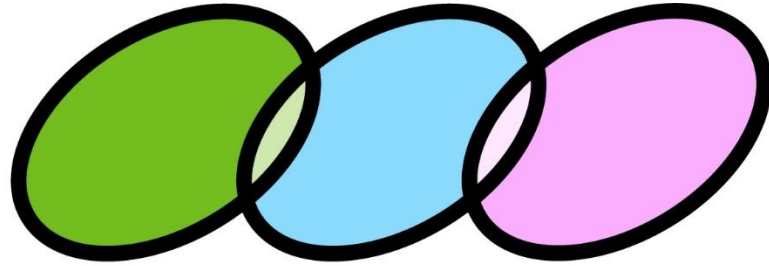


Side by Side - Rochester



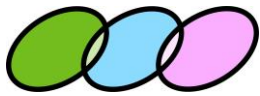
# SideBySide

A Ministry of CMDA for Medical Wives

*"Standing firm in one spirit, striving side by side" Phil. 1:27*

## Welcome Guide to Rochester, MN 2017-2018

November 2017



# Side by Side - Rochester

## Welcome to Rochester and to SidebySide!

We are so glad you found us. SidebySide is a group of medical wives that meet together weekly to **pray** for, **love**, **support** and **encourage** one another, while spurring each other on in our personal relationship with Jesus Christ.

SideBySide-Rochester is a group of women from all over the country and the world who are here in Rochester, MN, both short- and long-term, who desire to grow in their walk with Jesus while supporting one another as medical spouses. Being married to a medical trainee or physician brings with it a unique set of circumstances. We are here to pray for, love and encourage one another through whatever those circumstances might be, while spurring one another on in our personal relationships with Jesus Christ.

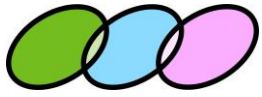
We extend our thanks to the SBS members who volunteered their time and energy to make this Welcome Guide possible, as well as to the MFC.

We welcome you to SidebySide – Rochester!

The 2017-2018 Steering Committee:

<b>Steering Member</b>	<b>Position</b>
Ali Weston	Leadership Coordinator
Paige Ma	Administrative Coordinator
Nikki Kahoud	Communications Coordinator
Sandra Gibbs	Friday Morning Coordinator
Kerri Neil Storm	Childcare Coordinator
Katya Roberts Leslie Gunn	Special Events Coordinators

Please direct any questions or concerns to [sidebysiderochester@gmail.com](mailto:sidebysiderochester@gmail.com).



## Side by Side - Rochester

### When and Where do We Meet?

SideBySide-Rochester has two groups. One group meets on Friday mornings from 9:15 - 11:15 am at Autumn Ridge Church, located at 3611 Salem Road SW Rochester, MN 55902. Childcare is provided for a modest fee. The other group meets on Tuesday evenings from 7:00 - 9:00 pm in homes. Childcare is not provided, but babies-in-arms are welcome.

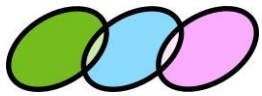
### What are our Goals?

1. To reach out to the spouses of physicians in our medical community in order to help meet their spiritual, emotional and physical needs.
2. To learn more about God and the Bible while growing in our relationship with Jesus Christ.
3. To challenge women to study and apply the Bible to their lives daily.
4. To be a place of prayer and support.
5. To build Christian community through friendship.
6. To provide a safe atmosphere for children where Biblical principles are modeled and taught.

### What do We Believe?

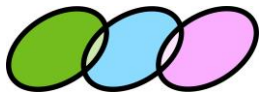
We believe in one God who exists in three persons: Father, Son and Holy Spirit. We believe the Bible is the inspired Word of God. We believe Jesus died for our sins and rose from the dead. Through His sacrifice, we can have eternal life and a personal relationship with God.

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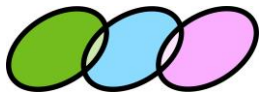
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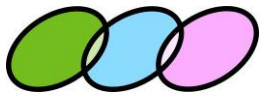
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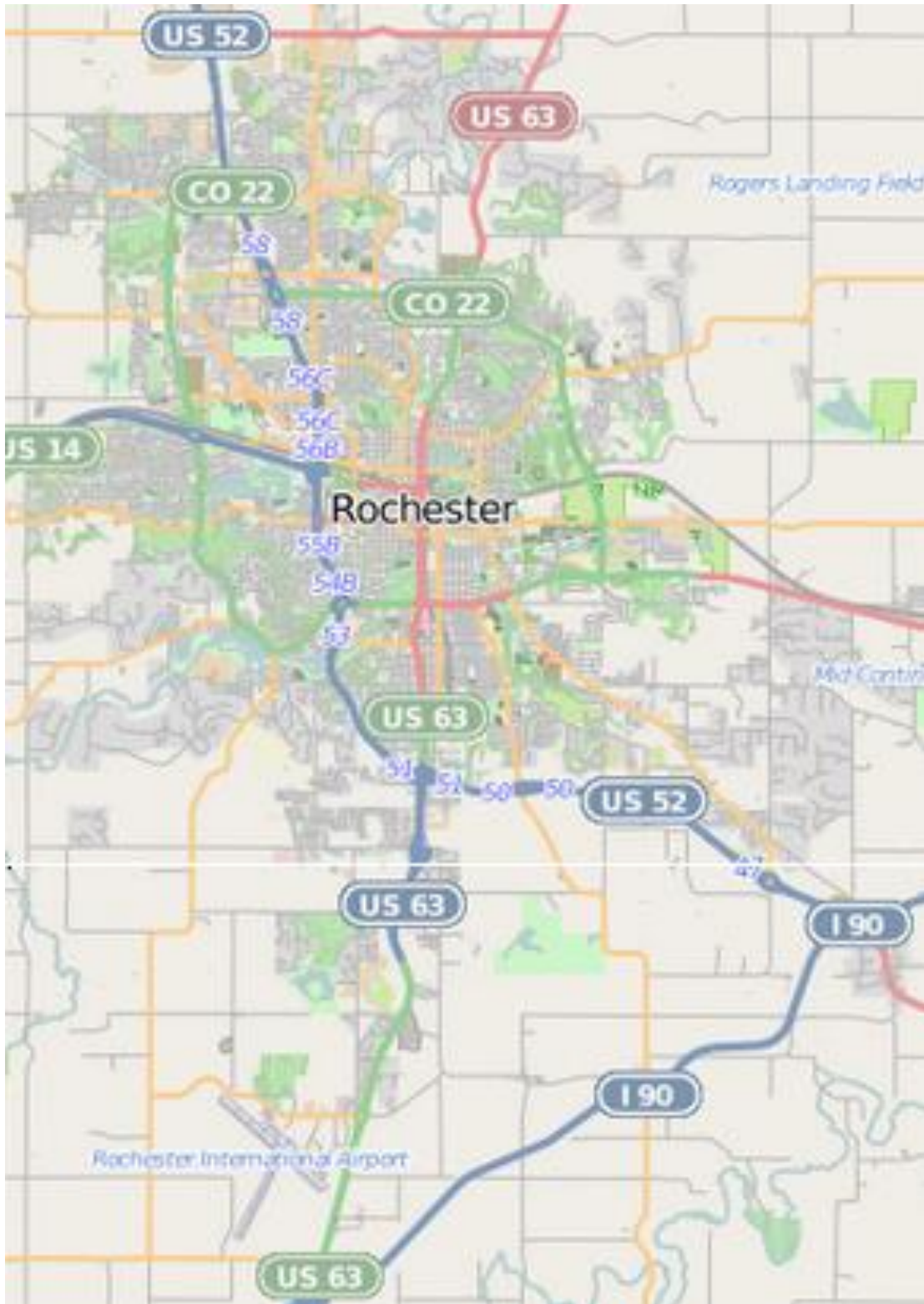


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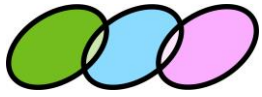
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## Side by Side - Rochester



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# Side by Side - Rochester

## About Rochester

### Rochester ZIP Codes

The streets of downtown Rochester run east and west. The avenues run north and south. The city has four zones laid out in reference to the point at which Broadway and Center Street intersect. For example, the zone north of Center Street and west of Broadway is called "Northwest."

- 55901 Northwest (NW)
- 55902 Southwest (SW)
- 55904 Southeast (SE)
- 55906 Northeast (NE)

### Taxes

Minnesota does not have sales tax on food or clothing. Other item sales tax are at the rate of 6.875%. For more information on Sales Tax, please click on this link:

<http://www.revenue.state.mn.us/businesses/sut/Pages/SalesTaxCalculator.aspx>.

For information on Property Tax, please call 507-328-7670 or click here:

<https://www.co.olmsted.mn.us/prl/propertyrecords/PropertyTaxes/Pages/PropertyTaxEstimator.aspx>.

### Voter Registration

Rochester residents may register to vote online with the following criteria: 1) Be eligible to register and vote in Minnesota, 2) Provide an email address, and 3) Provide one of the following identification numbers: from a Minnesota-issued driver's license or Minnesota ID card, or the last 4 digits of your Social Security Number.

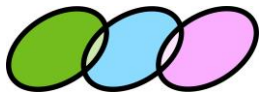
For further information please call 1-877-600-VOTE (8683) or click here:

<https://mnvotes.sos.state.mn.us/VoterRegistration/VoterRegistrationMain.aspx>.

### Utilities

Rochester Public Utilities (RPU)	507-280-1500	<a href="https://www.rpu.org">https://www.rpu.org</a> / <a href="https://www.rpu.org/">https://www.rpu.org/</a>
Minnesota Energy	800-889-9508	<a href="https://accel.minnesotaenergyresources.com">https://accel.minnesotaenergyresources.com</a> / <a href="https://accel.minnesotaenergyresources.com/">https://accel.minnesotaenergyresources.com/</a>
Charter Communications – TV, Phone & Internet	855-757-7328	<a href="https://www.spectrum.com">https://www.spectrum.com</a> / <a href="https://www.spectrum.com/">https://www.spectrum.com/</a>





# Side by Side - Rochester

DirecTV	855-833-4388	<a href="https://www.directv.com/https://www.directv.com/">https://www.directv.com/https://www.directv.com/</a>
Century Link/Qwest	866-904-1817	<a href="http://www.centurylink.com/http://www.centurylink.com/">http://www.centurylink.com/http://www.centurylink.com/</a>

## Print Media

### Newspaper/Magazines

Post-Bulletin (Rochester newspaper)

18 First Avenue SE, 55903; (507) 285-7600 or 1-800-562-1758;

<http://www.postbulletin.com><http://www.postbulletin.com>

Rochester Magazine

(507) 285-7770; <http://www.rochestermagazine.com>(507) 285-7770;

<http://www.rochestermagazine.com>

Rochester Women Magazine

(507) 529-5385; <http://www.rwmagazine.com>(507) 529-5385;

<http://www.rwmagazine.com>

Minneapolis Star Tribune

1-612-673-4000 or 1-800-775-4344; <http://www.startribune.com>1-612-673-4000 or 1-

800-775-4344; <http://www.startribune.com>

Pioneer Press

1-800-950-9080; <http://www.twincities.com>1-800-950-9080; <http://www.twincities.com>

## Getting Around

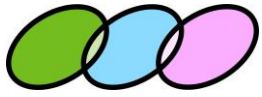
### Personal Car

Having a personal car is a near necessity in Rochester, due to the limited public transportation.

### Public Transportation

Public Transportation in Rochester is mainly limited to city bus lines and shuttles from most major hotels. There are two shuttles that run from the airport to locations around the city: Rochester Shuttle Service and Go Rochester!





## Side by Side - Rochester

### Vehicle Registration and Driver's License

#### Olmsted County License Bureau

151 4th Street SE, 55904 (507) 328-7660; <http://www.co.olmsted.mn.us>

MN driver's license (renewal only); marriage certificates, birth and death certificates, and passports.

#### Driver's License

1633 North Broadway, 55906 (507) 285-7412

MN driver's license applications, road test and written test.

### Obtaining a Minnesota Driver's License

Minnesota state law requires that you register your vehicle within the first sixty days of residence, in order to avoid a late fine. To register, you will need to provide proof of insurance and proof of ownership for the vehicle, such as the vehicle's current certificate of title or registration card.

#### Minnesota Auto License Bureau

Crossroads Shopping Center -1201 South Broadway, 55904; (507) 282-4711;

<http://www.mnautolicense.com>

#### Airport View Auto License

7320 Airport View Drive SW, 55902 (507) 289-0994;

<http://www.mnautolicense.com/locations/airport-view-license-bureau/>

#### Hillcrest Plaza Vehicle Registration

1706 37th Street NW, 55901; (507) 281-4746

### Transportation Services

#### Rochester Public Transportation

<http://www.rochestermn.gov/departments/public-transportation>

#### Taxis

Med City Taxi (507) 282-8294

Yellow Cab Service (507) 282-2222

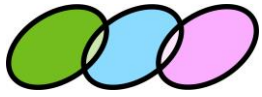
#### Shuttle Services

Rochester Direct Shuttle (to MSP and Mall of America)

The Kahler Hotel – 20 2nd Avenue SW, 55902; (507) 280-9270 or (800) 280-9270;

<http://www.gorochesterdirect.com><http://www.gorochesterdirect.com>

Discounted rate available for Mayo employees



## Side by Side - Rochester

Rochester Shuttle Service

<http://www.Rochestershuttleservice.com><http://www.Rochestershuttleservice.com>

Discounted rate available for Mayo employees

### Bus Lines

Rochester City Bus Lines

1825 North Broadway, 55906 (507) 288-4353; <http://rochestercitylines.com/>

Jefferson Bus Lines

1600 Marion Road, 55904; (507) 289-4037 or 1-800- 451-5333

Rochester Public Bus

<http://www.Rochesterbus.com><http://www.Rochesterbus.com>

### Other Transportation

R&S Transport

<http://www.Rstransportinc.com><http://www.Rstransportinc.com>

### Rochester International Airport

7600 Helgerson Dr. SW, 55902 (507) 282-2328; <http://www.flyrst.com>

American Airlines: (800) 433-7300

Delta Airlines: (800) 221-1212

### Helpful Transportation Information

Road Condition Information for MN Highways

(507) 285-7404 or (800) 542-0220

AAA MN Travel

1535 Greenview Drive SW, 55902; (507) 289-1851

## Health and Safety Services

### Emergency Numbers

911 Ambulance, fire, police

1-800-222-1222 Poison Control

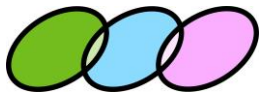
(507) 285-8300 Police- non-emergency

(507) 285-328-2800 Fire Dept non-emergency

### Mayo Clinic

200 First Street SW, 55905

- (507) 284-2511 General Information
- (507) 255-5591 St. Mary's Emergency Room
- (507) 288-1881 Mayo Express Care
- (507) 284-5233 Community Pediatrics and Adolescent Medicine
- (507) 284-5278 Primary Care Internal Medicine - Baldwin
- (507) 284-5300 Family Medicine - Baldwin
- (507) 538-8555 Mayo Family Clinic - NW



# Side by Side - Rochester

- (507) 538-8500 Mayo Family Clinic - NE
- (507) 293-8506 Mayo Family Clinic - SE
- (507) 284-5135 Obstetrics

## Rochester Methodist Hospital

201 West Center Street, 55902; (507) 266-7890

## Saint Mary's Hospital

1216 Second Street SW, 55902; (507) 255-5123

## Olmsted Medical Center

Clinic- 5067 55th St NW (507) 292-7070

Clinic- 210 9th Street SE (507) 288-3443

Hospital -1650 4th Street SE (507) 529-6600

Emergency (507) 529-6650

<http://www.olmmed.org>

# Health Support Services

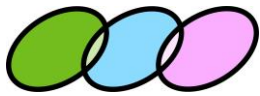
## Mental Health Services

- Compassion Counseling Center. Click here for a comprehensive listing of all counseling and community services:

<http://www.compassioncounseling.org/resources.php>

The following is a chart of general support services available in Rochester, MN.

Organization	Specialty	Address	Contact Info
911	9-1-1 provides emergency services		Call 9-1-1
Mayo Clinic Employee Assistance Program (EAP)	General physical, psychiatric, and psychological services (10 free sessions)	200 First Street SW Rochester, MN 55905	(507) 284-2511 <a href="http://intranet.mayo.edu/charlie/employee-assistance-rst/">intranet.mayo.edu/charlie/employee-assistance-rst/</a>
<b>Olmsted Medical Center</b>	General physical care, psychiatric, and psychological services.	210 Ninth Street SE Rochester, MN 55904	(507) 287-2766 <a href="http://www.olmmed.org">http://www.olmmed.org</a>



## Side by Side - Rochester

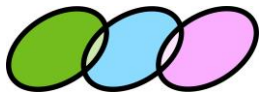
<b>Women's Shelter</b>	Provides outreach, advocacy, and housing to battered women and their children.	PO Box 457 Rochester, MN 55903	(507) 285-1010 <a href="http://womens-shelter.org">womens-shelter.org</a>
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### Marriage/Family Counseling Services

The following is a chart of Marriage/Family Counseling available in Rochester, MN.

Organization	Specialty	Address	Contact Info
<b>Dan Farm, Renewal Counseling</b>	Marriage	2434 Superior DR NW, Suite 103 Rochester, MN 55901	507-322-6556  <a href="https://www.renewalcounselingandcoaching.com/">https://www.renewalcounselingandcoaching.com/</a>
<b>David Jamison, Marriage and Family Wellness</b>	Individual, marriage, and family therapy	3265 19th ST NW Suite 170 Rochester, MN 55901	(507) 288-3118 <a href="http://www.marriagefamily.com">www.marriagefamily.com</a>
<b>Duane Nelson, Healthy Relationships Rochester</b>	Family Therapist	1001 14th Street NW Rochester, MN 55901	(507) 416-4880 <a href="http://healthyrelationshipsrochester.org/">http://healthyrelationshipsrochester.org/</a>
<b>EmPower Comprehensive Treatment Center</b>	Marital therapy, domestic violence, anger mgt	Plaza 602 11th Avenue NW #300 Rochester, MN 55901	(507) 292-1379  <a href="http://empowerctc.com">empowerctc.com</a>
<b>Kathy Bunke, Mercy's Place Counseling Services</b>	Marriage, family therapy, parenting	3228 6th Ave. NE Suite B Rochester, MN 55906	(507) 226-7963  <a href="http://www.mercysplace.com">www.mercysplace.com</a>
<b>Shelly Winemiller, Wellspring Family Therapy Center</b>	Couples and family therapy, co-dependency	1530 Greenview Dr. SW #115 Rochester, MN 55902	507-244-0222  <a href="http://www.wellspringmn.com">www.wellspringmn.com</a>





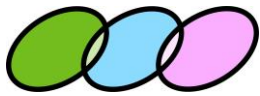
## Side by Side - Rochester

<a href="#">Eve Berryhill</a> PrairieCare OMC	Child, Adolescent & Adult Psychiatry	210 9 <sup>th</sup> Street SE Rochester, MN 55904	888.9.PRAIRIE
<a href="#">Mark White</a>	Marriage & Family Therapist	1530 Greenview Dr. SW Suite 108A Rochester, MN 559 02	507-585-0919
<b>H.O.P.E. Ranch</b>	Equine therapy & therapy dogs	6005 Salem Rd SW Rochester, MN 55902	507-281-3033 <a href="http://hoperanchteam.com/">http://hoperanchteam.com/</a>
<b>PrairieCare</b>	Full spectrum of care	1620 Greenview Dr SW Rochester, MN 55902	507-218-3701 <a href="https://www.prairie-care.com/">https://www.prairie-care.com/</a>
<a href="#">Dr. Julia Shah</a> (PsyD, LP) Bluestem	Child Psychology	124 Elton Hills Lane NW Rochester, MN 55901	507-282-1009
<a href="#">Amalyssa Johnson</a> , PhD, LP	Children, Adolescent & Family Psychology	Johnson Psychological Services, PLLC 421 First Avenue SW Suite 302W Rochester, Minnesot a 55902	507-205-5031

## Things to Do

Rochester is the county seat of Olmsted county and is the third-largest city in Minnesota. The city has been frequently recognized by Money Magazine since the 1980's as one of the best places to live in the United States, ranging from the best overall to the best in the Midwest. ([source](#))

The city of Rochester lies alongside the south fork of the Zumbro River and encompasses approximately a 54-square mile area. Nestled in a valley, Rochester's skyline has tall buildings at the city's center with farm fields in the foreground. It has more than 3,500 acres of park land and more than 85 miles of paved trails to explore. ([source](#))



# Side by Side - Rochester

## Rochester Websites

The following include several websites that will help you get acclimated to the Rochester area!

- <http://www.rochestermn.gov/>
- Rochesterfamilies.com (<http://www.rochesterfamilies.com/Rochester-MN-home-page.html>)
- Rochester MN Moms blog (<http://rochestermn.citymomsblog.com/>)

## Rochester Favorites

Here are some tried and tested favorites activities and destinations in the greater Rochester area.

- Quarry Hill Nature Center (<http://www.qhnc.org/>)
- Transportation Fair at Goose Egg Park (every spring, check <http://rochesterce.org> for updated listings)
- Monkey Junction (<https://www.facebook.com/MonkeyJunctionRochester/>)
- Soldiers Field Park and Playground (<http://www.rochestermn.gov/home/showdocument?id=650>)
- Rochester Athletic Club (<http://www.racmn.com/>)

## Public Schools

Rochester has a number of public and private schools, as well as six District-Wide or "choice" schools that require participation in a lottery program for acceptance.

### Preschool

Rochester Public Schools Preschool is high-quality preschool programming provided by PAIIR, Rochester Public School's Preschool Early Childhood Family Education program (ECFE). RPS offers 2, 3, 4, and 5 day per week preschool options for 3 to 5 year-olds.

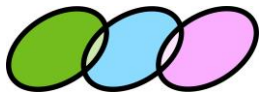
1. RPS Preschool: locations vary based on enrollment, 507-328-4000  
[http://www.rochesterce.org/earlychildhood/RPS\\_preschool](http://www.rochesterce.org/earlychildhood/RPS_preschool)

### Elementary Schools

The following list summarizes the public neighborhood elementary schools:

1. Bamber Valley Elementary: 2001 Bamber Valley Rd SW, 507-328-3030  
<http://bamber.rochester.k12.mn.us/>



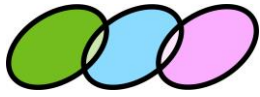


## Side by Side - Rochester

2. Bishop Elementary: 406 36<sup>th</sup> Ave NW, 507-328-3100  
<http://bishop.rochester.k12.mn.us/>
3. Churchill Elementary: 2240 7<sup>th</sup> Ave NE, 507-328-3150  
<http://churchillhoover.rochester.k12.mn.us/>
4. Elton Hills Elementary: 1421 Elton Hills Dr NW, 507-328-3200  
<http://eltonhills.rochester.k12.mn.us/>
5. Folwell Elementary: 603 15<sup>th</sup> Ave SW, 507-328-3220  
<http://folwell.rochester.k12.mn.us/>
6. Franklin Elementary: 1801 9<sup>th</sup> Ave SE, 507-328-3300  
<http://franklin.rochester.k12.mn.us/>
7. Gage/Gage East Elementary: 1300 40<sup>th</sup> St NW/930 40<sup>th</sup> St NW, 507-328-3400/507-328-3430 <http://gage.rochester.k12.mn.us/>
8. Gibbs Elementary: 5525 5<sup>th</sup> St NW, 507-328-4100  
<http://gibbs.rochester.k12.mn.us/>
9. Hoover Elementary: 369 Elton Hills Dr NW, 507-328-3450  
<http://churchillhoover.rochester.k12.mn.us/>
10. Jefferson Elementary: 1201 10<sup>th</sup> Ave NE, 507-328-3500  
<http://jefferson.rochester.k12.mn.us/>
11. Pinewood Elementary: 1900 Pinewood Rd SE, 507-328-3630  
<http://pinewood.rochester.k12.mn.us/>
12. Riverside Central Elementary: 506 5<sup>th</sup> Ave SE, 507-328-3700  
<http://riverside.rochester.k12.mn.us/>
13. Sunset Terrace Elementary: 1707 19<sup>th</sup> Ave NW, 507-328-3770  
<http://sunset.rochester.k12.mn.us/>

The following list summarizes the District-wide Choice Elementary Schools (families need to apply and participate in the lottery program). For more information on District-Wide Schools in Rochester, and to learn about each school's unique focus, visit the Rochester Public School system here: [http://www.rochester.k12.mn.us/schools/district-wide\\_schools](http://www.rochester.k12.mn.us/schools/district-wide_schools)

1. Friedell District-Wide Middle School: 1200 South Broadway, 507-328-5650,  
<http://friedell.rochester.k12.mn.us/>
2. Gage Spanish Immersion: 1300 40<sup>th</sup> St NW, 507-328-3400,  
[http://gage.rochester.k12.mn.us/academics/special\\_areas/spanish\\_immersion](http://gage.rochester.k12.mn.us/academics/special_areas/spanish_immersion)
3. Lincoln K-8 District-Wide School: 1122 8<sup>th</sup> Ave SE, 507-328-3550,  
<http://lincoln.rochester.k12.mn.us/>
4. Longfellow 45-15 District-Wide Elementary School: 1615 Marion Rd SE, 507-328-3600, <http://longfellow.rochester.k12.mn.us/>
5. Montessori at Franklin: 1801 9<sup>th</sup> Ave SE, 507-328-3300,  
<http://montessoriatfranklin.rochester.k12.mn.us/>



## Side by Side - Rochester

6. Washington District-Wide Elementary School: 1200 11<sup>th</sup> Avenue NW, 507-328-3800, <http://washington.rochester.k12.mn.us/>

### Middle Schools

The following list summarizes the public neighborhood middle schools:

1. John Adams Middle School: 1525 31<sup>st</sup> Street NW, 507-328-5700  
<http://johnadams.rochester.k12.mn.us/>
2. Kellogg Middle School: 503 17<sup>th</sup> Street NE, 507-328-5800  
<http://kellogg.rochester.k12.mn.us/>
3. Willow Creek Middle School: 2425 11<sup>th</sup> Avenue SE, 507-328-5900  
<http://willow.rochester.k12.mn.us/>

The following list summarizes the District-wide choice middle schools (families need to apply and participate in the lottery program). For more information on District-Wide Schools in Rochester, and to learn about each school's unique focus, visit the Rochester Public School system here: [http://www.rochester.k12.mn.us/schools/district-wide\\_schools](http://www.rochester.k12.mn.us/schools/district-wide_schools)

1. Friedell District-Wide Middle School: 1200 South Broadway, 507-328-5650  
<http://friedell.rochester.k12.mn.us/>
2. Lincoln K-8 District-Wide School: 1122 8<sup>th</sup> Avenue SE, 507-328-3550  
<http://lincoln.rochester.k12.mn.us/>

### High Schools

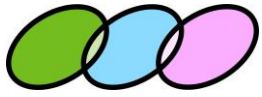
The following list summarizes the public neighborhood high schools:

1. Century High School: 2525 Viola Road NE, 507-328-5100  
<http://century.rochester.k12.mn.us/>
2. John Marshall High School: 1510 14<sup>th</sup> Street NW, 507-328-5410  
<http://johnmarshall.rochester.k12.mn.us/>
3. Mayo High School: 1420 11<sup>th</sup> Avenue SE, 507-328-5505  
<http://mayo.rochester.k12.mn.us/>

## Private Schools

### Preschools

1. Kingdom Kids Preschool (located at Christ Community Church): 4400 55<sup>th</sup> Street NW, 507-282-4840 <http://www.ccrochester.org/kingdomkids>



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2. Primrose School of Rochester: 2600 2<sup>nd</sup> Street SW, 507-424-2660  
<https://www.primroseschools.com/schools/rochester/>
3. Aldrich Memorial Nursery School: 855 Essex Pkwy NW, 507-289-3097  
<http://aldrichnurseryschool.com/>
4. Bethany Nursery School: 1835 19<sup>th</sup> Ave NW, 507-289-2889  
<http://bethanynurseryschool.com/dev/>
5. First Steps Childcare: 3089 25<sup>th</sup> Street NW, 507-282-5437  
<http://firststepsrochester.com/>
6. St. Pius X School, 1205 12<sup>th</sup> Avenue NW, 507-282-5161  
<http://www.rcsmn.org/st-john-the-evangelist-st-pius-x/index.aspx>

### Elementary Schools

The following list summarizes Rochester private elementary schools:

1. Schaeffer Academy: 2700 Schaeffer Ln NE, 507-286-1050  
<http://schaefferacademy.org>
2. Rochester Central Lutheran School (RCLS): 2619 9<sup>th</sup> Avenue NW, 507-289-3267 <http://rcls.net>
3. St. Pius X School: 1205 12<sup>th</sup> Avenue NW, 507-282-5161  
<http://www.rcsmn.org/st-john-the-evangelist-st-pius-x/index.aspx>

### Middle Schools

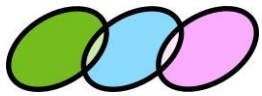
The following list summarizes Rochester private middle schools:

1. Schaeffer Academy: 2700 Schaeffer Ln NE, 507-286-1050  
<http://schaefferacademy.org>
2. Rochester Central Lutheran School (RCLS): 2619 9<sup>th</sup> Avenue NW, 507-289-3267 <http://rcls.net>
3. St. John the Evangelist School: 424 West Center Street, 507-282-5248  
<http://www.rcsmn.org/st-john-the-evangelist-st-pius-x/index.aspx>

### High Schools

The following list summarizes Rochester's private high schools:

1. Schaeffer Academy: 2700 Schaeffer Ln NE, 507-286-1050  
<http://schaefferacademy.org>
2. Lourdes High School: 2800 19<sup>th</sup> Street NW, 507-289-3991  
<http://rochestercatholicschools.org>
3. John Marshall High School: 1510 14<sup>th</sup> Street NW, 507-328-5410  
<http://johnmarshall.rochester.k12.mn.us/>



# Side by Side - Rochester

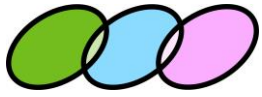
## Parks

Here are some tried and tested favorite parks in the Rochester area:

- Allendale Park, 1895 Allendale Park Lane NW
- Baihly Meadows Park, 1914 Fox Valley Drive SW
- Bamber Ridge Park, 1500 36<sup>th</sup> Street SW
- Bamber Valley Estates Park, 1233 Autumn Ridge Road SW
- Bear Creek Park, 1237 Marion Rd SE
- Cascade Lake Park, 88 23<sup>rd</sup> Avenue SW
- Cooke Park, 722 7<sup>th</sup> Street NW
- Diamond Ridge Park, 4707 Valley Drive NW
- Eagle Ridge Park, 2571 Aspen Place SW
- East Park, 1738 E Center St
- Eastwood Park, 3330 Hwy 14 E
- Elmcroft Park, 505 Elmview Place SW
- Elton Hills Park, 2222 14<sup>th</sup> Avenue NW
- Emerald Hills Park, 2787 Cassidy Drive NE
- Essex Park, 5455 West River Road NW
- Foster Arend Park, 4051 E River Road NE
- Fox Valley Park, 957 Foxcroft Circle SW
- Glendale Hills Park, 1265 Northern Valley Drive NE
- Goose Egg Park, 199 8<sup>th</sup> Street NW
- Greystone Park, 1508 Greystone Lane SW
- Judd Park Sledding Hill, 3812 3rd St NW
- Silver Lake Park, 770 W Silver Lake Dr NE
- Quarry Hill Nature Center, 701 Silver Creek Rd NE

## Playgrounds

- Allendale Park, 1895 Allendale Park Ln NW



## Side by Side - Rochester

- Badger Hills Park, 4423 35<sup>th</sup> Street NW
- Badger Ridge Park (by Mr. Pizza North), 3016 Monroe Dr NW
- Baihly Heights Tot Lot, 1020 21<sup>st</sup> Street SW
- Essex Park, 5455 West River Rd NW
- Field of Fun (Castle Playground) at Soldiers Field Park, 970 George Gibbs Dr SW
- Kutzky Park Playground, 213 13th Ave NW
- Oxbow Park's Outdoor Classroom, 5731 County Rd 105 NW, Byron, MN 55920
- Quarry Hill Parkwood Hills Park Playground, no address but head southwest on Parkwood Hills Dr NE off of Viola Rd NE, parking lot at end of road
- Roy Sutherland Playground at Soldiers Field Park, 800 Soldiers Field Dr SW
- Scenic Oaks Park, 5123 Scenic Oak Dr SW
- Three Links Park by Silver Lake Playground, 770 W Silver Lake Dr NE
- Younge Park, 2571 Fox Valley Dr SW

### Indoor Playgrounds

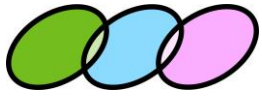
- Monkey Junction (Seasonal), 4500 60th Ave NW
- Rochester Athletic Club (RAC) Neighborhood, 3100 19th St NW
- Pipsqueaks Indoor Play Center (Seasonal), 903 W Center St
- Bounce World, 4430 19th St NW

### Museums

- Minnesota Children's Museum of Rochester, 1643 North Broadway Street A
- History Center of Olmsted County, 1195 W Circle Dr, 55902
- Rochester Art Center, 40 Civic Center Dr SE

### Children's Story Hour

- Rochester Public Library, 101 2nd St SE (Tues at 6:30 pm, Wed at 10:00 am, Sat at 10:30 am)
- ABC & Toy Zone, 122 17th Ave NW (Wed, Fri and Sat at 10:30 am)
- Barnes & Noble at Apache Mall, 1201 12th St SW (Sat at 11 am)



## Side by Side - Rochester

### Shopping in Rochester

**Apache Mall.** Our main mall in Rochester. It includes such major Department stores as Macy's, JC Penney, Herbergers and Scheels (a sporting goods store). Other retail shops include Barnes & Noble, J.Jill, Gap, H&M, Gymboree and Crazy 8. There is a Sephora mini-store in JC Penney. There is also a food court, as well as a Starbucks (operated by Barnes & Noble). Call 507-288-8056 or visit <https://apachemall.com>.

**Broadway Commons.** Includes DSW, Michaels, Kohl's, Bed Bath & Beyond, Dress Barn, Famous Footwear and more.

**Crossroads Shopping Center.** Includes Hancock Fabrics, Pier 1 Imports, OfficeMax, Walgreens and more. A Chick-fil-A is coming soon! 😊

**The Grand Shops.** Includes 65 unique shops and businesses located in the subway, street and mezzanine levels of the Kahler Grand and Marriott Hotels. It is also directly connected to Mayo Clinic.

**Maplewood Shopping Center.** Includes Best Buy, Hobby Lobby, Ashley Furniture, Papa Murphy's, Fareway, UPS, and more.

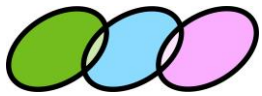
**Miracle Mile Shopping Center.** ABC & Toy Zone (one of the best toy and educational stores in the state!), HOM Furniture and others. A new grocery store and apartment complex is currently under construction.

**Northwest Plaza.** Includes Wal-Mart, Sam's Club, Gander Mountain, Petco, Texas Roadhouse, and more.

**Shoppes on Maine.** Includes Target South, Lowes, Old Navy, Petsmart, Fleet Farm, Wehrenberg Galaxy 14 Cine & IMAX, and more.

**Shops at University Square.** Upscale shopping in the heart of downtown Rochester. Connected to the Doubletree Hotel and Mayo Clinic by walkways. Shops include Talbots, Chico's, Knight's Chamber (men's suiting), Counterpoint Home, Chocolaterie Stam (gelato!) and Games by James (toy/game store). The University of Minnesota – Rochester is located on the third floor.

**T.J. Maxx Plaza.** 15 stores, including TJ Maxx & Homegoods, Tuesday Morning, Party City and O&B Shoes. Other businesses include Collins Orthodontics and Dunn Bros. Coffee (with a drive through!)



### Special Programs

**PAIIR** Parents Are Important in Rochester (PAIIR) is Rochester Public Schools' Early Childhood Education program (ECFE). PAIIR classes are taught by MN State licensed parent and early childhood educators who work directly with parents and their young children. Call 507-328-4020 or e-mail [paiir@rochester.k12.mn.us](mailto:paiir@rochester.k12.mn.us).

**Chinese School** Rochester Chinese School (RCS) is an independent non-profit organization founded in 1998, run by a group of highly motivated parents and volunteers, and co-sponsored by Rochester Community and Technical College (RCTC). Currently, RCS offers Chinese language, folk dance, Chinese painting, Calligraphy, and Erhu (Chinese violin) lessons tailored to school age kids and adults. Visit <http://www.rochesterchineseschool.org/>

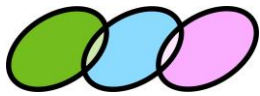
**GATEway (Gifted Children Advocacy Program)** GATEway is the Rochester Chapter of the Minnesota Council for the Gifted and Talented, a statewide not-for-profit organization that advocates for educational services for gifted and talented students. Visit <http://www.rochestergateway.com/>

**Rochester Art Center.** In addition to the museum portion, each year Rochester Art Center (RAC) offers a large variety of youth and adult education programs. These exceptional educational offerings include classes, workshops, film screenings, lectures, and gallery tours for all ages. Call 507-282-8629 or visit <http://rochesterartcenter.org/education/>

**Tippi Toes.** Offering a variety of dance classes for all age levels, including Toddler & Me, ballet, hip hop, tap and jazz. Call 507-327-8950 or visit <http://www.tippitoesdance.com/rochester-area/>

**Schmitt Music.** A full-service music store, which also offers a variety of private music lessons on site. Call 507-288-1960 or visit <https://www.schmittmusic.com/stores/rochester/>

**Food Allergy Support Group.** Do you or a loved one struggle with a food allergy or intolerance? Come join a welcoming community designed to support, educate and advocate for those with food allergies. Visit our website: [www.foodallergiesrochestermn.org](http://www.foodallergiesrochestermn.org), or contact Paige Ma at 507-923-6380 or [paige.e.ma@gmail.com](mailto:paige.e.ma@gmail.com) for more information or to get added to the contact list.



# Side by Side - Rochester

## SBS Recommendations

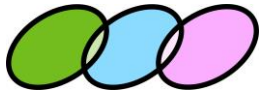
### Pediatrician

Name	Notes	Address	Phone #
<a href="#">Dr. Chris DeRauf</a>	Pediatrics	Baldwin Building, 221 Fourth Avenue SW	507-284-5300
<a href="#">Dr. Jennifer Horn</a>	Family Medicine	Mayo Family Clinic NE, 3041 Stonehedge Drive NE	507-284-2511
<a href="#">Dr. Walter J. Cook</a>	Pediatrics	Baldwin Building, 221 Fourth Avenue SW	507-284-2511
<a href="#">Dr. Angela C. Mattke</a>	Pediatrics	Baldwin Building, 221 Fourth Avenue SW	507-284-2511
<a href="#">Dr. Margaret C. Gill</a>	Family Medicine	Mayo Family Clinic, NW, 4111 W Frontage Rd Hwy 52 NW	507-538-8555
<a href="#">Chad Rasmusson, CNP</a>	Family Medicine	Baldwin Building, 221 Fourth Avenue SW	507-284-5300
<a href="#">Dr. Rachel L. Lynch</a>	Pediatrics	Baldwin Building, 221 Fourth Avenue SW	507-284-5300
<a href="#">Beth Anderson, CNP</a>	Pediatrics	Baldwin Building, 221 Fourth Avenue SW	507-284-5300
<a href="#">Dr. Maria G. Valdes</a>	Family Medicine	Mayo Family Clinic, NW, 4111 W Frontage Rd Hwy 52 NW	507-538-8555
<a href="#">Dr. Marcie L. Billings</a>	Pediatrics	Baldwin Building, 221 Fourth Avenue SW	507-284-5300
<a href="#">Dr. Robert M. Jacobson</a>	Pediatrics	Baldwin Building, 221 Fourth Avenue SW	507-284-5300
<a href="#">Dr. Elizabeth Westby</a>	Family Medicine	Mayo Family Clinic NE, 3041 Stonehedge Drive NE	507-284-2511

### Dentist

Name	Notes	Address	Phone #
<a href="#">Dr. Katie Yoder</a>	Lakewood Dental	4131 26th St NW, Suite 1, Rochester, MN 55901	<a href="tel:507-282-8082">507-282-8082</a>
<a href="#">Crystal Dental</a>	Crystal Dental	1812 2nd St SW, Rochester, MN 55902	<a href="tel:507-208-4141">507-208-4141</a>
<a href="#">Dr. Haugen</a>	Zumbro View Dental	132 Elton Hills Ln NW, Rochester, MN 55901	<a href="tel:507-282-5309">507-282-5309</a>
<a href="#">Dr. Stenzel</a>	Main Street Dental	3110 Wellner Dr NE, Rochester, MN 55906	<a href="tel:507-536-7700">507-536-7700</a>



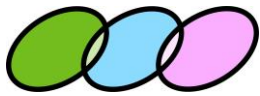


## Side by Side - Rochester

<a href="#">Dr. Mensing</a> <a href="#">Dr. Loewen</a>	Dentistry for Adolescents & Children	2743 Superior Dr NW, Rochester, MN 55902	<a href="tel:507-288-8060">507-288-8060</a>
<a href="#">Dr. Katie Post</a>	Northwest Dental	1615 14th St NW, Rochester, MN 55901	<a href="tel:507-289-3921">507-289-3921</a>
<a href="#">Dr. Calcagno</a>		1801 Greenview Dr SW, Suite 101, Rochester, MN 55902	<a href="tel:507-281-3659">507-281-3659</a>
<a href="#">Dr. Fred Carlson</a>	Med City Dental	30 3rd St SE, Suite 202, Rochester, Minnesota, 55904	<a href="tel:507-289-8707">507-289-8707</a>
<a href="#">Dr. Luse</a>	Family Dentist Tree	1011 Bel Air Ln NW, Rochester, MN 55901	<a href="tel:507-288-1188">507-288-1188</a>
	Care View	1903 32nd Avenue NW, Rochester, MN, 55901	<a href="tel:507-258-4333">507-258-4333</a>
	Midwest Dental	2215 2nd St SW #150, Rochester, MN, 55902	507-384-5808
<a href="#">Dr. Klampe</a>	Park Dental	3780 Marketplace Dr NW, Suite 112, Rochester, MN 55901	<a href="tel:507-288-1633">507-288-1633</a>
	Penz Dental	2001 2nd St SW #110, Rochester, MN 55902	<a href="tel:507-258-3300">507-258-3300</a>
<a href="#">Mike Sawyer</a>	Circle Drive Dental	2633 Superior Dr NW, Rochester, MN 55901	<a href="tel:507-289-2055">507-289-2055</a>
<a href="#">Dr. Fred Corlson</a> <a href="#">Dr. Heidi</a>	Byron Dental	21 Frontage Rd NE, Byron, MN 55920	<a href="tel:507-775-6445">507-775-6445</a>
Dr. Olson		2112 Viking Dr NW, Rochester, MN 55901	<a href="tel:507-288-9192">507-288-9192</a>
<a href="#">Dr. Lindquist</a>	12 <sup>th</sup> Street Dental	1008 12th St SE Rochester, MN 55904	<a href="tel:507-282-6448">507-282-6448</a>

## Orthodontist

Name	Notes	Address	Phone #
<a href="#">Dr. Grant Collins</a>	Collins Orthodontics	1340 Salem Road SW Rochester, MN 55902	507-258-5400
<a href="#">Dr. John Lawson</a>	Orthodontic Health Center	2460 N Broadway Ave Rochester, MN 55906	507-282-6447
	Mayo Clinic		<a href="https://www.mayoclinic.org/es-es/departments-">https://www.mayoclinic.org/es-es/departments-</a>



## Side by Side - Rochester

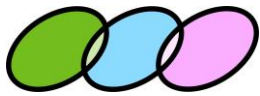
			<a href="#">centers/dental-specialties/overview</a>
<a href="#">Dr. Nellie Kim</a>	GLK Orthodontics	1705 S Broadway Suite A Rochester, MN 55904	507-288-4427

### Hair Salons

Name	Notes	Address	Phone #
Vanessa Waldron	Vanessa's Hair Studio	1630 3 <sup>rd</sup> Ave NE Rochester, MN 55906	507-259-0708
Blu H2O Salon		150 South Broadway Suite 201 Rochester, MN 55904	507-292-7888 <a href="http://bluh2osalon.com/">http://bluh2osalon.com/</a>
Sola Salon, Shopes on Maine	A collection of individual stylists and salons	4530 Maine Ave SE #513, Rochester, MN 55904	507-722-2902
The Barbershop (Men's)	Allergy warning: they have peanuts in the shop	3528 55th St NW Rochester, MN 5590	507-206-0637
Hair Studio 52	Brittany, Riley or Kimberly	2300 Superior Dr NW #3 Rochester, MN 55901	507-289-2986

### Churches (listed in alphabetical order)

Name	Address	Phone #	Website
Autumn Ridge Church	3611 Salem Rd SW Rochester, MN	<a href="tel:507-288-8880">507-288-8880</a>	<a href="http://www.autumnridgechurch.org">www.autumnridgechurch.org</a>
Berean Community Church	3157 Kenosha Dr NW Rochester, MN	<a href="tel:507-289-4179">507-289-4179</a>	<a href="http://www.bereancc.org">www.bereancc.org</a>
Calvary Evangelical Free	5500 25th Ave NW Rochester, MN	<a href="tel:507-282-4612">507-282-4612</a>	<a href="http://www.calvaryefc.org">www.calvaryefc.org</a>
Christ Community Church	4400 55th St NW Rochester, MN	<a href="tel:507-282-5569">507-282-5569</a>	<a href="http://www.cccrochester.org">www.cccrochester.org</a>
Crosswinds	8106 31st Ave, Oronoco MN 55960	<a href="tel:507-289-7937">507-289-7937</a>	<a href="http://www.crosswindschurch.com">www.crosswindschurch.com</a>
First Presbyterian	512 3rd St SW Rochester, MN	<a href="tel:507-282-1618">507-282-1618</a>	<a href="http://www.fpcrochester.org">www.fpcrochester.org</a>
Gethsemane Lutheran	2204 22nd St NW Rochester, MN	<a href="tel:507-282-1121">507-282-1121</a>	<a href="http://www.glrst.org">www.glrst.org</a>
Gloria Dei Lutheran Church	1212 12th Ave NW Rochester, MN	<a href="tel:507-289-1841">507-289-1841</a>	<a href="http://www.gloria-dei.com">www.gloria-dei.com</a>
Holy Spirit	5455 50th Ave NW Rochester, MN	<a href="tel:507-280-0638">507-280-0638</a>	<a href="http://www.holyspiritrochester.org">www.holyspiritrochester.org</a>
Mercy Hill	6301 34th Ave NW Rochester, MN	<a href="tel:507-282-7201">507-282-7201</a>	<a href="http://www.mercyhillrochester.org">www.mercyhillrochester.org</a>
New Day Covenant	822 S Broadway Rochester MN 55904	<a href="tel:507-289-1334">507-289-1334</a>	<a href="http://www.newdaycov.org">www.newdaycov.org</a>
Pax Christi Catholic Church	4135 18th Ave NW Rochester, MN	<a href="tel:507-282-8542">507-282-8542</a>	<a href="http://www.paxchristichurch.org">www.paxchristichurch.org</a>



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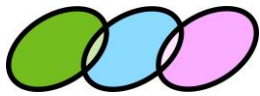
Rochester Covenant	4950 31st Ave NW Rochester, MN	<a href="tel:507-289-2990">507-289-2990</a>	<a href="http://www.rochcov.org">www.rochcov.org</a>
St. John's Catholic	11 4th Ave SW Rochester, MN	<a href="tel:507-288-7372">507-288-7372</a>	<a href="http://www.sj.org">www.sj.org</a>
Trinity Presbyterian	2577 Schaefer Ln NE Rochester, MN	<a href="tel:507-282-6377">507-282-6377</a>	<a href="http://www.trinityrochester.org">www.trinityrochester.org</a>

### Athletic Facility

Name	Address	Phone #	Website
Rochester Athletic Club (RAC)	3100 19th St NW Rochester MN 55901	<a href="tel:507-282-6000">507-282-6000</a>	<a href="http://www.racmn.com">www.racmn.com</a>
Don Abraham Healthy Living Center (DAHLC)	565 1st St SW Rochester MN 55902	<a href="tel:507-266-4688">507-266-4688</a>	<a href="http://www.dahlc.mayoclinic.org">www.dahlc.mayoclinic.org</a>
Edge Fitness	1201 S Broadway Rochester MN 55904	<a href="tel:507-258-6475">507-258-6475</a>	<a href="http://www.edgefitnessinc.com">www.edgefitnessinc.com</a>
Rochester Country Club (golf, has special resident pricing)	3100 Country Club Rd W Rochester MN 55902	<a href="tel:507-282-2708">507-282-2708</a>	<a href="http://www.rgcc.org">www.rgcc.org</a>
YMCA	709 1st Ave Rochester MN 55902	<a href="tel:507-287-2260">507-287-2260</a>	<a href="http://www.rochfamy.org">www.rochfamy.org</a>
Rochester Tennis Connection	2700 Country Club Rd SW Rochester MN 55902	<a href="tel:507-288-4851">507-288-4851</a>	<a href="http://www.rochestertennis.com">www.rochestertennis.com</a>

### Car Repair

Name	Address	Phone #	Website
Toyota Dealership	4365 Canal Pl SE Rochester MN 55904	<a href="tel:507-286-1200">507-286-1200</a>	<a href="http://www.rochestertoyota.com">www.rochestertoyota.com</a>
Virgil's	1101 2nd St SW Rochester MN 55902	<a href="tel:506-288-3600">506-288-3600</a>	<a href="http://www.virgilsauto.com">www.virgilsauto.com</a>
Joe's Autocare	923 6th NW Rochester MN 55901	<a href="tel:507-281-7944">507-281-7944</a>	<a href="http://www.joesautoandtire.com">www.joesautoandtire.com</a>
Quicklane on 2 <sup>nd</sup> Street	2009 2nd St SW Rochester MN 55902	<a href="tel:507-424-3838">507-424-3838</a>	<a href="http://www.quicklane.com">www.quicklane.com</a>
Babcock Autos	5335 Highway 52 N Rochester MN	<a href="tel:507-226-8330">507-226-8330</a>	<a href="http://www.babcockautocare.com">www.babcockautocare.com</a>
Bard in Byron	815 Country Club Rd SE Byron MN 55920	<a href="tel:507-775-6501">507-775-6501</a>	
Midas on N. Broadway	1225 N Broadway Ave Rochester MN	<a href="tel:507-262-4414">507-262-4414</a>	<a href="http://www.midas.com">www.midas.com</a>
Discount Tire	3562 55th NW Rochester MN 55901	<a href="tel:507-529-2988">507-529-2988</a>	<a href="http://www.discounttire.com">www.discounttire.com</a>
Adamson Motors	4800 US-52 Rochester MN 55901	<a href="tel:507-201-4167">507-201-4167</a>	<a href="http://www.adamsonmotors.net">www.adamsonmotors.net</a>
Tom Kadlec Honda	3333 Wilder Rd NW Rochester MN 55901	<a href="tel:507-281-2500">507-281-2500</a>	<a href="http://www.tomkadlec.com">www.tomkadlec.com</a>



## Side by Side - Rochester

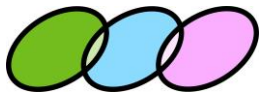
Rochester Toyota	4365 Canal PI SE Rochester MN 55904	<a href="tel:507-286-1200">507-286-1200</a>	<a href="https://www.rochestertoyota.com/">https://www.rochestertoyota.com/</a>
Goodyear (ask for Mike)	12 N Broadway Ave Rochester MN 55906	<a href="tel:507-288-2485">507-288-2485</a>	
Mister Shine Car Wash (can do oil change)	3223 41st St NW Rochester MN 55901	<a href="tel:507-424-3023">507-424-3023</a>	<a href="http://www.mistercarwash.com">www.mistercarwash.com</a>
Automotive ProCare	457 16th NW Rochester MN 55901	<a href="tel:507-282-5200">507-282-5200</a>	<a href="http://www.automotiveprocare.com">www.automotiveprocare.com</a>
Elmer's Auto Repair	2444 40th Ave SE Rochester MN	<a href="tel:507-285-0921">507-285-0921</a>	
37 <sup>th</sup> Street Tire	923 37th St NW Rochester MN	<a href="tel:507-288-5778">507-288-5778</a>	

### Plumber

Name	Address	Phone #	Website
Cozik Plumbing and Heating		507-289-3868	<a href="http://cozikplumbing.com">http://cozikplumbing.com</a>
K & S Plumbing		507-282-4328	<a href="http://ksheating.com/">http://ksheating.com/</a>
Action Plumbing Heating & Air Conditioning	989 1 <sup>st</sup> Ave SE Rochester, MN 55904	507-282-8333	<a href="https://callactionplumbing.com">https://callactionplumbing.com</a>
Tonna Mechanical	2411 7 <sup>th</sup> St NW Rochester, MN 55901	507-216-4610	<a href="https://calltonna.com">https://calltonna.com</a>
99 North Construction & Painting	4869 19 <sup>th</sup> St NW Rochester, MN 55901	507-398-2972	<a href="http://99northconstruction.com">http://99northconstruction.com</a>
Rochester Drain-Rite (ask for Norm)	606 11 <sup>th</sup> Ave NW Rochester, MN 55901	507-288-2121	<a href="https://rochesterdrainritemn.com">https://rochesterdrainritemn.com</a>
Jason Elsmore Plumbing		507-254-8680	<a href="http://elmoreplumbing.com">http://elmoreplumbing.com</a>
Integrity Home Repair (Jay)	2137 9 <sup>th</sup> Ave NE Rochester, MN 55906	507-696-0675	

### Electrician

Name	Address	Phone #	Website
Leth Electric	PO Box 206 Kasson, MN 55944	507-635-5516	<a href="http://lethelectric.com/">http://lethelectric.com/</a>
Sunlight Electric	2804 Sunset Lane NE Rochester, MN 55906	507-288-0789	
Warner Stellian (for appliances)	1318 Apache Ct SW Rochester, MN 55902	507-252-5552	<a href="http://www.warnerstellian.com/">http://www.warnerstellian.com/</a>
99 North Construction & Painting	5008 25th Ave NW, Rochester, MN 55901	507-261-2160	<a href="http://99northconstruction.com/">http://99northconstruction.com/</a>
Tonna Mechanical	2411 7 <sup>th</sup> St NW, Rochester, MN 55901	507-216-4610	<a href="https://calltonna.com/">https://calltonna.com/</a>



## Side by Side - Rochester

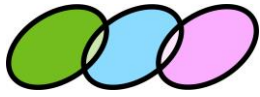
K & S	4205 US-14, Rochester, MN 55901	507-282-4328	<a href="http://www.ksheating.com/">http://www.ksheating.com/</a>
Integrity Home Repair (Jay)	2137 9 <sup>th</sup> Ave NE Rochester, MN 55906	507-696-0675	

### Handyman

Name	Address	Phone #	Website
Spencer Guetzman	718 8 <sup>th</sup> Ave SW Rochester, MN 55902	507-319-7206	<a href="http://www.homeadvisor.com/rated.SpencerGoetzman.50547581.html">http://www.homeadvisor.com/rated.SpencerGoetzman.50547581.html</a>
Lyle		507-269-9280	
99 North Construction & Painting	4869 19 <sup>th</sup> St NW Rochester, MN 55901	507-398-2972	<a href="http://99northconstruction.com/">http://99northconstruction.com/</a>
A/C Heating Matt Mohler		507-259-3622	
Tracy Ostergard		507-259-7790	
Integrity Home Repair (Jay)	2137 9 <sup>th</sup> Ave NE Rochester, MN 55906	507-696-0675	

### Bakery

Name	Address	Phone #	Website
Gingerbread House	1104 N Broadway Rochester, MN 55906	507-288-2621	<a href="http://www.gbhousebakery.com/">http://www.gbhousebakery.com/</a>
Otto's Bakery (Byron)	513 Frontage Rd NW Byron, MN 55920	507-775-2778	
Daube's Cakes & Bakery	1310 5 <sup>th</sup> Pl NW Rochester, MN 55901	507-289-3095	
Great Harvest Bread Company	706 N Broadway Rochester, MN 55906	507-286-1101	<a href="http://greatharvestrochester.com/">http://greatharvestrochester.com/</a>
Trader Joe's	1200 16 <sup>th</sup> St SW Rochester, MN 55902	507-281-4411	<a href="https://www.traderjoes.com/">https://www.traderjoes.com/</a>
Hy-Vee Barlow Bakery (free cookie for kids)	1315 6 <sup>th</sup> Street NW Rochester, MN 55901	507-288-8233	<a href="https://www.hy-vee.com/">https://www.hy-vee.com/</a>
Target South Cakes	4611 Maine Ave SE Rochester, MN 55904	507-206-5020	



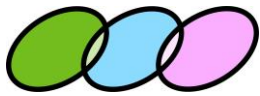
# Side by Side - Rochester

## Dry Cleaners

Name	Address	Phone #	Website
Nature's Best (Mayo Discount)	Multiple locations, check website	507-281-5765	<a href="http://naturesbestcleaners.biz/">http://naturesbestcleaners.biz/</a>
Dison's	Multiple locations, check website	507-289-5611	<a href="http://www.disonscleaners.com/">http://www.disonscleaners.com/</a>

## Family Restaurant

Name	Address	Phone #	Website
300 1 <sup>st</sup>	300 1 <sup>st</sup> Avenue NW Rochester, MN 55901	(507) 281-2451	<a href="http://www.live2dine.com/300-first">http://www.live2dine.com/300-first</a>
5 West	1991 Commerce Drive NW Rochester, MN 55901	(507) 361-5555	<a href="http://www.fivewestrochester.com/">http://www.fivewestrochester.com/</a>
Canadian Honker	1203 2 <sup>nd</sup> St SW Rochester, MN 55902	(507) 282-6572	<a href="http://restaurant.canadianhonker.com/">http://restaurant.canadianhonker.com/</a>
Chester's	111 S Broadway Rochester, MN 55904	(507) 424-1211	<a href="http://chesterskb.com/">http://chesterskb.com/</a>
El Carumbas	1503 12 <sup>th</sup> Street SE Rochester, MN 55904	(507) 281-3104	<a href="http://elcarambas.com/">http://elcarambas.com/</a>
Fiesta Mexicana	1645 N Broadway Rochester, MN 55906	(507) 288-1116	
Forager	1005 6 <sup>th</sup> Street NW Rochester, MN 55901	(507) 258-7490	<a href="https://foragerbrewery.com/">https://foragerbrewery.com/</a>
Grandma's Kitchen (breakfast)	1514 Broadway Ave N Rochester, MN 55906	(507) 289-0331	
Hu Hot Mongolian Grill	102 Apache Mall Rochester, MN 55902	(507) 206-4422	<a href="https://www.huhot.com/">https://www.huhot.com/</a>
Newt's Downtown	216 1 <sup>st</sup> Ave SW Rochester, MN 55902	(507) 289-0577	<a href="http://www.live2dine.com/newts">http://www.live2dine.com/newts</a>
Pasquale's Pizza	130 5 <sup>th</sup> Street SW Rochester, MN 55902	(507) 424-7800	<a href="http://pnpizza.com/">http://pnpizza.com/</a>
Pescara	150 S Broadway Ave Rochester, MN 55904	(507) 280-6900	<a href="http://pescarafresh.com/">http://pescarafresh.com/</a>
Pho Chau	1014 Broadway Ave N Rochester, MN 55906	(507) 281-3342	<a href="http://places.singleplatform.com/pho-chau/menu">http://places.singleplatform.com/pho-chau/menu</a>
Pho Tai	172 37 <sup>th</sup> St NW Rochester, MN 55901	(507) 281-9993	
Pi Pizza (the Loop)	3932 Marketplace Dr NW Rochester, MN 55901	(507) 424-3885	<a href="http://live4pi.com/">http://live4pi.com/</a>
Pannekoeken	6 1 <sup>st</sup> Ave NW Rochester, MN 55901	(507) 287-0722	<a href="http://www.pannekoeken-rochester.com/">http://www.pannekoeken-rochester.com/</a>



## Side by Side - Rochester

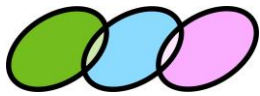
Porch & Cellar	20 4 <sup>th</sup> St SE Rochester, MN 55904	(507) 322-6551	<a href="http://www.porchandcellar.com/">http://www.porchandcellar.com/</a>
Redwood Room	300 1 <sup>st</sup> Avenue NW Rochester, MN 55901	(507) 281-2978	<a href="http://www.live2dine.com/redwood-room">http://www.live2dine.com/redwood-room</a>
Whistle Binkies on the Lake	247 Woodlake Drive SE Rochester, MN 55904	(507) 424-1227	<a href="https://www.whistlebinkiespub.com/">https://www.whistlebinkiespub.com/</a>

### Day Trip

Name	Address	Phone #	Website
National Eagle Center (Wabasha, MN)	<a href="#">50 Pembroke Ave Wabasha, MN 55981</a>	<a href="#">(651) 565-4989</a> <a href="#">(877) 332-4537</a>	<a href="https://www.nationaleaglecenter.org/">https://www.nationaleaglecenter.org/</a>
Castlerock Museum (Alma, WI)	<a href="#">402 S 2nd St, Alma, WI</a>	<a href="#">608-685-4231</a>	<a href="http://www.castlerockmuseum.com/main/">http://www.castlerockmuseum.com/main/</a>
LaCrosse Children's Museum ( <a href="#">LaCrosse, WI</a> )	<a href="#">207 5th Ave S, La Crosse, WI</a>	<a href="#">(608) 784-2652</a>	<a href="http://www.funmuseum.org/">http://www.funmuseum.org/</a>
Lark Toys (Kellogg, <a href="#">MN</a> )	<a href="#">63604 170th Ave, Kellogg, MN</a>	<a href="#">(507) 767-3387</a>	<a href="http://www.larktoys.com/">http://www.larktoys.com/</a>
Minneapolis	Minneapolis, MN		<a href="http://www.minneapolis.org/things-to-do/suggested-itineraries/150-things-to-do-in-minneapolis/">http://www.minneapolis.org/things-to-do/suggested-itineraries/150-things-to-do-in-minneapolis/</a>
Lanesboro, MN	Lanesboro, MN		<a href="http://www.lanesboro.com/list/ql/arts-culture-entertainment-3">http://www.lanesboro.com/list/ql/arts-culture-entertainment-3</a>

### Date Night Ideas

Name	Address	Phone #	Website
Buffalo Wild Wings	<a href="#">3458 55th St NW, Rochester, MN</a>	<a href="#">(507) 536-0717</a>	<a href="http://www.buffalowildwings.com">www.buffalowildwings.com</a>
Four Daughters Winery	<a href="#">78757 State Highway 16, Spring Valley, MN</a>	<a href="#">(507) 346-7300</a>	<a href="http://www.fourdaughtersvineyard.com">www.fourdaughtersvineyard.com</a>
Crossings at Carnegie (Zumbrota) Concert	<a href="#">320 East Ave, Zumbrota, MN</a>	<a href="#">(507) 732-7616</a>	<a href="http://www.crossingsatcarnegie.com/">http://www.crossingsatcarnegie.com/</a>
Pescara	<a href="#">150 S Broadway Ave Rochester, MN</a>	<a href="#">507-280-6900</a>	<a href="http://pescarafresh.com/">http://pescarafresh.com/</a>
Porch & Cellar	<a href="#">20 4th St SE, Rochester, MN</a>	<a href="#">(507) 322-6551</a>	<a href="http://www.porchandcellar.com/">http://www.porchandcellar.com/</a>
Forager (board games while eating)	<a href="#">1005 6th Street NW, Rochester, MN</a>	<a href="#">(507) 258-7490</a>	<a href="https://foragerbrewery.com/">https://foragerbrewery.com/</a>



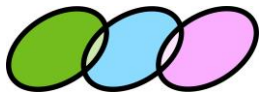
## Side by Side - Rochester

Red Wing	Red Wing, MN		<a href="http://redwing.org/things-to-do/">http://redwing.org/things-to-do/</a>
Lanesboro	Lanesboro, MN		<a href="http://www.lanesboro.com/list/ql/arts-culture-entertainment-3">http://www.lanesboro.com/list/ql/arts-culture-entertainment-3</a>
RAC date night	<a href="http://www.racmn.com/">3100 19th Street NW Rochester, MN 55901</a>	<a href="http://www.racmn.com/">507-282-6000</a>	<a href="https://www.racmn.com/">https://www.racmn.com/</a>
Redwood Room	<a href="http://www.live2dine.com/redwood-room">300 1st Ave NW Rochester, MN 55901, MN</a>	<a href="http://www.live2dine.com/redwood-room">(507) 281-2978</a>	<a href="http://www.live2dine.com/redwood-room">http://www.live2dine.com/redwood-room</a>
Chester's	<a href="http://chesterskb.com/">111 S Broadway, Rochester, MN</a>	<a href="http://chesterskb.com/">507-424-1211</a>	<a href="http://chesterskb.com/">http://chesterskb.com/</a>
Nelsons in Wisconsin (cheese and ice cream factory)	S237 State Road 35 South Nelson, WI	<a href="http://www.nelsoncheese.com/">715-673-4725</a>	<a href="http://www.nelsoncheese.com/">http://www.nelsoncheese.com/</a>
LaVetta Rooftop	<a href="http://terza3.com/la-vetta/">30 3rd Street SE Rochester, MN</a>	<a href="http://terza3.com/la-vetta/">507-216-9590</a>	<a href="http://terza3.com/la-vetta/">http://terza3.com/la-vetta/</a>
Thursdays on First	1st Ave SW, Rochester, MN	<a href="https://www.downtownrochestermn.com/events/tof">(507) 216-9882</a>	<a href="https://www.downtownrochestermn.com/events/tof">https://www.downtownrochestermn.com/events/tof</a>
Nosh in Lake City	<a href="http://noshrestaurant.com/">310 1/2 S. Washington St., Lake City, MN</a>	<a "="" href="http://noshrestaurant.com/&gt;(651) 345-2425&lt;/a&gt;&lt;/td&gt; &lt;td&gt;&lt;a href=" http:="" noshrestaurant.com="">http://noshrestaurant.com/</a>	
Terza	<a href="http://terza3.com/">30 3rd Street SE Rochester, MN</a>	<a href="http://terza3.com/">507.216.9590</a>	<a href="http://terza3.com/">http://terza3.com/</a>

## Best Ice Cream

Name	Address	Phone #	Website
Flapdoodle's North Store	3525 22nd Ave NW	507-288-3527	<a href="https://www.flapdoodlesicecream.com/">https://www.flapdoodlesicecream.com/</a> <a href="https://www.flapdoodlesicecream.com/">https://www.flapdoodlesicecream.com/</a>
Flapdoodle's South Store	1710 Broadway Ave S	507-322-0022	<a href="https://www.flapdoodlesicecream.com/">https://www.flapdoodlesicecream.com/</a> <a href="https://www.flapdoodlesicecream.com/">https://www.flapdoodlesicecream.com/</a>
Culver's	3380 55 <sup>th</sup> St NW	507-281-8538	<a href="https://www.culvers.com/">https://www.culvers.com/</a> <a href="https://www.culvers.com/">https://www.culvers.com/</a>
Cold Stone Creamery (at Apache Mall)	1050 Apache Mall Rochester, MN 55902	507-424-2990	<a href="http://www.coldstonecreamery.com/stores/22153">http://www.coldstonecreamery.com/stores/22153</a> <a href="http://www.coldstonecreamery.com/stores/22153">http://www.coldstonecreamery.com/stores/22153</a>
Chocolaterie Stam (gelato)	111 South Broadway, Suite 208 Rochester, Minnesota 55904	507-536-2722	<a href="https://stamchocolate.com/index.aspx">https://stamchocolate.com/index.aspx</a> <a href="https://stamchocolate.com/index.aspx">https://stamchocolate.com/index.aspx</a>
Dairy Queen	101 1st Ave SW Suite 9	507-282-6633	<a href="https://www.dairyqueen.com/us-en/locator/?s=55902">https://www.dairyqueen.com/us-en/locator/?s=55902</a> <a href="https://www.dairyqueen.com/us-en/locator/?s=55902">https://www.dairyqueen.com/us-en/locator/?s=55902</a>





# Side by Side - Rochester

## Eyeglass Selections

Name	Address	Phone #	Website
Mayo Clinic Downtown	Mayo Building, 7th Floor,  200 First St SW Rochester, MN 55905 200 First St. SW Rochester, MN 55905	507-284-3535	<a href="http://opticalstore.mayoclinic.org/">http://opticalstore.mayoclinic.org/</a> <a href="http://opticalstore.mayoclinic.org/">http://opticalstore.mayoclinic.org/</a>
Mayo NE Clinic	3041 Stonehedge Drive NE Rochester, MN 55906	507-538-8600	<a href="http://opticalstore.mayoclinic.org/">http://opticalstore.mayoclinic.org/</a> <a href="http://opticalstore.mayoclinic.org/">http://opticalstore.mayoclinic.org/</a>
Costco	2020 Commerce Dr NW	507-286-1860	<a href="https://www.costco.com/optical.html">https://www.costco.com/optical.html</a> <a href="https://www.costco.com/optical.html">https://www.costco.com/optical.html</a>
EYE-Q Intelligent Eyewear	Kahler Hotel, Lower Level 20 2nd Ave SW, # 77, Rochester, MN 55902 20 2nd Ave SW #77	507-288-2311	<a href="http://eye-qeyewear.com/">http://eye-qeyewear.com/</a> <a href="http://eye-qeyewear.com/">http://eye-qeyewear.com/</a>
Target North Optical	3827 Marketplace Dr NW	507-536-3950	<a href="https://www.target.com/">https://www.target.com/</a> <a href="https://www.target.com/">https://www.target.com/</a>
Target South Optical	4611 Maine Ave SE	507-282-6345	<a href="https://www.target.com/">https://www.target.com/</a> <a href="https://www.target.com/">https://www.target.com/</a>
Lenscrafters (by Chester's)	111 S Broadway	507-281-4050	<a href="https://local.lenscrafters.com/mn/rochester/111-s-broadway.html">https://local.lenscrafters.com/mn/rochester/111-s-broadway.html</a> <a href="https://local.lenscrafters.com/mn/rochester/111-s-broadway.html">https://local.lenscrafters.com/mn/rochester/111-s-broadway.html</a>

## Banks

### Bremer Bank

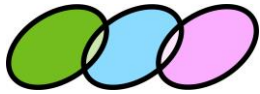
- 45 28<sup>th</sup> Street SE, 55904; (507) 529-1515 or (800) 908-2265
- 318 1<sup>st</sup> Ave SW, Suite 120, 55902; (507) 424-8282 or (800) 908-2265
- 1625 Highway 14 East, 55904; (507) 288-4310 or (800) 908-2265
- 5125 Highway 52 North, 55901; (507) 285-3318 or (800) 908-2265

### Mayo Credit Union

- 130 23rd Avenue SW, 55902; (507) 535-1460 or (800) 535-2129
- 3990 41st Street NW, 55901; (507) 535-1460 or (800) 535-2129

Other MCU branches: DAHLC, Subway Level; Centerplace Bldg., Main Floor; and St Mary's

### Wells Fargo Bank, N.A.



## Side by Side - Rochester

- 400 4th Street SE, 55904 (800) 869-3557
- 209 E Center Street, 55904 (507) 285-2953
- 21 1st Street SW, 55902 (507) 285-2800
- 1701 Greenview Drive SW, 55902 (507) 285-2980
- 940 37th Street NW, 55901 (507) 285-2990

### US Bank

- 155 1st Avenue SW, 55902 (507) 285-7900
- 402 1st Avenue, 55902 (507) 285-7870
- 2665 Commerce Drive NW, 55901 (507) 536-6480
- 200 2nd Street SW, 55905 (800) 872-2657

### Home Federal Savings Bank

- 1016 Civic Center Drive NW, 55901 (507) 535-1309
- 1201 South Broadway, 55904 (507) 536-2416
- 100 1st Ave. Bldg. Ste. 200, 55902 (507) 280-7250
- 3900 55th Street NW, 55901 (507) 535-3460
- 2048 Superior Dr. NW, Suite 400, 55901 (507) 226-0800

### Think Mutual Bank

- 4638 Maine Avenue SE, 55904 (507) 288-3425
- 5201 Members Pkwy NW, 55901 (507) 288-3425
- 4001 West River Parkway, 55901 (507) 288-3425
- 1698 Greenview Drive SW, 55902 (507) 288-3425
- 221 1st Ave SW Suite 101, 55902 (507) 288-3425

### Olmsted National Bank

- 975 34th Avenue NW, 55901 (507) 280-0621
- 120 Elton Hills Drive NW, 55901 (507) 280-0028

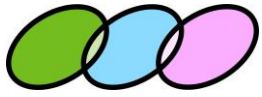
### Merchant's Bank

- 1600 Greenview Drive SW, 55902 (507) 282-7535
- 3586 55th Street NW, 55901 (507) 535-1520

## Other SBS Recommendations

### Bike Rides

- Lanesboro
- Root River Trail
- Ride to Whalen for Pie
- Douglas Trail
- Cannon Falls
- Bear Creek Trail
- Lake City (around Lake Pepin)
- Mayowood Trail



# Side by Side - Rochester

## Rochester Annual Activities

- Rochesterfest Parade (June)
- Berne Pizza Farm
- Olmsted County Fair
- Stewartville Fourth of July
- FireFly raspberry picking
- Sterling Strawberry Farm
- Thursdays on First
- World Festival (in May)
- Days of Yesteryear at Olmsted County History Center
- Rochester WinterFest (sleigh rides at the Olmsted County History Center)
- Apple Orchards
- Social Ice (go early the first night)
- Children's Ballet
- Fourth of July Fireworks (sit at Kellogg Middle School)
- Blue Bells on Mayowood Trail

## Sledding Hills

- Crossroads College
- Judd Park
- Country Club Manor
- Ironwood Springs

## Skating Rinks

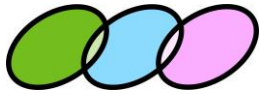
- Rochester Recreation Center
- Graham Arena

## Pools

- Stewartville
- Rochester Athletic Club (RAC)
- Kasson Pool
- Silver Lake
- Soldiers Field

## Family Hikes

- Quarry Hill Nature Center
- Whitewater State Park
- Oxbow Park
- Indian Heights
- Cascade Lake Trail
- Lake at Foster Arend Park
- Carley State Park



# Side by Side - Rochester

## State Park Favorites

- Lake Louise (Le Roy, MN)
- Whitewater State Park
- Nersteraud Big Woods State Park
- Rice County
- Elba
- Minneopa Falls (waterfall and buffalo)
- Devil's Lake (WI)
- Carley State Park

## Where to Get a Christmas Tree

- Choose your own Frasier Fir on 48<sup>th</sup>
- Costco (\$40 Frasier Fir)
- Christmas Tree Farm on 48<sup>th</sup> Street NE (1 mile north of Shopko)
- Home Depot (more cost-conscious than cut your own)
- Menards (beautiful and affordable real trees)

## I wish I knew this years ago....

- HyVee Barlow Delivery & Child Care while grocery shopping
- Skiing at Welch Village
- Pay for Child care and go out with your spouse!
- Lanesboro, Bloedow's Donuts in Winona, local wineries are great
- Euro Soccer (free summer week-long camp)
- REC Center (you can buy a punch card for swimming)
- Don't need to be members of the YMCA to use the pool, Kasson Pool in Stewartville for the Summer
- Go on conference trips with your husband
- Any child 5 and under in Olmsted County gets a free book mailed each month via Imagination Library (Dolly Parton), register online
- Daube's is open on Sundays
- Invest, make friends, say yes to the coffee/playdates, it *will* be worth it!
- Zumbro Flood Project works
- Do the art tour at Mayo Clinic
- You *will* end up loving this place. 😊