

Warren Thomas Fenzi records first solo album at A-Mill

by Marla Khan-Schwartz

Although Warren Thomas Fenzi has spent most of his time drumming during his music projects, he released his first solo video and audio album, "Live in the Atrium," on February 21.

The 28-year-old singer/songwriter is a resident of Northeast and recorded the entire album at the historic A-Mill Artist Lofts, 315 SE Main Street, in The Atrium. The building, a repurposed flour mill, created the perfect backdrop and sound Fenzi wanted. Daniel Chavez, one of Fenzi's band members for the album, lives in the A-Mill building, which allowed Fenzi access to The Atrium.

Fenzi chose the building because of its Northeast feel. "I love that building, but also along with the human aspect of playing together and having the album captured live, I wanted the project to also hold the organic energy that is my neighborhood and my habitat."

Fenzi, who has worked on projects with 26 BATS!, Lucid Vanguard, and Christian Wheeler's Band, wanted to take the lead on making music after realizing his own vision and creative direction.

"I've never led my own group prior to this excursion," said Fenzi. "Having been a side person for so long, I feel like I've gained this perspective of what I do and don't like about multiple musical situations, like writing and sound design. It's definitely shaped the way I do things."

After attending Berklee College of Music in Boston, Fenzi wanted to begin a career in music performance. Fenzi decided to move to Minneapolis into the Beltrami neighborhood and has lived there since his decision to relocate five years ago. Frequenting places such as Carma Coffee (520 NE Lowry Ave) and Dogwood Coffee Northeast and Roastery (1209 Tyler Street NE), Fenzi loves his neighborhood and likes to support local businesses. Fenzi's imagery and songwriting inspirations for this project draw from many of his

Northeast Minneapolis experiences.

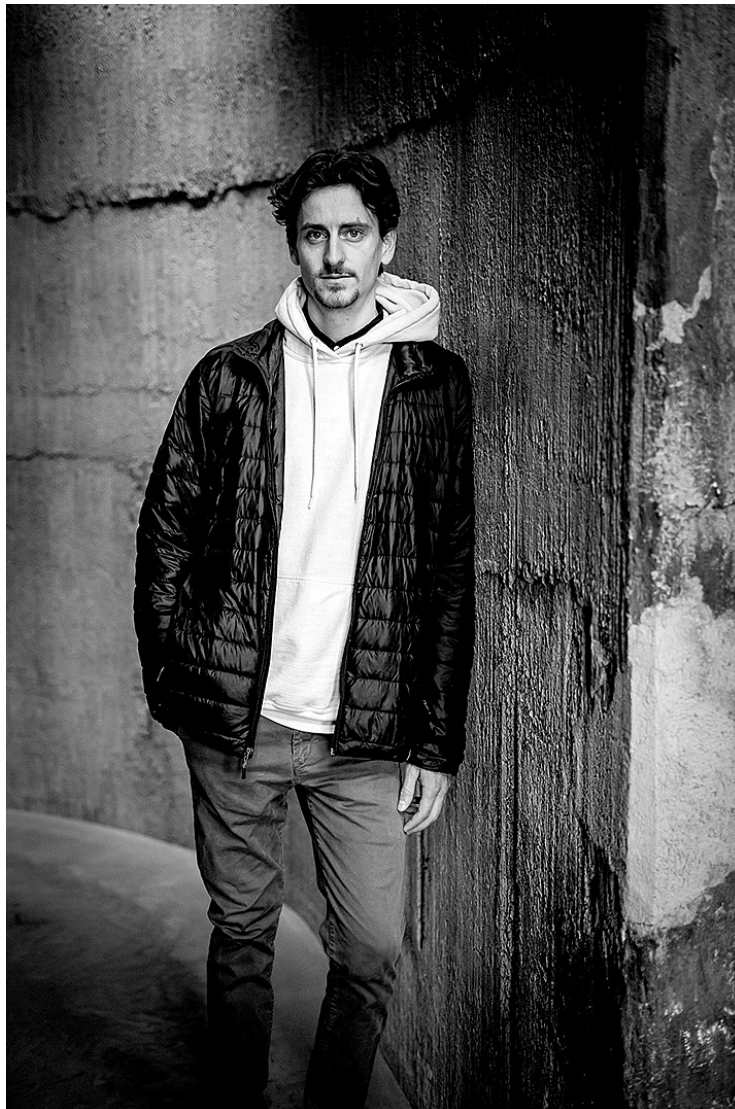
Inspired by drummers Jay Belerose, who played with Robert Plant, as well as former Modest Mouse member Jeremiah Green, Fenzi used his learned talent to create a vivid and picturesque score for his video and audio album. With folk, indie, and acoustic style, the album is meant to tell a story that Fenzi wants listeners to associate with the videos that accompany each song.

"If there is a theme I can give you as an artist, it would be the creation of a full storyline when you listen," said Fenzi. "There are uncomfortable spots in this record, but I love them so much. It's created with that in mind. It's a movie, and each song from the album is a scene from the movie."

Produced by Colin Lonyachan, Fenzi is backed by fellow band members from the 26 BATS! project. Album contributors include Fenzi, lead vocals and guitar; Colin Loynachan, audio engineering and mixing; Alex Monroe, video edits/shoot; Garret Wells and Charlie Berg, Lilacs Media, film; Bailey Cogen, keys/backup vocals; Daniel Chavez, trumpet; Christian Wheeler, drums; Karl Remus, guitar; and Delphia Cello Quartet.

The videos symbolize Fenzi's own personal journey and reflect how his life has progressed over time.

"It starts with 'Summer Wading' and it ends with 'I Was New,'" said Fenzi. "It's summertime, and then ends in the winter. It's symbolic of my transformation as a person. Coming from Arizona, that song is really steeped in nostalgia, the bittersweetness of remembering growing up, and going back to a past place. It feels like it does when I lived there, but then changes a lot. 'I Was New' is at the end of this journey of youth and ignorant bliss. There's a more weathered person who has made all of these mistakes, but is looking at it as a peaceful, good, teaching experience."



Warren Thomas Fenzi recorded his first solo album at the A-Mill.

(Photo by Mike Madison)

Each of the eight songs on the album is accompanied by a video either solely of imagery, or filmed with his backing group at The Atrium. The video imagery includes shots of St. Anthony Main, the A-Mill Loft building and the Gold Medal Flour sign. Fenzi uses an acoustic guitar and imagery for three of his videos which are also backed by Twin Cities-based Delphia Cello Quartet.

The imagery is unique to Fenzi and symbolic to each song. "Summer Wading" consists of Arizona-inspired imagery because of its association with Fenzi's upbringing. Filmed using Fenzi's own camera along with some paintings and quilts, "Peelin' Away" brings forth mesmerizing designs. "I Was New" showcases Northeast Minneapolis in the throes of winter.

All of the videos were filmed live without enhancing or supplementing the recorded music with additional sounds. Although Fenzi has performed for most of his life, he had never worked without editing. The live performance strategy inspired Fenzi and gave him insight into what he truly wanted for the project.

"There were no overdubs," said Fenzi. "Vocals were all done live along with the strings. Everything that you hear is in that room, which I had never done before. It was intimidating to think about. If I mess up, we only do three takes. We had to choose the best one of the three – that's it. It gave me confidence that we could do it."

Fenzi believes that other musicians should pursue their passions if they want to lead as an artist and not be stuck with the idea that they cannot change how they perform.

"Being a musician is one thing, but being a leader is a very different ballgame," said Fenzi. "Everything is on you, including the energy when you are performing. The whole band literally needs you to be a leader at all times. I would ask people to be honest with themselves. I think everyone has a passion and if they are really good at something, or they have a natural tendency towards something, they have a responsibility as a human being to bring that into the world because it is here for the greater good."

Fenzi will release one video and song per week starting Feb. 21, ending in early April. Those who subscribe to Fenzi will receive the album week by week via email. Fenzi is planning a release show in April and hopes to recreate the performance at The Atrium from start to finish.

For more information on Warren Thomas Fenzi and how to subscribe to his email list, upcoming shows, his album, and his weekly video releases, visit: https://m.youtube.com/channel/UC1V_Klks4j3JT1Tt2lBpw.

NETZRO: Spent brewing grains add protein to foods



by Holland Lind

During happy hour at 612Brew on Feb. 18, NETZRO showcased an array of upcycled samples made from spent grain from local breweries. Fresco's Foods provided food which included cheesy jalapeño pretzel knots made from HammerHeart Brewery wheat, 612Brew beer Swiss cheese dip, pretzel twists made from Invictus Brewery wheat and Tattersall honey cornbread.

The brewing process extracts sugars but leaves behind proteins.

"If you are into breweries, you may have



NETZRO Staff from right to left: Lynn Herbert (COO), Garrick Villaume (CSTO), Sue Marshall (Founder & CEO), and at far right, Mark Payne (Acting CFO).

(Photos by Holland Lind)

eaten a cookie or given your dog a treat with upcycled ingredients already," stated CEO and founder Sue Marshall. Minnesota born and raised, Marshall started NETZRO in January of 2015 with the idea to feed more people without having to grow more food. Seeing a gap in the food supply chain, she focused energy into the large amount of waste that comes from food manufacturing.

Based in downtown Minneapolis, they have a laboratory in Lino Lakes.

"I first started working with the waste from eggshells. The membrane is an extremely useful byproduct. Many people wouldn't

know that 50 tons of shells a day are wasted in Iowa alone," she said. "I really wanted to look at these problems and solve the entire problem. Instead of taking a little bit of the shell, I wanted to take all of it."

Already having the technology available to her, Marshall needed to transfer it to the food world, killing pathogens without burning away the "good stuff," making useful end products used in food production, nutraceuticals and industrial products.

Along with eggshells, mixed food waste, fruits and vegetables, NETZRO also upcycles spent grain from breweries. A small

brewery can have around 4,000 pounds of spent grain leave their facility each week. Not only is this a massive amount of waste, but it costs money to dispose of because options are limited. By working with NETZRO, businesses such as Tattersall Distilling, Invictus Brewing Co and Utepils Brewing are able to obtain a sustainable and financially smart solution.

Once the grain has been used, NETZRO recovers and restores grain on site at its facilities in south Minneapolis. "These reharvested ingredients have a high nutritional value, being high in protein and low in sugar," Marshall said. This product is then prepared to purchasers' needs. As a relatively new industry, with the demand for these products growing, more companies want to experiment with sustainable ingredients to match buyer trends and brand awareness.

"By working with these businesses and having events such as these we are able to provide education on the process, which I always wanted since day one. Breweries are full of loyal customers with sustainability in mind. We love it," stated Marshall.

As the industry for upcycled food grows, more partnerships with NETZRO are anticipated. "We love being a part of Northeast. The vibe of the local community and their support is amazing, everyone here understands good food!" said Marshall when asked about the future of the company.

She continued, "I have been all over the country and no other state has all the spokes like we do. Minnesota has it all in this industry."