

FREE

October 15, 2010

insider

rochester.metromix.com

THINKING OUTSIDE THE RING

How a boxer
(who also
sings) sees his
future [22]

CD REVIEWS

The latest by Belle and
Sebastian and Sufjan
Stevens [29]

SINGLE? READY TO MINGLE?

Take our dating survey at
rochester.metromix.com

DRINK DEALS

Find your new party spot in
our weekly bar specials [12]

Young Bloods'
Joey Arena tells
it like it is [19]

It's hard to
keep him quiet

Find **careerbuilder**® jobs exclusively in *insider*. Starts on 46