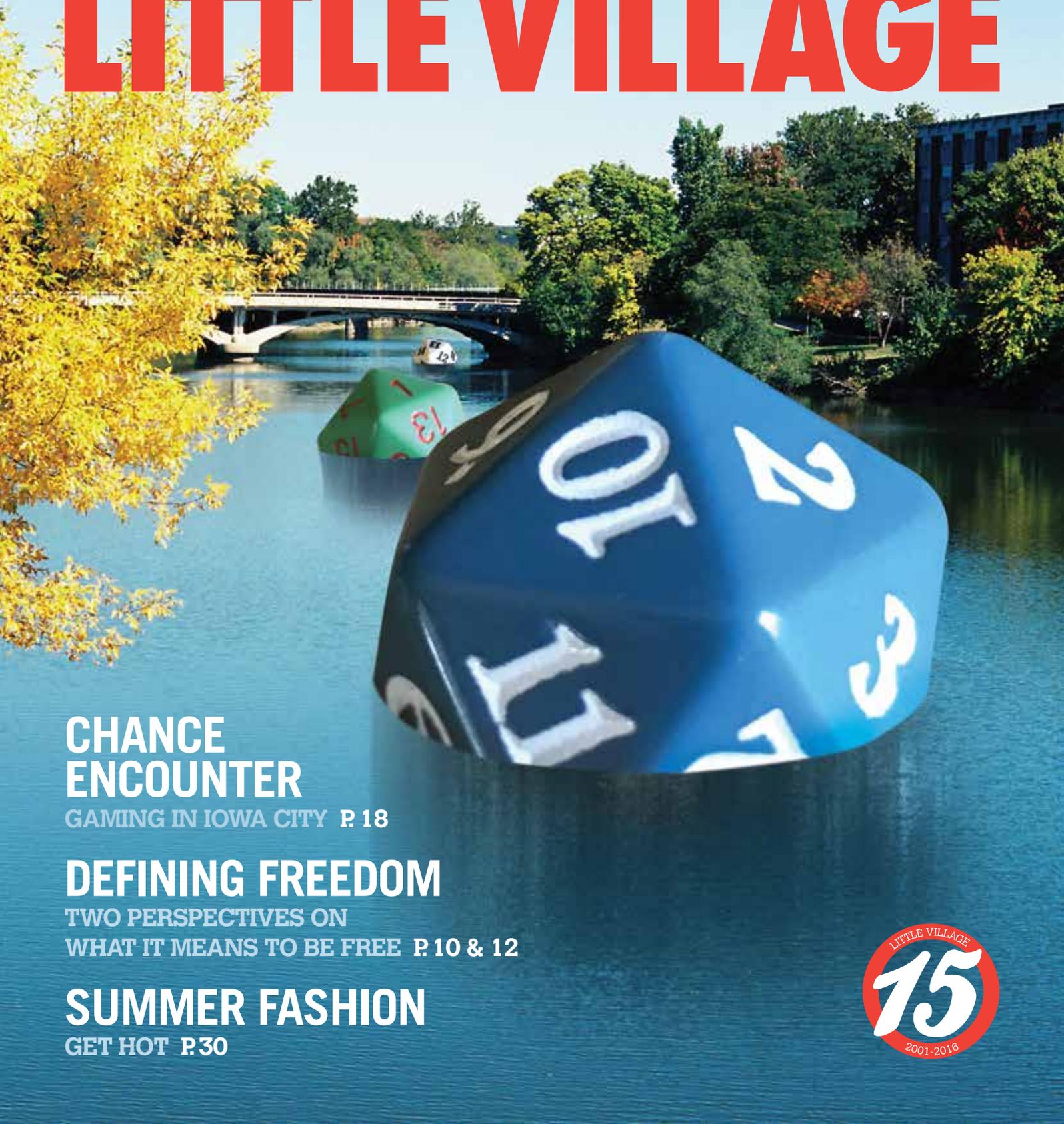


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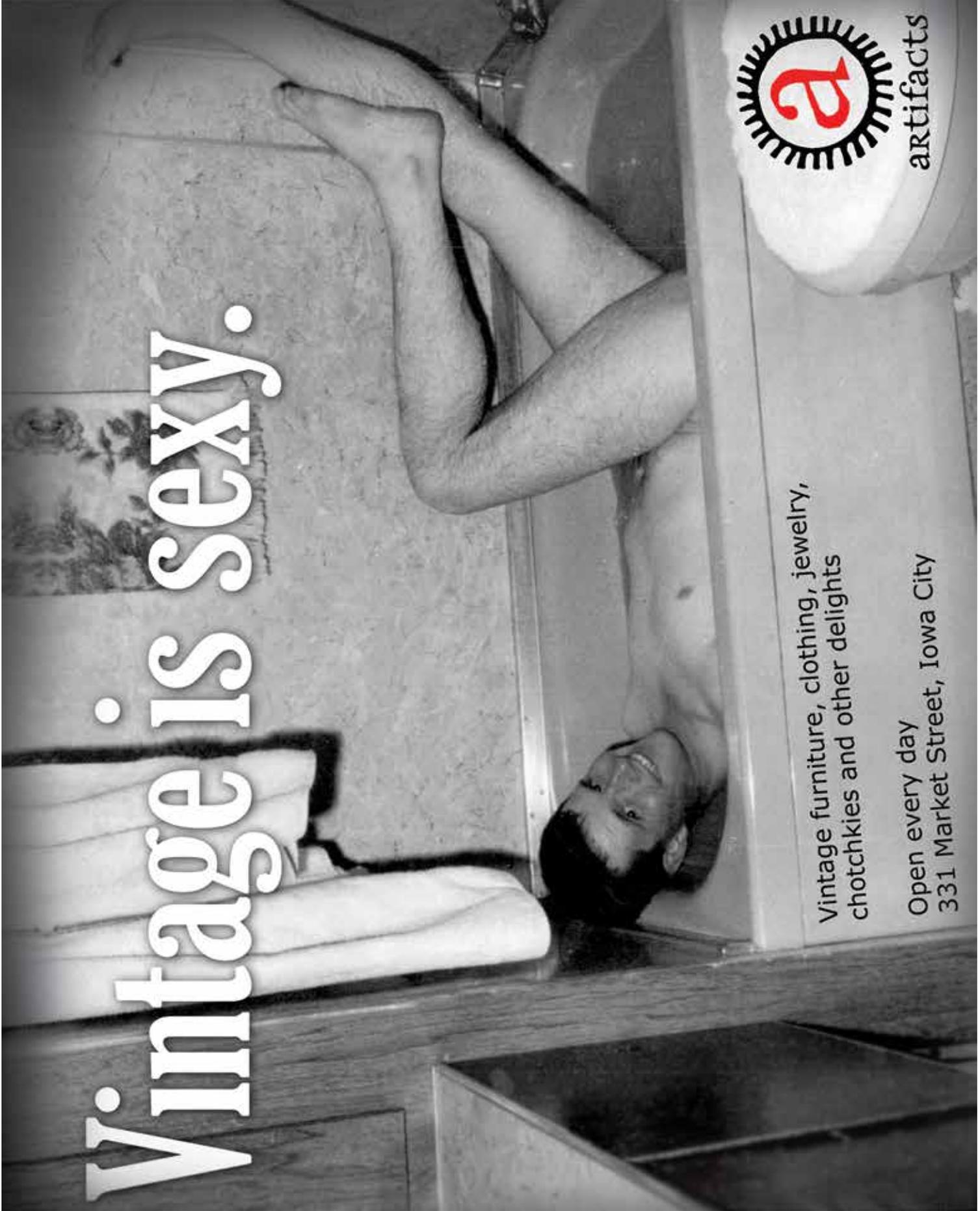
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GET HOT P. 30



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STAFF

Publisher | Matthew Steele
Publisher@LittleVillageMag.com
Managing Editor | Tim Taranto
Tim@LittleVillageMag.com
Digital Director | Drew Bulman
Web@LittleVillageMag.com
Art Director | Jordan Sellergren
Jordan@LittleVillageMag.com
Arts Editor | Genevieve Heinrich
Genevieve@LittleVillageMag.com
Photo Editor | Adam Burke
Adam@LittleVillageMag.com
Production Manager | Erin McMeen
Erin@LittleVillageMag.com
Community Manager | Simeon Talley
Simeon@LittleVillageMag.com
Account Executive | Jared Krauss
Jared@LittleVillageMag.com
Distribution Manager | Trevor Lee Hopkins
Distro@LittleVillageMag.com
Venue Account Manager | Joshua Preston
Joshua@LittleVillageMag.com
Advertising | Ads@LittleVillageMag.com
Listings | Calendar@LittleVillageMag.com

CONTRIBUTORS

Cecil Adams, Pablo Rodríguez Balbontín, Susan Bednar Blind, Courtenay Bouvier, Liv Carrow, Rob Cline, Thomas Dean, Sean Preciado Genell, Mike Roeder, Thomas S., Chuck Shepherd, James E. Trainor III, Casey Wagner, Emily Winkler

IMAGERY

Josh Carroll, Britt Fowler, Dawn Frary, Cheryl Graham

SUBMISSIONS

Editor@LittleVillageMag.com

DISTRIBUTION REQUESTS

Distro@LittleVillageMag.com

CREATIVE SERVICES

Creative@LittleVillageMag.com

MOBILE APP (IOS, ANDROID)

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CONTACT

623 S. Dubuque St., Iowa City, IA 52240
(319) 855-1474



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Nerd Float

Photo by Jared Krauss
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MAP TO A DIFFERENT WORLD

We're role players who are given only a small part of the script. We must make a myriad of moves each day, rolling the dice and taking a stab at the things that go bump in the night.

We create our characters through accretion, gathering memories and skills like sediment. Even as we pick up the bits and knit them together, we are letting other things slide apart from us. We shed our skin daily and eventually forget most of our time here.

This process of abandoning and acquiring, is like the process of editing a magazine. Our minds are also made of invisible memories and open spaces, but here is a partial map to a different world.

We'd like to think of this little adventure as a grand process we're in together. This month, we've put together ideas about open spaces and freedom inside this little magazine. We have the usual reviews of food and drink, music and literature and we also look at fantasy roleplaying games. And we'd love to hear from you. It's your turn—are you still playing?

—LV Editors

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Little Village is an independent, community-supported news and culture publication based in Iowa City. Through journalism, essays and events, we work to improve our community in the Iowa City, Coralville and Cedar Rapids area according to a few core values: environmental sustainability, affordability and access, economic and labor justice, racial justice, gender equity, quality healthcare, quality education and critical culture.

Letters to the editor(s) are always welcome; we reserve the right to fact check and edit for length and clarity. Please send letters, comments or corrections to editor@littlevillagemag.com. *Little Village* is always free; all contents are the licensed work of the contributor and of the publication. If you would like to reprint or collaborate on new content, reach us at lv@littlevillagemag.com. To browse back issues, visit us at 623 S. Dubuque Street, Iowa City, or online at issuu.com/littlevillage. Main: (319) 855-1474.



This op-ed is excerpted from a sermon submitted to us by the author. The full text is available online.

I SOMETIMES WONDER IF THE UNITED STATES OF AMERICA is a failed experiment. I can say that because I have lived in two countries besides this one and often draw some stark comparisons and conclusions. I also say that as a patriot, because I love this country. But, at the same time, I often find myself wondering how this grand experiment can possibly work out.

Let me also say, at this point, that I have also often wondered if some of my own casserole recipes have proven to be failed experiments. Ingredients that often go well together in my mind sometimes are a different experience on the palate. Sometimes things blend in a perfect synchronicity of flavors, like my chicken and rice casserole. Other times, it is catastrophe, like my ham lasagna.

Similarly, we look at our own beloved country in the wake of yet another mass shooting, yet another attack carried out in the name of sheer hatred, and we have to ask the question: How is this experiment supposed to work? Once upon a time, our forefathers did an astonishing job of accumulating people from every nation—whether rich or poor, tired or hungry—the homeless and the huddles masses from around the world onto these very shores. This is quite a random collection of ingredients, to be sure. But how has this casserole turned out? Has it worked, as our forefathers so eagerly anticipated? Can it work, as we their descendants so desperately hope?



The war that is referred to so often after a mass shooting or a terrorist attack is not one that is waged outside of ourselves—whether it be against Muslims or gays or China or Democrats or Republicans or whomever. The real war that rages on in this world begins not as an external one, but rather as an internal one. It is the war fought inside of each one of our own heads. It is the voice that whispers things that alienate us from each other—voices that say you are either better than your neighbor or worse. In ancient times, they called these voices demons. These voices, which we all battle, are manifestations of brokenness within the human soul. These are proof that we are shattered people, that we lack balance, that we either see ourselves as far superior to our neighbor or else we see ourselves as worthless. We fail to see our neighbors as equals, different but the same, one in Christ, different ingredients in a casserole that go great together. When this imbalance plays itself out, some people in society are demonized, driven to live among the tombs, like the one whom Jesus encounters in the land of Gerasenes.

There was a time in our country's history when we drove the Native Americans out to live among the tombs. Then we drove the African Americans out to live among the tombs. Then women. Then homosexuals. Then Muslims. Can't we see? These ones whom we drive away are the ones Jesus seeks out. Always. And if you live long enough, your turn will come to be demonized and driven to live among the dead, if you offend the wrong people. Jesus will seek you out. And your brothers and sisters in Christ are called to follow. **iv**

—Rev. Sarah Goettsch

Ali Remembrance Revisited

A few important corrections are in order to Adam Burke's tribute to Muhammad Ali. These are especially relevant in that the theme of the magazine that issue was "power". Burke states that "Ali had dodged the draft ..." and later writes, "He went to jail". Neither statement is true. Ali did not try to evade the draft, which is the motive of a "draft dodger." He publicly and forcefully resisted the draft, claiming his religious beliefs qualified him as a conscientious objector. At the time of his induction he refused to take the symbolic step forward and was arrested. His conviction in federal district court was upheld by an appeals court but was reversed by a unanimous supreme court (6-0) on a minor technicality. He was out on bond the entire time the case was being heard and did not serve time in jail (as did many other draft resisters). Ali's public refusal to serve had great symbolic value and power because it happened at a time when many people in many walks of life were manifesting resistance to oppression, exploitation, war, and the draft in one form or another. Without that context its power would certainly have been much diminished irrespective of his fame as heavyweight champion. —Jeff Falk, Iowa City, Former Draft Resister in Chicago

* * *

New report puts Iowa last for mental health care facilities

"This isn't a surprise: several years ago when DHS changed the service areas, cut social work staff and funding I knew there were going to be problems. It takes awhile for our actions to catch up with us but they do and our communities suffer." —Lisa Bogert

"When will we support those that need it most? Mercy and Methodist build BEAUTIFUL hospitals in West Des Moines to cater to the elite. Why cant we have decent facilities for those who are in crisis and immediate need? Our priorities are jacked. I am ashamed." —Carolyn Dillard

"They have nowhere to go for help. Iowa should be ashamed." —Dinah Bloom

"When your state leadership is as inept as Iowa's how can you expect more." —Larry Raine

"Thanks to our shortsighted governor."
—Charlotte Wright

"Thanks, Bumstead." —Don Roberts

"Branstad should be ashamed. He has
destroyed mental health care in Iowa."
—Christina Carlson

Trump selects Branstad's oldest son to head Iowa campaign effort

"Well, if Eric is as incompetent as his jerk of a
father, Trump is doomed in Iowa!" —Edward
Kuhrt

"You can't write comedy like this." —Brian
Hatfield

"No more Branstads." —Dinah Bloom

"Let's hope this time with Eric driving no one
gets killed." —Meredith Chase

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"Their food is amazing and the iced coffee is
a hangover cure all." —Stephenie Generose
Orte

"Agree with what he covers and the Bahn Mi
is great too." —Catherine Woodman

Iowa lawmaker attempts to block Tubman from \$20 bill

"Spending more money to print new money
just so we can prove to the world that we
aren't sexist or racist is beyond stupid!" —
Edin Wells-Minthorn

"They redesign the money so that
counterfeiting is cut down or forced to
update." —Damn Juhl

"Shame on you Steve King!" —Nicki
Markovetz

"Asshattery." —John Junior

"King is truly an embarrassment to all Iowans.
I don't know how he stays in office." —Ceil
Pickering

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THIS MODERN WORLD

by TOM TOMORROW

THIS IS ALL VERY, VERY NORMAL
TWELVE MONTHS OF TRUMP (AND COUNTING)

A PERFECTLY ORDINARY CAMPAIGN ROLLOUT.
"(MEXICANS) ARE BRINGING DRUGS...CRIME...THEY'RE RAPISTS..."
"...AND SOME, I ASSUME, ARE GOOD PEOPLE."

THAT TIME SOMEONE ASKED "WHEN CAN WE GET RID OF" MUSLIMS.
"WE'RE GOING TO BE LOOKING AT A LOT OF DIFFERENT THINGS!"

MOCKING A REPORTER'S DISABILITY.
"YOU GOTTA SEE THIS GUY!"
"AUGH! ARRGH!"

BEARING FALSE WITNESS.
"I WATCHED WHEN THE WORLD TRADE CENTER CAME TUMBLING DOWN... AND I WATCHED IN JERSEY CITY, WHERE THOUSANDS OF PEOPLE WERE CHEERING!"

STANDING UP FOR TORTURE.
"IF IT DOESN'T WORK, THEY DESERVE IT ANYWAY, FOR WHAT THEY ARE DOING!"

THAT DOCTOR'S NOTE.
"If elected, Mr. Trump, I can state unequivocally, will be the healthiest individual ever elected to the presidency."

THE USA FREEDOM KIDS!
"DEAL FROM STRENGTH, OR GET CRUSHED EVERY TIME!"

EXTREMELY PRESIDENTIAL REACTIONS TO PROTESTERS.
"I'D LIKE TO PUNCH (THEM) IN THE FACE!"

DEFENDING HIS PENIS ON NATIONAL TV.
"I GUARANTEE YOU THERE'S NO PROBLEM. I GUARANTEE."

THE VERY SCARY REPORTER.
"SHE HAD A PEN IN HER HAND, (MAYBE) IT'S A LITTLE BOMB!"

ENTIRELY RATIONAL QUESTIONS ABOUT TED CRUZ'S FATHER.
"WHAT WAS HE DOING WITH LEE HARVEY OSWALD SHORTLY BEFORE THE DEATH, BEFORE THE SHOOTING? IT'S HORRIBLE!"

THAT CINCO DE MAYO TWEET.
"The best taco bowls are made in Trump Tower Grill. I love Hispanics!"

TWEETING "CONGRATS" TO SELF FOR "BEING RIGHT" AFTER ORLANDO MASSACRE; INSINUATING THAT OBAMA SECRETLY SUPPORTS ISIS.
"(HE IS) EITHER NOT TOUGH, NOT SMART--"
"--OR HE'S GOT SOME-THING ELSE IN MIND!"

NOTING THAT BREXIT ECONOMIC TURMOIL WILL BENEFIT HIS SCOTTISH GOLF COURSE.
"WHEN THE POUND GOES DOWN--"
"--MORE PEOPLE ARE COMING TO TURNBERRY, FRANKLY!"

NEXT: MORE TOTALLY NORMAL BEHAVIOR!
"I'VE ALWAYS HEARD PEOPLE SAY--DONALD, YOU HAVE THE MOST BEAUTIFUL HANDS!"
"SLIGHTLY LARGE, ACTUALLY!"

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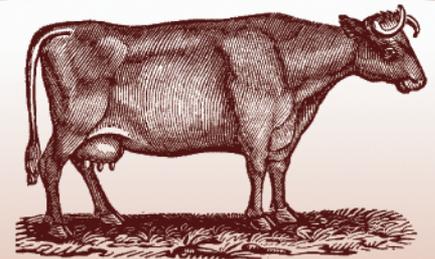
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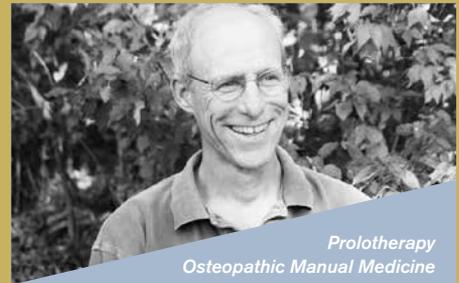
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FREEDOM SUMMER OF NOTHING

On the value of looking for a blank stretch on your calendar, and guarding it with all your might. • BY THOMAS DEAN

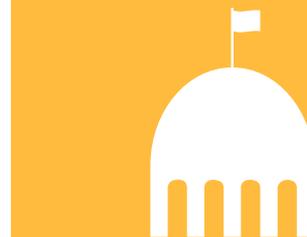


Photo by Dawn Frary

As a typical middle-class grade-schooler in the '60s, three months of freedom lay before me after the last school bell rang in June. This was a time when many moms stayed home to raise the kids and when summer camps and special classes were few and far between—for many of us, due to economic restriction, but also because there weren't that many available in the first place. One of my fortunate luxuries at this time of my life was piano lessons, and we even suspended those during summer vacation. But far from being days of deprivation or boredom, they were packed with free play and abundant imagination.

My Illinois family did enjoy an annual two-week vacation at a lake in Wisconsin, but mostly of a summer day, the hours ahead of me after I woke up were unplanned and

unstructured. I would run up and down the alley with the neighborhood kids, play softball at the nearby church parking lot, ride my bike to the corner drug store for a candy bar,

“I will celebrate our country's independence by embarking on several weeks of nothing.”

spend an afternoon at the branch library three blocks away, play “Ghost” (a game we made up) in the wooded lot until Mrs. Nielsen (who owned the lot and whose house was on the lot

next door) kicked us out, read piles of comic books or Hardy Boys mysteries, have séances in our basement and chase lightning bugs at night. Little was scheduled, unless you count being home at 3 p.m. to watch *Dark Shadows* on TV and have a snack. At this age, I had little consciousness of the calendar, and summertime seemed endless.

Much has been written in recent years about the value of unstructured time and free play in childhood and the consequences of its loss in our current overscheduled world. Adults today also often suffer from a life overburdened with too much activity, busyness and responsibility, much of it unnecessary, manufactured for a false cultural belief in human worth through overwork. That is why I am so pleased that, for the first time in a long time, I will celebrate our country's independence by embarking on several weeks of nothing.

Even though the pace of life always slows down a bit for me during the summer, it is usually punctuated by obligations and activity. These are good undertakings—things I enjoy doing, even highlights of the year. Our annual family vacation in the Northwoods of Minnesota holds a special place as one of the greatest experiences of the year. I usually teach a workshop or two in the Iowa Summer Writing Festival, which is always enjoyable and motivating. And there are often several other formal activities throughout the days of light and warmth: board meetings or retreats in out-of-town locations, teaching at

our local senior center, or perhaps attending a conference. Last summer, for example, I was greatly fulfilled by the wrap-up to the Center for Regenerative Society Corridor



Leadership Retreat yearlong series in June, capped by my first-ever sweat lodge ceremony, and in August, I thoroughly enjoyed the first “Building a Land Ethic” conference of the Aldo Leopold Foundation in Leopold’s Baraboo, Wisconsin, home territory. But all of these activities, no matter how enjoyable or how significant, take planning, work and psychic energy to happen, and the intensity of the experience displaces the calm and centering that comes with routine and a lack of obligation.

So it was with some joy that I recently realized late June until late August on my calendar this year was blank. Thanks to summer plans of other family members, our trek north took place in May, and my Iowa Summer Writing Festival workshops wrapped up in June. With no further major commitments this summer, I now have six to eight weeks with no obligation to plan, think about, prepare for, or go to any special event or place.

I still have my job and plenty to do at home in my off-work hours, but I cannot remember such an open stretch of time in my adult summers when I could go about my daily routine without much forethought of the next big thing. Improvisation, even whim, will drive what I decide to do in the coming weeks. I’m committing myself to a constrained scope of activity and simple pastimes, which will be freeing rather than constricting. In this simplicity, I hope to deepen my connection to this place where I live by centering on the everyday.

If *you* have a chance to keep your calendar clear for any length of time, I encourage you to keep it open and unstructured and join me in a summer of freedom. I’m sure your mind, body and soul will thrive in the release from the prison of plans and the exhaustion of urgency.

So if you ask me what I’m doing the rest of this summer, my answer is, “Nothing.” If you have a big idea to do something or go someplace exciting in July or August, don’t bother asking me to hop aboard because my answer will be, “Nope.” If you ask me what I’m doing on July such-and-such, my response will be, “I don’t know.” And when that day does come around, who knows? Maybe what I’ll do is come home early from work, make some Kool-Aid, find an episode of *Dark Shadows* to watch on YouTube or Hulu, and then dig out a pile of old comic books in which to lose myself. **IV**

Thomas Dean isn't doing anything.

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NOTES FROM THE INSIDE

PERCEPTIONS OF FREEDOM

BY THOMAS S.

Notes from the Inside features writing by inmates serving time in Iowa prisons. *Little Village* editors have made only minor adjustments for style.

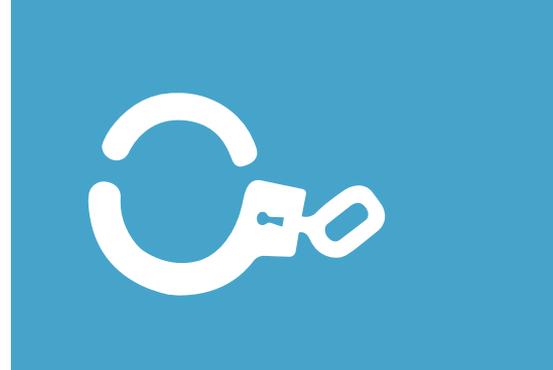


Photo via NASA

Parades, picnics, family gatherings and fireworks! All are America's traditions that celebrate our independence on the Fourth of July. This is our national holiday recognizing our freedom. Yet exactly what

There is so much diversity in our country. A spectrum of factors including people's history, lifestyle, social status and belief systems all shaping our individual perceptions of freedom. My perspective is unique to the average American. *I am a prisoner.*

“Freedom isn't selfish individuality; it is the generosity of self with the world.”



does freedom mean to us as individuals? Do we live in a “free” country at all? Does government determine your freedom? Is freedom an illusion? Is there such a thing as total freedom? Some may interpret freedom as everything being allowable, including evil; but that's not where this article is going.

In youth, my perception of freedom was simple: doing and going wherever I wanted. Even as a kid, I never felt completely free. Years brought more consideration to my views. I became mindful of outside influences; laws, careers, opportunities and social ranking. Life experiences, good and bad,

have changed my perception of freedom over the decades.

Today, my freedom involves physicality, mentality and spirituality. I recognize that I am part of something immensely greater than myself and all of humanity. I am one small part of all things in existence. My freedom allows me to join in the life and energy of humanity and all creation. I am active in the unending possibilities that my imagination and creativity can take me. This is huge, right? This is an awakening. It's a total shift which loosens me from correctional or man-made constraints. My liberty reaches far past geographical boundaries or physical limitations. My independence extends beyond the limits of men or a prison cell.

I believe we are all connected in this universe. So I choose involvement with the universe around me. I desire to connect with humanity and the universe through one thought, one paragraph, one prayer, one act of kindness; resting in a beautiful sunset, swimming in the beauty of a star-filled sky or spending time with my favorite pet. The possibilities are endless. Presently, I pursue positive avenues of energy in my immediate sphere of influence. Yet this does not limit my influence to within these fences. I send out artwork, write inspirational letters to my youngest two kids. I write articles for our paper and constantly read to gain others' wisdom for sharing later.

My freedom involves accepting my circumstances while understanding I remain able to be involved in the world beyond this prison. Instead of allowing this “time” to destroy me, it has been a means to discover a much deeper and more satisfying freedom and self-awareness. Prison has inspired the expansion of my mind—initially for the purpose of self-preservation and inner peace; yet in the end, it has led me to a deeper, more appreciative revelation of freedom, individuality and self-sufficiency that will be lasting.

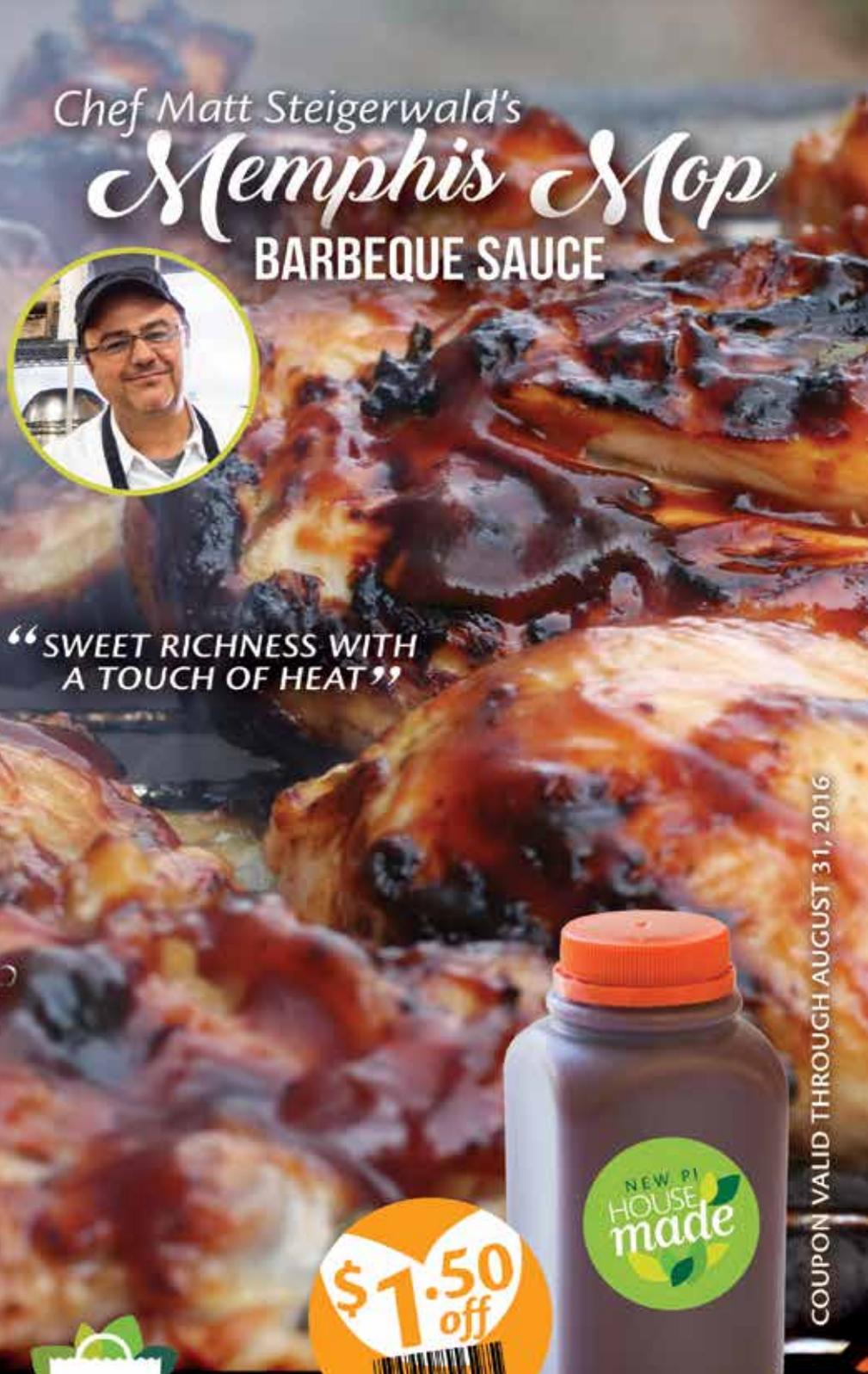
I asked other prisoners their opinions regarding freedom. Mike C. said, “Being able to watch a movie or eat dinner with a loved one; simple priceless things.” Raul S. and Kenneth W. both told me their faith allowed

them freedom. They said their freedom was eternal. Rick S. expressed freedom as “time with his family and a balanced life with work and play.” Shannon G. said, “to go where I choose and not let people bring me down.” Mike F. went deeper and said, “I want to be a healthy, moral, peaceful, trusting, kind and productive man in society, not accepting anything less.” One even said, “I ignore the loss of my freedom for now and I wait.”

The most powerful inhibitor of my freedom is definitely myself. My ego, selfishness, closed mindedness, intolerance, anger, frustration, guilt and envy all oppose my freedom. The single biggest force resisting my personal freedom has stemmed from one of my own choices: meth abuse. It’s not the courts, fences, laws or what other people have done to me. *I was truly a prisoner in my addiction!*

My freedom shouts within me and flows outward. I *choose* freedom. The door that opens the path to freedom for me is to constantly recognize my connection to all of humankind and the creation I exist in. Possessing the universe’s energy and applying it to my life *is* liberty. Independence is using everything and everyone around me as energy to be a positive force even while knowing what a tiny part of creation I am. I am self-determined to share my thoughts, ideas, skills, artwork, music or just my positive attitude with the world. I appreciate nature, peace in silence, a pouring rain, the dark of night, loving others, human engineering feats or reading some unknown’s personal victory. Freedom is absorbing the world and humanity from all the resources available to me to gain insight, understanding and knowledge about all that exists, and then sharing what I’ve gained with others. Freedom isn’t selfish individuality; it is the generosity of self with the world.

Freedom isn’t realized by a lack of physical boundaries but is born through the revelations of the universe, our understanding of others and the outward expression of our heart and spirit. Yes, I am a prisoner physically for a bit. Yet mentally and spiritually my freedom is without the limitations of space, time and materialism. No bars or razor wire fences can contain my liberty because my freedom reaches outside and beyond myself. Freedom is a mindset, a decision. My choice is to pursue it, stretch it and embrace it wherever I am. Of course I anxiously anticipate my release, but today I’m grateful for all the freedom I enjoy and hope you embrace yours also on this Fourth of July and always. **IV**



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Photo by Jordan Sellegren

When people ask me to recommend Italian food in Iowa, it prompts a string of questions that usually culminates in, “Do you mean *real* Italian, or, like, sickly sticky cream sauce and overcooked pasta like you’d get at a chain Italian restaurant?” Usually, thankfully, they mean the former, in which case, I often send them to Czech Village in Cedar Rapids to go to Sauce Bar & Bistro.

My mother’s family is from the mountains between Rome and Naples. There, the cuisine centers around whatever was freshest that morning at the market, or whatever the family harvested, served in simple preparations

involving olive oil, herbs and freshly made pasta. The sauces are quick and bright; if they include cream, it’s sparse and super-fresh, allowing the vegetables, meats and herbs to shine on their own.

In spring and summer, there is literally no reason for Iowa restaurants to not prepare this sort of “Italian” food, capitalizing on the area’s bounty of gorgeous vegetables, including locally foraged mushrooms, and it’s clear that the chefs at Sauce agree. This aesthetic is most clearly reflected in their pasta dishes.

Earlier this year, I traveled to Czech Village for the annual Bohemian mushroom festival—called “Houby Days”—which occurs in the thick of morel season. Though the

DID YOU KNOW?

Houby is a word in the Bohemian language that means “mushroom” as in “to je houby” [he is a mushroom]. Cedar Rapids’ Houby Days will celebrate 40 years in Czech Village in 2017.

street fest’s variety of foods called to me, and perhaps I had a wee snack or two, when I saw a sign in front of Sauce that advertised a pasta dish featuring local morels, I knew I needed to dine there.

No kolache or street bratwurst could keep me from fresh pasta with local mushrooms, especially such exotic little treasures as morels, and the succulent, earthy jewels were perfectly highlighted by the barest lick of pungent, garlicky butter and herbs and tender, al dente pasta.

Of course, part of what makes morels so exotic is their fleeting season; if you see morels on a menu in May, eat as many as you can while you have the chance. And then let the seasons speak for themselves. As local produce is harvested, Sauce’s chefs feature it in inventive ways. More recently, they featured a dish of passatelli with tomato water, Berkshire pork belly, chicken confit, red bell peppers, mustard greens and arugula pesto; the meat and produce were all from farms within a close radius, as is usually the case at Sauce. My dining partners are devoted to a variety of other dishes on the menu there, including the burger with house-made smoked ketchup, but when I want to reminisce about my Italian-American childhood with well-prepared pasta and the freshest possible accents, Sauce’s pasta takes me home. **lv**

—Courtenay Bouvier

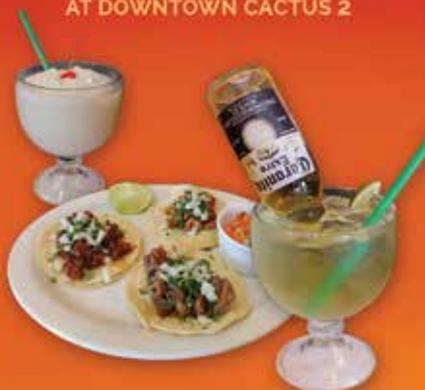
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BEER OF THE MONTH: JULY

ARMS RACE PALE ALE

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It's that time of year when bicyclists are hitting the trails and country roads hard, training for RAGBRAI. One popular and effective (some may even say masochistic) route runs from Iowa City to the old Sutliff Bridge via the beastly hills of Sugar Bottom Road. It is a ride worthy of the beer of the month—Arms Race Pale Ale, conveniently brewed and served along the route at Solon's Big Grove Brewery.

According to Big Grove brewer Josh Seiler, Arms Race was developed a few years ago in response to the "arms race" of single-hopped pale ales brewed with citra hops. It is Big Grove's most popular beer and it is easy to understand why—the aroma is enticing and the flavor is delicious! Seiler said the brewery reserves all of its citra hops for its weekly batches of Arms Race.

Arms Race is a hazy amber color. A finger or so of light tan-colored, dense, shiny head features a couple of bubbles and will dissipate slowly and evenly, leaving short trails of lacing along the glass. The aroma is inviting, with a bold bouquet of citrus and tropical fruit. Among the scents are grapefruit, orange, mango, pineapple, perhaps a touch of pine and floral hops. The flavor is just as bold as the aroma, though it is much more of a well-balanced medley. Flavors of grapefruit, orange, mango, pineapple and floral hops complement caramel. Alcohol is noticeable but far from overpowering or distracting. A pleasing bitterness lingers on the taste buds.

If you're training, remember to wear your helmet and reflective gear, and hydrate with water (alcohol will dehydrate you). Work those hills!

ALCOHOL CONTENT: 6.2 percent ABV.

FOOD PAIRINGS: Seiler said he prefers to pair Arms Race with foods that offer a spicy kick, like Thai and Mexican cuisine. For those dining at Big Grove, he recommends pairing with the brewery's chorizo tacos and Korean barbecue wings.

WHERE TO BUY: Arms Race Pale Ale is available at the Big Grove Brewery (101 West Main Street, Solon). It is also on tap at George's, Deadwood, Brick's Bar and Grill and Need Pizza.

PRICE: A pint at Big Grove costs \$5, and a growler can be filled at the brewery for \$14. **lv**

—Casey Wagner



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DERANGEMENT IN GREY AND BLACK

Violet Austerlitz's unexplainable pillars, anthropomorphized cars and notions of the satanic. • BY ROB CLINE

The world of Violet Austerlitz's self-published comic *The Satanic Mechanic* first appeared in a short story.

"The very, very early origins came from a little piece I wrote that was published in *Little Village* [see next page]," Austerlitz said in an interview in an Iowa City coffee shop.

The piece, "What Happened to Violet Kubicek," was published in February of 2014 under the name of Violet Virnig, also the name she uses when serving as Riverside Theatre's technical director. Using Virnig for her theater work and Austerlitz (her middle name) for her comics is "a way of separating the two kinds of arts making," she explained.

"What Happened to Violet Kubicek" was part of *Little Village's* Hot Tin Roof project, which is an ongoing juried opportunity for Iowa City writers.

In the story, the title character, who works in a donut shop, is both awestruck and inconvenienced by a 500-foot pillar of granite that mysteriously appears in University Heights.

While the reasons for the appearance of the

pillar were unclear at the time, Austerlitz had taken the first step toward creating what she calls a "bizarro version of Iowa City that I

might plague old cars."

"The eccentricity of cars is something I've always been aware of," she said.

Enter Agnes and Clover, the stars of *The Satanic Mechanic: Chapter One, The Secret Desires of Elderly Buicks*. Agnes, depicted in coveralls and boasting pointed ears and antlers, is featured on the cover cradling a car part.

"St. Agnes is usually depicted holding a lamb, which I replaced with a muffler."

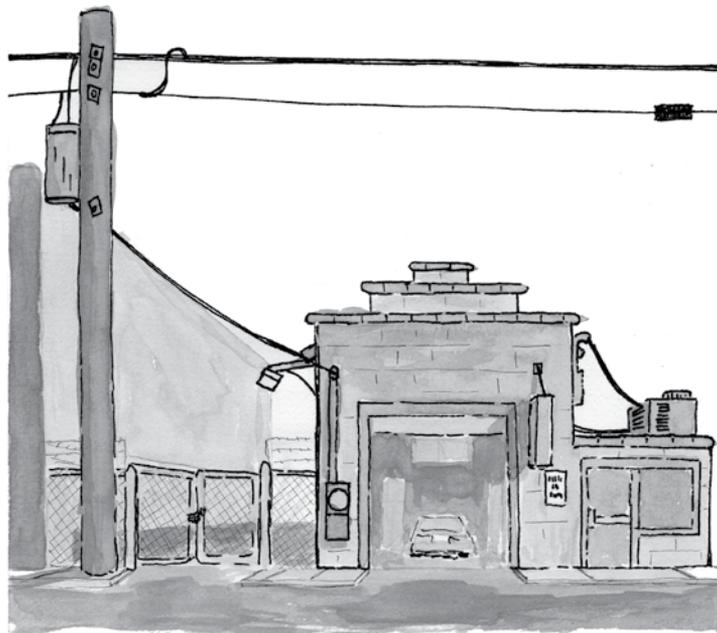
Clover, her co-worker, holds a hubcap behind Agnes' head in place of a halo.

This is interesting religious territory for the child of a pastor. While Austerlitz says she herself is not a terribly religious person, she has an ongoing fascination with religion.

"I particularly find the notion of the satanic fascinating," she said, "especially when applied to the very mundane."

Like car repair, for example. In the first issue of *The Satanic Mechanic*, Agnes and Clover set out to diagnose and repair a Buick that has taken to growling.

"Growling is something these cars actually



Violet Austerlitz

liked constructing in my head."

"What Happened to Violet Kubicek" doesn't mention any mechanics at all, let alone satanic mechanics, but Austerlitz, who said she's been a *Car Talk* listener since she was a young child, was soon imagining "a mechanic for the stranger problems that

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do,” Austerlitz explained, laying out the mechanical reason for the issue. For her comic, she imagined a different cause. “What if this is happening due to some suppressed id that yearns to run free?”

A car with a suppressed id? “The anthropomorphizing of old cars is something I find really interesting. Any mass-produced machine that has a personality is something I’m interested in.”

Austerlitz knows this particular Buick well.

“The car is actually based on a car my very best friend in college owned.” She says the 1992 Buick Park Avenue was “the last ocean-liner car that Buick made.”

“We would primarily use it to drive at irresponsibly high speeds down gravel roads.”

The inaugural issue of *The Satanic Mechanic* has a bit of a work-in-progress feel, something Austerlitz is well aware of.

“A lot of this is born out of the fact that I’m not entirely sure what I’m doing, which is exciting.”

That’s not sarcasm. Austerlitz seems genuinely enthused about continuing to find her way as a comics creator, solving problems as they arise. That’s a process that was underway in the first issue. She would think to herself, “I’m not sure how to do this, so I’m just going to make decisions. That works well for me because I tend to

overthink things.”

Austerlitz employed a blended process for her first issue. “The whole thing is a mixture of hand drawn and digitally drawn artwork,”

“[W]e dropped everything and ran out of the kitchen and there, on her phone, is this fucking live video of this shape rising up into the air with, like, fire and smoke and lightning all over and somebody asked her ‘Wait, is that the new Diablo trailer or something?’ and Carol said ‘No, dumbass, it’s University Heights,’ and then they zoomed in and you could see the police station and the Abnormal School, and this huge crowd of people with like a bonfire in the middle and they had fireworks and banners and all kinds of shit.

And, really, this is probably the biggest thing that has ever happened in Iowa City, just, like, global news freaking out and the government totally speechless, because this is seriously weird. Obviously.

But the only real reaction I had was, well, shit, how am I going to get home? Because I lived in University Heights. I had this tiny little apartment, which was the cheapest thing I could find, and now it might as well have been on the damn moon or something.”

From “What Happened to Violet Kubicek,” Violet (Austerlitz) Vrnig, published in Little Village’s Hot Tin Roof, Feb., 2014

she said. “The process needs some refining, but going forward I think I will mostly draw by hand.”

As for the future direction of the story,

Austerlitz has some ideas. “In a nebulous way, I have six or seven issues in mind.”

Agnes and Clover will continue to figure prominently, though a more episodic approach might bring in a wider cast of characters, giving us glimpses of “the other weird things that go on in this city.”

Speaking of other weird things, what about that enormous pillar from the original short story? It appears as a teaser image on the back cover of *The Secret Desires of Elderly Buicks*.

“The current idea,” Austerlitz said, “is that this pillar of granite has been created to provide a space for many more condos.”

So it would appear that ongoing development is in full swing not only in the real Iowa City, but in Austerlitz’s alternate imagining, as well.

The first issue of *The Satanic Mechanic* had a limited print run, though Austerlitz anticipates a second printing at some point. It is also available digitally. More information is available at violet-austerlitz.com. **lv**

Born colorblind and therefore convinced he’d never enjoy graphic forms of storytelling, Rob Cline was first bitten by the comics bug in college. The resulting virus lay dormant for many years before it was activated by the inscrutable work of Grant Morrison. Now Cline seeks out the good and bad across the comics landscape as the Colorblind Comics Critic.



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Photos by Britt Fowler

LET'S GET CRITICAL

After eight months at the helm of the tabletop paradise of Iowa City, Chance Kirchof has a few thoughts to share. • **BY JAMES E. TRAINOR III**

Critical Hit Games is an Iowa City gaming store founded with the mission of being a gaming store with a community focus. I've been visiting pretty regularly since I first moved to the area a few years ago, and find it to be a great place to game in a fun and open environment. People can visit 702 S Gilbert St. to play card games and miniature games, or to check out their selection of board games. I stopped in to talk with Chance Kirchof, who took over the store from Kate Hoynacki-Fry and Landon Fry last fall (who had in turn taken over from original owner Jerod Leupold in 2010). Kirchof had taught with Iowa City schools but has long been an avid gamer, and was excited for the opportunity to pursue a career change that kept him involved in the community.

Is working in a school a little bit different from running a Friday Night Magic? Not as much as you would think! A lot of similarities: a lot of behavior issues, classroom management, that sort of thing. Organization is key—making people feel safe and welcome, having things planned out ahead of time so people

know what to expect, those are the similarities. There's some differences as well; a lot less paperwork.

What do you think the role of a game store is in the community? I think it's twofold... we want to appeal to gamers of all ages, but it is important for people to feel they have a safe place to play, give their kids a place to come and engage in group activities that will keep them out of trouble and avoid those that aren't as productive.

It also keeps people's mind's sharp. Competitive gaming is very important. You get to feel what it's like to win, what it's like to lose, what it's like to compete—it doesn't mean you have to go out and be cutthroat in your life, climb over people to get to the top, but it's important to test yourself, test your mental skills, against other people and enjoy the results whatever they may be.

It's an interesting atmosphere—you might see a pro gamer in here, for example Josh McClain, who plays professional Magic, or you might see a seven-year-old kid,

sometimes at the same event, and people seem really friendly and open and willing to bring new people in, no matter what their experience level. We want that. I try to reinforce...community leaders. Warmachine has one, HeroClix has one, etc.; someone who organizes all the events, whether a tournament or a league series. So if someone comes in, says, "I want to play Pokemon," or whatever it might be, I immediately contact that person, say, "I have a new player interested," and they immediately have that liaison, to welcome them to the group, let them know what the schedule is, what we do here...so they feel like they are wanted. Not just, "Well, we play Thursdays; show up or don't." More, "We want you to be here, here's our group, here's why it's fun."

Cool. And that seems to be working. What kind of games did you like as a kid? Well, everyone probably remembers Axis & Allies—a military board game that took a whole weekend to play. There was a version they had that took place in feudal Japan called Shogun...my friends and I in high school would meet and play for the whole weekend. We'd load up on the Doritos and the Mountain Dew and that kind of stuff on Friday night and we didn't finish until Sunday night. I really enjoyed Parcheesi, strangely enough—I used to play that with my great-grandmother a lot.



When she first showed me I thought, “This is an old person’s game,” but I really got into it.

So, when we were kids, you sometimes had your indie game like Shogun, but you

people have now grown up, we’re all in our thirties and forties and fifties. We kind of run the show, so to speak. You see that in the box office with all the super-hero films; comic books are legitimately considered one of the

“Not just, ‘Well, we play Thursdays; show up or don’t.’ More, ‘We want you to be here, here’s our group, here’s why it’s fun’.”

—Chance Kirchof

went to the store, you mainly see Parcheesi. Now you go to Target, you see Dominion, and Sheriff of Nottingham, and all these in-depth board games. How do you think gaming and the culture has changed over the last 10–20 years, and what is the gamer’s role in that? I think gaming culture has been swept up in kind of a pop-culture revolution where you grew up in the ’80s, you were interested in D&D, or comic books, board games, that type of thing, you got stuffed in a locker for that kind of stuff. And all of those

only true American art forms—comic books, Jazz, it’s a very short list.

So the game store doesn’t have to be a thing in the corner where the nerds go after school, but you can bring your kids there. We bring our kid here. It wasn’t that long ago when parents were pushing to ban Magic from schools. They were concerned that it was bad for them, they were playing Magic or D&D, and it was a fantasy world...

With demons and angels... Demons, exactly. And now we have parents that trust their kids to hang out here for a couple hours, sometimes they call ahead to order cards for their kids or whatever it may be. They’ll check in, “How’d they do? Did they behave?” but it’s completely accepted. People understand, like all these other games, [that] it’s something that will work your math skills, work your socialization skills, so people are overcoming all those prejudices. As well as those kids from the ’70s and ’80s growing up now and bringing it with them.

How do you see Critical Hit evolving in the next few years? My business partner Wayne and I, we have plans. We want to continue with Critical Hit’s plan of community-based gaming. We do want to expand eventually, if not here, then to a larger place somewhere here in the Iowa City area. We don’t plan to move it away by any means. We want to host bigger events, regional events for games like Netrunner, Game of Thrones, HeroClix, things like that. We want more space, more staff, bigger events. And more school leagues. We peripherally support a City High Magic league. But they’re so busy during the school year, it’s kind of hit-or-miss. We want to solidify those sorts of things and have tournaments for state championships, get all the high schools in.

Get the different clubs from different schools to meet and play whatever their game is? Exactly. To reinforce this notion of playing in a group, playing in a league—these are social games. We want to put these groups in front of each other; a big event could put them in friendly competition, meet like-minded people, grow the games, grow the community...

And those high schoolers, they’ll go off and get jobs, they’ll have incomes—not only will they be good customers, but they’ll care. Exactly.

They won’t be jerks at the store, because it’s their store too. They’ll have a vested interest. We want the adults here, too. The teachers and the bankers, we want them to come in, play games, provide good role models for the kids. We want them all here.



I've been coming here for a while, and I just love the music you put on. Maybe that dates me—but I'll be sitting here and the Smiths will come on. I can play Magic to the Smiths all day. How do you approach the music? One of the things Kate and I disagreed about—can't say enough good things about my predecessors, they're wonderful people, but we did disagree about music. She would usually play the music she liked, which makes sense, she's here all day. Maybe it was eclectic, not necessarily to everyone's tastes. When I started...I looked around: most of the people were about my age. Kids will come in, but they're so visually stimulated with what they're doing that music means less to them. It's more for the older people. So I made a conscious decision to mainly play '80s. I do have a list of '90s. I have a list I'm working on now, a road trip, '70s sort of thing. But I want to play music that people have positive connotations with. Gamers are often very well-adjusted—surprising to some—and they have fond memories, especially people our age. They grew up loving that stuff and now that nerd culture has become mainstream....

Yeah; They Might Be Giants is suddenly a well-known band. People know and respect them. I run a summer camp in July with 14-year-old kids, and these guys love TMBG. They were born in 2002.

Mink Car era. Exactly, and I bring up "Ana Ng," the album *Lincoln*, and they're like, "They've been around since the mid-'80s, they must be 1000 years old." So that stuff, sometimes Def Leppard or Phil Collins, I play stuff that I enjoy, but that others will like, too. Sometimes we get requests, "That's enough '80s for now, can we shift decades?" And we do, it's fine. The music was a conscious choice to fill our ears with good thoughts.

So DJ, teacher, sometime referee, purveyor of all sorts of goblins and cyborgs and strange things...Goblins and cyborgs and apes.

Any other hats you have to put on? Cleaner, sometimes. We've had people sick in the bathroom, have to deal with that. But we've got some summer help, now, so we can delegate. **lv**

James E. Trainor III has been an avid gamer since Mario first crawled out of a sewer pipe. When not drawing cards and tapping lands, he teaches acting for local youth groups.



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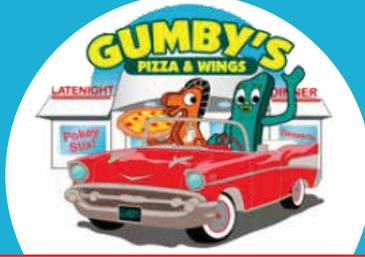
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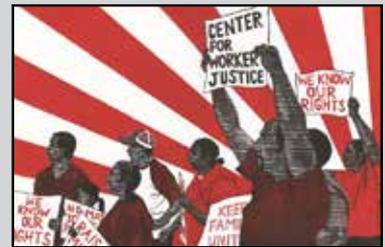
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Photos by Jordan Sellergren

THE NERDWORKED DUNGEON

Everyone's got an avatar in the online RPG of our times.
BY PABLO RODRÍGUEZ BALBONTÍN

There is this great moment in Gustave Flaubert's *Madame Bovary* when Emma—the main character—stares at a mirror at home. She'd just cheated on her husband for the first time, and finds herself dazzling, mesmerizing, whole in the intimacy of her bedroom. Had she owned a smartphone, she would have taken a selfie immediately and uploaded it to her Instagram account—"Looking fabulous!!"—but Emma Bovary's time was that of an analogic bourgeoisie, devoted to mirrors and salons. Today we like to spend our time in the Cloud, mingling with a ubiquitous, hypersensitive, playful screen.

"La peau est ce qu'il y a de plus profond" [The skin is the deepest thing there is], said French poet Paul Valéry. Our digital mirrors are not meant just to stare at; they long for our caress. Emma Bovary lived in an immediate world, for she didn't see the mirror, but what she believed was herself in it. The mirror remained invisible to her, even though it was there, framing, fleshing out her petite middle-class fantasy. Today, though, the mirror is all we care about. Our digital playground brings every interface to the fore, revealing our mediated condition. Our age is not as much about taking for granted the

light playing on a clean surface as it is about shaping light itself with our fingertips. We love our smartphones and tablets because their iridescent skin makes light available to us. Malleable light, like clay, from which to

The internet is a serious and massive online role-playing game, not a novel or any other type of linear discourse.

create an avatar in our own image.

Emma Bovary didn't have an avatar. She did her best to impersonate her romantic fantasies, to become the image in the mirror. We like to believe that we know better than that. When we apply a vintage filter to capture the nostalgia of our present we are well aware of what is at stake. We have become the executive producers of our digital personae. We

choose the best settings for a photo shoot, act as photographers, pose for them, edit and promote the pictures, pitch a wonderful life, postcard by postcard, comment by comment. In the myriad roles we play each day to achieve this, our avatar is just a character.

Interestingly enough, we love our way of life. Profile management is a lot of fun. Emma Bovary couldn't stand her fantasy and ended up poisoning herself, but we love Tinder, Grindr, Snapchat, Instagram or Facebook, to name just a few of the places on

can pitch themselves. Just pick your poison; there is much more than arsenic in the App Store. Instead of feeling utterly lost in the digital labyrinth, we choose to embrace it, and the reason for that goes beyond the literary fantasy of being someone else and digs into the nature of the very medium that we have learned to love.

The internet is a serious and massive

SOUTH DUBUQUE STREET



online role-playing game, not a novel or any other type of linear discourse. This is not a petty difference, for it changes the way our sentimentality reaches out to the other. If the internet were a novel in which to project our fantasies it would be a Choose Your Own Adventure book, not *Madame Bovary*. The world wide web is all about making choices, deciding which path to take, turning to the page that better suits our expectations. It comes as no surprise that the evolution of the medium ran in parallel with that of video games, since many of the ways we learned to browse the web come from the way we have fun with the machines that gave birth to it.

Take the case of the first online role-playing game ever created. Will Crowther was working at ARPAnet, helping in the development of what later would be called the internet. He had gone through a divorce in 1975 and, feeling estranged from his two daughters, he had a brilliant idea. Instead of falling in the epistolary genre, best suited for the time of *Emma Bovary*, he decided to write his daughters a story with the technology that he was helping to develop. This story, written in silicon in 1976, was called *Colossal Cave Adventure* and it worked like the world wide web, only before such thing existed.

Crowther's cave was a dungeon where you had to figure your way out. There were no images, only text, and you had to write commands in a parser the same way that today we google things. Three ideas converged to put this adventure together: *Dungeons & Dragons*—the tabletop role-playing game

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COMMUNITY DINING CULTURE AREA EVENTS

that Crowther liked to play at the moment—spelunking—the cave is actually a map of some of the caves that Crowther liked to explore in his free time—and the technology that was setting the standards for the Internet revolution.

That is, Will Crowther set a new narrative into which to project our fantasies. Borrowing the themes and the fun of Dungeons & Dragons (a game characterized for making profile management fun) he conceived the open, forking nature of computers, as a place where to find ourselves and reach for the other.

We don't know how much his daughters liked the game (one of the first video games, and an early piece of interactive fiction), but the influence of *Colossal Cave Adventure* still resonates today. Back in the day, and due to the lack of, well, internet, the video game became a cult classic. People would play—and perfect—it around different university campuses. By the '80s, when better online connections were available, the text adventure genre was already well established and the first MUDs—multi-user dungeons—saw the dawn of the first internet communities figuring out how to chat and convey emotions with just text while they slashed digital goblins. Emoticons popped up in these infinite caves, out of sheer fun.

The same way that romantic novels showed Emma Bovary the path to the center of her desire, online role-playing games were putting the social potential of the internet to test. Profile management, chats and emoticons—the basis of any digital social network today, from Twitter to LinkedIn—were tested and perfected here. It was just a matter of time before someone came up with the notion of a digital avatar. It was Richard Garriott, one of the video game moguls of the moment. The developer of the Ultima saga (spanning from 1981 to 2013), saw in Avatar—the main character of the story—the embodiment of the player fantasy. This game's character creation isn't unlike that of table-top role-playing games, where you have to choose all sort of features and or attributes, the same way that you do today when you sign in to Facebook or Google. When Ultima went online in 1997 it became a social phenomenon, being one of the very first massive online communities on the internet, setting the basis for our social interactions online.

From emojis to profile pictures, online role-playing games constitute the underlying narrative of our digital avatars, the same way that the mirror framed that of Emma Bovary. We are not readers anymore, but players; and the games we play conform us without us being fully aware of them. The challenge, in my humble opinion, is not necessarily to break the mirror, nor to stop playing, but rather to see the mirror and ponder what it is at stake when we play. Games can be as freeing as they are alienating, and it is in our hands to make the best out of them. Take this as an old lesson, learned after thousands of games in the deepest dungeons of the web: the last thing that you want to do on the internet is to feed the troll. ▮

Pablo Rodríguez Balbontín is a native of Sevilla, Spain. He is presently a doctoral candidate in Spanish literature at the University of Iowa, where he is investigating the interrelationships among literature, gaming and the media in the context of digitalization. Interests include sharing Spanish culture, literature and specifically poetry, through translation.



Top, clockwise: Lyndsey Ambrose, Christina Mitchell, Aaron Gillespie, Zoë Woodworth, Jesse Kamberling; **Middle, clockwise:** Duane Pestka, David Rohde, Cory Petersen, Eric Bingham, Seth Mussmann; **Bottom:** Dungeons & Dragons players at Geek City in Coralville



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FRUGAL FINDS

Life hacks for the after-happy hour. • BY JARED KRAUSS

In my years at the University of Iowa as an under-paid student employee, I developed a keen eye for the frugal finds of Iowa City’s downtown. As a young professional crawling out from under the pile of construction debris that I now realize is my student loan debt, I need even more drinks in a week, or so I tell myself.

Whether you’re a line cook or server looking to liquify your feelings post-shift, or you want a reason to go out after a late night at the office—whatever the reason you miss the usual happy hours—here are some of my favorite midweek frugal finds for the evenings. I hope you’ll share some of your favorite frugal finds with us, whenever and wherever they are.

MONDAY:

Short’s Burgers: \$6.99 burger (black bean, too!); **Deadwood:** \$3.75 craft & import pints.
Forbidden Planet: Half-priced wine

I call ahead to Short’s for takeout, and eat my burger on the back steps of the Old Capitol, before trying to snag a seat at the Deadwood’s patio—and if it’s full, I hop on over to Forbidden Planet for half-priced wine on their patio with my book.

TUESDAY:

El Bandito’s: Taco Tuesday; **Donnelly’s Pub:** \$4 seasonal cocktails or Moscow Mules; **Mami’s:** Taco Tuesday

Bandito’s kicks off their deals early, every day at 4 p.m. If you can manage, start there. Then, I might end up at Donnelly’s Pub. And whether or not you’re sauced, if you think





you're hungry again for tacos before you pass out, stop by Mami's 8-10 p.m. for up to four \$1 tacos.

WEDNESDAY: The last ten minutes of **Basta** or **Mosley's** happy hour; **FilmScene's** Late Shift at the Grindhouse

The idea was to provide options for when you miss happy hour, but I'd be lying if I didn't admit that, perhaps a bit too often, I am able to catch the last ten minutes. At Basta, when the sun is strong, you feel good drinking a Combover (whiskey, vanilla, rhubarb, etc.) under the shade of an umbrella on their patio. Head to Mosley's and—at a picnic table with rising brick walls to your immediate south and west, and the sounds of cars on Gilbert Street to the east, and your buy-one-get-one-for-a-penny drinks sweating rings into the wood—well, you might wonder if you're still in Iowa City.

Goodness, that's not even into the evening, when I often see many friends walking with

great intention towards Film Scene's Late Shift at the Grindhouse at 10:30 p.m. There you have \$5 entry, \$2 popcorns, and \$3 PBR tallboys.

THURSDAY: Forbidden Planet: \$3 U-Call-It

I often work late on Thursdays, so I am glad to relax alone with a book on Forbidden Planet's patio, drinking my \$3 Cuke Nuke-em, because everything is \$3.

* * *

I am a creature of habit; these are some of the places I go. Share your favorite frugal finds, your favorite days, or your whole schedule with us. Use #frugalfindsic and tag Little Village on Twitter: @LittleVillage or Instagram: @LittleVillageMag **lv**

Jared Krauss lives in Iowa City, Iowa. You can find him on Instagram: @jared_krauss.

Photo by Jared Krauss

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THE EARLY TEARS WITH VIC PASTERNAK

LESSON 6: TRAFFIC IS THE LANGUAGE OF BABEL

The 22 Cab Commandments. • BY SEAN PRECIADO GENELL



Illustration by Josh Carroll



#1. You don't have to know how the machinery of 30,000 whirring parts makes your car go vroom, but you should consider the physics at play. Velocity, friction, vector relationships and turning radii are all up for consideration.

#2. Participation is mandatory. Science confirms this.

#3. People live like they drive, and as such we all make mistakes. But as any veteran of anything will tell you, it's easier and more cost-effective to recover from the small fuck ups than the big.

#4. Be aware of your physical environment. Maintain situational awareness. Understand the footprint and silhouette of your vehicle. Know where your tires touch ground. Only then will you know how to thread the needle.

#5. Figure out what D=RT means and practice it until the answer comes without you having to think about it.

#6. In this country, it's always more efficient to take a right than a left. (#5 taught me that so credit goes to her.)

#7. Adjust your route to avoid stopping at traffic lights. Bonus: Figure out how the lights are chained together, and, using good

D=RT, move across the grid using without having to stop at the lights.

#8. When you do get stopped at a light, don't get trapped behind other cars. Never pull so

“Everyone panics. Survivors drive through the panic.”



close that you can't see the bottom of the rear tires of the car ahead.

#9. Any and all of you fuckfaces can drive fast in a straight line over smooth, unobstructed ground. But what you apparently don't know how to do is turn. I attribute this generally to the ten-and-two o'clock American standard, a.k.a. the White Knuckler (Passive Form). Try eight-and-four o'clock. And don't turn from the top of the wheel as

this causes your hand to cross your center, reducing both its strength and its maneuverability. Instead, turn from the bottom and dial the wheel through your fingers. This is called shuffle steering and it allows you to execute precision turns without sacrificing strength or control. Stunt drivers and redcoats are all about it.

#10. Feet off the pedals when crossing railroad and rough ground. Out in the county or in the alleys downtown, steer around potholes and ruts. Maneuver around debris. A block of concrete seen at 70MPH looks a lot like paper trash. And what looks like a trash bag might be a body in the roadway.

#11. Avoid tailgating or racing. It is best to blow ahead of all other traffic or fall back to wait out a space. Don't rush ahead to cut off another. Rushing causes other drivers to defend their lead. Which can also be helpful; see below.

#12. When somebody's riding your ass, don't brake check. That's the kind of shit do-gooder traditionalist assholes pull when they force us to drive as they do—which is shit because they drive like shit, as evidenced by the brake check.

#13. But back to somebody riding your ass: Pull out of their way, if you want. Or don't, if it's a high-dollar car; in which case, that dude laid out a lot of dough because he wanted to drive an overpriced hunk of European engineering. So let him put the work in.

#14. And if you still can't get somebody off your ass, roll down your window and

hold out one of the truck bearings you've so thoughtfully stored in the glove box. An observant driver backs away. (Credit to my trucker dad.)

#15. Parlay bad positions into good maneuvers. For example, you're caught in the middle of a three-lane and exit is a quarter-mile: If a driver occupies the exit lane and actively refuses to give up space, open the throttle and bull ahead. Ordinary jagoffs will speed up

in a savage show of dominance. This racing effect, however, has a delayed effect on the vehicle behind the rival. So sacrifice the lead and exit the freeway like a boss by passing through the gap you've created.

#16. Anticipate green lights running stale. Throttle or coast accordingly. Conversely: When red is about to go green, don't rush into the stop. Cut your speed to conserve your momentum so you can punch it the moment the light turns. A vehicle travelling 5MPH on a fresh green will resultantly be car-lengths ahead of the one coming out dead.

#17. The blind spot can be reduced to a myth in most modern sedans. Lean against the driver-side window and adjust the left mirror outward until you can see just the edge of your rear panel. Next, lean to the center of the helm and push the right mirror way out to the same degree.

#18. Watch your peripheries and rear; i.e. check your newly adjusted mirrors all the time. And don't just gaze out at the pavement rushing underneath you. Look far ahead and mind everything between you and the edge of the world.

#19. Don't drive into shit. Stay out of accidents. If you've been hit, you're still at fault by virtue that you were in the hitting place at the hitting time. This condition does not remove liability from the party at fault, although this party may be you, but either way insurance will nail you for years to come.

#20. Besides which: A crash will shear heads off; pile firewall and steering into chest; engine block chopping knees, splintering bone, bursting guts and muscle, making blood run like whiskey. If you survive, be advised that helicopter rides are more expensive than bottom-dollar Uber. If you don't, your former vehicle is what tow drivers call an F-car.

#21. React to what's happening. Don't freak out and not do anything. To claim freezing up or panicking is an excuse. Everyone panics. Survivors drive through the panic. And having seen trucks brutally crush over more than one compact car, I give due respect that the universe doesn't always allow for time and space. So maximize all you have.

#22. Most important, don't let your loved ones remember the last time they talked to you forever. Get home safe. **lv**

Sean Preciado Genell is author of the Vic Pasternak novel 'All the Help You Need,' available now at Prairie Lights. This article was originally published in Little Village issue 198.

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FEEL HOT, LOOK HOTTER

Fresh picks from our local fashion retailers. • BY EMILY WINKLER

The longest days of the year are here, and we want to make sure you're dressed looking your summer best. When piecing together your warm weather look, remember that shopping local need not only apply to this year's trending variety of bitter greens (though we're kinda sweet on those too). To get you started, we've hand picked some market-fresh duds from Iowa City retailers.



On Oluwatosin: Tie Dye Veronica M Maxi dress, Dulcinea, \$106; Matisse Indie cutout bootie in Ivory, Revival, \$158; Moyna beaded foldover clutch, Catherine's, \$155

Above: Fennec fox crop tank, White Rabbit, \$22; Linen black and white animal print pants, Om, \$39; MADE leather bolo necklace, Revival, \$36; Baggu basic leather tote, Revival, \$160; Artemis sandal, Dulcinea, \$121
Right: Sex and Ice Cream printed tee, White Rabbit, \$34; Publish zip off cargo pants, Full Kit, \$139; Huf baseball cap, Full Kit, \$28; Stance crew cut socks, Tailgate, \$14; Nike classic slider sandals, \$25, Active Endeavors; Baggu canvas rucksack, Raygun, \$38

Modeled by Oluwatosin Adebisi. Styles curated by Emily Winkler. Hair and makeup by Ravan Ross. Photos by Adam Burke.



Above: Fairplay mandarin collar button-up, Full Kit, \$55; Fairplay board shorts, Full Kit; Hawaiian style socks by STANCE, Active Endeavors, \$14; Adidas classic skate shoe, Full Kit, \$70; Vintage neckerchief, Ragstock, \$4



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Author of *Furiously Happy* and *Let's Pretend This Never Happened*, Jenny "The Bloggess" Lawson, reminds us that "the depression is lying." • BY SUSAN BEDNAR BLIND

Not long ago, several friends messaged me: "Have you read Jenny Lawson? You HAVE to read Jenny Lawson! You'll love her!" I did what I usually do and ignored their advice. Then one of my book clubs selected Lawson's second book *Furiously Happy: A Funny Book About Horrible Things* this spring, and I finally drank the Kool-Aid. I read it. And I loved it. I absolutely loved it.

Through a collection of laugh-out-loud essays, Lawson depicts her struggle with depression and anxiety, giving voice to those unable to adequately express their own journeys with mental health difficulties.

Lawson tells us: "Without the dark there isn't light. Without the pain there is no relief. And I remind myself that I'm lucky to be able to feel such great sorrow, and also such great happiness. I can grab onto each moment of joy and live in those moments because I have seen the bright contrast from dark to light and back again." And she is right.

Lawson will speak in Cedar Rapids as part of Out Loud!, the Metro Library Network Author Series, on July 8. Details regarding Ms. Lawson's Iowa appearance are available at metrolibrarynetwork.org/outloud.

"In sharing my stories, so many people have shared theirs with me, and they've saved me right back."

—Jenny Lawson

Why did you begin sharing your journey with depression, anxiety and other disorders? Was it more for yourself and those close to you or was it always for others? Your honesty and ability to verbalize what so many of us face (on good days and bad) has made you into a de facto advocate and educator for mental illness. Was this your intention? How do you feel having been placed in that role by many of your readers? I didn't feel like I had a choice. I'd been blogging about my life for years and not talking about my mental illness was like hiding who I was. Not telling the truth felt like I was creating a false history. I was shocked with the response when I started sharing... with how many people felt the same. It helped convince me that depression was lying to me. To all of us. I never wrote about my impulse control issues and self-harm until this book because I was afraid that it would be too much. And for some people it is. But

that's who I am and I won't hide it.

I'm an accidental advocate because I have no other choice but to be who I am, but in sharing my stories so many people have shared theirs with me and they've saved me right back. It's a circle of help and, strangely, I feel like I get more help than I give because of the amazing people out there who understand and have my back when I write that I can't get out of bed for days or when I tweet from a bathroom I'm hiding in because my anxiety disorder made me run away from crowds. I feel very lucky.

You've shared

that public speaking can be especially daunting for you. Have you found you've become more comfortable speaking to larger groups over time? How do you prepare yourself before a speaking engagement? Do you need time to decompress when you've finished giving a presentation? After my first tour I had a small nervous breakdown, so with my second one I did a ton of behavioral therapy beforehand and it helped. There are a lot of different techniques, but you have to find which works for you. I also realized that if I had a full-blown panic attack I could hide behind the podium and everyone there would understand because I've been honest about my issues and so many of my readers understand totally. I used to take beta-blockers but now I can usually do a talk with just anti-anxiety drugs. It drains me completely though so I can't do anything else that day or usually the next. I have to build in a lot of time for recovery because I try to give my all when I'm with people.

"These are a few of my favorite things..."
Taxidermied raccoon/cat rodeos and giant



A-LIST

JENNY LAWSON METRO LIBRARY NETWORK'S OUT LOUD! AUTHOR SERIES

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Illustration by Cheryl Graham

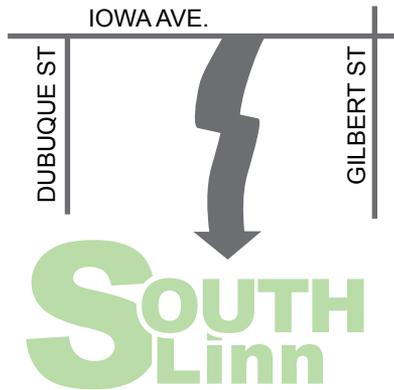
metal chickens aside, please share a few unique and unexpected things you love.

- Building dollhouses and miniatures
- Subtitled horror films
- *Grey Gardens*
- Eggrolls
- Swinging (on swings—not the other kind)
- Driving while singing show tunes at the top of my lungs
- Miranda Lambert
- Graphic novels
- Blythe dolls

Who do you like to read? Favorite author(s) or blogger(s)? Too many to remember them all. Neil Gaiman, Ray Bradbury, Dorothy Parker, Nora Ephron, David Sedaris, Allie Brosh, Samantha Irby, Luvvie Ajayi, Rainbow Rowell, Scalzi, Rothfuss, The Queso. I could go on for days. I'm a voracious reader and there is such great stuff out there right now.

Do you anticipate writing additional memoirs similar to what you've published? Or is there a different genre or form you are interested in exploring? I'm working on a third memoir/essay book now but I'm a slow writer. I have a few things in the works in different genres but I'm not entirely sure which will see the light of day. Just because I want to write something doesn't mean it's worth reading but sometimes a story needs to be told so I can move on to the next one. There's one I'm working on right now but I can't talk about it because it's a secret. That's a terrible answer, isn't it? Sorry. But I promise it'll be worth it. Probably. **lv**

Susan Bednar Blind is a Cedar Rapids native and University of Iowa graduate. She enjoys writing, cult television shows and embarrassing her nine-year-old, and volunteers extensively in the community.



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AREA EVENTS

Are you planning an event? Submit event info to calendar@littlevillagemag.com. Include event name, date, time, venue, street address, admission price and a brief description (no all-caps, exclamation points or advertising verbiage, please). To find more events, visit littlevillagemag.com/calendar.



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ALISABETH VON PRESLEY

McGrath Amphitheatre

Friday, July 8, 6 p.m., \$5

Photo via "Sleeze"

Alisabeth Von Presley Friday, July 8 at 6 p.m., McGrath Amphitheatre, \$5. Alisabeth Von Presley—photographer, dancer, actor and rock star—has been a cornerstone of the local arts scene for many years. She's been seen locally performing on stage at She was seen on stage recently at Theatre Cedar Rapids in 'A Chorus Line,' and is often found performing with the band Four Star Fate. Uptown Friday Nights marks its halfway point with this wonderful chance for the 21+ crowd to catch a solo set from her.

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WED., JULY 6

/CRAFTY: Sewing: Super Tote, Home Ec. Workshop, 5:30 p.m., \$65

/COMMUNITY: TRIO Upward Bound, Public Space One, 4:30 p.m., Free

/MUSIC: Lewis Knudsen, Iowa City Farmers Market, 5 p.m., Free

I Set My Friends On Fire, Alive/Alone w/ Roots Live Mountains, Exit, Emergency, Manhattan Blockade, Gabe's, 6 p.m., \$13-15

/CINEMA: Late Shift At The Grindhouse: 'Model Hunger,' FilmScene, 10 p.m., \$4

Gems of Hope Workshop, Beadology Iowa, 6 p.m., Free

School of Sewing (Part 1), Home Ec. Workshop, 7 p.m., \$85

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

Meet Me at the Market, NewBo City Market, 5 p.m., Free

Yoga by the Glass, Cedar Ridge Distillery, 6 p.m., \$25

/THEATRE-AND-PERFORMANCE: 'I'll Eat You Last: A Chat with Sue Mengers,' Old Creamery Theatre, 2 p.m., \$12-30

John Caparulo, First Avenue Club, 6:30 p.m., \$25-40

Comedy Spectacular: Hosted by Daniel Frana, The Mill, 9 p.m., \$5

/ART-AND-EXHIBITION: Iowa City Press Co-op: Critique Night, Public Space One, 6 p.m., Free

/MUSIC: BB Secrist, Riverside Casino Show Lounge, 7 p.m., Free

Saul Lubaroff, Motley Cow Cafe, 7 p.m., Free

THU., JUL. 7

/CINEMA: The Picture Show: 'Spider-Man,' FilmScene, 10 a.m., Free-\$5

Movies on the Beer Garden: 'Pirates of the Caribbean,' Backpacket, 8 p.m., Free

/CRAFTY: Sew Good! Sew Fun!, Public Space One, 5:30 p.m., Free

FRI., JUL. 8

/CINEMA: The Picture Show: 'Spider-Man,' *FilmScene*, 10 a.m., Free-\$5

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, *Faulconer Gallery*, 12:15 p.m., Free

/MUSIC: Uptown Friday Nights: Alisabeth Von Presley, *McGrath Amphitheatre*, 5 p.m., \$5

Friday Night Concert Series: Flash in a Pan w/ Meteor Cat, *Downtown Pedestrian Mall*, 6:30 p.m., Free

BB Secrist, *Riverside Casino Show Lounge*, 8:30 p.m., Free

Future Friday w/ Blookah, On0, *Blue Moose Tap House*, 9 p.m., Free

/THEATRE-AND-PERFORMANCE: 'Green Day's American Idiot,' *Theatre Cedar Rapids*, 7:30 p.m., \$26-36

'I'll Eat You Last: A Chat with Sue Mengers,' *Old Creamery Theatre*, 7:30 p.m., \$12-30

/LITERATURE: Jenny Lawson, *Hotel at Kirkwood Center*, 7 p.m., Free

SAT., JUL. 9

/SPORTS-N-REC: 4th Annual Turkey Trot 10k/5k Races and Family 1 Mile Event, *Centennial Park*, 8 a.m., Free-\$35

/MUSIC: Terrapin Isle, *Iowa City Farmers Market*, 9 a.m., Free

Community Folk Singing, *Uptown Bill's*, 3 p.m., Free

The Last Ride Benefiting Josh Loeffler & MC'd by Tim Sullivan, *McGrath Amphitheatre*, 6:30 p.m., \$15-20

Nic Arp Band w/ Tony Brown, *The Mill*, 8 p.m., \$8

The Suitcase Junket, *Legion Arts CSPS Hall*, 8 p.m., Free-\$17

Cartouche Records Showcase w/ Devin Frank's Vanishing Blues Band, J.E. Sunde, Chrash, Brooks Strause, *Daytrotter*, 8 p.m., \$10-15

BB Secrist, *Riverside Casino Show Lounge*, 8:30 p.m., Free

/CRAFTY: Janu Gems Trunk Show, *Beadology Iowa*, 10 a.m., Free

/CINEMA: The Picture Show: 'Spider-Man,' *FilmScene*, 10 a.m., Free-\$5

Free Movie Series: 'Rocky' *University of Iowa Pentacrest*, 8:30 p.m., Free

/FOODIE: North Liberty Blues & BBQ, *Centennial Park*, 12 p.m., Free

/CRAFTY: Iowa City Press Co-op: **Bandanas Ba-Boom!** (Triple B), *Public Space One*, 1 p.m., \$75

/ART-AND-EXHIBITION: **Bohemian Boudoir: An Unofficial Museum Tour**, *National Czech & Slovak Museum & Library*, 1 p.m., \$5-15

/LITERATURE: **Iowa City Electric Writers' Open Mic**, *The High Ground Cafe*, 7 p.m., Free

/THEATRE-AND-PERFORMANCE: 'Green Day's American Idiot,' *Theatre Cedar Rapids*, 7:30 p.m., \$26-36

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CHAIN & THE GANG
Trumpet Blossom Café
Sunday, July 10, 8 p.m., \$8

Chain & the Gang Sunday, July 10 at 8 p.m., Trumpet Blossom Cafe, \$8. *Ian Svenonius, last spotted in the area in January as the Mission Creek Festival's artist-in-residence, brings his project Chain & the Gang to his short-time stomping grounds at the Trumpet Blossom Cafe for an all-ages show. Chicago's Secret Colours supports, as does Brand Damage, who will be selling raffle tickets to benefit Girls Rock Iowa City, with prizes from Cobra Verde and Wake Up Iowa coffee. There will be a small snack menu available.*

'I'll Eat You Last: A Chat with Sue Mengers,' *Old Creamery Theatre, 7:30 p.m., \$12-30*
Stoney Larue, *First Avenue Club, 8 p.m., Free*

SUN., JUL. 10

/FOODIE: **4-H Pancake Breakfast,** *Johnson County Fairgrounds - Building C, 7 a.m., Free*

/COMMUNITY: **Community Worktime,** *Public Space One, 1 p.m., Free*

/CRAFTY: **Iowa City Press Co-op: Bandanas Ba-Boom!** *(Triple B), Public Space One, 1 p.m., \$75*

/THEATRE-AND-PERFORMANCE: **'I'll Eat You Last: A Chat with Sue Mengers,'** *Old Creamery Theatre, 2 p.m., \$12-30*

'Green Day's American Idiot,' *Theatre Cedar Rapids, 2:30 p.m., \$26-36*

/LITERATURE: **Theodore Wheeler, Tyrone Jaeger & Dave Madden,** *Prairie Lights Books & Cafe, 2 p.m., Free*

/MUSIC: **Jeff Taylor and the All Stars,** *Parlor City Pub and Eatery, 4 p.m., Free*

Chain & The Gang w/ Brand Damage: The Funeral for Freedom, *Secret Colours, Trumpet Blossom Cafe, 8 p.m., \$8*

MON., JUL. 11

/CRAFTY: **Knitting: Cactus Garden,** *Home Ec. Workshop, 5:30 p.m., \$35*

/LITERATURE: **Vu Tran,** *Prairie Lights Books & Cafe, 7 p.m., Free*

/SPORTS-N-REC: **Yoga in the Gallery with Monica St. Angelo,** *Faulconer Gallery, 12:15 p.m., Free*

YOGA In The Gallery, *Public Space One, 6 p.m., \$2*

/MUSIC: **Water Liars w/ The Toos, On An On,** *Daytrotter, 7 p.m., \$8-12*

TUE., JUL. 12

/CRAFTY: **Sewing: The Morris Blazer,** *Home Ec. Workshop, 5:30 p.m., \$60*

/EDUCATION: **Soak it Up: Plan Your Personal Rain Garden Session I,** *Indian Creek Nature Center, 5:30 p.m., \$30-40*

/LITERATURE: **Rachel Moritz & John Koethe,** *Prairie Lights Books & Cafe, 7 p.m., Free*

/SPORTS-N-REC: **Yoga in the Gallery with Monica St. Angelo,** *Faulconer Gallery, 12:15 p.m., Free*

/ART-AND-EXHIBITION: **Iowa City Press Co-op: Drawing Experiments,** *Public Space One, 6:30 p.m., \$20-35*

/THEATRE-AND-PERFORMANCE: **Chris Cornell,** *Adler Theatre, 8 p.m., Free-\$76*

WED., JUL. 13

/LITERATURE: **UI Summer Writing Festival Weekly Reading,** *Beadology Iowa, 7 p.m., Free*
Hannah Pittard, *Prairie Lights Books & Cafe, 7 p.m., Free*

/SPORTS-N-REC: **Yoga in the Gallery with Monica St. Angelo,** *Faulconer Gallery, 12:15 p.m., Free*

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AREA EVENTS

/THEATRE-AND-PERFORMANCE: Branson on the Road: Salute to America, Old Creamery Theatre, 2 p.m., \$18.50-33

The Naked Magic Show, Adler Theatre, 7 p.m., \$29-79

/COMMUNITY: TRIO Upward Bound, Public Space One, 4:30 p.m., Free

/MUSIC: The East Enders, Iowa City Farmers Market, 5 p.m., Free

John Paul White w/ The Secret Sisters, Daytrotter, 8 p.m., \$15-20

DIGISAURUS, Gabe's, 9 p.m., Free

/FOODIE: Dinner on the Titanic with Chef Valerie Martin, New Pioneer Food Co-op Coralville, 6 p.m., \$30

/ART-AND-EXHIBITION: Painting Class with Renee Reedich, Lion Bridge Brewing Company, 6:30 p.m., \$30

/CINEMA: Late Shift At The Grindhouse: 'A Cat in the Brain,' FilmScene, 10 p.m., \$4

THU., JUL. 14

/CRAFTY: School of Sewing (Part 1), Home Ec. Workshop, 7 p.m., \$85

/EDUCATION: Northwest Earth Institute: Reconnecting with Earth, Indian Creek Nature Center, 6 p.m., \$50-60

/ART-AND-EXHIBITION: 4 Handed Art Studio, Cedar Rapids Museum Of Art, 3 p.m., \$10-15

/CINEMA: The Picture Show: 'Treasure Island,' FilmScene, 10 a.m., Free-\$5

Movies on the Beer Garden: 'The Lego Movie,' Backpacket, 8 p.m., Free

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

/THEATRE-AND-PERFORMANCE: 'I'll Eat You Last: A Chat with Sue Mengers,' Old Creamery Theatre, 2 p.m., \$12-30

Branson on the Road: Salute to America, Old Creamery Theatre, 2 p.m., \$18.50-33

/MUSIC: 35th and Taylor, Riverside Casino Show Lounge, 7 p.m., Free

Ben Schmidt, Motley Cow Cafe, 7 p.m., Free

Sarah Jarosz w/ The Brother Brothers, The Englert Theatre, 8 p.m., \$22-25

FRI., JUL. 15

/CINEMA: The Picture Show: 'Treasure Island,' FilmScene, 10 a.m., Free-\$5

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

/MUSIC: Uptown Friday Nights: Lonesome Road, McGrath Amphitheatre, 5 p.m., \$5

35th and Taylor, Riverside Casino Show Lounge, 6 p.m., Free

Friday Night Concert Series: Crystal City w/ Death Valley Welcome Center, Downtown Pedestrian Mall, 6:30 p.m., Free

Jeffery Broussard & The Creole Cowboys, Legion Arts CSPA Hall, 8 p.m., Free-\$19

The Band Perry, Riverside Casino and Golf Resort, 8:30 p.m., \$32-75

Topper, Riverside Casino Show Lounge, 8:30 p.m., Free

The Missing Letters, Eagle Trace & Kick, Gas Lamp Des Moines, 9 p.m., \$7

Stuart Davis, The Mill, 9 p.m., \$12-15

Future Friday w/ Damn Juhl, On0, Blue Moose Tap House, 9 p.m., Free

/THEATRE-AND-PERFORMANCE: 'Always... Patsy Cline,' Ohnward Fine Arts Center, 7 p.m., \$10-18

'Green Day's American Idiot,' Theatre Cedar Rapids, 7:30 p.m., \$26-36

'I'll Eat You Last: A Chat with Sue Mengers,' Old Creamery Theatre, 7:30 p.m., \$12-30



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Have an audition or submission deadline coming up? Email details to arts@littlevillage-mag.com.

Dreamwell Theatre: The first show of Dreamwell's 2016–17 season, 'The Nether,' will audition on July 8, 6–8 p.m. and July 9, 2–4:30 p.m. at the Iowa City Public Library, where a copy of the script is also on reserve. Contact director Rachael Lindhart at LINDHRACH@aol.com if you can't make those dates.

Theatre Cedar Rapids: Auditions for 'Sister Act,' TCR's first mainstage production of their upcoming season, will be held Saturday and Sunday July 9 and 10, at 1 p.m. each day. For more details, visit www.theatreocr.org.

Giving Tree Theater: Director David Morton will be holding auditions for the Tennessee Williams classic 'Streetcar Named Desire,' which opens in September. Character breakdowns are available at givingtreetheater.com. Auditions will be at the theater on July 17 and 18 at 7 p.m. each night (callbacks will be July 19).



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RHCR Theatre Presents: *Disney's Aladdin Jr.*
Thursday–Saturday, July 21–23 at 7:30 p.m.,
Scottish Rite Temple, \$20–25. Presented
jointly by RHCR Theatre and the Plumbers
and Pipefitters Local 125, this production of
'Disney's Aladdin Jr.' features a cast of 34 local
children, aged 8–18, taking on the seminal roles
from the beloved film. Gregga J. Johnn directs,
with musical direction by Stephanie Adams and
choreography by Erin Thorson. RHCR is also
partnering with the Cedar Rapids Public Library
to grant a wish or two or three: theatre patrons
are encouraged to bring a new or gently used
book with them to the performances, up to fifth
grade reading level. The books will be donated
to low-income schools and child care centers
across eastern Iowa.

SAT., JUL. 16

/MUSIC: Deb Singer, Iowa City Farmers Market, 9 a.m.,
Free
Lewis Del Mar, Daytrotter, 8 p.m., \$10-15
Ben Schmidt Band w/ Jake Niederhauser, The Mill, 8
p.m., \$10
Topper, Riverside Casino Show Lounge, 8:30 p.m.,
Free
John D. Hale Band w/ Stewart Ray, Gas Lamp Des
Moines, 9 p.m., \$8
/CINEMA: The Picture Show: 'Treasure Island,'
FilmScene, 10 a.m., Free-\$5
Free Movie Series: 'Ferris Bueller's Day Off,' University
of Iowa Pentacrest, 8:30 p.m., Free
Cedar Rapids Bank & Trust Movies on the Riverbank:
'Inside Out,' McGrath Amphitheatre, 7 p.m., Free
/ART-AND-EXHIBITION: Pop Art is for Everyone: An
Unofficial Museum Tour, National Czech & Slovak
Museum & Library, 11 a.m., \$5-15

Bohemian Boudoir: An Unofficial Museum Tour, National Czech & Slovak Museum & Library, 1 p.m., \$5-15

Wonderful Warhol Family Art Workshop: Art & Ice Cream, National Czech & Slovak Museum & Library, 1 p.m., \$5

/CRAFTY: Iowa City Press Co-op: Intro to Intaglio - Drypoint, Public Space One, 1 p.m., \$55

/THEATRE-AND-PERFORMANCE: 'Always... Patsy Cline,' Ohnward Fine Arts Center, 2 p.m., \$10-18

'Green Day's American Idiot,' Theatre Cedar Rapids, 7:30 p.m., \$26-36

'I'll Eat You Last: A Chat with Sue Mengers,' Old Creamery Theatre, 7:30 p.m., \$12-30

/COMMUNITY: AAF of Cedar Rapids and Iowa City Presents: Arts and Crafts, Iowa Brewing Co., 5:30 p.m., \$40

SUN., JUL. 17

/COMMUNITY: Community Worktime, Public Space One, 1 p.m., Free

/CRAFTY: Iowa City Press Co-op: Intro to Relief Printing, Public Space One, 1 p.m., \$48

Make Your Own Beer Stein at Lion Bridge, Lion Bridge Brewing Company, 2 p.m., \$35

/ART-AND-EXHIBITION: Artifactory's Art in the Afternoon, Beadology Iowa, 2 p.m., Free

/THEATRE-AND-PERFORMANCE: 'I'll Eat You Last: A Chat with Sue Mengers,' Old Creamery Theatre, 2 p.m., \$12-30

'Green Day's American Idiot,' Theatre Cedar Rapids, 2:30 p.m., \$26-36

/MUSIC: Gang of Thieves, Parlor City Pub and Eatery, 4 p.m., Free

An Evening with Brittany Kingery, The Mill, 7 p.m., \$12-15

Lee DeWyze w/ Alexis Keegan, Legion Arts CSPPS Hall, 7 p.m., \$16-19

Tallest Man on Earth w/ Lady Lamb (The Beekeeper), Codfish Hollow Barn, 8 p.m., \$25-30

/LITERATURE: Free Generative Writing Workshop, Public Space One, 5:30 p.m., Free

MON., JUL. 18

/LITERATURE: Sandra Scofield, Prairie Lights Books & Cafe, 7 p.m., Free

/CRAFTY: Knitting: Cactus Garden, Home Ec. Workshop, 5:30 p.m., \$35

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

YOGA In The Gallery, Public Space One, 6 p.m., \$2

/MUSIC: Moeller Mondays w/ We Are The Willows, Katie Day, Kendra Swanson, Daytrotter, 7 p.m., \$5



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TUE., JUL. 19

/LITERATURE: Iowa Writers' House Presents: *The Great Green Room*, Iowa City Public Library, 6 p.m., Free
Larry Watson, Prairie Lights Books & Cafe, 7 p.m., Free

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free
Teen Summer Reading Program: Bike Ride with Bicyclists of Iowa City, Iowa City Public Library, 2 p.m., Free

/CRAFTY: Sewing: The Morris Blazer, Home Ec. Workshop, 5:30 p.m., \$60

Embroidery: Kiriki Press Kits, Home Ec. Workshop, 7 p.m., \$40

/MUSIC: Dolly Parton: Pure & Simple Tour, US Cellular Center, 7:30 p.m., \$49-125

WED., JUL. 20

Literature

UI Summer Writing Festival Weekly Reading, Beadology Iowa, 7 p.m., Free

/CRAFTY: Holiday Sewing Camp, Home Ec. Workshop, 12 p.m., \$210

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

/COMMUNITY: TRIO Upward Bound, Public Space One, 4:30 p.m., Free

/MUSIC: Slew Grass, Iowa City Farmers Market, 5 p.m., Free

Pee-wee Moore, The Mill, 8 p.m., \$7

THU., JUL. 21

/LITERATURE: Mary Hickman & Ameena Hussein, Prairie Lights Books & Cafe, 7 p.m., Free

/CINEMA: The Picture Show: 'Muppet Treasure Island', FilmScene, 10 a.m., Free-\$5

/CRAFTY: Sewing: The Geranium Dress, Home Ec. Workshop, 6 p.m., \$60

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

Meet Me at the Market, NewBo City Market, 5 p.m., Free

/THEATRE-AND-PERFORMANCE: 'Buyer and Cellar', Old Creamery Theatre, 2 p.m., \$12-30

RHCR Theatre Presents: 'Disney's Aladdin Jr.', Cedar Rapids Scottish Rite Temple, 7 p.m., \$20-25

/ART-AND-EXHIBITION: 4 Handed Art Studio, Cedar Rapids Museum Of Art, 3 p.m., \$10-15

/EDUCATION: Northwest Earth Institute: Reconnecting with Earth, Indian Creek Nature Center, 6 p.m., \$50-60

/MUSIC: Les Poules à Colin, Legion Arts CSPS Hall, 7 p.m., \$16-19

The Bamboozlers, Riverside Casino Show Lounge, 7 p.m., Free

FRI., JUL. 22

/CINEMA: The Picture Show: 'Muppet Treasure Island,' FilmScene, 10 a.m., Free-\$5

/CRAFTY: Holiday Sewing Camp, Home Ec. Workshop, 12 p.m., \$210

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

/ART-AND-EXHIBITION: Music Revolution: An Unofficial Museum Tour, National Czech & Slovak Museum & Library, 1 p.m., \$5-15

/MUSIC: Uptown Friday Nights: Strays, McGrath Amphitheatre, 5 p.m., \$5

Friday Night Concert Series: Firesale w/ The Maytags, Downtown Pedestrian Mall, 6:30 p.m., Free

Material Girl, Riverside Casino Show Lounge, 8:30 p.m., Free

Future Friday w/ Blookah, On0, Blue Moose Tap House, 9 p.m., Free

Local on the 8s w/ The Maytags, Iowa City Yacht Club, 9:30 p.m., \$6

/THEATRE-AND-PERFORMANCE: Young Footliters Presents: 'Annie, Jr.,' Coralville Center for the Performing Arts, 7 p.m., \$11-17

RHCR Theatre Presents: 'Disney's Aladdin Jr.,' Cedar Rapids Scottish Rite Temple, 7 p.m., \$20-25

'Buyer and Cellar,' Old Creamery Theatre, 7:30 p.m., \$12-30

'Green Day's American Idiot,' Theatre Cedar Rapids, 7:30 p.m., \$26-36

Noite Academy Productions Presents: 'Rock of Ages,' The Englert Theatre, 8 p.m., \$18-25

SAT., JUL. 23

/MUSIC: The Beggarmen, Iowa City Farmer's Market, 9 a.m., Free

Miracle Legion w/ Clarke and the Himself, The Ghost Wolves, Keeps, Codfish Hollow Barn, 7 p.m., \$25-35

Material Girl, Riverside Casino Show Lounge, 8:30 p.m., Free

Wylde Nept The Mill, 9 p.m., \$10

/ART-AND-EXHIBITION: Iowa City Press Co-op: Body Drawing, Public Space One, 9:30 a.m., \$35

Pop Art is for Everyone: An Unofficial Museum Tour, National Czech & Slovak Museum & Library, 11 a.m., \$5-15

/CINEMA: The Picture Show: 'Muppet Treasure Island,' FilmScene, 10 a.m., Free-\$5

/CRAFTY: Iowa City Press Co-op: Coptic Binding & Beyond, Public Space One, 10 a.m., \$75

/SPORTS-N-REC: SOC Golf Classic, Highland Springs Golf Course, 1 p.m., \$65-260

/THEATRE-AND-PERFORMANCE: Young Footliters Presents: 'Annie, Jr.,' Coralville Center for the Performing Arts, 2 & 7p.m., \$11-17

RHCR Theatre Presents: 'Disney's Aladdin Jr.,' Cedar Rapids Scottish Rite Temple, 7 p.m., \$20-25



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EDITORS' PICKS

/THEATRE-AND-PERFORMANCE: 'Green Day's American Idiot,' Theatre Cedar Rapids, 7:30 p.m., \$26-36
 'Buyer and Cellar,' Old Creamery Theatre, 7:30 p.m., \$12-30

Nolte Academy Productions Presents: 'Rock of Ages,'
 The Englert Theatre, 8 p.m., \$18-25

SUN., JUL. 24

/ART-AND-EXHIBITION: Sidewalk Sales, Beadology Iowa, 12 p.m., Free

/COMMUNITY: Community Worktime, Public Space One, 1 p.m., Free

/CRAFTY: Iowa City Press Co-op: Intro to Screenprint, Public Space One, 1 p.m., \$48

Sunday Fun Day: Pennants and Medals!, Iowa City Public Library, 2 p.m., Free

/THEATRE-AND-PERFORMANCE: Young Footliters Presents: 'Annie, Jr.,' Coralville Center for the Performing Arts, 2 p.m., \$11-17

'Buyer and Cellar,' Old Creamery Theatre, 2 p.m., \$12-30

Nolte Academy Productions Presents: 'Rock of Ages,'
 The Englert Theatre, 2 p.m., \$18-25

/MUSIC: Flock of Funk, Parlor City Pub and Eatery, 4 p.m., Free

Jim Gaffigan, Adler Theatre, 7 p.m., \$44.75-54.75

MON., JUL. 25

/COMMUNITY: Johnson County Fair, Johnson County Fairgrounds, 8 a.m., Free

/ART-AND-EXHIBITION: Drop in and Draw, Falconer Gallery, 1:30 p.m., Free

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Falconer Gallery, 12:15 p.m., Free

YOGA In The Gallery, Public Space One, 6 p.m., \$2

/LITERATURE: Kodi Scheer, Prairie Lights Books & Cafe, 7 p.m., Free

TUE., JUL. 26

/COMMUNITY: Johnson County Fair, Johnson County Fairgrounds, 8 a.m., Free

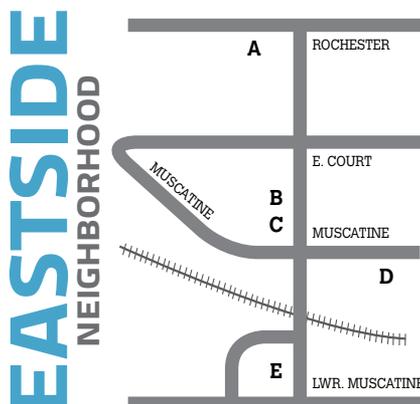
/CRAFTY: Iowa City Press Co-op: Museum Standard Matting and Framing for Artwork on Paper, Public Space One, 6 p.m., \$62

/ART-AND-EXHIBITION: Drop in and Draw, Falconer Gallery, 1:30 p.m., Free

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Falconer Gallery, 12:15 p.m., Free

/LITERATURE: Iowa Writers' House Presents: The Violet Realm, Iowa City Public Library, 6 p.m., Free

Terry Tempest Williams, Prairie Lights Books & Cafe, 7 p.m., Free



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AREA EVENTS



Wylde Nept Saturday, July 23 at 9 p.m., The Mill, \$10. *It's always a raucous party whenever Wylde Nept comes to town. Often, their revelries are associated with some special event, such as their legendary Halloween parties or their family-friendly afternoon Irish New Year's Eve sets. Here, though, you have the chance to experience pure, unadulterated Nept, with no themes or gimmicks, just the goal of a wylde good time. Their take on traditional Irish tunes always has the audience singing along—but it's their original tunes that have solidified their place as a highlight of Iowa's musical landscape.*

/MUSIC: Seaway w/ ColdFront, Rarity, Gabe's, 7:30 p.m., \$12

Anna Elizabeth Laube w/ David Zollo, The Body Electric, The Mill, 8 p.m., \$10-12

WED., JUL. 27

/COMMUNITY: Johnson County Fair, Johnson County Fairgrounds, 8 a.m., Free

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

/MUSIC: The Awful Purdies, Iowa City Farmers Market, 5 p.m., Free

Dinosaur Jr. *SOLD OUT*, Codfish Hollow Barn, 7 p.m., \$30-35

/LITERATURE: UI Summer Writing Festival Weekly Reading, Beadology Iowa, 7 p.m., Free

THU., JUL. 28

/COMMUNITY: Johnson County Fair, Johnson County Fairgrounds, 8 a.m., Free

/CRAFTY: Iowa City Press Co-op: Drum Leaf Bookbinding, Public Space One, 6 p.m., Free

Sewing: The Geranium Dress, Home Ec. Workshop, 6 p.m., \$60



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/ART-AND-EXHIBITION: Exhibition of Summer Student Artists, *Falconer Gallery*, 4:30 p.m., Free

/CINEMA: The Picture Show: 'Shrek,' *FilmScene*, 10 a.m., Free-\$5

/THEATRE-AND-PERFORMANCE: 'Buyer and Cellar,' *Old Creamery Theatre*, 2 p.m., \$12-30

/SPORTS-N-REC: Meet Me at the Market, *NewBo City Market*, 5 p.m., Free

/MUSIC: Bill Chrastil, *Riverside Casino Show Lounge*, 7 p.m., Free

JR JR, *Daytrotter*, 8 p.m., \$12-15

FRI., JUL. 29

/COMMUNITY: Anime Iowa 2016, *Coralville Marriott Hotel & Conference Center*, All Day, \$25-150

/EDUCATION: The Making of the Great Humanitarian, *Herbert Hoover National Historic Site*, 12 a.m., \$3-10

/CINEMA: The Picture Show: 'Shrek,' *FilmScene*, 10 a.m., Free-\$5

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, *Falconer Gallery*, 12:15 p.m., Free

/MUSIC: Uptown Friday Nights: 8 Seconds, *McGrath Amphitheatre*, 5 p.m., \$5

Friday Night Concert Series: Brooks Strause & The Gory Details w/ Elizabeth Moen, *Downtown Pedestrian Mall*, 6:30 p.m., Free

The Baseball Project w/ The Wooldridge Brothers, *Codfish Hollow Barn*, 7 p.m., \$20-25

5 Seconds of Summer w/ Hey Violet, *One OK Rock*, *iWireless Center*, 7:30 p.m., \$29.95-79.95

BBI, *Riverside Casino Show Lounge*, 8:30 p.m., Free

Future Friday w/ Damn Juhl, *On0*, *Blue Moose Tap House*, 9 p.m., Free

Blue Water Highway Band, *Iowa City Yacht Club*, 9:30 p.m., \$8

/LITERATURE: James Magruder, *Prairie Lights Books & Cafe*, 7 p.m., Free

/THEATRE-AND-PERFORMANCE: 'Buyer and Cellar,' *Old Creamery Theatre*, 7:30 p.m., \$12-30

SAT., JUL. 30

/COMMUNITY: Anime Iowa 2016, *Coralville Marriott Hotel & Conference Center*, All Day, \$25-150

/MUSIC: Old Cap String Band, *Iowa City Farmers Market*, 9 a.m., Free

/CINEMA: The Picture Show: 'Shrek,' *FilmScene*, 10 a.m., Free-\$5

/CRAFTY: Iowa City Press Co-op: Museum Standard Matting and Framing for Artwork on Paper, *Public Space One*, 1 p.m., \$62

/THEATRE-AND-PERFORMANCE: 'Buyer and Cellar,' *Old Creamery Theatre*, 7:30 p.m., \$12-30

/MUSIC: An Evening with Peter Mayer Group, *The Mill*, 8 p.m., \$20-25

BBI, *Riverside Casino Show Lounge*, 8:30 p.m., Free

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ANIMEIOWA

Coralville Marriott,
Friday–Sunday, July 29–31, \$25–150
Photo by Tristan Fisher

Animelowa, Friday–Sunday, July 29–31, Coralville Marriott, \$25–150. Sponsored by the Mindbridge Foundation, eastern Iowa's anime and manga convention Animelowa celebrates its 20th year in 2016. Attendance was only 150 strong at the inaugural event in 1997; now the convention caps attendance at 3,000. A wide variety of guests from artists to writers to voiceover actors are present every year; this year's highlights include Greg Ayers, Steve Blum, Chris Cason and Brooke Stephenson. Family programming and gaming will be available throughout the weekend, and cosplay events abound.

SUN., JUL. 31

/COMMUNITY: Animelowa 2016, Coralville Marriott Hotel & Conference Center, All Day, \$25–150

Community Worktime, Public Space One, 1 p.m., Free
/THEATRE-AND-PERFORMANCE: 'Buyer and Cellar,' Old Creamery Theatre, 2 p.m., \$12-30

/MUSIC: EGi, Parlor City Pub and Eatery, 4 p.m., Free

/FAMILY: Super Hero Night, Iowa Children's Museum, 6 p.m., Free

MON., AUG. 1

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

/MUSIC: Richard Buckner, Daytrotter, 7 p.m., \$10-15
Lindsey Stirling, McGrath Amphitheatre, 7 p.m., \$30-65

TUE., AUG. 2

/SPORTS-N-REC: Yoga in the Gallery with Monica St. Angelo, Faulconer Gallery, 12:15 p.m., Free

/MUSIC: Cory Branan, Daytrotter, 7:30 p.m., \$8-12

MONDAYS Moeller Mondays, Daytrotter, 7 p.m. Open Mic, The Mill, Free, 8 p.m. Honeycombs of Comedy, Yacht Club, \$3, 10 p.m.

TUESDAYS Iowa City Farmers Market, Mercer Park, 3-6 p.m. Acoustic Music Club, River Music Experience, Free, 4:30 p.m. Tuesday Evening Jazz, Motley Cow Cafe, Free, 5:30 p.m. Karaoke Tuesdays, The Mill, Free, 10 p.m. Blues Jam, Parlor City Pub and Eatery, Free, 7 p.m. Underground Open Mic, The Yacht Club, Free, 8 p.m. Weekly Old-Timey Jam Session, Trumpet Blossom Cafe, Free, 8:30 p.m. Comedy & Open Mic Night, Studio 13, Free, 9 p.m.

WEDNESDAYS Iowa City Farmers Market, Chauncey Swan Ramp, 5-7 p.m. Music is the Word: Music on Wednesdays, Iowa City Public Library, Free, 12 p.m. Low Cost Yoga, Public Space One, \$2, 5 p.m. Burlington Street Bluegrass Band, The Mill, \$5, 6 p.m. (2nd & 4th Wednesdays) Open Mic Night, Penguin's Comedy Club, Free, 6:30 p.m. Spoken Word, Uptown Bill's, Free, 7 p.m. (1st Wednesday) Open Mic, Cafe Paradiso, Free, 8 p.m. Karaoke Wednesdays, Mondo's Saloon, Free, 10 p.m. Open Stage, Studio 13, 10 p.m. Open Jam and Mug Night, Yacht Club, Free, 10 p.m. Late Shift a5t the Grindhouse, FilmScene, \$5, 10 p.m.

THURSDAYS I.C. Press Co-op open shop, Public Space One, Free, 4 p.m. Thursday Night Lineup: Nooks and Crannies Tour, Brucemore Mansion, \$10-15, 5:30 p.m. Thursday Night Lineup: Hired Help Tour, Brucemore Mansion, \$10-15, 5:30 p.m. Novel Conversations, Coralville Public Library, Free, 7 p.m. (3rd Thursday) Thursday Night Live Open Mic, Uptown Bill's, Free, 7 p.m. Daddy-O, Parlor City Pub and Eatery, Free, 7 p.m. Live Jazz, Clinton Street Social Club, Free, 8 p.m. Karaoke Thursday, Studio 13, Free, 8 p.m. New Tribe, The Barber Shop

Tavern, Free, 8 p.m. Gemini Karaoke, Blue Moose, Free, 9 p.m.

FRIDAYS Music is the Word: Music on Fridays, Iowa City Public Library, Free, 12 p.m. Friday Night Out, Ceramics Center, 6:30 p.m. FAC Dance Party, The Union Bar, 7 p.m. Sasha Belle presents: Friday Drag & Dance Party, Studio 13, 8 p.m. SoulShake, Gabe's, Free, 10 p.m.

SATURDAYS Iowa City Farmers Market, Chauncey Swan Ramp, 7:30 a.m. - 12 p.m. Family Storytime, Iowa City Public Library, Free, 10:30 a.m. I.C. Press Co-op open shop, Public Space One, Free, 12 p.m. Saturday Night Music, Uptown Bill's, Free, 7 p.m. Elation Dance Party, Studio 13, 9 p.m.

SUNDAYS Live Music, Sutliff Cider Company, 3 p.m. Studio Survivor & Pride Bingo, Studio 13, 6:30 p.m. Pub Quiz, The Mill, \$1, 9 p.m.

/THEATRE-AND-PERFORMANCE: 'Pericles, Prince of Tyre,' Riverside Theatre's Festival Stage, \$17-39 (Jun. 17-Jul. 7), 'Fair Maid of the West,' Riverside Theatre's Festival Stage, \$17-39 (Jun. 24-Jul. 10), 'I'll Eat You Last: A Chat with Sue Mengers,' Old Creamery Theatre, \$12-30 (Jun. 30-Jul. 17), 'Green Day's American Idiot,' Theatre Cedar Rapids, \$26-36 (Jul. 1-22), 'Buyer and Cellar,' Old Creamery Theatre, \$12-30 (Jul. 21-31), RHCR Theatre Presents: 'Disney's Aladdin Jr.,' Cedar Rapids Scottish Rite Temple, \$20-25 (Jul. 21-23), Nolte Academy Productions Presents: 'Rock of Ages,' The Englert Theatre, \$18-25 (Jul. 22-24), Young Footliters Presents: 'Annie, Jr.,' Coralville Center for the Performing Arts, \$11-17 (Jul. 22-24)

/ART-AND-EXHIBITION: 50 Years of Star Trek, University of Iowa Main Library (through Aug. 5)

KIDS' CAMPS

STARTING WED., JULY 6 Little Big Kid Sewing Camp Home Ec. Workshop, 12 p.m., \$130

STARTING MON., JULY 11 Animation Summer Camp FilmScene, 8:30 a.m., \$350 Art Through the Ages Camp Iowa Children's Museum, 9 a.m., \$35-210 Fiber Arts Camp Home Ec. Workshop, 9 a.m., \$205 IYWP: Crafting the Essay Public Space One, 12:30 p.m., Free Teen Sewing Camp Home Ec. Workshop, 1 p.m., \$225

STARTING TUE., JULY 12 Portraits of the Prairie: Puppetry Workshop Coralville Center for the Performing Arts, 9 a.m., \$75-85

STARTING MON., JULY 18 Fantastic Books and How to Explore Them Camp Iowa Children's Museum, 9 a.m., \$35-210 Holiday Sewing Camp Home Ec. Workshop, 12 p.m., \$210

STARTING MON., JULY 25 Quilting Camp Home Ec. Workshop, 9 a.m., \$235 D.I.Y. Fanta-stitch Camp Iowa Children's Museum, 9 a.m., \$35-210

STARTING MON., AUG. 1 Fashion Camp Home Ec. Workshop, 12 p.m., \$220 Science of Superheroes Camp Iowa Children's Museum, 9 a.m., \$35-210

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16 } W/ JAKE NIEDERHAUSER - 8PM / \$10

JULY } **AN EVENING WITH**
17 } **BRITTANY KINGERY**
7PM / \$12-15

JULY } **PEEWEE MOORE**
20 } 8PM / \$7

JULY } **WYLDE NEPT**
24 } 9 PM / \$10

JULY } **ANNA ELIZABETH LAUBE**
26 } W/ DAVID ZOLLO & THE BODY ELECTRIC
8 PM / \$10-12

JULY } **AN EVENING WITH**
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Pro Tips computer security edition. • BY WAYNE DIAMANTE

Dear Wayne,

I think I may be the subject of an identity theft. My email and Facebook accounts have been hacked and strange charges are showing up on my credit card. What do I do? Help!

—Claire

Dear Claire,

If your identity has been stolen, the best thing to do is go underground. Change your name, sever your personal ties, pay for everything in cash, get a burner phone and trust no one. After you're reasonably sure you've covered your tracks, hop on a plane to Russia. Trust me, you'll be fine. до свидания!

—W

Mr. Diamante,

I'm the CFO for a local app developer and I have a question regarding data security. For the past several quarters, our

island laboratory, we confiscate all of their mobile phones and personal electronics and have them slip into our patented, ray-shielded, one-size-fits-all unitards. The snugness makes it very hard to conceal any potential items of concern, while specially woven magnetic fibers embedded in the unitard lining effectively erase any data on a device that may slipped through the, uh, cracks.

—W

Lastly, use these Pro "tech" Tips to keep yourself Pro "tech" ted online!

- Don't get caught with stale data; keep everything fresh by discarding your back-ups.

- Use a complex password, like your social security number, for everything.

- Only make purchases on public wi-fi, so there is a public record of your

"Use a complex password, like your social security number, for everything."

company has been growing steadily and has started to attract international attention, particularly from China. We recently hosted a delegation of prospective investors from PRC and something seemed a little "off."

In China, is it customary to carry a camera, wear a bandoleer full of flash drives and ask for a moment of privacy to check your email on an office computer when touring a software company? On a scale of 1 to 10, how likely do you think it is that we're the victims of corporate data theft? Thanks. —Dave

Dave,

Corporate spying can be a real problem, but with some preventative measures you can minimize your risk. Whenever prospective investors visit Diamante Enterprises'

transaction.

- If you insist on using different login credentials for the sites you visit, keep an email in your inbox with all your passwords for easy access, in case you forget details, and another copy on paper in your wallet or purse.

- Take a page out of the anti-vaccine movement's playbook and skip installing anti-virus software. When you avail yourself of the facts regarding computer viruses, you'll see that anti-virus software can be just as, if not more, dangerous than the viruses themselves.

Happy surfing! —W Iv

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The Not-So-Sweet Side of Sugar

The amount of sugar that an average child ingests within a 24-hour period is over twice the recommended amount for an adult. In one fruit-filled yogurt (considered to be a healthy snack), a child consumes over 22 grams of sugar. Added sugars of this amount are detrimental to the health and wellbeing of any child, let alone one that suffers from Attention Deficient Disorder (ADD), Hyperactivity (ADHD), or other behavior issues. While it is surprising that the FDA doesn't specify a recommended daily amount of sugar in grams, we must adhere to the 2015 World Health Organization (WHO) recommendation, which is less than 25 grams per day. It is my opinion that the only solution to this over sugared epidemic is for parents, educators, and caregivers to help guide children to make health conscious decisions and start responsible eating habits at a young age.

A common argument made in regard to sugar consumption in the United States is that "we have been eating like this for years and I

turned out fine." While part of that statement is true, we have to look at the wide array of health implications due to the increase of added sugars found within our foods. The increased consumption of sugar in America has not only affected the waistline of our children but their behaviors as well. According to the Euromonitor's study, an average adult in the United States consumes over 126 grams of sugar per day, an extraordinarily significant increase from the rate prior to 1989, which was approximately 38 grams.

According to the article, "Beverage patterns and trends among school-aged children in the US" in the Nutritional Journal, "one soda a day increases a child's chance of obesity by 60%." The evidence is overwhelming when we look at the link between obesity and the consumption of sweetened beverages, such as soft drinks, energy drinks, sweet teas, and sports drinks. Beyond the link of sugar and obesity we must also look into the direct health threats that sugar brings to the body.

The list seems to only get longer and more terrifying the more we look at it. Sugar damages your liver, causes fat to build up between organs, fools the body into turning off its appetite control system, leads to high blood pressure, high blood sugar levels (which lead to diabetes and insulin resistance), increases uric acid levels, dyslipidemia, depresses immune system function and increases inflammation. New research is showing that sugar feeds cancer cells, and is the number one contributor to many other chronic diseases. When it comes to the effect of sugar on mood and attention, the warning signs are just as dire. The roller coaster of blood sugar regulation malfunction caused by overconsumption leads to depression, worsens anxiety symptoms, and compromises cognitive abilities that children need to learn and focus.

It is because of these various health implications that Dr. Jason Bradley ND, DC, DSc, PScD, CN, DABAAHP, MA of EPIC Functional Medicine Center recommends to all of his clients, regardless of age, to keep their combined sugar and fructose consumption below 24 grams per day. He has seen within his clinic over the last decade the reversal of insulin resistance, weight loss, and stabilized mood in as little of three weeks with lifestyle adjustments. The impact that this recommendation has had on his clients has been astounding.

With so much information available to policy makers, parents, caregivers and educators, it is unbelievable that we are still struggling with what to do about these chronic disease epidemics. A simple lifestyle shift is needed across the nation. It is vital that we go back to a balanced diet of real fruits, vegetables and proteins and steer clear of processed foods. The key to changing the dietary lifestyle within the United States is teaching children and their parents how to read nutrition labels, count their daily sugar load and find healthy alternatives. EPIC Functional Medicine Center teaches their clients steps in which they often refer to the allowed sugar amount as a “bank” that clients can “spend” from. Clients start every day with 24 grams in the bank. For instance, if they eat plain vanilla yogurt for breakfast they have used 9 grams. Whereas if they have a typical bowl of cereal for breakfast, Honey Bunches of Oats, they will spend 12 grams. When you read the labels, the bank can dry up pretty quickly.

EPIC Functional Medicine Center believes that education is the foundation to having lifelong success with lifestyle changes. All of their classes are held within their clinic located in the old train depot at 113 Wright Street. All of their classes including Nutrition for a Lifetime are taught by their highly qualified staff under the direction of Dr. Jason Bradley ND, DC, DSc, PScD, CN, DABAAHP, MA.

EPIC Functional Medicine Center's curriculum includes:

- GI Health & Physiology—An intricate look at how the gastrointestinal track operates and how to heal and maintain its health.
- Nutrition for a Lifetime—A hands on guide of how to provide your body with the proper phytonutrients, protein, fats and fibers, along with nutrition label reading and how to avoid hidden toxins.
- Stress Management—A deeper look into the physiology of stress and how to manage it.
- Hormone Health and Balance—EPIC looks at the top three hormones you need to keep in balance to maintain optimal health.
- Movement Therapy—Exercise strategies and easy implementation for all bodies!
- Laboratory Testing Benefits—Which routine laboratory testing and how frequently for an optimal life.
- Putting It All Together—A Lifestyle Medicine approach to healthy aging.

For more information on how EPIC Functional Medicine Center can assist you on your path to optimal wellness or for class information, please contact them at 319.400.8263 or by emailing info@epicfmc.com

Citations:

1. Fredman, Roberto. “Where people around the world eat the most sugar and fat.” WashingtonPost.com. Washington Post, 5 February 2015.
2. Lasater G1, Piernas C, Popkin BM. “Beverage patterns and trends among school-aged children in the US, 1989-2008.” Nutritional Journal 2011 Oct 2. Pubmed.gov. Web. June 2, 2016

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GETTING FANNIES IN THE SEATS

The Bunyadi opened in London in June for a three-month run as the world's newest nude-dining experience, and now has a reservation waiting list of 40,000 (since it only seats 42). Besides the nakedness, the Bunyadi creates "true liberation" (said its founder) by serving only food "from nature," cooked over fire (no electricity). Waiters are nude, as well, except for minimal concessions to seated diners addressing standing servers. The restaurant provides some sort of derriere-cover for sitting, and require diners to check their cellphones at the door.

CULTURAL DIVERSITY

Milwaukee's WITI-TV, in an on-the-scene report from Loretta, Wisconsin (in the state's northwest backwoods), in May, described the town's baffling fascination with "Wood Tick Racing," held annually, provided someone finds enough wood ticks to place in a circle so that townspeople can wager on which one hops out first. The races began 37 years ago, and this year "Howard" was declared the winner. (According to the organizers, at the end of the day, all contestants, except Howard, were to be smashed with a mallet.)

GOVERNMENT IN ACTION

The Department of Veterans Affairs revealed in May that, between 2007 and last year, nearly 25,000 vets examined for traumatic brain injury at 40 VA facilities were not seen by medical personnel qualified to render the diagnosis which may account for the result that, according to veterans' activists, very few of them were ever referred for treatment. (TBI, of course, is the "signature wound" of the wars in Iraq and Afghanistan.)

THE ENTREPRENEURIAL SPIRIT!

Basking in its "record high" in venture-capital funding, the Chinese Jiedaibao website put its business model into practice recently: facilitating offers of "jumbo" personal loans (two to five times the normal limit) to female students who submit nude photos. The student agrees that if the loan is not repaid on time (at exorbitant interest rates), the lender can release the photos online. (The business has been heavily criticized, but the company's headquarters said the privately negotiated contracts are beyond its control.)

AWESOME!

• For the last 17 months, Stan Larkin, of Ypsilanti, Michigan, has gone about his business (even playing pickup basketball) without a functional heart in his body, carrying around in a backpack the "organ" that pumps his blood. Larkin, 25, was born with a dangerous heart arrhythmia, and was kept alive for a while with a defibrillator and then by hooking him up to a washing-machine-sized heart pump, leaving him barely mobil. But then came the miraculous SynCardia Freedom Total Artificial Heart, weighing 13 pounds and improving Larkin's quality of life as he endured the almost-untimely wait for a heart transplant (which he finally received in May). (An average of 22 people die daily awaiting organ transplants in the U.S.)

• An ordinary green tree frog recently injured in a "lawn-mowing accident" in Australia's Outback was flown about 600 miles from Mount Isa to the Cairns Frog Hospital. CFH president Deborah Pergolotti spoke despairingly to Australian Broadcasting Corp. News in June about how society underregards the poor frogs when it comes to rescue and rehab suggesting that "there's almost a glass ceiling" between them and the cuter animals.

• News You Can Use: When they were starting out, the band Guns N' Roses practiced and "lived" in a storage unit in Los Angeles, according to a book-review essay in the May 2016 *Harper's Magazine*, and "became resourceful," wrote the essayist. Wrote bass player Duff McKagan in one of the books reviewed: "You could get dirt-cheap antibiotics intended for use in aquariums at pet stores. Turned out tetracycline wasn't just good for tail rot and gill disease. It also did great with syphilis."

PERSPECTIVE

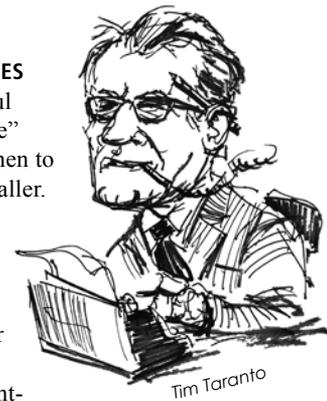
News updates from Kim Jong Un's North Korea: In March, a South Korean ecology organization reported that the traditional winter migration of vultures from China was, unusually, skipping over North Korea, headed directly for the South apparently because of the paucity of animal corpses (according to reports, a major food source for millions of North Koreans). And in June, the Global Nutrition Report (which criticized the U.S. and 13 other countries for alarming obesity rates) praised North Korea for its "progress" in having fewer adults with "body mass index" over 30).

RECURRING THEMES

• The super-painful "Iizarov procedure" enables petite women to make themselves taller. (A surgeon breaks bones in the shins or thighs, then adjusts special leg braces four times daily that pull the bones slightly apart, awaiting them to slowly grow back and fuse together, usually taking at least six months. As News of the Weird reported in 2002, a 5-foot-tall woman, aiming for 5-4, gushed about "a better job, a better boyfriend...a better husband. It's a long-term investment." Now, India's "medical tourism" industry offers Iizarovs cut-rate but (according to a May dispatch in *The Guardian*) unregulated and, so far, not yet even taught in India's medical schools. Leading practitioner Dr. Amar Sarin of Delhi (who claims "hundreds" of successes) admits there's a "madness" to patients' dissatisfactions with the way they look.

• Least Competent Criminals: (1) Damian Shaw, 43, was sentenced in England's Chester Crown Court in June after an April raid revealed he had established a "sophisticated" cannabis-growing operation (160 plants) in a building about 50 yards from the front door of the Cheshire Police headquarters. (2) Northern Ireland's *Belfast Telegraph* reported in April that a man was hospitalized after throwing bricks at the front windows of a PIPS office (Public Initiative for Prevention of Suicide and Self Harm). As has happened to a few others in News of the Weird's reporting, he was injured by brick-bounceback, off the shatter-proof glass.

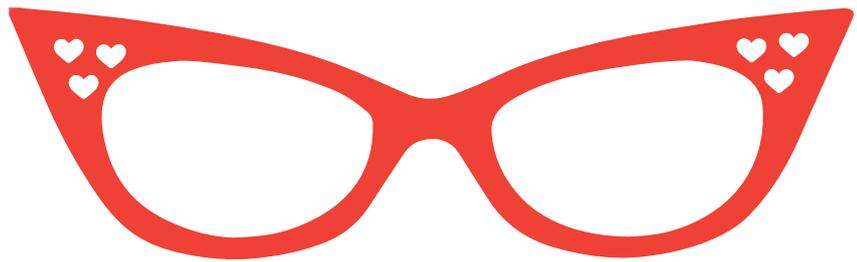
• No Longer Weird: Once again, this time around midnight in Redford Township, Michigan, in June, police surrounded a suspect's home and shut down the neighborhood for the next 11 hours, fired tear gas canisters through windows, and used a robot to scope out the inside and ultimately found that the house had been empty the whole time. (The domestic violence suspect is still at large.)



—Chuck Shepherd IV

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Dear Kiki,
 I have a best friend who I have remained close to for almost two decades, despite living halfway across the country from each other for most of that time. I love her with all of my heart, but her relationship with her husband is making me crazy! She has talked about leaving him so many times, but always finds a reason not to. He has lied, and cheated, and is terrible for her self-esteem and psychological well-being. I feel like staying with him is a monumentally Bad Choice, like cooking meth or advocating for Donald Trump. I want to be a good friend, and listen to her and support her, even in the choices I disagree with, but it hurts to hear her talk about going to counseling together, or giving him another chance when he's squandered so many. I know I can't change her mind or force her to leave, but it's driving me crazy, and I can't stand to be around him. What can I do to stop this situation from driving a wedge between us?

—Signed, Feeling Selfish

Hi Selfish,

As you pointed out, there is nothing you can do to stop this situation. To stop it from driving you and your friend apart, you will need to let go of what you think is the right move, accept her exactly where she's at and behave accordingly. Your friend has formed a legally, financially and spiritually binding contract with a total schmuck, and she's going to have to either keep living with it or dig herself out of that steaming pile herself.

Why does your friend stay with her cheating, lying husband? One theory is that people with low self esteem and/or poor relationship modeling will tolerate all kinds of crap from their partner. Your girl may not believe she is worthy of a nice man who treats her well. She may be financially dependent on him. She may be crippling codependent and have no idea how to live as a single woman. She may want to honor her marriage contract despite his forays outside of it. She may love him for his other, less evident qualities and draw from an endless reserve of patience and forgiveness. She may hope he changes. She may be betting on a happy future together playing golf in Florida despite a rocky present.

We've all been there—looking on aghast as the people we love throw themselves like lemmings over the suicide cliff of a Bad Choice, but it's really your job to decide when

you've had enough. Whatever she's doing, whether it's meth, voting Trump or staying with her unfortunate choice of husband, your job as her friend is to be honest, caring, and a consistent source of love and support. If you can't do that, that's totally legit; perhaps you've outgrown the friendship, and it's time to move on. It's your choice to cut your losses and tell your friend you'll be waiting for her if and when she finally decides to leave her man (or get clean, or change her political views, or whatever mess she's making.)

You could also go looking for that limitless reserve of patience and forgiveness that your friend has found for her husband. I think that's what long-haul love might be. Every single person in the world sucks in some huge, glaring ways, yet there are people who love us no matter what kind of crap we pull. You may show your friend love by sticking around to support her, and find a way to let it drive you less nuts, or by demonstrating good boundaries and removing yourself from her life for now.

Your friend is tolerating a lot of crap from her husband. You love her. But is your love for her conditional on her love for him? That's the question, Selfish. How can you best love your friend exactly as she is right now: married to a schmuck? —xoxo, Kiki **lv**

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WHY HAVEN'T TABLOIDS BEEN SUED OUT OF BUSINESS?

I'm curious why tabloids haven't been sued out of existence. I do recall Carol Burnett getting a bit of remuneration for the heartache they caused her some years back, but surely there can't be so much apathy that celebrities will permit almost anything to be said about their lives. Maybe it's a subtle form of blackmail: "At least if they say I'm in rehab, they aren't exposing my extramarital affairs." —Baldur Bear

There are good reasons celebrities encounter difficulty getting a libel case against the press to stick, but let's note at the outset that currently the real action is in privacy violation. Silicon Valley, as we've recently discovered, is innovating the hell out of this arena. You probably saw the news that the media organization *Gawker* declared bankruptcy after fighting a series of lawsuits secretly funded by Peter Thiel, a tech gazillionaire with a grudge, his goal no less than to put *Gawker* out of business. After the knockout punch, a privacy suit over a Hulk Hogan sex tape resulting in a \$140 million judgement, observers fretted that Thiel had single-handedly opened up a new front against the free press: If you've got enough money, you don't need to prove libel or privacy violation in your own case (Thiel objected to being quasi-outed as gay in a 2007 *Gawker* piece). You just have to spend eight or nine years burying your nemesis in other people's cases until you find one with enough merit to put 'em out of their misery.

OK, so this might be a little breathless. Who knows? Maybe all the public opprobrium will shame these billionaires into behaving. (Ha ha.) But Thiel's covert tactics reflect the robust good health of press-protection laws in the United States. Thiel might not have won a privacy case, since his orientation was already an open secret, and he couldn't have won a libel case because *Gawker* would've argued the piece they published was true. But even if it hadn't been, that hardly would've mattered. Thiel's a "public figure"—part of a special, less-protected class as far as libel law is concerned. Put plainly,



if you're the editor of the *National Enquirer*, you can print significantly nastier stuff about somebody famous than you can about, say, the school-teacher next door. Public figures are still at an advantage relative to "public officials"—i.e., elected representatives—but not as likely to succeed in a libel case as "limited-purpose public figures," folks who've been thrust temporarily into the public eye—witnesses to a high-profile murder, for instance.

In order to win a libel suit against a news organization, public figures have to demonstrate that the offending party acted with "actual malice," which is not a Tom Clancy novel but rather a standard set by the Supreme Court's 1964 decision in *New York Times v. Sullivan*: they must show that the defendant knew for sure that the offending information was false, and published it anyway. Mind-reading being notoriously difficult, this sets a pretty high bar.

Not that there haven't been conspicuous celebrity wins. As you mention, in 1976 Carol Burnett went after the *Enquirer* for implying she'd been obstreperously drunk in public, despite sources' reports to the contrary. (A distinction to keep in mind: we're talking here about tabloids that traffic in salacious gossip, rather than those that print obviously absurd "Miranda Lambert Impregnated by Aliens!"-type material; any celebrity who'd sue over that stuff needs their head examined.) Drawing upon her considerable resolve and resources, Burnett prevailed in court and finally settled. Her success launched what the *Atlantic* calls the "modern era of tabloid litigation," wherein other slighted celebs were emboldened to fight back. In response, the tabs lawyered up to the nines. House counsel now put their eyes on everything at the major tabloids; one former *Enquirer* staffer has said that two attorneys there look at each piece, and not in some toothless advisory capacity—if they say kill it, it gets killed. These aren't strip-mall sleazebags, either. For instance, it was David Kendall, one of Bill Clinton's lawyers during various '90s scandals, who had earlier green-lighted an *Enquirer* story headlined "Liberace's Secret Battle with AIDS." (I guess I'm not making a particularly strong case here that the guy's not a sleazebag. He is, however, a very well-regarded one.)

If an article that makes it to print does ruffle any serious feathers, the tabs' significant legal manpower gives them the option of dragging a case out forever; and, by suing, celebrities expose themselves to the discovery process, during which—as you correctly suggest—they might be required to cough up personal information they'd really rather not.

Altogether, such factors make it both tedious and legally difficult for celebrities to win a media libel case. The *Sullivan* standard, by the way, means the U.S. is pretty much sui generis when it comes to libel law, at least until President Trump takes office. "I'm going to open up our libel laws so when they write purposely negative and horrible and false articles, we can sue them and win lots of money," promised the Donald. The short-finger jokes seem like they're really starting to get to him. ■

—Cecil Adams

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SUMMER of the ARTS

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CANCER (June 21–July 22): **CANCER** (June 21–July 22): As I gaze into my crystal ball and invoke a vision of your near future, I find you communing with elemental energies that are almost beyond your power to control. But I'm not worried, because I also see that the spirit of fun is keeping you safe and protected. Your playful strength is fully unfurled, ensuring that love always trumps chaos. This is a dream come true: You have a joyous confidence as you explore and experiment with the Great Unknown, trusting in your fluidic intuition to guide you.

LEO (July 23–Aug. 22): "You can only go halfway into the darkest forest," says a Chinese proverb. "Then you are coming out the other side." You will soon reach that midpoint, Leo. You may not recognize how far you have already come, so it's a good thing I'm here to give you a heads-up. Keep the faith! Now here's another clue: As you have wandered through the dark forest, you've been learning practical lessons that will come in handy during the phase of your journey that will begin after your birthday.

VIRGO (Aug. 23–Sept. 22): My devoted contingent of private detectives, intelligence agents and psychic sleuths is constantly wandering the globe gathering data for me to use in creating your horoscopes. In recent days, they have reported that many of you Virgos are seeking expansive visions and mulling long-term decisions. Your tribe seems unusually relaxed about the future, and is eager to be emancipated from shrunken possibilities. Crucial in this wonderful development has been an inclination to stop obsessing on small details and avoid being distracted by transient concerns. Hallelujah! Keep up the good work. Think BIG! BIGGER! BIGGEST!

LIBRA (Sept. 23–Oct. 22): After years of painstaking research, the psychic surgeons at the Beauty and Truth Lab have finally perfected the art and science of Zodiac Makeovers. Using a patented technique known as Mythic Gene Engineering, they are able to transplant the planets of your horoscope into different signs and astrological houses from the ones you were born with. Let's say your natal Jupiter suffers from an uncongenial aspect with your Moon. The psychic surgeons cut and splice according to your specifications, enabling you to be recoded with the destiny you desire. Unfortunately, the cost of this pioneering technology is still prohibitive for most people. But here's the good news, Libra: In the coming months, you will have an unprecedented power to reconfigure your life's path using other, less expensive, purely natural means.

SCORPIO (Oct. 23–Nov. 21): In high school I was a good athlete with a promising future as a baseball player. But my aspirations were aborted in sophomore year when the coach banished me from the team. My haircut and wardrobe were too weird, he said. I may have been a skillful shortstop, but my edgy politics made him nervous and mad. At the time I was devastated by his expulsion. Playing baseball was my passion. But in retrospect I was grateful. The coach effectively ended my career as a jock, steering me toward my true callings: poetry and music and astrology. I invite you to identify a comparable twist in your own destiny, Scorpio. What unexpected blessings came your way through a seeming adversary? The time is ripe to lift those blessings to the next level.

SAGITTARIUS (Nov. 22–Dec. 21): Do you remember that turning point when you came to a fork in the road of your destiny at a moment when your personal power wasn't strong? And do you recall how you couldn't muster the potency to make the most courageous choice, but instead headed in the direction that seemed easier? Well, here's some intriguing news: Your journey has delivered you, via a convoluted route, to a place not too far from that original fork in the road. It's possible you could return there and revisit the options—which are now more mature and meaningful—with greater authority. Trust your exuberance.

CAPRICORN (Dec. 22–Jan. 19): I love writing horoscopes for you. Your interest in my insights spurs my creativity and makes me smarter. As I search for the inspiration you need next, I have to continually reinvent my approach to finding the truth. The theories I had about your destiny last month may not be applicable this month. My devotion to following your ever-shifting story keeps me enjoyably off-balance, propelling me free of habit and predictability. I'm grateful for your influence on me! Now I suggest that you compose a few thank-you notes similar to the one I've written here. Address them to the people in your life who move you and feed you and transform you the best.

AQUARIUS (Jan. 20–Feb. 18): After an Illinois man's wife whacked him in the neck with a hatchet, he didn't hold a grudge. Just the opposite. Speaking from a hospital room while recovering from his life-threatening wound, Thomas Deas testified that he still loved his attacker, and hoped they could reconcile. Is this admirable or pathetic? I'll go with pathetic. Forgiving one's allies and loved ones for their mistakes is wise, but allowing and enabling their maliciousness and abuse should be taboo. Keep that standard in mind during the coming weeks, Aquarius. People close to you may engage in behavior that lacks full integrity. Be compassionate but tough-minded in your response.

PISCES (Feb. 19–March 20): Can water run uphill? Not usually. But there's an eccentric magic circulating in your vicinity, and it could generate phenomena that are comparable to water running uphill. I wouldn't be surprised, either, to see the equivalent of stars coming out in the daytime. Or a mountain moving out of your way. Or the trees whispering an oracle exactly when you need it. Be alert for anomalous blessings, Pisces. They may be so different from what you think is possible that they could be hard to recognize.

ARIES (March 21–April 19): *Events in the coming week may trick your mind and tweak your heart. They might mess with your messiah complex and wreak havoc on your habits. But I bet they will also energize your muses and add melodic magic to your mysteries. They will slow you down in such a way as to speed up your evolution, and spin you in circles with such lyrical grace that you may become delightfully clear-headed. Will you howl and moan? Probably, but more likely out of poignant joy than from angst and anguish. Might you be knocked off course? Perhaps, but by a good influence, not a bad one.*

TAURUS (April 20–May 20): In the book *A Survival Guide to the Stress of Organizational Change*, the authors tell you how to raise your stress levels. Assume that others are responsible for lowering your stress levels, they say. Resolve not to change anything about yourself. Hold on to everything in your life that's expendable. Fear the future. Get embroiled in trivial battles. Try to win new games as you play by old rules. Luckily, the authors also offer suggestions on how to reduce your stress. Get good sleep, they advise. Exercise regularly. Don't drink too much caffeine. Feel lots of gratitude. Clearly define a few strong personal goals, and let go of lesser wishes. Practice forgiveness and optimism. Talk to yourself with kindness. Got all that, Taurus? It's an excellent place to start as you formulate your strategy for the second half of 2016.

GEMINI (May 21–June 20): Normally I'm skeptical about miraculous elixirs and sudden cures and stupendous breakthroughs. I avoid fantasizing about a "silver bullet" that can simply and rapidly repair an entrenched problem. But I'm setting aside my caution as I evaluate your prospects for the coming months. While I don't believe that a sweeping transformation is guaranteed, I suspect it's far more likely than usual. I suggest you open your mind to it. —Rob Brezney IV



MAIDS

These Days EP

www.thisismaids.com

Danny Heggen and Mickey Davis are the Des Moines electronic pop band MAIDS. They’ve been collaborating since 2012 on singles and some inspired remixes for bands including Iowa artists Land of Blood and Sunshine and the Envy Corps. MAIDS latest release, a 5-track EP titled *These Days*, serves as a bridge between their two fantastic singles from 2014 and 2015 (“Do This Better” and the New Order-ish “Bandits”) and the remaining three tracks will be included on their upcoming debut album, which will be co-produced by St. Lucia’s Ross Clark.

MAIDS refers to their style of music as “Midwest Disco,” which is a cute, if unhelpful, name for their particular take on electronic pop. While they may be regionally land-locked, their songs stand up against many recent Top 40 bands in the Electronic Pop genre—think: Capital Cities, Daft Punk, MGMT, The Weeknd, Calvin Harris, Empire of the Sun.

But, beyond that, MAIDS brings something to the electropop table largely missing from those bands: a sense of humanity and vulnerability that recalls the first great wave of synthpop in the ’80s. Heggen’s vocals convey that reaching desire that bands like Pet Shop Boys and Spandau Ballet had, and which ultimately is what makes songs universal and timeless.

The EP wraps up with “Takes A Little Magic”—a circular song which builds over a simple beat and instrumental that pushes Heggen to the fore singing “Come on and let me see ya, let me feel it from you. I can’t wait.” The repeating and building creates anticipation for the eventual resolution of the chorus at 3:24, which takes the song to the

close—a much more tasteful use of build and release than the meatheaded dubstep “bass drop.”

MAIDS are heading to the studio soon to work on their upcoming full album of their take on electropop. *These Days* These gives

while blowing right past it.

From the first bars of the opening track, the listener feels transported—this is without doubt a classic soul album—but the heat of a more modern influence makes its presence known, most prominently on the three song

...a sense of humanity and vulnerability that recalls the first great wave of synthpop in the ’80s.

us something to tide us over until that comes out, and something we can add to our summer playlists for impromptu midwestern discos wherever we are.

—Mike Roeder



THE MAYTAGS

Love Lines

www.themaytags.com

Seven-piece Des Moines band The Maytags continues their rise to the top of the modern soul scene with their full-length debut, *Love Lines*, out July 1. Frontman Dustin Smith told me in February that, when recording all in analog (as this album was done) there’s “no excuse not to have your shit together.” The results of this mentality are as evident on *Love Lines* as they were on their EP *Nova* last year. This band is slick and tight, locked together by invaluable drumming, and led with laser focus by vocals that honor what’s gone before even

set, Suite for Green Eyes (“Abused,” “Love Lines” and “Street Clothes”). Here, you can hear echoes of the funk-influenced G. Love and Special Sauce, and even some hints of the tricks that Beck was playing on the genre in the late ’90s.

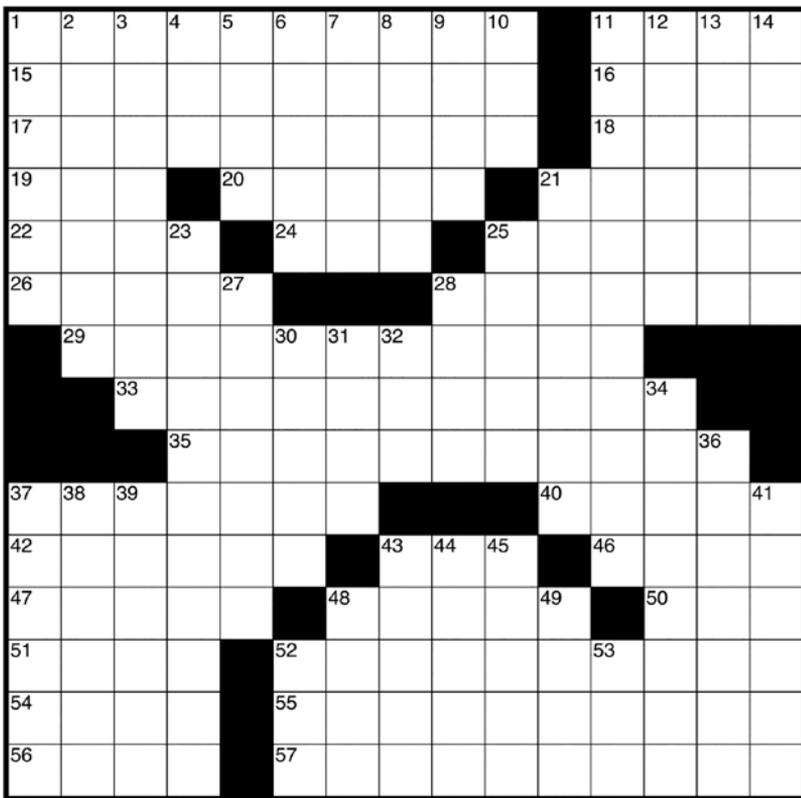
On each listen, a different song becomes a favorite track. The obvious single, “Marry Ya,” slid in at the standard slot at track 3, is the immediate attention grabber, with its showcase melodic horn lines. The ’60s-influenced, Temptations-esque “Call Me,” however, is a slower burn. Hidden away at track 7, it sneaks up on you, rolling in subtly after the showier “Street Clothes.” The vocals, and especially the lyrics, have a stronger sense of place on this tune than on some of the others, but it’s also one of the more layered tracks on the whole; finding a new line buried on a subsequent listen is like striking gold every time.

The entire album benefits from multiple listenings. Throw it on repeat—it’s solid and flexible enough to serve as a backdrop to any activity (although fair warning: You might accidentally start dancing at your desk). But be sure to listen to it at least a few times through at full volume, with full attention. Some of its best features, like the fantastic backing vocals, can get lost if you don’t let it take over the room. *Love Lines* is a debut that is full of promises—and I can’t wait to see how the Maytags fulfill them.

—Genevieve Heinrich **IV**

SUBMIT ALBUMS FOR REVIEW

**LITTLE VILLAGE
623 S DUBUQUE ST, IOWA CITY**



57. Yellow-orange Japanese fruits

DOWN

- 1. Senat concerns
- 2. A fog or a geyser steam, e.g.
- 3. Events in front yards, often
- 4. Google's modular (and palindromically named) cell phone project
- 5. They're game
- 6. Wrap up by
- 7. Playground defense
- 8. Hearing, e.g.
- 9. Epic starring a blond Brad Pitt
- 10. 2000s Chevy convertible that probably wouldn't have had the same name before the Berlin Wall fell
- 11. Gets down and dirty (literally)
- 12. Place with colonies
- 13. Shot stopper
- 14. Sounds, say
- 21. In a moist way
- 23. Damask or Queen Elizabeth locales
- 25. Ignorant admission, casually
- 27. Brilliant, in a way
- 28. Seat of justice
- 30. Daily tabloid show formerly cohosted by Ryan Seacrest
- 31. South Korea's first president
- 32. Blacklist
- 34. Japanese commander-in-chief during Pearl Harbor

ACROSS

- 1. Modern bank jobs
- 11. Balthazar's group
- 15. Crashes caused by quick stops
- 16. Conversant in
- 17. One with a heart on their license
- 18. ___ down
- 19. ___ 9.3.2 (recent upgrade)
- 20. Known to throw shade
- 21. Low marshy tract
- 22. Alexander or Nicholas
- 24. ___ touch (hamstring stretch)
- 25. Surname in a Dickens satire
- 26. Page shredding opportunities?
- 28. Awe-struck orbs
- 29. Rock critic famous for the obituary "Where Were You When Elvis Died?" (1977)
- 33. Big name in conservative talk
- 35. Like environmentalists, professionally
- 37. Pompous pronoun
- 40. Aden's home
- 42. Arcade units
- 43. Seasonal sprite
- 46. Tapioca lookalike
- 47. "Cheers" actor who was also in "Spice World"
- 48. Make cornrows, e.g.
- 50. Lots of G's
- 51. Sommer of cinema
- 52. Keep saying and saying and saying
- 54. Dale
- 55. Gets trashed
- 56. The La's 1988 hit "There She ___"



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