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ISSUE 217 MAR. 15- APR. 4, 2017

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# LITTLE VILLAGE



WATER AND POLITICS  
IN IOWA

YOUNGER p. 20

MARGARET CHO p. 22

ANDREW BIRD p. 26

# JESSICA LANG DANCE

Thursday, March 23, 2017, 7:30 pm

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# LITTLE VILLAGE

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**MAR. 15- APR. 4, 2017**

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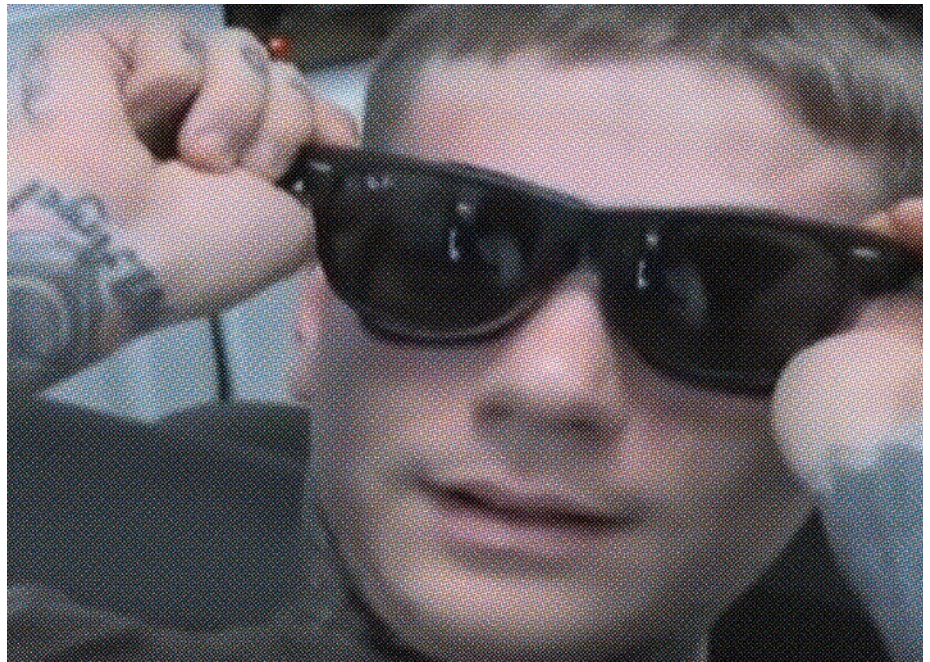
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Video still via Ray-Ban Films

## 8 Murky Water

Iowa's "fields of opportunity" cause concerning amounts of runoff.

LAUREN SHOTWELL

## 18 The Right Fit

A viral sensation settles back into Iowa City life.

MATTHEW STEELE



**Dirty Water**  
Photo by Zak Neumann

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## WHAT'S NEXT

WITH SIGNS OF SPRING—or at least teases of warmer weather to come and the annual emptying out of Iowa City for spring break—thoughts turn to rejuvenation, revitalization and the next generation. Just in time, too. We all could use a break.

In this issue, we talk with a local underground fixture, who returns to his Iowa City roots to welcome a new generation with lessons learned and a bit of internet fame.

Prairie Pop sits down with Iowa City's Younger, whose family-like ties have given them freedom to experiment as they welcome their own next generation and toy with new songs in preparation for the Mission Creek Festival.

Also in this issue, Margaret Cho—who performs April 6 at Mission Creek—speaks about the interplay of comedy and politics and her hopes for the next generation of Asian American women in comedy.

Ahead of his April 4 Mission Creek performance, Andrew Bird talks about reimagining his performances to suit each venue and rethinking his music in a new political era.

And, since this is Iowa and we are never far away from a corn or soy field, we take a look at the water will be flowing through our landscape this spring and how it is impacted by the agriculture that fuels our economy—potentially affecting generations to come.

Here at *Little Village*, these chirpings of spring have us looking toward the future and a new generation as well. We hope that warmth and regeneration can bring you inspiration, as the world begins to wake.

—LV Editors

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## Cho 'Nuff

With great comedy comes great responsibility.

KATIE PROUT

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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](mailto: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](mailto:lv@littlevillagemag.com). To browse back issues, visit us at 623 S. Dubuque Street, Iowa City, or online at [issuu.com/littlevillage](http://issuu.com/littlevillage).

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## A Bird in the Hancher

The versatile musician echolocates his way to Mission Creek.

DANIEL BOSCALJON

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**This week in political activism**

“Thank you for compiling this really helpful calendar! I’d love to see an “Activist” section added to the weekly events for LV print edition, too.”

—Colleen Kennedy

**University of Iowa reverses course, decides to reinstate scholarships**

“Bruce is a horrible businessman. Lol. His resume proves it.” —Jenny J. Arnold

**Iowa City school board moves to increase support for immigrant students and families**

“Call Storm Lake schools. They have years of experience—both good & bad, but they know the drill.” —Gail Hockom

**Top Chef: Downtown Iowa City wows the crowd at Hotel Vetro**

“Bluebird Diner is the best experience in Iowa City! It is a memorable meal at one of the best diners!” —Karen Trahan Franklin

**Letter to the editor: Too many chances for Trump**

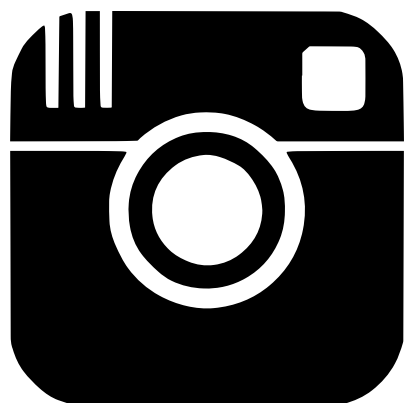
“Lock him up!” —George Steven B

**Public hearing on water utility legislation drew a crowd**

“It is so great to see the crowds these days.” —Scott Drago



Sam Locke Ward



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**BON APPETIT**

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Dear Editor,

I was picking up passengers at the Cedar Rapids airport. While I was waiting for their flight to land, I read a copy of your magazine, *Little Village*. On page six in Letters to the Editor, Steven Vosatka asked why Hancher Auditorium does not accept cash. [Aaron Hill, the Hancher food service supervisor,] offered this response: "Student employees did not have prior cash handling experience and some were struggling with the required training."

I have to ask, what are we teaching in school, kindergarten through high school? It seems to me that it certainly isn't simple mathematics, addition and subtraction. And by the way, do you know that on every federal reserve note it states, "This note is legal tender, for all debts, public and private?"

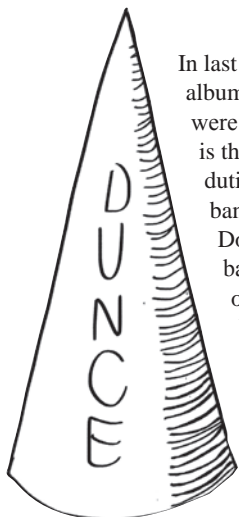
My question is, if I show up at Hancher with just cash, am I to be turned away? If that happens, I will want to speak to someone who is a manager or owner.

As to the argument of dirty money and staff shortages. I agree, money is dirty. But in my world, cash is king and [there is] no excuse for staff that can't add or subtract. As to staff shortages, it sounds like you need to hire a full time cashier and pay them a decent wage. Doesn't it go back to the saying, "You get what you pay for?"

*Thank you, Kurt Neyens*

CORRECTIONS

In last issue's Beyond Peace album review, band roles were misidentified. Joe Milk is the drummer. Songwriting duties are shared by the band, which also includes Donald Halbmaier on bass, James Fullerton on vocals and Oliver Weilein on guitar. We regret this error.



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## THIS MODERN WORLD

by TOM TOMORROW

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PUNDITS ARE BESIDE THEMSELVES. THIS WAS THE MOMENT BABY-MAN TRULY BECAME PRESIDENT!

IT'S THE LONG-AWAITED PIVOT AT LAST! HURRAH! NOW EVERYTHING WILL BE NORMAL AGAIN!



BUT A FEW SHORT DAYS LATER... IT'S NOT FAIR, UNCLE VLAD! EVERYONE WAS TALKING ABOUT MY GREAT SPEECH--UNTIL THAT FAKE NEWS ABOUT JEFF SESSIONS CAME OUT!

DO NOT FRET, TRUMPOCHKA! THE IMPORTANT THING IS TO REMAIN CALM AND RESOLUTE-- I'M GOING TO TWEET ABOUT OBAMA WIRE-TAPPING ME! ALSO ARNOLD'S RATINGS!



# Farm to Stream

Can Iowans find common ground in dealing with water quality?

BY LAUREN SHOTWELL

Iowa may be the home of “fields of opportunity,” but those fields are often draining directly into an extensive system of underground tiles and then into streams and rivers, creating a costly problem for drinking water treatment plants and for others interested in maintaining clean waterways. Although Iowa politicians, including Iowa Gov. Terry Branstad, have pointed to Iowa’s water quality as a key issue, critics say progress is too slow and current efforts don’t go far enough.

Many of the products applied to fields—including pesticides, manure and chemical fertilizers high in nitrogen—can be swept off of fields and into streams as runoff. And, for the most part, this runoff isn’t regulated or monitored.

Once it reaches a drinking water utility, nitrogen has to be cleaned out of drinking water because it can present a danger to infants known as blue baby syndrome. Recent studies have also shown possible connections between exposure to high nitrates and cancer.

At the start of the legislative session, both Republicans and Democrats spoke about their goals to improve water quality. In his opening speech on Jan. 9, House Majority Leader Chris Hagenow (R-Windsor Heights) called improving Iowa’s water quality “one of the great challenges we face.” He proposed continuing to build on a bill that passed the Iowa House last year that would have provided funding for water quality initiatives.

That legislation has been revived this year with bills in both the Iowa House and Senate—House File 538 and Senate File 482. As of printing, HF 538 has been referred to the Ways and Means committee (March 7) and SF 482 is in an appropriations subcommittee (March 9).

Critics say the bills don’t go far enough to require monitoring or metrics that would help

measure the impact of funded projects. The proposed legislation also doesn’t create a new source of funding, but instead shifts funds that would have been used on infrastructure projects and draws from water bill sales taxes that Iowans are already paying.

“If you are going to say you want to get serious about water quality, you need to put money towards it and you can’t do that by taking money away from other budget areas,” said David Osterberg, co-founder of Iowa Policy Project and a professor in the University of Iowa Department of Occupational and Environmental Health.

**“I can show you great farmers. That’s not the point. The point is how do you get the bad actors involved.”**

**—David Osterberg**

Requiring farmers to take on conservation measures is more or less anathema in the statehouse. But Osterberg said that without requirements, the legislation will only reach the same group of farmers who are already using conservation practices and not the wide swath that would be needed to start making a dent in Iowa’s water quality issues. And, without monitoring, it’s hard to understand how beneficial funded projects are.

## Voluntary efforts

In the debate swirling around Iowa’s water quality, the question of regulations and whether farmers should be required to control what is flowing off of fields is one sure to raise hackles. The 2015 lawsuit by the Des Moines Water Works against three

rural Iowa counties brought many of these tensions to the surface. The lawsuit cited the high cost of nitrate removal and sought damages from the water districts in the counties. (For reference: In 2015, the water works ran its nitrate removal facility for a record 177 days at a cost of more than \$1.5 million.) The Iowa Supreme Court ruled in January that the districts could not be held responsible for damages, but the rest of the lawsuit will move forward and is set for trial in June. The suit riled many farmers, who see themselves as stewards of the land and argue that voluntary efforts, like cost-share programs, should be given time to work.

Last year, over \$325 million in state and federal funds went to programs with water quality benefits, according to the Iowa Water Quality Initiative. The initiative was created in 2013 to help carry out the Nutrient Reduction Strategy, which is aimed at reducing the nitrogen and phosphorus leaching into Iowa waters by 45 percent.

As part of the Water Quality Initiative’s cost-share program, farmers can sign up for funding to support water quality efforts, such as cover crops and no-till initiatives. Cover crops—which grow during times when the

soil would usually be barren—and practices such as no-till—where most of the soil is left covered with crop residue—can reduce soil erosion and nitrate and phosphate loss.

Over 1,900 farmers signed up for funding last year, mostly for cover crops. The program reported that 80 percent of the cover crop applicants said they planned to continue using cover crops in the future.

But, as Osterberg likes to point out, the issue is that Iowa’s agriculture is vast, and although many farmers are taking up voluntary conservation methods many more aren’t. Those farmers continue impacting Iowa’s water.

“I can show you great farmers. That’s not the point. The point is how do you get the bad actors involved,” Osterberg said.

Iowa has nearly 26 million acres in





Photos by Jordan Selligren

cropland, according to data from Iowa State University Extension and Outreach. The Water Quality Initiative showed about 150,000 acres using cover crops through its programs in its January report to the legislature and about 3,500 acres using either no-till or strip-till practices. As Osterberg noted, that's a big gap.

"No one even criticizes terrible actions, actions that you know are going to have an impact, such as fall tilling. If, first of all, you're not going to require anything and, second, you're not going to use moral suasion to influence farmers, then," he trailed off. "If voluntary efforts could work or not is a fair question. But, from what I have seen, I'm not

convinced."

His suggestion: requiring farmers to take on two out of a range of suggested best-practices, such as those put forward by the Iowa Soybean Association.

"People know how to do it," he said. "There are lots of good ideas. If people did more of those good ideas, we could solve this problem."

### A "slow-moving train"

**D**ata on pollutants, including nitrates, in Iowa streams shows that this isn't a new problem, according to Chris Jones, an adjunct associate professor and

research engineer at the University of Iowa's IIHR—Hydroscience & Engineering (formerly called the Iowa Institute of Hydraulic Research). Jones, who maintains a blog examining water quality, has researched nitrates in Iowa's waterways, as well as phosphorus and sediment loads.

Jones said that nitrates started to increase following World War II, with the emergence of chemical fertilizers, and then again in the 1960s, when farmers started abandoning traditional crop rotations in favor of soybeans and corn—row crops that can require significant inputs of fertilizer and other chemicals. Since the mid-80s, he said, nitrates have mostly plateaued—not getting significantly worse, but

## COMMUNITY

also not improving. He said nitrate loads in Iowa rivers are a “slow-moving train” and cautioned people against reading too much into brief improvements from one year to the next and instead focus on long-term data.

In the years to come, climate change doesn’t bode well for the future of Iowa’s waterways. Jones said warmer temperatures can speed up processes in the soil that allow nitrogen to leach out and warmer winters allow more water to flow through the ground, picking up nitrogen and carrying it to streams. Scientists also predict that Iowa will get wetter.

“The more rain we get, the more loss of nitrate to the streams that we will have,” Jones said. “Farmers are going to respond to wetter conditions by putting in more tile. The primary source of nitrate to our streams is tile, so we kind of have this triple whammy.”

Nutrient reduction efforts through programs like the Water Quality Initiative are a good start, but more needs to be done, he said.

“We know with a high degree of certainty that this corn-soy system is a leaky system,” Jones said. The tile system removes water as quickly as possible—and by removing the water, the nitrate, which is extremely soluble, is also removed. “The fundamentals of this system are really, really favorable to remove nitrate to our streams,” Jones added.

Switching up the crops that are grown to include things like alfalfa and oats could help take things a step further, but changing an industry that many Iowans rely on—from the farmers themselves to the equipment manufacturers and seed companies—won’t be easy.

Still, Jones said he remained optimistic.

“The last three to four years, the state has tried to confront this issue more aggressively than any time in the past 25 years,” Jones said. “There’s finally a recognition that what we’re doing right now—it’s probably not a good idea if we keep doing it forever. So I think there’s hope.” **lv**

*Lauren Shotwell is Little Village’s New Director.*

April 7, 2017  
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Rachel Marie-Crane Williams



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## Red Menace or Redneck? Russia, Race and Jeff Sessions

BY BAYNARD WOODS

Washington these days has the paranoid atmosphere of a John Le Carré novel, with whispers of shady Russian connections lingering in the air like stale cigarette smoke and old tweets. Existential dread is the dominant mood—not only the dread of nuclear annihilation, but also of continuing to exist under a regime so topsy-turvy it makes imagining what will happen tomorrow impossible. Everyone is overwhelmed, simultaneously addicted to the constant upswell of scandal and false hope of normalcy. We’ve all become spies.

I’ll admit I don’t know what to make of all of this Russia shit. Obviously the Trump people keep lying about it and should be investigated. But I’m not going to go full Louise Mensch or anything either.

Mensch, who was a conservative in the British Parliament, is among the most prominent Wolverines who think Putin murdered Andrew Breitbart and a group of North Carolina hackers are behind Anthony Weiner’s sexts. Mensch has made some solid points—reporting on a Foreign Intelligence Surveillance Act wiretap at Trump Tower before the election—but seems misguided in her belief that, any day now, “Trump is going down for obstruction of justice and it’s beautiful.”

I mean, it would be beautiful. I momentarily succumbed to the dream-like logic of thinking something had to give a couple weeks ago when Jeff Sessions announced a press conference to discuss the revelation that he had lied about two meetings with Russian ambassador Sergey Kislyak. And, for the briefest moment, everything I know gave way to the absurdity that press conferences matter and Sessions might actually tell the truth. So I decided to race across town to hear what he had to say.

Problem was, I had weed in my pocket and though it is legal in the District—for now—it is not legal on federal property, and Sessions is the one person in the country who still has a major hard-on for arresting people with pot.

*Fuck it*, I thought, as I hopped the train and raced downtown. I can stash it in a bush or something.

I dashed up out of the Metro station and started running the few blocks toward the

Department of Justice building, with the live-stream of the conference primed on my phone. Before I could get there, Sessions started talking.

At least I didn’t have to worry about the weed. I stood outside, right across from Trump International Hotel and watched Sessions on my phone. And somehow that moment—watching on my device as a man likely lied about lying across from the president’s hotel with something that is neither legal nor illegal in my pocket—seemed to embody all the contradictions of our world.

“I never had meetings with Russian operatives or Russian intermediaries about the Trump campaign. And the idea that I was part of a ‘continuing exchange of information’ during the campaign between Trump surrogates and intermediaries for the Russian government is totally false,” Sessions said.

After a few moments of this, I needed to smoke some of the weed and so retired to an undisclosed location.

Sessions’ Alabama accent, which sounds so familiar to me from growing up in the South, lingered in my mind. His red neck is at least as concerning as his connections with the red menace.

Sessions has made a career of stoking fear, and his policies amount to a war on black and brown people. “Inner city crime,” “terrorism,” “drugs” and “immigration” are all code words that allow him to attack African Americans, Muslims and Latinx people.

His Justice Department will likely ignore the epidemic of African Americans killed by police, and he is against consent decrees, legal agreements between the DOJ and local police departments with patterns and practices of abuse or constitutional violations intended to curb the unchecked power of local cops.

“I think there is concern that good police officers and good departments can be sued by the Department of Justice when you just have individuals within a department that have done wrong,” Sessions said in early January. “These lawsuits undermine the respect for police officers and create an impression that the entire department is not doing their work consistent with fidelity to law and fairness.”

In Baltimore—where the last consent decree under Obama’s DOJ was negotiated—on

the day after Sessions’ press conference, seven officers were indicted on federal racketeering charges after a long-running investigation. As if to disprove Sessions’ claim that “you just have individuals” doing wrong, a few days later the Baltimore police commissioner dissolved the entire plainclothes intelligence division of the department.

“During the course of our investigation, we received a large number of anecdotes specifically identifying plainclothes officers ... as particularly aggressive and unrestrained,” the DOJ report on policing in the city read, fueling the commissioner’s decision to eliminate this division.

The civil rights division of the DOJ has also typically investigated voter suppression. But given the Trump regime’s false claims of voter fraud, the division is more likely to turn its resources to trying to keep people from voting. Sessions has already dropped an objection to voting rights restrictions in Texas. When civil rights leaders met with him on March 7 and laid out their position on voting rights and police reform, according to Sherrilyn Ifill of the NAACP Legal Defense and Educational Fund, Sessions “listened respectfully and said that I was ‘articulate.’”

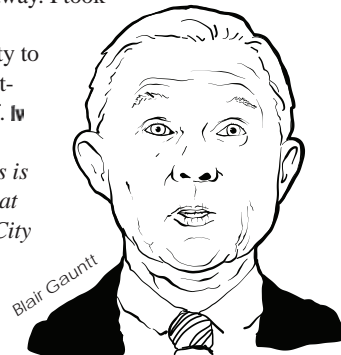
Sativa and Sessions are a bad combo. I needed a drink. At an Irish pub near the Capitol, I ended up on a stool beside Thomas Perez, the former Secretary of Labor and the newly elected chair of the Democratic National Committee. Perez had also served twice as assistant attorney general for civil rights. So I figured I’d ask him about Sessions.

“I think he should resign,” Perez said, a beer in hand. “I think he’s unfit to serve. I worked for the Justice Department three different tours of duty, and, as Jeff Sessions said in 1999 in the Bill Clinton impeachment hearing, ‘No one is above the law.’”

He walked away. I took a swig of beer.

“Isn’t it pretty to think so,” I muttered to myself. **lv**

*Baynard Woods is editor at large at the Baltimore City Paper.*



**MCF: Sci-Fi CoLab**  
 Motley Cow, Wednesday,  
 April 5 at 6 p.m.

Bread & Butter **Mission Creek**

# Meta-menus and Robots

For Mission Creek Festival 2017, Motley Cow presents a one-of-a-kind dining experience. The dinner will incorporate music, dance and a sci-fi storyline to explore philosophical questions about class struggle, the value of art and pain and the nature of humanity. The short story is being written for the event by poet Richard Siken, and is expected to evolve along with the menu until the moment it's performed.

"I was excited by the idea of having a different theme and direction to a project instead of just having a classic seasonal meal," Motley Cow chef/owner David Wieseneck said. "We thought we'd throw the formula into the garbage pail and try something

completely new."

Wieseneck welcomes guest chef Drew Burk, an editor at Spork Press, to the Motley Cow kitchen to help lead the culinary portion of the event.

"The audience present at the Cow will be engaging in a second-level remove with a meta-menu that itself is functioning as an edible metaphor," Burk said in an email. "I'll be bringing some desert with me, ingredients-wise and otherwise—the whole menu is going to be local, only some of that is gonna be local to Tucson."

The story includes a generous dose of humor and metaphor, which will be reflected in the five-course meal, without sacrificing deliciousness.



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Illustration by Jordan Sellergren

“The food will definitely look different. We’re developing the presentation and the concept of the food around the generation ship, and so classic aesthetics will be totally off,” said Wieseneck.

Burk explained that a generation ship—the setting for Siken’s story—is an interstellar craft whose passengers remain aboard for their entire lives, and never see the beginning or end points of their journey. Each course in the meal will represent an economic class on the ship.

“We’re starting with rudimentary vegetable-based foods, preserved foods, including Nepalese gundruk, kimchi, spaghetti squash and maybe bug protein,” said Wieseneck. “Towards the fourth course we’ll build up towards this meat-heavy, luxury beef element that’ll reflect the elite of the ship.”

Motley Cow manager and bartender Peter Kessler’s beverage pairings will develop with the food, probably beginning with a rough whiskey-based cocktail and beer and finishing with a high-end, perfectly-paired Bordeaux.

“Then we’ll experience a rebellion.

We’ll see what happens after the rebellion,” Wieseneck said.

Dancers will help tell the story and serve the meal, under the direction of University of Iowa associate professor of dance Eloy Barragán. The music will be “interstellar starship background noise, rhythmic engine sounds, hums of indeterminate function,” Burk said.

“It’s far from being a dinner. It’s a fully incorporated dinner artistic venture, and the food is just one element of this whole gathering,” said Wieseneck.

“I think of this in terms of—not a story about robots on a spaceship, but us as passengers on a spaceship with the robots, and this is a story we’re being told about ourselves ... jesters and seers trading jokes and parables for our edification and entertainment,” Burk said.

The meal will take place at 6 p.m. on Wednesday, April 5. Seating is limited for this one-time-only event, so call ahead (319) 688-9177 to reserve a spot. Ticket price is expected to be between \$65 and \$75. **lv**

—Eleanore Taft

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Hot Tin Roof is a program to showcase current literary work produced in Iowa City. The series is organized and juried by representatives of three IC-based cultural advocacy organizations: The Englert Theatre, Iowa City UNESCO City of Literature and Little Village magazine, with financial support from M.C. Ginsberg Objects of Art.



**Hot Tin Roof: March**

## That Snow Day

hibernates inside his heart  
 for more than a month before  
 cautiously emerging on a bitterly  
 cold January evening as he rests  
 his forehead against the upstairs  
 bedroom window & watches  
 those first hesitant snowflakes  
 falling, soft promises of a possible  
 blizzard coming overnight, sheets  
 of white to blanket roofs & streets,  
 the sidewalks & everything hinting  
 of the human so that, in the morning,  
 he wakes to an impossibly unfettered  
 freedom for one miraculous day  
 minus school books, pencils & row  
 after row of desks screwed down  
 on wooden skids all in linoleum-  
 block, regimented order, the day  
 ahead filled with adventure  
 with waxed cardboard sleds  
 & snow forts built on that hilly  
 knob, Mt. Peony, a quarter mile  
 down the road, an entirely un-  
 charted day of wonder that opens  
 with a maddened dash in his  
 pj's to all the windows as he glues  
 his nose to pane after frosted pane,  
 one luxuriously long day, un-  
 mapped hours of reckless,  
 carefree time stretching ahead,  
 a day that smiles as it returns to him  
 with that same aching anticipation from  
 the distance of more than half a century. lv

*Terry Savoie is a retired teacher living in Coralville. He has had more than three-hundred and fifty poems published in the past thirty-five years. These include 'The Iowa Review,' 'North American Review,' 'Poetry,' 'Ploughshares' and recent issues of 'Birmingham Poetry Review,' 'North Dakota Review' and 'America.'*

CLUB HANCHER



Photo: Steve J. Sherman

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### FREE READING BY KELLY LINK

Tuesday, April 4, 2017, 6-7 pm, Strauss Hall

Short story writer Kelly Link invites readers into the slipstream with stories of the fantastic. Link has collected a Hugo Award, three Nebula Awards, and a World Fantasy Award. Her most recent collection, *Get In Trouble*, was a finalist for the 2016 Pulitzer Prize. Step into the wondrous with one of today's most thrilling spinners of tales.

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Photo by Jordan Sellergren

## Ray-Ban Barber

Underground fixture Nick Jones returns to the Iowa City scene. • BY MATTHEW STEELE

**F**or observers of and participants in Iowa City's underground scene—hardcore shows put on in basements, DIY livin', zines and alt media being glued and stapled together in coffee shops, etc.—Nick Jones is a piece of local history. In the early 2000s he fronted the band Race to the Bottom and ran an epic house venue (Theta Beta Potata) on Lucas Street. More personally, in the early days of *Little Village*, upcoming issues were frequently discussed and debated at the Tobacco Bowl (now Forbidden Planet Pizza & Arcade), where Jones was among the baristas: open late-night, fueling our manic media rebellion.

A Cedar Rapids native, Jones moved to Iowa City after high school and became a fixture at several downtown landmarks, working stints at Ragstock, New Pioneer Food Co-op, the Tobacco Bowl and Buzz Salon. After a few years (and a few trips to the courthouse for Theta Beta Potata-related shenanigans), he moved to Los Angeles to—as he said over coffee at High Ground Cafe without a hint of irony—“get a little more serious.”

He worked at an Altru Apparel factory in downtown LA's Skid Row district. There, in the shadow of the American Apparel factory on Alameda and 7th Avenue, he made graphic tees to be sold to Urban Outfitters and

Nordstroms. “That sucked,” he said, adding that it was valuable to explore various aspects of the fashion industry, and also fun to ride the bus downtown (“They don't let you honk the horn, but you do get to meet LA's finest”), but being chased by hooded prostitutes and drug dealers and almost getting mugged daily was the last straw. “That was it. I knew hourly jobs were for the birds, and I had to do something.”

He tried apprenticing with a tattoo artist, fell into acting and modeling for commercials and, in the summer of 2009, was tapped by Ray-Ban to attempt a viral video—a hoax in which Jones would appear to be getting

glasses tattooed onto his face. The trick worked. The video on YouTube and the photo set on Flickr continue to get views and comments to this day, seven years after their 2010 release.

“Back then there was not a royalty system for online content, so no checks coming in or anything of that sort,” Jones said of the contract. “At the end of the day I made about \$125. So it goes.”

After reconnecting with another former Buzz Salon staff member in LA (stylist Shannon Miller), Jones got licensed at the now-defunct Form Academy, and started barbering at Refuge in Echo Park. “After knocking on enough doors, I finally

**Left: Nick Jones with his partner Jess and their child Henning at Squire Point. Below: The prank heard round the world.**

found the right fit,” he said. His talents earned him coveted chair positions at barbershops in Hollywood; Stockholm, Sweden; and Brooklyn, New York, where he got constant reminders of how famous his Ray-Ban video had become. “I had tourists stop me all the time and take their picture with me—they'd stop in the barbershop and say, ‘I just need my picture with you.’ They'd yell out of their cars, ‘Hey Ray-Bans guy!’”

This winter, Jones and his girlfriend (editorial photographer Jess Rao) moved back to Iowa City. Their son, Henning Nicholas, was born in December, right around the same time that Jones rejoined Buzz Salon, now as a full-time member of their three-chair men's barbering section, which emphasizes fades, facial hair trimming and straight-razor shaves.

If you should see him around and you are tempted to remark on his status as a viral meme, don't be shy: “I just want to give myself props for getting one over on the world, tricking people. People ask me, aren't you embarrassed? No, I'm proud of it. I just pulled a huge practical joke. Score me, man. I got people so mad—people saying I should be shot and beaten. If I can get that kind of reaction out of people, how is that not a success? Yeah, I chalk that up as a win.” **lv**

*Matthew Steele quit tobacco in 2007, but he's still addicted to coffee and making magazines.*

## International Internet Infamy

Since 2010, Nick Jones has amassed thousands, perhaps millions of comments on the internet for his viral Ray-Ban face-tattoo prank. (Google "hipster Ray-Ban face tattoo;" you've probably already seen it). The comments run the gamut from amused to outraged:

*"This [expletive] [expletive] artist deserves to have his license revoked."* —John McLane, 2 years ago

*"This is why aliens won't talk to us."* —HayDavo5, 2 years ago

*"que imbecil"* —Ivy\_Nico, 7 years ago

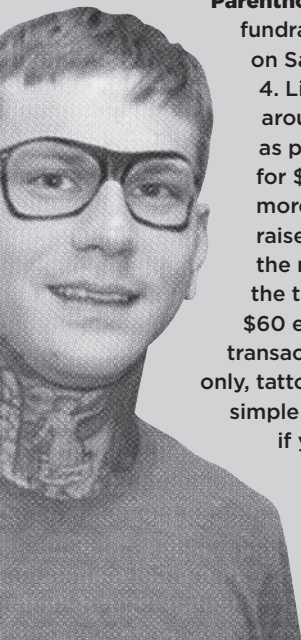
*"He should of [sic] just had contact lenses tattooed onto his eyeballs."* —Gregory Krug, 5 months ago.

*"Dude, how much of your body is covered in ink? Pretty incredible and very hot"* —Frank, 4 years ago

Frank is right. And, if you have ever considered taking the path of covering your body with ink, now is the time.

**Iowa City Tattoo** (393 E College St, Iowa City) is **currently donating all proceeds from a selection of tattoo designs to Planned Parenthood.** The

fundraiser kicked off on Saturday, March 4. Lines stretched around the building as patrons waited for \$40 tattoos, and more than \$1,000 was raised in one day. For the rest of the month, the tattoos will cost \$60 each. Note that transactions are cash only, tattoos must be on simple body areas and, if you would like a different color or size, the price may vary.



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Prairie Pop **Mission Creek**

## The Family Way

Entering the close-knit circle of Iowa City's Younger.

BY KEMBREW MCLEOD

**F**or a band that was originally conceived as a goof, Younger has rapidly transformed into one of Iowa City's best rock bands—exploding with energy, intricate arrangements, barbed lyrics and catchy hooks.

"We had talked about playing together for a long time," drummer Sarah Mannix recalled. "I don't think that we honestly believed it was going to be an actual band. I think we just got together more as a joke."

"It was going to be called Ladybomb," guitarist Rachel Sauter added, "where everybody played bass."

Younger's live debut was in March 2014 at Trumpet Blossom, where they performed a taut fifteen-minute set that included early chestnuts "Trenca" and "Stretrat," two of the group's first songs that established a template for many of their subsequent compositions. "Stretrat," for example, includes

verse-chorus-verse-defying breakdowns and changes, though without sounding overly busy or prog-rocky.

Conversely, "Trenca" features fuzzed-out guitars, layers of vocal harmonies, pedal-to-the-metal tempos and badass lyrics delivered by Sauter about a rambunctious night out ("I saw the needle spinning by on the table last night / and we drank a couple beers and we got into a fight / and you never really know

**"It was going to be called Ladybomb, where everybody played bass." —Rachel Sauter**

the time or the place / and what came first / a punch in the face").

When I met Younger before a rehearsal at Mannix's house, the trio talked about their plans for the near future, which include an April 6 performance at the upcoming Mission Creek Festival.

"Our main goal is just to have a couple

**MCF: Younger with Cloud Nothings, Maiden Mars Gabes, Thursday, April 6, 9 p.m. \$15.**

Collage by Sarah Mannix

new songs for Mission Creek," said bassist Amanda Crosby, who shares lead vocal duties with Sauter (all three sing backup harmonies). "And then once that's done we'll have another goal of writing more songs and recording."

"I think once we finish these songs that we're working on now," Mannix told me, "it will be easier for us to see if this is an EP or if this is a bigger album project, depending on how the songs work together."

Back in 2015, Younger released its self-titled debut—a tight 26-minute record with eight songs—which was recorded by engineer Pete Becker over the course of several months at the Englert Theatre.

"We've all recorded with other people in town and had good experiences," said Crosby, "but oftentimes the sound engineer just does the job, but doesn't engage in the process. Pete is like a bumblebee, buzzing around. I think we were surprised how Pete was fully engaged in the process, and it felt like he was very much a part of that album."

When you see Becker in the audience at Younger shows, he's the band's most visible cheerleader—losing his mind and rocking out near the front.

"That's how he is when we record," Mannix said, "and he lets us throw out insane ideas. And we have a friendship and relationship where we will accept his ideas too, and welcome his feedback."

"We did some weird things," Mannix said, "like Rachel's amp was out in the seats of the theater, and my amp was under the stage, in the basement."

Becker elaborated, "I recorded the basic skeletal tracks of the band

with them set up on the stage with their bass and guitar amps placed elsewhere in the building—in both the basement dressing rooms, and out in the house with all the curtains taken in for separation, when desired."

Younger definitely plans to work with Becker again. "He's essentially a fourth member," Crosby said. "We love Pete. He's really,

## Obermann Conversations

# Johnson County Historic Poor Farm New Collaborations

really fun to work with because he's so maniacally excited about anything you're doing."

At the moment, the band has about four new songs ready to record, and will work on writing more after Mission Creek Festival is over. The songs take a while to create because of work and family commitments—Crosby had a baby girl a year ago, Josephine, and Sauter has a son, Hart—and because of the band's uniquely collaborative approach to songwriting.

"It's nothing that I've ever been a part of before," said Mannix, discussing the process. "Typically, there's always someone that is the ringleader and usually comes in with finished songs, and then it's just like, 'Oh, add your part to this.'"

Most of Younger's songs begin when a band member improvises a little riff or idea—"nuggets," as they call them.

"A lot of times there's these nuggets that we don't use for a song," Crosby said, "and then we go back and listen to our band practice tapes and we think, 'Oh, that might actually work with this new thing that we're doing.'"

"I think it's all that experimenting that allows us to find what parts go together," Crosby continued. "Because we are such good friends, I have grown more in this project than others, musically and creatively. I'm more up to try something that might be really stupid, because I know that if it's really stupid we'll just all laugh and move on."

Over the years I've observed the interpersonal dynamics in lots of bands, and it became clear within seconds that the glue that holds Younger together is a genuine friendship.

"We talk a lot about how special we feel our little band family is," Crosby said. "After Josephine was born, the very first thing I wanted to do to get back to reality was band practice. I think it was just a couple weeks after. I was like, 'What? Please, I need to get to band practice!' To go back to something that I do for myself and is really fulfilling was such a relief—to know that not all was lost. I might sleep again. I'm going to figure this out. So it was really soothing."

"It does seem like every time I come to band practice, even if I'm tired, I'm dreading this, I always leave happier than I came," Sauter added. "It's just the magic of us, I guess." **lv**

*Kembrew McLeod always reserves the right to rock.*



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Short documentary film about the Obermann Graduate Institute to follow.

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 Co-presented by Studio 13, Iowa City Pride and University of Iowa Campus Activities Board

Photo via Margaret Cho



into my stand up, make it more personal. You try to make [the set] personalized to where you are.

**Do you go to college campuses, and, if so, what reception do you receive?** Yes—It's good! I started in colleges. I was doing colleges all through my development as a comedian and I love it. They're a very good

**“I get called aggressive, but I think that there is a heart of real purpose throughout my comedy.”**

—Margaret Cho

audience. It's a very exciting time for people, and it's always memorable for them later, even many years later—people mention they saw me and never forgot.

**What do you think people most misunderstand about your work? What would you like people to know about you?** I don't know, gosh ... I get called aggressive, but I think that there is a heart of real purpose throughout my comedy. I want to improve the world, so while there is aggression in my work, there is a sense of wanting peace and wanting tranquility too.

**What does peace and tranquility mean to you?** No wars! And equal rights for women!

**The term aggression is often applied to women in negative ways. What does aggression mean to you?** I think just speaking your mind and not being afraid and not backing down; not changing your opinion to suit the status quo. It's all about being true to yourself.

Comedy **Mission Creek**

## The Joy of Being

Politics and positivity with comedian Margaret Cho. • BY KATIE PROUT

“**O**ptimist” might not be the first word that comes to mind when you think of comedian

and provocateur Margaret Cho. But her work, spanning three decades of dives into familial ties, racism and sexual assault, has always had resilience as its core. *Little Village* caught up with Cho to talk about aggression, sheet

masks and performing during “difficult presidencies” before her Thursday, April 6 appearance at the Englert Theatre as part of the upcoming Mission Creek Festival.

**Do you change your set per state?** Yeah, of course! Every show is different every night. It's alive; it's always growing and changing. Even in the same city, it's different each time you come back. I've performed in Aspen a number of times, and I add those experiences

**It's strange, but I'm tempted to call you an optimist. Would you describe yourself as such?** Yes!

**What does it mean to be a provocateur today, and how has that changed?** I think it's really important! I think that one of the things that flourishes during a difficult presidency is comedy, and I certainly know that—I started doing comedy during Reagan, and certainly through both Bush terms, Senior and Dubya—you do do a lot of talking about politics. It's really great, it's really important, and it's really healing.

**In what way?** Right now, we're talking a lot about Planned Parenthood and how people want to defund it, and the majority of their work is treating yeast infections, not doing abortions, you know? It's important to put your opinion out, and ... also talk about that—they treat yeast infections, they help people. [Sharing that information] heals the relationship people have with Planned Parenthood.

**Has your job changed with the new administration?** I've always been this way; I've always been rooted in politics and feminism. That's not changed.

**The government has checks and balances; does comedy?** Hmm, I don't know. Maybe—there is a certain amount of public posturing you have to do if you're a public figure. I don't know; I don't really care: I think a lot of people are more careful these days because words can get you in trouble—although with this administration, we have a president that can do and say whatever he wants. Under his rule, I don't know what the rules are; anything goes. It's wild.

**Are you performing anything from [Grammy-nominated 2016 album] *American Myth*?** I'm not—just doing stand up comedy; [I'm] working out a show I might do in the fall, but there's no name yet.

**What does song allow you that stand up does not?** There's a rhythm and cadence you have to adhere to in the song, which I like. I like those kinds of boundaries. It makes it exciting; it's different.

**What advice would you give to young Asian Americans trying to make it in comedy today?** Get out there and do it. It's so good! Our voices are really important and needed.



# Good Morning!

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There has been not as many Asian American women in comedy—though now we have Ali Wong: She’s so great; she’s my little baby. I really adore her and am grateful for her and I’m grateful to any Asian American women out there. There should be more.

**During the #12DaysofRage campaign, you were once described [by the *New York Times*’ Alli Maloney] as, “... an empathic artist who needs her fans for sanity as much as they need her for release.” Would you agree with that observation?** I agree with that. I love stand up comedy—it’s always been my art form, my expression, my true love. I do shows every day. It’s something I will always do. I feel like, of course I need my fans to help me as much as I can help others—we get a continual feeling of togetherness, which I really love.

**How has your relationship to your body in your work changed over the years? I’m thinking about the ways it’s been presented in your acts as a vessel, a tool, the stage itself.** Oh, I’m way more comfortable. As you get older, it’s true for most people—I’m very satisfied with where I am in my body. I don’t care about adhering to any standards, I don’t care about that stuff—I’m joyful to be alive.

**One of my students just opened up an Asian beauty store here in town. Asian beauty and skin care routines have become super popular in the last few years—any thoughts?** I love it! It’s another representation of hallyu, the Korean new wave of exporting lifestyle, tv, drama, beauty—it’s amazing. The way we treat beauty is different there—it’s a big deal everywhere, but in Korean culture, it’s affecting exporting and commercialization and the change of the culture.

**Will you be sticking around to check out any of the other acts?** I’d like to try! I’m really excited and looking forward to it. I’ve been to Iowa City before; when I came through last time it was full of motorcycles.

**Motorcycles?** Tons of them. **lv**

*Katie Prout is a writer, runner and MFA candidate in the University of Iowa’s Nonfiction Writing Program. Her work has been featured in ‘The Toast,’ ‘North American Review,’ ‘LitHub’ and elsewhere. Follow her at @katie\_prout.*



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A-List **Mission Creek**

# Not So Serious

Andrew Bird on how to pay attention. • BY DANIEL BOSCALJON

**A**ndrew Bird's discography is a compelling set of intricately arranged songs that have no obvious cognates in the contemporary musical scene. Having studied violin, Bird also plays guitar, sings and whistles his way through a set of songs that make excellent use of loops due to his intricate and impeccable timing. His songs are worth studying in advance of a performance, as each provides a dizzying set of dense, clever lyrics that are occasionally lost in the rapturous soaring of the violin.

**“There’s a truth-is-stranger-than-fiction aspect of things now. With what’s been going on, I’m rethinking everything. It’s completely, drastically changing the way I write.”**

**—Andrew Bird**

This work of familiarization in no way takes away from the performance, however, as the live setting tends to allow Bird to explore new depths and alternatives within the songs he constructs. Ostensibly touring in support of his new album, *Are you Serious?*, Bird will likely also draw from his extensive back catalog. It is well worth watching Bird's visceral performance, seeing his body shape songs into existence as he summons them from spaces that most of us will only know through his intricate, deliberate mediations.

His performance at Hancher on Tuesday, April 4 not only kicks off the 2017 Mission Creek Festival but also marks the first time the festival utilizes this new space.

**How does playing songs in different spaces as you tour change your relationship to the song? Does it ever disclose different dimensions of the song**



**MCF: Andrew Bird with My Brightest Diamond**  
Hancher Auditorium,  
Tuesday, April 4, 8:30 p.m., \$40 (\$25 for UI students)

Photo by  
Reuben Cox

**than you'd know before?** Lately, I try to play to the room and ask what it wants to hear. I don't want to force something on it. Twenty years of daily sound checks helps. You decide based on how the sound bounces off the room, echolocating the room, deciding what to play that night. I'm very committed to that idea—not forcing your 12 songs. Especially these days—who promotes records anymore? You need to do what feels good that day. Otherwise you end up with dissonances.

**But how do new rooms teach you how to play songs in different ways?** In some ways it is physical. Low-ceiling rooms lead to singing in head voice and a lack of optimism, and high ceiling rooms lead to singing more uplifting, full bodied singing. With my echolocations project—I'll go into spaces and not have any motif or themes. I get feedback from the space: If I were blind, what would tell me most about the space? I build the song on the tonal centers that resonate the most. It even extends to the collaborative performances in the Great Room. I like reactive, responsive situations. I don't like long studio projects that never seem to end.

**Can you describe how your new album relates to its title, *Are You Serious*?** The title has multiple meanings—it's been kicking around for 20 years, when I first came out of music school and tried to comprehend the indie scene of Chicago in the '90s and was intrigued by the local level—going to the Empty Bottle, and seeing singer-songwriters performing. It made me wonder how you can put pain out that way without self-awareness or humor. It seemed foreign. That was the early years of emo, perhaps. In my songs, there's a darkness—but I have to make fun of myself when I get too dark.

Twenty years later, here I am writing and singing songs about personal hard times which I never thought I'd find myself doing, and I am doing it in a matter of fact way (which is also not my style). So the title points out the irony of that—poking fun of myself.

Also, since being in LA, I've performed more with comedians. It's interesting—comedy can be confessional and revealing of a certain darkness as well, but it's comedy—irreverent, so the audience is calibrated to laugh even at the worst,

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lowest depths of misery. But when I follow a comedian on stage, people don't recognize the humor in my songs and seem to think there's an unwritten rule that singer-songwriters have to be earnest and confessional.

**How do you think the title relates to the political scene of 2017, when many people have asked that question—are you serious?** There's a truth-is-stranger-than-fiction aspect of things now. With what's been going on, I'm rethinking everything. It's completely, drastically changing the way I write. For my last records I was on a trajectory away from introspection and navel gazing toward really communicating. That should serve me well. It does not seem like a time for indulgences.

**More broadly speaking, how do you think the political culture is shaping your music? Or how do you feel your music responds to it?** It is yet to be seen. I'm trying to address things, but in a way that feels useful, not preachy. There's an important history of protest songs—with Woody Guthrie or the Staples singers. I used to say that things were too convoluted in our era, but it feels more black and white today. But I'm trying to do it in my own way. I used to bristle when musicians talk about their duty as artists. I don't have a duty to anything beyond what I care about or feel.

**But the way that you talk about music, though, seems to have an incredibly strong ethical sense to it. Can you talk more about the relationship between ethics and aesthetics?** I've been talking lyrically for years about how humans behave in groups and alone, but I've tried to generalize it. And everything is different now, and I feel fully activated. But I still write what I care about. And I'm paying attention to the world, and I know that will come out in the songs I am working on now. **lv**

*Daniel Boscaljon spends most of his time reading, writing, thinking and occasionally lecturing. If you're having trouble sleeping (or a slow day), you can hear more of his cultural reflections on his podcast at [thesacredprofane.com](http://thesacredprofane.com) and in lectures at <http://www.humanistinquiries.org>.*



**Advance Base w/ Karima Walker Public Space One, Friday, March 17, 8 p.m., \$10-12** Presented by 'Little Village,' Advance Base and Karima Walker head to Public Space

One for a lowkey evening of solid songwriting and some of the most beguiling vocals in current music. Owen Ashworth, who from 2007-2010 spun his midwest melancholy as Casiotone for the Painfully Alone, dropped his first record as Advance Base in 2012. His heady mix of electronica and folksy storytelling is buoyed by a voice that won't let you turn away. His current tour is supported by Karima Walker, a singer/songwriter from Arizona whose voice is itself as open and windswept as the desert, and whose tunes carry the same longing and promises as Ashworth's.

## WED., MAR. 15

### ART & EXHIBITION

**Spring Break Free Tour, Brucemore, 10 a.m., Free**  
**'Futured' Open Studio Hours w/ Vero Rose Smith, Public Space One, 4 p.m., Free**

### CINEMA

**Drive-In Movie Preschool Storytime, Iowa City Public Library, 10:30 a.m., Free**

### FOODIE

**Power Ladies Lunch, Cedar Ridge Distillery, 11:30 a.m., Free**

### CINEMA

**Special Event: 'Spirited Away' 15th Anniversary, FilmScene, 1 p.m., \$6.50-7.50**  
**New Release Films: 'A United Kingdom,' FilmScene, 5:30 & 8 p.m., \$6.50-9**  
**New Release Films: 'Julietta' FilmScene, 7:30 p.m., \$6.50-9**

**Late Shift At The Grindhouse: 'Fritz the Cat,' FilmScene, 10 p.m., \$4**

### EDUCATION

**It's Maple Syrupin' Time!, Indian Creek Nature Center, 1 p.m., \$4**

**Introduction to Meditation Class, Milarepa Buddhist Center of Iowa, 7 p.m., Suggested donation \$5-10**  
**LITERATURE**

**'The Editorial' QC Magazine Release Party, Rozz-Tox, 6 p.m., Free**

### THEATRE & PERFORMANCE

**'Jersey Boys,' Des Moines Civic Center, 7:30 p.m., \$35-113**

## THU., MAR. 16

### ART & EXHIBITION

**Spring Break Free Tour, Brucemore, 10 a.m., Free**  
**Paint By The Glass: Scarlet Sunflower, Cedar Ridge Distillery, 6 p.m., \$35**

### FAMILY

**Preschool Storytime: 'Dance Me a Story'—The Wild, Wild West with Ballet Quad Cities, Iowa City Public Library, 10:30 a.m., Free**  
**Pajama Storytime: Listen to the Art, Cedar Rapids Museum Of Art, 7 p.m., Free**

### FOODIE

**Bur Oak Land Trust and El Cactus: Share the Profit, El Cactus Coralville, 11 a.m., Free**

Are you planning an event? Submit event info to [calendar@littlevillagemag.com](mailto: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](http://littlevillagemag.com/calendar).

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**Community Cultural Celebration and Expo Cedar Rapids Public Library, Saturday, March 18, 10 a.m., Free** The Cedar Rapids Public Library joins forces with the Cedar Rapids Civil Rights Commission to present this day of cultural exploration at the library. Speakers, performances, workshops and even food trucks will be there in abundance to celebrate the diverse cultures that Cedar Rapids has to offer. The library's new Cedar Rapids Civil Rights Timeline exhibit will be featured at the event with an 11 a.m. unveiling. Mayor Ron Corbett will speak at 11:10 a.m.; other featured speakers include LaSheila Yates of the Civil Rights Commission and Amit Suri of the Friends of India Association. 'Lost Nation: The Ioway Film,' will play on loop from 11:30 a.m.-2 p.m. in the Children's Room. Photo by Main Street Studios / Wayne Johnson

**Third Thursday Public Tasting Party, Harvest Oil & Vinegar, 6 p.m., Free**

**CINEMA**

**Special Event: 'Spirited Away' 15th Anniversary, FilmScene, 1 p.m., \$6.50-7.50**

**New Release Films: 'A United Kingdom,' FilmScene, 5:30 & 8 p.m., \$6.50-9**

**New Release Films: 'Julietta' FilmScene, 4 & 8:45 p.m., \$6.50-9**

**LITERATURE**

**Art Lovers Book Club: 'Keeping an Eye Open'—Essays on Art by Julian Barnes, Cedar Rapids Museum Of Art, 4 p.m., Free**

**SPORTS & REC**

**Workout of the Week, NewBo City Market, 5 p.m., Free**

**COMMUNITY**

**State Preemption and Local Rights: An Inter-Community Dialogue, Iowa City Public Library, 6 p.m., Free**

**MUSIC**

**The Cantafios, Cafe Paradiso, 6 p.m., Free**

**Advance Base w/ Karima Walker, Jake McKelvie, Rozz-Tox, 7 p.m., \$8-12**

**Michael Londra's 'Celtic Fire,' Adler Theatre, 7:30 p.m., \$25-55**

**Nutria w/ Thuh Chocolate Hogboys, Trumpet Blossom Cafe, 8 p.m., \$5**

**LITERATURE**

**Craig Morgan Teicher & Brenda Shaughnessy, Prairie Lights Books & Cafe, 7 p.m., Free**

**THEATRE & PERFORMANCE**

**'Jersey Boys,' Des Moines Civic Center, 7:30 p.m., \$35-113**

**FRI., MAR. 17**

**CRAFTY**

**Kids Sewing: Plushy Pal, Home Ec. Workshop, 9 a.m., \$40**

**ART & EXHIBITION**

**Spring Break Free Tour, BruceMore, 10 a.m., Free**

**FOODIE**

**Culinary Demo: No Bake Chocolate Chip Energy Bites, NewBo City Market, 11:30 a.m., Free**

**Movie and a Meal for Indigenous Iowa, Iowa City Public Library, 4 p.m., Free**

**St. Patrick's Day Potluck & Music Session, Uptown Bill's, 6 p.m., Free**

**CINEMA**

**Special Event: 'Spirited Away' 15th Anniversary, FilmScene, 1 p.m., \$6.50-7.50**

**Friday Night Flicks: 'The Sandlot,' NewBo City Market, 6 p.m., Free**

**CRAFTY**

**Kids Class: Free Form Embroidery, Home Ec. Workshop, 1 p.m., \$40**

**Make Glass Beads: Intro to Lampworking, Beadology Iowa, 5:30 p.m., \$98**



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## **AREA EVENTS**

**Wine & Design: St. Patrick's Succulent Terrarium, Moss Iowa City, 7 p.m., \$35**

### **LITERATURE**

**The Love Story: A Writing Workshop with Vu Tran, Iowa Writers' House, 6 p.m., \$235/weekend**

### **FAMILY**

**Family Fort Night, Iowa City Public Library, 6 p.m., Free**

### **MUSIC**

**Friday Night Live Music w/ Matt Woods, Cedar Ridge Distillery, 6 p.m., Free**

**Advance Base (fka Casiotone for the Painfully Alone) w/ Karima Walker, Public Space One, 8 p.m., \$10-12**

**Alicia Monee: The Lady of Soul, Opus Concert Cafe, 7:30 p.m., \$27**

**Crystal City w/ Rae FitzgeraldCOMO, Levi Dolan, Bri, Trumpet Blossom Cafe, 8 p.m., \$5**

**'Rain'—A Tribute to The Beatles, Adler Theatre, 8 p.m., \$32-56**

**St. Patrick's Day Massacre XIV w/ Plastic Relations '80s Set, The Gentle, In the Attic, Iowa City Yacht Club, 8 p.m., \$5**

**Alasdair Fraser & Natalie Haas, Legion Arts CSPS Hall, 8 p.m., \$19-23**

**GOSH! w/ Liv Carrow, Comfort, BBJR, Rozz-Tox, 9 p.m., \$5-10**

**Heavycraft w/ Rosedale, Thick, Nirvomit, Gabe's, 10 p.m., \$6**

**St. Patrick's Day Karaoke, The Mill, 10 p.m., Free**

### **THEATRE & PERFORMANCE**

**Josh Novey: Fat Veteran Comedy Special, The Temple Theater, 7 & 9:30 p.m., \$11.50-21.50**

**'Jersey Boys,' Des Moines Civic Center, 7:30 p.m., \$35-113**

**Comedy XPeriment, Stoner Studio Theater, 7:30 p.m., \$12**

**Jane Austen's 'Sense and Sensibility,' Giving Tree Theater, 8 p.m., \$15-30**

**David Dyer, Penguin's Comedy Club, 8 p.m., \$12.50-15**

## **SAT., MAR. 18**

### **COMMUNITY**

**34th Annual Maple Syrup Festival, Indian Creek Nature Center, 8 a.m., Free-\$10**

**Home Based Business Market, NewBo City Market, 10 a.m., Free**

**Guest Artisan's Market, NewBo City Market, 10 a.m., Free**

**St. Joseph's Parade, NewBo City Market, 10 a.m., Free**

**Community Cultural Celebration and Expo, Cedar Rapids Public Library, 10 a.m., Free**

### **LITERATURE**

**The Love Story: A Writing Workshop with Vu Tran, Iowa Writers' House, 10 a.m., \$235/weekend**



**CRAFTY**

**Make 2 Bracelets: Intro to Stringing**, *Beadology Iowa*, 10 a.m., \$58

**Make 3 Pairs of Earrings: Intro to Wirework**, *Beadology Iowa*, 1 p.m., \$58

**Dave Dugan & Pena Lynn Lubrica Papermaking Demo**, *Public Space One*, 1 p.m., Free

**Pruning Fruit Trees**, *Wetherby Park*, 1 p.m., \$12

**Rainbow Glass Sun Catcher**, *The Ceramics Center*, 2 p.m., \$18

**Wine & Design: Kokedama**, *Moss Iowa City*, 6 p.m., \$45

**THEATRE & PERFORMANCE**

**'Jersey Boys'**, *Des Moines Civic Center*, 2 & 7:30 p.m., \$35-113

**Dinner & A Show w/ Dan Lornitis**, *Cedar Ridge Distillery*, 6 p.m., \$40

**Comedy XPeriment**, *Stoner Studio Theater*, 7:30 p.m., \$12

**Jane Austen's 'Sense and Sensibility'**, *Giving Tree Theater*, 8 p.m., \$15-30

**David Dyer**, *Penguin's Comedy Club*, 8 p.m., \$12.50-15

**MUSIC**

**Miles Nielsen and the Rusted Hearts w/ Ryan M. Stier of Extravision**, *Codfish Hollow Barnstormers*, 7 p.m., \$20-25

**Bad Medicine—Bon Jovi Tribute Band**, *Ohnward Fine Arts Center*, 7 p.m., \$13-25

**Decades Rewind: A Tribute to an Era**, *Paramount Theatre Cedar Rapids*, 7:30 p.m., \$38-48

**Alicia Monee: The Lady of Soul**, *Opus Concert Cafe*, 7:30 p.m., \$27

**Dan Tedesco**, *Iowa City Yacht Club*, 8 p.m., \$10

**Kelly Zullo**, *Parlor City Pub and Eatery*, 8 p.m., Free

**Dickie**, *Cafe Paradiso*, 8 p.m., Free

**Shana Falana w/ Hot Tang**, *Rozz-Tox*, 9 p.m., \$5-10

**Spring Break Birthday Bash**, *Gabe's*, 10 p.m., \$5

**SUN., MAR. 19**

**LITERATURE**

**The Love Story: A Writing Workshop with Vu Tran**, *Iowa Writers' House*, 10 a.m., \$235/weekend

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

**COMMUNITY**

**34th Annual Maple Syrup Festival**, *Indian Creek Nature Center*, 12:30 p.m., Free-\$10

**LuLaRoe Newbo City Market Fundraiser**, *NewBo City Market*, 1 p.m., Free

**Community Meditation Practice**, *Milarepa Buddhist Center of Iowa*, 4 p.m., Free

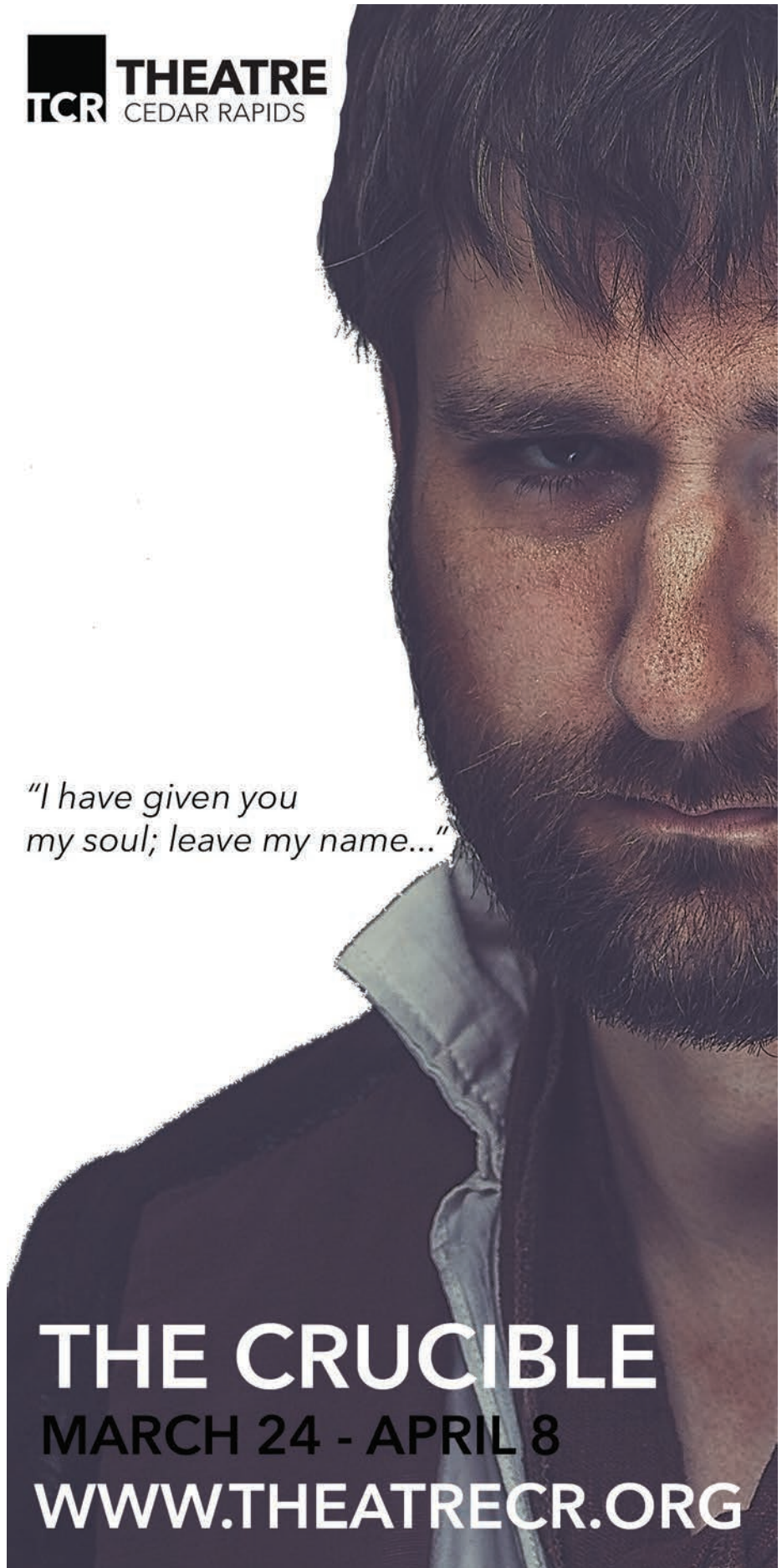
**ART & EXHIBITION**

**Art In The Afternoon with Sharon Beckman**, *Iowa City Senior Center*, 1 p.m., Free

**Artifactory's Life Drawing Drop-in Session**, *Beadology Iowa*, 5 p.m., Free

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**MUSIC**

**NewBo Cafe: Slewgrass, NewBo City Market, 1 p.m., Free**  
**'Close To You'—The Music of The Carpenters, Adler Theatre, 3 p.m., \$28-48**  
**Feufollet, Legion Arts CSPA Hall, 7 p.m., \$16-19**  
**Good Morning Midnight w/ Pelafina, John Ramsey, Trumpet Blossom Cafe, 8 p.m., \$5**  
**Wild Pink w/ Harsh Times, Sister Wife, Rozz-Tox, 8 p.m., \$5-10**

**CRAFTY**

**Crocheting: Crochet 101, Home Ec. Workshop, 1 p.m., \$35**  
**Intro To Relief Printing, Public Space One, 1 p.m., \$60**

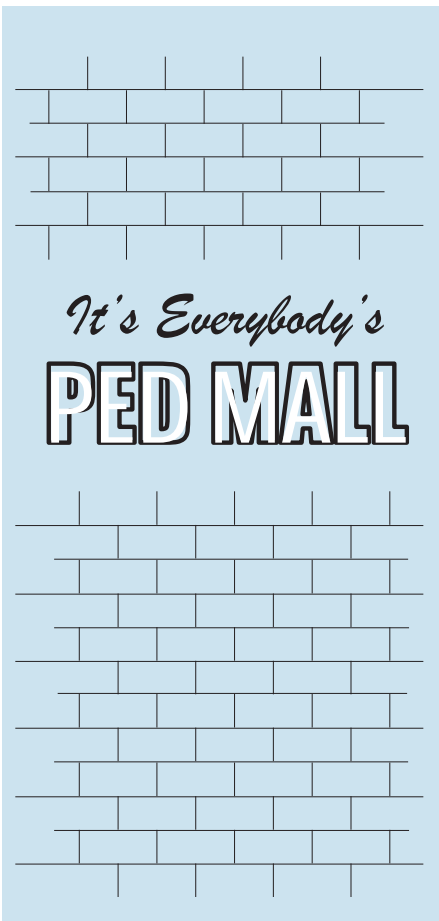
**THEATRE & PERFORMANCE**

**'Jersey Boys,' Des Moines Civic Center, 1 & 6:30 p.m., \$35-113**

**MON., MAR. 20**

**CRAFTY**

**Knitting: Colorwork Cowl, Home Ec. Workshop, 5:30 p.m., \$45**



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**Sewing: The Washi Dress, Home Ec. Workshop, 5:30 p.m., \$60**

#### MUSIC

**Open Drum Circle, Public Space One, 7 p.m., Free**  
**Ex-Girlfriends w/ Sharkmuffin, The Sheekies, Tinyhands, Stary Nights, Trumpet Blossom Cafe, 7:30 p.m., \$5-10**

#### EDUCATION

**Understanding Buddhism Class, Milarepa Buddhist Center of Iowa, 7 p.m., Suggested donation \$5-10**

## TUE., MAR. 21

#### CINEMA

**Bijou Film Forum: 'The Bad Kids,' FilmScene, 12 p.m., \$5**

#### CRAFTY

**Earring Swap to Benefit Shelter House and Emma Goldman Clinic, Beadology Iowa, 5 p.m., \$30**  
**Sewing: Tiny Romper, Home Ec. Workshop, 6 p.m., \$40**  
**Design an Ever-Blooming Garden, Robert A. Lee Rec Center, 6 p.m., \$12**

#### LITERATURE

**Iowa Writers' House Presents: The Great Green Room, Iowa City Public Library, 6 p.m., Free**

**Jennifer Colville & Paula Cisewski, Prairie Lights Books & Cafe, 7 p.m., Free**

#### MUSIC

**Kickstand Productions Presents: Four Year Strong w/ Can't Swim, Sleep On It, Light Years, Rational Anthem, Gabe's, 6:30 p.m., \$16-18**

**Altan, The Temple Theater, 7:30 p.m., \$34-49**

**Iowa Friends of Old-Time Music Weekly Traditional Acoustic Jam Session, Trumpet Blossom Cafe, 8:30 p.m., Free**

## WED., MAR. 22

#### EDUCATION

**Obermann Conversation—Johnson Co. Historic Poor Farm Collaborations, Iowa City Public Library, 4 p.m., Free**

**History + Happy Hour: Savor Iowa's Rich Culinary Heritage, National Czech & Slovak Museum & Library, 4:30 p.m., \$10-15**

**What's The Buzz? Beginning Beekeepers' Workshop, Indian Creek Nature Center, 5 p.m., \$10-12**

**Introduction to Meditation Class, Milarepa Buddhist Center of Iowa, 7 p.m., Suggested donation \$5-10**

#### MUSIC

**Break Dance Group, Public Space One, 6 p.m., Free**  
**Gaelic Storm, The Englert Theatre, 7 p.m., \$36.50**  
**Ratboys w/ Slingshot Dakota, Condor & Jaybird, Rozz-Tox, 8 p.m., \$5-10**

#### LITERATURE

**Paul's Book Club, Iowa City Public Library, 7 p.m., Free**  
**Prageeta Sharma & Alan Felsenthal, Prairie Lights Books & Cafe, 7 p.m., Free**

## THU., MAR. 23

#### SPORTS & REC

**Workout of the Week, NewBo City Market, 5 p.m., Free**

#### LITERATURE

**Jim Shepard, Prairie Lights Books & Cafe, 5:30 p.m., Free**

**Melissa Febos, Prairie Lights Books & Cafe, 7 p.m., Free**

#### FOODIE

**Cherry Blossom Festival Dinner, National Czech & Slovak Museum & Library, 5:30 p.m., \$50**

#### EDUCATION

**Makerspace: Pinhole Solar Eclipse Viewer, Museum of Natural History at UI, 6 p.m., Free**



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**Remi Kanazi University of Iowa Libraries, Wednesday, March 29 at 6 p.m., Free**

The Arab Student Association of the University of Iowa brings New York poet Remi Kanazi to the library for a spoken word performance followed by a Q&A. The event is co-sponsored by UI Students for Human Rights, the UI English Department and UI Student Government. Kanazi's newest collection of poetry, 'Before the Next Bomb Drops: Rising Up From Brooklyn to Palestine,' was released in 2015. He is an outspoken activist as well as a poet, serving on the advisory committee for the Palestinian Campaign for the Academic and Cultural Boycott of Israel; his political commentary writing has appeared in 'Al Jazeera English,' 'Salon,' 'The New York Times' and more. Kanazi's poetry is steeped in the long tradition of the poetry of war, chronicling the disjunction and desperation of refugees and those living under occupation. Still from Normalize This!

**Backyard Chickens Workshop, Indian Creek Nature Center, 6 p.m., \$10-12**

**MUSIC**

**Alex Wiley & Kembe X w/ Ion, JohnDope, Jared Kudde\$, Alec Zamora, A-Wets, Jack Sueno, Gabe's, 6 p.m., \$15**

**Mission Creek Presents: Lamb Chop w/ House and Land, The Mill, 8 p.m., \$17-20**

**Mountain Swallower w/ Port Authority, Trumpet Blossom Cafe, 9 p.m., \$5**

**CINEMA**

**Film Screening: 'Racing to Zero,' Iowa City Public Library, 6 p.m., Free**

**THEATRE & PERFORMANCE**

**Jessica Lang Dance, Hancher, 7:30 p.m., \$10-55**

**FRI., MAR. 24**

**FOODIE**

**Global Business Breakfast with Raúl Rodríguez, hotelVetro, 7:30 a.m., \$15**

**LITERATURE**

**Kirkwood English Conversation Club, Iowa City Public Library, 10 a.m., Free**

**Spanish Book Club: 'Los vigilantes' by Diamela Eltit, Iowa City Public Library, 6:30 p.m., Free**

**Josh Barkan, Prairie Lights Books & Cafe, 7 p.m., Free**

**CRAFTY**

**Roaring Twenties Beaded Bracelet through Kirkwood Community College, Beadology Iowa, 1 p.m., \$58**

**New Class: Gyrls Night Out-Chevron Beaded Bracelet, Beadology Iowa, 5:30 p.m., \$58**

**Needle Felting, Home Ec. Workshop, 6 p.m., \$35**

**Wine & Design: Planting Party, Moss Iowa City, 6 p.m., \$25**

**EDUCATION**

**Panel and Reception with Raúl Rodríguez, Voxman Music Building, 4 p.m., \$10**

**Night at the Museum—Cryptozoology Detectives, Museum of Natural History at UI, 6 p.m., Free**

**CINEMA**

**Friday Night Flicks: 'The Karate Kid,' NewBo City Market, 6 p.m., Free**

**MUSIC**

**Friday Night Live Music w/ Airwaves, Cedar Ridge Distillery, 6 p.m., Free**

**Chevy Woods w/ Mac Ro, Semi Sixteenz, Yung Fixx, Lotto Boy & Red Reaper, Gabe's, 6 p.m., \$15-17**

**Tommy Dorsey Orchestra, Coralville Center for the Performing Arts, 7 p.m., \$20-25**

**Phillips, Bianchi, Nash and Gisbert, The Mill, 8 p.m., \$7-10**

**Victor & Penny, Cafe Paradiso, 8 p.m., Free**

**Nordic Fiddlers Bloc, Legion Arts CSPA Hall, 8 p.m., \$19-23**

**Cody Canada & The Departed, First Avenue Club, 8 p.m., \$17-20**

**Floyd, Blue Moose Tap House, 9 p.m., \$10**

**First Fleet Concerts Presents: Sunsquabi w/ Artifacts, Blue Moose Tap House, 9 p.m., \$12-14**

**Trapdoor Social w/ The Passes, Iowa City Yacht Club, 10 p.m., \$6**

**COMMUNITY**

**International Women's Club, Iowa City Public Library, 6 p.m., Free**

**SPORTS & REC**

**Cedar Rapids RoughRiders vs. Youngstown Phantoms, Cedar Rapids Ice Arena, 7:05 p.m., \$10.75-35.75**

**THEATRE & PERFORMANCE**

**Dreamwell Theatre Presents: 'Down The Road,' Public Space One, 7:30 p.m., \$10-13**

**'The Crucible,' Theatre Cedar Rapids, 7:30 p.m., \$21-30**

**Owen Benjamin, Penguin's Comedy Club, 8 p.m., \$12.50-15**

**Jane Austen's 'Sense and Sensibility,' Giving Tree Theater, 8 p.m., \$15-30**

**Combustion Live Presents: Christopher Titus, The 6th Annual End of the World Tour w/ Rachel Bradley, The Englert Theatre, 8 p.m., \$25-100**

**SAT., MAR. 25**

**EDUCATION**

**Labor and Civil Rights Struggles in Iowa's Past, Present, and Future, 2520D University Capitol Centre, 9 a.m., Free**

**It's Maple Syrupin' Time!, Indian Creek Nature Center, 11 a.m. & 1 p.m., \$4**

**CRAFTY**

**Next Steps in Soft Glass Work: Florals Under Glass, Beadology Iowa, 9 a.m., \$98**

**Workshop: Succulent Terrarium, Moss Iowa City, 11 a.m., \$25**

**Knitting: Cozy Cable Cowl, Home Ec. Workshop, 1 p.m., \$30**

**New Class: Wire Wrapped Earrings, Beadology Iowa, 2 p.m., \$58**

**COMMUNITY**

**Guest Artisan's Market, NewBo City Market, 10 a.m., Free**

**Shelter House Book Sale, Johnson County Fairgrounds—Building C, 10:30 a.m., Free-\$10**

**First Annual Trivia Night and Silent Auction for Shelter House!, University of Iowa, 6 p.m., Free**

**Community Critique Night, Public Space One, 6 p.m., Free**

**CINEMA**

**'The True Cost' Screening and Trunk Show, FilmScene, 10 a.m., \$5**

**Bijou After Hours: 'Barbarella,' FilmScene, 11 p.m., \$5**

**MUSIC**

**Northern Parallels w/ Mike Derer, Higgy, DJ Deke, Rozz-Tox, 1 p.m., Free**

**Old Time Gospel Music Session, Uptown Bill's, 3 p.m., Free**

**Joe Brisben & Sam Price: Saturday Night Concert,** *Uptown Bill's*, 7 p.m., Free

**Semi Sixteenz w/ Jazzy Prince, Y.F.G.,** *Blue Moose Tap House*, 7 p.m., \$10

**Jos Pounds the Piano Again,** *Iowa City Brewlab*, 7 p.m., Free

**Old Capitol Chorus Presents: 'united we SING!,'** *The Englert Theatre*, 7 p.m., \$7-15

**Witching Hour Presents: Kneebody,** *The Mill*, 8 p.m., \$12-15

**The Boston Pops Esplanade Orchestra Presents: 'By George! The Pops Plays Gershwin,'** *Hancher*, 8 p.m., \$50-100

**Jim Buennig Album Release w/ Telluric,** *Trumpet Blossom Cafe*, 8 p.m., \$5

**Jason Stuart Cobalt Blue,** *Parlor City Pub and Eatery*, 8 p.m., Free

**Josh Turner,** *Riverside Casino and Golf Resort*, 8 p.m., \$30-55

**Hush Hush Biscuit,** *Cafe Paradiso*, 8 p.m., Free

**Mason Jennings,** *Legion Arts CSPA Hall*, 9 p.m., \$22-27

**The Way Down Wanderers w/ Grass Fed Mule,** *Iowa City Yacht Club*, 10 p.m., \$10

**Obscene,** *EDEN Lounge & Nightclub*, 10 p.m., Free

#### LITERATURE

**'Brown Bear, Brown Bear,' 'The Very Hungry Caterpillar' & Other Eric Carle Stories,** *Des Moines Civic Center*, 1 p.m., \$10

#### THEATRE & PERFORMANCE

**Murder Mystery Dinner: 'Lifeless in Seattle,'** *Cedar Ridge Distillery*, 6 p.m., \$50

**'The Nitch,'** *The Warren Cultural Center*, 6 p.m., Free-\$7

**'The Crucible,'** *Theatre Cedar Rapids*, 7:30 p.m., \$21-30

**Orchestra Iowa with Ballet Quad Cities Presents: 'The Wild, Wild West,'** *Paramount Theatre Cedar Rapids*, 7:30 p.m., \$10-18

**Dreamwell Theatre Presents: 'Down The Road,'** *Public Space One*, 7:30 p.m., \$10-13

**Owen Benjamin,** *Penguin's Comedy Club*, 8 p.m., \$12.50-15

**Kick Ass Red Lipstick Burlesque Revue 2017,** *Coralville Center for the Performing Arts*, 8 p.m., \$25

**Jane Austen's 'Sense and Sensibility,'** *Giving Tree Theater*, 8 p.m., \$15-30

**Jeez Loueez in Association with the Heartland Bombshells Presents: Jeezy's Juke Joint,** *Blue Moose Tap House*, 9 p.m., \$10-25

**Let's Do This! Comedy Show,** *Blue Moose Tap House*, 10 p.m., \$5

#### SPORTS & REC

**Cedar Rapids RoughRiders vs. Youngstown Phantoms,** *Cedar Rapids Ice Arena*, 7:05 p.m., \$10.75-35.75

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**Flash In a Pan CD release party Yacht Club, Saturday, April 1 at 10 p.m., \$5**  
 Iowa City musicians Blake T. Daly, Max Perkhounkov, Alex Flesher, Max Lipnick and Loxley Eckles V first teamed up in 2012 to form Flash In a Pan, a folksy, bluegrass-y string ensemble always as ready to laugh as they are to play. Now a staple on the eastern Iowa scene, they've lasted far longer than their name would imply. This spring, they drop their debut album, 'Off the Rails,' and to celebrate, they're partying at the Yacht Club with Kansas City's Grassfed. Their tunes are full of fun harmonies, rollicking rhythms and lyrics that run the gamut from self-effacing humor to heartfelt sincerity. Flash In a Pan ties persistently old-fashioned stylings and tonalities with a modern sensibility and a curiosity about music yet to come. Photo by Britt Fowler

**SUN., MAR. 26**

**SPORTS & REC**

**Turf Wars: Dodgeball Tournament**, US Cellular Center, 10 a.m., Free-\$5

**THEATRE & PERFORMANCE**

**'The Man Who Planted Trees,'** The Temple Theater, 11 a.m. & 1 p.m., \$5

**Jane Austen's 'Sense and Sensibility,'** Giving Tree Theater, 2 p.m., \$15-30

**'The Accidental Hero,'** National Czech & Slovak Museum & Library, 2 p.m., \$5-10

**Orchestra Iowa with Ballet Quad Cities Presents: 'The Wild, Wild West,'** Paramount Theatre Cedar Rapids, 2:30 p.m., \$10-18

**'The Crucible,'** Theatre Cedar Rapids, 2:30 p.m., \$21-30

**CRAFTY**

**Beyond Beginning Bookbinding: Bradel,** Public Space One, 1 p.m., \$110

**COMMUNITY**

**Shelter House Book Sale,** Johnson County Fairgrounds—Building C, 12 p.m., Free-\$10

**Know Your Local: Red Bull Printing,** NewBo City Market, 1 p.m., Free

**LWVJC Sunday Speaker Series,** Iowa City Public Library, Room A,, 1:30 p.m., Free

**Uptown Bill's Fundraiser: 'Keep the Music Playing,'** Uptown Bill's, 2 p.m., Free

**CINEMA**

**Film Screening: 'Suffragette,'** Iowa City Public Library, 1:30 p.m., Free

**FAMILY**

**Sunday Fun Day: Carrots and Bunnies,** Iowa City Public Library, 2 p.m., Free

**Bur Oak Land Trust and Vesta: Share the Profit Night,** Vesta, 5 p.m., Free

**GAMING**

**LULAC Presents: Loteria Night at The Mill,** The Mill, 6 p.m., \$5

**MUSIC**

**Jayne Stone's Folklife,** Legion Arts CSPPS Hall, 7 p.m., \$18-22

**Conor Oberst w/ the Felice Brothers,** The Englert Theatre, 7 p.m., \$32.50

**MON., MAR. 27**

**CRAFTY**

**Knitting: Colorwork Cowl,** Home Ec. Workshop, 5:30 p.m., \$45

**Sewing: The Washi Dress,** Home Ec. Workshop, 5:30 p.m., \$60

**EDUCATION**

**Understanding Buddhism Class,** Milarepa Buddhist Center of Iowa, 7 p.m., Suggested donation \$5-10

**Leslie Odom Jr. w/ the UI Lecture Committee,** Hancher, 7:30 p.m., Free

**LITERATURE**

**Elena Passarello,** Prairie Lights Books & Cafe, 7 p.m., Free

**MUSIC**

**Open Drum Circle,** Public Space One, 7 p.m., Free

**SPORTS & REC**

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Take Flight with Arm Balances, Zen Den Yoga, 7:15 p.m., \$20-90

#### GAMING

'Inconceivable!' Movie Trivia Night, FilmScene, 8 p.m., \$40

## TUE., MAR. 28

#### ART & EXHIBITION

Doodlebugs: Marvin Cone—Cloudshapes, Marion Public Library, 10:45 a.m., Free

#### EDUCATION

Soak It Up Series, Indian Creek Nature Center, 5 p.m., \$50-60

Deer-Resistant Gardening, Robert A. Lee Rec Center, 6 p.m., \$12

#### MUSIC

Norma Jean w/ He Is Legend, Capsize, Comrades, Manhattan Blockade, ROYAL'Z, Gabe's, 5:30 p.m., \$18-20

Live TV Broadcast: Tom's Guitar Show, Uptown Bill's, 6 p.m., Free

Kris Kristofferson, Paramount Theatre Cedar Rapids, 7:30 p.m., \$45-65

Mission Creek Festival Pre-Party: Hembree, The Mill, 8 p.m., Free

Iowa Friends of Old-Time Music Weekly Traditional Acoustic Jam Session, Trumpet Blossom Café, 8:30 p.m., Free

#### FOODIE

Vegetarian South Indian Cooking Made Easy (Plus Singing!) with Usha Balakrishnan, The Singing Chef, New Pioneer Food Co-op Coralville, 6 p.m., \$25

#### CINEMA

Bijou Horizons: 'Chevalier,' FilmScene, 6 p.m., \$6

#### LITERATURE

Jack Hatch, Prairie Lights Books & Cafe, 7 p.m., Free

#### THEATRE & PERFORMANCE

Malandain Ballet Biarritz: 'Beauty and the Beast,' Des Moines Civic Center, 7:30 p.m., \$15-51

## WED., MAR. 29

#### MUSIC

Break Dance Group, Public Space One, 6 p.m., Free

BANJOY Plays Bluegrass, The Mill, 7 p.m., \$5

First Fleet Concerts Presents: Thriftworks, Blue Moose Tap House, 8 p.m., \$12-15

Rickie Lee Jones, The Englert Theatre, 8 p.m., \$36.50

#### EDUCATION

Introduction to Meditation Class, Milarepa Buddhist Center of Iowa, 7 p.m., Suggested donation \$5-10

#### LITERATURE

Daniel Poppick, Adrienne Raphel & Chris Martin, Prairie Lights Books & Cafe, 7 p.m., Free

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CONOR OBERST • RICKIE LEE JONES  
GHOSTFACE KILLAH • MARGARET CHO  
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BASHI • WELCOME TO NIGHT VALE  
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**AREA EVENTS**

**THEATRE & PERFORMANCE**

**Cindy Kaza**—Medium, *Penguin's Comedy Club*, 7 p.m., \$20-22.50

**COMMUNITY**

**Lou Henry Hoover's Birthday Celebration**, *Herbert Hoover Presidential Library-Museum*, All Day, Free-\$10

**THU., MAR. 30**

**THEATRE & PERFORMANCE**

**'Underneath The Lintel'**, *Old Creamery Theatre*, 2 p.m., \$16-26

**Lewis Black: Rant, White & Blue**, *Paramount Theatre Cedar Rapids*, 8 p.m., \$42.50-78

**SPORTS & REC**

**Workout Of The Week**, *NewBo City Market*, 5 p.m., Free

**MUSIC**

**The Cantafios**, *Cafe Paradiso*, 6 p.m., Free

**Mipso w/ Goosetown**, *Gabe's*, 9 p.m., \$10

**CRAFTY**

**Wine & Design: Succulent Bowl**, *Moss Iowa City*, 6 p.m., \$65

**EDUCATION**

**Global Voices, Local Actions: A Conversation with Šimon Pánek**, *National Czech & Slovak Museum & Library*, 6:30 p.m., Free

**David J. Skorton**, *Hancher*, 7:30 p.m., Free

**ART & EXHIBITION**

**UI Museum of Art Exhibition Gallery Talk**, *Iowa Memorial Union Black Box Theatre*, 7:30 p.m., Free

**FRI., MAR. 31**

**MUSIC**

**Friday Night Live Music w/ Matt Cox**, *Cedar Ridge Distillery*, 6 p.m., Free

**First Fleet Concerts Presents: Chase Rice Pub Show Tour w/ Cody Hicks**—SOLD OUT, *Blue Moose Tap House*, 7 p.m., \$25

**Deb Talan of The Weepies**, *The Mill*, 7:30 p.m., \$20-25

**Drones w/ Butchered, Hospital Job, Rational Anthem Death Dude**, *Trumpet Blossom Cafe*, 8 p.m., \$5-10

**Chachuba w/ Poppa Neptune**, *Iowa City Yacht Club*, 10 p.m., \$7

**CINEMA**

**Friday Night Flicks: 'Kung Fu Panda'**, *NewBo City Market*, 6 p.m., Free

**CRAFTY**

**Wine & Design: Classic Terrarium**, *Moss Iowa City*, 6 p.m., \$50

**THEATRE & PERFORMANCE**

**Dreamwell Theatre Presents: 'Down The Road'**, *Public Space One*, 7:30 p.m., \$10-13

**'The Crucible'**, *Theatre Cedar Rapids*, 7:30 p.m., \$21-30

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'Underneath The Lintel,' *Old Creamery Theatre*, 7:30 p.m., \$16-26

'Vinegar Tom,' *Theatre Cedar Rapids*, 7:30 p.m., \$18-24

SPT Theatre: 'Tales From the Writers' Room,' *Legion Arts CSPS Hall*, 8 p.m., \$20-25

Jane Austen's 'Sense and Sensibility,' *Giving Tree Theater*, 8 p.m., \$15-30

Judy Tenuta, *Penguin's Comedy Club*, 8 p.m., \$15-17.50

## SAT., APR. 1

### FOODIE

Breakfast Symposium: Appropriation, Advocacy and Allyship, *Iowa Memorial Union*, 9 a.m., Free

### FAMILY

Scouts: Brownies Pottery Party, *Iowa Children's Museum*, 9:30 a.m., \$14

### CRAFTY

April Wheel Try It, Three Hour Workshop, *The Ceramics Center*, 10 a.m., \$40

### LITERATURE

'Creekfinding' Book Reading, *Next Page Books*, 10 a.m., Free

### THEATRE & PERFORMANCE

'The Wild, Wild West,' *Adler Theatre*, 1:30 p.m., \$12-31

'The Crucible,' *Theatre Cedar Rapids*, 2:30 p.m., \$21-30

Dreamwell Theatre Presents: 'Down The Road,' *Public Space One*, 7:30 p.m., \$10-13

'Underneath The Lintel,' *Old Creamery Theatre*, 7:30 p.m., \$16-26

'Vinegar Tom,' *Theatre Cedar Rapids*, 7:30 p.m., \$18-24

'The Wild, Wild West,' *Adler Theatre*, 7:30 p.m., \$12-31

'The Crucible,' *Theatre Cedar Rapids*, 7:30 p.m., \$21-30

SPT Theatre: 'Tales From the Writers' Room,' *Legion Arts CSPS Hall*, 8 p.m., \$20-25

Judy Tenuta, *Penguin's Comedy Club*, 8 p.m., \$15-17.50

Jane Austen's 'Sense and Sensibility,' *Giving Tree Theater*, 8 p.m., \$15-30

### MUSIC

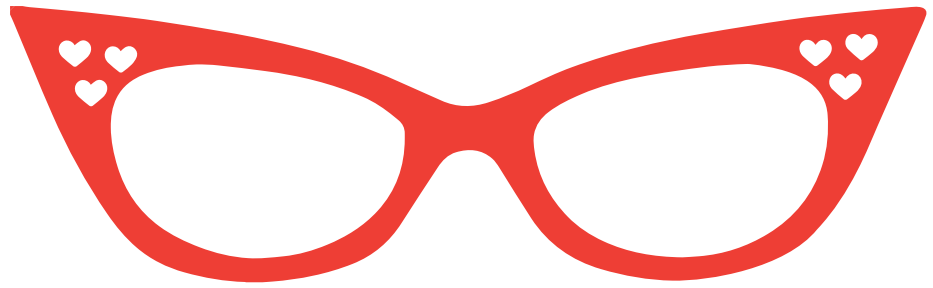
Irish Music Session, *Uptown Bill's*, 3 p.m., Free

Saturday Night Concert: Singer/Songwriter Night, *Uptown Bill's*, 7 p.m., Free

Doctors in Concert 2017, *Coralville Center for the Performing Arts*, 7:30 p.m., \$15-25

Des Moines Symphony Masterworks 6: Beyond the Score—Berlioz's 'Symphonie Fantastique,' *Des Moines Civic Center*, 7:30 p.m., \$17-65

Magnetos, *Parlor City Pub and Eatery*, 8 p.m., Free



**D**ear Kiki,  
I recently started dating a guy who is, by most measures, the perfect match. He's intelligent, handsome, considerate, has a great job and is great in bed. The only catch is, he is really, really nerdy. Not in the good way. He's pretty socially awkward, he doesn't have many friends and I feel a little uncomfortable introducing him to my friends. We're compatible in every other way, but I'm just not ready to bring this guy around. Am I being shallow?

Signed, Scared of the Deep End

Dear Deep End,

You may be shallow, but you're also being perfectly reasonable. Introducing a new beau to your crew is a big step—even bigger if you are a very social person and spend a lot of time in public with friends. You're perfectly right to wait until this feels comfortable for you: when you're into this guy enough to let him stand on his own in your social world. Coming out to your crew as "taken" is also another layer of commitment, as introducing your new fella to your friends will definitely send any other potential suitors on to more single potential sweeties.

If this guy is the dreamboat you think he is, he'll understand that you want to give it some time before you merge every aspect of your lives

together. You might try bringing him out with a couple of your closest buddies in a smaller group, just to see how he fares.

Then, when you bring him to a larger event or party, he'll have a few other people to chat with so you both feel more comfortable.

Finally, introducing your guy to your friends should eventually feel natural and make everyone happy. Even if you keep your social lives separate from the relationship, you shouldn't be losing sleep over this. If it's stressful and anxiety-causing

months in, ask yourself if it's the relationship or the friends that aren't right for you.  
*xoxo, Kiki*

**Introducing your guy to your friends should eventually feel natural and make everyone happy.**

## KIKI WANTS QUESTIONS!

Questions about love and sex in the Iowa City-Cedar Rapids area can be submitted to [dearkiki@littlevillagemag.com](mailto:dearkiki@littlevillagemag.com), or anonymously at [littlevillagemag.com/dearkiki](http://littlevillagemag.com/dearkiki). Questions may be edited for clarity and length, and may appear either in print or online at [littlevillagemag.com](http://littlevillagemag.com).

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Mission Creek & Moeller Nights Present: Whitney, *The Mill*, 9 p.m., \$15

Tree Branch Twig w/ Osario, Haunter, *Trumpet Blossom Cafe*, 9 p.m., \$5

Viking Moses w/ Hamish Hawk, Mountain Swallow, *Rozz-Tox*, 9 p.m., \$8-12

COMMUNITY

Free First Saturdays for Students: Czech and Slovak Fairytale Day, *National Czech & Slovak Museum & Library*, 9 p.m., Free

SUN., APR. 2

ART & EXHIBITION

Midwest Antique & Art Show/Collector's Eye, *Hawkeye Downs Expo Center*, 10 a.m., \$8

EDUCATION

Meet A Raptor, *Indian Creek Nature Center*, 12 & 1:15 p.m., Free

COMMUNITY

Farewell to Old Mother Winter, *National Czech & Slovak Museum & Library*, 1 p.m., Free

CRAFTY

Beyond Beginning Bookbinding: Bradel, *Public Space One*, 1 p.m., \$110

MUSIC

Piano Sundays: Uriel Tsachor and Studio, *Old Capitol Senate Chamber*, 1:30 p.m., Free

Des Moines Symphony Masterworks 6: Beyond the Score—Berlioz's 'Symphonie Fantastique,' *Des Moines Civic Center*, 2:30 p.m., \$15-60

The Deslonds w/ The Black Velvet Band, *Codfish Hollow Barnstormers*, 5 p.m., \$20-25

Anvil w/ Night Demon, GRAVESHADOW, LyInHeart, Black Hilt, *Gabe's*, 6 p.m., \$15-20

John Gorka & Lucy Kaplansky, *Legion Arts CSPS Hall*, 7 p.m., \$35-40

Kyle Dunnigan w/ John Busch, *The Mill*, 8 p.m., \$15-17

Jane Austen's 'Sense and Sensibility,' *Giving Tree Theater*, 2 p.m., \$15-30

'Underneath The Lintel,' *Old Creamery Theatre*, 2 p.m., \$16-26

'Annie,' *Adler Theatre*, 3 p.m., Free

'Vinegar Tom,' *Theatre Cedar Rapids*, 7:30 p.m., \$18-24

GAMING

Heartland Bombshells Burlesque Trivia, *Gabe's*, 6 p.m., \$5

CINEMA

Vino Vérité: 'Quest,' *FilmScene*, 7 p.m., \$20-25

MON., APR. 3

CRAFTY

Embroidery: Sashiko Repair, *Home Ec. Workshop*, 5:30 p.m., \$25

TUE., APR. 4

EDUCATION

Soak It Up Series, *Indian Creek Nature Center*, 5 p.m., \$50-60

CRAFTY

Knitting: Basic Knit Hat, *Home Ec. Workshop*, 6 p.m., \$35

Design a Monarch Garden, *Robert A. Lee Rec Center*, 6 p.m., Free-\$5

LITERATURE

MCF: Kelly Link, *Hancher*, 6 p.m., Free

CINEMA

Special Event: '1984,' *FilmScene*, 6 p.m., \$5-25

MUSIC

MCF: Hexa w/ TALSOUNDS, Brad Highnam, *Gabe's*, 7 p.m., \$15

MCF: Andrew Bird w/ My Brightest Diamond, *Hancher*, 7:30 p.m., \$40

Rocktopia Live! A Classical Revolution, *Adler Theatre*, 7:30 p.m., \$43-102

MCF: Preoccupations w/ Jay Som, Anthony Worden, *The Mill*, 8:30 p.m., \$15

THEATRE & PERFORMANCE

'Fun Home,' *Des Moines Civic Center*, 7:30 p.m., \$35-103



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## ONGOING EVENTS

### MONDAYS

**Moeller Mondays**, *Daytrotter*, \$5-10, 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

**Honest Open Mic**, *Lincoln Wine Bar*, Free 6 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. **Open Mic**, *Cafe Paradiso*, Free, 8 p.m. **Karaoke Wednesdays**, *Mondo's Saloon*, Free, 10 p.m. **Open Stage**, *Studio 13*, Free, 10 p.m. **Open Jam and Mug Night**, *Yacht Club*, Free, 10 p.m. **Late Shift at the Grindhouse**, *FilmScene*, \$4, 10 p.m.

### THURSDAYS

**I.C. Press Co-op open shop**, *Public Space One*, Free, 4 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. **Gemini Karaoke**, *Blue Moose*, Free, 9 p.m. **Retrofit Vinyl w/ DJ Slimpickens**, *Dick's Tap & Shake Room*, Free, 9 p.m.

### FRIDAYS

**Friday Night Out**, *Ceramics Center*, \$40 6:30 p.m. **FAC Dance Party**, *the Union Bar*, 7 p.m. **Sasha Belle**

presents: **Friday Drag & Dance Party**, *Studio 13*, \$5, 8 p.m. **SoulShake**, *Gabe's*, Free, 10 p.m.

### SATURDAYS

**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*, \$5, 9 p.m.

### SUNDAYS

**Pride Bingo**, *Studio 13*, 6:30 p.m. **Pub Quiz**, *The Mill*, \$1, 9 p.m.

#### THEATRE & PERFORMANCE

**'Jersey Boys,'** *Des Moines Civic Center*, \$35-113 (Mar. 14-19), **Jane Austen's 'Sense and Sensibility,'** *Giving Tree Theatre*, \$15-30 (Mar. 17-Apr. 2), **'The Crucible,'** *Theatre Cedar Rapids*, \$21-30 (Mar. 24-Apr. 8), **Dreamwell Theatre Presents: 'Down the Road,'** *Public Space One*, \$10-13 (Mar. 24-Apr. 1), **'Underneath The Lintel,'** *Old Creamery Theatre*, \$16-26 (Mar. 30-Apr. 9), **'Vinegar Tom,'** *Theatre Cedar Rapids*, \$18-24 (Mar. 31-Apr. 15) **'Fun Home,'** *Des Moines Civic Center*, \$35-103 (Apr. 4-9)

#### ART & EXHIBITION

**'Mightier Than The Sword,'** *African American Museum of Iowa* (Aug. 26, 2016-Jul. 29), **The Fourth Iowa Metals Guild Exhibition**, *Cedar Rapids Museum of Art* (Oct. 22, 2016-Aug. 6), **'Cicmianske Domy: The Houses of Cicmany Village' Exhibit**, *National Czech & Slovak Museum & Library* (Feb. 4-May 7), **America on Paper: Prints from Associated American Artists**, *Cedar Rapids Museum of Art* (Feb. 4-May 14), **Come Together: Collaborative Lithographs from Tamarind Institute**, *Iowa Memorial Union* (Feb. 18-May 17), **Gordon Kellenberger: New Works in Pastel**, *Iowa Artisans Gallery* (Mar. 3-Apr. 16), **'Scrap Happy Panels,'** *Public Space One* (Mar. 3-25), **Miranda Meyer: Abstract Photography**, *Iowa Artisans Gallery* (Mar. 4-Apr. 17)



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## LISTEN LOCAL





## How Allergies Interfere

For most of us, allergies—a different name for adverse bodily reactions—manifest through lots of sneezing, coughing and nose-blowing. And maybe some itchy skin or eyes. We tend to write our allergies off to the season, or to dust and dander, or to pets, as though these reactions are just part of life for some of us.

But for some, that adverse bodily reaction can interfere with living a productive life. That's what Alta Medea-Peters saw her son endure when he began to be affected by an adverse allergic reaction at the tender age of 3 in ways that disrupted his school, sleep and

mood.

He was fresh out of a successful, three-day potty training that seemed to have happened seamlessly, Medea-Peters remembered. After transitioning from diapers to the toilet with almost no hesitation, complaints or even accidents, her son was suddenly struggling.

Going “number two” was getting harder. And going “number one” was happening unexpectedly, more frequently. He began having more accidents at preschool, seemingly unable to make it to the bathroom on time.

The problem soon plagued him at home, too; Medea-Peters' son began to have

accidents overnight. He was uncomfortable inside and out. “There was a lot of exhaustion, some fussiness ... going to the bathroom was never a big deal or a problem before. And then it was,” she recalls.

Fortunately for her son, Medea-Peters knew what to do. Her job as the outreach and clinic coordinator at EPIC Functional Medicine had prepared her for this.

Medea-Peters took her son in to EPIC for immunoglobulin tests, an in-depth look at 195-plus foods and substances, to determine which of them triggered his body to generate antibodies.

And within a few months, what had seemed like a growing crisis was resolved. The tests showed a number of substances triggering a reaction in her son, including eggs, something he ate regularly for breakfast. He was also reacting to cauliflower, peanuts, gluten and crab.

Medea-Peters switched up her son's breakfast routine, eliminating the eggs, and she took care to remove the other trigger foods from his diet as well. Within just a few weeks, Medea-Peters' son was once again confident and happy, with the smooth-functioning plumbing he had experienced right out of potty training.

“He was sleeping through the night. As his body healed, and we got that inflammatory response down in his bowels, things were moving through him more quickly,” Medea-Peters said.

This story could have been one filled with details of Miralax, bed covers, doctor's visits, Squatty Potty experimentation, more doctors' visits, perhaps a therapist's involvement, maybe eventually even trying different medications or even considering surgery. But instead it is a tale of speedy recovery and an inexpensive, simple path to normal, healthy vital functions.

Hearing these details of her own personal experience, it's easy to understand why Medea-Peters devotes many evenings each year to helping EPIC's founder, Dr. Jason Bradley, spread word about EPIC Functional Medicine.

At least twice a month, and sometimes weekly, these nights are held at various venues throughout the Iowa City area. Gathering at tables filled with healthy food, wine and lots of information about EPIC, people of all ages and backgrounds share small talk and fill out forms asking them about almost every part of their body and any sensations of tingling, aching, difficulty with motion, itching

or other discomfort.

At a recent dinner lecture with Bradley, there was nothing obvious that united the group; they were younger and older and included everyone from corporate types to people dressed in jeans and T-shirts. Some were there because they just hadn't felt "right" for a while, others were struggling with debilitating conditions, still others were recovering from jarring or sad events in their lives and some were simply curious.

The one thing they shared was internal: a desire to be healthier and to better understand their own bodies. While some sipped wine and others just talked, Bradley worked the

traditional medicine had been unable to explain, let alone treat.

Bradley gradually touched on all the hot button frustrations most Americans feel about modern medicine—things like the rush to medication, or the pattern of being prescribed many medications that don't work, or a doctor's dismissive response to patient complaints like malaise, fatigue or cloudy thinking.

"I want to define what we call healthcare," Bradley said. "Healthcare is the same thing as life insurance. Life insurance is really more death insurance, and healthcare is really more sick care. There's not a single type of doctor

a substance. By 2060, half of us humans will be allergic to something (International Journal of Celiac Disease).

- Ninety percent of diseases that are prevalent today cannot be treated with orthodox medical procedures (World Health Organization).
- More than three-quarters of people treated with orthodox autoimmune medications—biologics, they're called—had severe side effects, with one-third developing serious complications, including death (National Institutes of Health).

Bradley founded EPIC to bring a better form of medicine to Iowa City and beyond, he told the group.

"General medicine likes to treat systems and diseases," he said. "Functional medicine likes to address causalities. It is objective, laboratory-based science that can be reproduced from practitioner to practitioner. It's an alternative to the standards of care that have failed us, for the client who continues to suffer, despite the fact that they have invested money and time in the current system."

EPIC provides patients the qualities that made such a difference to Medea-Peters and her son:

- specialists who take the time to understand the patient;
- a process that is built on doing the research needed to find solutions; and
- a plan of action that provides the details that can lead to true healing.

These are the hallmarks of EPIC Functional Medicine.

"To do this functional medicine, and dig in as deep as we do, you need a lot more time," Medea-Peters said. "In traditional medicine, even today's specialists have extremely limited time with a patient. But at EPIC, an initial consultation is 60 to 90 minutes. Plus, we offer individual and group follow-ups, four out of seven days a week—plus unlimited emailing and texting.

"On any day, time, holiday, weekend ... our clinical team is available to answer questions and give feedback."

EPIC's evening sessions cover a variety of topics including autoimmunity, thyroid conditions and hormone imbalance. All of them are focused on illustrating how EPIC's functional medicine is about taking charge of our own health.

To be part of EPIC's next event, contact Medea-Peters at [info@epicfmc.com](mailto:info@epicfmc.com).

## **"The reality is, we have to teach you guys how to be healthy, or we're not doing our job."**

**—Dr. Jason Bradley**

room one-on-one, chatting quietly, until it was time for him to take his spot at the center of the three tables.

"I'm a 'speak the truth' kind of guy," Bradley said early on in the talk, setting the stage for the 90 minutes of blunt words he was about to deliver. He outlined his extensive training, including a chiropractic degree and studies in anti-aging and restorative medicine.

Then the evening began to take on a sense of urgent optimism. Bradley shared several video testimonials about EPIC from people who had experienced the same speedy return to normalcy that Medea-Peters' son experienced. One woman stopped using a cane after a month with EPIC, another finally ended years of frustrating emergency room trips that seemed never to provide real answers and still another described a complete change of lifestyle that even included leaving behind her vegan diet—and her high-pressure legal job.

They all had something in common with Medea-Peters' young son: Prior to EPIC, their lives had been severely impacted by a seemingly mysterious affliction that

out there who's really trained to get people healthy."

That's how EPIC's functional medicine model stands out, Bradley explained. It's a form of medicine that is fact-based, replicable, intent on finding solutions and not just treating symptoms. Most vividly, he said, it's about using solid information to help patients learn how to take better care of themselves. "The reality is, we have to teach you guys how to be healthy, or we're not doing our job."

Bradley's way of outreach is much more than just a confident sell that taps into our greatest fears about health care. Aided by slides and videos, he peppers all of his evening talks with reference-supported facts, and encourages those listening to "ask for the slides" if they have any doubts.

Among the facts he presented:

- Americans are by and large becoming more obese and dying at a younger age, according to the Centers for Disease Control.
- Experts predict that by 2040 one of every four people will experience an autoimmune, or allergic, reaction to



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**Iowa City Yacht Club** 13 S Linn St, (319) 337-6464, [iowacityyachtclub.com](http://iowacityyachtclub.com)

**Iowa Memorial Union** 125 N Madison St, (319) 335-3041, [imu.uiowa.edu](http://imu.uiowa.edu)

**Lasansky Corporation Gallery** 216 E Washington St, (319) 337-9336, [lasanskyart.com](http://lasanskyart.com)

**M.C. Ginsberg Objects of Art** 110 E Washington St, (319) 351-1700, [mcginsberg.com](http://mcginsberg.com)

**The Mill** 120 E Burlington St, (319) 351-9529, [icmill.com](http://icmill.com)

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**Riverside Theatre** 213 N Gilbert St, Iowa City [riverside-theatre.org](http://riverside-theatre.org)

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**Taag Studios and Art Expressions** 1041 Arthur St, (319) 855-4755, [taagstudios.org](http://taagstudios.org)

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**University of Iowa Museum of Natural History** 17 N Clinton St, (319) 335-0480, [uiowa.edu/mnh](http://uiowa.edu/mnh)

**Uptown Bill's** 730 S Dubuque St, (319) 339-0804, [uptownbills.org](http://uptownbills.org)

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**African American Museum of Iowa** 55 12th Ave SE, (319) 862-2101, [blackiowa.org](http://blackiowa.org)

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**McGrath Amphitheatre** 475 1st St SW, (319) 286-5760, [mcgrathamphitheatre.com](http://mcgrathamphitheatre.com)

**National Czech and Slovak Museum** 1400 Inspiration Pl SW, [ncsml.org](http://ncsml.org)

**NewBo City Market** 1100 3rd St SE, (319) 200-4050, [newbocitymarket.com](http://newbocitymarket.com)

**Opus Concert Cafe** 119 3rd Ave SE, (319) 366-8203, [orchestraiowa.org](http://orchestraiowa.org)

**Paramount Theatre** 123 3rd Ave SE, (319) 398-5211, [paramounttheatre.org](http://paramounttheatre.org)

**Parlor City Pub & Eatery** 1125 3rd St SE, (319) 247-0000, [parlorcitypub.com](http://parlorcitypub.com)

**Penguin's Comedy Club** 208 2nd Ave SE, (319) 362-8133, [penguinscomedyclub.com](http://penguinscomedyclub.com)

**Q Dogs BBQ** 895 Blairs Ferry Rd, (319) 826-6667, [qdogsbbqcompany.com](http://qdogsbbqcompany.com)

**Shores Event Center** 700 16th St NE, (319) 775-5367, [shoreseventcenter.com](http://shoreseventcenter.com)

**Tailgators** 3969 Center Point Rd NE, (319) 393-6621, [tailgatorslive.com](http://tailgatorslive.com)

**Theatre Cedar Rapids** 102 3rd St SE, (319) 366-8591, [theatre.org](http://theatre.org)

**US Cellular Center** 370 1st Ave NE, (319) 398-5211, [uscellularcenter.com](http://uscellularcenter.com)

**Veterans Memorial Stadium** 950 Rockford Rd SW, (319) 363-3887

**CORALVILLE**

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**Coralville Public Library** 1401 5th St, (319) 248-1850, [coralvillepubliclibrary.org](http://coralvillepubliclibrary.org)

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**Iowa Children's Museum** 1451 Coral Ridge Ave, (319) 625-6255, [theicm.org](http://theicm.org)

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**NORTH LIBERTY**

**North Liberty Community Center** 520 W Cherry St, (319) 626-5701, [northlibertylibrary.org](http://northlibertylibrary.org)

**AMANA**

**Iowa Theatre Artists Company**, 4709 220th Trl, (319) 622-3222, [iowatheatreartists.org](http://iowatheatreartists.org)

**Old Creamery Theatre** 39 38th Ave, (319) 622-6262, [oldcreamery.com](http://oldcreamery.com)

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## THE STRAIGHT DOPE BY CECIL ADAMS

Can you tell me about the role bacteria play in our lives? I read once about a woman who got a fecal transplant from her obese daughter. Talk about unintended consequences: The woman became obese. Is that possible?

—Art Erickson

The role bacteria play in our lives? More like the role we play in theirs. The human body is made up of 10 trillion cells governed by about 23,000 genes; the microorganisms that reside within it, mainly in the digestive tract, account for 100 trillion cells and about 3 million genes—we're mightily outnumbered in our own innards. This gut microbiota, as they're collectively known, doesn't present a unified front, though: Its constituent species compete for resources, and you may be seeing the results of those skirmishes every time you step on the scale.

As science searches for direct ways to help people lose weight (or at least accumulate it more slowly), scrutiny has turned to those critters deep inside you that affect digestion and fat storage. Or, more frequently, the equivalent critters deep inside mice. Among the key players in gut bacteria research are "germ-free" mice, bred and raised in hermetic isolation to have no microbiota at all. Compared to normal germ-free mice, germ-free mice have to eat 30 percent more calories to maintain the same body weight, and they don't gain weight even on high-calorie, high-fat diets. A 2004 study found that conventional mice had 42 percent more body fat than their germ-free peers; when gut microbiota from conventional mice were transplanted into germ-frees, their body fat jumped up by 60 percent in ten days. When germ-free mice receive bacteria transplants from obese mice, they grow obese, while transplanting bacteria from lean mice keeps them lean. And a new mouse study from December suggests that gut bacterial colonies could be responsible for rebound weight gain after dieting—back when human ancestors endured feast-and-famine cycles, hosting bacteria that helped maintain your baseline weight may have been an evolutionary edge.

The microbiota sure seems to be doing something weightwise, then, and it's been suspected for a while that the balance of bacterial species may be a key factor in this. Around 90 percent of the bacteria in the human gut hail from one of two phyla, Bacteroidetes and Firmicutes. The proportional size of each population varies widely, though—genetics, diet, and weight all seemingly play a role, as do things like use of antibiotics—and a number of studies suggest that metabolic issues often turn up in tandem with a high ratio of Firmicutes to Bacteroidetes. Obese mice have more Firmicutes and fewer Bacteroidetes, but if you put those mice on a fat- or carbohydrate-restricted diet for a year, the Bacteroidetes take over. And researchers who measured the energy left

over in human poop (by burning it—and you complain about *your* job) found that a 20 percent increase in the Firmicutes-Bacteroidetes ratio meant an extra 150 calories got absorbed from food daily. An imbalance of bacteria may not only affect fat storage and vitamin metabolism, but also how full we feel after eating.

Though the bacteria balance doesn't correlate consistently with obesity itself, there's a stronger association with other obesity-related health problems. Type 2 diabetics seem to have fewer Bacteroidetes than nondiabetics, possibly due to how bacteria in the colon help digest dietary fiber. Obese and pre-diabetic persons ferment fiber into greater amounts of a chemical called butyrate—produced mainly by Firmicutes—which affects liver glucose levels and fat production. More broadly, your gut bacteria balance may influence your potential for developing nonalcoholic fatty liver disease, and could be the root cause for the increase in cancers, especially liver cancer, that disproportionately strike the obese. But tinkering with this stuff can lead to other trouble: A 2015 Austrian paper found that attempts to manipulate the microbiota balance via fasting could cause degradation of the intestinal mucus—aka the stuff that keeps waste matter out of your bloodstream.

OK, OK: So how *do* you alter your gut-bacteria demographics to shed some pounds? The most extreme option for obese folks is a fecal microbiota transplant from a leaner donor, a therapy still in its experimental stages. As discussed here in a 2014 column on probiotics, introducing bacteria from the stool of a healthy volunteer has worked wonders with patients suffering from certain serious digestive-tract issues. But though studies are underway, researchers haven't yet been able to induce weight loss through the same procedure—and in fact, as Art reports above, there has indeed been a case where a woman's body mass index jumped into the obese range following a fecal transplant from her daughter.

There are, of course, less drastic methods. Claims for the benefits of probiotic supplements struck me as overblown back in 2014; since then, some small-scale studies on probiotics and weight loss have looked more promising, but it's still early. For now, you could always just ditch highly processed foods—a more natural diet means more nutrients get digested in the large intestine, where the "good" bacteria can do their thing more readily. That might take a little discipline, but until the crap-transplant people get their act together, it's probably your best bet. **iv**

—Cecil Adams



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## ASTROLOGY BY ROB BREZSNY

**ARIES** (March 21-April 19): The more unselfish and compassionate you are in the coming weeks, the more likely it is you will get exactly what you need. Here are four ways that can be true: 1. If you're kind to people, they will want to be kind to you in return. 2. Taking good care of others will bolster their ability to take good care of you. 3. If you're less obsessed with I-me-me, you will magically dissolve psychic blocks that have prevented certain folks from giving you all they are inclined to give you. 4. Attending to others' healing will teach you valuable lessons in how to heal yourself—and how to get the healing you yearn for from others.

**TAURUS** (April 20-May 20): I hope you will consider buying yourself some early birthday presents. The celebration is weeks away, but you need some prodding, instigative energy now. It's crucial that you bring a dose of the starting-fresh spirit into the ripening projects you're working on. Your mood might get overly cautious and serious unless you infuse it with the spunk of an excited beginner. Of course only you know what gifts would provide you with the best impetus, but here are suggestions to stimulate your imagination: a young cactus; a jack-in-the-box; a rock with the word "sprout" written on it; a decorated marble egg; a fox mask; a Photoshopped image of you flying through the air like a superhero.

**GEMINI** (May 21-June 20): Many Geminis verbalize profusely and acrobatically. They enjoy turning their thoughts into speech and love to keep social situations lively with the power of their agile tongues. Aquarians and Sagittarians may rival your tribe for the title of The Zodiac's Best Bullshitters, but I think you're in the top spot. Having heaped that praise on you, however, I must note that your words don't always have as much influence as they have entertainment value. You sometimes impress people more than you impact them. But here's the good news: In the coming weeks, that could change. I suspect your fluency will carry a lot of clout. Your communication skills could sway the course of local history.

**CANCER** (June 21-July 22): Your world is more spacious than it has been in a long time. Congrats! I love the way you have been pushing yourself out of your comfort zone and into the wilder frontier. For your next trick, here's my suggestion: Anticipate the parts of you that may be inclined to close down again when you don't feel as brave and free as you do now. Then gently clamp open those very parts. If you calm your fears before they break out, maybe they won't break out at all.

**LEO** (July 23-Aug. 22): I like rowdy, extravagant longing as much as anyone. I enjoy being possessed by a heedless greed for too much of everything that feels rapturous: delectable food, mysterious sex, engrossing information, liberating intoxication and surprising conversations that keep me guessing and improvising for hours. But I am also a devotee of simple, sweet longing ... pure, watchful, patient longing ... open-hearted longing that brims with innocence and curiosity and is driven as much by the urge to bless as to be blessed. That's the kind I recommend you explore and experiment with in the coming days.

**VIRGO** (Aug. 23-Sept. 22): You know that forbidden fruit you've had your eyes on? Maybe it isn't so forbidden any more. It could even be evolving toward a state where it will be both freely available and downright healthy for you to pluck. But there's also a possibility that it's simply a little less risky than it was before. And it may never become a fully viable option. So here's my advice: Don't grab and bite into that forbidden fruit yet. Keep monitoring the situation. Be especially attentive to the following questions: Do you crave the forbidden fruit because it would help you flee a dilemma you haven't mustered the courage to escape from? Or because it would truly be good for you to partake of the forbidden fruit?

**LIBRA** (Sept. 23-Oct. 22): I expect you will get more than your usual share of both sweetness and tartness in the coming days. Sometimes one or the other will be the predominant mode, but on occasion they will converge to deliver a complex brew of WOW!-meets-WTF! Imagine chunks of sour apples in your vanilla fudge ripple ice cream. Given this state of affairs, there's no good reason for you to be blandly kind or boringly polite. Use a saucy attitude to convey your thoughtfulness. Be as provocative as you are tender. Don't just be nice—be impishly and subversively nice.

**SCORPIO** (Oct. 23-Nov. 21): "I want to gather your darkness / in my hands, to cup it like water / and drink." So says Jane Hirshfield in her poem "To Drink." I bet she was addressing a Scorpio. Does any other sign of the zodiac possess a sweet darkness that's as delicious and gratifying as yours? Yes, it's true that you also harbor an unappetizing pocket of darkness, just like everyone else. But that sweet kind—the ambrosial, enigmatic, exhilarating stuff—is not only safe to imbibe, but can also be downright healing. In the coming days, I hope you'll share it generously with worthy recipients.

**SAGITTARIUS** (Nov. 22-Dec. 21): Saturn has been in your sign steadily since September 2015, and will continue to be there until December 2017. Some traditional astrologers might say you are in a phase of downsizing and self-restraint. They'd encourage you to be extra strict and serious and dutiful. To them, the ringed planet is an exacting taskmaster. There are some grains of truth in this perspective, but I like to emphasize a different tack. I say that if you cooperate with the rigors of Saturn, you'll be inspired to become more focused and decisive and disciplined as you shed any flighty or reckless tendencies you might have. Yes, Saturn can be adversarial if you ignore its commands to be faithful to your best dreams. But if you respond gamely, it will be your staunch ally.

**CAPRICORN** (Dec. 22-Jan. 19): Born in the African nation of Burkina Faso, Malidoma Somé is a teacher who writes books and offers workshops to Westerners interested in the spiritual traditions of his tribe. In his native Dagaare language, his first name means "he who befriends the stranger/enemy." I propose that we make you an honorary "Malidoma" for the next three weeks. It will be a favorable time to forge connections, broker truces and initiate collaborations with influences you have previously considered foreign or alien.

**AQUARIUS** (Jan. 20-Feb. 18): EVERY relationship has problems. No exceptions. In the beginning, all may be calm and bright, but eventually cracks will appear. Here's the corollary to that rule: Every partner is imperfect. Regardless of how cool, kind, attractive or smart they may seem in the early stages, they will eventually unveil their unique flaws and troubles. Does this mean that all togetherness is doomed? That it's forever impossible to create satisfying unions? The answer is *hell, no!*—especially if you keep the following principles in mind: Choose a partner whose problems are: 1. interesting; 2. tolerable; 3. useful in prodding you to grow; 4. all of the above.

**PISCES** (Feb. 19-March 20): Would you like some free healing that's in alignment with cosmic rhythms? Try this experiment. Imagine that you're planning to write your autobiography. Create an outline that has six chapters. Each of the first three chapters will be about a past experience that helped make you who you are. In each of the last three chapters, you will describe a desirable event that you want to create in the future. I also encourage you to come up with a boisterous title for your tale. Don't settle for *My Life So Far* or *The Story of My Journey*. Make it idiosyncratic and colorful, perhaps even outlandish, like Piscean author Dave Eggers' *A Heartbreaking Work of Staggering Genius*. **lv**



## ANTHONY WORDEN

*Ideal Conceptions of the Beautiful and Good*

facebook.com/anthonywordenmusic

**MCF Anthony Worden with Preoccupations (fka Viet Cong), Jay Som The Mill, Tuesday, April 4 at 8:30 p.m.**

Once labeled freaks, David Bowie and Lou Reed broke down the confines of masculinity found in the prototypical rock star persona of their time, while reimagining the vivacity and delicacy of rock and roll when others were preoccupied with LSD-laden fantasias (though that didn't keep them away from their respective addled phases). Their legacies are undoubted; they carved a path of self-indulgence, spanning influences between Americana, krautrock, electronic and more.

Albums like Anthony Worden's *Ideal Conceptions of the Beautiful and Good*, set for physical release on a slab of wax May 12, are indebted to the glitz of these pioneers in rock and roll. A cross-section of Worden's self-released debut reveals further influences that span the late '60s to the present day.

"Human Nature," the instrumental opener, showcases the tonal capability of each instrument: Worden's guitar rig replicates Johnny Marr's sponginess, Spengler's organs and piano are sweeping yet airy and studio drummer Mike Schulte's pocket lends itself just enough fill and space. The undertow of "Human Nature" is Worden's slinking bass line. But his voice is what really drives the record thereafter.

"Who's Who" is truly the apex of the record, balancing locked-in groove, layered

leads that intertwine with each other and supple harmonies provided by Iowa City folk songwriter Liz Moen. The colloquial delivery of lyrics also provides something of a thesis statement for the album: It's no one's business to question identity and how we enforce our identity.

At just over halfway through, "Bell Hooks" takes on the task of melding grand piano with MIDI drum tracks. This surprising connection opens up the record as more than just an exploration in the textures and ideas of what is "beautiful" or "good." The diversity of instruments in their application makes the record a panorama of rock and roll, incorporating numerous sub-genres.

Worden has a very analytical approach to songwriting, calculated even. As a result, *Ideal Conceptions of the Beautiful and Good* unravels at times as if informed by the history of the genre rather than the pulse of the song. But these aren't flabby tunes. In fact, their simplicity highlights the eclectic sources of their inspiration.

—Paul Osgerby



## TELEKINETIC YETI

*Abominable*

[www.sumpumprecords.bandcamp.com/album/abominable-2](http://www.sumpumprecords.bandcamp.com/album/abominable-2)

Occasionally, a recording reaches out of the speakers and grabs you—shakes you—doesn't invite you but *demands* that you trip with it along whatever imagined pathways it produces. *Abominable*, the first full-length release from Dubuque's Telekinetic Yeti (out on Sump Pump Records March 17) may just be the first such album of 2017.

It is both impossible to believe that Telekinetic Yeti is a two-piece, and

impossible to believe that it could be anything but. The unity and clarity of vision that Alex Baumann and Anthony Dreyer have developed together in such a short time (the band formed just two years ago this month) is intimate and grounded—but the breadth of sound that the duo achieves belies that intimacy, even while it relies on it.

This record is far greater than the sum

**It is both impossible to believe that Telekinetic Yeti is a two-piece, and impossible to believe that it could be anything but.**

of its parts; the production on *Abominable* (recorded at Flat Black Studios and mixed by the untouchable Luke Tweedy) is full and delicious. Driving and deliberate, *Abominable* hearkens back to classic stoner metal, but with intricacies of sound that invite even space rock comparisons. Even on more straightforward tunes, like "Stoned and Feathered" (which the band released a video for on New Year's Day), there are twists and tricks that tease a deeper musical throughline.

The eight-plus minute instrumental, "Colossus" (track four), is where the album really finds its place. Dreyer's drumming on this track is phenomenal. It would be trite to call this "epic," but the storytelling (on all of the instrumental tracks, but especially here) is so damn solid that you'll feel like you just read some ancient poetry. The journey "Colossus" outlines is complete enough that, if you're listening digitally, instead of on record, then track five, "Lightbearer" (which kicks off side B of the LP) can catch you off guard.

*Abominable* is a record to get lost in. It's the musical equivalent of jumping in a van with three or four of your closest friends and driving until you have no idea where you are anymore. From the rev up into the opening title track to listening to the gravel fall off the edge of the mountain as you skid to a stop at the end of "Himalayan Hymn," this is a trip you don't want to miss. **lv**

—Genevieve Trainor



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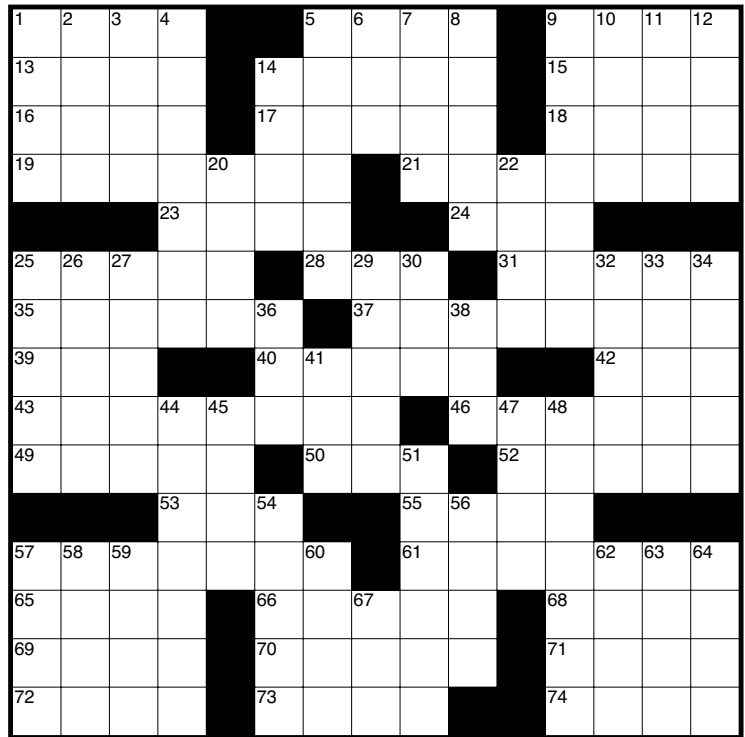
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## GREEK SQUAD BY PATRICK BLINDAUER

The American Values Club Crossword is edited by Ben Tausig. Subscription information can be found at [avxword.com](http://avxword.com).

### ACROSS

1. Certain absolute ruler
5. Rides, in a way
9. "Beware the \_\_\_ of March ..."
13. A or E, but not I, O, or U
14. Marx brother who never appeared in a movie
15. "G'day, \_\_\_!"
16. Coalition
17. The *Hateful Eight*, e.g.
18. Human rights org. since 1855
19. With 4-Down, label for Katy Perry
21. With 9-Down, 1981 Rod Stewart album
23. "Why, I never!"
24. Stop after the ER, perhaps
25. Hotel alternative, briefly
28. Like the waters around the Titanic when she went down
31. Tongue, e.g.
35. Puts down
37. Provide comforting words to
39. Took home a cup, maybe
40. With 29-Down, word before "applesauce"
42. ABBA's homeland: Abbr.
43. Nutjobs
46. Moved around in hockey
49. Flair
50. Snake in Egyptian mythology
52. Graphic desktop objects
53. It can be pulled or shaken
55. Baldwin who played a callous businessman in *Glengarry Glen Ross*
57. With 44-Down, in the face of great adversity
61. With 48-Down, where you're supposed to keep six times your monthly expenses (I wish!)
65. Raunchy
66. Soda that I'll drink, but only if there's no Coke around
68. Westwood sch.



69. Good name for a guy who works in a paper fastener factory
70. Relative of umber
71. Bread served with saag paneer
72. \_\_\_ Kitchen (organic food brand)
73. \_\_\_ *Is Us* (NBC show that seems determined to make me cry every episode)
74. Not edgy at all

### DOWN

1. *Squawk Box* channel
2. *Nana* author Émile
3. Perched on
4. See 19-Across
5. Eukaryotic cell things
6. Qty.
7. Exam before B-school
8. "Same ..."
9. See 21-Across
10. A Tribe Called Quest's Phife \_\_\_
11. Add one's initials to, perhaps
12. Spot in Congress
14. Not bad at all
20. Underground in London
22. Sergeants, e.g.: Abbr.
25. Is racked with sobs
26. Concerning
27. Munchkin minder,

- maybe
29. See 40-Across
30. *Fragile* band
32. Oomph
33. Liv Tyler's Lord of the Rings role
34. Has to have
36. NSF part: Abbr.
38. Jack's follower?
41. \_\_\_ Victor
44. See 57-Across
45. Snapchat user, often
47. Ukrainian metropolis
48. See 61-Across
51. Finds a receiver
54. Erogenous area named for Ernst Gräfenberg
56. *Dragon's* \_\_\_ (old video game I was terrible at)

57. Jessica who played herself in "*Knocked Up*"
58. Idea's beginning
59. Not at one's desk
60. "Geek Squad" worker
62. Nonprofit org. that generates more than \$10 billion annually
63. One of many genres that could be accurately applied to the music of David Bowie
64. Unlike mad people
67. "Semper \_\_\_" (homonym of the Marine Corps motto, or a rule for what goes in any of this puzzle's special squares)

### LV216 Answers





Yoga • Fitness • Education



VINYASA • POWER • SLOW FLOW  
PRENATAL • BABY AND ME • TYKES AND TOTS  
TEACHER TRAININGS • WORKSHOPS