

# What's Up, Babe?

## Bemidji & Beyond

### Arts, Culture & Entertainment

### Weekly Event Calendar



OCTOBER 29 TO NOVEMBER 7 2015, ISSUE #1-18 TAKE ONE SHARE ONE  
UPLOAD/LIST YOUR EVENT FOR FREE!



/WUBABEBEMIDJI

## BLOODY MARY

BY LISA SETER

*"Bloooody Maaary, Bloody Maaary, Bloody Maaary." (staring in the bathroom mirror with a candle)*

*"I saw her! Did you see her?" (hallucinating)*

*"EEEEEEEEEEEEEE!" (freak out and push everyone out of the way)*

*"Aw, I didn't see her. Wanna do it again?" (wait ten minutes, repeat 50 times)*

This is what happens when you have 13 girlfriends at a sleepover. If you're a guy, you probably have some other thing you do with flashlights up your nose and ketchup. (I'd love to hear it!)

After listening to that all Saturday night, you can bet it's someone's parents who first started calling the Sunday morning kickstarter a "Bloody Mary."

After a little thinking and drinking over brunch with Doug from Sparkling Waters (situated between Lake Bemidji and Lake Irvine), we started talking creative about the different ways a Bloody Mary comes together. **We're talking both non-alcoholic and classic here, so this column is for all ages at any time of the day.**

Full meal or just the celery? Vegan or meat? Vodka, tequila or virgin? Tabasco? Salty rim or Old Bay? Tomato, Clamato or mix? Lemon or lime? Horse radish? Pickle or brine? Dirty with olives? Beer chaser? **Yes, to all of the above.**

Bemidji on a Sunday morning has more variations on this classic than anywhere I've ever lived. Well, per capita anyway. They're all delicious and we should start a column just for *Sunday-morning-brunches-turning-into-let's-stay-and-watch-the-game/taigater day.*

Now I want to impress upon you what I've heard from more than one bartender, is that these things take time to make and batching them is better than doling them out one at a time. So, don't wait to make up your mind. Just go with the group and order the round right away.

**Want to make them at home? Here's how to crank up your Bloody Mary:**

**First:** Get creative with your **skewers** so that your guests don't have to dig into the ice to pull out the delicious goodies.

Serve your concoction in a Mason jar or **make batches in a carafe.** If you go for the carafe, lay out a spread for people to create their own garnish. Individual servings? Float the squeezed lime or lemon juice on the top of each mixture and let your guest enjoy a burst of flavor on their first sip.

**Second: Crank up the garnish!** Items you should try include peeled shrimp or crab claws, celery hearts (leaves on), carrots, pressed garlic, smoked cheeses and salamis, pickled okra, limes, lemons, long green beans, scotched eggs (I know, right?!), Slim

**The classic recipe (Liquor.com)**  
**1 pint**

Celery salt  
Lemon wedge  
Lime wedge  
2 oz Premium Vodka  
4 oz Tomato juice  
2 dashes Tabasco Sauce  
2 tsp Prepared horseradish  
2 dashes Worcestershire sauce  
1 pinch Celery salt  
1 pinch Ground black pepper  
1 pinch Smoked paprika

Pour some celery salt onto a small plate. Rub the juicy side of the lemon or lime wedge along the lip of a pint glass. Roll the outer edge of the glass in celery salt until fully coated.

Squeeze the lemon and lime wedges into a shaker and drop them in.



Add the remaining ingredients and fill with ice. Shake gently and strain into the prepared glass. Garnish with a celery stalk and a lime wedge.

Jims, olives, exotic pickles, fresh jalapenos, pickled peppers, bacon, pickled onions, ... Spare no expense and make a meal of it. How about a quarter of a grilled cheese sandwich or a hamburger slider on a stick! This IS brunch after all.

**For the tomato part,** you can blend up your own fresh tomatoes. Boost the flavor with a splash of Clamato. If you haven't had it before, it's just clam broth infused tomato juice - puts a salty seafood flavor into the mix if you don't have the shrimp garnish. You can also make the mix thicker and richer with tomato paste (don't forget to add more salt and herbs).

**Use up-scale vodka** or something from your local distillery, or exchange the vodka for tequila or slightly

sweeter soju. Soju is a distilled rice liquor popular in Korea.

Old Bay is the classic rim "salt". But you can make your own. *Use kosher salt or "sea" salt, not the iodized stuff. Kosher is cheap and tastes better with everything tomatoey.*

Use lemon or lime to wet the glass rim. Combine bacon bits, truffle salt, dried or dehydrated vegetables/peppers in a spice grinder along with celery seeds, flavored salts, and smoked paprika. You can keep the mixture in the freezer and pull it out to thaw a bit before you start making your Marys.

Cheers!  
*Author: Lisa Seter is WUB's editor and columnist.*

FREE FREE



OCTOBER 29 TO NOVEMBER 7 2015, ISSUE #1-18 TAKE ONE SHARE ONE  
EVENTS ALSO ONLINE AT WHATSUPBABE.COM AFFORDABLE ADVERTISING



### 2016 Call to Artists is Open Bemidji Sculpture Walk

Operating in downtown Bemidji since 1999 the **Bemidji Sculpture Walk** is pleased to open its annual call to artists for installation outdoors throughout Bemidji in the 2016-2017 season. The Bemidji Sculpture Walk committee will select the 20 best submissions, based on their conceptual strength, originality, and workmanship. These will be presented for 12 months in locations throughout Bemidji.

All jury-selected participating artists participants receive an honorarium plus consideration for 3 cash prizes. All artwork will be advertised as for sale or loan unless otherwise specified by artist. 25% commission on successful art sales during contract year.

Submit your application for selection for one, two, or even three separate works this year. If you have any questions or find you may need help applying don't hesitate to contact us right away: [bemidjisculpture@gmail.com](mailto:bemidjisculpture@gmail.com)

The walking guide for current sculpture installations is available online: [bemidjisculpture.org](http://bemidjisculpture.org)

### THURSDAY OCTOBER 29

#### Community Pint Night for the Bemidji Food Shelf

October 28 Bemidji Brewing Taproom, 401 Beltrami Ave NW Bemidji, \$1 from every tap beer, soda, and coffee sold from 5-7PM donated to the partner organization! Community Pint Nights will end for the year in October and resume in March for another great year. Cheers to everyone for supporting this program!

#### Fall Colors in the Taproom

October 29 Bemidji Brewing Taproom, 401 Beltrami Ave NW Bemidji, MN Harness your inner artist

with our "Fall Colors in the Taproom" series! Every Thursday in October we'll provide cool coloring books (for folks of all ages) and supplies to help you unleash your creativity. And feel free to bring your own tools too! Submitted artwork will be in the running for our First Friday art show on November 6th AND be eligible to win fun prizes! Stay tuned for more info and see sneak peeks of people's creations by following us on Facebook and Instagram: @BemidjiBrewing.

#### Trick or Treat at BSU

October 29 @ 5:00 pm - 7:00 pm Bemidji State University, 1500 Birchmont Dr NE

Bemidji, Bring your Trick or Treaters to BSU for a fun and easy Halloween event! Once again, Trick or Treating will take place in the residence halls on Bemidji State campus on the 29th between 5:00 and 7:00 p.m. Please stop by the front desk of each hall to get a listing of the rooms that will be handing out candy. Look for the rooms with the Orange 'Trick or Treat' Tag! Many floors in the residence halls will be decorated for Halloween and some areas will include games and prizes for small children along with tasty apple cider and snacks for the families. Stay safe, warm and dry while you get the treats.



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What's Up, Babe!



### Babe Needs Talent

We are looking for columnists,  
poets, artists, & cartoonists.  
INFO: [Editor@WUBabe.com](mailto:Editor@WUBabe.com)



*What's Up, Babe?* is a weekly event calendar distributed every Thursday. WUB is available in at least 20 high traffic areas in and around Bemidji, Minnesota. WUB is also online with event listings available to read 365 days in advance. We encourage you to upload your event and event image for free. Submittal form at [WUBabe.com](http://WUBabe.com) or [WhatsUpBabe.com](http://WhatsUpBabe.com) accepts event photos for online edition. Affordable, yet limited, advertising space is available for the print and downloadable pdf versions. PSA's are accepted but priority is given to events, advertising, our columnists and artists. Contact [Lisa@WUBabe.com](mailto:Lisa@WUBabe.com). Crazy Fingers alert: We try really hard for accuracy, but sometimes stuff gets cancelled or changed. Double check with the organizer if you have concerns.

Why are we doing this? Bemidji is an awesome place with lots of stuff to do. Bringing people together for happy, fun events will strengthen our community's "livability." That's what we all want, right? If you've got something to contribute, we're always looking for talent. We accept family-friendly written work of fact or fiction, artwork, and photography. Give us some WUB Love and we'll give you some back!

### RECURRING FALL EVENTS:

**Bemidji Area Farmers Market** : Pamida/Subway Parking lot, Bemidji Want to inquiry about being a vendor? Please call 218-333-3648 or 218-694-2934. Market times at old Pamida/Subway parking lot: Sat 8:30-3, Sun 11-4, Tues 11-5 Thurs 11-2. Thursday continues from 3-6 at the Sanford Medical Center/Hospital parking area.

**Natural Choice Farmers Market** : 9:00 am - 1:00 pm Union Square Parking Lot, 110 Midway Dr. S ,Bemidji Every Saturday for 2015 season .

**Good Sports of the North** : Get in the game and explore the history of sports at the Beltrami County Historical Society. Score big with stories about curling, baseball, Ojibwe lacrosse, cross country skiing, and the many sports in between. Go behind the numbers, and find out how sports moments, coaches, and per-

sonalities shaped local communities. And be part of the team with hands-on vintage sports equipment, interactive touchscreens, and more! runs through Summer 2016 Wednesday—Saturday from 12-4.

**Come skate with your preschooler** : We prefer if parents wear skates or bring clean shoes to use out on the ice. September 17- December 22, Tuesdays & Thursdays, 9:00-11:00am, Neilson Reise Arena, located next to the Curling Club, Bemidji. Cost: \$1.00/participant.

**Tots 'n' Science at Headwaters Science Center** : Every Thursday at 10 am young children ages 3-6 along with an adult are getting together for some fun hands-on science at Headwaters Science Center. Tots 'n' Science offers stories, activities and games to help kids learn about things going on in their world. The cost is \$4 per child and care-

givers are free and must accompany the child. Admission fees to the exhibit floor apply. Reservations are encouraged by calling 444-4472.

**MAP Time** is back for another season! Join us for a free indoor playspace designed for preschoolers. Date: November 6- April 22 Thursday & Friday, 10:30am-12:30pm Location: Boys & Girls Club Cost: FREE!!!

**Free indoor walking program** at the Sanford Event Center: October 5- April 21, Monday- Thursday, 7:00-9:00am, Enter through Gate 2 Cost: FREE!!

**Better Choices, Better Health Workshop** : Committed to helping all people live fuller, healthier and more active lives. The workshops are for anyone with ongoing health conditions and their caregivers. Registration is required; call Sanford Health at (701) 234-5570 or (877)

234-4240

**Toddy's Pub and Grub** (Events updated on Facebook) 119 3rd St NW Bemidji, Live Music Fridays and Saturdays Open Mic/Karaoke Tuesdays and Thursdays Cornhole Mondays 7pm

**Bemidji Eagles** 1270 Neilson Ave SE Bemidji Karaoke Wednesdays and Fridays at 8pm Meat Raffles Fridays begins at 5:30 Bar Bingo Tuesdays at 7pm & Saturdays at 2pm Sunday Funday Pitchers \$5.50

**Cadillac's Northstar Grille** Cass Lake Ladies Night & Live Music Fridays 9pm Karaoke Thursdays 8pm Jam/Open Mic Wednesdays 9pm Karaoke Thursdays 8pm Jam/Open Mic Wednesdays 9pm

### Promoting American Indian Social Justice & Public Health

October 29 @ 7:00 pm - 9:00 pm American Indian Resource Center, Birchmont Drive Bemidji, Join Dr. Warne in a health disparities and social justice discussion as it relates to American Indian Health

### FRIDAY

OCTOBER 30

#### Zombie Party

October 30 @ 6:00 pm - 11:00 pm Seven Clans Casino Must be in costume! Must be 18 to enter. Face Masks ARE NOT

allowed on the gaming floor. Registration: 6 pm Festivities: 7 pm Blackjack Tournament: 8 pm Music: Freshwater Deejays <http://freshwaterdeejays.com/> And we're handing out candy at the front entrance on October 31st from 4:30 to 7 pm.

#### BSU Women's

**Hockey** October 30 @ 7:00 pm - 10:00 pm Sanford Event Center, 1111 Event Center DR. NE Bemidji, MN 56601 :St. Cloud State at Bemidji State

#### BSU Volleyball

October 30 @ 7:00 pm - 10:00 pm Sanford Event Center, Bemidji, MN 56601 Concordia-St.Paul at BSU

#### Circle of Heat with Kitchi Boogie

October 30 @ 9:00 pm Toddy's Pub and Grub, 119 3rd St NW Bemidji, Circle of Heat doesn't mess around. They create a fusion of prog rock beat and jazz-style rock improvisation with a blues backbone and clean vocal harmonies. You never know what you're going to get, except for musicians playing at the top of their game. Rock.

### SATURDAY

OCTOBER 31

#### Great Pumpkin 5K Fun Walk/Run

October 31 @ 8:00 am - 11:00 pm American Indian Resource Center, Birchmont Drive Bemidji, Join us for the 11th Annual Great Pumpkin 5K Fun Walk/Run. Costumes are encouraged !!Registration begins at 8am with the race starting at 9am. Entry Fee is \$15 per person. Participants will receive a long sleeved T-shirt while supplies last. Fruit and drinks will be served immediately after completion.

#### Treat Street

October 31 @ 12:00 pm - 4:00 pm Bemidji Senior High School, 2900 Division Street W Bemidji Fun Kids Trick or Treating

#### Boofest at the Headwaters Science Center

October 31 @ 3:00 pm - 6:00 pm Headwaters Science Center, 413 Beltrami Ave NW Bemidji

#### BSU Women's Hockey

October 31 @ 4:00 pm - 7:00 pm Sanford Event

Center, St. Cloud State at Bemidji State

### Trick or Treating at Paul Bunyan Mall

October 31 @ 4:00 pm - 6:00 pm Join us at Paul Bunyan Mall for safe and warm Trick or Treating!

### BSU Volleyball

October 31 @ 4:00 pm - 8:00 pm Bemidji State University, Minnesota State, Mankato at BSU

### Spooktapular Halloween at Bemidji Brewing!

October 31 @ 4:00 pm - 11:00 pm Bemidji Brewing Taproom, 401 Beltrami Ave NW Bemidji, This Halloween enjoy a Spooktapular line up at the BBC Taproom! Friday, BBC will tap an Export Stout Cask aged on Vanilla Bean and dry hopped with Glacier Hops. On Saturday, put on your best costume and enjoy Bloody Beers in the Taproom. Cheers!

### Sweet Treat Shelter

October 31 @ 5:00 pm - 7:00 pm Farm By The Lake, 17797 366th St. Bagley, Local businesses will be in the Picnic Shelter at Farm By The Lake in Bagley

to hand out candy from 5 pm - 7 pm. Also a Costume Contest at 6 pm. Age Categories 0-5 years & 6-10.

### Halloween Happening & Dance Party

October 31 @ 6:00 pm Armory Square, 203 Park Ave S Park Rapids, Sat, October 31, 6pm - Sun, November \$8 for adults, \$5 youth, \$25 families and children age five and under are free. "Everybody Dance Now" haunted family dance party starting at 6 pm. Rapids Area High School Theater department will present interactive theater performances. Costumes will be eligible for cash prizes in three categories; youth, family and adult. At 8 pm, the upbeat Minneapolis band "Marah in the Mainsail" will hit the stage. Following the band's performance the dance party will continue until midnight with sets from world-renowned DJ ESP aka Woody McBride and Casey Borchert.

### Haunted House - Park Rapids

October 31 @ 6:00 pm - 10:00 pm Armory Square, 203 Park Ave S

Park Rapids, Sponsored by Nemeth Art Center & Park Rapids High School Theater Department, In the basement of Armory Square. \$5 each, children age 12 and under must be accompanied by an adult. 6:00pm-10:00pm

### Williams & Ree

October 31 @ 7:30 pm - 11:00 pm Sanford Conference Center, Bemidji, Williams and Ree, aka The Indian and the White Guy, are a music and comedy team out of the Dakotas. Bruce Williams and Terry Ree have decades of knocked out shows under their belts and their belts reflect that. The message they bring is one of love and harmony, with an underlying note of deceit and debauchery. Their overall theme is "We Are All The Same". But, really, they are totally different than whoever is reading there bio.

### BSU Women's Basketball

October 31 @ 7:30 pm - 10:00 pm Bemidji State University, Lakehead University at Bemidji

### Rail River Halloween Costume Party

October 31 @ 8:00 pm - 11:55 pm Rail River Folk School, 303 Railroad Street Bemidji, Come on out for live music, DJ, Dancing and Halloween fun! -DJ Diverwire will be on the turntables doing his own set for ya'll! -The Talented Eric Carlson will be there with his funkalicous collaboration -The Incepticons crew will be there as Big Mo-Berg and NPC3 rock their own set. -Corey Medina will be rocking the stage with Sonny Johnson on Drums and Ian Hill on bass. COSTUME CONTEST!!! Costumes encouraged! GAMES B.Y.O.B. Foiled Rotten and Fozzie's BBQ Food truck will be serving food!

### Jammers Saturday Night Jam

*This event has been moved to November 6*

### Mad Dog Morgan

October 31 @ 9:00 pm Toddy's Pub and Grub, 119 3rd St NW Bemidji, Rock, Hard Rock, Redneck Country

## SUNDAY

NOVEMBER 1

### Bemidji Baroque Ensemble

November 1 @ 3:00 pm - 5:00 pm Bangsberg Fine Arts Building - BSU, Telemann Trio Sonata in C Minor for flute, violin, and continuo  
Bach 2 Arias for Soprano  
2 Arias for Bass  
1 Duet for Soprano and Bass

### Kundalini Yoga for Prosperity and Radiance

November 1 @ 6:00 pm - 7:15 pm Rail River Folk School, 303 Railroad Street Bemidji, Join us for this four week class using Kundalini Yoga technology to build radiance and prosperity in your life! Class will meet at 6pm Sundays November 1st, 8th, 22nd, and 29th (no class Sunday November 15th). Cost is \$50, which covers all 4 classes and materials (all students will receive a binder including kriyas, meditations, and mantras to help them build an at-home practice to compliment their in-class experience).

## October is Pomegranate Peel Month



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90.5  
KBXE-FM

NORTHERN COMMUNITY RADIO

### MONDAY

NOVEMBER 2

#### Kundalini Yoga for Beginners

November 2 @ 12:00 pm - 1:00 pm Rail River Folk School, 303 Railroad Street Bemidji Use movement, sound, and breath to wake up the spine and get your energy flowing with Kundalini Yoga basics! All levels welcome. \$12 walk-in \$6 student/senior/low-income \$60 for a 6-class pass (\$10/class) \$96 for a 12-class pass (\$8/class) 5% of all proceeds got to Support Within Reach.

### TUESDAY

NOVEMBER 3

### WEDNESDAY

NOVEMBER 4

#### Coffee & Paint

November 4 @ 10:00 am - 11:30 am Glazed and Amused, 311 3rd St NW Bemidji, Adult only painting program at Glazed and Amused.

### THURSDAY

NOVEMBER 5

#### Shrek the Musical

November 5 - November 8 Bemidji Senior High School, 2900 Division Street W Bemidji, In a faraway kingdom turned upside down, things get ugly when an unseemly ogre – not a handsome prince – shows up to rescue a feisty princess. Throw in a donkey who won't shut up, a bad guy with a SHORT temper, a cookie with an attitude and over a dozen other fairy tale misfits, and you've got the kind of mess that calls for a real hero. Luckily, there's one on hand...and his name is Shrek. Full of all-new songs, great dancing and breathtaking scenery, SHREK THE MUSICAL is part romance, part twisted fairy tale and all irreverent fun for everyone!

#### Lutefisk Meatball Dinner Share:

November 5 @ 4:30 pm - 7:00 pm First Lutheran Church, 900 Bemidji Ave Bemidji, The First Lutheran Church Lutefisk Meatball Dinner will include lutefisk, meatballs and gravy, potatoes, rutabagas, carrots, coleslaw, rolls, lefse, pickles and pie. Takeouts are available. Call the church office with any questions at 444-5302. If there is a wait for your dinner you will be entertained by numerous talented musicians.

#### 10th Annual Bemidji Lefse Festival

November 5 @ 5:00 pm - 7:30 pm Sanford Event Center, Past winners vying for the 2015 Lefse Cook-Off Championship title include: Jay Seitz, Angie Jensen with Julie Ueland, and LaVaye Dessen. The Sons of Norway will be judging the contest for this award. However, all participants will be able to vote for the People's

Choice Award. A lefse making workshop will take place at 6 p.m. and will be led by three-time, Lefse Cook-Off Champion, Angie Jensen. Crafters will be selling homemade holiday ornaments, dolls, fleece hats, stylish handbags, mittens, fudge and more. Concordia Language Villages will be selling items from their Norwegian Language Village Camp store. A silent auction will be held for tickets to an event at the Sanford Center. There will be door prizes, such as gift cards to area restaurants and a growler from Bemidji Brewing Company. Everyone who pays an entry fee will automatically get entered, but must be present to win. Tickets on sale at Door \$5 for adults, \$15 for families, and children 5 and under will be free!

#### Cooking with Sue!

November 5 @ 6:00 pm - 9:00 pm Harmony Co-

op, 302 Irvine Ave NW Bemidji, Try new ingredients and techniques in this hands-on class. You'll eat a meal of finished dishes and take the recipes home to create in your own kitchen! Date: Thursday, November 5th Time: 6:00 p.m. Cost: \$15.00 Registration and payment required in advance at Customer Service.

### FRIDAY

NOVEMBER 6

#### First Friday Art Walk

November 6 @ 5:00 am - 9:00 pm Downtown Bemidji, Downtown Bemidji, A night for art lovers to enjoy art, food, literary and musical entertainment. It's a relaxed atmosphere of coming and going, mixing and mingling over art while enjoying complimentary refreshments. Quietly peruse the newly placed exhibitions or take the opportunity to talk to the ex-

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Bemidji & Beyond  
Arts, Culture  
& Entertainment

Weekly Event Calendar



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Get it to WUB by Saturday and you'll be in print!

hibiting artists about their work. Enjoy live music, book signings, demonstrations or art lectures at downtown galleries, all within walking distance of the Bemidji Community Art Center.

### Holiday Boutique

November 6 @ 9:00 am - November 7 @ 4:00 pm Northern Town Hall, 445 Town Hall Road Bemidji, Its our 26th year of bringing you quality hand made itmes that are made in Bemidji! We have lots of new items including personalized ornaments, sewing, jewelry, signs, bird feeders, gourmet foods, baked goods and much much more.

### It's Only Clay 2015

November 6 @ 12:00 pm - 5:00 pm Bemidji Community Art Center, 426 Bemidji Ave Bemidji, 13th Annual It's Only Clay – all Gallery Bemidji Community Art Center

### Free Friday" at the Beltrami County History Center

November 6 @ 12:00 pm - 6:00 pm Beltrami County History Center, 130 Minnesota Avenue SW Bemidji, Northern

Iron Horse Railroad Society sponsors "Free Friday" at the Beltrami County History Center. Visit during these extended hours and receive free admission to the History Center's Trails Through Time and Good Sports of the North exhibits. Also featuring First Friday artwork on display from Gallery North! de-pot@beltramihistory.org

### "Holiday Boutique" Gallery North

November 6 @ 2:00 pm - 5:00 pm Gallery North, 502 3rd Street Bemidji, Gallery North will host a "Holiday Boutique" First Friday reception on Friday afternoon, November 6th from 2-5 pm. Featured Artists for December are Elaine Netland and Marie Hamre. Elaine is a local artist who will feature an eclectic selection paintings. Marie has been tatting for 25 years and teaches others her skill. Please join us as these artists demonstrate their talents! Gallery North is a non-profit cooperative art gallery that has been displaying and selling original art and fine crafts by area artists

since 1989. www.gallerynorthbemidji.com

### Saum Historic School Hunter's Supper

November 6 @ 5:00 pm - 7:00 pm Saum Historic School, 41982 Pioneer Road NE Kelliher, MN 56650 United States : Mashed Poatoes and Gravy, Homegrown Corn, Coleslaw, Buns, and Pie. Cost is \$10 for adults and \$5 for kids 10 and under.

### Meet the Sculptor Series

November 6 @ 5:00 pm - 8:00 pm Northwest MN Foundation, 201 3rd Street NW Bemidji, As part of the First Friday Art Walk nights in Bemidji, we welcome the community with an appetizers' reception for those who want to learn more about the artists of the Bemidji Sculpture Walk .

### Skin-timate Affair!

November 6 @ 7:00 pm - 9:00 pm Core Health & Nutrition, 677 Anne St NW Bemidji, For reservations call Jen at 218-444-0700 or text Jessica at 218-556-9089 Enjoy wine, spa water and hors d'oeuvres as you learn what foods to eat

for healthy skin, how to take care of your skin at different ages, and how much stress can damage skins appearance. Sample products, watch yoga demonstrations (kick off your shoes and try a few poses if you dare), take home some new recipes to try and best of all enter our fantastic drawings!

### Jammers Saturday Night Jam

November 6 @ 7:00 pm - 11:55 pm 11328 Bemidji Rd NE Bemidji, We're gonna open up Jammers this Saturday and have a jamming good time! Grab your guitars and other instruments and come out and Jam out! The Papa Steve Band will be there to Host and we're looking forward to a night of conversation and music, music, music!...oh ya... and a drink or two! The bar is open!

### First Friday Coffeehouse

November 6 @ 7:30 pm - 10:00 pm Rail River Folk School, 303 Railroad Street Bemidji, The First Friday Coffeehouse offers the community an opportunity to share stories, songs, music and poetry with friends

and neighbors in a relaxing, supportive atmosphere. For musicians and writers of all experience levels, First Friday Coffeehouse provides an opportunity to perform for an attentive, enthusiastic, intergenerational audience. Performers come early to sign-up. The show starts at 7:30.

### Jazz Atavist – "Masters of the Mainstream" Show and Concert

November 6 @ 8:00 pm - November 7 @ 9:45 pm Bemidji State University, 1500 Birchmont Dr NE Bemidji, Masters of the Mainstream" is not just a concert, but an unforgettable experience. Encounter imagery and film from the golden age of jazz spanning 50 years of memorable and iconic jazz. Lose yourself as the actors, vocalists, and lighting design, recreate the jazz clubs of a bygone era. The MUSIC will captivate your soul and enthrall your senses. A portion of all proceeds will go to support the music program at Bemidji State University. Tickets go on sale October 1st at jazzatavist.com \$25 and \$15 (students and 65+)

### Join us for a "Skin-timate" Affair

November 6, 7-9pm

Wine, water and hors d'oeuvres.  
Foods for healthy skin,  
Skin care for all ages  
Stress and appearance

**Sample products,  
Yoga demonstrations**

**Recipies and fantastic drawings!**

Core Health & Nutrition at 677 Anne St NW Suite G (The Mi Rancho Building)  
For reservations call Jen at 218-444-0700 or text Jessica at 218-556-9089



**CORE**  
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### Brews & News

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

**TAPROOM HOURS**

Wed & Thur  
4 - 10 PM

Fri & Sat  
2 - 11 PM

**On tap:**

NEW: Export Stout

- German Blonde
- IPA
- Petite Sour Red

Get it before it's gone: SH IPA: Pilgrim

**Oct 30 & 31: SpookTAPular tricks & treats!**

### SATURDAY

NOVEMBER 7

#### "Ladies on the Loose" Bemidji Vintage Shop Hop

November 7 Shop Local!  
Urbanesque Boutique  
104 3rd St NW  
Dixie's Boutique 309 3rd St NW  
Secondhand Splendor  
301 3rd St NW  
Grandmas Attic 502 3rd St NW  
Red Umbrella 422 4th St SE  
Treasures on the Mississippi 1511 Jefferson Ave SW

#### Loide' Oils & Vinegars Tasting event

November 7 Loide' Oils & Vinegars, 102 3rd Street Bemidji, Tasting

Event in Bemidji! Loide' Oils & Vinegars located at 102 3rd Street, Bemidji, MN on Saturday November 7th. Call 612.741.8003 with questions.

**Aardahl Lutheran Church Craft and Bake Sale** November 7 @ 9:00 am - 3:00 pm  
Aardahl Lutheran Church, Van Buren Avenue SE Bemidji, Lots of arts, crafts And delicious baked goods! Take Time for a Coffee Break, Scandinavian Delicacies, And Good Old Fashioned Cookies, All are Velkommen!

#### BSU Football vs UM – Duluth

November 7 @ 1:10 pm - 5:00 pm John Glas Fieldhouse, Bemidji, The BSU Coaching staff invites all recruits to a meet & greet 2 hours prior to kick off in the Beaver Pride Room of the John Glas Fieldhouse/PE Complex. Each recruit can receive up to 3 free tickets for family/friends. This is a great opportunity to meet the BSU Coaches, tour campus and see the Beavers in action!

#### A Prairie Home Companion

November 7 @ 4:45 pm - 7:00 pm Sanford Conference Center, The

Royal Academy of Radio Actors, Tim Russell, Sue Scott, and Fred Newman—along with Keillor—will bring to life fan favorite sketches such as Guy Noir, Private Eye; The Cowboys, Dusty & Lefty; Mom and countless others. Musical director Richard Dworsky, with the hardest working band in public radio, will have the crowd on their feet, and Garrison will have all the latest News from Lake Wobegon.

#### Little Black Dress Gala

November 7 @ 5:00 pm - 10:00 pm Bemidji Town & Country Club,

2425 Birchmont Beach Rd NE Bemidji, Featuring a fashion show with local businesses, silent auction, entertainment, and a special guest speaker. All proceeds benefit the American Cancer Society. Women of all ages are welcome to attend. Denae Alamano, 218-444-4916. Fees/ Admission: \$50 ticket includes hors d'oeuvres, dinner, dessert, and 1 drink ticket

#### Bret Michaels – Live music

November 7 @ 7:00 pm - 11:00 pm Northern Lights Casino, Walker, Show time 7 and 9 PM Tickets \$15/\$25/\$32

### Did you know that Bemidji and Beyond really, really wants to know what you've got going on?

Yep, that's right. We actually want to come to your event. We want to dance, jam, learn, think, participate, buy, and taste.

Putting up your beautiful eye-catching posters is one way to get our attention. Another way is to upload your beautiful poster to WhatsUpBabe.com.

**Send WUB** your public service announcements, photos, stories, events, whatever you got, cause we just want to share your dealeo with the world.

On the other hand, all you have to do is upload the perts or send us an email.



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# PAUL BUNYAN BROADCASTING



### BACK IN THE DAY

BY DAN STEELE

*Editors note:* I had a chance to have a few pints in a British tavern built in the 1500s (Oxford?). The ceilings were low and the restrooms were clearly an after-thought. The place was packed. When I read this Facebook post, I thought of that 1500's building. This post is so interesting that I wanted to share it with you. I didn't research any of the claims. It all sounds so real that I hope it's true. I left it just as it was posted with no further editing.

They used to use urine to tan animal skins, so families used to all pee in a pot & then once a day it was taken & sold to the tannery.....if you had to do this to survive you were "**Piss Poor.**"

But worse than that were the really poor folk who couldn't even afford to buy a pot.....they "didn't have a pot to piss in" & were the lowest of the low.

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s:

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June.. However, since they were starting to smell . . . . . **Brides carried a bouquet of flowers** to hide the body odor. Hence the custom today of carrying a bouquet when getting Married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it.. Hence the saying, "**Don't throw the baby out with the Bath water!**"

Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof... **Hence the saying "It's raining cats and dogs."**

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how **canopy beds** came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "**Dirt poor.**"

The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entrance-way. Hence: a **thresh hold.**

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire.. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme: **Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.**

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "**bring home the bacon.**" They would cut off a little to share with guests and would all sit around and **chew the fat.**

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.



Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the **upper crust.**

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial.. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would **wake up.** Hence the custom of **holding a wake.**

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive... So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift.) to listen for the bell; thus, someone could be, **saved by the bell** or was considered a **dead ringer.**

And that's the truth....Now, whoever said History was boring?

You can read Dan Steele's post here: <https://www.facebook.com/photo.php?fbid=10152856495303296&set=a.423733548295.212503.550618295&type=3&fref=nf>