

Time Out Chicago

JANUARY 21-27, 2010

ISSUE NO. 256 TIMEOUTCHICAGO.COM \$2.99

^{or less}
\$10^y well spent

\$10 MASSAGES
\$1 BURGERS
 \$5 DANCE PARTIES
\$10 WINE FLIGHTS
 \$5 JAZZ JAMS
\$2 TAPAS BUFFETS
 \$7 BRACELETS
\$10 OPEN BARS
 \$5 COMEDY SHOWS
\$10 HANDBAGS
 \$4 MARTINIS
AND MUCH MORE!

Grab a (real)
cocktail ring for
just \$7! (page 10)



THE CHEAP ISSUE

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5 GREAT GASTROPUBS
TO KEEP YOU WARM

Go



The Get

This desk costs more than half of the salary for an entry-level college grad. See the Spurlock Antiques & Decorative Arts listing on page 34 to find out the price.

Listings

If you want to be listed

Submit information by mail, e-mail (theget@timeoutchicago.com) or fax (312-924-9350) to **Kevin Aeh**. Include details, dates, times, address of venue, nearest El station or bus routes, contact information and admission price, if any.

Mind & body

▶ timeoutchicago.com/wellness
▶ timeoutchicago.com/sport

Classes and workshops

FREE Indigo Studio Before your mind goes fuzzy from the drinks you'll be consuming at the bars later in the evening, start the weekend off (Thursday is the new Friday, remember) with a clean slate by participating in this free hatha yoga class held at River North's Indigo Studio every Thursday evening this month, 309 W Chicago Ave, suite 300 (312-520-7348, theindigostudio.com). El: Brown, Purple (rush hrs) to Chicago. Bus: 22, 29, 36, 66, Thu 21 at 6:45pm.

Intro to Yoga and Nutrition workshop Skip the crash diets and begin the new decade right by acquainting yourself with yoga, nutrition and how to optimize your health potential. You'll learn how to relieve the tension in your neck and shoulders, unwind your lower body and increase your energy level. The workshop also includes tips on how to lose weight. Moksha Yoga Riverwest, 700 N Carpenter St (312-942-9642, mokshayoga.com). El: Blue to Grand. Bus: 56, 65, Fri 22, 6:30-9pm; Sat 23, 10am-12:30pm, 2-4pm, \$84.

One Mind, Body & Being Need a little incentive to get into shape? Kick into gear with One Mind, Body & Being's 30-day deal: Spend \$249 and put your endurance to the test with 15 mat-based and 15 group equipment classes. With no cancellation fees and a flexible membership plan after your trial, this is a great place for the anti-gym rat. 2035 W Wabansia St (773-360-1397, onemindbodybeing.com). El: Blue to Damen. Bus: 50, 56, 72, Mon-Thu 6am-8pm; Fri 6am-1pm; Sat 7am-1pm; Sun 9am-noon.

FREE Thirteen Moons Introduction Like everyone else, you may be banking resolution-inspired hours at the gym these days, but don't forget about working on your mind and spirit, too. Get a taste of the yearlong series of workshops at Yoga Now that teach women about tapping into their own wisdom, inspiration and beauty. Yoga Now Gold Coast, 742 N LaSalle St (312-280-9642, yoganowchicago.com). El: Brown, Purple (rush hrs), Red to Chicago. Bus: 22, 29, 36, 66, Sat 23, 12:30-3pm.

Tower workshop Don't let the Pilates reformer scare you away from testing out this excellent form of exercise. Sign up in advance for today's one-day workshop at One Mind, Body & Being, which will teach you how to use the Pilates towers (an attachment to the reformer or a wall that incorporates pulleys, springs and bars) to get a full-body workout. One Mind, Body & Being, 2035 W Wabansia St (773-360-1397, onemindbodybeing.com). El: Blue to Damen. Bus: 50, 56, 72, Sun 24, 11am-noon, \$20.

TruHarmony community class Pretty much any solid yoga class will give you a post-workout endorphin boost, but

TruHarmony's donation-based community class every Sunday will make you feel extra good. All proceeds from the class benefit different designated nonprofits every week. 900 N Franklin St, suite 508 (312-643-8577, truharmonyyoga.com). El: Brown, Purple (rush hrs) to Chicago. Bus: 22, 29, 36, 66, Sun 24 at 1pm.

Spas & specials

Aphora Spa The idea of finally mastering the perfect downward dog pose might be an ambitious New Year's resolution, but Aphora has a deal that can help you get close to achieving that goal. For the entire month of January, all yoga classes are \$10 each. The multilevel class selection, which includes hot yoga, is a sure bet to help you stretch and reduce your stress levels. Who knows? You might even be able to at least get your fingertips to touch the floor by February. 2300 Chestnut Ave, Glenview (847-510-1240, aphoradayspa.com). Check website for class schedule.

Avanti Skin Center Look good on the outside, feel good on the inside. In honor of National Heart Month, the Avanti Skin Center offers three treatments at a discount. Pay \$39 and receive a facial (normally \$105), microdermabrasion (normally \$175) or laser hair removal for your bikini area (normally \$125). 409 W North Ave (312-988-7546, avantichicago.com). El: Brown, Purple (rush hrs) to Sedgwick. Bus: 73, Tue-Thu 9am-8pm; Fri 10am-6pm; Sat 9am-5pm; Sun 11am-4pm.

Bliss Chicago Just because Meryl Streep "went native" (in the words of Alec Baldwin's character) in *It's Complicated* doesn't mean you have to let your nether regions run wild. Lucky you, Bliss is offering "down-there" discounts (\$70 Brazilian waxes and \$45 waxing kits) now through Sun 24. Whether you opt for the full monty or a tidy landing strip, you'll start the year smooth sailing. 644 N Lake Shore Dr (877-862-5477, blissspa.com). El: Red to Chicago. Bus: 134, 135, 136, Daily 9am-9pm.

Chicago Touch Take a step in the right direction by treating yourself to Chicago Touch's foot-massage offer. For the month of January, the studio offers foot massages for \$1 per minute. A suggested 25-minute pampering will rejuvenate the feet, ankles and lower legs while releasing stress and tension. 1121 N Ashland Ave (773-342-3650, chicagotouch.org). El: Blue to Division. Bus: 9, Mon, Wed-Fri 10am-8pm; Sat, Sun 10am-8pm.

Mitchell Dental Spa Say spahhhh. Fluoride and root canals are what we tend to think about when it comes to visiting the dentist, but Mitchell's Dental Spa swaps out those less-than-desirable tastes and sensations with a purely pamperific cleansing experience: a monthlong offer of 50% off a Mimosa Champagne Sugar Scrub Facial (regularly \$95 for 60 minutes, \$55 for 30 minutes). 845 N Michigan Ave, suite 922-E (312-642-1014, mitchelldentalspa.com). El: Red to Chicago. Bus: 66, 145, 146, 147, 151, Tue-Fri 8am-5pm.

Moksha Yoga Just to encourage that healthy habit you resolved to pick up this year, Moksha is knocking \$105 off its unlimited three months of yoga rate (normally \$135 each month). Spend \$100 and see what all that stretching and breathing does for your body, not to mention your sanity. 3334 N Clark St (773-975-9642). El: Red, Brown, Purple (rush hrs) to Belmont. Bus: 22, 77, Mon-Fri 9am-1pm; 3:30-8pm; Sat, Sun noon-3:30pm. 700 N Carpenter St (312-942-9642). El: Blue to Grand. Bus: 56, 65, Mon-Fri 7am-9pm; Sat, Sun 9am-6pm.

Spa Soak Save on calories while still indulging in the pleasure of chocolate with these two specials at Bucktown's Spa Soak. Now through February, spend a few extra bucks to enjoy a seasonal mani (\$27) or pedi (\$47) that incorporates a dark-chocolate scrub and paraffin (standard manis cost \$20 and pedis go for \$40), or go for the chocolate butter balm scrub and 30-minute massage (\$106). Think of it as an extended guilt-free dessert. You deserve it. 1733 N Milwaukee Ave (773-395-9000, spasoakchicago.com). El: Blue to Damen. Bus: 50, 56, Sun, Mon 10am-4pm; Tue-Thu 9am-7pm; Fri, Sat 9am-6pm.

Spacio Spontaneous plans are the best way to break up the monotony in your life, and they're that much better when they involve a trip to the spa. Here's an incentive to treat yourself: Call Spacio on Monday mornings after 10am, and if there is space available, you can enjoy a salon or spa appointment for 50% off the regular price. 2706 N Halsted St (773-244-6500, spaciospa.com). El: Brown, Purple (rush hrs) to Diversey. Bus: 8, 11, 22, 76, Mon noon-7pm; Tue noon-8pm; Wed-Fri 10am-8pm; Sat 9am-6pm; Sun 10am-6pm.

State Street Barbers Guys, just because your hair isn't long enough to participate in Locks of Love doesn't mean you can't support a cause by getting a haircut. Stop by the Southport location of this local barbershop chain this weekend and it will donate a portion of revenues to the Ryan and Jenny Dempster Family Foundation, dedicated to raising awareness of DiGeorge Syndrome. Cubs pitcher

Dempster will stop by Sat 23 from 1-3pm to sign autographs and take pictures. 3523 N Southport Ave (773-472-7723, statestreetbarbers.com). El: Brown to Southport. Bus: 9, 152, Sat 23, 8am-5pm; Sun 24, 9am-5pm.

Shopping

▶ timeoutchicago.com/shopping

Events

Eye Spy Optical We have mixed feelings about designer frames. Yes, they look great, but why spend a ton of money on something that you could very easily lose or accidentally sit on? Good thing this Lakeview specs shop comes to the rescue with its monthlong sale. Frames in the store by lines including ICBerlin, Theo and Swiss Horn start at \$75. 3350 N Lincoln Ave (773-477-2670, eyespyoptical.com). El: Brown to Paulina. Bus: 9, 11, Mon-Fri 11am-7pm; Sat 10am-6pm; Sun noon-5pm.

Laura Mercier f2f event The summer can do a number on your skin with exposure to all those rays, but you may be surprised to hear that winter isn't any better. Learn how to personalize your skin-care regime to keep your face looking fresh during these cold months with tips from Laura Mercier experts. This service is complimentary with a purchase. Schedule an appointment by calling 312-642-5900. Neiman Marcus, 737

Chinese New Year Open House at Pacific College of Oriental Medicine

Saturday, February 6, 2010

10:00 a.m.-12:00 p.m.,
Chinese New Year
Celebration Activities

- Free Acupuncture and Tui Na Massage Treatments
- Learn the Art of Tai Ji and Qi Gong
- Lectures by Experienced Practitioners

12:00-1:00 p.m.,
Admissions Information Session
for Prospective Students

- Learn What's Unique About Pacific College: Programs, Clinical Experience, and Professional Opportunities
- Admissions - Learn About the Application Process and Schedule a Tour of the Campus

For More Information or to RSVP:
www.PacificCollege.edu or call 1-888-729-4811 ext. 300

Celebrate the Year of the Tiger



Pacific College of
Oriental Medicine

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