

YOUR ULTIMATE TWIN CITIES GUIDE

METRO

TWIN CITIES METROPOLITAN 05/07

5 GREAT NEW RESTAURANTS

The scoop on CRAVE, SPILL THE WINE, THE LOOP, SAFFRON + IL VESCO VINO

Make A Splash For Spring!

FRESH LOOKS FOR METRO READERS

THE BEST: Salons / Personal Shoppers / Helpful Shops / Nutrition Counseling + more

4 BEST MN ROADTRIPS

Great scenery, quirky locals, affordable overnights

HOT SPOT

The **NORTH LOOP** is the place to be

CULTURE WITH YOUR COCKTAIL

Meet new friends at MIA, MN OPERA + the WALKER

METRO STIRS UP THE PERFECT MN COCKTAIL RECIPES: PG 46



the
METRO

5



WHAT WE LOVE,
WHERE TO FIND IT
AND SOMETIMES WHY.

Eco Hero:

LAURA FRYBERGER

Flings Event Design's Laura Fryberger can take the headache out of keeping a party or meeting environmentally friendly. She's planned gatherings for eight to 15,000, all the while arranging the minute details, like having the city pick up bulk recycling. She can recommend organic catering, green gifts and ecologically-safe services, so don't miss the May 6 workshop at the Living Green Expo, livinggreen.org

Politics:

MINNESOTA WOMEN'S CAMPAIGN FUND

Support women politicians at the Minnesota Women's Campaign Fund's 25th Annual Fundraiser with actress/activist Olympia Dukakis. The multi-partisan MWCF, founded in 1982, has given nearly \$2 million to women seeking political office, including Senator Klobuchar. The "power lunch of the year in Minnesota politics," according to director Sara Fenlason, is from 11:30 a.m. to 1 p.m. Wednesday, May 2 at the Historic Milwaukee Depot. Tickets (\$125) are hot, so dial 651.251.0711 quickly.

Science:

TAXONOMY WITH COCKTAILS

Brush up on your science knowledge at Café Scientifique. On Tuesday, May 8, University of Minnesota professors Sally Kohlstedt and Susan Weller will discuss taxonomy at Loring Pasta Bar in recognition of the 300th birthday of the father of the field, Carl Linnaeus. Happy hour specials make the \$5 suggested donation well worth the trip. 327 14th Ave. S.E., Minneapolis; bellmuseum.org.

Wine:

CLASSY CLASS

Relax after work the right way—with a glass of wine in hand and snacks from Corner Table chef Scott Pampuch on the way. Expert Jason Kellsen will teach you wine appreciation and about the production, history and styles of Rosé at Corner Table's "wine after work" mini classes. \$25, Tuesday, May 1, 5:30 p.m. at 4257 Nicollet Ave., Minneapolis; cornertablerestaurant.com.

Health:

UNCOOKING

Eating raw, vegan food is "the best thing you can do for your body," says John Stockman, chef/manager at Ecopolitan restaurant. Stockman and Co. will teach you how to "cook" at their monthly uncooking class, offered the last Sunday of every month at 2:30 for \$45. Reservations required. Private lessons also available. 2409 Lyndale Ave. S, Minneapolis; 612.874.7336. —Elizabeth Aulwes



Numbers Game

COUNTDOWN TO MAYDAY

1975 First year of In the Heart of the Beast's MayDay Parade and Festival in Minneapolis's Powderhorn Park.

50,000 Number of spectators at the 2006 parade.

20 Number of professional artists who guide volunteers in creating the puppets.

5,000 Pounds of clay required for the papier-mâché that coats the puppet exteriors.

\$200,000 Cost to produce and operate the parade and festival.

300 Performers in last year's Tree of Life Ceremony.

10 Number of blocks the parade travels.

2,500 Participants in the 2006 parade.

Compiled by Leah Osbourne