CHA-CHA:** A variation of the mambo, characterized by a triplet beat, quick step and shuffle.

**THE FOXTROT:** A couples ballroom dance performed in 2/4 or 4/4 time.

**THE HUSTLE:** A popular American disco dance of the 1970s.

**JIVE:** A fast swing dance combining elements of the lindy hop and jitterbug, noted for its triple step performed on the toes.

**THE MERENGUE:** A Caribbean style of dance music typically in double and triple time, chiefly associated with Dominica and Haiti, with alternative long and short stiff-legged steps.

**THE NIGHT CLUB TWO-STEP:** A partner dance initially developed by Buddy Schwimmer in the mid-1960s. The dance is also known as “Two Step” and was “one of the most popular forms of contemporary social dance” as a Disco Couples Dance in 1978.

**POLKA:** A lively Bohemian dance for couples characterized by a hop followed by three short steps.

**THE RUMBA:** A Cuban dance that evolved by mimicking the movements performed in farm labor, such as shoeing a mare, but is now perceived as sexual.

**SALSAt:** A dance that mixes African and European dance influences through the music and dance fusions that are the roots of salsa. Today salsa is a very modern dance that is influenced by other up-to-date styles of dancing.

**THE TANGO:** A Latin American dance performed in 2/4 or 4/4 time, characterized by dips and long, glissading steps.

**THE WALTZ:** Dance in triple time performed by a couple who as a pair turn rhythmically around and around as they progress around the dance floor.
A few more chickens just got a little more comfortable — and your conscience got clearer.

Recently, Panera announced new commitments to improving its animal welfare program, which was already one of the most advanced in the industry.

In addition to all of its pork, chicken and turkey being antibiotic-free and fed a vegetarian diet, Panera announced that by 2020, all of its hens would be cage-free. (About 20 percent of its eggs come from cage-free hens.) In addition, 89 percent of its beef is grass-fed and free-range; and starting last year, none of its pork supply relies on gestation crates for pregnant sows.

We’ve maybe heard the most about Chipotle’s commitment to ethical animal practices with its Food with Integrity campaign, but many other quick- and fast-food brands have joined the move toward better treatment of animals in recent years. Starbucks has a “buying preference” that continues to increase the proportion of their sources that use cage-free eggs, use antibiotics responsibly and don’t use gestation crates and artificial hormones.

Other big chains such as McDonald’s, Dunkin’ Donuts and Burger King have made similar commitments.

In statements, Panera has said it hopes its progress on these matters will address younger consumers (like Millennials), but that these practices just make food taste better — so it’s a win all around.

The great news is the more restaurants that use this type of sourcing, the more the industry will follow along — meaning the availability of cage-free eggs and grass-fed beef for us regular folk will increase. And even better, when supply goes up, price goes down.

But we don’t have to just sit back and wait for this to happen to us. These restaurants changed their sourcing not just because it was the right thing to do — they changed because their customers have been demanding it.

It’s just a good reminder that when it comes to where our food comes from and how it tastes, the most powerful vote we have is our wallet.

That goes for our local small businesses, too, many of which have even stronger commitments to using organic and ethically sourced products — with the bonus of many of them being local to our area. Tonic, Rainbow Cafe, Grand Rounds Brewing Company, ZZest Cafe and Bar, Forager and Nosh are a few that come to mind, but there are many more.

Have some happy eggs today.

Sushi sources

I have good news, and great news.

First, the good news: It appears Sushi Nishiki is back. It wasn’t a permanent closure, so let’s just call it a holiday break.

The great news? Several of my readers reached out after I (prematurely) mourned the loss of Sushi Nishiki to remind me of one of the best sources in Rochester for sushi.

Diane writes, “I lived in Florida for 25 years, eaten sushi all over this country and Ichin’ Tokyo is a keeper!” She says both the north and south locations are great and rival anything she’s had elsewhere. “I have never been disappointed,” she writes.

Sue the “sushi aficionado” agrees. “The fact is that we have two outstanding places for sushi — Ichin’ Tokyo,” she writes. “The sushi is top notch and rivals the sushi that we have eaten in Minneapolis and other cities ... the fish is so fresh and delicious at Ichin’ Tokyo; such quality is hard to match.”

So next time you want to have quality sushi with fresh fish, vetted by readers of this column (so you know they’re legit), check out Ichin’ Tokyo South (102 20th St. SE) or North (3499 22nd Ave. NW).

Kim Van Brunt is a Rochester freelance writer. Send restaurant news and tips to her at life@postbulletin.com.
More Minnesotans giving liquor-making a shot

BY ARI KOLAS
life@postbulletin.com

Minnesota is renowned for its abundant and fertile soils, pristine, clear water and towering, statuesque white oaks. These three seemingly unrelated natural treasures have enabled Minnesota to leap to the forefront of another wellspring of entrepreneurship and creativity.

Microdistilleries have sprung up throughout the state. Minnesota's natural assets create the perfect conditions to make awesome vodka, gin, and whiskey. And there are new stills coming online every day. In 2011, the Minnesota Legislature created a law that allows small microdistillers to proliferate. This law lowered the entry fee to $1,000 from $30,000. This opened the doors and we are the luckier for it.

Minnesota's growing industry is a Minnesota 14 Whiskey. The slow aging process in Minnesota's cold winters can be intolerable for many distillers — but the wait is worth it. Minnesota 14 and Panther's Pike Street Bourbon are worth the wait. The flavors that the Minnesota-made barrels impart on the virgin white whiskey are wonderful.

Another pioneer in Minnesota's burgeoning industry is Far North Spirits in Hallock. Hallock is about as close as you can get to Canada without having to wave the maple leaf, in the far northwest corner of the state. The grains used in Far North's products are all grown on the family farm or by nearby family friends. Far North's first concoction was Syva Vodka. Syva is Finnish for "Deep."

Far North uses non-gmo AC Hazlet Winter Rye as its base grain. Syva Vodka is silky smooth and has hints of lavender and vanilla. My favorite Far North Spirit is the delicious Solveig (SOUL-vai) Gin. Solveig is a classic Scandinavian woman's name combining elements of Sol (sun) and veig (strength). It is a totally unique gin with out the typical overpowering juniper flavors typical in most gins. Rather, the Solveig has slight coriander and thyme flavors. It is great in a simple martini, where you can really savor the soft finish and floral undertones.

Waconia-based J. Carver Distillery has started production in a former auto dealership. A group of friends decided to take a leap and discovered some awesome creations. They have a wide variety of products from vodka, grappa, whiskey and gin. My favorite is the Barrel Gin. It is totally unique and combines the best of both gin and whiskey. They take their delicious gin and rest it in white oak barrels for a short time to impart unique characteristics. The gin is created from local grains, wild rice, clover, star anise and more. It is awesome and can be used to create amazing cocktails like the Old Fashioned or Negroni. It will give you the unique flavors you have never had and will enjoy discovering!

When I think of rum, I can only think of warm Caribbean beaches and tropical drinks. But even here in Minnesota, we have some brave souls creating amazing rums. Norseman Distillery of Minneapolis, has created a unique rum, aged in bourbon barrels for a unique flavor.

If you notice, most of these local entrepreneurs have released gin and vodka first. Gin and Vodka can be released with a minimum of aging and prep. Good whiskey takes time to mature, and we can look forward to a plethora of Minnesota-made whiskey coming on the market as they ripen to the perfect flavor.

Isanti Spirits co-founder Rick Schneider has experience gained from training at Dry Fly Spirits in Washington and at Michigan State in the only college program teaching distilling. He created a delicious rye whiskey that has been aging here in Minnesota. It was just released and is delicious! Rye whiskey is awesome in cocktails and makes a delicious Manhattan. Use 3 ounces of Isanti rye, sweet vermouth and a little cherry juice. As an added attraction, Rick grew up in Rochester. His whiskey and gin are awesome.

Whatever your cocktail of choice, Minnesota's burgeoning distilling industry has created a flavor for you. Try something local and support your homegrown bootleggers. Cheers and enjoy in moderation!

Ari Kolas is co-owner of Apollo Wine & Spirits.

Recipes

J. Carver Barrel Gin Old Fashioned
2 ounces J. Carver Barrel Gin
1/2 ounce simple syrup
2 dashes bitters
1 slice orange
Luxardo maraschino cherry
Pour the simple syrup and bitters into a low ball glass. Add and muddle orange slice and cherry. Add ice and barrel gin.
Source: www.jcarverdistillery.com

The Solveig Negroni
1.5 ounces Solveig Gin
1 ounce Campari
1 ounce Carpano Antica Vermouth
2 dashes bitters
Combine all ingredients in a glass. Add ice. Stir to chill. Garnish with orange peel.
Source: farnorthspirits.com
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pappysplaceochester.com  

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507-226-8885  
roostersbarngrill.com  

Z Pizza  
111 South Broadway Suite 211  
507-424-0040  
zpizza.com/rochester  

Top Shots  
310 S Broadway  
507-252-6915  
topshotsbar.com  

Victoria’s Italian Restaurant & Wine Bar  
7 1st Avenue SW  
507-208-6232  
www.victoriasrestaurantmn.com  

Nupa Mediterranean Cuisine  
1035 Civic Center Drive  
507-206-5044  
nupaeverything.com  

Pannekoeken  
6 1st Avenue NW  
507-287-0722  
pannekoekenmn.com  

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929 W Frontage Rd, Hwy 52 N  
507-288-3536  
johnhardysbbq.com  

Glynn’s Pub  
1643 N Broadway  
507-252-8800  

Hubbell House Restaurant & Stagecoach Stop Saloon  
502 N. Main (Hwy. 57), Mantorville, MN  
507-635-2331  
hubbellhouserestaurant.com  

Godfather’s Pizza  
1611 16th Street NW  
507-288-7515  

Freshens  
3rd Avenue NW  
507-285-2727  
www.kahler.com/dining/freshens  

Sontes Catering  
4 Third Street SW  
507-292-1628  
www.sontes.com  

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1217 2nd Street SW  
507-258-5224  
tonicfreshjuice.com  

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507-285-2766  

Erbert and Gerbert’s Sandwich Shop  
2848 41st St. NW  
507-280-0060  
www.erbertandgerberts.com  

A & W  
202 Apache Mall  
507-288-1248  
aarestaurants.com  

American Legion, The  
W. T. McCoy Post 92  
315 First Ave NW  
507-282-1322  

Big Brad’s on Broadway  
309 S Broadway  
507-226-8100  

Brothers Bar & Grill, Inc.  
812 S Broadway  
507-281-8902  

BrothersBarAndGrillRochester.com  

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412 Crossroads Dr SW  
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507-288-3536  
johnhardysbbq.com  

A Rochester original since 1972, John Hardy’s Bar-B-Q specializes in southern style bbq meat smoked over apple and cherry wood. 

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502 N. Main (Hwy. 57), Mantorville, MN  
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The Hubbell House was a stagecoach stop to the endless prairie; today it is an historic, award-winning restaurant and cocktail lounge. 


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Satisfying healthy appetites & healthy lifestyles! Delicious, artisan pizza, salads, sandwiches and more available for delivery, take-out, dine-in and catering.
Four dishes to bowl you over

BY JAY FURST
furst@postbulletin.com

ow that we know the Vikings or Packers won’t be playing in Super Bowl 50, the big question left is, what’s to eat during the game?

Something in a bowl seems appropriate, such as pasta, noodles, soup or whatever else requires a deep dish to hold it all. Bowls of healthy food are hot, whether at fast-casual places such as Noodles & Co., ethnic restaurants where main dishes in bowls are part of the culture or favorites such as Chester’s and Twigs, where bowls get their own niche on the menus.

Therefore, here are the Four Stars of Super Bowls in the Rochester area — places where you’ll find a delicious and different type of bowl, and while you can’t watch the big game at all of them, it’s a fair tradeoff.

The most spectacular version is at Mango Thai, one of Rochester’s lesser-known gems though it’s in plain sight on South Broadway, a block from the current center of downtown nightlife on Historic Third. The tiny place next to Top Shots (which is where you’ll have to go to watch the game, after dinner) has been open for two years, and it’s certainly not a secret — on Friday night, we arrived at 7:30, and there was a 45-minute wait.

There are many reasons it’s trending: It has energy, elegance and vibe, from the gas torches by the front door to the brick and mirrored walls, orchids in the flashy cocktails and a big menu of spicy Thai cooking. The entree-size Tom Kha Chicken Coconut soup ($19) is served in a tin tureen, kept hot with Sterno, and it’s loaded with slices of chicken, coconut milk, hot pepper, onion and lemongrass, and Thai herbs that I can’t identify but I know are good.

Four Stars of Super Bowls

MANGO THAI
312 Broadway Ave. S, Rochester
507-288-2360

CHESTER’S KITCHEN & BAR
University Square, 111 Broadway Ave. S, Rochester
507-424-1211

ICHI TOKYO
3499 22nd Ave. NW, Rochester
507-281-6882
102 20th St. SE, No. 300, Rochester
507-288-2577

TWIGS TAVERN & GRILLE
Centerstone Plaza Hotel, 401 Sixth St. SW, Rochester
507-288-2677

It’s the mystery herbs that give it “a different flavor, very authentic, and people like it, especially in winter,” says Marlene Rachwap, who owns the restaurant with husband and cook, Chai Vang. “In our tradition, we don’t eat it as a soup; it’s a main dish, but you also share with friends before the meal.”

Take your pick among Rochester’s other Asian restaurants for classic bowl dishes, including Pho Tai and Pho Chau Vietnamese restaurants, where noodle bowls are essential eating. For a new twist, check out the Japanese Seafood Soba ($16.95) at Ichi Tokyo, which now has two restaurants in Rochester, one on 20th Street Southeast and a newer one that opened about a year ago in the former Quiznos space just south of 37th Street Northwest. Soba noodles are made from buckwheat flour, so they have more texture and flavor than rice, and for this dish, the noodles are hiding big chunks of crab, shrimp, scallops and whitefish. You’ll need a well-sealed container for leftovers.

They’ve done an amazing job of transforming the former Quiznos shop into a dignified Japanese room, with dark wood, subdued lighting, Japanese screens and lanterns, and both a full bar and sushi bar. At happy hour, the sushi and rolls are a steal.

At Chester’s, they have “Healthy Bowls,” which you might say are glorified salads, but glorified they are. Some of the big names in dining trends — quinoa, baby kale, edamame and white balsamic vinegar — join forces here, along with a fresh-steamed vegetable with lemongrass reduction and your choice of protein. The rotisserie chicken is the best deal at $15, but the lightly seared salmon ($21) is irresistible, and I’m going back for the marinated tofu ($12).

I’ve been meaning to write a Four Stars column on one of the more inexplicable food trends of the past few years, butternut squash dishes, and here’s a downpayment on that: They have a bowl of thin, delicately made butternut squash ravioli at Twigs Tavern & Grille that’s well-priced at $10.99 and can be part of your Super Bowl noshing. Twigs has a menu that’s longer than Bill Belichick’s list of trick plays, and their pasta bowls include a standout called Country Captain Chicken — pan-fried chicken, curry, almonds, roasted tomatoes and more, served on cilantro white rice ($13.99).

No list of bowl dishes would be complete without a mention of the only bread bowl in town, as far as I know (and correct me if I’m wrong). It’s at Panera Bread, where they hollow out a crusty loaf of bread around the size of a soccer ball and fill it up with one of their house-made soups, my favorite being the vegetarian black bean ($5.39). There are two Paneras in Rochester, and no others in our eight-county area. Be glad for all their outrageously good pastries as well.

By the way, if you were expecting today’s column to be about Spam dishes in the Austin area, watch for that on Feb. 4 — I need to make a few more trips to Austin to finish that one.

Jay Furst is the Post-Bulletin’s managing editor and writes the Four Stars column for 507 Magazine. Call him at 507-285-7742 or email furst@postbulletin.com.
Everybody’s a critic as awards get dished out

BY CHRIS MIKSANEK
life@postbulletin.com

Sylvester Stallone was the sun — and I think he believes he is, based on the number of handlers and security that insulated him at Sunday’s Critics’ Choice Awards — my orbit was beyond the outer planets, something more akin to asteroid 624 Hektor. Of course, there are some advantages to sitting so close to the men’s room... uhmm, actually there are not. (Tip: Don’t go in there after Bryan Cranston.)

This year’s celebration consolidated our Broadcast Film Critics Association and its sister television group, which doubled the event’s size, a move many of us thought compromised the intimacy of past shows. (I needed to take a shuttle to table-hop during commercial breaks.) Still, the opportunity to trade Rochester record-low temps for 60-somethings more than made up for the negatives.

Which is not to say I didn’t go in with some skepticism. Robert Zemeckis’ uplifting “The Walk” was snubbed, as was one of the funniest films of the year, “A Walk in the Woods,” which starred Robert Redford and Nick Nolte. “What happened?” I asked Kristen Schaal, one of the film’s bright spots and the voice of Louise on “Bob’s Burgers.” She just shrugged. As did I at all of the accolades directed at “Mad Max: Fury Road,” an OK film but hardly award-worthy.

The night was filled with other surprises. Alejandro Inarritu did not win for “The Revenant” as many of us thought he should, nor did Tom McCarthy for “Spotlight,” which was the year’s best film in one of the unusual, but not rare, times the Best Director and Best Film split. Instead, George Miller won for “Mad Max.”

It was in the “Best Supporting Actor” category where the most legitimate competition could be found. Tom Hardy was great in “The Revenant” as was Paul Dano as the young Beach Boy Brian Wilson in “Love & Mercy.” Smart money was on Stallone for his performance in “Creed,” and he prevailed, but any of the three were equally deserving.

“The Big Short” — an interesting tale of how betting on mortgage loans that should have never been extended in the first place caused the so-called housing crisis and Great Recession — was the “Best Comedy,” which made as much sense as last week’s award to Matt Damon’s “The Martian” in the same category. Moves that I can only presume offer some kind of consolation prize to dramas that didn’t go all the way and a slight to laugh-out-loud movies such as Melissa McCarthy and Jason Statham’s “Spy” and Amy Schumer’s “Trainwreck.”

One of the highlights of the event was my opportunity to chat with Minneapolis native Vincent Kartheiser, who starred in the 2011 sci-fi thriller “In Time” and occasionally returns to the Cities to perform, most recently in a Guthrie presentation of “Pride and Prejudice.”

Of course, Kartheiser is better known as the ambitious Peter Campbell in the critically acclaimed AMC series “Mad Men,” of which I am a fan. Kartheiser winced when I mentioned the sub-zero temps he is missing but lit up when I said I admired his quotable dialog, “A thing like that,” I said. “That’s my favorite from the series,” was his quick response though I countered with, “Well I’m the pres...” to which he interrupted finishing my sentence, “…the president of the Howdy Doody circus army!” (“Mad Men” fans understand, trust me.)

This was the 21st annual presentation of the Critics Choice Movie Awards, which have historically been a bellwether of the Oscars, but this year, I’m not so sure.

Chris Miksanek is a Rochester freelance writer.

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Critics’ Choice Awards:
The envelope? Pa-leeze!

BY CHRIS MIKSANEK
life@postbulletin.com

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Chris Miksanek is a Rochester freelance writer.
The Boy (PG-13)  
An American nanny is shocked that her new English family’s boy is actually a life-sized doll. After violating a list of strict rules, disturbing events make her believe that the doll is really alive. Violence and terror, and some thematic material. Not reviewed.

Chateau, Galaxy, Hollywood, Austin

Bridge of Spies (PG-13)  
Steven Spielberg has taken the largely forgotten 1960 exchange of U.S. and Soviet spies and turned it into a gripping character study and thriller that feels a bit like a John Le Carre adaptation if Frank Capra were at the controls. Tom Hanks, in full modern-day Jimmy Stewart mode, stars as the genial U.S. negotiator. Some violence and brief strong language. Four stars.

Chateau, Galaxy, Hollywood, Austin

Daddy’s Home (PG-13)  
Two kids, who shows up but his wife’s ex (Mark Wahlberg), a muscled-up stud worshipped by the children. Thematic elements, crude and suggestive material and language. Two stars.

Chateau, Galaxy, Hollywood, Austin, Winona

The Forest (PG-13)  
A young woman searches for her twin sister in a Japanese forest only to find herself surrounded by paranormal forces. With Natalie Dormer, Eoin Macken and Stephanie Vogt. Disturbing thematic content and images. Not reviewed.

Chateau, Galaxy, Hollywood, Winona

Joy (PG-13)  
Playing the inventor of the Miracle Mop, Jennifer Lawrence hits all the right notes in a role that calls for her to be a cynic who has given up on love, a daughter who can never please her father and a wannabe entrepreneur with an almost obsessive drive to succeed. It’s a wonderfully layered performance that carries David O. Russell’s film through its rough spots and sometime dubious detours. Brief strong language. Three stars.

Chateau, Galaxy, Hollywood

Norm of the North (PG)  
Rob Schneider and Heather Graham provide the voices for this animated tale of a polar bear that travels to New York City. (Associated Press) Mild rude humor and action. Not reviewed.

Chateau, Galaxy, Hollywood

The Revenant (R)  
Enormously talented “Birdman” director Alejandro G. Inarritu strikes again with this 19th-century American fable, one of the most beautifully shot movies I’ve ever seen. Leonardo DiCaprio delivers one of his most impressive performances as a frontiersman left for dead in the 1823 wilderness. Strong frontier combat and violence including gory images, a sexual assault, language and brief nudity. Four stars.

Chateau, Galaxy, Hollywood, Austin, Winona

Ride Along 2 (PG-13)  
The snarling veteran cop (Ice Cube) and the motormouth rookie (Kevin Hart) head to Miami in a slick, good-looking, fast-paced and profoundly unoriginal piece of work. We’ve seen all this recycled sh*t before, and often in much better films. Sequences of violence, sexual content, language and some drug material. Two stars.

Chateau, Galaxy, Hollywood, Austin, Winona

Sisters (R)  
This comedy about 40-something sisters throwing a wild party for their old high school gang is a depressing, overlong, repetitive slapstick disaster in which Tina Fey and Amy Poehler wallow in the muck AND the mire, figuratively and literally. Crude sexual content and language throughout, and drug use. One and a half stars.

Chateau, Galaxy, Hollywood

Spotlight (R)  
A fine team of actors, including Michael Keaton, Rachel McAdams and Mark Ruffalo, portrays the fine team of Boston Globe journalists that investigated child abuse by priests in 2001. It’s one of the smartest and most involving movies of the year. Some language, including sexual references. Three and a half stars.

Chateau, Galaxy

NEW ON VIDEO  
Due next week

“Burnt” — Sobered up a decade after his drug-fueled flameout, a visionary chef (Bradley Cooper) hopes his comeback can lead to a three-star Michelin rating. As an often cliche-riddled tale of redemption, “Burnt” is the equivalent of a sleek, well-llit, trendy restaurant serving up mildly creative dishes on an otherwise predictable menu. Rated R for language. Two stars.

“Chi-Raq” — Spike Lee’s update of the Greek comedy “Lysistrata” is a shattering, thunderous wake-up alarm — a call to lay down arms aimed at the gun culture, the gang culture, the government and a society that doesn’t always care about killings as long as those killings are taking place OVER THERE. Rated R for strong sexual content, nudity, language, some violence and drug use. Three and a half stars.

Recently released

“Everest” — Based on true events, filled with stunning visuals and featuring more than a half-dozen of our best actors delivering solid performances, “Everest” is a high-altitude roller coaster ride that will leave you drained. Rated PG-13 for intense peril and disturbing images. Three stars.

“The Intern” — Despite the high-concept premise—retired exec (Robert De Niro) interns for e-commerce mogul (Anne Hathaway)—“The Intern” is a lovely comfort movie, nestled softly in a cynicism-free zone. Rated PG-13 for some suggestive content and brief strong language. Three and a half stars.

“Straight Outta Compton” — The early dreams, the big breaks and the in-fighting are told to great effect in F. Gary Gray’s enthralling, energized tribute to N.W.A. Rated R for language throughout, strong sexuality/nudity, violence, and drug use. Three and a half stars.

Reviews by Richard Roeper, Chicago Sun-Times

13 Hours: The Secret Soldiers of Benghazi (R)  
Michael Bay’s tribute to CIA contractors who resisted a terrorist attack in Libya is no “Zero Dark Thirty” or “The Hurt Locker.” Strong combat violence throughout, and language. Three stars.

Chateau, Galaxy, Hollywood, Austin, Winona

Reviews by Richard Roeper, Chicago Sun-Times, unless otherwise noted.

Chateau, Galaxy
**New play portrays ‘renegade’ teacher**

BY TOM WEBER

STOCKHOLM, Wis. — A night of professional comedy will be presented at 7 p.m. Jan. 31 at the Wilde spot Performing Arts Center in downtown Stockholm, Wis. The event, called “Night of comedy planned in Stockholm,” will take place at the center, which is located at 632 Main St. SE.

“What Miss Myrna Davenport’s Poetry in Motion” one-woman show at St. Mane Theatre, Lanesboro, runs Jan. 30, Feb. 5 and Feb. 7.

**Tired of winter? Head to Rep Theatre’s ‘April’**

BY TOM WEBER

Rochester Repertory Theatre, 155 First St. NW, will present its final production of the season, "Enchanted April," at 7:30 p.m. Thursday, Friday and Saturday and at 2:30 p.m. Saturday and Sunday.

**Bus set to run from Twin Cities to Rochester for art opening**

By contrast, the second act at the castle, with lighter music, seemed more like a dance party. The audience was invited to join in and dance along with the performers.

**SEWELL BALKET TAKES ‘SILK ROAD’ TO RED WING**

The cast, under the direction of director Scott Stewart, consists of eight actors, including Jennifer Reynolds as the lead role of Miss Myrna Davenport, and several others in support roles.

**Rebecca Sands in 'Miss Myrna Davenport's Poetry in Motion' one-woman show at St. Mane Theatre, Lanesboro, runs Jan. 30, Feb. 5 and Feb. 7.**

Seewell Balket takes “Silk Road” to Red Wing

**REVIEW**

Tired of winter? Head to Rep Theatre’s ‘April’

IF YOU GO

**Red Wing**

**What**

“Enchanted April”

**When**

7:30 p.m. Thursday, Friday and Saturday and at 2:30 p.m. Saturday and Sunday.

**Where**

Rochester Repertory Theatre, 155 First St. NW.

**How much**

Tickets are $17.50 and $11.50 in advance or $15 and $9 at the door.

**Why go**

“Enchanted April” is a charming and gentle play that takes place in Italy during World War II. The story follows a group of English women who are trying to escape their dreary lives back home by renting a beautiful Italian villa for a month.

**Bus set to run from win cities to Rochester for art opening**

IF YOU GO

**Where**

Bus set to run from Twin Cities to Rochester for art opening

**What**

New exhibition "Rough Tree & Quiet Fire" at the Walker Art Center in Minneapolis

**Why go**

The exhibition features the work of several contemporary artists, including Yayoi Kusama, Jeff Wall and Ed Ruscha. It runs through Feb. 15.

**IN THE NEWS**

**Bus set to run from Twin Cities to Rochester for art opening**

**What**

Bus set to run from Twin Cities to Rochester for art opening

**When**

8 p.m. Thursday through Saturday through Jan. 30

**Where**

Bus set to run from Twin Cities to Rochester for art opening

**How much**

Tickets are $25 adults, $20 seniors and students ($14 on Thursdays); 507-289-0343.

**Why go**

The bus is being organized by the Rochester Art Center, which is located at 538 S. Second St. NW.

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Bus set to run from Twin Cities to Rochester for art opening

**When**

8 p.m. Thursday through Saturday through Jan. 30

**Where**

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**How much**

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**Why go**

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**GLESSON ART CENTER**

A new exhibition "Rough Tree & Quiet Fire" at the Walker Art Center in Minneapolis

IF YOU GO

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‘I still think about it all day’

Self-taught musician Jewell is ‘addicted to music’

BY KIM ZABEL
life@postbulletin.com

Jeremy Jewell performs at Whistle Binkies on the Lake.

Jeremy Jewell is a self-taught musician. He learned by listening and watching others play.

1. Music background

Born and raised in Rochester, Jeremy Jewell is a self-taught musician. He learned by listening and watching others play.

2. Favorite way to play

Jeremy sings and plays harmonica, but he is most comfortable with his guitar.

3. Workaday life

Jeremy is a house musician at Five West and the Redwood Room. “Every year, it gets better and better, and every year, I get more gigs,” he said. “I’ve even had to cut back my bartending hours to part time.”

4. Early education

“I had a lot of spare time when I was younger. I thought about music all day long at school, and then, I would go home and play it until it was time to go to bed.”

5. Firsts

“The first time I played in front of other people was in the seventh grade for our junior high graduation dance. I knew then it would be something I would always be addicted to.”

6. Old habits

“I still have the same mindset I had when I bought my first guitar. I think about it all day. Playing music, hearing music, writing music, I’m addicted to music.”

7. Favorite place to play

“I can’t pick one specific place, but sitting in with other bands is always fun.”

8. Rochester music scene

“There are a lot of really good musicians here, and there’s no bad blood between anyone.”

9. Musical style

“Sometimes rock and roll, sometimes blues, sometimes folk.”

10. Where to find Jeremy

He performs at Five West on Friday, Jan. 29, and Saturday, Jan. 30; at Forager Brewing Company on Wednesday, Feb. 17; and at Brothers Bar & Grill on Friday, Feb. 26. Visit him on Facebook at www.facebook.com/jeremyjewellmusic.

Kim Zabel is a Plainview freelance writer and photographer. Ten measures is a weekly column spotlighting a local musician. Send nominations to life@postbulletin.com.

For links to music samples and videos, as well as band and venue information.

PB507.com

Local Beatles-esque foursome The Rares have a new single, “My Lover,” and perform Friday at the American Legion in Rochester.

Acts have flavor of Dylan, Beatles

BY BRYAN LUND
life@postbulletin.com

Forager Brewery keeps things moving in the right direction by booking Joel Ward for its weekly Therapeutic Thursdays sessions.

Ward’s voice is among the finest in the city and his distinctive soul, blues, and folk stylings have taken him throughout the region. Now he’s back where he came from and hoping to start something. You can sample his music at his Reverbnation page, reverbnation.com/joelward. I’ve plugged his cool version of Bob Dylan’s “Ballad of a Thin Man” before, but other cuts, like the soulful lo-fi slide guitar number, “Don’t Want You Around,” are more than worthy of a listen or two.

Suite heads back to Kathy’s Pub on Friday night with its impeccable combination of stagecraft and heated funk. Relief from the cold begins at 10 p.m. and continues well into the night. These guys get a lot of ink here, but it’s well-warranted, as anyone who has witnessed a set can attest to. Learn more at inthesuite.com and come prepared to boogie.

Knufunk gives Suite a bit of competition for the rump-shakers of the city on Friday, with a set at the Wicked Moose from 9 p.m. until 11 p.m. The band is comprised of locals who play originals and heat from acts like The Gap Band, Mary J. Blige, and Cameo, among others. If that’s not enough to entice you, listen to this: Bandleader Doug Porter wrote “Rochester is a Number One City,” at the behest of Mayor Chuck Hazama back in ’94.

Still not convinced? Head over to the band’s website, knufunk.com, listen to the available trio of songs, and check out how the crew replaces the “F” in “funk” with a most righteous ankh.

If you’re looking for new local talent, look no further than the American Legion on Friday night, where The Rares hit the stage at 8 p.m. A young quartet of rock ‘n’ rollers who have started popping up at more and more events in the city, this band brings Beatles-esque guitar work and chunky hooks to the foreground.

You can check out a bit of their sound at theraresband.wix.com/ricknrack, where they have made a snippet of “My Lover” available for streaming. According to its Facebook page, the band has been recording at McNally Smith College of Music, so expect to hear more soon.

Other Shows:
- Cafe Steam on Saturday starting about 7 p.m.
- Fair Trade’s blues, jazz, and folk tunes supply the mood at the Canadian Honker on Saturday from 7:30 p.m. until 10:30 p.m.
- On Tuesday night, Sothea Lam brings his sunny acoustic stylings to the Tap House from 6 p.m. until 9 p.m.
- Mark Healey of Badfinger brings his classic rock expertise to the Canadian Honker on Friday night starting about 7 p.m.
- Baby Boomer Boogie Band hits the VFW from 8:00 p.m. until midnight on Friday.
- Blue Collar Collective rips up the North Star Bar stage on Friday night starting about 9.
- Hard Rock cover band DetraMetal roars into the North Star Bar on Saturday night at 9:30.

Local Beatles-esque foursome The Rares have a new single, “My Lover,” and perform Friday at the American Legion in Rochester.

BY KIM ZABEL
life@postbulletin.com

1. Music background

Born and raised in Rochester, Jeremy Jewell is a self-taught musician. He learned by listening and watching others play.

2. Favorite way to play

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Lyra concert will take audiences to Baroque-era Berlin

Dutch flutist Wilbert Hazelzet joins the Lyra Baroque Orchestra for a concert, “Berlin in the Baroque” at 7:30 p.m. Jan. 29 at Zumbro Lutheran Church, 624 Third Ave. SW, Rochester.

The concert is based on music that likely would have been heard at Sans-souci, the palace of Frederick the Great at Potsdam, near Berlin.

Frederick, the king of Prussia from 1740 to 1786, was a flutist and composer who gathered many musicians at his court, including C.P.E. Bach and Johann Joachim Quantz, both of whom are featured in this concert program.

Hazelzet and Paul Jacobson, co-founder of the Lyra orchestra, will perform on Telemann’s Overture-Suite from the first book of Tafelmusik from 1733. “This first Tafelmusik is such a musical feast,” Jacobson said.

Also on the program is W.F. Bach’s “4 Fugues” for harpsichord, featuring Jacques Ogg, Lyra’s artistic director.

Tickets are $25 for adults, $20 for seniors and MPR members, $10 for students; 651-321-2214.

Free tickets are available in the lobby one hour before the concert for Mayo Clinic volunteers and patients, music students, Rochester Music Guild members and volunteers to nonprofit organizations.

Bruce and Bob get tribute concert in Zumbrota

ZUMBROTA — The music of Bruce Springsteen and Bob Seger will be featured in a concert, “E Street Shuffle/Detroit Muscle,” at 7:30 p.m. Jan. 30 at the State Theatre, 96 E. Fourth St., Zumbrota.

Vocalists Mick Sterling and Nick Hensley will perform Springsteen songs “Born to Run,” “Backstreets,” “Rosalita,” “Dancing in the Dark” and others, as well as Seger songs “Night Moves,” “Mainstreet,” “Hollywood Nights,” “Ramblin’ Man” and others.

They’ll be backed by a band of top players from the Twin Cities, including Jason Ploof and Stephen Morgan on guitars, Charlie Peterson and Joe Peterson on keyboards and Ronny Loew on sax.

Tickets are $28 in advance, $32 day of the show, and can be reserved through Crossings at Carnegie, 507-732-7616.

Nordic Choir featured in next Festival of Music concert

The Luther College Nordic Choir, considered one of the top collegiate choirs in the country, will perform at 4 p.m. Jan. 31 as part of the Festival of Music series at First Presbyterian Church, 512 Third St., SW, Rochester.

The 77-voice choir was founded in 1946, and since has performed in Norway, England, Germany, Ireland, Russia, Poland, Hungary, Romania, the Baltic countries, Mexico and the Caribbean, as well as at Lincoln Center in New York and the Kennedy Center in Washington, D.C.

Selections will include “Only in Sleep” by Erik Esenvalds, “Serenity” by Ola Gjello and the traditional closing piece, “O Lord God” by Pavel Chesnokov, as well as other hymns and spirituals. The choir is directed by Allen Hightower.

A free-will offering will be accepted.

Americana blues on tap at Oak Center

OAK CENTER — Jeff Ray and the Stakes play traditional roots and blues Americana at 8 p.m. Jan. 30 at the Oak Center General Store, located on U.S. 63 between Zumbro Falls and Lake City.

The band, which includes Hurricane Harold Tremblay on harmonica, recently released an album, “Valhalla.” It’s the sixth album by Ray but the first he has recorded with a full band. The songs include blues-inspired improvisations and Ray’s bluesy slide guitar.

Tickets are $15, with discounts available for low-income patrons. For tickets, send a check to: Oak Center General Store, 67011 U.S. 63, Lake City MN 55041. To check on ticket availability, call 507-753-2080.

Hormel Home to host piano/guitar concert

Two descendants of the Hormel family will perform in a concert at 4 p.m. Jan. 26 at the Hormel Historic Home, 208 Fourth Ave. NW, Austin.

Mary Sue Hormel Harris, granddaughter of Ben F. Hormel, will play piano selections and her great-nephew, Sam Stacy, a self-taught guitarist, will play original songs on Jan. 26 in Austin.

Hormel Historic Home is the site of a music concert series hosted by the Hormel Historic Home Foundation. It is continuing to involve other artists in its music series.

Concert Stage is a roundup of upcoming musical performances.
ENTERTAINMENT

BY MATTHEW STOLLE
mstolle@postbulletin.com

The blues community was stunned last October when Dallas blues guitarist Smokin’ Joe Kubek died suddenly of a heart attack, a loss that reverberated through musical circles, including those in Rochester.

Kubek died as he was about to take the stage at the Pleasure Island Seafood & Blues Festival in North Carolina. He was 58.

Three months later, the “Smokin’ Joe Kubek Benefit” is being held starting at noon on Saturday, Jan. 23 at the Wicked Moose Bar & Grill in Rochester to raise money for his wife, Phyllis, who has multiple sclerosis.

“Joe was kind of her everything, and he talked about her all the time,” said Spike Stephan, a regional blues promoter from Rochester who is helping organize the benefit. “And so now he passes away, and there’s Phyllis who is now just dumbfounded and lost.”

Kubek was a big fan and supporter of vocalist Sena Ehrhardt’s music career. Both she and her father, Ed Ehrhardt, were friends of Kubek. As word spread of the benefit, more and more bands asked if they could participate. The event features 13 bands and singers, from Ed Ehrhardt’s Blue Rooster and The Swamp Kings to Howard ‘Guitar’ Luedtke and The Mooseknuckle Brothers.

“It didn’t take anything,” said Stephan, who, along with Ed Ehrhardt and Gary Eckert, was a principal organizer. “They came out of the woodwork and asked if they could do it.”

Music will be played throughout the day starting at 1:15 p.m.. Doors open at noon. Each band will play for about 30 minutes. There will be a bake sale and a silent auction.

Stephan said all the proceeds will go to Kubek’s widow, Phyllis, and organizers are asking for a $20 donation at the door. But he said the amount is only a suggestion, and whatever a patron decides to give, even if it’s less than $20, will be acceptable.

“Because of the auction, we want people to come and look at the stuff,” Stephan said. “I want people to come out and see what the blues is all about.”

Stephan said he will be leaving for Memphis on Jan. 26 and presenting Phyllis with a check at International Blues Challenge set for Jan. 28 through Jan. 30.

“Our goal is to have a good day of music,” Stephan said. “We just want to support one of those who needs our help right now. This is what we do when someone needs help.”

IF YOU GO

What
Smokin’ Joe Kubek Benefit

When
Noon on Saturday, Jan. 23.

Where
Wicked Moose Bar & Grill, 1201 Eastgate Drive S.E., Rochester.

Details
A $20 donation is recommended at the door, but people are encouraged to give what they can. All the proceeds will go to Kubek’s wife, Phyllis.

Comedy show raises yuks, bucks

BY MATTHEW STOLLE
mstolle@postbulletin.com

Stevie Ray's Comedy Troupe, executive director of the Stevie Ray's Comedy Troupe, was a student at John Marshall High School when he took a test that was supposed to help him decide on a career.

When the results came back, he was told he would make a great female education instructor.

"I thought, OK, well, I'm not flying to Denmark for an operation," Ray said.

Instead, Ray, whose legal name is Steve Rentfrow, made the business of comedy and improv his chosen profession. His comedy troupe will put on two improv performances at 2 p.m. and 7 p.m. Thursday, Jan. 28, at the Canadian Honker Events at Apache. The 2 p.m. show cost $30 and will include dessert, and the 7 p.m. show will cost $45 and include a decadent dessert bar and cash bar. Financial proceeds are for the Rochester Senior Center.

The show will serve as the official kickoff to WinterFest, Rochester's annual winter celebration that takes place during the first two weeks of February.

Ray's troupe's comedy is similar to that of the TV show "Whose Line is it Anyway?" where audience members throw out suggestions to the performers. The subject might be "world's worst..." and someone might yell out, "world's worst bank teller.

And then each member of the five-member troupe will jump and do their version of the world's worst bank teller. Or the performers might be asked to riff on the "world's worst person to sit next to on airplane."

"It's hilarious," Ray said. "We're able to be much more interactive than what you see on TV, and that's because it's a live show."

Ray said the shows are clean — "We don't go down the raunchy road at all."

And while the comedy is meant for adults, it can be enjoyed by the whole family and people of all ages.

Ray graduated from Minnesota State University Moorhead with a degree in the theory and performance of comedy that he specifically created for himself. The comedy cabaret that he founded is now in its 26th year and includes comedy shows, a touring company and comedy training. The cabaret is located in Chanhassen.

One feature of the improv troupe is that auditions are held every six months or so, meaning current members have to re-audition for their spot in the group. A member might have a part of the troupe for a long time, but if someone comes along who is a little bit better, they might lose the spot. It keeps one's comedy chops sharp.

"It's a very tightly run professional troupe, so the focus is on always doing the best show for the audience," Ray said.

Ray's troupe will jump and do their version of the world's worst bank teller. Or the performers might be asked to riff on the "world's worst person to sit next to on airplane."

What
Stevie Ray's Comedy Troupe performs as part of the official kickoff to WinterFest.

When
They will be two performances on Thursday, Jan. 28. One is at 2 p.m. and the other at 7 p.m. The 2 p.m. show costs $30 and includes dessert and the 7 p.m. show costs $45 and includes a decadent dessert bar and cash bar.

Where
Canadian Honker Events at Apache, 1517 16 St. SW, Rochester.

Tickets
Tickets can be obtained by calling the Rochester Senior Center at 507-287-1404 or going to senior center, 121 N. Broadway Ave., Rochester.

‘Trick Boxing’ set for Winona

BY TOM WEBER
weber@postbulletin.com

WINONA — Sossy Mechanics, the Minneapolis-based theater and dance group, will perform "Trick Boxing" at 7:30 p.m. Jan. 27 at Page Theatre on the campus of Saint Mary's University in Winona.


Frey, Eagles influenced a generation

BY AUGUST BROWN
Tribune News Service

It’s never been fashionable to cite The Eagles as an influence.

The band, whose guitarist and vocalist Glenn Frey died on Monday, was not just one of the most popular and commercially dominant bands to come out of L.A.’s ’70s country-rock scene (or any other scene). They embodied just about everything that the avant-garde was out to destroy.

Saccharine vocal beauty and clean-cut technical proficiency; a combination of faux mysticism with a thin veneer of cynicism, and drug-fueled decadence with a reputation for being insufferable jerks and coldblooded businessmen in person: The Eagles had it all.

Punk, metal and alt-country were supposed to vanquish all that. “The Big Lebowski” may have summed it up best with The Dude’s classic, unprintable complaint against them.

But over the last decade of L.A. folk and rock music, there’s been a renewed streak of appreciation for The Eagles’ virtues. Frey had a precision-honed attention to song structure and melody, and an unmatched ear for how vocal harmony can take a dark sentiment and make it feel incandescent.

Frey’s style yielded plenty of local contemporary influence, most obviously seen in the many groups that orbit the producer Jonathan Wilson’s songwriting roundtable and jam sessions. From there, the magic-hour acoustic guitars and high-lonesome harmonies of an act like Dawes found its footing, and they became one of L.A.’s preeminent folk-rock acts.

Jenny Lewis, a favorite daughter of the L.A. rock scene, has a deep streak of affection for commercial ’70s country-rock and its smooth-pop cousins. The Eagles are likely no exception. She’s one of our finest songwriters today, and a rare one capable of dramatic, exacting harmony arrangements that recall Frey and Henley as much as her beloved Patsy Cline.

Josh Tillman’s Father John Misty is a caricature of an over-coked ’70s folk-rock burnout, and while he plays the role for yuks he plays his songs for real. His lyrics handle L.A. doom with a light touch, and his arch humor is often tempered with earned sadness and a growing virtuosity behind the microphone. His gentler old band, Fleet Foxes, might have claimed a more direct sonic lineage to the Eagles. But no one better embodies the tetchy, self-indulgent romance of Glenn Frey like Father John Misty.

There are scores more Los Angeles acts that claim those signifiers as a starting point. But for a band once so reviled by progressive young acts, to then prove so durable in influence, it means that Frey, for all his faults or gaucheness over the years, stood on very solid ground as songwriter. And Frey lived above Echo Park Lake next to Jackson Browne when they wrote “Take It Easy” — try beating that backstory for credibility today.
THURSDAY, JAN. 21

**Community**

Goodhue County Historical Society: Northern Bedrock Preservation Corps, 1166 Oak St., Red Wing. 6:30-8:30 p.m. This Duluth-based corps was formed in 2011 to integrate historic preservation services into the proven conservation corps service model. Also, hear about the history center’s past year’s achievements and future events.

Rochester Garden & Flower Club—“Shape Up for Gardening,” Rochester Community & Technical College, Heintz Center Auditorium, Room HB117, 1936 Collegeview Road SE. 6:30 p.m. Presented by Zach Curry, CPT, Jordan Montes, CPT, exercise specialists at Exercisabilities.

**Sensory Science**, Rochester Public Library Auditorium, 101 Second St. SE, Rochester. 6:30 p.m. An interactive program that is especially designed for children with sensory integration challenges. Registration needed.

Paint the Town Pink Decorating Contest. Citywide decorating contest, part of the 2016 Paint the Town Pink event lineup for breast cancer research at The Hormel Institute. No fee to enter. Entries may be sent to gopttp@gmail.com, with contact info, or to Austin Bruins (c/o decorating contest), 501 Second Ave. NE, Austin. Applications must be received by Jan. 25; judging on Jan. 29.

**Entertainment**

Scrapbook Workshop. Hobby Lobby, 3100 U.S. 52 N, Rochester. 9:30-10:30 a.m. 6 p.m. $40. You will be provided with pre-cut papers and personal instruction, and you will make and take home six 12x12 scrapbook pages. RSVP one week prior.

What’s Left: Lives Touched By Suicide. Rochester Civic Theatre, 20 Civic Center Drive SE, Rochester. 5:30-7:30 p.m. Multimedia exhibit exploring the use of artistic expression in the process of grieving, healing, and expressing hope, with a goal of creating community dialogue about suicide and mental illness.

**Music**

C4 open mic session. Cafe Steam, 315 Broadway Ave. S, Rochester. 5:30-10:30 p.m. 6:30 p.m. $40. You will be provided with pre-cut papers and personal instruction, and you will make and take home six 12x12 scrapbook pages. RSVP one week prior.

Joel Ward. Forager Brewery, 1005 Sixth St. NW, Rochester. 8 p.m.

Bruce Henry Band. Newhall Auditorium, Shattuck-St. Mary’s School, Faribault. 7:30 p.m. $15 adults, $9 senior citizens and students ($14 on Thursday). Ends Jan. 30.

**Theater**

“Enchanted April.” Rochester Repertory Theatre, 101 Seventh St. NE, Rochester. 5:30-8:30 p.m. $32 adults, $20 senior citizens and students ($14 on Thursday). Ends Jan. 30.

FRIDAY, JAN. 22

**Comedy**

Vince Morris (Headliner) and Logan Nielsen (Feature). Goonie’s Comedy Club, 7 Second St. SW, Rochester. 5:30-8:30, $14/$20. Shows at 7:30 p.m. and 10 p.m.

**Community**

Animal Secrets opens. Minnesota Children’s Museum Of Rochester, 1643 Broadway Ave N, Rochester. 5:30-8:30 p.m. $5.50, free for younger than 1. Stop in to the museum to check out the new exhibit, Animal Secrets. We will have a storyline at 11 a.m. and a visit from a Whitewater State Park naturalist.

Petite Picasso: Preschool Art! Rochester Public Library Auditorium, 101 Second St. SE, Rochester. 10 a.m. Calling all young artists: Dress to get messy as you explore art techniques and materials.

What’s Left: Lives Touched By Suicide. Rochester Civic Theatre, 20 Civic Center Drive SE, Rochester. 5:30-8:30 p.m. Multimedia exhibit exploring the use of artistic expression in the process of grieving, healing, and expressing hope, with a goal of creating community dialogue about suicide and mental illness.

**Sons of Norway “Migration and Adaptation: Norwegian-American Buildings in SE Minn., and NE Iowa,”** Our Savior’s Lutheran Church, 2124 Viola Road NE, Rochester. 5:30-7 p.m. Noon. Potluck. Paul Cutting from Decorah, Iowa, will speak about migration and adaptation. Please bring your own dinnerware and a dish to pass.

SATURDAY, JAN. 23

**Comedy**

Vince Morris (Headliner) and Logan Nielsen (Feature). Goonie’s Comedy Club, 7 Second St. SW, Rochester. 5:30-8:30. $14/$20. Shows at 7:30 p.m. and 10 p.m.

**Community**

Animal Secrets opens. Minnesota Children’s Museum Of Rochester, 1643 Broadway Ave N, Rochester. 5:30-8:30 p.m. $5.50, free for younger than 1. Stop in to the museum to check out the new exhibit, Animal Secrets.

Hooray for Saturday: Tabletop Sledding and Marshmallow Building. Rochester Public Library Auditorium, 101 Second St. SE, Rochester. 10:30 a.m. Create a miniature sled to slide down a tabletop slope. Race a friend. Watch out for that tree. Watch out for that snowman. Build with marshmallows, too.

Financial Literacy Workshop. Rochester Public Library (Meeting Room B, second floor), 101 Second St. SE, Rochester. 11:30 a.m. Do you have questions such as “How do I interact with creditors?” “Who can help me with my taxes?” and “How do I interact with creditors?” If so, then take the first step to Financial Wellness.

Guitarist Pat Donohue will perform during Chatfield Chill Fest this weekend. The festival includes a polar plunge, food, a candlelight snowshoe walk, a rummage/antiques sale at Chatfield United Methodist Church, a health fair at St. Mary’s Catholic Church, a bunco party, and a chili supper.
In a Tribute to David Bowie: “Labyrinth” (top) and “The Man who Fell to Earth” (above) will be shown at 3 p.m. Sunday, Jan. 24, at the Sheldon Theatre, Red Wing. Adults: $5, or $9 for both films; students: $4, or $7 for both films.

Looking for a way to meet new people? Love to eat and try new places? Then this is the group for you! Each month we try out a restaurant in town and enjoy chatting with new friends.

Mystery Book Group, Rochester Public Library, Meeting Room A, 101 Second St. SE, Rochester. 1 p.m. We will discuss humorous mysteries.

Tai Chi Chih-Beginning, Rochester Public Library (Meeting Room C), 101 Second St. SE, Rochester. 2:30 p.m. A class learning beginning Tai Chi Chih movements: moving meditation practice, gentle and easy to learn.

Tai Chi Chih-Advanced, Rochester Public Library (Meeting Room C), 101 Second St. SE, Rochester. 3:15 p.m. A class learning advanced basic Tai Chi Chih movements: moving meditation practice, gentle and easy to learn. Dress comfortably. Must have had beginning sessions or previous experience.

Women’s Panel: Rally Around Girls Potential, Canadian Honker at Apache, 1517 16th St. SW, Rochester. 6:30-7:30 p.m. Hear insightful stories from women change-makers in Rochester as they share experiences from girlhood, their personal journey to leadership, and how they meet challenges that women face in the workplace.

TLC-Teen Library Council, Rochester Public Library, Meeting Room A, 101 Second St. SE, Rochester. 4 p.m. We need you to make TeenScape better. Help us plan awesome teen programs and activities throughout the year.

Paleo basics, People’s Food Co-op, 519 First Ave. SW, Rochester. 507-289-9061. 6 p.m. $15 members; $25 nonmembers. Join Jeff of Bubba’s Fine Foods, as he breaks down the “what” and “why” of the paleolithic diet and lifestyle.

Music
Harmony for Mayo: Ann Reed, Lips Atrium (Charlton Building subway level), Mayo Clinic, Rochester. 12:10 p.m. to 1 p.m. Folk.

TUESDAY, JAN. 26

Community
RCTC LIFE: “Footsteps in History: John F. Kennedy in Minnesota,” RCTC Heintz Center Room HA112, 1926 College View Drive SE, Rochester. (507) 280-3157. 1 p.m. Free. Two members of the Kennedy family discuss their experiences with the president. Registration required.

Literature into Film Book Group, Rochester Public Library (Meeting Room C), 101 Second St. SE, Rochester. 1:30 p.m. Book and film to be discussed: “The Shell Seekers” by Rosamunde Pilcher.

Families and Firearms, Autumn Ridge Church, 507-328-4000. 6 p.m. $15. Learn proven safety practices related to firearms, specifically handguns, rifles, and shotguns. Attendees will be able to teach safety procedures to their families. Registration required.

Make-N-Take: Scrapbooking, Rochester Public Library (Maker Space, second floor), 101 Second St. SE, Rochester. This month Brittany Rack will be leading everyone as they make two scrapbook pages. Participants can come anytime between 6 p.m. and 8 p.m.

Saving Lives: One Glass of Water at a Time, Assisi Heights Spirituality Center, 1001 14th St. NW, Rochester. 507-280-2195. 6:30 p.m. $10. Heidi and Brian Crabree’s efforts in developing a water treatment system has changed the lives of hundreds in Nueva Esperanza (New Hope), Guatemala. Come to listen to their story. Register by Jan. 21.

The Zumbro in Words and Pictures, Quarry Hill Nature Center, 701 Silver Creek Road NE, Rochester. 507-328-3950. 7 p.m. Post-Bulletin writer John Weiss will show another side of this familiar river as he shares what he’s seen, heard and learned over decades of exploring the Zumbro.

Woodcarving — Carve-In, Kellogg Middle School, Room 101, 503 17th St. NE, Rochester. 507-328-4000. 7 p.m. $39. Bring any project that you are working on or start something new. No formal instruction; carvers with a special interest may provide demonstrations and projects for attendees. Registration required.

Music
MarySue Hormal Harris and Sam Stacy, Homel Historic Home, 208 Fourth Ave. NW, Austin. 507-433-4243. 4 p.m. Piano and guitar. Free concert.
Music
Thomas And The Rain, Forager Brewery, 1005 Sixth St. NW, Rochester. 8 p.m. to 11 p.m.

Special events
Rochester Area Sports Banquet, with Scott Hamilton, Mayo Civic Center Exhibit Hall, 30 Civic Center Drive SE, Rochester. 5:30 p.m. 11th annual. Guest speaker: Scott Hamilton, 1984 Olympic gold medalist figure skater, four-time U.S. and world champion. 5:30 p.m., Reception and silent auction; 6:30 p.m., dinner; 7:30 p.m., program.

Rochester Area Sports Banquet, with Scott Hamilton, Mayo Civic Center Exhibit Hall, 30 Civic Center Drive SE, Rochester. 5:30 p.m. 11th annual. Guest speaker: Scott Hamilton, 1984 Olympic gold medalist figure skater, four-time U.S. and world champion. 5:30 p.m., Reception and silent auction; 6:30 p.m., dinner; 7:30 p.m., program.

Resilient Living, University Square 4th Floor, 111 Broadway Ave. S, Rochester. 7 p.m. Debbie Fuehrer will be talking about how the brain and mind generate unwanted stress every day, even during routine daily activities. You will learn a two-step program to help with your stress.

WEDNESDAY, JAN. 27

Community
Final Week of January, Minnesota Children’s Museum Of Rochester, 1645 Broadway Ave. N, Rochester. 507-218-3100. $5.50, free for younger than 1. We will have a museum-wide sing-along on Wednesday at 11 a.m., a story time on Friday at 11 a.m., and a building bonanza all day long on Friday with Legos, Rockenbucks, and other building materials.

RCTC LIFE: Civil War Logistics, Supply, and Military Organization, RCTC Heintz Center Room HA112, 1926 College View Drive SE, Rochester. 507-280-3157. 3:30 p.m. 60 per child, includes multiple sessions. Register by calling 507-280-3157.

Rochester Newcomers: KnitWits and Crafting Group, 5:30 p.m. Learn how to knit? Want to learn? All skill levels are welcome. We have some great teachers too! This group is also open to other crafters—crochet, paper crafts, etc. Send email to info@rochesternewcomersconnection.com for location.

Rochester Newcomers: Ladies Bunco Night, 6:30 p.m. Join us for a fun evening of ladies bunco. Check out our website and email us for this month’s location, theme, etc. This is a great event if you are new to the area or looking to meet new friends.

Entertainment
Reception: Cesar Forero’s “The Message,” RCTC Art Gallery, College Center 200, 531 30th Ave. SE, Rochester. 207-289-0961. 5:30 p.m. Join us for this interactive webinar to learn how probiotics, fiber, enzymes, and herbal cleansing formulas support digestive health.

Artisan Breads for Your Health (7855.241), Century High School, 2525 Viola Road NE, Rochester. 507-328-4000. 6:30 p.m. $25. Who says you can’t have both nutrition and flavor? You’ll learn to combine natural, healthy ingredients to make artisan breads of incredible flavor. Bring a bowl and spoon. Registration required.

ROCHESTER NEWCOMERS: “WINTERFEST 2016: “WARM UP IN WINTER WITH ART & ENTERTAINMENT”,” 1007 Third Ave. SE, Rochester. 507-287-1404. $30 for 2 p.m. show; $45 for 7 p.m. show. Sponsored by the Rochester Senior Center. Tickets available through the Rochester Senior Center business office, and at the door for an extra $10.

Yoga & Mindfulness for Kids, Assisi Heights Spirituality Center, 1001 14th St. NW, Rochester. 507-280-2195. 5 p.m. $60 per child, includes multiple sessions. Yoga and mindfulness practices give children the tools to focus better, manage emotions and stress, develop strength and be more resilient in all areas of life. Register by Jan. 23.

RCTC LIFE: Children’s Poetry: from “When We Were Very Young” to “Light in the Attic,” RCTC Heintz Center Room HA112, 1926 College View Drive SE, Rochester. 507-280-3157. 1 p.m. Member fee: $13, non-member fee: $21. Poetry will be shared in a variety of ways. Humorous, thoughtful, old and new poems; come for the fun of sharing poetry for all ages.

Music
The Stevie Ray’s Comedy Troupe,” Canadian Honker Events at Apache, Grand Ballroom, 1517 16th St. SW, Rochester. 507-287-1404. $10 for 2 p.m. show; $15 for 7 p.m. show. Sponsored by the Rochester Senior Center. Tickets available through the Rochester Senior Center business office, and at the door for an extra $10.

Comedy
Shawn Latham (Headliner) and James Hodge (Feature), Goonie’s Comedy Club, 7 Second St. SW, Rochester. 507-288-8130. $14/$20. Shows at 7:30 p.m. and 10 p.m.

FRIDAY, JAN. 29

Entertainment
Reception: Cesar Forero’s “The Message,” RCTC Art Gallery, College Center 200, 531 30th Ave. SE, Rochester. 4:30 p.m. Exhibition supported by RCTC Art and Design Dept. and RCTC Student Life. Ongoing gallery hours: 9 a.m. to 4 p.m. Monday to Friday.

Art reception, National Eagle Center, 50 Pembroke Ave., Wabasha. 651-565-4989. Wildlife paintings by Daryl Anderson, of Winona. 4 p.m.

RCTC LIFE: Children’s Poetry: from “When We Were Very Young” to “Light in the Attic,” RCTC Heintz Center Room HA112, 1926 College View Drive SE, Rochester. 507-280-3157. 1 p.m. Member fee: $13, non-member fee: $21. Poetry will be shared in a variety of ways. Humorous, thoughtful, old and new poems; come for the fun of sharing poetry for all ages.

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Wellness webinar, People’s Food Co-op, 519 First Ave. SW, Rochester. 507-289-0061. 5:30 p.m. Join us for this interactive webinar to learn how probiotics, fiber, enzymes, and herbal cleansing formulas support digestive health.

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Rochester Newcomers: Ladies Bunco Night, 6:30 p.m. Join us for a fun evening of ladies bunco. Check out our website and email us for this month’s location, theme, etc. This is a great event if you are new to the area or looking to meet new friends.

Music
C4 open mic session, Cafe Steam, 315 Broadway Ave. S, Rochester. 507-208-4160. 7:30 p.m.

Joel Ward, Forager Brewery, 1005 Sixth St. NW, Rochester. 8 p.m.

Special events
Top 20 Training: “Parenting With Purpose,” Holy Spirit Church, 5455 50th Ave NW, Rochester. 507-280-0638. 7 p.m. Paul Bernabei, Minnesota educator, author, and co-founder of Top 20 Training has been leading an initiative to transform American education. He takes Top 20 to schools around the world, and has been an educator in Twin Cities schools for more than 30 years, conducting hundreds of retreats for youth and adults.

Art reception, National Eagle Center, 50 Pembroke Ave., Wabasha. 651-565-4989. Wildlife paintings by Daryl Anderson, of Winona. 4 p.m.

Theater
“Enchanted April,” Rochester Repertory Theatre, 103 Seventh St. NE, Rochester. 507-289-1737. 8 p.m. $22 adults, $20 senior citizens and students ($14 on Thursday). Ends Jan. 30.

Ann Reed will perform at 12:10 p.m. Monday, Jan. 25, for the Harmony for Mayo series in Lips Atrium (Charlton Building subway level), Mayo Clinic.
Olympic gold medalist figure skater Scott Hamilton will be the featured speaker at the Rochester Area Sports Banquet on Tuesday, Jan. 26, at Mayo Civic Center Exhibit Hall. Reception and silent auction at 5:30 p.m. followed by dinner at 6:30 p.m. with the program at 7:30 p.m.

**Community**

**Final Week of January**, Minnesota Children’s Museum Of Rochester, 1463 Broadway Ave. N, Rochester. 507-218-3100. $5.50, free for younger than 1. We will have story time on Friday at 11 a.m., and a building bonanza all day long on Friday with Legos, Rockenbooks, and other building materials.

**RCTC LIFE Presents: All Things Orchestra with Jere Lantz**, RCTC Heintz Center Room HA112, 1926 College View Drive SE, Rochester. 507-280-3157. 1 p.m. Member fee: $13, non-member fee: $21. What is the role of the conductor? What makes up the orchestra, the strings, the winds, the brass, the percussion? Are there differences between orchestras? What about the repertoire?

**National Volleyball Center open gym**, 2601 Viola Road NE, Rochester. $5 adults, $4 students. Open 6 p.m. to 9 p.m. Fridays, 6 p.m. to 10 p.m. Sundays.

**Music**

**Moonrise Blue**, Cafe Steam, 315 Broadway Ave. S, Rochester. 507-208-4160. 7 p.m.

**Costello & Hips**, Canadian Honker, 1203 Second St. SW, Rochester. 507-282-6572. 7:30 p.m. Soft rock.

**Lyra Baroque Orchestra**, Zumbro Lutheran Church, 624 Third Ave. SW, Rochester. 651-321-2214. 7:30 p.m. $25 adults, $20 seniors and MPIR members, $10 students. “Berlin in the Baroque.” Music by W.F. Bach, Telemann, Quantz. Free tickets for Mayo Clinic visitors and patients, music students, Rochester Music Guild members and nonprofit volunteers.

**The Listings**, North Star Bar, 503 N. Broadway, Rochester. 507-289-1091. 8 p.m.


**Comedy**

“Enchanted April,” Rochester Repertory Theatre, 103 Seventh St. NE, Rochester. 507-289-1737. 8 p.m. $22 adults, $20 senior citizens and students ($14 on Thursday). Ends Jan. 30.

**Saturday, Jan. 30**

**Comedy**

Shaun Latham (Headliner) and James Hodge (Feature), Goonie’s Comedy Club, 7 Second St. SW, Rochester. 507-288-8130. 9 p.m. $22 adults, $14 senior citizens and students ($14 on Thursday). Ends Jan. 30.

**Music**

**Michit Banryu**, Cafe Steam, 315 Broadway Ave. S, Rochester. 507-208-4160. 7 p.m.

**Lyric Baroque Orchestra**, Zumbro Lutheran Church, 624 Third Ave. SW, Rochester. 651-321-2214. 7:30 p.m. $25 adults, $20 seniors and MPIR members, $10 students. “Berlin in the Baroque.” Music by W.F. Bach, Telemann, Quantz. Free tickets for Mayo Clinic visitors and patients, music students, Rochester Music Guild members and nonprofit volunteers.

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The Current goes to 11 with birthday bash

BY RYAN STOTTS
life@postbulletin.com

How could 11 years go by so quickly?

But it has for The Current, the Twin Cities-based radio network (spin your dial to 88.7 FM in Rochester now if you haven’t before) featuring a constantly-rotating selection of music, much of it local to the region.

As is now traditional, The Current is taking over First Avenue Friday and Saturday for its annual birthday bash, in part as a way to thank listeners who support the MPR-owned station, and also to entertain everyone with a local lineup of top talent, which this year includes John Mark Nelson, Tommy Stinson, Low, Mixed Blood Majority, Bones & Beeker, The Cactus Blossoms, Gramma’s Boyfriend, Bad Bad Hats, Bruise Violet, and Gospel Machine.

MPR members could score the $20 tickets on Dec. 10, a day before they were released to the public, and organizers have said that, while the party is meant to mark the birth of the popular-but-not-free-from-controversy radio station, it’s more of a way to show appreciation to its loyal supporters.

Those listeners, in fact, cover a wide area; apart from the Twin Cities metro, the station also broadcasts in Rochester, parts of western Wisconsin, and even on KPCC, an HD Radio subchannel in Pasadena, Calif.

The two-day lineup covers catholic tastes, with everything from hip-hop, indie rock, psychedelic and punk, to local rock icons and other beloved Minnesota-natives, even teenage grunge. With such a vast array, it’s more appetizing than the requisite cake topped with candles.

And, just one more note if you’re anxious to make the trip up for the big party: It’s an 18-year-old-plus event, which means you’ll need an adult handy if you’re underage and want to get in. And, there’s a limit of four tickets per person, per night. Those are small restrictions to impose on an event that offers up so much unrestrict-ed fun.

Rock on.

Nicholas David, a third-place winner in season three of “The Voice,” will perform at 7 p.m. and 9 p.m. Friday, Jan. 22, at The Dakota in Minneapolis.

Ave., St. Paul. 651-245-2647. Opening: Auralai. 7:30 p.m. $17.

Eric Bibb and Corey Harris, The Dakota, 1010 Nicollet Mall, Minneapolis. 612-332-5299. 7 p.m. $30. $25.

Performance

“The Rusalka,” Minnesota Opera, Ordway Center, 345 Washington St., St. Paul. 612-333-6669. 7:30 p.m. $25 to $200.

Saturday, Jan. 30

Music

Adam Levy and Friends, The Dakota, 1010 Nicollet Mall, Minneapolis. 612-332-5299. 8 p.m. $15.

Babes in Toyland, First Avenue, 701 First Ave. N, Minneapolis. 612-338-8388. 7 p.m. $25.

Vampire Hands, Hollow Boys, Chambermaids, Turf Club, 1601 University Ave., St. Paul. 651-647-0486. 8 p.m. $10.

Performance

“The Rusalka,” Minnesota Opera, Ordway Center, 345 Washington St., St. Paul. 612-333-6669. 7:30 p.m. $25 to $200.

Sunday, Jan. 31

Music

Tribute to Natalie Cole, The Dakota, 1010 Nicollet Mall, Minneapolis. 612-332-5299. 7 p.m. $15.

Charlie Parr, Turf Club, 1601 University Ave., St. Paul. 651-647-0486. 7 p.m. $10 advance, $15 at the door.

Vocalosity, Orchestra Hall, 1111 Nicollet Mall, Minneapolis. 612-371-5600. 7 p.m. $25 to $50.

Performance

“The Rusalka,” Minnesota Opera, Ordway Center, 345 Washington St., St. Paul. 612-333-6669. 7:30 p.m. $25 to $200.

ThursDAy, JAN. 28

Music

Ben Cook-Feltz, Ginkgo Coffeehouse, 721 N. Snelling Ave., St. Paul. 612-333-6669. 7:30 p.m. $25 to $200.

Friday, Jan. 29

Music

New Sound Underground and the Heard, Turf Club, 1601 University Ave., St. Paul. 651-647-0486. 8 p.m. $10 advance, $12 at the door.

Sean Anonymous 10th anniversary birthday show, First Avenue, 701 First Ave. N, Minneapolis. 612-338-8388. With DJ Name, Sims, Greg Grease, others. 8 p.m. $10 advance, $12 at the door.

Liam Gerard, New Century Theatre, 710 Hennepin Ave., Minneapolis. 612-455-9501. 7:30 p.m. $17.


Saturday, Jan. 30

Music

Adam Levy and Friends, The Dakota, 1010 Nicollet Mall, Minneapolis. 612-332-5299. 8 p.m. $15.

Babes in Toyland, First Avenue, 701 First Ave. N, Minneapolis. 612-338-8388. 7 p.m. $25.

Vampire Hands, Hollow Boys, Chambermaids, Turf Club, 1601 University Ave., St. Paul. 651-647-0486. 8 p.m. $10.

Performance

“The Rusalka,” Minnesota Opera, Ordway Center, 345 Washington St., St. Paul. 612-333-6669. 7:30 p.m. $25 to $200.

Sunday, Jan. 31

Music

Tribute to Natalie Cole, The Dakota, 1010 Nicollet Mall, Minneapolis. 612-332-5299. 7 p.m. $15.

Charlie Parr, Turf Club, 1601 University Ave., St. Paul. 651-647-0486. 7 p.m. $10 advance, $15 at the door.

Vocalosity, Orchestra Hall, 1111 Nicollet Mall, Minneapolis. 612-371-5600. 7 p.m. $25 to $50.

Performance

“The Rusalka,” Minnesota Opera, Ordway Center, 345 Washington St., St. Paul. 612-333-6669. 7:30 p.m. $25 to $200.

ONGOING

Theater


Low, the Duluth band made up of (from left) Steve Garrington, Alan Sparhawk and Mimi Parker, performs Friday in Minneapolis for The Current’s 11th birthday party.
DO YOU HAVE THE CUTEST BABY?

PROVE IT AT POSTBULLETIN.COM/BABIES

Submit your new arrival’s photo in our annual Babies contest by Wednesday, February 3 to show off your bundle of joy and be entered to win valuable prizes!

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CASH PRIZES TO TOP 3 FINISHERS! $300, $150, $50

Nickname(s): Bubba, Buddha

Likes: Food, playing with his big brother, cuddles, & toys!

Dislikes: Getting his nose cleaned out

05/10/2015
Parents Danielle and Damon Hanson

Dawsyn William-Day Hanson

$40 ENTRY

05/10/2015
Aunt & Uncle Kristine and John Spillers

$25 ENTRY

SECTION DISTRIBUTED TUESDAY, FEBRUARY 23, 2016